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30 SEN FOR DELIVERY TO YOUR DOORSTEP -
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ISSUE **308**

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A Festival of Many Firsts

Story and pics by Tan Mei Kuan

Kampar River Festival (KRF), Malaysia's first international and largest white-water rafting event complete with global accreditations, unfolded along the Kampar River in Gopeng from July 5 to 7. Fusing sport and sustainability to unite the community, the first world-class river sports tourism festival in the Silver State featured rafting race, kayak race, river tubing race (a first in Asia) plus interactive activities for all via geopark seminar, river conservation efforts and celebration of culture and heritage among others.

With plenty of good vibes, the lively affair saw the congregation of up to 400 professional athletes representing their countries (Indonesia, Brunei, Singapore, Chile, France, Australia and German, to name a few) in addition to school students, NGOs, volunteers from universities and locals.

FULL STORY ON PAGE 2



Extreme Sports, Here We Come

Seeking extreme sports against a backdrop of natural greenery to add on to the exhilaration? Look no further. It is all in Gopeng.

Opportunities are aplenty thanks to the presence of a number of extreme sports companies. The packages on offer are varied and will suit both novices and seasoned campaigners.

Besides camping, jungle trekking and white-water rafting along Kampar River, visitors can opt for water tubing, river crossing and abseiling.

You will be mesmerised by the tranquillity of this wooded area surrounded by greenery on all sides. You are at the foothills of the imposing Titiwangsa Range and is within striking distance of a thriving Orang Asli village.

You can watch the setting sun, which lasts for about 30 minutes, atop **Bukit Batu Putih**. The spot provides a 360-degree panoramic view of Gopeng. It is simply exhilarating.

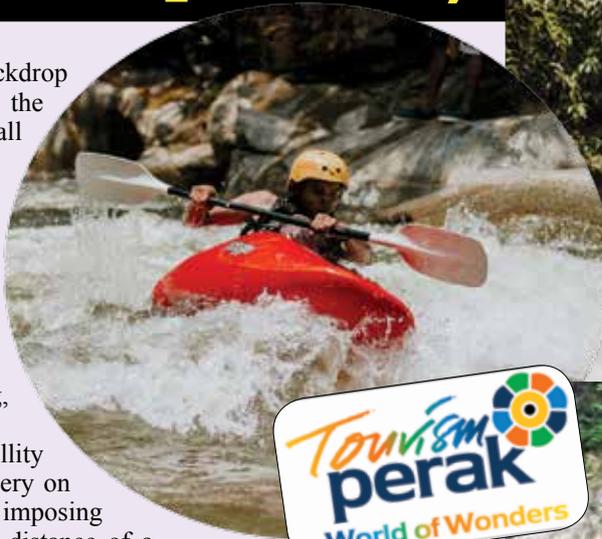
You can abseil at **Ulu Geruntum Waterfall** at a height of about 20m. It may look easy but will put your mental and physical endurance to the test.

The waterfall is also known as the **Merkoi Waterfall** by the Orang Asli, which means tranquillity.

Your adventure is incomplete without a go at **white-water rafting**. The nail-biting dinghy ride will take you past seven major and fifteen minor rapids along the 15-km Kampar River route, from Ulu Geroh Village to Jahang Village.

Come and experience this once-in-a-lifetime adventure. And having done so, you will definitely return for more.

For accommodation and bookings, here are some available options:



Kuala Razila Adventure and Resort:

Tel: 012 595 8148 – Shida

Facebook: Kuala Razila Adventure and Resort

Website: www.kualarazilaadventureandresort.com

Tjz Outdoor:

Tel: 011 2404 6930 – Tun Jubina



Sport Meets Conservation to Unite Community

Initiated by Radak Adventure with the support of Tourism Perak and Ministry of Youth and Sports, the three-day Kampar River Festival (KRF) made its debut as the first to be endorsed by the International Rafting Federation (IRF) and Indonesia White Water Federation (FAJI). The IRF is recognised as the world governing body for rafting sport responsible for fostering fair, credible and legitimate international rafting competition at all levels since 1997.

Mohd Hasrol bin Kamis @ Mahmad, Event Director of KRF explained, "Prior to the festival, white water rafting is often seen as tourism or recreational activity even though it is a type of sport with annual world rafting championships around the world. Our utmost gratitude to the state government, Ministry of Youth and Sports and Tourism Perak as we are in line with their mission to organise events which impact the local economy. Gopeng is well-known as the adventure hub in Malaysia but are we fully aware that these activities generate an impact on the locals or operators?"

"Among Asian countries, tubing race has yet to be organised as it is more of a fun race. We are doing it to let people know besides rafting, river tubing is among the other activities available along Kampar River which is easily accessible from Kuala Lumpur or Penang for a day trip," Hasrol, who hails from Kedah and regards Gopeng as a hometown, added. A rafting athlete himself, he started off as a freelance river guide since 2004 and has been entering tournaments since 2012.

To begin with, Kampar River is suitable for paddling sports due to its rapids and surrounding geographical areas. It is also a strategic location to introduce Kinta Valley as a national geopark and tourist destination leading to further research and development at the Kampar area.



Mohd Hasrol



Geopark seminar

can't be anywhere except right where you are in the moment on the river. Plus, the whole community that comes with the river, everyone is so supportive and caring. I wish there were more girls! When I found out I was the only one, I thought I had to do this for all the girls who aren't here and hopefully inspire some other girls to get into the amazing sport."

Here's her precious advice for aspiring kayak athletes: "Just keep going! There are going to be days when you do not feel like you are doing your best. Keep practising, get on different rivers and meet more people." This was her first time competing outside of Australia. What is more, she was part of the Australian women's rafting team last year for the Pre-Worlds on the Tully River.



Abigail Nimui

Agus Gunawan, the amiable 23-year-old from Indonesia, was crowned the overall champion for the kayak race. He shared with Ipoh Echo, "I have been kayaking since 2011. This is my first time competing out of Indonesia. Daily training, persistence and confidence play a huge part in my success. For those who are new to the sport, my advice would be to have plenty of training, keep learning more and don't be afraid."

Izziantee Izzahan and Muhd Rafizi Johari won first placings for the tubing race in the respective female and male categories.

"This is a meaningful event which promotes local tourism products and instils the love for rivers. We are about to embark on a physical development project to upgrade Jahang Square to accommodate more tourists. Besides the Kampar River, Ulu Slim and Sungkai also have the potential to be developed as a hotspot for adventure sports. Part of long-term planning, it is led by this festival to be followed by perhaps more championships to make it a signature programme not only for the state but the country," explained **Tan Kar Hing**, Executive Councillor for Tourism, Arts and Culture during the opening ceremony which preceded a symbolic fish release session.

Spotted was **Dato' Nolee Ashilin Mohammed Radzi**, Adun for Tualang Sekah.

"Thank you for making this the biggest river sport tourism event ever in Perak. It's about raising awareness of the world that in Perak we have this area of outstanding natural beauty that we have to preserve. You, by being here, are part of the high-performance sports and tourism development agenda to save our environment. The trinity that the state government wants to further is encapsulated in the competition: environment, sports and tourism. In 2018, the world rafting championship was held in Argentina. In 2019, it unveiled in Australia. Next year, it will be in Chile. I'm here to challenge the rafting community to come to Malaysia in 2021. We will show you the best of the best of food, culture, history, art and the most beautiful of people here in Perak!" enthused **Howard Lee Chuan How**, the Executive Councillor for Youth and Sports Development during the closing ceremony.

Present was **Dr Lee Boon Chye**, the Deputy Minister of Health and Member of Parliament for Gopeng.

For more info, visit Kampar River Festival's Instagram page by the same name or its website: www.radakadventure/kampar-river-festival



Top five teams for rafting race

The festival kicked off with the rafting race which had four disciplines or challenges: Sprint, Head-to-Head (H2H), Slalom and Downriver. The points earned in each discipline were added to determine the overall winner. Each team had four paddlers with a reserve.

The Sprint was all about hard paddling and a short burst of speed as the teams were set off one by one to race against the clock on a 400m route. The H2H was visually exciting as it pitted two teams together in a fast-paced, 600m sprint for the finish line in a knockout elimination format. The Slalom was the most technically challenging as it demanded a high level of skill and teamwork to navigate the raft for 500m through downriver and upriver gates in powerful rapids. Touching or failing to pass a gate would result in a time penalty as each team ran the course twice. The Downriver was the star event as it was up to an hour of racing along 7km of continuous and powerful rapids. Here, technical ability and endurance were essential elements.

Rex Kayak School (B), made up of Malaysian and Indonesian team members, emerged as the overall champion for rafting.

"I am very proud of my team as this is our first-time collaborating. We are overjoyed. Our preparation included five months of practice while the success factor is the chemistry

within the group, all for one and one for all. We are now planning for the next event in Indonesia coming October," 35-year-old **Mohd Firdaus B Zulkifle**, team leader of Rex Kayak School (B), told Ipoh Echo. His team members were 22-year-old **Wan Mohd Firdaus B Wan Osman**, **Agus Gunawan**, 23-year-old **Erwan Saimson B Saimudin** and 21-year-old **Muhd Amerul Aqmil B Abu Kasim**.

Meanwhile, kayak race (individual) had two disciplines: Downriver and Slalom.

Ipoh Echo spoke to 30-year-old **Abigail Nimui** from Australia, the sole female athlete for kayak who expressed, "I have been kayaking for about four years but this is my first race. Just being a part of the river and journey is such an amazing feeling. I find it a meditation space because you



Guests of honour



Top five winners for kayak race

RELIGION IS EVERYTHING

When Mahathir and Anwar are gone this will be their enduring legacy they leave behind.

Religion, in particular Islam, has become so entrenched in our society today. For a baby-boomer like me, the change is so dramatic. If someone from my era were to wake up after a long coma he or she would be shocked by what that greets him/her. It will be humbling for me to say that it is just a passing phenomenon or perhaps a fad.

Now let us examine what has happened to the country following the Iranian Islamic Revolution of 1979 caused by discontentment with the corrupt Shah Pahlavi's rule. The revolution in Tehran had a profound impact on how Islam is being observed, practised and rebranded in the Malay Archipelago, especially in the Malay Peninsula. And it all has to do with a hegemonic political party, the United Malay National Organisation (UMNO) under current Prime Minister Tun Dr Mahathir.

Soon after he became Prime Minister in 1981, Mahathir embarked on making Islam part and parcel of the government. He established an Islamic university, started an Islamic banking sector, strengthened Islamic jurisprudence and placed Islamic affairs under the Prime Minister's Department.

Thirty-eight years later it has created an unassailable Islamic bureaucracy that is independent of the Executive, with unlimited funds not inclusive of federal and state allocations. Elected governments, even the Pakatan Harapan coalition that ousted the then ruling coalition, Barisan Nasional, does not dare to trim the size of the bureaucracy due to a potential political backlash from ultra-Malay-Islamic groups across the country.

This is a radical change from post-independent Malaya in 1957, when Tunku Abdul Rahman, who loved horse-racing and partying, was the premier and entertainers like P. Ramlee, SM Salim and Hamzah Dolmat dominated the local entertainment scene.

The Islam resurgence began in the early 1980s when ethnic Malays, buoyed by the Islamic revolution in Iran, were becoming more religious and Malay social codes becoming Islamic-orientated. Malay women began covering their heads, Arabized dress started becoming the norm. The Malay language was similarly transformed.

