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# Ipoh's Soup Kitchens

## - Serving the Needy

By A. Jeyaraj



First Garden Soup Kitchen



Sai Baba Soup Kitchen



Masjid Paloh Soup Kitchen

For those who may not know, a soup kitchen is an establishment which offers free meals to the urban poor and homeless in the community. Soup kitchens can be found all over the world and many also offer a variety of other support services to their patrons. Visitors to a soup kitchen do not need to meet any eligibility requirements, with meals being offered to all without question. Even regular office workers and businessmen are welcomed, to remove the stigma from the poor and give them dignity. A quick survey by Ipoh Echo recently unearthed a plethora of soup kitchens serving the needy.

Continued on page 2

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# Serving the Needy in True Spirit of 1Malaysia

Typically, a soup kitchen is run and staffed by volunteers who cook the food, serve it and clean up. Many soup kitchens welcome volunteers and donations. They also work with organisations which offer medical care, psychological counselling and other services to the poor and homeless.

In Ipoh the first soup kitchen was opened about eight years ago and now there are a number of them.

## Lighthouse Hope Society Soup Kitchen

Lighthouse Hope Society, an NGO that runs its soup kitchen at 4 Jalan Koo Chong Kong in Old Town, has been operating for five years. The centre offers dinner from 5.30pm to 7pm on Mondays and Thursdays and high tea from 3pm to 5pm on Tuesdays, Wednesdays and Fridays.

Richard Lee, who is in charge of the soup kitchen, said that this was a project started by the Canning Garden Methodist Church in 2006. This is the first soup kitchen in Ipoh. Initially pre-packed food was distributed from the back of a van at the former Super Kinta supermarket (current site of UTC Perak). However, due to the large number of people, from 2008 food is served from the current location.

Dinner is served to about 100 people and consists of rice, meat, vegetable and a drink. High tea is served to about 80 people and consists of noodles and fried rice. Food is served to whoever comes. A register is kept on the personal particulars of those who eat here. In addition to providing food, the centre has facilities for free shower, haircut and a medical clinic. Second-hand clothes are available.

Dr S.S. Gill, President of the Society, said that recently they organised the Concert of Hope by Belles and Beaus to raise funds and collected RM120,000.

For further information call Lee at **012 505 7048**.

## OLOL Soup Kitchen

Our Lady of Lourdes Church (OLOL) Soup Kitchen is run by the church and held at the First Garden playground near the low-cost flats every Wednesday and Thursday from 1pm to 2pm. It began in March 2009 and was initiated by Sisters from the Franciscan Missionaries of Divine Motherhood (FMDM), parishioners from Our Mother of Perpetual Help Church, Ipoh and those from the Parish Integral Human Development ministry of OLOL.

Edwin Gomez, one of the volunteers said they serve free food to the poor, comprising rice, a meat dish and vegetable with a cup of water or syrup. Edwin said there is a crowd of about 80 people daily and they serve anyone who comes. There are even people who come in cars. A team of volunteers take turns to help run the soup kitchen. The meals are sponsored by the OLOL parishioners and well-wishers. The volunteers talk to the people and try to find suitable jobs for them.

For further information call **05 527 9349**.

## ANNING Soup Kitchen

ANNING Soup Kitchen was set up about a year ago and provides free lunch seven days a week and is located at 16A, Jalan Masjid in New Town. It is run by the Bao Eu Shi Temple and was initiated by its chief monk Ven Gong Zhang.



• Lady with child

Lighthouse Society Soup Kitchen



• Food is good!



Lighthouse Society Soup Kitchen

food, lunch consists of rice, two vegetables and dhal curry and dinner is normally noodles; devotees also bring homemade cookies. Food is served after *poosai* or prayer. The centre employs full-time cooks to prepare the food. Individuals can also sponsor meals by paying RM300, to perform *ubayam* or prayer in their name to celebrate wedding anniversaries, birthdays and other auspicious occasions.

The scheme was started by S.P. Kannan, chairman of the society, about four years ago. This is a self-supporting scheme funded by devotees and well-wishers.

For further information call **05 242 1821**.

## Masjid Paloh Soup Kitchen

Masjid Paloh in Jalan Dato distributes pre-packed food to about 100 needy people on

Wednesdays and Fridays after Asr prayers at about 5pm. Hj Ahmad, Secretary of the mosque said that food has been provided for the past six years. It is for anybody who comes and there is no discrimination on race or religion. Normally rice with chicken or noodles are provided. Food is provided by anonymous donors.

For further details call Hj. Ahmad **05 311 3759**.

## Indian Muslim Mosque Soup Kitchen

A number of sponsors and well-wishers distribute about 100 food packets every Friday before prayers to the needy at the premises of the Indian Muslim Mosque opposite Ipoh Padang. Yussof, the mosque secretary, said that this is being practised for many years and the mosque is not involved. Food packets consisting of rice, chicken and vegetables are given to anyone who comes and is not restricted to those who come to pray.

During Puasa month, the mosque serves breakfast before start of fasting and *buka puasa* dinner is provided. Also during six months in a year, dinner is provided for about 300 people for 12 days after *Isyak* prayers. Food is provided to anyone who comes.

For further information call Yussof **017 584 9243**.

## Gerai Makanan Dan Minuman Rahmath Soup Kitchen

Rahmath Food Stall in Jalan Sagor (behind Perak State Mosque) has been serving free chicken rice to about 30 people every Friday after prayers for more than 20 years.

Ridzuan, staff of the restaurant, said that the proprietor, popularly known as *Nasi Ayam Ali*, initiated the scheme. The packed food is given to anyone who comes. The restaurant also gives free lunch to two or three needy persons daily. Ridzuan informed that once in a while they get sponsors who ask them to deliver the food on their behalf.

For further information call Ridzuan **016 557 3100**.

## Are soup kitchens a solution for the urban poor?

I have visited each of the soup kitchens more than once and mostly the same group of people patronise the soup kitchens and are like one big happy family and know where free meals are available. One of the guys said that free food is available every day of the week and he knows where to get it.

On speaking to the volunteers some have the view that while the objective of soup kitchens is to help the needy, the downside is that they tend to make people lazy and even those who are able to work and can get jobs are not willing to work since they can get their meals and other necessities for free.

Some people are coming without the knowledge of their families and are reluctant to talk about themselves and also refuse to have photos taken. Perhaps the Welfare Department and relevant NGOs could talk to these people and try to come up with what is best for them. Those who are physically fit could be given employment or trained to do some handicraft so as not to live on handouts.

Though the soup kitchens are run by Muslim, Christian, Buddhist and Hindu groups, they all serve the needy regardless of their race, religion or background. This is praiseworthy in itself and a shining example of where the 1Malaysia concept is truly practised.



Sai Baba Soup Kitchen

## Shirdi Sai Baba Centre Meal Service

The Shirdi Sai Baba Society's centre at 22 Jalan Sultan Iskandar provides free meals to about 200 devotees and visitors daily. On Thursdays the number is double. The centre is providing *annadhanam* or offering of free food which is an ancient Hindu practice.

The centre's caretaker Priya Arumugam said they provide vegetarian breakfast, lunch and dinner seven days a week to anyone who walks in and is sober and properly dressed. There is a donation box and those who can afford can make a donation. A notice board is placed in the hall to indicate the items urgently required.

