



Homegrown Herbal Tea

Story by Chris Teh
Pictures by Luqman Hakim

Ipohites have heard of many herbal tea brands like Ho Yan Hor, Tan Ngan Lo, Poh Woh Thong and many more. These are all homegrown brands, using formulations passed down the ages, each one with its own signatures and each appealing to its own audience. Some which were previously featured like Ho Yan Hor in March 16, 2016 (issue 231) and May 16, 2016 (issue 235) and Gaharu Tea in May 1, 2015 (issue 211) and August 16, 2018 (issue 287) have become well known as Ipoh's signature products that come in handy when recovering from sickness or as remedial concoctions.

But have you heard of **Apoh Herbal Tea**? The century-old business has been passed down from one generation to another, promoting a healthy body through the consumption of salted herbal tea. Ipoh Echo had an exclusive one-on-one with the director of **Sam Tat Trading Company** which brews Apoh Herbal Tea that is distributed around town.

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How 'ApoH' Came to Its Name



Madam Cheng Khuan Fong, 82

The Early Beginnings

Being the third generation of the Cheng's to run the herbal tea production company, **Madam Cheng Khuan Fong** reminisced on the hardships her ancestors faced while running the Chinese herb business.

In the early 1900s, medical supplies were scarce in China and Pan Ah Hao (Madam Cheng's grandmother) took up and learned many herbal properties from her father (Madam Cheng's great-grandfather). When time came for the needy, she would share concoctions for flu and fever remedies with her friends and relatives.

Owing to worsening living conditions in China, her grandmother took off with her three children (Cheng's father and two uncles) to Malaya and established a Chinese medical hall cum provision store. What was originally dreams of a new life turned into dust in an instant when the Japanese occupation in China indirectly forced her grandmother to return there.

"I was brought up by my uncles who stayed here in Malaya because my father, being the eldest sibling had to return to China with my grandmother to tend to the remaining families and businesses there," the 82-year-old Madam Cheng mentioned.

Due to the Japanese occupation, the shop in Malaya was destroyed but owing to the determination of Cheng's uncles, the Chinese medical hall was reopened in Kampar and has since been established in Ipoh and Penang.

ApoH came into existence due to a flu epidemic that broke out during the 1950s. The herbal tea concoction of Cheng's grandmother came in handy to boost the immune system of those who sought treatment in the shop. Even suitable for children's consumption, salted lime was added for children's taste. This formula brought ApoH to what it is today.

Keeping 'ApoH' Alive

"I'm currently just maintaining the business," Cheng stated. "Right now, I'm at that age where I just want to pass time doing whatever I do."

With only six staff including Cheng herself, the factory in Pengkalan Industrial Area runs in a semi-automated manner. Staff are only in charge of bottling brewed tea and packaging tea bags. The brewing of tea for bottles are already preset on a boiler which automatically channels completely brewed tea to the bottling section.

"I'm holding out hope that my children would inherit the business in the future," she expressed. "Not mentioning myself, my whole family has been consuming ApoH Herbal Tea. I'll keep holding on until my children decide to take over the business."



Former teabag packaging



Current teabag packaging

Consumption for the Busy, Around Town and Beyond

ApoH Herbal Tea has five products which are their signature **Classic Herbal Tea**, **Honey Ginger Tea**, **Barley-Plantago Tea**, **Grosvenor Herbal Tea** and **Burdock Ginseng Tea**.

The Classic Herbal Tea contains salted mandarins, honey, liquorice root, *lalang* grass root and mulberry leaves, best consumed for reducing excessive body heat. It has a greenish yellow-coloured bottle packaging and has an obvious salty taste, which is the signature of ApoH Herbal Tea.

Coming with a beige-coloured packaging, the Honey Ginger Tea contains ginger, orange, lemon and lemongrass which is best consumed for warming up the digestive tract. Due to ginger as one of the ingredients, it has a hint of spiciness.

The Barley-Plantago Tea with light blue-coloured packaging contains barley, grass jelly commonly known as *leong fun*, plantago, honey and Chinese licorice root. With a mild herbal tea flavour, Madam Cheng highlighted, "It is best consumed for cleansing the excretory system. I highly recommend this for consumption."

The Grosvenor-Herbal Tea contains monk fruit (commonly known as *luo han guo* which is usually brewed into herbal tea beverage available in certain old-style coffee shops), chrysanthemum, licorice root and red dates, featuring a yellow packaging. With an obvious, non-guilty sweetness derived from the ingredients, it is best consumed for protecting the liver.

Yet to be available, the Burdock Ginseng Tea sweetened with stevia has blood-cleansing properties and increases vitality.

Not to worry; all of their products do not contain any artificial ingredients.

"For convenience purpose, we decided to brew ApoH Herbal Tea into bottles owing to the newer generation of people who are constantly busy with their careers or priorities," Madam Cheng mentioned.

"For the Classic Herbal Tea, there is also a tea sachet variant available," she said. "Just add hot water, leave it to brew and it's good to be consumed."

Interesting to note about all ApoH products is that they are *halal*-certified!

"We have two separate factories; one is for bottled herbal teas and another one for tea bags packaging," Madam Cheng stated. "It's so to comply with the *halal* certification standards because we would like to appeal to a larger customer base."

ApoH adheres to the teaching of Compendium of Materia Medica (romanised *Bencao Gangmu*), a herbology volume written by famed Chinese herbalist Li Shi-zhen during the Ming Dynasty.

"Thankfully, responses from our customers have been positive so far," Madam Cheng expressed. "We are not in any advertising medium as of now. Our business totally depends on word of mouth and loyal suppliers."

"We mainly stay true to our quality, which is why we are able to withstand challenges and garner loyalty till today," she added.

According to **Ng Ee Ling**, production manager

for Sam Tat Trading Company, ApoH Herbal Tea is distributed around town to several well-known shops that perhaps are patronised by most Ipohites and even tourists.

"Hai-O Medicine, Yee Hup Confectionery and Lou Wong Bean Sprout Chicken Restaurant are few of the shops around Ipoh which feature our herbal tea products," she said.

"We have regular vendors from Hong Kong," Madam Cheng further mentioned. "They come all the way to Malaysia just to purchase stock from us. Interestingly, ApoH Herbal Tea sells really well in Hong Kong and has become one of the many brands of herbal tea there which is popularly consumed."

"There are also vendors coming from East Malaysia that started purchasing from us recently," she added.

Vendors and Consumers' Opinion Towards 'ApoH'

With Madam Cheng as a living example, she said, "I drink two to three tea bags weekly." No exaggerations involved but with a flawless skin complexion, she does not look like her age at all!

"ApoH Herbal Tea is meant to boost one's immune system," Madam Cheng reiterated. "Whenever my friends and family fall sick or are recovering from illnesses, I always give them packets of the Classic Herbal Tea or bottles accordingly to consume. My whole family basically grew up with it."

Owner of **Pak Fook Thong Enterprise**, a Chinese herbal shop in town, **Kum Chun Khuen** said the shop has been selling ApoH Herbal Tea sachet boxes for more than 40 years.

"My father and Madam Cheng are both practitioners of Chinese medicine," 50-year-old Kum recalled. "They have known each other for quite a long time. Since they are in the same line of business, my father has helped promote and sell her products in our shop until today."

Tan Mei Kuan, 28-year-old Ipohite who tried ApoH Herbal Tea for the first time said, "I'm glad to see how ApoH is spicing up the herbal tea by creating new concoctions in addition to the classics, thus consumers have more options to choose from to suit their taste buds and dietary requirements."

Citing Barley-Plantago Tea and Grosvenor Herbal Tea as her favourites, she further stated, "Both remind me of the homemade herbal tonic my mother prepares whenever I am stressed or unwell to improve my overall well-being. Most comfort foods have herbs in them, don't you think?"

Rose Lim, an Ipohite who works for a confectionery shop in town opined that the 'ApoH' brand name sounds special.

"I have heard many variants of tea, herbal or not. But to hear a brand of herbal tea with 'ApoH' as its name is quite interesting," the 45-year-old mentioned. "I usually drink the Classic Herbal Tea whenever my throat acts up. With just the right amount of sweetness, it also helps soothe my throat."

With the five flavours of herbal tea bottles to complement as recent addition to ApoH Herbal Tea products, the younger generation should take note too. People of all ages and especially those that frequently burn the midnight oil and exercise less, should look into ApoH Herbal Tea for remedial purposes.

Prevention is better than cure.

TOO FEW TAXPAYERS

The reason why many Malaysian companies and individuals do not pay taxes is because of the generous incentives and reliefs.



The new Pakatan Harapan Government tabled Budget 2020 on Friday, October 11. It took Finance Minister Lim Guan Eng over two hours to cover every aspect of the proposed national budget for the Year 2020. In retrospect, the fiscal outlook and revenue estimates are nothing to shout about, especially income derived from taxes.

Here are some glaring facts and figures. Out of the 1.25 million companies doing business in the country only 780,742 (62.4 per cent) are registered with the Inland Revenue Board. Out of this, a minuscule 61,000 (7.8 per cent) paid taxes at end-2017. Personal income tax is more encouraging.

However, out of the nation's workforce of 15 million only 2.5 million (16.5 per cent) are paying taxes. A large number of individuals and companies do not pay taxes. The numbers, according to a recent study, is growing. The trend is not healthy for the country that is heavily dependent on oil and gas to prop up its economy.

Within South East Asia, the country with the lowest ratio of tax collected vis-à-vis Gross Domestic Product is Indonesia. Revenue from taxation amounts to only 3.4 per cent of the country's total domestic output.

The reason why many Malaysian companies and individuals do not pay taxes is because of the generous incentives and reliefs that allow them to minimise paying taxes entirely. This "playing to the gallery" is being practised by all countries in the world. After all which government wants to be unpopular in the eyes of the masses.

The other major im-

pediment is the size of the country's informal economy, which encourages leakages within the system.

In Indonesia, the informal economy is very huge and that explains why the tax base is low. It is mainly linked to the agriculture sector where incomes are unpredictable. This explains the high level of poverty and unemployment in that country. Over in Malaysia it has to do with those conducting "behind the scene businesses" like hawkers, night-market operators, direct-selling and, perhaps, drug-peddling. These itinerant traders do not pay any form of taxes.

The emergence of technology-driven companies like Go-Jek, has improved the livelihood of many Indonesians. Go-Jek's transfer services attract 20 million users per month. Unfortunately, the service providers are not taxed.

When Grab founder, Anthony Tan, sought a start-up capital for his e-hailing cab business our local financiers and bureaucrats pooh-poohed the idea and Singapore benefitted. Anthony Tan's net worth today is almost RM400 million. He is among the 50 richest people in Malaysia. Our ignorance and stupidity have caused us to lose out to our southern neighbour and this includes street food which we took pride in.

