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Cheers and Cheers Again

By Chris Teh & Yugin Foo

Ipoh, like many other capital cities in Malaysia, is home to countless drinking establishments. However, as of late and probably owing to Ipoh now garnering accolades as an up and coming “hot spot” for visitors, our beloved city has seen many new establishments serving not only alcoholic beverages but offering meals fresh out of the kitchen as well as various types of entertainment.

Public house, more commonly known as “pub” to many, has its roots in European culture, brought to Malaya during the era of British colonisation. Despite “pub” having a definite linguistic difference to “bar”, the term has been commonly used today to describe the same thing. Ipoh Echo went in search of such pubs and surveyed their progress.

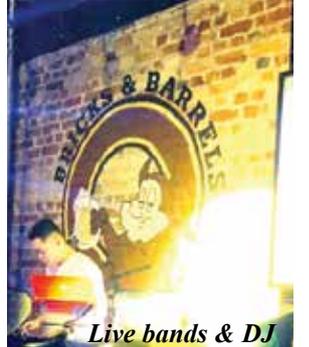
FULL STORY ON PAGES 2 & 6



Music performance



St Patrick's ambience



Live bands & DJ



Ongoing darts tournament

Pangkor Island – Sun, Sand and Sea



Pulau Pangkor is one of the country's top 3S popular tourist destinations where you can experience nature at its best.

It is a place where the combination of sun, sand and sea is not only complete but profound.

Exciting water activities include the not-to-be-missed stroll along Pasir Bogak Beach. One gets to see marine creatures such as sea cucumbers, sea urchins and coral thriving in rock pools. One of the pools is touted as the largest natural pool in the world. In between tides and when not hampered by torrential rain, the water is calm and placid.

Watch firsthand as fishermen return to shore with their catch at the Sungai Pinang Kecil Jetty. Of interest is the tedious collection of anchovies.

A night at Anjungan Beach Resort in Teluk Nipah will leave one with an impressionable experience. The distinct chirps of the free-flying Great Hornbills are a joy to the ears. It is as if they are ushering in your arrival.

Unwind at Teluk Nipah beach while waiting for your barbecued seafood from Tam and Edy food stall.

Head for Nipah Deli to savour its mouth-watering local dishes and steamboat.

If you long for grilled lobsters, Dandy's Café is the place. For a side order, ask for mango salsa. The sounds of lapping waves will tempt you to eat more.

And upon leaving the island take home some locally-produced seafood products such as the blue-eyed anchovies and dried cuttlefish. Prices are very affordable and will not burn a hole in your pocket.



Anjungan Beach Resort: 05 685 1500
 Facebook: anjunganresortpangkor
 Instagram: anjunganresortpangkor
 Chef Chia Nipah Deli: 011 2424 5323
 Chef Sham Daddy's: 017 598 4173
 Tam & Edy: 010 789 3362
 Pangkor Nature Guides: Matt 013 444 4655

Pub Owners Lament the Downturn in the Economy

Bricks and Barrels

Also commonly known as B&B to many, Bricks and Barrels was established in 2011. Operating from 4pm to 2am daily, the gastropub (a pub where food is served, ostensibly gastronomic food) fits a rough maximum of 200 to 250 individuals. Their peak hour starts from 10pm which lasts until closing time.

B&B organises in-house events such as 'Mambo Jambo' theme night every Tuesday and 'Pirates of the Caribbean' every Thursday.

"'Mambo Jambo' features live bands and music inspired from the 80s and 90s," said 39-year-old **Adrian Tai**, freelance disc jockey (DJ) and person-in-charge of marketing and events for B&B. "We will be organising events for Halloween in October and B&B's own 8th anniversary in November."

Live bands start daily from 9pm onwards with music mixed and matched with DJ Logen, B&B's in-house DJ.

"We mostly hire bands from the Philippines to perform for our crowd throughout the year," Tai said, adding that they perform daily except Sundays.



B&B's entrance

With a cosy, greenhouse-like setting to complement, B&B features a beer garden (in German *Biergarten*) and games for customers' enjoyment.

"B&B is meant to be a family-friendly place, thus we have a pool table at the centre of the beer garden, darts, arcade machine and punch machine for families and the like to play," he explained. "Besides, we hope that customers feel at home when they're at B&B. When life throws you a brick, let's have a barrel!"

Fresh out the kitchen is the English roast pork, which is customers' favourite meal.

"Other pork dishes are available to go with the wide range of beers and liquors," Tai added.

Speaking on Ipoh's potential to be a hub for pub hopping, Tai stated that B&B utilises their existing specialities to capture Ipohite's attention.

"We appreciate our customers' loyalty," he expressed. "Hopefully, with more programmes and activities, we will be



B&B's greenhouse-like beer garden with a pool table at the centre

able to attract more Ipohites to B&B and make the pub scene in Ipoh merrier."

B&B can be reached at Facebook, Instagram, Google and TripAdvisor for information and updates regarding their promotions and events. For bookings and reservations, drop a direct message on their Facebook page or contact them at 05 253 8558.

History Bistroz

Established in 2012, History Bistroz operates from 4pm to 1am daily (2am on weekends). Their peak hour starts from 10pm which lasts until closing time.

Fitting a rough maximum of 200 individuals, the bistro bar sports a retro-driven decorative style, clad with antique lamps, jukeboxes and a rotary dial telephone which still works to date!

"We would like our customers to feel the 'blast from the past' once they step into our bistro," said **David Liew**, co-owner of History Bistroz. Exuding a bubbly personality, 37-year-old David further explained, "With the rising market for pubbing, going old-school is hopefully the way to make us one of a kind."

In terms of entertainment, the bistro bar has in-house DJs daily, while live bands collaborate with DJs every Friday.

"We also have darts, a pool table and karaoke," David mentioned. "On the second floor, an open karaoke space and a karaoke room are available for customers who are raring to belt out some vocals."

History Bistroz's main attraction is perhaps their happy hour happening daily from



4pm to 9pm, and lasting all night on Sundays. Their package for RM98 for 10 mugs of draught beer comes with a ticket.

"If they are unable to finish the whole ticket slots, we will chip the ticket based on how much they drank," David explained. "That way, customers can resume consumption based on their remaining ticket slots on their next visit."

Really good value for money indeed!

For readers who are eager to satisfy their hunger, History Bistroz's deep-fried chicken burger is a meal worth trying.

"We do not use chicken patties for the burger. The meat is a chicken chop," David explained.

On his thoughts of Ipoh's pub hopping scene, David elaborated, "The issue today is the economic downturn and the strain posed on Ipohites. Most of them are saving money and unwilling to come out after work to enjoy hanging out with friends."

History Bistroz will be organising their 7th anniversary later this year on December 12.



"We are promoting our food and party packages in the near future," he expressed. "Hopefully, the economy will improve for the betterment of Ipohites."

The bistro bar can be reached at Facebook for information and updates regarding their promotions and events. For bookings and reservations, drop a direct message on their Facebook page or contact them at 05 255 3836.



St Patrick's

Established in 2013, St Patrick's operates 4pm to 1am daily (2am on weekends). Fitting a rough maximum of 170 individuals including the second floor, the Irish bar stays true to its name – walking into the bar will encourage customers to relax and chill.

"I had been in Europe for 15 years. When I returned here and took over the shop lot, I decided to bring the Irish bar concept to Ipoh," said the 28-year-old owner of St Patrick's **Wong Chee Hoo**, also known as **Ah Bee** to many.

Observing the celebration of St Patrick's Day annually every March 17, the Irish bar organises major events associated with the celebration.

"St Patrick's is a casual bar, so we seldom organise events like other pubs frequently do," Ah Bee explained. "But when it comes to St Patrick's Day, our bar definitely stands out in terms of celebration."

Live music happens every Tuesday, Friday and Saturday. Their peak hour starts from 10pm onwards mostly during weekends and public holidays.

On the subject that St Patrick's offers the best stout beer in town, Ah Bee said, "Our bartenders, even myself had to undergo draught beer training. There is a certificate to prove that we have qualified. Indeed, our customers commonly order the stout beer," he mentioned. "The smoothness of stout is what they value the most."



Smooth stout beer

St Patrick's light meals include their signature Shatin chicken and lamb cuts.

Speaking on his thoughts about Ipoh's pub hopping scene, Ah Bee said, "St Patrick's has always aimed to be a place for customers to casually enjoy their night out or chit chat with friends. It's a stressful world today and every employed individual could use the accompaniment of beer to blow off steam from work. Ipohites would like our simple, yet enjoyable service we have to offer."

St Patrick's can be reached at Facebook for information and updates. For bookings and reservations, contact Ah Bee at 018 577 7089.



Shatin chicken

Continued on page 6...

DISUNITY THE BUZZWORD

From The Editor's Desk

By Fathol Zaman Bukhari



A year on there is not much to show that we are doing better as a nation in terms of national unity and cohesion.

The nation observed 62 years of independence on Saturday, August 31. Looks like our hopes for a vibrant Malaysia Baru (New Malaysia) will remain just another pipe dream. It is akin to a mirage in a desert. You get to see a fleeting glimpse of it and when you get the hang of things, the image is gone only to appear yonder in the horizon. It is like stretching our imagination to the fullest. Perhaps, infinity is a better word.



What have we achieved after six decades as an independent sovereign nation? Malaysians were elated when a new government was sworn in following the euphoric yet unexpected results of the 14th General Election in May 2018.

The prevailing mood was one of high expectations, as the *rakyat* celebrated the ouster of a decadent and corrupt party that had overstayed its welcome. However, the outlook today is much different from then. It is short of being melancholic and disappointing.

A year on, there is not much to show that we are doing better as a nation in terms of national unity and cohesion.

Instead, the deep fissures that threaten the very foundation of the country have become more apparent, as reflected by our very liberated social media.

It is no exaggeration to say that highly provocative and sensitive comments stirring unrest among the people have become the staple today. Gone were the days when such comments were being cleverly hidden behind platitudes and clichés.

Race and religion remain the most divisive factors, as they were under the previous administration but cushioned with a relatively freer media today. They are being deliberately introduced to cause animosity and violence. On August 14, a man threatened to behead lawyer Syahredzan Johan for urging the withdrawal of controversial preacher Zakir Naik's permanent resident status in Malaysia. A 28-year-old security guard was arrested and is being held for questioning.

Hamid Bador, the current Inspector General of Police is doing a good job but he owes his new lease of life to none other than Prime Minister Mahathir. Well past the retirement age of 60, being retained and promoted, at the same time, is a dream come true for anyone who is just out of cold storage.

On Saturday, August 17, a video of a man brandishing three menacing weapons – a parang, a sword and katana (Samurai blade) went viral on WhatsApp, I was a recipient too.

In the three-minute clip, he was heard threatening non-Malays with violence while he proudly demonstrated his invincibility by running the blades across his abdomen, hands and neck.

On Monday, August 19, police arrested a 43-year-old civil servant over a Facebook posting inciting Muslims to shed the blood of non-believers. Fortunately, no one heeded his call.

The man urged Muslims to “sharpen their parangs for *kafir* (infidels) who may want to become like sacrificial cows”.

The suspect was identified as an assistant director with the Islamic Development Department Malaysia (Jakim).

In the wake of such provocations, the Malaysia Communications and Multimedia Commission (MCMC) has set up email and WhatsApp hotlines to lodge complaints against those who insult race, religion or the royal institution. How effective is this so-called remedial action is debatable as we have heard it so often before.

Following Pakatan Harapan's victory in last year's election, hopes were raised for a revamped Malaysia Baru promoting a more progressive and pragmatic society. This was followed closely by the indictment of Najib Razak, the all-powerful and seemingly corrupt Prime Minister. The excitement, however, was short-lived as one blunder after another was committed by members of the ruling coalition. Minister Azmin Ali's sex scandal was the icing on the cake. It had a demeaning impact on Pakatan Harapan's stature.

Shared Prosperity 2030, announced by Prime Minister Tun Mahathir Mohamad in May was to mark the ruling coalition's first year in power. It was aimed at ensuring fair, sustainable, and inclusive economic growth; fostering unity and creating decent living standards for all Malaysians.

But events and issues over the past few months, such as the move to introduce khat calligraphy, the resistance by Chinese educationist group Dong Zong, the furore against controversial Indian Muslim preacher Dr Zakir Naik and the Selangor government's plan to allow for one parent to unilaterally convert a child to Islam, have shown that the new government is not much different from the old Barisan Nasional when it comes to matters involving race and religion.

With Umno and PAS upping the ante in playing the race card and the Pakatan Harapan's ebbing support in the Malay heartland, the new government is walking on eggshells, literally.

In the case of controversial preacher Zakir Naik, who faces charges of money laundering and instigating terrorism in India, non-Muslim Malaysians were dumbfounded by his hobnobbing with the Prime Minister when the preacher had openly supported the previous administration during GE14.

The government's reluctance to deport the televangelist, who was given Malaysian PR by the previous government in 2015, was seen as a move to appease the Malay/Islamic vote bank.

But things have changed drastically for Zakir, who attracted a crowd of 70,000 and was treated like a VIP during a mammoth rally in Kota Bahru on Saturday, August 3.

He is being investigated for provoking a breach of the peace by making disparaging remarks against Malaysian Indians and Chinese. He has been barred from speaking across the country.

Among other things he had said that Malaysian Indians were more loyal to the Modi government in India and described the Malaysian Chinese community as “old guests” who should go back to China before he is made to leave the country.

