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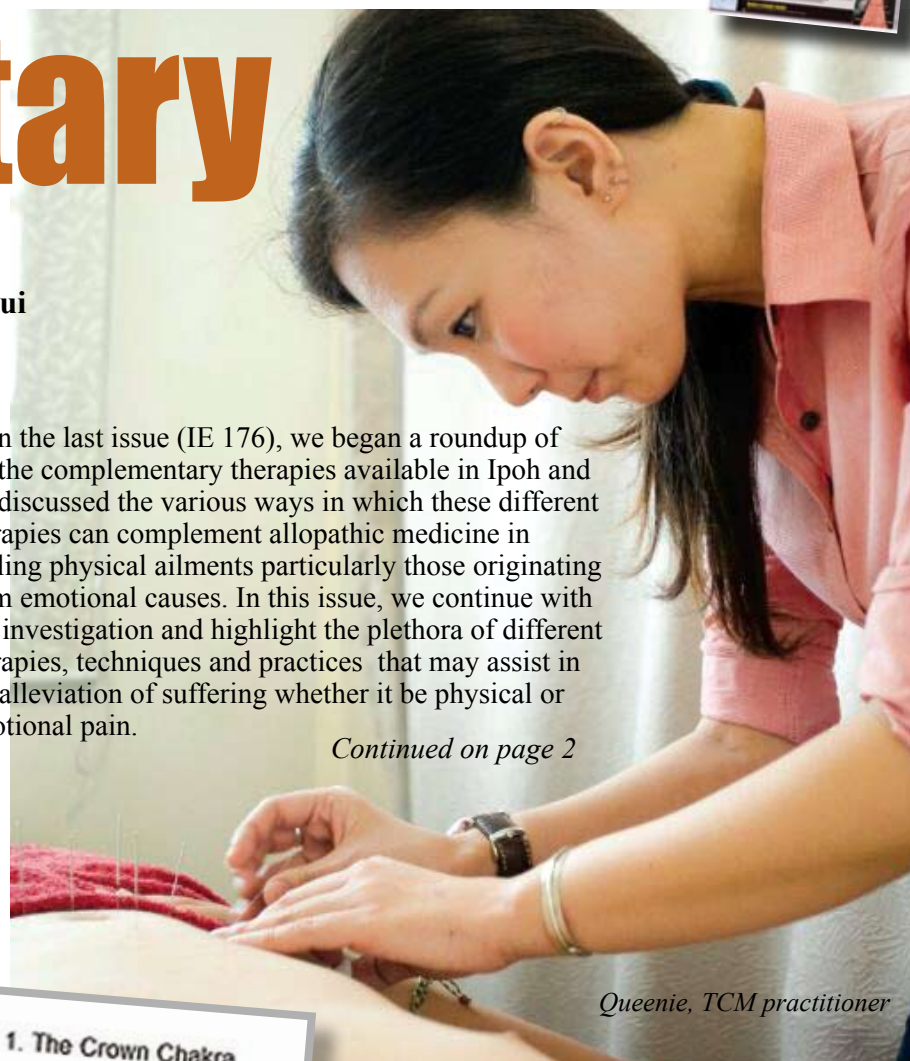
## Complementary Therapies (Part 2) by Serena Mui



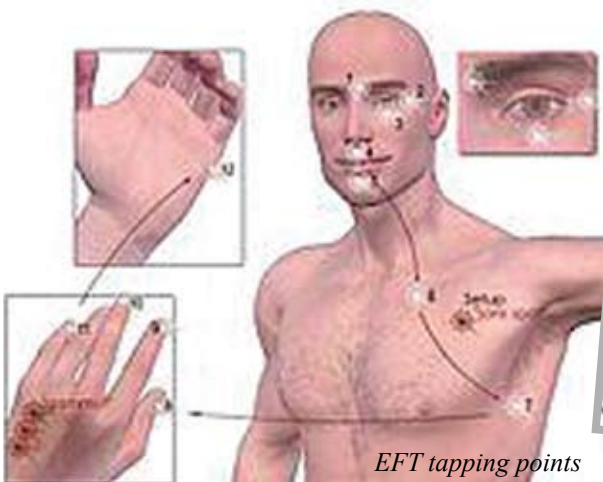
TCM apothecary

In the last issue (IE 176), we began a roundup of the complementary therapies available in Ipoh and discussed the various ways in which these different therapies can complement allopathic medicine in healing physical ailments particularly those originating from emotional causes. In this issue, we continue with our investigation and highlight the plethora of different therapies, techniques and practices that may assist in the alleviation of suffering whether it be physical or emotional pain.

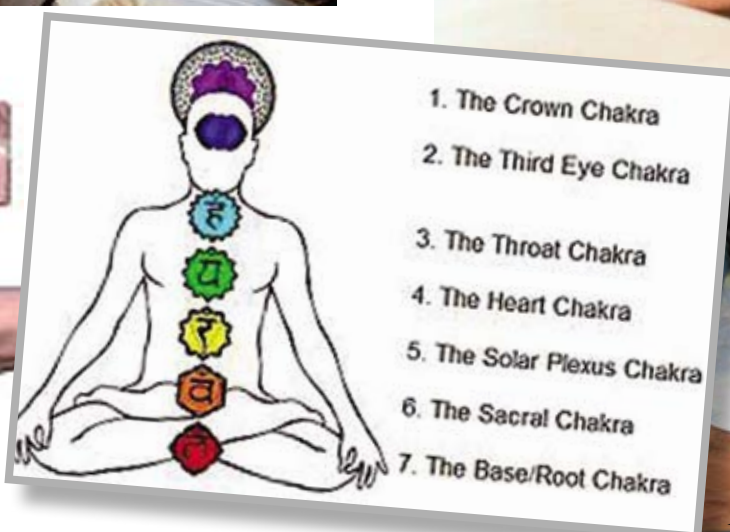
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Queenie, TCM practitioner



EFT tapping points



Electro-Acupuncture



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## ***"I don't understand how it works. All I know is that it works" – Jaz Goven (FTT & EFT Trainer)***

### **Fast Track and Emotional Healing Technique (EFT)**

Fast track technique and EFT is another healing modality that helps a person to enjoy better health and general well-being. In this method, muscle testing is used to access the subconscious mind and locate the root cause of a particular issue that is contributing to the imbalance in your life, whether it be physical or emotional.

It was a delight to spend time with Jaz Goven, a British national who has been conducting training sessions here in Ipoh, as she took me through the very simple stages of her programme.

### **Muscle Testing**

According to Jaz, your body will always tell you the truth when your subconscious mind is questioned. And muscle testing is the key to accessing the subconscious mind. Once accessed she continues to probe for the root causes of the various physical or emotional problems that are presenting themselves in one's present life. She then moves on to eliminate the beliefs that caused them either through a tapping process known as EFT which engages certain acupressure points of the body or with the use of magnets and affirmations.

Jaz is passionate about helping people help themselves, which is an attractive feature of the technique, if you don't want to keep seeking "treatment" on a regular basis. Jaz hopes that by learning the fast track technique and EFT, any individual will be able to, not only address their emotions and overcome negativity, but will also be in better control of their health and their lives.

### **TCM (Traditional Chinese Medicine) and Acupuncture**

As far back as 4000 years ago, people have been turning to TCM and acupuncture to treat all kinds of ailments. Today it is enjoying a revitalised popularity as more people are discovering its efficacy.

Queenie Kong took some time away from her busy schedule to explain just how TCM and acupuncture helps. Practising her art of healing since 2008, she bases her treatments on finding the root cause of the problem rather than simply treating the symptom. This, Queenie emphasizes, is the only way to keep the negative condition from recurring.

Queenie uses four different "checking steps" to determine the root cause of any negative condition, before attempting to treat her clients. Observing, Listening, Questioning and Palpations make up the check list. She then examines the condition of your tongue to further confirm her initial diagnosis. A standard session could take anywhere from 20 to 45 minutes, while the more intense sessions take an hour during which time she may prescribe acupuncture to relieve symptoms or she may make up a herbal mixture for you to decoct at home or even give you herbal medicines in capsule form.

Another interesting area that Queenie's expertise covers is Aesthetics acupuncture. The 'before' and 'after' pictures of ladies having 'gone under the needle' on their faces for firming and de-wrinkling were so spectacular that even a skeptic like me found myself tempted. So ladies, you might want to consider this before going under the knife, to make those all so 'little' adjustments.

### **Karmic and Angelic Reiki**

Another Reiki practitioner I had the pleasure of meeting, was Lee Jee Wai. Using Angel therapy cards was part of Lee's foray into the world of alternative healing. He is passionate about making people understand that their general well-being is intricately connected to their physical, mental, emotional and spiritual balance. With his attunement to Reiki and healing sessions, Lee hopes to help individuals seeking help to finally achieve that all so important balance in their lives.

Lee's work is heavily based on the Forgiveness Principle, which is the Hawaiian Teaching of "Ho o Pono Pono". The words mean "I am sorry, Please forgive me, I love you and Thank you". These words are usually uttered at the beginning of the Reiki session to allow some of the negative energy from within to be released and replaced with positive energy. The inner peace often enjoyed, usually works as the ideal launching pad for the individual to pursue Reiki further.

