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Chinese
New Year
Roundup



The Octagon – Soon-To-Be Cultural Icon of Ipoh

by Alexa Patrick

PERSATUAN TOI SAN PERAK

PERSATUAN CINA (PK) MENJUAL & MEMBAIKI BASKAL
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Guild and clan houses surround the location which was once Yau Tet Shin Bazaar



Artist rendering of The Octagon

Ipoh's once iconic two-storey round market or pasar bulat, otherwise known as Yau Tet Shin Market, will rise like the proverbial phoenix from the ashes once again when The Octagon is completed in 2016 on the same site. Deriving its shape and name from the original which was in the shape of an octagon, will be a 23-storey luxury condominium, making it the tallest building in the centre of the city.

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Mooted as a Catalyst for Culture in the Surrounding Area of New Town



The Octagon - Ground Zero

The original Yau Tet Shin market was once upon a time a must-stop destination when passing through Ipoh. The bazaar sold all products exclusive to Ipoh such as Menglembu groundnuts and local pomelos. It was a busy area.

The two-storey building was built in 1962. Forty years later in 2002, the structure was demolished for safety reasons and was used as a car park until 2008 when plans were mooted to revive its legacy as an icon of Ipoh. Ten years after it was brought down, a new luxury condominium is rising in its place.

Iconic Location Now Becomes Tallest Building

The Octagon, when completed in 2016, will be a 23-storey luxury condominium which would make it the tallest building in the centre of the city. The condominium will have a commercial section consisting of an Atrium and Mall which will be a catalyst to complement the businesses surrounding it and in all probability bring back night activity to a wider part of the city centre. The task to rebuild on this iconic landmark was given to the *Perak Chinese Chamber of Commerce and Industry* (PCCCI).

At their Chinese New Year open house recently, PCCCI Deputy Chairman and One Octagon Sdn Bhd Managing Director Dato' Liew Sew Yee explained that the concept for *The Octagon* is for residents to live within the city centre and enjoy all the unique delights of Ipoh especially its local foods plus entertainment "at your doorstep". "Currently there are many shop lots in New Town where the downstairs are occupied but not upstairs. During the day it may be busy but is quiet at night except for a few roads."

Old Businesses and Clan Houses

The site of *The Octagon* is surrounded by Ipoh's colonial architectural buildings and old Ipoh history. The once busy Jubilee Park, an amusement park, just 100 metres away to the north owned by the Shaw Brothers, housed the Grand Theatre and Jubilee Cabaret, while to the east can be found the Chinese guild and clan houses such as the Hakka Qiong Hai Association.

Some of the existing businesses here have been operating at the same location for 20 to 50 years. Hung Kee rice shop, with its matured bougainvillea plants adorning its entrances, still serves refreshing hot soups and rice fare and is still run by the same family fifty years on.

Two doors away is the Noor Jahan bakery operated by Mohammed Mahathir, a fourth generation family member. Although not allowed to bake their breads here, the premise is still used to market their products. Immediately across the road looking west is found Ipoh's famous foods, chicken bean sprouts noodles and soyabean desserts of *tau ching* and *tau fu fah*.

The popularity of these unique Ipoh dishes has attracted bus and car loads of visitors which



Unique to Ipoh, chicken bean sprouts and Menglembu groundnuts



in turn attracted the opening of several new shops promoting local biscuits and other food such as salted chicken. Today, the area is populated by a host of food and other shops offering a plethora of tourism products specific to Ipoh.

Here too, for seven nights a week, one of the roads is closed for a night market called *Gerbang Malam*. Other than the west section that has a constant flow of visitors throughout most of the day and night, the other sections can be considered slow.

Towkay Yau Tet Shin

The preservation and development of *The Octagon* location is appropriate considering the contribution by Towkay Yau Tet Shin to Ipoh. Yau Tet Shin himself was a pillar of society in Ipoh for having built the initial 350 shop houses in New Town, the area defined east of the Kinta River.

In its heyday at the Yau Tet Shin market, the traders, besides promoting Ipoh's unique products such as pomelos and groundnuts, also sold suitcases, bags and had restaurants and even a music shop that sold records.

The building's design then, with its eight-sided roof, was iconic enough to make national cartoonist Dato' Mohd Noor Khalid, better known as Lat, sketch the site for posterity when he included it in his *Town Boy* book for future generations to know.

The Octagon, octagon meaning eight sided, will still have eight sides though not equal in size, with four long and four short sides.

Octagon to Play a Social Role

The management of *The Octagon* has mooted to the state government to turn the area surrounding its site into a cultural district. Their request is based on the existing guild and clan houses in its neighbourhood as well as its traditional commercial surroundings.

The Octagon development consists of 23 storeys of which the bottom three floors will be commercial units comprising an Atrium cum Mall for hosting exhibitions, functions and activities. The commercial units will not be sold and will be controlled by the company to ensure the right mix of tenants to reflect a cultural image to complement the composition of other businesses in the area.

The management has communicated with the establishments in the area of their

plans. Its request for them is to create businesses which have a theme related towards local culture, tourism and produce special to Ipoh.

A check with the clan houses along Jalan Mustapha Al-Bakri (Clare St.) and Jalan Theatre, where 30 per cent of all buildings comprise clan houses, said they are supportive of the idea and would promote their culture when the project is completed in 2016.

Ho Koon Kan, the Chairman of Qiong Hai Hakka Association, said his association was very supportive of the idea. "We are committed to this idea and have set up a sub-committee for this. We are going to give our building a facelift in time in line with the actions by *The Octagon* management", he said.

As Cultural Catalyst

According to Liew, the role of *The Octagon* is to be a catalyst. "Our plan is to organise multi-activity shows and exhibitions at our Atrium. After visiting our exhibits, visitors can walk to the adjoining blocks nearby to savour Ipoh's unique foods and the cultural atmosphere. This sort of tourism and cultural activity is currently absent from the city centre. If the activity can be sustained throughout the day it will bring back activity and economy to the city centre."

Promoting Urban Living

The Octagon was originally promoted as a SOHO (Small Office Home Office) but was subsequently changed to Residential status. The reason for the change was to "repopulate the city. We want to promote urban living and bring life back to the city centre".

At the beginning the project was tendered out. Fortunately, or unfortunately, there were no takers. "Subsequently twenty of our PCCCI members stepped in and formed a company called One Octagon Sdn Bhd to manage and oversee the project."

The 23-storey condominium consists of 160 units and 238 car parks. Seventy per cent of the units have been sold. According to Liew, the completion of the project is their contribution towards the community of Ipoh. Their idea for a cultural district is a long-term plan which they had conceived earlier and minuted recently at the Ipoh City Council's Special Draft Plan, 'Ipoh Tin Heritage City'.

"We do not expect the concept to be realised overnight; probably in 5 to 10 years after the completion we will begin to see the change setting in. However, in order to see that plan fulfilled we need to plan now," summarised Liew.



Dato' Liew Sew Yee



Yau Tet Shin Bazaar circa 1980

Source: IpohWorld



Customer Zaimat Nizam has had his hair cut by barber K. Murthi of Jubilee barber for 16 years.

IPOH **echo**

• From the Editor's Desk
by Fathol Zaman Bukhari

Cleaning Up Their Act

Contractors need to clean up their act. If they are constantly let off the hook, they will come to consider such infringements as permissible...

Nothing sickens me more than to see uncut grass left on road edges, by the sides of monsoon drains and on playing fields. The road leading to my humble abode in Taman Siber in Simpang Pulai is never spared this ugly sight which makes an appearance once every fortnight. The interval between one grass-cutting period to another is a fortnight or two weeks, the same with the frequency of Ipoh Echo.

I have nothing against the workers, as they appear diligent and forthright and are willing to do extra if residents ask them to do so. One even gave the little lawn outside my house a trim without asking for a tip, like some do.