An astute Mahathir saw this being translated into growing support for the rural-based 'Parti Islam se-Malaysia' or PAS. So in 1982, Mahathir recruited the popular Anwar Ibrahim, who was president of the Malaysian Islamic Youth Movement (ABIM) into his party UMNO to strengthen his Islamic credentials. Anwar moved through the political ranks rapidly becoming Deputy Prime Minister in 1993.

The Malaysian Constitution states that Islam is the official religion of the nation and the freedom of religion is supposedly guaranteed. Under the constitution, ethnic Malays cannot convert to any other religion unless the Sharia Court grants permission. Islam is a matter for the states to regulate and each head of state or sultan is also the leader of Islam.

As Islam is a state responsibility, each state has a multi-department which issues fatwas based on interpreting the Quran, hadiths and Sunna, maintains mosque operations, and identifies and controls the spread of deviant Islamic teachings. State Islamic Departments are responsible for family law, mosque maintenance, Sharia enforcement, education, and general Islamic affairs. Each state will also have an agency and Islamic foundations which invest in Islamic insurance, Islamic education, and the spending of Zakat monies. The operations of these business arms are substantial.

Although each state government has an executive council member responsible for Islamic affairs, the Mufti and State Islamic Departments tend to run autonomously without political interference.

During Mahathir's first tenure, the Division of Islamic Affairs was upgraded to the Islamic Development Department of Malaysia (JAKIM). With a Director-General in charge, JAKIM became responsible for Islamic affairs in all Federal Territories. Its aim was to maintain the purity of Islam, coordinate law enforcement and oversee halal regulation.

Within JAKIM is the National Fatwa Council made up of state Muftis and an additional five Islamic scholars selected by the Conference of Rulers. Once a fatwa is approved by the Conference of Rulers and gazetted, it becomes legally binding within the Federal Territories.

Fatwas cannot be challenged although there have been many cases of contradictory fatwas issued by muftis, albeit small.

JAKIM and the state religious departments have strong connections with the police. This relationship is outside the control of ministers and state executive councillors. The Selangor Islamic Department (JAIS), for instance, conducted raids with the police in 2014 on the Malaysian Bible Society that were embarrassing for the then-opposition Pakatan state government in Selangor.

These massive state and federal bureaucracies are directed by unelected bureaucrats and muftis. Their modus operandi is based on their individual interpretation of the Quran, Hadiths, Sunna, and Fiqh texts, which cannot be challenged. The royal connection is the primary reason.

The nexus here is Islam-Royalty-Malay Rights which is a completely unchallengeable platform in Malaysia. This enables certain agendas to be carried out that are not even trusted to the political parties of the country. This is the core of the deep Islamic state within Malaysia. A massive group of civil servants are loyal to this philosophy rather than flag and modern nationhood. This is an almost unmovable barrier to any sense of secularism in Malaysia.

The disappearance of Pastor Raymond Koh in 2017 was believed to have been undertaken by the state. The further disappearances of Pastor Joshua Hilmy and his wife Ruth and that of Amri Che Mat, a Muslim activist abducted by masked men in unmarked cars in Perlis, remain unexplained.

Tun Mahathir is unperturbed about the matter although he had said that JAKIM's stranglehold on the rakyat needs to be loosened.



جَابَاتِن كَمَاجُوانِ اِسلامِ مالِيسِيا
JABATAN KEMAJUAN ISLAM MALAYSIA

Soon after Pakatan Harapan's victory following GE-14, calls by eminent Malays known as the G25 were made to the Conference of Rulers to review the functions of JAKIM. This was resisted. Mahathir announced in July 2018 that there would be an inquiry into the functions of JAKIM and was attacked by the Malay Rights group Pemantau Malaysia Baru, led by Lokman Adam (Lobakman). Until now nothing is heard.

When Pakatan Harapan first came into office, Mujahid Yusof Rawa, the minister responsible for Islamic affairs, tried to rein-in JAKIM's enforcement activities, but after much criticism, he backed off.

This has inhibited national debate about important Islamic issues. Issues relating to ethics, social justice, equity, corruption, alleviation of poverty, education, and racial tolerance from any Islamic perspective are being glossed over in favour

of more trivial issues.

Sadly, there is little real debate regarding social, spiritual and economic evolution of what Malaysia should be. The paradox is that there is actually little Islamic influence upon policy and decision-making within the government. The grip on bureaucracy and the Executive are too difficult to undo.

Both Anwar and Mahathir helped create this deep Islamic state. When both are gone this will, ultimately, be the enduring legacy they leave behind. It is definitely frightening.

EYE HEALTH – ASTHENOPIA

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



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

Tired eyes are probably the commonest eye problem these days. The term *asthenopia* is frequently used to describe a group of symptoms which are related to the use of the eyes. Asthenopia drains us and ultimately affects our well-being. We are all prone for asthenopia because the eyes are used constantly at work throughout the waking hours of our day for various tasks. Intense use such as driving a car for extended periods, reading, or working at the computer all can contribute to asthenopia.

WHAT HAPPENS

The symptoms of tired eyes include blurring vision, headaches, eye discomfort and occasional transient doubling of vision brought on after intense concentration. Some people while performing visually intense tasks, may unconsciously clench the muscles of their eyelids, face, temples and jaws, only to develop discomfort or pain from use of those muscles.

The normal blink rate in human eyes is 16-20 per minute. The blink rate decreases to as low as 6-8 blinks per minute for persons working on something that requires concentration like looking at the computer screen. This leads to dry eyes which can further worsen the asthenopia or tiredness.

Humans have evolved biologically as hunters and gatherers with our vision developed mainly for seeing distance (*farsighted*). Thus, it is not surprising that our eye muscles (*ciliary muscles*) are most relaxed when we use our vision to look at distant objects. In a similar fashion, our bodies were designed for movement, but we are becoming creatures who spend more and more time indoors behind desks and digital devices. Maintaining a sitting posture for long periods of time is in fact unnatural for us. When doing prolonged near work, the ciliary muscles work hard which over time results in asthenopia.

Briefly, common **activities** that may cause eye strain include:

- Computer use and computer games
- Reading long hours
- Driving long distances
- Sewing and knitting

Environmental factors that can add to eye stress:

- Low-light Levels
- Improper lighting
- Poor ergonomic computer setup
- Low screen contrast levels
- Glare and brightness



Take note of these and avoid continuous near focussing for hours on end without breaks. Take breaks every 20 minutes by looking into the distance for 20 seconds.

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

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Perak Women for Women Society
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017-350 8361

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YuGin Foo
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Give our fishermen a voice and protect the environment



Sand! Who would have thought that something as innocuous as sand, could be both a source of wealth and corruption. It brings us joy, as we frolic on the beach, but in some parts of the world, sand mining is a reason to kill.

In both Perak and Pulau Pinang (PP), sand is a source of anger, because 189 million cubic metres of it, will be mined, over a 15-year period, to make three artificial islands in the waters off the south coast of Penang.

The Penang South Reclamation Project (PSR) was conceived to boost the economy. Income from selling tranches of the artificial island to developers, to fund the ambitious Penang Transport Master Plan (PTMP). According to some experts, the PTMP is ill-conceived as it is non-sustainable and neglects the environment.

The "Bantah Tambak" protest at parliament, on July 11, by 200 fishermen and their supporters, is not a demand for compensation, or a protest against development. Nor is it about the progress of Perak against that of Penang.

Penang will increase in size by around 4500 hectares, but the state will be beset by fishermen whose livelihoods will be threatened. Moreover, Perak can do without the environmental destruction that is forecast to its shoreline.

In simple terms, the demonstration is about protecting both the rights of the fishermen, in Perak and Penang, safeguarding the environment and protecting the quality of our waters.

Sand is also an international problem. On October 3 last year, prime minister, Dr Mahathir Mohamad, ordered the government to ban all sand exports to Singapore. It was ostensibly to stop illegal smuggling of sand and the involvement of corrupt government officials.

Singapore has expanded its land mass by one quarter since its independence in 1965, by using sand from Indonesia, Malaysia and Cambodia. It is reported that Indonesia has lost vast quantities of coastal sand and around 24 islands because not all of the islands and beaches are patrolled or inhabited.

Some Cambodians have complained that Singapore has been able to extend its territory, whilst they have lost valuable sand and islands to the wealthy island nation. The Cambodians have complained about a reduction in fishing catches. Coastal areas have become prone to flooding and coastal erosion because the protective layer of sand has been stripped by the Singaporeans and transported thousands of miles to Singapore.

In Mumbai, the mafia have killed journalists who report on illegal sand mining.

Some Malaysians may be furious about Singapore's voracious appetite for sand, but in Perak, many are also angry that the potential effects of mining sand, has not been fully explored. The consequences will have a disastrous effect on the environment and the livelihoods of around 6000 fishermen from Perak, and a further 1800 fishermen from Penang's Teluk Kumbar and Teluk Bahang.

Few people can imagine that taking sand from one area, and dumping it in another, could be a threat to the environment. They are not aware that sand mining, both legal and illegal, from the sea or river, has the potential to pollute the environment and destroy ecosystems.

1. Mining sand from the sea can cause shores to become unstable. Erosion of the beach can damage infrastructures, such as roads, bridges and buildings. Trees which line the beach will be uprooted.
2. As a result of reclamation work near Lumut, the Segari beach in Manjung, which is famed for the turtles, which travel there, to breed. The erosion of the beach may cause the turtles to become extinct.
3. Sand mining and sand dumping will muddy the waters and destroy ecosystems, which are sensitive to the well-being of shrimp, crabs, shellfish, fish and coral reefs. This is one cause of the drop in the fishermen's catches.
4. Dredging the mouth of the river causes loss of shrimp breeding ecosystems, but the effects of sand mining are potentially worse.
5. The mangrove swamps, especially in Kuala Sepetang and Kuala Kurau are under threat. Mangrove trees provide a natural barrier and protect the lowland areas, from tidal waves, storms, rising sea levels and

tsunamis. The loss of mangrove swamps will spell disaster for some coastal areas.

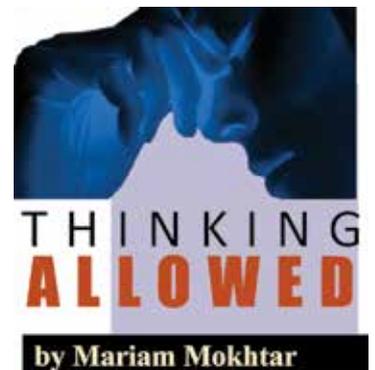
6. The bird sanctuary at Kuala Gula, in Matang, attracts tourists all over the world. Sand mining could threaten eco-tourism in Kuala Sepetang.
7. Sand mining affects ecosystems. This will affect those who have invested heavily in aquaculture and mariculture projects.
8. Sand mining will expose rocks on the seafloor. Fishermen have suffered the destruction of their nets and boats, in Penang. Repairs are costly.
9. Dredging and sand mining may release heavy metals, which are trapped in the sea and estuary beds. These could affect our health.
10. Before the project is approved, a detailed and comprehensive study on mining of sea sand should be carried out by universities, and be independent of the property developers.

As the sand from the seas off Perak will be mined for the PSR project, the Perak Menteri Besar (MB), Ahmad Faizal Azumu, should heed the potential threat to the environment, and review its impact on the state. For example, the loss of income for the fishermen, & the aqua- and mariculture businesses which bring in substantial revenue for the state.

