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ISSUE **299**

Everybody's Nephew

By Ian Anderson

As the FMS Bar has opened again after 10 years “Under renovation” our thoughts turn to its history and its long-serving Barman Pang Chee Ein.

February 22, 1906, was a special day in Ipoh although it probably was not recognised as such at the time. It was the day that Hainanese immigrant, Cheam Tong Lin and partner, Jwi Fong Loon, opened the doors of the “FMS Hotel” for the first time, the name being an acronym for “Federated Malay States”. Situated on the corner of Post Office Road and Belfield Street, it immediately became a popular venue for a wide range of customers, particularly the Europeans who were not members of the Ipoh Club. The hotel rooms were said to be comfortable and the pleasant bar/restaurant downstairs served quality English fare daily as well as Curry Tiffin on Sundays. The chef was also Hainanese, a race famous for their culinary skills. With cool Stengahs available, there could be no better place to spend a few hours of leisure. The English newspaper, the Perak Pioneer summed up the establishment rather well on May 7, 1908, when they reported:

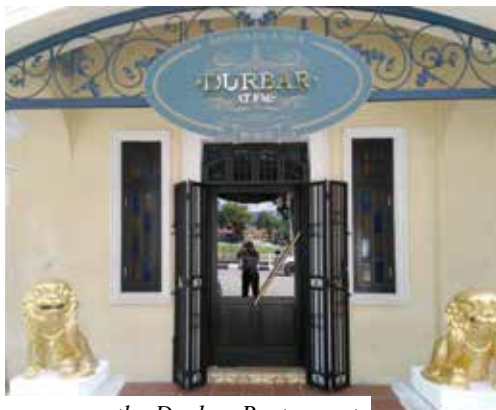
“The FMS Hotel here, run by Messrs Jwi Fong Loong and Co, situated at the corner of Belfield and Post Office Road, is doing great business, and the rooms available are practically full every day. In the restaurant line, the place is equally popular, and many residents mess there daily. If Messrs. Sarkies Brothers intend opening up, they had better start at once, or they will find the ground very much cut away from below their feet, as the charges asked in the present establishment are very reasonable and the cuisine excellent.”

The reference to the Sarkies related of course to the negotiations they had entered into with the government to build their next luxury hotel in Ipoh.

FULL STORY ON PAGES 2 & 6



Those famous batwing doors on Brewster Road



... now, the Durbar Restaurant



FMS 1999



View from the batwing doors, then ...



... and now

INSIDE

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The Rise and
Fall of Ipoh



▶ **page 7**

Exploring the
Forgotten Six-mile
Tunnel



▶ **page 12**

Smoke Detector
in Toilets



The oldest bar in Malaysia gets a new lease on life as the Durbar Restaurant

A New Beginning

The partnership and the hotel prospered despite the entry and exit of Pierre Creet's famous Grand Hotel, the new and successful Ipoh Station Hotel (The Majestic) and the numerous small Rumah Tumpangan (Boarding Houses) along Hale Street, just a stone's throw away. But in the early 1920s, the partnership broke up.



The rear of the first FMS Hotel in Post Office Road

Cheam Tong Lin bought over his partner's shares and in 1923 moved the famous hotel to a new site at No. 2 Brewster Road, opposite the 'Padang'. Allegedly built in the early 20th Century by Cheam Tong Lin, the building, although closed, still stands.

The concept at the new site was very similar to the previous one with the hotel upstairs and the bar/restaurant downstairs. Access to the seven rooms was up a steep wooden staircase. The word "Rooms" is probably a misnomer for they were more like cubicles but clean and comfortable; they were very popular. Cheam Tong Lin continued to prosper and had at least two sons, one of whom, Cheam Yeow Toon (or Ah Toon as was normally known) joined him at the FMS, eventually, in the 1940s, taking over the business from his father. Cheam senior passed away on November 14, 1957, and his demise was reported in The Straits Times:

"THE DEATH occurred on 13/11/57, of Mr Cheam Tong Lin father of Mr Cheam Yeow Toon (F.M.S Hotel). Funeral on 17/11/57 at 12 noon from 6 Tatlock Street, Ipoh, to the Tambun Road Cemetery."

A Special Rate

In 1950, a double room costs \$6 a day – a single room \$4. However, there was another 'special' rate at \$2 for two hours. During the 50s this was said to be very popular with British Army wives who took advantage of the facilities while their husbands were away in the jungle on anti-communist patrols. On one occasion, when proprietor Yeow Toon wanted to reduce the number of bedroom attendants, one agreed to work for no salary rather than leave. When questioned he said that he could make more with tips from the "2-hour" guests than he could earn elsewhere.

A Nephew Joins the Team

It was also in 1950 that a young boy, 12 years old arrived at the FMS Hotel. Born in Johor where his father ran a coffee shop, he had left school and apart from helping his father on trips to Singapore to buy produce for the shop, there was no work for him. So it was arranged that he would be sent to Ipoh to work for his uncle Cheah Yeow Toon, his father's brother. He was supposed to be the errand boy but within a few weeks found his way behind the bar he could barely see over. He worked behind that bar for 60 years. He was Pang Chee Ein. They called him "Nephew".



Nephew in his favourite place behind the bar

At the time a big bottle of Anchor Beer costs 65 cents and young Nephew must have served hundreds of bottles per week to the many miners and planters who found their way there. It was also a favourite after-match venue for the cricket, rugby and football teams who had played their heart out on the Padang. Personally, your author met Nephew for the first time in 1961 over a steaming plate of sausages and mash, with Anchor accompaniment, having just played a memorable game of Rugby on the Padang. Finally, there were always British Government officers who drank there, generally more 'starchy' than those from the plantations and mines. They drank "Gin Pahits" or "Whisky Stengahs" and Nephew served them all.

Everybody's Nephew

But what about the name Nephew? Of course, he was the nephew of Cheam Yeow Toon, but there is a wonderful story about how he actually got the name. In Malaya, it was quite common for totally unrelated people to politely call their elders "Uncle" or "Auntie". To some extent, this continues today. Consequently, it is said that one evening a newly-arrived planter was greeted by young Nephew with "Hello Uncle", to which he replied, "If I am your uncle you must be my nephew". Whatever the truth, the name stuck! He was everybody's nephew.

Again the chef was Hainanese and the menu retained many of the popular European dishes like Fish and Chips, Lamb Chops, Lamb Stew and Steaks, but some more local tastes were added and the restaurant also became well-known for its curry puffs, baked crab and inche kabin (Nonya Style Deep Fried Chicken with Dipping Sauce).

Fun and Games

The famous bar was undoubtedly a place where legends were made. Indeed Nephew himself became one. But there were others, relating to the behaviour of some of the customers after a few beers. There were belly fighting contests amongst the miners and planters, some of whom became quite portly in their three years "On Station". Then there was the raw egg swallowing contests with the resident champion, Malaya-born, Colonel Dara Singh (distinguished soldier, police officer and jungle fighter). Every Thursday

was ANZAC night, with singing, dancing and trishaw races around Old Town. In later years Nephew used to tell stories about those nights and how a few couples met at these gatherings and later became man and wife.

The Décor

Turning to the décor, the hotel was pretty sparse with nothing but the odd small picture on the wall to break up the monotony. But downstairs was a different story. Entry was through batwing doors and inside there were private curtained cubicles for that romantic dinner. Further in was the large polished bar and beyond that the province of the Hainanese chef – the kitchen. Over the years, Nephew had collected all manner of memorabilia from his guests, postcards, press cuttings, cartoons and more. As the years went by the collection grew. The author Noel Barber was a customer at one time and he described the downstairs bar/restaurant in his book, "The War of the Running Dogs":

"The FMS Bar in Ipoh, which had been run by the same family for three generations, was unlike any other in Malaya. Not far from the station, a firm favourite with the planters and miners, it had the swing doors of a Western movie, an L-shaped bar with a big fridge behind it, a Victorian pendulum clock on the wall, and an abacus rattling at one end of the bar. At the far end of the room, three curtained cubicles awaited those who wanted dinner."

A Change of Ownership

Uncle Ah Toon passed away in 1993 and in his will left the building and businesses to his daughters. After trying to run them for a while with Nephew still in place downstairs, they sold it in 1995, lock, stock and barrel, to a local businessman. For a while, the hotel and bar were closed, but not long after, in March 1996, Nephew leased the bar and restaurant from the new owner and was soon back in business. His two long-standing waitresses, Florence and Iris, were also back and his son was the Hainanese chef. Nothing had changed.



Front Office Team, Nephew, Florence and Iris

However, the hotel remained closed, transforming itself into a very good restaurant specialising in heritage Hainanese food; quite a different fare to that downstairs. This was a great place to eat with open windows overlooking the Padang and attracting a gentle breeze to supplement the creaking antique fans overhead, giving the feeling of Colonial days gone by. To add to the diners' pleasure the walls were lined with memorabilia – advertisements from F&N in the 60s, posters and historic notices from Communist times, old photographs of Ipoh and even one of Malaysia's first Cabinet Members with names written in Jawi! Antiques in polished cabinets completed the scene. It was a great place to wallow in nostalgia. Sadly, a few years later the windows were sealed and air conditioning installed at the request of the local diners. No longer a pleasant breeze, but a chill that gets into the bones. How could they?

The Oldest Pub in Malaysia

The famous Bar and Restaurant downstairs, the oldest pub in Malaysia, celebrated its 100th anniversary on February 22, 2006. Nephew presided over a guest list limited to 50 people several of whom had come from overseas especially for the occasion. Your author was one of the privileged guests and a great night was had by all. Louis Rozario Doss, former Principal of St Michael's Institution, and an old friend of Nephew was Chairman of the get-together and emcee for the occasion. As the party really got going, he had to resort to a loudhailer to make himself heard.



The centenary celebration, expats galore

One particularly boisterous group were all ex Osborne and Chappell staff; Bill Lawson, 67, and Michael Joll, 64, from London, Jack Simpson, 68, from Sydney and Ken Hart, also 68. Ken had been a regular patron of the FMS, from 1959 to 1978. Jack's wife Elizabeth also joined the party as did Gopeng Consolidated mining engineer, John Rogers. Joli arrived in 1964 and stayed for 18 years. He was just 20 and this was his first Christmas away from his home in Cornwall. He remembered:

"Ah Toon had put on a Christmas dinner with traditional roast turkey for all the Mat Salleh bachelors and it was like coming from home to another home."

Closure!

Just two years after the centenary celebration we were informed that the FMS had to close for major renovations associated with the floor of the old hotel premises upstairs. The whole place would need to be gutted and closure was to be in March 2008. The last night was a sombre affair and although many people came to bid their farewells there was no farewell party. Nephew spent most of the evening answering calls from well-wishers at home and overseas. Of course, there was talk of Nephew coming back after the renovation, but in our hearts, we all knew that would not be the case.

Continued on page 6



By Fathol Zaman Bukhari

The Numbers Game



In mid-February the country was a buzzed with news that seven former Umno MPs had crossed over to Tun Mahathir's party, Parti Pribumi Bersatu, uninvited. The immediate reaction was one of indignation, as Malaysians are wary of these "turncoats" believing them to be nothing more than opportunists seeking protection against ongoing investigations by the Malaysian Anti-Corruption Commission (MACC).

With the new addition the power balance within Pakatan Harapan (PH) has altered dramatically and the demise of Umno, once the most dominant political party in Malaysia, is not only assured but hastened. The significance of the event was minimised by the aborted and much-anticipated corruption trial of former Prime Minister, Najib Razak.

That is the nature of things in the country today and I attribute it to the popularity and extent of social media where news becomes stale in matters of minutes or perhaps seconds.

The significance of Tuesday, February 12 event was lost in transition largely due to it being overshadowed by something larger than life – the court trial of an irrefutable kleptocrat who had amassed billions via a dishonest money laundering scheme – the 1MDB.

