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# IPOH echo

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Your Voice In The Community

March 16-31, 2013

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30 SEN FOR DELIVERY TO YOUR DOORSTEP -  
 ASK YOUR NEWSVENDOR

ISSUE **162**

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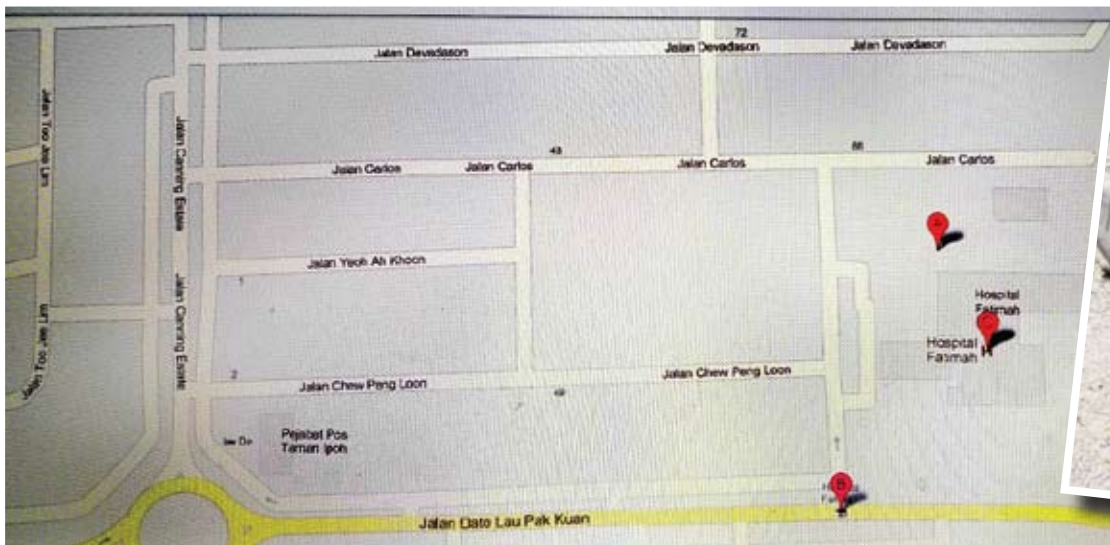
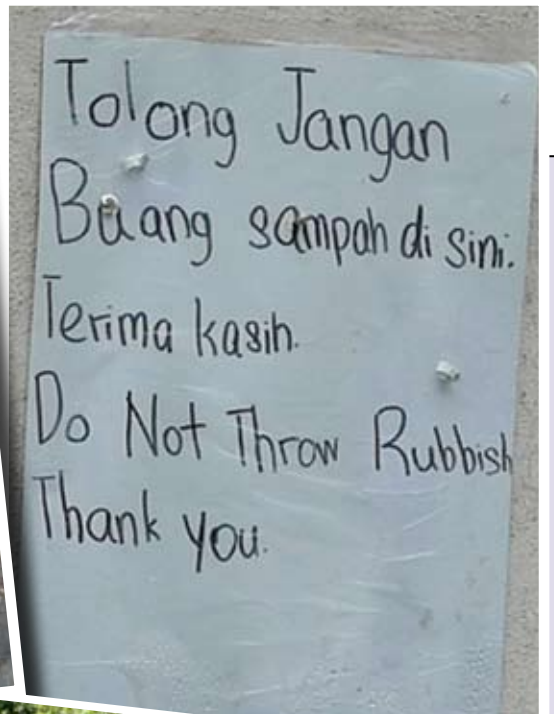
**INSIDE !!**

Perak Tourism  
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## 85% Clean Ipoh – Are We Getting There?

by James Gough



Ipoh Garden project showcase



**S**tories and reports about the cleanliness and rubbish about Ipoh are two consistent topics that has never failed to make it into the newspapers every week for the past two years. From Bercham to Pasir Puteh and Buntong the entire Ipoh community has contributed their share of complaints to the media and Ipoh City Council. The often used slogan, SLR or **sampah** (rubbish) **longkang** (drain) and **rumput** (grass) seems to be on the lips of all concerned Ipoh residents. Ipoh Echo too has contributed its share to helping identify a solution. Our June 16, 2012 issue 145 titled, "Cleaning Ipoh-A Joint Responsibility" touched on 'illegal dump sites', public education and enforcement.

Continued on page 2

## MB takes up the cudgel on cleanliness throughout Perak State, adding two more tasks: Street Lighting and Potholes

A follow-up issue, #151 on September 16 under the title of “Mayor Targets Ipoh To Be 85% Clean in 1 Year”, highlighted the standard operating procedures for *Rubbish Collection*, *Grass Cutting* and *Drain Cleaning* and the scope of work of the contractors. The same issue also carried a list of Ipoh Councillors and their contact numbers. The purpose of the overall report was to create awareness for residents to call their respective councillors if the specified procedures were not being followed.

### Statewide Concern

Apparently the goals are not being attained as this topic of cleanliness took centre stage in early February, specifically after the weekly State Exco meeting on February 6, when Menteri Besar Dato’ Seri DiRaja Dr Zambry Abdul Kadir joined in the chorus of complaints and issued a stern warning to all Council Presidents and Councillors throughout the state to “improve their efficiency and productivity” in keeping the state clean.



Zambry: five main tasks

Stating that he had received numerous complaints constantly about “councils and councillors” from all the districts in the state, for failing to carry out their responsibilities, Zambry reminded the relevant authorities “to set a good example and provide a good service to the residents”. He further added that he would be making spot checks and would not be “lenient anymore”. Not surprisingly Zambry listed the regular complaints of Uncollected Rubbish, Clogged Drains and Uncut Grass or SLR and included two other complaints: Faulty Street Lighting and Road Potholes. “These are the basic services and the five main tasks that the local authorities need to focus on and provide effective services to their communities”.

### First Spot Check

True to his word, Zambry did make a spot check exactly a week later on February 13, immediately after the Chinese New Year break and after the State Exco meeting, to Ipoh City Council where he again repeated his expectations of the five main tasks to service the community.

When asked about Mayor Dato’ Roshidi’s target of *85% Clean Ipoh* by August this year, Zambry commended Roshidi for setting the goal but clarified that being an ongoing SOP (standard operating procedure) the goal should be 100% immediately and the standard should subsequently be consistently maintained.

Much as Zambry’s statement is to be applauded, it will be a long and arduous task to re-educate local residents’ mindsets after such a long period of wanton lack of discipline. At a recent Chinese New Year gathering organised by MBI with Bercham’s Councillor Ir Lai Kong Phooi, Dato’ Roshidi stressed the issue of cleanliness and provided forms for residents to fill up requesting MBI to assist in cleaning their neighbourhood be it their drain or illegal rubbish. One resident Mrs Ho even went to the extent of personally approaching Dato’ Roshidi to pour out her frustration about her filthy neighbourhood.

### Appointment of Garden Waste Contractor

In a recent interview Roshidi updated Ipoh Echo that Ipoh City Council had recently met with all its 24 supervisors and regulators who had given their support and commitment towards achieving the Council’s *85% Clean Ipoh* goal. Roshidi also highlighted that during the Council’s last meeting on cleanliness it had approved the privatization of the collection of garden waste. The respective department in charge is currently working out the details of the operation and this collection service is anticipated to begin by April 1 or earlier.

Once finalized, the Council will proceed to initiate a *gotong royong* simultaneously with zone councillors and heads of departments in 17 zones in Ipoh. Roshidi anticipates that this total operation, when it takes place, will be a positive move towards achieving the *85% Clean Ipoh* goal for the long term.

With regards to enforcement, Roshidi stated it was ongoing and since the beginning of 2013 over 300 summonses for cleanliness has been issued to offenders.

### Project Showcase

Roshidi has also proposed to showcase the cleanliness programme and has tentatively identified the location fronting Jalan Lau Pak Khuan and bordered by Jalan Canning Estate, Jalan Devadason and Hospital Fatimah.

This location although small has a mix of activities residential and commercial. These include two fields, a hotel, Courts, a post office, a hospital, several banks and restaurants.

Despite its small area the basic SLR services are lacking. A resident, Augustine Basnayake welcomed the initiative. He reported that the 3 times per week rubbish collection was good. However,



Spot check

the drains were not cleaned nor grass cut per schedule and the garden waste dumps are an eyesore. A quick recce around the neighbourhood by Ipoh Echo confirmed the report by Basnayake and although relatively clean was very shabby in appearance. The commercial establishments too were receptive to the idea.

Several customers at the Ipoh Garden Post Office said the uncleared rubbish in the drain surrounding the Post Office would float into the Post Office compound after a heavy rain and this was unpleasant as the Post Office regularly has foreigners using the postal service. A bank officer, not wishing to be named, said the initiative could help instil a cleanliness attitude in its customers to throw their ATM statements in the bins provided, accurately.