If the MB does not seize the opportunity to act, the fishermen will lose their source of income and their way of life. In the near future, our children and grandchildren will bear the consequences of our environmental pollution and the hike in prices of fish and seafood will be nothing in comparison with the threat to our part of the world.

Sources:

<https://www.youtube.com/watch?v=ySzBpkYYUqQ>
How Sand Mining Destroys One Home to Build Another | Short Film Showcase
Impact of sand mining | Sumaira Abdulali | TEDxXIE
Fishermen protest against STP2 at sea
Persatuan2 nelayan negeri Perak dan Pulau Pinang
KUASA
Penang Forum



by Mariam Mokhtar

ABOUT LASIK **Dr Lee Mun Toong**
Consultant Eye Specialist Surgeon KPJ Ipoh Specialist Hospital

Femto-Lasik - Am I a good candidate?

Patient fitness for femtolasik is always essential to ensure a successful surgery and happy outcome.

The outcomes are almost always favourable; however, not everyone is a good candidate for vision correction surgery.

The following checklist is a good start to help you determine whether you are a good candidate for femto-lasik.

1. Eyes must be healthy

It is very important for the doctor to carry on various clinical investigations to exclude some absolute or non-absolute contraindicated condition like keratoconus, ectasia, cornea scarring, severe dry eye, retinal detachment, glaucoma etc. From my past experience, I accidentally found a partial localised retinal detachment condition where the patient vision was still perfect during screening. The patient felt surprised after she knew about this problem where hitherto she thought that her eye was healthy. For such instances, detailed examination is of absolute importance before surgery.

2. Cornea must have sufficient thickness

Femto-lasik should not be carried out on thin corneas. Performing laser eye surgery on a thin cornea is risky.

3. Pupils must not be too large

If your pupils are naturally large, you could be at increased risk of side effects such as halos, glares and starbursts in low light, especially when driving at night. However this type of individual usually does not drive at night and they are not a happy driver since they were young. They thought it was due to astigmatism. The surgery will free them from glasses but not cure the halo and glare because femto lasik is a cornea surgery but not pupil surgery.

4. Your eye power must be within certain limits

Results of LASIK surgery for the treatment of very high refractive errors are less predictable and may not be worth the cost and potential risks.

In addition, very high amounts of myopia, for example, could require removal of too much corneal tissue and put you at increased risk of vision complications. The highly myopic eye is always more complicated than the normal eye. They are more prone to retinal detachment, glaucoma and early cataracts.

5. You must be old enough

Certain procedures require you to be 18 years old. Patients younger than this age can be treated as an exception at the discretion of the LASIK surgeon with permission from the patient's parent(s) or guardian if overseas.

Generally there is no upper age limit for laser eye surgery. However, it is important to note that once you hit your 40s, you may still need reading glasses to correct near vision due to a normal, age-related condition called presbyopia.

Of course, your surgeon may also consider you a candidate for surgical correction of presbyopia such as monovision femto LASIK (Laser blended), which can improve your near vision without reading glasses or bifocals

6. Your vision must be stable

Teenagers and many young adults often experience changes in their contact lens prescription and eyeglass prescription from year to year. It's important for refractive errors to be stable for at least 6-12 months before undergoing LASIK or other refractive surgery.

7. You must be in good health

Contraindications to laser eye surgery may include certain uncontrolled degenerative conditions or uncontrolled autoimmune diseases such as Sjogren's syndrome, rheumatoid arthritis, type 1 diabetes, cancerous diseases and AIDS

8. If you are pregnant, you should delay surgery

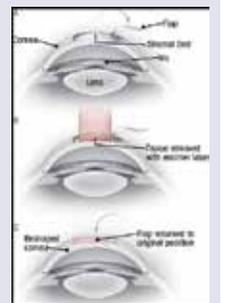
Surgery should not be performed until your hormones and vision have returned to normal after pregnancy. This could take a few months.

9. You must have realistic expectations (not perfectionist)

While the vast majority of LASIK surgery results are excellent, you should be fully aware of the possible side effects, risks and potential LASIK complications before you choose to undergo the procedure.

An experienced LASIK surgeon will advise you whether you are a good candidate for laser eye surgery, or if another type of refractive surgery may be more appropriate.

It's important to tell your surgeon all pertinent information relating to your health and medical history including psychiatric condition to ensure you achieve the best possible results. Lasik in a psychiatric patient could possibly be disastrous even after successful surgery.



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

SeeFoon snacks in cool comfort in Old Town

Everyone knows Sin Yoon Loong and its counterpart Nam Heong across the road. Here you'll have to jostle with the crowds, and (for me) drip with sweat as in a sauna as you wait patiently for a table.

Now with the opening of **Yinzo Kopi**, one can snack in cool comfort in an ambience reminiscent of a bygone era.

The brainchild of **Foo En Lin**, scion of one of the eminent Foo Family, who has bought over the kitchenware shop that had been operating for over 40 years, directly opposite Sin Yoon Loong; Yinzo Kopi has been open for all of two months. Many friendly advisors helped En Lin and manager **William Oh** in their preparations for the opening. These included **Mr Shum from Foh San**, **Dato' David Tan of Katong Laksa** fame and other F&B maestros who gave their input into Yinzo.

Yinzo stands for the Silver State which is Perak. In the 1920s it was a school, then became a restaurant, after which it was a kitchenware shop for more than 40 years until taken over by the Foo family. Now decorated in an eclectic retro Chinese style, with old pieces picked up here and there, the ambience is welcoming, tables well spaced out; the old wood ceilings and wooden shuttered windows doing a great job in noise reduction, unlike many tiled-from-roof-to-ceiling Chinese restaurants where the cacophony of chatter is unbearable.

Yinzo is a place where you go for small eats, well presented and very tasty, some dishes evoking the nostalgic tastes of yesteryear, and just like Grandmother used to make.

Like their **chicken braised with black bean and bitter gourd**; umami, salty, bitter gourd soaking up the black bean sauce, served with white rice; **RM10.80**. Shareworthy or grab it all. **Dry Curry Pork Rice** at **RM13.80** was delicious. The curry was different, cooked without santan (coconut milk), the pork tender on the bite and the sauce aromatic without being overly spicy.

We then had their **Nam Yu Fried Chicken Wings**, piping hot wings, marinated with preserved bean curd, tender and juicy inside and crispy crunchy outside, served with a sweet chilli sauce. Move over KFC! **RM6 for 3 pcs** or **RM9.50 for 6 pcs**.

Their **Cheong Sau Meen** topped with minced pork and topped with **Chu Yau Tsar** or crispy pork lard was yummilicious, not unlike our famous Ipoh Hakka Mee. Served with a sunny side up egg and a good Szechuan chilli sauce; **RM7.80**.

We had their **Nasi Lemak** served in three styles, plain, with curry chicken or fried chicken. Good rice and sambal; **RM7.80 plain**, **RM9.80 with curry chicken**, **RM15.80 with a whole fried chicken leg**.

We then tried the **Curry Mee** which was a disappointment and I gave my feedback and true to the spirit of wanting to do their best and giving customers the best experience, they have changed their recipe.

I was therefore promptly "summoned" for a second tasting,



Fried Chicken Wings



Bitter Gourd Black Bean Chicken



Fried Mini BBQ Buns



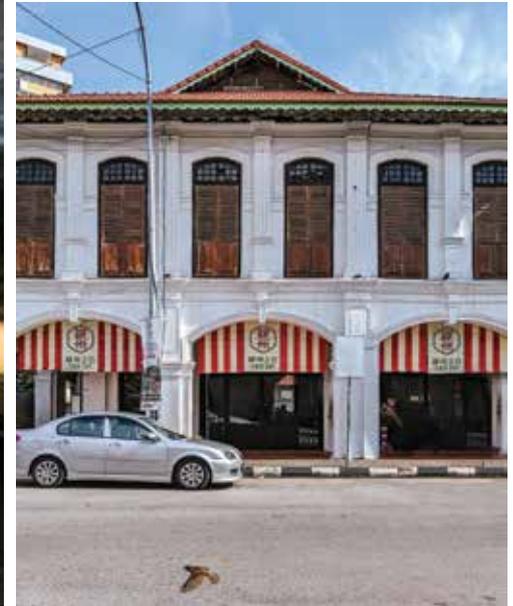
Authentic Glutinous Rice



ON IPOH
FOOD

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

Pics by YuGin Foo



A cozy corner

this time to try their new **Curry Mee** and their new **Dim Sum** menu. The curry mee now has a new presentation which can satisfy my occasional hankering for this dish. Spicy, umami, the curry sauce cooked without Santan; **RM10.80**.

Their DimSum selections are small and deliberately so for as William explains, "We want to concentrate on quality so we keep choices limited and we can prepare them fresh as and when they are ordered. A 'must try' is their **Kon Jeen Loh Mai Fan**, glutinous rice that is pan fried with various garnitures and topped with egg slivers, the edges and base of the rice crisped from the frying (fan chiew)

Delicious, the rice not too soft and the taste umami. Listed as "**Authentic Glutinous Rice**" **RM6.80 per portion**. They also have the ordinary **Lo Mai Kai** which is steamed glutinous rice at **RM4.80**.

Other 'Must Try' include their **Fried Mini BBQ Buns**, essentially Char Siew Paus (famous Chinese Roast Pork) deep fried to a golden brown, crispy on the outside and soft and fluffy on the inside with the Char Siew or roast pork oozing from the centre; **RM5.80 fried**; **RM4.80 steamed**. And let's not forget their delectable fried **Prawn Dumplings** and their **Ham Sui Kok** or their **Dried Prawn Pastry**. Both incredibly light, the skin, made from glutinous rice flour is crispy on first bite and the prawns whole and ocean fresh while the one with the dried prawns has that sweet/salty umami quality that makes you swoon; **RM5.80 for fresh prawns 3 pcs** and **RM4.80 for the dried prawn version**.

YINZO KOPI

No. 1 & 3 Persiaran Bijih Timah, 30000 Ipoh.
Tel: 019 556 1393 or 05 241 0571 (ask for William Oh)
Business hours: 8.30am-5.30pm
DIM Sum from 8.30am-11am and 3.30pm-5pm

Community

KPJ Ipoh Celebrates World No Tobacco Day



L-R: Dr Subashini, Dr Luis Chen, Sabariah Endot (Deputy Chief Nursing Officer)

The Environmental, OSH & MQuit Committee of KPJ Ipoh Specialist Hospital has launched the World No Tobacco Day Celebration 2019 at KPJ Ipoh Specialist Hospital in an effort to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure besides to discourage the use of tobacco in any form.

The launch was officiated by Dr Subashini Ambigapathy, Family Medicine Consultant from Pejabat Kesihatan Daerah Kinta, Perak together with the Medical Director of KPJ Ipoh Specialist Hospital, Dr Luis Chen Shian Liang.

Amongst the programme held during the celebration was a talk entitled "Jom Quit, Rokok Berbahaya" presented by Dr Subashini, Family Medicine Consultant, Pejabat Kesihatan Daerah Kinta, Perak; poster exhibition and awareness activities by Kementerian Kesihatan Malaysia and Environmental, OSH and MQuit Team.

World No Tobacco Day is observed around the world to encourage a 24-hour period of abstinence from all forms of tobacco consumption around the globe. Health risks associated with tobacco use were highlighted in most no tobacco awareness programmes.