The power equilibrium in PH has tilted in favour of Tun M's party, Bersatu. The party is now on track to achieve its ultimate aim – to be the most powerful partner or perhaps on par with Parti Keadilan Rakyat (PKR) and the Democratic Action Party (DAP) within the ruling coalition. And this is done before the "old man" hands over the premiership to his "anointed" successor – Anwar Ibrahim.

The power dynamics prevalent within PH presently is rather obvious. It is safe to assume that the strength of the coalition rests on the shoulders of one man. And that man is none other than Tun Mahathir. Love or loathe the guy, Mahathir is here to stay. He may be well past his prime but his influence is eternal.

A regime change would not have happened without Mahathir's effort in splitting Umno apart and ensuring a smooth power transition. On May 9 the balance of power in parliament was this: PKR 47 seats, DAP 42 seats, Bersatu 13 seats and Amanah 11. With barely a third of seats of what PKR or DAP had, Bersatu wrested many important cabinet posts – the Prime Minister, Home Minister and Education portfolios. And over in Perak Bersatu with only one state assemblyman, Ahmad Faisal Azumu, was given the most coveted post of Menteri Besar.

To ensure Bersatu's survival in the mid-term what would be your plan of action?

First is of course the neutralisation of an irritating political nemesis – Umno. Bersatu is largely made up of ex-Umno members who were kicked or forced out of the party during Najib's presidency. If Umno is not dealt decisively it will remain a threat to Bersatu's survival.

The similarity in Umno's and Bersatu's ideology is nothing strange as both are from the same mold. And the simplest way to destroy Umno is to encourage defection of its elected members namely, members of parliament and state assemblymen. The implosion of Sabah Umno is a result of this political maneuvering. Defection by Bersatu's party members, supporters and voters to Umno is a threat Bersatu is wary but, fortunately, this has yet to happen.

Second, you need to ensure that Bersatu remains influential after Mahathir exits the political scene. This is a must and not something fictional. Mahathir will be 95 next year and if he remains till GE 15 he will be 98. There is no certainly of him returning to bolster

Bersatu as he did in GE 14.

So the only way for the party to remain relevant in PH is to increase its number in parliament and state assemblies. Politics, essentially, is a numbers game, especially in parliament where it matters most.

Numbers may not be too important when you have someone of Mahathir's stature in the forefront of Malaysian politics. But it will come into play once he is gone. With the inclusion of the seven Umno lawmakers, Bersatu now has 22 MPs. If more were to crossover a definitive change is expected in the country's political landscape.

An old army friend had fallen on hard times. His wife and only daughter left him for good some years ago. The distraught guy did some odd jobs but the loss was too much to bear. It affected him mentally, physically and financially. He roamed the streets for a spell till a concerned citizen committed him to a welfare home in Kajang.

I came to know of this a few weeks ago and when friends decided to visit the destitute, I offered a helping hand. We passed the hat around and collected enough to see him through. That was what we thought. The Kajang home, however, does not allow money to be passed to its residents. So our donation was given to the manager for "safekeeping".

The home, like similar shelters in the country, is not in the best of shape. What it requires most is a water dispenser, as the only source presently is the sole electric kettle in the kitchen. A good dispenser costs about RM4k. Getting the money for the item is our next goal, God willing.

One pertinent lesson I gleaned from this unfortunate episode is the importance of the family unit. Once the unit is broken, you are a goner. That is the fate of my old friend, Major Faizal Ragunathan (Rtd). Refer photo above.



EYE HEALTH



World Glaucoma Week
March 10-16, 2019

In conjunction with World Glaucoma Week 2019, Ipoh Echo talks to Consultant Eye Surgeon Dr S.S. Gill about this "silent thief of sight." – PART 1

Worldwide, too many people are unaware of this "silent" disease which results in vision loss without receiving the appropriate treatment. Early detection and treatment is key to preventing blindness.

The Silent Thief of Sight

The World Glaucoma Association (WGA) and the World Glaucoma Patient Association (WGPA) are pushing hard to increase global awareness of this "Sneak

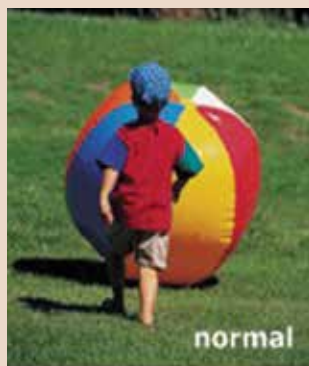


Dr S.S. Gill
Resident Consultant
Ophthalmologist,
Hospital Fatimah

Thief of Sight" by starting on the 'B-I-G – Beat Invisible Glaucoma' campaign between March 10 to 16 this year.

Glaucoma is a group of eye diseases that result in progressive damage of the optic nerve (the "main cable" that carries visual information from the eye to the brain). If glaucoma is not treated, it **permanently damages vision** in the affected eye(s) and results in blindness. Glaucoma has been nicknamed the "silent thief of sight" because the vision loss normally occurs gradually over a long period of time **without many symptoms** until you eventually lose significant vision. In other words, it means that one **will only notice poor vision when the disease is serious** and the **damage to the optic nerve** is advanced.

Worldwide, glaucoma is the **second leading cause of blindness** after cataracts. Glaucoma affects **one in 200 people aged 50 and younger**, and one in 10 over the age of eighty. As many as **six million people are blind** in both eyes from glaucoma today. Most of these people were once **unaware** they had this disease until they lost **significant vision** in one or both eyes.



normal



glaucoma

One reason why a person **may not realise** that he or she is losing vision is because the vision loss involves the **peripheral part** of a person's vision (adjacent pic). This **SLOW** peripheral vision loss is the reason why it **goes unnoticed by the patient until the very late stage** when the **central vision**

is completely lost. Rarely, in some patients there may be symptoms of slight eye discomfort, mild headache and halos around lights.

Any person who is 40 years and above should go for **glaucoma screening**. More so, if you have a **family history of glaucoma** and have never been screened for glaucoma yourself, you should go for an **eye check** as soon as you can.

More on Glaucoma in the next issue of the Ipoh Echo.

More on Glaucoma in the next issue of the Ipoh Echo. For more information, call **05-5455582** at Hospital Fatimah or email gilleyeccentre@dr.com

Ipoh Echo In Education

Ipoh Echo has always been an advocate for English education. We are offering free distribution to schools to use our newspaper as teaching material for students, not only for English learning but also to educate the young generations on the happenings around Perak, covering travel, art and culture, personalities, workshops, health, community, sport, opinions, heritage and also history.

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The Rise and Fall of Ipoh

Multatuli, who comes from a village in Perak, wants to know what the business community and the captains of industry, have done for Ipoh? Do they even care about the interests of the community they live in or just their own business interests? Ipoh has dropped from one of the richest states to the second poorest in Semenanjung.

Multatuli says: "It's terribly depressing when one reads headlines like Perak, the second poorest state next to Kelantan. Google states that our GDP is about one third that of KL."

What has happened to the richest town and state in Malaya? It was the Kinta Valley that financed much of the infrastructure of Malaya. There were more Rolls Royces per capita in Ipoh than any other place. The first car in Malaya was bought by an Ipoh person.

We all know the tin market fell through the floor. But that is not the whole story.

Other places faced the same in different ways yet have prospered. Some countries do not have any natural resources yet they thrive – we only have to look at Japan and "the little red dot" south of our border.

Our parlous state is due to more than just tin's decline.

It is mismanagement; lack of vision; lack of leadership; creeping religious extremism; racial politics which means we are not using the best talents we have.

The above are subjects that have been written ad nauseam and I have no wish to add to the nausea.

Ipoh's Business Community/Captains of Industry

I pose the question particularly to the Business Community/Captains of Industry – What have you done for Ipoh?

Unlike you or I – they have great influence as providers of jobs and revenue in the state. Their access to government is much better than the man on the street's that's for sure. The MB or Mayor is more likely to give time to them while you and I will be fobbed off.

Our businessmen are in touch with the government I am sure but only on what affects their industry. They will speak out if any decision affects them adversely. Nothing wrong with looking after their own interest but what about the interests of the community they live in?

More than their tangible contributions (Yau Tet Shin donated the People's Park to Ipoh; the Chinese towkays built the Perak Chinese Maternity Hospital, which is not just for the Chinese, but everyone), is their involvement with the town. They took an active interest in the direction the town was taking; they shared their vision of Ipoh with those in power. In short, they used their influence for the good of Ipoh – not just for their own personal gains.

Our present tycoons, many of whom are far richer than the old "towkays"; yet do not seem to share the same "love" for their town.

Whatever influence they have with the politicians and government seem to have been used only to serve themselves.

We have the much publicised RM50 million donation to build a hostel in Penang by an Ipoh tycoon which begs the question of why not Ipoh where he lives?

Yes, we have the odd donation here and there but nothing which deals with the town – its future; its makeup; to define what Ipoh is.

Our business community should lead in how they see Ipoh developing in the arts and culture; in community amenities; parks; in heritage conservation; on environmental issues. They should be working with the government on how to bring in investments and creating jobs so that our young can remain.

Our Business Leaders Failed Ipoh

There is so much our business leaders can do for Ipoh and Perak but have not.

I am not suggesting that they should get involved in party politics, but they should certainly be involved in politics in general (like every citizen) because politics touches every aspect of our lives.

We should have a say in how our state is run – not just every five years; on how Ipoh develops – sensitively and imaginatively; preserving our built heritage as well as



by Mariam Mokhtar

our hills and river. Our business leaders must look beyond their own particular interests and spend a little of their political capital to benefit the town.

An Ipohmali with a good track record should be our mayor. And a good business leader will have the background to take Ipoh forward.

The PH Government should walk the talk (even though it has reneged on the

Local Government Elections promise) by appointing someone from among the good folk of Ipoh to be Mayor. Race or religion must not be an issue in selecting this person as it is for the good of everyone that Ipoh and Perak rise like the Phoenix.

Appointed bureaucrats just don't cut the mustard – look where we are! It's time for real change not just talk and our businessmen have a role to play."

Source: *Rebuilding Malaysia* or <https://www.mariammokhtar.com>

COACHING CORNER BY ABLE COACH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

FINDING YOUR PURPOSE

What led Thomas Edison to discover the light bulb? What drove Malala Yousafzai to find the strength to launch a campaign for the rights of girls and women in Pakistan? What has made me persistent in what I want to achieve despite the numerous obstacles I have faced. The force that has driven us is the **strong sense of purpose**.

Many of us are at a loss. We do not know what we were born to do. We struggle to know our role; we tend to do things at a spur of the moment then reverse our decision. We tend to develop temporary motivation, which fades as fast as it developed. We then feel disappointed, frustrated and become lost again. I have gone through this cycle many times myself.

It all changed when, I decided to "stop" and look at myself objectively. Why am I lost? How can I consolidate my energy and ability to move forward consistently?

I asked myself repeatedly and searched deep within me, "Why am I lost"? An awareness aroused from within that I was filled with the past, what others thought about me and having many questions about "what I should be doing." I was so perplexed with these that I saw no light.....I mean the guide light....that is my purpose.

What is my purpose/ How do I find my purpose? These questions made me realise:

It is not about being right or wrong. It has nothing to do with what my parents and children thought. It has nothing to do with being rich, respected, or famous. It's not even about what you want or desire. Instead, my life purpose emanates clearly from my mind once I "let go" of the past, others and "I should's". It was immense work to clear the mind. I was determined and succeeded.

This filled me with love and brought a lot of peace within me. It switched on the light that gave me clarity to find my purpose.

It became clear my purpose was to serve, thus doing whatever task I am at, meticulously with utmost discipline, dedication and commitment. I look at criticisms positively as feedbacks and I did not let praises to get to my head. This opened a world of possibility and of course the evolution to Shan 2.0 evolving on to become Shan 3.0.