Breakfast consists of typical Indian

## ANNING Soup Kitchen





IPOH **echo**

• **From the Editor's Desk**  
by Fathol Zaman Bukhari

# ALL FOR THE WRONG REASONS

*Malaysians are so accustomed to the condescending attitude of civil servants and politicians that most have come to regard it as hazards of being Malaysians...*

The fate of Malaysia Airlines Flight MH 370 and the 239 passengers on board is still in abeyance almost six weeks after it went missing somewhere in the southern Indian Ocean. The one single important factor that has surfaced out of this unfortunate incident is that it has, unwittingly, exposed the many flaws that are synonymous with Malaysia and, by default, the federal government in Putrajaya.

It does not take the likes of CNN presenter Richard Quest or Bloomberg columnist William Pesek to unravel the truth. It is there for all to see. And that includes you and I, ordinary Malaysians who are so accustomed to the condescending attitude of civil servants and politicians that most have come to regard it as hazards of being Malaysians.

We need not go far to see how local councils fare. How they respond to complaints and how they react to criticisms. It has become a culture, a way of life that has become so embedded, endemic and ingrained in our society. Ridding it may take a lifetime, if we have the luxury of living that long – I speak for myself.

As expected, numerous theories, some absurd, some humorous and some baffling, have cropped up. In the absence of concrete evidences, coupled with the dithering and flip flopping by our very gung-ho politicians and their emasculated civilian and military counterparts, we are made to look like fools in front of a very unforgiving international media.

Compounding our already sullied image was the sight of officials who were struggling to communicate effectively in the English Language. Malaysia Airlines issued three versions of a press statement during the initial stage of the investigation to correct several errors. One was in reference to an “expensive” rescue operation, when it meant “extensive”.

This scenario was repeated almost every evening and carried live on CNN, BBC, Al Jazeera, Sky News, Bloomberg, Australia Network and many more. Hopefully, this will have an impact on those responsible for our children's education. English is the language of the world. Ignoring its importance and universality is a risk we can ill-afford.



The poor coordination between agencies and the conflicting reports and updates on the search for the missing MH 370 laid open another glaring flaw. We lack the expertise and the wherewithal to tackle and handle an international crisis of such magnitude. If only our leaders are gracious enough to acknowledge their mistakes we would not have been vilified as such. The country's international image has taken a severe battering. And this is a fact.

The search for MH370 has assumed a life of its own. It is now centred in an area some 1200 km west of Western Australia. The Joint Agency Coordination Centre formed on March 30 and located in Perth is being headed by retired Australian Air Chief Marshall Angus Houston. Eight countries, including Malaysia have deployed their sea and air assets to locate debris and the all-important black box containing the flight data recorder.

The quest for the missing Boeing 777-200 ER is more focused now. Presently, some 15 aircraft and 14 ships are involved in the joint operation. The use of some very high-tech equipment such as the towed pinger locator has heightened the chance of unveiling the mysteries behind aviation history's costliest sea-hunt.

There has been some renewed optimism after Australian officials said that they had detected “ping” signals presumably from the aircraft's data recorder. But time may not be on the searchers' side as the box's battery has now passed its 30-day lifespan.

Though many may not have any kind words for the way the authorities have handled or mishandled the crisis, the fact remains that this is something unprecedented. The incident could have befallen any country. Love or loath it, we are the reluctant stakeholder, the one to be blamed for the tragedy and the one to bear the brunt of those whose loved ones were among the 239 passengers and aircrew on the ill-fated flight.

We have made some very unforgivable blunders, some deliberate, some accidental. Correcting a negative perception is no simple task. A massive paradigm shift is definitely in order. And it should all begin in Putrajaya. We have suffered enough, as scorn upon scorn have been heaped on us. Malaysia is in the limelight for all the wrong reasons. Will the eventual conclusion of the missing MH370 be the dawn of a new beginning? Your guess is as good as mine.

## In The Name Of My Father's Estate

Episode 28 • by Peter Lee

As soon as all the three Administrators, namely, John Lee, Michelle Lee (children of the first family) and Connie (Lee Sr's second wife) regained their composure from their fist fight after a heated argument, Connie stood up and said to Michelle, “There will be a police report”. She then left the meeting room. John looked at Michelle and said, “We are not here to start a fist fight but to negotiate with Connie on father's assets. What the hell were you thinking? Michelle replied in anger and said, “John, that woman's demands make me puke and I am ready to challenge her.” John raised his voice and said, “That does not mean you can beat her up. Do you know that you are now exposed to assault charges from your co-Administrator? Furthermore, Mum's request for Connie to renounce her entitlement to the company's shares held by father together with some of Mum's joint name assets with father is now in limbo.”

Then Michelle said, “I am not bothered with her charges and I will tell Mum to hold on to her S\$3 million from Singapore which Connie has an entitlement to until Connie agrees to our terms on her renunciation.” John shook his head and said, “How are we going to work together as joint Administrators if you are going to behave this way. As you know, father's entire estate is to be transferred to all three of us as Administrators when the Letter of Administration (L.A.) is obtained. As for the company's shares, they can be transferred to only one person and not three of us jointly. So, how are we going to take care of this? Dave (family lawyer) had already explained to us earlier about this. If you ask Mum not to release Connie's entitlement on the S\$3 million, we can forget about negotiation and just follow the distribution according to Intestacy Law. For that, you better explain to Mum.” Michelle then said, “John, I will transfer father's 70% shares in three of our family companies to Mum first and then we will see what happens”. “What do you mean by that?” asked John. In response, Michelle said, “Well, I have some blank share transfer forms pre-signed by father.”

John said “My God, did you forge father's signatures? “No” was Michelle response. She continued and said, “Father signed all these forms long before he died. He told me to use it when necessary. “Does Mum and the rest of our family know about this?” Michelle said “No. This is my last trump card since we have come to this stage of our problem. After all, if I transfer all these shares to mum, I don't think it will be a problem with the rest of our families because in this way we can protect our family shares while we negotiate with Connie. I am going to instruct our Company Secretary to deal with the transfers.” In response, John said “I think if you do it at this stage, Mum is going to face a lawsuit for illegal transfer. Furthermore, I think our Company Secretary will not do it since it's illegal.” Michelle then said, “Ok. Let me talk to the Company Secretary first. She immediately phoned the Company Secretary asking them whether they could transfer these shares before talking to her Mum.”

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 excelsec@ms.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

### ARE YOU ON EYE DROPS?

**Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about proper ways to use eye drops.**

In today's world, almost everyone has had to use some form of eye drops at sometime or the other. The handling of eye drops is of paramount importance when applying any eye drops that have been prescribed by a doctor.

Here are some pointers to take note of when using eye drops:

#### 1. KNOW THE EYE DROPS THAT YOU ARE USING

Firstly, avoid purchasing any form of eye drops over the counter (OTC) unless they are lubricant eye drops or artificial tears. Purchasing medicated eye drops like those containing steroids must be avoided. In many countries, steroid eye drops cannot be bought over the counter from a pharmacy. However, in Malaysia there are no stringent laws and so a patient is able to purchase steroid eye drops over the counter without any prescription. This is dangerous because eye drops like these, when used indiscriminately without a prescription, can cause serious problems like worsening of corneal infections, glaucoma, early cataract formation and even blindness if used long term without supervision. A steroid eye drop should only be used when it has been prescribed by a physician or eye doctor who is able to monitor your eyes when you are using such steroid eye drops.

#### 2. HAND WASHING

Always make it a point to wash your hands before handling any kind of eye drops. This is to ensure that you do not pick up any infection from handling your eyes and/or contaminating the eye drops that you are using.