### **Reiki, Karuna, Ki, Sufi, Imara Attunement**

When things go wrong in your life or even if you simply want to make some positive changes, calling on Dr Abd. Rahman Mat Judin to help steer you in the right direction might be the best route to take. After extensively studying and attending a variety of courses on Reflexology, Aromatherapy, Pranac Healing, Yoga, Tai Chi, Silva Mind Control and many other alternative healing methodologies, Dr Rahman is indeed more than qualified to help anyone searching for a better and more fulfilling life, or to simply be able to reach their goals.

Dr Rahman has also been instrumental in teaching and encouraging many others to become masters in the alternative healing field. He has had the opportunity to treat people from all over the world, with his particular style which effectively utilizes the inherent



Lee Jee Wai



Jaz Goven muscle testing

energy prana or life energy to infuse self-healing.

Issues on unhappy marriages, lack of motivation to study, not being able to excel in a chosen field, picking suitable employees, breaking bad habits and financial problems are just some of the challenges that Dr Rahman has successfully worked on, through the course of practising his complementary healing style. Over the course of the last three years, since going into the complementary healing practice full time, he has been able to help an even more impressive number of people. However, Dr Rahman does emphasize that, the individual seeking help, must do so only when he/she is ready to make a change.

### **Pranic Healing**

Pranic healing is a form of healing that creates the opportunity for you to welcome joy, peace, good health, spirituality and abundance into your life. Pranic healing is based on the concept of learning to harness "prana" otherwise referred to as "life energy" or better known to the Chinese community as "Chi" to create a life of balance in mind, body and soul. The practice of Pranic healing can help to heal physical and emotional problems.

Pranic healing bases its idea on the fundamental principle of the body as a self-healing, living entity. Therefore with the right "tools" and guidance the body is capable of healing itself. In Pranic healing, this "tool" is the art of increasing the life force to address any physical or emotional imbalance. Somewhat similar to the practice of some forms of Reiki, Pranic healing also uses a non-physical contact style of moving energy. The life energy is meant to help unblock the energy flow to the chakra or energy centre in your body so that the cleansing and healing process can begin.

In Ipoh, there are various weekly programmes, special programmes and monthly programmes that anyone can attend. At these programmes there are free healing sessions done by Pranic healers, meditation sessions to facilitate self-healing, and meditation sessions for world peace. There are also special on-going healing programmes held every alternate Sunday at the Ipoh Polo Ground. For the month of November and December there are full moon scheduled meditation sessions at all the centres on the 17th day of each month respectively.

In the end, all anyone really wants is to be able to live a life free of illness, worries and heartache. Although there are various different types of medications that can help a person actually achieve some level of control over these elements, long term use of these prescriptions often bring about other medical problems. Alternative healing practices are based on righting the wrongs in your life in the most natural and noninvasive manner. You have nothing to lose but everything to gain by taking the time to learn how to be at peace, in body, mind and spirit.



Dr Abd. Rahman



Pranic Healing

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**Centre for Prana Yoga & Self Transformation:** Wisma Ehsan, 2-5 Jalan Sultan Yussuf, Ipoh. Tel: 05 255 4590, 012 974 2028 or 012 295 9288.



## From the Editor's Desk

by Fathol Zaman Bukhari

# OPPORTUNITIES APLENTY

*Efforts at promoting Ipoh will go to waste if stakeholders remain overly cautious. The state government has done its part. The inception of Flying Fox Airways is a case in point...*

Associating Ipoh with pomelos, taueh and cheap hawker food comes easy, as these products are readily available for visitors and travellers alike. That is, however, the positive side but we have a negative side too, one which has been nagging us for a while now. It is our over-publicised but under-utilised airport. The city's one time pride and joy is today a pale shadow of what it was in the 1960s right to the 1990s. Blame it on the North-South Expressway for redefining land travel.

Sultan Azlan Shah Airport has undergone several structural and cosmetic changes involving its façade and its image. The latest being the extension of its runway from 1.8 km to 2 km. Although claims of impropriety have surfaced regarding the exact length of the runway, it did not stop airlines from using the airport.

Among the more notable one was AirAsia. The hype surrounding its introductory Ipoh-Johor Bahru flight was one of a kind. The whole city came to a standstill when Tony Fernandes came to town with his team in February 2006. Lesser known airlines came along, some lasting a few months, some weeks and some with hardly anything to show, save for their banners and buntings adorning the airport walls. They came with a bang but left with a whimper. That was the sad truth. Today, the only company that uses the terminal is Firefly, a subsidiary of our flag carrier MAS, operating the lucrative Ipoh-Singapore-Ipoh route daily.

Countless representations were made to the authorities, including the highest office of the state but to no avail. Most Ipohites, including this scribe, have lost hope of ever seeing the city's airport being transformed into a regional transport hub of standing like Penang's Bayan Lepas Airport or Alor Star's Sultan Abdul Halim Airport.

But things are about to change now that a local company has decided to take the plunge. Flying Fox Airways, a joint venture between Ipoh-based Mega Dynasty Sdn Bhd and Indonesia's third largest carrier, Sriwijaya Air will fly the Ipoh-Medan route beginning November 8. The twice weekly flights will increase in frequency once economies of scale and a credible critical mass are achieved.

Notwithstanding glitches dogging previous attempts at reviving the Ipoh-Medan route, the seriousness shown by the parties involved during the airways' launching on Friday, October 11 at Impiana Hotel, Ipoh was laudable.

The biggest handicap faced by enterprising individuals and companies in the past was aircraft. Cost is prohibitive and not having a sizeable passenger load to offset operational costs put paid to their lofty dreams. One cannot operate with leased planes, as the price of keeping the planes in flight is impossible with a poor passenger load and hefty overheads.



Will Flying Fox Airways succeed where others failed? This is a million-ringing question best answered by the operators themselves.

So, what have we to offer people from Medan?

Health tourism is a major consideration as Medanese, due to substandard medical service in their backyard, have turned to the private hospitals of Singapore, Kuala Lumpur and Penang to seek affordable treatment for their ailments.

Ipoh's five private hospitals should optimise this opportunity to the fullest. They should take a leaf from Penang's Adventist Hospital. The services provided by this Pulau Tikus facility extend beyond healthcare. They include meeting their clients at the airport, making hotel reservations, taking care of family members (sightseeing and shopping), transportation and others. It is a very competitive business and those who walk the

extra mile get the customers. It is all about marketing one's services, not hard selling that many here prefer to do.

Ipoh's hawker food is a hit with foreigners and Medanese are no exception. Indigenous food (Minang, Sunda, Betawi, Batak, Padang, etc.) in Medan is very good but Chinese cuisine is not. Indian is almost non-existent. Western-type outlets in Medan are better than Ipoh. A food fest, held on a quarterly or half-yearly basis, will be a good start to promote Ipoh's gastronomical delights.

Education is another major consideration. Ipoh's three international schools have ample space for children from Northern Sumatra. With the availability of direct flights to Ipoh, Indonesian parents will be tempted to send their children over. Our rates are a lot cheaper than either Singapore or Kuala Lumpur, and this is a fact.

Since the rich Chinese community in Medan is our primary target, winning them over becomes a priority. We should get enough Hokkien-speaking minders to take care of these visitors. A 4-star hotel in Pulau Tikus, Penang employs Hokkien-speaking staff to cater for this specific need, and it is reaping results.

Efforts at promoting Ipoh will go to waste if stakeholders remain overly cautious. The state government has done its part. The inception of Flying Fox Airways is a case in point. So it is up to those in the private sector to up the ante. It will be a sin to allow another golden opportunity slip by unnoticed.

## EYE HEALTH – INFLAMED EYELIDS

**Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. Gill talking to us about BLEPHARITIS, or inflammation of the eyelids.**

**B**lepharitis, or "inflammation of the eyelids", comes from the Greek word "blepharos", which means "eyelid" and "itis" which means inflammation.

### WHAT DOES BLEPHARITIS APPEAR LIKE?

The eyelids usually appear crusted, red and swollen. The crust is yellowish-white and powdery, like the scalp of a person who suffers from dandruff. There may be varied symptoms. In most cases, the eyes become itchy, irritated and sometimes feel dry due to the disruption of the layer of tear film that is normally present in the eye. Contact lens wearers may complain of discomfort and a gritty sensation. This is often mistaken by the layman as "dry eyes".

When *blepharitis* becomes chronic, there may not be much signs of inflammation such as redness but just a visible crusting on the eyelid and eyelashes. This may appear a little unsightly especially when the crusting on the eyelashes is visible. You may liken it to a skin condition except that in the case of *blepharitis*, it affects the eyelid margins where the eyelashes arise. *Blepharitis* can affect any age, both young and old.

### WHAT CAUSES BLEPHARITIS?

When the oil glands at the eyelid margins malfunction and produces too much oil (sebaceous secretions), *blepharitis* can occur. At times, it may be associated with an underlying skin condition called *Acne rosacea* where there is already a generalised illness of the oil glands of the skin. Allergies to certain cosmetics like mascara, eyelid lotions, contact lens solutions, allergens in the air and some chemicals may also trigger *blepharitis*.

### WHAT ARE THE COMPLICATIONS OF BLEPHARITIS?

*Blepharitis* usually does not cause any serious eye conditions. However, it may cause the following:

#### 1. Sty:

This occurs when the oil glands of the eye gets infected. A lump appears on the eyelid margin in a localised area. There may be some pus seen on the tip of the sty (appearing like a pimple about to rupture), with surrounding redness of the eyelid.

