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ISSUE **300**

AN ECHO WORTH HEARING

By the Ipoh Echo Team

How time flies. Ipoh's only community newspaper, and perhaps the only one in the whole country, is almost 14 years old today. The publication of its 300th issue would have gone unnoticed and unheralded had it not been for the concerned few who felt that one should stand up and be noticed, regardless. Its rather hazy beginning should be highlighted so nothing is lost in transition.

FULL STORY ON PAGES 2 & 6



The team with two interns



INSIDE

▶ page 3

An Arms
Race In The
Offing?



▶ page 14

Shot 4 Times
and Still
Shooting



▶ page 15

Stop Using
Caves as
Temples!



Restoring Kledang Hill

Concerned Ipohites along with representatives from Menteri Besar Incorporated (MB Inc), Menteri Besar's Office, Parti Sosialis Malaysia (PSM), Persatuan Aktivis Sahabat Alam Malaysia (KUASA), Pertubuhan Pelindung Khazanah Alam (PEKA) paid a visit to Kledang Hill on Thursday, March 7.

The much-publicised land clearing activity on Kledang Hill has been a hot topic among Perakeans after Sahabat Alam Malaysia (SAM) raised the issue.

Almost 10 out of 400 hectares of the land have been cleared off.

According to SAM field researcher, Meor Abdul Razak, Ipohites should work closely with the state government to rehabilitate the affected land. "We're ready to lend a helping hand to restore Kledang Hill to its former glory. About 10,000 trees need to be replanted and this will take some time. Works on the hill slope have begun. I suggest the state government organise a community project so we can work together to restore what has been removed," he added.

Moharani, a representative from PSM said the public deserved to know the culprits behind the land clearing. She added that whatever had been done by the previous government should not be continued by the present government.

A local resident, Goh Ah Poon, 61, said he was ready to go up the hill to plant trees and to restore the site to its original state.



"The beautiful forest is what makes Ipoh special. We wouldn't want our future generations to live in a city filled with oil palms," he lamented.

Joelyn

How has the Ipoh Echo made a difference to Ipoh and Perak?

The passage of time has exacted a heavy toll on the pioneering trio. Of the three that started the paper, only one remains to carry on the fight. It is a heavy burden, nonetheless, but persevere he must.

In a rapidly changing world where the print media is fast becoming obsolete, continuity and relevance become not only problematic but a major issue. The closure of several mainstream newspapers is proof enough of this depressing trend. The advent and the popularity of social media is the underpinning reason why newspapers and broadsheets are on the way out.

Regardless of prevailing circumstances, our objective of being the voice of the community remains. As such, Ipoh Echo has to continue to serve the community in whatever ways possible.

The coming years may not be as rosy as we have anticipated but, like a brave matador in a half-empty bull ring, we are bracing for the bull's final charge.

On a brighter side, let us hear what our legion of dedicated readers have to say about Ipoh Echo. Here are their comments:

Organisations

Associate Professor Dr Richard Ng, President of **Ipoh City Watch** and Chairman of **KOHIJAU (Koperasi Hijau)** enthused, "I started reading Ipoh Echo since its first issue. First of all, allow me to congratulate Ipoh Echo for its success in keeping Ipohites updated since 2006 with its 300th issues of community-oriented balance reporting."

According to him, Ipoh Echo has done a good job as the voice of the people and friends of NGOs by holding true to its objective of being a community paper. Not only has it continued to raise contemporary issues affecting the citizens but also offers solutions to problems faced.

"NGOs such as Ipoh City Watch and KOHIJAU have benefited greatly from the transformation that is happening in Ipoh Echo. We are really thankful to Ipoh Echo for their support in helping us highlight many issues affecting the people. Being a self-funded NGO, we depend a lot on the print media to provide the publicity required in helping the people. Ipoh Echo has stood with us from the very beginning," Dr Richard added.



Dato' Gan Tack Kong, the **Federation of Malaysian Manufacturers (FMM) Perak** chairman, has been reading the Ipoh Echo since its inception by obtaining a copy from his own office at Ngan Yin or FMM Perak. He cited 'The Editor's Desk' as his favourite column because it touches on current issues both at the state and national levels without fear or favour.

"Ipoh Echo, as the established and the only regional newspaper in Perak, serves as an eye opener for the Perak 'rakyat' (people) to be hands-on, on current social, political, environmental and health issues. See Foon's articles on Ipoh's best eats provide a wide variety of Malaysian foods available not only for Perakeans but also tourists from other states to explore and indulge in. It also provides an avenue for our local companies to advertise their products and services at down-to-earth rates. Our FMM Institute regularly promotes its training programmes in Ipoh Echo," Dato' Gan explained.



Subasini Uthra, Senior Manager of the **Malaysian International Chamber of Commerce and Industry (MICCI) Perak Branch** commented, "Ipoh Echo truly reflects the people's voice because it is an effective sounding board for the prevalent local issues. For MICCI Perak, Ipoh Echo has assisted in raising the awareness of the existence of the Chamber and its role in the State. Our members always look forward to the Ipoh Echo issues to read about the "goings-on" in the state. The best part of the paper is the promotion of some tourism places which seem to be the hidden treasures in the state."

"The announcement of upcoming events, talks, workshops and so forth in Ipoh Echo are really useful and informative. Personally, I would give a rating of 5-star for this one-of-a-kind paper which broadcasts all kinds of news items and happenings in Perak. Kudos to the Editor and his fantastic team who have over the years have continued to strive to deliver Ipoh Echo to the local community without fail," she added.



Malaysian Association of Hotels (MAH) Perak Chapter chairperson, **Maggie Ong**, said, "I get my copy from Syeun Hotel or online ever since Ipoh Echo was incorporated. I find the overall content to be of interest and informative. It brings me up to date with the happenings of the community plus there are many useful articles related to the tourism industry."



Dato' Dr Ramanathan Ramiah, CEO of **Yayasan Sultan Idris Shah (YSIS)** and Ipoh Echo reader of over 10 years stated, "Ipoh Echo has always been ready to help us with publishing Yayasan's activities and plight to request for help from the public. Ipoh Echo has helped NGOs who are working on their own without financial support from the government by promoting and supporting the NGOs' activities. This, in turn, has helped the local community in the field of rehabilitation and contributed towards the upliftment of society. Ipoh Echo's vast circulation helps a large number of people in Ipoh and Perak to know about useful events and we are grateful to Ipoh Echo for its great effort."



Tourism Perak Chief Executive Officer, **Zuraida Md Taib** stated, "Ipoh Echo has brought many positive changes to the community from all walks of life, especially the underprivileged and needy. Its honest reporting without prejudice towards any political ideology makes it the best newspaper in Perak. Ipoh Echo is the voice of the people and its objective should be continued." She loves the food articles.

Pak Peter (Bucher) of Sharpened Word (SW) said, "I vividly remember the first Ipoh Echo office at the then Syuen Hotel. Since its humble beginning, Ipoh Echo fulfils the needs and expectations of Ipohites. Bravo!"

"From day one, I always look forward to the bi-monthly publication for the latest updates on local events and happenings. My favourite is the editor's column and cover stories. In future, I wish to see more previews of events/happenings, in addition to the post-event reporting."

"SW events are boutique events for people with keen interests in creative arts and literature, and always looking for young volunteers. And Ipoh Echo has added so much value to it by being our Media Partner."

"Happy 300th Anniversary and may you have many more years of success and prosperity."



Ian Anderson, Ipoh World: "Despite having read every issue since the first, I still find this a difficult question to answer. But yes, there have been isolated incidents where Government have paid attention to the Echo and taken action to put things right. Charities, NGO's and those in need have also been helped by the publicity. But overall not enough attention is paid to the Echo by the Government or the citizens. The city still has many ills that have been highlighted in the Echo more than once: rubbish in the streets, blocked drains, buildings without maintenance, illegal hawkers, traffic problems, a lack of heritage understanding and more. Doesn't anybody care?"



Perakeans

Datin Ushiana, a resident of Meru Valley Resort, also follows Ipoh Echo since its first issue especially the Ipoh food page as her guide to find out the best food for her visitors. Equally, a must-read is the Editor's Desk section which she described as "fearless and frank opinion representing the people's voice." Via the Ipoh Echo, she gets to know the history, geography and happenings in Perak especially Ipoh.



Caesar Nair finds news pertinent to the local community, which may not be in the mainstream newspapers, in the Ipoh Echo. "Some of these news highlight issues which would not otherwise get the attention of the authorities. I recall an article highlighting a housing area along Jalan Kuala Kangsar that had rubbish piling up and was pleasantly surprised Sultan Nazrin read it and instructed Ipoh City Council to clean it up," he shared, adding that he has been getting his copy of Ipoh Echo regularly for 11 years.

"The On Ipoh Food section helps the local food businesses to be on the food map and adds to the overall appeal of Ipoh being a tourism food haven," Caesar, also from Meru, said.

Another reader of Ipoh Echo from day one is **Tan Yoon Yoke** with her interest in both the On Ipoh Food and Health columns where she gets first-hand information which allows her to then create awareness among her friends.



AN ARMS RACE IN THE OFFING?

Being sandwiched by its larger and seemingly “aggressive” neighbours, the tiny “red dot” has little choice but to arm itself.



Type-218SG

With the launch of the RSS (Royal Singapore Ship) Invincible in Kiev, Ukraine, Singapore is the latest Asia-Pacific country to introduce new-generation submarines based on trends among regional navies in acquiring underwater capabilities.

Last year South Korea launched its first 3000-ton class KSS-III submarine with enhanced long-range missile strike capabilities. Japan too has acquired the world's first submarine equipped with lithium-ion batteries for improved underwater performance.

Australia, not to be outdone, inked a strategic partnership agreement with France committing to a 12-boat USD50 billion future submarine programme.