### Creating a Cleanliness Culture

Ms Noraslinda, the Branch Manager for Courts welcomed the move saying “it will create awareness for a cleanliness culture among our staff, which will be good for the community and benefit our customers.”

Ms Ceylyn Tay, the Councillor for Canning fully agreed with the idea and was willing to work with Dato’ Roshidi to achieve the goal. Also acknowledging that the small area was not the issue but providing good services is and she hoped the project will influence residents to keep their neighbourhood clean at all times.

With the appointment of the garden waste contractor, theoretically, our neighbourhoods should be neat and tidy always. Hence the next few months could see the turning point towards achieving the former title of “the cleanest city in the country”.



Shabby signboard



Ceylyn Tay, the Councillor for Canning



Ipoh Garden a small location with a mix of activities

# IPOH echo

From the Editor's Desk  
by Fathol Zaman Bukhari

## Disaster Waiting to Happen

Mayor Roshidi Hashim was miffed by the attitude of those responsible for developing the project. Ipoh City Council's warnings had gone unheeded.



It came as no surprise when Taman Kledang Permai, Taman Arked and part of the Menglembu Light Industrial area were inundated by muddy water. Residents living in these affected areas got a rude shock when they woke up early on the morning of Friday, March 1 to see water gushing into their houses. It happened so fast that most could only escape with their lives and the clothes on their backs. Their belongings, and the precious little they owned, had to be abandoned. The flooding and the ensuing mudslide were caused by heavy rain that fell for two continuous days.

The root cause can be easily traced to the massive development currently taking place at the foothills and on slopes of the Kledang Range. Since Taman Kledang Permai, Taman Arked and the Menglembu Light Industrial area are adjacent to the project site, disaster was, literally, waiting to happen, and it happened.

The site covers an area of about 24 ha. It is being developed as a multi-million ringgit project known locally as the SEGi Enclave. According to iProperty.com, a leading property website in the country, SEGi Enclave is described as, "Ipoh's first integrated university college township. The enclave consists of shop-offices, apartments, gated and guarded high-end condos and luxury semi-dees and bungalows".

Prices of houses and condos, claims the website, range between RM250,000 to RM1.5 million. The SEGi University College campus will be located here. Once completed it will rival the UTAR Campus in Kampar in size. The property is being developed by Ipoh-based Energiser Properties Sdn Bhd.

Mudslides and landslides are not something new in Malaysia. Lives lost caused by landslides taking down apartment blocks and houses have happened before and will continue to happen. Some say it is an act of God. I beg to differ. God has nothing to do with these man-made disasters. They all have one common trait – greed. It is greed of the human kind, plain and simple.

The Highland Towers tragedy of 1993 is still fresh in our minds. It took place on

December 11, 1993 at Taman Hillview, Ulu Klang, Selangor. The collapse of Block One of the apartments took the lives of 48 innocent people. Residents from two other blocks had to be evacuated for safety reasons. A lengthy legal battle ensued with no conclusive results in sight.

Nine years after the incident in November 2002, a bungalow belonging to former Armed Forces Chief, General (Rtd) Tan Sri Ismail Omar collapsed due to a landslide. His house was located metres away from the ill-fated towers. Ismail lost his wife.

The fate of Highland Towers is sealed for good. Today the three towers are in complete disarray, stripped of contents and dignity in its entirety, the towers are left to rot in the unforgiving tropical sun.

The primary cause of the Highland Towers collapse was structural failure. The development of Bukit Antarabangsa, a housing project on the hilltop behind the Towers in 1991 was the catalyst. The hill was cleared of trees and undergrowth thus exposing the soil to erosion that eventuated in the landslide.

Fortunately, the mudslide at the foothills of the Kledang Range on Friday, March 1 did not result in any death. However, over a thousand residents had the fright of their lives. Death must have stared them in the eyes, but due to quick thinking a major tragedy was averted. This goes to show Ipohites' resilience, per se, but to what extent? I believe something of the equivalent of the Highland Towers tragedy would have a numbing impact on our conscience.

Mayor Roshidi Hashim was miffed by the attitude of those responsible for developing the project. Ipoh City Council's warnings had gone unheeded. "It's difficult to make people understand the severity of their actions," he remarked.

The Council had come under severe criticism for allowing the project to continue although danger signs were already visible and complaints made. A warning, apparently, was issued to the developer in November 2012 for failing to comply with the Council's regulations. Why was the warning ignored is anybody's guess.

"The Council's role as a facilitator has not been taken seriously," said a dejected Roshidi.

The developer has undertaken the responsibility of clearing the mess, a plus point by all means. A report on the incident will be presented to the state government by Ipoh City Council. It should be ready by March 18, hopefully.

## In The Name Of My Father's Estate

by Peter Lee

Episode 15

With the bank information disclosed by John and Michele (children of Lee Sr) and Connie (Lee Sr's 2nd wife), Dave pointed out to them that since overseas bank accounts were involved, it is advisable to apply for a separate Letter Of Administration (L.A.) in these overseas countries like Singapore, Australia and U.K. This will speed up the process of distribution. He added, "The application for L.A. for assets in Malaysia and those overseas can be done simultaneously. Therefore, as for overseas application of L.A., I have to engage legal firms in each of the respective countries mentioned to deal with this matter." John then asked, "Is this going to be costly and how long will it take?" Dave replied, "I am not sure about the cost and duration until I check with the lawyers in these countries. However, what I know is that your father's estate may have to pay Inheritance Tax in U.K. and if you are late in filing the Inheritance tax forms then there is a penalty imposed." Michelle asked, "How much is the Inheritance Tax rates and the time frame for filing these forms?" In reply, Dave said "If I am not mistaken, the Inheritance Tax rate is 40 per cent of the value of your father's estate above £325,000 and the time frame for filing to avoid the penalty is within one year after death." Three of the Administrators at that moment shook their heads in disbelief at the hefty Inheritance Tax.



Then, Connie asked, "Will this be applicable in Malaysia, Singapore and Australia?" Dave replied, "As far as I know, there is no Inheritance Tax in Malaysia, Singapore and Australia. Another lucky thing is that estate duty in these three countries have been abolished. However, as far as Lee Sr's personal income tax is concerned, three of you as Administrators will have to ensure that if there is any tax outstanding, it must be settled with the tax department before any distribution of the estate is carried out. We can discuss further on this later."

Dave then said, "Okay, let's talk about the investments registered under Lee Sr. either solely or jointly in local and overseas markets." John said, "I have here statements on all the unit trust investments jointly owned with my father, three of which are with my mother (Mrs Patricia Lee) and the rest are with each of my five siblings including myself (that is, Michelle, Nick, Steven, Sandy and Nancy). As for the shares in the share market, there are three CDS statements showing the local investments and here are the investment statements for those shares invested in Singapore and the U.K." Dave then turned to Connie and asked, "Could you give me the investment details from your side?" Connie replied, "I have only two unit trust investment statements, two CDS statements for shares locally and a statement showing some share investments in the Singapore stock market all of which are under his name solely."

Michelle asked Dave, "Do we need to be present in the overseas countries mentioned to apply for the L.A. and deal with the money and investments there?" Dave responded, "If it is inconvenient for all three of you to travel for this, then we will most likely have to appoint legal firms or Trustee Companies in these countries to act as the estate administrators. This is subject to all the beneficiaries' consents."

To be continued...

Peter Lee is an Associate Estate Planning Practitioner (Wills & Trust) with Rockwills International Group. He is also an Islamic Estate Planner providing Wills & Trust services for Muslims. He can be reached at: 012-5078825/ 05-2554853 or excelsecsm@gmail.com. Website: <http://www.wills-trust.com.my>. His Book "To Delay is Human but to Will is Divine" (96 pages, RM28) is available at his office: 108 (2nd Floor), Jalan Raja Ekram, 30450 Ipoh; Rashi Mini Market (019-510 6284), 37 Jalan Perajurit, Ipoh Garden East; Ipoh Echo and at all major bookstores.

## EYE HEALTH – THE TWITCHING EYELID Part 2

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

Most eyelid twitches are MINOR and not dangerous. Thankfully, they also do not last for very long although sometimes that may rarely last for a few months. The MORE SERIOUS or problematic form of eyelid twitching is called *blepharospasm* or *hemifacial spasm*. Here, Dr Gill speaks to us more about the other causes of eyelid twitching.

Fatigue: A lack of sleep, whether due to stress or other reasons, can trigger eyelid spasms. A good night's rest may not only affect your mood the next day, but also your eyes. Sleep is a way to rejuvenate and refresh not only your body but also your eyes, "recharging" them for the day ahead. When you don't get sufficient sleep, your eyes will feel tired, just like how the rest of your body may feel, says Dr Gill.

We spend about one-third of our entire lifetime sleeping. This is not wasted time because from the moment we slip into sleep, a whole cascade of events take place involving the brain, eyes, immune function, hormones, skin, respiratory system and digestive system. Inadequate sleep results in fatigue that can only be replaced by the natural process of getting the hours of sleep you have been deprived of. There is no other way to solving this!

