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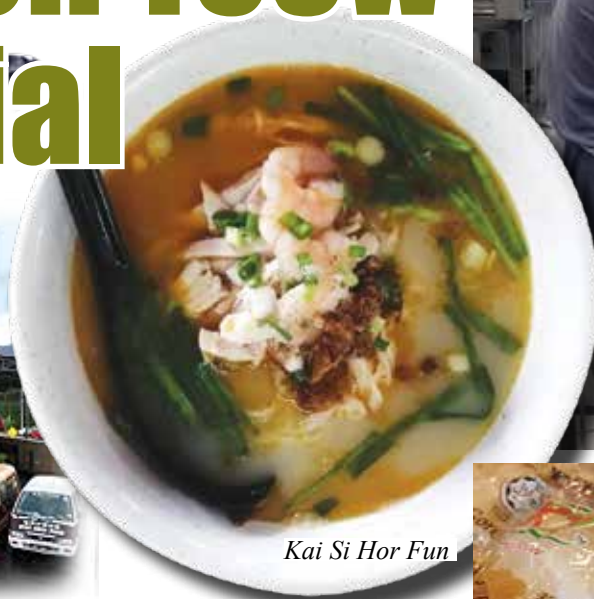
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What makes Ipoh Kueh Teow so Special

By Chris Teh



Kai Si Hor Fun



Manual packing at Ipoh Kueh Teow and Noodles Sdn Bhd

Ipoh has long been acknowledged to be the home of flat white noodles, more commonly known as *hor fun* in Cantonese or *kway teow* or spelt *kueh teow* in Hokkien. Flat rice noodles are also known as *da fen* in Sabah which means wide vermicelli. To dive deeper into how Ipoh *kueh teow* has garnered a reputation far and wide as being the best of its type of rice noodle, sought by foodies from all over Asia, Ipoh Echo went in search to uncover the source of its renown and why people flock to Ipoh to taste our inimitable “Kai Si Hor Fun” whether for breakfast, lunch, or dinner.

FULL STORY ON PAGES 2 & 6



Varieties of coloured packaging for IKT products



Ipoh Heritage Cycling Tour

by Rosli Mansor Ahmad Razali



Taking a ride through Ipoh, either by bicycle or trishaw, is an experience in itself. Visitors get to feast their eyes on a myriad of sights ranging from British colonial-era buildings to heritage sites steeped in history.

For those wishing to get close and personal with the city, what better way than to use the service on offer by Cycledios Management Sdn Bhd.

The company provides two distinct packages for intrepid travellers. The first, dubbed the Ipoh Heritage Tour, begins at Kinta River Walk and ends at the same point. Duration is for two hours. Mode of transport is a bicycle. The minimum number is four cyclists per trip. The rate is RM35 per person.



The second is by rickshaws and is dubbed the Rickshaw Ipoh Heritage Tour. Duration is two hours too. It starts and ends at the same point. The machine can take two persons, one cycles the other sits. Each person must not exceed 125kg. The rate is RM100 per person.

A guide is assigned to each team. He or she will provide all the information needed while traversing the trail. There are 26 touristic spots along the trail, in all.

For inquiries and reservations, visit <https://forms.gle/22eFNyab3NGFkLEJ6> or contact Camees at **013 505 5068**. For Perak tour packages, visit www.lokalocal.com.

The Water, the Process and the Labour

This scribe spoke to the head of Ipoh's largest manufacturer of Ipoh Kueh Teow, **Mecanique Ng Chun Nun**, owner of Ipoh Kueh Teow and Noodles Sdn Bhd, also known as IKT, to discover all about *kueh teow* (please note that we will refer to the noodles as *kueh teow* which is more commonly used).

History

Founded by **Ng Lim Fah** in 1959, IKT started operations in a wee shack of their wooden house in Pasir Puteh.

According to Mecanique, son of Lim Fah, which is part of the second generation of the Ngs and the current owner of IKT, the primitive period of business was definitely not an easy one.

"It was a hassle to produce *kueh teow* back then. We only had steaming woks with a large, round flat plate in the middle and firewood under the woks which boiled water to steam.

"To produce *kueh teow*, the rice solution was poured onto the flat plate, while waiting for it to shape inside the steam on top of slowly burning firewood. The more rice solution was poured, the thicker the *kueh teow* would be.

"Machines back then were rather unreliable and *kueh teow* were mostly handmade. Thus, daily productions were very low and quality was something out of our control," he said.



Mecanique Ng Chun Nan

Mechanisation

Towards the end of the 90s, proper machinery were introduced and production became semi-automated, greatly increasing the amount of daily production.

Now operating under Mecanique's supervision and the third generation of the Ngs, IKT prioritizes domestic delivery of their products to the whole western peninsula of Malaysia, like Ipoh itself, other parts of Perak, Penang and Kuala Lumpur.

In the future, Mecanique is not opposed to the idea of expanding their business internationally.

"We are just in the beginning of discussions of international deliveries. Nothing is confirmed yet, but I think ahead and positively," he said.

Other noodles also produced by the company include yellow mee, *lai fun* (thick rice noodles) and *low she fun* (rice pin noodles).

Production of Kueh Teow

The whole process of making *kueh teow* takes approximately one and a half days, according to Mecanique.

"The hassle of producing *kueh teow* is the preparation of raw materials, but cooking the *kueh teow* to ready-made shape takes less than 10 minutes," he said.

With possession of higher knowledge and research breakthroughs from the third generation, most production processes are now fully automated.

According to Mecanique, IKT reaches peak production periods during major festivals like Chinese New Year, Hari Raya Aidilfitri, and Hari Raya Haji.

Their *kueh teow* is certified 'halal' for consumption.

"We use all-natural ingredients for our *kueh teow* with no additional preservatives, which is why we strongly suggest that they be consumed within 2 to 3 days," mentioned Mecanique.

IKT uses premium grade rice for their *kueh teow* to ensure that the aroma of rice is highlighted. Firstly, raw rice, which is the basic ingredient to *kueh teow* production is cleaned, which involves washing and rinsing, that takes up to a whole day.

After a day or so, the washed raw rice is then ground to a fine powder and mixed with starch and water to become a white, thick rice solution.

According to Mecanique, the amount of starch determines the transparency of *kueh teow*.

"We prefer that our *kueh teow* be opaque because the higher the amount of starch, the more transparent *kueh teow* would be, and that also means lower rice content.

"*Kueh teow* with lower rice content, such as crystal *kueh teow* in Kuala Lumpur, does not give out the aromatic rice flavour as much as *kueh teow* with higher rice content

would," he said.

In comparison, *kueh teow* with higher starch content would be more chewy, while *kueh teow* with higher rice content would be softer to the bite.

The rice solution is then transferred to the steamer to cook, resulting in a layer of uncut, paper-like *kueh teow*.

The paper-like *kueh teow* are then brought to the slicing machine, where *kueh teow* are sliced according to width determined by different dish specifications and customers' preferences.

"Our *kueh teow*'s widths range from 4mm to 22mm, which is about the size of a belt," said Mecanique. "22mm *kueh teow* has two dish variations; cooked for *kway chap* (braised pork dish) and fried for *tua pan* (fried flat noodle)," he added.



Slicing process

After slicing, *kueh teow* are cut according to length requirements, which are then brought via conveyor into the packing machine.

Some of IKT's products, like "Kueh Teow Soup", has a red-coloured packaging, while "Kueh Teow Goreng", has a dark-brown packaging.

Less and Less Producers

Fewer factories now produce *kueh teow*. Asked why, Mecanique answered, "Ipoh used to have 50 to 60 factories producing noodles, but they didn't survive because either the owners gave up owing to old age or there were no successors willing to take on their businesses."

He stated that it is more economical and convenient for businesses to purchase *kueh teow*, rather than having the hassle to make their own.

"I chose to continue running IKT due to sentimental factors. My father was far-sighted. When he was deciding on the brand name, he chose to put 'Ipoh', instead of his name or our family surname and we realized that our company has flourished a lot and IKT became one of the many contributors to what makes Ipoh well-known," Mecanique said.

Up till today, IKT revises the recipe for their *kueh teow* production, based on customers' reviews.

"To be very honest, customers are our biggest contributor to the improvement of taste of our *kueh teow*," he said. "A machine can manufacture many kinds of *kueh teow*, in terms of texture and costing, for example. But we only manufacture *kueh teow* which are most favoured by our customers."

IKT has a rather huge customer base. There are about 1000 to 2000 independent hawkers in Ipoh itself.

Other than hawker stalls, they also deliver *kueh teow* to established outlets and hotels like Old Town White Coffee and Excelsior Hotel.

"We have customers with different preferences. Some want the *kueh teow* thin. Some want them smooth. Some are concerned with the length. Thus, the customers can be considered our primary testers," Mecanique said.

IKT earned its name not from advertisements, but from the word of mouth. A business like IKT does not come without their own challenges.

"Our biggest challenge in this business is the volume of sales. The process to manufacture a ton of *kueh teow* is very much different from having to produce a hundred tons of them, for example. Every step of the process is really crucial.

"Supply of materials, machine capacities, hygiene standards and most importantly, time to prepare the raw materials play a part in determining our capability to meet deadlines and expectations.

"We have to come up with solutions to ensure that we can finish manufacturing *kueh teow* on time," he elaborated.

Food Vendors' Opinions

Dato' David Tan, who started and owns a chain of Little Katong stalls selling *kai si hor fun*, curry mee, Singapore laksa and chicken rice, orders special *kueh teow* from IKT and he says, "My stalls usually sells out of this special kai si hor fun by 9.30am. It is thinner and finer than the regular *kueh teow* and can only be served in soup".

John Lee, 44, second generation of the Lees, who runs Yong Koy Beef Noodles in Ipoh Old Town, has been using IKT *kueh teow* for their business.

"I use IKT's *kueh teow* because I have heard very good responses from other sellers and customers themselves. Normally, customers choose to have a mix of *kueh teow* with either yellow noodles or rice vermicelli," he added.



Steaming process

Continued on page 6

TABUNG HAJI SCANDAL

One Malay institution after another is being robbed, plundered or scammed by the same Malay leaders who, supposedly, were to protect them.

Our country is never short of scandals. The scandals come in varying sizes and shapes or more appropriately, intensity, depending on the amount of money and the people involved.

If the police's estimate of the much-touted anti-ICERD rally at Dataran Merdeka Kuala Lumpur on Saturday, December 8, 2018, was the yardstick, then there were only 55,000 gullible Malay followers of UMNO and PAS leaders. However, if you CONSIDER Zahid Hamidi's claim of 500,000 participants, then there were half a million ignorant Malays who still think UMNO and PAS are their saviours.

