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**IPOH ECHO**

(Reg. No. 687483T)

**FREE COPY**

**No  
Jan 1-15  
issue**

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Dec 16, 2018 - Jan 15, 2019

PP 14252/10/2012(031136)

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**IPOH echo** wishes our readers a Merry Christmas & Happy New Year

*Segadas Bay Beach*



# Quick Break: Pangkor Island Tropical Treasure

*By Tan Mei Kuan*

Follow along as Ipoh Echo takes you on a food and sightseeing tour around Pangkor Island, with some beach hopping in between. It is a fun-filled getaway, to say the least!

Pangkor Island, the Jewel of the Straits of Malacca, is located at the west coast of the Peninsular covering an area of 2200 hectares. To reach Pangkor Island, one has to take a 30-minute ferry ride, which is the main source of transport from Lumut on the mainland to the island. While on the island, one can venture by renting a pink van (taxi), car, motorcycle or bicycle.

Whether you are travelling solo or in a group, you will feel at home in no time thanks to the heart-warming hospitality from the local residents. Let the journey begin!

*Continued on page 2*



Z from Lempeng Warisan



Small jetty in Sg. Pinang Kecil



Hai Seng Hin Satay Fish Factory



Siew Keong Handmade Noodle



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## Everything You Want for an Island Getaway...and so much more

### Pasir Bogak Beach

From Lumut, the ferry stops by Sungai Pinang Kecil Jetty before its final stop at Pangkor Jetty. Once you have exited the jetty, you will find yourself in Pangkor Town (Pekan Pangkor) brimming with hawker fare within walking distance. Signboards galore will guide your way on foot easily.

Have a taste of **Siew Keong Handmade Wonton Noodle** by heading to Geng Bee Coffee Shop at Jalan Belakang. "The stall was started by my grandfather in 1958. I make the noodles myself with all natural ingredients without any preservative," 49-year-old Ooi Chee Keong shared with Ipoh Echo. Operating daily from 12pm to 4.30pm (off on Wednesday bimonthly), a bowl (with dark sauce or soup) costs just RM5. One mouthful of the springy noodles with a side of dumplings will show you how they have flourished for six decades.

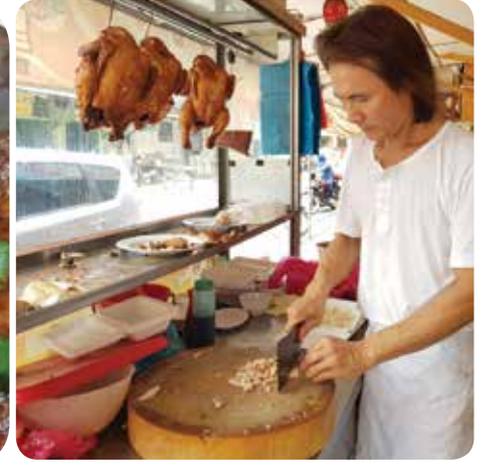
Do not forget the famous **Leong Kee Chicken Rice** stall inside Chiang Seng Restaurant visited by food critic Chua Lam himself. "This stall was started about ten years ago but the restaurant probably started in the 1940s," Hao, the stall



Pasir Bogak Beach



Portuguese-style grilled fish



Leong Kee Chicken Rice stall

owner said. A plate of chicken rice (with roasted or boiled chicken) is priced at RM6.50. It opens daily from 7.30am to 2.30pm.

In the evening, one can head over to Liang Huat Kopitiam adjacent to the Pangkor Town Police Station for more hawker fare. Here, the handmade pan mee (flat noodle made of flour) by **Ah Hun Noodles** and **Portuguese-style grilled fish** (Portuguese ikan bakar) are to die for. The pan mee is priced at RM5 per bowl (dark sauce or soup). The stall selling Portuguese-style grilled fish (RM22) usually has a long queue thus do come early.

Those who love the spicy kick in their dinner should put **Lot 4004 Café** on their list for its signature dried shrimp sambal rice with fried chicken (RM11.50).

Look out for the stall selling Teochew cakes at night at Pangkor Town.

**Pangkor Gallery** is a single-hall gallery located 3km from the Pangkor Jetty. It displays historical information on the island including a handwritten Quran from Aceh, Indonesia obtained during a rescue mission after the 2005 tsunami.

Nearby is Pasir Bogak Beach, the longest beach of the island.



Anjungan Beach Resort



Nipah Bay Beach

### Nipah Bay (Teluk Nipah)

Established in 2015, **Joe Fisherman Inn** is a new three-star resort located at Nipah Bay, just a 10-minute drive from the Pangkor Jetty. The boutique accommodation has 32 wood panelled rooms built in a concrete main structure with no chemical based finishing used. It is located at Lot 4452, Teluk Nipah, 32300 Pangkor. "Joe is my nickname. Among the positive feedback we have received to date are the clean rooms, good service and the big and clean pool," Ragu, the amiable owner who is ever ready to lend a helping hand, explained. For more info, call Ragu at 012 525 1821 or 05 685 1877. Swing by its Facebook page by the same name or its website <http://joefishermaninn.com/>.

Also with Nipah Bay just across the road, **Anjungan Beach Resort** is a beach retreat blending modern and tropical design. Its deluxe room features a private balcony to chill out with unobstructed views of the ship-shaped swimming pool and garden. Airy and

spacious with plenty of panel windows, the deluxe room can accommodate up to four guests. The resort is located at 6610 Nipah Bay, 32300 Pangkor Island. For more info, call 05 685 1500 or visit [www.anjunganresortpangkor.com](http://www.anjunganresortpangkor.com).

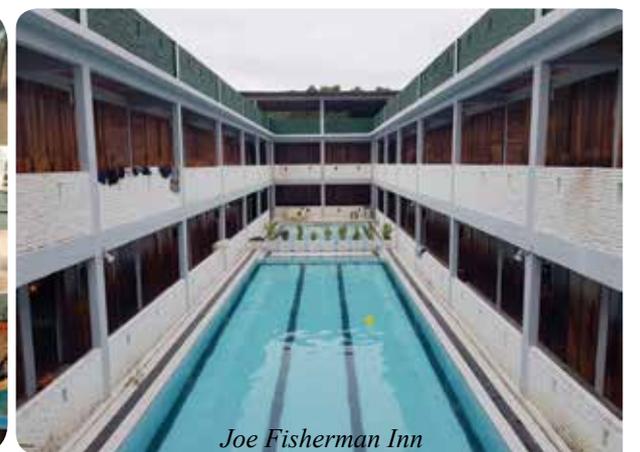
Trekking enthusiasts can have their morning hike in the Hutan Simpanan Hutan Dara (Sungai Pinang Forest Reserve) that has a stream running through it. It is advisable to enter the dense forest with diverging trails with a guide. It is also good practice to inform the staff of your



Banana pancake



One of the souvenir stalls



Joe Fisherman Inn

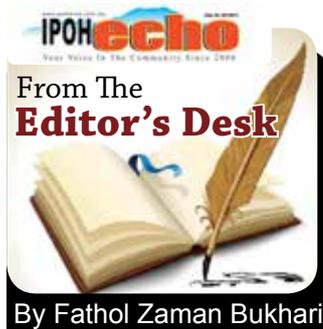
accommodation before embarking on your adrenaline adventure.

You will spot hornbills here and there in Nipah Bay which is a favourite spot for over 11 species of hornbills to drop by. You can see the locals feeding the birds perched casually on their fence in the morning (8.30am) and evening (5pm) along the streets.

At the Teluk Nipah street look for **Lempeng Warisan (stall number 50)** right next to the beach which sells banana pancake with a burst of grated coconut inside, a favourite snack in the olden days. A family recipe, it is enveloped in banana leaf and grilled to impart that smoky sweet flavour. Started in 1989 by selling on a three-wheeled cycle, it is currently run by the third generation owner named Zakaria or fondly known as Z. It opens at 3pm until everything is sold out and the nostalgic snack costs only RM1.50.

Along the same street, you will find plenty of souvenir shops which generally open from 9am till late at night.

Continued on page 6



By Fathol Zaman Bukhari

# YEAR OF LIVING DANGEROUSLY

*I can't help feeling so, as events unfolding in the nation's capital are akin to a tinderbox that could ignite with the slightest provocation.*

The year is fast coming to a close. It is time once again to make conclusions about how the Year 2018 has impacted Malaysians, in general. The icing on the cake is, of course, the outcome of the 14th General Elections on Sunday, May 9 which saw the ouster of Barisan Nasional (BN), the ruling coalition that had been calling the shots for 61 years.

Fortunately, I am one of those who has been around since the party, then known as Alliance (Parti Perikatan) with its catchy symbol of a white sailing boat on a blue backdrop, won the trial local council elections in 1955 followed by the inaugural general elections after the country's independence in 1957.

Up until then, Malaysia was being constantly mocked by its rather condescending moniker, the country with the longest one-party rule in the world. Before BN the title was held by the Indian Congress Party which was in power in the Indian subcontinent for 49 years, from 1947 till its defeat by Indian right-wing party the Bharatiya Janata Party (BJP) in 1996. The defeat saw the end of Nehru's legacy in India.

Incidentally, BJP's rule ended abruptly 13 days later because it lacked a majority in the lower house of Parliament. A similar scenario is evident in the current ruling coalition, Pakatan Harapan (PH). The party lacks a two-thirds majority in parliament and thus is unable to enact or amend bills that run contrary to the federal constitution. Amending the contentious Sedition Act is a case in point and, perhaps, to further clip the wings of the royalty in view of the ongoing debate on the status of Pulau Kukup, a largely mangrove-infested islet off the coast of Johor.

The end of BN rule ushered a new dawn to the political landscape of Malaysia. Nonagenarian and former Prime Minister of Malaysia Tun Dr Mahathir was elected to fill the post of the seventh premier. At 93 years of age, he is being acknowledged as the senior-most serving head of government in the world. An unenviable feat considering he was responsible for the introduction of "crony capitalism" making a small band of well-connected and "apple-polishing" businessmen super-duper rich.

That was before "Najibomics" (Najib Razak's brand of economic ideas and concepts) resulted in the transformation of a widely-condemned kleptocratic regime which brought down Barisan Nasional and a premature end to the wheeling and dealing of a corrupt couple who amassed billions via the manipulation of the country's coffers. Today Najib, his wife and his henchmen are facing a plethora of criminal charges, ranging from money laundering to outright stealing. Their fate will be decided by the courts in 2019, hopefully.

Events unfolding the last few months, beginning with the widely circulated video clip of a Malay guy haranguing a young Chinese lady over her beer-promoting effort within a non-halal section of a supermarket to the racially-charged Seafeld Hindu Temple debacle and the recent Anti ICERD rally in Kuala Lumpur, the spectre of May 13 race riots of 1969 was becoming real.

I was riled when some smart alecks went public with threats of rioting as a means to settle old scores. The duo warned of a return to that perilous period if the PH government continues with its reform agenda, especially one that impinges on Malays' rights. Azwanddin Hamzah of Pertubuhan Jaringan Melayu Malaysia and blogger Ragvinder Singh Jess made incendiary remarks to that effect. Being someone who had witnessed May 13 firsthand, I am definitely appalled by such careless remarks.

In the early 1970s, Kuala Lumpur witnessed numerous clashes between Police and students over economic issues plaguing the nation then. My battalion was stationed at Wardieburn Camp in Setapak. We were tasked to assist the Police in Kuala Lumpur and Rawang. My company was assigned to police districts of Sentul and Campbell. Being the liaison officer I got to follow the police riot squads on their rounds. One nasty incident took place near Odeon Cinema along Jalan Tuanku Abdul Rahman. And this is very fearsome – once trouble starts it is difficult to diffuse, as it becomes very contagious and will spread like wildfire.

In a civil strife, the army's role is to assist the Police. Getting the army deployed on the ground is the last thing on any government's mind. The downside is not only hideous but bad for publicity. It signifies a complete collapse of law and order. No government, worth its salt, would want the army to take over the Police's roles. It is detrimental to a nation's health.