#### 2. Chronic Conjunctivitis:

*Blepharitis* may cause recurrent bouts of conjunctivitis or pink eye. If this happens, eliminating this underlying problem is essential.

#### 3. Chalazion:

Occurs when the oil glands of the eyelid get blocked. This is painless but appears unsightly with a lump appearing on the eyelid.

#### 4. Cornea Ulcers:

Due to chronic irritation by the inflamed eyelids and/or a misdirected eyelash growth, an ulcer may form on the cornea. Corneal ulcers are serious conditions.

### HOW IS THIS PREVENTED AND TREATED?

Good eyelid hygiene is essential to prevent *blepharitis*. Frequent face washing, warm compresses over the eyelids and removal of eye makeup is important. Remove any crusting present on the eyelid margins. Cleaning the eyelids with a cotton bud soaked in a very dilute (5 parts water to) baby shampoo is helpful to control any excessive oiliness and crust. Basically, every effort must be made to keep the eyelid clean. The other alternative is to use a special over-the-counter Lid Care cleaner. Keep the eyes closed when cleaning. Be especially careful to avoid rubbing or scratching your eyes.

If you are in doubt about any eyelid problems, do seek professional help.

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



Dr. S.S. Gill  
Resident Consultant  
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# Boy Has Lucky Escape

Mohd Amar Mohd Aziz, a ten-year-old primary schoolboy from Sekolah Kebangsaan Belanga, in Parit had a lucky escape after being shot by a police sergeant on Monday October 14.

The incident happened around 4.30pm at Kampung Belanja Kiri when the policeman alleged that whilst cleaning his pistol in front of his in-laws' house, a bullet was negligently discharged from the Walther P99 automatic, and hit Amar who was playing about 50 metres away.

The bullet entered beside Amar's nose, and stopped at the back of his skull, near the bones at the nape of the neck (the cervical vertebrae). He was "lucky" because the bullet missed his spinal cord and the major blood vessels in the neck, by one centimetre.

Despite his injury, Amar was able to run home and alert members of his family to seek help. They first took him to a clinic in Parit, then the Batu Gajah Hospital where he was transferred to the Ipoh General Hospital. At the paediatric intensive care unit, he waited for specialists to operate and remove the bullet.

Hospital neurosurgeon Dr Cheang Chee Keong said that movement could damage the vital structures that were near the bullet and said that if Amar's spinal cord had been hit, he could have been paralysed and damage to his voice box would have made him mute.

Hospital director, Dr Raja Lope Ahmad said that members of his medical team were in constant discussion with Amar's family to advise them on the best option with the least risk.

On the morning of October 20, six days after the shooting incident, a team of six specialists took two hours to remove the bullet lodged in Amar's neck. His relieved father, Mohd Azizi Abdullah said that on regaining consciousness, his son had asked for a glass of water. He said, "I am so glad that the doctors managed to conduct the operation and that my son is in a stable condition now."

As a temporary precaution, Amar was placed in a neck brace as his neck bone had cracked from the impact of the bullet. Dr Cheang said that doctors would re-examine his neck after two months to see if further surgery was necessary, to stabilise his neck.

Amar may be on the road to recovery, but attention soon focused on the circumstances leading to the shooting. Initial reports indicate that the police sergeant was cleaning his weapon when it was fired. He was a deputy investigating officer with the Taiping police headquarters and he was on leave.

Deputy Superintendent of Police (DSP) Leong Ah Kow said that the pistol and a magazine with 14 rounds of ammunition, which were seized after the incident, would help investigations, under Section 39 of the Firearms Act 1960. The policeman involved was detained, to assist with enquiries.

Angry citizens have expressed their outrage and concern about the incident and asked if the incident was a case of negligence, reckless abandon or bravado, by the policeman.

One man said, "Why did the policeman not surrender his gun, when he was on leave? Are there no Standard Operating Procedures (SOP)?" Another said, "If the policeman was negligent, then his superiors are also negligent. Both should be charged with dereliction of their duties."

A former member of the armed forces said, "Safety procedures must be strictly adhered to. Safety is everyone's responsibility. Investigations should include his superiors, not just the suspect."

A former policewoman said, "Disciplinary action should be taken against those who neglected their duties in ensuring strict adherence to SOP and the monitoring of firearms movement. This incident gives an insight into the missing firearms highlighted by the Auditor-General's report."

One cynic said, "I would not be surprised if there is no further action (NFA) in this case. After all, the Home Minister advocated a policy of "Shoot first, ask questions later". Someone else said, "If there's a blame, then there's a claim."

The NGO, *Suara Rakyat Malaysia* (Suaram) has recommended that the policeman should be suspended, whilst Dr Kok Chin Leong, the president of the Malaysian Paediatric Association said that a review of existing firearms laws and the enforcement of more stringent protocols and SOPs of firearms are necessary.

The investigation into the shooting is ongoing. Initial news reports claimed that doctors had been informed that the child was hit by a bullet which ricocheted off the ground; however, witnesses allege that the shot had been fired in Amar's direction. Moreover, a police source said that X-rays were not consistent with a bullet which had been deformed by striking the ground.

Perak police chief Acryl Sani Abdullah Sani said, "We changed our angle of investigation after taking statements from witnesses. The policeman was on leave during the incident and we want to know why he was carrying his weapon when he wasn't on duty."

Indicating that the "straight-forward, non-complicated and non-tricky case" would soon be closed, he assured the public that the investigations would be conducted with transparency, and that the deputy public prosecutor's office would receive their report. He did not want the public to think that policemen were unprofessional and behaving like they were not fully trained.



## THINKING ALLOWED

by Mariam Mokhtar



### CHILD HEALTH

Dr Shan Narayanan  
Consultant General Paediatrician, Hospital Fatimah

#### What is a Newborn Baby's Job?

"Life is really simple but we insist on making it so complicated."  
— Confucius

Babies lead a simple life. They eat, sleep and fill the nappy. This is their job. However for young parents it can be very daunting. Caring for a newborn baby is a full time job thus understanding the needs of the newborn makes their care less complicated. In this article, we look at the feeding of a newborn baby.

Newborn babies can be breastfed and/or formula fed. Breast milk is the ideal form of nutrition for babies. Breast milk is the perfect food for a human baby's digestive system. It contains the vitamins and minerals that a newborn requires, and all of its components – lactose, protein and fat are easily digested by a newborn's immature system.

Breastfeeding requires a substantial commitment from a mother. It also meets a variety of emotional needs for the mother and baby. It burns calories and helps shrink the uterus, so nursing mothers get back in shape quicker.

Maternal health both physical and mental health, is key to successful breastfeeding. Mothers, need to be calm and relaxed. It is important they eat a healthy diet, drink plenty of fluids and rest as much as possible.

During the first few days after delivery, mothers produce **colostrum**, thick and yellowish or thin and watery. Colostrum contains antibodies that help protect infants from a wide variety of infectious diseases.

After about 3 to 4 days of nursing, the breasts will start to feel less soft and more firm as milk is produced. The milk supply is determined by the stimulation the body receives. The more one breastfeeds, the more milk the body produces. If possible, nursing is started straight after delivery or within an hour after the birth. This timing takes advantage of the newborn's wakefulness as they will spend the rest of the day sleeping. If the mother is unwell or has had caesarean section this may not be possible.

It is important that that baby latches with a wide-open mouth and takes as much as possible of the mother's areola (the dark-coloured area of the breast) in his or her mouth (not just the tip of the nipple). Mothers may need support in getting babies to latch onto them. This may come from the elders in the family or the midwife who has attended the delivery. In some institutions they have a lactation consultant that advises mothers on breastfeeding.

Sometimes, mothers with inverted nipples have difficulty with feeding. Mothers should avoid using pacifiers and bottles as these are known to cause "nipple confusion" and the baby may give up on breastfeeding.

When one is breastfeeding, one can't measure the amount of milk the baby drinks during each feeding. If the baby is having four to six wet nappies per day and gaining weight then the baby is getting enough.

Sometimes, mothers are unable to breastfeed as they may be unwell, had a difficult delivery or a caesarean section. In these instances, babies are fed with formula milk till the mother is well enough to breastfeed. Finally, it is the choice of the mother whether she wants to breastfeed or formula feed her baby.

"A newborn baby has only three demands. They are warmth in the arms of its mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three." — Grantly Dick-Read

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





## MUSINGS ON FOOD

SeeFoon is giving her gnashers a break.

By Wern Sze Gill & VWSL

# Next Food Avenue @ Ipoh Parade

## Ipoh's Newest Food Destination

### Pork-free Food Court

The twelve pork-free stalls have enough variety to suit everyone's palate. From soup noodles to baked cheese rice, western snack food, *nasi ayam* and *ayam percik*, *rojak* and traditional fare like *laksa*, *rendang* and Chinese *popiah* made in



Ipoh Parade, one of Ipoh's largest shopping mall destinations, has been undergoing a series of renovations lately, and we are pleased to reveal that one of its recently completed phases has been its brand new, swanky food court. Named the *Next Food Avenue*, is apparently the first in the country that has two separate food courts side by side, one with pork-free selections, while the other, non-halal dishes. The Next Avenue group, which runs a few food courts of the same concept in the Klang Valley, has successfully sourced about 30 of Ipoh's famous foods, placing them all under one roof. Currently featuring 18 stalls in the non-halal, and 12 in the pork-free section, the manager tells us there will be more opening up in the near future.