**Dry eyes:** Dry eyes are very common among postmenopausal women, the elderly, those who spend hours at the computer, those who are on medication such as antihistamines and antidepressants and also among those who wear contact lenses for long hours. Should you start getting an eyelid twitch, it's best to see your eye doctor for a dry eye evaluation, because many treatments are now available.

**Eye allergies:** People who suffer from eye allergies with symptoms of itchy and watery eyes may have twitching eyelids too. This is because histamine is released into the eyelid tissues and this results in twitching of the eyelids. If you self-medicate with antihistamine eye drops, do be careful because this can cause some dry eyes too. Remember, dry eyes can be an underlying cause for eyelid twitching! So, it would be best to seek professional advice should you suffer from this.

**Nutritional imbalances:** Nutritional deficiencies like magnesium deficiency can trigger spasms of the eyelid. Having a balanced diet and eating healthy will definitely help.

### Remedies for eye twitching

The first thing to do is to identify the underlying cause or trigger factor for the eyelid twitching. If it is excessive caffeine, then it's time to take it easy on those cups of coffee. If it is stress, do find ways to de-stress from time to time. If it is dry eyes, then lubricant eye drops will often help. These can be purchased over the counter quite easily. If it is because of lack of sleep, then there is no easy way out but to get that sleep that you lack!

For the more serious *blepharospasm* and *hemifacial spasms*, you would need to see the ophthalmologist or neurologist. Medication like *anxiolytics* (anti-stress medication) may help some patients. If this does not help, then BOTOX (*botulinum toxin*) injections into the muscles surrounding the eyes (periorbital area) may help. This relaxes the muscles for several months. The BOTOX injection does not last forever and so may need to be repeated at three to six months intervals. This form of treatment has proven to be successful in most cases.

As a last resort, and only if absolutely necessary, a neurosurgical procedure may be done to relieve pressure on the nerve. This is only performed as a final measure if other forms of treatment do not help, as this type of surgery runs a risk of serious complications.

For more information, call Gill Eye Specialist Centre at Hospital Fatimah (05-545 5582) or email: [gilleyecentre@dr.com](mailto:gilleyecentre@dr.com).



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



## PUBLISHER

Ipo Echo Sdn Bhd  
(Regd No 687483 T)

A-G-1, No. 1 Persiaran  
Greentown 2, Greentown  
Business Centre, 30450  
Ipoh Perak Darul Ridzuan.  
Tel: (605) 249 5936  
Fax: (605) 255 2181  
Email: [editorial@ipoecho.com.my](mailto:editorial@ipoecho.com.my)

## EDITORIAL

Fathol Zaman Bukhari  
G. Sivapragasam

## REPORTER

James Gough

## GRAPHIC DESIGN

Rosli Mansor Ahd Razali

## MARKETING &amp; DISTRIBUTION MANAGER

Ramesh Kumar

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## PRINTER

Konway Industries Sdn Bhd  
Plot 78, Lebuhraya  
Kampong Jawa  
11900 Bayan Baru,  
Pulau Pinang  
Tel: (604) 644 7507

## USEFUL CONTACTS

## Ibu Pejabat Polis Daerah (IPD):

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## Freak accident or culpable negligence?

Many people are afraid of using lifts because they fear heights or being confined in an enclosed space. A few, who have been trapped in a lift, vow never to use the elevator again. They say that when they were trapped, the alarm did not work, or that they were in darkness, suspended many floors above ground. Our fears have been reinforced by Hollywood movies depicting lifts plummeting to the ground.

The ordeal of not knowing when one will be rescued will cause some to panic and hyperventilate. The recent incident when a family was trapped in the lift at the Perak Golf Club is testimony to shoddy maintenance and a delay in rescue.

One wonders if incidents involving lifts are recorded by the health and safety department of the state? Do the public have access to these figures? Will statistics show that lift accidents are a relatively rare occurrence or a growing cause for concern?

A quick trawl through the internet will show that accidents related to lifts are not common but surely one faulty elevator which results in injury and death is serious enough to warrant our attention and that of the relevant bodies.

On February 15, it was reported by Berita Harian and Harian Metro that a lift at Pangsapuri Blok A25, one of the 10-storey apartment blocks located on the naval base in Lumut, had plunged five floors to the ground. The victim's neighbour, who wanted to remain anonymous, claimed that screams had been heard just before the loud crash, made on impact.

A team from the Fire and Rescue Department searched the wreckage and found the unconscious victim, suffering from severe head injuries. Despite an emergency operation and the best efforts of the medical team at the Seri Manjung hospital, she could not be saved. A steel cable had broken and it struck her head and neck. She succumbed to her injuries the following day.

The cause of the accident was alleged to be a snapped cable. The victim's husband, a naval officer, blamed the tragedy on the lack of maintenance and said that the tragedy could have been averted if the lifts had been properly maintained. He said, "I am sad that my wife is now a victim of this carelessness".



It was alleged that residents were reluctant to use the lifts as they would rattle and make weird noises when in use. One person said, "I believe this happened because the steel cables are old and worn because prior to this there was leakage from rainwater and that may have caused rust."

The Manjung District Police Chief, Assistant Commissioner Jaafar Bab classified the case as "sudden death". Admiral Abdul Aziz Jaafar of the Royal Malaysian Navy has ordered an investigation of all apartment lifts throughout naval bases in Malaysia. He also said that the navy was not taking any risks despite the lifts being 'well-maintained and installed with quality parts'.

In a letter to various newspapers, the *Institution of Engineers of Malaysia* (IEM) have said that the tragedy at Lumut could have been prevented with a "good and committed maintenance programme".

A spokesman for the IEM said that lifts have several safety features and he could not comprehend how all the safety features could fail simultaneously, in the Lumut incident. The IEM speculated "poor maintenance or even no maintenance" as the probable causes of the accident. It questioned the technical expertise of the technicians tasked with the maintenance of the lift and the quality of the parts used.

The IEM recommended that the *Department of Occupational Safety and Health* (DOSH) ensures only authorised lift vendors be permitted to perform lift maintenance and that DOSH addresses the shortage of technicians skilled in lift installation and maintenance work.

Around the world, irresponsible companies try to save money by taking shortcuts, by using shoddy equipment, or by reducing maintenance. We see the results of incompetence and mismanagement in many areas of our life; impressive roads which are washed away after a few months, gleaming buildings which leak or slide downhill after heavy rain.

Are figures for accidents involving lifts in Perak collated on an annual basis? How many resulted in injuries? How many fatalities were there? Is our safety record for lifts good or bad? Of the incidents, how many were deemed serious and how many were not? Did the serious ones involve power outages or were they through a failure of the lift's safety mechanisms?

Is the maintenance of lifts in Perak strictly regulated? How scrupulous are the maintenance, examination and testing regimes? Is there a different system for domestic or public/commercial lifts?

Malaysians tend to be complacent about maintenance, checks and regulations. It is a fact of Malaysian life that the authorities only react when things go wrong, and when injuries are sustained or lives have been lost.

## Property

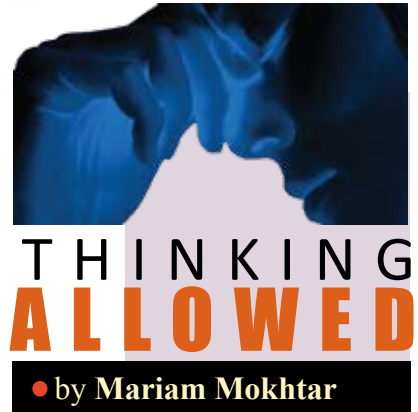
## The Thompson Garden Party

Taiko-Straits Developments not only builds lovely homes in its exclusive *The Thompson Residences* but also nurtures a community that lives, grows and shares together.

The Thompson team not long ago held a Chinese New Year Garden Party for the residents, bankers and press agents, bringing together the people living in the completed bungalows for a few hours of fun, food, conversation and live band performance.

The aim was to introduce the residents to each other and create a sense of camaraderie between neighbours. It is beneficial to have neighbours looking out for one another and for residents to know each other.

The Garden Party was well attended by 120 people comprising mainly residents with some Taiko staff. A fireworks show was the highlight of the evening and a relaxing time was had by all at the party which was held at the Clubhouse and Open Space and sponsored by contractors and suppliers of the development.



## MUSINGS ON FOOD



By See Foon Chan-Koppen

Photos by Ginla Foo

seefoon@ipohecho.com.my

## SeeFoon finds affordable gems in Menglembu



The instructions from my friend Ginla were cryptic: head for main street in Menglembu (Jalan Besar, Menglembu) and just at the corner of Public Bank adjacent to it is a small lane. Turn in and head for the open field and there on the right under some big shady trees, is a shack. So with those simple directions I set off and sure enough there was the unprepossessing **Kedai Carol**.