There are some four million UMNO Malays and two million PAS Malays who, till today, could neither think straight nor objectively what is wrong and what is right. By virtue that they are also Muslims, by religion, it's also logical to say six million Malay-Muslims have been conned or taken for a ride, by their leaders – former UMNO President Najib Razak and PAS President Hadi Awang.

One Malay institution after another is being robbed, plundered or scammed by the same Malay leaders who, supposedly, were to protect them. Their ignorance or perhaps, stupidity, was so glaring that even Tun Mahathir's granddaughter, Melia Serena Mukhriz, took to Instagram to express her disgust and disdain with the anti-ICERD rally goers.

After the mismanagement and plundering at MARA and Felda, the one scandal that should have shocked the Malay-Muslim diaspora, but didn't for some inexplicable reasons, was none other than the Tabung Haji (pilgrims fund) fiasco. Like 1MDB the Tabung Haji scandal is too complicated to the Malay-Muslims, so much so that many do not have the faintest idea what is going on.

A friend of mine insisted that since Tabung Haji was paying its annual dividends to depositors there was no reason why it should go belly-up. In spite of me unravelling the truth, he dismissed the whole thing as a figment of my imagination. My attempts at explaining the truth failed miserably so after a while I gave up completely.

It was just the tip of the iceberg, the pilgrims' fund was engaged in a Ponzi scheme perpetrated by the very people entrusted to safeguard it. There are more similar jaw-dropping scandals involving EPF, PNB, LTAT, KWAP and what not.

Tabung Haji was in financial trouble after the new government exposed it gave returns for deposits as high as 8.25 per cent. The figure is simply staggering. No financial institution worth its salt would ever think of doing such a thing unless its motive was to cheat.

Apparently, Tabung Haji's dividends distribution from 2013 to 2017 ranged from 6.25 per cent up to 8.25 per cent – a period when Najib Razak was finance minister cum prime minister of the country. Imagine, fixed deposit was pro-rated at about 3 per cent. The too-good-to-be-true dividends attracted an annual deposit growth at the rate of 10.6 per cent between 2011 and 2017.

The unbelievable dividend returns from Tabung Haji, supposedly set up to help Muslims fulfil their hajj, were so attractive that one smart depositor invested more than RM190 million in the fund. The fortunate guy would have made a cool RM15.7 million for doing nothing in the year when it yielded 8.35 per cent of dividend. There was no cap to the amount one could deposit. It was a Ponzi scheme by any definition.

This was what was revealed – a high concentration of depositors amounting to 1.3 per cent (117,000 of them) contributed to 50 per cent of the fund's total deposits. What this means is if the small number of powerful and rich depositors pull out, the scheme would definitely collapse. It would have been like the legendary Pak Man Telo of Taiping in the 1990s whose financial empire came crashing down when he was apprehended for running a Ponzi scheme. Even I lost some money, small though the sum.

Overstated profits, under-stated value of assets, an unbalanced profile of depositors and questionable transactions were all uncovered in the review of the financial position of Tabung Haji. A report prepared by government-appointed accounting firm PricewaterhouseCoopers to audit the financial position for 2017 has unveiled more juicy stories.

Tabung Haji had incurred some RM10.2 billion in losses of its domestic and international equities as at end 2018. Its liabilities outstripped assets by RM9 billion. The gap between assets and liabilities is RM9 billion. If the RM9 billion hole is not covered, no dividends distribution is possible not just for 2018 but also in the coming years.

I tried explaining this to my brethren, hardly any of them appreciate the seriousness of the problem.

New Staff Cars

The Perak State Government has just bought 16 brand new Toyota Camrys at a cost of



RM1.7 million. The cars, for use by executive councillors, cost RM109,000 each and is about RM90,000 below the market price.

The justification is that the old Proton Perdanas (re-branded Honda Accords), inherited from the previous government, tend to break down and have caused much inconvenience to the users.

The purchase has drawn plenty of flak from Perakeans who are against such extravagance in view of the nation's RM1 trillion debt. But despite protestation it was a done deal. Of course, when cars are bought by the government excise taxes are being exempted. That explains the difference in price.

Is there a necessity to buy new cars when the old cars are still functional? My 15-year-old Toyota Altis is still in perfect running condition. Perhaps it is just an excuse to buy the Camrys to keep up with the Joneses.

EYE HEALTH – THAT FLESHY GROWTH

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about PTERYGIUM.

It is not uncommon to see people with fleshy triangular shaped growths in the inner corner of their eyes, known as pterygium.

The word pterygium (*pronounced with the "p" silent*) is derived from Greek word "wing" which is the shape of this fleshy growth.

It is a wedge-shaped growth of thin tissue (*conjunctiva*) that covers the white outer surface of the eye (*sclera*). It may involve one or both eyes. It may remain small or may grow large enough to interfere with vision.



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

CAUSES

The cause is not really known but seen to occur often in people who are excessively exposed to sunlight and wind, i.e. individuals who spend a great deal of time outdoors, especially those who work in sunny climates. It is due to the chronic exposure to high ultraviolet light. It is therefore seen more amongst farmers, fishermen, and in those people living near the equator. Golfers who play golf without protective sunglasses may also be more prone to develop pterygium.

It is also seen more in individuals who have eye irritation due to low humidity, dusty and smoky conditions. Patients who suffer from underlying dry eyes may be also be more prone to developing a pterygium. It is rarely seen in children.



SYMPTOMS

It often has no symptoms most of the time apart from the cosmetic aspect of seeing a fleshy growth on the inner aspect of the eye. Most of the time it is painless except when it sometimes gets inflamed. When this happens, it becomes red and swollen due to the dilated blood vessels in the pterygium. It may then result in a foreign body "scratchy" or itchy feeling in the eye. In advanced cases the pterygium can grow over the clear part of the front of the eye thus obscuring the optical center of the cornea resulting in a significant loss of vision.

TREATMENT

In the early stages, non invasive treatment is needed. A person is usually advised to wear protective sunglasses whenever exposed to sunlight or windy conditions. Any underlying dry eyes will need to be treated properly in order to prevent progression of the pterygium.

In cases where the pterygium grows to the extent that it blocks vision or develops symptoms of inflammation that are hard to control, then it should be surgically removed. Should surgery be done, the surgical outcome is usually good in most patients. However, a pterygium may regrow after it is removed. Have an eye examination once a year in order to ascertain the extent of the pterygium before it begins to affect vision and wearing protective sunglasses and a broad hat to prevent the exposure to sunlight is advised.

For more information, call **05-5455582** at Hospital Fatimah or email gilleycentre@dr.com

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The Detrimental Effects of Sand Mining on our Fishermen & the Environment



Penang's project, the Penang South Reclamation project (PSR) will have serious consequences, in both Penang and Perak.

Penang and the developers of the PSR, hope to fund its ill-thought-out Penang Master Transport Plan (PMTTP) via the development of three artificial islands to the south of the island.

If the project is successful, a handful of people will become extremely wealthy, but the benefit to the ordinary people of Penang is questionable. The project will be of value to the emerging middle classes and foreigners, it is without a doubt that fishermen and those in the low-income bracket, will suffer.

Over in Perak, there are no benefits to speak of, except for those who profit from the sale of sand. Sand is a valuable commodity because it is vital for the construction industry. Complaints have been lodged with the local authorities about the poor enforcement of the laws pertaining to the mining of sand, both legally and illegally, from its rivers, and the seabed. Little has been told about the cost, to both people and the environment.

Studies on sand mining and land reclamation, have been conducted in Malaysia and Myanmar's Irrawaddy River, India, California, and closer to home, in Johore and Lumut.

The most obvious loss will be the livelihood of several thousand fishermen along the coast. The amount of siltation and turbidity of the water will increase. The fish, crustacea and shellfish thrive in a fragile eco-system. The suspended particles will destroy the breeding habitats of the sea-meadows and disturb the food chain patterns. The fishermen will experience reduced catches and beaches will become mud flats.

Mangrove swamps, which form a natural barrier to tidal surges and rising sea water levels, will become vulnerable and the potential for flooding of the surrounding area is great.

Some villagers have reported that their land has disappeared into the rivers. Riverbank erosion, caused by huge amounts of sand and gravel being mined, makes the riverbanks unstable. In Myanmar, whole villages have slipped into the water.

As water irrigation channels source their water from the rivers, padi farmers may soon find problems, which are related to the mining of sand from rivers.



on these jagged structures, increasing the costs for the fishermen for repair.

If the PSR is allowed to continue, the fishermen will have to travel further out to sea, in boats which are not really meant for the open seas. More costs and investment will have to be made. They are already suffering poor catches and it may not be long before some may end up as "Grab" drivers, and have to abandon the industry, which has supported their family, for many generations.

The fishermen and other people must wake-up to the dangers posed by sand mining in Perak, and the destruction of the fishing grounds, both off Perak and south of Penang.

The Perak MB should take stock of the environmental problems that will befall the state if the vast quantities of sand are allowed to be removed for this project.

We are aware that on the hill slopes and mountains, indiscriminate logging has caused silting, flooding and similar destruction, not just to the forest, but also to the way of life of the Orang Asli.

Downhill, the effects of sand mining, through poor enforcement, and an administration which does not seem to be aware of the risks posed by sand mining, threatens the lowlands and coastline.

The landing points on the sandy Segari beach, on which the Green turtles lay their eggs, have already been affected. Mangrove forests will be seriously impacted by the sand mining, and when the wetlands suffer, another source of revenue will be lost. The tourists, and bird enthusiasts who flock to Kuala Sepetang to observe migratory birds, will go elsewhere when the wetlands have been destroyed.

By then, people will have learnt about the detrimental effects of sand mining, because the famous seafood in Kuala Sepetang, will be unavailable. The Perak MB must act to safeguard Perak and its people, by doing his job by curbing the sand-mining, before it is too late.

THINKING
ALLOWED

by Mariam Mokhtar



The pumps, in the water intake plants, which deliver the water to us, have experienced many problems caused by the sedimentation of the rivers. Costs to repair and maintain the equipment will increase.

Sand mining will create craters and expose rocks on the rivers and sea beds. Fishing nets will get snared

A Lifelong Love

Consider what these situations have in common: ordering food from a menu, following road directions or filling out a form?

Answer: All these situations involve **reading** in one form or another.

Reading is one of the most important practical tools that have to be developed from an early age. Being able to access information through the printed word is an absolute necessity for personal growth and satisfaction. As children initiate a lifelong relationship with the printed word, they become adults who are confident readers, whether for knowledge, business or pleasure.

What can we do to encourage the reading habit?

Start Young

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." — Dr. Seuss

Spend time talking; telling stories and singing with children from the time they are infants. Guide your child by pointing to the pictures, and say the names of the various objects. By associating words to pictures and real-life objects, the child learns the value of language.