Curiosity kills the cat, so the saying goes. So like a curious cat I once asked an officious looking gentleman on a motorbike who was watching the cutters at work from afar. He happened to be a *mandore* (supervisor) on the payroll of the Ipoh City Council. His responsibility was to supervise the workers as they went about doing their job. According to him, two contractors are involved in the grass-cutting operation – one cuts the grass, the other disposes of the cut grass.

I asked him why two? Why not just one? He shrugged his shoulders implying that it was beyond him why the need for two contractors to do the same. A likely answer, I am told, is the Council's policy of spreading the job so more could share the cake. Rubbish disposal is similarly being farmed out to not one but a few contractors, so all could share the 'spoils'. I may have overstepped the limits of media decency by uttering the word, 'spoils'.

But to my simple mind such inference is permissible

when answers are never forthcoming from the powers-that-be. Granted that local council is the third tier of government, one that has the most profound impact on citizenry, be they the autocrats, the plutocrats, the democrats and the peasants (you and me). All are affected by policies and directives, good or bad, permeating from the Council. Policies and directives are as good as the person(s) who issues them. And that is a fact!

Dato' Harun Rawi, the new mayor of Ipoh, in his maiden speech during the first session of the Council Full-Board Meeting for 2014, reiterated his commitment to serve the people, meaning Ipohites in general. "Our primary responsibility as councillors is to serve the *rakyat*," he said. Previous mayors had said the same. Saying is one thing but doing is another.

Harun, the ninth mayor of Ipoh, is no stranger to the city. He was once the Deputy Director of Immigration (Perak) and had served in different capacities at both state and federal levels. His last appointment, before assuming the post of mayor, was as District Officer of Larut, Matang and Selama. He oversaw the second most populous district in Perak and, by all reckonings, is the right person for the job, given his immense experience.

I said the same of Roshidi Hashim and Mohamad Rafai and those before them. They came with a bang but left with a whimper. Are they blessed or are they jinxed? I have no way of telling.

No other mayors and council presidents in the country have a community paper keeping watch over them. It is an advantage to have one. Community newspapers serve a purpose and if used wisely would

be an asset to anyone in a position of power. Mayors and council presidents being civil servants should know how to optimise it to their advantage. Treating community newspapers as an irritant is definitely a no go.

Now back to the cut grass on road edges. Enforcement is the key word. All it needs is some form of punishment to get the contractors to clean up their act. If they are constantly let off the hook they will come to consider such infringements as permissible.

This malaise is so ingrained that it affects how councils are managed in this country. Politicians politicise anything and everything. Civil servants may be subservient to their political masters but politicking is definitely not their cup of tea.

For the new mayor to be effective he has to be a little unconventional in his approach. Start by reining in the Little Napoleons. You need not be a rocket scientist to be an efficient mayor. Period.



In The Name Of My Father's Estate • by Peter Lee

Episode 26

John and Michelle Lee (children of the first family) contacted their mother, Mrs Patricia Lee, for a meeting once she returned to Malaysia from Singapore after she withdrew the entire amount of S\$3 million from an account jointly owned with her husband (Lee Sr). When John and Michelle met their mother, John said, "Mum, do you remember at our earlier meeting with Connie (Lee Sr's 2nd wife) you said you were willing to distribute father's 50 per cent portion according to intestacy law if she and her children were willing to renounce their rights to the shares in our family companies?" In response, Mrs Patricia Lee said, "Yes, I did say that but I don't think she is going to walk away from her family's entitlement of shares in our family companies without a fight. So, I want to use this to bargain with her." Michelle then said, "By doing this, I am not sure who will be at the losing end." Mrs Patricia Lee then asked, "What do you mean by that?" Michelle responded and said, "Well, we are now in the midst of applying for the Letter of Administration (L.A.) and three of us (that is, John, Michelle and Connie) are the Joint Administrators. So, what all of us understand from Dave (lawyer) is that once L.A. is obtained, the entire estate of father's, which is now frozen, will be collected and transferred to the Administrators first. Now, three of the assets which will be transferred are shares from three of our family companies. So, do you think she is going to renounce if we have created a hostile situation like now?"



In response to this, Mrs Patricia Lee said, "Can you guys tell her to let this go. After all, she can take her entitlement in your father's two bank accounts in Malaysia amounting to RM5 million together with the rest of the accounts in Australia with a sum of A\$6 million and the other one in U.K. with a balance of £2 million." John intervened and said, "I think it won't be that simple. To withdraw the overseas accounts will take some time because we need to sort out the application for L.A. in Malaysia first. Anyone at this point, especially Connie, is going after any liquid cash that is available now."

"Apart from this, we still have father's shares and unit trust investments locally and overseas to deal with. As I remember, the other major part of the distribution is the three properties owned by father alone which were charged to the bank and another three more jointly owned by you and father. So, can you see how messy and fragmented the distribution can get and virtually everything in father's estate will have her name and her children's as well on it. Now, do you still want to hold on to your money which you have withdrawn, or distribute father's 50 per cent according to intestacy law? This is to say giving back her family's entitlement. Mum, I feel that if you hold on to the Singapore money, it will be very difficult for me and Michelle to negotiate with Connie on who is going to renounce or keep which type of assets." Mrs Patricia Lee said, "Ok! As far as I am concerned, I want her to renounce her entitlement to our companies' shares and my properties jointly owned with father before I release her entitlement of the money from Singapore."

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 excelsecms@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 LAZY EYE (PART 2)

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about the Lazy Eye or Amblyopia.

The term lazy eye is frequently misused by laymen. It is actually not the eye that is lazy but more that the area of the brain perceiving vision does not develop properly in early childhood. This results in the vision being affected in one eye or in rare instances, even in both eyes. Amblyopia has to be treated before the age of 8 or 9 years, before the "vision area" of the brain completes its development. Once the visual pathways of the brain matures in a blur state, it will remain compromised throughout life.



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

WHAT NEEDS TO BE TREATED

The effectiveness of treatment lessens with age and so it is important that a child's vision is checked before school-going age. Treatment will depend on the contributing cause.

1. TREATING ANY REFRACTIVE ERRORS

Any refractive error such as *myopia* (short-sightedness) or *hypermetropia* (long-sightedness) has to be detected and treated with the correct spectacle prescription. Young children have a strong accommodative ability of the eyes and so the eye professional will usually advise a cycloplegic refraction to be done. A cycloplegic refraction means special (cycloplegic) eye drops are instilled into the child's eyes until the pupils are dilated and the eye muscles have relaxed. After this, the eyes are tested for glasses in the usual manner (refraction).

2. TREATING CONDITIONS THAT BLOCK VISION

Any condition that prevents proper vision in an eye because it blocks light from entering may cause eventual lazy eye. These conditions include cataracts, tumours in the eye or even droopy eyelids. These must be treated accordingly.

GETTING THE LAZY EYE TO WORK

A. OCCLUSION/PATCHING

The lazy eye needs to be pushed to start working properly in order for the vision area of the brain to start developing normally. The good eye or normally seeing eye is occluded or patched. This forces the lazy eye to start working and therefore forcing the brain not to ignore the vision from this weak eye. The patching is usually done for several hours. Most kids detest the occlusion of the good eye but parents will need to be firm to enforce the eye patching.



B. ATROPINE EYEDROPS

This is the alternative to children who just will not allow patching of the eyes. Atropine is an eyedrop that is instilled in the good eye making it go blur for near work and therefore forcing the lazy eye to start working. However, some children may have side effects like redness or eye irritation with these eye drops.

C. REPETITIVE TRANSCRANIAL MAGNETIC STIMULATION (rTMS)

Some research is being done in this area. A repetitive focus of magnetic pulses are delivered to the scalp using a handheld device that is placed over it for 30 minutes. This has shown promise in treating children with amblyopia although the mechanism of how this helps is still not known.