Claiming that his remarks were taken out of context, Zakir has filed legal action against Labour Minister M. Kulasegaran, Penang Deputy Chief Minister Dr P. Ramasamy, Bagan Dalam assemblyman Satees Muniandy, Klang MP Charles Santiago and former ambassador

Dennis Ignatius.

Tun Mahathir's assurance that the rule of law will be applied on the preacher has allayed fears that the government would merely slap Zakir's wrist to placate his legion of supporters.

The last thing Malaysians want is a dishevelled and skullcap-wearing agitator from Mumbai telling us how to live our lives.

GOOD SENSE FINALLY PREVAILED

Embattled state executive councillor, Paul Yong Choo Kong's decision to go on leave effective Sunday, August 25, ended weeks of speculation about his status following his arraignment for rape. Paul was charged on Friday, August 23, at the Ipoh Sessions Court for the offence. He insisted that he had every right to remain in office as the mandate was given to him by his voters in Tronoh.



Some new developments regarding the issue have surfaced suggesting that the matter was orchestrated by those out to destabilise the power balance in Perak. How true this is, is a matter of conjecture.

My question is, why rock the boat when we have come this far? I believe the issue is beyond “forced” sex between “master and servant.” Some hidden hands are feverishly gesticulating in the background to create a discord in Faizal's government.

EYE HEALTH – DEBUNKING THE MYTHS

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



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

There are many myths that surround the eyes. You may not be blessed with perfect vision but you can take your blinkers off when it comes to eye-care. Here are some common myths about eye-care:

NOTHING CAN BE DONE TO PREVENT VISION LOSS IN OLD AGE

If you experience any eye symptoms such as blurred vision, eye pain or floaters, please see a doctor. There are many causes of eyesight loss or blurring vision and most of them can be treated especially so if they are detected early enough. So, if you have blurred vision always seek professional help early. Eye problems are thankfully treatable most of the time. Do not live with poor vision without seeking appropriate help.

IF YOU WEAR GLASSES, YOU GET DEPENDENT ON THEM

When you are prescribed a pair of spectacles to correct your vision because you have blurred vision, excessive use does not weaken your eyes. Wearing these prescription glasses allows you to see clearly and puts less strain on your eyes. It does not make you get dependant on the spectacles but rather, it just allows you to enjoy good vision.



EATING CARROTS IMPROVES VISION

Will eating carrots all day long give you bionic eyes? Actually, it's the overall DIET that's important. Although carrots are foods that are high in Vitamin A and does play a role in maintaining eye health, having an excess of the vitamin does not enhance vision further. Foods like spinach, broccoli and dark green leafy vegetables can help the eyes. So, you do not have to be eating carrots like a rabbit.

READING IN DIM LIGHT IS BAD FOR YOU

Reading in dim light does not cause permanent harm to your vision but it can cause eye fatigue that can affect you significantly. It is best to avoid reading under dim light to avoid unnecessary eye fatigue. Going through the day results in enough fatigue in itself, so do the right thing in reading under adequate lighting.

WORKING AT A COMPUTER DAMAGES YOUR EYES

When someone works on a computer, he or she tends to blink less times in one minute. This causes discomfort especially when you work with a computer for long. It is because the eye lubrication gets compromised making the eyes less moist. The person's eyes ends up feeling dry, gritty and sometimes with a burning sensation. Again, the key is to take a regular break in between computer work, applying the 20-20-20 rule. Applying moistening or lubricating eye drops does help. Avoid eye drops with antihistamines in them! Reducing the brightness of your monitor to a comfortable level is also helpful.

BAD EYESIGHT FOLK SHOULDN'T WEAR OUT THEIR EYES BY DOING DETAILED WORK

If you have weak eyes, doing fine-print reading does not make them worse. The eye is not a muscle. The eye is like a camera. Therefore, it will not wear out just because you use it to take photographs that have fine detail.

For more information, call Gill Eye Specialist Centre at Hospital Fatimah (05-5455582) or email gillyecentre@dr.com

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The Stray Dog Problem in Ipoh

Stories about dogs being tortured, maimed and killed appear to be on the rise. Dogs have been poisoned in various parts of the country. One dog in Sabah had his lower jaw sliced off. Others have been bundled into sacks and dumped into a river or beaten. In the latest case, in Langkawi, someone killed a dog with arrows. What happened to human compassion? None of the religions say that we must be cruel to animals.

If the manner in which we treat animals is a reflection of our society, what do the stories about animals being tortured or killed in Malaysia say about us?

Ipoh, as in most parts of the country, has a stray dog problem. Various individuals have recognised that something needs to be done, because it is evident, that the authorities are unable to cope.

Aware that stray animals pose an acute and growing problem that must be addressed, veterinarian, Dr Ranjit Mendhir Kaur, came up with the idea of setting up a facility to deal with them.

As her practice frequently deals with stray animals, for which there is no shelter, she decided that the policy of trapping the animals and neutering them before their release into the environment, also known as a Trap-Neuter-Release (TNR) programme, was the next best solution. If homes could not be found for the strays, neutering would at least decrease their population, over time.

So, in 2005, Dr Ranjit set-up an animal welfare charity and called it, Noah's Ark Ipoh (NAI). In 2011, she registered it with the Registrar of Societies and launched NAI in Ipoh. Today, she is still very active in NAI and also acts as an advisor to animal welfare groups.

NAI responds to emergency calls from the public, rescues injured animals and provides transport so they can receive treatment; however, its main aim is to reduce the stray population by TNR or adoption. They organise events to help raise funds for the work that NAI does.

NAI's expenses are high, and often exceed the money available. Veterinary and boarding bills are a drain on their resources. A dog or cat that has been injured in an accident, may incur thousands of ringgit of treatment before it is healthy for release. NAI strives to do more than just the TNR programme.

NAI may have a small member group, but all its members provide an invaluable service and have specific roles. To keep costs down, most of its members rescue and board the strays in their own homes. They have fosterers and also provide a cat shelter which houses over 60 cats.

Rescued animals are treated, neutered and if they are not adopted, will be taken to the shelter. Animals which cannot survive on the streets are also taken to the shelter, which acts as a home for the old, disabled and those which cannot be adopted.

Ipoh has six registered NGOs which do similar work to NAI. A few just manage the stray animals, others perform a role as community feeders, whilst the rest raise funds to help neuter the strays.

Most people are not aware that NAI receives at least 10 emergency calls every day to help deal with strays. When asked how many stray dogs are found each day, Malika Ramiah Oates, NAI's shelter manager, said, "It is difficult to say how many, as you can walk down a single street and find up to 10 strays, both cats and dogs."

When asked if she knew how many strays could be found in a year, said, "We believe there could easily be over 30,000 strays. They multiply fast."

"A cat can have a litter every three months. A dog can have a litter every six months. Their offspring can start the cycle when they are around six months."

She is unaware who compiles official statistics about strays. So, why do we have so many stray cats and dogs?

Malika said, "Irresponsible pet ownership. People who have pets or dogs to protect their homes do not neuter their pets. They are allowed to roam outside and when they have a litter which they don't want, the animals are dumped, usually at the markets or eateries."

"I don't know how they expect newborns to survive without their mums. Many still buy animals."

"The ones who adopt strays don't have time to take care of them. And strangely they haven't moved away from the belief that it's against nature and God's will to neuter."

NAI aims to educate the public with respect to caring for pets and has held many education programmes to create awareness.

They advise the public to reduce the number of strays by neutering their pets, by preventing the pets from roaming freely and by learning how to care for their pets.

NAI's other little known role is the provision of an adoption service, for those who wish to adopt pets. Malika said, "We have an adoption page on our website and we also advertise on Facebook. Those who want to adopt an animal can contact us through these two mediums."

"We'll interview them and they've to agree to our terms and conditions. Although we try and give up neutered animals, we sometimes give intact cats or dogs. The adopters have to agree to bring their pets back for neutering when it's time."

Most members of the public deal with strays by contacting the Ipoh City Council) and it is alleged that it receives over 400 complaints about strays, each month.

Other people call the various animal welfare groups to ask them to help relocate the strays, but unfortunately, this cannot be done as Malika acknowledges that this only moves one problem to another area. She also said that most do not have the skills or manpower to catch the stray dogs.

Most people report the presence of strays, but few know what happens to them. When complaints are made, the council must act. The dogs are rounded up, both the nuisance dogs and those who are minding their own business.

They are caught and taken to Papan or another dumping site. It is alleged that the council does not have a holding area, or pound, to retrieve the captured dogs.

Many people wonder why strays which are ill are not put-down humanely to reduce their suffering. Malika said, "NGOs are

not permitted to euthanise the strays, because only authorised people like vets or staff from the Veterinary Department can do that. There is a charge for the service."

Malaysia has laws to protect animals but some people allege that by-laws can be interpreted to suit the council. Many animal cruelty videos have been shown on social media, and people wonder if government employees, who are seen to be cruel to strays, are ever penalised.

In Ipoh, people also wonder why strays are allegedly dumped in Papan, a small town on the outskirts of Ipoh which is largely deserted. Is it because dumping strays there is convenient, as it is away from the residential areas?

It is also alleged that many of the strays, which are dumped in Papan, without shelter, food or water, wander off in search of food and water and are killed on the busy Lumut highway.

Others walk aimlessly on the main roads trying to find their way home. Some run into the jungle. Others are too scared to come out for food, which is provided by compassionate individuals.

Many strays fight and die from their injuries. Many dogs become pregnant and the puppies are killed or die. Some of the survivors are fed by kind volunteers but most starve.

So, will Ipoh City Council and the Veterinary Department act responsibly to deal with the problem of stray animals? There are many reports of dumped animals, tortured and killed dogs, so there must be some tension between dog owners and households that do not have pets.

To reduce the population of strays, and to help with animal care and welfare, pet owners could take note of the following

- Be a responsible pet owner.
- Don't shop. Adopt a stray.
- Neuter your pet.
- Do not let it stray.
- Do not abandon your pet when you are tired of it. Do not abandon it, when it gets old. Do not abandon it, when you have to move house. Do not abandon it, when it is sick. Do not abandon it, when you have a new baby. Do not abandon your parent's pet, when they die.

Ipoh City Council cannot resolve the problem of strays. They must work with local NGOs, but pet owners can also do their bit.

A pet is not just for birthdays, or Christmas or for Valentine's Day. A pet is for life. Be a responsible pet owner!



THINKING ALLOWED

by Mariam Mokhtar

COACHING CORNER BY ABLE COACH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

ACTIVE LISTENING

"Most people do not listen with the intent to understand; they listen with the intent to reply." – Stephen R. Covey

Hello Readers! Let us take a step back and think. When we listen to another person speaking

Do we listen to understand or reply? I am sure you will agree with me that most of the time before the other person finishes, we are ready with an answer. Have a think, by replying immediately, did you achieve the purpose of the conversation? Has replying in such a manner, helped you develop a meaningful relationship with the other person?

My personal experience is that while giving a reply has occasionally been helpful, listening to understand has more beneficial effects.

Listening is one of the most important skills you can have. How well you listen has a major impact on your job effectiveness, and on the quality of your relationships with others.

We listen to obtain information, for entertainment and to understand. We do a lot of listening every day, but we thus should be good at it. However, research shows that we only remember between 25 and 50 percent of what we hear! Thus almost 50 percent of the info is deleted from our memory! How to improve this?

We improve by a conscious process called active listening. Active listening is all about building rapport, understanding and trust. You actually hear what the other person is saying — not just what you think they are saying or what you want to hear.

It helps a person feel free to continue talking even if the person they are talking to doesn't have a lot to offer the other person (other than their ear). This skill can be learnt. The important active listening techniques are:

1. PAY ATTENTION.

It is important to have presence of mind. Be in the moment. Look at the person speaking to you. Note the other person's body language and vocal variety to understand the message clearly.

2. SHOW THAT YOU ARE LISTENING

Our body language can be used to show the person we are listening and we are keen to listen to them. A simple smile, looking at their face or a nod will keep them engaged.

3. CLARIFY.

Our personal filters, assumptions, judgments, and beliefs can distort what we hear. It is good to ask questions to clarify what you are uncertain about.

4. DO NOT JUDGE

Active listening requires an open mind. As a listener, you need to be open to new ideas, new perspectives and new possibilities. Even if they have strong views, do not judge, hold their criticism and avoid arguing. Think through to understand where the other person is coming from.

5. RESPOND APPROPRIATELY

Once the other person has completed what they wish to say, give your views in a respectful way. This encourages the other person to listen to you actively.

As I mentioned earlier, active listening requires a conscious effort. Practising it makes you a good listener and has a major impact on your job effectiveness, and on the quality of your relationships with others.

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



SeeFoon's Brain Boggled by Big Hotpot



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

Pics by YuGin Foo



Signature Hotpot

Actually, the word “Big” doesn’t do justice to the hotpot they serve at **Restaurant Moon Flower** on a slip road off Jalan Kuala Kangsar. “Humongous” comes close, as the pot is easily 16in in diameter and that is just for the “small” version.

I had gone the first time to have dinner with four persons including my Foodie Kaki Ginla Chew; and Jan Ching, the co-proprietor told me that the hotpot was way too big for us and to come back with at least eight people.

So we settled for the small dishes as recommended by Jan. As we waited for the rest of the food to arrive, we had a plate of **fried salmon fish skin** coated with salted egg which was perfect for our cocktails, **RM25**.