The informal economy in Malaysia is expanding. Plugging the leakage is imperative if the lopsided tax system is to be corrected. The government's Tax Reform Committee is considering imposing services tax on offshore companies providing digital services.

The committee opines that the prevalent incentives and reliefs need a review as they are being abused by the unscrupulous resulting in revenue losses that can help overcome our financial shortcomings. Therefore, there is a need to review the Promotion of Investments Act and the Income Tax Act for relevance and effectiveness.

The PH government needs a more efficient tax system, as savings on excesses left by the previous BN government are now almost exhausted. It needs to increase revenue from operations to meet its fiscal deficit target of below 3 percent by 2022. It has already missed the deficit target of 3 percent for 2020.

Oil revenue is not expected to grow beyond 20 percent of total federal government revenue in the next few years. This is based on the assumption that oil price would cap at around USD 60 to USD 65 per barrel between 2020 and 2022. For the year 2020, the budget is based on USD 62 per barrel, which is a much more realistic compared to USD 70 per barrel that the government had envisaged for Budget 2019.

With no major boost from oil revenue, the government is looking at increasing revenue from the Sales and Service Tax (SST) for next year, where it expects to collect RM28.3 billion compared to RM26.8 billion this year. Those who thought that the government was going to lose big time as a result of scuttling the Goods and Services Tax (GST), they will be proven wrong.

Tun Mahathir had said that the government would not reintroduce GST, as it expects to collect more from the SST over the

years. The prime minister is not entirely wrong. The SST replaced the GST after the change in government in May 2018. The full-year collection of the SST kicked off this year, where the government expects to collect RM26.8 billion. Next year, the amount to be collected is targeted at RM28.3 billion.

Under the GST regime, the total amount collected between 2015 and April 2018 was about RM131 billion. However, unpaid refunds amounted to RM19.4 billion. If the refunds are taken into consideration, the net amount that the government gets is less than RM30 billion per annum. It is more or less the same as the amount

collected from SST.

Some economists are of the opinion that the GST should be re-introduced, but at a lower rate, and that the government should ensure speedy processing of claims for refunds. The GST, they say, is a fairer tax system as it is a consumption-based tax. On paper it sounds logical. Politically, however, it is suicidal for Pakatan Harapan to revert to GST so soon after assuming power.

The more pressing matter at hand is how to boost a stagnating economy. The Consumer Price Index increase for

Perak in September is 1.2 percent, a fraction above the national average of 1.1 percent. This is one significant advantage of no GST - it keeps inflationary tendency in check. Prices of goods and services tend to remain stable.

The tax system needs a review because the present set of incentives, reliefs and laws are not effective in plugging leakages and attracting investments. We definitely need a sure-proof system that can plug the many leaks and loopholes that fraught our tax regime.

From The Editor's Desk

By Fathol Zaman Bukhari



EYE HEALTH – WORLD SIGHT DAY 2019

Eye Care Tips

In conjunction with WORLD SIGHT DAY, Ipoh Echo talks to Consultant Eye Surgeon Dr S.S. GILL on Eye Care Tips – Part 2.

The World Health Organization (WHO) estimates that 285 million people are visually impaired worldwide. It is unfortunate that of the 285 million people, almost 80% of them could have been avoided or prevented. In this



second part in conjunction with World Sight Day, Dr Gill shares some tips for eye care:

1. EYE CHECKS

Get your eyes thoroughly checked once a year if you are 40 years or older. Getting your eyes checked for your glasses prescription is not enough. A full eye examination that includes a vision check, eye pressure testing and a full dilated pupil eye examination is required. Just like your annual medical examination and blood testing, the eye examination is equally important.

2. LIVE HEALTHY

- **Good Nutrition:** Your diet should be rich in green leafy vegetables and fruits that contain vitamins and carotenoids lutein and zeaxanthin, along with meats like fish that are rich in Omega 3 Fatty Acids.
- **Exercise:** Beneficial effect on glaucoma, macular degeneration and diabetic eye diseases.
- **Avoid Smoking:** The effects of smoking should not be taken lightly as it hastens cataract formation, macular degeneration and also nerve problems.
- **Medical Conditions:** Keep all medical conditions such as Diabetes Mellitus and hypertension well controlled. These illnesses have profound effects on the eyes.
- **Avoid Obesity:** Keep your weight in check. Obese people are more prone for health as well as eye problems.

3. UV-LIGHT EXPOSURE

Wearing sunglasses that cut off ultraviolet light rays from the sun is a must. Look for a reasonably good pair with the CE marking, and filters off UVA & UVB rays. Polarized ones are a bonus. Cutting UV radiation helps prevent cataract formation and macular degeneration.

4. ELECTRONIC DEVICE USE

Placing your computer screen at an ideal viewing angle of roughly 10 to 20 degrees below eye level is important because a screen placed too high can lead to dry irritated eyes as it forces us to constantly keep our eyes wide open and also invariably blink less. Practise the 20-20-20 rule of taking a break every 20 minutes, by looking away into the distance of 20m for at least 20 seconds.

5. SAFETY GOGGLES

Always wear a pair of protective of safety goggles whenever you do any chores like gardening, mowing the lawn or when handling chemicals. Remember, eye injuries cost a lifetime of problems to an individual, to their families and to healthcare.



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

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Education

Empowering Perak's Workforce

By Luqman Hakim

The Perak state government launched the Perak Technical Education and Vocational Training (TVET) Initiative on Monday, October 21, at Meru Casuarina Convention Centre. The initiative is aimed at empowering and producing a highly-skilled workforce in view of the industry becoming competitive.

Executive Councillor for Youth and Sports Development Howard Lee Chuan How said by recognising the technical, vocational and skills sector, it will pave the way for technocrats and skilled individuals to form a basis for the advancement of the country.

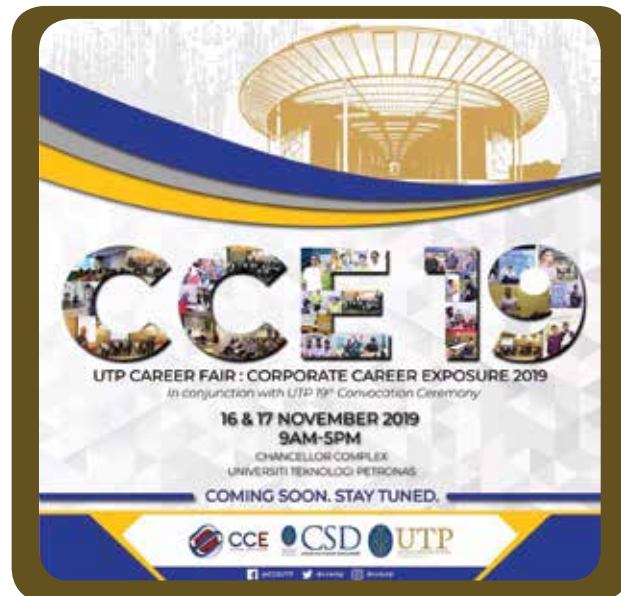


"Pusat Aspirasi Anak Perak (PASAK), under my portfolio, will work on the initiative together with Perak Eclat TVET (PET) which is experienced in the field," he said. "The government has always prioritised the improvement of living standards, especially to those living in rural

areas by preparing all kinds of training and self-improvement skills programmes."

Perak Menteri Besar, Dato' Seri Ahmad Faizal Azumu said that TVET is an educational process with a work scope focusing on industry practices.

"TVET paves way for a competent workforce



in their own fields. Work scope needs to be based on recognised work standards, implementing practical components, psychomotor skills and industry exercise exposure," he explained. "TVET not only produces skilled and trained workforce but is also able to create individual

self-employment utilising possessed skill sets."

With a holistic approach, Faizal said all TVET stakeholders will be gathered on an efficient and effective platform.

"Hopefully, by indirectly transforming the labour market, the state economy will improve over the long run," he added.

Graduation Concert

By Luqman Hakim



Some 200 parents and caretakers were present at the KinderJoy Kindergarten's 23rd graduation concert recently. The event was held at Leong Wan Chin Hall, Jalan Kampar, Ipoh on Saturday, October 5.

Over 120 pupils received their graduation scrolls from Perak Education Department officer Zanifah Jaber. In attendance was Academic Director of KinderJoy, Looi Lee Ying. The event was enlivened with performances by students of the kindergarten.

KinderJoy has six classes namely, Aladdin, Bambi, Garfield, Hercules, Pinocchio and Tweety.

Looi stated that the theme this year was, "We Love Malaysia" which was in line with the Merdeka theme, "Sayangi Malaysiaku, Malaysia Bersih".

"It's never too early to teach children about unity and patriotism," she told Ipoh Echo.

The ethnic diversity in Malaysia is what that made the country unique

in the eyes of everyone, she added.

"Although we come from different backgrounds and ethnicity, we're able to practise, share and learn from each other," she remarked.

Looi highlighted the fact that today's early childhood education is no longer about learning to spell ABC or simply learning and memorising for examinations.

"The world is progressing so fast that qualifications alone are never enough to equip our children for the future job market," she said. "We believe that early years' education is the foundation for all levels of education, as this will help shape a child's personality, knowledge and skills. At KinderJoy, we're committed to providing a holistic and well-balanced education programme.

"Hopefully, our children will develop to their fullest potential as well-learned and respected individuals in today's increasingly challenging global community," said Looi.

COACHING CORNER BY ABLE COACH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

EFFECTIVE COMMUNICATION

"The single biggest problem in communication is the illusion that it has taken place" -George Bernard Shaw.

How true.... many a time, we think we have made our views clear only to realise, it has not been understood! Have you experienced it? Why is it so?

How do we ensure our message is understood? This can be ensured through effective communication.

The term "effective communication" has two words, "effective" and "communication".

Let us look at the term "communication" first,

"Communication" is passing information from one place, person or group to another. It involves a sender and a recipient.

"Effective" means successful in producing a desired or intended result.

Thus, Effective Communication, means passing information from one place, person or group and it is understood by the recipient as intended by the sender.

When the message has been understood, then the communication has been effective. This effective communication is the key to success in personal and professional relationships.

When we effectively communicate, both sender and recipient are satisfied. There will be no space for misunderstanding thus avoiding conflict.

Thus, how to effectively communicate?

In communicating, we, most of the time, focus on what we should say. To effectively communicate, we need to focus on the following areas:

1. Active Listening
2. Pay attention to non-verbal signals
3. Manage your stress
4. Assert yourself.

Active Listening:

We have to focus fully on the person speaking to us. I have explained this in detail in my article on 1st September 2019.