Read aloud

Like singing, the sound, rhythm and melody of words helps in the development of language acquisition, listening skills and prepares children for the written word. Be expressive and exaggerate - change your voice, tone, pace and volume to fit the story. These will make the story more interesting and memorable to a child. Even when children are able to read by themselves, you can still continue reading aloud stories as this stretches their imagination and motivates them to improve their reading skills.

Routine matters

"Children are made readers on the laps of their parents." — Emilie Buchwald

Try to read with your child at a scheduled time daily. Choose a comfortable place to read together. This helps in creating a special feeling at reading time. Let your child select the books to read - your child may favour one book and insist you read that night after night!

ametis is conducting a **workshop** for parents on 'Reading with your child'.

Details are as follows:

Date: Saturday, 22nd June, 2019 (Open Day)

Time: 11.00 am

Venue: ASIA Metropolitan International School (ametis)

28, Lebuhr Perusahan Klebang 1,
IGB Industrial Park, off Jalan Kuala Kangsar,
30010 Ipoh, Perak

Admission is **free** but places are limited. **Please call to reserve a place** for the workshop. Parents may bring along their children, as there are other activities too.

Although it may be boring for you (WARNING: when you try to skip parts, they WILL know!), keep in mind that the story may interest your child or meet an emotional need within them. Done regularly, routines will become habits and your child will be more inclined to read even when you are busy.

Talk about it

When reading a story, talk about it to the child. Discuss the pictures and the main ideas. Get your child to predict what might happen next before turning the pages. Ask them to consider what they might do if they were in the position of a character in the story.

Be a reading role model

Set an example by reading yourself. Take your child to the bookstores or libraries and encourage him or her to borrow books. Let your child see you reading books, newspapers or magazines, in any form.

"Let us read, and let us dance; these two amusements will never do any harm to the world." — Voltaire

There will be an Open Day on Saturday, 22nd June 2019 from 9.00 am to 4.30 pm. There will be lots of fun and interactive learning activities with special discounted fees for those registering on the day.

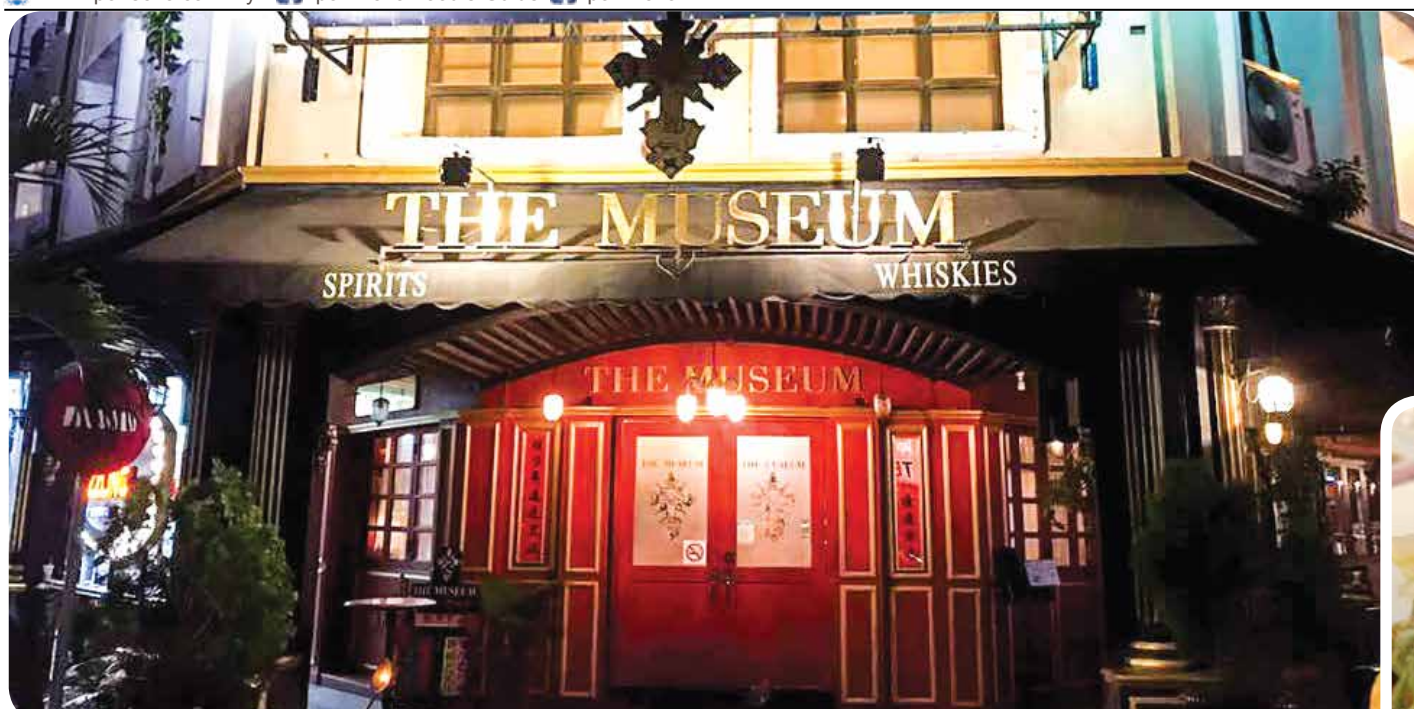
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SeeFoon Goes to a Museum

First it was a pub, now it is a Chinese restaurant and still a pub. With a name like The Museum and the decor inside is plush red velvet upholstery and a gallery of framed pastoral scenes on the walls, you would expect to have the usual gastro pub food but since **The Museum** had a complete change of heart and menu, it is now a Chinese restaurant with some much-sought-after delectables on the menu.

The Museum proprietor Lee Kah Tee, fondly known as **Chee**, when asked why he made the transformation which has since garnered a large following, judging by the full tables and the queues outside especially on public holidays and weekends, he said, "The pub business is a tough one and with new ones opening all the time, the business is highly competitive. I made the switch in 2017 gradually adding a few dishes at a time to the menu. Finally, when I felt that we had gained full acceptance, I converted the old seating arrangement into a dining facility removing the high stools usually found in a pub for the round tables more suited to Chinese dining."

And what a shrewd move that was, judging by the cramped tables and the queues waiting outside where the high stools and tables now sit.

Their signature dishes have to be tasted to be appreciated, the most sought after being their **Char Siew or Roasted Pork**. Taking the fattest part of the pig, usually the belly, this is freshly roasted daily in a huge antique earthenware jar not unlike a tandoori oven. Simple marinades of dark soya sauce, sugar and molasses coat the pork, producing an almost black crust leaving the meat inside juicy and nicely interspersed with fat. Absolutely divine; **RM18.80/RM37.69 S/L**.

Their **molluscs** are the next in popularity, with daily deliveries from **Pantai Remis** and **Indonesia**. Their **kerang**, or cockles, are large, very fresh and superbly juicy, eaten either on the shell or de-shelled as a topping on curry noodles. I arrived too late for lunch one day and was only given enough to go on top of the curry mee, so a booking is essential. Portion of Curry Mee with cockles is RM50 and more cockles can be added at RM40 per kg (with shell weight).



The **Lala** or **clams** is another irresistible dish. There is a choice of cooking styles but the one we chose stir fried with **Thai basil** was superb, the clams, large and VERY fresh with no sand in between. These are usually from Indonesia and delivered fresh every day. **Seasonal price**.

We had a tureen of **Glass Vermicelli with medium-size prawns**, cooked in the claypot with the juices of the prawns soaking through to the



vermicelli. Delicious. **Seasonal price**. I would have preferred this done with crab but that was the next course.

The **Salt Baked Crab** also from Pantai Remis was also ocean fresh, still alive and in a styrofoam box as we walked through to our table. The meat was firm (an indicator of its freshness) and the light saltiness was an added bonus. Served with a chilli sauce which I didn't use as I felt it deterred from the umami sweetness of the crab meat. **Seasonal Price**. They also have a very good **sambal belacan** which you have to ask for to go with any of the dishes.

The **chicken feet with pork belly soup** was umami

and the chicken feet which had been deboned was a good dose of collagen for those of us who care for our skin; **RM28 RM55**.

We had the **black pomfret cooked in an asam sauce** which I found a tad too sweet but would likely please the Ipoh taste buds. The fish was firm and fresh and came with ladies fingers and 'tau pok' or fried bean curd.

On another occasion, we began with their **Cucur Udang** or prawn fritters, small prawns in a very crispy batter which was superb to go with drinks while waiting for the rest of the food, **RM15.90**. Followed by the de rigueur **Char Siew**.

Then to try something new, I ordered their **fish head cooked in black beans and bitter gourd**. Again the fish head, cut into chunks was very fresh and the sauce was umami and coated the fish and bitter gourd well. **Seasonal price**.

For veggies, I loved their stir-fried **Tong Hou** or chrysanthemum leaves **RM20**, their **Paku Salad** with small crispy prawns and sweetish dressing with sesame seeds; **RM16/RM30 S/L** and a salted egg coated mixture of lotus root and bitter gourd. Very umami and delectable; **RM25**.

And we now come to the **pièce de résistance** at The Museum. It's a wonder that they can put together a delectable **Lap Mei Fan** all year round considering that this is a Chinese New Year celebratory dish. And put together they do. Lovely umami rice with a small crust at the bottom (**Fan Chiew**) topped with very good liver sausage, pork sausage and waxed duck. A meal on its own; **RM42/RM65 S/L**.

The menu at The Museum is extensive with most of their fish and shellfish at seasonal prices. So do ask before ordering. But considering that everything is very fresh and mostly come from Pantai Remis, it's worth the prices charged.



THE MUSEUM

No. 1 Persiaran Greentown 7
Greentown Business Centre, Ipoh.
Tel: 05 246 0688

Business hours: 12.30pm-3pm; 5pm-10.30pm 24/7

What makes Ipoh Kueh Teow so Special. . . Continued from Page 2



Delivery van around Ipoh

The noodle business, which has been running for at least 40 years, gets around 10 packets of *kueh teow* delivered every day from IKT, depending on the day.

“During weekdays, we buy in lower volume. If it is public holidays or weekends, we buy a few more, just to be safe,” he said.

Ooi Yan Sheng, 26, chef and owner of Laksa Leaf Café, trusts the quality of IKT *kueh teow*. “IKT has been so established even before I was born, so of course I trust their quality of *kueh teow*.”

According to him, the *kueh teow* has a familiar taste to it, which greatly complements his dishes. “I feel very good about the noodle dishes I cook, but with IKT *kueh teow*, I feel much better! The texture is smooth and soft enough for my customers to slurp along with the soup,” he added.

