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30 SEN FOR DELIVERY TO YOUR DOORSTEP - ASK YOUR NEWSVENDOR

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Revealed: Why is Ipoh the Best Location to Retire in Malaysia?

By SeeFoon Chan-Koppen and Tan Mei Kuan

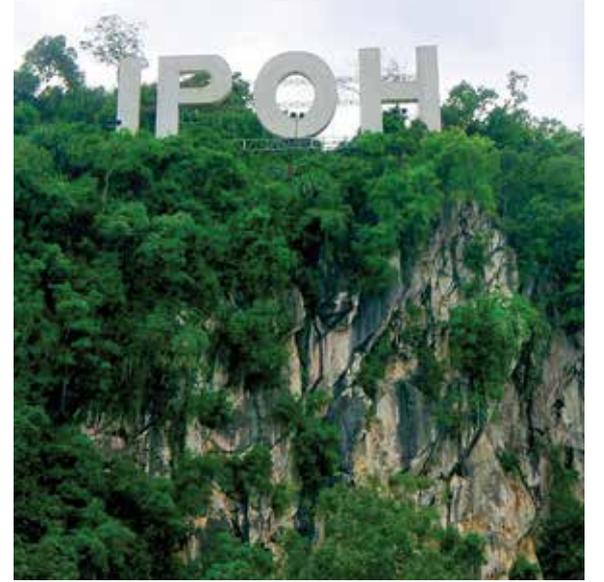
They came, they saw and they stayed. This is what retirees from outside of Malaysia have done in Ipoh.

They come from all corners of the world, settling here after their work contracts were over and choosing Ipoh instead of some other cities like Kuala Lumpur where they may have worked; or Penang where a substantial number of expatriates have also chosen to retire.

And western expatriates are not the only ones choosing Ipoh as a retirement destination.

Recently in mid-2018, a group of researchers and experts in the field of retirement living from China, HongKong and Taiwan, were in Ipoh on a two-day visit and were very impressed by what they found. Ipoh Echo went exploring and here's what we uncovered.

FULL STORY ON PAGES 2 & 6



The Iconic Ipoh Heritage Trail

A trip to Ipoh is incomplete without taking The Tin Mining City Story: Ipoh Heritage Trail. The trail passes by many of Ipoh's historical spots which date back to the golden age of tin mining.

Besides buildings with colonial architecture, you get to see activities and sample mouth-watering local food, up and close.

Your foot tour begins at the Ipoh Railway Station in the company of experienced tour guide, Madam Roselyn. The trail features 18 historical spots in all, namely, the Town Hall, Dato' Sagor Square, Concubine Lane and Hakka Tin Mining Museum among others.

Along the route, you get to taste Ipoh's iconic white coffee and spot a mural or two.

Your shopping fun begins upon arrival at Concubine Lane. You can visit WOW Merchandise Shop (Perak official merchandise shop) if you want to acquire some souvenirs.

Incidentally, the Ipoh Heritage Trail is open to the public only on Saturdays with two sessions – 8am and 4pm. The narrative is either in English or Mandarin.

For details, visit www.lokalocal.com or call Madam Roselyn at 012 500 9400.



By Rosli Mansor, Ahmad Razali

05-5477677 / 05-5487677

www.re2.edu.my

2019 INTERNATIONAL COMPETITION AND ASSESSMENT, UNSW AUSTRALIA
CONGRATULATIONS TO STUDENTS OF DISTINCTION

Not only for Western retirees but Asian senior citizens now eyeing Ipoh

Top amongst Asian retirees are the Japanese with Malaysia consistently ranking the **Top Choice For Long Stay Amongst Japanese Aged 40 Years and Above**, acclaimed the report by Long Stay Foundation Tokyo. This ranking which has been consistent from 2006-2019, sees a large number of them choosing Ipoh with some like the **Ushiamas** having been here for 50 years.

Dato' Tomiyasu Ushiana and Datin Mina Ushiana are luminaries and stalwarts in Ipoh having been here for 50 years, when the then young Tomiyasu, set up a joint venture between Sagami Rubber Company and Ng Song Choon Brothers Enterprise in Ipoh. This very amicable collaboration saw the Ushiamas deciding to stay on after Dato's retirement where they now enjoy the salubrious environment of Meru Golf Resort in Meru Valley.

"We are nature lovers. And we love the beautiful surroundings of Ipoh, serene limestone hills with morning mist, Kinta river winding in the town, parks, caves, flora (various kinds of orchid, hibiscus, bougainvillea, heliconia, birds of paradise, etc.) and fauna (kingfishers, hornbills – Yes, we saw a pair of hornbills at Clearwater Golf Course! – otters, iguanas, etc.)



Ushiamas

"Besides golf, swimming and other sports and hobbies, retirees can do lots of volunteer work. There are many NGOs in Ipoh who needs your support. Dato' was the founder of **PMJFS (Perak Malaysian-Japanese Friendship Society)** which has many activities, amongst which are Japanese language classes, Japanese cultural awareness programs and every December, "Mochitsuki" Festival, Annual dinners, etc. We never have a dull moment here in Ipoh."

There are more than 50 Japanese families living in Meru Valley Resort, many of whom are retired couples who enjoy golfing and an active lifestyle. The residents are offered

peace of mind with 24-hour patrolling security guards and CCTV. The availability of a Japanese-speaking staff at the Meru Suites comes in handy too, especially when help is needed with communication or services. The resort also shuttles the long-stay guests every Saturday into the city's malls for them to shop.

What People Say

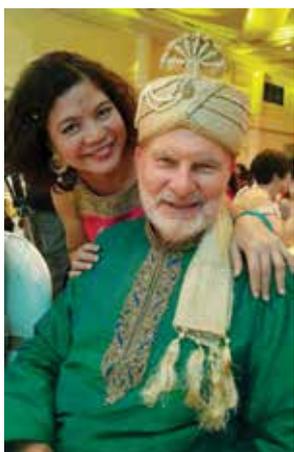
"This charming city definitely has much to offer to retirees out there," said **Professor Raymond Ho**, a Shenzhen University visiting professor and a finance researcher who specialises in retirement living. "Particularly those from China, Hong Kong, Macau and Taiwan as they share similar cultural backgrounds and languages with Ipoh".

He cites the weather as one of the three factors why Ipoh is ideal for retirees. "Next, the people here are generally well-mannered and approachable. I especially treasure the fact that most people here have positive family values, where husbands and wives live harmoniously together in treating each other well.

"And finally, the city centre is not overcrowded with traffic and skyscrapers, giving it a lot of room for development," he concluded.

Ian Anderson (Conservationist)

Retired British navy commander Ian Anderson, 80, well-known for his work in conserving Ipoh's heritage, agreed that the low cost of living was one of the primary reasons he and his wife, a local, decided to live here. "The property prices in Kuala Lumpur and Penang are ridiculously expensive. The property I bought here is a fraction of what I would have had to pay in those two places. Besides that, the cost of living is generally lower. Yes, it is an affordable place to live for expatriates. In fact, it is the best place to live on the west



Ian Anderson and Meng Wai

coast of the peninsular.

With 20 years of experience here and before that 10 years living and working in KL, the great thing about Ipoh is the cleaner air, the greener city and the significantly less traffic. Life is good here. I tell everyone that. When people say Ipoh is quaint and rustic, I say Ipoh is lovely because of that. I love this place," said Anderson.

The Lucks

Heinz Luck and his wife Ruth have lived the last 12 years in Malaysia, eight years of it as non-working retiree under the Residence Pass Talent (called RP-T) programme. Prior to this, this Swiss national has worked and lived in Switzerland, Germany, Saudi Arabia, in Bahrain, Czech Republic and now in the peaceful confines of Meru Golf Resort.



Ruth and Heinz Luck

"We lived and I worked for the last 4 years of my career in Kuala Lumpur. As retirement drew nearer, although we loved the idea of continuing to live in Malaysia, we found that the idea of living in busy, bustling KL was not what we wanted. We love nature and also love playing golf and tennis. Ipoh and Meru Valley Golf Resort in Ipoh matched most of our criteria. That's why we bought the house. As we were still working at the time, we could plan the renovation of the house and garden so that when retirement was due, we simply could move from KL and in."

"In Ipoh one never feels the size of the 700,000+ population living here. The inner city of town still conserves traditional buildings. Here the true multi-ethnic and multi-cultural way of doing business can still be experienced in all facets. People are generally more friendly, everything is nearby and traffic jams are rather the exception than the rule. Good food is offered everywhere and

the cost of living is very attractive.

"It is still not easy to find good quality housing unless one is building from scratch. Meru Valley Golf Resort is one of those few areas in Ipoh and from our perspective and definitely the best one to choose."

To learn more on Meru Valley Resort, visit <http://meruvalley.com.my/>

"People are more laid back here than in many parts of the country and very communicative and friendly. And then there is the food which we consider the best in Malaysia.

"We came and stayed in Malaysia on our free choice and have not regretted the last 12 years we stayed and lived here. All in all, we regard Malaysia and particularly Ipoh for us to be the best choice we have taken. We appreciate staying here for as long as we can foresee ..."

For more on RP-T, visit <https://rpt.talencorp.com.my/>

The Muellers

Peter Mueller a Swiss ex hotelier who earned himself the sobriquet of "Borneo Mueller" for his pioneering work in developing and managing two Holiday Inn Hotels in Sarawak, followed by managing stints in Kuala Lumpur with other chains, now lives in happy retirement in Sitiawan, with his wife Raja Mardiah.

Ipoh is the 'big city' to quieter Sitiawan and an easy commute for this energetic couple who will easily drop in for a dinner party in Ipoh when the occasion arises. Sharing similar feelings on Ipoh's conducive environment with other expatriates who have retired here, Peter is full of praise for the well equipped medical facilities in Ipoh and services provided by well qualified and competent doctors.

"Ipoh and also the whole of Perak has everything. Tourist attractions are aplenty. Ranging from Beach



Peter Mueller and Raja Mardiah

to Mountains, wonderful Caves, historical places, are all available within a short drive. It's a true paradise waiting to be explored especially for the retiree who has time on their hands."

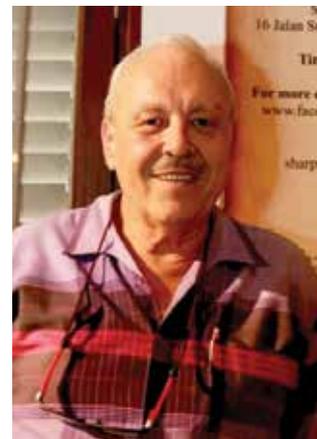
Peter Bucher (aka Pak Peter)

Peter J. Bucher widely known as Pak Peter is Swiss by birth and Perakian by choice. After more than 15 years working in the hospitality industry – mostly island and beach resorts, it was clear to him that KL was not the place to retire.

"Ipoh offers a lot of opportunities for active and open-minded senior citizens who wish to get involved in community projects. I am passionate about local arts, culture and literature and began **"Sharpened Word – Sharpen your mind, Enrich your life"** with a fellow Perakian.

"I am also an active Toastmaster and mentor of a Gavel club (junior Toastmasters) and occasionally I go back to my roots as a hospitality professional. The admonition *'The experienced teaches the novice'*, is an obligation, not a burden.

"It is so easy to retire and settle here in Ipoh. My advice to newcomers here, with time on their



Peter Bucher

hands, is to get involved in community service and become a member of an association or club and they'll find it easy to make friends. It's in our hands, as newcomers to reach out."



GreenAcres

GreenAcres Retirement Village

All of the retirees interviewed here own their homes but what other housing options are there in Ipoh for foreigners wishing to retire here?

GreenAcres is a retirement village catering to independent and mobile seniors looking for a quality retirement lifestyle, environment and peace of mind. Inspired by retirement villages found overseas, their emphasis is on active ageing and ageing gracefully. As such, there are a host of facilities, social activities and fitness classes – such as karaoke, mini theatre, fitness centre, Zumba, and tai chi – to enable the residents to maintain their health and wellness.

GreenAcres started operations in September 2017 with the completion of its Phase 1 villas (26 units) and the Clubhouse. An additional 28 units of villas in Phase 2 were completed in May 2019. The comfortable and compact villas translates to ease of upkeep for the residents, and each home is specially designed with more than 10 age-friendly features such as wider doors; lower and larger switches; wider and longer handles on furnishings; bathroom grab rails; taps with lever handles; seats in the shower; ramped entryways at the main entrance; step-less bathrooms; emergency call buttons; and lever handles on all doors. Interested readers can call **012 521 8319** or **05 253 6555** or email to info@greenacres.com.my.

MM2H

Malaysia and in particular Ipoh, is definitely a most desirable retirement location for foreigners but what of the legalities and procedures involved?