It is our choice to make sense of our experiences both good and difficult, to live in the present and move forward in life consistently.

For those of you out there, who are finding your purpose, firstly you need to realise and feel the need for a purpose. There is no right or wrong. It is about you and how you wish to express yourself. Let go, live in the present, let your creativity reign, the answers to what your purpose will come from within yourself.

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



Butcher's Table

SeeFoon Revels in Carnivore Paradise

The sign **Butcher's Table** intrigued me. I made a mental note to check it out but my friend William Balasingam beat me to it and so a subsequent invitation to lunch was accepted gratefully.

The name Butcher's Table has a homey ring to it, akin to a Chef's Table where you get to taste the Chef's special dishes. And here at Butcher's Table, the same applies. All the charcuterie and meats are here minus perhaps the liver pate and the air-dried items like salami, prosciutto and jambon. And all items are homemade.

This is a carnivore or meat eater's paradise. And the perfect venue for those on a Keto Diet. There are concessions for the carb lover though, albeit small ones like three pasta offerings, mashed potatoes, crispy fries and garlic rice.

But you don't come to the Butcher's Table looking for carbs. You come here to gorge on meat in all its glory, from **Wagyu steaks (and giant tomahawks) to pork** in its multiple incarnations, lamb and the one chicken concession for those who eschew red meat.

I have heard of **Mr Ho**, who used to garner rave reviews from KL-ites who loved his roast pork with its famed crispy skin when he had a stall in the lobby of the Bangsar Shopping Centre since 1992. Alas, probably due to escalating rents he has since moved to Petaling Jaya and now recently has opened a Butcher's Table in Ipoh; adding another dimension to Ipoh's food scene.

And am I happy to welcome him to Ipoh.

Mind you, serving Siew Yoke (Chinese style roast pork) in Ipoh is like 'bringing coals to Newcastle' as the English expression goes but Butcher's Table's **Siew Yoke** holds its own against the best of them here. I don't know what their secret is (according to **Kent**, Mr Ho's son who manages the restaurant, it's the combi oven) but the skin is extra crisp and stays crisp even till the end of the meal. For those who dislike 5-spice powder, you'll be happy to know that they don't use this to marinate the meat but instead use their own spice blend.

And that is just one of the dishes I like to order as a starter! **RM12 per portion**. You can also choose to have this as a topping to pasta **Aglio Olio with mushrooms** as a complete meal; **RM21**.

Having been there a few times, my favourite item on the menu is their **Signature Salted Beef**. This is beef brisket, brined for 10 days, cooked sous vide for 24 hours and boiled. Not overly salty and absolutely tender. Served with sauerkraut imported from Germany, gherkins and mustard, it always puts me in Teutonic heaven; **RM34**.

Next came the **Iberico Shoulder Collar**, a juicy piece of fairly fatty Iberico pork grilled to perfection and served



Cheese Ring



Smoked Pork Knuckle



Iberico Shoulder Collar

with mashed potatoes which were yummilicious; **RM30**.

A few words must be said about the sausages served here. All homemade without preservatives and stuffed into hog casings, these sausages are what I've been looking and searching for, for ages. You see, in case some of my readers don't know, most sausages contain preservatives (nitrates or nitrites) and contain a great deal of fillers which help to increase weight and bulk. Also, a lot of commercial sausages use artificial casings. Here at Butcher's Table, these sausages are fresh made, with no fillers and are chilled, not frozen. Of course, you may buy them home and freeze them but here when you're served, they are all fresh.

My favourite is the **deluxe cheese ring sausage**, a round of 20% fat and 80% meat with no fillers, oozing cheese as you cut into it. Served with sweet mustard; **RM25**. They also have **Nuernberger, Bratwurst, Oxford, Garlic, Italian, Cumberland, Mushroom** and even a Currywurst! All **regular sausages are RM9 each** and eaten with a side order of anything from fries, mash, sauerkraut or rice, becomes a meal in itself.

Keeping the best for last, we then had to try the **Smoked Pork Knuckle**, a 1kg whole front knuckle (more tender than the hind one) again brined for 10 days and slow smoked with beechwood chips. The meat was fall-off-the-bone-tender and so well infused with both the



Roast Pork

marinade and smoky flavour that we had to tuck in despite the fact that we were totally full. **RM65** which can easily feed four people.

Butcher's Table serves beer and cider and till they get their liquor license, BYO is free.

Reservations are advised as they are very popular.

Butcher's Table

#18 Tingkat Taman Ipoh 6
Ipoh Garden South, 31400 Ipoh.
Tel: 605 210 7088

Business hours: 12 noon -3pm; 6pm-11pm
Closed Wednesdays.

Reader's Choice

Top 5 Kai Si Hor Fun in Ipoh

Ipoh Echo has received various responses from our readers online, these are the places which are repeatedly nominated:



Name	Location and Business Hours
Cowan Street Ayam Tauge & Koitiau Restaurant	44, Jalan Raja Ekram , Kampung Jawa, 31350 Ipoh 6.00pm-11.00pm (Closed on Monday to Wednesday)
Restaurant Pulau Sembilan	2, Jalan Bunga Raya 5, Pasir Puteh, 31650 Ipoh 7.00am-11.00am
Restaurant Ipoh Kong Heng	75, Jalan Bandar Timah, 30000 Ipoh 7.30am-3.30pm (Closed on Wednesday)
Restaurant Moon De Moon	148, Hala Wah Keong, Taman Mirindi, 31400 Ipoh 7.30am-12.30pm (Closed on Monday and Tuesday)
Restaurant Loke Wooi Kee	26, Jalan Mustapha Al-Bakri, Taman Jubilee, 30300 Ipoh 7.30am-3pm

And these are Ipoh Echo's Top 5:

Kong Heng, Loke Wooi Kui, Moon de Moon, Number One Mei Sik Wan, Cowan Street
Restaurant Number One Mei Sik Wan
157, Jalan Raja Permaisuri Bainun, Taman Kampar, 30250 Ipoh
7.00am-12.00pm



Salted Beef

If you would like SeeFoon to try your food,
contact Vivien at **014 332 3859**.
Email: vivienlian@ipohecho.com.my

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

Everybody's Nephew..... Continued from Page 2



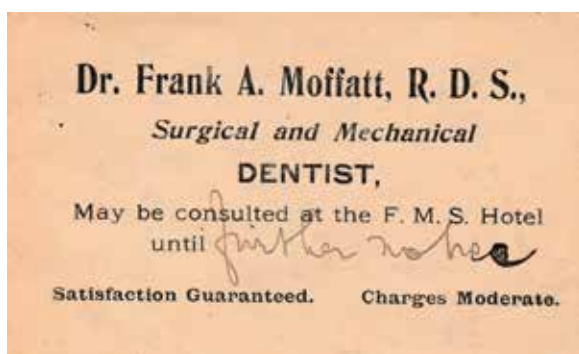
Stairs to the Old Hotel then Restaurant



New stairs

Two years later, at the beginning of June 2010, Nephew passed away. He was 74. It seems that after so long behind the FMD bar, he had lost the will to live. Nephew was a gentle and kind person who never had a bad word about anyone. He was not only the well-loved barman of the FMS, but he was friend and confidante to literally thousands of people from all over the globe who had dropped in the FMS for a 'quick one' over his sixty years as barman there. He never forgot their names and to him, they were not just customers, but old friends that he had shared many happy evenings with.

Today the FMS has reopened with a brand new bar and all retro fittings. Renamed the Durbar Restaurant, it serves most of the dishes that FMS was known for. But without Nephew behind the bar, the nostalgia is gone.



The FMS Dentist

Community

Charity Fun Walk & Fun Run

Rotary Club of Kinta, District 3300 is a service organization under the umbrella of Rotary International (RI). The charity fun walk and fun run are to raise awareness of polio, stroke and healthy lifestyle. We are supported by National Association of Stroke Malaysia (NASAM), Ipoh branch and Kelab Roadrunners (KRI), Ipoh.

Rotary Club of Kinta is organizing this charity fun walk and fun run to raise awareness of Poliomyelitis, stroke and healthy living. At the same time, we're raising funds for End Polio Now campaign and to buy equipments for NASAM, Ipoh Branch.

Registered and Paid Participants are given a T-shirt, goodie bag and a certificate.

Polio (also known as poliomyelitis) is a highly contagious disease caused by a virus that attacks the nervous system. Children younger than five years old are more likely to contract the virus than any other group. Malaysia is Polio free, however, polio is still persistent in Afghanistan, Pakistan, and Nigeria. Polio is transmitted through oro-faecal transmission thus we are still at risk due to migration. Rotary International (RI) has contributed significantly through efforts to eradicate Polio.

ROTARY INTERNATIONAL IS ACTIVELY INVOLVED IN IMMUNISATION PROGRAMME IN AFFECTED



COUNTRIES. ROTARY CLUB OF KINTA STRONGLY SUPPORTS THIS.

Stroke is a disease that affects the arteries leading to and within the brain. Stroke is a leading cause of death and disability. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot, or bursts.

NASAM creates much awareness about stroke. They encourage everyone to take a more proactive role in caring for themselves. NASAM has centres in different parts of the country including Ipoh, where they provide rehabilitation services. **NASAM HIGHLIGHTS THAT THERE IS LIFE AFTER STROKE.**

Healthy lifestyle is not only about eating a variety of healthy foods, it highlights being physically and mentally active as well. Eating healthy choices, being physically and mentally active is the best way to prevent illnesses. **LIFE IS NOT MERELY BEING ALIVE BUT BEING WELL.**

WHY WAIT? WHATSAPP 016-6372495 NOW FOR THE REGISTRATION LINK!

CNY @ Ban Hoe Seng

Ban Hoe Seng (Auto) Sdn Bhd, together with Honda showrooms nationwide, celebrated Chinese New Year on Saturday, February 16.

Running on the theme, "Longevity Fortune", there was a lion dance troupe, kids activity with prizes and test drive with gifts. It was followed by refreshments inclusive of a mass prosperity toss.

Present were Ignatius Chew, director and Kym Looe, executive director.

Ban Hoe Seng (Auto) Sdn Bhd is a top achiever dealership who won the Honda CEO Awards 2017 (Elite Dealer) for its high standard of service for customers. With the launch of the Civic Type R in 2017, it was awarded Sports Dealership status, the only dealership in Perak to gain this accolade. Established in 1957, it is also one of the longest-running Honda car dealerships in Malaysia.

For more, call **05 241 3433** or drop by its showroom located at **14-20 Jalan Raja Permaisuri Bainun (Kampar Road), 30250 Ipoh**. It is open from Monday to Saturday from 8.30am till 6pm while Sundays from 10.30am till 2pm.

Mei Kuan

Don't know where and what to eat in Ipoh?

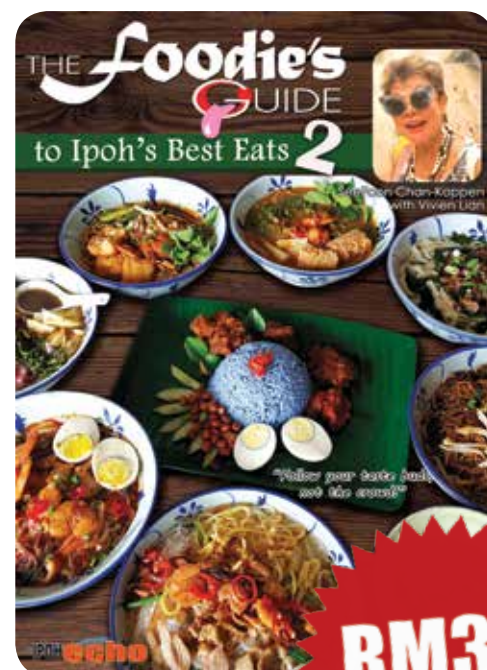
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153, Jalan Dato Lau Pak Khuan, Taman Ipoh, 31400 Ipoh.