Teh Lian Peng, 71, who sells *har mee* (prawn noodles) during weekends and public holidays, finds customers unexpectedly liking her prawn noodles with *kueh teow* from IKT more than usual.

“Sometimes, I get special requests from customers to have *kueh teow* in their bowl of prawn noodles,” she said. “Prawn noodles are usually ordered with *mihun* (rice vermicelli) or yellow noodles or a combination of them. I thought I misinterpreted that request, but when I tasted the combination of *kueh teow* and *bihun* or yellow noodles myself, I understood why,” explained Teh.

The aroma the *kueh teow* gives surprisingly matches the broth of prawn noodles she prepares a day earlier than business.

“The soft texture of *kueh teow* evens out the springiness of yellow noodles and blends greatly with *mihun*, which is why customers like my prawn noodles even more,” she added.

Consumers’ Opinions

Kenneth Chua, 50, fellow Ipohite currently residing in Kuala Lumpur and working as a salesman, finds IKT *kueh teow* from Ipoh much better tasting than in Kuala Lumpur.

“Perhaps it is the way vendors cook it in Ipoh, but I could not find any place offering even in the slightest, a better tasting *kueh teow*,” he mentioned.

Loh Ewe Chun, 26, fellow Ipohite who is working in Seremban, said that *kueh teow* dishes in Ipoh are something he does not need to introduce to his friends from other states.



Ipohites enjoying their kueh teow

“*Kueh teow*, no matter cooked or fried, is already so popular amongst my friends that all information regarding *kueh teow* eateries around Ipoh can already be found on the internet. Sometimes I find a few up and coming new places offering *kueh teow* too,” he explained.

Leong Meng Fai, 52, fellow Ipohite working as museum manager at Han Chin Pet Soo, views *kueh teow* as synonymous of



Kueh teow with bean sprouts and chicken (Nga Choi Kai)

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Ipoh.

“I will recommend tourists flocking from other states or countries to try out various *kueh teow* dishes offered around town,” he said.

Most Ipohites agree that the smooth and soft texture of IKT *kueh teow* is what contributed to the popularity of Ipoh food.

“I feel that the porous texture of *kueh teow* greatly complements any dishes,” said **Josephine Tan**, 47, an Ipohite working as a stationery supplier.

Further explaining this point, she added, “*Kueh teow* is like a universal absorber of essence of any soup-based dishes. That is why I like to eat *kueh teow* with soup, *kai si hor fun*, particularly.”

And of course a word from our Ipoh Food Diva, **SeeFoon** who told me, “I have never had *kueh teow* as smooth as the ones in Ipoh. I like the thin cut ones, slurp worthy as it goes down your gullet, resilient, and with a spring in the bite. I would vote them the best in the world.”

Now that’s an accolade worth noting!

Ipoh Kueh Teow and Noodles Sdn Bhd
SD 2567, Lot 34144, 2½ Mile, Jalan Jelapang, 30020 Ipoh.
Tel: +605 529 1188
Fax: +605 529 1189
Website: www.ikt.com.my
Email: info@ikt.com.my



Smooth and soft to the bite

Business

Job Opportunities for Perakeans

Job opportunities will be aplenty for Perakeans, according to Menteri Besar Dato' Seri Ahmad Faizal Azumu. Ipoh has been recognised as a destination for Global Business Service (GBS) within the Northern Corridor Economic Region (NCER). It is expected to attract RM486 million in investments providing some 1500 job opportunities.

"NCER will engage five GBS companies who will commence operations in Ipoh beginning the third and fourth quarters of this year.

"This will generate economic activities in the city and help reduce human capital expenditure. It'll also encourage Perakeans to serve in their own state.

"Statistics have shown that 22.7 per cent of 20,341 graduates are still unemployed. The state government is working hard to overcome the problem," Faizal told reporters during a media session after witnessing the signing of Memorandum of Understanding between the state government, NCIA (Northern Corridor Implementation Authority) and the five GBS companies at the State Secretariat Building, Ipoh on Friday, May 31.

He expressed his gratitude to NCIA for assisting the state government in attracting more investors to Perak.

"The five GBS companies namely, DigitalQ Solutions Sdn Bhd, Puncak Tegap Sdn Bhd, Revolutedq Sdn Bhd, TecCSA Sdn Bhd and Volgo Sdn Bhd will be located at Aeon Falim," said Faizal.

He added Ipoh was chosen by NCIA due to the availability of affordable land in Perak, as compared to Kuala Lumpur and Penang.

"NCIA's efforts in bringing investors to Perak will be easier in times to come because of its economic and political stability," said Faizal.

Sectors involved with the five companies include finance, human resource, robotic automation process, business resource planning and information technology, which covers big data analytics, software development, and cloud computing based on Industrial Revolution 4.0.



WELL PHYSIOTHERAPY AT IPOH GARDEN SOUTH

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 Friday 10am to 7pm
Saturday and Sunday 10am to 6pm
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Dr. Leow Aik MingConsultant Plastic and Reconstructive Surgeon
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A thread lift is a minimally invasive cosmetic procedure that effectively lifts the sagging skin on the face and neck using surgical suture threads. Presently, there are many types of threads available for facial and neck rejuvenation varying from their designs, tensile strength, materials used and bioavailability. The most common and widely used threads for thread lift are dissolvable barbed threads. These threads are embedded in the skin to promote fibrosis, thereby resulting in the formation of new collagen bundles. These newly formed collagen fibres act as scaffolding to hold the skin in position, thus making it firm in the process.

The thread lift is often used to improve the mid-lower face, nasolabial fold and jawline, creating subtle youthful changes rather than dramatic changes. A thread lift is not a substitute for a facelift. It helps to buy time before a face or neck lift is needed. The most significant advantage of a thread lift is the absence of visible scar or removal of tissue; hence, patients can resume their daily activities immediately after the procedure. It is common to combine thread lift with other non-invasive cosmetic procedures such as anti-wrinkle injections, laser treatments or chemical peels to improve skin texture.

Indications for thread lift:

- Patients who are in '30-'40s of age, patients of '50s or above are suitable if their skins are not too lax or redundant
- Patients who want subtle improvement and not expecting dramatic changes
- Patients who have premature ageing on the face and neck but not severe enough to warrant a face or neck lift
- Patients who do not want to spend too much time for recovery after the procedure

Postoperative expectations

There will be some level of discomfort, swelling and bruising around the treated area after the procedure. They will gradually subside. The effects of thread lifting are temporary because the visible enhancement immediately following the procedure is mostly due to inflammation and the resulting pooling of body fluids (oedema) around the threaded area. You can expect to go home within several hours of the procedure. Oral antibiotics and analgesics will be prescribed to reduce the risk of infection and postoperative pain, respectively. You can also expect to be back to normal activities within 2 to 3 days later.



Postoperative care

- Limiting speaking for the first 24 hours following the procedure to allow the skin to heal faster
- Avoid excessive chewing during the first 24 hours. Soft foods and liquids are advisable for 5-7 days after the procedure
- Oral analgesics are prescribed to reduce discomfort or pain
- Keep your head elevated during the first day to reduce swelling
- Occasionally compressive head or neck support is worn to facilitate healing and reduce swelling
- Resume light activities within a couple of days. After a week patient can get back to all normal activities
- Avoid facial massages for about three weeks

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).



Wellness

How to Quit Smoking in 5 Steps

Despite the long-known facts regarding smoking's potential to cause lung cancer and many other health problems, smoking remains one of the most difficult habits to give up on. Nicotine, one of the 4000 chemicals found in smoke from tobacco products, is known to induce addiction.

Most smokers know that tobacco is harmful and express a desire to decrease or stop using it but many succumb within just a few days, and less than 7% of those who try to quit on their own achieve about a year of abstinence. Quitting can be very tough for both occasional smokers and chronic frequent smoker. So, if you are really committed to quitting smoking, equip yourself with the right plan and support to help you make the best of your life changing resolution.

The following is a 5-step plan to stop smoking, shortened as the acronym START:

Step 1: Set a quit date

The first step to quitting smoking is to make the decision to quit! Even if you have failed before, do not let your past hinder your aim. The more times you try to quit, the greater your chances of success. Besides affirming your willpower, construct a plan to help you stick to your decision. How to plan, you may ask? Start by setting a quit date, preferably within the next two weeks. This will provide you with enough time to prepare without losing the motivation to quit.

If you mainly smoke at work, quit on the weekend, so you have a few days to adjust to the change. On the contrary, if you feel the urge to smoke during the weekend, or your workplace does not allow smoking, then any weekday would make a perfect quit day. Avoid a day when you know you'll be busy, tense, or have a special event that could be a trigger. Write down your quit date somewhere, and look at it every day. The anticipation can help you build your determination.

Step 2: Tell the world that you are quitting

Having the public know that you will stop smoking can help to reinforce your determination. So, let your friends and family know about your plan and tell them you need their support and encouragement. Your friends can help distract you from the triggers. Let them know how they can help. Having a quit buddy who wants to stop smoking as well can be a good motivator too. Struggling together will help you cope better. Also, try to spend time with people who have succeeded in giving up smoking and ask for advice. Those small talks will be a good motivator for you.

Step 3: Anticipate the challenge

As the nicotine from cigarettes provides a temporary and addictive high, eliminating it can cause physical withdrawal symptoms and cravings. So, be prepared to face some challenges.

Most people who begin smoking again do so within the first three months. Hence, it is important to occupy yourself with engaging distractions, especially in the first two weeks. If you can get through the first two weeks, your chance of success is much higher. Sign yourself up for fun, low-stress physical activities. It will not only be beneficial for your health but can also take away your negative emotions. Sweating can also boost your sense of well-being and self-control, consequently reducing your impulse to grab a cigarette.

Step 4: Remove smoking triggers

Remove cigarettes and other tobacco products from your home, car, and work. Don't forget to eliminate your lighters, ashtrays, and matches as well. Having a cigarette trail is not going to help you either. So, wash your clothes and freshen up anything that smells like smoke. Shampoo your car, clean your drapes and carpet, and steam your furniture.

Identify and avoid the things that make you want to smoke, whether it's a person, a place or a thing. Do not stay with smokers and be in smoking places for too long. These moments can trigger the need to smoke. Instead, spend time with non-smokers or people who have succeeded in quitting smoking.

Step 5: Talk to your doctor or pharmacist

Your doctor can prescribe medication to help with your withdrawal symptoms. Nicotine replacement therapy increases the rate of quitting by 50 to 70%! But it deals only with the physical addiction to nicotine, not the behavioural or psychological addiction to smoking. So some sort of smoking cessation program and strategy is still important.

If you can't see a doctor, you can get many products over the counter at your local pharmacy, including nicotine patches, lozenges, and gum. Consult your pharmacist for the right product option.