However, in South East Asia, Singapore's latest acquisition is significant. The new Type-218 SG with built-in air-independent propulsion and larger weapon load is, arguably, the most sophisticated submarine in the region.

Incidentally, Singapore began operating submarines in the 1990s with second-hand boats from Sweden.

The first four boats, the Sjoormen (renamed Challenger) class, were the republic's first operational and training capacity. The boats were built in the 1960s and were progressively retired as a pair of vintage Vastergotland (renamed Archer) class entered service after 2005.

A warship can serve up to 30 years, perhaps 40 years with proper maintenance. But aged platforms are generally less cost effective to upgrade and are less safe to operate.

Acquiring a submarine is time-consuming and resource-intensive. Without timely replacement, pre-existing submarine capacity may be lost over time.

Not many are aware that Thailand was the first in South East Asia to have submarine capability. The country operated four Japanese-built boats between 1938 and 1951. Although it was a Second World War deal when the country was made an Axis partner by the warring Japanese Imperial government then.

With little or no replacement, the Royal Thai Navy witnessed the eventual loss of its submarine capability. It has to start from scratch once again, at a huge expense, with a recent decision to acquire three boats from China.

Considering the many negativities, the lingering question at the back of many minds is why pursue a submarine capability of all naval platforms?

A submarine, unlike a surface warship, operates unseen underwater – it can only be heard on sonar. The underwater environment is complex and sonar technology has many imperfections. One may mistake sounds by marine mammals for a submerged submarine. This means the latent potential of operating submarines, with long-range offensive strike missiles, is an option too good to miss.

Unlike surface warships that has multiple peace and war functions, a submarine is built to shoot, destroy and disappear. In peacetime, its primary role is to conduct surveillance, either shadowing targets of interest out in the open sea or sneaking up at foreign coast to collect vital intelligence.

Therefore, in the context of the Asia-Pacific geopolitical scenario, such as the South China Sea disputes, especially overlapping claims by countries in the region, it is difficult to dismiss the destabilising potential of submarines. To own and operate this underwater asset is an added advantage regardless of how small or puny one's navy is. Our southern neighbour has learned well.

There are many anecdotal incidents to fall back to reinforce the above statement. In January 2018, a Chinese submarine was detected and tracked by Japanese surface vessels before it surfaced off the disputed Senkaku Islands in the East China Sea. This incident, although it did not escalate into a serious situation, is a harbinger of future events to come on high seas.

In view of the above, is our Royal Malaysian Navy prepared for what is in stock for the future? Are our two very controversial French-built Scorpene-class submarines ready to take the might of our southern neighbour's Type-218SG? It was hotly debated once that the two vessels could not even dive. The assets are now stationed at the naval base in Teluk Sepanggar, Kota Kinabalu.

The Euro 1.2 billion (RM5.51 billion) Scorpene submarines purchased by Malaysia from France in 2002, and the dubious commissions acquired by intermediaries, might have gone unnoticed were it not for the kidnap and murder of a young Mongolian translator in 2006.

Will Singapore's underwater acquisition set off a regional arms race? The irony is, there is too little a space for the four submarines to manoeuvre. But being sandwiched by its bigger and seemingly “aggressive” neighbours the tiny “red dot” has little choice but to arm itself.

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 2

Just last week, a man walked in to our consultation with poor vision in one eye only to be diagnosed with glaucoma in its advanced stage. **Glaucoma**, as you know, has been nicknamed the “**silent thief of sight**” because visual loss goes unnoticed until there is advanced visual loss. It finally results in advanced **visual loss, is permanent and irreversible resulting in blindness if undetected.**



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

What do you mean by “SILENT” or UNNOTICED LOSS OF VISION?

In some types of glaucoma such as Primary Open Angle Glaucoma and Normal Tension Glaucoma, the **visual loss occurs very slowly** without the patient ever noticing it until the disease is in its advance stage. You may wonder how can a person be ever losing vision without noticing it? Well, this is because the **visual loss is from the periphery.**

This vision loss is typically described as “**tunnel vision**” because it starts from the periphery and moves slowly to a central total loss of vision. Furthermore, glaucoma is “silent” because it does not cause **any acute pain or symptoms.**



EARLY GLAUCOMA

This picture simulates the early tunnel vision that a glaucoma patient may experience which is often hardly noticed by the patient. A major part of the central vision is good and the patient is still able to see well. The loss of vision noticed around the periphery can only be detected by specialised testing known as Perimetry or Visual Field Testing.

ADVANCED GLAUCOMA



This picture shows advanced glaucoma. Most of the peripheral vision has been lost here. Only a small tunnel of vision is left. At this stage, the patient usually experiences **difficulty moving around in poorly lit places** or outdoors at night. Many people end up seeking treatment only at this stage when a significant vision loss has already occurred.

I have had patients walk into my Consultation complaining of poor vision in one eye only to be found to have advanced glaucoma. The other unfortunate thing for such a patient is that whatever vision that has already been lost **cannot be reversed.** In other words, vision loss is **permanent.** It is for this reason that those **above 40 years of age should have their eyes checked routinely** as part of their general health screening.

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

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ON ITS 300TH ISSUE !**



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Integrity Matters

Most mothers will tell their children that if they are asked to do something, then it is better to do it right the first time, or else they will waste a lot of energy and effort having to put things right.

When Ahmad Faizal Azumu was appointed the Perak MB, few had heard of him and were disappointed that the popular candidate(s) had been rejected.

No-one expects Pakatan Harapan to perform miracles and undo 61 years of mismanagement, misrule and incompetence, in a few months or years, but there are some things which the Perak MB has failed to grasp. One of these things is the importance of integrity. A person with integrity has nothing to fear because he has nothing to hide.

Last month, at the height of the dodgy degree scandal, many ministers and MBs were targeted.

In Perak, Ahmad Faizal claimed that the spotlight on him was unnecessary, as he had already declared in an interview with Bernama, the previous July, that he had no degree. For many Perakeans, this was news. This was the first time they had heard him, give a lengthy explanation about his lack of a degree.

Perhaps, he did this to avoid the intense scrutiny and insults, which the rakyat had hurled on the deputy foreign minister, Marzuki Yahya, who stupidly tried to lie his way out of his predicament, and was snared. At first, Marzuki ignored the queries about his degree, then tried to dismiss them by claiming that he would only explain to the police. When a police report was lodged, he skirted around the issue by saying that he had got the universities mixed up. "I meant this Cambridge and not that Cambridge University."

Ahmad Faizal's tale of a Bernama interview intensified and made many people wonder. They did not believe that any Malaysian reporter would be bold enough to ask sensitive questions about a politician's degree, especially one who is a Menteri Besar.

Many Malaysian reporters have been emasculated and conditioned by former Umno-Baru/BN politicians. If they were to ask difficult questions, they would be harassed and their newspapers given a difficult time by MCMC and the Minister of Communications.

Reporters from alternative papers like Malaysiakini have been refused entry to cover an event, or faced humiliating insults from ministers, like former Home Minister, Zahid Hamidi, and the former Youth Minister, Khairy Jamaluddin.

Local reporters have also seen how their foreign counterparts have been frogmarched to the departure lounge of KLIA for deportation. Others have been arrested and detained, before the diplomatic staff from their embassies or High Commissions came to their rescue. Their mistake? They asked probing questions.

Therefore, when Ahmad Faizal said that he had responded to a reporter, who had enquired about his degree, one person asked, "Which brave reporter is that? We need to thank him and praise his courage," whilst

others were sceptical and said, "Where is the link to this radio interview? This is just a clever ploy to limit the damage. By claiming that he had come clean about his lack of a degree, the MB thinks he can pacify the rakyat."

No-one looks down on people who have no university qualifications, but they despise liars and people who take advantage of people's goodwill. The rakyat is angered when politicians list their degrees and universities on their websites, as a means to impress others, and only tell the truth, after they have been caught out and exposed.

Many employers and managers have contacted me and told me that they have sacked their employees for less. If companies are prepared to do that, why not state governments? If a man lies about his degree, what else could he be covering up? Some politicians are in charge of hundreds of millions of ringgits. It is imperative that they are clean and accountable for their actions.

When the Bukit Kinta and Kledang Saiong logging issue cropped up, Ahmad Faizal revealed that a company with a paid-up capital of only RM2 had been awarded the logging rights. He also confirmed that the award was not done through an open tender and that the company was nominated because the directors had vast experience in logging. Ahmad Faizal also claimed that the Malaysian Timber Board was extending its cooperation.

Does Ahmad Faizal think that he can easily pull the wool over our eyes? Prior to GE-14, the PH promised open and transparent tenders. The claim that the directors of the RM2 were experienced, and therefore eligible to do the work, smacks of cronyism. Wong Tack, the Chairman of the Malaysian Timber Board swiftly denied the involvement of his agency.

So, how did Ahmad Faizal respond to Wong Tack's denial?

The irony is that at a meeting in Kampung Dew, on "Community and Environment Sustainable Programmes," Ahmad Faizal said, "What is more important is that we work sincerely and the issue of integrity and not lying to the people is very important."

Does he really understand the meaning of integrity? Or lying? He would like others to come clean, but he has not practised what he preached. As far as Perakeans can see, Ahmad Faizal is operating on his previous party's (Umno-Baru) mode of doing things. The allegations about this RM2 company had been leaked online, which prompted the DAP MP for Kampar, Thomas Su, to lodge a report with the MACC. So what else has Ahmad Faizal not told the public? Is the RM2 company the tip of the iceberg?

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Education



104th ACS Ipoh Sports Day

SMK Methodist (ACS) Ipoh has successfully and joyfully carried out 104th Annual Sports Day on February 23 at the school field. Two field and track records were renewed and two students emerged as Best Sportswoman this time.