The past few weeks had been very touchy especially with the Anti-ICERD rally on Saturday, December 8 at Dataran Merdeka in Kuala Lumpur. According to conservative estimates some 50 to 60 thousand people, from all over the country, attended. I concur with Mariam Mokhtar's views that the real winners in the anti-ICERD rally "were the bullies and the racists who threatened violence simply to get their way".

The episode brings to mind what took place in Indonesia during the closing stages of President Sukarno's communist-infiltrated regime. It is best illustrated in Christopher Koch's 1978 novel "The Year of Living Dangerously" which was made into a movie soon after. Set primarily in the Indonesian capital city of Jakarta, it also describes a partly fictionalised version of the events leading up to the coup attempt by the Communist Party of Indonesia on September 30, 1965.

I can't help feeling so, as events unfolding in the nation's capital are akin to a tinderbox that could ignite with the slightest provocation. A potentially volatile situation



will go haywire if it is not carefully managed. Fortunately, cool heads prevailed.

But what I find disturbing today is the elegant silence by many fiery Malay-rights groups, individuals and political parties who have threatened to run amok if pushed to a corner when it was revealed that RM4.1 billion had gone missing from Tabung Haji, the Malaysian Hajj pilgrim fund that facilitates savings for a pilgrimage to Mecca.

## EYE HEALTH – REMINDERS FOR TRAVELLING

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



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

It's the holiday season and many are travelling either outstation or overseas to see their next of kin. As often is the case, health does get a little neglected when one is travelling as a regular daily routine gets disrupted. Likewise, eye health too can get disrupted to some extent if you have forgotten to include something in your travel list. Here are a few things that you could include in your checklist concerning your eye care before you hit the road.

### 1. EYE MEDICATION

Remember to pack prescription eye drops for conditions such as glaucoma or dry eye.

Eye Drops should be packed in your cabin luggage when travelling for two reasons. Firstly, in case your check-in luggage gets lost or delayed and secondly to avoid the eyedrops from being exposed to heat. Every eye drop has a package insert that you can refer to, for storage temperature reference. Generally, all eye drops will need to be kept cool as heat damages them. Keep all the eyedrops in their original packaging for airport security examination. It will be a good idea to have a short note from your doctor with regards to what you are carrying. Another thing that sometimes gets forgotten is the eyedrop instillation. Do set up phone alarm reminders for eyedrop instillation especially when there is a change in time zones.

### 2. SUNGLASSES

It is always important to have a good pair of sunglasses as protection when sightseeing. Chances are when you are travelling, you will be moving around outdoors sightseeing. Harmful UV radiation from the sun can damage various parts of the eyes including conjunctiva, lens and also the retina (nerve). Choose a pair of sunglasses that has a CE mark, with 100% UV protection from UVA and UVB rays, or has a UV400 tag. Wrap-arounds that prevent strong sunlight from passing through the sides is good.



**CLIP-ON SHADES** is a good alternative for those who wear a prescription pair of spectacles to correct a refractive error and do not have a prescription pair of sunglasses. The clip-ons are a convenient option to use over the powered spectacles. The downside is that if they have a poor fit, they can fall off or scratch the spectacles that they clip on to.

**CONTACT LENSES.** If you are a contact lens wearer, always pack adequate number of contacts before going on a vacation.

Change them more often when travelling and avoid wearing them on a long-haul flight.

### 3. HAND SANITIZERS

The golden rule is to always wash your hands or hand-sanitize them before handling those eyedrops to be instilled into your eyes. Infections are easy to pick up during travel and hand cleanliness is important.

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

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## PUBLISHER

Ipoh Echo Sdn Bhd  
(Regd No 687483 T)

153 Jalan Dato Lau Pak  
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## PRINTER

Ultimate Print Sdn. Bhd.,  
Lot 2, Jalan Sepana 15/3,  
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# All Sheila wants for Christmas, is her sister's recovery

It's that time of year again. Christmas! So, what do you get today's teenager? The latest iPad? Personalised sneakers? A "selfie lens kit"? A smart jacket? An App store and iTunes Gift Card? The latest trendy sunglasses? A beauty pampering kit?

Most teenagers would be spoiled for choice, but the same does not apply to 15-year-old Sheila, who told me, "All I want for Christmas is for my sister to get better".

Her older sister, Sashi, suffers from epilepsy and has been in and out of hospital.

"Is that all?" I asked.

"If it is not too much to ask, I would like our family to have a future. I would like a proper education, for me and my siblings," she added.

Looking at Sheila, you would think she was like any other Malaysian teenager. She is slim, and the long hair which frames her face is brushed back in a ponytail. She has clear skin and a captivating smile. Her bright eyes tell you that you can easily engage with her. She exudes confidence and speaks good English.

When I first met her, Sheila spoke without hesitation when I bombarded her with questions.

The only difference is that Sheila is not Malaysian. She is a refugee in Malaysia, until such time that the United Nations is able to resettle her, perhaps in America, or she is granted Malaysian residency, whichever comes first. Sheila and her family have been languishing for the past ten years, in a life filled with uncertainty.

I met Sheila and her family, a few months ago. She could easily have passed as the unofficial spokesman for her family. She said, "I was five when I left my home in Sri Lanka.

"Father is from Jaffna province and was a Hindu. Mother is from Kandy and was a Buddhist. They fell in love and married. The country was at war at the time. Father and mother were from opposite sides - Tamil and Sinhalese."

After the civil conflict, her parents' union was unacceptable to some people. Despite the end of the bitter ethnic fighting, the continuing troubles caused them to fear for the safety of the family and they decided to flee.

Sheila added, "At the time, my older brother was nine, my big sister was seven, I was five and my little brother was two.

"Father went to Singapore to seek refuge but was directed to come to Malaysia.

"When he arrived, he had no food and the police beat him up. He sought the help of the United Nations. The UN recorded his story before issuing him with an identity card. Two years later, mother paid RM10,000 to an agent to bring our family over and we arrived in KLIA to join father."

They alleged that the people from the Sri Lanka High Commission gave them problems and even threatened to kill them. Despite making police reports about the threats, the police claimed that they could do nothing.

The whole family are legal refugees and have United Nations Identity Cards (UNIC), which they acquired from the UN office in Kuala Lumpur.

Despite the UNIC, problems persisted, especially under the previous Umno-Baru/BN administration. The police would "disturb" them. Today, the family say that things have improved under the Pakatan Harapan (PH) administration.

Life as a refugee is hard. Sheila said, "The government does not help us. For instance, we must pay full rates at the government hospital. There is no special treatment.

"My brothers and I cannot enrol at the local government school. As we are Christian, we attend a church/refugee school which is located in a double-storey house.

"We follow the Singapore syllabus and do mathematics, science and arts. We are unable to study the full range of subjects that most schoolchildren are required to do."

The children are picked up from their house and attend school from 9am to 3pm in the afternoon.

Sheila said, "I would like to be a physiotherapist and help people like my sister, to alleviate their suffering."

David, her younger brother said, "I would like to be an engineer and build things. We have a computer, but it is very slow." Her older brother, Michael, yearns to be a nuclear physicist.

Mother, Esther, was working in a clinic before she married, now she stays at home, to take care of her elder daughter.

She said, "The government does not offer any assistance and the UN is just as bad. We need help with the hospital bills. The medicines for my epileptic daughter can cost around RM500 per week. When she is hospitalised we fear for her life, as we have no money to pay the medical bills. We can't take her to the private clinic as the bills are higher than in the government hospitals.

"Despite holding two jobs, my husband is still unable to pay the bills.

"The UNIC is just a piece of paper which most Malaysians consider useless. I just pray that we will gain American or Malaysian citizenship quickly.

"We do not get a living allowance from the UN and we are grateful to receive groceries from the Church."

A few years ago, Esther's father-in-law came to visit and was suddenly taken ill. With no money to help him, he died a few days after he became sick.

Sheila said, "We have only two choices. We wait to be allowed to stay in Malaysia, or resettled in another country like America. We do not wish to be sent back to Sri Lanka.

"We must wait for the UN to contact us and tell us our status. We will only know once they give us an appointment to see them.

"Our lives are filled with uncertainty. We cannot plan. We have no access to affordable healthcare. Only the UN can tell us what will happen to us, but we have not heard from them.

"I want equality because there is so much injustice."

Her friend recently moved to America, after 11 years as a refugee in Malaysia. The family of three were only given three weeks notice of their resettlement.

She said, "My friend has finally found "hope". She attends school and is catching up with her education, and her life. She even looks forward to her examinations. The process of helping refugees is much faster over there. The people over here are neither fast, efficient nor helpful.

"No-one tells us anything, and we are not even aware if anyone has been given Malaysian citizenship. So we wait, and wait.

"However, we would like to see some improvements. For instance, we would like to be treated equally. For my sister to get better medical healthcare or medicine. Better education. For my parents to be able to get proper jobs."

She added, "Some Malaysians look down on us, especially after finding out we are refugees.

"At first they think we are just Malaysian Indians, but when they find out we are refugees, they call the police and send them to our house and complain about us, even when we have done nothing wrong.

"If our neighbours found out we were refugees, some would mentally harass us by avoiding us, or by speaking badly about us to others, and people stand in front of our homes just to stare at us.

"When the Malaysian employers find out we are refugees, they reduce our pay, or pay our wages late, or even refuse to pay. Reporting them to the authorities does not have any effect."

With the UNIC, refugees can go to the Immigration Department, in Putrajaya, to obtain an approval letter to be able to work.

Under the previous government, it was alleged that the police and authorities would take money from the refugee workers, or demand money from them. The refugees are seen as Automated Teller Machine's (ATM) on legs.

Under the PH government, this sort of abuse has been reduced, although it still happens.

Many Malaysians do not realise the suffering that refugees endure. The process to make them eligible to stay in Malaysia, or to resettle them, is slow. The children are unable to get a proper education. The adults are unable to get jobs without being tricked or taken advantage of. They would like to help and contribute towards the economy but are unable to do this.

Despite the UNIC and a letter from the Immigration Department confirming their eligibility to seek work, refugees are often caught during raids on businesses and taken to detention centres. Raids are often conducted on restaurants which use refugee labour.

Sheila's refugee friend, from Myanmar, was caught and detained for two weeks at the Langkap detention centre, despite having a UNIC and permission to work.

The detainees were not given any drinking water and were forced to drink water from the lavatory cistern. Nor could they use the lavatory because one was shared by several people. They were not allowed to complain, nor were they given food. Her friend was rescued by someone from the church.

Sheila's father said, "Please process the application fast. Please treat us as human beings and don't look down on us."

Consoling her father, Sheila said, "We feel safe in Malaysia, but despair that there is no future or job security, educational future or health security for the family, because of the slow pace of resolving our refugee status.

"I hope Malaysia and the UN will act fast, because all we want is a better future, just like other people. No more, or less."

NB: Names and places have been changed to protect the innocent.

## ABOUT LASIK

Consultant Eye Specialist Surgeon KPJ Ipoh Specialist Hospital

Dr Lee Mun Toong

### Can I read without a glasses? Can Laser treatment help?(PART 1)

Laser Blended Vision: Innovation of laser assisted refractive surgery in reading problems without glasses (Presbyopia/Lao Hua)

DR LEE MUN TOONG, CONSULTANT OPHTHALMOLOGIST KPJ ISH, MBBS (INDIA), MASTER IN OPHTHALMOLOGY (UM)  
PG DIPOLMA IN CATARACT & REFRACTIVE SURGERY (UK), MEMBERSHIP IN EUROPEAN SOCIETY OF CATARACT & REFRACTIVE SURGERY



Laser Blended Vision (LBV) is a sophisticated laser eye treatment which is used to treat presbyopia (ageing eyes or progressive loss of the ability to focus on nearby objects) or other age-related eye conditions. It can be used to help people independent from bifocal or varifocal spectacles due to ageing changes in the eye. It can be used to treat short-sighted (myopia) or long-sighted (hyperopia) and astigmatism.