The World No Tobacco Day Celebration 2019 is a collaboration of effort and resources by KPJ Ipoh Specialist Hospital and Pejabat Kesihatan Daerah Kinta, Perak with a hope that the event can be established as an annual collaborative affair to reach the optimal awareness of no tobacco.

Walk for Special Needs 2019



By Luqman Hakim

Some 600 special needs students attended the "Walk for the Special Needs 2019" held on Saturday, June 29 at the Sultan Azlan Shah Roundabout, Meru. The morning event was listed in the Malaysian Books of Records as the biggest ever. A similar event was held in 2001 but participation was much smaller.

The programme started with aerobics followed by casual walking. The students, accompanied by their parents, walked from the roundabout towards the Movie Animation Parks Studio and back, covering a distance of 3km.

The event was officiated by Haji Rosli Ahmad, Deputy Director of Education Perak. He expressed hopes that the various facilities provided would help the students in their learning process.

"It's imperative that they remain positive when facing challenges. They should never feel inferior," he remarked.

Among the attendees were senior staff of the Perak State Education Department, district education chiefs, parents, teachers and students with special needs.



Go Loco at Polo

By Afiqah Rafael

Despite its rather quirky name, Loca-Loca has a dedicated following. Don't be misled by its name. Loca-Loca is simply aerobics with a twist. It's the brainchild of a one-time national fitness instructor whose lifetime mission today is to keep everyone, regardless of age, hale and hearty via aerobics.

Nani Rayahu has been conducting her aerobics class since December last year at the iconic Polo Ground. Her students range in age between 40 and 70. Rahayu's class is almost free, as participants donate in kind to keep her going.

One gets to see Rahayu and her enthusiastic following almost every morning beginning at 7.45am. The eager congregation will begin its exercise routine once the music starts. It is a joy to watch them moving in unison with the music.

Teacher Jayanthi, 56, from Lim Garden has been an ardent Loca-Loca fan. She attested to its effectiveness claiming she had lost 6kg so far.

"I've nothing but praise for Rahayu. She knows her stuff. Many are hooked by her approach and techniques," she told Ipoh Echo when asked. "Her cheerful persona is what that attracts me."

With an average of 90 participants, Loca-Loca is fast becoming an attraction or perhaps the trend in Ipoh, especially with the morning crowd at Polo Ground.

If you feel the need to rid yourself of the excess fat around your waist, come and join Rahayu and her team.



Media Tour

By Rosli Mansor

Information Department of Malaysia (Perak Chapter) hosted a dinner recently for all media representatives in the state.

The function was held at the Lost World of Tambun on Monday, July 1 following the culmination of a 3-day tour of popular spots in Perak. Some 60 media practitioners from 16 news agencies were involved.

Menteri Besar Dato' Seri Faizal Azumu was the guest of honour. In his welcoming speech, he thanked the media representatives for their efforts in disseminating positive news about the state.

"I hope this tour programme will be continued as it provides a good insight of Perak," said Faizal.

The Ipoh-Guangzhou flight, he announced, will commence in October. The objective was to attract more visitors from China.

The Perak government, he added, will spare no effort in making tourism a major draw in the state. Attractions available in places such as Kuala Kangsar, Lenggong and Lumut will be enhanced in accordance with the tourism master plan.

Incidentally, the proposal for the Pangkor airport has received a very encouraging response.

Faizal is confident that Perak will soon outdo Kuala Lumpur and Penang in terms of tourist arrivals.

Present at the function were executive councillors, Tan Kar Hing and Hasnul Zulkarnain.

Education

Foo Hon Lim Top Leo Academic Award



The Lions Club of Ipoh Host organised the 4th Annual Foo Hon Lim Top Leo Academic Award at St Michael's Institution School Hall on June 23.

The occasion was graced by Howard Lee Chuan How, Perak State Executive Council of Youth, Sports and Human Development as the Guest of Honour.

Twenty selected Leos from Kedah, Penang, Perak and Selangor were chosen from about 1000 Leos as the Top Leo Academic for the year 2018 SPM exams.

The award was presented by Ipoh philanthropist and Past District Governor, Dato' Dr Foo Wan Kien who has set aside a sum of RM10,000 per year for this award in memory of his late son, Lion Foo Hon Lim.

During his speech, Dato' Dr Foo Wan Kien also promised to continue this award for another five years.

He also promised to set aside a sum of RM1 million soft loan for Leos for their higher education studies at Public Universities in Malaysia.

YB Howard Lee in his address encouraged the Leos to study hard, interact well with each other irrespective of their races and that the main road to success was to have humility.

Around 120 Leos, guests and Lions were present at the St Michael's Institution School hall including the family of the late Foo Hon Lim, the Principal of St Michael's Institution, Mr Sit Wai Yin and the President of Lions Club of Ipoh Host, Lion Eugene Ong.



Tiny Steps

By Mei Kuan

Ipoh-born duo, Crystal Lee and Yaw Yi Xin, founded Tiny Steps in May 2018 with the aim to spread environmental awareness and share sustainable innovation ideas to inspire the new generation.

Self-funded and non-profitable, its name, Tiny Steps reflects how sustainability requires all efforts, no matter how small, from the community. Plus, it serves as a motto that great impacts are achieved by taking small steps with long-term consistency.

The 27-year-old high school buddies travel everywhere in Malaysia in order to conduct presentations, talks, workshops, events and seminars among others for schools, universities and the public at least once a month.

"We received a lot of response especially from university students because they are our future. We are very proud to see the youngsters participate and take the initiative to make positive impacts. The public can relate to how our daily lives are interconnected with social issues and environmental affairs. For example, bring your own bags and straws to reduce plastic intake! All these small gestures can make huge impacts," Crystal explained.

When asked on what keeps them doing what they are doing, she enthused, "As Yi Xin is exceptionally passionate about social and environmental impacts, I got it from her. To absorb new knowledge continuously to educate our community gives me a sense of purpose."

The latest sustainable products are available at Tiny Steps' website with its proceeds going towards sustainable causes.

"We give away these sustainable living starter packs to students during every talk we give at schools and universities. The products sold online are mainly for those who have no idea where to get them. We hope Ipoh manufacturers with similar or related products to contact us as we'd love to spread the effort Ipohites put to protect the environment," the amiable Crystal added.

Tiny Steps is now gathering like-minded volunteers to coordinate more community activities in the future.

To get involved, readers can call Crystal at 018 572 1398 or Yi Xin at 012 526 8233.

To find out more, check out the Tiny Steps website (www.ourtinysteps.com) or email to tinysteps92@gmail.com

Empowering Special Needs Education

Quest International University Perak (QIU) has embarked on a collaboration with the Perak Association for the Intellectually Disabled (PAFID) to jointly offer a Certificate in Special Needs Education programme for all members of the public.

The programme is designed to teach special needs education to educators, caregivers, parents and members of the public.

Under this collaboration, both parties will offer a standardised syllabus for a one-year programme.

PAFID President Dato' Dr Yeoh Beng San and QIU Registrar Muhammad MG Omar exchanged a Memorandum of Agreement (MoA) to formalise the deal at the recent 'Program Santuni OKU' event, witnessed by Deputy Minister of Women, Family and Community Development Hannah Yeoh. Also present at the ceremony was Kasih Perak chairman Datin Seri Dr Nomee Ashikin Mohammed Radzi.

The first intake is slated for the final quarter of 2019 and will target an initial batch of 10 students. There are a total of seven modules, and participants will have the opportunity to take individual modules at a particular time.

As it offers a certificate qualification, anyone who wants to learn how to facilitate and manage special needs students can join the programme. The aim is to provide educators and caretakers with the fundamental knowledge on how to handle and manage individuals with special needs.

QIU Chief Operating Officer Nicholas Goh said the collaboration was a testament to QIU's commitment to addressing the lack of qualified special needs educators in Malaysia.

"We always need more educators, especially for those with special needs. Education is a basic human right, and it is no different for students with special needs," he said.

"We believe that many people want to reach out and teach those with special needs, but they may not have the necessary skills and techniques.

"Our cooperation with PAFID will give them these skills. In the long-term, this will be incredibly positive for the betterment of children with special needs.

"For the past 20 years, we have conducted our training programme to train teachers from different centres throughout Malaysia, as well as Community-Based Rehabilitation centres (PDK) under the Social Welfare Department," added PAFID President Dato' Yeoh.

"We hope to further enhance our teaching certificate in collaboration with QIU."

Further information can be obtained at www.qiup.edu.my.



Mariaville Involves Parents

Mariaville Good Shepherd Kindergarten invited parents of their students and the public for their Parental Involvement & Community Project Day recently. Family activities (games and crafts) organised by the teachers took place inside and outside the classroom. These activities filled with fun and excitement provided bonding time between parents and children.

The Balai Bomba from Jalan Kompleks Sukan brought in a fire engine and children's fireman uniforms. Parents didn't mind queuing up to take turns to use the uniforms for their children. The 6-year-old children received the 3K Club certificate from the Bomba Officer. Their booth proved to be the most popular.

Pantai Hospital gave free health screening which included blood pressure check, body fat assessment and dietary counselling. Parents were also invited to allow their children to join the DR. Little Club under the Hospital.

There was an exhibition on stamps by Pos Malaysia and parents could create their own unique stamps using their family photos.

Erican Language Centre introduced the ways of mastering English and to improve oratory skills.

Parents also supported Daybreak, a centre for the disabled adults and youths, by buying their beautiful handmade crafts.

My Kindie Babes provided children's single photo with different costumes and family portraits at a reasonable price which attracted the crowd.

Mariaville's Parental Involvement and Community Project Day achieved its aim of reaching out to present parents and stirred the public's interest with full participation from parents with young children who wish to enrol into Mariaville Good Shepherd Kindergarten.



Injectable Fat Removal for Double Chin

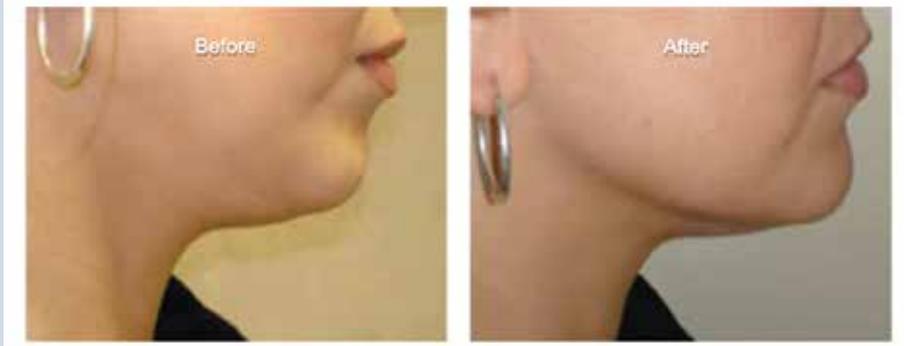
Dr. Leow Aik Ming
Consultant Plastic and Reconstructive Surgeon
Pantai Hospital Ipoh and Pantai Hospital Manjung

The area under the chin and front of the neck (submental region) plays an essential role in the appearance of youthfulness and aesthetic of the face and neck. A double chin, also known as submental fat, is a common condition that occurs when an excessive amount of fat is formed below the chin. Double chin is considered cosmetically undesirable. It is often associated with the sign of ageing, weight gain and sometimes skin laxity due to genetics.