Tel: 05 543 9726

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Heritage

The Dato' Sri Adika Raja, the most influential Malay in 1900s Ipoh

After the death of the tenth Dato' Panglima Kinta Mohamed Yusuf in 1903, Dato' Sri Adika Raja, Wan Mohamed Salleh became the richest and most influential Malay in Ipoh.

He was born in 1861. At 20, he entered the service of the Perak Government as a Malay writer. He was for a time Superintendent of Penghulus in the Ulu Kuala Kangsar district and, in 1902, was appointed Assistant Collector of Land Revenue.

He took up residence in Ipoh after his marriage with Toh Puan Sharifah Rodiah, the widow of the eleventh Dato' Panglima Kinta Abdul Wahab. With the new Dato' Muda Che Wan Bin Mohamed Yusuff, who later became the 12th Dato' Panglima Kinta, Ipoh had two able Malay leaders who looked after the welfare of their constituents.

The Malay settlements in Ulu Kinta are flourishing. Mr Worthington, the then Assistant District Officer said that Che Wan, the new Dato' Muda of Kinta, stepped in and took over the debts due by Malays to a Chetty, thereby conferring a benefit of which the reduced interest was a very important fraction. The Settlements wanted an influential Kinta Malay to take an interest in them. The improvement in the condition of the Kinta Malays is due chiefly to the influence of one or two leading men with a strong national spirit. Whatever the reason the result is remarkable. The Residents remarks that one great factor in this improvement has been that Dato' Sri Adika Raja has taken up permanent residence in Ipoh.

The Dato' Sri Adika Raja was an entrepreneur in the mould of Dato' Mohamed Yusuff. He built a number of townhouses on Hale Street, each with a nice little plot of land in front for a garden, and a driveway wide enough for a horse-drawn carriage. This was a most picturesque site, facing the Padang and almost exactly behind the Chartered Bank's premises.

In 1909, the FMS Government established a Malay Settlement in Ipoh behind the new market in Leech Street, known as Kampung Pasar Bharu. A new bridge was built across the Kinta River close to Patrick Street near the market. The road leading to the settlement, later called Jalan Datoh, opened up many fine building sites. The lots were rapidly taken up by many of the leading Malays of Ipoh, including the Dato' Sri Adika Raja, the Dato' Muda and other chiefs, the river location being especially popular with the Malay community.

In 1912, HH Sultan Idris Shah, accompanied by the Raja Permaisuri and suite, paid a short visit to Ipoh, as guests of the Dato' Sri Adika Raja. He was so pleased with everything, especially the exceeding cleanliness of the town that he decided to build an Istana in Ipoh. He had already selected a very recherché site in the well-laid-out Malay Settlement.



Current state of the mansion
(see above and below)

His Highness in Ipoh

HH had known Ipoh since the time when there was only a small kampong on the river bank, and now, when he came to visit after having reigned for 25 years, he found the makings of a great city. HH had enjoyed his visit so much that he decided to build himself an Istana in the delightful Malay kampong where the Dato' Sri Adika Raja lived.

The Dato' Sri Adika Raja certainly made a difference to Ipoh since deciding to make it his home. In September 1909, PZ Creet of Penang came to Ipoh to see about the feasibility of opening a first class hotel in the town. He entered into negotiations with the Dato' Sri Adika Raja for a long lease of his residence in Lahat Road with its spacious grounds. The property was built by Dato' Abdul Wahab in 1894.

After considerable renovations, the Grand Hotel opened its doors to the public on December 16, 1909. The timing was perfect. Fuelled by both tin and rubber booms, the hotel enjoyed a high occupancy rate.

In 1912, the Dato' Sri Adika Raja, on Creet's suggestion, built an annexe of ten suites of rooms along the most modern lines. Each suite comprised a bedroom with verandah. The whole complex was lit by "simpetrol" gas.

The following year the Dato' built another annexe of ten rooms with a large dining room, entirely lit by electricity, making the Grand one of the finest hotels in the Straits Settlements and Federated Malay States.

The Dato' Sri Adika Raja was one of the few locals who mixed with Europeans on an equal footing. He was a skilled chess player who had beaten many Europeans at Ipoh Club competitions.

He was also a good billiard player and was often the only Asian to enter the Ipoh Club Billiard Tournament.

Ho Tak Ming

Postscript

Ipoh Echo visited the Dato' Sri Adika Raja mansion on Saturday, February 23. Ownership of the building has now changed hands. The new owner has rented it out.

AIKIDO AIKIKAI IPOH DOJO

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012-4610839 (Mr Wong) & 012-5384678 (Mr Tan)

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Exploring the Forgotten Six-mile Tunnel



Ipoh Echo featured the six-mile tunnel in Issue 16, 2006 (the year Ipoh Echo was founded). Not much has been written about it since then and it has been mostly forgotten. Situated in what is now the Sunway development, back then the tunnel was accessible by anyone. It was free so all you need is an adventurous spirit and the courage to take a leap of faith.

Jan Stuivenberg from Stuif.com shared his experience on caving in the tunnel before the land was bought over by Sunway. According to him, it was a challenge entering the tunnel, one had to swim across a swampy lotus pond for a few hundred metres.

Now, you still have to cross a swamp but it can be done without swimming, thanks to Lost World. You can now float across the swamp by holding onto a rope but be careful with the mud underneath, it will "swallow" you alive if you attempt to walk on it instead of choosing to stay afloat.

This old mining tunnel is 700m long, and is partly man-made, excavated by the tin miners for mining and was used in the early 1900s. People also believe that it was once used by terrorists as a hideout when they stored their food supply at the dry area and used the overhead platform to shoot incoming enemies.

The tunnel is flooded for most of its length, the water level varies depending on the rainfall. During my visit, the water was at my shoulder length but fear not, you'll be in your life "saving" jacket throughout the whole journey. You'll be walking in the water, sharing your lane with haruan fish and some other living things in the water which I had a hard time seeing unless you shine your torch in the water all the time.

Make sure you bring a laserbeam-like torchlight and a see-through waterproof phone pouch to get the most out of this 2-hour journey in the dark. You can expect to encounter red-eyed frogs, crystals, artefacts left by tin miners, rare cave formations, flying bats, rocks full of "stars", (stone markings and red paint done by tin miners), waterfall in the

tunnel, also straws of stalactites on the ceiling. Be reminded to handle these stalactites gently like a baby as they are legitimately a baby, with the potential to grow into giant stalactites in the future.

Then you will arrive at a midsection where there are piles of neatly cut rocks being stacked on both sides of the passage. Please refrain from exercising your admiration by moving them as the whole stack of rocks would fall just because one rock is being displaced. The line-up is believed to be the work of tin miners but the purpose for these piles are unknown.

Soon you will be arriving at a wang (means ground not money) surrounded by hills, full of greens and flowers.

Then comes the harrowing trek back, as how you come is how you go, another two-hour return trip is ahead of you. You are advised to wear aqua shoes for better grip and feel at the sole as the passage in the tunnel is paved with uneven slippery rocks, and there were times when I had flashing scenes of me getting carried onto the ambulance stretcher. It was a very good reminder to proceed with care and no haste.

For booking:

Call 05-5428888 or email to lostworldoftambun@sunway.com.my
Lost World of Tambun

No.1, Persiaran Lagun Sunway 1, Sunway City Ipoh, 31150 Ipoh, Perak.

Vivien Lian

Psychological Wellness

Be Friendly, Be Happy: Cultivating Loving-Kindness

The practice of Loving-Kindness, which originates from traditional Metta Meditation, is a positive psychology intervention that involves mentally sending good wishes to all living beings. Scientific studies have shown that the practice gives several benefits: reduce stress and anxiety, decrease chronic pain, better empathy, increase social connectedness, and even improve negative symptoms of schizophrenia. The following is how we can practice Loving-Kindness:



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

1. Sit or lie in a comfortable position. Take a few slow, deep breaths to relax your mind and body. You may hug a pillow to induce safe and relax feeling.
2. Put a little smile on your face and in your heart. Imagine your favorite flower blooming in your heart, you're becoming the flower and smiling joyfully.
3. Think of someone whom you care for or grateful to (e.g., your best friend, a relative who is sick, favorite teacher, pet, grandchild). You may close your eyes to help you recall the person more vividly.
4. Mentally wish the person safe, healthy, or happy. For examples: "Mr. Tan. I wish you a speedy recovery," "Anis, all the best in your exam," "Grandma, may you have long life and happiness," "Hi Kitty (pet), enjoy your food."
5. Continue to send good wishes to the same person for a few minutes. To enhance the loving feeling, I often sing the 'Rasa Sayang' folk song with the following modified lyrics: "Rasa sayang, hey! Rasa sayang sayang, hey! Hey, may I, may you, may all, be happy, Happy, HAPPY."
6. Sometimes, when we're radiating kind thoughts to different people, it's helpful to recall how they've helped us (to generate grateful feeling), imagine you're fulfilling their needs, and visualize them smiling happily. The practice enhances positive feelings.
7. Repeat the same process (3-6) for someone else. Don't forget to send positive wishes to ourselves, 'I wish myself safe, healthy, and happy. May you (referring to myself) love, trust, and appreciate yourself.' Immerse yourself in the self-love feeling.
8. Savor all the positive feelings and bodily sensations related to loving-kindness, such as friendliness, compassion, gentleness, warmth, empathy. Let the feelings permeate every part of your mind-body and nourish all your meaningful relationships.

Depending on practicality, you may spend as much time as you wish for the mind training. For a start, I suggest five minutes in the morning and before sleep. Love you.

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



Shelter for the Abused

Rumah Singgah Kita (RSK) is a new shelter home in Ipoh which has been in operation since December last year.

According to the founder of the home Wan Nur Ashyikin Noran, her reason for establishing the home was to help the abused, the needy and the troubled.

"It's a shelter for women and children regardless of race and beliefs. This is my way of repaying the community.

"Prior to this, I turned my own house into a temporary shelter for children. As there was no facility for the adults, I came up with this home," she told Ipoh Echo when met at the site on in February. The house is located at **Jalan Kledang Raya 9, Taman Seri Tahan, Silibin.**

The shelter is being aided by several agencies such as Berat Sama Dipikul (BSD), Masjid Abd Rahman Auf (Maaruf), Global Live Centre (GLC), ABIM, Pelitawanis and Kechara Food.

According to Wan, food and basic necessities cost about RM600 a month while utilities (water and electricity) cost another RM1200 a month.

"We welcome donations from well-wishers to augment our charitable efforts.

"Logistics wise, we require additional furniture such as beds, mattresses, chairs and



Community

Smoke Detector in Toilets

Installing smoke detectors in public toilets owned by local councils could be one of the mechanisms used to overcome the habit of smokers who love to smoke in toilets.

Deputy Minister of Housing and Local Government, Dato' Raja Kamarul Bahrin Shah Raja Ahmad Baharuddin Shah said his ministry will find a way to resolve this issue.

"We could instal a smoke detector in toilets because installing closed-circuit cameras in toilets is not allowed. So before doing so, we need to study from an economic standpoint and its effectiveness," said Kamarul.

"Installing smoke detectors will require a high cost because there is a huge number of toilets that need detectors," he said.

Kamarul was responding to questions raised by reporters during a media conference held recently. This was following the smoking ban in eateries introduced on January 1, 2019.

An awareness campaign, he said would be proper, as smokers adjust after imposition of the ban.

"We'll look into the matter and most possibly will collaborate with the Ministry of Health, as it takes time to break the smoking habit," said Kamarul.

Luqman Hakim



PCSH Spread Chinese New Year Cheer

It is an annual practice for the staff of Perak Community Specialist Hospital (PCSH) to set aside their work commitments each Chinese New Year, to spread some festive cheer to the less fortunate in Perak.