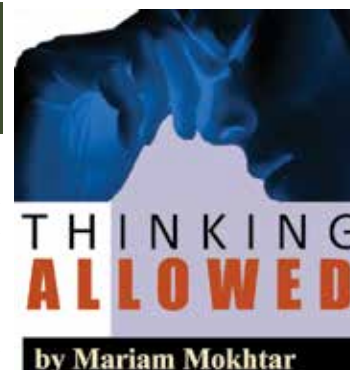
Dato' Thong Fah Chong was invited to be the guest of honour and agreed to donate RM10,000 to upgrade the infrastructure in the Auditorium and to purchase some desks for the staffroom.

Best Sportswoman (Class P): Chelsie Tim Shee Qei and T. Suganeswary

Best Sportsman (Class A): Loganess A/L K. Thilaganatha

Best Sportsman (Class B): Illanchelian A/L Murugan

Best Sportsman (Class C): Durgeswaran A/L Ganesan



Befrienders Ipoh

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volunteer action to prevent suicide

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30-31, March 2019, 9.00 am to 5.00 pm

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This training is opened to the public.

Contents of Training

- What is befriending?
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- Suicide
- Emotional Literacy
- The Helping Process

- ⇒ A nominal fee of RM 80 is required to offset running cost.
- ⇒ Contact/Whatsapp 012-534 0063 to confirm registration.



Befrienders Ipoh-Page

Application to become a Befriender

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- Complete the 2-day training.
- Pass Selection Interview.
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Hotline Service

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Daily 4.00 pm to 11.00 pm

SeeFoon Makes a New Discovery behind Tesco

Pics by Vivien Lian



Plain fragrant rice enhanced with topping



Ice plant salad



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



It's been open only six months and already garnering a coterie of fans, especially those who like the clean wholesome taste of Cantonese cuisine and its very light saucing.

I don't know how **Chef/Owner William Yap** does it but his soups and his sauces are inimitable. And the name of the restaurant says it all. Called **Hao Xian Wei** which when translated to 'excellent fresh taste', is exactly what you get here.

When the chef personally chooses the fish, sources his sauces and titivates the sauces and marinades himself to add extra layers of flavour, you know you're onto a good thing. Chef William, an Ipoh boy who has spent over 10 years in Thailand and has received recognition from the Thai King himself, is bringing his special brand of culinary skill back to his hometown and is already creating a stir amongst the foodies here.

With the escalating prices around the type of fish one orders when entertaining friends and the game of one-upmanship is played, to order **Siakap** is about as downmarket as it comes, tantamount to committing social suicide. Siakap (**Barramundi**) is a common fish placed probably just above the ubiquitous Tilapia on the snobbery scale. Yet the Siakap belly, cut in pieces and steamed to perfection with a divine soya sauce was as good as any expensive fish you get elsewhere. **From RM13 small and RM20 large.**

It's all in the saucing. William personally goes to market every day and buys all his fish and meat. He buys the big Siakap choosing those at a minimum of 4kg. This he then cuts into the various sections and dishes out whatever customers want. You can choose tail, belly, head, fins, you name it, and decide if you want it in soup (superlative, with no MSG, simmered with fish bones, ikan bilis, dried fish), plain steamed or even Thai-style (not my favourite). He even gets fresh "Fah Gao" or fish bladder from the fish he buys and serves that if you wish. Knowing how expensive Fah Gao is dried, I found the fresh version totally satisfying. Price is seasonal so ask first.

Another surprise is his steamed black pomfret. This lowly fish is usually relegated to the curry pot and yet under the masterful eye of William and his special secret sauce, it comes out superlative. **1kg RM60** We also had blanched Squid (Wong Ka Lon) which arrived springy and resilient but not tough. **RM20**

All this talk of fish and I forgot to mention the starter which was an ice plant salad (now the latest rage vegetable), dressed in thousand island and topped with fried black and white sesame seeds. **RM25.** Wonderful.

Having raved on about the fish, I must mention the meats. Although limited, each meat dish is special, like the **Woo So Kai, or bearded chicken** as it says on the menu was steamed: tender, juicy and utterly delectable. Eat it with their two sauces, garlic, chilli, onions, coriander and their ginger sauce (all fresh made) and you'll swoon. **RM30/60 S/L.**

Now we come to the pork. Two styles of doing pork belly and both yumilicious. On one occasion I had their pork belly done Korean-style, marinated in a Korean sauce and coated with **Hong Kong Ham Har Cheong** (salted prawn paste), then deep



Korean style pork belly



Bearded chicken



Fresh 'Fah Gao' soup

fried to perfection, the fatty bits melt in your mouth; **RM20.**

Another style of serving pork belly is braised, the sauce thick and sweetish, each morsel a mouthful of heaven. I won't even venture to guess what went into the sauce. Suffice to say it was delectable. They make only six portions of this a day so it is wise to order in advance; **RM30.**

I haven't tasted Ham Har Cheong in years and the prawns coated with it came last and it brought back memories of my time in HongKong. The prawns were very fresh and firm to the bite and the prawn paste added another layer of taste to the dish.

A final word about the rice. I am not much of a rice eater but this fragrant Thai rice topped with a generous portion of Japanese garnish of seaweed, sesame and bonito really make it so tempting that I finished a whole portion by myself!

Welcome home, William. I love your passion for curating the best dishes in your restaurant.



Prawns with 'Ham Har' sauce

Restoran Hao Xian Wei

11 Jalan Medan Ipoh 6, (a few doors down from 1919 in the corner)

Bandar Baru Medan Ipoh 31400 Ipoh.

Patrick Cheong: For reservations: 012 431 1070

William Yap Chef/Owner for ordering (in Cantonese only): 017 4216523

Open: 12pm-9pm

Closed: 2 days a month; Tuesday and Wednesday (not fixed).

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.

Ipoh Echo's Impact..... Continued from Page 2

Tan Sri Lee Oi Hian:

"Ipoh Echo has certainly contributed to bringing the buzz back to Ipoh. With their fingers on the pulse of all the happenings, cultural and artistic events usually not covered by our national papers, this small community paper has managed in no small way, to bring global attention to Perak's tourist attractions, in particular, its food offerings as reviewed by SeeFoon whose expertise in F&B is legend. The editorial column is always honest and explores issues that are current and close to Perakian's hearts."



Dato' Daniel Tay: "Ipoh Echo has brought awareness to the folks of Perak that city councillors should be kept more on their toes and deliver the services they can expect from Majlis Bandaraya Ipoh."

"SeeFoon's regular articles is a testimony to 'the way to a man's (and women's) heart is through his stomach' and has contributed to the growing popularity of Ipoh becoming more and more of a food mecca, increasing tourist arrivals. Also, the various health and medical articles, written with authority, is paving the way for medical tourism for our Silver State."

**Dr Chakr Sri Nagara:**

"The Ipoh Echo is to be congratulated for having its 300th issue. Well done. Three key ingredients set this paper apart from other common garden newspapers. Firstly, to Ipohites, food is almost a religion, and SeeFoon's regular food columns have always been a must read. Secondly, I find editor Fathol Bukhari's hard-hitting and honest editorial on issues often swept under the carpet, most refreshing. Mariam Mokhtar's articles are added bonuses. Thirdly the paper gives the man in the street, space to voice his thoughts, opinions and grievances on the state of affairs that impact the community. This is a start of the journey toward local representation through the ballot box. Syabas Ipoh Echo!"



Lawmakers

M. Kula Segeran, Minister of Human Resources. "I have been an avid reader of Ipoh Echo since it was first published in July 2006. Ipoh Echo is the only community newspaper in the country and I am proud that its origin is from my hometown of Ipoh. What makes it more appealing is my connection with the people behind the paper, per se. The pioneers, late Dato' KK Lim, late P. Sivapragasam were my friends, and Fathol Zaman and Siva were with me in Ipoh City Watch and we more or less 'grew up with the paper'. On a more personal note, Ipoh Echo has provided me with a platform to propagate my ministerial duties and was among the first of the print media to interview me."



Dr Abdul Aziz Bari, Perak State Executive Councillor for Education, Environment, Green Technology and Information. "I have been following Ipoh Echo and I find it very informative. Despite the fact that we have become more and more wired, so to speak, Ipoh Echo still has a role to play. Ipoh Echo binds members of the Ipoh community and gives them a certain amount of identity and a sense of belonging. Keep up and preserve."

**Ipoh Councillor Chan Kok Keong:**

Ipoh Echo is Ipoh in conversation. Sometimes, I struggle to put in a word or two in edgeways. Like when the Perak Academy wants to publicise its talk on Spinoza.

It is very regrettable whenever anyone laments the huge brain drain from Ipoh since Merdeka!

Ipoh's reputation as the cleanest town in Malaysia was too short-lived after the abolition of local government elections. But magnificent buildings like St Michael's, an imposing Town Hall and the great Ipoh Railway Station remain as proud reminders of a glorious past.

Today, the Ipoh Echo is indispensable in the discourse to decide the way forward for the town that tin built. As long as there is Ipoh, may the Ipoh Echo play the role of saviour and sentinel.

I look forward to the next 300 issues and hope I can read it weekly instead of fortnightly!

**Johnny Au Sek Keong**

attended Anderson School Ipoh in the early 70s, emigrated to New Zealand. Seen here reading the Ipoh Echo in front of New Zealand's Parliament House in Wellington.

"Happy congratulations on your 300th issue and helping to keep Ipoh as an exotic tourist destination with lots of character and a very desirable place to live. Well done!"



Maria Mariani, a 48-year-old cook makes the Ipoh Echo her culinary reference. "The 'On Ipoh Food' and Nosh News are my go-to columns as they enable me to try out various unique food menus in Ipoh. I look forward to highlights on Malay traditional cuisines as they are a favourite for all ethnicities," she opined.