The official portal of **Malaysia My Second Home (MM2H) Programme** (www.mm2h.gov.my) explains: "MM2H Programme

MALAY DIGNITY – FACT OR FICTION?

Molly-coddling the Malays is a worthy pursuit notwithstanding the financial burden and ensuing physical stress.



Someone asked me what has gone wrong with the Malays in this country? Must they organise a congress specifically to identify problems affecting their dignity? Sounds odd indeed. Or was the meeting in Shah Alam on Sunday, October 6 an ill-conceived attempt at serenading their weaknesses and the need for additional privileges over and above what they are enjoying at this material moment? Don't they realise these privileges are already assured and enshrined in the Federal Constitution?

Whichever way one puts it, to my simple mind, it is nothing but a sham and an affront to level-thinking Malays like yours truly. Who are they trying to hoodwink this time around? It was all fine pre-May 13, 1969 when the position of the Malay community hit rock-bottom. Well, then they did not possess numerical superiority like they do today. The number of non-Malays was almost at parity. When you don't have the number the tendency is to shut up. However, when number is on your side the opposite is true. That is the situation today.

The nation's wealth then was almost entirely in the hands of foreigners, especially the Brits through their huge conglomerates and estates. Non-Malays, for whatever they were worth then, had a fair share of the pie and the beneficiaries were the rich Chinese towkays and tycoons. Some owned large tracts of virgin lands where tin-prospecting was the order of the day. Others utilised these lands to plant rubber when the commodity was highly sought by warring countries.

I do not envy the Chinese for they, like their forefathers who left China to seek fortune in South East Asia, slogged their guts to amass wealth with nothing but their bare hands and wits as tools. They were opportunistic, nonetheless, but who would not considering their disposition then and now.

Had the Malays done the same they would not be left so far behind.

But there again, this is easier said than done. Although there are exceptions to the rule their number is small. And who do you fault? The answer is pretty obvious – politicians with an agenda to pursue.

Molly-coddling the Malays, being the majority race, is a worthy pursuit notwithstanding the financial burden and ensuing physical stress. Keeping them happy and contented with false hopes and dreams was and still on the lips of every Malay-based political party, especially Umno. The Islamist party, Pas, unfortunately, is just an unwelcome bedfellow. Unlike Umno it neither has the strength nor the sustenance.

It is an open secret that almost all 200 Umno division chiefs in the country are billionaires, as evidenced by the ongoing court case relating to the estate of the late Jamaluddin Jarjis who was killed, along with five others, in a helicopter crash in Semenyih on April 4, 2015. Jamaluddin was a close ally of former Prime Minister, Najib Razak.

When Utusan Malaysia, Umno's one time media appendage, went belly-up none of them cared to throw a lifeline. That alone is an indication of the rot within the now-disgraced party. The party leaders cared less for their underlings. Their one and only desire is to amass as much wealth as possible regardless of the source and the means. The welfare and good name of the country do not matter. And yet they go around claiming that they are being marginalised and taken advantage of.

So when someone talks about Malay dignity, the one question that keeps popping in my head is – is it fact or fiction? My answer is simple. It is fiction in every sense of the word. The two fundamental weaknesses prevalent in most Malay leaders are

trust and credibility. These shortcomings affect our dignity (maruah) in more ways than others.

Neighbours – friends or foes?

My 3-year old white-coloured moggie, Lucky, decided to go beyond her established limits in search of games one evening. She does not venture out as often as before as stray dogs are aplenty in my neighbourhood. Although she is able to stand on her own against the canine intruders, age has definitely caught up on her. She sleeps often these days preferring to go out only when there are familiar faces under the porch.

Lucky's younger companion, a 10-month old tabby, is pretty agile in spite of her size and weight. I have a hunch Lucky's fear of heights was somewhat suppressed when she saw her friend walking nonchalantly on the roof of our porch to the adjoining porch and subsequently to the neighbour's house three houses away.

There is a crack in the ceiling of this neighbour's balcony that can easily fit a small-sized human. Lucky can wiggle her way into the ceiling via the crack effortlessly. I wonder what was in the crack that had a hold on her. My wife managed to retrieve her the first time she got stranded in the ceiling but the same night she was up in the ceiling again. Getting her out was impossible as the house owner was away. He returned a day later and all the while poor Lucky was in the ceiling without food or water. As the situation grew fraught my wife sought the assistance of our former neighbours who are avid animal lovers and staff of the Kinta Civil Defence Department.

By then the house owner had returned. He was not too pleased by our constant ringing of his doorbell. He allowed us in reluctantly and poor Lucky was eventually rescued after some very anxious moments. Two officers from



the civil defence office arrived in their office van. Upon seeing that the matter had been resolved they left.

My writing this little episode is to record my observations of people's reactions when one is in dire straits. There are two kinds

of people – those who will help willingly and those who will not lift a finger. At the very least I now know whom to turn to when in difficulty. My safest bet are my former neighbours – four sisters who would occasionally turn up at our

place to look us up. Their concern for us and our pets is unmatched. Perhaps it is our love for animals that brings us together. Money is not the issue here. It is about caring and empathy. We are blessed.

And for those who have problems dealing with wayward pets or perhaps to remove some creepy crawlies that have strayed into your yard, the Kinta Civil Defence District office is the one to call. They are located at Jalan Kelas Holf, 31400 Ipoh. Phone number: 05-242 7615.

From The Editor's Desk

By Fathol Zaman Bukhari



EYE HEALTH – WORLD SIGHT DAY 2019

In conjunction with WORLD SIGHT DAY 2019 in October, Ipoh Echo talks to Consultant Ophthalmologist Dr S.S. GILL on prevention of visual impairment.



The theme of World Sight Day 2019 (WSD19) is **Universal Eye Health**. This year World Sight Day falls on October 10 to focus attention on the global issue of **AVOIDABLE BLINDNESS** and **VISUAL IMPAIRMENT**.

Avoidable blindness is defined as blindness which could be either treated or prevented by known means.

Visual impairment is any kind of vision loss to the extent that even with conventional forms of correction or treatment, the person's vision remains poor. Being

visually impaired can be frightening, especially when it affects those who once had good vision.

Here are some facts:

- **About 253 million people are visually impaired worldwide:**
 - 36 million are blind and
 - 217 million have low vision (*severe or moderate visual impairment*)
- **Preventable causes are as high as 80% of total global visual impairment burden.**
- **89% of vision impaired people live in low and middle-income countries.**
- 55% of moderate or severely vision impaired people are women
- **An estimated 19 million children are visually impaired worldwide.**
- Globally, uncorrected refractive errors are the main cause of visual impairment.
- **Cataracts are still the leading cause of blindness.**
- **1 billion people with near-vision impairment.**

CATARACT is the clouding of the lens preventing light from passing through to the retina causing blurry vision. Cataracts usually affect people in their 50s, 60s and 70s, but may appear earlier too. Many of my patients who present early are golfers and sportspeople who do not **always wear good sunglasses** when they are out in the sun.

D I A B E T I C

RETINOPATHY

is another notorious cause that contributes to vision problems. If you have **diabetes mellitus**, make sure you are screened regularly for this eye complication – a condition where the tiny blood vessels in the retina (inside of the eye) are damaged due to diabetes. **No blurring vision does not mean he or she has no diabetic eye problems.** By the time blurring vision occurs, the eye condition is often serious.

GLAUCOMA is another blinding condition where an increase in eye pressure damages the optic nerve. **Early detection** by screening is crucial.

(World Sight Day IAPB picture, courtesy of International Agency for the Prevention of Blindness (IAPB), Registered Charity No: 1100559, Company Limited by Guarantee No: 4620869.)



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

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YuGin Foo

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Amy's Farmstay puts Lenggong on the World Map and boosts Perak Tourism

By now, you will doubtless have heard about the eviction of Amy Tan, her husband, Vladislav Kuta, and three young children, from their farmstay in the hills overlooking Lenggong.

When her story was first reported, many Malaysians were furious with the decision by the Perak State Development Corporation (PKNP).

Amy's desire to invest in her own country, work on the land, invite others to share her experience of being close to mother nature, teach them about sustainable living, how to respect the jungle and its many treasures, has not gone unnoticed. She receives many visitors, academics and schoolchildren, both local and from abroad.

Her farmstay has been featured in the National Geographic documentary, produced in 2016 called, "Living Free with Kimi Werner". Her energy needs are from solar energy. Her water is from the jungle streams, and food is sourced from her farm.

Days after the news of Amy's eviction, the CEO of PKNP arranged to meet Amy and for the first time in a decade, she has been able to discuss her proposals, which include collaboration with local community colleges so that graduates in tourism can be offered employment.

Although she trained as an accountant and has been for the past decade, a Roling physical therapist for people with chronic and acute musculoskeletal pain, both she and Vladislav embarked on a sustainable living project, which would serve as an educational experience where people can gain hands-on skills on true sustainable living.

The farmstay is located at the former Lenggong Tea plantation, which was

a joint venture between the Perak state government and 'Tate and Lyle', in the 1980s. At its peak, some ten years after it started operations, Harrods of London, stocked Lenggong grown tea. When PKNP turfed out the English company, the usual story of mismanagement and pilfering of stock caused the company to go bankrupt, within two years.

Soon after Amy occupied her land, PKNP ignored her complaints about squatters on her parcel of land. She also had issues with a timber company on an adjoining piece of land, which had trespassed onto their property and destroyed their crops. This timber company caused localised problems such as landslides, pollution of the pristine streams with silt and herbicides. The company destroyed the rich biodiversity of the jungle, which in turn threatened many species of birds and animals as they thrive on the jungle's flora and fauna.

Amy also sent a report to SUHAKAM to warn about the problems with watershed management, as the plywood project was being carried out on steep hill slopes in a water catchment area.

Despite her request for the PKNP to remove the squatters and deal with the timber company, no action was taken. Instead, PKNP accused them of not paying their rent and took them to court.

When Amy paid the rent, including backdated rentals, her money was returned without any explanation. Her previous attempts, in the past eight years, to meet PKNP officials were unsuccessful until her predicament and eviction were highlighted in the papers last week.

Amy and her husband grow mainly tropical and medicinal herbs, and fruit trees for consumption by them and their guests. They



Photo: Susan Tam/Coconuts KL

are inspired by nature being a natural pharmacy and they keep the land mostly wild and untouched.

They have no workers because of the constant threat of eviction. They do all the work of looking after the farm and taking care of their guests themselves with the occasional help from volunteers.

Both Amy and the residents of Lenggong are proud of what the area has to offer, but they are disappointed at the lack of response from the state authorities.

Her farmstay is one of the few accommodation options for visitors to Lenggong and she said, "Despite its UNESCO Heritage status, since 2013, the lack of infrastructure has delayed any form of success in the tourism industry."

She knows that the true potential of Lenggong as a tourism destination is untapped and told the State Tourism Exco about the transport challenges, poor connections to big cities, the lack of facilities and the general recommendations based on their interaction with tourists. She would like to promote tourism by linking up all the providers of accommodation and activities in Lenggong.

As an example, she said that tourists who arrive at Lenggong by bus cannot visit the archaeological museum, 5km away because there is no public transport.

More importantly, Amy's story is about a

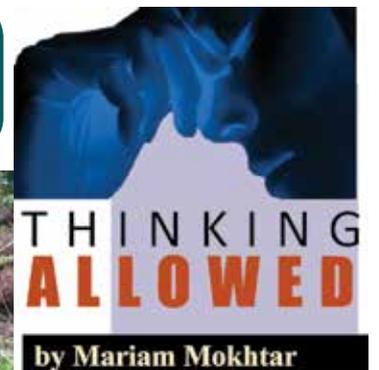
Malaysian who is prepared to work hard in promoting sustainable living, protection of the environment and being independent. It is also a story about true grit and determination to succeed.

Despite being featured in National Geographic and been praised by academics, it is her courage in bringing up a young family, while living close to nature, away from the attractions and pollution of the city, that is equally commendable.

On the flip side, it is the story of bureaucrats in PKNP dismissing her request to deal with the squatters, ignoring her plea to meet and discuss her proposals and issues. Her family was intimidated by visits from the police when rumours were circulated that she was involved in illegal jungle activities. It is also the story about big business harassing her and her family in an attempt to make her leave the farmstay.

It cannot be easy for Amy and Vladislav to commit all their effort, energy and money to make their project work, in a short-term lease of government-owned land, when the fruits of their labour may take years to yield a harvest.

Nevertheless, their farmstay has proven to be a success and helps contribute towards the tourist trade. They also interact with local kampung farm-



ers and share their knowledge of plants/crops.

The CEO of PKNP is aware of the huge contribution that Amy can make towards the development of tourism, education in biodiversity and preservation of the environment.

Will the Tourism exco, Tan Kar Hing, be convinced? Can he see the benefits and true worth of Amy's project?