#### 3. KEEPING THE BOTTLE NOZZLE CLEAN

Ensure that the bottle tip or nozzle does not touch your fingers or eyelids or eyelashes. Should this ever happen, it may result in organisms getting into the bottle and contaminating it. It would be best to discard the eye drop bottle if there is any doubt regarding this. Also, remember to discard the eye drops if they are more than one month old unless specified by your physician.

#### 4. DO NOT WEAR CONTACT LENSES WHEN USING EYE DROPS

Instilling eye drops into eyes with contact lenses on should be avoided unless they are preservative-free eye drops or eye drops meant for contact lens wear. Contact lenses absorb medication in the eye drops and can cause long term effects on the surface of the eye or cornea.

#### 5. DO NOT SHARE EYE DROPS

This is a big “NO”. Never let anyone use your eye drops and never share someone else's eye drops. Infections can spread from one person to the other especially if the eye drops have been contaminated. Also, many of these eye drops are prescription eye drops that can only be used for specific conditions.

#### 6. INFORM YOUR DOCTOR IF THERE ARE PROBLEMS

Make it a point to inform your doctor if you get a red eye, eye pain or swelling after using eye drops. Such symptoms may be indicative of an allergy to the eye drops.

#### 7. HAVING A TASTE IN THE MOUTH

It is common to have an after taste in the mouth after instilling eye drops as all eye drops like our tears, get drained into the nose through a duct called the nasolacrimal duct. Should you find a bitter taste in the mouth, do not be alarmed. In order to reduce the drainage process, keep the eyes closed for about two to three minutes or apply pressure on the tear duct to reduce the drainage.

#### KEEP EYE DROPS AWAY FROM KIDS

Remember to keep all eye drops away from children. Eye drops may have undesirable side effects should they be swallowed by a toddler.

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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## Caring for The Environment: From Teluk Intan to Nottingham

**M**uhammad Fakhruddin Hj Safian Shuri, who is in his early twenties, is a final year student reading Environmental Science at Nottingham University. Besides having concern for the environment, the charming young man from Teluk Intan, has a passion for reading and has set up a website <http://ohbuku.com> in which he reviews books and recommends good reads.

When Ipoh Echo caught up with him in Nottingham, Fakhruddin said, "We need to care more for our environment, instead of just giving priority to development or to becoming a developed nation. We must not be too materialistic. We must learn to protect our natural environment."

He explained that more environmental activists come from the west, than from Asia or Africa, because westerners have experienced over development or whilst chasing money through development, may have noticed that uncontrolled development has led to degradation of their environment.

Reading Environmental Science at university came about by accident. He said, "I applied for the JPA scholarship, to read Chemistry, but when I was doing my 'A' levels, I had a change of heart over my university course subject."

"JPA was very understanding. They agreed to the change, as long as I did not choose a social science study course. Before settling for Environmental Science, I had contemplated reading psychology; but that was before I realised that Environmental Science has a great future in Malaysia."

The young Perakian who will graduate this summer was full of praise for Nottingham. He said, "I like Nottingham as it has a good Malaysian community. There is a nice mix of Malays and Chinese, just like in my hometown of Teluk Intan."

He described his introduction to the British culture. "I came here about two-and-a-half years ago, but I was not at all homesick."

His independence and ability to cope, despite being thousands of miles from home, is probably because he went to boarding school, Sekolah Berasal Penuh Integrasi (SBPI) at Sabak Bernam, in Selangor. He did his 'A' levels, at Sekolah Sri Cempaka Cheras in Kuala Lumpur.

He said, "SBPI is like a *sekolah agama* in one sense, in that most of the pupils are Malays and Muslims."

On the other hand, the school is different from a religious school, because in Forms 4 and 5, we had to take one of three options; Technical science, Religious science or Pure science. I am from the religious science stream."

Fakhruddin said, "My secondary school was co-educational. When I first came to England, I did have a slight culture shock. In the first year, I had to familiarise myself with the local culture and the local accent."

"It was not difficult but it took a little time. Most of the shows on Malaysian television are from America. Their English is different from the Nottingham accent. The British are well mannered and polite. They help you at the door. They say "please" and "thank you". They are quite hospitable."

He lamented the absence of "courtesy to others" in our Malaysian culture. "When I did my 'A' levels in Cheras, I noticed that people were rushing around everywhere. In that sense, people are very materialistic. This exhibition of being kiasu, is probably because their time is money."

Fakhruddin stressed that the hospitality shown in Malaysia would be different to that of England. He also said that regional differences exist and that London hospitality would not be the same as that of rural England.

Talking about his future plans, Fakhruddin said, "After graduating, I would like to do a postgraduate degree in science and technological studies, possibly in KL."

The young man showed concern for his hometown, "During my summer holidays, I noticed much housing development at home, but I doubt if these are carried out according to the law. I wonder if the natural environment is being considered. Teluk Intan is a sensitive area with regards to the environment and it is prone to flooding. I have had the opportunity to study in England and I have been



exposed to the various aspects of environmental concerns."

With the finals over by summer, Fakhruddin said that he was looking forward to his parents attending his convocation ceremony in July 2014. Despite Nottingham being notorious for crime, Fakhruddin said that he does not feel threatened and had no problems with his personal security. "I have good experiences of living here and I am very happy; but I have heard that a few of the students' houses have been broken into."

His advice for potential Malaysian students studying overseas, or in England, this autumn, was simple.

He said, "Enjoy your life to the fullest. Don't waste your potential especially when you have been given the opportunity to study abroad. You have money, so use it for a meaningful purpose, to buy books or to gain useful experience travelling and studying other people's culture. Get involved in societies and activities, because you may not get an opportunity like this once you return home, or when you start work."

When asked if he had travelled widely during his time in England, he said, "I have visited Spain and Istanbul but I would like to visit more countries. My final examinations are imminent so I must concentrate on my studies."

*The Ipoh Echo would like to wish Fakhruddin much success in his exams and his future.*

## Dr Saravana.K

Consultant Physician,  
Gastroenterologist & Hepatologist

## Digestive Health

## Non-Alcoholic Fatty Liver

## Definition

Non-alcoholic fatty liver disease is a term used to describe the accumulation of fat in the liver of people who drink little or no alcohol.

Non-alcoholic fatty liver disease is common and usually does not cause any symptoms. In some people, the fat that accumulates can cause inflammation and scarring in the liver. This more serious form is sometimes called *non-alcoholic steatohepatitis*. At its most severe, non-alcoholic fatty liver disease can progress to liver failure.



## Symptoms

Usually causes **no signs and symptoms** but may include: fatigue, pain in the upper right abdomen or weight loss.

## Causes

It occurs when your liver has trouble breaking down fats, causing fat to build up in your liver tissue. Doctors aren't sure what causes it. The wide range of diseases and conditions linked to non-alcoholic fatty liver disease is so diverse that it's difficult to pinpoint any one cause.

## Types of non-alcoholic fatty liver disease

Non-alcoholic fatty liver disease can take several forms – from harmless to life-threatening.

Forms include:

- **Non-alcoholic fatty liver.** It's not normal for fat to build up in your liver, but it won't necessarily hurt you. In its simplest form, it can cause excess liver fat, but no complications.
- **Non-alcoholic steatohepatitis.** In a small number of people, the fat causes inflammation in the liver. This can impair the liver's ability to function and lead to scarring of the liver (**cirrhosis**).
- **Non-alcoholic fatty liver disease-associated cirrhosis.** Liver inflammation leads to scarring of the liver tissue. With time, scarring can become so severe that the liver no longer functions adequately (**liver failure**).