Paying Attention to Non Verbal Signals:

Non-verbal Signals or body language includes facial expression, body movement, gestures, eye contact, posture and the tone of your voice. The ability to understand these signals/communication, come with focus and active listening.

Manage your stress

When we are stressed, we say things that we do not mean and regret later. Thus learning to manage our emotions is very important part of effectively communicating.

Staying calm under pressure enables one to focus, listen intently and thus communicate effectively.

Assert yourself

Being assertive means expressing your thoughts, feelings and needs in an open and honest way while standing up for yourself and respecting others. Being honest about your thoughts and intention ensures a clear message is passed on to the other party.

Effective communication is always about understanding the other person, it is not about winning an argument or forcing your opinion on others. Effective Communication help you connect with others, handle challenging situations and build better relationships both at home and work.

What is Effective Communication?

Effective
successful in producing
a desired result

Communication
exchanging
information or news

Effective Communication is when someone achieves
a desired outcome by sharing key information or news.



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

SeeFoon Forages in Morel Soho

Pics by YuGin Foo

It's hard to forage in Malaysia unless you follow a knowledgeable Orang Asli who still lives off the land. But in other parts of the world where foraging is practised, not just by those who live off the grid but by ordinary folk like you and me, mushroom foraging is not only productive for the kitchen but also great fun. But not without its risks though; for picking the wrong mushrooms can kill you!

I know only of one kind of mushrooms that one can forage in Malaysia and that is after a thunderstorm and these white "thunder mushrooms" spring up in one's garden. They have a wonderful fragrance and when lightly pan-fried in butter, are yumilicious. Alas, these are rare occurrences nowadays unless you live close to the jungle.

Being a lover of all mushrooms in whatever shape and form, perfumed or otherwise, I now head for **Morel** whenever a mushroom craving hits me. I remember the first time I went to Morel when they first opened almost two years ago and demanded to know why they named their restaurant after a famous mushroom when they didn't have any on their menu. This has since been rectified in a big way and mushroom maniacs like myself can indulge to my heart's content.

Chef Aw Kah Meng, a homegrown Ipoh chef who left for the big bright lights of Singapore in 2004 to hone his skills, has worked his way up the kitchen ladder in many big-name establishments like St Regis, Swissotel The Stamford, Raffles Plaza. More impressively and probably accounts for his culinary flair, he has worked with **Bruno Menard**, the 3-star Michelin Chef who is permanently based in Singapore.

Initially, after he opened Morel with his wife **Siau Hooi** when patrons like me were clamouring for mushrooms, Kah Meng 'foraged' in Malaysia, looking for suppliers who were able to deliver some of these rarities. He began with dried ones, offering Morel (finally!) and Porcini (Cep); then frozen (porcini) and now he has a source of fresh porcini and fresh black truffles.

Buonissimo I say and let the mushroom banquet begin!

I covered all the delectable dishes on the Morel menu in my review dated July 16, 2018 (issue 285), and today I am adding new menu items which I found delectable.



Chef Aw Kah Meng & Siau Hooi



Porcini Mushroom Risotto



Porcini Bruschetta



Mussel and Clam Soup

First off, it's worthwhile to note that all of Morel's **pasta is homemade** and cooked to al dente perfection. So is their bread. The dilemma for you, dear diner, is to decide whether you want tagliatelle, spaghetti or fusilli or whatever is on offer for the day and in what combination.

Here are their new offerings:

Bruschetta, homemade apple-wood-smoked ricotta cheese on home-baked sourdough bread topped with fresh French porcini mushrooms. There are four slices in one order so do share; **RM29.90**.

Next, we had **Mesclun Salad** with balsamic dressing, runny yolk egg, quinoa, bread croutons, parmesan cheese with slices of tender pork belly contrasting well with the crispy greens; **RM28.90**.

Mussel and Clam Soup was umami, tinged with white wine and a spicy tomato sauce, the bivalves tender and fresh, served with bread; **RM24.90**.

The **homemade spaghetti** cooked in tomato sauce, topped with **shredded lamb shank**, arugula and morel mushrooms, dotted with pine nuts and finished with grated parmesan cheese was a sumptuous meal (we shared) at **RM56.90**.

This was followed by my favourite meat dish here at Morel's, the **Black Angus Beef Cheek** with asparagus and mashed potatoes. I have had beef cheek before but Morel's version comes on the top of my list; coated in a velvety smooth sauce – a reduction from bones (*not your out-of-a-bottle spoonful of store-bought gravy stock*), the cheeks so soft and tender that you can cut with a fork and when eaten with the ultra-creamy mashed potatoes you have a mouthful of heaven;

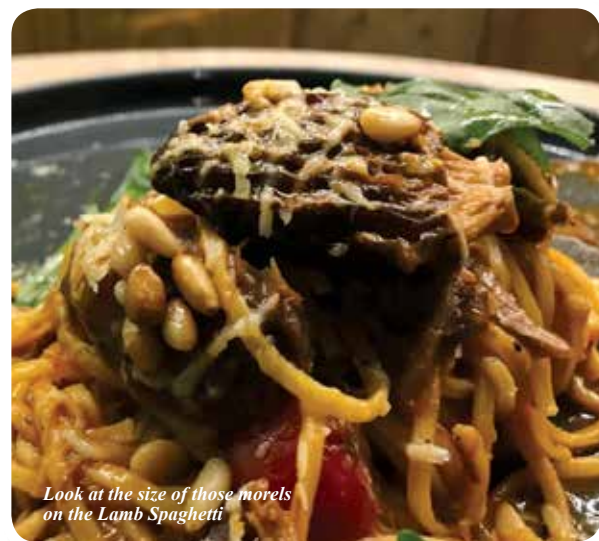
RM65.90.

Follow this with the **Porcini Mushroom Risotto** and I found myself almost rolling off the table from surfeit! Arborio rice cooked à la minute with porcini mushrooms and if that wasn't fragrant enough, I also detected more than a hint of truffle oil. Add a square of gold leaf, shaved parmesan and you have a risotto fit for a king; **RM37.90**.

As for desserts, my dear readers know that I am not known to have a sweet tooth but when you put a **Truffle Coconut Pannacotta** in front of me, a wobbly eggless coconut pudding topped with mangoes, fresh berries and truffle honey, my sweet tooth emerges and I tuck in with gusto; **RM16.90**. On top of this, you add the Morel's own **Tiramisu** (one of the best in Ipoh) and you have the perfect end to a gourmet meal.

If Alex Castaldi, GM of Banjaran Hotsprings and Resort and as Italian as they come, finds in Morel some of the best Italian food he's eaten in Malaysia, then we can surely take his word for it. In Alex's words, "I like Morel and am happy to see such a young talented chef cooking and serving with such passion and authenticity. Whenever I visit, I get a taste of home. Go try Morel – definitely worth a visit!"

If you haven't been, it's high time you did! And you don't have to blow the budget to get a taste. They have a daily changing 3-course **Lunch Menu for RM19.90**.



Look at the size of those morels on the Lamb Spaghetti



Fork-tender Angus Beef Cheek

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By SeeFoon Chan-Koppen
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Community

KPJ Ipoh Celebrates World Heart Day in Fun Run 2019



“Let’s together lead a healthy lifestyle through healthy social activities with your loved ones!”

This was the message behind Ipoh Car Free Day Fun Run 2019 held during the Ipoh Car Free Day Campaign near KPJ

Ipoh Specialist Hospital. The event was organised in conjunction with World Heart Day Celebration and Pink October, a breast cancer awareness campaign.

Executive Director of KPJ Ipoh Specialist Hospital Roslan Ahmad emphasised the importance

for all to lead a healthy lifestyle through a healthy diet, regular exercise and stress reduction.

Roslan Ahmad also said, “Individual behavioural modifications are important, especially those related to one’s lifestyle. Exercising,



eating healthy food, avoiding alcohol and foodstuff containing polyunsaturated fat and lower calorie intake are all important.”

For the first time, KPJ Ipoh Specialist Hospital organised Ipoh Car Free Day Fun Run 2019, with

the hospital receiving more than a thousand participants. Besides fun run, the event offered many other exciting programmes, which aimed to educate the public on the importance of heart health and breast cancer awareness and to empower

Malaysians to make positive choices for their health.

This event, a collaborative effort with Majlis Bandaraya Ipoh, was flagged off by Perak Menteri Besar Dato’ Seri Ahmad Faizal bin Dato’ Azumu.



Caring For Our Rivers

By Rosli Mansor

The director of Perak State Irrigation and Drainage Department (JPS), Dato’ Ir Dr Ahmad Anuar Othman urged Perakeans to care for rivers and its surroundings for the betterment of the environment.

“The state government, especially JPS, welcomes and supports the effort of Palazzo Development Sdn Bhd for its corporate social responsibility (CSR) activities,” he said. “Palazzo’s initiative not only assisted in JPS’ work but also improved the desirability of the river bank as a recreational area.”

Ahmad Anuar said that the Perak River is about 9000km long and it is difficult for his department

to be conducting beautifying and cleaning works simultaneously.

“The Perak River provides around 60 per cent of water source for Perakeans. Thus we should be following in the steps taken by Palazzo,” he said after visiting the Pinji River bank which is in the proximity of Palazzo’s residential development site recently.

Palazzo is a subsidiary of Team Keris Berhad (TKB) which is currently actualising a residential condominium project at Taman Ipoh Impian in Tambun.

Director of TKB, Anuar Abu Hassan mentioned that the main objective for the joint

CSR between JPS and Palazzo was to focus on the improvement and cleanliness of the Pinji River and its surroundings.

“This initiative is a good investment towards not only the community but also our future generations,” he mentioned.

Jason Chua, 23, a resident near Pinji River said the managing authority had taken a smart step.

“If efforts to beautify the river are done properly, other residents need not travel a long way for recreational purposes anymore,” he said. “This area is rich in greenery and far from the fast pace of the city.”

A Treat For Students

By Rosli Mansor

“This is the first time I set foot in The Lost World of Tambun,” said Shaajanii Gopinathan, 12, from Sekolah Jenis Kebangsaan Tamil SJK (T) Klebang.

He had treasured hopes of visiting Ipoh’s iconic theme park but due to financial constraints that was almost impossible.

“The trip today benefitted not only me but all of my school friends,” he told Ipoh Echo when met.

Some 160 students from the Klebang-based Tamil school visited The Lost World of Tambun on Sunday, October 13, courtesy of the Sunway Group.

Executive Director of Sunway City Ipoh, Wong Wan Wooi, said, “This is our way of celebrating Deepavali with the underprivileged, especially those from the B40 (Bottom 40 per cent) group.

“We too introduce the Sunway READ (Reading Enhances Aspirational and Drive) programme which is aimed at upgrading school libraries and enhancing their book collection. The Klebang Tamil School is among the beneficiaries.”