The LBV treatment is for a condition called presbyopia. Laser Blended Vision can be achieved through laser eye surgery, usually performed as FEMTO-LASIK, although surface laser eye surgery PRK or LASIK can be used to produce the effect. Laser Blended Vision works by increasing the depth of field of each eye through subtle changes in the optics of the corneal spherical aberration.2

The increase in depth of field allows for the eyes to be corrected in such a way that the dominant eye is set for distance and intermediate vision while the non-dominant eye sees best in the intermediate to near range. Because of the similarity in the visual performance of each eye in the intermediate range the brain is able to fuse the images between the eyes rendering a binocular visual environment. This is in contradiction to traditional monovision where the image disparity between the eyes is too high for image fusion by the brain and instead the brain needs to apply suppression of the blurred eye in order to perceive a clear visual field. In Laser Blended Vision, the eyes are effectively working together to allow good vision at near, intermediate and far, without the use of glasses. The effects of Laser Blended Vision tend to last between 5 and 10 years but can be further adjusted by enhancement procedures.

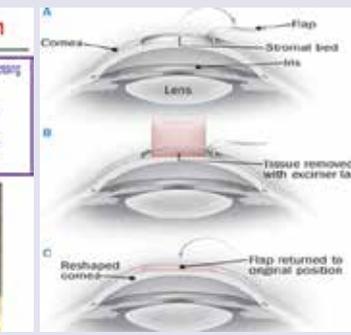
\*Information from Wikipedia

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#### Laser Blended Vision: 8-in-1 Mechanism

1. Minuscorne principle
2. Depth of field to reduce astigmatism
3. Spherical aberration control (DOF without decrease quality of vision)
4. Yellow correction of spherical aberration (SD-Cornea wave system of ring light)
5. Retinal image processing (edge detection)
6. Neural summation
7. Blur adaptation
8. Neural suppression



For more information, readers can call Lee Eye Specialist 05 254 4388 or email at [ishkjp@gmail.com](mailto:ishkjp@gmail.com). Also visit their Facebook page: LASIK Services at KPJ Ipoh Specialist Hospital.  
Opening hours: 8.30am-5pm (Mondays to Fridays), 8.30am-1pm (Saturdays).

# SeeFoon experiences an explosion of taste at Volcano

When you win 2 golds, 4 silvers and 13 bronzes at the Battle of the Chefs competition in Penang, that definitely gives you bragging rights and **Chef Chai** with his team of student chefs certainly did us proud when he threw a dinner party for more than 40 guests at his Volcano restaurant recently to celebrate his win.

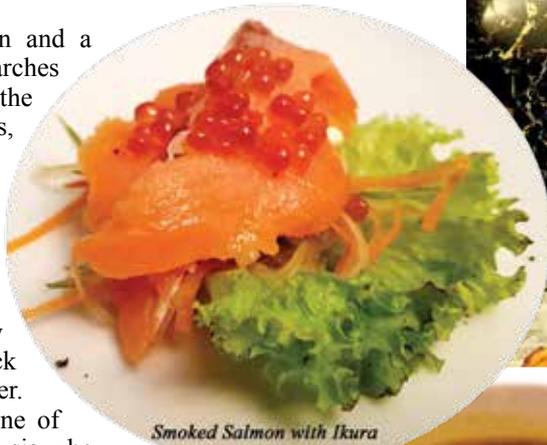
A very modest man and a self-taught chef who searches incessantly around the world for new ideas, new trends and new techniques, Chef Chai also used the occasion to introduce my new book, **The Foodie's Guide to Ipoh's Best Eats 2**, to the diners, who rapidly bought up the whole stock that I brought to the dinner.

Chef Chai is also one of only three chefs in Malaysia who age their beef; in some cases even up to an unbelievable 300 days! With his own special ageing refrigerator, ageing beef is a process that takes meticulous care. Chai checks his beef every day for signs of mould, or spoilage. Dry ageing does for red meat what cave ageing does for cheese or cellaring for Bordeaux – improves the taste greatly with time. There are myriad chemical reactions that happen while dry ageing, but at the simplest, a lot of the water in the beef evaporates yet the remaining meat still has all of the original flavour, which is then more concentrated in every bite. At the same time, the connective tissues begin to break down, making the beef more tender, but again, without any loss of flavour.

Meat aged between 30 and 45 days develop more complex cheese-like flavours. Some even like the ultra-funky flavours that develop in 45- to 60-day-old meat and older. It is all a matter of individual taste.

For me, beef aged 28 days is perfect for my palate and that is precisely what was served at that celebratory dinner.

We began with a delicate **Crab Chowder with tortellini**, in a robust broth with hints of



Smoked Salmon with Ikura



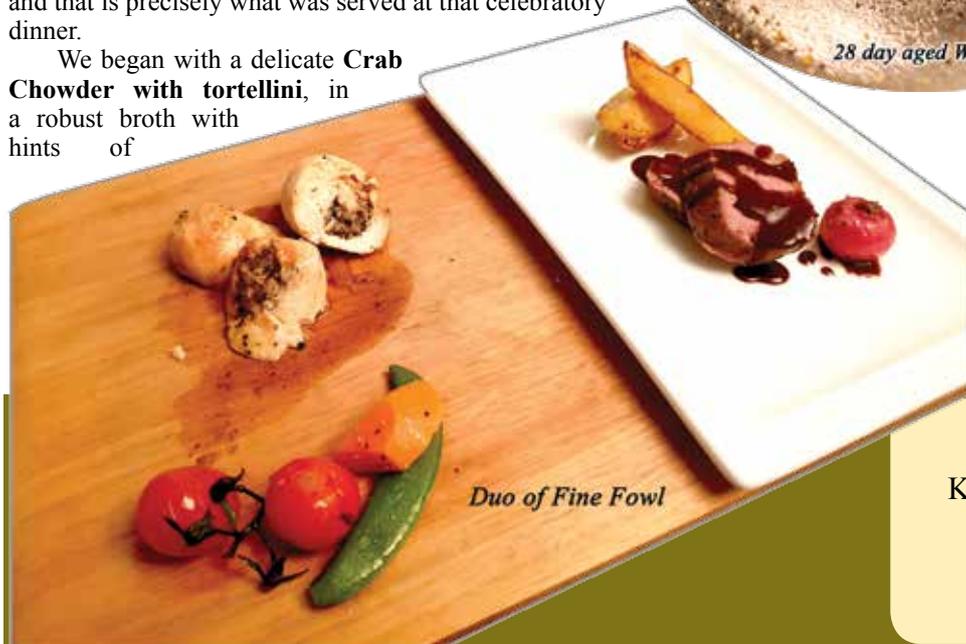
Bread display



Crab Chowder with Tortellini



28 day aged Wagyu



Duo of Fine Fowl



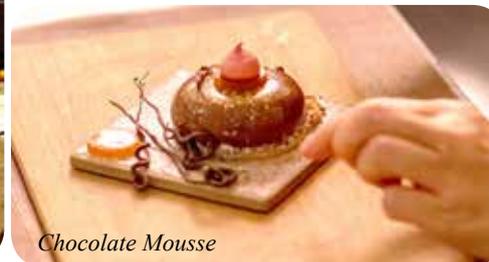
Aged beef before cooking

**Volcano Grill Cafe**  
31 Jalan Ampang Baru 6b,  
Kampung Ampang Baru, 31350 Ipoh.  
Opens 6pm  
Reservations: [whatsapp](#)  
Phone: 011 3140 4800  
GPS: 4°35'05.1"N 101°07'33.0"E



ON IPOH FOOD

By SeeFoon Chan-Koppen  
[seefoon@ipohecho.com.my](mailto:seefoon@ipohecho.com.my)



Chocolate Mousse

saffron, dill and mixed herbs. This was followed by a **smoked salmon canape topped with Ikura** (salmon roe) on a delicious crispy pancake.

Next on the menu was an interesting juxtaposition of red and white meat with duck and chicken; the duck breast, still pink in the centre, topped with a chocolate wine sauce, next to a ballotine of chicken breast stuffed with a mushroom farce, the contrasting tastes and textures providing a culinary palette for our palates.

Next was the piece de resistance of the evening the **Wagyu Beef double A6** with a marbling of 7-8, Dry Aged for 28 days, served with whisky mustard and anchovy pickles. The reason why this is so expensive (RM550 for Wagyu; Angus Ribeye RM330 – both servings enough for two) is that the wastage factor is so high. Out of a 5kg piece of 28-day aged beef, about 1.5kg is cut off and thrown away!

The one we had that evening was served medium rare and unlike regular wagyu, had the extra touch of smokiness and mild funkiness, an explosion of flavour like a love fest in the mouth.

We finished the meal with a **Dark Chocolate Mousse** on layered sponge, with chocolate tendrils and fruit jelly, just enough sweetness to round off a magnificent meal.

**Chef Siew** who is a baker and partner of Chef Chai made all the delectable choice of breads that evening. They plan to open five more bakery shops in Ipoh.

We shall look forward to tasting more of their breads.



Chef Siew and Chef Chai

*"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](mailto:vivienlian@ipohecho.com.my)

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

## Hawker Food

By Vivien Lian

### Tasty Noodle House

Springy, al dente noodles freshly rolled out and cut right in front of you, either in a fragrant *ikan bilis* broth flecked with leafy greens and topped with crispy *ikan bilis*; or if you prefer it dry, topped with a poached egg, yolk still runny, spicy chilli flakes on the side and crispy *ikan bilis*. Heaven in a bowl.

Opposite Fei Lou Wu, Pesara Ipoh 1, Taman Canning, Ipoh Garden, 31400 Ipoh. 7.30am-2pm, Wednesday closed.



## Promotions

SUN LEE HOW FOOK  
Special December Promotion

Roast Whole Suckling Pig  
RM148

05 253 3268

Quick Break: Pangkor Island Tropical Treasure . . .continued from page 2

## Teluk Gedung Village (Kg Teluk Gedung)

A 20-minute foot trail through South Pangkor Forest Reserve that starts in Kampung Teluk Gedung will get you to the undeveloped **Segadas Bay Beach** at the south of Pangkor. It is rarely visited by tourists as the narrow trail leading to the beach can be quite strenuous without any signboard, accommodation or facilities available. Once you reach the hidden sanctuary, you will be greeted with the most pristine beach complete with jewel-tone water and ultra-fine white sand very likely with no other footprint on it except your own. Dotted with colourful flora, do take note that the unpaved hiking trail is not elderly-friendly.

Swing by the **Dutch Fort** built by the Dutch in 1670 for storage and protection of tin supplies from Perak. Fronting a small park with a maze-like design, it was reconstructed by the museum's department in 1973 and was gazetted as an ancient monument and historical site under the Antiquities Act 1976.

Nearby is the floating mosque known as **Al Badr Seribu Selawat Mosque**. Established in 2017, the name refers to the 1000 prayers that have been carved on the walls and pillars of the mosque, inside and out.



Maze-like park



Dutch Fort

## Sungai Pinang Kecil

Located at the foot of a hill at Kampung Sungai Pinang Kecil, the serene **Foo Ling Kong Temple** is about five minutes drive from the Sungai Pinang Jetty. Besides a well-paved trail up the hill, it has a mini Great Wall of China, fish pond and pavilions for both resting and observation.

A must-visit place is the **Hai Seng Hin Satay Fish Factory**, the manufacturer of the famous selections of seafood snacks since 1969 under the whale brand and HSH brand. Led by production manager Tan How Poh, Ipoh Echo got a glimpse of the making process which includes the cutting of fresh fishes, drying the fishes in the sun and dipping dried fishes into special made gravy before roasting in the oven. All ingredients used are natural. According to Tan, the family business was started by his father. Besides the satay fish, other crowd favourites are anchovy crisps, spicy cuttlefish, dried fish fillet and salted fish. Ideal for souvenirs, readers can call 05 685 1111 or 05 685 1097 for more info. Open daily from 8.30am to 7pm.

Down the road from Hai Seng Hin Satay Fish Factory is **Tukang Bot Hoo Huat (Hoo Huat Shipyard)** to pick up a thing or two about the traditional boat-making industry.