The first dish to arrive was **Steamed Lala with Baby Shark**. This was piping hot and straight from the steamer, the baby shark pieces juicy and redolent with ginger which took away any chances of there being any fishiness. The broth from the steaming is most slurp-worthy, **RM55**.

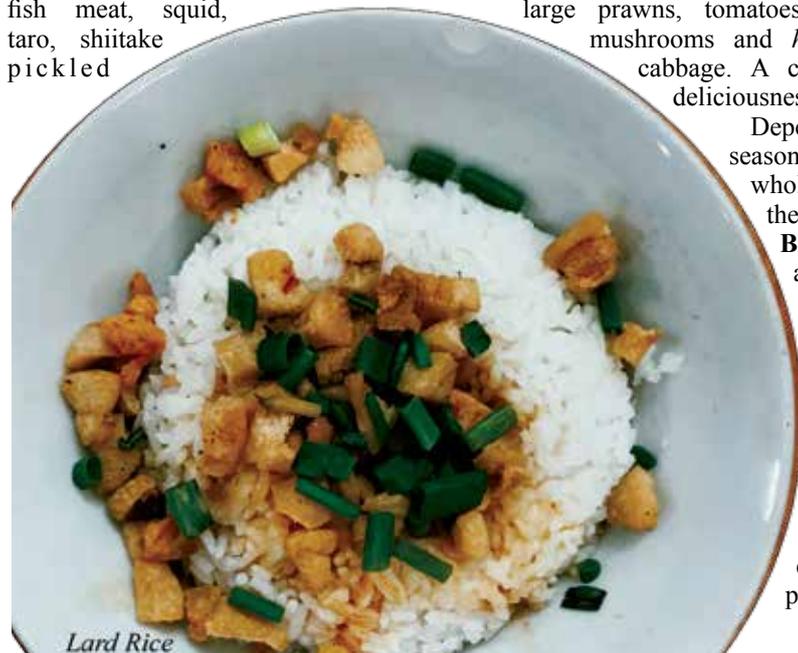
Next came a tureen of **braised pig’s trotters**, the meat well infused with the sauce and the skin velvety, gliding down my throat like well-oiled panna cotta. The added chicken feet lent extra gelatine to the sauce and to go the whole collagen route, ask for pig’s tendons to be added. Hints of dried cuttlefish brought the whole dish to a new level, making this, one of the must-order dishes here. **RM43 without tendon/RM88 with tendon**.

To go with the dishes, instead of plain rice which is the norm, they offer the most swoon-worthy **lard rice**. This childhood staple, when Mum or Grandma didn’t have time to cook, is so deceptively simple, yet dear to so many Chinese hearts, is simply hot rice with a raw egg in the middle and flavour supplied by the fresh lard, soya sauce and topped with crispy, crunchy lardons. Heaven in a bowl, **RM6**.

We finished that first meal with **Japanese Ramen**, fried with cabbage, scallions, bean sprouts, prawns and pork and topped with, what else . . . to give flavour to any dish . . . more lardons!! **RM10** per portion.

As we were too few in numbers to try their signature dish the first time around, I soon gathered my foodie group for lunch a few weeks later where we ordered their ‘**Soon Tak Big Bowl Fish**’, a huge flat-bottomed hotpot served on a portable gas burner with everything already in so there is no necessity for cooking your own goodies. Just fish for them.

Chef Ah Sang is generous with the ingredients. In addition to choosing your own fish from a choice of grouper, patin, *bak sou gong* (catfish), shark, *sang yu* (snakehead), or *hong mei* (red tail), fishing in the yumilicious broth will produce noodles made from fish meat, squid, large prawns, tomatoes, fish maw, taro, shiitake mushrooms and *ham choy* or cabbage. A cornucopia of deliciousness.



Lard Rice

Depending on the seasonal price of the whole fish chosen, the prices for the **Big Pot** begin at **RM138 for 8-10 people**: ample if you order other dishes, going up to **RM308** for the more pricey fish and will easily feed 12 pax.

Other



Prawns with fried man tou

dishes to order include their **big squid (wong kai lon)** with **paku vegetables** in a mildly spicy style. Seasonal price as squid prices vary. Similarly for the **large prawns** cooked in an Indonesian style, slightly spicy with a hint of santan.

Restaurant Moon Flower is definitely going to be my ‘go-to’ restaurant in the future. Go with a minimum of five people, order just the “small” big pot and a bowl or two of lard rice to share and come out **RM30** lighter in your wallet if you split the cost but much heavier in gourmet satisfaction.



Fried Japanese Ramen



Shark meat with clams

Restaurant Moon Flower
Proprietors: Deric Leong 012 672 8767 and Jan Ching 012 568 3382
60/62 Laluan Tawas Damai
Anjung Tawas Impian, 30010 Ipoh.
<http://fb.me/MoonFlowerRestaurant>
Business hours: 11am-3pm and 5pm-10.30pm
Closed: first Monday and Tuesday of the month.



Big squid with paku vegetables



Tavern Hall



Old Street Bar

Euro House

Established in 2010, Euro House operates daily from 3pm to 1am (1.30am during weekends). Their peak hour starts from 6pm onwards when live bands play.

Fitting a rough maximum of 450 individuals including the second floor, Euro House has four zones, which are Tavern Hall, Old Street Bar, Alley (gaming zone) and a wine lounge on the second floor.

"Tavern Hall is a newly-expanded section which connects to the Alley, where games such as darts and Xbox are available for customers' enjoyment," said 30-year-old **J'son Cheng**, marketing manager for Euro House.

With a piano being the highlight of the wine lounge, pianists play daily for Euro House while violinists play on Thursdays and Sundays.

"The wine lounge is suitable for customers who would like some peace and quiet from the loud music," J'son said.

Walking to the inner section of Old Street Bar is a karaoke room which houses a pool table, a draught beer dispensing machine and a karaoke set of course.

"Customers can have the whole room provided they spend a minimum of RM500 including the purchase of a 10-litre draught beer barrel. The machine gives customers the experience of doing their very own draft beer," J'son explained.

In terms of food, Euro House's carbonara pasta and lamb cutlets are their most commonly ordered dishes.

"The most popular alcoholic beverage would be Carlsberg beer. We also offer 12 types of fruit juice for families with kids," he mentioned.

Euro House is also one of the pioneers in a newly-designed Carlsberg tower beer promotion released in August.

"Our promotions are one of the ways we give back to our customers for their loyalty," J'son expressed.

Regarding his thoughts about Ipoh's pub hopping scene, he said, "We are currently preparing for Oktoberfest and Halloween events which are both happening in October. Hopefully, these events will bring more excitement to Ipohites and enjoy what we have in store."

Euro House can be reached at Facebook and Instagram for information and updates. For reservations, contact them at 012 553 2032.



Carbonara pasta

Customers

Ipohite **Loo Chun Yien** working as a sales administrator enjoys going pub hopping to hang out with her colleagues and friends after work.

"It's my usual panacea for the stress I face at work," the 30-year-old said, citing beer as her favourite beverage whenever she goes pub hopping.

"My friends and I used to like where the major crowd goes," Loo mentioned. "Today, I would rather go to pubs which are comfortable and relaxing. Loud music is not always pleasant to the ears when you want a decent conversation. With the rising cost of living today, price becomes one of the main deciding factors on where I should go," she elaborated.

Asked on how much she spends whenever she pub hops, Loo revealed, "About 10 to 20% of my monthly spending goes towards pubbing." Further explaining, "Nowadays, I pub hop when I'm invited by my friends and even then only on weekends. To have even a glass of beer is quite costly," she lamented.

Ipohite **Edwin Seibel** is also one to enjoy pubbing after a week of workload stress.

"It is nice to get out of the house and have an enjoyable, chilling hangout session with my friends," the 49-year-old lawyer explained. "I decide by looking at the ambience and vibe of the place, not to mention entertainment offered and service quality," Edwin elaborated. "It depends entirely on how I feel during the time."

Asked on how much he usually spends on pubbing, he revealed, "I go pubbing at least once a week. Around 5% of my monthly expenditure goes towards this activity," he revealed, citing Long Island iced tea as his favourite beverage.

Ipohite **Michael Tan** finds going pub hopping one of the best ways to socialise and meet new acquaintances.

"Going pubbing with my clients or colleagues is definitely my preferred way of interaction rather than in the office all the time," the 49-year-old said.

"Pubs with live bands are my top favourite," Michael expressed. "The atmosphere of the pub and price of drinks will also be part of my decision. Service quality has to be good too, of course."

He revealed that no more than 10% of his monthly spending goes towards this activity due to his uncertain work schedules and always shares the tab among his group of good friends whom he goes pubbing with when he's free.

"In my opinion, splitting the bill equally is a socially healthier choice when with friends. Saving money is important, but the moments spent hanging out with friends and like-minded individuals are so much more than just monetary aspects," Michael expressed, citing stout beer as his favourite beverage.



Loo Chun Yien



St Patrick's crowd



iSpeak

By A. Jeyaraj

Papan Herbal Garden – In the Middle of Nowhere

I visited the Papan Herbal Garden in March after seeing the 400 hectares of so-called degraded forest which is earmarked for logging near Papan. I accompanied members of NGOs to the garden which is in the Kledang Saiong Forest Reserve and next to the forest designated for logging. It looked like we were the first outsiders to visit the place. The tickets for entry were not available at the guardhouse and were kept in the office inside the garden. This shows how often they issue tickets.

The garden is a small area with a circular road. One of the staff accompanied us and he was friendly and explained the usefulness of some of the plants and what they were used for. There is a three-storey building in the centre of the garden which looked newer than the other buildings. I was told it was meant to be a spa and is not used because they have no water.

The garden was opened in 2005 and the buildings look rundown. The writing on the tags attached to the plants was worn off and difficult to read. The place is not well maintained. I did not see any workers.

The garden is supposed to have an information centre, camping site, resting huts, dormitory, homestay, jungle tracking and canteen. The canteen was not open when we were there. There is a hall which can be hired for functions. I wonder whether these facilities are being used. Probably when the garden was first open people might have gone there. Looking at the buildings now, there is no sign that they are being used.

There is a stream with clear water flowing in front of the garden and people come to swim in the stream. Once logging starts the water would turn muddy. The serenity of the place would be gone forever. The wildlife and birds would disappear.

The approach road is not well maintained and has many potholes. People with new cars would hesitate to use the road. The road is being widened, maybe for lorries to transport the timber and then it would become busy and dangerous.

I did not see any signage in Papan showing the way to the garden.

I decided to see the situation in Perak Herbal Garden located in Kampung Kepayang, off Jalan Simpang Pulau - Batu Gajah Road which I had visited about three years ago. I went there on a Saturday morning thinking people would visit the place during the weekend. When I went there, the place was closed. The security guard said that it has been closed for some time and informed that people came without knowing it was closed. There is no signboard informing of the closure and what was going on.

I called the office on Monday morning and the person answering the phone said that he did not know how long the place would be closed.



It is one of the initiatives of the government to provide facilities like this to transfer knowledge to local people and the next generation on the diversity and richness of herbs found in Malaysia. We can instil environmental awareness among our people and educate them on the qualities of local plants.

Setting up herbal gardens is not enough, they should be patronised by the people. There should be more publicity. School children should be taken for an outing here. Many children including adults might not have seen local fruit trees like mangosteen, langsung and others which are grown in the garden.

There are many herbal gardens and I have visited only two, I don't know the conditions of other gardens. Money has been spent on setting up these gardens and maintaining them is expensive. They were set up for a purpose. Have we achieved the aim of setting up these gardens? A study should be done on the status of these gardens and find ways to make them popular. The efforts and money spent are not justified if the facilities are not being used.

Malaysians like to eat and the canteen should serve different varieties of food to cater for the needs of all people and at reasonable prices.

Personality

Zulqarnain Mohamad Council President

By Rosli Mansor

“Turning Kuala Kangsar into a smart and liveable royal town isn’t impossible. However, maintaining it requires not only commitment but the involvement of all stakeholders,” said Zulqarnain Mohamad, the newly-minted Kuala Kangsar Municipal Council President who aspires to restore Kuala Kangsar’s glory days.

Zulqarnain was previously with the Town Planning Department of Ipoh City Council. He served the department for over 28 years. And within the said period he rose in rank from a desk officer to department chief.

Zulqarnain completed his primary education in Batu Gajah and Parit and his secondary studies at Malay College Kuala Kangsar. He did his tertiary education obtaining a bachelor degree in urban and regional planning from the University of Louisiana, Lafayette, USA. He obtained a master degree in city and regional planning from Georgia Institute of Technology and is currently pursuing a doctorate degree in built environment at the International Islamic University Malaysia, Gombak, Selangor.

“Looking back in history, Kuala Kangsar was the administrative centre for Perak. During the British colonial era, it switched to Taiping but the Japanese Imperial Army made Ipoh the administrative capital of Perak. And it has remained as such till today,” recalled Zulqarnain.

He had prepared many papers for national and international-level forums. One of his original papers entitled, ‘Tourism Promotion Organisation for Asia Pacific Cities 2014’ was tabled in Sanya, China in 2014.

“I presented another paper titled, ‘Ipoh Old Town — Heritage Tourism as a Planning Tool towards Sustainability’ at the 2018 Asian-Pacific Cities Summit in Fukuoka, Japan,” Zulqarnain added.