The concept of *Next Food Avenue* is not quite your typical food court layout where all the stalls occupy the periphery with tables and chairs set up in the centre for patrons. Here at *Next Food Avenue*, you will need to walk through the food court to view all the mouth-watering options as there are more stalls to be discovered around the back, smelling and looking better than the earlier dishes! It is self-service, so you will need to pay for your food at the stall and bring the dishes yourself to your table.

The overall quality and taste of both the pork-free and non-halal options are fair, but what stands out most is that you will be spoilt for choice with the sheer variety of options available. Plus dishes are very affordably priced as the ambience and cleanliness of *Next Food Avenue* is a class above other local food courts.

### Non-halal Food Court

You can find a variety of Ipoh's famous dishes here such as chicken beansprouts noodle, roast duck, chicken or pork rice, *popiah*, *chee cheong fun*, *yeong tau foo*, and more. There are also other specialty dishes such as Hakka cuisine, Taiwanese, Korean and Japanese fare, and fusion food.



**Recommended to try:**  
Front part of the food court:

- **Chee Cheong Fun** with mushroom sauce / plain (RM3.50), or with curry chicken (RM5.50). Additional fried **yeong tau fu** (from Ipoh's famous 'Big Tree foot' at Jalan King) at 80 sen per piece.
- **Hakka Yam Abacus** (RM6) from 'Noah Hakka Food' stall. Other traditional Hakka dishes: *Hakka Lui Cha* (RM5.50), **Hakka noodles** (RM5.50), **steam pork belly** with yam or *mui choy* (pickled vegetables).
- **Hot & Sour or Vinegar pig's trotters with rice** (RM7.90) and a wide selection of pork, chicken and fish dishes with rice (priced from RM5.90 to 6.90), plus various Chinese soups at the first stall on the right at the entrance.
- **Kampung chicken rice** (RM6.00), **Roasted duck rice** (RM6), **Roasted chicken rice** (RM6), **BBQ pork rice** (RM7) and other roasted meat combinations from 'Restoran B Jing'. All worth trying.



**Back part of the food court:**

- **Chicken porridge** (RM5.50), **Chicken with abalone porridge** (RM6.50) from 'Fa Fa Corner'
- **Chilli Pan Mee** (RM6.80). This is the authentic version with the poached egg, and the stall is a branch of 'Lat-yat-lat' which operates in Greentown Business Centre. Other signature dishes to try: Sarawak Hakka noodles (RM6.30), CEO noodles (RM6.80) and Kimchi Pan Mee (RM8.60).

It would be remiss of us not to recommend the **Ipoh White Coffee** (hot RM2 and cold RM2.50) – aromatic and not too sweet – a must-try. An added bonus is all prices are nett and there is no added tax.



different ways and *chee cheong fun*, one is spoilt for choice.

**Mee Bakso** (RM4), an Indonesian beef noodle soup which comes with beef balls and beef patties or beef balls and slivers of beef. **Mee Bakso Gabung** – RM6. Get it from 'Aneka Sup'. The familiar **Sizzling Mee** from the old food

court sells for RM5.50 plus 50 sen extra with an egg. A must-try is the **Udon Mee** (RM7.50) from 'K Seven Delicious'.

'Ikan Bakar Kampung' serves **ikan pari** and **ikan kembong** baked in tin foil with ladies fingers and *limau kasturi*. This 'Selera Sutera Thai' also has **Nasi Goreng Thai** (RM5.80) with lovely crispy *ikan bilis* on the side.

For western and snack food lovers, 'KJ Fusion' has a **Jumbo Hotdog** on their menu and **Cheese Baked Rice** with chicken/fish (RM11.90) amongst other things, while 'Pak Tuan Meatball' has **Roti John** (RM7) with meatballs in a hotdog bun.

There are numerous rice dishes starting with the usual chicken rice from the 'Nasi Ayam' stall and also **Nasi Ayam Percik** (RM5.80) from 'Ayam Percik'.

The **Rendang** from 'Rendang Tok Mak Nik' is a must-try and the **Asam Laksa** Taiping from 'Taiping Delicious'.



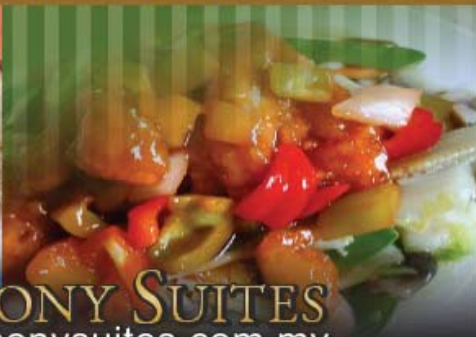
## SPECIAL PROMOTION

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## News

# Corporate Trustee The Ultimate Protection

It is said that life insurance is like a parachute. Therefore, many breadwinners of urban families in Malaysia have bought life insurance to protect their families from the many uncertainties of life.

Ironically, before the Insurance Act 1996 was replaced by the Financial Services Act 2013, many life insurance policy holders have appointed themselves as trustees of their own policies.

This didn't make sense at all, as to file a life insurance claim, the policyholder has to either be suffering from a critical illness, is senile, in a coma, permanently disabled, or dead. How good is a trustee if he or she was in such a condition as described above?

Under this new Act, which came into effect on July 1, policyholders can no longer name themselves as the trustee to their own life policies. This applies to new policies but existing policies may be affected as well should the policyholder die without making proper back up plans.

During a talk held at a leading hotel in Ipoh recently, Saw Leong Aun, Group Managing Director of Rockwills Corp Sdn Bhd, explained to participants the potential risks involved in relation to this change. He described at length, Schedule 10 of the Financial Services Act 2013 and its implications on policyholders.

The potential risks include the inability of the surviving spouse to manage a large sum of money, the spouse remarrying before the children reached the legal age of 18, or even death of the spouse who is the automatic trustee, if there was no proper appointment made.

What if the individual trustee was biased, or if there was a special-needs beneficiary

involved?

In cases like these, the purpose of taking out life insurance is defeated, as the insurance monies may not go to the persons the policyholder had intended it to go to, or it could even be held by the public trustee, Amanah Raya Bhd.

Saw also explained the differences between a direct nomination and licensed corporate trustee, and how assigning the policy to a corporate trustee is the ultimate protection for life insurance money.

Major advantages of an insurance trust are naming of substitute beneficiaries, instructions to distribute insurance funds periodically, and customised payment schedule for each individual beneficiary to prevent squandering or being conned by others.

While the onus is on responsible insurance agents or estate planners to explain this new policy to their clients, those who are holding a life insurance policy and have appointed him or herself as trustee of the policy are advised to make the necessary changes to comply with the new rule and protect their insurance monies.

Incidentally, Rockwills Corp Sdn Bhd is the number one financial and estate planning company in Malaysia. The company is in a position to advise anyone who requires further information.

Emily



## Ipoh's "Nightingales" Receive Awards

Six prominent health-care societies in Ipoh were duly recognised for their services to the community. The Rotary Club of Greentown presented the societies with awards during a special ceremony held at Impiana Hotel, Ipoh on Monday, October 21.

One of the core values of Rotary Clubs worldwide, as highlighted by Sudhaharan, the club's past president, is vocational service. Rotarians are required to share and contribute their skills and expertise, in whatever professions they are in, to meet the needs of the community.

A total of twelve awards, two to each organisation, were presented to caregivers of the Perak Palliative Care Society, National Stroke Association (M) Perak Branch, Perak Society for the Prevention of Mental Health, Dementia Society Perak, National Autism Society of Malaysia and Pusat Pemulihan Komuniti Buntong.

The awardees received certificates of appreciation and mementos for their dedication in caring for the sick, the infirmed and the terminally ill, including those who are recovering from life's challenges. Members then gave these modern-day "Florence Nightingales" a standing ovation.

OSH



## Neighbourhood Watch to Curb Crime



The residents of Ipoh Garden and Canning Garden are united in their quest for a clean, friendly and crime-free neighbourhood. They subscribe to the idea that establishing a neighbourhood watch is not about spying on one's neighbour or wanting to be nosy. Such a thing has been in existence since the 1980s when *Rukun Tetangga* was vogue. The government-sponsored programme went on for sometime but got mired in bureaucracy and officialdom and eventually faded into oblivion.

However, with criminal activities on the rise within the city, reintroducing the scheme is not only practical but a necessity. Considering it as a bold step forward, the residents of the two housing estates pooled their resources and started their own neighbourhood watch.

The initiative named, "Ipoh Garden Zone 8 Neighbourhood Watch", was officially launched on Tuesday, October 22 at its base in Jalan Serindik, Ipoh Garden. There to do the honours was Dato' Abdul Wahab bin Dato' Seri Azizul Hassan, Orang Kaya-kaya Panglima Kinta Seri Amar Bangsa DiRaja who is Chairman of the Perak State Liaison of the Malaysian Crime Prevention Foundation. The ceremony was witnessed by over a hundred residents who had braved inclement weather to provide event coordinator, Christopher Netto, the much-needed support.