Nachemutu Karappanam, a regular reader, shared, "It is an interesting local newspaper with lots of information related to the community. I really appreciate the service and work of the Ipoh Echo team in bringing awareness among Perakeans. Local issues which are highlighted have been brought to the attention of authorities concerned to solve the problem very effectively. I would urge students to read the informative newspaper to improve their language and knowledge of Perak."

Retired teacher now social activist, **S. Sundralingam**, has this to say: "Congratulations to Ipoh Echo on occasion of the publication of its 300th issue. The paper plays an important role in creating a functioning democratic society. I like to thank its team of dedicated reporters for reaching out to us through the paper. Your news coverage is not only extensive but refreshing, especially on food and the local political scene. My sincere wishes."



Zaidi Hamzah, 57, from Kuala Kangsar told Ipoh Echo, "Every two weeks I will go to AEON Klebang to obtain a copy from the customer service counter. I like the Editor's Desk article as it elaborates on current issues for one's reference and knowledge. The Ipoh Echo is a platform for Ipoh residents to highlight their problems such as road hazard, mosquito breeding site and rubbish. It also highlights welfare programmes for the needy."

Peter Chan, CEO of The Haven Resort Hotel:

"It is a pleasure for me to send this congratulatory note to the editors and staff of the Ipoh Echo."

"They have done a wonderful job in keeping the denizens of Ipoh informed about the goings-on in this city. Many people have taken this service for granted. Not many cities or countries around the world have such an active and very impartial local newspaper which is both progressive in its editorial approach and unbiased in its reporting."

"Ipoh Echo has indeed made a great contribution to public administrators, business leaders, stakeholders and the general public of this city since 2006."

"We eagerly await your continued contribution for the decades to come."



Ignatius Chew: "Ipoh Echo is the platform for individuals/organization to gain exposure so it is meaningful for those who are featured in the newspaper. Echo has always been promoting Ipoh's food tourism, I myself don't go around looking for places to eat so through Echo I'm updated about what's good and the where about. Echo should be credited for the growth of old town because they've helped

Ipoh a lot by creating a notable presence in people's mind. They've also instilled pride of Ipoh in the community. The subjects covered are interesting and have widened my perspective and knowledge of Ipoh, which it's also very educational. My favourite columns are tourism, travel, food which let me know about the local attractions more."

Teh Beng Soon from

Taiping New Club commented, "The response is good here as all copies are cleared. Ipoh Echo helps to disseminate news on tourism, health, food, culture, history, events and Perakean icons. There are so many historical leftovers from the past for us to bridge the present to the future."

**Azhar Kasim**, 55, from

Taiping shared a similar sentiment. "I became a loyal reader in 2015. Its 'Arts & Culture' column attracts me because, in Ipoh, there are many youths with talents in arts like music, painting and carving which should be focused on. I thank Ipoh Echo for providing a platform for these talented youths," he posited.





Congratulations

In recognition of Ipoh Echo's outstanding contribution
to the well-being of Ipoh as
The Voice of the Community.

Today marks the publication of its 300th issue since
inception on July 1, 2006.

From:



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Ear Surgery (Otoplasty)

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

Ear surgery or otoplasty is a surgical procedure to correct the deformities and defects of external ears resulting from congenital conditions or trauma. The purpose of this surgery is to create an external ear of natural proportions, contour, and appearance to the ears and face. Incisions for otoplasty are usually made behind the ears. Depending upon the deformities, the cartilaginous framework of the ear is reshaped, repositioned or reduced. Correction of even minor deformities can have profound benefits to appearance and self-esteem.

The surgical objectives of otoplasty are to reconstruct the ears so that they appear naturally contoured, proportionate, harmoniously set back and without any evidence of surgical correction. Therefore, when the corrected ears are viewed, they should appear normal, from the:

(i) **Frontal view:** When the ear is viewed from the front, the helical rim should be visible, but not set back so far (flattened) as if it is hidden behind the antihelical fold.

(ii) **Rear view:** When the ear is viewed from behind, the helical rim is straight and not bent or crooked. If the helical rim is straight and the setback is harmoniously achieved, the upper-, middle-, and lower-thirds of the ear will be proportionately setback in relation to each other.

(iii) **Side view:** The contours of the ear should be soft and natural, not sharp and artificial.

Indications of otoplasty

- Overly large ears — a rare condition called macrotia
- Protruding ears occurring on one or both sides in varying degrees — not associated with hearing loss
- Adult dissatisfaction with previous ear surgery

Ideal candidates for otoplasty in children

- Preschool age, preferably 5 years old or older
- Able to communicate their feelings and do not object when surgery is discussed
- Cooperative and follow instructions well
- Healthy, without a life-threatening illness or untreated chronic ear infections

Ideal candidates for teen and adults

- Individuals with a positive outlook and specific goals in mind
- Healthy individuals without life-threatening illness or medical condition

Preoperative evaluation before otoplasty

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

Postoperative expectations

Discomfort immediately following ear surgery is normal and can be controlled with pain medication. There may be an itchy feeling under bandages. Compression bandages or garment are usually applied for 5-7 days to the ears to prevent swelling and blood collection. It is essential that these bandages or garment remain intact and not to be removed, for any reason during recovery period. Failure to do so may result in loss of some of the correction and may require a secondary surgery. Stitches

behind the ears are usually removed 7-10 days after the surgery. After the surgery, the ears will be permanently positioned closer to the head. The surgical scars are either hidden behind the ear or well hidden within the natural creases of the ear.



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

Online consultation is also available if you have any enquiries, please email: elegantplasticsurgery@gmail.com.

Elegant Plastic Surgical Centre, **Pantai Hospital Ipoh**,

Tel: +605 5405457 (Receptionist) or +605 5405458 (Direct Line)

WhatsApp : +0126235458

Elegant Plastic Surgical Centre, **Pantai Hospital Manjung**,

Tel: +605 6898624 (Receptionist) or +605 6898697 (Direct Line).

Education

Nursing Students Achieve Merit Results

In the Malaysian Nursing Board Examination which was conducted in November 2018, two students from Hospital Fatimah School of Nursing achieved merit results for the Certificate in Assistant Nurse Programme.

Dato' Chan Yew Mun, chairman of the institution, presented the certificates to Sabrina Casandra A/P Thomas, a self-sponsored student who will be joining the National University Hospital in Singapore and Gerald Ben A/L Gilbert Martin Ben, a Hospital Fatimah sponsored student, who is already employed with the hospital.

Another Hospital Fatimah sponsored student, Ruhaidah Binti Rosli was selected to be in the Chairman's list for the school's final examination.

The tutor-in-charge, Ms Jasween Kaur, said that all 23 students under her supervision have passed the examination through their hard work and commitment. The facilitation of the academic personnel, have put in lots of effort to train them to what they are today.

Established in 1994, Hospital Fatimah School of Nursing is registered as a Private Higher Institution of Education by the Ministry of Education since 2007 under the Private Higher Institution of Education Act 1996.

Programmes conducted by the school currently are, the Certificate in Assistant Nurse Programme, Diploma in Nursing Programme and an upcoming Advanced Diploma in Midwifery Programme. Students are to sit for their final nursing board examinations to graduate. Principal Ms Rajathy Nadaraja stated that the school achieves 100 per cent pass every year for the Malaysian Nursing Board examination for the programmes conducted.



Community

Roadworks and Its Woes

The ongoing roadworks to upgrade the city's sewage system is causing much inconvenience to road users in Ipoh. They are the major cause of traffic jams and snarls, especially during rush hours.

Plastic and zinc barricades are haphazardly erected to demarcate the affected areas. The demarcation, in most cases, is poorly conceived with little or no signage to warn motorists, motorcyclists and road users.

Due to the roadworks, lanes are closed and motorists have to make detours to reach their destinations. The situation becomes untenable during peak hours. Poor lighting at nighttime is a bane to motorcyclists. As a result, many accidents have occurred near these roadworks.

Ipoh Echo visited a few sites that are frequently used by motorists namely, Fair Park, Greentown and areas around the sports complex.

"Accidents normally occur during early morning hours between 1am to 5am. They usually involve motorcyclists. I've been working here for the past six months and have seen many accidents," said Mohammad, 22, an employee of the 7-Eleven outlet at Jalan Kamaruddin Esa.

Jeremy, 18, a passer-by who frequently drives by Greentown Business Centre daily said that traffic is horrendous especially after 5pm.

Noise produced by machines used in the roadworks keeps residents awake at night. "I hope the contractors involved in the roadworks act more responsibly towards those using the roads and those living around the areas. They should consider our plight," said Jeyaraj, 78, a retiree who lives across the road along Jalan Stadium.



Joelyn

No Puffing Away in YMCA

The premises of YMCA Ipoh were declared smoke-free by Dr Lee Boon Chye, the Deputy Minister of Health on Friday, March 8.

"Here we have almost eight acres of land: one football field, 10 badminton courts, five tennis courts, 28 suites, 50 rooms, one football field, one futsal field, meeting rooms and conference halls. From today onwards, it's all smoke-free," Dato' Daniel Tay, president of YMCA Ipoh explained.

Present were Dr Leong Oon Keong, consultant chest physician cum president of Perak Chest Society, Vicky Law, organising chairperson and K. Nathan, emcee for the day.

According to Dr Lee, there are 731 health clinics and 46 governmental hospitals in the nation which provide facilities to aid smokers to quit smoking via the mQuit programme. Those who wish to stop smoking can visit the website: jomquit.moh.gov.my.

The services provided by mQuit include customised quit smoking plan, comprehensive follow-up sessions by dedicated healthcare professionals and nicotine replacement therapy to facilitate smoking cessation.