The kitchen is open for all to see, right there next to the tables and chairs which have certainly seen better times (no red table cloths here!). Ginla was already there, having ordered the food half an hour earlier. Nevertheless, we still had to wait for the first dish to arrive, a further 15 minutes which seemed interminable as we were all hungry. However, a nice cool bottle of wine kept us occupied and despite the excruciating heat of the day, we were kept pleasantly 'sweat free' from the fan and the greenery surrounding us. Because there was open field all around us, the oppressiveness of the heat was kept at bay. This is definitely not a location to entertain the visiting Chairman of the board. Nevertheless the for the lacklustre even more

The first signature fish, a fried to a crispy most appetising chillies, garlic collar and tail bits through and the fish meat was not overly dry. The four of us at the table unanimously voted it a 'must-return-for-more' – RM25.

The next dish was the **four-angled bean fried with chillies and dried prawns** in a sambal style. There was certainly a good 'wok hei' (meaning the wok was hot enough) to the dish, the four-angled beans still crunchy on the bite, the dried prawns lending flavour and texture and the chillies pungent enough to draw oohs and aahs around the table – RM7.

**Steamed Kembong** (a type of local mackerel) fish followed, topped with a stack of chopped ginger and bathed in soya sauce. This fish was less to my personal liking as the meat of the Kembong is quite firm and oily. In fact I was surprised to find a Chinese restaurant using it for steaming as the fish is preferred in Indian and Malay cuisine and usually served fried. However, the fish was very fresh and we could have asked for it fried – RM8 for two fish.



food more than makes up ambiance and the prices mollifying.

dish to arrive was their fairly large **Tilapia**, deep finish and topped with a sauce chock-full of ginger, and spring onions. The fins, were crispy enough to crunch

Our next dish was the **Kampung chicken braised with bitter melon** in a black bean sauce, which turned out to be robust, tasty and full of flavour, the melon leaving no bitter aftertaste – RM12. Next came the **sautéed roast pork**, coated in a dark soya sauce with onions and a hint of chillies. Tending on the sweet side, the flavouring appealed to my friends at the table while I kept my nibbles to a minimum given my predilection for non-sweet dishes – RM10.

Then came the pièce de résistance of the meal, their signature **Fried Rice with Lap Mei** or Chinese preserved sweetmeats, a generous helping of rice fried with large prawns, egg, and morsels of sweetmeats which lent its inimitable fragrance to the dish. Utterly irresistible and great value at RM4 for the portion.

Foodie that I am, I was reluctant to end my meal at the rice and wanted to taste their noodles so a plate of their **fried noodles** was promptly delivered. This was a combination of thick yellow noodles and flat rice noodles fried with pork, prawns, egg and vegetables. Juicy, scrumptious and again great value at RM4.

Speaking to the mother and daughter team in the kitchen, I was surprised to discover that the whole stall is run and manned by women. I was told that on Sundays, they have many specials depending on market availability of ingredients. These could vary between their **ginger duck with black bean sauce**, their **braised pork knuckle** with large pig's intestine, their **vinegar pork knuckle**, their **steamed Kampung chicken with Chinese wine** and many more dishes. So I will definitely be making another trip here on the first available Sunday on my calendar.

### Kedai Carol

Swastia Jalan Ming Min  
Menglembu 31450

Tel: Carol: **012-580 2312**; Wendy: **012-576 6566**

Open: Noon till 5pm (last order but can stay till 9pm drinking)

Sunday's last order 6pm. Closed Mondays.

GPS: E 101° 2' 44.2 N 4° 33' 50.7



### HAWKER FOOD

By VWSL

**Angsana Ipoh (Greentown) Mall**

**Basement Food Court, Jalan Hospital (formerly Ashby Rd)**

(GPS N 04° 36.166' E 101° 5.681')



It is now called **Angsana Ipoh Mall** but everyone knows it as Greentown Mall. It houses UO Superstore, Nagoya Textiles, Guardian, numerous other shops and a good number of mobile kiosks. Knowing Ipohites' propensity for ignoring name changes of any sort, it will be some time before this new name is adopted. Its food court has a wide range of appetising local fare; from chicken rice, laksa, curry mee, western, various

rice & noodles, tom yam, teh tarik, yong tau foo, ice kacang and fresh fruits.

#### Must try:

- **Kashmiri Briyani (stall #19)** is popular for their Tandoori Chicken and various curries. There are also ten different types of Naan (made fresh), like kashmiri, Keema, butter, vegetable, etc. and also poori. Tandoori chicken from RM5 per portion.
- **Kamisah Nasi Kandar Pulau Pinang (stall #16)** specialises in Nasi Kandar with a choice of mutton, chicken or other curries and cooked vegetables like brinjals, cabbage and others. Good mutton curry.
- **Juhas Enterprise Catering – Selera Kampung (stall #13)** serves Nasi Ulam from 10am to 4pm and Nasi Lemak from 3pm to 8pm. Their sambal belacan is excellent.
- **Lin Chee Kang (stall #7)** has more than 20 varieties of ice desserts and several types of Ice Kacang. Fans of *gula Melaka* (palm sugar) and *santan* (coconut milk) can opt for that instead of milk and sugar syrup – RM3 onwards with your choice of fillings (10 sen extra for takeaway).



## RECIPE

By Margarita Lee

### Eggplant Omelette

#### Ingredients:

- 1 medium long eggplant – roast it until soft, remove skin
- 2 large eggs – lightly beaten and season to taste
- 50g minced pork (or beef or lamb)
- 2 medium ripe tomatoes – diced
- 2 Tsp chopped garlic
- 1 medium onion – diced
- ½ Tsp salt and ground pepper
- 1 Tsp fish sauce
- Cooking oil
- 1 Tsp cornstarch with 2-3 Tsp water



#### Method:

1. Sauté garlic and onion until aromatic, add in minced pork and tomatoes.
2. Add in salt & pepper and fish sauce to taste. Thicken with cornstarch. Keep aside for later use.
3. Skin eggplant and gently mash the flesh with a fork. Mix with pork.
4. Flatten eggplant skin and stuff with the prepared eggplant flesh and mince pork.
5. Heat up about ¼ cup oil in a wok or pan until hot, gently put in the stuffed eggplant. Pour in the beaten eggs.
6. Carefully flip the eggplant when edges turn a golden brown. Cook over low heat until both sides are done.
7. Drain excess oil with paper towel. Serve hot with rice.

## News Roundup

## Ipoh International Waiter's Race



Ipoh's inaugural *International Waiter's Race* will be held on Saturday, May 25 in conjunction with the City's 25th Anniversary. The event will be held at Taman D.R. Seenivasagam and is expected to attract participants from far and wide including from Ipoh's sister cities, Fukuoka, Medan and Guangzhou. The race is jointly organised by Ipoh City Council, Perak Tourism Association, Malaysian Association of Hotels (Perak Chapter) and the International Waiters Race Agency, Ipoh.

Organising Chairman, Hj Mohd Odzman Abd Kadir, said the objective of the event was to give due recognition to waiters in the hospitality industry. Mayor Dato' Roshidi

Hashim, in his address, added that the race, being an international event, would be another tourist attraction for the City. Dato' Mohd Nor Khalid, better known as Lat, Malaysia's famous cartoonist from Perak, designed the cartoon character for the race giving it a distinctive Ipoh flavour.

The race, incidentally, originated from France over a century ago. Its aim was to test waiters' skill and dexterity in balancing a tray of beverages on the palm of one hand while racing through the street. Participants had to finish with a full tray or close to it.

Over one hundred waiters and waitresses from Perak's favourite eateries will be running the 1.5-km course in the park. They will be divided into three categories, Full Service, Quick Service and Amateurs, based upon their experiences. Related competitions such as ice-carving, flower-arrangement, food-carving and a barista competition in coffee decoration are in the offing.

For details or registration, visit [www.ipohwaitersrace.org](http://www.ipohwaitersrace.org).

JAG



## Home-grown Rock Melons

The Perak State Agricultural Development Corporation (SADC) has experimented with the planting of rock melon (cantaloupe) as part of an on-going project to improve agricultural productivity in the state. The melon, which originated from Iran and India, is planted on ex-mining land in Batu Gajah, which is deemed unsuitable for agriculture.

Using soil-less technology, ten high-tech greenhouses are being built. The first of the rock melons, with seeds commissioned and named Perak Gold 1 and Perak Gold 2, were planted last year under controlled conditions. Rock melon was chosen in this project because of its short maturity period of about 75 to 80 days and the huge demand for the fruit overseas.

With a land size of eight hectares, the rock melon farm when fully developed,



will accommodate a total of 25 saw-tooth type greenhouses. The expected revenue for 2014 is RM2.4 million at a conservative ex-farm price of RM4.50 per kg.

During a recent visit to the rock melon farm, Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir, who is also the Chairman of Perak SADC, symbolically harvested rock melons from the mini greenhouse. This particular greenhouse has produced over one thousand fruits during its third cycle. The first commercial rock melon harvesting is expected on March 22.