In conclusion, parents should look out for the development of lazy eyes in their children and get a basic vision test done in their preschool years. Any amblyopia present must be treated early before the age of 8 or 9 years to avoid missing a lazy eye and its life-long implications.

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

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Save Yourself a Fortune

There are difficult times ahead especially when increases in household incomes have not kept up with outgoings. As Malaysians gear up for more price hikes and families struggle to manage their household finances, 2014 will be a year of more belt-tightening measures.

The domestic chemical cleaning industry is a multi million ringgit business and we probably spend a small fortune on cleaning products. In the olden days, our mothers and grandmothers had many natural concoctions, for keeping the house clean. The ordinary stock of everyday kitchen goods, like tamarind and vinegar were useful for cleaning, or as a cure for swelling. Money can be saved when we do not have to pay for expensive, proprietary chemical cleaners.

Below, are some tips which I have used to keep the home clean, pleasant smelling and looking good. You would be surprised to know that many of the items used, are probably in your kitchen cupboard. It is surprising what you can do with old newspapers, a kitchen rag, some vinegar or even a can of cheap cola.

KITCHEN

Shiny saucepans

Remove burnt-on stains in the saucepan, by bringing some water to the boil in the pan. As the water begins to boil, add a teaspoon of baking soda. Allow the water to boil for 5 minutes, then turn off the heat. Tip the water out and the burnt residue should go with it. Finish off by washing the pan.

Clean the microwave

Place a large slice of lemon into a mug which is half filled with water. Then heat them in the microwave, on full power for 1 minute. Remove the mug and wipe the inside of the microwave with a clean, damp cloth. Any food deposits will wipe away, easily.

Remove cooking odours

Any unwanted smells of curry or burnt food, can be removed by placing a few cloves in a mug (around 250 ml) of vinegar and boiling the two in a saucepan for a few minutes.

Clear mirrors and windows

Dab a few drops of vinegar onto some scrunched up newspaper and give windows or mirrors a good wipe to make them sparkle.

Removing food and grease from cooker hobs

Make a thick paste with bicarbonate of soda and rub this onto the cooker hobs. Leave for around 10-15 minutes before wiping it clean. The same mixture can be used to clean glass oven doors.

Cleaning an oven

An oven which is not too dirty can be cleaned whilst it is still warm, by wiping it with a little bicarbonate of soda on a damp cloth.

Making a fridge smell nice

The walls of the fridge can be wiped with a cloth dipped in lemon juice or if that is too much trouble, put a slice of lemon and leave it on a dish, in the fridge, to absorb the smell.

If you drink 'real' coffee, place coffee grounds in a small bowl in the fridge to remove any unwanted smells.

BATHROOM

Cleaning the toilet bowl

Friends claim that cheap cola is an effective toilet bowl cleaner. Just pop a mugful of cola into the toilet bowl, leave for a few hours before scrubbing with a toilet brush.

Surface cleaner

Make a paste from one part vinegar to two parts of water and to this mix, add a dash of lemon juice. This works well on bathroom surfaces as well as in the kitchen. Clean behind the taps by dabbing an old toothbrush in this cleanser.

MISCELLANEOUS

Rust treatment (Garage)

If you have to remove rust from small pieces of metal, soak them overnight in a bowl of cheap cola. By morning, the rust would have been reduced and the metal will be as shiny as new.

Emergency first aid for bee or wasp stings (Garden)

If you have no antihistamine cream or surgical spirit available for immediate relief, apply a solution of bicarbonate of soda to the sting. Remove the bee sting, if it is still in the wound, by flicking the sting away with the edge of a credit card. Do not squeeze the sack of poison, or you will inject more venom into the wound.

Emergency fire extinguisher (Garden)

If the food on the barbecue catches fire and you have no fire

extinguisher handy, you can use a can of beer or cola (or other fizzy drink). Shake the can vigorously, then break open the can and direct the fizz onto the burning food to kill the flames. (Only use beer in extreme circumstances...only joking!).

Shopping

Before shopping, make a list so that you will not be tempted to buy unnecessary items. Make sure you do not go shopping when you are hungry. Shopping on an empty stomach almost always makes you overspend. (Note: If lemon is not available, try lime).



THINKING ALLOWED

by Mariam Mokhtar

Dr Saravana.K

Consultant Physician,
Gastroenterologist & Hepatologist

Digestive Health

Alcoholic Liver Disease: Alcoholic Hepatitis

Alcoholic hepatitis describes liver inflammation caused by drinking alcohol. Though alcoholic hepatitis is most likely to occur in people who drink heavily over many years, it can also occur in people who drink moderately.

What is known is that the process of breaking down alcohol produces highly toxic chemicals. These chemicals trigger inflammation that destroys liver cells. Over time, web-like scars replace healthy liver tissue, interfering with the liver's ability to function. This irreversible scarring, called *cirrhosis*, is the final stage.

As many as 35 per cent of heavy drinkers develop alcoholic hepatitis and more than a third of them die within six months after signs and symptoms begin to appear.

Signs and Symptoms:

- Nausea and vomiting
- Abdominal pain and tenderness
- Malnourished. Drinking large amounts of alcohol suppresses the appetite
- Confusion and behaviour changes. A liver damaged by alcoholic hepatitis has trouble removing toxins from your body. The build-up of toxins can damage your brain, leading to changes in your mental state, behaviour and personality.
- Jaundice. Skin and the whites of your eyes turning yellow in colour.
- Fluid retention. It can cause large amounts of fluid to accumulate in your abdominal cavity (ascites). The fluid may become infected and require treatment with antibiotics.
- Scarred liver (cirrhosis). Cirrhosis frequently leads to liver failure, which occurs when the damaged liver is no longer able to adequately function.
- Kidney failure
- Vomiting blood or passing foul black coloured stool.

Blood from your intestine, spleen and pancreas enters your liver through a large blood vessel called the portal vein. If scar tissue slows normal circulation through the liver, this blood backs up, leading to increased pressure within the vein.

When circulation through the portal vein is blocked, blood may back up into other blood vessels in the stomach and oesophagus. These blood vessels are thin walled, and because they're filled with more blood than they're meant to carry, they're likely to bleed. It is a life-threatening emergency that requires immediate medical care.

Risk increases with the following:

- **Other types of hepatitis.** Long-term alcohol abuse worsens the liver damage caused by other types of hepatitis, especially hepatitis C and B.
- **Malnutrition.** Many people who drink heavily are malnourished and the lack of nutrients contributes to liver cell damage.
- **Obesity.**
- **Genetic factors.** Having mutations in certain genes that affect alcohol metabolism may increase your risk of alcoholic liver disease. The exact genetic associations have not yet been identified.
- **Alcohol use.** The amount of alcohol consumed is the most important risk factor for alcoholic liver disease.
- **Your sex.** Women have a higher risk of developing alcoholic hepatitis.

When to see a doctor

- If you have any signs or symptoms of alcoholic hepatitis.
- If you ever feel as though you can't control or need help in cutting back on your drinking.

Your doctor would likely order the following tests to look for liver disease:

- Liver function tests
- Complete blood cell count
- An ultrasound, CT or MRI scan of the liver
- Blood tests to exclude other causes of liver disease.

Treatment

- **Stop drinking alcohol**
- **Treatment for malnutrition**
- **Liver transplant if required:** You would have to meet the requirements including abstaining from alcohol for six months prior to transplant and agreeing not to resume drinking afterward.

Prevention

You may reduce your risk of alcoholic hepatitis if you:

- **Drink alcohol in moderation, if at all.**
- **Protect yourself from hepatitis C and B.**

For more information call Saravana.K Gastroenterologist and Liver Specialist Clinic at Hospital Fatimah (05-5487181) or email gastrosara@gmail.com.