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Tourism New Pangkor Logo

By Rosli Mansor

The new Pangkor Island logo was launched, on behalf of the state government by Tourism Perak recently, at the Taiping Municipal Council.

Executive Councillor for Tourism, Arts and Culture Tan Kar Hing said in view of the state government's effort at promoting Pangkor Island as a duty-free island, the new logo will help enhance the tourism industry in the island resort.

"Hopefully, programmes such as the transportation, awareness campaign codenamed 'Mesra Malaysia' will improve facilities on the island, as well as the print and digital brochures available for the promotion of Pangkor," he said during a media conference.

Blue-eyed anchovy (a popular marine product of Pangkor) and hornbills, which are often seen on the island, are portrayed in the new logo giving the island a unique identity as a preferred holiday destination.

Waves and coconut trees symbolise the flora found on the beaches of Pangkor. They are synonymous with the daily lives of the islanders and tourists.

In a related development, State Secretary Zainal Azman Abu Seman said



the state government had allocated an initial budget of RM10 million for infrastructure development after obtaining the funds from the Ministry of Housing and Local Government, Economic Affairs Ministry and the Ministry of Rural Development to improve facilities in Pangkor.

"This will include both passenger and cargo jetties in Pangkor and the jetty in Kampung Acheh on the mainland to facilitate the movement of people and goods," he told reporters.

Zainal Azman added that he would visit the Ministry of Finance to brief other projects earmarked for Pangkor in the hopes of getting financial support.

"I've had a discussion with the taxi drivers' association in Pangkor. We'll find ways where the Ministry of Entrepreneur Development and the Ministry of Transport can assist us with the planned transportation system," he added.

SeeFoon Debates the Merits of Chicken Rice

This week I am deconstructing Chicken Rice (CR) and debating the merits of what constitutes a good one. I know that ultimately it's the combination of all the constituents that make this iconic dish so-so, mediocre, good or brilliant.

When I first moved to Ipoh 24 years ago (yes it's been that long but feels like the blink of an eye!) I never found a chicken rice I liked. Mind you, I was so busy tasting all the other Ipoh iconic foods that I forgot my homegrown Singaporean rave food . . . chicken rice.

I still remember **Swee Kee** in Singapore; for me as a child, the big treat and big outing, when I used to stuff myself with all the chicken my little tummy could eat as well as all the divine gizzard, liver and, guess what, they had then – chicken intestines! We were one country then; no question of whether it originated in Singapore or Malaysia. It was our iconic dish. Albeit popularized by the Hainan Chinese and titivated locally.

Today, with some of the ongoing one-upmanship going on between the two neighbours clamouring for recognition on which dishes belong to whom, we have lost some emphasis on taste.

This is where our individual palates come into play. My daughter, for example, judges chicken rice on the smoothness of the chicken, its juiciness, its plumpness; next in importance for her, is the rice, each grain separate, firm and broth infused. Dipping sauce for her is unimportant as she loves the black sauce over her rice.

As for me, my first criteria whether I'll return for a second meal lies in the dipping sauce. I went once on a chicken rice frenzy while in Singapore and visited five shops/stalls in five days. Only one remains my go-to CR in Singapore today. And it's all because of the dipping sauce. All the CR stalls I visited but this one, had added sugar to the traditional chilli sauce and some not even offering the de rigueur ginger sauce with it saying, "It's already mixed in lah".

Here in Ipoh I decided to go on another CR frenzy and went over a period of two weeks to innumerable places. So these are the 5 Top and remembering that these are based on my subjective palate and some of you dear readers may disagree with me and I would welcome your comments on these.

5 Top Chicken Rice eating places I would go for my CR dose:

Restoran Hainam has been around for a long time and I have to admit that their quality is not on the same level as the two previous outlets above. However, their saving grace is that if you feel like chicken rice at 4pm or 9pm they are there and ready to serve and it is air-conditioned as a respite from the heat and if you're hankering for CR. Single portion RM7.80.



Restaurant Hainam: 75-77 Jalan Mustapha Al-Bakri, Taman Jubilee, 30300 Ipoh.
Contact: 05 242 8762
Daily 11am-10pm



Sam Ma Chicken Rice

I have a hard time deciding on whether Sam Ma (non-air-con) or Pak Kong is the top choice for me for a quick bite. Both have juicy chicken, with Pak Kong being slightly more tender and both their chilli sauce is not sweetened with their minced ginger sauce abundantly available. This I will ladle onto my rice and happily eat that alone if not for the temptation of the chicken. Both places have a choice of Kampung chicken and regular chicken, and the chicken broth in both is tasty and umami. The oil rice in both is umami, each grain intact but well cooked through. The one distinction I would make between the two CR outlets is that Pak Kong is so popular at lunchtime that it involves getting there before 12pm and possibly still queuing for a short while. **Sam Ma and Pak Kong: Single portion RM5.50.** Each of these outlets has their speciality add-ons so do look at their menus.

Sam Ma Chicken Rice, 3 Jalan S.A. Lingam, Taman Ipoh Selatan, 31400 Ipoh.
Contact: 017 756 8562
Thursday-Tuesday 11am-3pm, 6pm-9pm
Closed on Wednesday

Pak Kong Chicken Rice, 27 Jalan Theatre, Taman Jubilee, 31400 Ipoh.
Contact: 012 588 6618
Daily 11.15am-4pm



By SeeFoon Chan-Koppen
seefoon@ipophecho.com.my
For more info go to www.ipohfooddiva.my



Pak Kong Chicken Rice

Next, we come to the "Atas" places for chicken rice, well-appointed, elegant and even worth the drive and trouble of getting in as in the Haven's Cuisine restaurant. Here the chicken rice is long-grain-fragrant rice; the broth is umami and safe for me to eat



Haven's Chicken Rice



Haven's Cuisine Restaurant

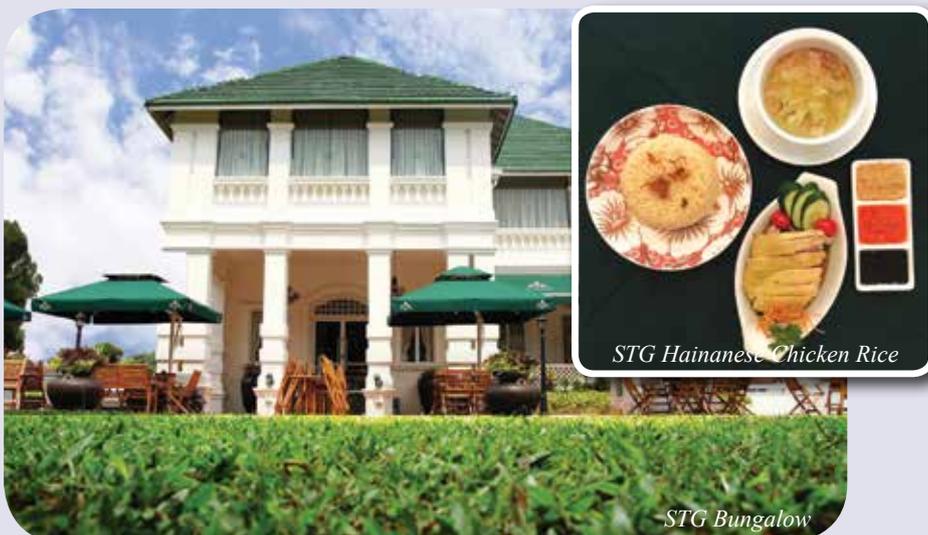
as they promise no MSG; the chicken 'Wu So Gai' or bearded chicken is off the bone and you can choose white meat or thigh dark meat and the dipping sauces similar to my childhood nostalgic tastes. Alas, the price is high at RM32 per portion. But the ambience more than makes up for the cost. Pork-free.

Haven's Cuisine Restaurant: Jalan Haven, Persiaran Lembah Perpaduan, 31150 Ipoh.
Contact: 05 540 0000
Daily 7am-10.30pm

*Haven's chicken rice only available on Mondays, Wednesdays, Fridays & Sundays
*Call ahead and give your car number and time of arrival. This is a must.

Finally, we have STG, the beautiful bungalow to dine in style. Here their chicken rice is yellow and umami, their broth chock full with vegetables, their chilli sauce and thick ginger sauce pungent with a kick and service is attentive and with style. Per portion RM24. Pork-free.

So now dear readers, you have a choice of CR outlets to suit your pocket and palate. Or if you have the time and inclination. . . try them all.



STG Hainanese Chicken Rice

STG Bungalow

STG Bungalow: 2 Jalan Taman Kinta, Taman Chateau, 30250 Ipoh.
Contact: 05 255 0188
Daily 11am-11pm

Revealed: Why is Ipoh the Best Location to Retire in Malaysia? . . . continued from page 2



Meru Valley Resort

is promoted by the Government of Malaysia to allow foreigners who fulfil certain criteria, to stay in Malaysia for as long as possible on a multiple-entry social visit pass. The Social Visit Pass is initially for a period of 10 years and is renewable. It is open to citizens of all countries recognised by Malaysia regardless of race, religion, gender or age. Applicants are allowed to bring their spouses and unmarried children below the age of 21 as dependants."

According to the programme statistics, the top 10 participating countries

from 2002 to 2018 are People's Republic of China, Japan, People's Republic of Bangladesh, United Kingdom of Great Britain and Northern Ireland, Republic of Korea, Republic of Singapore, Islamic Republic of Iran, Taiwan, Hong Kong Special Administrative Region, China and the Republic of India.

For direct applications, apply online via the MM2H Check N Track website for pre-submission (<http://mm2honline.motac.gov.my/>). Then, submit the documents at the MM2H counter. Once done, collect visa/passport from the

MM2H counter.

One can also opt for application through appointed agents.

Among the required documents are letter of application, copy of resume, copy of MM2H application form, copies of IM.12 Form (Social Visit Pass), coloured passport size photographs, copy of passport or travel documents, letter of good conduct, self declaration on health conditions, certified copy of marriage certificate (if accompanied by spouse), a certified copy of birth certificate or legal documents (if accompanied



Gua Tempurung

by children or parents), certified copy of latest bank statement or other related financial document, latest certified copies of payslip or income statement (if employed) or pension slip and authorization letter. For application through appointed agents, one must add on the personal bond which must be completed and signed by a Malaysian who is one

of the board of directors, shareholders, managing director or manager from the appointed MM2H licensed company.

The website also highlights that applicants are expected to be financially capable of supporting themselves on this programme in Malaysia: "They have to maintain the balance of RM100,000 (for aged

50 years and above) or RM150,000 (for aged 50 years and below) of fixed deposit until they terminate from MM2H Programme. MM2H participants are allowed to withdraw part of the required fixed deposit from the second year onwards for approved expenses relating to house purchase, car purchase, education for children in Malaysia and medical purposes."

According to mm2h.com, a government-approved MM2H agency and also the publisher of The Expat magazine, the Minimum Foreign Investment Values (MFIV) for residential property for Perak are RM1,000,000 (minimum purchase price – foreigners) and RM350,000 (minimum purchase price – MM2H holder) with its date of enforcement from March 1, 2014.

Come and retire in Ipoh. What's stopping you?

Next issue: Locally born and bred Ipoh boy Foo Joo Wai who has lived and is still living in California, is looking forward to spending his golden years in the home town he misses and loves.



Kinta Nature Park



Town Hall

Tourism

Perak Bikers' Carnival

By Rosli Mansor

Menteri Besar Dato' Seri Ahmad Faizal Azumu will join a convoy of 5000 riders of high-powered motorcycles on Sunday, October 20 in conjunction with Perak Bikers' Carnival 2019.

Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture said that the carnival, to be held at Movie Animation Park Studios (MAPS), will take place from October 18 to 20.

"The convoy will also feature 35 participants of Miss Cosmopolitan

2019. Apart from that, the International Ipoh Fashion Week 2019 will be held concurrently. Participants from Singapore and Thailand have been invited. This will, indirectly, help Tourism Perak promote the state, especially the city of Ipoh," he stated.

Jointly organised by Perak Tourism Association (PTA) and MAPS, the evening of October 19 will see a mini-concert, 'Bloodshed Reunion' being held. Taking the stage will be renowned rock groups May, Holy

Snake and The Punisher.

According to PTA President, Dato' Odzman Kadir the programme will benefit hotels and local businesses as participants would surely stay overnight in the city to shop and relax.

"We want Ipoh to be known and admired for its unique attractions such as the limestone hills and delicious street food. Our main objective is to improve the state's economy by organising a programme like this," he added.