## Risk factors

A wide range of diseases and conditions can increase your risk including: high cholesterol; high levels of triglycerides in the blood; Type 2 diabetes; obesity – metabolic syndrome; polycystic ovary syndrome or sleep apnoea; underactive thyroid (hypothyroidism); or underactive pituitary gland (hypopituitarism).

## Tests and diagnosis

- **Blood tests** – liver function tests, lipid levels, fasting blood sugars
- **Imaging procedures** – ultrasound, computerized tomography (CT) scan and magnetic resonance imaging (MRI)
- **Liver tissue testing.** If it's suspected that you have a more serious form of non-alcoholic fatty liver disease, your doctor may recommend a procedure to remove a sample of tissue from your liver (**liver biopsy**). The tissue sample is examined in a laboratory to look for signs of inflammation and scarring.

## Treatment and drugs

**No standard treatment for non-alcoholic fatty liver disease exists.** Instead, doctors typically work to **treat the risk factors** that contribute to your liver disease. Your doctor may recommend that you receive vaccinations against hepatitis A and hepatitis B to help protect you from viruses that may cause further liver damage.

Along with your doctor's help, you can take steps to control your non-alcoholic fatty liver disease. You can:

- **Lose weight:** reduce the number of calories you eat each day and increase your physical activity in order to lose weight.
- **Choose a healthy diet.** Eat a healthy diet that's rich in fruits, vegetables and whole grains.
- **Exercise and be more active.** Aim for at least 30 minutes of exercise most days of the week.
- **Control your diabetes.** Take your medications as directed and closely monitor your blood sugar.
- **Lower your cholesterol levels**
- **Protect your liver.** Avoid things that will put extra stress on your liver. For instance, don't drink alcohol. Follow the instructions on all medications and over-the-counter drugs.

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



THINKING  
ALLOWED

by Mariam Mokhtar



## MUSINGS ON FOOD



By SeeFoon Chan-Koppen

Pics by Ginla Chew

I have always lived by the motto that I will go anywhere for special food. And when my foodie friend Ginla Chew mentioned **Larut Matang Seafood**, my first thought was...“now that’s going to be quite a trek so we’ll need to leave early” but to my surprise, I found it right on our doorstep, in the now popular hub for restaurants and good eats – Medan Ipoh to be precise.

So gathering a group of friends, we descended on the restaurant.

Larut Matang is, as its name implies, an offshoot of a similar seafood restaurant in Matang and all its seafood comes from there. I have lingering taste memories of one of the most impressive food items I have had in Matang the last time I was there and that was the Shark’s Liver. The first thing I asked of chef/proprietor Tan Swee Hooi on arrival was whether he had some and to my delight he said yes. That made my day.

While some of my friends shuddered at the idea of **Shark’s Liver**, yet when it arrived all but one of them tried it and liked the taste. It had none of the fishiness that one would have expected, melting in the mouth, velvety smooth as it slides down the gullet, evoking nuances of Foie Gras or goose liver – **RM60 per kg**.

Next came the **Seafood Congee**, a steaming claypot chock full of fresh crab, prawns, large fish balls and fish slices. This was delectably umami and as far as my allergic body can ascertain, had no or minimal MSG as I didn’t have a reaction later in the day. The congee is as à la carte as it comes, where one can choose the type of seafood one wishes to put in and the price will vary depending on what one orders. Of course, you can also choose to have it with noodles or glass vermicelli (*Tung Fun*). A plain tureen with fish balls and fish slices is **RM20** while crabs cost **RM55** and prawns **RM70** per kg.

Next came the **Steamed Pomfret**, absolutely ocean fresh, done in the Cantonese style with scallions, garlic and soya sauce which we devoured in a flash. Pomfret **RM80 per kg**. Other fish are available depending on the catch of the day and the steaming styles are also optional.

I personally prefer a *Chao Chou* style of steaming with sour plums and *ham choy* (preserved cabbage) and promised myself to return to sample this.

Their fried homemade seafood bean curd was delectable, crisp on the outside and soft on the inside, the seafood paste lending an umami sweetness to the

cubes – **RM14(L), RM10(S)**.

This was followed by their **Sardines (Tsai Yu Tsai)** friend to an edible crisp where the heads, tails and most of the fish can be eaten.

We then had a plate of **Sautéed Clams** which were very fresh but unfortunately they were slightly overcooked so do make sure dear readers, to make a point to the chef when ordering this dish – **RM15**. Next came the **Steamed Squid**, tender just cooked morsels of baby squid with hints of garlic – **RM45 per kg**. For greens, we had the pick of the day (*Choi Sum*) which we had sautéed and it arrived on the table fresh and still crunchy.

As all the seafood comes from Matang, it is advisable to call in

advance to ask what is fresh in for the day. One of the dishes that I look forward to but was unavailable the day I was there is the fried oyster omelette which Tan assures me is occasionally obtainable. So that is an occasion I shall bear in mind when next I go out for a meal.

### Larut Matang Seafood Restaurant

22 Jalan Medan Ipoh 1B  
Medan Ipoh Bistari.  
Tan Swee Hooi: **016 503 2718**  
GPS: N04° 37.082° E101° 07.045°  
Business Hours: 11am-10pm  
Closed Tuesdays

# SeeFoon finds seafood treasures on land in Ipoh



## Nosh News

By SFCK



## What's new in Food and Beverage in Ipoh

Fancy a drink and a light snack before heading home? Then Marianis Italian Restaurant has just the right thing for you. A new Tapas menu featuring yumilicious Tapas like *Spicy Calamari*, *Prawns with Garlic*, *Beef Balls*, *Spicy Grilled Mushrooms*, *Tiger Prawns*, *Black Pepper Calamari* and others items is now available for lining the stomach for that first drink of the evening. Ranging in price from RM12-RM25, these selections are guaranteed to just take the edge off your hunger and still leave you room for dinner which you can have at Marianis naturally; or order them as preludes to your main course. The choice is all yours.

**Marianis Italian Ristorante, GF 11,12,13 & 13A DeGarden, No. 3 Persiaran Medan Ipoh, Medan Ipoh. Tel: 05 548 6505; Kim Goo: 014 212 9211.**

\*\*\*\*\*

The 2010 vintage for St. Hugo, one of Australia’s most iconic wines, has finally reached Malaysian shores. A wine tasting affair laid on at Secret Garden included a four-course dinner where Global Wine Ambassador for Pernod Ricard Winemakers, Steve Meckiff, elaborated on the merits of the *St Hugo Coonawara Cabernet Sauvignon 2010* and the *St Hugo Barossa Shiraz 2010*.

The 2010 vintage marks a significant milestone for St Hugo’s as its steps out from under the umbrella of the Jacob’s Creek brand portfolio to become a stand-alone brand. The wines are not in stores yet but wine connoisseurs in Ipoh may call Kelly Pang, Pernod Ricard Malaysia’s executive to purchase. RM220 per bottle.

**Kelly Pang: 03 7953 8800.**



## St Mike's

Bistro • Restaurant

*St Mike's is in the process of looking for a Head Chef with outstanding culinary flair and business leadership.*

### Head Chef

Responsible for all F&B operations within the restaurant; create and develop new menu; expected to achieve the highest standards in the quality of products.

#### Responsibility:

1. Day to day operations – select, train and supervise kitchen staff in proper preparation of menu items, equipment operation and safety measures.
2. Staffing – train staff; plan, assign and direct work, evaluate performance; reward and discipline associates; address complaints and resolve problems.
3. Menu planning – develop, maintain and update menu specification, recipes and production cost forecast.
4. Inventory management – ensure specification for the purchase of food quality, close control on stock level, keep efficient inventory flow to ensure standard of food quality.
5. Food production – oversee all food preparation, cooking, portion arrangement & plating operations and ensure the consistency of high quality food for the restaurant.
6. Budgeting – achieve budgetary objectives for kitchen.
7. Ensure cleanliness of all equipment in the kitchen and proper working conditions.