"From 2012 to 2017, a total of 12,400 smokers have successfully quit smoking at the facilities of the Ministry of Health. I would like to emphasize that these facilities by the ministry are provided for free," Dr Lee added.

mQuit services is an integrated quit smoking service encompassing both public and private facilities in Malaysia. Find your nearest mQuit centre and pledge a better life for yourself and those around you.



A booth set up by the Perak Chest Society was offering chronic obstructive pulmonary disease (COPD) screening (for smokers only) and displaying informative posters.

Mei Kuan

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Positions are **PART-TIME** in Ipoh Centre in the evening, weekdays. Call 016-5599727 for an interview.

Sport

An E-sports Centre

The state government plans to build an e-sports centre to develop and popularise e-sports in Perak.

Executive Councillor for Youth, Sports and Human Development, Howard Lee Chuan How said the state government along with the State Economic Development Corporation (SEDC) is in the process of identifying a strategic location for the sports centre.

"Planning and discussions are ongoing to build the sports centre," said Howard during a press conference following the launch of the E-sports Professional Industry Conference on Saturday, March 2 at Casuarina@Meru Hotel, Ipoh.

The 2-day event was divided into three segments namely, conference, exhibition and an e-sports competition. Some 500 participants from all over the country took part.

The breakdown of teams that took part in the e-sports was as follow: 16 teams competed in DOTA 2, 40 teams in PUBG (online games played via smart phones), 32 teams in Mobile Legends and 64 individuals vied in the famous Playstation game, FIFA 19.

Howard assured that the state government would organise the event annually and hoped the federal government would provide the assistance needed.

A professional DOTA 2 player, Yeik Nai Zheng, 22, popularly known as MidOne from Bagan Serai, was picked to be Perak's e-sports ambassador. Nai Zheng expressed his gratitude to the state government for acknowledging his talent.

For the record, Nai Zheng and his team won an international-level DOTA 2 competition held in Seattle, USA in 2016. They received cash prize worth USD1.4 million (RM5.6 million) for their effort.

Luqman Hakim



Connexion

By Joachim Ng

Kledang Hill and the long-term pain



Kledang Hill. Scouts with knapsack on their backs and a song in the air would trek up its slopes, dip in the bubbly spring water, and gaze fondly at Ipoh city from the cool heights. But lately when the scouts had left, bigger boys came and cleared 10 hectares of the forest for oil palm and housing.

The Perak State Government has been rapped for allowing hill deforestation that may cause environmental damage to Kinta Valley. But it's necessary to know that every government in the world looks at development in terms of its own lifespan. Elected officials hold a mandate to govern for one term. To win another term they have to produce statistics that show economic gain.

A 3-term stretch is usually the max, as the young ones are eager to move up. You want to go away too, so as to enjoy your lucrative pension. Inevitably, all governments plump for mid-term gain with a planning horizon of 15 years to harvest the fruits within their lifespan in office.

But environmental conservation requires long-term planning with a 50-year horizon. Although the world received the first piece of confirmed news from scientists 50 years ago that the global climate was changing, unsurprisingly no government took action. Mid-term gain versus long-term pain: if you're on the campaign trail, what's your choice? Any politician will feel obliged to deliver mid-term economic gain that can be enjoyed now, and let our grandchildren manage the long-term pain accruing from climate damage.

Unfortunately, WE are the grandchildren because it was 50 years ago that our grandfathers received the first news of global warming. We are the first generation that has to live with the consequences of climate change.

What can 10 hectares of jungle trees do for you? They absorb 65 tons of carbon dioxide a year and that helps keep Ipoh temperatures below 40 degrees C. These 10 hectares of jungle trees also produce one day's supply of fresh oxygen for 1,200 people and keep them out of hospital. Jungle trees have deep roots that hold the earth together and contain subsurface water after rainfall, thus preventing soil erosion and valley floods.

Of course, jungle trees also bring wealth after they are felled. And the cleared land can produce crops. This is where tree felling may get out of hand. If you clear 100 hectares, your economic gain is 10 times larger if we just stick to simple multiplication. But with balding hills, Kinta Valley will start experiencing floods — just like Klang Valley.

Official Telco: Official e-Wallet: Official Apparel: Official Theme Park:

30 MARCH 2019

2 on 2 Popping Battle
Jiggy Jaya

1 on 1 BBoy Battle
BBoy Sherman

Junior Crew Showcase
Danny Lee, Irina M., Veroy Ng

IPOH PARADE QUALIFIER

31 MARCH 2019

1 on 1 Open Style Battle
Danny Lee, BBoy Sherman, Jiggy Jaya

Street Dance Crew Showcase
Danny Lee, BBoy Sherman, Jiggy Jaya

IRINA M.
JUDGE

VEROY NG
JUDGE

BBOY SHERMAN
JUDGE

DANNY LEE
JUDGE

JIGGY JAYA
JUDGE

KEVIN ONG
HOST

CAVEN TANG
DJ

Organised By:

Asset Managed By:



iSpeak

By A. Jeyaraj

Perak Government Should Use “The Voice of the Community” Ipoh Echo

The illegal clearing of Kledang Hill has opened a Pandora’s Box and the public have come up with a number of conspiracy theories since the MB has not given any sensible explanation and up till the writing of this piece, the culprits have not been caught. If I write down the various theories, I would be in trouble. Why is it so difficult to catch the people for a crime done in broad daylight?

I have been reading Straits Times and now NST from the time I can remember. There is hardly any news about Ipoh or Perak and even if there is something, it would probably be negative. There were only three news items of the Kledang Hill clearing; the first one saying it is illegal, second about the report made to MACC and finally the site visit by NGOs and media.

My suggestion is the State Government should take two pages of advertisement in Ipoh Echo monthly and publish what is happening in Ipoh and the state. The government must be proactive. The paper is read by the who’s who in Ipoh and it would reach the right target group. By publishing its functions and forthcoming events, the State Government can be assured that their message reaches the right audience. The public can also provide feedback and make suggestions and request information through the paper. Even housewives are talking about the next prime minister. People are using their newfound freedom wisely.

Ipoh Echo can be used as a platform between the public and the government. The state government publishes a monthly magazine, but I wonder who reads it. Echo has about 100,000 print readers and about one million online hits. It is ‘The Voice of the Community’.

Things have changed after GE14; now people know they have the power to change the government. People are using their freedom of expression to question the government and keen to know what is going on. The public does not want to see the new government making the same mistakes as the previous government.

I get calls from people asking what is MB Inc and two-dollar companies. People are not stupid. They know that the MB runs the state. Is he also in business? It is the responsibility of the MB to explain to the people his role in MB Inc. which can be done through Ipoh Echo.

I received a WhatsApp message about a contract being given to a contractor, Bujang Selangara, for maintenance of roads in Perak valued at more than RM1 billion. Looking at the state of the roads here, I wonder where that money is going.

The Finance Minister has said that the previous government gave contracts without going through the proper procedure of open-tender system. If the PH government is



doing the same thing, why did we change the government? If this is true, the MB should enlighten the public about this in Ipoh Echo and give particulars of the company and why it was chosen.

I used to work for Brunei Shell and involved in contracting. Contractors had to get registered with Shell to bid for contracts. Staff from technical, financial and administration departments visit the contractors’ office to check on their facilities. The contractors had to provide their profile, details of their key personnel, their expertise and the jobs they have done. In our contracts, we even had a clause saying the company must have access to their accounts.

MBI should also take up two pages in Ipoh Echo monthly to publicise their activities. The committee meetings of the department heads and councillors on future projects are held behind closed doors under secrecy. The ratepayers, whose money is being used, have the right to know what’s going on behind closed doors if there is nothing to hide.

Public opinion is that most members of the committee are incompetent for the job and their discussions are shallow and members are ignorant of the subject being discussed. They do not want to expose their weakness. MBI should give particulars of the contractors who are given contracts and value of the contract. This can be done through Ipoh Echo.

The public also feels that there is a decline in the services of MBI under the PH government especially in the collection of garbage which is the main concern of all residents. Residents’ complaints are not addressed in spite of reminders.

Residents do not know who their councillors are. I get calls that the councillors do not answer their calls. During the AGM of Lim Garden Residents Association, V. Palani, representative of Buntong assemblyman said that the councillors are busy and are doing a good job. But how are we to know what they are doing if we never see them or get a hold of them on the phone? Again my suggestion to MBI is to use Ipoh Echo as their tagline states “The Voice of the Community” then the councillors can publish their activities. They should be given the opportunity to air their achievements. Councillors are the link between MBI and the ratepayers and are paid for their job.

Malaysia is a signatory of Local Agenda 21 (LA21) which states that the public should be involved in decision making from bottom up. The MBI website says they practise LA21; I suppose it is in theory and not practice.

Tun M emphasises that his is a people’s government. If this is true, then the state government and MBI should get the public involved in their activities through Ipoh Echo, the community paper.

Readers can do me a favour by placing this article on the desks of MB and the Mayor for their action and feedback.

Congratulations

In recognition of Ipoh Echo’s outstanding contribution to the well-being of Ipoh as The Voice of the Community.

Today marks the publication of its 300th issue since inception on July 1, 2006.

From:

Ban Hoe Seng Sdn. Bhd.
14-20, Jalan Raja Permaisuri Bainun,
30250 Ipoh, Perak.

News

Army Day 2019

Over 2000 spectators filled the Sime Darby Kemuning Estate football field in Sungai Siput on Friday, March 1. They were there to witness an array of events organised by units under the Penang-based Headquarters 2nd Malaysian Infantry Division on the occasion of the 86th Army Day which fell on the same day.

The annual celebration was held in Perak after many years. Preceding the exhibition of available army assets, a parade consisting of 149 Officers and 1943 Other Ranks was held on the playing field. The parading contingent was led by Commander 6 Brigade, Brig-Gen Dato' Abdul Aziz Hj Ismail. Army Chief General Dato' Seri Hj Ahmad Hasbullah bin Hj Mohd Nawawi took the salute before addressing the troops.