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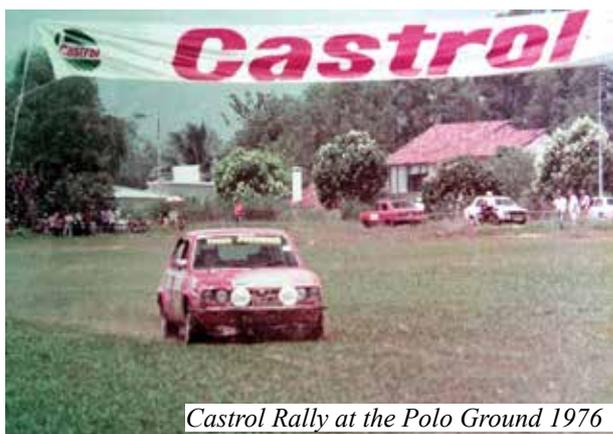
Heritage

Ipoh's Green Lungs

By Ian Anderson

Ipoh has changed dramatically over the last 20 years I have lived here. Wonderful old trees have been cut down and in most cases not replaced. The green area in the centre of town has been replaced by concrete and glass buildings, decorative gardens have disappeared and as everybody knows, the limestone hills and their ancient caves continue to be turned into gravel, thus destroying the natural habitat of our flora and fauna specific to our area. Doesn't anyone in authority understand that all this destruction not only takes away our natural heritage but damages our vital ecosystem? Vandalism of Mother Nature can never be reversed. Surely it is time to take a deep breath and look at what we are doing to Ipoh.

Nonetheless, there is still some good news. Fortunately, at least for the foreseeable future, the developers and their murderous machines have not touched our three recrea-



Castrol Rally at the Polo Ground 1976

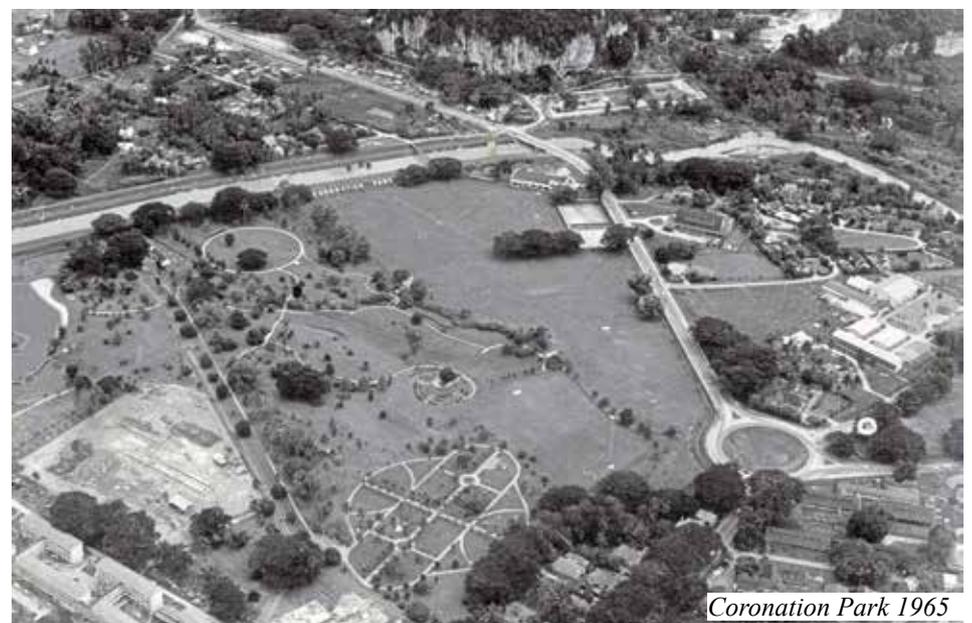
tion parks.

Darma Raja (D.R.) Seenivasagam Park is along what used to be called Anderson Lane in the days when Anderson Road and the Lane together formed the longest street in Ipoh. The park was set up as Coronation Park in 1953 to commemorate the Coronation of Her Majesty Queen Elizabeth II. It was renamed in the late 1960s in honour of D.R. Seenivasagam, a prominent lawyer turned opposition politician who, with his brother, S.P., founded the People's Progressive Party (PPP). The party had a runaway victory in 1959

when they won all the Ipoh seats.

Today the popular park features sports fields, mature trees, ponds and a well-kept Japanese Garden. It is a very popular place for all manner of exercise and well used by people of all ages.

There is another island of ecological pleasure just off the Tambun Road. Locally we know it as the Polo Ground, which during the British intervention in Malaya was exactly what it was. However, in the 1970s the park was reincarnated as a Motor Sports Rallying venue, driven (sic) by the Royal



Coronation Park 1965

Perak Motor Club whose roots stem from 1907 and the Perak Motor Union. Subsequently, it became a recreation park, named after Sultan Abdul Aziz.

Today the park is an ideal place for exercise with plenty of green space for Tai Qi, Qi Gong and more. Then there is the walking/jogging track around the perimeter, where in the early morning there are hundreds of participants of all ages. Senior citizens with walking sticks are common and, believe it or not, from time to time you will even see a senior citizen on a Zimmer. That's real dedication! The

late Sultan Azlan Shah walked the track every morning he was in Ipoh. Finally, there is a stage for the fittest to lead us in Zumba, Aerobics and other forms of torture for creaking bones and protesting muscles.

Last but not least we have Gunung Lang. This is a vast green area of around 30 hectares, primarily bordered by limestone hills. For centuries it was untouched and nature at its best, but in 2000 it was developed into a new recreation park. All the entertainment features are man-made and include

a cascading waterfall, a 2km boardwalk over the swamp and lookout towers. Additional facilities a children's playground, a campsite and a mini zoo. It is a popular place at weekends.

To conclude this brief run around our parks, I am not suggesting that anyone is about to take these facilities away, but as pressure on development land grows and high rise buildings creep ever closer to the Polo Ground there is always that risk. So, citizens of Ipoh, keep a watchful eye as these are not only our green lungs, they are our heritage.

Exhibition

History and Culture through Old Notes and Coins

Coins collection is an acquired hobby. For most of us, money is a type of promissory note payable to the bearer on demand; but for those whose passion lies in the field of numismatics, to collect a coin or a piece of banknote is akin to owning a piece of history, because each of them is beautifully designed and is able to tell stories of the past.

At the 5th Ipoh Coins Fair and first International Numis Conference 2019 at Ipoh Parade recently, a large crowd came up close and personal with the avid collectors.

Organised by Raymond Chow Galleries in support of the Perak Numismatic Association (PPNP) and Tourism Perak, the four-day event held from October 3 to 6

brought together hobbyists and dealers from all over the globe to exchange views and insights on their collectibles while exposing and educating the public on the numismatic traditions and history.

“The design of money is usually influenced by the government of the time and the available technology; it often reflects a nation's culture or even its aspirations. Sometimes, it can also mark the change of a king, dynasty, governments or empires. Hence, this Coins Fair and Numis Conference provides an opportunity for locals to browse through different collectables and learn more about the history behind each artefact,” said Yew Sook Kim, manager of Raymond Chow Galleries.



The event's foreign exhibitors were, among them, China Gold Coin Incorporation, Hong Kong Hua Yun Culture Collection Appraisal Co.Ltd, Beijing Kim Cheon Pavillion Commemorative, China PCCB, Breathing Life into Familiar Places and Singapore Alwrith Wee SC. Each trader brought in banknotes from different countries and eras for sale and display. Free evaluation and

consultation services on collectibles were available.

Trader Keng Chee, 26, who bought several banknotes, said the banknotes were not merely collectibles, each banknote has a history attached to it and it helped to deepen his understanding about a country's culture and history.

Zuhairi, 27, from Bidor, Perak said he was glad to have dropped by the event and it was an eye-



opener for him.

“I am amazed by the uniqueness and rich histories behind these collectibles, I think I will never see banknotes and coins the same way again. They are clearly more than what meets the eye,” said Zuhairi.

Yew, who is also the Secretary of the PPNP, expressed her gratitude to the mall for hosting the event. She said youths should take up the hobby as it enhances one's knowledge of history and politics as well as developing a sense of appreciation for arts and culture.

“These coins and

banknotes are treasures worth investing in because they connect us to the past and reflects the present,” added Yew.

Meanwhile, Advertising and Promotion department Assistant Manager Lim Huey Tyng said she was glad that the event had received great response from the public and that the mall would gladly support and host the event again in the future. “I believe our shoppers have benefited a lot from this event and on our end, we will also continue to organise more educational activities for our shoppers,” added Lim.

Community

Special Needs Across Lifespan

By Mei Kuan

Jointly organised by the Rotary Club of Kinta and Hospital Fatimah, a seminar on special needs across lifespan was held from October 5 to 6 at the Brother Liborius Auditorium of Hospital Fatimah.

With free admission, it was aimed to create awareness of the importance of early detection and early intervention in special needs, to highlight the varying needs and challenges faced by individuals with special needs and their families across their lifespan, and to identify parent leaders to support families with special needs through existing NGOs.

“I am thankful to the panel of speakers, 90% of them are from Ipoh rang-

ing from parents, teachers, therapists and clinicians,” said Dr Shan Narayanan, Co-organising Chairman cum Resident Consultant Paediatrician of Hospital Fatimah.

“As Hospital Fatimah is a private tertiary health-care facility, it is indeed very appropriate that this seminar is held here which provides a wide spectrum of specialist disciplines. Our hospital would like to be actively involved in activities for the community especially in the preventive, promotive and developmental aspects of health,” explained Dr Lim Chie Kean, Medical Director of Hospital Fatimah.

“In today's fast track



world, young ones are cared for in nurseries, day-care centres and by carers. Children spend most of the day in schools, tuition classes and games, so much so that for parents or carers, there is a tendency to overlook or take

things for granted. There may be changes in their development and learning pattern that may go unnoticed,” highlighted Gnanasagaran, President of the Rotary Club of Kinta.

“Hospital Fatimah started by Brothers of Mercy 45 years ago has developed into a health facility providing comprehensive specialist clinical services. The vision of Blessed Peter Friedhofen, the founder of Brother of Mercy, ‘to care for sick and needy’ has become a reality. What an excellent combination of his vision and Rotary's motto of providing ‘Service Above Self’ to help those with special needs. I am told 45% of the attendees here are teachers, predominantly mainstream school teachers. This is a reflection of the increasing number of children with various types and varying degrees of special needs,”

stated Dr Lee Boon Chye, the Deputy Minister of Health, the guest of honour for the day.

“Our early intervention services have improved over the years. Our services for adolescents and adults with special needs is just developing to address key issues of puberty, sexuality, employment and the long haul. The seminar addresses these important areas. Well done organisers!” he added.

Present were Dr Alex Khoo Peng Chuan, Paediatric Neurologist of Hospital Fatimah, Rev Bro Patrick Liew, Chairman of Hospital Fatimah Exco and Dato' Dr Ramanathan Ramiah, CEO of Yayasan Sultan Idris Shah (YSIS).

Knee Pain Seminar

By Rosli Mansor

The “Pain-Free Walk and Seminar on Knee Pain” programme organised by Ipoh Pantai Hospital at Polo Ground recently saw over 300 participants. Among them were members of the Perak Senior Citizens' Association, Government Retirees' Association and Kilat Club.

The programme started with attendees walking around Polo Ground followed by a health semi-

nar by Dato' Dr S. Vasan, orthopaedic surgeon for Pantai Hospital.

Executive Councillor for Human Resources and Health, A. Sivanesan said that the objective of the walk was to manage knee pain and to improve the overall well-being of Ipohites.

“Individuals today that reach their 40s start suffering from knee pain,” he added. “Some of the contributors to knee pain

are an unhealthy lifestyle and lack of exercise.”

“The government welcomes more programmes of this kind in the future,” said Sivanesan.

Government Retirees' Association committee member, Puziah Abd Wahab told Ipoh Echo that 75 of their members took part in the programme.

“It's helpful especially for those suffering from knee joint pains because there are no known



cures for the ailment,” she added.



Arts and Culture

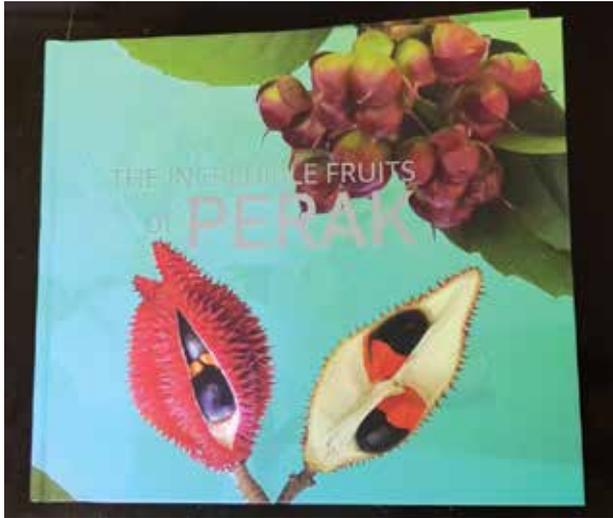
Capturing Natural Wonders

By Mei Kuan

Hosted by Perak Academy, photographer Omar Ariff presented a talk on "Perak: The Natural Wonders" featuring his collection of photographs that tells the story of Perak's natural diversity.