MUSINGS ON FOOD



By SeeFoon Chan-Koppen

Pics by Ginla Chew

SeeFoon Checks Out Late Night Dining In New Town

One doesn't have to go very far to find a good *Dai Chau* restaurant in Ipoh but by and large, it's difficult to have a good meal late at night as most of the best places start packing up or run out of specials by around 9pm. Unless one resorts to roadside stalls, perched on stools and hoping that the car coming towards you won't be stroking your sleeve as it whizzes by.

One late night restaurant that is securely off the road albeit coffee-shop style and willing to serve till the wee hours is **Restaurant Chan Jie**, a relative newcomer to the Ipoh *Dai Chau* scene having been in its present location for about two years.

Taking its name from the proprietress who also helms the kitchen, *Chan Jie* which means sister Chan, is the quintessential *Dai Chau* eatery, always ready to serve a large variety of dishes to suit all pockets and palates.

Certain dishes are best ordered in advance like their ***Sek Pan Yu Tao Lo*** or the Garupa fish-head hot pot. This was already waiting for us when our group arrived one evening as we tucked in, relishing the freshness of the fish head pieces, the soft tofu, the cabbage and the wu tao or taro chunks which lent to the broth a velvety creaminess and robust flavour. The broth was supremely umami (I was hoping that there wasn't too much MSG in the stock which Chan Jie strongly denied) and having been reassured, we proceeded with gusto. Order in advance – **RM35**.

We were a large group and the next 10 dishes that followed were all wolfed down with ease. Next on the menu was ***Kung Po Eel***, chunks of eel, coated with the dark sweet soya sauce with fiery dried chilli peppers lending piquancy and onions and scallions providing texture, all served in a claypot – **RM18**. This was followed by Pork Spare Ribs cooked in Guinness Stout, a dish that I expected to be sweet and yet was surprisingly balanced, with the bitterness of the stout cancelling out any aggressive sweetness, resulting in a tangy bite of tender ribs – **RM15**.

A change in taste and texture came next with the **baby long beans** sauteed with *mui choy* or Chinese preserved vegetables and strips of pork. The *mui choy* addition was an unusual touch to the usual stir-fry and lent extra flavour to the whole dish – **RM12**. Another vegetable dish of ***Choi Sum or Kale*** fried with egg was delectable at **RM8**.

And there were more dishes to follow in quick succession. **Homemade tofu** was fried golden, topped with minced pork and *choi po* or Chinese preserved radish – **RM8**. Next the **bread ring with curried prawns** was a sight to behold: a golden crown of fried bread filled with scrumptious prawns that were fresh and firm, the curry sauce perfect for dunking in the bread which we tore apart with our hands. (No need for table manners here!) **RM35** for eight large prawns.

Thank goodness we were quite a large group as more was to follow. The ***Tse Geong Ngap or Duck*** cooked in a ginger sauce, is rich, dark, aromatic and utterly scrumptious. A combination of preserved soybeans, both the brown *meen si* and the black *tao si* are mixed with the red fermented bean curd, *nam yu*, spiced up with generous helpings of pepper and *tse geong* or young ginger root. Good to



the last bite – **RM12**.

What should have arrived earlier in the meal came towards the end, the steamed fish, this time, a ***Pak So Kung or Catfish***, smothered in chilli, *meen si* or fermented bean paste, ginger and steamed to perfection. The flesh was velvety smooth with nary a hint of the muddy taste that often accompany freshwater fish and the balance of topping ingredients added the right touch of piquancy to the dish

– **RM35**.

By now laden to the gills, we still had the 'de rigueur' noodles, a ***Mee Goreng*** that can hold its own at any roadside stall followed by a ***Kway Teow*** in dark sauce. Both tasty and value for money at **RM6** each.

Just as we were preparing to leave, I spied a steaming bowl of congee waft its way past my eager eyes, my appetite by this time totally satiated to the maximum so ordering a portion was absolutely out of the question; I made a mental to come back to taste the choice of congee available here. This I did a week later and not only did I try the ***Frog's Legs Congee*** which was a velvety smooth Hong Kong style soft congee with big chunks of frog's legs and oodles of slivered ginger but also their signature fried vermicelli, the latter with prawns, cabbage and egg. **Congee and vermicelli** **RM12** each. For this lunch we topped it off with some **deep fried spicy squid** which were crispy and garlicky – **RM15**. Other congees available include pork with preserved eggs or ***Pei Dan Sao Yoke Juk***, fish congee and ***Tang Tsai Juk*** or 'Sampan' congee consisting of primarily seafoods.

Chan Jie will be closed for their Chinese New Year holidays from February 17 to 22.

Restaurant Chan Jie

48 Jalan Dato Tahwil Azhah,
30300 Ipoh.
Tel: 012 493 4126 or 012 523 2109
GPS: N 04° 35.25'8; E 101° 05'1.0
Business Hours:
1pm-3.30pm 5.30-1am
Closed 2 days a month.



HAWKER FOOD by VWSL



Restoran Kim Bo

668-670 Jalan Kuala Kangsar, Taman Tasek Damai, Ipoh (Tel: 016 567 7087)
Opens from 5am-3pm. Closed 2 days a month, usually the 3rd Saturday & Sunday.

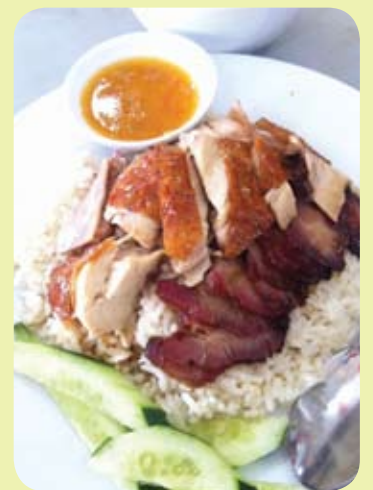
Located on busy Jalan Kuala Kangsar in a double shop lot is Restoran Kim Bo – a coffee shop which has about seven food stalls.

Their **Guang Xi Zai Chicken Rice** (RM3) is well worth the price and the taste. For those who like a milder **Curry Mee** (with mint leaves), can try it from RM4.20. This stall also sells **Asam Laksa**. **Chap Farn** or Economy Rice, starts from RM4.50



for 2 meat 1 vege dishes. A must try is their excellent **Ipoh White Coffee** – from RM1.40. Many varieties of **Bitter Gourd Pork Noodles** are available starting from RM4.30 while the Fish Noodles are RM5. Unfortunately, on the day we went, the **Ginger Wine Chicken or Pork** (RM5) was finished and we never got to try it. This came highly recommended and so did the **Tom Yam Noodles** – from RM5.30. There is also Tom Yam rice – RM5.70. Another meal that finishes fast if the **Tai Loke Mee** – from RM4.

Others to try: **Wat Tan Hor** RM4 (which also sells Yee Mee and Fried Rice); Chee Cheong Fun, Pan Mee, Wonton Mee, Mee Rebus, Fried Hokkien Mee (RM4.20) and Fried Kwayteow (RM4.20).



Chinese New Year Roundup

A Belated Spring Festival

The Teochew and Hokkien communities worldwide celebrated the birthday of the Supreme August Jade Emperor (God of Heaven) in grand style on the ninth day of the Lunar New Year, which fell on February 8 this year. While Chinese people from other clans celebrated Spring Festival eight days earlier, legend has it that the Hokkiens hid themselves in sugar cane plantations in ancient China during that time, as they were threatened by another ethnic group.

When the enemies gave up the search, the Hokkiens emerged from their hideout, incidentally on the birthday of the God of Heaven. Thus, they believed that they were being protected by the Heavenly God. And since then, the birthday celebration was also a thanksgiving of sorts.