With the recent advances in non-surgical fat reduction technology, it's now possible to shed that double-chin without going under the knife. One of the latest and promising discoveries in chemical compounds used for fat dissolving purposes is synthetic deoxycholic acid. This synthetic deoxycholic acid is marketed as *Kybella* or *Belkyra* or *Cinzelar Plus*.

Originally, deoxycholic acid is a type of secondary bile acid that is produced in the liver. This compound is produced naturally in the human body by intestinal bacteria action. Deoxycholic acid is vital in ensuring that the normal digestive process happens smoothly as it emulsifies dietary fats in the intestine. Deoxycholic acid also facilitates absorption and excretion of fats and sterols in the intestine as well as in the liver.

Synthetic deoxycholic acid is classified as a cytolytic medication, as it works by disrupting the cell membrane of adipose cells and stimulating targeted disintegration of fat cells. The adipocyte cytolysis process is followed by an inflammatory reaction that helps with clearing the broken-down fat cell remnants by macrophages. However, the efficacy of deoxycholic acid can be affected by albumin and tissue-associated proteins. Hence, it can only be used to shrink protein-poor subcutaneous adipose tissues. Other tissues like skin, muscles, and bone remain unaffected by deoxycholic acid.



Method of administration of synthetic deoxycholic acid injections:

Synthetic deoxycholic acid comes in the form of liquid injectable and is meant to be injected subcutaneously into the excessive fat tissues. The injection area and the number of treatment sessions depend primarily on the patient's condition and response to treatment.

Side effects of synthetic deoxycholic acid injections:

Following the treatment session, patients will notice a gradual reduction of the submental fat. However, patients may also experience undesirable side effects such as injection site reactions, including pain, numbness, swelling, and bruising; headache; and nausea. Patients may also experience adverse side effects, including weakness of the facial muscles, pain or tightness in the face or neck, and difficulty swallowing. These reactions require immediate medical attention at the nearest hospital to prevent serious health complications.

Precautions before synthetic deoxycholic acid injections into submental fat:

- Postpone treatment if there is an infection at the treatment site.
- A careful clinical evaluation to exclude other causes of submental convexity/fullness (e.g., enlarged thyroid, cervical lymphadenopathy) is mandatory before treatment.

Treatment with synthetic deoxycholic acid injections are contraindicated:

- If the patient is sensitive to any component of the treatment drug
- If excess skin (rather than fat) is the cause of an adverse profile
- During pregnancy or lactation (there is insufficient safety data)
- If there has been a prior surgical or aesthetic treatment of the submental region
- If the patient has a bleeding disorder or is on anticoagulants or antiplatelet agents
- If there is current, or a prior history of, dysphagia (difficulty swallowing).

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).

Free Eye Screening

Organised by the District 308 B2 Lions Club of Perak Silver State, over 60 volunteers consisting of ophthalmologists, doctors, optometrists and paramedics from the Department of Ophthalmology of Hospital Raja Permaisuri Bainun (HRPB) and S.L. Chan Optometrist (M) Sdn Bhd conducted a free eye screening at SJKC Ying Sing, Malim Nawar from 8.30am to 12pm.

It was held on Saturday, June 29 with the attendance of more than 200 poor residents and senior citizens of all races.

Present were Datin Seri Dr Nomee Binti Dato' Mohamad Radzi, wife of Menteri Besar cum Chairman of Persatuan Amal Isteri Harapan (KASIH Perak) as the guest of honour and Wong Tong Meng, organising chairperson.

The objective of the project was to create awareness among the people to care for their eyes and seek early treatment to prevent blindness. The participants had their eyes tested for cataract, glaucoma, squint, lazy eye, droopy eyelids and pterygium. Participants who were detected with eye problems were referred to HRPB for further assessment and treatment.

Dr Nomee congratulated the club and all the volunteers who carried out the programme successfully for the benefit of the people in Malim



Community



MB Inc Donates in Kind

By Luqman Hakim

Menteri Besar Dato' Seri Ahmad Faizal Azumu urged government-linked companies and corporations to be moderate and thrifty when celebrating festivals.

He cited Menteri Besar Incorporation's (MB Inc) banquet held specifically for hospital personnel and patients.

"It'd be better if the party is small, as less money is spent. The excess money can then be used to improve the hospital's facilities and patients' well being."

"I am impressed with what MB Inc is doing today," he told reporters during a media conference after his visit to the pediatric ward of Raja Permaisuri Bainun Hospital, Ipoh on Wednesday, June 26. The visit was also part of his Hari Raya call on the hospital.

"I am pleased to meet the children and their doting parents during this auspicious month of Syawal. Some have come from afar to be with their children."

He expressed his gratitude to the hospital staff for the effort taken to care for the sick and the infirm during the Hari Raya festivity.

MB Inc donated 10 wheelchairs and 10 infusion pumps worth RM3000 to the hospital. The gifts were received by the hospital director, Teo Gim Sian, on behalf of the hospital.



Nawar, regardless of race and religion. She added that it helped the community, especially the poor to have their eyes screened at an early stage to prevent blindness. She commended the club for its humanitarian efforts and hoped more NGOs would come forward to help the needy.

Dr Nomee presented a sum of RM10,000, on behalf of KASIH, to the president of Lions Club of Perak Silver State, Kok Choy Lan to aid the noble programme. Meanwhile, Adun for Malim Nawar, Leong Cheok Keng, donated RM1000 to support the project.

Education

Child Sexual Abuse

By Afiqah Rafael

In collaboration with Selangor-based non-governmental organisation, Protect and Save the Children, KinderJoy Education Group organised a talk entitled, "Awareness and Prevention of Child Sexual Abuse" on Saturday, July 6.

Held at Tadika Kinderjoy Main Campus Auditorium, the talk was aimed at educating parents, guardians, early-childhood educators and others on child sexual abuse in Malaysia.

A wide range of topics such as children rights, types of child abuse, prevalence and extent of child sexual abuse, signs, effects and disclosure of child abuse.

"Don't dismiss or withhold answers from children when they're curious about sex, educate them instead," said Kinderjoy's Academic Director, Looi Yee Ying.

The #ChildrenToo movement is promoting awareness of child sexual abuse. It is an offshoot of the #MeToo movement initiated by activist Tarana Burke. The movement's objective is to help survivors of sexual assault and to create general awareness regarding the subject matter.

Executive Director of KinderJoy, Stephanie Liu stated, "Through this movement, we hope the public will appreciate how important it is for parents and guardians to be aware of child sexual abuse where children are often subjected to such crime."

For further information, kindly visit #ChildrenToo webpage at www.kinderjoy.edu.my/childrentoo or visit Protect and Save the Children at <https://www.psthechildren.org.my>



Connexion

By Joachim Ng

A neighbouring state gets cleaner

Perak and Penang. A tale of two states with a common border. But once you cross the line, you may observe a difference if your eyes are on the ground. Penang is getting cleaner. Whereas litter in Perak towns and cities is so prevalent that your brain no longer registers it, in Penang the sweepers have learnt to use the broom correctly.

Set one day aside, after breakfasting on Ipoh sar hor fun, to make a day trip from Taiping to Kuala Sepetang (formerly Port Weld). You can't miss the road as tour buses run this northern Perak trail daily, but you will need some math whizz kids to count the tonnes of litter all along the route.

What accounts for the difference between Perak and Penang? One man — S.M. Idris, founder of the Consumers Association of Penang (CAP) and the country's Mr Environment. For a half century until his death last May, the CAPtain stirred action on a wide range of consumer protection issues. Eleven years ago when the state government changed hands, S.M. Idris found a responsive ear in the chambers of power and the litter started disappearing.

Penang still has piles of trash in Seberang Perai hidden from public view, but the CAPtain's voice continues to reach out. Perak also has a community voice in the form of the Ipoh Echo newspaper that unfailingly highlights environmental and political issues of concern every fortnight. But, much like CAP, it may have to wait some years before getting a responsive hearing in the chambers of state power.

There's just one problem: time is running out. If you haven't heard any bad news yet, do contact the nearest climate change office. The sharp rise in cancer cases is due mainly to environmental pollution and hapless ingestion of toxic chemicals in the food chain. Steadily climbing temperatures will unleash a host of killer microbes and myriad swarms of dengue-causing mosquitoes in the coming years.

The world-famous garbage scandal in Perak begins with litter in the drains. Trash mountains are a scaled-up version of street litter. If one million people habitually throw debris around, 1,000 will advance to far bigger-scale polluting ventures. S.M. Idris saw the connection and insisted that the streets, drains and grass patches be kept litter-free. Japan is squeaky clean and Rwanda, a nation once ravaged by civil war, has picked up this essential habit.

What happens to our garbage mountains and street litter? Evidence has emerged that plastics break down into harmful micro-particles that eventually get into drinking water and human food with cancerous effects.



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.

COMMUNITY

RUN FOR INSURANCE – INSURANCE AWARENESS RUN 2019. JULY 28, 7am at Kledang Saiong Forest Eco-park Ipoh. 5km Fun Run or 10km competition. Attractive lucky draw prizes. Five categories. Registration fee: RM60 (RM55 early bird) – 10km Run; RM40 (RM35 early bird) – 5km Fun Run. For more information, contact: Wong FH **012 512 1265**, V. Muniandy **016 521 1864** or Tom Lee **019 511 1730**.

EVANGELIZATION CONCERT "YES WE CAN". AUGUST 4 (Sunday), 2pm-4.30pm at SMJK Sam Tet Ipoh. 'Friends of Jesus' Passover', an international group of Catholic overseas Chinese, will hold an EVConcert in songs, testimony, talk and prayers, in Mandarin, English and Cantonese. The concert is free and open to non-Muslims only. For more information, contact: Maria **012 454 6098** or James **016 553 8307**.

PERTUBUHAN SRI DAYANANDA SARASWATI, IPOH. MAHABHARATA epic-themed FOOD & FUN FAIR. AUGUST 10 (Saturday) from 9am to 3pm at Ceylon Association of Perak (Rayan Cultural Hall), 18 Jalan Tun Perak, 30200 Ipoh. A Charity Fundraiser to support charitable causes and teachings of good values as prescribed by Sanatana Dharma. There will be many exciting Mahabharata games, competitions & contests for everyone, especially for children to discover our epic superheroes. Coupons are on sale at RM10 per booklet. Sponsorship and donations are most welcome. For details, contact **016 532 1087** or **012 683 1173**.

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**.

PERAK WOMEN FOR WOMEN. WOMEN IN LOVE – A NIGHT AT THE OPERA. SEPTEMBER 21 (Saturday), 7pm at Ballroom, Syeun Hotel Ipoh. Charity dinner with a musical programme: Cantonese opera, a UNESCO World Intangible Heritage, excerpts performed by KSK Art Crew, performance by PWW & Friends Choir. Introducing Kana. For more information, contact: **012 521 2480** or **012 288 6888**.

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**.

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).

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.

News

General Nizam Bids Farewell

By Luqman Hakim

Commander of the Ipoh-based 2nd Malaysian Infantry Brigade, Brigadier-General Datuk Mohd Nizam Jaafar handed over duties to newly-promoted Brigadier-General Malek Razak Sulaiman after serving for two years since March 2017.



The handing-over ceremony was held at the parade grounds of Headquarters 2nd Malaysian Infantry Brigade on Friday, June 28.