Some 30 minutes' drive away, in Sungai Galah, Mukim Tanjung Tualang, is SADC's pilot integrated farming and agro-tourism project. Utilising ex-mining land measuring 268 hectares, the agency has planted different types of plants, including fruit trees and herbs. Meanwhile, the three huge ponds on the land are used for fish and duck farming.

The project was launched by Zambry on the same morning. The main objective of this integrated farm is to improve incomes of the community through agriculture.

Emily



## Coming of Age for PWW

Ten years ago, two ladies, practising gynaecologist Dr Sharifah Halimah Jaafar and Yip Siew Keen, saw the need to start a service to help women in crisis in Perak. This need resulted in the birth of *Perak Women For Women Society* (PWW), an apolitical, non-profit, non-governmental organisation, whose objectives are to:

- offer emotional and social support to women and their children, who suffer from mental, physical and/or sexual abuse,
- provide temporary refuge services to such women and children,
- undertake and advocate the eradication of factors that contribute to the inequality and subordination of women through law, policy and institutional reforms, and
- create awareness and better understanding among individuals, the public and relevant agencies, on issues of violence against women and the underlying inequalities.

Believing that the best long-term solution to help marginalised women is through education, the society has, at the beginning of this year, started a weekly pre-school programme in Kg Pos Woh in Tapah. The programme provides not only pre-school classes for young Orang Asli children but also tuition and mentoring for primary school children. Learning materials are provided free-of-charge. Volunteers take this opportunity to feed the children with nutritious food. This ongoing project benefits over 70 children weekly.

The society also organises outreach programmes where volunteers visit schools in Perak to educate students, especially girls, about personal safety and respect. As a society, PWW has made great progress in recent years. It publishes its own bulletin called, *SuaraNita* since 2009 and operates its own service and information centre.

In 2010 it joined the Joint Action Group For Gender Equality, a coalition comprising women's human rights groups, which diligently document, monitor and lobby for law and policy reforms on women's rights. The following year it became a member of the South East Asia Women's Caucus on ASEAN, a network of more than 60 organisations in 11 countries that advocate women's rights.



Last year was the society's turning point. It established a temporary shelter for women in crisis, made possible with financial support from a Kuala Lumpur philanthropist.

Over the ten years PWW has faced many challenges, the biggest being monetary in nature. The society requires at least RM100,000 a year to conduct programmes and activities. Without any government funding, PWW finds the going tough. However, with financial support from individuals and well-wishers it has managed to keep afloat.

To mark its 10th Anniversary, the society is organising a charity dinner themed, "A Many-Splendoured Nite". Malaysian Jazz Queen, Dato' Sheila Majid, will entertain guests with her jazzy hits.

Tickets for the dinner, to be held at Kinta Riverfront Hotel, Ipoh on Saturday, April 6, are priced at RM100, RM150 and RM200 each. It is an important fund-raising initiative to support PWW's efforts.

The society's immediate concern, however, is the lack of committed volunteers. Membership, with an annual fee of RM10, is open to all women 18 years and above. Men are also encouraged to volunteer their skills and services. The society hopes to see the formation of a men's wing in the near future. Other plans in the pipeline include internship for university students and joint research on social health, humanity or psychology for Master's or PhD students.

Women who require counselling can call the centre at **05-546 9715** or e-Counselling by email to [perakwomenforwomen@gmail.com](mailto:perakwomenforwomen@gmail.com). Personal counselling is also available at the PWW Service Centre at 52, Jalan Sultan Azlan Shah, 31400 Ipoh.

For more information, log on to PWW's website at <http://www.pww.org.my/> or Facebook at <http://www.facebook.com/pages/Perak-Women-For-Women-Society-PWW/215564111873471>.

Emily



## News Roundup

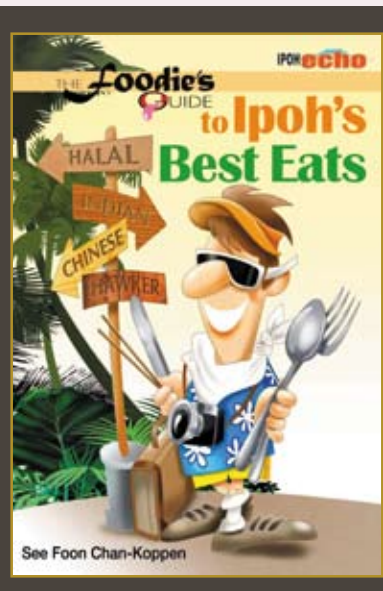
## Foodie's Guide to Best Eats in Ipoh



“The Foodie's Guide to Ipoh's Best Eats” is a compilation of the best food reviews over the past four years from SeeFoon Chan-Koppen's column “Musings On Food” in Ipoh Echo. To be published by Media Masters, the book project was launched by Ipoh Mayor, Dato' Roshidi Hashim recently.

Ipoh City Council is sponsoring the publication of the guide. Roshidi said that the book will be the ultimate Ipoh food guide for visitors to the city. He hoped more Ipohites would emulate the author, who had personally undertaken to promote Ipoh by putting the city on the world food map.

Dato' Daniel Tay who was instrumental in introducing the idea of Ipoh City



Council's sponsorship of the Foodie's Guide said in his introductory speech that he had been a fan of SeeFoon's column ever since she started writing it in the Ipoh Echo. Describing her as the 'quintessential palate' from her years in the hotel industry and owing to her early journalistic training as a food critic with the Straits Times Group in Singapore, he finds 'her way with words, irresistible, her ability to describe a simple dish and make your mouth water' is a sure draw for local residents and tourists alike. He feels that her guide will benefit tourism to Ipoh greatly.

See Foon Chan-Koppen is a seasoned traveller having spanned the globe during her 30-year stint in the hotel industry. Even as she wined and dined in all corners of the world, she would still crave for the food in Ipoh, a place which she calls home for the past 17 years.

“The Foodie's Guide to Ipoh's Best Eats” is SeeFoon's expression of her passion for food and a personal selection of the gastronomic delights found in every nook and corner of Ipoh. With

recommendations of some 50 restaurants and 35 types of hawker food, this international foodie has unravelled the secrets of delectable cuisines found in Ipoh, be they halal food, pork-free, Chinese, Indian or Western.

This 170-page book is expected to hit the streets in May. Priced at RM29 it will be available at the Ipoh Echo office and its online portal, bookshops, news stands and at Tourism Malaysia offices in Ipoh's sister cities of Fukuoka, Guangzhou and Medan.

Emily

## Community

## Parents' Get-together



The Sri Murugan Centre (SMC), Ipoh Branch, held one of its 'get-togethers' at Dewan Maha Mariamman in Buntong recently. The object of this gathering, held once every few months, according to its co-ordinator, K. Nachemutu, is to instil and to create awareness in parents the importance of education for their children.

At these gatherings, parents are encouraged to guide their children to excel in their studies so they will acquire the skills and knowledge that will help them in their later lives. The centre will inculcate discipline, values, moral and character-building to the children, besides providing free tuition.

The centre was started in 1983 by founder Dato' Dr M. Thambirajah. Beginning with four centres it has now grown to 103 nationwide with over 10,000 students. It is appealing to the government for RM10,000 to help them continue with their welfare works.

Some prominent personalities produced by SMC are Dato' Thaveegan Arumugam, the Deputy CPO of Selangor, Dato' S.K. Devamany, Deputy Minister in the Prime Minister's Department and Dr Segar Narayanan, a lecturer at the Teachers' Training College.

During the function, N. Komathi, a former headmistress, was honoured with the title, Mother of the Year for single-handedly raising three girls; a teacher, a doctor and a medical student, when her husband passed away.

SH Ong

## Senior Citizens Entertain Trainees



It was a deserving treat for 40 trainees of the Ipoh Daybreak Association when they were entertained to a party by the Senior Citizens Club of Perak. What was more exciting about the outing was the presence of the musical band, The Young Hearts.

A brainchild of the Senior Citizen Club's President, Chong Eng Hong, the band, formed over a year ago, is made up of members of the club and is led by the president himself. Since formation, The Young Hearts have performed at several charity functions within the city.

The event, held at the Daybreak Centre in Jalan Pulai, Lahat recently was aimed at entertaining the centre's trainees who had lost a devoted trainer recently. Event organiser, Lau Wing Fatt, reckons that with more exposure, The Young Hearts will be a band of standing in the near future.

Ed

## WELLNESS TREATMENT

@



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## EAST MEETS WEST

The principles of traditional Chinese medicine are gaining traction in both medical and beauty circles. The ChromaLift Facial at Banyan Spa uses products from Phytobiodermie, a cult favourite based on the principles of Eastern medicine. Each facial incorporates Eastern energy, works to help correct the balance of vital energy within the body. Added bonus? All of the Phytobiodermie products are certified organic by EcoCert, an organization that requires a minimum of 95 per cent natural origin.



News Roundup

**KPJ ISH Launches ESWL & New Home-nursing Vehicle**



**K**PJ Ipoh Specialist Hospital recently launched its *Extracorporeal Shock Wave Lithotripsy* (ESWL) services and its new Home Nursing Services' vehicle. The launch was officiated by President/Managing Director of KPJ Healthcare

Berhad, Tn. Hj. Amiruddin Abdul Satar together with Advisor of KPJ Healthcare Berhad, Datin Paduka Siti Sa'diah Sheikh Bakir.