Keep in mind that quitting smoking is a constant battle with yourself. Therefore, celebrate every day that goes by without you taking a cigarette. Award yourself for all the little milestones you have reached. Now that you are no longer spending money on cigarettes, pamper yourself with other indulgences that interest you. Remember, you are stronger than your smoking urge. – **hellodoktor.com**

Community

ORPHANS NEED HELP

by Rosli Mansor

Manager of MRA Risk Management, Mohd Rawi Abdullah, took time to share the Hari Raya joy with five kids who had lost their parents. Their father, Jamsyari Osman, had a stroke and died recently. Their mother passed away after a prolonged illness last year at their rented house in Serendah, Selangor.

The orphans, Ahmad Sauqi, 8, Ahmad Syakir, 6, Ahmad Syamil, 11, Anis Syafiya, 5, and Anis Syamimi, 13, are being cared for by a relative, Rosdi Jaraee, 53. Rosdi is an odd-job man and is currently working at a ceramic factory in Bidor, Perak.

Rawi's assistance was timely indeed as the family was in dire need of basic necessities. His RM1000 donation plus some foodstuffs will help lessen the family's burden. "I'm thankful for the gifts," said Rosdi.

"It's the Hari Raya festive season and as devout Muslims we should help the less fortunate," said Rawi to Ipoh Echo.

Assistance should not end there alone, readers wishing to chip in can do their part by calling Rosdi on his mobile: **016 565 8742**.



Get Up & Walk Again with Alpro Physio

Alpro Physio by Alpro Pharmacy which specialises in one-to-one tailored physiotherapy treatment is now offering free consultation (first visit) and discounted packages in conjunction with its soft launch in June.

"In Alpro Physio, patients are empowered to regain vitality and mobility through individualized treatment upon differential diagnosis. 1 in 5 people, globally, suffer from chronic pain such as osteoarthritis, back pain or spine problem. We encourage patients to start getting proper diagnosis and treatment to avoid complications and fasten recovery." Lau Phooi Yee, senior physiotherapist explained to Ipoh Echo

Alpro Physiotherapy was first set up in 2017 in Seremban, Kuantan in 2018 and Ipoh branch is the third outlet. The highly demanded one-to-one manual therapy exercise is reported to be much more effective than electrotherapy. Equally applaudable is the use of MAT (Movement Assessment Tool) to improve assessment. "During the hour-long session, we use our hands to heal our patients. We find out the root cause, not just symptomatic relief alone. Manual therapy exercise encompasses soft tissue manipulation, joint mobilisation, customised exercise prescription and more," Phooi Yee added.

Stroke recovery is one of the expertise of Alpro Physio. "Our greatest joy is when seeing patient able to regain the capability to enjoy special moments in life. Especially mild stroke, the sooner a patient starts to receive physiotherapy treatment, the higher chance that a patient will be able to walk again in soonest time." Phooi Yee commented.

Other services include musculoskeletal physio, cardiorespiratory physio, stroke rehab, neurological physio, paediatric physio, sports injury rehab, women's health and occupational health. Alpro Physio serves patients of all ages.

For appointment, call 019 476 3923 or 05 541 2133. Readers can swing by its Facebook page by the same name or its website: www.alprophysio.com Operates from 9am till 7pm daily except on public holidays, Alpro Physio is located at 2 & 4, Jalan Medan Ipoh 1E, Medan Ipoh Bistari, 31400 Ipoh.



Connexion

By Joachim Ng

Political garbage damaging environment

Will you buy plastic silver? Perak, in addition to being a tourist destination, has joined other states that offer themselves as garbage attractions with plastic wastes from around the globe taking up long-stay residence. There's money to be made in digesting foreign trash, cutting down forest on Kledang Hill and pouring factory discharge into rivers, but are we reaping economic gain and suffering environmental pain?

Plastic waste is recycled for industrial use, but contaminated and low-grade plastics are non-recyclable and some have been found dumped in Ipoh. But why import foreign plastic trash when Malaysia already has 940,000 metric tonnes of local plastic waste, much of which can be recycled. The reason is that plastic trash is strewn all over towns, cities, and neighbourhoods along with other types of garbage. We aren't just Malaysia: Truly Asia, we are also Malaysia: Land of Litter. The trash is so inconvenient to pick up, sort, and despatch to the recycling factories.

It should be the job of cleaning service contractors, but there are weaknesses in their SOPs, scope of works, KPI targets, and frequency of supervision. These contractors are the key players in maintaining a healthy environment. If only the power to hire, supervise, and fire them is handed over to elected ratepayers councils in every neighbourhood.

Instead of decisions being made at ground level, initiatives have to drip down a long chain of command from federal to state governments and then to local councils such as the Ipoh City Council. If you see the cleaner in your neighbourhood sweeping leaves into the drain, which then clogs up and breeds mosquitoes, you are powerless to do anything despite the fact you, as a property assessment taxpayer, are his client. You should be the one hiring and firing him via a ratepayers council.

Perak can seize the initiative to be a climate champion if Perakians have the guts to insist that politicians stop talking rubbish and tackle environmental damage. Three months ago, some thousands of teenage students across Europe formed a schoolboy movement to demand that politicians focus on climate change. In response, a British opposition party has made climate protection its top campaign message.

In Malaysia, the top campaign message has lately been "Protection of Race and Religion." In all three recent peninsular by-elections, this was the theme. From now on, tell all politicians you are only interested in their agenda for Protection of Climate and Community. If they have no ideas for climate preservation and community enhancement, they should lose their deposit.



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@ipophecho.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

SHARPENED WORD. "FEELING MALAYSIANS, WRITING FOR THE WORLD: FINDING YOUR AUTHENTIC VOICE AS A WRITER". JUNE 22 from 2.30 to 5pm at 22 Hale Street. Sharpened Word is proud to bring back Dr Chuah Guat Eng, a diverse and multi-lingual septuagenarian writer, to Ipoh. **The session is only for upper secondary and Form 6 students with a very keen interest in creative writing.**

IPOH FINE ARTS SOCIETY. FUSION RHYTHMS, JUNE 23 (Saturday), 7pm-8pm (dinner), 8pm-9pm (performance) at The Ceylon Association of Perak, Jalan Tun Perak, Ipoh. By dancers from Nritya Kalanjali School of Dance Ipoh and Malay Ensemble Musicians from Mahakarya Studios. For enquiries, contact: Tholasee **016 527 2959**.

PERAK HERITAGE SOCIETY presents BICARA WARISAN. A TALK ENTITLED, "ANTIQUITY OF PERAK'S PREHISTORIC PAST", JUNE 29 (Saturday), 2.30pm at MU Hotel Ipoh. The speaker, archaeologist Dr Goh Hsiao Mei (USM Penang) will give an overview of the past and present investigation on Lenggong Valley and Kinta Valley and explore the climatic, economic and cultural shifts on lifeways and cultural behaviour of the late Palaeolithic and Neolithic people of this region. Admission FREE. Seats are limited. For reservation, please call En Hisham **013 424 1917**.

PSPA SINGERS: THE 7TH NIGHT OF JULY. JULY 7 (Sunday), 8pm-10pm at SMK Methodist (A.C.S) Auditorium Hall, Ipoh. Free entry. Entry pass holders are encouraged to donate, as printed on the recommended donation list by the organiser and bring to the school hall during the concert day. All donations in kind received from the public will be distributed to Lighthouse Hope Society for charity purposes. Limited seats. Pre-book your entry passes now from <https://www.pspaipoh.org/events-booking> or call PSPA Office at **05 545 0350**. Visit our website www.pspaipoh.org for more details.

COMMUNITY

FORUM ON MAHATMA GANDHI. JUNE 30 (Sunday), 2.30pm at the Perak Malayalee Association

Hall, 14A Medan Istana, Ipoh. It is to commemorate the 150th birthday of the Mahatma. For details and reservations, call R. Udaya Bhanu **019 281 3636**, Gopalan Nair **012 450 2620** or Subain Singam **012 505 6049**. Admission is free.

ALPHA @ CGMC (For Non-Muslims only). JULY 7 TO SEP 22 (every Sunday), 1pm-3pm at Canning Garden Methodist Church, 23 Jalan Keliling, Canning Garden, 31400 Ipoh. An opportunity to explore the meaning of life and faith through a series of talks in an open and friendly setting. Starts with lunch. For further information, call **05 546 2023** or email: cgmcpipoh@gmail.com.

CHARITY FOOD FAIR BY THREE NGOS, AUGUST 18 (Sunday), 8am-2pm at Tow Boh Keong Temple hall. By Kiwanis Club of Bandaraya Ipoh, Persatuan Kebajikan Dialysis Neesum Ipoh and Kiko Food Bank. Bring your own recyclable bag as it is a polystyrene-free event. Calling for more stall operators. Sponsorship and donation are also welcome. Fair coupons are on sale at RM10 per booklet. For details contact **05 546 8386**.

GAIN CRITICAL INSIGHT THAT KEEPS YOUR BUSINESS MOVING FORWARD. ACCOUNTING, AUDITING & INCOME TAX RETURNS are available for small and big companies. For those who need these services, contact: Ms Sushilla **018 571 5545** (call/Whatsapp), for more information. Email: banu_klg@yahoo.com.my.

HEALTH EDUCATION PROGRAMME ON MENTAL HEALTH will be conducted at the Ipoh Adventist Community Services Center. This programme has helped many to optimize their brains and has equipped others to help loved ones recover from mental health illness, with proven results. **It runs for 2 hours, every Saturday afternoon for 8 weeks, from July through August.** For further details, WhatsApp us at **016 400 0271**.

NEDLEY DEPRESSION & ANXIETY RECOVERY PROGRAM™ will be run by the Ipoh Adventist Community Services to equip those who are struggling with anxiety disorder or depression, or those desiring to assist loved ones with mental health disorders. This programme can help improve EQ and help students achieve peak mental performance. For further info, WhatsApp **016 595 0829** or **016 400 0271**.

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.

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).



iSpeak

By A. Jeyaraj

Bring Back “Meet Your ExcOs” Sessions

Some years ago on Tuesday mornings, ExcOs met the public to hear their problems at the balcony of SUK building. People can speak to the relevant Exco directly and explain their problems or needs. This gave an opportunity for ExcOs to understand problems faced by the rakyat. This has been stopped for quite some time.

This practice should be reintroduced since it is next to impossible to meet the ExcOs.

The meetings were held during 2008 for a short period at the time of PR government. I happened to go to SUK when the session was on and I did not see a big crowd waiting to see the ExcOs. This shows the public are matured and do not go to the ExcOs with trivial issues.

Hasnul Zulkarnain Abd Munaim, Perak NGO Committee chairman urged NGOs to check facts with Perak government before protesting; Save Kledang Hill group gathered at SUK on 30 April the state was always open to meet with NGOs on various issues. This was reported in Metro News on 14 May 2019 I doubt the validity of his statement on the possibility of meeting the YBs.