Zone 8 covers over 500 houses stretching from Jalan Pekeliling Tasek to Jalan Murai and Jalan Tasek to Jalan Dato' Lau Pak Khuan.

RM

## Flying Fox Airways

A new airline will take off from Sultan Azlan Shah Airport this November. Flying Fox Airways, the first airline to register in Perak, was launched in early October by State Exco for Tourism, Culture and Health, Nolee Ashilin Mohd Radzi. Also present at the launch was UPEN Director Dato' Abu Bakar and Flying Fox CEO Danial Lee.

Nolee in her address stated that the introduction of this new airline would see an increase not just in tourism but international trade and investment. "I welcome the airline with open arms and for opening a route through Ipoh to Medan and Dhaka. We hope to explore an alternative route to China via Medan."

Noting that there were three travel agents and an airport authority from Medan present at the launch, Nolee expressed the hope of "tapping more into the Medan market especially for medical tourism".

Flying Fox Airways' maiden flight will touch down at the Sultan Azlan Shah Airport on Friday November 8 and its destination will be to Medan. For November there will be two flights per week to Medan on Monday and Friday. Subsequently in December the flight frequency to Medan will be increased to four times per week and will also introduce an Ipoh-Medan-Dhaka, Bangladesh route.

According to CEO Danial Lee, Flying Fox Airways is a code



sharing partnership with Sriwijaya Air of Indonesia, one of Indonesia's leading airlines. The airline will use Boeing 737-400 aircraft with a seating capacity of 152 passengers. Flights into Medan will touchdown at the newly-opened Kuala Namu Airport.

The airlines tagline 'Flying Just Got Easier' reflects the convenience for Ipohites to use the Sultan Azlan Shah Airport, explaining the ease of going from home to the airport as compared to having to travel to KLIA.

Lee added, "The Medan flight is just the beginning. The long-term plan is to increase flight frequency to daily and to expand to international destinations like Thailand, China and Japan. We are currently working with tour agencies in Medan and Ipoh to develop packages and promotions for Ipoh to China, Thailand and Japan".

During the launch, representatives from the private hospitals were present. Nicholas Chan, Senior Manager Business Development with Pantai Hospital acknowledged that there was plenty of potential to grow the scope of medical tourism. "We can't expect to grow overnight but initiating a regular direct flight to Medan is the first step towards maturing the medical tourism market in Ipoh."

JAG



## Fundraising

In November 2012, Soroptimist International Ipoh (SI Ipoh), identified an area around Ipoh where underprivileged children from a problematic environment and some broken homes were seen loitering around aimlessly. They seemed easy prey to negative influences. Wanting to make a difference and a meaning in their lives, SI Ipoh set up the Edufun Centre manned by a retired school teacher, where children, aged 6 to 14 are encouraged to come and be helped in their education, social and moral values, besides providing them with nutrition.

In just one year of operation, there has been a marked improvement in these children. From being listless and apathetic, they now can't wait to come to the Centre, are very eager to learn, have improved in their school grades, are polite and well mannered and very lovable indeed!

Edufun is a non-racial, non-denominational and apolitical centre for any child who wants to be helped. In order to sustain this Edufun Centre, as well as other worthy projects, SI Ipoh are appealing to the people of Ipoh to support their efforts in enabling them to reach out and help the future generation become good and useful adults and citizens of our country.

To support this and many other activities, they are organising a fundraising dinner with the theme: ***Come Giggle, Nibble for the Lovable on Saturday November 30.***

A fun evening of entertainment has been lined up with performances by the Instant Café Theatre featuring Jo Kukathas and Patrick Teoh and local guest artistes. Members of the public and companies wishing to expand their CSR outreach may purchase tables and or take advertisements in the souvenir programme for the event. Individual tickets are also available.

SI Ipoh is a branch of Soroptimist International, a worldwide organisation for women in management and the professions working through service projects to assist underprivileged women and children.

Projects they have undertaken include training and organising single mothers to do housecleaning work for income; facilitating full day seminars to train school counselors on child sexual abuse. They have so far covered six districts in Perak, reaching about 500 schools and benefitting close to 100,000 school students from this *OK Tak Ok* informational seminar. Other projects involve medical health camps; a road survival programme on how to stay safe on the road from accidents, road bullies, con artists and many more; and raising awareness on "Stop violence against women".

SFCK

**Saturday 30th November 2013**  
**7pm to 10.30pm**  
**Kinta Riverfront Hotel & Suites**  
**Fund-raising project for EDUFUN CENTRE**  
**For enquiries please contact:**  
**012 588 2313 or 016 533 1042**

## Come Giggle Nibble for the Lovable



SI Ipoh committee



## Business

# East West One Consortium comes to Ipoh

East West One Consortium Bhd (EWOCB), Malaysia's largest oil palm investment scheme by virtue of land size, has selected Ipoh to locate its fourth branch office after Kuala Lumpur, Malacca and Penang.

Headquartered in Kota Kinabalu, EWOCB manages the East West One Planters Scheme (EWOPS), an innovative investment tool that allows investors to diversify their investment portfolio into the fast growing market of the palm oil industry.

The selection of Ipoh is based on the realisation that it is largely an untapped market with enormous potential, according to Datuk Peter Khoo Keok Swa, who is EWOCB's Managing Director.

"We are well aware that there are many discerning investors out here in Ipoh. This is fortified by the fact that we have a substantial number of Ipohites among our existing pool of investors," he said during the opening of the East West One Marketing office at Tingkat Taman Ipoh 12 in Ipoh Garden South recently.

More broadly, Datuk Peter Khoo noted that the opening of the Ipoh office is in line with EWOCB's expansion plan for both the Peninsula and East Malaysia. "We want to reach out to all wise and well-read investors because we have faith that our product is the right choice of alternative investment for the Malaysian public," he pointed out.

EWOPS aspires to provide a fixed income ranging from 8 to 10 per cent per annum for a period ranging from six to eight years (depending on which one of the four investment schemes one has signed up) in addition to a 100 per cent guaranteed capital refund upon maturity.

"To date, more than 50 per cent of EWOPS planter plots have already been snapped up," revealed Datuk Peter Khoo. "We believe that come year-end, we will be able to achieve our target of 75 per cent take up rate."

"EWOPS' planting progress has been ahead of our company's projections with



more than 5,000 acres planted so far with another 1,500 acres cleared, terraced and ready for planting," added Datuk Peter Khoo.

After Ipoh, EWOCB targets to open up similar branch offices in Johor Bahru and Kuching before the end of this year.

For more information, kindly contact Ms Carmen Tong at 012 818 2333 or email: [carmen\\_tong@eastwestone.com](mailto:carmen_tong@eastwestone.com).



# World Peace Through Poetry

The just concluded gathering of poets from around the world for the 33rd World Congress of Poets (WCP) was an astounding success. The grand closing ceremony held at Pangkor Island on Friday night October 25 was witnessed by close to 2000 VIPs, participants and islanders.

The week-long event was organized by the World Academy of Arts and Culture (WAAC) in collaboration with Institute Darul Ridzuan and the Perak State government. It was attended by close to 300 poets from around the world including Malaysia.

Raja Muda of Perak Raja Dr Nazrin Shah officiated at the closing ceremony. He was accompanied by Raja Puan Besar Tuanku Zara Salim. Other VIPs present at the event included Perak Menteri Besar Dato Seri DiRaja Dr Zambry Abdul Kadir accompanied by his wife Datin Seri Safrinah Zulkifli, Nolee Ashilin Dato' Mohammed Radzi (Executive Councillor for Tourism, Health and Culture), Perak-born WCP President Mdm Wan Hua Chapoutier and Maurus Young, WAAC President.

Before the close, participating poets from China and Mexico presented their poems. Perakean, Mdm Chapoutier recited her *Sungai* (River) which won an award at the 29th WCP in Budapest, Hungary in 2009.

Perak MB Zambry, who originated from Pangkor Island recited his poem dedicated to "Ayah (My Father)" with verses "You are a fisherman of noble deeds, You are a father whose love is enthroned, You are a husband with words so courteous" which touched the audience.

During the congress the visitors were taken to Perak's popular tourist destinations where they held poetry recitals. The locations covered included the Lenggong Archeological Museum as well as Ipoh's Heritage Trail and Gua Tempurung before concluding at Pangkor Island.

The poets described their visit here in superlative terms such as China poet, Bei Ta, who described the Congress as "more wonderful than he had expected". Describing the role of the WCP as to improve communications between the foreign countries and the host, he was pleased to note the participation of so many local poets.

Describing Perak's environment as being green with mountains, rivers, rich culture and good food he proclaimed that he has fallen in love with Ipoh. Adding that "as a lot of Ipoh people spoke Chinese he said he felt so 'at home' here."

For Mexican poets, Ethel Bello Solis and Maria Eugenia Soberanis, they were full of praise and described "this congress is so wonderful and amazing. The government was so involved with the Congress. The tourist destinations here are so nice, beautiful and clean and with so much history, is good for writing poetry. However, it is the people here who are so kind, charming and always smiling even when they are tired that we felt truly welcomed".