“I’m focusing on collaborative efforts between public and private sectors in planning and boosting tourism while designing a framework for low-carbon emission as a sustainable tool,” he said. “Hopefully, events such as car-free days and reviving town heritage will contribute towards boosting tourism.”

Zulqarnain is confident that Kuala Kangsar will prosper and progress because the royal town is rich in heritage, culture, art and history, which are beneficial for tourism promotion.

“Hopefully, by turning Kuala Kangsar into a green royal town it’ll acquire the international recognition it truly deserves,” he remarked.

Appointments

- 1990-1991: Temporary Maths and English teacher at Sekolah Raja Perempuan Taayah, Ipoh.
- 1991-2010: Town Planning Officer, Ipoh City Council.
- 2010-2011: Special Assistant (Town Planning) to Mayor.
- 2011-2018: Director of Town Planning Department, Ipoh City Council.
- 2018-2019: Senior Director Planning and Development Department Ipoh City Council.
- 9 Mei 2019: Kuala Kangsar Municipal President.



ABOUT LASIK

Dr Lee Mun Toong
Consultant Eye Specialist Surgeon KPJ Ipoh Specialist Hospital

Surgery to improve reading vision – LASER BLENDED VISION

Presbyopia is the medical word used to describe the increasing difficulty with near vision as people age, like most of us will be struggling to read this without glasses if over the age of 42. Therefore Presbyopia is the irreversible loss of the accommodative ability of the eye that occurs due to aging. Accommodation refers to the ability of the eye to increase its refractive power of the crystalline lens in order to focus near objects on the retina.

The classical theory of accommodation proposed by Helmholtz over 150 years ago states that the lens under resting tension is held relatively flat when viewing objects at a distance. During accommodation, the ciliary muscle contracts and moves both anteriorly and inwardly. This decreases tension on the zonular fibers and, in turn, causes increased curvature in the elastic lens resulting in increased focusing power. According to Helmholtz, age-related hardening of lens tissue results in decreased elasticity and thus, decreased distortion of the lens during accommodation.

Many patients hate wearing reading glasses or bifocals or hate that they keep having to switch between glasses for different tasks. They often don't like the fact that reading glasses make them look older than they feel! We are more active, youthful, and affluent than generations before, and have a strong desire to remain as active as possible. Unfortunately, we live in an increasingly nearsighted world, where smartphones, computers and Kindles make near visual tasks increasingly common.

Technological advances in eye surgery now offer a number of effective options for people who want to be less dependent on reading glasses. There are 3 effective options for people seeking to be less dependent on reading glasses:

1. Laser vision correction with mono-vision (Laser blended vision)
2. ICL Implant with Presbyopia lens
3. Refractive lens exchange surgery with multifocal intraocular lenses

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).



“heritage’ means something very interesting for us (artists),” he explained. “Indeed, Ipoh has an abundance of heritage that is impressive and important, and the reason why Ipoh is not a cultural desert,” he highlighted.

Tan Kai Lek, founder of Tin Alley created the space to be used as a platform for art-related talks and workshops by invited professionals.

The century-old double-storey shophouses were previously under the ownership of **Chew Hock Kuan**, a traditional Chinese wooden signboard hand crafter, in which his works are now on permanent display on the ground floor.

“Hopefully, with the creation of this art space, Ipoh Old Town will be a memorable place for Perakans, non-locals and tourists to visit,” he mentioned. “This is also part of my plan to activate Old Town and not let it be so gloomy and quiet during the night.”

Tan reiterated that Art Ipoh 2019 is not just a platform for artists to showcase their work.

“It also shows the importance of arts and culture as one of the means in preserving this rich heritage to Ipohites today and the future generation,” he expressed.

For lovers of the arts out there, better get going to Ipoh’s first-ever major art exhibition at Tin Alley as it lasts until September 30!

Arts and Culture

Curated Art Space

By Chris Teh

Creating a curated space for artists to showcase their creativity is indeed the way forward to promote Ipoh as a town rich in arts and culture.

Organised by **Tin Alley Curated Space**, **Art Ipoh 2019** kickstarted on Saturday, August 17, at Lorong Bijih Timah with a ceremonial opening that included a lion dance, Chinese drum performance and fireworks display.

Approximately 200 Ipohites were present to witness the opening ceremony.

Being the first of its kind in Ipoh, the ‘installation art’ exhibition aims to preserve heritage and recognise the importance of art and culture.

Phillip Wong, art director and curator for Art Ipoh 2019 expressed gratitude in his speech to fellow artists who contributed to the exhibition over the past two months.

“We worked day and night, enduring weather and environmental conditions for the project since June,” he expressed. “It had been extremely hard work for all of us.”

Phillip, who visited Ipoh in 2014 initially thought Ipoh was not ready for an art exhibition owing to its more casual and relaxed nature.

“I changed my mind when I visited Ipoh again in March this year because the word

Preventive Care at Gramerc

By Mei Kuan

Available internationally and only in Gramerc Perak in the whole of Malaysia, are two one-of-a-kind pieces of equipment: Sound & Light Frequenter (Mind Relaxer) and Redox 7 (Cell Relive Cabin).

Utilised for health and preventive care without the use of chemicals or medicine, the equipment is invented by Mike Tseng, CEO of Afar Group, Afar USA LLC and LUXWELL.

"To date, we export to Germany, America, China and Singapore. It is known that when one's internal body temperature increases by one degree Celsius, your immune system will be increased automatically by five times, which is fantastic. The point is, how do you raise the temperature? You may achieve it by running a marathon but that may be too tough for some people. Thus, we make use of far infrared in Redox 7 to vibrate the cells. Redox 7 also removes heavy metals inside your body caused by industrial pollution via deep sweating," explained Tseng who was awarded a gold medal at the prestigious Concours Lépine International Paris 2015, an international invention fair.

Plus, Redox 7 ensures nutrients and fresh oxygen are fully delivered to the skin resulting in a smoother complexion. The success stories of local clients using the Redox 7 included a female suffering from psoriasis for 12 years, who recovered after only 38 days and a 76-year-old with high blood pressure who saw significant improvement after only 15 minutes.



Mike Tseng and Grace Cheah



Before

After 5 days

After 1 1/2 months

"I had weak knees and was wheelchair-bound due to arthritis and old age. After trying Redox 7 daily for almost a year, I could walk even up the slopes minus the pain. My son bought the machine for me to use at home for convenience," Liew Kon Thai, 75, said.

"I was diagnosed with stage 3 ovarian cancer back in 2017 and developed deep vein thrombosis just months back in the lower calf of my left leg. The swelling did not reduce much despite medication. Then I underwent meridian point therapy (to be launched soon) which stimulates blood flow complemented by Redox 7. I treated it as a form of exercise as 20 minutes on Redox 7 is equivalent to 4 hours of jogging. After one and a half months, there is a 90% reduction in my swelling (pic above)," S.K. Chow, 63, shared with Ipoh Echo.

Suitable for all ages, both pieces of equipment can be used daily. "Some of the satisfied customers even purchase the equipment to bring back home. A male customer with Parkinson's has recovered by 70% (based on his brain wave record) in just one month of using the Sound & Light Frequenter which targets nerves in the brain and relaxes the mind. Therefore, it relieves stress for good sleep and enhances concentration," Tseng added.

Currently, Gramerc offers an exclusive rate of RM98 for two treatments (Redox 7 and Super Lucy Brain Light Set) complete with the best of services led by the amiable Grace Cheah, Managing Director of Gramerc.

Interested readers can call **05 545 2293** or swing by Gramerc Perak located at 1 Jalan Medan Ipoh Bistari 1B/1, Medan Ipoh Bistari, 31400 Ipoh (operates from 10am to 7pm every day except Wednesday). Check out Gramerc Perak Facebook page for more updates.

HAPPENINGS

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

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

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

ARTS & CULTURE

THE LEGEND OF THE WHITE SNAKE. SEPTEMBER 14 & 15, 8pm at Anderson School Hall, SMK Anderson, Ipoh. A charity musical play by Anderson School Japanese Language Club in collaboration with Ave Maria Convent Choir Club. To raise funds for the renovation of the school's facilities. Price: back rows – RM20, mid rows – RM35, front rows – RM50. Enquiries: **016 521 0321**. Facebook: [facebook.com/AndersonJLclub](https://www.facebook.com/AndersonJLclub). Instagram: [AndersonJapaneseClub](https://www.instagram.com/AndersonJapaneseClub).

COMMUNITY

BEFRIENDERS IPOH. TRAINING FOR NEW HOTLINE VOLUNTEERS, SEPTEMBER 7-8, 9am-5pm at No. 8, Jalan Sybil Kartigasu, Fairpark, Ipoh. Befrienders Ipoh is a voluntary hotline for the distressed and suicidal. They offer free and confidential emotional support through befriending. This training is open to the public. Call **012 534 0063** to register. Facebook: [Befrienders Ipoh-Page](https://www.facebook.com/BefriendersIpoh-Page).

HI-TEA FOR EX-PUPILS OF TARCISIAN CONVENT IPOH. SEPTEMBER 14 (Saturday) from 12pm-4.30pm at Excelsior Hotel Ipoh. Organised by the Ex-Tarcisian Association (ETA) a non-profit organisation to help needy students, and for the benefit and betterment of women at large. For details call Theresa at **012 589 8637** or Saras at **012 209 3835**.

SHARPENED WORD. SPOKEN WORD POETRY WORKSHOP (Contemporary Poetry). SEPTEMBER 14 (Saturday), 2pm-5pm at SA Lingam office, 1st Floor, 19 Jalan Tun Sambanthan, beside Ipoh Padang. In conjunction with Malaysia Day. The facilitator is none other than Sheena Bahrudin, a poet-educator, writer and host of the monthly poetry show "Speak Easy" on BFM radio. Entrance by donation. For details and up-dates please visit our FB page: www.facebook.com/sharpenedword.kinta.

WORKSHOP: NURTURING THE SELF (FOR THE OVER 60s). SEPTEMBER 14 & 15, 9.30am-6pm at GreenAcres Retirement Village, GreenAcres Clubhouse, Jalan Meru Emas 2, Bandar Meru Raya, 30020 Ipoh. To let go of inner blocks, start dreaming and start anew on a new journey. Sponsored and supported by GreenAcres in collaboration with Inner

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).

Space. Facilitators: Kana Gopal and Elsie Tan. Contribution of RM50 towards running costs will include afternoon tea breaks. Limited to 25 places. Registrants are required to attend both days to take full benefit. Enquiries and registration: **016 374 3606** or **012 521 8319**.

PERAK MALAYALEE ASSOCIATION. 55TH ANNIVERSARY, ONAM & MALAYSIA DAY CELEBRATIONS. SEPTEMBER 16, 7.30pm at Rayan Cultural Hall, Ipoh. Dinner and entertainment. Admission is by invitation. For details, call Mr Udaya Bhanu **019 281 3636** or Mr Gopalan Nair **012 450 2620**.

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**.

MINDS PERAK CHAPTER. TALK ON INVENTION COMPETITIONS & WORKSHOP 'FROM IDEAS TO MARKET'. SEPTEMBER 21 (Saturday), 9am-4.30pm at YMCA Ipoh, 211 Jalan Raja Musa Aziz (Anderson Road), Ipoh. Admission is free. Closing date for registration: September 18. Limited seats; register early to avoid disappointment. For registration and enquiries, contact Ms Dong **016 338 6524**.

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

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

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

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

Wellness

Promoting Best Spinal Care

By Mei Kuan



Organised by Malaysia Spine Society (MSS), Ipoh hosted the 7th International Malaysia Spine Society Scientific Congress which was held from August 2 to 4 at WEIL Hotel.

"MSS started as a small discussion group. I still remember we gathered at hospital cafeterias, small seminar rooms in different hospitals, sometimes around corners during conference or meeting to discuss cases, surgical techniques, tips and share experiences. Then, MSS was established in 2006," recalled Professor Dr Sabarul Afian Mokhtar, President of Malaysia Spine Society.

"The purpose of the society is to strengthen and promote best spinal care to our nation, through education, research training and ethical practice. Some of our programmes are the Northern Spine Symposium, East Coast Spine Circle Meeting and spine instructional courses. We are also very supportive of the Ministry of Health Spine Fellowship Programme," he explained during the opening ceremony which was combined with a trade exhibition.

Running on the theme, "Efficacy and Safety in Spine Surgery", the congress aimed to deliver the development of research and innovation within the framework of enhancing the safety and efficacy in the field of spine surgery and spine care. The scientific programme featured a plethora of sessions with local and international speakers from South East Asia, Indian Subcontinent, West Asia, the Far East and Australia.

The conference, with a day pre-congress workshop on patients' examination techniques, was attended by more than 300 national and international spine surgeons, medical practitioners, allied health professionals, nurses, researchers and postgraduate students as well as supported by 28 industry partners.

Present were Dato' Dr K.S. Sivananthan, Organising Chairman cum prominent Ipoh spine surgeon and Dr Zairul Anuar Kamarul Bahrin, Scientific Co-chairman.

MSS is a medical society for healthcare professionals from Malaysia who specialise in spine surgery. For more updates, visit www.mss.org.my.