This year was no different – they visited 38 elderly inmates at the Persatuan Warga Tua Seri Bahagia and 17 children from Precious Gift Home.

The first outing conducted on February 15 was led by Wong May Ing (Exco member for Character Development, Women & Family Development and Social Welfare). Together with the team from PCSH headed by its Chief Executive Officer Nicholas Chan, they distributed ang pows, mandarin oranges, nutritional biscuits, drinks, towels and ointment to inmates of the Persatuan Warga Tua Seri Bahagia along Jalan Sultan Dr Nazrin Shah.

Wong said she felt honoured to be able to celebrate the Lunar New Year with the elderly. She hoped similar programmes like this would help motivate the younger generation to care for the less fortunate and the aged.

Chan added, "Our Physiotherapists visit this Home once a month to conduct physiotherapy exercises with the elderly, to help improve their mobility and we are happy to add that these visits have definitely helped".

On their second outing on February 16, the PCSH Team picked up 17 eager and excited children from the Precious Gift Home and took them to McDonald's Restaurant at Jalan Gopeng where they had a fun-filled time. GRAB Malaysia joined in this event to fulfil the children's wish-list for the festive season.

The children's faces lit up immediately at the sight of the ang pows and wish-list items that included remote control cars, guitars, badminton rackets, sports shoes, etc. They were also treated to a delicious lunch featuring popular McDonald's burgers and fries.



tables for the comfort of residents of the home.

"Besides being a safe shelter, we too provide motivational talks, counselling and religious guidance conducted by volunteers," she said.

Readers keen on lending a helping hand Wan Nur Ashyikin is reachable at her mobile number: **012 509 2557.**

Rosli Mansor

Community

Protest over Illegal Logging

A number of Perakeans gathered in front of the State Secretariat Building, Ipoh on Thursday, February 10 to express their indignation against illegal logging in the state.

The protest was organised by the Malaysian Green Movement, a recently-formed non-governmental organisation.

The objective was to inform the public of the seriousness of the problem and its impact on the environment.

A petition highlighting the problem and requesting action by the authority was submitted to an officer from the Menteri Besar office.

Leading the peaceful protest was the movement chairperson, Yong Chien Huang.

According to Yong, illegal logging is widespread in many forest reserves in Perak. "The public deserves to know the truth. Development projects involving forest reserve lands need to be scrutinised," said Yong.

"We're against illegal logging activity that has been going on unabated. Although the lands are of no value, deforestation has its negative impact," said protest coordinator, Low Guo Nan.

"The clearing on Gunung Kledang is visible from my house in Lim Garden. I felt a slight change in temperature ever since the illegal activity began," said Panirchelvam Pappoo, 57, a former teacher of St Michael's, Ipoh. He urged the state government to stop illegal clearing on the hill and return the land to its former state.

Present during the protest was a resident from Ladang Bikam, Ooi Hiap Looi, 52. She told Ipoh Echo that her mango plantation in Bidor was cleared for development purposes a few years back. "Our source of income was affected. Now when it rains the area around my house gets flooded," she lamented.

Joelyn Jonathan



Unity of Races

Over a thousand guests comprising corporate clients, customers, consultants and staff attended the KPJ Ipoh Specialist Hospital Chinese New Year Open House at KPJ Ipoh Specialist Hospital on Saturday, February 16.

The celebration began with the guests, led by CEO Yusmah Salleh, tossing the yee sang following a lion dance and a 12-season drums performance to signify prosperity, good luck and wealth.

Among the sumptuous dishes served to usher in the Lunar New Year were roasted chicken, mixed vegetables, spring rolls, assorted nyonya kuih, Chinese tea, to name a few.

"We celebrate the unity of many races and through this celebration we'd also like to thank all our loyal Chinese customers who have picked KPJ Ipoh Specialist Hospital as their preferred healthcare provider," said Yusmah.

The event was blissfully celebrated with the accompaniment of a three-piece band.

Rosli Mansor



Connexion

By Joachim Ng

Rwanda overtakes Malaysia in hygiene

It is welcome news that a place of worship in Ipoh has directed the attention of its congregation to protection of Nature. Calling on humanity to be united on the issue of improving the environment, the Church of Our Mother of Perpetual Help in Ipoh Garden held an interfaith dialogue session recently at which speakers highlighted the urgent need for remedial action.

The church's effort goes in sync with this year's UN World Interfaith Harmony Week's theme of "Sustainable Development through Interfaith Harmony." It is quite a tall order from the UN because interfaith harmony in Malaysia is like a shallow koi pond: there's just enough water to keep small fish. "Sustainable development" resembles a marathon — you see big crowds at the starting line, but they are there for the fun and not the run.

To sustain its effort, the Church of Our Mother of Perpetual Help needs to maintain focus through environmental updates in its weekly bulletin and regular sermons from the pulpit. Going forward, it could try persuading the National Unity Consultative Council to form a Perak Ecofaith Brigade to smash the pervasive littering habit.

One valiant ecofaith warrior is retiree Kamaruddin Ismail in Simpang Pulai, a town near Ipoh city. Daily the 67-year-old cleans the pavement, roads, and drains around his house, the neighbourhood field, community hall, and surau. Starting out as a lone ranger, Kamaruddin has inspired some neighbourhood folks to join him in keeping the area free of litter.

Our faith in God must translate into ecofaith. It no longer matters what is your faith or my faith, but whether all of us have ecofaith. Faith in God requires that we act in unison to save the human-friendly climate — or else we risk perishing when the natural environment turns hostile all around us.

Has any poor developing nation surged ahead of Malaysia in climate preservation efforts? Yes, Rwanda, the African country that was horrendously ravaged by civil war in 1994. One of Malaysia's foremost journalists, Datuk Seri Wong Chun Wai, recently made an eco-trip to Rwanda and was amazed at the great care the people were taking to keep their nation litter free.

Rwandans have become more aware than Malaysians of the health dangers posed by litter. They probably know that a United Nations study has indicated that acute respiratory infections can be six times higher in garbage-dotted areas than in clean neighbourhoods. Now you know why the most heavily consumed supplement in Malaysia is Vitamin C for warding off the flu bug.



Journey with the Blind

A total of RM12,827 was raised in the first ever "Journey with the Blind" joint project by the Malaysian Association for the Blind Kinta Valley Training and Rehabilitation Centre and Lions Clubs held recently on the field of SMK Anderson.

Attended by over 400, the organising clubs were Lions Club of Ipoh Host, Lions Club of Batu Gajah, Lions Club of Ipoh Central, Lions Club of Ipoh Evergreen, Lions Club of Perak Silver State, Lions Club of Ipoh Mandarin, Lions Club of Ipoh Heritage, Lions Club of Ipoh Centennial, Lions Club of Pusing Mandarin, Lioness Club of Ipoh and Leo Club of Anderson.

Aimed to raise awareness on everyday challenges of a blind person, the 2km walk included a 0.5km route with obstacles to simulate what the visually impaired has to experience daily. Participants were divided into pairs, in which one was blindfolded with a scarf and the other acted as a guide, to complete simple tasks such as climbing a stair and walking over a drain.

Present were district governor, Dato' Neo Say Yeow, organising chairperson, Henna Tan, chairman of the education and training committee, Dr S. Hadi Abdullah and general manager of Malaysian Association for the Blind, N. Chandrasagar.

Mei Kuan



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News

Generate Own Income

Rukun Tetangga Malaysia's version of Neighbourhood Watch should organise activities that can help generate income for the local economy.

Deputy Minister in the Prime Minister's Department (National Constitution and National Integration), Datuk Dr Md Farid bin Md Rafik told Ipoh Echo that besides organising normal social community programmes, some income-generating programmes should be considered.

He said this during a Rukun Tetangga art and craft workshop at Kampung Dato' Ahmad Said Tambahan Dua on Friday, February 15.

According to Farid, such programmes not only generate income but help develop the local economy.

"Rukun Tetangga is a perfect platform to unite citizens of various races, religions and political-leaning. It helps unify the community," he said.

For the record, some 8100 registered neighbourhood watches are found throughout the country.

"The government supports such entrepreneurship programmes in the hope that they'll change people's lives for the better. They'd be more hardworking and motivated to reach greater heights, as well as develop an independent attitude that leads to self-sustainability," he added.

Luqman Hakim



The Malaysian Anti-Corruption Commission (MACC) Perak held the first-ever pistol shooting competition to foster closer ties with its strategic partners and media practitioners on Thursday, February 21 at the General Operations Force North Brigade rifle range in Ulu Kinta.

Running on the theme, "Integrity on Target", the firearm used was the Austrian-made Baby Glock 26 pistols. Shooting practices were confined to static-target firing at 15m and a 20-metre falling plate competition.

Ipoh Echo's team of four marksmen wannabes, namely Rosli, Mei Kuan, Vivien and Thanusha took up the challenge. The quartet emerged champion in the falling plate (media category). A shot by one of the team members brought down the first plate within the shortest possible time. For the static target category, another of its team members was placed eighth.

Battling it out in the strategic partners' category were teams from the Immigration Department of Malaysia (Perak), the Fire and Rescue Department of Malaysia (Perak) and MACC, among others.

The winners walked away with fruit baskets and MACC merchandises.

Present were Dato' Zainul Darus, Director MACC Perak and Rosley Satar, Deputy Director (Operations) MACC Perak.

"The programme enables us to get to know one another better. We'd like to express our gratitude for all the support given to the Commission over the years. The targets we shot today symbolise 'corruption', think of it that way," said Dato' Zainul Darus in his welcoming speech.

Mei Kuan



iSpeak

By A. Jeyaraj

Neighbours – Either Love them or Leave them

Lim Garden Residents Association has a WhatsApp group for the residents to discuss issues in the housing estate. The frequent complaint is about neighbours throwing garbage along the roadside and in front of other people's houses. These people are incorrigible and continue with their habit in spite of being advised not to do so.

In fact, MBI officers go around and impose fines of RM1000 for people caught throwing garbage along the roadside and residents who have not cut the grass in their compound. Two residents in Lim Garden have been fined for the two offences. Residents should assist MBI officers by being vigilant and report the offenders to MBI. These people may be your friends, but they are a public nuisance and should be punished. We always complain that the laws are there, but not enforced. Let us make sure that laws are implemented and neighbours who flout get punished.

While reporting about their neighbours, the complainants should make sure they are not violating any law or a counter report can be made. This is what happened to a friend of mine. He reported against his neighbour who made a counter report. Action was taken against both.

Noise pollution is another issue. Neighbours playing loud music or raucous mahjong playing can be reported if it happens during certain hours. Section 13(1) of the Minor Offences Act 1955 states that anyone who plays any instruments between midnight and 6am in such a manner that it causes annoyance to other people is committing an offence. Report noisy neighbours to the police.

Road accessibility, when blocked by tents set up for weddings or funerals, is another irritant. Especially when detours also lead to another blockage. Total closure of road is controversial. When neighbours are friendly and bear up with the inconvenience, all is amicable. However, it is useful for residents to be aware that approvals from MBI are required to put up tents across the road and certain conditions are stipulated for this.

Normally the person closing the road gets permission from the neighbours and if it is a wedding, the neighbours are invited for the function. However, an enforcement officer from MBI related a case whereby a person had closed the road for a few days and refused to remove the tents. A police report was made to remove the tent. For cases like this, neighbours should make a police report.

Another common problem faced by residents is animal lovers rearing many dogs and cats in their house. Sometimes there may be incessant barking and complaints to them are met with hostility. I know of cases where the neighbours had to report to MBI.

Then there are neighbours who walk their dogs without scooping up the poop. I tell these people off; most of these people are the so-called educated ones. Usually just staring at them keeps them away from your house; they know they are in the wrong.