A prerequisite offering item is a pair of 'whole' sugar cane plants, from the roots to the shoots. Coincidentally, the sugar cane is pronounced as *kam chia* in Hokkien, which sounds like "kam sia" (Hokkien for "thank you"). Other items offered to the Supreme deity are peach dumpling, fruits and pink pagoda-shaped candy.

In Ipoh, one of the oldest and major temples that celebrates the birthday of the God of Heaven is the Tung Wah Tong cave temple near Tambun. Tung Wah Tong is perched on the side of Gunung Layang-Layang and has a history of 142 years.

Conducted according to Taoist religious rites, volunteers and devotees ascended a flight of stairs with 157 steps to reach the largest prayer chamber as early as 6am to prepare for the celebration. Some 300 devotees took time off from their regular Saturday morning routine to pay homage to the Supreme August Jade Emperor.

Emily



Chinwoo Open House



The Ipoh Chinese Chinwoo Athletic Association hosted an open house on Sunday, February 2, the third day of the Chinese New Year. The event was held at the association's premises, Wisma Chin Woo in Ipoh.

Guests at the open house, which included the Board of Governors, members, sponsors and well-wishers, were treated to an array of entertainment in the form of folk dances, Chinese drums and wushu presentation, lion and dragon dances performed by the association's youth wing. It was a good opportunity for the youngsters to showcase the skills that they have acquired during weekly training.

Association President, Dato' Ooi Foh Sing, in his opening remarks, touched on national unity, and reminded everyone present not to take the country's peace and stability for granted. "It is the ethos of our association to love ourselves, our family, the Chin Woo family, and of course, our country, Malaysia," he exclaimed.

Dato' Ooi thanked sponsors and donors for their support either financial or in kind. He revealed that the association would be sending a team of exponents to participate in



an international-level wushu championship to be held in Shanghai in August.

MCA Secretary-General and Tanjung Malim Member of Parliament, Dato' Seri Ong Ka Chuan was the guest-of-honour.

Emily

Chinese New Year Roundup

Babies Riding Into Year of the Horse



Three babies galloped into the Chinese Year of the Horse at Pantai Hospital on January 31.

36-year-old Helga Ballarina and husband Jani Singh welcomed a 2.6kg baby girl at 0252 hrs. 28-year-old Halijah Binti Mohd Zainal and husband Nek Hashim Bin Abdul Ghani received their gift of a baby boy weighing 3.5kg at 0635 hrs while the first

Chinese mother, 23-year-old Wang Yuan Yuan and husband Chong Kian Weng doubly celebrated the arrival of the Horse year with the arrival of a baby boy weighing 3.1kg at 1005 hrs.

Hampers were presented to the happy families by members of Pantai Hospital's staff.



Casuarina @ Meru Ushers In Year of the Horse

To usher in the Year of the Horse, Casuarina @ Meru held a lion dance performance for the ritual blessings at the hotel driveway, the lobby, the Amanjaya Convention Centre, seminar rooms, administration office and the coffee house. The troupe performed on high stilts accompanied by the sound of cymbals and drums.

The 15-member lion dance troupe gave a spectacular performance. It culminated in the handing over of the 'platter of prosperity' consisting of mandarin oranges, pomelos and green lettuce to the Senior Sales and Marketing Manager, Ms Yvonne Phoo and managerial staff, Puan Nur Shuhaila Hassan.

AP

Lafarge Brings Festive Cheer

Employees of Lafarge Malaysia Berhad (Lafarge) brought early festive cheer to residents of Kanthan Bahru by chipping in to repair and renovate a resident's house, and to clean up the surrounding area through gotong-royong. Employees of the cement plant also took the opportunity to distribute festive hampers to the residents.

More than 30 Lafarge employees gathered at Madam Wong Yun Mooi's house early in the morning to repair and renovate the house. They repaired the windows and flooring and gave the house a fresh coat of paint. The employees also cleaned up the surrounding area by cutting the grass and cleaning the drains. To add to the festivities, the employees decorated the house with lanterns.

After the repair works, the group proceeded to the Kanthan Bahru community hall where Sekar Kaliannan, Lafarge Kanthan Plant Manager distributed festive hampers to over 30 families within the community.

"Lafarge has been operating in Kanthan for the past 50 years and we make it a point to do something for the community annually. This year, we wanted to do more. So, we worked closely with the Village Security and Development Committee (JKKK) to come up with this activity, which not only benefits the community, but also gives our employees the opportunity to contribute their time and effort to ensure the success of the activity," said Sekar.

Also present at the event was Loh Ah Kwee, President of the JKKK, who alongside Sekar Kaliannan, presented hampers to the community.

"We are very happy with the support Lafarge has shown to the Kanthan Bahru community over the years. The residents are appreciative of the kind gesture."



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| 2d 1n Johor, Legoland 柔佛 | fr RM388 |
| 3d 2n Johor, Legoland 柔佛 | fr RM598 |
| 2d 1n Malacca 古城马六甲 | fr RM168 |
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| 2d 1n A'Famosa 爱化摩沙 | fr RM328 |
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Health

New Haemodialysis Facility at KPJ ISH

KPJ Ipoh Specialist Hospital has officially launched its Renal Care ISH Haemodialysis Service to deliver high quality care and treatment to patients requiring dialysis.

The soft launch was officiated by President/Managing Director of KPJ Healthcare Berhad, Tn. Hj. Amiruddin Abdul Satar.

Renal Care ISH was established in July 1992 when Nephrologist, Dr Fauziah Khairuddin joined the management of KPJ Ipoh, then known as Ipoh Specialist Centre (ISC). The service started with three machine points which were not fully computerised and the team of five staff had to manually calculate and set the settings. With more patients requiring dialysis, the service grew to 32 machine points.

When second Nephrologist, Dr Go Kuan Weng joined the management of KPJ Ipoh in June 2007, the service grew further and expansion of the service was unavoidable. The service was relocated following the Ministry of Health's (MOH) regulations and also keeping in mind the user friendliness of the location.

Today the location of the service is on the ground floor where patients can be dropped off and collected with easy access to transportation, and dialysis machine points have grown to 41. These have now all been computerised and complementary equipment to aid the treatments have been purchased.



Toe Drain Cleared With Tractor

As part of the flood mitigation project, toe drains were constructed along the bunds on both sides of Sungai Pari in flood prone areas. The rainwater flows into a sump and is discharged into the river when the water level is low.

Since it is a fertile area, weeds grow fast and cover the drains blocking the flow of rainwater. The rainwater overflows and floods the surrounding areas. Once in a while a group of workers from MBI clear the drain manually and weeds start growing immediately.

Recently, a tractor was used to clear the weeds. The growth on either side of the drain was cleared. This is the first time the drain has been cleaned thoroughly. Since the weeds were uprooted it would take quite some time for them to grow. This was done only on one section of the toe drain next to Jalan Raja. All the toe drains must be cleared to avoid flooding during heavy rain. MBI must send another crew to clear the areas not accessible to the tractor.

MBI must prepare a maintenance schedule to clear the toe drains regularly. The sumps are silted and must be desludged.

During this unpredictable weather conditions residents are happy that MBI is looking after their welfare and hope they would continue doing so especially after the hike in the assessment rate.

A. Jeyaraj



Announcements

Announcements must be sent by fax: **05-255 2181**; or email: announcements@ipohecho.com.my, by the 9th or 23rd of every month in order to meet deadlines. Announcements by phone will not be entertained. Ipoh Echo reserves the right to verify any announcement before it is published.

Malaysia Nature Society (MNS) Bird-Watching Talk and Video. (1) Video Show 'Facets of the Avian World', February 16, 3pm-5pm. Commentary: Dr Chan Kai Soon. (2) Talk 'Bird and Bird watching', **February 23, 3pm-5pm.** Speaker: Dr Chan Kai Soon. Free for public. MNS memberships open for application during the events.