For convenience, make Sungai Pinang Kecil as the final stop of your trip as you may then return to Lumut straight from the Sungai Pinang Jetty. Within walking distance from that jetty is Yee J Coffee Shop famous for its handmade grouper fish



Handmade grouper fish curry noodle

meat curry noodle (RM17) by a stall named **Lao Er Noodle Stall** since 1950. Next to the jetty is **Restaurant Seng Kee** where the famous concoction of tea, coffee, Horlick and Milo named Four Heavenly Kings is made. Don't forget the Pangkor-style otak-otak (grilled fish cake) and dried fish meat which are Pangkor Island traditional snacks from **Little Black Fish Enterprise**.

Do take note that the morning session hawkers are usually sold out by 11.30am, true to the saying, "the early bird catches the worm".



Foo Ling Kong Temple

# CONGRATULATIONS

Maria's Steakcafe for bagging the  
World Top Gourmet Awards 2018

Datuk Dr Foong Weng Sum & Datin Marjie

Dato Warren Wong & Datin Caroline

Dr Marc Koo Sin Lin  
& Christine Yeoh Choo Hoon

Ir Ong Koon Ann & Esther

Mrs Cheah

Mr & Mrs Foo Pak Khean

Mrs Helen Yoon

Mr & Mrs K.H. Lim

Stanley & Sally Foo

Mr & Mrs Yan Kock Yeun

Yoke Wah & Sai Keen



### Bangsar Outlet

58, Jalan Maarof, Bangsar Baru, 59100 Kuala Lumpur.

03-22822220

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### Sunway Outlet

5A, Nadayu 28 Dagang, Jalan PJS 11/7, Bandar Sunway, 47620 Subang Jaya.

03-74966415

Open daily 12pm - 1030pm

### Petaling Jaya Outlet

Centre Wing, Level 3, Metropolitan Square, No.2, Jalan PJU 8/1, Damansara Perdana, 47820 Petaling Jaya, Selangor.

03-77252313

Open daily 12pm - 1030pm

### Ipoh Outlet

No. 60, Persiaran Greentown 1, Greentown Business Centre, 30450 Ipoh, Perak.

05-2424133

Monday closed 4pm - 11pm

# Perak Homex Exposition 2018

If you're thinking of redecorating your house or moving into a new one, you will definitely be spoilt for choice when you visit **Perak Homex 2018!**

One of the biggest lifestyle exposition in northern Malaysia, the annual Perak Home Exposition (Homex), is back for the ninth consecutive year. This exposition is jointly organised by the **Perak Furniture Makers' and Dealers' Associations** and is endorsed by the Perak State Government and Ipoh City Council. It is also supported by the Perak Chinese Chamber of Commerce and Industry, Federation of Malaysian Manufacturers (Perak Branch), Perak Real Estate and Housing Developers' Association (REHDA), Perak Electrical and Radio Dealers' Association and others in the furniture industry.

Perak Homex has built its reputation as the premier expo providing a one-stop concept service whereby shoppers can buy products with the assurance of quality and warranty supported by established local as well as imported brands. Visitors can leisurely shop in a comfortable and cool environment and view the products sold by retailers as well as try out the display units of furnitures featuring the latest and trendy designs all under one roof!

Visitors can browse from amongst the **350 booths** featuring an extensive range of sofas, living and bedroom sets, hardware & household appliances, auto-gates, locks and security systems, home furnishings, and lots more. In addition, you can seek out specialized consultation and advice from paint experts, interior designers, security systems, roofing and door specialists, landscaping and lots more. Not only that, shoppers will get to enjoy exclusive deals and irresistible prices only available during this four day event.

Perak Homex gathers together all manufacturers and retailers so shoppers can compare prices and qualities of the products on display. Last year, the exposition attracted more than 40,000 visitors and this is a testament of the trust and support shown from all Perakians towards Perak Homex!

This year, Perak Homex 2018 will be held over **four days, from 22nd to 25th December at Stadium Indera Mulia from 10am until 10pm**. As a mark of appreciation and to celebrate the festive season for its visitors, Perak Homex has lined up a range of



activities and **gifts to be given away FREE!**

Early birds are eligible for free goody bags filled with samplings when they register through Facebook. Secondly, invite as many family members/friends of yours as possible to join our exclusive **Like, Share & Win FB contests**, as we will be giving away prizes worth more than RM6,000 FREE featuring an **Imaxx Robotic Vacuum Cleaner** worth more than RM3,599, **Sugawal Smart Digital Cooker** worth RM3,898 and lots more!

For shoppers, you will also receive FREE gifts with purchases worth more than RM500 & above AND also be eligible to enter our **Lucky Draw** featuring four units of **Mountain Bicycles, Buffalo Smart Frying pan, Kangen Water Filter, Imaxx Robotic Vacuum Cleaner** and lots, lots more!

Apart from gifts galore, Perak Homex will also be featuring special Fengshui talks by feng shui consultant **Jason Eng from World of Feng Shui**, exclusive free gifts sponsored by Jasmine brand for those who attend the cooking demonstration hosted by **Buffalo Branded Cookware**. special musical performances, Santa Claus appearance and lastly don't forget to indulge yourself in our special Taiwanese food street festival!!

If you hate to miss out on any of these exciting activities or you wish to avoid heavy traffic in order to attend our expo, then just call up **GRAB, our official E-Hailing partner** for a two-way trip to Perak Homex using the special Grab promo code [PERAKHOMEX] for a special RM5 rebate!

So what are you waiting for? **Log into our facebook page @perakhomex or contact Michelle at 019-526 0187 for further information!! SEE YOU THERE!!!**



**PERAK HOMEX 18**

**PERAK FURNITURE & HOME FURNISHING EXPO**

**22-25 DEC**

**STADIUM INDERA MULIA**

**FREE ENTRY**

*Welcome & Thank You*



**YB YONG CHOO KIONG**  
COMMITTEE CHAIRMAN FOR HOUSING, LOCAL GOVERNMENT, PUBLIC TRANSPORT, NON-ISLAMIC AFFAIRS AND NEW VILLAGES



**YAB DATO' SERI AHMAD FAIZAL BIN DATO' AZUMU, S.P.M.P.**  
MENTERI BESAR PERAK DARUL RIDZUAN



**YB TAN KAR HING**  
COMMITTEE CHAIRMAN FOR TOURISM, ARTS AND CULTURE

*for officiating the Opening Ceremony of Perak Homex Expo on 22nd December 2018*

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## Reduction Rhinoplasty

**Dr. Leow Aik Ming**  
 Consultant Plastic and Reconstructive Surgeon  
 Pantai Hospital Ipoh and Pantai Hospital Manjung

**R**eduction rhinoplasty corrects the structural framework of the nose itself by removing or re-arranging the nasal cartilage and/or bone to achieve the desired nose shape and size. This procedure can be performed via incisions placed inside the nostrils without leaving behind any visible stitches or scars (closed rhinoplasty). In conditions where the nasal tip or the lower third structure of the nose needs to be reshaped, a tiny incision is made on the underside of the nose just between the nostrils (open rhinoplasty). This technique will leave a small scar and its location makes the scar inconspicuous.



### Indications for reduction rhinoplasty include:

- To alter the hump at the bridge of the nose
- To reshape the tip of the nose
- To change the length or width of the nose
- To change the width of the nostrils
- To remove excess fibrofatty tissue or skin on the nose.

Occasionally chin augmentation can be performed to complement a rhinoplasty. These procedures are popular with both men and women to create facial harmony. For men, creating a stronger or shorter nose, along with a stronger jawline, is often the objective. Women sometimes wish to have a more petite nose and less pointy chin.

### Preoperative evaluation before reduction rhinoplasty

Communication is vital in order to achieve the patient's goals. During the initial consultation, patients should discuss their goals and expectations with the plastic surgeon. The plastic surgeon will work closely with the patients to reach an agreement about the desirable results from the surgical procedures involved and their long term benefits. Every patient is different, therefore a specific treatment regimen is planned to suit an individual's need.

- Discussion about expectation and desired outcome
- Medical conditions, drug allergies and previous medical or surgical treatment
- Use of current medications, vitamins, herbal supplements, alcohol, tobacco and drugs should be revealed
- Discussion of type of anaesthesia
- Examination and measurement of the face and nose
- Photography for preoperative and postoperative evaluation

### Postoperative expectations

Recovering from reduction rhinoplasty usually takes about 7-14 days in most cases. After the surgery there may be swelling, bruises, numbness or discomfort for several days which can be controlled with oral medications, cold compression and ointment. Some patients may experience nose stuffiness or nose bleeding. A splint or bandage is usually placed on the surface of the nose for a short period of time to assist the nose to retain its new shape as it heals. Oral antibiotics and analgesics are prescribed to reduce the risk of infection and postoperative pain respectively. Any external sutures on the nose will be removed about 7-10 days after the surgery.



For more information on the procedure mentioned in this article, please visit the following website ([www.elegantplasticsurgery.com](http://www.elegantplasticsurgery.com)).

Online consultation is also available if you have any enquiries, please email: [elegantplasticsurgery@gmail.com](mailto:elegantplasticsurgery@gmail.com).  
 Elegant Plastic Surgical Centre, **Pantai Hospital Ipoh**,  
 Tel: +605 5405457 (Receptionist) or +605 5405458 (Direct Line)  
 WhatsApp : +0126235458  
 Elegant Plastic Surgical Centre, **Pantai Hospital Manjung**,  
 Tel: +605 6898624 (Receptionist) or +605 6898697 (Direct Line).

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### Newspaper Advertisements

### Social Media Advertisements

Trustworthy – higher barrier to entry, high-security surveillance, print cannot be deleted or edited, good tracking record, monitored by authorities	Not trustworthy – Low barrier to entry, fake account, scam, fraud, unofficial/fake news, posts can be deleted or edited, low-security surveillance, not monitored by authorities
Privacy not invaded – No personal data collection	Privacy invaded – personal data collection by social site without clarity and transparency/ purposes unknown
Professionalism – backed by certificates, verifications, interviews	Everyone can pose to be a professional, paid reviews by online media brands
With great effort comes lower cost!	With less effort comes greater cost!

According to eMarketer.com, internet users including Gen X, Y and Z still trust Print Ads and TV ads when making a purchase decision, despite most of them having a social media account.

Print ads – 82%, TV ads – 80%, Email catalogues – 76%, Radio ads – 71%, billboards – 79%, Social media & blogs – 43%, phone ads – 39%, pop-ups – 25%.

### Challenges of social media advertising:

- All likes but no buy
- Too many choices for users to choose from in the feed
- Too much clutter and distractions which steal your customers away, spending few seconds on your advert
- Imitation at its best – business models, design, features, quality, all leads to brand confusion & poor brand positioning
- Spammers

## Fashion

# Perak's also Got Fashion

Organised by Melvin Chan Makeup Art Academy, the first ever Perak Fashion Week 2018 was held on Sunday, November 25 at the Aeon Mall Ipoh Klebang.

A total of six fashion designers showcased their collections featuring various themes on the runway: Siss on Bare (Party Stripes), Lester Yim (Classical Wonderland), Melvin Chan (Beauty of Art), Angie (Malay & Chinese Modern Style), S. Ash (Woman in You) and Myasoka (RTW and Couture).

"I saw a lot of Fashion Weeks in other states like Kuala Lumpur, Penang, Sarawak yet Perak did not have one of its own. Thus my academy is honoured to be able to host the first one although many thought it was very unlikely due to a lack of designers and sponsor support, among others. Its potential is proven as this one has received the recognition from many people although the journey was not easy," Melvin Chan, the founder of Melvin Chan Makeup Art Academy, shared with Ipoh Echo.

According to Melvin, his goals were to discover Perak's talented designers and provide them with a platform to showcase their creations in order to raise the fashion standards.