And now we come to the pigeon feeders. Pigeon droppings are acidic and damage



the paint of cars. They may be carrying diseases. Some people think it is a good blessing to feed pigeons. We have to explain and make the person understand that it is not a good practice. I wonder whether there is any law against this.

MBI has created an illegal dumpsite in front of my mother's house along Jalan Kinta in Lim Garden. After cleaning drains, MBI staff dump the garbage next to the drain and others start throwing their rubbish there. That's what happened in my mother's house; others are throwing garbage and no one collects the garbage. I have to fine MBI RM1000 for creating this illegal dumpsite. Surely the Rule applies for all. I wonder who I can complain to?

However, before taking any action try talking to your neighbour first. It can be difficult to pluck up the courage to talk directly to a neighbour about a problem of their making. But sometimes people are unaware that they are causing a problem, especially when it comes to noise.

If you're able to talk directly to your neighbour, you may find that the problem can be sorted out quite quickly. However uncomfortable you might feel about raising the issue, you'll probably feel a lot worse if you have to continue living with the problem. If you're genuinely frightened of talking to your neighbour, due to anti-social behaviour, for example, you should contact the Residents Association for assistance.

I get regular calls from people about problems with neighbours expecting me to sort things out for them. I inform them that all the media can do is highlight the problem. Nothing more.

Lastly getting along well with your neighbours makes your community a happier and safer place to live. The key to being a good neighbour is clear and consistent communication. Try to be courteous by keeping your noise levels low and your yard well-maintained.

Upcoming Event

“Who’s The Boss”

Sharpened Word in collaboration with Parti Komedi Rakyat (PKR) proudly presents “Who’s The Boss”, **Saturday afternoon March 30 at 22 Hale Street.**

PKR will stage its brand new show “Who’s The Boss?” after successful shows in the Klang Valley in 2018.

PKR is Malaysia’s newest left-of-centre without right-of-way comedy troupe that aims to make the rakyat laugh out loud from both sides of the aisle and beyond. This live stand-up comedy crew, based in KL, comprises multi-racial performers that poke fun at all things Malaysian. They slay every sacred cow and take no prisoners in a fun, entertaining and mirthful show guaranteed to make you roll in laughter.

Door sales are RM25 for non-students and RM10 for college students. Limited seating. Get your advance tickets at Tix.my for RM5 off at only RM20 or WhatsApp reservation at 018 201 2986.

Parental advice needed. For a mature audience only.

**Top Three Singing Sensations Bound for Ipoh**

Ipohites will have the opportunity to watch an exciting show performed by three top singing sensations namely, Datuk Jamal Abdillah, Ameng and Zamani. The trio will be performing at “Concert 3 Suara” which will be held on Saturday, April 6 at the Indera Mulia Stadium, Ipoh.

Jamal, the Managing Director of Binjamal Event Sdn Bhd, said he is looking forward to the concert following the success of a similar event at Istana Budaya Theatre two years ago.

“I’m happy to once again collaborate with Ameng and Zamani,” he told reporters

Personality

Noami Soldiers On

“You are never too old to lend a helping hand,” these are the words that keep Noami Indromah, 55, going. Born and raised in Kinta District, Noami received her primary education at S.R.K. Marian Convent and her secondary education at S.K. Covent, Ipoh. She was an English teacher at Shen Jai High School till 2010. After resigning, she has been actively involved in social work. Noami has written a few articles in Malaysian Times under Media Perak back in 2011.

Noami is well known among her friends as someone who is passionate about helping people. She has worked with various non-governmental organisations (NGOs). “I believe in freedom of speech and I can only do it through an NGO,” said Noami. Her involvement in NGOs is mainly to do with the environment. Her love for greenery was instilled subconsciously while growing up in a police camp. The orderliness and well-manicured lawn within the camp impacted her thoughts. Noami realised the importance of preserving nature and the environment.

She was once the Vice Chairperson of KUASA (Kumpulan Aktivist Sahabat Alam). She was nominated secretary of PEKA (Pertubuhan Pelindung Khazanah Alam) in 2015 and has remained in that hot seat since then. Her organisation is actively involved in saving the country’s dwindling tropical jungles from being logged legally and illegally. Preserving and upholding the rights of the indigenous community (Orang Asli) is her forte too. In doing so she faces several challenges from the authorities and from business people. And these confrontations can be ugly at times. Notwithstanding the difficulties, Noami does not back down.

According to Noami, children play a big role in maintaining the environment. “As our future leaders, they should be educated on the importance of up keeping our environment.” She has given environmental talks in universities such as UM (University

WELL PHYSIOTHERAPY & REHABILITATION CENTRE
(1st Branch in Ipoh)

Originating from Penang in 2011, WELL, has finally opened its very first branch in Ipoh, Perak. There are a total of nine branches altogether in five different states, namely Penang, Kedah, Perak, Klang Valley and Selangor.

The type of treatment available at moment for the Ipoh branch is Physiotherapy for both senior citizens and teenagers. Speech Therapy and Occupational Therapy are available at the other eight branches. The fees range between RM70 to RM100 per session. House calls are available for those who wish to conduct the therapy at home where a fee will be charged for the distance travelled from the therapy centre.

WELL also organizes their own workshops by inviting speakers from abroad who are well versed in this field. This has helped to dispel doubts and answer questions in the public’s mind about the efficacy of Physiotherapy, Occupational Therapy and Speech Therapy in rehabilitation, pain relief and assistance in a host of other physical issues.

WELL Physiotherapy & Rehabilitation Centre

36, Tingkat Taman Ipoh 12, Taman Ipoh Selatan, 31400, Ipoh, Perak.

019-2835931

Monday to Sunday 9 a.m. to 6 p.m.

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during a media conference recently.

“The upcoming concert will help fans recall memories of previous engagements in Ipoh,” said Jamal.

“Assistance from the Perak State Government, Perak Tourism and related agencies is most forthcoming. I hope the concert, with support from fans, will be a success,” Jamal enthused.

A fair to enliven the concert will be held around the indoor stadium beginning at 7pm till past show time.

Activities on the cards are car boot sales, food trucks, Zumba dance, busking, street futsal, traditional sports, karaoke competition, a Ferrari and Lamborghini car show, a classic motorcycles exhibition and pre-Hari Raya Puasa sale.

Ticket are priced at RM183, RM133, RM103 and RM83. They can be pre-booked from this website: www.lassotickets.com. You can also call Aida Husin at **012 216 6873** or email: mewahevent@gmail.com for more information.

“We’ll be singing past and present favourites,” said Jamal.

Rosli Mansor



Malaya), USM (University Science Malaysia) and UiTM (University Technology MARA). Being the treasurer of the Family Wellness Club, Noami has given an environmental-related talk at the Banyan Spa. “I hope our forest will be preserved, it’s time we fight for the environment,” said Noami.

After losing her mother to cancer, Noami made it a point to visit cancer patients at the hospital. “They’re not alone. With a positive attitude and some herbs, anything can be cured,” said Noami. She encourages the public to educate themselves about diseases. Upon losing her husband in 2009 due to a heart attack, she understands the emptiness families go through when they lose their loved ones. Therefore, while doing her rounds at the hospital, she offers them prayers.

Noami is in the midst of forming a new NGO. Noami has always been determined to form a NGO to help young girls and single mothers but she was always busy with other work. The idea crossed her mind again when she was running a restaurant in Langkawi in 2018. She came across a 23-year-old single mother who is a drug pusher and prostitute. “No one, especially a woman, deserves such a fate. She was prepared to do anything to survive,” she lamented. The woman’s plight was what prompted Noami to form her new NGO. Her NGO focuses on empowering women across the state to be independent and to never fall into the underworld.

“Every woman needs to be independent and able to stand on her own two feet,” she insisted.

Joelyn Jonathan

Property

The Haven Ipoh Grabs Top Spot

The Haven Resort Hotel Ipoh started 2019 with a bang when it became the first resort hotel in Malaysia to win the Global Brands Magazine's "Best Resort Award".

With this recognition, The Haven Resort Hotel is now one of only six recipients of the Best Resort Award in the world.

The other winners of the coveted award were Frangipani Beach Resort (Anguilla), Hilton Kuwait Resort (Kuwait), Bulgari Resort Bali (Indonesia), Mandarin Oriental Bodrum (Turkey) and Paradee Resort (Thailand).

The annual award ceremony – held at The Banyan Tree Hotel in Macau on January 25 – entered its sixth edition this year. The yearly event is organised by Global Brands Publication Ltd which is based in Dorset, United Kingdom.

"This prestigious award is a recognition of the hard work the entire Haven team has poured in over the years to achieve international-level hospitality standards.

"This is not by any means a small feat. The Haven Resort Hotel Ipoh has always strived to provide highest satisfaction to our customers. This award is a testimony to our commitment to excel in the hospitality service industry," said Peter Chan, the chief executive officer of The Haven Resort Hotel Ipoh – All Suites.

He said the Best Resort Award would help place Ipoh and Perak on the travel maps of more international visitors and boost the Tourism Ministry's and the Perak State's effort to drive more tourists to Malaysia and to Ipoh city in particular.

The Haven Resort Hotel – which has a 5-star certification from the Ministry of Tourism and Culture, Malaysia – has also been winning Tripadvisor's "Top 1% Travellers' Choice Award" for four years in a row. The award honours hoteliers based on extensive reviews and comments given by the global travel community.

Within a short span of time, The Haven Resort Hotel Ipoh has won more than 55 national, regional and international awards.

In a press statement, Global Brands Magazine's director Shivakumar said the winners were chosen for having highest regard for building sustainable brand value through investment in long-term customer satisfaction.

He said the Global Brand Magazine had evaluated more than 8000 companies in 130 countries and The Haven Resort Hotel Ipoh – All Suites was selected as the world's winner in the Best Resort Hotel/Hospitality category this year.



Tourism

MATTA Perak Office

The new MATTA Perak Chapter office was officiated by Howard Lee, Executive Councillor for Youth and Sports Development on behalf of Tan Kar Hing, Executive Councillor of Tourism, Arts and Culture in January. Present was MATTA President Datuk Tan Kok Liang and Chong Yu Ken, MATTA Perak Chapter Chairman.

The opening of the new office signifies the association's growth as the country's leading and largest travel association.

Association president, Datuk Tan Kok Liang said that the transformation and modernisation of MATTA Perak Chapter was an indication of MATTA's commitment to the tourism industry in Perak.

"From a humble beginning, the chapter now has over 140 members and is fast becoming a key player in the state," said Tan in his opening remarks.

The new office, located at Bandar Ipoh Raya, is equipped with state-of-the-art facilities for training. It provides a better working environment for both staff and members.

Over a hundred attendees were present made up of association members, hoteliers and tour agents.

Rosli Mansor



My Say

By Jerry Francis



Is Kledang Hill Encroachment a "Test" to PH's Administration?

The recent encroachment of state land on the slope of Kledang Hill in Ipoh is apparently to "test" the efficiency of the Pakatan Harapan's administration.

Well, this is what I assumed from the statement of the Perak Menteri Besar Datuk Seri Ahmad Faizal Azumu on the illegal clearing of the forest.

Datuk Seri Ahmad was quoted to have said that the previous government's lack of enforcement was the reason why some individuals had bravely encroached into the state land.

But what it had to do with the present state government? Unless those involved were taking the chance to see how the administration would react.

Therefore, if this is indeed a test, then the State Forestry Department, State Land and Mines Department and its Land Office have failed the efficiency test.

It must have taken days to undertake such a massive land clearing operation, which involved heavy machinery and several lorries.