Istvan Turczi from Hungary "appreciates Malaysia. Every country is different but Malaysia has Malay, Chinese and Indian in one Asia-Pacific country and that is



very beautiful". Describing the locations visited, Turczi summarized that "Perak is a metaphor, everything is close together and in one place, in your heart."

The success of this global event would not have been possible if not for the initiative of Perakean, Mdm Wan Hua Chapoutier nee Goh who had approached Zambry way back in 2011 requesting to hold this congress in Perak. Her initial purpose was to introduce the world of poets to Ipoh's blue hills and delicious *kopitiams*.

Mdm WanHua, who worked with the Office of The Permanent Delegation of Malaysia to UNESCO in Paris for thirty five years, stated her objectives to have the congress in Malaysia was to "promote Bahasa Malaysia as the future lingua franca for the region and also to introduce pantun as a medium to expose local poets to the region."

The deciding factor to select Ipoh and Perak was that Zambry was a poet and the choice for Perak to host the 33rd WCP was sealed.

For Zambry's contribution to poetry in the state he was appointed the Honorary Patron of the 33rd WCP and awarded the "Crane Summit Supreme Honor Crown Medal Award", the WAAC's highest award in appreciation and recognition of the contribution of leaders in the field of poetry.

Held in conjunction with the closing ceremony was the handing over to Peru, the host of the 34th World Congress of Poets.

As for Mexicans Solis and Soberanis, who originally referred to Malaysia as the Twin Towers, now on departure for home, they will inform their friends to visit the Twin Towers and visit Perak too. Now that's a successful event indeed.

JAG



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6. Royal Ipoh Club, Jln Bkt. Gantang. Tel: 05-2542212/2545646
7. Burps & Giggles, Jln Sultan Yussuf (Old Town). Tel: 05-2426188
8. Citrus Wine & Dine, Ipoh Garden East. Tel: 05-5451010
9. Barbeza, Bandar Baru Medan Ipoh. Tel: 012-5205877
10. Impiana Hotel, Jln Raja Dr Nazrin Shah. Tel: 05-2555555
11. Ipoh Downtown Hotel, Jln Sultan Idris Shah. Tel: 05-2556766
12. D'Eastern Hotel, Jln Sultan Idris Shah. Tel: 05-2543936
13. Restoran Ipoh Padang, Jln Raja Ekram. Tel: 019-5115137/016-5140122
14. YMCA, Jln Raja Musa Aziz. Tel: 05-2540809/2539464
15. Ipoh Echo's office or Meru Valley Golf Club members' desk.



RPP RM29

## Announcement

### PARKINSON'S FELLOWSHIP EVENT

Organised by: Perak Parkinson's Association, (PPA) Ipoh



### THEME: LIFE WITHOUT LIMITS

**PURPOSE:** A community service to

- increase Parkinson's Disease awareness
- increase inter-city support group for People-with-Parkinson's (PwP)
- encourage PwP to help others understand the disease better, and inspire them to fight Parkinson's Disease

**INVITED GUESTS:** Open to those with Parkinson's and their caregivers.

**DATE:** 10 November 2013

**TIME:** 11am - 4pm

**VENUE:** Persatuan Parkinson Perak Centre  
128, Hala Wah Keong, Taman Mirindy, 31400 Ipoh, Perak

**CONTACTS:**

- 1) Samuel Ng – 012 557 1682
- 2) Ms Terry Wong – 05 545 5610 (O) or 011 1640 8406

Please register by calling us to confirm a place asap.



# The Exclusive Beverly Thompson

Ipoh, for all its development that has been ongoing for several years now, still has that relaxed, easy going ambiance that many urbanites from Kuala Lumpur or Penang long for.

With the pace of property development picking up over the years the sub-urban housing sprawl has spread throughout the Kinta Valley. This sprawl now stretches from Simpang Pulai in the South to Klebang in the North with Pengkalan in the West.

Nevertheless, despite all the progress that has enveloped Ipoh over the last five years and many a well-located plot has been quickly snapped up and developed by enterprising property developers, exclusive addresses located in choice locations are still available within the core of the city.

Well known developer, Kinta Real Estate, synonymous for developing quality properties and delivering on time, will be introducing 14 semi-detached units and 2 units of bungalows called the *Beverly Thompson Residence*.

*Beverly Thompson Residence* located at Jalan Tun Dr Ismail (formerly known as Thompson Road), is Ipoh's exclusive, not to mention affluent

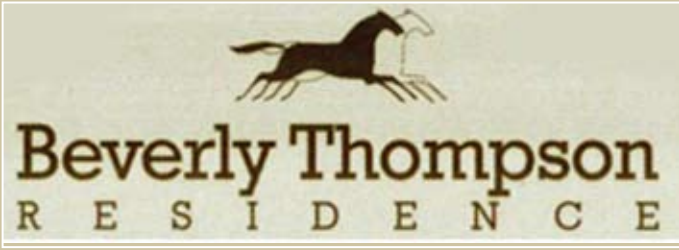
address and lies lushly amidst a green and serene environment.

Its immediate neighbour is the Perak Turf Club while literally around the corner is the Sultan Abdul Aziz recreation ground, better referred to as the Polo Ground. Another green lung in close proximity is the Royal Perak Golf Club.

All units in the *Beverly Thompson Residence* are three storeys and each comes with five bedrooms complete with attached bathrooms.

Its other features include individual domestic lift system, 3-phase wiring, security alarm system, centralised hot water system, water booster pump system and home sauna system.

With a launch date scheduled for Christmas 2013, the 16 units are anticipated to be snapped up by discerning buyers seeking an exclusive address with all the mod cons of a prestigious development.



## Total Units: 16 — Land Tenure: Freehold

<b>3 Storey Semi-Detached</b>	: 14 units
Land Area	: 3,676 sq ft (min) 5,970 sq ft (max)
Built-up Area	: 5,394 sq ft
Price	: RM1.9 million and below.
<b>3 Storey Bungalow</b>	: 2 units
Land Area	: 6,082 sq ft (min) 7,502 sq ft (max)
Built up area	: 5,854 sq ft
Price	: RM2.6 million

**Security:** The residences are gated and guarded and offers 4-tier security control complete with CCTV monitoring.

## The development is open for registration. For details contact:

Beverly Thompson Sdn Bhd  
70 Jalan Raja Ekram,  
30450 Ipoh, Perak.  
Tel: 05 242 1881.  
Fax: 05 242 3399. Website: kre.com.my  
Contact persons: Jane Poo or Michelle Law

## About Kinta Real Estate

Kinta Real Estate, the developer of *Beverly Thompson Residence* is a well-known and established developer of over 10 years. Its developed properties include quality houses and high-end residential properties.

Its earliest development was 227 units of commercial and residential units at First Garden in 2003, Taman Silibin in 2006 and subsequently 189 commercial and residential units at Taman Bercham Idaman and

Racing Circle both completed in 2009.

Its latest completed project was the Meru Desa Park comprising of 210 units of double storey terrace homes and 62 units of semi detached homes. Under the management of Kinta Real Estate Sdn Bhd, their current ongoing projects are The Majestic Ipoh, Meru Desa Park and Tin City.

## Personality

### Nirmala's Literary Debut

Two-year plus stint at the psychiatry department of a public hospital in Ipoh provides medical officer Nirmala Kasinathan the opportunity to get up close and personal with patients struggling with mental health issues. This was the inspiration behind her literary debut, 'Woven in Deception'.

She was touched by the problems faced by these patients of psychiatry, a specialised field of study where science meets the mind, body and soul. It was a combination of two different fields. These people, who were presented with many different challenges in life, were the basis for the characters Dr Nirmala built out of her own imagination.

Dating back to the early 1900s in India, the storyline gradually moved to Ipoh, where the thirty-something writer grew up. The fiction, about a wealthy, high-caste Indian family, and the curse that had befallen upon the family, spanning three generations, makes for an engaging read.

An avid reader since young, Nirmala, who has always been interested in the medical field, history and Indian culture, spending two and a half years studying in India, had used her own knowledge, background and research to develop her characters.

Despite having no formal training in creative writing, although she used to contribute short stories and articles to school and college publications during her schooling days, Nirmala had carefully crafted her words, taking only eight months to finish writing *Woven in Deception*.

In an exclusive interview with Ipoh Echo, Nirmala said, "With this book, I was able to portray the Indian culture in an international language, for a global audience." She considers English her first language, and is also fluent in the Malay language and Tamil.

Nirmala hopes that through her book, which teaches one to face life's struggles, persevere in overcoming them, and to get on with life positively, will help readers triumph over their own challenges.

The author, who is considering a second novel when time permits, added, "Writing is a form of expression that adds to our collection of literature; a written record of our culture, knowledge, or advancement. It is something that young people can aspire to do. I would like to encourage more local authors to continue writing and get their work published."

*Woven in Deception* is available at major online book stores such as Barnes & Noble and Amazon.com. It can also be purchased directly from Nirmala via her email nirmy78@hotmail.com at RM40 per copy, inclusive of handling charges and postage within Malaysia. The book is also available in e-book format.

Look out for the book review in the next issue.

Emily



## Community

### Nigerian Delegation Impressed



A Nigerian delegation consisting of government officials visited Yayasan Bina Upaya Darul Ridzuan (YBU) at its office in Greentown Square recently. The objective was to get acquainted with the various programmes undertaken by the foundation to improve the quality and standard of living of the underprivileged and the marginalised.