"I've been wanting to do stripes for years and I didn't have the opportunity to do so. This time I got the chance to do it for the adults, women's wear and the kids. The ten pairs of outfits have a matchy-matchy touch. We hand sewed every panel of the lining (stripes) onto the net or material that we are using for the base," Intan Dato' Zuhuri, founder of Siss on Bare, said. Established in Perth in 2015, Siss on Bare was started by Intan and her husband. For more info, check out Siss on Bare on Facebook, Instagram, Twitter and website. It has a physical store in Kuala Lumpur.

"We are aiming to collaborate with someone, who I can't mention yet, for KL Fashion Week. I found out about Perak Fashion Week as Melvin invited me to join," the amiable Intan added.

Lester Yim, the owner of Lester Yim Boutique, explained on his theme, "My story is about one 18th century girl who goes back to the future thus the ten garments of the



new collection have a classic vintage look intertwined with future elements. I made use of darker colours and heavy materials such as PVC," The collection is available at Lester Yim Boutique located at 3 Tingkat Taman Ipoh 7, Taman Ipoh Selatan, 31400 Ipoh.

Present at the lively affair were State Assemblyman for Menglembu, Steven Chaw and Tan Sri Michelle Yeoh's mother, Datin Janet Yeoh.

Mei Kuan

## Arts and Culture

# Passion for the Arts

Mein Ding, a gallery cum studio of arts was launched recently. Masterminds, Peter Witzigmann and Alice Ng are the founders of this new art gallery and studio as their contribution to the promotion of the arts in Ipoh. It is the product of their passion and love for arts.



"This gallery also opens its door to everyone with a passion for painting or learning to paint, an outlet that is totally user-friendly with highly motivating people who let you be yourself and to express yourself in whichever way you want. At the same time, it provides a learning environment for people to come to paint, explore and create art pieces," said Alice Ng.

"I do what I love to do without concern for what others think or say about me. I don't really care when neighbours and others gossip about me. I do and wear my thing in which I feel good and comfortable within myself," expressed Peter who also opened his first art gallery called 'C.Pariz Museo De Art' in Hungary.

The guests at the opening ceremony were jazzed up with a live music performance. The gallery displays novelty and historical items, memorabilia, autographs, collectible artworks and furniture. The art pieces are for sale and anyone who is interested to join their art class can contact Alice Ng at 011-1444 9891.

The studio is located at 14 Pusat Perdagangan 3, Lorong Canning, 31400 Ipoh.

**Qistina Izfarina**



## Sport

# Para SUKMA 2018



The 19th Para SUKMA 2018 ended on Wednesday, November 28 with the Sarawak contingent winning the overall champion for the 13th time. The team won 61 gold, 62 silver and 60 bronze. In second spot was Sabah with 36 gold, 28 silver and 30 bronze.

Host Perak was third best with 29 gold, 33 silver and 22 bronze.

The 5-day games, which began on November 24 saw the participation of 2046 athletes, officials and coaches from 15 contingents.

Menteri Besar Dato' Seri Ahmad Faizal Bin Dato' Azumu officiated the closing ceremony held at Stadium Indera Mulia. Present were Deputy Minister of Youth and Sports, Steven Sim Chee Keong and State Secretary, Haji Zainal Azman Bin Abu Seman.

According to Faizal, the people should emulate the determination of the Para SUKMA athletes both in sports and daily life.

"Winning and losing are part of the game but the commitment of our athletes who gave their all in the games is of great significance. They've proven to all that being physically handicapped is not a deterrent to success. I hope that it'll inspire us to never give up when faced with challenges in life. Their spirit and resolution in preparing for the games make them the real heroes and heroines," he added.

Faizal congratulated two para-athletes who broke the championship records. They were Nur Suraya Muhammad Zamri in the long jump and Amirul Sharuddin in the shot-put and javelin throw.

The closing ceremony saw an inspiring parade by the 15 participating contingents, cultural performances and appearance by invited artistes.

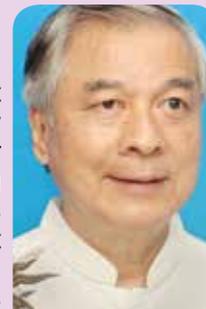
An athlete from Sabah, Jaklon Anak Ganding and chess player from Negeri Sembilan, Nur Feiqha Maulad were named sportsman and sportswoman of Para SUKMA 2018.

**Luqman Hakim**

## Connexion

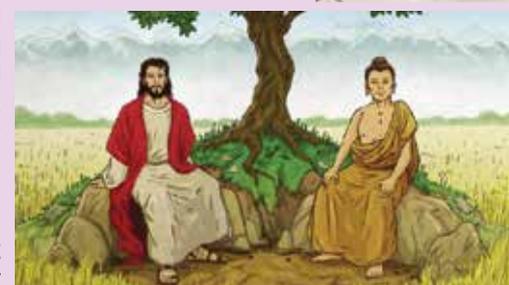
By Joachim Ng

# Another missed chance for golden fellowship?



If you haven't yet noticed, Malaysia is a land of abundant festivities — and missed opportunities. The country manages a diversity of celebrations that reflects our glittering cultural wealth year in and year out. In this amazing kaleidoscope, windows of opportunity present themselves for us to build multi-religious fellowships on a scale yet unknown in the world.

We had Nine Emperor Gods and Navarathri festivals in October, celebrated over a stretch of nine mostly overlapping days. November saw Deepavali and Maulidur Rasul just two weeks apart. Christmas falls on December 25, and some weeks later Bodhi Day will be commemorated on January 13. Five religions are in the spotlight over a quick stretch of four months — Taoism, Hinduism,



Islam, Christianity, Buddhism — and foreign tourists may imagine that there is deep fellowship amongst the adherents of all faiths.

But other than the sprightly WhatsApp video greetings, the official open houses for major festivities, and the shopping mall camaraderie, there isn't much more to it. With Christmas and Bodhi Day just three weeks apart from each other, this is going to be another missed opportunity as you won't find Buddhists paying courtesy calls on churches or Christians likewise paying their respects in temples. There are many roads where churches and temples are neighbours, and yet the worshippers would have spent their entire lives never visiting each other.

Christmas Day celebrates the birth of Jesus who came as a light to the world; Bodhi Day marks the Buddha's enlightenment, also for the sake of the world. The two founders lived 500 years and 4,500 km apart. Although they didn't know each other, their light is the same. If you believe they are different lights, well maybe one is laser for cataract treatment and the other is fluorescent for the toilet. But do you want your toilet to have no light? If you are truly interested in the study of light, you would want to know the entire spectrum.

Christianity and Buddhism are very different, but visit a limestone cave in Kinta Valley Geopark and do ponder over the fact that soft chalk used in farmlands and hard marble used in luxurious homes are both the same. Hold a diamond in one hand and a pencil in the other: they are both the same. This is what science teaches us. Let's hope that some Christian families with ancestral roots in Mahayana Buddhism will hold a joint celebration to honour Jesus and Buddha together. We should never miss these golden opportunities to build higher-level integrative fellowships.

# Silambam Perak Open Championship 2018

The Silambam Perak Open Championship 2018 was held at Poi Lam High School (SUWA) on Saturday, December 8. It was good exposure for budding athletes and a huge milestone for Silambam as a sporting event.

The occasion saw a total of 434 participants taking part. The organisers hoped to see a bigger number in the future, including those from Sabah and Sarawak. It was inaugurated by Howard Lee, Executive Councillor for Youth and Sports Development of Perak and graced by Sivakumar Selvarajah, MP for Batu Gajah.

"Silambam is a classical martial art that uses a stick the same height as the person wielding it," said Sharwin, coach of UPM's Silambam team. "There's the sports and there's the arts component — this is the sports component." The sporting aspect of Silambam is much like sparring in taekwondo.

Overall, it was another feather in their cap. Silambam is worthy of being included in the next Sukma Games and has the potential of being an event in the SEA Games.

The burning desire is for the event to gain the attention of the Youth and Sports Ministry and the Olympics Council of Malaysia.

Total medals contested were 34 gold, 34 silver and 68 bronze. Perak's Silambam team won the most number of medals and was adjudged the champion.

**Jack Foo**



Community



Encouraging Children to Read

Volunteers from Mother Teresa Reading Shelter (MTRS) have a new initiative where booths are set up on Sunday mornings at the market place near Jalan Sungai Pari roundabout to encourage children to read. They target children whose parents are not sending them to school. They coach children to read English, Malay and Tamil while parents do their marketing. Grace Manickam, spokesperson for MTRS said it was quite an effort to reach out to the parents and explain the activities of MTRS and convince them how their children can benefit by attending the classes.

The shelter is supported by ordinary people and needs volunteers and funding to carry out their outreach activities. For further information call: 05 241 0751.

A. Jeyaraj

Hospital Fatimah's Disaster Drill

Hospital Fatimah conducted its 17th major disaster drill as part of the hospital's Safety & Health staff training exercise on Wednesday, November 28.

Held during office hours, the learning exercise was aimed to check on staff's knowledge, implementation of important emergency procedures, safety of inpatients and outpatients, public's cooperation and reaction, internal and external communication as well as working order of equipment and facilities available.

The scenario chosen was a collapse of the flyover on Jalan Sultan Azlan Shah Selatan with at least 20 casualties and victims who were then brought to the hospital.

"Everyone is involved in the drill except those who are already assigned to take care of real patients in the ward. We receive very good support from police and fire brigade. The general hospital also sent their ambulance," Susan Lim, the Community Development Executive of Hospital Fatimah told Ipoh Echo.

"Judging at the response, it's fantastic especially on site as the staff was very quick in assessing the victims. They were really quick in identifying, triaging and tagging. All of them knew what they were supposed to do," she added.

Such an exercise is held annually, made up of a major disaster drill and a fire drill.

Mei Kuan



Mariaville Past Pupils' Night

Mariaville Good Shepherd Kindergarten, which was established in the year 1980, celebrated its past pupils' night on December 1 at Tower Regency Hotel. Almost 400 guests, most of whom were past pupils, attended the dinner. This dinner is the first ever event that gathered the kindergarten's past pupils since it was founded in 1980.

In 1980, Sr Teresa Chye, a Good Shepherd Sister, as the first principal of the kindergarten, started off with three pupils and through the years watched the enrolment grow. The first teacher, Mrs Bernice Spikerman helped her in setting up the kindergarten.

It was a heartwarming celebration as a number of past pupils who were in the kindergarten in the 1980s shared on how Mariaville had moulded them into who they are today. Most of them are now successful in their careers and others are doing well in universities and schools.

The kindergarten, which is owned by the Good Shepherd sisters, constantly upgrades the facilities and is proud to have teachers who are qualified by the requirements of the Ministry of Education.

Encik Dzul Hanan Bin Ghazali from the Ministry of Education was present to witness the event. Three other officials from Open University Malaysia were also present as most of Mariaville teachers had completed, and some still undergoing, their diploma and master's degree in Early Childhood Education. Sr Theresa Chye stated that parents had confidence in the kindergarten as their children do very well in primary schools after they graduate from Mariaville.



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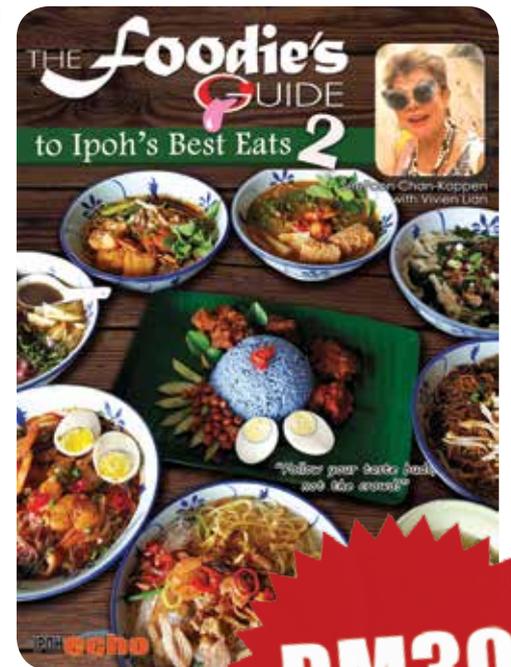
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iSpeak

By A. Jeyaraj

# Appreciating good services

It is human nature to complain and blame others when something is not right. We seldom praise people for the good services they provide; we say it is their duty. People hardly say thank you nowadays. Simple courtesy makes the other person feel happy. I like to share some of the good services and incidents I have experienced.