To share my experience, I was planning to write a cover story in a forthcoming issue of Ipoh Echo and needed to get feedback from the MB and ExcOs. On 1st April I handed over a letter to the office of MB and ExcOs requesting for a meeting. In spite of reminders, to date, there has been no response from anyone.

More than two years ago I had written a cover story on current developments in Perak in Ipoh Echo. With the new government in place, I decided to do a follow-up and let the public know about new developments carried out by the PH government. It looks like the new government is following the legacy of the previous government and have nothing to report.

I had no problem with meeting the ExcOs of the previous government. BN ExcOs knew their job and were brave to meet the public. They knew as elected representatives they should interact with the public.

Before blaming NGOs, Hasnul should check whether the YBs are prepared to talk to the people. He must put his house in order first. Elected representatives should serve the people who elected them first.

The “Save Kledang Hill” group handed over their memorandum to the representative of MB, rightfully it is the MB who should have received it; not his representative. What respect can the people have of their MB when he goes missing during an important occasion without any explanation? He should walk the talk and

gain the respect of the public.

People voted for change and expect the new government to be transparent, honest and truthful. The public wants to know who cleared Kledang Hill. Why is the MB not revealing the identity of the culprits? When will replanting start? This is a glaring example of the ineffectiveness of the government.

As for plastic garbage dumped in Ipoh, the federal minister says it is from UK and will be shipped back. The state government says it is local garbage meant for recycling. Who is telling the truth?

Readers write regularly in Ipoh Echo complaining that they cannot contact their councillor and assemblyperson. There must be an avenue for the ratepayers to meet them.

Clearing of Kledang Hill and plastic garbage may be only the tip of the iceberg. Only the Almighty knows what else is going on behind our backs. As far as I know, the government only deals with developers behind closed doors. The Public only comes to know about it when someone leaks it. There used to be a common saying about greedy businessmen that they would sell their father, mother, wife and children for money. Our politicians should not try to emulate this.

People like to talk to the ExcOs directly rather than go through a third person. I hope “meet your ExcOs” sessions would be reintroduced including the presence of the MB to serve the people better. The public can get the facts from the right person. There will be no more fake news or distortion of facts as claimed by Hasnul. The government can convey the facts to the people directly during these sessions.

After GE14 people have become politically wise. They know that they have the power to change the government including politicians. Politicians cannot follow the old ways. Nowadays even housewives are talking about the next prime minister. Tun M always says PH is the people's government. Compared to other states Perak seems to do things too discreetly. The public is not informed about what is happening.

As I have suggested earlier, it is time for the Perak government to take up two pages of advertisement in Ipoh Echo every month and inform the people what is going on. There are about 100,000 print readers and more than one million hits which is verifiable. The paper is read by who is who in Ipoh and would reach the right target group. It is the duty of the government to inform the people who voted for change, on what they are doing.

Exclusive

By Vivien Lian

Inside Rumah Besar Raja Bilah

I got a chance to visit Rumah Besar Raja Bilah or commonly known as Istana Raja Billah through a friend of mine, Uzaer who is also a descendant of Raja Bilah. It was very kind and generous of the family to host the tour, having also prepared breakfast with setups in the glamorous Rumah Besar. Like most people, our memory of the Great House is just the exterior, where the usual tourist would be, a rustic-looking building, pose & post on social media captioned #vintage #ootd (outfit of the day) #emo while the history part of it is very much overlooked.

Taken from Raja Bilah And The Mandailings In Perak: 1875-1911, from the outside, the Rumah Besar Raja Bilah looks similar to the mansions of the rich Malay aristocracy and the Chinese miners of Kinta, but the interiors differ. On the ground floor is a large hall with octagonal columns and a raised platform. In Mandailing architecture, the existence of eight-sided columns symbolizes that the building was erected with the support of people from eight directions of the compass. The wooden room below the staircase was the darkroom of Raja Ya'qub, the son of Raja Bilah who was interested in photography and had his equipment all imported from London. I'm also told by Puan Hafizah, Raja Bilah's great-granddaughter, that the floor tiles are imported from India. There were a chandelier and other antiques back then but due to the lack of maintenance and also because it was the film



Entrance of Rumah Besar, with carved wooden fanlight above the door and timber security grill, showing the workmanship of Chinese carpenters



A hidden lock at the timber security grill; the wisdom of ancient carpentry



Raja Bilah chose a strategic location for the Great House where he could overlook the whole Papan town and also to watch out for intruders



A secret compartment just next to the window where weapons such as a spear is kept to attack intruders



The room upstairs with holes pierced through the floorboards

were moved, many have been lost along the way. The remaining antiques are now being stored in a room.

The room upstairs has uniform holes pierced through the floorboards. It was used to bathe the bodies of deceased family members and the water will then exit through the holes. Puan Hafizah expressed curiosity over the choice of location for dead body bathing because normally it is done on the ground. Puan Hafizah added that there is a secret tunnel within the compound which leads to Papan town but she has no idea as to the whereabouts.

Rumah Besar Raja Bilah has been reported over the years by other news media introducing it as Istana Bilah. Puan Hafizah stressed that the house is called Rumah Besar, the local equivalent for Bagas Godang. The house is now used for family gatherings.

Fun fact: the descendants of Raja Bilah grew up being told not to eat Pisang Raja Udang (Red Banana) and also Kerbau Balau (Albino Buffalo) or they will be cursed.

To see more photos, kindly refer to the digital version.

Next issue: Inside The House of Kak Nadimah, Descendant of Raja Bilah

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Community

State-level Raya Celebration



Some 62 orphans from multiple welfare homes were feted at the state-level hari raya celebration on Wednesday, June 5 held at Indera Mulia Stadium, Ipoh. The lively occasion was graced by HRH Sultan Nazrin Shah and HRH Raja Permaisuri Perak, Tuanku Zara Salim.

Present were Raja Muda Perak, Raja Jaafar Ibni Al Marhum Raja Muda Musa, Raja Puan Besar Perak, Raja Nadzatul Shima Ibni Al Marhum Sultan Idris A'fifullah Shah, Raja DiHilir Perak, Raja Iskandar Dzulkarnain Ibni Almarhum Sultan Idris A'fifullah Shah and Raja Puan Muda Perak, Tunku Soraya Binti Almarhum Sultan Abdul Halim Mu'adzam Shah.

"As a responsible state government, we don't just concentrate on economic growth and investments. In fact, while rebuilding the beloved nation, we focus on balancing it all with an increase of the Happiness Index of the people," said Menteri Besar Dato' Seri Ahmad Faizal Azumu in his opening remarks.

To realise this dream, said Faizal, efforts at creating revenues while maintaining a sustainable environment are made. This includes sourcing for traditional resources such

as logging, mining or quarrying.

"The state government has identified the service sector and the high-technology manufacturing sector, which are aligned with the Fourth Industrial Revolution (IR 4.0) and the digital economy, to be among the major economic pillars of the state. The effort has been fruitful, as just last week, five Global Business Services (GBS) companies have agreed to expand their operations to Ipoh. They will invest a total of RM486 million beginning the third quarter of 2019. This is expected to create 1500 new jobs with some in the high-income category," he added.

"The state government hopes that this will reduce the outflow of human resource to other states and at the same time encourage Perakeans to return to work in their own state. The collective effort is expected to provide added-value job opportunities to local graduates in order to solve the unemployment issue. Statistics showed that 23 per cent of over 20,000 graduates in Perak is still unemployed," he stated.

Plus, it will help unify youths with their parents to strengthen the family institution which, invariably, contributes to an increase in the happiness index of the people.

Mei Kuan

Community

Sharing the Raya Joy

by Rosli Mansor

Izzanty Motar, 20, a long-time resident of Darussalam Orphanage had only one wish for this year's hari raya – to be reunited with her family.

Originating from Kuala Pilah, Negeri Sembilan, Izzanty, wants to be an ustazah (religious teacher) one day. She has been staying at the orphanage for almost nine years since her parents separated.

"I hope to meet my family again," she told Ipoh Echo during a hari raya gathering organised by Team Keris Berhad as part of its CSR (Corporate Social Responsibility) programme. The event was held at the orphanage in Tambun, Ipoh on Monday, June 3.

Some 27 orphans were entertained to lunch. Besides food and drinks, they each received a food hamper and the much-anticipated duit raya.

Director of Team Keris Berhad, Annuar Abu Hassan, said that the programme was their way of sharing the hari raya joy with the less fortunate. It was also motivated by the company's fiscal performance last year.

"Hopefully, our effort will encourage other real estate companies to do the same for the needy."



World Quran Hour

by Luqman Hakim

This year's state-level World Quran Hour was held at the Ubudiah Mosque in Kuala Kangsar on Thursday, May 30. This was the first time that the event was held outside of Ipoh.

Organiser and director of the Perak State Library, Haji Mohammad Nazari, told Ipoh Echo when met, "It's much merrier this year because over 700 devotees are present. Honestly, I don't expect such a crowd, as the event is being celebrated at all 623 mosques throughout the state. The fact that people outside of Kuala Kangsar are here today is indicative that it's gaining popularity."

Noor Mazlina, supervisor of Rumah Ngaji, a Quran recital school in Kuala Kangsar was equally surprised by the huge turnout.

"The number of female attendees has increased many folds. This is very encouraging, as their number was much smaller during the past years. Most come to know of the event via radio and social media," she said.

Present were Haji Zamri Hashim, Deputy Mufti of Perak, Dato' Haji Mohd Yusop Husin, director of the Perak Islamic Affairs Department and Maslin Sham Razman, state assemblyman for Bukit Chandan.



Media Night

by Mei Kuan

Running on the theme "60's Night of Cha Cha", Perak Chinese Chamber of Commerce and Industry (PCCCI) organised a media night for over 200 media practitioners and guests on Wednesday, June 12 at WEIL Hotel. Complete with a glittering disco ball on the dance floor, highlights of the lively affair included a themed photo booth, sumptuous buffet spread, awards for best dressed and lucky draws. Present were guest of honour Dato Lim Hong Shuan, Deputy Police Chief, Liew Chee Ming, Deputy President of PCCCI and Tan Chong Seng, Management Advisor of PCCCI cum Organising Chairman of the media night.



Nostalgia

By Ian Anderson

Necessity is the Mother of Invention

The bicycle was invented by a Scotsman, Kirkpatrick MacMillan, as long ago as 1839. He was a blacksmith who hailed from Dunoon and Galloway. It was an amazing machine, made of wood, with iron-rimmed wooden wheels, a steerable wheel in the front and a larger wheel in the rear, connected to pedals via connecting rods. The world may not have known of this great invention if a Glasgow newspaper had not reported an accident in 1842 in which an anonymous "gentleman from Dumfries-shire . . . bestride a velocipede . . . of ingenious design" knocked over a pedestrian in the Glasgow Gorbals and was fined five British shillings. The gentleman was eventually identified as Macmillan.