#### Requirements:

1. Candidate must possess at least a Professional Certificate in Food & Beverage Services Management, Hospitality/Tourism/Hotel Management or equivalent.
2. Good communication and interpersonal skills and leadership qualities.
3. Excellent discipline; dynamic and self-motivated.
4. Preferably, a manager specialized in hotel restaurant/food & beverage services or equivalent.
5. Must have high quality experience in and passion for cooking Western food.

**The successful candidate will be part of the senior management team. If you feel this is the job for you, please contact Poonisha at 017 985 2287.**



# Daulat Tuanku



## Heartiest Congratulations

**Duli Yang Maha Mulia  
Paduka Seri Sultan Azlan Muhibbuddin Shah  
Ibni Almarhum Sultan Yussuf Izzuddin Shah  
Ghafarullahu-lah**

D.K., D.K.M., D.M.N., D.K.A.

**Sultan, Yang Di-Pertuan Dan Raja Pemerintah  
Negeri Perak Darul Ridzuan**

on the occasion of  
His Royal Highness's Birthday

**19th April 2014**

*from*

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## News

### Royal Address



The Regent of Perak, Raja Dr Nazrin Shah said during his royal address at the 13th Perak State Legislative Assembly sitting here on March 31, "Everyone should understand the role of forests, which is Mother Earth's natural reservoir."

He said that emphasis should be placed on expanding forested areas and efforts at greening the state be enhanced. In line with this, 6,142.14 hectares of land will be gazetted as Permanent Forest Reserves. They are the Teluk Muroh, Piah, Lekir Muroh and Kelip-Kelip forest reserves.

The private sector was also urged to join efforts to reduce carbon emissions by participating in replanting activities via the Offset-Carbon scheme.

Meanwhile, the Perak Water Board (LAP) was asked to introduce a new dimension of social responsibility programmes, including education on responsible water usage, ways to avoid water wastage and water pollution. "All efforts must be made to ensure our water resources in terms of quantity and quality are not compromised in the event of a drought."

He disclosed that last year total water consumption increased by 3.2 per cent and LAP spent RM87 million to upgrade the infrastructure of water supply.

RM

## Ipoh Parade Goes Green Nurturing a Healthy Respect for our Environment

Ipoh Parade gears up for a busy time ahead as it plays host to a large scale activity; dubbed "Go Green 2", to promote, encourage, and foster an eco-friendly mentality. In continuing the efforts from the first Go Green campaign in 2012, and to coincide with the recent Earth Hour initiative, Ipoh Parade takes the lead to support a charitable and meaningful cause alongside Lion's Club of Ipoh Mandarin, ULCC, and the Perak Education Department. With invitations extending to over 40 local kindergartens, primary, and high schools, plus the participation of tenants and supporters alike, the event will be an exciting weekend bonanza that sees a variety of activities, games, and competitions for everyone to enjoy.

Scheduled to commence on Saturday April 19, the event will invite VIPs from the Perak State Education Department and the Perak Tourism Board to initiate and activate the launch, followed by captivating dance performances from members of d'Artiz Street Dance Studio. The highlight of the day will undoubtedly be a Colouring Contest that invites children ages 5 to 12 years old to creatively colour graphics and also draw additional content to their fancy, and stand a chance to win prizes worth upwards of RM100, wholly sponsored by 5 Star Event and Faber Castell.

The second day is slated to host an Eco-Fashion Show, Eco-Friendly Workshop, and an inter-school recycling craft competition, co-organised with ULCC and jointly judged by Lion's Club Ipoh Mandarin, pitting 10 groups of between 5-8 students, to construct models and/or sculptures made entirely from recycled materials. Judging from the vast talent from *Go Green 2*, organisers are expecting to see an even higher level of creativity this time around with a more imaginative use of materials and the possible

combinations of them. Winners and runner-ups stand a chance to receive prizes in cash, trophies, and certificates, wholly sponsored by Lion's Club of Ipoh Mandarin.

"Ipoh Parade wants to take the lead in communicating messages of eco-friendliness to the community, hence the beginnings of this initiative and the one prior. We believe that education and the increase of awareness to contemporary issues is an important factor for the cause, and what better method to engage with future leaders than to interact with them in meaningful and rewarding ways? We really hope that our patrons would enjoy and receive value from this programme and that Ipoh Parade will continue to push this green initiative for years to come" highlighted Chan Yu Yin, Centre Manager, Ipoh Parade.

Activities for Ipoh Parade's Go Green campaign are slated for April 19 and 20. Interested participants may sign up through their school to participate, and stay tuned to Ipoh Parade's Facebook page ([www.facebook.com/IpohParadeMall](http://www.facebook.com/IpohParadeMall)) to view regular updates.





## Education



**H**is Royal Highness the Regent of Perak Raja Nazrin Shah officiated the opening of Tenby Schools Ipoh on Thursday, March 27.

The private school, now located in a purpose-built university-style campus in the township of Bandar Meru Raya, is equipped with state-of-the-art teaching and learning facilities, offering children better and more exciting opportunities to pursue academic and extracurricular activities.

Speaking at the opening ceremony, Director of Tenby Schools Malaysia, Dato' Lim Si Boon said, "The school has come a long way since 2004. From an enrolment of less than 400 students, today we have nearly 1200 students from the ages of 3 to 19 years old, and a team of 200 teachers and staff."

Invited guests were entertained to songs and dances performed by students of the school. The ceremony was broadcasted live to all classrooms within the campus and the other four Tenby schools in Penang, Shah Alam, Johor Bahru and Miri.

The occasion was also graced by Perak Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir and Chairman of Tenby Schools Malaysia, Dato' Seri Fadzil Che Wan.

Accompanied by Dato' Lim, HRH Raja Nazrin and other dignitaries had a closer look at the school facilities and classrooms, and took the opportunity to interact with students.

The five Tenby Schools across Malaysia have a combined enrolment of 4300 students from 60 countries and employ over 500 teachers. The school's vision, "A United World at Peace Through Education" is therefore most appropriate considering its composition and makeup.

Emily

## Orthopaedic Health

Dr Suresh Siva  
Orthopaedic Surgeon

### New Solutions for Neck Pain

More than 400,000 patients worldwide undergo surgery each year to address pain, numbness and/or diminished arm and hand function. This condition, called 'cervical radiculopathy', is a result of natural degeneration of the spinal structures, which causes compression of the nerve roots in the neck.

Patients with cervical radiculopathy are most commonly treated with anterior cervical discectomy and fusion (ACDF), a surgical procedure that includes removing a patient's disc through a 2-inch incision in the front of the neck, placing a bone graft in between two vertebrae, and joining the vertebrae with a metal plate and screws. Cervical fusion commonly requires an overnight stay in the hospital and is performed under general anesthesia.

This surgery requires access to the front of the neck through an open incision. This surgical approach results in postoperative swallowing difficulty and vocal hoarseness in as many as 30% of patients. These factors create an attractive opportunity for a surgical solution that is less invasive and can offer comparable or better clinical outcomes.

### The New DTRAX Solution

We have started using the DTRAX System to treat these cases as it is the least invasive surgical option for patients with cervical radiculopathy.