## Renewal of Passport

In the past, we had to submit our photos when renewing our passport, but now the photo is taken by immigration staff. When I renewed my passport recently, the counter staff showed me the photo taken and asked whether I was satisfied with it. When collecting the passport the staff ask the individuals to check the particulars before signing the acceptance form. The new passport is issued in about an hour's time. I doubt if it's done faster than this anywhere else.

## Councillors List

My friend and I went to MBI to get a copy of the councillors list. The staff at the information counter told us to go to the second floor and turn left. While we were sitting at the receptionist's desk after ringing the bell, a male staff who came out of his cubicle asked us whom we were waiting for. He took us to the office concerned. When we asked for the list, the clerk asked us to take a seat while she printed a copy. MBI staff are concerned and courteous.

## Complaints Bureau

There is a Complaints Section in the Ministry of Domestic Trade, Cooperative and Consumerism. They have solved my personal problems. There is a duty staff who listens to your complaints and records them. They confirm your complaint by mail. Very few people make use of their service.

## Postal Services

Whenever I send a letter, the counter staff gives the stamps and I have to glue the stamps. Most often the tabletop where the stamp has to be glued is sticky. If the glue is a fluid type, the job becomes messy. Recently, when I posted letters from the Tanjong Rambutan Post Office, the counter clerk glued the stamps. This also happened at UTC and the main Post Office. I appreciate the gesture of the staff and thanked them. This is a small matter, but we must appreciate their efforts. Being a product of English-medium education, I was taught to say "Thank you".

## Standard Chartered Bank

I needed the bank to verify my savings account to apply for a visa. The counter clerk took the statement inside to get the Officer's signature. I had to wait and he apologised and said his boss was very busy. Anyway, the clerk requested his boss to sign the document first. He was cheerful, enthusiastic and friendly. It was service with a smile.

## Mydin Hypermarket, Meru – salutation

I go to Mydin Meru during the opening time in the morning and the staff stand on either side of the entrance greeting customers. They may not enjoy doing it, but it is

company policy and they do it cheerfully. I, in turn, greet them back.

Often an old Tamil lady stamps the bill at the exit and asks, "pasiyaari vittingala", whether I had my breakfast. This is the Tamil way of greeting and I will have a short conversation with her.

## Good Samaritans

On Sunday mornings I go to the main market and see a middle-aged Chinese lady feeding the cats along the back lane in front of Yik Foong. I wanted to take a photo, but she refused and did not want to talk. During my evening walks, I see a lady feeding cats in front of Dr Megat Khas School. She advised me not to carry my mobile phone since thugs have threatened and taken them away. On late evenings a man comes on a motorbike and parks in front of the electrical sub-station along Jalan Pari. I used to be suspicious of him and then realised that he was feeding puppies hiding in the bushes.

Many people are cruel to animals, but there are also good Samaritans who feed the strays and want no publicity. They are providing service to the animals.

## Lost in Kampung Manjoi

I walk along the inner roads of Kampung Manjoi during evenings where there is little traffic. One day I lost my direction and asked a man on a motorcycle how to return to Lim Garden. He gave me directions and when I was walking away he came by and asked exactly where I wanted to go and assisted me. People are helpful regardless of race. You can easily get lost in Kampung Manjoi.

These may look insignificant, but it shows the good side of people. When you thank someone, he feels happy. As human beings, we must talk to each other and not just send messages. People like to talk and have their problems heard.

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# Putrade Allsuites At Royal Perak Golf Club

Royal Perak Golf Club is a golfer's haven located at the heart of the city and nestled within the very-prestigious Tiger Lane neighbourhood. The club offers an 18-hole championship golf course, swimming pool, gymnasium, tennis courts, squash courts and games rooms including snooker and mah-jong. Moreover, its strategic location puts it just a stone's throw away from Ipoh Parade, the Sultan Abdul Aziz Recreational Park and the famous cave temples Nam Thean Tong and Sam Poh Tong.

According to manager Ridzuan, the club is open to the public, however only guests of the Putrade Allsuites Hotel, which opened in July this year, would be considered temporary members whereby they get exclusive access to club facilities such as the swimming pool, gymnasium, tennis courts, squash courts and game rooms including the snooker and mah-jong rooms. Members of the public are only limited to the restaurants.

"Our hotel has garnered many excellent reviews from reputable sites such as Tripadvisor, Booking.com, Hotel.com and many others" said Ridzuan. "The major reasons why guests choose our hotel is because of its value-for-money, cleanliness, privacy, security and a laid-back ambience likened to a resort".

He remarks that the hotel is also collaborating with Gopeng White Water Rafting and Tambun to provide outdoor activities for its guests; these being popular avenues known for its extreme sports such as white-water rafting situated just half an hour away.

"We even do seminar and function packages" said Ridzuan. "Business corporations and the government often hold events in our Jubilee Ballroom". In fact, the flagship hall can accommodate a seating

capacity of seven-hundred people and a turnover rate of a thousand people. Furthermore, the ballroom is complete with carpeted floorings and offers a spectacular view of the golf course. Designed with versatility in mind, the ballroom is suitable for a wide variety of occasions such as weddings, large conferences, product presentations and galas.

All of this may sound like great fun, but it is also very taxing on your body. Luckily, you can relax and dine at the club's Fairview Restaurant at the end of the day; which offers both Western and Eastern cuisines to suit the tastes of any diner. The affordability factor is there as well, as most menu items cost less than RM20 each. If that's not enough, you may even opt to eat at Ipoh Old Town just over 10 minutes away.

**For more information, you can contact them at;**  
Putrade Allsuites at RPGC, Royal Perak Golf Club,  
Jalan Sultan Azlan Shah, 31400, Ipoh, Perak  
Tel: +605 238 0022 Fax: +605 238 0021  
Website: [www.putradeallsuites.com](http://www.putradeallsuites.com)  
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Community

# Raising Funds for Kids

It was an energetic morning for the Society for the Management of 1Malaysia Care Centre (PPPJ1M) as the "Warmest Charity Bazaar with Run and Cycling 2018" ensued.

The annual programme was held at the vacant space in front of their home at 152, Jalan Dato' Lau Pak Khuan, Ipoh Garden on Sunday, November 25.

The non-profit organisation co-organised the event with Mirakel Worldwide and managed to raise a total sum of RM50,000.

"However, our target for this charity programme is to collect RM120,000. This fund is needed for the welfare of the children in terms of food and education such as school and tuition classes," said Choong Kam Hoong, chairman of PPPJ1M Home to Ipoh Echo.

Currently, there are 24 children residing in the home. The youngest is two years old while the oldest is 18 years old.

"We've one special kid aged eight. The doctor said he's a slow learner. We hope to get more support from the public," said Choong.

Readers can contact the home at 05 546 9577 for more information. Besides donating money, readers can also volunteer their service, pro bono.

Qistina Izfarina



# When Pregnancy Meets Yoga

Yoga practice, unlike most other forms of physical activity, was traditionally used for spiritual development by unifying the body and mind to achieve self-awareness and knowledge of one's own body. The good thing is: even pregnant women can do yoga. What's even better, is that pregnancy yoga has arrived in Ipoh.



It is widely known that exercise is important during the pregnancy period, and yoga is gentle and safe enough to perform for both mom and baby. The reasons why it is safe during pregnancy is because it is mild and gentle, the stretches help release tension, strengthens the body, calms the mind and is very adaptable. Mothers who practice yoga during pregnancy is said to experience better sleep, reduced backaches, easier breathing and an overall better pregnancy experience.

Jia Ern Liew is an experienced yoga practitioner since her teenage years who has been teaching the art in Kuala Lumpur (KL) to students ranging from expatriates to moms to corporate professionals. Other than being certified by the Malaysian Association of Yoga Instructors (MAYI), she is also registered with Yoga Alliance, USA to provide quality yoga instruction. She is the first to provide instructions in pregnancy yoga in Ipoh.

"The goal of yoga is supposed to be meditation," said Liew, "A total state of relaxation after the stretching". In meditation, there are many benefits to be expected

from both beginners and seasoned practitioners alike. "It gives the mind a break and an opportunity to introspect and contemplate". She states that this is important because people tend to pile up their stress from work into their sleep; disrupting them of a good night's rest.

When asked how pregnancy yoga is different from conventional forms of yoga, Liew said, "Pregnancy yoga is toned down and is not as vigorous as Bikram or hot yoga by modifying the posture to suit them". In fact, the goal of pregnancy yoga is no longer the same as normal adults' practice; the emphasis is moved away from linear progression of the poses (that is, striving to reach toes with hands) and simply into relaxation and being aware of one's body.

"The earlier you get exposed to yoga before or after pregnancy, the better because every class you come to is a chance for you to get to know your body."

The prices are as follows:

RM 30 per class or RM100 for 4 classes every Monday (6.45pm to 7.45pm)

RM140 per hour (Personal)

For more information, you can contact Jia Ern Liew @ 012 308 4381.

Jack Foo

# Should Malaysia Adopt a New Electoral System?

A workshop on 'Should Malaysia Adopt a New Electoral System' was organised by Penang Institute in collaboration with ENGAGE and held at Tower Regency Hotel. Dr Wong Chin Huat, fellow at Penang Institute, conducted the workshop. As a nation, we inherited the First-Past-The-Post (FPTP) electoral system from the British. With the momentous change in government at the 14th General Election, the new government has set up an Electoral Reform Committee to explore the different electoral systems available around the world and consider their viability for Malaysia.



Dr Wong explained the different electoral systems in practice and participants took part in mock elections and realised how the outcome can change with different electoral systems.

It is a pity that only 24 people registered to attend and a few never turned up. The make-up of the participants did not reflect the population at large. This is an educational workshop and MPs, assemblymen and councillors who would be responsible to make decisions on changing the electoral system should attend future workshops.

A. Jeyaraj



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## Community

## Mental Health Problems in Children

Rotary Club Greentown, along with Hospital Bahagia Ulu Kinta and Malaysian Child and Adolescent Psychiatry Association, conducted a seminar cum workshop for professionals and parents titled, "Recognising and Addressing Psychological Issues in Children". It was held last month at Syeun Hotel.

According to Deputy Director General of Health (Public Health), Datuk Dr Chong Chee Keong based on National Health and Morbidity Survey 2017, the prevalence of mental health problems among school children, aged 13 to 17, was high. The survey found that suicidal tendencies and attempts among children had increased from 7.9 per cent in 2012 to 10 per cent in 2017.

"We're currently working with the Education Ministry to implement the Healthy Mind Programme in schools. A total of 2343 secondary schools are involved. It's important to upgrade the training curriculum of school counsellors in order to better manage the mental health issues in school," said Chong in his opening remarks.

The primary objective of the seminar was to allow professionals, especially teachers and nurses, besides parents, to learn and share views, experiences and opinions on ways at alleviating effects of the illness at home and within communities.

It was also designed to unlock a myriad of researched and tested methods that can be used as tools by educators, counsellors, trainers, operators, academicians and businesses that provide solutions to this problem.

Francis Vijeyaselvan, Chairman of Rotary Club of Greentown, touched on several aspects to ensure that the results of the seminar would eventuate with an action plan. The crux of the matter was the involvement of both the Ministry of Health and the Ministry of Education in producing a comprehensive plan to address child mental health issues.

On a proposal to set up an institute of mental health to enhance the understanding and treatment of mental disorder, as recommended by the Deputy Prime Minister, Rotary Club Greentown feels that the proposed institute should be built on the grounds of Hospital Bahagia Ulu Kinta.

"It's not only timely but appropriate, as the space available is immense," said Francis.