Workshop for Parents on 'Reading with your child' organised by Ametis, Saturday **February 22, 9am to 12.30pm** at ASIA Metropolitan International School (Ametis), 24 Lebuhr Perusahan Klebang 1, IGB Industrial Park, off Jalan Kuala Kangsar, Ipoh. Parents may bring along their children, as there will be activities for the children. Admission is free but places are limited. Call **05 290 5888** or **019 388 3349** to reserve a place.

Pantai Hospital Antenatal Class, Saturday **February 22, 2pm to 6.20pm** at Sakura 2, Level M, Ipoh City Country Club (ICCC). Admission is free and strictly by registration. Limited seats. For further information or registration, call: Ms Renuka or Ms Gloria at **05 540 5712** or **05 540 5725**.

Craft & Flea Bazaar, Saturday **February 22, 2pm-10pm** and Sunday **February 23, 10am-6pm.** Last weekend of every month. Calling for vendors. For more information, call **016 551 6018**. Email: dollyqu@gmail.com. Facebook: [Kinta Craft Trail](#).

YMCA of Ipoh Toastmasters Club next regular meeting, Wednesday **February 26, 7.45pm** at the first floor of YMCA Ipoh.

English Language Communication Skills Training Course for Women. Perak Women for Women Society (PWW) will commence training of the second intake of students beginning April. The 3-month course is free and is fully funded by CIMB Foundation. Classes will be held on **Saturdays between 9am to 1pm.** The course is tailor-made for women who need to improve their spoken and written English so as to secure better jobs and business opportunities. Application forms are available at PWW office. Please call 05 546 9715 for details. Closing date is on Saturday, **March 23.**

Parkinson's Awareness and Fund Raising Open Day, Sunday **March 30, 10am to 6pm** at Leong Wan Chin Hall, (Perak Girls School), Jalan Kampar, Ipoh. An invitation to: people with Parkinson's, family members and caregivers. Admission is free. Register early. Call: Ms Terry Wong **011 1640 8406** or **05 545 5610**. Email: ppaipoh@gmail.com.

The Ipoh Down Syndrome Centre (IDSC), formerly known as the Kiwanis Down Syndrome Foundation, Ipoh Centre, has moved to a temporary location at 7 Persiaran Tasek Timur 2, Taman Medan Bercham, 31400 Ipoh. Tel: **05 546 8386**. The move is to make way for upgrading work at its permanent premises at Taman Sri Kurau. The renovation is due to complete end of the year. The IDSC is a non-profit making organization providing training and education to down syndrome children from as young as 2 months to 7 years. It currently has a vacancy for an Occupational Therapist. Recent graduates or other interested parties are to call the centre for an interview appointment.



Contractor Creating Illegal Dumpsite

There is a big piece of vacant land between the retention pond in Merdeka Garden and Dr Megat Khas School. Contractors have started to dump construction material on this land. The garbage consists of broken roof tiles and concrete waste from house renovations. When I went to the site to take photos before sending out the article, I noticed that a big pile of tree branches had been dumped. Residents would not be throwing this type of garbage.

This piece of land is out of the way and even most residents are not aware of its existence. The most likely culprits are the contractors involved in the construction of the pond. This menace must be stopped immediately before this site becomes a full-fledged dumping ground. MBI must catch the culprits and punish them and also make them clean the place.

Prior to construction of the pond, there were many trees and undergrowth of bushes in this locality. This was nesting ground for birds, squirrels, iguanas and other reptiles. It had its own ecological system. This has been wilfully destroyed.

The people responsible for cutting the trees must be made to replant them. I only see trees being cut down with no replanting. MBI must consider converting this area and the adjacent vacant plot into a mini park. It is an ideal location for a park.

A. Jeyaraj

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.

Council Insensitive to Complaints

While at a bank near Ipoh Padang recently, I came across the Ipoh Heritage Trail plaque detailing the background of the iconic Padang. It must have been newly installed judging from its freshness. There are three other plaques nearby. They certainly look impressive but are lacking in everything conceivable.

Foremost, the information is woefully inadequate. There are too many grammatical mistakes, empty spaces, spelling errors and unprinted letters in a word. Obviously, it was a hurried job done with little or no supervision and without any reference to historical facts.

Ipoh Padang, incidentally, was a gift by the Chinese community who contributed over RM43,000 to commemorate Queen Victoria's Diamond Jubilee in 1898 (Perak Post Cards 1890s - 1940s).

Ipoh City Council should have done its homework before making the plaques. And since they are engraved on stones, the cost must have been astronomical. Why can't the Council engage those in the know rather than some amateurs to do the job? The Council has the means to engage the right people but prefers to do things its own way.

By the way, what is the rationale in mentioning Royal Ipoh Club's and St Michael Institution's roles during the Japanese Occupation on the Ipoh Padang plaque? There is simply no connection.

Don't repeat what is found on the stone walls of Dataran KTM. Till today no efforts are being taken to correct the written English. Complaints and comments seem to fall on deaf ears. Ipoh City Council won the coveted 2013 Perak Tourism Award under the Innovative Local Authority Category. Let's see how innovative they are in correcting these mistakes.

While I was reading the plaque in front of the TNB office in Old Town, two British



tourists stood by looking confused. I related to them the historical significance of the building and its link to the city. Fortunately, I was around to explain. What about those who never had the opportunity?

Is Ipoh really ready for Visit Malaysia Year 2014? I doubt it.

Nadim

The New Mayor of Ipoh

The newly appointed mayor of Ipoh is no stranger to the city. Dato' Harun Rawi, who took over from Dato' Roshidi Hashim on January 2, 2014, has served in several government departments, in and around Ipoh. When he was the Deputy Director of Immigration Perak, I was the Enforcement Division Chief.

Harun is a man of few words but his decisions on immigration matters are being respected by all, including members of the public. He is firm in his decisions but is flexible when and where it matters.

Now that he is the mayor of Ipoh we, as ratepayers, can expect many changes. Ipohites will feel and see the differences soon. Harun is a man of action and he walks the talk, believe me!

Prior to this appointment he was the District Officer of Larut, Matang and Selama. Harun is a straightforward person whose primary concern is to serve the rakyat to the best of his ability. We all look forward to his dynamic leadership and his presence will help enhance Ipoh's image during Visit Malaysia Year 2014.

Let us hope that under his able stewardship Ipoh will again be the cleanest town in Malaysia it once was. For this to happen, we need to give him and his staff our fullest support so he can fulfil his responsibilities without fear or favour.

To former mayor, Dato' Roshidi Hashim, I wish you happy retirement. Kudos for bringing many changes to Ipoh.

K. Letchimanan

Orthopaedic Health

Dr Suresh Siva
Orthopaedic Surgeon

Back Pain

Back pain is one of the most common health complaints. Almost everyone will have back pain at some time in his or her life.

Causes

One single event may not cause your pain. You may have been doing many things improperly – such as standing or lifting – for a long time. Then suddenly, one simple movement (such as reaching for something or bending from your waist) leads to pain.

Many people with chronic back pain have arthritis and extra wear and tear on the spine. Arthritis or "wear and tear" is something that happens to most people as they grow older. It is as inevitable as death and taxes. The onset of arthritis can be accelerated by:

- heavy use from work or sports
- past injuries and fractures
- past surgery.

You may have had a herniated disc, where part of the spinal disc is pushed onto nearby nerves. Normally, the discs provide space and cushion in your spine. If these discs dry out and become thinner and more brittle, you can lose movement in the spine over time. The gel in the disc is like toothpaste from a tube and once it has been squeezed out it cannot go back inside the disk.