The DTRAX portfolio includes four novel spinal implants designed to provide indirect decompression of symptomatic nerves. DTRAX implants create space and relieve the pressure on nerves through controlled opening of the vertebral joints (facets) and provide stabilization until the treated area heals (fusion). The DTRAX procedure is done under x-ray guidance using 1-cm tubes to enable a minimally invasive procedure.

Advantages of the DTRAX System compared to traditional surgical approaches include:

- Keyhole posterior surgery, compared to open anterior surgery
- No damage to the vocal cords or other throat structures
- Shorter stay in hospital
- Less tissue damage and blood loss
- Shorter procedure time
- Preserves future treatment options
- Reduced recovery period
- Reduced implant costs.

If you are interested in a less invasive surgical solution to your neck and arm pain make an appointment to see your orthopaedic surgeon.

For more information, call Siva Orthopaedic Clinic at Hospital Fatimah 05 548 6380 or email: [info@sivaclinic.com](mailto:info@sivaclinic.com).



## Special Funding for Tamil Schools



**P**erak is the first state in the country to implement measures to empower and improve education in national-type (Tamil) primary schools.

Menteri Besar Dato' Seri DiRaja Zambry Abd Kadir said, among the measures taken included the approval of 2000 acres of land for the development of Indian education in the state. The state government had earlier given RM1 million to the special education fund for Indians.

Addressing the press at a cheque-presentation ceremony to three Perak Tamil schools at the State Secretariat Building recently, he said, "This special allocation does not include general education aid enjoyed by Indian students."

Present at the ceremony were the coordinator of the Action Plan for the Future of Tamil Schools from the Prime Minister's Department, Professor Datuk Dr N.S. Rajendran, Executive Councillor for Green Technology, Environment, Science, and Education, Dr Muhammad Amin Zakaria, Perak MIC Chairman Dato' R. Ganesan and Indian affairs adviser to the Menteri Besar, V. Elango.

The three schools who received a total of RM5.15 million in allocation were SJKT Menglembu (RM3.5 mil), SJKT Kerajaan Sungai Pari (RM1.5 mil) and SJKT Gunung Rapat (RM150,000).

Zambry said that the government would fulfill the pledges made. He reassured that the government would not compromise on issues relating to education and poverty as they affected everyone.

RM

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## News

## A Gift from Haven

Eighteen months ago, Ganesvaran Nadarajah, an employee with *Best Western*, the company that manages *The Haven Condotel*, was blessed with a new-born baby girl, Pavishanaa.

Unfortunately, a week later, the baby was diagnosed with a hole-in-the-heart condition. Treatment to address the anomaly would cost Ganesvaran anything between RM25,000 to RM30,000, an amount he could barely afford, considering his station in life.

Ganesvaran's predicament, however, had taken a turn for the better when his plight caught the attention of Peter Chan, the Chief Operating Officer of The Haven, Ipoh's premier high-rise and upscale condominium project.

During The Haven's 'Havenly Night 2014', an event to celebrate the completion of The Haven project, Peter presented Ganesvaran with a mock cheque for RM20,000. Over and above that, almost RM4,000 was collected by passing the hat around. The proceeds went to helping alleviate Ganesvaran's plight.

When interviewed by members of the press, Ganesvaran conveyed his heartfelt gratitude to all involved in helping with the fund-raising for his daughter's operation. He singled out Peter Chan for helping his daughter and his commitment towards gaining additional funds and support for the cause.

Pavishanaa, who was initially treated at Institut Jantung Negara, Kuala Lumpur, will be referred to the Penang Adventist Hospital for further treatment. If all goes well, the operation will proceed within two months.

In his speech, Peter Chan wished well for Pavishanaa. He thanked all those involved in making The Haven project a success. He also said that future fund raisers would be carried out to provide additional beds and wheelchairs for hospitals in Ipoh.

When speaking about the completion of The Haven, he expressed his heart-felt thanks to the Perak state government, especially Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir for his encouragement, apartment buyers for their confidence and his hard-working staff for their belief. His reference to the initial difficulties he encountered in convincing Ipohites of his project was most poignant.

"This is by far my most difficult project. The negativity that surrounds Ipoh and us is beyond words. Through sheer hard work and honesty, we overcome."

Guest of honour, former Menteri Besar, Tan Sri Mohd Tajol Rosli Ghazali, was all praises for Peter and his team. In his speech Tajol had this to say of Peter Chan. "Nobody can envision what the mind can conceive and through the establishment of a world class accommodation like The Haven, which so cleverly optimises nature, we truly have a gem at our doorsteps."

The event for the night was made more colourful and entertaining with some captivating musical renditions, including a Broadway-style performance showcasing Peter Chan's success story.

Looks like Peter had pulled out all the stops to make The Haven a reality. Kudos to you, Peter. You have walked where angels fear to tread.

Angain



## Sport

## Mount Bujang Melaka Challenge 2014

A 72-year-old man emerged champion in the veteran's category of the Perak International Mount Bujang Melaka Challenge 2014 held near Kampar recently. For Ahmad Nurdin Mohd Yusop of Batu Gajah, participating in the energy-sapping race for the second time, age was not a factor in an extreme sport of such nature.

"Perhaps it's due to the fact that being a retired soldier, I was exposed to adventure and outdoor activities very early in life. Hence, I am able to persist in this gruelling race where physical fitness is a must.

To prepare for this event, I jogged about 5km a day for three weeks to build up my strength."

This year's race attracted a total of 660 participants, including 22 from Singapore, Thailand, Kenya and Germany.

President of *Persatuan Kembara Negara*, Datuk Khalid Yunus said that the *Perak International Mount Bujang*

*Melaka Challenge 2014* was the second within the National Challenge Circuit 2014. Last year the Perak edition had 598 entries. "It's growing in strength each passing year."

Persatuan Kembara Negara was the main organiser and was assisted by the Perak state government through Tourism Perak along with the Ministries of Tourism and Culture and Youth and Sports, as well as Tourism Malaysia.

The National Challenge Circuit 2014 consists of three editions, in all. The first was Gunung Datuk in Negeri Sembilan on January 26. The third and final edition will be the Gunung Berembun Challenge in Terengganu on September 6.

The challenge requires participants to run up and down the designated mountains in the fastest possible time. Veteran Ahmad Nurdin completed the race in 3 hours and 20 minutes.

Incidentally, the height of Mount Bujang Melaka is 1233 metres (4048 feet) above sea level.

RM



## Taekwondo Championship 2014

A total of 700 taekwondo exponents participated in the Martial Arts Taekwondo Championship 2014. Perak MCA chairman Datuk Mah Hang Soon launched this event at SMJK Perempuan Cina's Leong Wan Chin Hall.

The participants from Perak, Penang, Kelantan, Negeri Sembilan and Selangor competed in the individual sparring, individual pattern and team pattern categories.

Dr Mah who is also the Chenderiang assemblyman said in his speech that he would ask Menteri Besar Dato' Seri DiRaja Dr Zambry Abdul Kadir to allocate RM5000 for Persatuan Taekwondo Daerah Kinta, for organising such a wonderful tournament.

He hoped that the association would hold such championship annually. "There are



parents who focus only on the importance of education but ignore the benefits of sports. We need healthy and fit children, only then their minds would be able to concentrate on their studies," he added.

Founder of Global Taekwondo Federation International, grandmaster Professor Datuk Seri Sabree Salleh said taekwondo was first introduced in Malaysia in 1962. "In those times, there were more adults learning this kind of martial arts. Fortunately, these days we see a lot of students keen to take up this form of sports and this is a good sign."