Two other schools on the list are SJK (T) Kg Simee and SJK (T) Ladang Chemor. The ongoing “Sunwayforgood” initiative has benefitted over 40,000 people from the B40 group. Sunway hopes to reach 50,000 people by the end of this year said Wong.

Accompanying the students during the tour was the Executive Councillor for Health, Consumer Affairs, National Integration and Human Resources, Sivanesan Achalingam.



Heritage

An Idea over Lunch

By Ian Anderson



A very popular club in 1960

In 1933 a group of prominent local tin miners met for lunch. There was probably nothing unusual about that, but out of this lunch came an Olympic size swimming pool for local people. That very day, the Kinta Swimming Club was born, with Foo Wah Cheng as President, supported by Wong Peng Sum (President 1938 to 1975) and Yeoh Khuan Joo. It is relevant that the Ipoh Swimming Club, for Whites only, had opened that same year.

A 60-year lease from the government provided three acres of land for the club. The project started in 1934 and on April 11, 1936, Malaya's first Olympic-size swimming pool was opened by the Sultan of Perak, Sultan Iskandar Shah. The homegrown project cost about \$25,000, raised by donations and the sale of debenture bonds. A tremendous achievement by anyone's standards. The consulting engineer was the well-known Thomas Steele.

This was no normal

pool. With no filtration plant, the water had to be changed every day. Water was piped from Leong Sin Nam's mine near Kledang Hill at a cost of \$100 per month. With crystal clear water the club went from strength to strength with competitions between the swimming clubs of Singapore and Penang and inter-school competitions competing for the Wong Peng Sum trophy.

As the Japanese invaded, the club closed, to be transformed by the invaders into a camp for Indian Prisoners-of-War. The empty pool became a garbage dump.

In 1947, the club reopened with water fed from a local waterfall. This not only brought in water but also contamination, which required intensive cleaning every two months. This resulted in closure in 1951. A filtration plant was desperately needed!

Five years later the club reopened again, this time with filtration, and the future looked secure; but the euphoria did not



The new club is open 2012



Going swimming 1938

last. The Police closed the club citing illegal late-night activities. It was reopened for the third time in 1957 by Ipoh Council Chairman G.S. Walker. Again it became the venue for many national and state competitions. With full height diving boards, this was a very popular club.

From 1957 things went well under the guidance of Datuk Yeoh Kian Teck the third President (1975 to 1983) and his successor Hong Weng Keong. But in 1992 disaster struck again. The original lease ran out and was not immediately renewed. The club had to close again.

After a long and difficult period, thanks to the determination of the President and his committee, a new lease allowed a brand new

clubhouse and pool to be built, to the highest standards. It opened in 2012.

No doubt this is a nostalgic story for those who swam in the old pool in the 50s and 60s, but this is not only nostalgia but a lesson in tenacity and dedication. A tale of how a handful of men had an idea and despite all difficulties drove it forward. They did this for all the people of Ipoh and we should not forget that.

Nostalgia apart, thanks to the efforts of those long-suffering presidents and their committees who never gave up. The people of Ipoh have an Olympic pool of their own and like many other homegrown ideas, it is now their heritage.

Business

Advocating for Commerce and Industry

By Mei Kuan

Celebrating a 107-year milestone, the Malaysian International Chamber of Commerce and Industry (MICCI) Perak Branch held its annual luncheon on Tuesday, October 15 at WEIL Hotel with over 170 in attendance.

Present were guest of honour, Dato' Seri Ir Mohammad Nizar B Jamaluddin, the Executive Councillor for Investment, Industrial and Corridor Development; Vanu Gopala Menon, Singapore High Commissioner; Darcee Munroe, Canadian Senior Trade Commissioner; Datuk Tan Cheng Kiat, President of MICCI KL; Dato' Andy Choong Kar Foo, Vice



President of MICCI KL and Dato' Gan Tack Kong, Chairman of FMM Perak branch.

"This year, MICCI Perak was kept occupied with various activities, amongst which are regular engagement with HRDF Perak (Human Resources Development Fund) to close the gaps and meetup to resolve issues relating to the state facilities such

as free-trade zones (FTZs) and quarry matters. We also collaborated with TNB (Tenaga Nasional Berhad) to promote renewable sources of energy and organised relevant training and in-house programmes for members," stated Punniamoorthy Nadarajan, branch vice chairman representing Dato' Lim Si Boon, branch chairman.

"We are proud to be

one of the strategic partners for the upcoming Perak International Expo 2019 (PIEX) in November," he added.

"For the first half of this year which is from January to June 2019, a total of 52 projects were approved with an estimated investment value of RM2.03 billion. Both the manufacturing and services sectors were

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IN THE HIGH COURT OF MALAYA IN IPOH IN THE STATE OF PERAK DARUL RIDZUAN CIVIL SUIT NO: AA - 22 - NCVC -94 - 07 / 2018

BETWEEN

- DATO' SRI CHEONG KONG FITT
(NRIC: 600524-08-5199)
 - DATO' CHEONG PEAK SOOI
(NRIC: 670821-08-5893)
- ...PLAINTIFFS

AND

- SIVASUBRAMANI A/L THAMBY RAJAH
(NRIC: 701115-08-5893)
 - STARMART EXPRESS SDN BHD
(COMPANY NO: 170799-K)
- ...DEFENDANTS

APOLOGY

We, the abovenamed Defendants namely Sivasubramani A/L Thamby Rajah and Starmart Express Sdn Bhd (Company No: 170799-K), would like to unreservedly and unconditionally apologise to the Plaintiffs for the libelous words uttered in our letter to twelve (12) parties dated 8th June 2018. We regret the inconvenience caused by our said action. This apology is issued in accordance to the Consent Judgment recorded on 19th June 2019.

Dated 27th September 2019

the beneficiaries of the said projects. The spin-off from the said investments generated a total of 2434 jobs. In addition Perak is amongst the top five states which had been approved with the highest total value of investments between January to June 2019 which is RM1724.4 million," Nizar highlighted.

The event proceeded with the presentation of the long-standing member award to Norma Products Malaysia Sdn Bhd for 10 years of membership.

Established in 1911, some of the MICCI chamber services include advocacy, business networks, export documentation, trade opportunities, international ATA Carnet, information resources and SME mentoring.

Its mission is to champion Malaysian and international business by connecting with government, improve members' competitiveness, advise and assist members and create business connections and networks.

For more info, call

MICCI Perak branch at **05 253 2233**.

Meanwhile, the first-of-its-kind **Perak International Expo 2019 (PIEX) will be held from November 14 to 17 at Stadium Indera Mulia** starting 10am till 10pm. It is the largest integrated trade exposition to be organised by the state government targeting the B2B and B2G market to promote Perak state as the top choice for trade and investment partners.

Key highlights of PIEX feature four major parallel events which are the Pangkor Dialogue (a large-scale, annual gathering of international and local dignitaries, academicians, investors and non-governmental organisations); Pride of Perak (promotes the state especially in the tourism sector); Perak Startup Festival (state's biggest startup and digital economy event) and Perak International Halal Expo 2019 (a platform to showcase multitude shariah compliant locally made products and services).

Wellness

Electrifying Showroom

By Mei Kuan



Happy crowd in the showroom

One advertising showroom in Ipoh Garden South which features free trial of Cosmo Doctor electrotherapeutic devices from Japan is bringing the local community of all ages and ethnicities together to experience its effectiveness minus the hard sell.

Via word of mouth, it draws a crowd of over 1200 per day with more than 100 visitors in each hour-long electrotherapy session. Residents from near and far, including the

wheelchair-bound attendees, are spotted queueing up as early as 5am to secure a spot in the earliest session which begins at 10am sharp.

Opened in May, this first and main showroom in Perak state is run by a team of amiable and attentive crew led by Ipoh-born Jeffvin Gill.

With four years' experience under his belt, the 31-year-old Jeff explained, "This is the best way for us to let people know the importance of health. Many

who are suffering diseases tend to give up hope. We are here to give them hope and thus improve their quality of life. If every Malaysian has good health, the government could save on medical costs to be utilised in other areas such as education. Aimed to create widespread awareness in the whole of Malaysia, we started in Kuala Lumpur followed by Penang and now, Perak."

Accompanying the product trial is a presentation on various health-re-



Jeffvin Gill

lated topics which quickly becomes a highlight thanks to the entertaining skits in between to aid understanding. Its major theme is that prevention is better than cure. Those present also share stories of personal health transformation to encourage one another.

Everyone (except people with pacemakers) is encouraged to come daily as one could try as many times as they like during the programme period. Just by sitting down, the electrotherapy involves the use of specialised medical devices that create high-voltage AC electric fields which enfold the entire body to improve blood circulation.

"To discover something new, you must try. Put an effort to visit daily as health is not built in one day. My mission here is to deliver smiles to everybody's faces," Jeff ad-



Nar Singh

vised.

"The experience was very enlightening indeed because I learned so much more about my physical well-being, how parts of my body are linked and influence each other, what could become of my health if I do not take adequate care for it. The immediate body response is that I sleep much better. If I see so much improvement from just going for one day, I can't imagine how beneficial it is for the others to be getting the electrotherapy every day," said 26-year-old Chris Teh, a first-time attendee.

"After coming for two months, I've made many new friends and gained a lot of health info. Suffering from a slipped disc which caused neck and shoulder pain and ringing in the ear, monthly physiotherapy at the hospital offers me just temporary relief. After try-

ing electrotherapy, the pain is getting lesser over time so I regain the confidence to join outdoor activities like extreme sports. I sleep well, have reduced bloating in the stomach and have a healthy bowel movement. Plus the staff here are very helpful," 49-year-old Rosli Mansor Ahmad Razali, who goes to the showroom with his wife and 7-year-old daughter, shared.

"I used to take steroids daily for my painful and stiff joints from head to toe to enable movement as I have rheumatoid arthritis since the age of 25. For instance, I could not get up, turn my neck and my fingers were bent. Then I came to know about this place through a relative and have been coming here for almost three months. After just 10 days, I felt the joint pain subsiding so I stopped taking steroids as it had caused me cellulitis as a side effect before. Currently, I am no longer needing any medication and can carry out my daily routines. I have learnt a lot from Ryunosuke Ohashi, a special instructor here on how to improve our health without medication," 67-year-old Nar Singh hailing from Kuala Kangsar Road enthused.

Operating daily except Sunday, the other showrooms in Ipoh are located at Greentown, Ipoh Garden and Pasir Puteh respectively. For more updates, visit Cosmo Goodness Facebook page or its website: www.cosmogoodness.com.