If the spaces between the spinal nerves and spinal cord become narrowed, this can lead to a condition known as spinal stenosis.

In fact, you are at greater risk for low back pain if you smoke, are over age 30, overweight, pregnant, if you do not exercise or if you have a job in which you have to do a lot of heavy lifting or bending.

Symptoms

You may feel a variety of symptoms if you have back pain, including:

- dull aching
- sharp pain
- tingling or burning sensation
- weakness in your legs or feet.

Low back pain can differ from person to person. The pain may be mild, or it can be so severe that you are unable to move.

Depending on the cause of your back pain, you may also have pain in your leg, hip or on the bottom of your foot.

Treatment

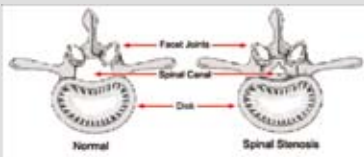
If you have any concerning symptoms, call your doctor right away. However, the good news is that 90% of patients with back pain improve and recover without any need for surgery. All they need is rest, exercise and physiotherapy. Some patients may need a short course of medications to reduce inflammation and relieve pain. Some patients may benefit from massage therapy.

If your back pain does not go away completely with rest and exercise, you must learn to take care of your back at home and learn how to prevent repeat episodes of back pain during the course of your normal activities. Your doctor and your physiotherapist can help you manage your pain and keep you as active as possible.

However, if the pain does not improve after physical therapy or if you have a serious spinal condition or nerve damage you may require spine surgery to relieve pain and stabilize the spine. If the diagnosis is correct, there is a high success rate following spine surgery.

Outlook

Most back problems will get better on their own. The key is to know when you need to seek medical help and when self-care measures will allow you to get better.



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Date : 30th (Sun) March, 2014

日期 : 30/3/2014 (星期日)

Time : 9:00am to 6:00pm

时间 : 早上9.00至下午6.00

Venue : Leong Wan Chin Hall, (Perak Girls' School),

Jalan Kampar, Ipoh, Perak.

地点 : 怡保金宝露露女中旁边 (梁琬清大礼堂)



PROF DR. LIM SHEN -YANG,
Consultant Neurologist and
Senior Lecturer at
University Malaya Medical
Centre in Kuala Lumpur.



JOHN BAUMANN, J.D., a
humorous and inspiring
speaker; teaches at the
University of Louisville.
He was diagnosed with
Parkinson's at 41 years.



DR JON STAMFORD spent
more than 20 years as an
academic neuroscientist.
He was diagnosed with
Parkinson's at the age of 49.



TEOH POH YEW, diagnosed
with Parkinson's at 46, is a
very experienced
international trainer in the
fields of creativity and math's
education.



MAHADEVI BARATHI, Masters
Physiotherapy
(Neuroscience, Australia).
She specializes in
neurology and Parkinson's
Rehabilitation.



SAMUEL NG, President of the
Perak Parkinson's
Association;
Had Parkinson's at 42.
His passion is to help others
handle the disease with pride.

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05 548 6380 or email: info@sivaclinic.com.**

News

Ipoh Vintage Car Club



The newly registered Ipoh Vintage Car Club organised a Chinese New Year gathering among its members, fellow hobbyists, friends and supporters, in conjunction with the club's third anniversary.

Held on Sunday, February 9, the tenth day of the Spring Festival, at the car park of Stadium Perak, it was also a pot-luck open house of sorts, as everyone contributed snacks to enliven the occasion.

About 50 cars were showcased, bringing together vintage and classic models from different eras. Some of the models displayed were Morris Minor 1000, Fiat 600D, MG Sports and MG Midget, mostly owned by Ipohites.

The gathering also attracted car enthusiasts from as far as Kuala Lumpur and the United Kingdom. It was a good platform for them to exchange notes on car restoration and modification.

Members of Ipoh Vintage Car Club meet up at the car park of Stadium Perak every Sunday morning. The club has currently currently has about 30 members. Those keen on joining the club can contact Chow Kum Chuan (Uncle Chow) at 019 574 9881.

Emily



Puppies Given a Reprieve



The Ipoh Society for the Prevention of Cruelty to Animals held a dog adoption drive at De Garden recently. Over 80 puppies were rescued from a puppy mill and put up for adoption. They included poodles with a minimum price tag of RM200 each. The money collected was for veterinary services for the animals.

The Association refused to disclose the location of the puppy mill. However, Vice President, Soong Wai Chiew, commented that the dogs were rescued due to poor living conditions in the house where they were bred. It was their first time witnessing the light of day.

Despite lodging a report with the Perak Veterinary Services Department and the local authority, no action was taken to stop the activities of the breeder. The issue was only resolved after the association agreed to buy the animals for a small fee.

Those adopting the puppies are subject to strict regulations by ISPCA like occasional spot-checks to ensure that the canines are being properly cared for, health and safety wise.

A few remaining puppies are still available for adoption. Those interested may call Mr Ricky at 012 518 6915 or go to their Facebook page I.S.P.C.A or call this number 016 550 6915.

Angain

Legal Aid Foundation

The Perak Bar launched the Perak chapter of the National Legal Aid Foundation (Yayasan Bantuan Guaman Kebangsaan) and the Perak Legal Aid Centre at its headquarters in Ipoh recently. The event, attended by members of the state's legal fraternity, was most timely as the Perak Bar celebrates its 50th Anniversary this year.

Perak Bar Chairman, Vivekanandan Periasamy, in his opening remarks, said that in 2013 the foundation assisted 8889 persons in remand cases, 514 when they were charged in courts, 1129 during mitigation and 326 during bail. Bar Council members made 32 prison visits.

He also announced that the Perak Bar is planning to set up the first Syariah Legal



Aid Centre in Malaysia. The Syariah Legal Aid is aimed at providing, among others, free legal advice and services to single mothers and divorcees at the syariah courts.

"We also intend to set up the first of its kind International Centre of Learning for International Arbitration and Mediation to cater to the Asia Pacific region. And we have, in the presence of the Regent of Perak and the Menteri Besar, signed a Memorandum of Cooperation (MOC) with the Victorian Bar, Australia who will provide us the teaching support and knowledge transfer."

President of the Malaysian Bar, Christopher Leong, proposed that the services of the foundation be extended to non-citizens as well. According to him, many foreign workers lack monetary resources to acquire legal services.

He said the matter had been raised with Attorney General, Tan Sri Abdul Gani Patail and the Bar Council would support the AG in this issue.

The National Legal Aid Foundation was formed in 2011 following the huge number of individuals who were unrepresented in the civil courts each year. It is an independent body that provides free legal representation for those who are unable to engage their own lawyers.

Angain

Patisserie Boutique

Cafes have been spread out all over town lately and Pâtisserie BoutiQue has recently joined the ranks of trendy cafes. The interior design is sophisticated, with black frames and white walls with "Gateaux" written on one of the walls to remind you of their specialty, which is French for cakes.

On their menu, there is Pasta, Soup, Salad, Coffee, Tea, Fruit Juice and Bottle Drinks. They also have homemade pastries, cakes and desserts. The Parisian-themed cafe Menu ranges from RM7 to RM18.



For Pasta Lovers, there is the Smoked Duck Aglio-Olio and Smoked Duck Alfredo. If you are not a duck fan, you can have Beef Bacon Aglio-Olio and Smoked Salmon Alfredo as an alternative. There is also the Granny's Chicken Lasagna. All pastas range from RM18. It comes in a beautiful presentation that begs for pictures to be taken.

The Irish Lamb Pot Pie (RM16) is a hearty dish. The Fresh Mushroom Soup (RM8) is just like it says. You can

find plenty of fresh mushrooms in the dish. These are definitely dishes to look forward to on a rainy day. For those who are looking for a traditional salad, there is the Caesar Salad (RM13) which is presented with a variety of colours.