The ESWL machine offers the latest kidney stone treatment technology in Perak. Investing more than RM1.4 million, this machine will be used by two Consultant Urologists. ESWL is a non-invasive procedure which utilises shock waves instead of a scalpel or endoscopes to treat stones in the kidney and urinary tract. It breaks kidney stones into small fragments without damaging the organ or surrounding tissue. Patients can then expel the fragments more easily through the urinary tract. ESWL is extremely safe with advantages such as no scarring, minimum anaesthesia, short recovery period, and the whole procedure only takes 45 minutes to an hour.

The replacement of KPJ Ipoh's Home Nursing Services' vehicle with a new Avanza model is mainly to cater to the increasing number of clients. The hospital provides a range of mobile nursing services such as: post natal care; baby care; medical and surgical care, like changing of gastro-feeding tubes, wound care, bed bath, skin care, suction and others.

Physiotherapy is the latest service offered this year. KPJ Ipoh is looking ahead for more upgraded facilities and advanced services for patients' and visitors' highest satisfaction.



**About 'Home Nursing Services'**

Home Nursing Services are services rendered to all clients who require support and continuity of care at home. These services are to facilitate self-care and optimal independence on factors affecting the individual's health status. It is also to support patients and family members in providing care comfortably and in the privacy of home. With the intention to enhance speedy recovery with continuity of nursing care at home, KPJ ISH is providing the services at an affordable price. For more information, contact the Home Nursing Team at **05-241 8989**.

**MRA Awards 2012**



**T**he Perak Turf Club held the MRA (Malayan Racing Association) Cup at its course recently. The race was over a distance of 1400 metres for horses aged 3 years old and above. The club had the honour of hosting the MRA Awards 2012 this year, which was held immediately after the cup race.

There were some anxious moments before the start of the race, as the skies opened up and rain started to fall. However, there was a sigh of relief as the deluge trickled into a drizzle just as the horses were about to scramble out of the starting gates.

The MRA Awards is a significant event for the local racing industry. The occasion is held as a form of recognition for horse-owners, trainers, jockeys and thoroughbreds for their achievements. It provides an opportunity for the racing fraternity to make new friends or renew friendship and to share ideas. It also signifies the unity and cooperation among the four turf clubs – the Selangor Turf Club, the Penang Turf Club, the Singapore Turf Club and the Perak Turf Club.

The presentation ceremony took place at the VIP Lounge. Members of sister clubs were invited to present awards to recipients in the various categories namely, Champion Owner, Champion Trainer, Champion Jockey, Champion Apprentice Jockey, Malaysian-bred Champion Horse and Champion Horse of the Year.

Tan Sri V. Jeyaratnam, Chairman of the Perak Turf Club, thanked everyone present for their support.

SH Ong



**Tea with MB**



**A** heavy downpour did not dampen the spirits of members of Shirdi Sai Baba Society (Ipoh Branch), as they gathered for their anniversary do at Little India recently. Dressed in white, devotees sat under canopies in the pouring rain while waiting for the arrival of Dato' Seri DiRaja Dr Zambry Abd Kadir, the Menteri Besar of Perak. On hand to entertain the crowd was violin maestro, Dr Mani Barathi, a renowned musician, specially flown in from India for the occasion.

The Shirdi Sai Baba Society is a charitable, non-profit and non-political organisation devoted to spreading Sai Baba's teachings and philosophies to the world. Its Ipoh chapter was set up in 2008.

Besides its core spiritual activities, the society currently provides free breakfast, lunch and dinner to the poor and destitute at its premises in a shop lot along Jalan Sultan Iskandar, Ipoh.

Society's Chairman, K.P. Kandahan has appealed to the Menteri Besar for a piece of land to accommodate its growing membership, which now stands at 1800. Zambry responded by pledging a donation of RM50,000 to their building fund. He has in mind a piece of land in Gunung Lang for the project.

Guests were then treated to classical Indian dances and musical renditions by the maestro before adjourning to a nearby restaurant for tea with their guest of honour.

SH Ong

**Majumder Scholarship Fund**



**S**ome 500 well-wishers led by Tan Sri Dr M. Mahadevan and Tan Sri Lee Oi Hian were present to celebrate Dato' Dr Maduri Majumder's 80th birthday. The party was held at the Kinta Riverfront Hotel, Ipoh on Sunday, March 10.

Dato' Dr Majumder took the opportunity to launch the *Majumder Scholarship Fund* for needy students. Six students from two schools, SMK Sri Putera Sungai Pari and SMK Buntong were the first recipients of the scholarship.

Majumder, Ipoh's own Mother Theresa, was obviously touched by the many accolades showered on her. She pledged to continue with her charity works in spite of her advanced age.

Guests enjoyed a sumptuous dinner followed by music and dances by some well-known local groups, including a sterling performance by Dato' Ramli Ibrahim.

SH Ong



## Thumbs Down

# Traders Causing Traffic Jam

On Sunday mornings, traders doing business along Jalan Horley, popularly known as Memory Lane, occupy two lanes of Brewster Road (Jalan Sultan Idris Shah) at the junction, causing massive traffic jams. The area becomes unsafe for motorists and traffic comes to a crawl or stops.

While I was taking photos, a traffic policeman who was on duty on a motorcycle, complained to me and vented frustrations about the situation because MBI enforcement officers were not taking action. When I told him that I write for Ipoh Echo, he suggested that instead of writing I should meet the Mayor and complain in person.

Enforcement officers from MBI are present and I wonder why they are not doing anything. It is their duty to ensure that the traders do business within the stipulated area and not go out of it.

I urge the Mayor to pay a surprise visit to the place and see for himself the situation. He can also drive in a private car and experience the congestion and inconvenience.

Action must be taken immediately to prevent unnecessary traffic jam and enable traffic to flow smoothly.

A. Jeyaraj



## A Violence-free World



In conjunction with International Women's Day, which fell on March 8, the Perak Women for Women Society (PWW) organised a day-long awareness programme at Mydin Hypermarket in Bandar Meru Raya. The programme was jointly sponsored by Mydin Mohamed Holdings Bhd and KPJ Specialist Hospital. The theme was "Respect and be Responsible: End Violence Against Women Now".

A number of activities were on the cards, among them were children's colouring competition, action painting, dancing and singing performances. The aim was to create awareness among the public in the hope of creating a violence-free world.

Flash mob performances by members of PWW and staff of both KPJ Ipoh Specialist Centre and Hospital Fatimah entitled, "Break the Chain" conveyed the important message of respect and self-respect. Local youth groups from OMPH (Our Mother of Perpetual Help) and P.O.R.T. (People of Remarkable Talent) gave their version of the message.

Guests-of-honour were Datin Wira Dr Hjh Siti Hawa Mohd, Human Resource Director of Mydin Mohamed Holdings Bhd and Asmadi Mohd. Bakri, Chief Executive Officer of KPJ Ipoh Specialist Hospital. They took time to visit the 12 booths set up as part of the programme. Among them were the Malaysian Red Crescent, Pink Champion and Buddies.

Emily

## Arts & Culture

# A New Studio for KVSS

The Kinta Valley Symphonic Society (KVSS) has a new studio.

Located on the 2nd floor at 158 Jalan Sultan Idris Shah it has been the location where its two orchestras, the Kinta Valley Wind Orchestra (KVWO) and the Perak Philharmonic Orchestra (PPO), have been holding their practices since January this year.



The KVSS was founded in 2010 with a grant from the SiWu Education Trust Fund which enabled it to purchase instruments to start KVWO, the first and only community wind orchestra, or symphonic band, in Perak.

Its Music Director is the talented Eugene Pook (pic, standing 2nd from right) who has grown the orchestras in size, versatility and quality and has given Ipohites such presentations as "New Worlds, New Beginnings" held last August.

The Society currently has 120 active members and due to its growth, the previously rented premises ran out of space.

Work on the new studio started last December and selected materials were used to enhance the acoustics. The studio renovation cost RM40K and was part sponsored by Kuala Lumpur Kepong Berhad.

The shift to the new studio is another milestone in the progress of the Society which hopefully will provide music education for the community and in turn recruit new musicians.

Those interested to become part of the orchestras or wish to make contributions may call **010-565 0412**.