It was held recently at the Perak Academy along Jalan Tun Sambanthan.

"I am a photographer publisher, just about to complete my 18th book. I get commissioned by various people to do the books. This goes back to 2002 when Multimedia Development Corporation Malaysia wanted to do a coffee-table book to celebrate their 10th year. I was very fortunate because at that time I did not have any portfolio or done a book before, but they had faith in me. They commissioned me and they were happy with the finished



book. Then the next client, Petronas, came and it goes on," Omar, hailing from Kuala Lumpur but captures pictures all over the world, told Ipoh Echo.

"I'm self-taught, it's a passion! I always look forward to a Monday morning to go to work. I've done books on nature, insects, food and fruits, among others. Some are available at specialised bookstores like Kinokuniya and Silverfish while some are private such as gifts. I'm currently working on another book, it's going to be on the Kinta Valley; that should be out in a couple of months," he enthused, citing capturing natural elements as his favourite.

"I used to have a website but I brought it down because a lot of people

were stealing my photographs even though the pictures were small. I just don't have the time to monitor it," he pointed out.

Here's his advice for aspiring photographers: "You have to capture from your heart. You have to have the passion and interest. For me, when it comes to nature, why I love it so much is because of what you learn. I'm not a caver but I learned about caving. I don't know about wild and exotic fruits but because I spent time with (the) Orang Asli, they taught me how to eat it as certain fruits are poisonous."

His latest book titled, "The Incredible Fruits of Perak" is available online at Silverfish and Kinokuniya at RM120.

Connexion

By Joachim Ng

Silver trail in heritage living



Perak is caught in an old-versus-new dilemma: to preserve our past, or protect our posterity. Planters and contractors want to reduce the jungle foliage so that estates can expand, and blast the limestone hills so that the supply of building materials keeps flowing. But naturalists and culturalists want to defend our prehistoric inheritance and cultural artifacts embedded in the forests and caves.

As you approach from the south, you will pass by Simpang Pulai, a crossroads town rich in Kinta history. Towering over some bright new clay roofs is the old majestic Gunung Lanno where a tussle is going on between quarry operators and cave explorers. Lanno is a source of wealth for the construction and housing industry, but it is also rich in biological fossils and historical artifacts.

Large wild cattle and fleet-footed deer once took shelter in the caves, leaving their bone fragments for today's explorers to discover; in more recent times but some 120 years ago, pioneering youngster Chew Boon Juan got off to an early start at tin mining in Gunung Lanno. Explorers have found artifacts that speak of that era when Lanno was called the golden mountain.

Jalan Chew Boon Juan, near the centre of Ipoh city, is named after this intrepid miner who began his work life as a kitchen assistant. A good part of Ipoh's cultural history has been well preserved at Chew Museum run by Ignatius Chew, the grandson of Boon Juan.

Perak seems unable to work out a fruitful relationship between modernity and history, muddling through both and excelling in neither. Even when a bright idea came along to marry the new and old, the honeymoon didn't last long. Concubine Lane was a brilliant creation, but now on weekdays it is just another pasar malam street displaying so-ordinary fashion accessories.

The State Government needs to promote creative industries and ride on the global interest in heritage living. This concept is a spin-off from the agrarian lifestyle traditionally anchored on a fusion of old and young, a past-present-future amalgamation in a harmonious blend. Heritage living is a grand fusion of modernity with arts, culture, history, and primevalness expressed in a dozen ingenious ways. It has vast tourist appeal but requires sustained development, maintenance, and marketing effort for it to be successful.



Relocate Abandoned Palong Tin Museum



iSpeak

By A. Jeyaraj

Recently, I was told to visit the Palong Tin Museum along Kinta River Walk to see its present condition. Towards the bridge, there is a signboard showing the way to the museum.

The museum building was empty and locked. The sign "Palong Tin Museum" engraved on the glass wall is still visible. On either side of the door is placed a water jet which was used to loosen sand. Further along the road, there are two buckets which were used to scoop the sand.

A palong costing RM500,000 was constructed. It is supposed to be an operating unit but I have never seen it in operation. (Palong is the structure where tin ore is separated from the sand.) The place where the palong is constructed is not maintained and overgrown with



grass and bushes. It is not safe to go near since there may be snakes and other reptiles in the bushes. The place is neglected and I doubt anybody goes there. Eventually, the structure will crumble.

I spoke to Sasvini, Finance Assistant, Kinta Riverfront Hotel who is responsible for managing the stalls including the museum along the river



bank. She said they have no plans for the museum and asked for my opinion. She informed that she would talk to her boss and come back to me, but never did.

In Issue 312 of Ipoh Echo, (Sep 16-30, 2019) there was a news item stating "Menteri Besar Incorporated MB Inc invites the public, especially university undergraduates

on semester break, to apply for the Tanjung Tualang Tin Dredge No 5, TT5 Volunteer Programme." I came across a pamphlet "TT5 Packages Services" which was sponsored by MB Inc, Tourism Perak and other organisations. Tours are organised. Recently, when I went with my family to Tanjung Tualang for seafood, I noticed a number of cars were parked

at the parking lot of TT5. This was not so in the past. There are signs that action is being taken to make this place a tourist destination. Public transport should be made available from Ipoh and posters put up at the Ipoh Railway Station.

My suggestion is that the palong and the equipment should be relocated to the TT5 area and set up there. There is already a museum in this place. We can have all the things related to the tin mining industry in one place. The Palong Tin Museum building is empty now, but in the early days, there were many artefacts. I remember seeing a tin ingot. The walls had posters with information about the tin mining industry. What has happened to them? Where are they now? The artefacts and posters should be recovered and placed at the new location.

I will not be surprised if one of these days someone takes away the equipment that is kept in the open space. There is very little security at Kinta River Walk. Anything is possible in "boleh land".

There may be private tin museums and artefacts kept by individuals. They should also be brought to the new location. Let us have one central place where all things about the tin mining industry can be seen.

During the peak of the tin mining industry in the 60s and 70s, Perak was the richest state and Ipoh was the trendsetter for the country. School children and youngsters should be taken to visit TT5 and the museum. They should know the history of Ipoh. Without tin, Ipoh would not be what it is now. Let us be proud of our past and try to regain our lost glory.

Community

PCSH'S Plant Whisperer

Doctor with healing hands not only for sick patients but for flowering plants as well

As a Chief Medical Officer stationed at the 24-hour Accident & Emergency (A&E) Department of the Perak Community Specialist Hospital (PCSH), Dr Edward Lim Chee Hong has proven himself to be skilled not only in treating sick patients, but also equally adept in breathing new life into flowering plants.

Despite putting in an average of seven to ten hours a day at the A&E Department, Dr Edward had always made time to attend to the plants within the hospital compound, most of which had been meticulously planted and nurtured by him personally; coming back on his off days and/or staying back after work to help water and/or prune the trees and flowering shrubs.

His interest in flowering plants and foliage began at an early age of 10 years old. From then on, he started physically planting them, studying the intricate characteristics involved and learning how best to save them from an 'untimely death'. He couldn't bear to see vacant land laid barren and felt the urge to grow plants and flowers to brighten up the landscape.

It was this same underlying burning interest that

led him to initiate moves to change the then bare landscape of PCSH when he joined its staff 14 years ago. Being a not-for-profit hospital that aspired to provide quality healthcare especially for poor and needy patients, the hospital could ill afford to beautify its grounds.

Dr Edward explained that tending to his 'little nursery' within the hospital offered him an outlet to de-stress himself after a hard day's work. He said the joy of watching the flowers, trees and shrubs that he had planted, thrive and grow under his careful monitoring and care, gave him infinite and indescribable joy.

"It is so beautiful to look at (the flowering plants) and they are also therapeutic for those who are feeling low," he added.

Dr Edward said it was not easy looking for suitable plants to be planted in the hospital. Initially, he brought cuttings and seedlings from his house. Then he salvaged discarded plants and gave them a new lease of life in his 'little nursery'.

As the years progressed, Dr Edward sharpened his skills in bud grafting, especially on bougainvillea plants, resulting in one bougainvillea plant



that bore two or more colours. As a testimonial of his planting skills, two big pots of blooming bougainvillea plants: one with white and purplish pink flowers and another in a combination of white, purplish pink and red flowers – stand proudly on display at the entrance to the hos-

pital.

The doctor said bougainvillea plants were ideal as they need plenty of sunlight but not too much watering and once they were pruned regularly, they blossomed even more abundantly.

He pointed out that he could draw a parallel link-

ing his bud-grafting skills to the realities of life; one has to practise continuously in order to improve and excel. Similarly, one has to understand and learn the different characteristics and requirements of each and every plant to know under what conditions they will thrive well and if they were to 'fall sick', how best one can save it.

Apart from bougainvillea plants, Dr Edward has also planted big leafy yam leaves, soothing Weeping Willow, and majestic Red Palms at the hospital's miniature Zen Garden. All in all, he said he has now planted about 50 different varieties of plants, flowers and trees in the hospital compound.

To celebrate his 48th birthday this year, Dr Edward said he spent a "sizeable amount" to buy a "Cycads" plant (in Cantonese known as "sew tit she") which has a long fossil history. Although the plant is known to withstand drought conditions, it is notably a very difficult species to maintain as even delicate butterflies can cause serious damage.

Taking on the challenge of maintaining this Cycads Tree, Dr

Edward explained that he had bought the plant as it had a sturdy trunk with 10 "heads" sprouting pinnate leaves. He felt this was somehow synonymous with the growth of PCSH – how it started from its humble beginnings as a Perak Chinese Maternity Hospital before diversifying and growing into a multi-disciplinary hospital- the Perak Community Specialist Hospital.

He hopes that in the future he would be able to plant the vibrant Plumeria (Frangipani) flowers in the 30 dividers in the hospital's 262 free car-parking lots, thereby creating a colourful sea of flowers once they bloom simultaneously.

"A lot of people prefer to go to a nursery and simply buy the plants they like – but then, they do not get to experience the joy of watching them grow under your tender loving care," said Dr Edward.

"Studies have shown that people who take a keen interest in gardening, have healthier mental states of mind and lead happier lives. I personally feel great satisfaction when people admire and praise the beauty of the flowers, and even to take photographs with them," he added.

A Century-Old Service

By Jo Lynn

When it comes to continuing a family legacy, how many of us would be willing and able to do so?

Ipoh-born Selvaraj (or Raj), 31, operates a barber service that has been around for almost a century. The business was started by Selvaraj's great-grandfather from under a huge tree beside the Kinta River. With him were about 40 other barbers. They were only equipped with a mirror, a pair of scissors and a chair. Try to imagine that humble sight!

Around 50 years ago these itinerant barbers were collectively moved to the then newly-built Ipoh Town Council shop lots. Presently, only three barbershops remain, including Raj's. His shop, located in the better-concealed parts of Ipoh Old Town, serves Ipohites of all ethnicities



and from outskirts namely, Batu Gajah, Kampar and Gopeng.

During an exclusive one-on-one, he told this scribe, "I like being a barber. It's an interesting job." He recalled showing a great interest in the profession when he was still in Form 3. "Many people think that being a barber is easy, but it is not an easy job. All hair is different.

When you make a mistake, you have to know how to explain to the customer. You cannot show an angry face." Raj has experienced being kicked and bitten by some of his younger clients, the youngest being a one-month-old baby!

Many of Raj's customers say that they like his traditional style of cutting. In contrary to the modern barber methods, which involves electric shavers, Raj's equipment is a pair of scissors, comb and a clipper. Raj uses a mixture of Dettol and water when he is shaving and trimming, a method used by barbers of yore. Not to mention, Raj's homemade cologne, which is favoured by many, plus a soothing head massage. Raj proceeded to show us his excellent skills when he shaved the eyebrows

and sideburns of one of his customers.

Raj makes it a point to make his service as affordable as possible. A haircut costs RM7 whereas a haircut and shave cost RM9. Raj offers his service to the poor for free. A similar service at the more established barber shops costs between RM12 and RM15.

Raj is not considering moving his shop elsewhere

but harbours plans of opening new outlets. Do pay a visit to Raj's barbershop when you are in the mood for a soothing traditional haircut.

His shop opens daily from 9.30am to 8pm and is located at No. 3, Gerai Gunting Persiaran Bijeh Timah, 30000 Ipoh. Raj can be reached at 010 563 3341.



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Community

Simee Home Residents Thrilled by Tenby Youth

It was the first day of the October mid-term break. Twelve young Tenby stalwarts chose to devote this first day of the holidays to Community Service at the Home for Elderly Citizens, Kampung Simee.

“Our visit was one of the high points in our Community Service education under the C.A.S.E programme of Tenby Schools Ipoh,” explained Sixth Former, Lim Xi Ching, who was one of the leaders of the group.