Visitors of all ages and ethnicities

Arts and Culture

The Sound of Life

By Mei Kuan

The Pre-Other Festival 2019 was held in Ipoh running on the theme 'BUNYI: Blasting Soundwaves Throughout Ipoh' from October 5 to 6 at the Tin Alley.

It featured family-friendly art installations by award-winning artists such as Kamal Sabran, Goh Lee Kwang, Syafiq Abdul Samat and Saishogen. The interdisciplinary talents also included Cheryl Mow, a music therapist from Malaysian Music Therapy Association, Alifdalmim with his one-man show poetry performance, Adrian Yew

Erman, a senior engineer from Supernova Media and Nazli Che Din, senior lecturer from the faculty of built environment in University Malaya.

In addition, there was an open-air block party brimming with the groove of Malay Disco, historical tour, healing sound bath and dialogue on multifaceted uses of sound. The entrance was free.

Curated by Kakiseni in collaboration with Ipoh's arts community and joined by KUASA, local grassroot environmental NGO based in Perak, it was a sneak peek of what The Other Festival 2020



Lylatul Qadrina

would entail.

Ipoh Echo spoke to Festival Curator, Lylatul Qadrina who explained, "In 2017, we were focusing on light installations with a night festival. The team decided to go with sound (bunyi) this year. When you think of Ipoh, you

will always be reminded of the sound of kopitiam (coffee shop), the trains, tourists, buses of the city etc. It would be interesting to highlight that by creating new and different perspectives to bring a deeper meaning to sound that we are experiencing

daily."

"The entire building (Tin Alley) is curated forming a trail of the sound of life. Thus in the beginning of the trail at the entrance, you will hear the sound of what a baby would hear in the mother's womb. Then we progress to the installations by artists to trigger childhood memories and later transitioning into adulthood," she added.

According to the amiable Lylatul, it had received a positive response because most of the visitors had never been to a full-on sound festival and of how relatable the sound journey was.

The Other Festival

2020 aims to not only highlight the cultural and creative capacity of Ipoh with music and poetry performances but to also celebrate the wonderful heritage of this town with curated tour and exhibition. Continuous exploration of sound, interested arts champions and partners who believe in arts for all, can drop the Kakiseni team an email at festivals@kakiseni.com.

Established in 2001, Kakiseni is an NGO that promotes artist and audience development to help build better communities. For more updates, visit its Facebook page by the same name or its website: kakiseni.com.

Education

School Leavers
Leaving Ipoh

By Jo Lynn Chong



It's a headache for school leavers, as they contemplate long and hard about their next move upon graduating from high school.

The countless university brochures, the numerous open-day banners, the endless search for a course that one might or might not take up. Some have described it as window-shopping for universities, as students continue to be baffled by the numbers and choices of courses and universities offered around the world.

There has been an exodus of students from Ipoh to other states in search of tertiary education over the years. The reasons, based on Ipoh Echo's findings, are a lack of choice in courses and top-notch universities. We sought views from parents and students who have left Ipoh to further their studies elsewhere.

A 17-year-old Ipohite who is currently studying in The One Academy of Communication Design, a private arts and design institute headquartered in Bandar Sunway, Selangor, said, "None of the colleges in Ipoh are well-known for pursuing art."

It is important to note that colleges and universities in Ipoh offer fewer courses than those in the Klang Valley, the most popular destination for school leavers from Ipoh. Sunway University at Bandar Sunway, Subang Jaya, offers far more

courses and facilities than Sunway College, Ipoh. Engineering, psychology and biomedicine degree courses are only a few of the programmes that Sunway University offers which Sunway College Ipoh does not.

Many of the well-established universities are also located in other states, such as University of Southampton – Malaysia Campus in Gelang Patah, Johor, and University of Nottingham Malaysia in Semenyih, Selangor.

Parents are in agreement that institutions of higher learning in Ipoh do not guarantee good futures for graduates. "Kuala Lumpur has better lecturers and bigger schools, provides more facilities, and not to mention, gives you more opportunities for internship," said a mother of two children, who is from Ipoh. Annie Yong, 42, from Batu Gajah said, "The universities and colleges in Ipoh do not provide good environments or guarantee job opportunities for students. Ipoh is still very old-fashioned."

Comments from students also stressed that leaving Ipoh to be in top-notch universities paves a smoother road to getting better-paid jobs, as well as being able to work in First World countries. Many are aware of the economic challenges our country is facing and having received a good quality education,

we hope, will put us way ahead of others, in a world that is constantly growing more and more competitive as we speak.

Of course, the story does not just end here.

For some, leaving Ipoh is really part of learning to grow up, as well as to pick up life skills and new experiences.

"I prefer my children to study away from Ipoh so that they could learn to survive outside their comfort zone. Ipoh is such a comfortable city to live in," said Sylvia, 59, a working mother.

A 17-year-old Ipohite who is currently studying in Kuala Lumpur said, "I feel like I needed a change to experience what it's like to be more independent. Campus life is also exciting, as I get to meet more people sharing the same interests as me."

Regardless of what various opinions there may be, the underlying issue, however, is always the cost, especially if you are going overseas. Here are some of the thoughts by Ipoh students who ventured out of the borders to further their education.

"The cost of food is very expensive, so my friends and I prefer to cook. I find that it is the same in Ipoh and Melbourne when it comes to facilities and there is not much difference where you study. If you move to a different country or area your mood and thinking will be different, as you

Connexion

By Joachim Ng

Dengue: Empower local communities

The death of a 30-year-old Perakian from Zika, a viral disease transmitted by the Aedes mosquito, underscores the dismally poor efforts at wiping out a killer pest that is relatively easy to destroy.

Years of unabated dengue, and now the return of Zika, bodes ill for Perak and the rest of Malaysia as we continue failing to clip the wings of this deadly insect. As at mid-October, the number of dengue cases throughout Malaysia this year has exceeded 104,000 with 152 deaths. Over the past 20 years, the total number of cases has exceeded one million and the number of deaths is well over 2,000.

A menace with a painful and venomous bite — yet we let it breed uncontrollably. Since year 2000 the number of dengue cases has risen more than tenfold. We know so much about this enemy that if you collect all the published information about it, you will need a condo-high bookcase to put the files.

But the greatest danger from Aedes lies in the horizon beyond its flight path. Dengue surge is a clinical indication that Malaysia is stricken by two chronic disorders: political malfunction and social indiscipline.

Political Malfunction. Representative government means that you elect a representative who then does the job for you. The idea is very ancient but our structure of democracy is severely deficient. Representation in its aboriginal form — original democracy — required every household cluster to have at least one rep. Today, this means every neighbourhood should have an elected non-political committee that is legally empowered to help govern the area.

Wherever there is a dengue-free zone, you will find a vigorous Rukun Tetangga committee, residents committee, developer-JMB committee, or property owners' management committee. It's common sense. If you involve the people in governance, they care. But if you exclude them, you destroy their caring spirit. Governing committees should be set up in every neighbourhood.

Social Indiscipline. When the ferocious Typhoon Hagibis struck Japan causing 78 deaths, a keen observer noticed that the flood waters didn't flush any trash out. There is no trash in Japan, he explained.

Here in Malaysia we have piles of trash decorating the roadsides and green patches, except in tourist districts. Mosquitoes do breed in garbage and drains, in addition to homes and construction sites, because they contain stagnant water that is clean to a mosquito. Empower local communities to deputise voluntary health marshals. They are daily on site and with adequate training they can do the job of penalising rule-breakers and educating fellow residents.



get to learn about other cultures," said Josephine Chong, who is currently studying in the University of Melbourne.

"Studying A-Levels in the UK gives me higher chances to get into medical universities there. Overall, it is a new experience. I get to meet different people and all of whom are very smart. It motivates me to study harder whilst being here as well. The cost, however, is high," said a 17 year old who moved to the UK to study.

Despite the fact that the majority of the students and parents opt to go out of Ipoh for tertiary education, there are a few who think otherwise.

"I prefer my children to pursue their tertiary education in Perak as it's not far away from home. They can be in Ipoh if there is a suitable university or college, or in another place in Perak. To me, I feel more comfortable and secure with my children near me. I can visit them often and lend a helping hand when they need

me," said a 47-year-old lady from Kuala Kangsar. She opined that staying in Ipoh has its own unique benefits.

The three major universities in Perak, Quest International University, Ipoh, Universiti Tunku Abdul Rahman, Kampar

and Universiti Kuala Lumpur Royal College of Medicine Perak attract students from in and out of the state.

There will always be two sides to every story, so what will be your choice? To stay or not to stay?

REUNION GATHERING 2019

12-10-2019

Batch of 1975-1980

Sekolah Rendah Kebangsaan

Methodist Tg Rambutan

Sekolah Kebangsaan Tg Rambutan

Batch of 1981-1983

Sekolah Menengah Rendah Ulu Kinta



Arts and Culture

Does Food Make a Nation?

By Chris Teh

Makan and minum time! The October session of Sharpened Word was held at 22 Hale Street on Saturday, October 19.

Panellists present were Kenneth Eng, Suresh Subramaniam, Ahmad Najib “Nadge” Ariffin, Khoo Gaik Cheng and a take on food will never be complete without our very own Ipoh Food Diva, SeeFoon Chan-Koppen!

With the theme “Does Food Make a Nation?” to boot, the discussion also saw Executive Councillor for Sports and Youth Development, Howard Lee Chuan How as guest of honour.

Dr Khoo Gaik Cheng

Asked on what defines modern Malaysian cuisine, Penang-born Khoo, whose book titled “Eating Together: Food, Space, and Identity in Malaysia and Singapore” co-written with Jean Duruz, explained, “Often times when we mention Malaysian cuisine, we think about street food and home-cooked food.”

She stated that modern Malaysian cuisine aims to take Malaysian tastes and flavours to a different level.

“For instance, through molecular gastronomy, which is by keeping the flavours but changing the look, food can be turned into something different,” Khoo explained. “Take ice cream as an example. It could be made of glutinous rice and local ingredients that people don’t usually expect to find.”

Sharing her views on the article “Defining ‘Modern Malaysian’ Cuisine: Fusion or Ingredients?” written by herself for the book “Culinary Nationalism in Asia”, Khoo stated the fact that modern fusion cuisine is underappreciated because of the usual high price.

“I’ve interviewed several people before and most responded by saying that they can find much cheaper food,” she explained. “There is much more to fusion than just the price. It’s all about the thinking and labour involved to make the food different. We must not divorce ourselves from that fact.”

Ahmad Najib “Nadge” Ariffin

“We are one of the luckiest nations in the world,” Nadge expressed. “I brought tourists around Malaysia and their fascination with the abundance of food we have, made me realise so.”