Among the events, held for the first time in the field, were a free-fall demonstration by troops from the 10th Para Regiment, unarmed combat, tracker-dogs display, women's pipes and drums platoon and the Military Police motorised acrobatic team.

According to Headquarters 2 Brigade spokesman, Major Dailami, the purpose of having the celebration in the field was to establish rapport with the local population.

Luqman Hakim



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Opinion

By Chan Kok Keong

Reflections on Spinoza

A talk at the Perak Academy by KOH CHYE HOCK

Koh Hock Chye was 17, when he first encountered Spinoza through Ronald W. Clark's acclaimed *Einstein: The Life and Times*, he borrowed from the Ipoh Public Library. His Life-long interest in Spinoza was sparked by a passage in the book where Einstein declared that: "I believe in Spinoza's God, who reveals Himself in the lawful harmony of the world, not in a God who concerns Himself with the fate and the doings of mankind".

Chye was fortunate that in his senior year as a Philosophy student at the University of Utah, USA, a young Assistant Professor by the name of Don Garrett returned from Harvard to join the Philosophy Department, his alma mater. Professor Garrett's reputation as a young and upcoming academic philosopher who had already established himself as a Spinoza and Hume scholar preceded his return to the University of Utah. For the next three years, Chye studied Spinoza's magnum opus *Ethics* under the guidance and supervision of Professor Garrett, first for Chye's Senior Thesis on an in-depth survey of the *Ethics* and subsequently a Master Thesis on "Philosophical Theology and the Metaphysical Foundation of *Ethics* in the Philosophy of Tagore and Spinoza."

Chye considers the *Ethics* a daunting piece of Philosophical writing but well-worth the effort to study.

What makes the *Ethics* daunting?

1. Its methodology- geometric method
2. Its arcane language – a translation from Latin, but even in the original Latin, it was difficult.
3. The subject matter covered are difficult – God, nature, religion, mind, body, space, time, psychology, emotions, determinism, free will, ethics and politics.
4. How these subject matters fit into a grand system logically, coherently and consistently.



Although the *Ethics* is a self-contained work and, as Spinoza had wished, the book is self-sufficient in elucidating his philosophy. However, Chye thinks that some prior knowledge of the works of Descartes, Hobbes and Moses Maimonides and the general philosophical movement during the early modern period of philosophy between mid-15th Century through mid-17th Century would be helpful.

Anyone who studies Spinoza is immediately confronted by some apparent opposing ideas in Spinoza's philosophy and how these ideas are either rejected, accommodated or reconciled in his works:

1. God and atheism
2. Determinism and freewill
3. Self-interest and altruism
4. Empiricism and rationalism

In the past three decades, scholarship and Spinoza studies have increased exponentially, and Spinoza's philosophy and what his philosophy can instruct the human race is more relevant, and perhaps, needed today than ever before. Spinoza was truly a man ahead of his time by at least 300 years.

The talk was held in the premises of Perak Academy on February 13 at 5.30pm and amongst those who attended were:

Dato' Lee Hau Hian from KKK

Dato' Gan Tuck Kong from Ngan Yin Groundnuts

Chan Kok Keong from Chan & Associates

May Ang, a housing developer

James Teh a farmer

Au Hah Chye former executive Secretary of the Perak Academy and Dr. Raman from Quest University

Congratulations

As we celebrate the 300th edition of Ipoh Echo, we wish the editorial team more success. We cherish Ipoh Echo's contributions in building a progressive and iconic Ipoh city since 2006.
Bravo Ipoh Echo! We Salute You



Books

Dear Hardworking Malaysians...

“My book is dedicated to all Malaysians who worked very hard for the country that we live in today,” said Kee Thuan Chye during a talk on Friday, March 8 at the Royal Ipoh Club.

The book entitled, “The People’s Victory” has been listed as one of the country’s bestselling books. Kee has written a total of ten books within a 12-year period. He is also an accomplished actor and writer.

Kee’s books mainly focus on the prevalent political scenes in the country. His latest book, “The People’s Victory” relate events that lead to one of Malaysia’s most dramatic moments, March 9, 2018, also known as “the day after GE14”.

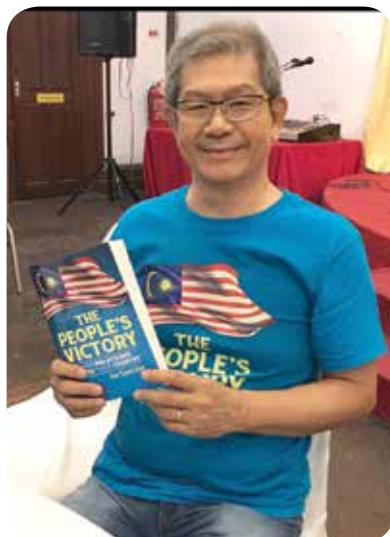
The dedication of fellow Malaysians during the 14th General Election was what inspired Kee to write this book.

“I wanted my book to be a record and a reminder to all the citizens. People should know how powerful they are. The process to change a government is definitely not easy but it was well worth the effort,” he said.

When asked what changes he would like to see in the future, the writer replied that race and religion should not be a barrier to unity.

“One should not judge the other based on his belief. The people should not put race and religion before unity,” he posited.

Priced at RM49.90 (paperback), the book is available at all major bookstores.



Joelyn and Darshini

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Community

A Delectable Biryani Treat

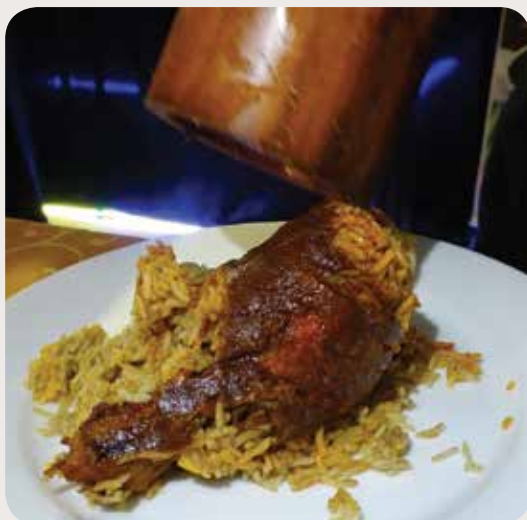
Tower Regency is bringing back one of their best-selling dishes last year, Shell Out, alongside with their famous South Indian fare, Bamboo Biryani.

The Quick Lunch Promotion kick-starts with Shell Out from March 1 to 15 followed by the Bamboo Biryani from March 16 till 30.

Served with a special homemade savoury sauce, the Shell Out is best eaten with your bare hands. Vegetable Dhal and Cucumber Raita will be served with the Biryani to enhance the flavour of rice and chicken.

With a free flow of cordial throughout the meal, each dish costs RM12. The promotion is only available from Monday to Friday between 12pm and 2.30pm.

For further information or to make a reservation, please contact Tower Regency Hotel at 019 573 2484 and ask for Mimi.



Rosli Mansor

Dengue on the Rise

There is a marked increase in dengue fever cases in Perak. As of February 23, a total of 633 were recorded for the year compared 521 cases for the same period last year.

This was revealed by A. Sivanesan, Executive Councillor for Health, Consumer Affairs, Civil Society, National Integration and Human Resources, during a media conference on Monday, February, 25 at the Perak State Secretary Office. Two recent deaths from the districts of Kinta and Manjung were attributed to this mosquito-borne disease.

The three districts with the highest number of recorded cases were Kinta, 210; Larut, Matang and Selama, 93; and Manjung, 82. Perak Tengah, with 11 cases, was the lowest said A. Sivanesan.

“The four hotspots in the state are Taman Silibin, Ipoh 16 cases, Kampung Menteri, Taiping 10 cases and Taman Bukit Indah, Tapah eight cases.

“We’ve instructed the local authorities to ensure that the above areas are closely monitored,” he told reporters.

All relevant agencies, he said were told to work together to help rid of the menace.

Luqman Hakim



A Timely Visit

Representatives from Ipoh City Council and Perak Media Sport and Welfare Club visited the Nur Kasih Orphanage at Ulu Melaka, Langkawi on Sunday, March 2.

Syahrizal Azmi, the council’s public relations officer said that the visit was a scheduled activity during the organised retreat on the island. “This is the first time such a programme is held outside of Perak. We hope to see more in the future provided there are willing sponsors,” he added.

Donations in the form of cash, food and gifts from Ipoh City Council, the State Secretary Office, Syuen Hotel Ipoh, Tourism Perak, Nadias Hotel Langkawi and the media club were given to the children.

Perak Media Sports and Welfare Club President, Rosli Mansor said that the club has been involved in charity events in the past. He added that media practitioners would continue doing good deeds as a way of showing affection to the less fortunate.

Supervisor of Nur Kasih Orphanage, Norimah Md Shariff was pleased with the visit and the gifts received. “I wish to thank everyone for your contributions. Your presence has brought much joy to the kids,” she said.

Rosli Mansor



Ipoh Echo In Education

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

Used by: SMK Pasir Puteh, Ametis International School, St George’s Institution, SMK Convent, Westlake International School

Kindly contact us at 05 543 9726 or editorial@ipohecho.com.my
You can also find out more about English language activities from Sharpened Word. Email to sharpenedword.kinta@gmail.com

Arts and Culture

Trumpeting Japanese Culture

In conjunction with World Women's Day, Perak Women for Women (PWW) organised a fundraising concert titled "Zen Concert" at the Dome, Meru Valley Golf Resort on Saturday, March 2.

Talented Japanese trumpeter, Kana Madarame and pianist, Tatsuya Ito were invited to perform.

This was the duo's first appearance in Malaysia. They rendered a total of 10 musical pieces composed by Tetsunosuke Kushida.