Present to witness the handing-over ceremony was Major-General Datuk Mardzuki Muhammad, General Officer Commanding 2nd Malaysian Infantry Division.

The farewell parade started off with an honour guard mounted by 18 Officers and 210 Other Ranks, followed by the signing of the handing-and-taking-over document and the handing over of the baton of command.

When met, Mohd Nizam described his term as the brigade's commander as the best experience in his 35-year military service.

"People were under the impression that the military is difficult to approach, but thanks to our rapport with the media community, the barrier between us and the community has been breached," he told Ipoh Echo.

Touching on his high points while in command of the brigade, Mohd Nizam said, "The best was when we're tasked to provide assistance in events such as the 2018 Sukma Games hosted by Perak and the 86th Army Day in Sungai Siput in February. Our personnel did their best in spite of inherent shortcomings."

He wished the new commander every success in his endeavour.



Exclusive

By Vivien Lian

Inside the House of Kak Nadimah, Descendant of Raja Bilah

Kak Nadimah, who is the great grandniece of Raja Bilah, was born and bred in Chemor, the youngest among four siblings. Currently, she's the only one left to take care of the family house.



I brought Adam from *Peace Be Upon You* cafe along to her house after I was told by Puan Hafizah, whom I met at Rumah Besar Raja Bilah, about Kak Nadimah's antiques collection.

As we got out from the car, we couldn't help exclaiming about the spacious compound of the house with greens growing spontaneously around the periphery. Then a monitor lizard ambled past us silently.

We got into the house and both of us were amazed by how breezy it was in the house at 7pm despite there being no air conditioning. Necessity, as the mother of invention, has created a traditional style of Malay houses being built with a deep understanding of our tropical climate. Hence good ventilation is critical.

The few characteristics of a traditional Malay house are:

- House raised on stilts so that it catches wind of high velocity
- Attap roofing and lightweight building materials of low-thermal capacity give good insulation against heat
- Plentiful open-able windows provide good ventilation and views for the house
- Open interior spaces with minimal partitions allow further ventilation.

For more photos, kindly see the digital version at www.ipophecho.com.my and FB: Ipoh Echo.



This is certainly not a place just for staying but living



Vintage serving tray with glass holder



1. A collection of vintage kitchenware such as teapots, tureens, tea cups, plates and bowls.
2. The two hat-like objects hanging on the wall are actually food covers wrapped with embroidered cloth. Below the food covers are rose water sprinklers, usually used to sprinkle rose water on the bride's hands in Malay weddings.
3. Metal suitcases and wooden chests.

Tepak Sirih or betel nut container is an object that is often used in the community, especially when conducting ceremonies and traditional rituals including weddings. It is a rectangular wooden box wrapped with gold embroidered velvet holding brass containers containing areca nut, lime paste, gambier (herb) and shredded tobacco.



The usual items found in Tepak Sirih are the tray; the betel leaves holder, brass containers and an areca nut cutter. The leaves are peppered with lime, gambier and areca nuts. Tobacco may also be added for flavour. The betel leaf is held and placed on the palm then lime is smeared down the betel, small bits of gambier and areca nut are placed in the centre of the leaf. The leaf is then folded into a small package and chewed.



Vintage oil lamp and bottle

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Nostalgia

By Ian Anderson

Old Time Entertainment – Kampar Style

Kampar Town, founded by the Mandailings who came up the river from Kampar Regency, Rau Province Sumatra, has changed rapidly in the last few years. The arrival of UTAR and the huge development alongside it has given us Kampar Baru. Here there is the Grand Hotel, a tin mining museum and a range of shops and houses, with decoration reminiscent of Disneyland. But what about the town's original main streets? How have they fared with time? The answer is "Not too well". While many of the old shophouses still stand in various states of disrepair, other iconic buildings have either been demolished or left to rot.

"What iconic buildings?" you may ask. They were, of course, places of entertainment as in the mid-1900s Kampar had a lot of such places.

Just cast your mind back and you will remember Shaw Brothers Great World Amusement Centre on Jalan Masjid. Just like Ipoh's Jubilee Park, it featured a Theatre, Taxi Dancers, The Ronggeng, Bars, Fairground Entertainment and special programmes featuring Boxing and Wrestling. Legend has it that even Rose Chan 'strutted her stuff' here. Incidentally, there is still a Great World Centre in Kampar, but do not be confused as it bears no resemblance to the Shaw establishment of the 50s, that is unless you consider smartphones as a source of entertainment. Come to think of it, most of our young folk think exactly that!

Then there were the movie theatres. Kampar had its fair share with the Rex, Princess, Majestic and Sun. The Rex, being another Shaw enterprise, usually screened movies produced by their own production team. Divas such as Lin Dai, Ivy Ling Po, Li Ching and Cheng Pei Pei reigned supreme on the silver screen.

But unlike some towns, Shaw did not have the monopoly in Kampar as the Majestic was part of the Cathay circuit, while Princess was operated by Eng Wah. Speaking of the Princess Theatre built in 1954, the building still stands albeit in a shocking state. It has suffered the fate of most of the old cinemas in Ipoh, it is now a furniture shop, although the word "PRINCESS" is still clearly displayed at the front of the building. Apart from the Princess, all the other buildings have gone, the Sun being replaced by a new supermarket.

So what was it like going to the movies back then? Well, it was certainly very different from today's Multiplex with several shows running at once, somewhere high up in a shopping mall, with tickets bought in advance on your smartphone. Back in the 1960s, we would queue up for tickets, in long lines outside the building. Weekend matinee shows



The Great World Kampar c1960

Established General Practice in Ipoh

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DR ASHA GILL KULDIP SETHI

ashagill149@yahoo.com

were popular as they were the cheapest. Evening shows cost 40 cents, with First Class (upstairs) at \$1. These were mainly for the British Military, European Miners and Planters and their families. Standing in the queue was not too bad as there were always hawkers selling snacks and cigarettes in front of every cinema. One elderly Kampar resident remembers:

"Freshly roasted peanuts, sunflower seeds and fruits. Those buying the fruit slices would smother them with salt and chilli from little bottles using long-handled spoons. They were all so much better than Popcorn!"



The Princess Theatre, Kampar c1975



iSpeak

By A. Jeyaraj

Hop-On Hop-Off Bus Needs Publicity

I decided to take a ride on the Hop-On Hop-Off bus after reading about it in Ipoh Echo Issue 303. I called the number given in the article and the girl who took the call passed me on to another girl. When I asked about the schedule and the route, she told me to go to the stop at the High Court. She was not of much help.

On a Sunday morning, I took the first bus for City Tour from starting point at the High Court. Aside from me, there was a father and son who had come from Kuala Kubu Baru. The son told me they had come to Ipoh to witness his sister taking part in a Drum festival. The bus had a tour guide who spoke fluent English and gave very good commentary as the bus moved along the route. She was dedicated to her work. She informed me that except during school holidays when occasionally parents took the children for a ride, the bus was empty. The city tour takes about 40 minutes.

When the bus returned to the High Court I took the feeder bus to the Meru terminal. Besides me, there was a British couple. The tour guide in this bus also spoke fluent English and gave additional information to the couple. I got down at MAPS and was told to wait on the other side of the road to take the return bus. There was no bus stop sign. The bus from Meru terminal was empty except for me. When I got down from the bus there was a couple going to Meru. The City Tour bus was empty.

I returned to the High Court stop late in the evening to see the situation at night. I was the only passenger for the City Tour. When the bus returned to the High Court, the feeder bus to Meru was there and there were no passengers.

Regardless of whether there are passengers or not, the buses are punctual and keep to the schedule.

The service was started in March, for locals they charge RM12 for adults and RM10 for children and senior citizens. Foreigners pay RM35. The ticket is valid for the whole day from 8.30am to 9.30pm.

The tour guide informed that currently, three buses are in operation, one with open deck. There are two routes, one is a city tour and the other feeder bus to Meru. Two more buses would be added soon.

The High Court is not the right place for a bus terminal which is along the main road. The best location for the terminal is next to the railway station so that passengers



arriving by ETS can get onto the bus easily. I am sure that by just changing the location of the terminal, they could attract more passengers.

The service needs publicity and the tour guides said that the majority of Ipoh residents do not know of the service. I was told that a foreigner staying in a hotel asked the receptionist about the Hop-On bus and they said that they were not aware of it. This is embarrassing. It is normal for tourists to ask receptionists in hotels for information and advice. The management of the hotel should be ashamed for employing such people. Tourism Perak had a meeting with

hoteliers and had briefed them of this service.

The pamphlet issued by Tourism Perak mentions the places where the tickets can be purchased during office hours on weekdays. There is no mention that the tickets can be purchased on the bus. It is also not stated that the service is only on Saturdays and Sundays. The tour guides said people called and wanted to travel on weekdays and it is not practical for tourists to go to the places mentioned to get their tickets.

The City Tour should include Kampung Kacang Puteh where the snacks are produced and exported to other towns and countries. My friends and relatives who come from outstation make it a point to go to Kampung Kacang Puteh to buy the snacks. Many parents who have children studying overseas buy the snacks in bulk. Tourism Perak can discuss with the traders to allow tourists to see how the snacks are made. By including this place the tour would last about an hour.

When additional buses are available, the route should include Gunung Lang, Perak Tong, Sam Poh Tong, Buddhist/Hindu cave temples in Kampung Kepayang, Herbal Garden and Kellie's Castle.

Tourism Perak should put up banners in Singapore Airport and KL Sentral to announce the availability of the service. Banners should be printed in Mandarin and Tamil to attract tourists from China and India.

The buses are mostly running empty. For a start, Tourism Perak should provide free service and get publicity. Once it is established, they can start charging. What is the point of running empty buses?

Heritage

By Ian Anderson

It's 1937 and Kampar Celebrates

British Malaya, like all other countries under British rule, took great effort in marking any major event in Britain with parades, decorations and illuminations that turned the whole country into a sea of colour by day and a blaze of light at night. All Government buildings and major private institutions joined in the frenzy of celebration. One such occasion was the Coronation of King George VI, with his Queen, Elizabeth, on May 12, 1937.

Kampar soon entered the fray making preparations long before the big day. Committees were formed, plans were made, and materials gathered.

One such organisation was the Kampar Hokkien Association who had originally been instrumental in the founding of the Hokkien School in October 1912. However, due to the confusion caused regarding admission of students, the name was changed to Pei Yuan Chinese School in 1915. To mark the great Coronation celebration, the Association joined hands with the Committee of the Pei Yuan School. Their objective was to have the finest decoration of any in Kampar. And from the photograph, there can be no doubt they succeeded!

In 1912, the school's intake of students had been only 10 students. Classes were held in make-shift premises and teachers were hard to come by. However by 1919, as the school's enrolment increased, a shop lot at 178 Gopeng Road, Kampar was purchased by the Association and the school had a home. Unfortunately, due to a confrontation between the Government and the School's Directors, Pei Yuan School was forced to close in 1921. It remained closed for two long years, reopening in 1923.

Nonetheless, by 1937, the school was running at full throttle, classes were full; there were teachers a-plenty; it was a perfect time to plan a great celebration and what better time than a King's Coronation!

Pei Yuan was not alone, for on the great day, Kampar really let its hair down. It was a grand occasion for the town, with a 1.5 miles (2.4 Km) long lantern procession through the colourful streets, with bands, decorated cars, floats a 100ft-long dragon. To end the day, there was a community fireworks display over the illuminated buildings. It was truly a day to remember.