“The immediate purpose of the visit to the Home was to establish fellowship with the elderly citizens – about 60 of them, all of them without the social safety net of family ties.”

The Tenby students were drawn from the Sixth Form, the Case Action group and the Interact Club. They spent the morning of Saturday entertaining the folks with a programme of songs, dances and games.

Ngoi Shin Ray, Asha Ruben and Evelyn Yeoh



took charge of the wheelchair-bound residents.

“We organised them into two rows facing each other. We got them to play a “throw the ball at someone” game. They were aroused into action – all of them,” remarked Ngoi, 15, who is a Year 10 IGCSE student.

“We learned a lot about the psychological needs of the elderly,” reflected Asha Ruben, 15, of Year 10 in the IGCSE class. “In a home like this, the elders long for company and some group activity that breaks the monotony and loneliness

they would otherwise face all the time.”

Other highlights of the entertainment programme were the Chinese songs of the 1960s sung by Mr Louis Rozario Doss, the teacher-in-charge of the Tenby Fellowship Visit. Mr Louis pleasantly surprised us all with his superb repertoire of Mandarin songs especially the nostalgic songs of Qin Shin San which were nostalgic hits reminiscent of the 1960s!

Victoria Pang, 16, of Year 11 (IGCSE) thrilled the audience with her heartrending Christmas

and Chinese songs. Victoria is one of the best singers of vocal solos at Tenby Schools Ipoh, almost a celebrity in Ipoh.

“More than money or material donations, what the old folks here need is the gift of time from the rest of us. They are truly starved for fellowship and a listening heart from us,” opined Victoria.

Two other notable singers were Lim Zhi Qing and Michelle Keyza Lee, both Sixth Formers at Tenby Schools Ipoh.

Michelle says: “It was an eye-opening learning opportunity for us in the



Sixth Form. We began the day with a briefing by a staffer, Ms Alisha Ho, on the funding and operational system of the Home. It gave me an idea of how a Home like this can be run on a non-profit basis.”

The students were also awed and deeply touched by the story of the late Fr. Anthony Khaw, the paramedical missionary priest who founded the Home. With good reason, of course, he is hailed as the Lion of the Kinta Valley.

“The story of Anthony Khaw tells us that one person can make a difference to the lives of

many,” remarked Lim Zhi Qing. It is an inspiration to all who seek to promote volunteerism.”

The Fellowship Visit is part of the Tenby Schools Ipoh Deepavali and Pre-Xmas Charity Drive. The entire school population are engaged in a charity drive this month (Oct 2019) to supply the Home for Elderly Citizens, Kg Simee, with urgently needed supplies such as adult diapers, personal shower bath creams and toilet detergents. The supplies are being delivered on a weekly basis to the Home.

Personality

From Backstage to Front

By Chris Teh and Yugin Foo

Ever wondered what it's like to transition from behind the scenes to the front stage in the music industry? Ipoh Echo had an exclusive one-on-one with music producer Chow Kam Leong during a promotional event at Tin Alley for the Padi Music Festival which was held at Sekinchan, Selangor, recently. He explained the changes in certain aspects of the music business and the challenges he faced.

Taiping-born Chow started his musical journey after graduating from secondary school. He learnt classical guitar from classes in Penang and Kuala Lumpur and his efforts paid off when he won the 1979 Malaysia Classical Guitar Competition. Interestingly, his students who followed suit also won the competition between 1980 and 1983.

Being one of the early pioneers in Malaysia's Mandopop music industry, thanks to Chow's introduction, some well-known names such as Negeri Sembilan-born Fish Leong, Penang-born Ah Niu, Kuala Lumpur-born Yu Heng and Sabah-born Lim Wen

Suen are few of the artists whose musical careers are recognised nationally and internationally.

Putting much effort on teaching the new generation of musicians while upgrading his performance and skillset, Chow said, "I believe that in order to advance in the world of popular music, one needs a good music foundation."

For Chow, his career, hobbies and interests are all in music which drove him to do what he does best to date. In the 80s and 90s, Chow taught music classes in Ipoh and Taiping. Realising that teaching music is not his ultimate life goal, lyrics and song composition are what Chow wanted to pursue the most. Fast forward to the late 90s, he left Perak for Selangor to start his new journey in music.

Currently, he owns MusicToxin Productions, a music production company based in Kuala Lumpur, where he still writes lyrics, composes songs and albums and coordinates live performances. He also owns Tutti Recording Studios based in Petaling Jaya, realising his dream of having his very own recording studio.



"All this while, I constantly reflect upon myself to ensure that I'm good enough before starting something or facing challenges. For up and coming musicians, they should not focus on the uncertainty but keep moving and ask themselves if they are mentally prepared to face the inevitable hardships," Chow admonished.

Being in the industry for almost 40 years, Chow noticed a change in his

mentality as he grows older.

"Contrary to the materialistic things in life that people yearn for, in my opinion, the ultimate achievement for musicians who genuinely love music is self-recognition. I have always wanted to produce meaningful music which can still lure people to sing along even after many decades. This is my intention that led me to this industry. Bee Gees, Santana, Sam Hui and

Lo Ta-yu are few of the examples. In this time and generation, music is no longer about just having a popular song which lasts only for a short period," Chow said.

Chow, mentioned that Perak, despite being rich in mining history is also called 'a cultural desert' because very few artistic and literary contributions come from Ipoh. Other than that, he rarely sees any 'newbies' in the music industry originating from Perak.

Asked on the future of the music industry, Chow said, "It depends on the current wave of people in the world of music. But no matter which industry people go for, they must make sure they are good enough."

"The future will always be full of challenges. If you cannot be successful, in time there is no point in pointing fingers," Chow highlighted. "Move on into areas where you can excel," he added.

In the aspect of transitioning from behind the scenes to front stage, Chow said, "It is like managing two different attitudes."

"Being on the

front stage requires us (musicians) to always feel gratitude to the audience and give our best performance because they spent much of their time travelling all the way to watch us perform and clap or cheer for us.

"Behind-the-scenes is indirect communication with the audience. Calmness and coping with loneliness comes with this role because the audience wouldn't know for sure the amount of effort we put in the production of a song or an album. In this case, it's only the final results that matter.

"If the song or album turned out good, it becomes popular. But what if it doesn't? The audience will chastise the parties involved for not doing a good job. This is what I meant on needing a strong mentality to work behind the scenes," Chow elaborated.

Chow still favours lyrics-writing the most, drafting melodies and lyrics being his most enjoyable moments. Citing The Beatles as his all-time idolised music group, Chow, who has currently composed at least 500 songs, aims to compose 1000 songs in his whole musical ambition.

Nostalgia

Times Change

By Ian Anderson

There is no doubt that things have to change as we cannot stay in a sort of time-warp while the world goes by without us. Ipoh, like everywhere else, is in a state of perpetual change. It always has been and it always will. Some of these changes creep in, barely noticed until one day you say, "I wonder when they changed that?" Other changes are more dramatic, changing the face of the city and the lives of those that live there. A good example of this is Fair Park.

Fair Park was a housing estate built by the well-known Danish architect Berthel Michael Iversen in 1938. This development was a change for the good for local people, with state-of-the-art homes far superior to



Greentown, wide swathes of grass c1947

traditional shophouses that most people lived in. The homes had three bedrooms upstairs; with a living room, dining room, a flush toilet (when the town still had the bucket system), a small kitchen and backyard. There was a built-in wood-fired stove with a chimney. There were green strips of land and space between the blocks of five houses. Here, children of all races played together in perfect harmony. Fair Park homes were a dramatic step forward for Ipoh and with a rent of \$60 a month they were the most popular houses in town.

Not far away was



Fair Park Homes c1960

Greentown, homes for the civil service. These were not as grand as those in Fair Park but nonetheless, they were good homes with the bonus of lots of green space where the kids could enjoy their freedom and adventure; catching spiders and dragonflies; climb trees and make their own toys from whatever was available. The complex included a sports club, The Sturrock Club. Legend has it that the name of the development was culled from all the wide swathes of grass between the rows of dwellings, but this is incorrect as it was actually named after Mr Green, a British Civil

Servant and leader of the Town Council. I prefer the legend!

Down in the town's shophouses, it was a different story with children playing in the streets and back lanes, their families crammed into one room and sharing everything. Mano Maniam picks up the story:

"In the upstairs living quarters of the shophouse, three families lived huddled together, separated by thin wooden walls and sharing a common tap in the primitive kitchen. On the ground floor, at the very back was the sole bucket toilet which had an opening to the back lane.



Shophouses on Lahat Road c1955

This facility was shared by the twenty people upstairs and a dozen workmen in the three businesses in the shop. The womenfolk on the upstairs floor had to use the toilet very early in the morning, away from the presence of males whose turns came only after the last lady had safely disappeared upstairs to begin their housework."

A far cry from Fair Park or Greentown!

Yes, times have changed. Iversen's Fair Park has gone, razed to the ground without a trace, replaced by a new housing estate; Greentown homes have also gone to be

replaced by a business park where blades of grass can barely exist, and children no longer play – today they go to tuition!

But in most cases, the shophouses are still there. The buckets have gone, replaced by flush toilets in the 1970s and the population density has decreased as families moved to the outskirts of the ever-growing town. Personally, I am glad that they are still there for they are the trademark of our city. If they were to go, Ipoh would have no character, no stories, no heart.

After all, we all need a little bit of nostalgia to fall back on, don't we?

Education

Student-run Advertising Agency

By Mei Kuan

Ad. U, a student-run advertising agency comprising of communication students from the faculty of social sciences of Quest International University Perak (QIU) was launched in early October. It was held at QIU's on-campus BuzzHub recording studio.

Aimed to redefine hands-on education and provide a first-hand taste of real day-to-day challenges in the field, the revolutionary agency provides services in the form of radio promos, social media management, media training, photos, videos, marketing communication strategy, copywriting and editing.

The Ad. U team, currently made up of 11 members of different semesters under the fitting name of "The Pioneers", showcased their first project during the event – a promo video series designed for social media for their first client, Hoga Gaharu Tea Valley.

QIU Chief Operating Officer, Nicholas Goh stated, "Ad. U will prove an excellent vehicle for advancing the personal and professional development of communication stu-



dents in line with industry demands. Before Ad. U, we have previous experience working with hotels which received plenty of positive feedback and created spikes of interest for them. Thus, I believe with this project, there will be a traffic jam in Gopeng soon where Gaharu is!"

Hoga Gaharu Tea Valley Chief Executive Officer, Nicklaus Ho enthused that the final product was "beyond our expectations," adding that they looked forward to partnering with QIU on future projects. "We in

the company encourage the participation of homegrown local talents. Malaysia boleh (can do it)!" he added.

Deputy Dean of the Faculty of Social Sciences and Project Advisor of Ad. U, Associate Professor Dr Adeline Kok, explained, "This is just the beginning. The idea was conceptualised in line with QIU's ongoing mission to provide deep experiential learning opportunities to students. There will be more clients to come, definitely."

The Ad. U initiative

was the brainchild of hers. When asked on the meaning behind the name, Ad. U, she said, "Ad stands for 'advertisements'. Meanwhile, U represents 'university' and 'you'. The latter to depict advertising specially made for you."

Present were Kourtney Goh, project manager and advertising student and Moby Noor, producer of the Gaharu project and final-year journalism student.

For more, contact Ad. U at 05 249 0500 or email aduadsagency2019@gmail.com.

Inaugural Founder's Day

By Afiqah Rafael



SMK Methodist (ACS) Ipoh celebrated its inaugural Founder's Day recently to mark the day Reverend W.E. Horley founded the school on August 5, 1895.

Present was guest of honour, Manomaniam, an alumnus of ACS and one-time TV personality who played a definitive role in the "Kopitiam" TV series of the early 2000s.

ACS is one of the oldest schools in Ipoh and the first Christian mission school in Kinta District. It was established when an English clergyman, Horley, arrived in Ipoh on July 31, 1895. Just five days after his arrival, Horley opened the school located in a small attap-thatched Malay house rented from Datoh Panglima Kinta. At that time the school had only four students.

Today, with an enrollment of almost

1300 students, ACS takes pride in its history and heritage. School principal and alumnus, John Seeni, told this scribe that the idea struck him after reading the book, 'History of Methodist Schools in Malaysia'.

"I read the book in December last year and it inspired me to start the celebration so it could be held annually."

ACS has three entries in the Malaysia Book of Records – 2007, 2009, and 2013. "For next year's Founder's Day, we're planning something grand for another entry into the Malaysia Book of Records," he quipped.

Numerous activities were held and organised since June to commemorate the big day namely, drawing contest, choir, public speaking and futsal competition. Prizes were given away in conjunction with the auspicious day.