Kana Madarame, an undergraduate of Tokyo Gakugei University holds a degree from the prestigious Tokyo National University of Fine Arts. She is a board member of the International Women's Brass Conference.

Tatsuya Ito's repertoire is not restricted to a particular music genre. He is equally at ease with pop, jazz, rock and chanson. Tatsuya performs over 200 concerts yearly. His "tempting music" theme is delivered right from his heart. He too connects well with the musicians who accompany him.



The trumpeter's rendition was superb. The rhythm was uplifting and rich, in sync with the instrument's mutes and timbres.

Besides raising funds the concert's other objective was to showcase Japanese culture via music. "Proceeds from tonight's show will go towards funding charity projects undertaken by our society," said Sumathi Sivamany, the president.

The Japanese musicians were presented with mementoes in appreciation for their contribution.

Thanusha

Millennials and Their InstaGlam

Street photography, or more commonly known as candid photography, is a popular mode of photography among millennials. Street photography has its advantages and disadvantages but the end result says it all.

For the uninitiated, street photography is a way of telling a story just like the saying, "a picture is worth a thousand words". Street photography tells varied stories because people love taking photos randomly based on their moods.

Most people would bring their cameras for the sole purpose of capturing some magical moments because such moments only occur once, which is why it is important to bring a camera along. The best places to take street photography are "hidden places" which are very subjective.

Ipoh is, without doubt, a haven for street photography. Every nook and corner you go, there will always be something worth capturing. There are many spots in the city where street photography addicts fall in love instantly.

With the city filled with tourists, especially during holidays and weekends many coffee shops have become trendier and hipster, making them ideal spots to take photos.

Some pointers to consider when taking street photographs. Firstly, the lighting; get the right amount of light, not too bright or too dark. The angle too should also be right – not too low or too high, as this could affect the quality of the pictures.

Lastly, editing is a must. Too much editing will spoil the pictures. So, what is the right amount? You figure it out yourself.

Thanusha



An upside down bus is way cooler



Shot 4 Times and Still Shooting

The Sharpened Word session in February hosted an afternoon with Halim H. Berbar, a multi-award winning photojournalist. It was held on Saturday, February 23 at 22 Hale Street.

Ipoh Echo had an exclusive one-on-one with the amiable Frenchman who has set foot in Europe, South America and Asia to capture still images of war, conflict and human suffering. He was shot four times and had braced the impact of countless explosives while on duty. With 35 years of experience under his belt, he has no less than 17 international prizes and is honoured as the ambassador of Nikon.

"I have been to Ipoh three times. Once I came with National Geographic as a filmmaker and we filmed in Kellie's Castle and Ipoh. Last year I came for a coffee table book project which involved Penang, Malacca and Ipoh," Halim shared.

What sparked off his interest in photography? "I was six when I saw a documentary on TV about this guy named Tim Page, one of the most famous photojournalists. The moment I saw him, I wanted to be a photojournalist. My aunty, the sister of my mother, bought me my first camera. That was how I started," he explained.

He was trained in Sorbonne University in Paris. According to him, one needs a strong mind when capturing images of war, conflict and human suffering.

When asked on his reasons to select these genres to highlight, he replied, "I feel we are the witnesses of the war. I need to tell the truth with my eyes and pictures to people who don't know what's going on in other parts of the world."



Snap taken by Halim in 1989 of the Vietnamese army getting out of Cambodia after 10 years of occupation

"In photojournalism, a good photo must tell the whats and wheres," he unveiled.

Here's his advice for aspiring photojournalists who are just starting out: "To be very dedicated and give a 100% to be a photojournalist. This is a job that will take up all your time."

Halim is currently based in KL and remains a senior photojournalist with SIPA Press. To find out more about his works, visit his Instagram of his name.

Mei Kuan

Fond Memories of Ipoh

Birch Gardens in The Sixties

The bloody Seafeld temple incident late last year prompted me to pen my memories. This is in response to Ipoh Echo's articles on Heritage, History and the Past.

When I was 10 years old we lived in government quarters in Birch Gardens, Ipoh. In December 1967, a Malay family from the Selangor royal household moved in as our neighbour.

This was my first close encounter with a Malay family. Raja Aris, the patriarch, had five children. I become pally with the second son, Raja Anuar (Din). Anuar studied at Raja Chulan Secondary School while I was with Anglo Chinese School. He spoke Bahasa, I conversed in English. Somehow or other we understood one another instinctively.

Growing up in the 60s, especially at the Birch Gardens' government quarters, provided us with a rich experience, unique in those days. We were children of government servants. There was little or no technological gizmos to keep us entertained like today. So we kept ourselves occupied with our simple games.

We played football and hockey and traditional games like marbles and hop scotch that were in fashion in those days. At the back of our quarters, there was a coconut plantation (now Jalan Nehru housing estate). We made tops from guava tree branches found on the plantation. We would trap spiders and magpies found at the jungle fringe. Fighting was the theme of most of our games – fighting spiders and fighting fish. Once caught, the spiders would be placed in separate matchboxes and fights would be staged between them.

Nearby was Sungai Pari. We would swim and catch Siamese fighting fish in the nipa swamps and watch them fight one another. When we returned home, Din's grandma would whack both of us. Din's family treated me like their own son. I considered the grand old lady as my own grandmother. My parents never interfered whenever I was disciplined by Din's grandmother. In fact, my mother encouraged her to treat me in that

manner.

If Din or I were hungry, we would pop into one another's kitchen to eat whatever was available. There were no hang-ups. My family never ate pork and Din's family never served me beef.

During weekends we would walk to the Ipoh library (beside Royal Ipoh Club) and spent our time playing games, disturbing girls and reading story books and comics. In the evening Din's schoolmate, M. Sharif would join us to play his guitar. He became a famous recording artist later.

It was the norm then. Whether you are alone or with friends you would come across the ubiquitous hawkers. In the morning we had an Indian guy selling sweets and a Chinese guy selling *chee chong fun* on bicycles. In the evening, the *tau foo fah* and the *mee rebus* men would make their rounds.

A plate of *chee chong fun* costs 40 cents, *tau foo fah* was 15 cents while *mee rebus* was 70 cents. Unlike today, you had to provide your own chicken eggs for taste. There was so much to eat. We would share with our neighbours.

My childhood experience touched me deeply. Till today Raja Anuar (Din), a 64-year-old retiree, is still my good friend.

But at this moment of reporting, unity and harmony are at the crossroads. We need to work harder to achieve peace, harmony and tranquility, the hallmarks of Birch Gardens back in the 1960s.

S. Sundralingam



Taman Birch

Nostalgia

By Ian Anderson

Some Famous Ipoh Indians

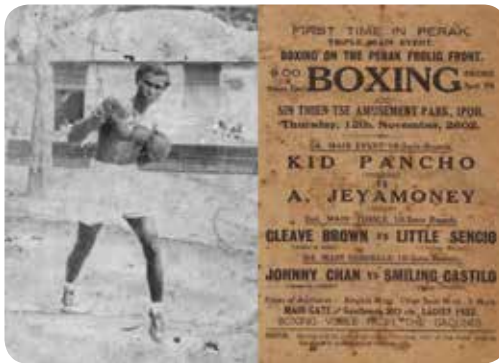
While there have been many Indian 'famous names' in Ipoh since 1875, space restricts us to just three:

Shaik Adam – Entrepreneur

Perhaps the very first of these was Shaik Adam, founder of the Mohammedan Mosque by the Padang. He started his new life in Malaya as a clerk in Penang in the tailor's shop of A Mounyee, who also owned APK Soda Water Company. In 1899, Mounyee started a second factory in Ipoh which, in 1906, Shaik Adam managed to buy and rename the Kinta Aerated Water Company. Then, recognising the high cost of ice, which was in short supply, he opened the Ipoh Ice Factory and supplied good quality ice at an affordable price. Not content with his success, he also set up a popular bakery on Panglima Street forming the amalgamated company, "Kinta Ice Aerated Water and Bakery Co. His son, Jan S.A. Sahib, from Madras, succeeded him.

A. Jeyamoney – Pugilist

A. Jeyamoney was born in Thiruvannamalai District, Southern India, 1919, as Jebamoney s/o Jesudian s/o Asirvatham and came to Malaya with his brother Ponnusamy in the 1920s. They joined their grandfather in Ipoh and were educated at ACS, Ipoh. The family lived in Buntong and then Falim.



Professionally a cattle breeder from 1940, Jebamoney took up boxing as a second career and chose the name A. Jeyamoney which translated to luck or good fortune in Tamil. A successful boxer, he was billed as "like a mountain goat coming down the mountain to teach his opponent to fight like he has never fought before". A great fighter, he was matched against the famous Kid Panchu more than once. But his luck ran out when his entire herd of cattle were wiped out by Foot and Mouth disease in 1978 and he retired a broken man. He passed away five years later.

S.L. Chettiappa Chettiar – Educationalist

Around 1910, the first Chettiar learning centre was founded by the Ipoh Chettiar S.L. Chettiappa Chettiar who donated his wooden bungalow so that the children of the local Chettiars could be educated in their traditional way. At the time, he was a prominent figure among Ipoh's Chettiar community. By 1927, the original bungalow was too small for the 27 Chettiar pupils and one teacher.

Consequently, S.L. Chettiappa Chettiar appealed to the Temple Committee of Sri Thandayuthapani Temple (in Lahat Road), to grant permission to use a portion of the temple premises to be converted to a Chettiar/Tamil school. Thus, under the able leadership of Mr Chelliah, a scholar from Ceylon, a new school "Chettiar Kalasalai" was born.

Wandering with Ipoh Echo

By Vivien Lian

Stop Using Caves as Temples!