Feeling Fantastic



Yeap Heong Moi

Jayamalar Jeyaratnam

Chandrika P. Choo

By Mei Kuan

It was an afternoon brimming with fantastic vibes on Sunday, August 11 at Rose Cottage Restaurant where a health and vibrational energy seminar was held featuring inspirational trio: Jayamalar Jeyaratnam (transformational speaker, laughter workout facilitator and neuro-linguistic programming practitioner), Yeap Heong Moi (pioneer practitioner of phytobiophysics in Malaysia) and Chandrika P. Choo (complementary therapist practising therapeutic touch).

Organised by Rose Cottage Restaurant, the responsive crowd comprised of up to 50 participants.

The bright and bubbly Jayamalar kicked off the event with a laughter exercise which broke the ice instantly. "I'm the kind of speaker who likes to do things out of the box because I feel that's very good for inner expression. There is nothing like stepping out of the box and just relaxing to have a great time," she enthused.

According to Yeap, flowers and plants emit peaceful vibrations which can harmonise the surrounding atmosphere. "Dame Diana Mossop, the founder of the Institute of Phytobiophysics UK since 1990, spent half of her life to researching on how to utilise the

Connexion

By Joachim Ng

Health marshals needed to beat dengue



Perak has outshined most states in seeing that a deadly menace doesn't fly out of control. The number of dengue cases has risen only 7% to 1,903 this year from 1,782 last year.

Seriously bitten are Kelantan with a phenomenal 4.3fold hike in cases, Melaka (up 3.8fold), Sarawak (up 3.6fold), Kuala Lumpur/Putrajaya (up 2.5fold), Pahang (up 2fold), Terengganu (up 2fold), Johor (up 2fold), Selangor (up 1.8fold), Negri Sembilan (up 1.8fold), Sabah (up 1.6fold), Perlis (up 1.5fold) and Penang (up 1.2fold). Kedah and Labuan are the only hopefuls with declining rates of -2% and -62% respectively. But with another four months to go, will they too slip into the drain?

"The major contributing factor is poor environmental cleanliness. Abundant man-made containers provide places for the Aedes mosquito to breed and increase the spread of the dengue virus," says Health Ministry director-general Datuk Dr Noor Hisham Abdullah. Litter contributes to the problem, he adds.

Mosquitoes thrive in hot and poorly maintained built surroundings. This explains why 80 per cent of dengue cases occur in urban areas. As mosquitoes breed faster and bite more frequently with climate warming, the total number of annual cases may rise tenfold in the coming years with deaths reaching a parallel tenfold increase.

In the 1970s the number of dengue cases was just a handful per year. But you now have a fair chance of falling victim with the steep proliferation of breeding spots: messy houses, uncleaned toilets, rotting playgrounds, dirty eateries, littered green patches, clogged drains, garbage mountains, lalang plots, construction site ponds, abandoned properties.

Two human factors are greatly impeding the Health Ministry's battle against dengue: widespread social indiscipline and missing law enforcement. The solution lies in having political courage to impose social discipline and punish offenders severely.

Social Discipline: Train, deputise and equip health marshals with AI tracking devices to keep watch at every location where people live, travel, work, or study. Empower the marshals to issue summonses that can only be redeemed through community work in public hospitals and payment of deterrent fines.

Law Enforcement: Neighbourhood ratepayer committees should be established to take over some enforcement duties from local authorities. Let these committees hire the public cleaning service contractors from an approved list. Empower the committees to supervise and terminate any contractor for negligence. Owners of lalang plots, abandoned properties and mosquito-infested sites that cause dengue deaths should be arrested and jailed if found guilty.

If we keep governing the nation in a sloppy way, we cannot beat dengue. Instead, dengue will suck the lifeblood out of us.



flowers and plants energy to restore and harmonise the human body's energy system. She was knighted by the International Order Knights of Malta of St John of Jerusalem for her contribution to medical research," she explained.

"Phytobiophysics formulas are natural, non-surgical and drug-free. It is non-addictive, non-invasive and non-manipulative. Thus, it is safe for babies, children, elderly and pets," she added.

Meanwhile, Chandrika enlightened the audience on manual lymphatic stimulation, drainage benefits and lymphatic health including tell-tale signs of possible lymphatic congestion.

"The lymphatic system is one of the most important systems in the body simply because it is linked to our immunity. It depends on muscle movements to move the lymph fluid through valves. It acts as a sewer and garbage collection system of the body. Manual lymphatic drainage (MLD) is a gentle technique which is used to stimulate the lymphatic system to promote the flow of lymph fluid around the body. The massage encourages the natural drainage of the lymph out of the affected area, helping to eliminate your body's waste, reducing swelling and boosting the body's immune system," she elaborated.

"I enjoyed the last speaker (Chandrika) a lot on the lymphatic process. I thought her presentation was very interesting, just going through the basics of what she does and what we can do for lymphatic health. I also enjoyed the opening (Jayamalar's) with mindfulness breathing which I'm familiar with," one participant shared with Ipoh Echo.

For more updates, check out the Facebook page of Rose Cottage Restaurant.

Books

Titles and Ceremonial Traditions of Perak

By Mei Kuan

Experience the grandeur of the royal court of the Silver State via a copy of the “**Titles and Ceremonial Traditions of the Royalty and Nobility of the State of Perak, Malaysia**” penned by **Dr Adib Vincent Tung bin Abdullah** in English.

The official launch of the book was held on Saturday, August 10 at Syeun Hotel. It was graced by Sultan Nazrin Shah and Raja Permaisuri Perak, Tuanku Zara Salim.

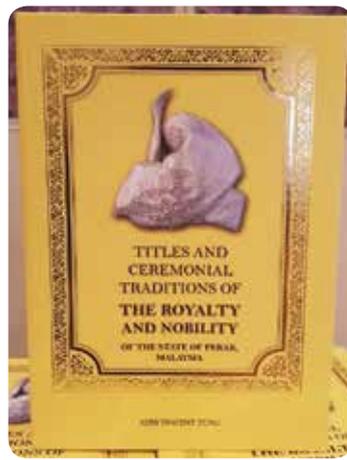
Published by Perak Academy (an NGO) in 2018, this 936-page volume with over 1500 photographs covers history from the origin of the name “Perak” and colonialism to the present day privileges, duties and powers of the sovereign. It is an informative, inclusive and even enthralling guide to the Malay customs, rites, rituals, recreation, pomp and pageantries.

It touches on topics as diverse as the ancient court etiquette, the selection and appointment of titled princes, hereditary chiefs and their heirs, State regalia and decorations, and from the birth of a prince to his eventual ascension to the throne.

This book also serves as a practical, astute handbook which takes readers step-by-step through all types of royal occasions and enlightens one how to prepare oneself when attending regal fanfares as well as on how to conduct conversations with royalty and noblemen.

“So rich is our Perak royal traditions that many of its practices have been copied, introduced to and absorbed into the royal courts of other states within our country,” Dr Adib Vincent Tung explained.

“It took me 19 years to complete. So far, over 500 copies have been sold. Generally, I love writing, thus I started writing books. Technology has facilitated my interest in writing,”



the Ipoh boy told Ipoh Echo during the launch.

An ideal collectors’ item for a good library display, the edition includes very useful appendices, index and bibliography for students and researchers.

It is priced at RM399 (hardcover, full colour), RM369 (softcover, full colour) and RM299 (softcover, black and white), interested readers can contact Perak Academy at **05 241 3742** or visit its website www.perakacademy.com to order.

“On a side note, according to Dato’ Henry Barlow of the Malaysian Branch of the Royal Asiatic Society, Perak is the best well-documented state in the whole of Malaysia,” Chan Kok Keong, Deputy Chairman of Perak Academy added.

Besides that, Dr Adib Vincent Tung has authored 26 books with another on stag beetles of Peninsular Malaysia and Borneo in publication in addition to more than a hundred articles and brochures on insect taxonomy, tourism and conservation. A trained business administrator cum governor with Perak Academy, he is a Fellow of the Royal Entomological Society of London and has participated in scientific expeditions across the Southeast Asian region.



Wisdom of the Past

By Chris Teh

The talk on **Angeline Teh’s** very own part-biography, part-inspirational book titled “**Wisdom of the Past**” happened here at Tin Alley on Thursday, August 22.

Angeline shared on how she found out about her great-great-grandfather, the late **Teh Lay Seng**, who was the Supervisor of the Revolutionary Army Bureau Fund for **Sun Yat Sen**, the first President of China.

“It was Tomb Sweeping Day (widely known as Qing Ming) in 2014. A mysterious old man on a bicycle passed by my ancestor’s gravestone and said, “This man was really marvellous!” When I took a closer look at my ancestor’s portrait on the gravestone, the mysterious man disappeared in plain sight,” the banker-turned-author explained.

Little did Angeline know, this encounter with the mysterious old man was what jump-started her journey to rediscovering her ancestry and the legacy her great-great-grandfather left behind.

“I was beginning to feel immense negativity in my previous career,” she mentioned. “Knowing my ancestral roots and all the values that my ancestors instilled in the past, I feel much happier and more passionate about what I do now.”

Previously featured on Star TV and The Business Station (BFM), Angeline shared on how society today lacks the basic human values in the pursuit of materialism.

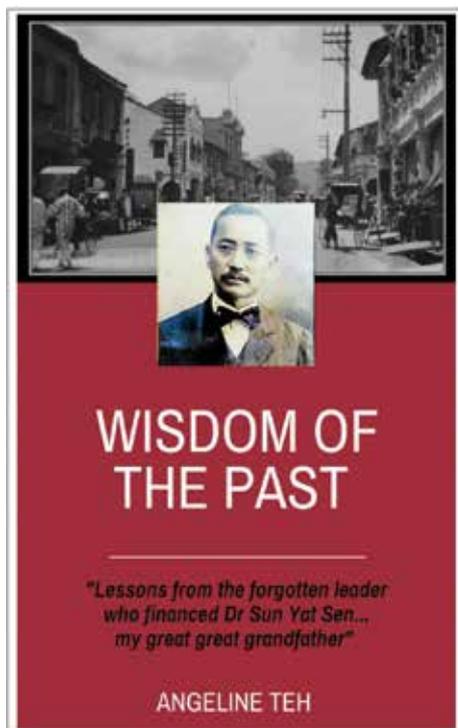
“Qualities like empathy, integrity, mutual respect, humility, leadership skills, trust and public confidence are literally missing within the people today,” she expressed. “Humanity has started to diminish. There are so many reports on issues like violence and drug abuse, not mentioning broken families resulting from divorce.”

“What I hope to let my readers know from the book is the selflessness my ancestor had during his leadership. He cared about his people so much, he was willing to sacrifice his life for them. He even built many educational institutes with his own money for the betterment of people,” Angeline further elaborated.

“You have unlimited potential once you have discovered your purpose in life,” she highlighted. “You’ll also realise everything you do at that point is enjoyable.”

Asked on her future plans, she said, “I’m currently in the midst of developing an A.I. educational course. It’s a collaboration with a professor in that field.”

“Wisdom of the Past” is available for order via her website www.futureproofminds.com.



Where is Pastor Raymond Koh

By Mei Kuan

The book titled, “Where is Pastor Raymond Koh” held its Ipoh launch on Saturday, August 3 at YMCA Ipoh in the presence of Perak Legislative Assembly Speaker, **Dato’ Ngeh Koo Ham** as the guest of honour.

Written by **Stephen Ng and Lee Hwa Beng**, the book is dedicated to Raymond Koh Keng Joo who was abducted on February 13, 2017, in what a public inquiry has found was an “enforced disappearance” by the Special Branch of the Malaysian Police.

Published this year, proceeds from the sale of this book will go to the Raymond Koh Book Trust Fund to look after the welfare of his family.

Present was the wife of Pastor Raymond Koh, **Susanna Koh**, President of YMCA Ipoh, **Dato’ Daniel Tay** and **Pastor Dato’ Dr Daniel Ho**.

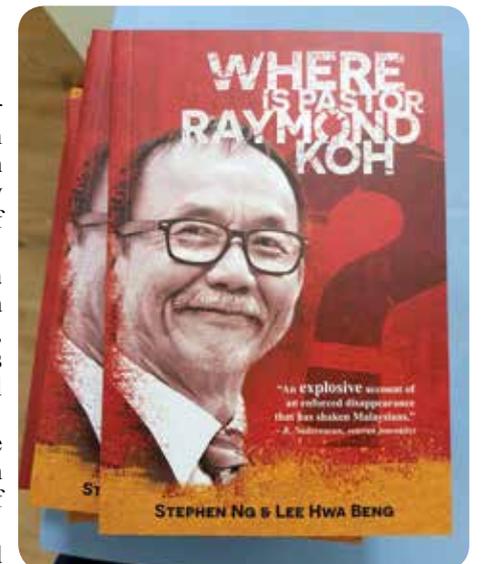
“I’ve known Pastor Raymond for over 30 years. A wonderful man of God, very selfless, sacrificial and humble. A real servant of God who reaches out to the poor and needy. What an example of a man of faith and love,” Pastor Dato’ Dr Daniel Ho shared.

“I’m really honoured and privileged to come to Ipoh. Thank God for the people standing in solidarity with us in our time of crisis. It has been difficult, like a wild roller coaster ride except it’s not fun,” Susanna Koh stated.

“To me, it’s not just only a record or documented narration, it also talks about Pastor Raymond’s life and what he did to help the poor, marginalised and needy. It’s like a legacy,” she explained to Ipoh Echo about the takeaway from the book.

YMCA Ipoh presented a cheque of RM3500 for the purchase of 100 books. Launched nationwide in July in KL, a total of 10,000 books have been distributed to date.