JAG

## Book Review

by Serena Mui

# Goal Setting For Success by Joshua Tan

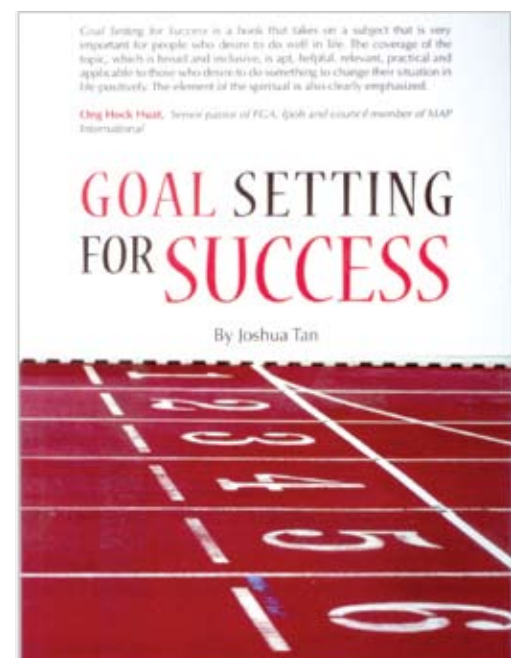
If you are serious in getting out of a rut or simply want to redefine your direction in life, then Joshua Tan's latest book – Goal Setting For Success is a must read. The advice given and emphasized, is to read through the whole book and not simply skim through it (yes this advice is for those lazy ones and you know who you are). The author has taken the trouble to design the material to ensure the reader is able to have a very practical view on goal setting. There are a lot of helpful and detailed workbook style layouts that can give the reader a real idea of what and how to plan towards the exercise of goal setting. The layout allows for quick reference, as each chapter is defined into different categories. Included in this book, are also a lot of actual examples which can be quite a good motivating factor, especially for those who may feel, theirs is a lost cause.

One particular popular phrase that is often used by society was corrected to give it more meaning and results.... PRACTISE MAKES PERFECT.... is better, when used as RIGHT PRACTISE MAKES PERFECT. Joshua also emphasizes that hardship is not a stop sign but merely a stepping stone, and this is important to understand, and accept, if people are to be steadfast in their struggle towards attaining their goals. A common phrase used - people do not plan to fail but fail to plan- is also something Joshua goes further to explain by providing a guidance tool – goals should be SMART – Specific, Measurable, Attainable, Realistic and Time bound.

Having more than 20 years in the consumer sales arena, Joshua has written several short training manuals that is based on his wealth of experience. He has an MBA from Nottingham Trent University and is also actively involved in several NGOs, such as YMCA, the Haggai Institute, and FGBMF. Ipoh Echo had the pleasure of featuring a book review on another one of Joshua Tan's contributions. The book review on the Effective Sales Force Recruitment (IE125), where an endorsement by Dato' Daniel Tay mentioned it's a "must have", ideal for employers and employees.

For those readers, who enjoy uplifting and worship style songs, there is an added treat for you. Joshua has included a set of songs that he penned which are beautiful and heartfelt.

'Goal Setting For Success' (131 pages) is priced at RM24.90 and can be ordered online at: [www.joshuatan2u.weebly.com](http://www.joshuatan2u.weebly.com) or call Joshua Tan at **016-512 7635**.



## 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.

## Datuk Dr Madhuri Majumder

The International Women's Day is a global day celebrating the economic, political and social achievement of women in the past, present, and future. In conjunction with this honourable day, I wish to share about a truly towering lady in Perak.

Just mention Datuk Dr Madhuri Majumder, a name synonymous with Perak and people instantly recognize her. She is our country's first woman dermatologist who has shown great enthusiasm to be of service to humanity.

When she took over the reigns of the *Perak Society for Promotion of Mental Health* (PSPMH) in 1986 as the President of the society, she immediately introduced various activities for rehabilitation with occupational therapies like singing, dancing, orchid farming, ceramic and art projects, music and laughter therapy, handicraft production, glove packing and counseling sessions for all the patients who are housed at the centre.

The PSPMH's patron is DYMM Paduka Seri Sultan Azlan Shah and it is affiliated with the World Federation

of Mental Health is also actively promoting mental health through education, information, conventions and forums for the benefit of the general public.

Datuk Dr Majumder has a strong bond with the patients, whom she affectionately addresses as the residents, being careful to never stigmatize mentally ill patients with the notion that they are crazy.

She believes that the biggest dichotomy that exists between mental illness and physical illness and disabilities is that, people with mental health conditions such as schizophrenia, bipolar disorder, depression, epilepsy, substance abuse disorder and child and adolescent mental conditions are predisposed to a very high degree of economic and social marginalization. She also noted that they are habitually excluded from participation in society, subject to stigma and discrimination and are restricted from social activities.

Her dream is to rehabilitate these psycho-socially ill patients and send them back to society as good as the next-able bodied person. To give an example, she has three of the society's residents from the Ulu Kinta Centre being employed to take care of her house and assist in her

clinic.

Datuk Dr Madhuri read Medicine at Calcutta University in 1959. A government scholarship took her to the United Kingdom to specialize in Dermatology and she came back to serve the government as the first woman dermatologist in the country. She scored another first when she was installed as the first woman Chairman of Perak branch of the Malaysian Medical Association in 1981. She also created history when she was installed as the President of Rotary Club of Greentown in 1995 – the First Lady President of a Rotary Club of Perak.

Last year during the state level women's day celebration, she was bestowed the Women of True Beauty Award during the Anugerah Wanita Mutiara Perak, receiving the award from the Prime Minister's wife, Datin Seri Rosmah Mansor.

This illustrious lady recently celebrated her 80th birthday by launching the "Majumder Scholarship Fund" to assist needy children for their educational needs. This significant event is another milestone for this distinguished "Mother Teresa of Ipoh" as she is popularly known.

S. Sundralingam

# The Saturday Storm

"...in less than 5 minutes" – Ramesh



The freak storm that hit Ipoh Padang on Saturday, March 9 uprooted two century-old Casuarina Trees that had provided shade for generations of St Michael's School students while waiting for their transport home.

Ipoh Echo's Ramesh Kumar, who happened to be on the verandah of the Royal Ipoh Club overlooking Ipoh Padang, saw the two trees crashing down. "It happened in less than 5 minutes," he exclaimed.

The rain started as a normal evening shower but this time the wind was stronger. For a brief moment the visibility was a mere 15 feet with the palm trees in the club garden blowing hard in one direction. When the storm subsided, I saw one of the trees

closed to the club fall and minutes later another, at the far end of the field, being uprooted and falling onto the Padang.

I rushed to the scene to have a closer look. Luckily, the trees fell into the field. Had they fallen onto the road properties would have been damaged.

However, the storm left its trail of destruction in other parts of the city.



At the Ipoh Club car park, the storm blew several tiles off the roof which landed on the car of Committee Member, Leow Mei Fah. Another club member's car was similarly damaged.

Further down Jalan Panglima Bukit Gantang Wahab, a tree in front of the State Mosque was uprooted. The fencing surrounding the Ipoh Railway Station garden, where upgrading works are underway, was brought down. Several sheets of the fence crashed on cars parked nearby. A billboard in front of the MBI Library was tilted and went out of alignment.

Former St Michael's School Principal, Dato' Brother Vincent Corkery, who saw the carnage along with lawyer Yee Seu Kai, was relieved that the incident happened on a weekend otherwise properties and people would be affected.

Ipoh City Council's Director of Landscape, Meor Abdullah Zaidi, said of the five trees remaining, one had to be removed immediately. His department is monitoring the conditions of the other four trees. "They may be removed if necessary," he revealed.

The council, according to the director, plans to replace the trees with trees that flower and provide shade. "They'll be planted inside Ipoh Padang next to the fence."

JAG

More photographs on Ipoh Echo online.

## ANNOUNCEMENTS

Announcements must be sent by fax: 05-2552181; or email: [announcements@ipohecho.com](mailto:announcements@ipohecho.com), by the 9<sup>th</sup> or 23<sup>rd</sup> 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.

**Kia Customer Day & Next-Gen Sorento Launching, March 16 & 17** from 9am to 8pm at Naza Kia Malaysia Sdn Bhd, No. 196 Jalan Lahat Ipoh, Tel: 05-282 9700. Test drive available via appointment.

**Perak Academy's Perak Lectures Series. Topic: "Dr Wu Lien-Teh, a Malaysian Hero by Clement Liang"**. A documentary film on Dr Wu Lien-Teh will be screened. Friday, **March 22** commencing 8pm at Conference Room, KPJ Ipoh Specialist Hospital (5th Floor). For details and reservations call Perak Academy: 05-547 8949 or Wai Kheng: 016-551 8172 or Email: [contact@perakacademy.com](mailto:contact@perakacademy.com).

**St Mike's Policy Dinner No 6. Topic: "GE 13 – One Heart Different Dreams" by Zairil Khir Johari.** Saturday, **March 23** commencing 7pm at St Mike's Bistro Restaurant, 5 Jalan Sultan Idris Shah, 30000 Ipoh. For details and reservations call: 05-225 2850 or 016-593 3068 or email: [stmikes.ussb@gmail.com](mailto:stmikes.ussb@gmail.com).

**Perak Women for Women Society 10th Anniversary Fundraising Dinner (with guest artiste Dato' Sheila Majid)**, Saturday, **April 6**, 7pm to 10.30pm at Grand Valley Ballroom – Level 2, Kinta Riverfront Hotel & Suites, Jalan Lim Bo Seng, Ipoh. For tickets, call Ms Yip at 05-546 9715 or 012-521 2480.