The team led by Abu Bakar Abu Rahman was briefed on the activities of the foundation by Yayasan Bina Upaya Chief Executive Officer, Dato' Ismail Saffian. The Nigerians were very impressed particularly with YBU's microcredit scheme which has been actively pursued by the foundation since its inception in 2009.

Team leader, Abu Bakar reiterated his interest in formulating a similar programme for implementation back in Nigeria. "I find YBU's microcredit programme very effective and also cost efficient," he told reporters.

Besides micro-credit, programmes such as the giving away of food hampers, housing for the poor and the homeless, business-training courses and coaching for underprivileged students are also being considered.

Azril



## 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.

## City Hall Dreams

The Mayor of Ipoh City Hall must have the right facts before blaming and insulting residents for the filthy state of this city because there is evidence that these problems are due to neglect by City Hall.

During the past decade, residents have brought to the attention of City Hall the same problems they encounter daily. But for unknown reasons City Hall failed to upgrade the inefficient and inadequate essential services and allowed the state of the city to deteriorate. The easiest way out is to blame the residents and make broken promises of a cleaner city.

Recently, the Mayor mischievously stated he was unable to clean the city because residents could not be disciplined and refrained from throwing rubbish indiscriminately.

One of the important duties of the Mayor is the maintenance of cleanliness. He is held responsible and accountable if he fails to perform this task with commitment. All problems pertaining to cleanliness must be solved and not swept under the carpet. Is it so difficult to find solutions to these problems? If he had investigated and analysed the thousands of reports lodged, the results would indicate most of these problems are created by his own staff, particularly the "illegal dumps". This is to remind the Mayor of the assurance made on September 2012 of a cleaner Ipoh by the end of this year. After 13 months and a new management programme implemented, this assurance is another failure and as usual it is the fault of the residents. To cover up this failure and distract the attention of the residents, there are now plans to transform Ipoh into a sustainable and dynamic city by 2020, another mission impossible.

Despite failing to clean up the city for the Visit Perak Year 2012, the Mayor has again embarked on an impossible mission, grooming the city to regain its reputation as the cleanest in the country, ahead of Visit Malaysia 2014. The Mayor must be realistic. It is far beyond the capability of City Hall to achieve this target. He had admitted of not being able to clean the city because of indiscriminate dumping.

At present, drains in residential areas are cleaned once every few months and the large amount of rubbish are not collected for weeks or left permanently to rot on the road sides. The monthly collection of garden and other bulky rubbish is never on schedule and residents are forced to dump this rubbish wherever convenient. More dumps appear as the interval between each collection gets longer.

The trash collectors are also responsible for the illegal dumps. They are seen on their motorcycles heaping the bagged rubbish for collection by the dumpster. Spilled and damaged bags at these collection points are not their responsibility and soon become mini dumps.

Street sweeping in residential areas is no longer a service given by City Hall. Littering in the commercial areas will continue because there are very few litter bins. Pedestrians continue to lose rights as more businesses boldly display their wares on the pavement. The wet markets are just as dirty and congested. There is lax enforcement of law and order.

With such poor quality services, is it possible to maintain the city in an orderly and clean state? The four members of the state assembly and two members of parliament elected by the residents on promises to look after their interests have remained silent over the huge problem. City Councillors without executive powers, rely on the same lackadaisical MBI officers to resolve the similar complaints brought to their attention by residents. There were no zoning duties when the city was clean.

The mayor's vision of a cleaner city was hampered by the lack of support and coordination from his senior officers and an inefficient workforce. Until such time that MBI is able to improve its services to a satisfactory level, City Hall should be very careful if it intends to blame the residents. The city would have been in a worse state if residents failed to cooperate. The state of the city is not solely due to littering but lack of commitment to develop Ipoh into an orderly spic and span city.

If City Hall is serious in cleaning up the city, it should cease all activities which does not benefit the residents. Set up a board of inquiry and take appropriate disciplinary action against all those who are responsible for this dirty state of the city.

Meanwhile, residents must wait patiently for the appointment of a Mayor of action and not words, to untangle the mess at City Hall.

City Guardian

## KLIA Express Cannot Impose Itself on Consumers

When I go from KL to Medan I usually check in at KL Sentral then take the train to KLIA. I must have done it a hundred times. But on my last trip I decided to exert my right as a consumer.

I have always thought that one is free to choose one's means of getting to KLIA. However, in the past 99 times I have decided to overlook KLIA Express' implied condition that only they be used. This time I did not (overlook their imposition), and instead challenged it.

KLIA Express has positioned its ticket counter right at the access to the check-in counters giving the impression that only by buying their train ticket can one pass through the barrier.

On this occasion the gate was opened and I passed through without being stopped. I duly checked in my luggage but as I exited the barrier was shut. An officer from KLIA Express asked me how I got in. I told him. He was furious that I had checked in my luggage without buying a ticket first.

I told him that it was not a condition of my airline ticket that I should use KLIA Express which made him even more furious. He insisted that it was but was unable to back up his claim. I told him I could travel by KL Transit if I wanted to, to which he asked if I was over 55 (what a compliment!). What has that got to do with the price of fish I wondered.

Nevertheless, it was a climb down from his original position. I then made it clear to the small gathering that consumers have a choice how they travel to KLIA. One can go by bus which is only RM8 or be taken there by a friend, or go by KL Transit and save RM10 if one were a pensioner.

It is the deceit and arrogance of KLIA Express that if one wanted the convenience of checking in at KL Sentral, one had to use them that I find unacceptable. MAS and Cathay Pacific operate the city check-in for the convenience of their passengers not for the profit of KLIA Express.

I suggest that the electronic gates be removed so that passengers will not be fooled into thinking that only by buying a KLIA Express ticket can they check in.

There may be occasions when I may decide to use them but that is my choice as a consumer. It is unacceptable that consumers must give in to this kind of monopoly.

Yin

## Dog Bounces Back!

In the Ipoh Echo Issue 167 (June 1-15, 2013), News Roundup carried a heart-breaking story about a neglected dog in Mansion Park. ISPCA (Ipoh Society for the Prevention of Cruelty to Animals) immediately contacted the owner and was told it wasn't an abuse case.

ISPCA has been following the case closely and we are glad to inform readers of Ipoh Echo that the dog has been given a new lease of life, thanks to rescuers Judy Tze and Irene Boey.

Recently we visited Irene and found the dog, now called Abigail, in good health with a new coat of fur. Irene told us Abigail showed fast recovery within the first three months under her care. Abigail is now in the care of Irene's father and her son Aaron.

Keith Yoong  
ISPCA Vice-Secretary



## No Place for Self-Interest

I find the staff of Tourism Perak a rather curious lot. They are there for a purpose but from my observations most are there for some self-serving reasons.

When duty requires them to mingle and make their customers, especially tourism industrial players, feel at ease, they prefer to mix among themselves instead. By doing so, they lose a golden opportunity to promote Perak and the services the agency could provide.

They pride themselves in wearing T-shirts with Tourism Perak logos emblazoned on them. But what is the use if the net result is zero? They ought to realise that the larger task ahead is to prepare the ground works for the coming Visit Malaysia Year 2014.

Knowledge is power and if one fails to share it with others the efforts of the state government and its hard-working crew will then go to waste.

The Executive Councillor for Tourism, Health and Culture, Nolee Ashilin Dato' Mohammed Radzi is on the right track. She needs all the help she can muster to forge ahead. The councillor cannot do it alone without the support of her staff. And that is a fact.

Nadim

## They say we are wrong to cut our trees to plant oil palms

Over a period of a few decades around 1850, 95 per cent of the two million acres of Redwood forest in California were cut and destroyed. What kind of men would cut down these ancient irreplaceable giant trees? Each of them was over one thousand years old.

Oil palm smallholdings and plantations meet the United Nation's Framework Convention on Climate Change which defines a forest as an area of 0.5 to one hectare having more than 30 per cent canopy cover and having a potential height of two to five metres. To accuse the industry in Malaysia and Indonesia of contributing to global warming is sheer nonsense. In fact oil palm trees just as with other forest species, produce oxygen for us to breathe and act to counter coal and oil emissions which are the major cause of global warming.

Environmental activist groups such as World Wildlife Fund, Friends of the Earth and Greenpeace have launched many campaigns alleging that the expansion of oil palm plantations have destroyed forests, threatened endangered wildlife and robbed indigenous people of their land. Many of their arguments are not based on fact but are sensationalized from a small number of cases.

The anti-oil palm lobby in the west includes pro-soya bean and rapeseed groups who see oil palm as a major competitor and have recruited food lobbyists to play on fears of the health hazards of palm oil consumption. Together with environmental activists, these well-funded groups have created trade barriers to the global oil palm trade under the pretext of environmental activism.

In a fair contest amongst competing vegetable oils, palm oil will win hands down. The oil palm tree is the world's most efficient oil crop because one can harvest five tonnes of oil per hectare. This is 10 times more productive than soya bean planted in the West, including United States and five times more productive than rapeseed, Europe's main oil crop.

It is an undeniable fact that palm oil is the cheapest and most popular form of cooking oil for consumers, including many poor families in the west. Should trade barriers to benefit rapeseed farmers who are already heavily subsidised by the European Union (EU) government be successfully implemented, this will hurt consumers all over the world.