The Black Rum Tiramisu (RM15) was delicious. The Crème Brûlée (RM8) had a creamy texture at the bottom and it was appetizing. The Chocolate Cheese Cake (RM12) was my favourite. It was very well balanced and very well done. It is rare that you would get such quality Chocolate toppings for cake anywhere.

I would suggest that you drop by the place after 4pm to avoid the crowd. You could find Pâtisserie BoutiQue behind Kong Heng, directly behind Plan B, on the corner facing the main road with a Paris Eiffel Tower logo on the board.

Susan Ho



Community

Citizenship for the Kanan Family

The 20-year wait was never in vain as the Kanan family was finally granted their elusive Malaysian citizenship. An elated G. Kanan, 44, and his family, comprising his wife and six children, were met at the National Registration Department (Perak) in Jelapang recently. They were there to receive their MyKads from department director, Mohd Zahari Hassan.

Those receiving the identity cards and birth certificates were Kanan's wife, D. Citra, 34, his six children, K. Setha, 17, K. Daneswary, 16, K. Poogeswaran, 14, K. Puganeswary, 12, K. Satia Seelan, 11, and K. Mythily, 9.

Kanan, had no problem regarding his identity as he is a bona fide citizen and had acquired his MyKad a long time ago. It was his wife, D. Citra, who did not possess any documentary proof of her birthplace. All she had was a green card which is issued to non-citizens awaiting permanent residency.

His wife's problem had invariably affected their children as, by definition, only one parent is a citizen of the country. "My children could not be registered at national schools, as a result," said Kanan to Ipoh Echo. "Although Citra was born in the country her parents did not register her birth for reasons of ignorance," added Kanan.

"This is a common problem, especially among estate workers who have little access to modernity and education," said Mohd Zahari Hassan. The department receives many such applications and will investigate cases based on merits.

"It's time consuming, as investigations will take years to complete," Mohd Zahari added.

The anxiety is all over for Kanan and his family. "I can now proceed on with my life like any normal Malaysian," he chipped. His children can now be admitted to national schools and sit for their exams like other kids their age.

RM



KPJ ISH Celebrates 2014 World Cancer Day



KPJ Ipoh Specialist Hospital launched its World Cancer Day Campaign on February 8 at Mydin Hypermarket, Meru Raya, Ipoh. In collaboration with the Malaysian Gynaecological Cancer Society (MGCS), the campaign was officially co-launched by Dato' Dr Hajjah Nordinayah Haji Hassan, State Health Director together with Datin Wira Dr Hajjah Siti Hawa Mohd, Director of Human Resources, Mydin Mohamed Holdings Berhad.

The three-day campaign which started from February 7 to 9, was aimed at Perakians specifically as well as Malaysians in general. A series of informational articles published in the media served to create awareness among Malaysians.

Debunk the Myths was the theme this year, in recognition of the fact that most of the general public were unaware of the actual facts about cancer. Myths and misconceptions increase stigma and reduces chances of cancer patients seeking treatment early. This results in lost opportunities to prevent cancer and successfully treating the disease.

Cancer myths being debunked at international level are:

1. We don't need to talk about cancer.
2. Cancer...there are no signs or symptoms.
3. There is nothing I can do about cancer.
4. I don't have the right to cancer care.

Being a leading health care industry player, KPJ Ipoh Specialist Hospital believes it is their responsibility to contribute to the community by organising such campaigns. Through providing the latest information and treatment options on cancer, this would change the mind set and remove stigma, thus increasing the survival rate of cancer patients through early detection and treatment.

Apart from this campaign, KPJ Ipoh Specialist Hospital also organised another World Cancer Day campaign at their hospital on February 15.

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



RPP RM29

Tourism

Off The Beaten Track

When an Ipohite is quizzed about natural attractions around Ipoh, he or she would respond with the usual Gua Tempurung, cave temples and pomelo orchards, to name a few. After all, Ipoh is better known for its gastronomical delights rather than its natural beauty.

A visit to Tasik Cermin (Mirror Lake) could change all that, especially for those who think little of Ipoh's natural charms. Located next to Gunung Rapat, this gem of a beauty is sure to astound nature lovers, skeptics included.

The journey to the site is difficult without a 4WD vehicle. What greets visitors upon arrival is a quarry where huge machines rip apart the limestone walls, processing stones and pebbles for the construction industry.

The rape of the pristine limestone hills aside, a short hike of about 250 metres leads visitors to the entrance of the lake. It is a little strange for lakes to have an entrance but this one sure does. The tunnel, carved through the hard limestone rock and emerging on the other end, brings you to Tasik Cermin.

For those who do not appreciate the beauty of nature and the calming effect the still waters of the lake bring, this place is definitely not for you. The vista looks very much like a scene from National Discovery television series minus David Attenborough doing the narrating.



The lake, a favourite with quarry workers, is still untouched. A makeshift steel jetty at the water edge provides a likeable platform for visitors to enjoy the panoramic view. Known only to a handful of Ipohites, it was deserted when I arrived there one recent morning.

From the lakeside, limestone structures appear to blend in with the green surroundings further enhancing the scenic beauty. The placid waters of the lake reflect the sun's rays providing a glistening effect on the trees and shrubs, lending credence to its name of Tasik Cermin (Mirror Lake).

Like similar places all over Malaysia, Tasik Cermin is not spared the destructive forces of humans. Styrofoam packets, plastic bags and empty cans are strewn around the area. It goes to show the mindless attitude of these litterbugs. The walls of the tunnel leading to the lake are filled with very uncreative graffiti, ranging from names to vulgarities.

It is a miracle how this lake has managed to survive with an active quarry within its midst and the actions of the mischievous few who have little or no love for nature. It certainly deserves the respect and care from every discerning Ipohite.

With all the delicious food Ipoh has to offer, what we need is a place to relax and unwind while waiting for the food to digest. Tasik Cermin is the place.

Getting there:

Tasik Cermin is off Jalan Dr Nazrin Shah about a kilometer down the road from Sam Poh Tong cave temple and near the Isuzu building. GPS coordinates: N 4° 33' 33.01" E 101° 7' 10.47". On Google Maps it is at: 4.559169, 101.119575.

Angain



Sport

Fostering Sporting Spirit



Universiti Kuala Lumpur Royal College of Medicine Perak (UniKL RCMP) organised an inter-university futsal competition in Ipoh recently. The competition was between medical faculty students from 11 different universities nationwide.

The primary objective of the one-day sporting carnival was to foster goodwill and sporting spirit among competing teams. A total of 22 teams competed, 17 in the male division and five in the female division.

Present to officiate the opening was Dr Muhammad Amin Zakaria, Executive Councillor for Education, Science, Environment and Green Technology.

The winner of the male division was Asian Institute of Medicine, Science and Technology while Perdana University and Universiti Sains Malaysia secured second and third placing, respectively. In the female division, the first and second spots went to separate RCMP teams while USM settled for the third spot.

Winners walked away with cash prizes, medals and Veema products.

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Sponsoring Goodwill

Kinta Saujana Properties sponsored RM10,000 to Universiti Tunku Abdul Rahman (UTAR) Sports Club recently, as part of its Corporate Social Responsibility project.

A mock cheque for the said amount was handed over by Managing Director, Cheng Heng Keong and Director of Kinta Saujana Properties, Khor Fong Sik to the managers of the basketball and table tennis teams, Adrian Yeap and Chock Yuijin, who is also the university's Head of Corporate and Public Relations.

The money will be used to further develop the teams and to allow them to participate in state and national-level competitions, which require high entry fees. The money will also be used to purchase jerseys and sporting equipment required for the very competitive sports.

This sponsorship is a form of goodwill between Kinta Saujana Properties and UTAR as the former is the owner of the up and coming MH Unilodge in Kampar.

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