Priced at RM35, the book is available at all major bookstores (Popular and MPH) and from www.canaanland.com.my.



Perak Government Swearing-in of Councillors

By Chris Teh

Swearing-in ceremony of Ipoh City Council Councillors for the 2019/2021 term was held at the City Council hall on Friday, August 16. The councillors' appointment is effective from August 1 to July 31, 2021.

Present at the ceremony were Yong Choo Kiong, Executive Councillor for Housing and Local Government and newly-appointed and 11th Mayor of Ipoh, Dato' Ahmad Suaidi. Yong handed over the official appointment letter to 19 re-appointed councillors from Malaysian United Indigenous Party (PPBM), Democratic Action Party (DAP) and National Trust Party (AMANAH).

In his speech, Yong urged the councillors and Ipoh City Council (MBI) to work as a team to face daily challenges.

"The community is becoming more aware and informed of the local council's responsibilities. Mass media and social websites add further to the challenge," he said. "Hopefully, MBI will go hand-in-hand with other parties to effectively carry out their tasks.

"To know and understand what are the problems the public and ratepayers are facing, councillors should be physically present at state events," Yong emphasised, hoping they are more aware of Perakeans' woes.

He mentioned that the absence of six remaining councillors from the People's Justice Party and non-governmental organisations will not impact the council's operations.

"It's not about filling the quota. Priority should be given to the ones who have high professionalism and are able to give the best service to ratepayers," Yong explained.



In conjunction with the morning event, the "Kibarkan Jalur Gemilang" programme was also held to celebrate the upcoming 2019 National Day. Council staff from all departments led by Yong gathered under the council porch and waved the Malaysian flag in unison.

"MBI is currently installing 1050 flags and 2330 banners around Ipoh, including the council building," said Yong. "We've requested food and business owners to fly the national flag at their premises as a show of love for the country."

"As Malaysians, we should be thankful to be living in a country free from war and disasters," he reiterated. "Every one of us should contribute to the preservation of the country's harmony and independence."

Heritage By Ian Anderson

Where Have the Old Pubs Gone?

Youngsters these days are a fickle lot, or so it seems, as every time a new pub, disco or restaurant opens, they flock to it in large numbers, proclaiming it, "The best so far". Then within a few weeks, another establishment will open with some new gimmick and the 'in-crowd' will shift their allegiance and the former hotspot will simply fade away.

Consequently, the face of Ipoh is continually changing. Having said that there are a few coffee shops and hawker stalls that seem to last forever. Why, because their fare is outstandingly good, prepared to traditional heritage recipes, inexpensive and favoured by young and old alike. It is these that the weekend and school holidays visitors from all over the Peninsula come to enjoy.

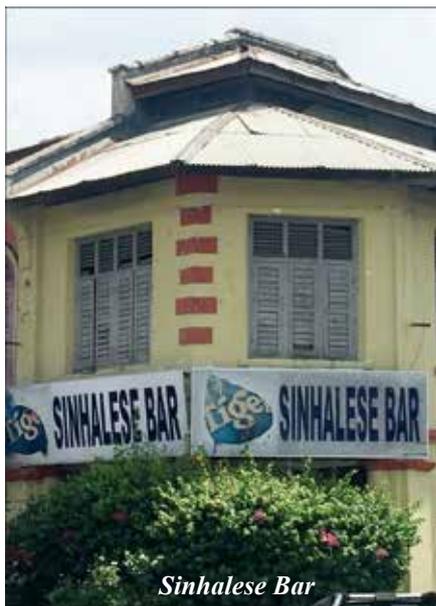
But what about those that enjoy alcohol, the Chinese and non-Islamic Indians? What is there for them and are any of them longstanding and famous nationwide? Unfortunately, the answer is no! We no longer have a range of pubs and clubs that we can really call heritage.

The FMS Bar has been given a total makeover and can no longer be considered as a heritage pub. So we can only turn to the Sinhalese Bar in Old Town, a rather drab place, opened in 1931, where nothing seems to have changed much since it was opened by the current owners' father. Don't be put off by this description for, despite its rather basic outfitting, it is a popular place with its own, regular clientele. Generally, you will not find it overcrowded with enthusiastic imbibers. Nonetheless, if you want to get the pre-war atmosphere and the feeling of how Ipoh used to be, then this is the place to visit – and the beer is cold, just what you need on a hot day!

The Scotch Pub in Ipoh Garden South. Pubs in Ipoh is a different kettle of fish. It has been with us for some years but cannot really be considered as a heritage. Having said that, it is still a popular venue for both drinks and food.

As you will see, Ipoh is rather short on heritage pubs. Sure there are many new pubs out there, mostly seeming to be designed to attract the younger set, blasting out modern music, if you can call it that, and claiming high prices for a range of imported beers and exotic cocktails. I think I shall stick with the Sinhalese Bar!

Of course, I could visit one of our toddy shops for a cool jug of that traditional Indian alcohol made from collecting the sap of coconut flowers. Popular across the south Indian states of Tamil Nadu and Kerala, that is real Ipoh heritage brought here under British rule. The effect might be the same in the end, I doubt it would be as enjoyable as a bottle of local beer.



Sinhalese Bar



Time for a Toddy

Nostalgia By Ian Anderson

Let's Go on a Pub Crawl

Over the years, Ipoh has fostered many pubs, but none lasted for too long, apart from the FMS Bar that held the record as the oldest pub in Malaysia until a new team threw away the heritage and turned the premises into a squeaky clean and very modern restaurant despite the lip service to antiquity with some collectable pieces on the wall and a few sticks of antique furniture. But what of the others, for apart from the Sinhalese bar and the Scotch Pub the remainder have simply disappeared.

Let us start at the obvious place, Ipoh's Railway Station. Here, there used to be a cosy little bar, simply known as The Station Bar. It was tucked away on the ground floor of the Station hotel and it was the perfect place for a visitor to relax while waiting for the train. Sadly it was closed a few years ago, leaving our 'Taj Mahal'; with no decent place for the traveller to rest awhile and enjoy a refreshing, cold drink – not necessarily alcoholic.

A short walk up Station Road would take you to the Miners' Arms, founded in 1978. Very much a pub first and a restaurant second they served food on small wooden dulangs. It was a friendly place with a pleasant atmosphere, but it slowly faded away. I wonder why!

Apart from these two very traditional 'British-style' pubs, another great place for a beer was the local movie theatres, as, in traditional British style, all theatres had a bar. One bar of special note was the one in the Ruby Theatre. This was adjacent to the \$1 seats frequented by Europeans and Commonwealth soldiers. The photograph, taken in 1958, shows three uniformed



Usherettes at the Ruby Bar c1954



The Station Hotel Bar

cinema usherettes sitting with a friend at the Ruby bar, presumably between shows. Sitting second from the left is Tsang Gaik Lian, part of the famous Beef Noodle family of Ipoh. The date on the calendar is the 18th of October. Above it is a notice that reads "Approved for the use of Her Majesty's Forces" A wide range of alcoholic drinks were available here, including Carlsberg and Anchor beer and Grants Whisky. Other liquor and cigars are also stocked behind the bar.

For a cheaper drink, the military could always go to their club in Ashby Road. Known as the NAAFI (Navy, Army and Air Force Institute) it served duty-free alcohol and good cheap food. While on the subject of Clubs, we must not forget the 'White Man's Clubs' like the Ipoh Club. These all had a comfortable, well-stocked bar in which to relax after a day on the Plantation or the Tin Mine. These bars still exist but the clientele is now mostly local.

In this round-up of drinking establishments of the past, let us not forget the hotels, restaurants and cafes where you could always get a beer. Do you remember the Olympic Inn, The Golden Jubilee Night Club, The Green Fern, Café Niko, Café Rendezvous, (Eastern Hotel and the Chicago Coffee House? They all served drinks in the good old days of the 60s – when a bottle of anchor cost \$1.40. Eat your heart out, people!

Community

In Need of Volunteers

By David Seow

Every Saturday evening at 10.45pm, Susan Ho and a handful of volunteers convene at the entrance to the Urban Transformation Centre (UTC). Armed with boxes of packaged meals, water bottles and buns, they take to the streets to distribute food to the homeless around Ipoh. For the next few hours, the Pay It Forward Ipoh volunteers hand out as many as 50 meals to those who find shelter at bus stops, on park benches and beds made of cardboard.

Inspired by a viral video of a café that allowed customers to “pay it forward” and pay extra so that a future patron could claim a meal regardless of their financial situation, Susan realised that no such establishment existed in Ipoh.

“I just suddenly thought – my mum does food business; it’s not that difficult,” the 32-year-old recalls. “But the difficulty is that homeless people don’t really come and ask for food, especially at the stadium where my mum is selling. So I thought the best way is to go to them.”

Thus Pay It Forward Ipoh was born and has been actively making a difference in the community for the last four years. Benny Wong, who has been volunteering since February of this year says helping the homeless is his passion. “I wouldn’t say I’m a saint. I just do what I can. Every little bit helps,” he says with a smile.

While Pay It Forward Ipoh is not a registered organisation, it can be best described as a grassroots movement of like-minded people who want to make a difference. The non-government and non-faith-based collaboration relies on local sponsorship and donations from friends to feed the homeless.

Marcass Café in Taman Cherry sponsors every first week of the month, while the Chicken Rice Shop donates meals every fourth week. On the other Saturdays of the month, Susan turns to friends and friends of friends. “We don’t want to deal with direct cash,” she explains. “Because money is a sensitive thing, if anyone wants to sponsor we ask them to pay in advance to a café and we get the food from there.”

Not having the benefit of a registered charity does have its drawbacks. There are no full-time staff members to help out. There is no guarantee that there will be enough hands to distribute the food packets.

For a few years, Susan was based in Kuala Lumpur and, therefore, was unable to make it back every weekend, but the project continued nonetheless. “I give credit to the



volunteers, who did a lot of work when I wasn’t around,” Susan says, “Especially, Ooi Kian Hoe, who has been with us for years.”

Now that Susan is back in Ipoh, she is into regular distributions and is determined to continue serving the ‘street friends’ of Ipoh for as long as possible. Getting enough volunteers to show up regularly is still a challenge, however. “It’d be great if we got sponsorship for the second, third, and fifth weeks of the month, but the real need is manpower,” she laments. “If manpower remains difficult, it may be a challenge to continue.”

Those that volunteer find it to be a rewarding experience. “After walking the streets for two hours giving food parcels out to the homeless, you get a good feeling knowing you’ve done something worthwhile,” states Lingli Tan, who has been volunteering for three months, “And the best bit is, you also get a great workout!”

If you would like to get involved or find out more, Susan is contactable through the Pay It Forward Ipoh Facebook page at www.facebook.com/payitforwardipoh/

RM1.37 Million for School Children to See Clearly

72,598 Primary Students received free eye-checks from MyMagnum’s Eye Awareness Programme since 2012.

“I Can See Clearly Now” (ICSCN) is a volunteer programme initiated by Magnum employees. The MyMagnum Teams are empowered to carry out a nationwide awareness campaign on eye care, providing eye check and awareness talk to primary school children and corrective spectacles for those in need.

Since 2012, a total of 317 staff from 14 MyMagnum Teams successfully provided free eye-checks to 72,598 children and contributed RM1,374,700 worth of corrective spectacles to deserving children from 257 primary schools and 20 welfare homes in peninsular and East Malaysia. With proper eyesight, Magnum hopes to inspire young children to enjoy learning in their formative years in school.

This year, one of the 14 My Magnum Teams, Perak 18 visited SJK (C) Sin Hua, Temerloh, SJK (C) Siu Sin, Trong, SJK (C) Yen Min, Bagan Panchor, SJK (T) Ladang Getah, Trong, SJK (T) Ladang Allagar, Trong, SJK (C) Pei Min, Segari, SJK (T) Bruas and One Orphan Home – Persatuan Kebajikan Kanak-Kanak Yatim Rumah Wawasan Manjong, Perak and carried out eye screening tests for 350 students in total; of which, 109 young children or 31 % of 7 schools and one orphans’ home screened were underprivileged children who needed corrective spectacles.

In the beginning of each year, MyMagnum Teams will identify the primary schools, coordinate with the professional eye specialists to conduct the eye screening tests; organise eye care educational talk at the schools, raise funds and provide free corrective spectacles to the needy children.

What is most mention-worthy is the fundraising efforts of the MyMagnum teams who annually will think of innovative fundraising ideas to generate more money to help provide more free spectacles to school children. This is in addition to what the company already provides them. The teams will reach out to their family and friends and like-minded public members to support this good cause. Some interesting fundraising activities include Zumba carnival, charity dinner, local sightseeing trips, treasure hunt, charity run, selling homemade cookies, famous local delicacies and even collaborate with farmers to sell their own harvested produce.

“We believe this programme is both impactful and sustainable. With proper eye care, we hope to inspire school children to focus and enjoy their learning in school and look forward to a brighter future ahead of them. We are happy to see that ICSCN has reached out to many school children and we are very proud of our employees for the amount of effort they have put in helping the children. Magnum will continue to standby our people to support them in carrying out good and worthy causes.” said Dato’ Lawrence Lim Swee Lin, CEO of Magnum Corporation Sdn Bhd.

Head of Magnum Group CSR, Ms Beh Swan Swan said, “we all know that a



good education foundation is important for future learning and it is essential to ensure that something as fundamental as having good and corrected eyesight is made aware and available to the children. At Magnum, we believe that “Nobody can do everything but everybody can do something”. We continuously help to champion meaningful and sustainable projects in our community.”