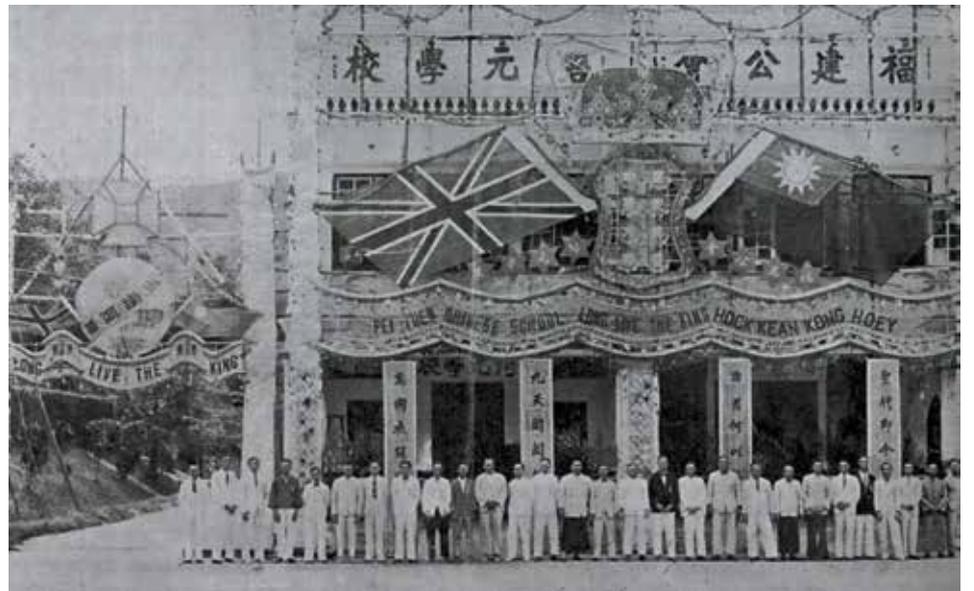
In 1940, with increased numbers, the school moved to the new building along Jalan Kuala Dipang and in 1941 Secondary classes were started but the Japanese invasion put a temporary end to all the classes. The school reopened in 1946 with only 36 students

and like the rest of the Nation, recovery was slow. Despite this, there have been many changes since then, shortage of classrooms on one hand and wonderful additions that include a multi-purpose hall, a new school hall, a new library, a gymnasium and six more laboratories, on the other.

But the most important changes relate to the establishment of Sekolah Menengah Pei Yuan 1958. Then in 1962 Pei Yuan High School was set up for the private students. Thus, three schools co-exist in the same compound.

The photograph shows the Committee Members of the Pei Yuan Chinese School with the Kampar Hokkien Association, outside the school, during the 1937 celebration.

Pei Yuan and the Kampar Hokkien Association have a heritage to be proud of.



The decorated Pei Yuan School, 1937

Perak's Prehistoric Past

By Chris Teh

The Bicara Warisan talk "Antiquity of Perak's Prehistoric Past" by Perak Heritage Society was held at MU Hotel on Saturday, June 29. The emphasis was on life and behaviours of the prehistoric society in Perak.

The featured speaker was Goh Hsiao Mei currently lecturing at Universiti Sains Malaysia, Penang. She alluded to her archaeological projects in Lenggong Valley and Kinta Valley where prehistoric humans once dwelt.

The earliest human occupation dates back to the Palaeolithic era, approximately more than a million years at Kota Tampan, Bukit Jawa, Bukit Bunuh, Temelong in Lenggong Valley and Lawin, Gerik.

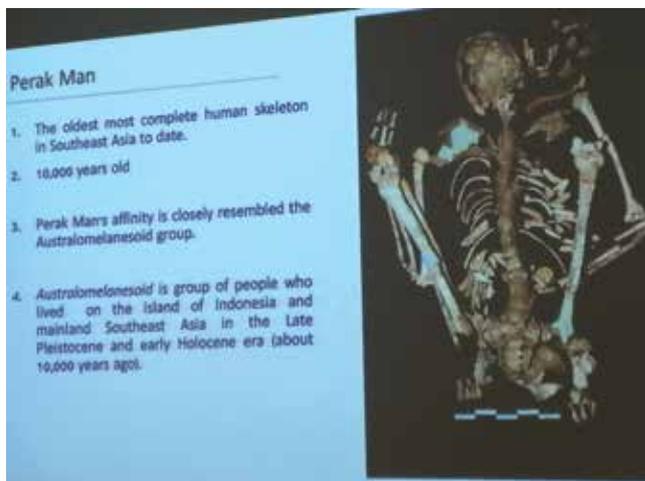
Fast forward to the Epi-Palaeolithic era (3500 to 10,000 years ago), the era was signalled by the emergence of hunter-gatherers and cave-dwellers with the invention of stone tools and ornamental objects and human-burial rituals.

Interestingly, the "Perak Man", currently the oldest near-complete human skeleton in Southeast Asia, dating back to over 10,000 years old, was found at Gunung Runtuh Cave in Lenggong Valley in 1991. The find indicated that the "Perak Man" was part of the Austroromanesoid group who lived on the Island of Indonesia and mainland Southeast Asia.

The Neolithic era (1700 to 3500 years ago) was signalled by the emergence of societies with a sedentary lifestyle. Those from this era tended to stay in one place, had complex economic strategies, adopted elaborate symbolic behaviours, used earthenware and practised supine burials.

Goh highlighted that her main project currently is to track down agricultural signatures in forms of water and food sources.

"We've yet to discover any. Thus we're extending this work to lipids and proteins that can provide hints of domestication or agricultural activity of the Neolithic era," she explained.



Upcoming

Peace Starts with Me

By Mei Kuan

Soka Gakkai Malaysia (SGM) will celebrate the month of peace this September with its key activity, Run for Peace 2019 which will see more than 110,000 participants at 28 locations nationwide. Featuring a theme of "Peace Starts with Me", it is initiated by SGM with the aim of promoting a culture of peace and a healthy lifestyle in the community.

In Perak, the 6km run will be held at Bulatan Sultan Azlan Shah, Meru, on Sunday, September 8 with an estimated attendance of over 8000 as public registrations were snapped up within just two weeks in June.

Run for Peace is a non-competitive biennial event held by SGM since 2005. To date, more than 250,000 peace lovers from all walks of life, particularly young people, have joined the run and taken a stand.

The origin of Soka Gakkai peace movement dates back to September 8, 1957. On this day, Soka Gakkai's second president, Josei Toda made his historic declaration calling for the abolition of nuclear weapons, condemning nuclear weapons as an absolute evil which threaten humanity's right to live, and called for their prohibition.

At the root of such violence is the lack of concern for others. It is hoped that all participants will courageously challenge the ways of thinking that justify hate, violence and discrimination.

To find out more about the cause, visit its official website <https://www.runforpeace.com.my> or Facebook page <https://www.facebook.com/runforpeace.official2019/>.



How much do you know about palm oil's health and nutritional benefits?



Palm oil is in half the products we buy and use in our daily lives. Globally, the most significant use of palm oil is in food products, followed by industrial applications for cosmetics, detergents and cleaning products and energy source.

Did you also know that palm oil is one of nature's richest sources of tocotrienols, a form of Vitamin E with powerful antioxidant and strong anti-inflammation that reduces bad cholesterol, improves liver health, reduces the risk of dementia, and protects and beautifies skin?

Other health benefits of palm oil include a balanced composition of saturated and unsaturated fats. It also does not require hydrogenation due to its natural semi-solid state, thus avoiding the formation of trans fatty acid, which is bad for health. Its high oxidative state also allows for quality and healthy food to be cooked at high temperatures up to 200 C, making it ideal for deep frying. Our Malaysian palm oil also imparts a long shelf life and can be stored at room temperature. When cooking, palm oil also produces less "gummy" materials and makes cleaning up more manageable.

The palm oil industry has been evolving, and many are already ahead of the curve to produce this beneficial oil sustainably. One such company is Kuala Lumpur Kepong Berhad ("KLK"), a leading palm oil producer in the industry. KLK believes that it is essential to educate the younger generation with the basic knowledge of one of the main



commodities the country has to offer and for them to have accurate information about the palm oil sector.

In line with this, KLK launched its Palm Oil Education Programme in 2018 and the first year alone; the programme reached more than 800 students around the Kinta Valley. This year, the programme was extended to another 1200 students from SMK Ulu Kinta, SMK Buntong, SMK Gunung Rapat and SMJK Perempuan Perak. The KLK Palm Oil Education Programme consists of an educational presentation on palm oil and its application, followed by team activities and a hands-on soap making session using locally sourced sustainable palm-based products.

Malaysia is the second-largest palm oil producer in the world, and we as Malaysians have a role to play in fulfilling the growing global need for oils and fats sustainably. It is crucial that we raise better awareness about the palm oil industry amongst our future generation and instil national pride and a greater appreciation for our Malaysian palm oil.

Arts and Culture

7th Night of July

By Chris Teh

The "7th Night of July" charity concert was held at SMK Methodist (ACS) Ipoh auditorium on Sunday, July 7. Present were Datin Rosalina Ooi-Thong, President of Perak Society for the Performing Arts (PSPA), Lighthouse Hope Society (LHS) Chairman, Dr S.S. Gill and an audience of over 400 attendees.

LHS, a non-profit organisation established in 2006, provides humanitarian assistance to the needy, especially the helpless and the homeless, via daily free meals, medical care every Mondays and Thursdays and drug rehabilitation assistance to addicts who seek help from the society.

To date, LHS is involved with the 'Orang Asli Economic Empowerment Project', supplying plant seedlings and young chicken to indigenous villages and the Kampung Solar Project – installing solar panels at undeveloped villages.

The concert saw the audience becoming interactive with live polls which decided the ultimate ending of the musical act.

"We decided to do something different this time," said PSPA vice president, Chai Jin Hann, who was part of the concert's performance group. "Previously, we only sang English songs, but to appeal to a larger audience, we introduced songs from other languages into our show tonight."

The first half of the show featured PSPA singers performing popular folk songs such as Korean 'Arirang' and Tagalog 'Anak', not to mention their rendition of 'Bujang Lapuk' by the late Dato' P. Ramlee.

The second half was a musical act accompanied with humorous dialogue exchanges featuring songs such as 'Circle of Life' from 1994 film 'The Lion King' and 'I See the Light' from 2010 animated film 'Tangled'.

The amount raised from the concert is almost RM30,000 on top of the food rations donated.



The Lighthouse conveyed their appreciation to PSPA and members of the public for their support towards their community work.

Anyone who wishes to contribute further towards supporting LHS, please contact them via telephone **05 546 2023** or email at lighthousehopesociety@gmail.com. Donations can also be made via Boost e-wallet.

LETTERS

Dogs Attack NZ Tourists Having Morning Stroll

At 11am Friday, July 27, my wife and I, both New Zealand tourists staying at the Housing Trust Ipoh Old Town (Perumahan Jalan Kampar), had a walk to the local wet market at Pasir Pinji.

In less than 15m out on Jalan Haji Yusoff 12, the owner or tenants living at the house opened the door and allowed a large black guard dog make a run at my wife. She used her umbrella to ward off the dog. I then took the umbrella from her to ward off the dog who was lunging and snarling at us.