An architect by qualification but local food historian by choice, Nadge has done cultural research into the origins of food and culinary history. Coining the Malay phrase “*Makan dan cinta berpisah tiada*” (meaning “food and love are inseparable”), he explained, “It’s applicable at many levels. Our parents cook for the family with love. From there, people who are passionate about food and maybe open up restaurants also cook with love.”

“Sharing his perspective on does food make a nation, Nadge said, “We need to step back and look at more than just the nation. Present-day Malaysia is a modern entity. Food has been around so much longer and their history in Malaysia goes way beyond 1957.”

“By acknowledging that fact, a lot of petty arguments about food origins will dissipate. There are so many commonalities of food around Southeast Asia. There’s much more to just talking about the nation if we don’t include history because it is what made us.”

Suresh Subramaniam

Suresh, the managing director of Crew Skills International, an Ipoh-based professional chef training school with international accreditation and recognition, recalled his experiences starting out in the culinary world.

“It was 1988 when I started my career after SPM. I had to work and support myself in order to get a good education,” Suresh expressed. “The younger generation today is very fortunate to have so many types of scholarship funds to support their education.”

Starting out as a steward for Pan Pacific Hotel, the Penang-born reminisced, “It’s an amazing experience. I enjoyed my work so much. Along the 10 years, I had been with the hotel, I remember sneaking into the kitchen and helping a chef. I was caught by the German head chef five times.”

Speaking on Crew Skills which has been recently appointed by the Japanese government to teach authentic Japanese cuisine in Ipoh, Suresh said, “I will be going to Tokyo later during the month to discuss details with their government.”

“While I’m here, I must say that I’m a big fan of See Foon,” Suresh expressed. “What she has done for Ipoh is amazing!”

SeeFoon Chan-Koppen

SeeFoon, whose complimentary copies of her book “The Foodie’s Guide to Ipoh’s Best Eats 2” are given to panellists of Sharpened Word sessions, reminisced on her time growing up and how she became so passionate about food.

“I was brought up by my grandmother and we had a very limited budget. She went



to the market daily and I would learn all about food whenever I followed her,” SeeFoon recalled. “I also got to know how to distinguish quality food. Not that we had the chance to eat fine food then as we were poor as church mice(!) but I learned at my grandmother’s feet.”

“It was a symbiotic relationship with my grandmother. I watched, learned, smelled and tasted her cooking which was how my love for food came about,” she expressed.

Her first job after university was as a journalist and See Foon elaborated, “One of my tasks was to write food reviews. Then I joined the hotel industry in marketing.”

She opined that when one is in the hotel business, one does not just market rooms.

“I had to help in menu layout, proofreading and design, followed by designing food concepts. My 35 years in the hotel industry and being involved in marketing more than 44 hotels taught me all that I know about Western cuisines and gained me a more in-depth knowledge of Asian cuisines. And marketing food and restaurants became a fascinating pursuit,” she enthused.

“I was never afraid to try anything. Put anything in front of me and I will eat it,” said the 74-year-old food critic who cited fried bees as her favourite. “It was important for me to know what other people enjoy.”

“When I arrived in Ipoh 24 years ago, I could not get enough of the food here. Breakfast, lunch, dinner and tea time in the middle – I gained 10kg during my first year!”

SeeFoon who started her food column “Musings on Food” in the Ipoh Echo, found herself enjoying it very much.

Speaking on her take on modern Malaysian cuisine, SeeFoon explained, “I find the innovative spirit of some chefs incredible. I remember eating a marble-sized pellet served on a spoon and all the flavours of *xiaolongbao* (a very special Chinese steamed dumpling) burst into my mouth. For me, it was neither fusion nor molecular, but the quintessence of essence!” she enthused.

“We have so many wonderful traditional dishes in Malaysia, each one belonging to its own ethnicity. To be able to reduce food into its essence and make people swoon over that taste, that would be modern Malaysian cuisine!” SeeFoon highlighted.

Kenneth Eng

Kenneth who co-founded and operates Jalan Theatre Coffee (opposite Octagon Square) with Jecvis Wang who was not able to join the panellists, explained about single-origin coffee and the various “waves” associated with it.

“I’m not a coffee person to begin with but Jecvis eased me into the process and I learned that coffee is also closely associated with history too,” he said.

“Ipoh White Coffee, as we (Ipohites) know it, are categorised as first wave coffee. Commercialised coffee beans like Starbucks and other popular coffee brands are second wave coffee,” Kenneth explained. “What Jalan Theatre Coffee offers in speciality coffee are third-wave coffee.”

Elaborating further, Kenneth said, “The main purpose of speciality coffee is to let customers know exactly what they are drinking. It’s equally as important to learn the origins of coffee as it is with food. With society becoming more sophisticated and knowing how to enjoy food and beverage, the price is no longer the primary concern.”

According to Kenneth, like examinations, coffee is also evaluated and graded on a 100-point scale. Commercial coffee beans have an average of 40 to 60 points.

“Specialty coffee needs to score at least 80 points. The score itself focuses on the coffee beans used,” he mentioned. “Specialty coffee beans are actually seeds from a fruit, some like cherries, which is why there will be many variants of flavour.”

Not without challenges when it comes to opening a business, Kenneth recalled the many times he was told that speciality coffee business will not garner many consumers.

“I’m not an expert of business start-up either but Jecvis has always told me to do my best and to not worry about the market. So I took the chance,” Kenneth expressed. “It’s high time Ipoh be given new ideas and contents in culinary aspects to make the city greater.”

For more information, log on to www.facebook.com/sharpenedword.kinta.

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Nostalgia

A Different Sort of Chop

By Ian Anderson

Leong Fu So was born in Teluk Anson in 1932, the son of a policeman. Shortly afterwards, the family was transferred to Ipoh and young Fu soon found himself in ACS School, during which time he took a great interest in martial arts.

He was not a tall youngster but very bulky and extremely strong. During the Japanese Occupation, it is said that he learned Jiu-Jitsu from

a Japanese officer. He went on to learn the art of Judo, rising to the level of Black Belt in the 1950s. Soon he discovered Aikido and Kung Fu. At the same time, he became friendly with British soldiers stationed in Ipoh. Some of these were wrestlers and he soon learned that art form as well, becoming an amateur wrestler with occasional bouts at Jubilee Park. Here he was spotted by an American promoter

who encouraged him to pursue an international, professional wrestling career. Accepting the challenge he went into the ring to fight for profit rather than fun. The decision took him through Europe and into the United States.

Leong Fu retired from the ring in 1963. He was 31 years old and had achieved so much. Twice he beat the dreaded King Kong, the unofficial world wrestling champion, to become the Chinese Wrestling Champion of the World. However, wrestling purists were doubtful that his techniques were entirely legal. With his background, the new Champion excelled at producing a karate chop at the critical moment that would end the bout.

With such a wealth of experience in martial arts, he became invaluable to those who wanted to learn from him. He became an instructor as well as an author, publishing books that included Shaolin Kungfu, Kungfu Karate the latter which was also



Chinese Champion of the World



The Fight of the Century



Old Cottage is in business

published as a series of booklets, delivered internationally, monthly, by mail order.

In 1986 Leong's eyesight started to fail and he decided to turn to the culinary world, coming up with a unique home-grown recipe. This was based on his experience of travelling around the world as a wrestler. He recalled:

"My wife and I had wanted to start a grilled fish stall. But when the proprietor of Cheong Seng Restaurant in Ipoh Garden South asked us what business we were starting, we answered 'pork chop'."

He called his recipe "Old Cottage Pork Chop"

and soon there was Old Cottage Chicken Chop as well. Providing personal attention, the proprietor and his wife served the customers themselves, he in a bush jacket, and she in a cheongsam. Their stall opened 6pm to 11pm nightly. They charged \$3.60 for a plate of pork chop and \$3.95 for chicken chop.

Over 1987 and 1988 the Old Cottage brand not only opened more outlets but was a runaway success. With effective franchise arrangements, the business expanded dramatically, both in locations and products. Old Cottage grew steadily

until Leong Fu passed away on January 6, 1991, in Ipoh, from a stroke. At that stage, there were outlets all over Malaysia from Penang in the north to Johor Bahru in the South and even as far as Kota Kinabalu to the East. Ten towns and 12 outlets carried Leong's name. What a Man! What a success!

Today there is no Old Cottage to savour. After Leong passed away, Mrs Leong Fu (Esther Ho) sold the business and moved in with her daughter in Kuala Lumpur. Without the driving force of the Champion and his wife, the business soon floundered. Old Cottage has gone and all that is left is nostalgia.

Trash to Cash

**iSpeak**

By A. Jeyaraj



Ipoh Echo is championing the cause for the reduction of plastic usage. Likewise, many other organisations and people talk about plastic waste but do nothing. One NGO that walks the talk is Ipoh City Watch (ICW).

ICW together with Rukun Tetangga Jelapang launched Trash2Cash Sustainable Recycling System early this year at Rukun Tetangga, Jelapang.

On October 13, President of ICW Dr Richard Ng conducted the first training session on how to convert trash plastic to decorative bags and other items to students and residents in Jelapang.

Dr Richard informed

that the campaign Trash2Cash system can help the B40 folks in Jelapang Tambahan to earn supplemental income while keeping the environment clean. The system helps society to embrace recycling through the Social Business concept where the focus is to solve social problems while generating income to sustain the activities.

Dr Richard said that the most suitable plastics to make the products are 10kg rice bags as well as Milo and detergent packaging which are colourful. The plastic is cut into small rectangular pieces of equal size, folded in a specific way and woven into decorative bags, trays, cylindrical containers and other items. ICW pays 3 sen for

each folded piece which is called a "lock" or the building block. Dr Richard said students, senior citizens and housewives can earn up to RM100 per month as pocket money. The "locks" are like Lego blocks and an individual can use his/her imagination to make whatever product they want.

The cylindrical containers made are mainly used to grow plants. The baskets can double as fruit baskets to be given to VIPs when they officiate functions. Women can use the handbag for daily use.

Tina Leong, wife of Dr Richard is a retiree and conducted the class and demonstrated how to make decorative items from trash plastic. Tina said that she has been learning and doing this for the past

three years. Mdm Kok Choi Lau, 83, managed to make a cylindrical container.

Jelapang resident S. Ninderjeet Kaur said it is time-consuming to make the items. Most of the participants in this session were housewives and said they are happy to learn something new from which they can earn some money. The classes would be conducted regularly and residents will be trained to conduct future classes.

Dr Richard said that ICW sells the products during car-free days and at other exhibitions. He said he charges according to the individual item.

Meanwhile, S. Thinakaran, Chairman, RT Jelapang, said that for the past four years, in collaboration with ICW, he and his committee members have been going to houses in Jelapang once a month to collect recyclables from their houses. The residents get paid for the items given.