Healthcare

Keeping Up with Health Knowledge

By Chris Teh



The 2019 National Scientific Seminar in Pharmacy and Health Sciences organised by the Universiti Kuala Lumpur (UniKL) Royal College of Medicine Perak was held at Syeun Hotel recently.

With the theme 'Information Today is Knowledge Tomorrow – Providing Positive Health Care in the Community',

the seminar saw discussions on topics such as 'halal' certification, mental health, the role of natural products in ageing skin, the pros and cons of fitness trends and vaccines regulation in Malaysia.

An initiative to emphasise present and future health care in the community, the seminar provided a forum for investigation

and exchange of actionable knowledge on practices by experts and scientists engaged in health care research.

In his speech, Dr Ahmad Fuad Shamsuddin, Dean of the Faculty of Pharmacy and Health Science said that knowledge learned today is completely different from knowledge learned decades ago.

"Despite the ever-present nature of medicines, their complexities are very often not fully understood," he said. "Information is the most important intervention in modern healthcare. They assist in improving the quality of life and reducing deaths resulting from diseases."

Ahmad Fuad also mentioned that pharma-

ceutical science revolves around basic, applied and social sciences, playing a part in all stages of the journey of medicine.

"From medicine's discovery as molecules to formulation for manufacture and approval by regulatory agencies for public use, the ever-changing development of medicines require highly educated and multidisciplinary workforces," he explained. "To keep up with timely changes, attending seminars, workshops, conferences and talks are important. Even textbooks are now often moving at the speed of constantly evolving knowledge."

UniKL will be organising their 3rd International Conference tentatively in September next year.

SMK Seri Keledang Achieves New Milestone

A brand new gymnasium was launched by Dr Abdul Aziz Bari, Perak State Executive Councillor for Education, Environment, Green Technology and Information on August 29 at SMK Seri Keledang. This idea was mooted by the principal Mr Gunalan a/l Tony together with the

Physical Education Unit of SMK Seri Keledang. This facility will enhance the sports abilities of both teachers and students as well as promote a healthy lifestyle among the SMK Seri Keledang community. The school was most appreciative of Dr Abdul Aziz Bari for his contribution of a brand new treadmill for the gym.



Business

Spritzer Celebrates 30-year Anniversary

By Rosli Mansor

Malaysia's pioneering natural mineral water producer, Spritzer Berhad, celebrated its 30th anniversary recently in a big way.

Running on the theme, "One with Nature", it was held at the Spritzer Eco Park in Taiping with over 1500 in attendance.

Kenny Lim, CEO of Spritzer Berhad expressed his gratitude for the overwhelming support the company received from customers throughout its three decades of existence.

"We've surmounted many obstacles to be where we're today. The four guiding principles which



we practise are integrity, faith, mutual respect and be open to ideas and challenges," he mentioned.

"At our heart is the need to preserve the

natural environment. Thus, we've planted over 16,000 trees on our 330-acre operational site. In addition, we use battery-operated bicycles inside and outside the factory to reduce the emission of carbon dioxide," he explained.

Incidentally, Spritzer was established in 1989 and is a public-listed company on the Malaysian Bursa. Its annual income is in excess of RM300 million. As of today Spritzer is the largest producer of bottled mineral water in the country

Their latest product, "ACILIS" features environmentally-friendly



bottles made from plant-based material sourced from sugar cane.

"Besides that, we also

collaborate with NGOs to create public awareness on 3R (Reduce, Reuse and Recycle), clean the

beaches and plant coral reefs as part of our on-going effort in enhancing sustainability," he added.

Manufacturing Sector is Key Driver

By Mei Kuan

Running for the 51st year, the annual dinner of Federation of Malaysian Manufacturers (FMM) Perak branch was held recently at Casuarina @ Meru Hotel.

Present were Asmuni Awi, Executive Councillor for Islamic Affairs, Islamic Education, Rural and Entrepreneur Development as guest of honour, Tan Sri Soh Thian Lai, President of FMM and Dato' Gan Tack Kong, Chairman of FMM Perak branch.

"The manufacturing sector is a key driver of economic growth and international trade at national as well as state level. Based



on the latest statistics released by the Department of Statistics Malaysia on July 24, 2019, Perak is among the six states which had grown at a faster rate than the national growth rate of 4.7 per cent," said Soh.

According to him,

Perak's digital aspirations would certainly receive a great boost and jump-start since the state has been chosen to be the first in the country to introduce the National Fiberization and Connectivity Plan to enhance its high-speed broadband access at af-

fordable prices.

"While the target community under the Plan is the rural areas, I'd strongly urge the state government to negotiate with the Federal Government and Tenaga Nasional Berhad to expand connectivity to industrial estates in line

with the National Plan to support the development of the digital economy and Industrial Revolution 4.0," Soh highlighted.

FMM also requested the state government to share with investors the various proposed development plans, especially those which would provide opportunities for the manufacturing sector to supply goods and services, in line with the national agenda to buy Made-in-Malaysia in government projects and state procurement.

FMM is at the helm of efforts to strengthen the national TVET (Technical

and Vocational Education and Training) system, working with government ministries, departments and agencies. The key outcomes are a national TVET Blueprint by mid-2020 that is truly industry-driven, professional TVET practitioners having the right employable skills and to increase the country's skilled workforce from 25 to 35 per cent.

For more details, readers can call FMM Perak branch along Off Jalan Raja Dihilir at 05 548 8660 or email to fmmperak@fmm.org.my.

Entertainment

By Rosli Mansor

Special Effects MAKEUP CHALLENGE

The second Kellie's Castle Special Effects Makeup Challenge was held on Saturday, October 5. The competition is an on-going effort to source fresh talents in the special effects makeup industry.

Haslinda Abd Hamid, director of the Taiping Community College, said that the programme, jointly organised by her college and the Batu Gajah Community College with the collaboration of Kellie's Castle management, enabled students of the Beauty Therapy and Spa course to be more creative and adventurous.

"It's the best platform for students to apply what they've learned. After completing their course, students are going to face lots of competition from the outside world. We want to prepare for these challenges.

"Special Effects Makeup is a compulsory subject for students taking the Beauty Therapy and Spa course. This subject requires a large amount of practical work and exposure.

"In this year's challenge, participants are required to produce their pieces based on the zombie theme. Their creative touch reflects more originality and better attention to detail,



which is in line with the theme," she said after presenting awards to winners.

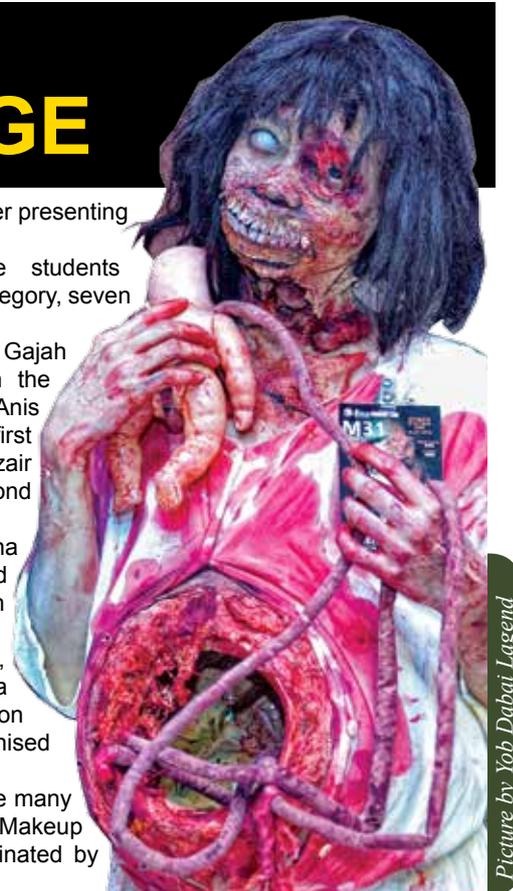
A total of 29 community college students participated in the challenge. In the open category, seven from the public took part.

Ainul Farisha Ishak from Batu Gajah Community College won the top spot in the community college category. Puteri Adilah Anis Rosli from Taiping Community College was first runner-up while Farisya Emy Shuhainy Uzair from Taiping Community College, the second runner-up.

The open category was won by Suriana Sukiman. Mastura Edora Hamre took second place and third place went to Noor Fakirah Mohd Zubir.

General Manager of Kellie's Castle, Zamari Muhyi said that the event was a continuation of Kellie's Night Tour Version Two. It was meant to enliven activities organised for visitors.

"We want people to know that there are many talented Malaysians in the Special Effects Makeup industry. The industry has long been dominated by Caucasians," he told Ipoh Echo.



Picture by Yob Dabai Legend

Technology

Calling All Aspiring Inventors!

By Mei Kuan

Malaysian Invention and Design Society (MINDS) Perak Chapter organised a briefing on the upcoming invention competition, International Invention, Innovation & Technology Exhibition (ITEX), followed by a hands-on workshop at YMCA Ipoh recently.

The objectives of the briefing were to enable schools to learn all about ITEX, create interest, encourage active participation and kickstart preparation leading up to the international competition.

Jointly organised by MINDS, ITEX is endorsed by Malaysia External Trade Development Corporation (MATRADE) and supported by the Ministry of Energy, Science, Technology, Environment & Climate Change Malaysia and Ministry of Education Malaysia, among others.

Tan Kim Seng, the chairman of MINDS Perak Chapter told Ipoh Echo, "The response is very encouraging with over 100 teachers and students from 25 schools in attendance. I encourage more Perak schools to enter ITEX, World Young Inventors Exhibition (WYIE), Asian Young Inventors Exhibition (AYIE), Malaysian Young Inventor Exhibition (MYIE) and the like. MINDS Perak will assist them. For example, today, the schools are given guidance on the criteria for judging."

Dr Chakr Nagara, vice president of MINDS Perak Chapter explained, "The annual ITEX will be held in the middle of next year (June 8 to 10) in Kuala Lumpur and will see the participation of primary schools, secondary schools and universities from Asia including Malaysia. We encourage students to think."

During the afternoon session "From Ideas to Market", participants were introduced to the concept of team building to move ideas forward. Interested participants were advised to register with Ms Dong, Secretary of MINDS Perak Chapter at **016 338 6524**.



Tan Kim Seng (middle) and Dr Nagara (third from left)

Each team would ideally consist of four participants. The team would meet and decide on an idea. Ideas should be relevant, marketable, practical, not too costly to develop and original. Meetings amongst team members would be held regularly either in discussions across the table or virtual through the internet. The immediate aim would be to develop an idea to a stage where it could be exhibited at ITEX.

According to Dr Nagara, issues facing teams would include a decision on an idea, conceptual details and drawings about the idea, technical and engineering issues, development of the prototype, testing of the prototype and finally the market potential of the product. It is only when these important issues are resolved will teams be ready for ITEX.

"Inventors don't be shy. Come forward, break the mould and forget about preconceived ideas. Think out of the box. It could be any invention idea from social



Among the speakers were Teng Yu-Mein, inventor of the Efinity EZ Water Filter System and Robest Yong, holder of multiple patents

innovation, music, song, a poem to physical items such as books, for instance. We want students to learn to think and not to memorise. Perak has a lot of potential and talents that have yet to be honed," he highlighted.

After its Ipoh stop, another similar talk was held in Taiping on Saturday, October 5 as part of its continuous effort.

MINDS Perak Chapter is a state branch of MINDS Malaysia, a non-profit making NGO formed in 1986. MINDS is the largest body in Malaysia representing individuals, universities and companies to encourage creative invention, innovation, industrial design, research and development.

Interested schools and students who would like to join ITEX'20, partial funding would be provided for selected competitors to cover transportation costs etc. Do visit its website at minds.net.my.

Book Review

When A Turtle Cries

By Jo Lynn

"When A Turtle Cries" is a collection of 13 short stories written by Pan Jun-E (1903-1972) throughout her lifetime.

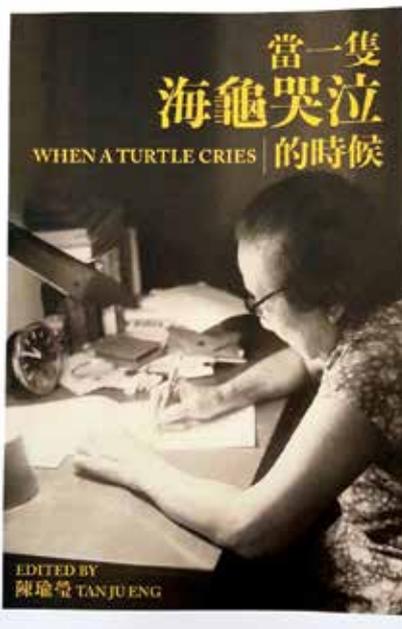
Written originally in Mandarin, the stories were published in Nanyang Siang Pau and New Women Mag. They were later discovered by one of Jun-E's grandchildren, Tan Ju-Eng, an Ipohite, while she was going through her grandfather's possessions. In honour of her grandmother's legacy and to share these stories with the world, Ju-Eng decided to translate them into English.