Since those heady days of invention, today's bicycle has changed dramatically in material and style, but the basics remain the same – two wheels, one driven by man-powered pedals.



Detail of the grindstones



The Knife Grinder's bike

The arrival of the mass-produced bicycle made great changes to the world and Ipoh was no exception. There was no longer the need to walk everywhere. Families could go on outings to the park or cave-temples by bicycle; children could ride to school; goods could be delivered to shops or their customers, and the whole business of hawking changed dramatically – mobile hawkers became truly mobile on two or three wheels, travelling faster and further afield than ever before.

One such famous hawker was the knife grinder and scissor sharpener. Do you remember him? He was a regular visitor around the rapidly increasing housing areas outside of the town. This was in the late 1950s and early 60s when the economy was looking up after many years of difficult times and Ipoh was expanding as never before.

But what of his bicycle? It was an ordinary two-wheeled machine with the normal straight handlebars and sturdy steel frame, the sort of vehicle we called the "Sit up and beg" when I was young. But, "Necessity is the mother of invention", and a smart local engineer got to work. Two grindstones were mounted above the handlebars on a shaft driven by a pulley wheel, which was driven by an attachment on the rear wheel, connected by a drive belt. A front and rear stand was added for stability and a steel basket was mounted above the front wheel to carry the tools. The knife grinder's machine was complete.

Thereafter, the grinder would cycle around crying out "Grinder, Grinder" and when hailed by a householder. Then he would stop, put down his stands and, remounting his machine, would pedal away while honing the steel tools on the whirling grindstones until they were truly sharp. Many of us could do with such a service today as we struggle with blunt implements in our everyday lives.

Ipoh World (ipohWorld.org) has one of these bicycles in its collection. Could this be the only example in Malaysia?

LETTERS

We reprint some of our reader's comments from our online paper. Go to <http://www.ipophecho.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.

Remembering New Pasir Puteh

Thank you for putting on print "Remember New Pasir Puteh" (Issue 305 June 1-15, 2019). It was really a nostalgic trip.

All the houses here have been demolished. How I wish, if I have the finances, I would re-enact this in a movie.

Further to my picture as attached, I just recalled my considerate neighbour saw my predicament of parking my bicycle down the steps. I was elated when he made a wooden plank for me to slide down the bicycle.

Unfortunately, it was not practical. Law of physics applied here.

As I was pushing down the bicycle, the angle of descent of the bicycle was higher than me. Meaning every downward step that I made, the elevation of the bicycle was higher.

Hope you can visualise what I was talking about.



SK

Parking Along Jalan Hospital

Hospital Permaisuri Bainun Ipoh has very limited parking. Cars parked along Jalan Hospital are summoned by police and MBI although they are not blocking the traffic flow.

To allow parking and legalise it.

MBI should create parking bays; this will also increase revenue.

Their present action is causing a lot of stress and difficulties to the *rakyat*. Please do highlight to city hall and the mayor our pain.

Rajah

Wanderings

Have You Been to Gua Air in Simpang Pulai?

By Vivien Lian
Pics by Maggie Chan

You might have heard of Tambun Cave, Kek Lok Tong Cave, Sam Poh Tong Cave, Ling Sen Tong Cave, Perak Cave, Guan Yin Cave, Kong Fook Ngam Cave, what about Water Cave or Gua Air?

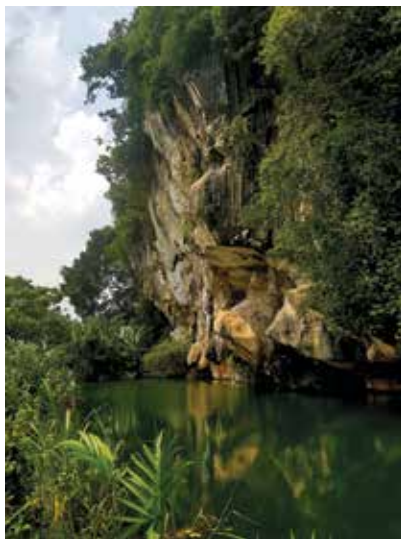
Gua Air is only one of the caves of Gunung Lanno or Lanno Mountain in Kinta Valley, which has a total of 36 caves, namely, Gua Di Tepi Tasik, Gua Portal, Gua Gatsch, Gua Kintaly, Gua Panorama, Gua Polai Atas, Gua Puncak, Gua Air, Gua Kupu Kupu, Gua Kala Jengking, Gua Anjing Anjing, Gua Selari, Gua Pulau, Gua Batu Nesan, Gua Lanno, Gua Anjung, Gua Monophyllaea, Gua Tanah Merah, Gua Batu Pencuri, Gua Cicak, Gua Keelback, Gua Ikan, Gua Piyachat, Gua Thai Atas, Gua Telur Cicak, Gua Gereja Hujan, Gua Kera Mati, Gua Thai Monk, Gua Kandang Babi, Gua Kong Fook Ngam, Gua Gigi Gergaji, Gua Sri Sava Subramaniam, Gua Angin, Gua Anjing Mati, Gua Akar and Gua Ngia.

The longest caves in Gunung Lanno, in ascending order are Gua Kong Fook Ngam, Gua Lanno, Gua Selari and Gua Puncak. Kong Fook Ngam Cave Temple, which was founded in 1884, is only one out of 36 caves known to most locals. According to Vicinity Perak – Ipoh's Golden Mountain – Volume 2 Issue 9, September 2006, Gunung Lanno was mined continuously until the mid-1920s, employing more than 300 men through until 1920. It gave Charles Alma Baker, Kinta Land Office Contract Surveyor from 1892 to 1897, an annual income of \$40,000 to \$50,000.

Is limestone obtained only through limestone hill blasting?



In July 2015, The Star had an interview with Ramli Mohd Osman, a senior research officer at the Mineral Research Centre, an agency under the Minerals and Geoscience Department. According to Ramli, blasting limestone hills to get materials for making cement is unnecessary. There is a whole lot more limestone deposits just below the ground in many old mining areas in Perak. In fact, the cache of limestone in these places is six times more than what can be obtained from the hills. He says three companies which are already quarrying for limestone in old mining land in Perak are Tasek Corp in Kinta, Hume Cement in Kampar and Lhoist in Batang Padang, shows it to be practical and economical. From surveys with the companies, he found that the additional cost because of assessments to locate the limestone deposit, depth and quality is only marginally higher than quarrying limestone hills. "That is the cost we have to pay if we



Wellness

By SeeFoon Chan-Koppen

Blood Test Essential

When I was given Dr Lim Teck Choon's name and told I was about to interview a Haematologist, I had to look it up to find out what his speciality was all about.

Not having had any encounters with such specialists as all I ever had was mild anaemia which I appear to have outgrown, I was curious to find out more.

The word "heme" comes from the Greek for blood and Hematology (American spelling) is practised by specialists who deal with the diagnosis, treatment and overall management of people with blood disorders ranging from anaemia to blood cancer.

Ah, feeling slightly more enlightened I ventured to ask Dr Lim who is the Consultant Physician and Haematologist of KPJ Ipoh Specialist Hospital more about his speciality.

"Some of the diseases I treat include Iron deficiency anaemia and other types of anaemia such as sickle cell anaemia or trauma-related anaemia; Polycythemia or excess production of red blood cells; Leukemia; Platelet and bleeding disorders such as haemophilia; Thalassemia; Multiple Myeloma and Lymphoma."

"My number 1 referred disease is Anaemia, mostly 80% of whom suffer from iron deficiency. In young women, 90% of this is menstrual related and gynaecological. In the older adults, the cause may be more sinister, to include GI bleed, stomach cancer or colon cancer", he added.

"But when does someone suspect they may be anaemic?" I asked.

"When you feel tired all the time or a family member notices that you're looking very pale" Dr Lim responded. "Or anaemia may be revealed in a routine checkup. This is when the patient is referred to me for further evaluation and treatment," he added.

Blood tests including full blood count, full blood picture, anaemia study and a full medical checkup should reveal the cause, after which treatment may ensue.

Sometimes we may encounter a person's haemoglobin levels (below 7) is so low that we have to immediately give a blood transfusion. The situation becomes dangerous when the patients also have other issues like ischemic heart disease. Then treatment has to begin immediately.

Endemic in Asians too is Thalassemia which is a group of genetic blood disorders that is characterized by destruction of red blood cells and haemoglobin that is higher than normal. This disease runs in families. The defective genes are passed to the children from their parents. The body is not able to produce sufficient red blood cells as compared to the destruction. This results in a deficiency of haemoglobin in our body. As Hemoglobin carries oxygen from the lungs to different parts of the body, its symptoms include jaundice, extreme tiredness, dark urine and many others. And treatment requires repeated blood transfusions for the patient to survive.

"I always counsel my Asian patients who are getting married to do a premarital blood analysis. If both carry the Thalassemia gene, then they need to be made aware that their future babies will likely carry the gene too and we can carry out a special test to test the foetus to determine if this is so."

Sometimes a full blood test for the cause of anaemia may reveal that the patient has cancer of the blood such as Leukemia or Multiple Myeloma after which diagnosis, a course of chemotherapy is usually prescribed between Dr Lim and the selected oncologist.

"Lymphoma is yet another disease that I as a Haematologist to deal with. Diagnosis is often delayed because the symptoms go unnoticed by the patient. We usually treat Lymphoma with chemotherapy and may need stem cell transplant for certain type of lymphoma", Dr Lim concluded.

So do heed his advice and have a blood test at least once a year.

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want to preserve limestone hills," he says. Extracting subsurface stores of limestone is one way to stop the destruction of majestic limestone hills, which threatens plans to set up the Kinta Valley Geopark. But even as former Perak Menteri Besar Dato' Seri DiRaja Dr Zambry Abdul Kadir was announcing grand plans for the geopark, the karsts there continued to be blasted. Despite having 36 caves, Gunung Lanno is not listed in the list of geoparks to be preserved and promoted for tourism. Sounds familiar? Things still remained the same.

Do all quarries abide by Perak Quarry Rules 1992?