On Sunday October 13, I accompanied the members during their collection. At the first house, we collected more than 60kg of items consisting of paper, plastic, tins, bottles and other recyclables. Mdm Wong Ah Moi, head of the household did not

accept the money and donated it to RT. She said the items were collected over a period of about four months. Neighbours brought their stuff. I realised that the residents were not keen on the money but kept track of the day their recyclables will be collected. Thina informed that they can collect up to 300kg per month.

The system is based on a sharing concept where recycling members get paid for their recyclables based on the market rate. The recyclables are sold to an appointed recycler, who will pay a higher rate. The lorry driver and RT get paid. ICW retains a small percentage to carry out its activities. Thus everyone involved in the system will get paid based on the amount of recyclables contributed by members and results in a sustainable recycling system. In this business model, everyone gets a share of the profit.

Thina added that for the system to be successful, all participants must play their roles in segregating their garbage into three main categories of recyclables: mainly plastics, papers and metal and ensure only clean recyclables are brought in. The residents complied

with the requirement.

I asked Thina how he could get so many students to participate in the scheme because other NGOs have difficulty in getting teenagers to get involved in their activities. He said that his RT has its own football field and the students are members of the football team. This is one of the ways to keep students away from social problems.

ICW is carrying out the project with its own resources. The Perak State Government which is considering banning of plastic must provide funding for ICW so that it can expand its services. Dr Richard said with funding he can buy machinery and turn this into a cottage industry and cover larger areas. This can reduce the garbage problem in Ipoh. For their part, corporations can buy products from ICW as part of their CSR programme and present them as souvenirs to their customers and take away the burden of marketing from ICW.

Ipoh can be the focal point of a new industry.

Readers who want further information can email richng8888@gmail.com or Whatsapp 013 533 0989.

Personality

By Mei Kuan

Beauty, Brains and Brawn

Ipoh Echo caught up with 27-year-old Ipoh girl, Olinda Josephine Nicholas who recently clinched her first pageant title of Miss Virtual Malaysia 2019 advocating for mental health with a first queen subsidiary title, Miss Body Beautiful.

"This platform is important as I am able to use the concept of beauty and advocate what I believe in and hopefully change the perception of people that beauty pageants are not merely about a person's physicality. I find people are very intrigued and interested in beauty pageants and it's the easiest way to get through to someone or a group when they have tuned their minds to listen to you," she told Ipoh Echo.

Olinda believes that she could harness the publicity and prestige that

pageantry has to get her voice heard in this society about the stigma that is placed on mental illness.

"I had a close friend who was suffering from depression, that was what sparked my interest in advocating on mental health. Seeing her struggle to get on with day-to-day activities in the glare of critical social opinions that she was not made of stronger stuff or that she was just being over-sensitive, hit me hard and I made a resolution that this stigma has to stop. This criticism just aggravates their symptoms," she pointed out.

Targeting on all age groups, her vision is to reduce the stigma attached to mental illness and to normalise the topic of mental illness like how a person would talk about having fever and flu.

"Having an emotional breakdown is temporary and I believe the most important group which holds the responsibility in recovery is family and friends. With their love and support, I am confident these sufferers will definitely recover," she added.

An alumni of SMK Convent Ipoh, she obtained her Bachelor of Laws from the Multimedia University in Malacca with a Diploma in Arbitration. She is currently working in Maybank Group and pursuing an MBA in BAC-Veritas.

Citing her parents and Michelle Obama as her role models, she enthused, "Two quotes of Michelle Obama that made an impression in my mind is 'Success isn't about how much money you make, it's about the difference you



make in people's lives'. The second is 'Always stay true to yourself and never let what somebody says distract you from your goals'. My parents are my first role models

who have moulded me to be who I am today; always there with their limitless support and always reminding me to trust God in every situation that I will encounter."

Her father, Dato' Fredrick Indran Nicholas, was a High Court judge of Fiji. He is now an industrial court chairman in Kuala Lumpur while her mother, Datin Rufina Nicholas was a teacher. Olinda and her identical twin, Olivia Constance Nicholas also Miss International Malaysia 2016, were called to the Bar at the High Court in Ipoh in 2017.

In the Miss Virtual Pageant, a two-week pageant journey preceded its grand finale held on September 26 at the Grand Hyatt Hotel, KL, with guest of honour, Tengku Puteri Iman

Afzan Al-Sultan Abdullah Ri'ayatuddin Al Mustafa Billah Shah.

The panel of judges included Phuang Khanh (Miss Earth 2018), Faye Malisorn (Miss Grand Thailand 2016), Amber Chia (Winner of International Model Search 2014), Nasha Aziz (Malaysian model & actress) and Yang Mei Ling (Editor at Female Magazine).

Here is Olinda's precious advice for all the girls out there with voices in advocacy: "As a girl, there's the added pressure of people telling you what you can and cannot be. Use this as fuel to champion what you truly believe in, don't let the negativity discourage you in pursuing your goal in getting your choice of advocacy heard loud and clear in society."

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@ipohecho.com.my, by the 9th or 23rd of every month in order to meet deadlines. Announcements by phone will not be entertained. Ipoh Echo reserves the right to verify any announcement before it is published.

ARTS AND CULTURE

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.utpcce@gmail.com.

COMMUNITY

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.

ENGAGE CRASH COURSE ON MULTIPARTY DEMOCRACY AND ELECTORAL SYSTEM. NOVEMBER 9 (Saturday), 9am-5pm, Ipoh. Trainer: Dr Wong Chin Huat. Only four systems will be introduced. Introduction of electoral system will be preceded by a conceptual discussion on political parties in a democracy. The course will be conducted in Bahasa Malaysia and English. Free of charge but registration beforehand is compulsory as seats and materials are limited. Register online here <http://bit.do/fcDfo>. For more information, email engage.my@gmail.com or Whatsapp (preferred to phone calls): Wan Hua 012 627 5005, Yong Xin 012 721 9295 or Catherine 016 752 8831.

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*.

PSPA HOLIDAY EXTRAVAGANZA @ IPOH CAR FREE DAY. NOVEMBER 24 (Sunday), 7.30am-10am at Jalan Raja DiHilir, Ipoh. Dancing, music, goodies & prizes, singing, superstar costume contests, holiday rides and booths. Let's come and join in!

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

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

Kechara Earth Project. LET'S RECYCLE FOR GREENER EARTH. EVERY 4TH SUNDAY of the month, 9.30am-11.30am in front of Ipoh Garden Post Office, Jalan Dato Lau Pak Khuan, Ipoh Garden, 31400 Ipoh. Carton boxes, paper, metal/aluminium, electronic equipment, plastics, light bulbs, batteries and used clothes. Funds are channeled towards Kechara Food Bank that serves the urban poor and underprivileged community in Ipoh. For more details, contact: 016 532 8309 (Mr So) or 012 522 3200 (Ms Yee Mun).

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

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

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Wellness

By SeeFoon Chan-Koppen

Teamwork Saves Lives



Dr Nawaz (right) with a bone cancer survivor ... after an early diagnosis and treatment

“The war against cancer requires a multidisciplinary approach and Orthopaedic Oncology will be the first line of defence in the Orthopaedic cancers,” declared **Dr Nawaz Hussain B. Mohamed Amir**, Resident Consultant Orthopaedic Surgeon at KPJ Ipoh Specialist Hospital.

A graduate of USM, Dr Nawaz received his Master's in Orthopaedics also from USM and continued his subspecialty training in Malaysia's first and biggest Orthopaedic Oncology unit which is coincidentally in HUSM and later in one of the world's top oncology hospitals, the Tata Memorial Hospital in Mumbai India, followed by further experiential learning in oncology in Hamburg, Germany, as well as a training in Arthroplasty in Kiel.

Joining KPJ Ipoh Specialist Hospital in 2013, Dr Nawaz has been treating all orthopaedic conditions, although cancers of the bone and soft tissue are his specialty. Dr Nawaz is one of a handful (16 to 18) of Orthopaedic Oncologists in Malaysia and one of two in the northern region. He works with a team of specialists in treating patients who are referred to him.

Dr Nawaz details the signs of bone cancer as bone pain; swelling and tenderness near the affected area; weakened bone leading to fracture; fatigue and unintended weight loss.

The cause of most bone cancer is unknown. A small number of bone cancers have been linked to hereditary factors, while others are related to previous radiation exposure. The most common bone cancers are around the knee and shoulders and afflict younger people aged between five to 25; attributed to growth spurts.

Types of bone cancer

Bone cancers are broken down into separate types based on the type of cell where the cancer began. **Osteosarcoma** is the most common form of bone cancer. In this tumour, cancerous cells produce bone. This variety of bone cancer occurs most often in children and young adults, in the bones of the leg or arm.

Chondrosarcoma is the second most common form of bone cancer. In this tumour, cancerous cells produce cartilage. Chondrosarcoma usually occurs in the pelvis, legs or arms in middle-aged and older adults.

Ewing sarcoma tumours most commonly arise in the pelvis, legs or arms of children and young adults.

According to Dr Nawaz, each type of bone cancer is treated with its own therapeutic schedule of chemotherapy and radiation, depending on findings in the diagnostic 'staging'. This is where Dr Nawaz is in the front line as the initial diagnostician who takes the patient's history, orders the imaging scans, performs the tissue biopsies necessary and with the pathologist, make an accurate diagnosis.

If a malignancy is found, Dr Nawaz will then work with other members of his oncology team in a total treatment plan. From tissue biopsies, he and the medical oncologist will determine chemosensitivity and cycles of chemo drugs or whether only radiation will be effective or a combination of both. All this treatment will inevitably be followed by surgery performed by him, for example, in Osteosarcoma the surgery called wide *resection* and *endoprosthesis*, with further chemo postoperatively.

In the case of *Chondrosarcoma*, only surgery is prescribed. This usually affects 40 to 60-year-olds and in this age group, metastases to the bone from other primary cancers in the body like thyroid, breast, lung, kidney and prostate are also common. Hence the usual protocol for these other cancers now routinely involves a bone scan to customise specific treatment for each patient.

After the whole treatment process is over, will the physiotherapy part come in. This then is the complete teamwork that is required in the Orthopaedic Oncology protocol.

Fortunately, according to Dr Nawaz, most bone cancers when caught early enough and treated, have a five-year survival rate which is promising, for example, in osteosarcoma between 50%-75%. Because the cancer occurs away from major organs and because of pain and swelling, most patients are caught at stage 1 or 2, the survival rate is higher.

Therefore, the admonition from Dr Nawaz is this: if you have pain or swelling of your joints or bones or muscles that doesn't go away after a few days, go to a doctor and check it out. It may save your life.