As the organising chairman of the tournament, Mr Khoo Bu Leong was delighted to see 700 exponents from all over Malaysia, being together without the grouping of culture, race or belief as this was a sign of success for him. He also advised that "winning in the championship should not be the main purpose of taking part. One ought to enjoy and take experience in every match besides making new friends."



## Young Perak

# Politeknik Ungku Omar Convocation

The desire to improve her family's life was the motivating factor for Rohani Suardi, 22, to work hard at her studies from the first semester. Leaving Lahad Datu to pursue her education at Politeknik Ungku Omar (PUO), she graduated with a Diploma in Finance and Banking, and took home two other special awards unexpectedly.

When met at PUO's 43rd convocation, held at the polytechnic hall recently, she said she chose to study at the polytechnic because of its past record in producing top-notch graduates who are well-sought after by employers.

Rohani also received the 'Anugerah Khas Presiden' and 'Anugerah Insentif Ketua Pengarah' from Yayasan Pembangunan Ekonomi Islam Malaysia (YaPEIM). She received a certificate, cash reward and a souvenir.



Khanthan Thera Kumaran, 22, received the 'Anugerah Ungku Omar' and 'Anugerah Kecemerlangan Akademik dan Kokurikulum'.

The diploma holder in Electronics Communications said, "The awards I received today don't only reflect

the effort I have put into

my studies but also the support I received. Besides my parents, lecturers of PUO also played a significant role in my academic success. My time studying at PUO helped me to be disciplined and independent."

Khanthan Thera, who hails from Ipoh, is currently pursuing a degree at the Curtin University of Technology, Sarawak. "My ambition, initially, was to be a lawyer. However, after undergoing a technical course at PUO, my interest shifted. This is probably due to the good teaching methodology and the influence of a team of dedicated lecturers."

The convocation, held over three consecutive days, celebrated the success of 2012 graduates from various disciplines.

Education Ministry's Higher Education Director-General, Datuk Mohlis Jaafar and a number of distinguished guests, were given the honour to present diplomas to the successful graduates.

RM

## 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.

**Ave Maria Convent Class of '72 First Reunion Lunch Get Together**, Sunday April 20, 12pm at The Fairway Restaurant, Royal Perak Golf Club, 1st Floor, Jalan Sultan Azlan Shah, Ipoh. Interested classmates kindly contact Angie 016 598 1557 or email to [angiechong33@hotmail.com](mailto:angiechong33@hotmail.com). RSVP by April 17.

**'Kidney Walk'** in conjunction with *World Kidney Day*, Sunday April 20, 6.30am to noon at Dataran Bandaraya. Distance: public/students – 5km; kidney patients – 1.2km. There will also be other fun activities. T-shirts will be given to the first 800 participants. Registration forms are available at Hospital Raja Permaisuri Bainun (Nephrology Unit, wards and Education Unit) and can also be returned by email: [kidneyipoh@gmail.com](mailto:kidneyipoh@gmail.com).

**YMCA of Ipoh Toastmasters Club Meeting**, Wednesday April 23, 7.45pm at YMCA Ipoh (First Floor). The mission of a Toastmasters club is to provide a mutually supportive and positive learning environment in which every individual member has the opportunity to develop oral communication and leadership skills, which in turn fosters self-confidence and personal growth.

**Training cum Workshop targeted at Caregivers of Person with Dementia (PWD)** organised by Rotary Club of Ipoh in collaboration with Dementia Society of Ipoh, Saturday April 26 from 9am till 5pm and Sunday April 27 from 9am till 1pm. Tea break and lunch provided. Registration fee: RM20. The seminar will be conducted at Dementia Day Care Centre, 15 Jalan Foo Choong Nyit, Ipoh (near Ipoh Parade). Contact: April Loh 019 571 2738 or Dementia Day Care 05 241 1691.

**Photography Exhibition: Faces of Ipoh**, April 27 till May 18 at Sepaloh Art Centre, 10 Jalan Sultan Iskandar, Ipoh. Showcasing interesting and sincere insights of the locals accompanied by their spontaneous portraits. Come and add your thoughts about the town. For more information go to: [www.sepalohgallery.com](http://www.sepalohgallery.com) or email: [sayhello@sepalohgallery.com](mailto:sayhello@sepalohgallery.com).

**Colouring Competition for Children** organised by Y's Men's Club Ipoh, Thursday, May 1 at YMCA Ipoh, 211 Jalan Musa Aziz, Ipoh. Closing date for submission of entries on Wednesday, April 30. For details call Charanjit Kaur 016 553 8443 or K. Letchimanan 012 538 1939.

**Coconut Products for Dementia**. UniKL Royal College of Medicine, Perak is collaborating with the Dementia Society Perak in conducting research to explore the beneficial effect of coconut products on people with dementia. Anyone with elderly friends or relatives having "major memory problems" or diagnosed to have "dementia" and wishes to take coconut products to improve their memory, please contact the Dementia Daycare Centre at 05 241 1691. Those who are interested to take part in the research will have the opportunity to get blood tests, ECG and coconut products absolutely FREE.



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URL: [www.bioresonancetherapy.com.sg](http://www.bioresonancetherapy.com.sg) and email: [contactus@bioresonancetherapy.com.my](mailto:contactus@bioresonancetherapy.com.my).



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## Daulat Tuanku Heartiest Congratulations



Duli Yang Maha Mulia  
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Ibni Almarhum Sultan Yussuf Izzuddin Shah  
Ghafarullahu-lah

D.K., D.K.M., D.M.N., D.K.A.

Sultan, Yang Di-Pertuan Dan Raja Pemerintah  
Negeri Perak Darul Ridzuan

on the occasion of  
His Royal Highness's Birthday

19th April 2014

from

Chairman & Committee Members of Perak Turf Club





## Community

### Places of Worship Used As Examples of Smoke Free Zones

The Ministry of Health, in its effort to promote awareness for smoke free premises, has been collaborating with places of worship to promote its message. Deputy Minister of Health Datuk Seri Dr Hilmi Hj Yahaya said this when presenting a 'Blue Ribbon' certificate to Gudwara Greentown Sikh temple recently.

The 'Smoke Free Places of Worship' programme is a *MySihat* programme to raise greater awareness to prohibit smoking in any public building or place where gathering is for religious purposes.

The programme was started last year. The Gudwara is the first in the country to participate in the programme. It is also the third place of worship to participate in this programme after the National Mosque in Ipoh and a Church in Taiping.

Hilmi said that "smoking is a non-communicable disease similar to diabetes which is related to individual lifestyle. The incidence of patients having heart attacks at an early age as early as 27 years old is a worrying trend," he said referring to data gathered at his locality in Balik Pulau, Penang.

"Gudwaras are good models as their practice does not allow the bringing in of any form of intoxicants into their premises. The presentation of the Blue Ribbon to the Gudwara is to recognise its contribution to the programme and hopefully more places of worship will participate in the programme".

AP



### New PERNAMA Outlet in Tambun Camp



A total of RM6 million was spent to renovate and upgrade the 73 PERNAMA (*Perbadanan Perwira Niaga Malaysia*) outlets throughout Malaysia.

Chairman General Tan Sri Abdul Aziz Zainal (Retired) said that PERNAMA is an organisation wholly-owned by the Armed Forces Fund Board (LTAT) and these stores are found in almost all army camps in Malaysia, including Sabah and Sarawak.