Qistina Izfarina

## Light Up Little Lives

WEIL Hotel lighted up its glittery Christmas tree in the presence of eighteen children from The Salvation Army of age seven to 17 to add to the merriment. Then, the kids were treated to an international buffet dinner spread at TIFFIN Restaurant featuring festive dishes with the accompaniment of carolers from the St Andrew's Community Church.

"My special thank you goes to the children from The Salvation Army who are our main stars tonight, for allowing us to share this joyous moment with them. WEIL is more than just a hotel. I always believe that WEIL's purpose is to inspire, enliven and enrich the soul of our guests and neighbourhood," Liew Yu-Wei, Executive Director of WEIL Hotel said.

Present at the annual tree lighting ceremony was, Executive Councillor for Tourism, Arts and Culture Tan Kar Hing, General Manager of WEIL Hotel Michael Quah and Superintendent of the Salvation Army Perak Elena Wong.

Readers can now be a part of the donation drive. An amount of RM1 per diner from the Christmas Eve buffet dinner at TIFFIN Restaurant will be allocated into its CSR fund to extend a helping hand to the underprivileged in and around Ipoh. Every RM2 collected from every box of WEIL signature savoury macaron box sold will go to the CSR fund too. Plus, every macaron box purchase gives you a chance to win attractive prizes such as night stays and F&B vouchers.

Do your bit for the needy and celebrate Christmas in its true spirit by calling the hotel at 05 208 2228 for bookings.

Mei Kuan



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# Nosh News

VWSL



## From Karaoke to Curry

If you feel like a mutton curry or beef rendang meal, and don't want to go to an Indian or Malay restaurant, then you could try Curry Monster. Former pub and karaoke bar owner Jason Chan, now sells authentic curry meals. Jason used to own Pub Rock Steady and J Box Karaoke. He's been operating Curry Monster, at the back of Season's cake shop, for the past couple of months.

For the curry and rice meals, you can choose to have white rice with mutton curry, chicken curry or beef rendang; accompanied with slices of cucumber.

Besides *char siew* (barbecued pork) and *nam yee* (preserved beancurd) pau, there is pau with curry filling: chicken, beef, mutton and vegetarian. What is unique about these paws are that they are steamed and then pan-fried. While the usual pau have a fairly thick dough, these have a thin skin and the filling is moist but not wet and soggy. The slightly charred exterior gives it a nice aesthetic look and keeps the filling intact.

Another item to try is the spring rolls with the same chicken and mutton curry; freshly fried to maintain its crispiness.

Jason's curry paste is homemade and his own recipe made from scratch. The curry taste is very much Indian and the rendang authentic with *kerisik* (toasted grated coconut) and brown sugar added.

Jason says, "To get a better taste, always eat curry pau first and char siew pau last".

Drive by and pick up some paws and popiahs or dine in and have the rice and curry. There is also delivery by *SendSent* with prevailing charges. Order by phone, through Facebook or the delivery website.

### Curry Monster Ipoh

87 Jalan Canning Estate (back portion), Ipoh Garden, 31400 Ipoh.

Tel.: 012 233 6055

Facebook: curry monster ipoh

SendSent: <http://www.sendsentdelivery.com/>

Business hours: 8am-3pm; Thursday closed

## Personality

# For the Love of Literature

Ipoh Echo met up with Nur Hanim Khairuddin, the brilliant mind behind Teratak Nuromar; a publishing literature house based in Ipoh. The idea to come up with her own publishing house started when Hanim and her friends were working hard to create an art magazine. Established since 2005, the house has expanded its services to include translating, editing, proofreading and even archiving.

"Teratak" is a word in the Malay language that means, house and 'Nuromar' is a combination of my name and my other half's. Why Teratak? Because our publishing is home-based," said Hanim.

Born in Johor in 1969, Hanim grew up in several places including London before settling down in Ipoh since 1994. When asked about her opinion on the Malay literature scene in Malaysia, Hanim admits that only now it is picking up thanks to a consistent amount of art programmes and festivals held by the Malaysian Institute of Translation & Books (ITBM) and Dewan Bahasa & Pustaka (DBP), a government body responsible for coordinating the use of the Malay language and Malay-language literature in Malaysia.



"Apart from maximising the use of social media, more art and cultural programmes should be organised especially for the youth. Somehow, their generation has the ability to promote things quite instantaneously. Other than that, organise outdoor events that cater more to the public," said Hanim about how to promote Malaysian literature and the people behind the scenes.

Readers who are interested to know more about Teratak Nuromar can do so by visiting their facebook page at [www.facebook.com/terataknuromar](http://www.facebook.com/terataknuromar).

Ili Aqilah

## Wellness

By Jack Foo

# Thalassaemia – Are You One of Them?

According to News Medical, Thalassaemia can affect approximately 4.4 of every 10,000 live births throughout the world. In Malaysia, anywhere between 3-8% of the population could have this disorder.

According to Dr Too Jun Kin, Thalassaemia is a blood disorder distinguished by abnormalities in red blood cell (RBC)'s size and shape because of abnormal haemoglobin production. It can be inherited from parents because it is a genetic disorder.

Dr Too, a Consultant Paediatrician at Pantai Hospital, stresses that having awareness of the disease is quintessential in assuring that patients know how to live with it and how to avoid it. Moreover, this becomes more significant when patients realize it can affect the livelihoods of their future generation as well.

There are various types of Thalassaemia and the two types of Thalassaemia most commonly found in Malaysia are;

1. Alpha Thalassaemia whereby the body has difficulties producing alpha globin 2. Beta Thalassaemia whereby the body has difficulties producing beta globin

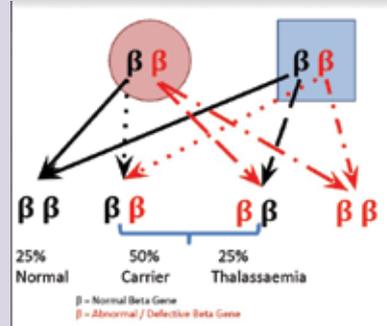
The most severe form of it is Beta Thalassaemia Major (Transfusion Dependent Thalassaemia, TDT) which causes anaemia. As genes are essentially the "blueprint" of our physical makeup, it doesn't take a rocket scientist to know that Thalassaemia, a genetic disorder, can affect how a person looks and feel and their outlook on life. Parents who are both Beta Thalassaemia carriers may have a 25% chance having an offspring with Beta Thalassaemia Major (Transfusion Dependent Thalassaemia, TDT) and a 50% chance of having offsprings who are carrier (As illustrated).

Adversely, babies born with Beta Thalassaemia major often appear healthy at birth, but symptoms may start to appear anytime after 6 months to 1 year of life. However, usually they are detected at toddler age group. Regular blood transfusions are usually required for this variant however this may lead to excessive iron in the body which can be extremely toxic at high amounts as Thalassaemia Major (TDT) patients often requires iron chelation therapies. Alternatively, other symptoms of Beta Thalassaemia major can include fatigue, pale appearance, facial bone deformities and stunted growth. Other than blood transfusions, chelation therapy and bone marrow transplants are additional means to treat the disorder.

Due to the undesirable consequence of the disorder, Dr Too advises everyone to understand and familiarize themselves with the disorder as well as getting their blood checked out. Many Thalassaemia cases can be prevented by simply having proper family planning, consulting a qualified doctor/Paediatrician and having pre-natal check-ups. Awareness, in all its forms, is key in combating Thalassaemia.

Dr Too received his MD from Universiti Putra Malaysia in 2006 and a Master of Paediatrics from University Malaya in 2015.

"It's not about treatment" remarked Dr Too, "It's about awareness because if we remove the disease from us then we don't have to treat it in the first place."



**Dr Too Jun Kin**  
Consultant Paediatrician  
MD (UPM), M. MED (Paeds)(UM)

**Dr Too Jun Kin**  
Consultant Paediatrician  
MD (UPM), M. MED (Paeds)(UM)  
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Property

# Peter Chan named Property Man of the Year

Peter Chan Toh Pew, Chief Executive Officer of The Haven Resort Hotel and Residences was named Property Man of the Year at the ninth edition of the Malaysian Property Press Awards (MPPA) on Monday, December 10 at Istana Hotel in Kuala Lumpur.

The MPPA, an initiative by strategic property content provider Emjay Communications, Property360Digest and the Malaysian Global Business Forum, is an annual awards ceremony that recognises the outstanding achievements of participants within the property industry via a unique format – it is the only property awards ceremony that is adjudicated exclusively by senior members of the press.

The awards utilise a comprehensive selection process that takes into account the positive market impact, performance, quality of products, calibre of services, and the scope of corporate social responsibility activity that candidates have exhibited.

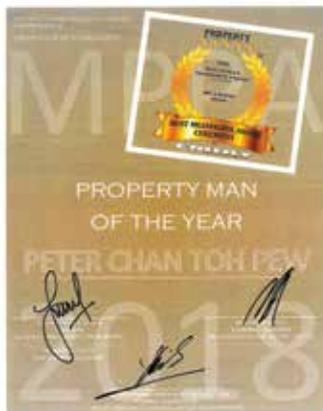
The Haven has put Ipoh on the world map, pioneering the concept of luxury family vacations. In a town which did not have a luxury or upmarket hotel previously, The Haven has since become a catalyst for a revival of confidence in Ipoh as it highlights the state's attractiveness, natural assets, limestone hills and home-grown uniqueness.

Referred to as the 'Pride of Ipoh, Envy of the Nation', The Haven has convinced both Malaysians and the world of the desirability of Ipoh as a destination for vacation, retirement or as a second home. The latest award marks the 54th prestigious local and international accolades that it has garnered.

Present at the awards ceremony were Deputy Housing and Local Government Minister Datuk Raja Kamarul Bahrin Shah Raja Ahmad and MPPA Chairman Gunaprasath Bupalan.

For more info on The Haven, visit [www.thehavenresorts.com](http://www.thehavenresorts.com) or call 05 540 0000.

Mei Kuan



Restoration

# Is FMS really opening?

Over the last couple of weeks, Ipoh has been abuzz with rumours that FMS is about to open again. As there have been so many false alarms in the past, most Ipohites are sceptical. However, Yes! Something is definitely happening at the FNS bar after it has lain dormant for more than 10 years.

The old staircase has gone and a new one installed in the bar. All manner of bar fittings are being put in place, including a brand new, modern bar, decorated with period decoration to give the impression of age. There is also a new kitchen underway and if the speed of approach remains as it has been recently, it may actually open before this issue hits the street and Malaysia's Oldest Pub will rule the roost again. What a shame that Nephew will not be here to pull the first pint!

Ian Anderson



# Medical Therapy That Doesn't Harm Your Wallet!

A true veteran of the industry with a heritage of over 25 years, Yayasan Sultan Idris Shah (YSIS) strives to provide affordable yet highly professional treatment to patients of any race, religion, culture or age. In fact, the therapy charges start from ONLY RM30 per session with FREE assessment. With the prepaid packages, patients are entitled to 1 Free-of-Charge (FOC) session for every 5 sessions purchased as well which is great value for money. The facility comes equipped with a whole slew of services including physiotherapy, hydrotherapy (Pool), occupational



Dato' Dr. Ramanathan Ramiah

THERAPY CHARGES		REGISTRATION FEE: FREE	
<b>SINGLE THERAPY PACKAGE</b>			
SERVICE	PRICE PER SESSION (RM)		
Physiotherapy	30.00		
Pain Management Therapy	50.00		
Occupational Therapy	30.00		
Speech Therapy	50.00		
Hydrotherapy	20.00		
<b>COMBO THERAPY PACKAGE</b>			
SERVICE	PRICE (RM)	SAVINGS (RM)	
Combo 1 Speech Therapy + Physiotherapy	70.00	10.00	
Combo 2 Speech Therapy + Occupational Therapy	70.00	10.00	

management therapy, hippotherapy (Horse) and postoperative rehabilitation to cater to a broad spectrum of patients. Not to mention, the physiotherapy also includes a complimentary massage session on its newly-arrived thermal massage bed.