Printed in bilingual form, the book holds thoughtful and heartfelt messages that are based on real-life events encountered by the author and the people around her. "Chen MingRuo" is about the death of Jun-E's fifth son. It was only after the death of her beloved son that Jun-E started to write. With support from her husband, who constantly encouraged her to read and write, Jun-E was able to pursue her writing career,

which lasted for almost four decades.

The stories take us back to 1930 - 1970s Malaya, a period in which society was very much run according to the rules of patriarchy. During that time, traditions were important. Women were regarded as inferior in all ranks of society. Child brides, child slavery, adultery and infidelity were rampant and considered social norms. Stories of how young girls were belittled, tortured and stripped of their identities make me contemplate many a time about the state of humanity. How did the women of that era endure such atrocities?

Writing with emotions deep from her soul, Jun-E tells her stories through the eyes of a young woman who longs for freedom. Again and again, the desire



for the liberalisation of women rings loud in her words. Vivid descriptions about the characters provide insight into the everyday lives of the people then living, of how they suffered and died in innocence. Interestingly, the vocabulary used subtly reflects the culture and struggles of that time. The phrase "guizi" for instance, is a Chinese slang term used to berate the Japanese soldiers.

"When A Turtle Cries" is indeed a book that we must treasure, for what it has yet to teach us is of immeasurable worth. It reminds us that there is a dark side to society, a side of which not all of us know about. A side of which not many would want to unveil. It again reminds us that there are so many things in life that are often swept under the carpet and left untouched and unheard.

Why do we silence those who do not have a voice? Why do we turn our backs on the things that we deem are unmentionable? Why, again, are there so many of us that go all out to pursue fame and wealth, but not once, for a single time, bat an eyelid at the sad things in this world? This book tells us that we have to keep trying. It tells us the truth, and only the truth in its purest form.

Priced at RM25, money paid for the purchase of the book will be donated to single mothers. Interested readers can email Ju-Eng at Jetan222@gmail.com for details.

LETTERS

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

The State of Our Drains

Until today no action has been taken.

Could the ADUN (Canning) please explain why we faithful taxpayers pay our Assessment Tax dutifully every year when the City Council is so very lax in fulfilling our rightful benefits. How can any resident in such circumstances be dependent on the political party elected to fulfil our basic needs?

There never is a time that residents (except in the favoured areas) in a residential area of Ipoh can be thankful for the prompt response or any at all, to the city councils!



Complains with pictures prove the truth for years and years of unsatisfactory administration!

Augustine Basnayake
Jalan Carlos
Taman Ipoh

"Adrenaline-filled thrills"

Re Mei Kuan's piece "Adrenaline-filled thrills" in IE 313, I would like to point out that Gua Datok is formed of limestone, not granite. There are no

granite caves in the Kinta Valley. And Picasso Cave is one chamber inside Gua Datok. This chamber has natural markings that are likened to Picasso's artwork.

Liz Price

Sport

Ipoh City Council is Champion

By Luqman Hakim



Ipoh City Council (MBI) took top spot at the just-concluded 17th Local Council Games 2019. The biennial games held in various venues in Perak beginning Friday, September 27 till Sunday, October 6, saw the participation of all 15 local councils in Perak.

The final event, held at Stadium Perak, Ipoh, on Sunday, October 6 was the soccer final between MBI and Kerian District Council. MBI trounced Kerian District Council 4-0. The match was witnessed by nearly 2000 supporters from both teams.

During the prize-giving ceremony, Ipoh City Council was declared the overall game's champion. They amassed a total of 24 points winning 12 gold,



8 silver and 4 bronze. In second spot was Taiping Municipal Council with 15 points collecting 4 gold, 8 silver and 3 bronze. Kuala Kangsar Municipal Council was third with 11 points winning 4 gold, 2 silver and 5 bronze.

Prizes were given away by the State Financial Officer, Dato' Hj Abu Bakar who represented the State Secretary.

The 18th edition in 2021 will be hosted by the Taiping Municipal Council.

Wheelchair Rugby

The 2019 Heavea Cup Wheelchair Rugby Tournament, organised by Halcyon Agri Corporation and held at Tenby International School Ipoh, lasted from September 27 to 29.

Teams from three regional countries participated with Malaysia playing host. Team Indonesia emerged champion defeating Team Singapore in the final, 54-31. Team Malaysia secured third and fourth place.

Deputy Managing Director of Halcyon, Wang Gee Hock said that

the objective of the tournament was to enable the disabled to interact with the public. It was also an opportunity for them to participate in vigorous physical activity.

"Other than Singapore, where our headquarters is located, the tournament is also held in Palembang, Indonesia and in Hat Yai, Thailand," he added.

Rikadusngambut, 25, from Flores, Indonesia said that despite losing both legs and his right limb due to electrocution,

his motivation to play got stronger instead of weaker.

"I started playing wheelchair rugby in 2011. It's hard to accept the fact that I'm playing with only one hand," he stressed. "After meeting others with similar handicaps as mine, I felt thankful for what I still have today."

The principal of Tenby International School Ipoh, Richard Davidson, said that tournament such as this could motivate and inspire students besides drawing them closer to the disabled.



HAPPENINGS

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

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

ARTS AND CULTURE

SHARPENED WORD: 'DOES FOOD MAKE A NATION'. OCTOBER 19 (Saturday), 2pm-5pm at 22 Hale Street. Sharpened Word invites you to join the illustrious panel for a stimulating nation building discussion and celebrate their 4th anniversary. Entrance by donation. For updates visit Facebook page: www.facebook.com/sharpenedword.kinta.

BICARA WARISAN – 'THE HERITAGE OF MALAY TRADITIONAL POTTERY IN PERAK'. OCTOBER 19 (Saturday), 2.30pm at PORT, No. 9 & 11 Jalan Sultan Azlan Shah, 31400 Ipoh. Organised by Perak Heritage Society and P.O.R.T. Presented by Dr Salwa ayob (UITM Perak). She will relate the origin, production and process as well as the symbolic meaning that lie within it. For reservation call PORT 05 241 2287 or WhatsApp Hisham 013 424 1917.

BICARA WARISAN – 'SOCIETY AND POLITICS IN PERAK TOWNS, 1900-1940'. OCTOBER 23 (Wednesday), 2.30pm-5pm at MU Hotel, Ipoh. Organised by Perak Heritage Society. Presented by Professor Emerita Lynn Hollen Lees. Prof Lynn, as she is affectionately called, returns to Ipoh, where she co-founded Perak Oral History, to give an illustrated talk based on her book, "Planting Empire, Cultivating Subjects: British Malaya, 1786-1940", published by Cambridge University Press, 2018. An education you don't want to miss. Snacks will be served. Admission: free. Limited seating. For reservations, call Hisham 013 424 1917 or online <http://bit.ly/2M5bzW1>.

CHARITY BALLET CONCERT 'SWAN LAKE'. NOVEMBER 17 (Sunday), 8pm at RTM Auditorium. A fundraising event for the Perak Palliative Care Society. One-night performance only. For enquiries, call Dance Centre 05 545 9480; Facebook or Instagram: *Dance Centre, Ipoh* for updates.

KINTA VALLEY SYMPHONIC SOCIETY (KVSS) PRESENTS MOVIE PARADISO. NOVEMBER 24 (Sunday), 3pm at Auditorium Perakfm, Jabatan Penyiaran Malaysia Perak. "Movie Paradiso" is an orchestral musical journey that weaves through various movie themes. Don't miss out the opportunity to listen to the tunes of movie classics, both modern and of yesteryear! Entry by donation: RM80, RM50 & RM30. Contact 012 523 1037 (Lee Meng Meng) to obtain your tickets or visit Facebook <https://www.facebook.com/kvwo2010/> for further details.

IPOH FINE ARTS SOCIETY – 'GANJAM'. NOVEMBER 29 (Friday), 8.30pm at Auditorium RTM Perak, Jalan Mahadi Musa, Ipoh. Presenting Sutra Foundation's stunning production, a spectacular Odissi performance by the Sutra Dance Theatre. For invites and enquiries, contact (Ipoh Fine Arts Society) Sunthary 05 254 5185 (office hours), Shanti Lingam 016 532 1087, Tholasee Manoharan 016 527 2959 or Kamini Kumar 012 500 1421.

CAREER

UNIVERSITI TEKNOLOGI PETRONAS CORPORATE CAREER EXPOSURE (CCE) 2019. NOVEMBER 16-17 at Chancellor Complex, Universiti Teknologi PETRONAS, 32610 Seri Iskandar, Perak. Themed "Unlock True Potential with UTP", CCE will bring together the country's most popular graduate employers under one roof, creating a platform that offers the best internship and full-time work opportunities for top talents. Participating companies will be able to increase their visibility on campus, build their recruitment image and market their company as an employer of choice. For further information on the event, contact Ahmad Firdaus Mohd Amran 012 734 0950 or email: firdaus.utpcc@gmail.com.

COMMUNITY

PERAK ACADEMY FORUM – 'THE SOUTH CHINA SEA: GLOBAL EPICENTRE OF SUPERPOWER CONFLICT?' OCTOBER 18 (Friday), 6pm at Perak Bar Auditorium, 41 Jalan Dato' Maharajalela, 30000 Ipoh. Featured speakers: Sumathy Permal, Fellow at MIMA (Maritime Institute of Malaysia), Dr Hazmi Rusli, Associate Professor at Universiti Sains Islam Malaysia's Law Faculty and Bunn Nagara, Senior Fellow at ISIS (Institute of Strategic and International Studies). Contact: 05 241 3742, 016 221 3742 (Michael Thomas) for reservations or email: contact@perakacademy.com.

SHARING: "CAN WE BE PART OF THE JOURNEY TOWARDS INCLUSION FOR ADULTS WITH AUTISM?" OCTOBER 25 (Friday), 7pm-9pm at One Platform Resources, Ipoh. Will be conducted in Mandarin and English. Who should attend: parents of children on the Autism Spectrum; special needs teachers; professionals in dealing with Autism or Special needs; businesses who are interested to promote inclusion. Speakers: Alyson Thor and Eileen Soon. Fee: RM30 per pax. Registration Link: <https://forms.gle/355QxDKdCmwUEW8U8>.

2019 I LOVE YOU CHARITY BAZAAR AND RUN by Pertubuhan Pengurusan Pusat Jagaan 1Malaysia (PPP1M) Perak together with Polo Ground Sunday Morning Kaki Ipoh. OCTOBER 27 (Sunday), 7am-2pm at PPP1M Home at 152, Jalan Dato Lau Pak Khuan, Taman Ipoh, 31400 Ipoh. Bazaar coupons are available for sale now at RM10 per piece from the PPP1M home or its volunteers. Registration for the run is closed. For more info, contact 05 5469577.

SUKHAVANA MEDITATION MONASTERY ANNUAL SANGHIKA DANA AFTER THE RAINS VASSA. NOVEMBER 3 (Sunday), at Bercham. Event programme: 7.15am – free breakfast, 8.50am – pindapat (alms round, only packed & dry food), 9.15am – cloth & requisites offering to the Sangha and Dhamma talk, 10.30am – offering of food to the Sangha, 11am – free lunch for all. All welcomed to this event (for Non-Muslims only). For inquiries, contact Ong 010 383 4362, Swee Lian 016 536 4301 or Jean 012 515 8488.

MERU VALLEY PATCHWORK 12TH BAZAAR. NOVEMBER 16 (Saturday), 9am-5pm at the Function Room of Meru Valley Resort, Ipoh. All proceeds go to Pertubuhan Jagaan Kanak-Kanak Cacat Setia in Taman Grand Silibin. We appreciate your generous support!

PUBLIC FORUM: MINDFUL-SPA, SELF-COMPASSION & MINDFULNESS. NOVEMBER 16 (Saturday), 3pm-5pm at Bro. Liborius Auditorium, 6th Floor, Hospital Fatimah, Ipoh. In collaboration with Malaysia Association for Mindfulness Practice and Research, organised by Befrienders Ipoh and Hospital Fatimah. To register, send a WhatsApp message with your full name to 017 519 4752/016 521 7230.

SHOW OFF YOUR CAT! NON-PEDIGREE CAT COMPETITION. NOVEMBER 17 (Sunday), 9.30am-1.30pm at Tesco Extra Bercham. 'Natural Beauty', 'Most Photogenic', 'Best Dressed' and 'Owner Pet Look-Alike' categories and other fun activities for the public. Registration fee: RM30 per category. For registration, enquiry, terms & conditions: 011 2063 0103 (Fazila) or 016 252 5566 (Winnie). Email: noahsarkipoh@yahoo.com. Facebook: noahsarkipoh.

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.