As we were about to reach the market (10 minutes later) walking along a suburban road (Jalan Pasir Pinji Road 12) a dog, another large one, came out growling and approaching my wife threateningly; I quickly snatched the umbrella from her to ward off the dog and the dog began chasing us barking and growling so I thankfully found a small stone by the roadside to throw at the dog.

Being tourists from New Zealand who have lived and worked in Australia, Europe and Singapore and having lived in Airbnb for three years, Ipoh has become to us the worse in terms of attitude and treatment of tourists. Now my wife remarks "no wonder there are so many empty houses, rooms and homestays".

My wife is still traumatised by the experience which had occurred six hours earlier (at the time of writing). Our concern is for the community of Ipoh and for tourism in Ipoh where if tourists walking in broad daylight, have dog owners allowing dogs to come out and attack them then it is detrimental to the image of Ipoh.

We understand the need for safety and security but the dogs making runs at people walking in public walkways has breached Section 6 of the Minor Offences Act 1955 where the dog owner is liable for a fine of RM100 and as the dog is allowed to scare or threaten people walking on public walkways (in broad daylight 11am) then there is another breach under Section 8 of the Minor Offences Act 1955.

There has been a tragic case of a dog killing an elderly lady in 1994. For the betterment of Ipoh's image as a future tourist hub to offset downturn in businesses here (as can be seen by the many homes for sale and rent and many closed shops) it is important to treat others as you want yourself to be treated and not allow tourists to be set upon by dogs for just walking to spend their tourist dollars at the market.

Bear in mind that what happened in broad daylight to a couple who are both over 50s having a stroll to the local market. Also at the Pasir Pinji Market, we both saw wild dogs and cats walking around food products which are unhygienic and breached Food Health Safety Laws in Malaysia.

Mdm Lee Ee Tan (NZ Tourist, Director of Hegemeyer Research Associates)
Mr Chuah Eric (NZ Tourist and former University Lecturer Sociology at Monash University Australia)

Rubbish Dumping in Taman Kin Mee



I am a resident of Taman Kin Mee and am approaching you re the above as I have run out of options to highlight our dilemma. One of the residents has been bringing this issue up with the local councillor. The latter said he had been highlighting this issue but so far nothing has been done. In fact, the situation has worsened over the past months due to more dumping and for some reason, MBI workers are not clearing a section of the dump (there is perpetually two piles of rubbish all the time).

Rubbish is strewn onto the road and though it is 2-way only one section of the road can be used. When it rains, puddles of rubbish water collect on the road which makes the road more inaccessible. Not to mention the stinking smells and hygienic issues. Ironically, there is a mamak shop across the dumping area. It is an eatery and I do not know whether the owner has brought the matter to the attention of MBI.

I fervently hope Ipoh Echo will be able to be of help to us residents as nothing has been done over the years and the situation is getting unbearable.

Pauline Chai

One-hour Wait for Shuttle Van

Whenever I go to the GH (Hospital Raja Permaisuri Bainun) for my eye check-up, I park my car at the stadium and take the shuttle van. The van follows the schedule.

However on July 8, when I had to go for a check-up, I decided to park my car at Greentown Clinic car park and take the shuttle van from there since it is nearer to my house. I arrived at the car park at 8.15am and within a few minutes, the van arrived.

I completed my check-up at 10.45am and waited for the bus. There was no sign of the van coming and when I asked the security man; he said the van will come. The van finally arrived at 11.45am with the same driver who drove in the early morning. The van

is scheduled to come every half an hour. It should have come at 11am. During this period there were four trips from the stadium. I thought of walking to the Greentown Clinic, but it was too hot.

When I spoke to another person waiting for the van, he said that he also parked at Greentown Clinic for the first time. We learnt a good lesson.

Whoever is in charge of this service, should get an explanation from the driver for the delay and he must be given a warning letter. The administration should ensure that the vans run as per schedule.

A. Jeyaraj

Young Perak



Youth Day 2019

By Luqman Hakim

Shouts of "Belia Perak Hebat" (Perak Youths are Great) resonated in the Youth and Sports Complex opposite the Indera Mulia Stadium, Ipoh. The cheers signified the celebration of the 3-day state-level Youth Day beginning Friday, June 28 to Sunday, June 30. Over 10,000 youths, state-wide, were involved in the event.

Perak Menteri Besar, Dato' Seri Ahmad Faizal Azumu said that the celebration was well received by the community, especially youths.

"Organisations and individuals who displayed leadership qualities in Perak between 2018 and 2019 were amply rewarded," he told reporters after officiating the event.

Faizal added that there were many activities for the celebration, such as young entrepreneurs' carnival, halal-certificate preparation seminar, para-sports carnival, battle of the band and drum festival.

"Hopefully, with the Perpaduan 4.0 theme, Perakeans will be more united thus leading to something positive in the future."

Present was Executive Councillor for Youth and Sports Howard Lee Chuan How, who said that Youth Day should be celebrated by all, especially youth, since many of the activities and programmes are being organised with them in mind.

E-Sport



Perak Open Pokemon Go

By Chris Teh

The Perak Open Pokemon Go PVP Tournament was held in conjunction with the state-level Youth Day on Sunday, June 30 at the multi-purpose hall of the Perak Youth and Sports Department.

Guests of honour were Perak Menteri Besar Dato' Seri Ahmad Faizal Azumi and Executive Councillor for Youth and Sports Howard Lee Chuan How.

A total of 46 participants competed in six matches. Victory was determined by two opponent defeats out of the three-round battle in a matchup done by the Silph Arena, an international PVP tournament system designed to help local communities participate in a global player ranking administered by local Silph Arena community leaders.

Player versus player (PVP) battle is part of Pokemon Go's highly anticipated new game feature introduced in December 2018. This feature enables players, dubbed 'trainers', to face-off with each other in a three-round Pokemon battle.

The tournament saw the emergence of four winners also known by their in-game usernames and ranking. They were Champion Muhammad Asyraf (zrasyrarf), 28, first runner-up Khor Zi Heng Byron (cll1149), 23, second runner-up Tan Chuan Yi (GreninjaSuriken), 26, and third runner up Melkinn Chee Ka Sheng (melking2508), 25.

The championship, a collaboration between Perak Youth Development Agency and the local Pokemon Go community, is sponsored by XOX Mobile. It is part of an initiative to make Malaysia the first few Southeast Asian countries to recognise PVP as an official e-sports programme by the Malaysian government.

"We're very close to getting Pokemon Go creator, Niantic Incorporated, to host official live Pokemon Go events in Ipoh such as Safari Zones and Go Fests," said Ipoh Pokemon Go community leader Ooi Yan Sheng, 26.

ONEXLEGION and XOX Group Alpha e-sports representative Hanson Cheong, 23, who was present in the event, found the PVP championship very interesting owing to its casual nature.

"Compared to other e-sports that I've attended, PVP is much friendlier because participants are willing to initiate a conversation with their opponents. The atmosphere of other e-sports would normally be very tense during tournaments and competitors normally don't talk to each other."

Dennis Loong, 43, Malaysian YouTuber known as PoGoTips, shared news and updates of Pokemon Go. He said that Perak Open requires publicity so Malaysians will know that the game's popularity is not on the decline.

When met after finishing his round of PVP, Dennis explained, "I'm constantly looking for content worth sharing in my YouTube channel. This championship is proof that the game is still being actively played by Pokefans (Pokemon fans)."



Wellness

By SeeFoon Chan-Koppen

Don't Wait, Get Screened

As the title suggests, this is the admonition of Dr Vijay Vengkat, Consultant Cardiologist at KPJ Ipoh Specialist Hospital, on minimising the risk of a heart attack.

"Almost 30% of heart attack victims never make it to the hospital," he emphasised, "which a timely heart screening may have prevented."

As an interventional cardiologist, coming from Hospital Bainun Ipoh where he worked from 2006 with the last two years as Head of Cardiology, till joining KPJ Ipoh Specialist in October last year, Dr Vengkat is very keen on preventing heart events rather than intervening in them.

After graduating with an MBBS from the University of Malaya followed by an MRCP from the UK, Dr Vengkat polished his cardiology skills with long work stints in Serdang, Sabah and IJN the National Heart Institute before joining Hospital Bainun.

The risk factors are high in Malaysia with people getting diabetes younger and younger resulting in 1 in 5 people being diabetic and 47% have high cholesterol. Add to that, smoking, hypertension and the obesity epidemic, and the statistics here for heart attacks are poor compared to other countries. For example, the average age for a heart attack in Malaysia is 58 compared to 65 in Thailand, 68 in Canada and even later for Singapore.

So screening is advisable especially if there is a family history of heart attacks or strokes. Screening can be as simple as doing an ECG which can determine if a patient is having a heart attack or had a previous one but it cannot detect blockages in the arteries. An echocardiogram can detect any weaknesses in the heart and whether there are any valve problems or a hole in the heart.

A further diagnostic procedure is an angiogram where a dye is injected and scans are taken of the heart and its surrounding arteries. If there is more than a 70% blockage in an artery, then serious intervention is required such as balloon angioplasty where a catheter is threaded up into the blocked artery and the block is gently broken up by the balloon which is inflated at the site. This will improve blood flow. Whether or not they need to put in a stent (a mesh tube to keep the artery opened) will be decided by the cardiologist at the time and depending on the location of the blockage.

Often times, if the blockage is less than 50% Dr Vengkat would prescribe medication to gradually dissolve the block and improve overall blood flow.

For obese people, Dr Vengkat recommends reducing weight and if travelling long distances by plane on journeys of more than 10 hours or longer, to wear compression socks or take blood thinners during the flight. Deep Vein Thrombosis or DVT for short, happens more frequently when there is little or no movement while flying and the clot that forms in the legs may travel to the lungs and cause a pulmonary embolism which can be fatal.

Dr Vengkat recommends that one should do a screening by the time one reaches 50 or earlier if you have chest pains, breathlessness or even symptoms that resemble heartburn.



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5th Perak Century Ride

By Afiqah Rafael

Taking cognisance of being the only state that organises a 160-km (dubbed the Century Ride) for five consecutive years, this year's edition was named the "Gold Edition."

True to its name, winners were awarded 24-karat gold plaques. Entrants with lucky rankings such as 8, 88, 888, 916 and 999 were similarly awarded.

President of Le Velo Cycling Club, Shahrudin Not, stated that the objective was to promote tourism in conjunction with Visit Perak Year 2019.

With over 1500 participants including entrants from Europe, South America, Central and Southeast Asia, Perak has gained much recognition for its effort.

Singaporean and victor of Men's Super Veteran category, Markus Tam, was here solely for this annual event. "There's little time for us to try the food in Ipoh. We'll be back soon."

The event was flagged off by state Tourism, Arts and Culture Committee chairman Tan Kar Hing at the Rural Transformation Centre (RTC), Gopeng on Sunday, June 30.

The route took riders through Batu Gajah, Tronoh, Seri Iskandar, Bota Kanan, Lambor Kanan, Kampong Gajah, Chenderong Balai, Tanjung Tualang, and Malim Nawar. It ended at RTC Gopeng.

Overall champion, Muaz Rahim from Kedah told reporters, "I enjoyed seeing the quaint kampong houses and paddy fields while cycling, I never realised how heavenly Perak is. I'll be back for more."



Despite a reduction in sponsorship, the event managed to maintain its prestige and attraction judging from the number of participants.

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