Dr Nawaz Hussain B. Mohamed Amir
MD(USM), M.Med Ortho (USM)
Resident Consultant Orthopaedic Surgeon
Suite 1-08, KPJ Ipoh Specialist Hospital 26 Jalan Raja DiHilir, Ipoh.
Tel: 05 240 8777 ext. 8316



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SEMPENA ULANG TAHUN KEPUTERAAN TAHUN 2019

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LETTERS

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

Coming Home to Retire

With reference to your cover story on "Revealed: Why is Ipoh the Best Location to Retire in Malaysia" (Issue 314, October 16-31, 2019).

I have a different perspective from most would-be foreign retirees because I was born in Ipoh and had my secondary school education there. And even after spending the past 30 years in Northern California, I never lost touch with my hometown because I went back every year to visit.

Let's start with an aspect which you haven't listed below. The weather. I think westerners' first reaction would be to cringe at the prospect of hot humid weather. I cringe at freezing my butt off in the winter, even mild winters in California; or melting in 115 deg F in the summer in Arizona and Texas. People say, oh, but you don't have seasons. Seasons are overrated. Even spring. The hay fever makes me sneeze my head off the whole time.

In Malaysia, because of the heat (it's really not that hot) and humidity (yup, it is that), the country is green. Love that.

I love that I can always feel the ocean (Ipoh is near Pangkor, a nice place, not world-class, but the ocean nonetheless). I love that there are hills (hate that they are being damaged) and mountains.

I haven't lived in Ipoh for long stretches for many years now, but I have seen how members of my family, and some friends, live. They seem very content. My brother can go home for lunch, take a nap and get back to work in 10 minutes. In the US? Or even in KL, good luck doing that. I guess I would call that pace of life, and for a retired person, that is perfect.

My brother is a doctor in internal medicine, specialised in dealing with old people. Like me. LOL. Of course I will like that. But other than that? I think the doctors are very good – for the longest time, the top students in places like Scotland and England's postgraduate medical schools were from Malaysia. Of course, they speak English. But perhaps most telling is this statistic: a heart bypass in the US costs \$80,000-100,000. The same in Ipoh would be \$12,000.

Rentals are cheap in Ipoh. Cheap cheap cheap by Northern California standards. An 1800 sq ft duplex apartment in a top-class development will be \$500 (I know because I am going to live in one). In the US, the same will get you a converted room in someone's garage.

The apartment has pools, gym, (probably) tennis courts, and is right next to the golf course.

The cost of living for a retiree is perfect. If you have to send children to overseas colleges, not so much. But I assume people thinking of coming to Ipoh to live won't have that issue any more. Eating out is crazy good and very cheap – reason – labour, rent, is so much cheaper than in the USA.

But here is the MOST telling number. 1 USD = \$4.18 Malaysian ringgit. Before you say, wait, wait, maybe it's expensive in local currency to live. No. A cheap meal is MYR 5 – at least for me, I will choose this over McD's (USD10) any day of the week and twice on Sunday. Nice sit down dinner in Ipoh is maybe MYR15.

Americans on just Social Security in California would starve to death. If they went to Ipoh, they would have a very decent life.

As regards the people, one thing that would happen in Ipoh that won't in all other places that I lived in? You call a bunch of people, say, hey, let's go grab dinner tonight, and they will all show up. Enthusiastically. Here in the US? "Oh let's make an appointment . . . maybe in November. Oh no, Thanksgiving. OMG Christmas next. Has to be January."

What I am saying is, people are warm. And I feel they are also welcoming. Unless you are a jerk, you'll find people will accept you.

As for the traffic, I only worry about traffic if I have to go to work. If I am retired, there is no such

thing as a commute. After having said that, Ipoh is getting busier, and the roads are not great, and parking can be a problem in some places, but not all places. You can always get Grab. I hear now that there are outfits that deliver food from the restaurant of choice and speed it to your home. So when you think it's a mess, just don't go out at peak times. But overall, the only people who complain about Ipoh traffic are older Ipoh people who don't know what traffic is, and who pine for the days where the roads were empty. Yeah. They are always whining about that.

In terms of shopping, if you're looking for Coach? Versace? Ferragamo? Good luck. Other than that, it's reasonable. You don't want to have your retirement place be a shopping paradise anyway. It would get expensive.

As to food in Ipoh: superb local food, inexpensive. What is so nice for me is the different kinds of cuisine to choose from in Ipoh. Chinese, Malay, Indian, and in the past several years, a lot of fusion (I don't like but you might) and Western. You can get all kinds of food at the supermarkets, cheeses, meats, sausages that westerners like. Love the local fruits but they are pretty sweet. Be adventurous. You will be rewarded. You can get SeeFoon's great Foodie Guide too, that would lead you to the best places to eat. No shortage. Like coffee? You will like the Ipoh White Coffee. Ipoh people would drive a long way out just to try a place to eat. I find that to be a great hobby LOL.

In terms of activities and things to do, Ipoh has grown a lot in the past several years. Maybe not things like Disneyland or anything. But places like bookstores (I saw one converted from an old bank vault), nice coffee shops in restored old buildings, more and more food and handicraft fairs – many along the Kinta River, which bisects the town). Lots of buzz around places like Concubine Lane.

And there is always the limestone cave temples. Oh, there is a place called Lost World of Tambun which is very nice, and if your grandkids are visiting, it would be perfect. I first thought it would not be good, given that weird name, but I have been there three times and I would go again. They have tigers there and you can watch them getting fed!

But when I choose Ipoh, I am also choosing Malaysia and Asia. Penang is a great place, and you can get there in a little over an hour from Ipoh. KL is not that far, neither is Pangkor and Cameron Highlands. Taiping is a little short trip, very nice. And more smaller day-trip places are getting developed and accessible. People are talking about Ecotourism, trekking.

Then there is Vietnam, China, Cambodia, Indonesia, Thailand, the Philippines, if you want to travel. Close by and not very expensive.

I like golf. It's hot, mind you. But you can play in the morning, then eat, nap, and play again in the evening.

I do want to get involved in some kind of community service. I heard of a food fair where people sell their stuff and give proceeds to charity. I think being a small place, a well-meaning person could make more of an impact. Malaysia is needful in many areas, and one weakness is the lack of exposure to ideas from more developed places. Foreigners who might want to get involved can make an impact.

Getting around in Ipoh, unlike in some other Asian cities (like Jakarta), driving around will not seem like you are taking a huge risk. People generally obey traffic laws. Grab is a popular option. Bus service to KL and Penang is efficient, and the railway is making a big comeback. Air service has improved, with daily flights to Singapore.

Overall, even for me, going back to my homeland, it will be a big adventure. Which is actually part of the excitement. I keep asking everyone if I will fit in. But really that is just being overly antsy. I will. You will too.

Foo Joo Wai
Ex Ipohite and soon to be Ipoh Retiree

Sport



Malaysia Open Koshiki 2019

By Chris Teh



Some 111 participants from six countries competed in the Malaysia Open Koshiki Championship 2019 organised by the Perak Koshiki Karate-Do Association held at SJK(C) Hing Hwa, Tambun recently.

Present was Executive Councillor for Youth and Sports Development Howard Lee Chuan How to launch the competition during the morning session.

Organised biannually in Perak, the international championship is the second of its kind to be held in Malaysia and 15th overall, the last was in 2017.

Having made its debut in 2001, the Koshiki championship was originally exclusive to members of the Koshiki

Karate-Do Association. It was only in 2008 that it became open to all practitioners of self-defence martial arts.

“When we say ‘open’, we mean no limitations and safety measures are always a top priority,” president of Perak Koshiki Karate-Do Association, Shihan Neoh Then Hock said. “Practitioners of all forms of martial arts, like muay tai and tae kwon-do are welcome to compete in Koshiki. On the *shiai* (Japanese romanisation for competition ground), participants are only judged based on their agility, strength and technique.”

Neoh said that the state government had allocated RM5000 for the competition.

“I’m really grateful for their support of sports events like this,” he expressed. “Hopefully, future championships will garner further support, as it not only promotes healthy competition but also the speciality of each martial art form.”

Once again, the Perak Koshiki Karate-Do Association emerged as the overall champion, winning 19 out of 57 medals in 19 categories.

Gold medal winners from the association include Yeep Wai Lim (Men Kumite Below 58kg), Yeep Wai Lie (Boys Kumite Under-17), Soo Kai Yan (Women Senior Kata and Girls Kumite Open), Lee Lai Mun (Girls Kumite Under-14) and Jeslyn Kaur (Girls Kumite Under-7).



Youngest Amateur Player Clinches Title

The 63rd Perak Men & Ladies Amateur Open 2019 at Meru Valley Resort closed off with a bang after an intense three days of 18-hole stroke play format at the Valley and Waterfall Nine of the course.

Marcus Lim Phang Chuen swept the title of men gross winner with a three-day gross score of 213, defeating national golfer, Sazanur Iman who scored 220. Meanwhile, Ng Jing Xuen, 11, the youngest amateur player of the season takes home the championship trophy with her total gross score of 222 in the ladies’ category.

The tournament held from October 10 to 12, saw 87 players (75 men players and 12 ladies’ players) travelling from all over the country to participate.

The 11-year-old from Kuala Lumpur said, “I am so happy as this is my first win when I decided to enrol for tournaments early this year. I believe I did well as compared to the Penang and Pahang Amateur Open in which I participated recently.”

Jing Xuen also added, “This is my first time in Meru Valley Resort, and I think it is the toughest course I have been in compared to the last two amateurs. The fairways were really difficult for me to handle, but I managed it somehow.”

Marcus Lim, 17, said, “I’m really happy playing here today, the course is great with spectacular scenery and I loved the course as it gave me a new challenge. I planned to pursue my career in golf as I have planned to further my studies abroad where I can do both sports and medical.”

After gracing the closing and prize presentation ceremony, Edwin Tan, Director of Operations of Meru Valley Resort said, “This time around we have introduced a real-time on-course reporting, where scores are presented live on screen here at the Dome Restaurant and via our website and Facebook page. And today, we have also live-streamed the event, as we continue to look at ways to popularise the sport not only for players but for spectators, too.”

The tournament, organised by Malaysian Golf Association (MGA) in cooperation with Meru Valley Resort, aims to foster unity, camaraderie, and sportsmanship among the participants of the different competing clubs.

Malaysian Amateur Open is a blue-ribbon event in the country, which is part of the World Amateur Golf Ranking counting events. For more information, please visit www.meruvally.com.my.



Bulan Sukan Negara



State-level National Sports Month was held at SMJK Shing Chung, Sungai Siput. The event was launched by Executive Councillor for Youth and Sports Development Howard Lee Chuan How. Present were Sungai Siput Parliamentary Member Kesavan Subramaniam and Jalong state assemblyman Loh Sze Yee.



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