For more information about Magnum 50 & Beyond, Inspiring Hope, visit www.magnumcares.my or www.facebook.com/magnumcares.

Media Bowling Championship

By Luqman Hakim

The second Perak Media Bowling Championship was held on Wednesday, August 7 at Ampang Superbowl, Ipoh Parade, Greentown, Ipoh.

The tournament, organised by the Perak Association of Media Practitioners (PPMP) saw an attendance of over 90 reporters, photographers and cameramen from 20 media agencies in Perak.

In the women’s category, Noor Ainon Mohamed Yusof, from Sinar Harian secured first place for the second time since the tournament’s inception in 2017.

Placed second and third respectively were Siti Hajar Mohd Salleh from Bernama and Yang Sook Yee from Nanyang Siang Pau.

In the men’s category, Mohd Hafizee Mohd Arop, from Harian Metro won first place while second and third placings were won by Shaiful Shahrin Ahmad Pauzi from Berita Harian and Muhammad Faridzul Azmir Hamid from RTM.

First, second and third place winners for both categories took home a 40” LED television, washing machine and air cooler respectively.

Consolation prizes such as kitchen appliances, electronic devices, petrol cards and vouchers for a two-day stay at Bukit Merah Laketown Resort were also presented to participants.

In his speech, Sayed Mohd Hesham Sayed Idris, chairman of PPMP said that the tournament this year was held on a larger scale to accommodate the ever-growing association.

“This is also a form of appreciation to all media practitioners who work at irregular hours for their readers’ sake,” he added.



Community

PCSH Brightens the Day for Children



A team of eight staff from Perak Community Specialist Hospital (PCSH), led by Pharmacist, Ms Alexis Choong, visited Pertubuhan Pengurusan Pusat Jagaan 1 Malaysia (PPPJIM) on August 17, armed with several boxes of foodstuff and daily needs items and an itinerary full of fun activities to engage the children for the day.

The foodstuff and daily needs items which included a variety of biscuits, milk powder, rice, cooking oil, cleaning agents, diapers, toys, colouring books and writing materials were all contributed by PCSH staff during a three-week internal donation drive which ran from July 18 till August 9.

PCSH, being a not-for-profit hospital that provides quality yet affordable healthcare especially to the sick amongst the unde-privileged and lower rungs of society, is always ready to extend a charitable hand to assist needy causes as part of its Corporate Social Responsibility (CSR) programme – giving back to society.

PPPJIM was chosen as a worthy cause as it is a non-profit organisation that cares for orphans and helpless children who have nowhere else to go. Operating on a “Muhibbah” style sanctuary, the organisation offers the children – irrespective of their ethnicity – protection, guidance and a chance to develop into responsible healthy adults who would become future assets to the community.

The centre’s 33 children, ranging from two to eighteen years, very quickly warmed up to the cheerful and friendly demeanour of the PCSH staff. They thoroughly enjoyed themselves, bursting into peels of laughter as they actively took part in the activities planned for the day which included:

- Aerobic dance as a warm-up exercise
- Hand hygiene demonstration with mascot and dance
- Motivational as well as nutritional talks for 11-19 year olds
- Healthy lifestyle and healthy diet colouring session for 2-10 year olds
- Scoliosis and flat feet checking
- Testing of height, weight, eyes and colour blindness

PCSH also provided a complimentary buffet lunch for the children. After their meal, a group photography session followed and goodie bags were distributed. By the time the team packed up to go, several of the children were so attached to the staff that they were literally clinging onto them, refusing to let go.

For those who wish to make a donation of cash, foodstuffs or daily need items or to make further enquiries, can call up Pertubuhan Pengurusan Pusat Jagaan 1 Malaysia (PPPJIM) at: **05 546 9577** or **012 200 9577** or drop by for a visit at No. 152, Jalan Dato Lau Pak Khuan, Taman Ipoh, 31400 Ipoh.

Wellness

By SeeFoon Chan-Koppen

Wanting a Child? Never Give Up



This is the advice given by **Dr Noorashikin Binti Maan, Consultant Obstetrician and Gynaecologist, Reproductive Medical and Infertility Specialist at KPJ Ipoh Specialist Hospital**, to women who desperately want a child.

Her Women Specialist Clinic which promises to “fulfil women’s dreams” as per her name card, not only takes care of women’s obstetric and gynaecological issues, but in the case of infertility, she also runs an in vitro fertilisation (IVF) service that helps a woman to conceive and carry the baby to full term.

A graduate of UKM and hailing from Johor, Dr Noorashikin spent 10 years in Kuala Lumpur and first began fertility training in Hospital Senayan followed by a stint in GH Alor Setar. 2011 saw her doing a 9-month intensive fertility training in Queen Mary Hospital in HongKong after which she was posted to Hospital Raja Permaisuri Bainun in Ipoh where she completed her fertility training.

“In vitro fertilisation is a complex process,” Dr Noorashikin explains. “The single most determining factor is a woman’s age. Under 35 is ideal if the couple has been trying to conceive for two to three years with no success. Past age 35 means that fertility is reduced and more medication is required,” she elaborated.

“The man’s age is equally important too. The older a man gets, the lower his sperm quality. Sperm count is also lower. Today’s diet and environmental pollution also contribute to the lowering of sperm count.”

Women who wish to conceive or considering IVF must take good care of their health. Aside from the usual admonitions on eating healthy food, women should go for annual checkups, especially if they have irregular monthly periods which may be a sign of endometriosis which will make conception difficult.

Men are advised not to smoke, not eat too much meat which often contains synthetic feminizing hormones, not to wear tight trousers and not to take too many sauna baths as heat in the genital area reduces sperm quality.

Once the decision for IVF is made, unfertilized eggs are taken from the woman’s ovaries, fertilized with the husband’s sperm and between 8-10 embryos are created. One or two of these embryos are then transferred back into the woman’s womb and the rest of the embryos are cryogenically frozen, to await future implantations should the first ones fail or if the couple decides to have more children.

“Alas the success rate for IVF is around 30% and the same rate applies for further implantations of embryos. With the high cost averaging between RM16,000-20,000, it is little wonder that IVF services are not in high demand in Ipoh,” lamented Dr Noorashikin. “Thank God I can make my contribution to women by providing obstetric and gynaecological services to my patients,” she added.

On delivery procedures, Dr Noorashikin shared that caesarean sections occur about 30% of the time. These are both elective as in patients wishing to give birth on specific dates or simply a matter of choice or they happen in emergencies when there is no choice.

As for the subject of dulling the pain during deliveries, she says that this can happen either with sedation or an epidural where sensations are blocked from the waist down and the patient is totally cognisant of the whole process. Either method is totally safe and many a healthy baby is delivered via one of these two ways.

And when do you have to induce? Dr Noorshikin has this advice to give:

1. When the mother’s water bag bursts, go straight to the hospital within 24 hours and if no contractions are happening, chances are we’ll set up the induction process.
2. If the mother has high blood pressure.
3. If the mother has gestational diabetes.

And a final word of advice from the good doctor to enjoy your pregnancy: eat well and sleep well. And never give up!

Dr Noorashikin

Women Specialist Clinic

Suite 2-06, 2nd floor KPJ Ipoh Specialist Hospital 26,
Jalan Raja Dihilir 30350 Ipoh, Perak
Tel: 05-2408 777 Ext 8524/8526
Direct: 017 57 36167

Granting Raykhal’s Wish

By Mei Kuan

Perak-based Second Malaysian Infantry Brigade, in collaboration with non-governmental organisation ‘Make A Wish Malaysia’, helped realised Muhammad Khuzaimy Raykhal bin Khuzaine Rusli’s wish to know what life is like as a soldier and the thrill of riding on an APC (armoured personnel carrier).

Hailing from Taman Seri Rapat in Ipoh, Raykhal, 5, has been diagnosed with brain cancer.

The special event was held on Saturday, August 10 at Syed Putra Camp along Jalan Tambun, Ipoh. Raykhal was taken on a ride in a high-tactical mobility vehicle known as VAMTAC similar in appearance to the American-made Humvee. This was in addition to a cooking demonstration of combat rations and related military activities. He too had a close look at a mounted General Purpose Machine Gun (GPMG), a company support weapon on display.

Commander 2nd Malaysian Infantry Brigade, Brigadier-General Malek Razak Sulaiman presented Raykhal with souvenirs which included an army camouflage T-shirt and summer cap.

Present were Lt-Col Mohd Khairi bin Amri, Commanding Officer Second Battalion Royal Ranger Regiment (2 RRD), Caroline Christopher from ‘Make A Wish Malaysia’ and Raykhal’s family.



In line with the tagline ‘Tentera dan Rakyat Berpisah Tiada’ (the army and the people will never be apart), the programme was aimed at boosting the kid’s resilience and to motivate him to fight his illness besides creating a memorable impression for him.

Upcoming Art Event

From the Art Room

Maiden exhibition of Ipoh Fine Art Class



Kareem (centre) with two of his students

The Ipoh Fine Art Class in collaboration with 22 Hale Street & P.O.R.T Ipoh, will be holding its first student exhibition on September 14 and 15 at 22 Hale Street entitled "From the Art Room".

The exhibition will feature an estimated 40 pieces of artwork from over 20 artists ranging from the age of 7 to 70+ years old, from various races and backgrounds.

The artwork featured during this exhibition were created using various art materials including oil paints, watercolours, pencils, colour pencils, pens and pastels. The artwork will also depict a diverse series of subjects including still life, landscapes, as well as animals and human figures.

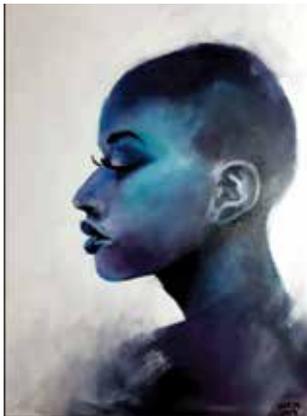
This event is held to promote art within the community as well as help those who are less fortunate, with proceeds from the sales of the art pieces going to a children's home to help purchase educational material such as books and stationery.

According to **Kareem**, art teacher and founder of The Ipoh Fine Art Class, "An exhibition is one of the greatest moments in the life of any artist and I hope that my students will remember theirs with great fondness."

"It is a belief that only a rare and gifted few are able to paint and draw. If anything, my students are a testament to how anyone can create art. I recall many of whom started out with very little experience or exposure to art, some of whom were even told they should give up but to see them become artists in their own right, has been my greatest achievement as their teacher," he added.



Rooster (colour pencil) 2018 by Albee age 9



Portrait of a Woman in Blue (Oil Painting) 2019 by Jorja age 16

According to the manager of P.O.R.T. Ipoh, **Nur Hanim Khairuddin**, "The art of painting and drawing otherwise referred to as Fine Art or Visual Art, is crucial as an art form, because the work produced is not just purely aesthetic but it lends insight into the life of the artist and is essential for the next generation to understand the social, economic and political situation of the age in which the artist lived. Therefore, I believe activities and programmes related to art should be given more exposure.

"I have been deeply moved by their determination and passion to create, and through this exhibition, I hope the artists will gain the exposure that they need and that can help benefit them and to help to further their artistic careers. All in all, on behalf of all my students, we hope that this exhibition will be a wonderful experience for all and that it will help to spread the joy and love for art with the community," concluded Kareem.

Exhibition dates: 14 & 15 September 2019
Venue: '22 Hale Street', 22 Jalan Tun Sambanthan, 30000 Ipoh.
Opening times: 11am to 6pm (daily)
Official opening ceremony: 12pm, Saturday, 14 September 2019.
For more information about the exhibition, please contact Kareem 014 347 5004.

Education

ACS Old Boy Returns to Fulfil Dream

As a schoolboy, Peter Foo dreamed of becoming a Scout. But that never came about due to his poor financial background. In order to acquire extra co-curricular marks, with the least expense, he joined the lifeguard club. With a lifeguard certificate, he was able to gain a side income by helping out in swimming classes on Saturdays. Peter then left to further his tertiary education at UKM.

One day, while on a business call, he met his old primary school scoutmaster, Mr Selvin. The teacher was so surprised and happy to see Peter again. They agreed to keep in touch through Facebook.

Years passed, Peter showed some awesome results in his career and his company was a winner of the Asia Pacific International Top Excellence Brand Award. He was invited to give a motivational talk on life's journey to his juniors – 01 Kinta Scouts.

The first time after leaving school in 2000, this old boy stepped back to school. He was happy as facilities in the school had been upgraded compared to when he was there. In April this year, he was invited to give another talk on leadership at the new Mini Multifunctional Stadium. As making signboards is part of Peter's business, Mr Selvin asked him to quote a price for a new Scouts signboard which had been hanging there since 1998; close to three decades. He generously agreed to sponsor a new signboard for his old alma mater. He really fulfilled his fantasy of being a Scout by giving what he had to the Scouts. He hopes the young teens will be able to spend time and are committed to being Scouts, not to be book worms. He promised to give his best to 01 Kinta Scouts.



NOSH NEWS

By Ivana Qartika

RM2 Nasi Lemak



Housewife Suhana Shuib, 42, finds a profitable way to kill two birds with one stone. For over a year now, she supports her family while contributing to the community at the same time.

Suhana sells nasi lemak at RM2 a packet. Besides nasi lemak, she too sells porridge inspired by the famous 'Bubur Ayam McD'.