Also should alternatives to oil palm be grown, more land would be needed to produce an equivalent volume of oil to replace palm oil, resulting in more deforestation and problems for Mother Earth.

Finally, the western environmental activists' campaign against oil palm plantation expansion, in the name of "saving rainforests", is a violation of international norms and Malaysia's and Indonesia's sovereignty.

Koon Yew Yin

## Leaning Tower

A lamp post has been leaning precariously for a month now as of writing, and as usual we are just waiting for an accident to occur before any action is taken. The said area is on the way to the Lumut highway next to Taman Silibin. It appears that the local council again has turned a blind eye akin to Helen Keller's famous quote: "The only thing worse than being blind is having sight but no vision".

Baljit Singh Gill







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## Announcements

Announcements must be sent by fax: **05-255 2181**; or email: [announcements@ipohecho.com.my](mailto:announcements@ipohecho.com.my), 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.

**Empowerment Programme for Women** organised by Perak Women for Women Society (PWW) in collaboration with Sathya Sai Bai Central Council of Malaysia. The "Light Programme" is aimed at empowering women to carry out their responsibilities of nurturing and nursing the world towards a better and brighter future. Saturday, **November 9** from 8.30am to 5.30pm at Heritage Hotel, Ipoh. For details and to register call PWW at **05 546 9715**.

**Toastmasters Joint Exhibition Meeting** organised by YMCA Ipoh and Premier Advance Toastmasters Club KL. Sunday, **November 10** commencing at 9.45am at the 1st Floor, YMCA Ipoh. This Demo Toastmasters Meeting is free but seats are limited. For details call Pak Peter **019 574 3572** or Cheah Tong Kim **017 487 3980**.

**Taiping Lake Gardens Nature Walk 2**, Sunday, **November 10** at 8am. Meet in front of the Taiping Zoo entrance. All are welcome and participation is free. Bring along a pair of binoculars if you have them. It is a free and easy trip and you can leave at anytime. This trip is suitable for all age groups. Wear attire suitable for a morning walk around the Garden. Contacts: Lim Kim Chye **016 553 8431** or Lim Swee Yian **016 422 3895**.


**The PSPA Singers Concert 2013: "He who sings frightens away his ills"**, **November 16** at Tandoor Restaurant (banquet hall). Featuring three Thai guest singers emphasizing from classic to modern. The first part venture popular opera aria, the second half consist of famous musicals. Contact Sara **05 548 7814** or **016 511 9955**. Website: [www.pspaipoh.org](http://www.pspaipoh.org).

**Children's Nature Camp, November 23 & 24** at Taman Herba, Papan, Perak. A 2 days 1 night nature camp for children organised by the Malaysian Nature Society, Perak Branch. Activities include jungle trekking, bird watching and nature & recycling activities. Students between 9 and 12 years old are invited to take part. Registration closes November 3. Those interested can contact Lee Yuat Wah at **017 577 5641** or email: [leeyuatwah@yahoo.com](mailto:leeyuatwah@yahoo.com).

**General Operations Force Northern Brigade Senior Officers' Reunion**. A reunion of former senior officers of the General Operations Force Northern Brigade will be held at the force's brigade headquarters in Ulu Kinta on Saturday, **November 30** and Sunday, **December 1**. All senior officers who had served with the brigade are cordially invited to attend. For details call Supt Rex E. Issac (Rtd) **016 568 0486** or DSP Jamil bin Dato' Harun (Rtd) **012 502 9119** or ASP Gun (Rtd) **019 577 2808**.

**Talk titled: "Are the State Eurasian Associations relevant anymore?"** by Dr Anthony Sibert, Saturday **November 30**, 2pm at YMCA, 211 Jalan Raja Musa Aziz, Ipoh. Do the associations have no place in today's world or are they still relevant...Have an opinion? Lunch will be provided for those who have registered. Contact Colin at **016 412 2324** before **November 20** to register.

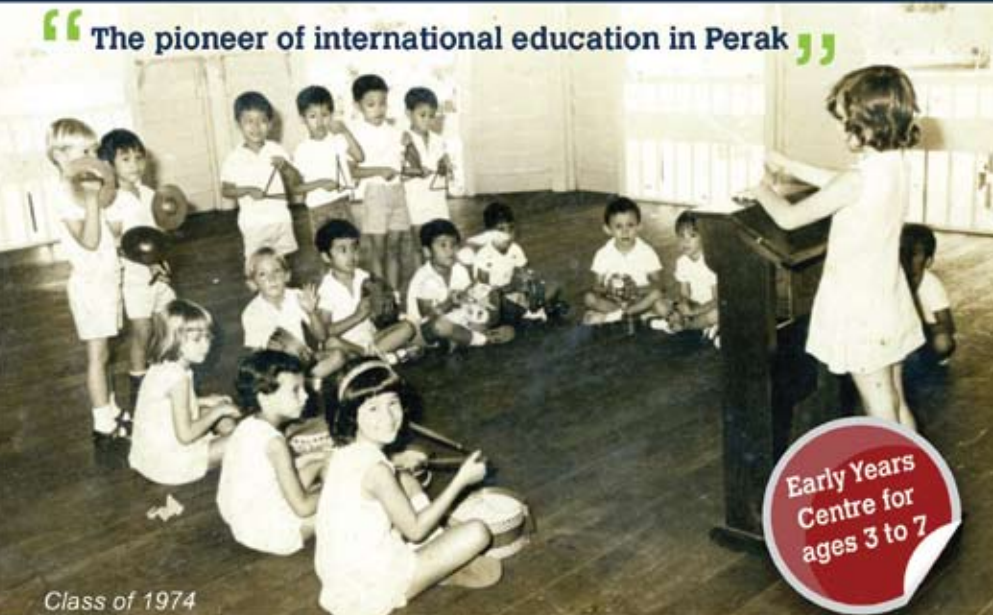
**Brahma Kumaris Ipoh Public Talk - "Food as Medicine"** by Dr Ng Li Fen (General Practitioner in nutritional healing and preventive medicine) and **"Green Juicing And Raw Food Preparation"** by Shirlee Low (Health advocate and innovative cook). Sunday **December 1** at YWCA, 132 Persiaran Anderson, Ipoh, 10am to noon. Admission is free. Booking is essential: **016 746 4473** or **05 547 6069**. Register online: <http://foodmedicine.eventbrite.com>.



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## Healthcare

SeeFoon Chan-Koppen

# State-of-the-Art Cancer Centre Now Fully Operational

Dr Chan Wee Han has been in his element since the opening of the *Wolfgang Cancer Centre* in Fatimah Hospital. Oncologist Dr Chan says, "It's been over four months since the official opening of *Wolfgang Cancer Centre* and almost two years since I first started providing cancer treatment in Fatimah Hospital. Thankfully, all our facilities and services are up and running smoothly."

"Our new building which houses the Elekta Synergy Linear Accelerator with 160 Leaf Multi Leaf Collimator (Agility), has been treating patients with Volumetric Modulated Arc Therapy (VMAT) since March this year. Used mostly in complex Head and Neck cancers, this state of the art radiation therapy delivers precise radiation in 360 degree arcs around the patient. It is also used in Prostate, Rectal, Gynaecological and Brain cancers as well.



Moreover, since April this year, we have been treating gynaecological cancers such as Cancer of Cervix and Uterus with 3-Dimensional Conformal Brachytherapy. Since then, local patients with gynaecological cancers no longer need to travel out of Perak for their treatment.

"With the backing of a strong team of medical physicists and therapeutic radiographers, our radiotherapy services has seen steady growth. We make sure every patient goes through a patient education session with regards to their treatment procedures and care prior to starting treatment. Caregivers too are welcomed into these sessions."

It's not just the equipment that is impressive. The new *Wolfgang Cancer Centre* also houses a Chemotherapy Daycare Centre which has a waiting lounge for family members and a counselling room. Patients spend between 30 minutes up till 8 hours in leather recliner sofas or beds while having their chemotherapy infusions. Understanding the frustrations of such long hours and stress, warm meals and drinks are provided but patients can also opt to bring their own food. Astro



Dr Chan Wee Han centre with his oncology team

TV channels are provided for both patients and their waiting family.

It is here that patients and families have the most interaction among themselves and the nursing staff.

"In fact, our trained oncology nurses often carry out patient education, counselling or simply providing support to alleviate their fears and anxieties. Patients are usually from a diverse group of cancers ranging from Breast, Colorectal, Lung or Gynaecological cancers to rarer types such as Melanomas or Sarcomas," added Dr Chan.

Recently, the centre organized a "Look Good, Feel Good" session for cancer patients which provided them with guidance on makeup, wigs and breast prostheses. Some are cancer survivors which Dr Chan hopes can also help share their experiences with the newer patients. "In fact, many came with food making it a "Potluck" event. It was a good experience and we hope to be able to have more of these events in the future," enthused Dr Chan.

Knowing the importance of nutritional support, the centre has also arranged for an audio-visual presentation from one of the leading nutritional companies last month. This helped both their patients and staff to better understand the benefits and preparation of their products. There are also patients who are referred to the hospital's dietician for dietary advice.

**Contact:**  
Hospital Fatimah Tel: 05 545 5777 Visit: [www.fatimah.com.my](http://www.fatimah.com.my)