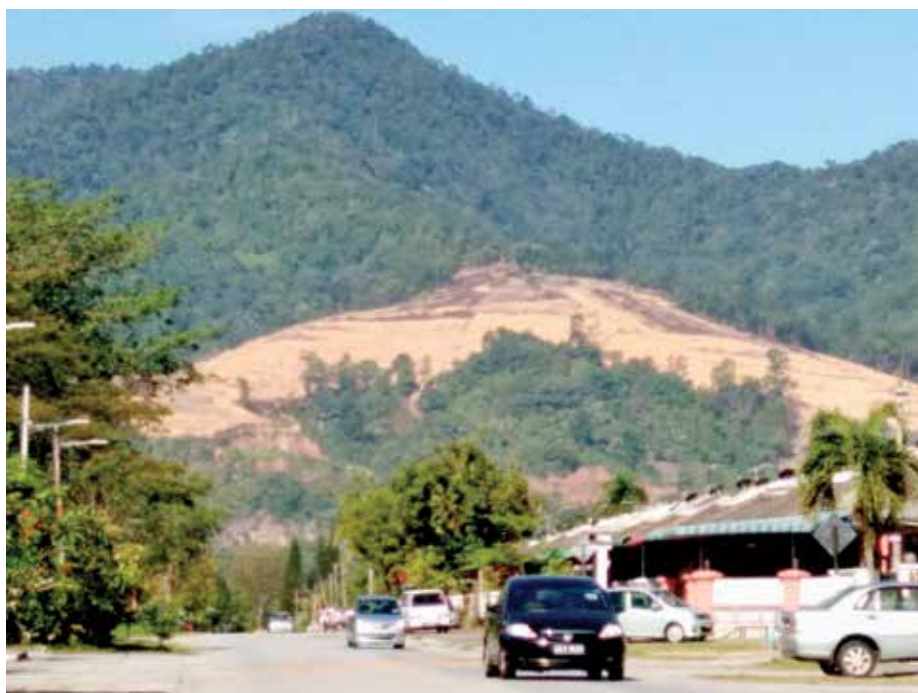
Yet these departments did not seem to notice the big scar that resulted from the removal of the lush greens on the slope of the hill, which can be seen from the State Secretariat about three kilometres away and beyond.

Had they noticed and made a quick check, the "illegal" activities could have been stopped before it could cause such extensive damage to the hill.

However, It was not until several nearby residents, together with Sahabat Alam Malaysia (SAM), had raised the alarm that the clearing of the forest could cause some environmental problems.

By then about 10ha of the forest had been cleared and all the heavy machinery and lorries had left the site.

Representatives from the State Forestry Department, State Land and Mines Department and MB's Inc. then inspected the site and confirmed that it was an illegal clearing. It was for the planting of oil palm.



The MB's Inc. chief executive officer Anuar Zainal Abidin claimed that a piece of its land was also affected. The land is for the purpose of mixed property development (*projek hartanah bercampur*) to offer settlements for the people.

Datuk Saarani Mohamad, Perak UMNO liaison committee chief, questioned what had happened to the monitoring and enforcement as touted by the state government.

"It is amusing that a vanishing forest, located in the middle of the city, could escape the eyes of the elected representatives of the area," he said.

The Socialist Party of Malaysia (PSM) had also lodged a police report calling for an investigation into the clearing of the land.

A stop work order had been issued and those involved in the clearing were told to start restoring the damages done to the affected area.

How much clout the directive has to ensure that the restoration is effectively carried out is yet to be seen.

However, what is puzzling me is the allegation that land settlers in the area were the

encroachers.

I could accept it if the clearing involved were small patches of land to grow cash crops. But, I could not imagine the settlers have the resources to indulge in a massive land clearing project, which is not only costly but to wait for years to get the returns from harvesting the oil palm.

Unless they are being used as pawns by a syndicate or some financial backers.

This is not the first time the hillslope along the Ipoh-Lumut Highway had been encroached. There had been others in the past.

The state government needs to strictly monitor the development of the hillslope. Otherwise, it could cause mudflows onto the highway and housing estates along the foot of the hill.

Meanwhile, an online petition calling on the state government to save Kledang Hill is gaining momentum.

Nostalgia

By Ian Anderson

Bangsawan, the Malay Opera

This photograph shows a Malay opera or Bangsawan troupe. Bangsawan is a form of traditional Malay opera or theatre that usually involves elements of drama, music, singing and dancing. The art form has its origins in the theatre of the immigrant Parsi community (Indians of Persian extract) in Malaya and was first performed in Penang in the 1870s. By the early 20th century, many Bangsawan troupes emerged and the theatre form soon spread to other parts of Malaya.

Bangsawan in Kinta

The first-known troupe in Kinta consisted mainly of Orang Asli (Seno) musicians, singers and dancers, both male and female, who emerged from Teaw Batu' in Kinta in the late 1920s. It was led by a Malay, Pak Aji Kassim, from Tapah, who selected the Semoi, trained them and introduced them to the entertainment world. They performed across Kinta from Teluk Anson in the south to Ipoh and in those days young Senoi girls would also join the artists as Ronggeng dancers. Known as 'Taxi Dancers' they were very popular with Malay men.

One of the well-known Bangsawan dancers from Kinta was Menah Yem, who started performing at the age of nine. When she was about 12 years old, the "Queen of the Dance" fell in love with, and married, the Bangsawan hero Pak Yem.

The Shaw Brothers Get Involved

In the 1930s Pak Yem borrowed \$5000 from the Shaw brothers, Run Run and Run Me, who had founded the Shaw Organisation in 1924 in Singapore. With the loan, Pak Yem founded the 'Grand Nooran Opera' and signed a contract to perform in all the Shaw Brothers' parks in Malaya. Ipoh's own Jubilee Park featured them, but in addition the Shaws had their own troupe in Ipoh, the 'Grand Jubilee Opera'. These Bangsawan stars were employed under contract in these amusement parks and were later engaged by Shaw Brothers to act in the movies.

The Japanese Occupation

Bangsawan continued to prosper during the Japanese Occupation and was advertised regularly on the back page of The Perak Times, a Japanese daily newspaper in English, printed and published at 62-64 Belfield Street, Ipoh, by John Victor Morais (1910-1991),



a prominent Malaysian writer and journalist of south Indian origin, who later edited the Malaya Tribune and the Ipoh Daily News. On July 12, 1943, the paper published an advertisement by the 'Sri Arjuna Bangsawan Group', including the shows 'Anak Di Luar Nikah', 'Raja Laksamana Bintang', 'Pulau Pandan Gunung Diak (Daik?)' and 'Dan Dan Stia,' (described as "That Grand Malai Historical Play You've All Been Anxiously Waiting To See! To Be Completed In 5 Nights").

After the war, Jubilee Park was the main entertainment centre and continued featuring Bangsawan and Ronggeng dancers. In 1950 the entrance fee to the park was 20 cents, while dance tickets were 42 cents per dance. Today Jubilee Park and its entertainers are no more, but Bangsawan continues.

Source: IpohWorld

Wandering with Ipoh Echo

D.R. Seenivasagam Recreational Park



Formerly known as Coronation Park, D.R. Seenivasagam Recreational Park got its name from a famous lawyer named D.R. Seenivasagam. The park was opened in 1950 and it is known as the oldest park in Ipoh.

It is a large urban park in the heart of Ipoh that provides many facilities such as a large field for football training and matches.

Picnic spots are available throughout the park that are strategically located with breathtaking views. Besides that, a number of playgrounds that are in good condition are placed all over the park. Parents can keep an eye on their children while they are playing, from the benches placed around the playground.

A beautiful Japanese Garden can be found at the centre of the park. A pavilion can be found right beside the Japanese Garden for those who would like to enjoy a peaceful environment.

For those who love cycling but do not own a bicycle or did not bring their own, can rent a bicycle at an affordable price.

The rate for adults to rent a bicycle is RM5 and for children is RM2.

Homemade soap bubbles are also available at RM4.

Bicycle rental: Every day from 8am to 12pm and 3pm to 7pm

Operating hours: All day except for the paid facilities

Fond Memories of Ipoh: Hume Street Art Gallery



Hume Street Art Gallery – Near Old Mosque

In old town Ipoh opposite the old Mosque existed a fine Gallery
The owner and partner were members of Perak Fine Art Society with no salary!
Artists come and go since here since this was the centre for Ipoh Art
Parents brought their children for classes and learn how to draw to start!
The nearby Mosque was one of their favourite subjects to paint
Equally, the "Lorry Jungle" gave inspiration, but no place for a Saint!
Alas our Artist friend died penniless due kindness, stolen paintings and no fame
Today the Gallery is closed and new owners do their business but not same!

Nickolas Mallcott



Heritage

Sharing Ipoh's Heritage with Community

Committing to its annual corporate social responsibility project, Henkel Malaysia (Ipoh) recently donated tin ingots of archaeological value to Han Chin Pet Soo (two pieces), Lost World of Tambun (two pieces) and Perak Museum (one piece) to be displayed for locals and tourists alike.

The tin ingots are shaped like the shell of a tortoise and each weighs around 17kg. Although estimated to be around 168 years old, they do not show signs of wear and tear.

Jason Lee, General Manager of Adhesives Electronics Operations said, "Tin mining and tin ingots are part of Ipoh's rich history and heritage. These artefacts were stored in our display cabinet in the plant for



years but few people understand their significance. We want to share this with the public to educate them and contribute to the preservation of this part of our history".

"The wonderful response from the recipients helped me wanting to do more," he added.

The tin ingots came into Henkel's possession 36 years ago, when Henkel Malaysia acquired the manufacturing plant in Ipoh for solders and solder pastes. At first glance, the tin ingots look like normal stones. Recognising their historical value, Jason arranged for the donation of the artefacts to institutions and museums which would appreciate them.

In the 19th century, tin ore was cast into a wide variety of shapes as finished products. Back then in Malaya, most of the tin ingots were cast in Perak. Animal shaped tin ingots were particularly popular at that time with one of the favourites being the shape of a tortoise.

Tin ingots representing animals were produced only for special occasions. Tortoise-shaped ingots had a sacred or magic significance and, for that reason, had been cast with special care and were particularly very pure in tin content.

Questionable Logging Permit

A report was made at the Malaysian Anti-Corruption Commission (MACC) Ipoh on Monday, February 10, pertaining to the issuance of a permit to log in the Kledang Saiong and Bukit Kinta forest reserves.

An official letter stating that the state government had approved a forest plantation development was leaked and it went viral recently.

The permit to log 400 hectares of forest land was given to a company with a paid-up capital of RM2. The company concerned has no previous logging experience.

According to Menteri Besar Dato' Seri Ahmad Faizal Azumu, the land is not part of a reserved forest but is within a secondary jungle.

Thomas Su, the Member of Parliament for Kampar along with some DAP members and representatives from non-governmental organisations gathered in front of the MACC Perak office, Ipoh for a press conference before making the report.

"There shouldn't be any logging activities done on our forests. The Perak MB once said that illegal logging should be banned throughout the state," Thomas Su insisted.

"So much land has been allotted to a dubious company that was formed last year for a 50-year lease with a yearly license renewal term. The MB should cancel this license immediately.

"Cases like this should be done via an open tender so there is transparency. There are no records of the company. We're not sure who is responsible for the logging activities," said Thomas.

Secretary of PEKA (Pertubuhan Pelindung Khazanah Alam) Perak, Naomi Samson



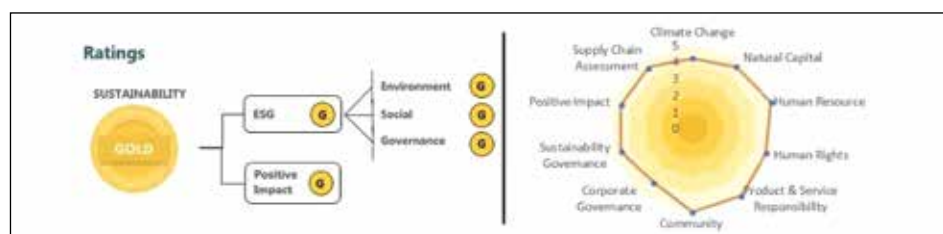
said that reserved forest should not be disturbed for whatever purposes. It's essential to end all illegal logging activities as soon as possible.