Her signature nasi lemak comes with a generous serving of fragrant steamed rice cooked in coconut milk, a half piece of hard-boiled egg, freshly-sliced cucumber, fried anchovies and fried groundnuts. Her aromatic sambal is the one that draws the crowd. The RM2 price tag is definitely a 'steal'.

Suhana or Makkik Ana, as she prefers to be addressed, sells spiced fried chicken at RM3 apiece. Customers often buy her nasi lemak with a piece of her fried chicken.

"It's not difficult to find stalls that sell packed food for RM2 but, I bet, it's not as good as mine," she said in jest.

Her quaint little stall operates daily between 6.15pm and 10pm. If you are keen to try what she has to offer, look out for her stall located in front of Lahat's 99 Speedmart. You can't miss it, as there will be people milling around it.

LETTERS

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

An Uncalled for Statement

The recent statement by prominent tycoon and writer Koon Yew Yin claiming that Malaysian Armed Forces (MAF) personnel "are doing nothing except eating and sleeping" is not only uncalled for but downright disrespectful. The business community has long advocated for a smaller government by reducing civil services to lower corporate income taxes.

The idea of downsizing the civil services by claiming the government is inefficient and bloated has become the norm worldwide. The armed forces are the very reason why people like Koon Yew Yin can sleep peacefully while allowing him to accumulate wealth.

Members of the armed forces are protecting Malaysians from drug smugglers, human trafficking, terrorist attacks (Sabah), fight pirates (South China Sea), conduct surgical strikes (Gerik) and conduct dangerous rescue operations.

Malaysians are sleeping comfortably during public holidays because members of the armed forces are patrolling our borders. It is not easy, walking 25km a day in the jungle while carrying 30kg rations, weapons and ammunition on their backs. Our men in uniform have contributed to the peace of this nation and we should not ever degrade these brave and dedicated soldiers.

Koon Yew Yin should stop treating the armed forces as a source for cheap labour to replace foreigners. Personnel from the three services have sacrificed their future and will continue to do so when needed to save 30 million Malaysians. Ordinary Malaysians are not prepared to bear arms to defend our land and people but the armed forces personnel are ready 24/7.

Koon Yew Yin's remark is not only unacceptable but disrespectful towards our armed forces. It is best that he issues an apology to both serving and retired members of the forces.

To members of MAF, Koon Yew Yin's insensitive remarks do not represent that of Malaysians. We, Malaysians are grateful for your sacrifices to the country and its people. Thank you.

Sharan Raj
Parti Sosialis Malaysia (PSM)

Soldiers Don't Eat and Sleep

Mr Koon Yew Yin, I refer to your Facebook posting on Sunday, August 12 in which you made the following statement, "As you know, the Armed Forces personnel are doing nothing except eating and sleeping. In fact, almost all of them have never fired a shot except at target practice. Some of them should replace the foreign workers in the FELDA plantations."

I was completely disgusted and appalled when I read that statement of yours. It shows that you are completely ignorant about the roles and functions of the military.

It is easy to say that the military "is doing nothing except eating and sleeping" in peacetime. Please realise that our main role is in war. The Armed Forces is an insurance policy the country takes to defend its sovereignty and its status as an independent nation. We, the military and veterans abhor war, but the nature of international politics tells us that we cannot afford to compromise and take chances insofar as national interests are concerned. The military acts as a deterrent to potential aggressors and if deterrence fails, then to fight and win wars.

Even in peacetime, the military has made many important contributions to the security and well-being of the country such as:

- We fought against the communist insurgents from 1948 to 1989, in the jungles of Sarawak and along the Malaysia-Thai border.
- During the May 13, 1969, tragedy the military was the only institution able to ensure and upkeep the internal security of the country.
- Sporadic military situations like attacks by the Al-Ma'unah militant group and the Lahad Datu incursion.
- The military takes part in international peacekeeping operations where our troops had excelled.

The military is the institution to turn to in all major humanitarian relief operations around the country, such as floods.

While reading this there are thousands of men and women who are now 'on duty' in the defence of the country. They are there in the deepest of jungles, on the high seas, on the highest of mountains and in isolated military bases, working under very tough conditions so that citizens of this country are able to live in peace. These 'faceless' men and women make these sacrifices in complete disregard for their own safety and comfort 24/7.

Hence it is imperative that you and the general public in Malaysia appreciate the fact that the military is a very professional organisation which is not given enough credit for the work that they do. The military has repeatedly defended and protected our freedom. Their noble obligation and responsibility deserve our utmost gratitude.

Had the military not kept the peace in Malaysia, you would not have had the environment to start-up and expand your business. Servicemen sacrificed their comfort and well-being to ensure that people like you can get on with your lives and to sleep peacefully at night. You have taken the military for granted and are not grateful for our past and present sacrifices. In fact, I find your post disrespectful and most discourteous to us.

Mr Koon, if you still think that the military does not bring in any tangible benefits to the country, I say this to you:

"I hope and pray that our armed forces will never have to undertake the ultimate task it's trained for – going to war. But should a war break out, rest assured we, servicemen and veterans, will be at the forefront defending this country till the very end. I don't know about you."

Lt-Col Heera Singh (Rtd)

Military Personnel Not Cheap Labour

It is regrettable to see a respectable person such as Mr Koon Yew Yin view the military so lowly. He mentioned in his blog that armed forces personnel are "doing nothing except eating and sleeping. In fact, almost all of them have never fired a shot except during target practices. Some of them should replace the foreign workers in the FELDA plantations".

This is the second time in less than two months someone viewed military personnel as cheap labour. The first time was when former Sabah Chief Minister Harris Salleh suggested redirecting excess military personnel to "assist the government uplift and stabilise the rural village community", including sending them to work as security guards and the female personnel to help clean houses and conduct courses for housewives.

Suggestions from both men are ridiculous and show their sheer ignorance of the roles of the armed forces. It is true that after 1989 the war with communist insurgents ended and we are now in peacetime. However currently, we have our troops on peace-keeping missions, maritime patrols and guarding our national borders. These are missions where our men in uniform are in harm's way.

Being in peacetime does not mean the military personnel are doing nothing, as per what Koon opined. Their main preoccupation is to train for war. This, the civilians and politicians cannot comprehend as they do not see the possibility of any war. They are also on perpetual alert to help the civilian authorities in case of a natural disaster. The strength of our armed forces, the discipline and high morale of our military personnel by itself are necessary as a deterrent against any form of threat and aggression. It gives clout to our nation's leaders when dealing with foreign leaders. If our military is disorganised, poorly trained, ill-disciplined and low in morale, our leaders will lose esteem and respect, elements which are vital in international relations.

When soldiers train, they train to kill. From field crafts to tactics to strategies, depending on the level of command, the fighting men and women operate as a cohesive fighting force. They are professional killers and many are highly skilled in their own respective roles. They do jobs civilian could not do. They are trained to go through and be able to endure hardship. All of them understood that the moment they signed and be enlisted, they have to be prepared to die, even be sacrificed for the success of a mission.

Mr Koon Yew Yin and all politicians, please change the way you view military personnel. They are certainly not cheap labour. They are trained professional killers our nation cannot do without.

Brig-Gen Dato' Mohamed Arshad Raji (Rtd)
President Persatuan Patriot Kebangsaan

End Violence Against Women

With reference to "Final March to a Million", (Ipoh Echo, August 16-31), out of curiosity, I went to find out more about the stars from Ms Yip Siew Keen, the Secretary of Perak Women for Women (PWW).

A million stars to end the violence was inspired by a Brisbane-based artist, Maryann Talia Pau to encourage everyone to end violence. The project was created as her personal response to the rape-murder of Jill Meagher in 2012.

Since then it has grown into an international weaving movement, and PWW would certainly reach their target of million stars by the time this piece is published.

Looking back into the mishaps in our society in Perak, a few weeks ago an Indonesian woman aged, 23, lodged a report claiming she was raped by a State Executive Council Member. Last December, a 66-year-old man from Kuala Kangsar had been detained by the police for raping his 34-year-old daughter-in-law. While in Kamunting, 10 teenagers aged between 15 to 17 claimed trial for raping a 12-year-old girl. Even some students in a religious school in Manjoi were not spared, there were police reports on sexual assault (sodomy) from a celebrity preacher.

Last year, statistics released by the Royal Malaysian Police on the number of rape cases in Perak claimed 73 cases and there are others which were not reported to the authorities.

Hence, it's important that every man understands the cycle of violence. Not all disrespect towards women results in violence. But all violence against women starts with disrespectful behaviour.

To end men's violence against women, all must stand up, speak out and act to stop domestic violence and abuse.

These million stars represent light, courage and solidarity to end all forms of violence. This campaign is a timely move by Perak Women for Women that all Malaysians should support.

S. Sundralingam

One Excellent Catering Source

In reference to the previous cover story titled, "Forget Cooking, Have it Delivered" in issue 310 dated August 16 to 31, here is one additional catering source that I find excellent: Ceylon Catering.

It offers appetisers (such as putu mayam, puttu, appam with sambal, sardine cutlets, mango chutney), vegetable and meat dishes (crab, chicken, fish and mutton among others).

It is priced from RM7.50 onwards (2 vegetables plus 1 meat dish) and RM6.50 for 3 types of vegetables. Meanwhile, the appetiser is priced at RM3. Add white rice at RM1.

Discounts are available for bulk orders.

Also accommodates diners with allergies and special food preferences, interested readers can call 016 983 4805 or WhatsApp 016 511 3564 to order.

William Balasingam

Sport



Ultimate Frisbee Tournament

Fifteen teams took part in the Perak Ultimate Frisbee Inter-School Tournament 2019, held on July 20 at IPG Ulu Kinta. Team A of ACS Ipoh came out champion for the male category. MGS Ipoh won the championship in the female category. Best Spirited Awards went to ACS Ipoh Team B (Male) and Ave Maria Bees (Female).

Mark Lai (Westlake International School) and Kam Kar Wen (ACS Ipoh) were voted Best Player for the male and female categories, respectively. All teams played extremely hard and some even to the point of over-exhaustion.

This tournament was organised by the Ipoh Bug Ultimate Frisbee Group as an annual event to promote this new game to the community and set up a platform for secondary schools to send teams to compete. It was a tight and great competition as two teams both male and female categories met in the final competed in Group's audition.

Tan Sri Lee Loy Seng Chess Championship

By Mei Kuan

For the 10th year running, the final tournament of the Tan Sri Lee Loy Seng Chess Championship series was held recently at the Syeun Hotel. The championship was organised by Perak State Chess Association (PCNP) with sponsorship from Kuala Lumpur Kepong Berhad (KLK).

A total of 1601 players hailing from Perak, Penang, Kuala Lumpur and Selangor participated in the six legs. The earlier tournaments were held at Sekolah Kebangsaan Sg Siput, SJKC Min Te in Ayer Tawar, SMK Sultan Yussuf in Batu Gajah, Quest International University Perak in Ipoh and SM Sains in Tapah.

Present at the closing ceremony were Dr Yee Meng Kheong, Advisor of PCNP, Chan Swee Loon, President of PCNP and Janaki Raman, General Manager from KLK (Plantations Division).

Below is the list of top winners:

Open

- 1st Nelson Villaneuva (Philippines)
- 2nd Stewart Manaog (Philippines)
- 3rd Kong Ren En (Penang)

You'll Never Walk Alone

By Chris Teh



Gerry and the Pacemakers' hit song, "You'll Never Walk Alone" is Liverpool Football Club's motto and anthem since 1965. Incidentally, the top-notch English football team finished second in the English Premier League last season in May.

Strangers uniting for a common cause is unusual but in the case of Liverpool FC's fans in Ipoh, individuals of different backgrounds come together for a single reason – to cheer for their favourite team.



The committee: Ernest Balasingam, Moses Ooi, Edwin Seibel & Peter Ho

Moses Ooi, the founder of Ipoh's Liverpool fan club, known locally as "The KOP End Ipoh", (refers to one of the four stands in Liverpool's Anfield Stadium erected during the early 1900s) has been an avid supporter of the renowned professional football club. "I've been a Liverpool fan for nearly 40 years, which is why I founded this club in the hopes that my joy and passion can be shared with people of similar interests," Moses told this scribe.

The working committee of the club includes Edwin Seibel, Ernest Balasingam and Peter Ho.

Shortly after Liverpool won their second championship in 1906, Ernest Edwards who was sports editor for Liverpool Daily Post and Echo during that time, named one of the four stands "The Spion Kop" based on the same name of a hilltop in South Africa to commemorate the loss of a 300-men British regiment who attempted to capture the Spion Kop. Most of the men were from Liverpool.

"As long as one is a Liverpool fan, he or she is welcome to join the club for gathering every week, which we'll notify via schedule," Moses added.

Interested readers may contact Moses at 012 501 8126, Ernest at 012 516 2687 or Peter at 012 502 7881. Also, feel free to head to Little Village for the live screening of matches. The club's committee members will be in attendance.



Under 17

- 1st Vikramashakti A/L Ramaraj (Perak)
- 2nd Daniel Lam Theen Seong (Perak)
- 3rd Syed Amirul Asyraf B. Syed Hash (Perak)

Under 12

- 1st Bhuvinash Kumaran A/L Minisamy (Perak)
- 2nd Vasant Raj A/L Ramesh (Perak)
- 3rd Yap Ze Yuan (Penang)