The facility is an avenue for effective rehabilitation and treatment that is second to none. At the fore, anyone affected by traumatic accidents or a congenital disease are prescribed a structured, comprehensive and scientific programme that aims to restore and facilitate function, mobility, motor skill learning and ultimately revitalize their body and allow them to live life normally again.



Other than the physical therapy services, there are also dedicated provisions for Special Needs kids. These include a day-care centre that offers either full or half-day care and supplementary therapies such as sensory stimulation therapy which is an effective modality used to stimulate the senses in either a dark room (for hyperactive kids) or a white room (for hypoactive kids). Fun fact: The rooms were installed by a scout group from Ireland back in 2008!

Alternatively, a play room installed with desktop computers and an Xbox360 is also in service to provide entertainment and training for attention-span. There is also an outdoor "sensory garden" - a botanical area complete with many different types of plants and vegetation designed to stimulate senses as well.

Unlike other rehabilitation centres, this resort-like landmark is fully furnished and air-conditioned. Although they thrive only on simple donations, they give other physiotherapy clinics a run for their money by providing high-quality services at a rate that is reasonable and economical. Ample parking spaces and transportation services are available as well.

"Anyone with fractures to post-operation to other injuries can come for therapy" said CEO cum Specialist Orthopaedic Consultant Dato' Dr. Ramanathan Ramiah, "We are open to the public and all are welcome".



# CONGRATULATIONS

## Maria's Steakcafe for bagging the World Top Gourmet Awards 2018

Tan Sri Lee Oi Hian &  
Puan Sri Dato' Sandra Lee

Dato' Chan Yew Mun & Datin Miki

Datuk Lee Soon Hean & Datin Grace

Datuk David Tan & Datin Lynette

Datin Phaik Lean

Andrew Ong & Jackie Ong

Audrey Shanta-Poh

Timmy & Margarita Lee



### Bangsar Outlet

58, Jalan Maarof, Bangsar Baru, 59100 Kuala Lumpur.

03-22822220

Open daily 12pm - 1030pm

### Sunway Outlet

5A, Nadayu 28 Dagang, Jalan PJS 11/7, Bandar Sunway, 47620 Subang Jaya.

03-74966415

Open daily 12pm - 1030pm

### Petaling Jaya Outlet

Centre Wing, Level 3, Metropolitan Square, No.2, Jalan PJU 8/1, Damansara Perdana, 47820 Petaling Jaya, Selangor.

03-77252313

Open daily 12pm - 1030pm

### Ipoh Outlet

No. 60, Persiaran Greentown 1, Greentown Business Centre, 30450 Ipoh, Perak.

05-2424133

Monday closed 4pm - 11pm

## Young Perak

### Wildlife Heroes

The Wildlife Heroes Programme, spearheaded by nine young heroes, captured the attention of visitors to Sunway's Lost World of Tambun (LWOT) on Sunday, November 25.

General Manager of LWOT, Nurul Nuzairi Mohd Azahari explained that the programme was the first of its kind in Asia featuring kids between the ages of 7 and 12.

"It's aimed at providing these kids an exposure to animals in the theme park. We want to instil in them interest and passion for nature via a fun and educational way. This year, all the young heroes are required to present their recommendations concerning the upkeep of animals in Sunway Lagoon's wildlife park and Lost World of Tambun's petting zoo to the management of Sunway Theme Park for improvement. The experience and skills they acquired during the programme include life skills such as cooking with minimum and natural resources," Nurul Nuzairi said.

The heroes were also taught to clean the horse stable, prepare special equipment and feed the animals. They also assisted the park's veterinarian team in caring for the animals.

Participants were awarded with a RM8000 cash incentive while the leader received an additional RM4000 upon the completion of all the assignments.

**Rosli Mansor**



### Youth Energy Rocks Ipoh

More than 100 youths from Perak, Penang and Kedah, as part of its youth development initiative organised by Junior Chamber International (JCI), converged recently at the Polo Ground to conduct morning exercises and Zumba. The initiative, aimed at promoting Ipoh as a youth-friendly, vibrant and livable city, is part of the annual JCI Malaysia Area Peninsular North (APN) Academy. JCI Kinta, a youth organisation based in Ipoh, won the hosting rights for the academy this year.

The Area Chairperson for JCI Malaysia (APN), Catherine Chang said, "It is essential that young active citizens uphold civic values and be responsible to improve their community. In this sense, I am proud of the success of JCI Kinta in promoting youth development in Ipoh".

According to Vin Choo, the academy's organising chairman, it was the first time such academy was held in Ipoh. "The academy's theme is GROW. It reflects JCI Kinta's aspiration in wanting to grow with the city of Ipoh and for our participants to grow as youth leaders".

The 2018 President of JCI Kinta, Matt Ngai added "Ipoh has always been known as a retirement city. We want to project Ipoh as a vibrant and energetic city for the youth. Through JCI Kinta, we are building a platform for young people to come together and develop community-based solutions for our local issues".

The academy was sponsored by Haup Sing Trading Sdn. Bhd., GT Sports & Recreation Club, and Incubator4u.

For those between the ages of 18 to 40 and interested in joining JCI Kinta can contact 2019 Secretary Eddy Low **012 519 2055** or 2019 President Joe Chia **012 507 1510**.



# Nostalgia

By Ian Anderson

## Christmas Comes But Once a Year\*

During their tour of duty in Ipoh, men of the 12th Infantry Regiment Workshop often visited the children at the Holy Infant Jesus orphanage and in 1956, ran a Christmas party for them at Gunung Panjang Camp.



The party started when an army aircraft flew low overhead trailing several streamers. Unknown to the children Santa Claus was on board and planned to parachute down and, as he eventually did, arrive at the party in a gaily coloured Willy's Jeep and trailer, disguised as a locomotive.

But as Valerie Yeow remembers, something went wrong:

"At Christmas 1956, I had just turned six and remember a comical sight of a Santa Claus, stuck in a huge tree at the bottom of Seenivasagam Street.

The plane had missed its target! I lived on Green Lane at the time, and I remember



all the children from Green Lane, Green Hill Drive, Seenivasagam Street and probably Cowan Street, rushing out to look at this most remarkable scene. For me, it has always been memorable as my first encounter with Santa Claus."

\*English Proverb

Photographs courtesy of www.ipohworld.org.

## Fond Memories of Ipoh Contributions from readers on their memories of Ipoh

### Ipoh Old Town Sinhalese Bar

In the old town of Ipoh is a quiet little discreet bar  
Few people really know it, but visitors come from afar!  
Nothing luxury here, tables and chairs with a welcoming fan  
Enter the swing doors which flap side by side, easier for a man!  
The owner and his wife are the same generation of 70 years before  
Always welcoming all with their two faithful dogs who make the law!  
In Malaysia now old bars that exist today are no longer like this  
The neighbour FMS closed a few years ago, a place that we all miss!



Nickolas Mallcott

(Thank you Nickolas, for going the extra mile with a poem and sketch)

## Heritage Building becoming Derelict

By Vivien Lian

### Windsor Theatre, Tanjung Tualang



Built in 1937, this theatre used to be the go-to place for films, which has become embedded in local fond memories. However, it has since been abandoned when TV was made affordable. It housed a slipper factory later but was abandoned again after the factory moved out. The only occupants left are pests, amidst piles of rubbish.



**PSPA**  
**FESTIVE EXTRAVAGANZA**  
@IpohCarFreeDay

**DATE:** 23<sup>RD</sup> DECEMBER 2018 SUNDAY  
**TIME:** 7:30AM-9:30AM  
**VENUE:** JALAN RAJA DIHILIR, IPOH, PERAK.

**ACTIVITIES:** DANCING, SINGING, MUSIC, CLOWNS, FESTIVE RIDES, BOOTHES, FESTIVE COSTUME CONTESTS

**ORGANIZER:** PSPA  
**SPONSORS:** YL, K&T, SOON HIN, PAGODA



Can it be saved? Contact Vivien at 014 332 3859 for urban exploration

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Subdividing Permit: M456-28/16/2015/02939 (P) Permit Validity Period: 11/10/2018 - 10/10/2019  
Exp. Completion Date: 2020 Total Units: 24 Land Encumbrances: Malaysian Banking Berhad Land Reserve: Freehold  
Price: Min RM338,800 Max RM716,800 Approved Plan No.: S2C1833-01/04/19/14/18 Approving Authority: M.L.I.



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## HAPPENINGS

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### ARTS & CULTURE

**JKKN & IPOH FINE ARTS SOCIETY** present **KALPANA DANCE THEATRE IN SAMYOGA. JANUARY 12, 2019, 8pm** at JKKN Auditorium, Jabatan Kebudayaan dan Kesenian Negara Perak, Kompleks Taman Budaya, Jalan Caldwell, Off Jalan Raja DiHilir, 30350 Ipoh. Entry by donation. Contact: **016 527 2959, 016 532 1087, 012 526 9239, 012 524 0104.**

### COMMUNITY

**PSPA FESTIVE EXTRAVAGANZA @ IPOH CAR FREE DAY. DECEMBER 23 (Sunday), 7.30am-9.30am** at Jalan Raja DiHilir, Ipoh. Festive parade, dancing, singing, music, goodies & prizes, clowns, festive rides, booths, etc. There'll be a Festive Costume Contest open to the public. Judging will be based on creativity, originality, poise, presentation, capturing the theme, embodying the festive spirit, colours, etc. (rules & regulations apply).

**ST JOHN'S ANGLICAN CHURCH IPOH – "FLICKERS IN THE SKY". DECEMBER 29 (Saturday), 6pm** at St John's Anglican Church, Jalan St John, Off Jalan Panglima Bukit Gantang Wahab, 30200 Ipoh (opp. Lembaga Air Perak). A Christmas musical celebration featuring Juwita Suwito & team, Kinta Valley Symphony Orchestra, St John's Christmas Choir & St Mary's Chapel Christmas Carolers. Admission is free; all are welcome (300 seating capacity).

**BK INNER SPACE IPOH PUBLIC TALK 'THE ART OF LETTING GO' BY MR PUI** on **DECEMBER 29 (Saturday), 4pm** at 3A Jalan Wira Jaya, Taman Ipoh Jaya Timur 1, 31350 Ipoh. Free admission. Limited seats. Enquiries: **012 539 3178.**

**PERAK WOMEN FOR WOMEN SOCIETY (PWW)** will be commencing an **English Language Communication Skills Classes for Disadvantaged Women** from **JANUARY 2019**, kindly sponsored by ILTI (Ipoh Language Training Institute). This Course is suitable for women who can speak, read and write some simple English. Application forms can also be obtained from the PWW office at: The PWW Shop, 15 Market Street, 30000 Ipoh. Contact: **05 246 9715** or email: [perakwomenforwomen@gmail.com](mailto:perakwomenforwomen@gmail.com) for a copy of the application form. Completed application forms should be submitted to PWW by **DECEMBER 16.**

**ALPHA @ CGMC (For Non-Muslims only). FEBRUARY 24 to MAY 26, 2019 (every Sunday), 1pm-3pm** at Canning Garden Methodist Church, 23 Jalan Keliling, Canning Garden, 31400 Ipoh. An opportunity to explore the meaning of life and faith through a series of talks in an open and friendly setting. Starts with lunch. For further information, call **05 546 2023** or email: [cgmcipoh@gmail.com](mailto:cgmcipoh@gmail.com).

**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

**UTP ANNUAL CAREER FAIR 2019. JANUARY 29 & 30, 2019, from 9am onwards** at Chancellor Complex, Universiti Teknologi Petronas, 32610 Seri Iskandar, Perak. The major objective of TEC is to provide exposure of corporate companies to students. Students will be able to submit their resume and attend walk-in interviews. Open to the public of all ages. For more information, go to website: [tec.utp.edu.my](http://tec.utp.edu.my); Facebook: [tec.utp](https://www.facebook.com/tec.utp); Instagram: [@tec.utp](https://www.instagram.com/tec.utp); Twitter: [@tec.utp](https://twitter.com/tec.utp).

**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](mailto: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](mailto:adudisiplin@moe.gov.my). You can also call **15999 Childline** to report bullying.