## News Roundup

# YBU Spreads Its Wings



Yayasan Bina Upaya Darul Ridzuan (YBU) has long entertained the idea of setting up its own enterprises, as part of a cost-reduction exercise and to improve its operations. This idea was realised with the recent opening of a collection, packaging and distribution centre at Jalan Kuala Kangsar, Ipoh.

The opening of YBU Healthcare and Nutrition Centre enables the foundation to better manage its collection, packaging and distribution responsibilities, as it has done away with middlemen. The opening ceremony was officiated by Dato' Saarani Mohamed, Chairman of YBU.

"Engaging middlemen to do the work is expensive. It's not cost effective. Thus resorting to a centre of our own makes sense," said Dato' Saarani to Ipoh Echo.

The foundation sends out 80 boxes of goodies a month to each of the 59 state constituencies. This works out to 55,000 boxes a year. "Imagine the cost if we're to stick to a third party to do the work?" reasoned Saarani.

Plans are in the pipeline to open more of such centres throughout the state. "This is in anticipation of an increase in demand for our goody boxes," Saarani added.

Present at the launch were Khairul Azwan, Deputy Chairman of YBU, Dato' Zainal Abidin Omar, former CEO of YBU, Director of Pharmaceuticals Sdn Bhd, Khoo Chee Keong and Chief Operating Officer of YBU Healthcare and Nutrition Centre, Isfarina Mohd Bali.

Besides the healthcare and nutrition centre, the foundation operates a pawning business in partnership with Ar-Rahnu Bank with the cooperation of Yayasan Pembangunan Ekonomi Islam Malaysia (Yapeim).

RM



## Tourism

# Taiping Zoo Update

Taiping Zoo and Night Safari recently gave a progress update of their development projects provided from their RM4.1 million allocation by Northern Corridor Implementation Authority.

The update presentation was made by YDP of Majlis Perbandaran Taiping En Shahrom bin Dato Abdul Malik. Together with Shahrom was Dr Kevin Lazarus the Director of Taiping Zoo and Night Safari.

The upgrade works included the completed 900 sq meter crocodile enclosure, the 'Walk Through Lowland Forest which features beavers, squirrels and sea terrapins and the Malaysian Rain Forest Experience featuring hedgehogs and deer amongst other animals.

The other works-in-progress included the Tram Station which will expand the waiting area, the African Savannah Exhibit theme which features such animals as the zebra, giraffe or crane and the 'Elephants of the Perak River Exhibit' all of which will be for the benefit of the visitors to view the animals as if in their natural surroundings in the wild.

The number of visitors to the to the Zoo Taiping and Night Safari for the year 2012 was 607K for Taiping Zoo and 97.9K for the Night Safari. According to Lazarus, the Zoo is targeting one million visitors by 2018. Lazarus also shared that the Zoo has made additional proposals to upgrade the existing exhibits to a theme based and naturalized environment to make the exhibits more attractive for visitors.

JAG



# Spelling Challenge 2013



Y's Men's Club of Ipoh organised its "Spelling Challenge 2013" for the second year running at YMCA Ipoh recently. The objective was to promote spelling skills among students besides cultivating teamwork and instilling the spirit of competition in them.

Twelve primary schools with a total of 36 students took part in the challenge. The panel of judges was headed by Udaya Banu of UiTM (Perak) Tapah.

The 4-hour contest was keenly fought. SK Marian Convent, Ipoh was eventually adjudged the winner. Its speller, Gladys Yau Yeang-Ai won the first prize of RM50. Runners-up were Kavitha Thiaga Rajan of SK Tarcisian Convent and Maximus Maurice of SK St Michael 2.

Since the response was good, the club will continue with this challenge next year.

Ed

# Dialogue on Tourism

Delegates from the Ministry of Tourism Malaysia visited Ipoh recently for a dialogue with players in the local tourism industry, and to discuss plans to prepare Perak ahead of Visit Malaysia Year 2014.

It was launched by Dato' Hamidah Osman, State Executive Councillor for Tourism. Addressing the press after the formalities, Dato' Hamidah revealed that state tourism agencies are working closely with the federal government to develop local attractions, especially Kellie's Castle and Lenggong Valley.

This year, the Ministry of Tourism has allocated RM5 million to enhance Kellie's Castle and to improve upon it by offering spooky tours. The idea of "ghost tourism" came from the Minister of Tourism, Dato' Sri Dr Ng Yen Yen and Kellie's Castle is ideal for such a unique experience.

Lenggong Valley, on the other hand, will benefit from an allocation of RM30 million from the Ministry of Unity, Culture, Arts and Heritage, which will be used to upgrade its infrastructure.



Tourism Perak is working closely with local travel agents to come up with six 3-day/2-night packages to the six tourism clusters in Perak. This is in addition to the ten packages that will be launched at MATTA Fair on Friday, March 15.

On a related issue, Dato' Hamidah expressed her disappointment that the completion of the musical fountain in front of Ipoh Railway Station has been delayed by six months. Ipoh City Council, who is overseeing the project, should buck up.

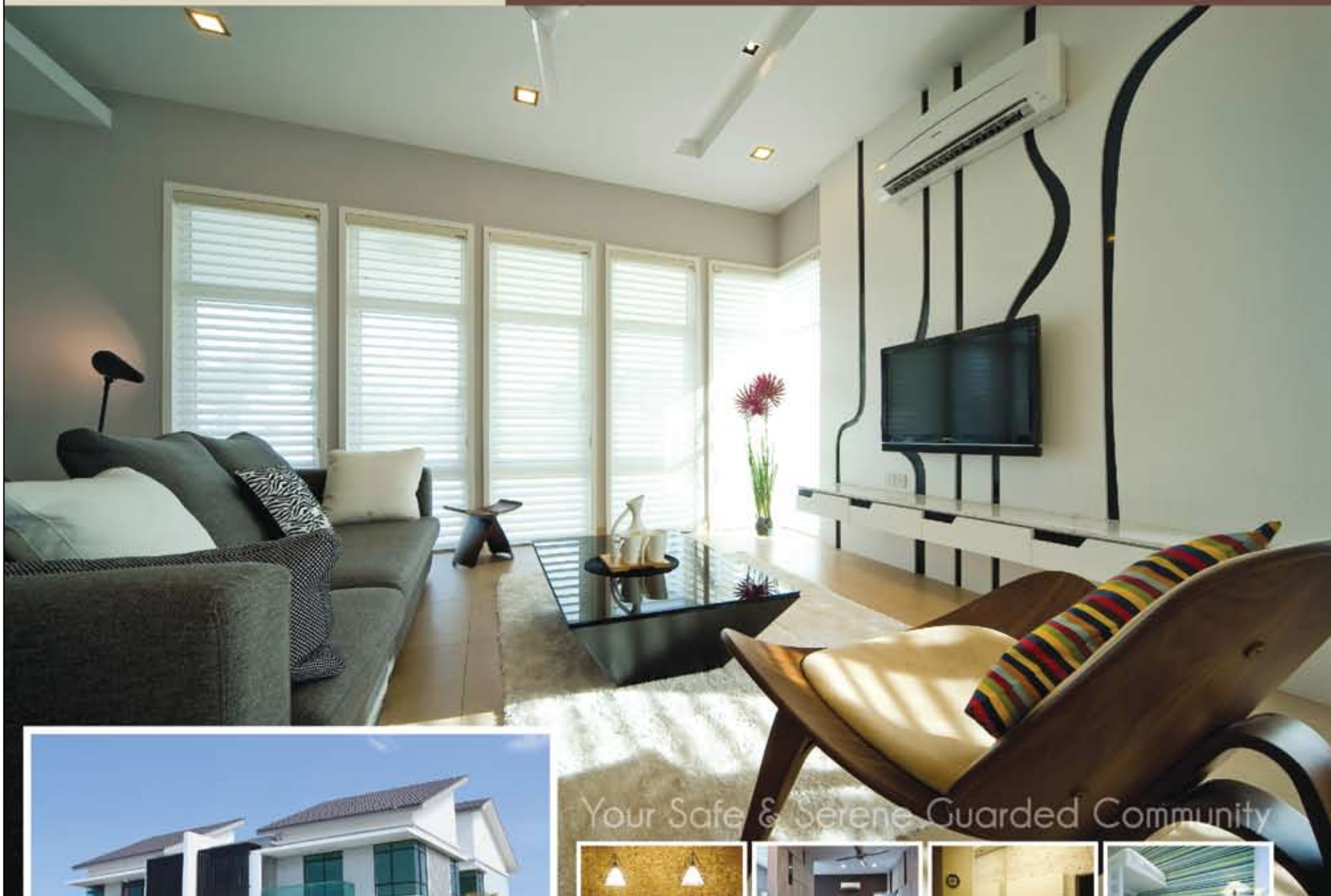
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