Presently, there are about 70 quarries operating around Simpang Pulai. Most of them process limestone and supply them to a number of factories within the state and abroad. The local market, however, is small. They depend much on the export market, and India is the main export destination. Limestone is a non-renewable resource but according to a report by MNS



Perak branch, it is estimated that there are 1302 limestone hills and 1722 caves in Malaysia. Perak has 80 limestone hills with 192 caves. The highest number of limestone hills and caves in Perak is in the Kinta Valley that has 45 limestone hills and 135 caves. Therefore, limestone hills in Perak are indeed a major source of income, considering the commercial viability of it – toothpaste, in cereals, in cosmetics, plastic items, livestock feed, white pigment or fillers in food, paint, paper, plastic and rubber; building materials, marble, tombstone and the list goes on. Limestone exploitation is necessary but in the right way aforementioned. The monitoring process is important and whether the quarries abide by Perak Quarry Rules 1992.

In the case of Gua Air, it is an out of the world experience for one who has visited the place. Water is crystal clear; you can see what's at the bottom and tourists would flock to Simpang Pulai just to experience kayaking in the cave. Ironically, the blast has taken place, hope the government would step in before Gua Air turns into Gua Tak Ada Air. For more photos, read the digital version.

Education

Founder's Day



Founder's Day was celebrated recently in St Michael's Institution (SMI) Ipoh. It started with a speech by Sit Wai Yin, Excellent Principal of SMI followed by the launch by Brother Matthew Bay who is the La Salle Brothers' representative in Perak.

It was indeed a day to be celebrated and remembered. The founder, Saint John Baptiste De La Salle, was born of nobility from Rheims. He lived a life of privilege but heard a higher call. It was for the children, the last, the lost and the least, for whom he gave up wealth and fame as the first Lasallian.

After the launch, the occasion was celebrated with students showcasing their talents in various performances and then an exhibition.

The memorable celebration ended with a mass which was held in the school chapel. The Mass was conducted by Father Robert Daniel from Church of Our Lady of Lourdes.



Book Aid for Reading Corner

By Mei Kuan

In line with the nationwide National Reading Decade programme, launched by the Education Ministry and aimed at fostering a reading culture, the Leo Club of St Michael's Institution (SMI) Ipoh with the support of Sit Wai Yin, Excellent Principal of SMI, established a Leo Corner in the school's library recently to provide a comfortable environment for students to study and read without distraction and noise.

With books of various subjects and genres, it was hoped that the corner would promote and instil a lifelong reading habit in the hearts of the younger generation.

Readers who would like to lend a helping hand in the form of books (academic, fiction or non-fiction) or monetary donations, can send it directly to the school or call the school office at **05 254 0418**.

"Some of them, for example, have bought certain books that they would discard after some time, why not give it to the school to start its reading corner?" Sit explained to Ipoh Echo.

As a service club, the Leo Club of SMI also organised a childhood cancer awareness programme and diabetes quiz, among others, to provide service to the community.



Heritage

By Ian Anderson

A Heritage that Spans 115 Years

Ipoh was a dreadful place in the 1880s with hundreds of Chinese immigrants living cheek by jowl in wooden shacks leaning against each other. There was no sanitation or running water and life-threatening diseases, particularly Cholera, Beri-Beri, mysterious fevers and dysentery, were prevalent. In 1889, the British Colonial Government built a small hospital to care for these diseases. It was between the first railway station on Connolly Road and the police station. The hospital was said to have beautiful gardens for the recuperation of those who survived, but no maternity facilities.



Kamar Road, January 1946

This shortcoming was of great concern to the mining Towkays who felt that the wives of their compatriots (particularly the poor) should have professional care to deliver their babies. The idea of a Chinese Maternity Hospital was born. Towkay Cheah Cheng Lim donated the land at Chamberlain Road. Funds were raised with the help of two famous miners, Foo Choo Choon and Leong Fee. The hospital opened in 1904 under the guidance of the 'Protector of Chinese', William Cowan, and Dr R.M. Connolly, the State Surgeon. It was a shining example of traditional Chinese philanthropy, providing free medical treatment for those in need.

From this small beginning, the Perak Chinese Maternity Association, formed on January 6, 1923, and in 1924, the hospital provided free maternity delivery at home and the training of midwives. However, as the years rolled by, despite the success of this venture, there was a need for a new hospital with more beds and improved facilities.

In 1937, with great determination, the then Medical Superintendent, Dato' Dr Khong Kam Tak took on the role of Fund Raiser and with help from the government and public donations, he managed to raise \$135,300. A generous plot of land in Kamar Road was donated jointly by Chinese Towkays Foo Nyit Tse, Foo Choong Nyit and Chang Chong Siew. Building works could commence! The newly-completed Perak Maternity Hospital was opened by the High Commissioner of the Federated Malay States, Sir Shenton Thomas on October 7, 1939.

But disaster was not far away. The Japanese invasion in December 1941 forced the evacuation of the hospital which became the Japanese Air Force headquarters. The hospital moved back to Chamberlain Road with its 20 beds. Nonetheless, throughout the Occupation, patients were given free treatment, medication and food. Medical care was rendered by dedicated volunteer doctors.

Towards the end of the Occupation, the Ipoh airfield was bombed by the British and the runway was rendered unusable. From then until the Japanese surrender, both Japanese and German warplanes were forced to land in Kamar Road and park in front of the occupied building.

After the Japanese Occupation, the Kamar Road building was leased to the British Military for \$900 per month until it reverted to a hospital in July 1949. Today the renamed Perak Community Specialist Hospital continues to build on its 115 years of heritage, providing affordable quality healthcare to the community.

Great Oaks from Little Acorns Grow – A 14th Century Proverb.



Perak Chinese Maternity Hospital, 1910

Nosh News with SeeFoon

Yi Ren Yi Guo



Fully laden table, MahLat soup in background

How would you like to get steamed up with your own hot pot instead of having to share with your group of friends? And not have to deal with flammable portable gas canister propelled stoves?

At **Yi Ren Yi Guo** (which means, one person, one pot) that is precisely what you get, your own induction stove which remains cool to the touch so there are no accidents and your own pot of broth.

And watch as they slowly slide in the most yummilicious bone broth in jelly form. That truly shows me how pure their bone broth is, full of collagen from Chicken cartilage without added gelatin and devoid of preservatives, additives or MSG. Called the **Golden Collagen Chicken soup** it can be ordered as a set or on its own for **RM14**. This is a must-have for anyone coming here. Chef Steven Wong tells me that he uses 7-8kg of chicken cartilage and bones which he boils for a minimum of eight hours till most of bones and cartilage have dissolved. Talk about being good for skin and bones!

And this is not the only broth available here to dunk in the goodies. They have a **Collagen Herbal Soup** where 10 different herbs specially handpicked by a **TCM 'Sinsei'**, are added to their Golden Collagen soup for those who need more of a boost for their health.

Other broths are their **Japanese Tonkatsu Pork Broth** again boiled for 8 hours. **RM11.90**; their wild mushroom soup **RM11.90**; their **Pork Rib Pepper Soup** with hints of pepper and garlic. **RM14.00**; **Tomato soup**, mildly tart yet umami, perfect for kids **RM14**; **Singapore Laksa** with all the typical flavours enhanced with coconut milk or Santan **RM14**; **Tom Yum soup** with its inimitable hints of lemongrass, galangal and kaffir lime leaves **RM12**; and last but not least my favourite **Mahlat broth**, swimming with Sichuan peppercorns, dried chillies, chilli oil, chilli flakes, garlic, ginger, fermented spicy bean paste, fermented black bean paste, peanut and sesame make up this Gang of Fire. **RM14**. Masochists can ask them to make it spicier but for me, it was spicy enough.

And that is just for the soups. Now you will have to make decisions on what you want to cook in your broths.

Naturally, they had all the usual ingredients, the prawns (very fresh) scallops; a mixture of veggies, mushrooms; all manner of bean curd; chicken, lamb, pork, beef slices; fish, squid and fish balls etc. What won me over, in particular, were their meat pastes. Minced pork in three different tastes, Tung Choy or preserved Chinese cabbage; Ebiko; and dried cuttlefish. Dropped into your choice of broth they were all equally delicious. **RM7.90** per portion.

Of course, what is critically important in any hotpot restaurant is their dipping sauces. Here at Yi Ren Yi Guo, sauces are aplenty and delectable. From a sweet Thai chilli sauce to preserved beans sauce with **Chinchalok** (fermented tiny shrimp); embracing the wonderful **Nam Chim** (a Thai sauce of green chillies, fresh lime, garlic and slightly sweetened); ginger, red chilli and garlic; and of course the ubiquitous **sambal belacan** (my favourite)

All in all, if you're in the mood for hotpot, Yi Ren Yi Guo is the place to go. Great value and great quality. I only hope that proprietor Sam Ong and Chef Steven will maintain the same quality.



Golden Collagen in jelly form



One of the sets

Yi Ren Yi Guo6, Jalan Medan 9,
Bandar Baru Medan,Tel: **05 549 1580, 016 314 7223**

Business Hours: 5.30 pm - 11 pm. Closed Mondays.

Marianis to Close

What sad news to hear from both Kimran Goo and Dato' Dr Wenddi Anne Chong, co-owners of Marianis@7, that they plan to close the restaurant and move back to Kuala Lumpur.

Marianis @7, that cosy Trattoria has been for a long time, the go-to hangout for anyone hankering for a pizza or a full meal. The countless afternoons I have spent hanging out with a bunch of my lady friends in their well lit sunny private room drinking their very reasonable wine and nibbling on plate after plate of their fried shrimp and sharing a pizza or two. Ah I shall miss that when they close.

Meanwhile, in order to reduce their stock of their sought after items, they are offering two promotional menus at a preferential price. For RM288++ you get:

Starter

1. Tuna Sesame
2. Prawn Wasabi
3. Smoked Salmon Rosette

Soup

Wild Mushroom

Mains

Kagoshima Wagyu 100g

Dessert

Creme Brûlée



Another Special Marianis@7 Menu for **Lobster Lovers RM288+ per pax**
(Based on half Lobster for main course)

RM488+ per pax

(Based on full Lobster for main course)

Starter

Fresh Garden Lobster salad with Balsamic Vinegar Sauce

Soup

Prawn Bisque

Mains

Grilled Whole Lobster or Grilled Half Lobster

Dessert

Creme Brûlée

So hurry whilst Stocks last.

Marianis@7No.7, Jalan Wan Mohamed Salleh, Greentown
Tel: 05-243 6505

Sport

Gala Renang ACS 2019

Gala Renang in SMK Methodist (ACS) Ipoh 2019 was held recently at the ACS Swimming Complex. Five sport houses sent their respective representatives to compete in various games and Tagore emerged as champion. A former ACS swimming athlete, Mr Anthony Ang Kang Keam, was invited as the guest of honour to the closing and awards-giving ceremony.

During his school days, he was three years ACS Ipoh Swimming Sportsman (1992-1993-1994) and won six Gold Medals during SUKMA V. His greatest victory was the double SEA titleholder in a butterfly double and twice Olympian (1996 and 2000).



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