My team and I went on a Sunday excursion as usual. We visited two caves in a day, one is just next to Kwong Fook Ngan and the other one is Koon Yum Tong. The highlight of the cave next to Kwong Fook Ngan is this turquoise clear pool at the bottom and shimmering



Turquoise clear pool

rock formations, whereas for Koon Yum Tong it is the unique cave formations. Although Kwong Fook Ngan is registered, nature lovers hope that it should be the last temple to be built in the cave. Since Koon Yum Tong is not registered yet, we urge the Perak state government to look into this matter and set regulations to deter individuals/organisations from using natural resources without permission. Caves should be free from exploitation for personal interest. They should be preserved and have its nature protected from any commercial and non-

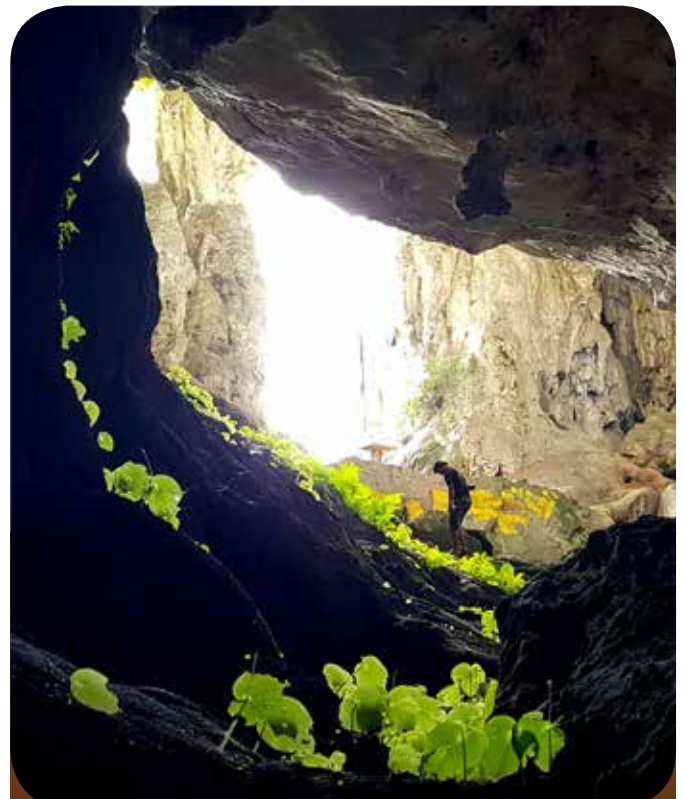
tourism.

No one has ever been heard to say "I want to visit Ipoh for the temples!" but people do come to Ipoh just to see our limestone caves. Seeing workers layer cement for altars with tonnes of deities cemented above them is so saddening. The caves belong to Perak and they are being used without knowledge of Perakans.

Build your own temples and worship to your heart's content but please please leave our gorgeous caves alone!

commercial use. Look what happened to our Kledang hills!

A line should be drawn between caves and religion to avoid all these beautiful natural creations to be used as temples, where illegal constructions and garish augmentations have destroyed their natural beauty. The caves themselves are better attractions for



Koon Yum Tong to be continued next issue...

Upcoming Events

Earth Hour Kicks Off in Meru Valley Resort

Meru Valley Resort will host several activities in the lead up to a one-hour blackout to illuminate environmental awareness and needed action on Saturday, March 30 at 8.30pm.

The golf resort will respond to the worldwide event by plunging its greens into darkness for an hour. There is also a great lineup of activities planned for families and golfers, highlighting the impact of individual actions on nature.

In an energy saving effort, golfers are encouraged to walk and refrain from using buggy after 4pm. Along with the big switch off countdown, diners in the resort's Dome Restaurant will experience candlelit dinner accompanied by a non-stop 60-minute acoustic band performance.

Members and residents of Meru Valley Resort will also join in the Earth Hour by participating in a special Earth Hour morning walk and run event, along with tree planting programme, blood donation drive, recycling campaign and art and craft workshop to upcycle old t-shirts into tote bags.



Resort General Manager, Florence Foo said, "As an environmentally conscious and socially responsible company, it is only fitting that Meru Valley Resort participates in Earth Hour to help raise awareness for climate change.

"We have been rolling out a few green initiatives like the monthly recycling activity and 'No Straw, No Plastics' campaign which is a regular exercise and not just a one-off event."

The Earth Hour campaign in Meru Valley is an annual activity held for the past four years. Everyone is encouraged to show support by pledging to reduce the use of lighting and energy

in their premises during Earth Hour.

Beginning as a symbolic lights out event in 2007, Earth Hour has grown into the world's largest grassroots movement for the environment, highlighting sustainability issues on our planet and the ways that individuals and companies can make a difference.

Make your pledge to nature online, get details and register for all activities at meruvalley.com.my/earth-hour-2019

Clean Water without Electricity

Ipohites are in for a real treat as Malaysian Invention and Design Society (MINDS) Perak Chapter will be hosting Robest Yong Han Aun, innopreneur and holder of multiple patents and Teng Yu-Mein, inventor of the Efinity EZ Water Filter System as guest speakers on **Sunday, March 24** at the **YMCA** at **9am**. Their first workshop in Ipoh, entrance is free and open to the public.

The award-winning Malaysian duo will elaborate and demonstrate the Efinity EZ Water Filter System invented by Teng which enables users to filter water without the need for water pressure from the tap or electricity to run a pump. It aids the marginalised community living in rural areas without clean treated piped water and has to resort to getting their water supplies from the rivers, streams, wells and rain harvesting.

Efinity EZ Water Filter System has now been used to help Rohingya refugees in Bangladesh via a humanitarian effort initiated by the Malaysian Consultative Council for Islamic Organizations (MAPIM). Teng considered this as one of her proud accomplishments to have pushed Malaysian grassroots innovation into the international market. Currently, her products have reached not only Bangladesh but also Cambodia, Sri Lanka, Myanmar and many third world countries where unclean water had been a cause of many deaths.

To attend the sharing session, contact Miss Dong (016 338 6524), Dr Nagara (012 517 9516) or Mr Tan (016 532 3505) for registration. Seats are limited. Do register earlier to avoid disappointment. **Registration closing date: Thursday, March 21.**

Meanwhile, MINDS Perak Chapter is a state branch of MINDS Malaysia, a non-profit making NGO formed in 1986. Running on the objective to encourage creative thinking and spirit of invention, it also promotes the development and utilisation of Malaysian inventions and designs. Plus, it provides professional training programmes to enhance competitiveness.



Tan Kim Seng, the chairman of MINDS Perak Chapter explained, "MINDS members come from all walks of life: children, students and adults. Many Malaysians are able to produce new inventions that bring Malaysia towards Vision 2020. To date, the total number of members in Perak is 90."

To find out more, visit its website (minds.net.my) or email your inquiries to lionkstan@gmail.com

Mei Kuan

HAPPENINGS

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

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

Announcements must be sent by fax: 05 543 9411; or email: announcements@ipohecho.com.my, by the 9th or 23rd of every month in order to meet deadlines. Announcements by phone will not be entertained. Ipoh Echo reserves the right to verify any announcement before it is published.

ARTS & CULTURE

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.

EUPHRASIA – THE MUSICAL. MAY 3 & 4, 8pm at Auditorium RTM Perak, Jalan Raja Musa Mahadi, 31400 Ipoh. An audacious woman beyond her time . . . foundress of the Good Shepherd Sisters. Age limit: 7 and above. Price: RM80, RM150 & RM200. For ticketing enquiries, contact Witzi Leong at 012 508 8818. Email: EuphrasiaTheMusical@gmail.com. Facebook: [euphrasiathemusical](https://www.facebook.com/euphrasiathemusical).

COMMUNITY

FREE REALITY-BASED STREET DEFENSE WORKSHOP. Organised by Urban Street Defense's Centre for all NGOs and Women's Groups in Ipoh. Workshop covers what to do when you are attacked, defend against various real life attack scenarios and more. Call 016 538 4562 to book a FREE session. Booking confirmation on a first come, first served basis.

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).

KPI IPOH SPECIALIST HOSPITAL ANTENATAL CLASSES 2019. MAY 18 (in Mandarin), JULY 20, SEPTEMBER 21, NOVEMBER 16 (in Mandarin) (Saturdays) at 1pm to 5pm at 5th Floor, Dewan Anugerah, KPI Ipoh Specialist Hospital, Ipoh. Free admission. Refreshments provided. Spouses are encouraged to attend. Goodies for participants. Contact Customer Service at 05 240 8777 ext. 8111 for enquiries.

BEFRIENDERS IPOH. TRAINING FOR HOTLINE VOLUNTEERS. March 30-31, 9am-5pm at No. 8, Jalan Sybil Kathigasu, Fairpark, Ipoh. Befrienders Ipoh offers free and confidential emotional support through befriending. It has a voluntary hotline for the distressed and suicidal. This training is open to the public. A nominal fee of RM80 is required to offset running costs. Contact or Whatsapp 012 534 0063 to confirm registration. Facebook: [befrienders ipoh-page](https://www.facebook.com/befriendersipoh).

PUBLIC FORUM – VACCINATION: MYTH OR FACT. MARCH 30 (Saturday), 2pm at Bro. Liborius Auditorium, 6th Floor, Hospital Fatimah Ipoh. By Dr Lee Kim Seng, Consultant Paediatrician. For more information, call 05 545 5777 ext. 214.

CHARITY FUN WALK & FUN RUN. APRIL 28 (Sunday), 7am at Car Park opposite Heritage Hotel, Jalan Raja DiHilir, 31400 Ipoh. Organised by Rotary Club of Kinta to raise awareness (and funds) of poliomyelitis (polio), stroke and healthy living. Registered and paid participants are given a T-shirt, goodie bag and a certificate. Whatsapp 016 637 2495 for the registration link.

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.