"There should be an investigation on how and why the permit was released. We need to know all parties involved besides that State Forestry Department that was involved in awarding this land," she added.

Joelyn Jonathan

Business

KLK Receives Highest Sustainability Rating



Gold rated in all ESG components

Kuala Lumpur Kepong Berhad (KLK) has been awarded the Gold Sustainability Rating in an evaluation done by RAM Consultancy Services Sdn Bhd (RAMC), reflecting KLK's outstanding sustainability performance and its positive impact attributes. KLK attained a score of 4.59 points out of a possible 5, with all rating components also rated Gold.

The Gold Sustainability Rating of KLK was accorded based on its robust sustainability governance structure and the establishment of an overarching Sustainability Policy that is aligned to the Principles and Criteria of the Roundtable on Sustainable Palm Oil (RSPO). The rating is further supported by the Group's aspirations toward constant improvement in its sustainability practices within human resources as well as the implementation of biogas plants and filter belt press systems to reduce the negative impacts of methane gas emitted from palm oil mill effluent.

"For us in KLK, sustainability is an ongoing journey where we always strive to maximise positive impact from our operations. With this holistic report, we would be able to identify opportunities and potential risks; thereafter improve on specific areas to continue creating long-term stakeholders value and ensure continuity of business," commented Mr Sin Chuan Eng, Head of Sustainability (Plantations) of KLK.

KLK has also recently won the National Energy Awards under the Renewable Energy category for utilizing biogas power plant to supply to the national grid. Other significant milestones include achieving 100% certification of its oil palm plantations and mills under Malaysian Sustainable Palm Oil (MSPO) standards and completed a study on the application of Filter Belt Press System and its relation to potential GHG reduction. Visit www.klk.com.my for the latest news and updates.

RAMC recognises sustainable companies and assesses sustainable development within the corporate sector. RAMC provides a holistic system for assessing the sustainability performance of companies across their value chain and has evaluated various companies in diverse industries. The sustainability rating team consists of analysts who are dedicated to providing in-depth research, analysis and benchmarking of the sustainability performance of companies. Companies using RAMC include Sunway Berhad, AMMB Holdings Berhad and Cenviro Sdn Bhd.

For a full report from RAMC on KLK, please refer to <https://www.klk.com.my/corporate-sustainability/wp-content/uploads/2019/02/Sustainability-Rating-KLK-21Feb2019.pdf>

LETTERS

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

No Photographs of Keynote Speaker

I refer to your article "An Inspiring Musical Trio" posted on January 16 in your online version of Ipoh Echo.

Although I was the VIP officiating the ceremony, representing the Speaker of the Perak State Legislative Assembly, Dato' Ngeh Koo Ham, none of the four photographs published in the article has depicted me. Even the Master of Ceremony has been depicted.

There is also not a word uttered on the RM20,000 pledged by the Speaker, and the RM5000 pledged by me, as the State Assemblyman for Malim Nawar. Neither was any part of my speech mentioned.

I urge that you look into the matter, and let me have your views on the same, in due course.

For your information, I emailed you a press statement captioned "Fundraising concert by THE INSPIRING TRIO" on January 14 on the subject matter, which has not been published.

Leong Cheok Keng
ADUN Malim Nawar

Editor: Ipoh Echo apologises for the oversight and has included below an extract from the original email sent by YB Leong Cheok Keng:

"This evening's event is not only a noble cause, raising fund for the Perak Community Specialist Hospital ("PCSH"), but teen participations promoted good relationship between Singapore and Ipoh on a people-to-people level," said Leong who represented Perak State Assembly Speaker Dato' Ngeh Koo Ham as the guest of honour.

Ngeh allocated RM30,000 while Leong another RM5,000 for the proposed PCSH new building fund.



From right: Dr Chakr Sri Nagara, Chan Kok Keong, Datuk Lee Hau Hian, YB Leong Cheok Keng, Lisa Nagara

Sport

Sports for the Disabled

On Sunday, February 10, Halcyon Agri along with Bali Sports Foundation Asia (BSF), organised a sports open day for the disabled at Poi Lam School, Klebang, Ipoh.

The event was attended by two state executive councillors namely, Wong May Ing and Howard Lee, Robert Meyer CEO of Halcyon Agri, officers from the state social welfare department and members of non-governmental organisations.

The objective of the open day was to demonstrate sporting activities for the disabled, such as wheelchair rugby, basketball, boccia (precision ball game) and lawn bowling. Through sports, participants will have the opportunity to develop new skills, establish friendships with like-minded people while broadening their social network.

"Sports is a medium to develop confidence and to foster inclusivity. It helps people with physical disabilities build better coordination and muscles. The most important thing about sports is creating understanding among coaches, volunteers and participants," said BSF Asia Founder, Rodney Holt.

Howard Lee hoped more companies would participate and contribute to upcoming events. "The state government would explore ways to aid the disabled in sports. Ipoh will be the pioneer," he remarked.

The managing director of Halcyon Agri, Leonard Beschizza said six games namely, football for the blind, wheelchair rugby, basketball, lawn bowling, boccia and badminton were demonstrated. A competition involving the disabled will be held in August.



Zariffaizalludin bin Abdul Jalil, 43, from Setiawan a participant in the upcoming competition expressed his appreciation to the organisers for introducing the sports. "I've gained tremendously from this programme. I look forward to participating in the competition and making more friends in the process," he told Ipoh Echo.

"I was active in sports while in Kuala Lumpur. However, Ipoh has no such facilities. It's pretty boring," said Ipohite Azahar bin Mahamud, 32. He was one of the game demonstrators.

The disabled community, said Azhar, did not ask for much but to be given similar opportunities like other able-bodied youths. He expressed his gratitude to the organisers for making this possible.

Joelyn Jonathan

Celcom Axiata National Championships 2019



Double pair Teo Ee Yi and Ong Yew Sin defeated Aaron Chia and Soh Wooi Yik in straight sets, 21-12, 21-19 in the finals of the Celcom Axiata National Championships 2019 on Saturday, February 23 at the Perak Badminton Arena, Ipoh.

"We're proud of this victory, especially after our poor performance last year. Our determination saw us through."

"We still have a long journey ahead of us. Coming up next are two important tournaments, the All-England and the German Open," said the winning pair to Ipoh Echo.

Championship Results

Men's Single – Soong Joo Ven defeated Leong Jun Hao: 21- 13, 7-1 (retired).

Ladies' Single – Sonii Cheah defeated Goh Jin Wei: 21-10, 21-14.

Men's Double – Teo Ee Yi-Ong Yew Sin beat Aaron Chia-Soh Wooi Yik: 21-12, 21-19.

Ladies' Double – Anna Cheong-Lim Chiew Sin beat Cheah Yee See-Teo Mei Xing: 23-21, 21-17

Mixed Double – Chan Peng Soon-Goh Liu Ying defeated Hoo Pang Ron-Shevon Lai Jemie: 17-21, 21-13, 21-19

Luqman Hakim

HAPPENINGS

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ARTS & CULTURE

FILM BY TUNKU MONA RIZA: 'REDHA', Inspired By True Stories. APRIL 6-7, at Brother Liborius Auditorium, Hospital Fatimah Ipoh. Organised by Ipoh Fine Arts Society and hosted by Hospital Fatimah Ipoh, in conjunction with World Autism Awareness Month 2019. All proceeds go towards funding early intervention programmes for underprivileged children. For programme and enquiries, contact: **016 506 7770, 016 532 1087, 012 500 1421.**

COMMUNITY

KPJ IPOH SPECIALIST HOSPITAL ANTENATAL CLASSES. MARCH 16, MAY 18 (Mandarin), JULY 20, SEPTEMBER 21, NOVEMBER 16 (Mandarin), 1pm-5pm at 5th Floor, Dewan Anugerah, KPJ Ipoh Specialist Hospital. Goodies for participants. Contact Customer Service at **05 240 8777 ext. 8111** for enquiries.

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.

INDIAN GENEALOGY RESEARCH SEMINAR. MARCH 2 (Saturday) from 7pm-8.30pm at 12 Lorong Cheah Cheang Lim, Greentown, 31350 Ipoh. Organised by the Ipoh Family History

Center of the Church of Jesus Christ of Latter-day Saints conducted by Peter Bushi, Area Manager Familysearch International. Non Muslims interested in researching their Indian ancestry are welcome. For details call **016 538 0121.**

BOOK TALK: 'THE PEOPLE'S VICTORY' by KEE THUAN CHYE. MARCH 8 (Friday), 5pm at the Royal Ipoh Club, Jalan Panglima Bukit Gantang Wahab, 38000 Ipoh. Organised by Perak Academy. For further information, contact Perak Academy at **05 241 3742.**

FREE SEMINAR: TRANSFORMING YOURSELF FOR YOUR FUTURE. MARCH 16, 2pm-3pm or 4pm-5pm at YMCA Ipoh. In this seminar, learn tips on how to transform yourself. Registration is limited to the first 20 people. Free admission and open to young working adults. Register online: <http://bit.ly/dmtransform> or contact Debugging Minds at **013 734 5008.**

EDUCATION

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

IMPORTANT

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

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).



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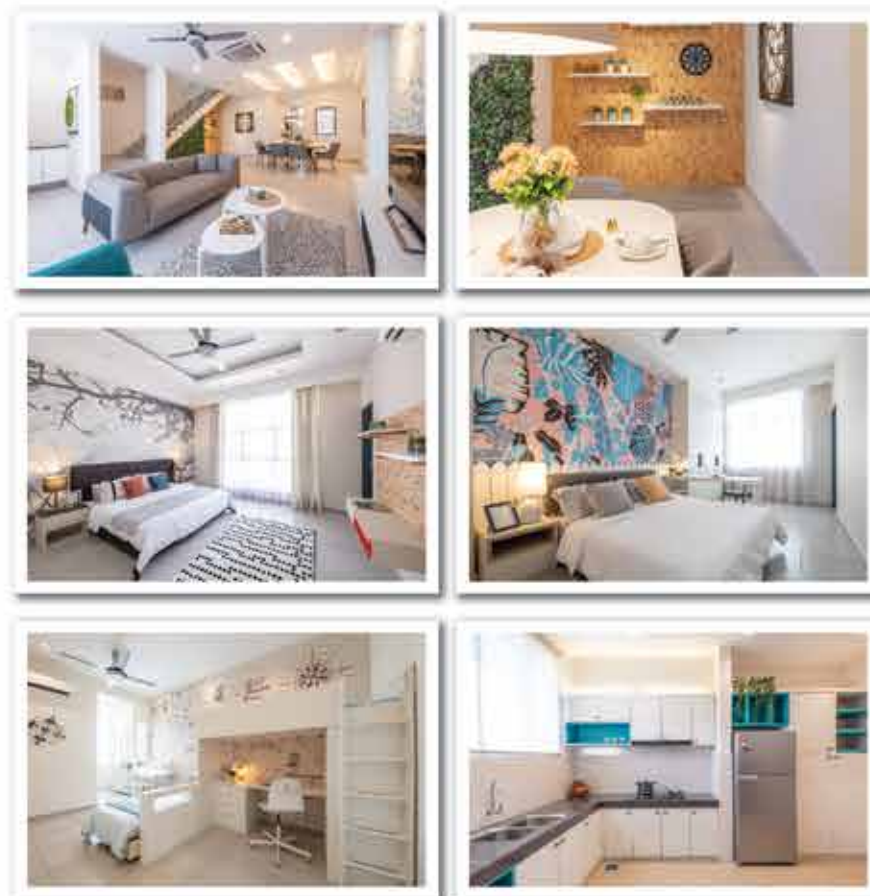

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