Speaking at the official launching of PN16400 at the Syed Putra Camp in Tambun recently, he said, "Today, another one of our PERNAMA stores is fully operational. We are offering goods at reasonable prices to soldiers living in the camp, former soldiers and members of the Territorial Army. PERNAMA is synonymous with hardware, electrical appliances, digital products and other household goods, besides offering various programmes and promotions to soldiers and their families, all with the objective of raising their standard of living."

According to Abdul Aziz, PERNAMA recently launched "Kempen Durian Runtuh! Ganjaran Setia Tunai (GST)", a loyalty reward programme for those who shop with cash. "We kick-started the campaign by offering a RM15,000 reward. It is on-going until the end of June. To qualify and to stand a chance to win cash prizes, shoppers need only to spend a minimum of RM100 in a month."

He continued, "Last year, we managed to achieve a pre-tax profit of RM37.4 million, from gross sales of RM314 million. These figures are impressive and we hope that it will continue year after year."

PERNAMA stores are also opened to the public who stand to enjoy attractive discounts, although selected Best Buy items are available to armed forces personnel and their family members only. On Wednesdays shoppers enjoy discounts on selected goods ranging from 20 to 70 per cent.

RM

### English Language Skills Training



The programme, initiated by *Perak Women for Women (PWW)* to help disadvantaged women master the English language, was a success. The three-month English Language Communication Skills Training Course, conducted in collaboration with CIMB Bank, will proceed with its second intake soon.

Norhafizah Zainal Abidin, in her 30s, a bank clerk from Bandar Sri Iskandar, believed she made a wise decision by signing up for the short course. It has boosted her confidence in communicating in the English language, something which has eluded her before.

"Working in a bank, I've to deal with the public on a daily basis. Thus, it's important to master the English language. After going through the course, I am more confident and comfortable speaking to customers," she told Ipoh Echo.

Shanthi, 44, a housewife from Buntong, was pleased to be given the opportunity to attend the course. Thanking the organisers, particularly PWW, for helping disadvantaged women, she commented that previously the society had only assisted those with social problems.

"It's a huge loss for those who missed this course. I've benefited from it tremendously," she said. "The teachers are not only dedicated but are also committed."

A graduation ceremony for the 31 participants of first English Language Communication Skills Training 2014 was held at the society's office along Jalan Sultan Azlan Shah (Tiger Lane), Ipoh on Saturday, April 5. Successful participants received a certificate of attendance each, which was presented by PWW President, Halida Mohd Ali.

Chan Kam Wan, 37, a freelance graphic designer from Taman Cempaka, was adjudged the best overall student. She commended the dedication of the teachers, saying, "Their patience helped us have a better understanding of the English language. The course is of benefit not only to disadvantaged women but to career women as well. A good command of the English language helps improves work performance." She hoped more women would sign up for subsequent courses. "Besides it being free one gets to make new friends."

According to Halida, the course had received an overwhelming response. Unfortunately, places were limited due to space constraints. "The next intake will be from April 5 to July 5. Our aim is not only to assist women with social issues but to empower them, as well. Knowledge is power and with good communication skills they would be able to deal with their problems more resolutely."

The 12-week course is conducted on Saturdays between 9am to 1pm at the society's premise. Students will sit for a proficiency test on the final week. They will also be taught basic computer skills as an added incentive.

Readers wishing to know more about programmes and activities conducted by PWW can contact the society's office at **05 546 9715**.

RM

### Ground-breaking Ceremony



The Aman Jaya Convention Centre at Casuarina @ Meru was transformed into a cinema-like setting for the recent ground-breaking ceremony of *Movie Animation Park Studios (MAPS)* Perak. It was a momentous occasion as MAPS Perak will be Malaysia's first ever animation theme park, putting Perak on the world map.

In his address, Perak Menteri Besar Dato' Seri DiRaja Zambry Abd Kadir said, "Today marks the start of the construction of MAPS Perak. This is a historical event. It is an important milestone not only for Perak, but also Malaysia."

Present at the ceremony were Perak State Development Corporation chief executive officer and chairman of Animation Theme Park Sdn Bhd (ATP) Datuk Aminuddin Md Desa and Sanderson Group chief executive officer and ATP director Steve A. Sanderson.

"This investment by Sanderson Group is a testament to foreign investors' confidence in Perak. It will be a catalyst for other investors to come in to invest in the state," added the MB.

The RM450 million project, on a 52-acre piece of land in Meru Raya off the North-South Expressway, is a partnership between Sanderson Group, Australia's first integrated thematic construction company, and Perak Corporation Berhad. MAPS, which is officially endorsed by both the Perak State Government and the Tourism Ministry of Malaysia, is the Australian group's inaugural investment in the country.

The park will feature six different dedicated zones to form an animation-based fantasy land, including Animation Square, Fantasy Forest, Live Action, Blast Off, DreamWorks and the Lakeside Zone. Visitors to the theme park can expect DreamWorks Classics to be brought to life, such as *Mr Peabody and Sherman*, *Casper the Friendly Ghost* and *The Croods*.

Also home to Asia's first car stunt show, MAPS is poised to be the only "live broadcast" theme park in Malaysia, with real-time broadcast throughout the park and on the internet. With hotels, service apartments, water park and street mall in the pipeline for its second phase, MAPS aims to receive 1.4 million visitors in its first year of business.

Scheduled to open at the end of 2015, the world class animation theme park will be a major boost to tourism in Perak where a target has been set for 36 million tourist arrivals by 2020.

Emily



# Daulat Tuanku



Heartiest Congratulations

**Duli Yang Maha Mulia  
Paduka Seri Sultan Azlan Muhibbuddin Shah  
Ibni Almarhum Sultan Yussuf Izzuddin Shah  
Ghafarullahu-lah**

D.K., D.K.M., D.M.N., D.K.A.

Sultan, Yang Di-Pertuan  
And Ruler Of The State Of  
Negeri Perak Darul Ridzuan

On The Occasion Of  
His Royal Highness's Birthday  
On 19th April, 2014

With Utmost Sincerity From  
Management And Staff Of



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## Excellence Service Award

A total of 181 staff of the Ipoh City Council were presented with the Excellence Service Award. Ipoh City Mayor Dato' Harun Rawi said that the award was in appreciation to those who had served the council well.

"MBI appreciates the contributions of our staff who had served with dedication and sincerity in ensuring that Ipoh City Council achieves its goal of making Ipoh the best city."

Meanwhile, 34 retired MBI staff also received accolades for their past services. Under the 'Jasamu Dikenang' award category, these retirees from various departments of the council received a certificate of appreciation and a souvenir each.

Nazri Yahaya, 54, who has worked at the council for 29 years, expressed happiness at being selected as a recipient of the Excellent Service Award. He received a certificate of appreciation, Premium Savings Certificate worth RM1000 and a wrist watch.

He said, "I would like to thank the Mayor and the panel of judges for nominating me. This award is not mine alone. Hopefully, it would inspire my colleagues to be more dedicated in discharging their responsibilities as an employee of MBI."

Another recipient, Sumathy, 54, had served the council for 16 years since 1995, first as a temporary worker, then absorbed as a permanent employee in 1997. "This is my second award. My first award was in 2008. It serves to motivate me to continue to work hard for the betterment of the council," she said.

It was the second award for Fathima Beevi, 46, too. A general worker, she has been



with MBI for over 13 years. Fathima believed that it would spur her colleagues to be more committed in their work. "It creates healthy competition among us," she told Ipoh Echo.

Luqman



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# *Daulat Tuanku*

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**Sultan, Yang Di-Pertuan Dan Raja Pemerintah  
Negeri Perak Darul Ridzuan**

on the occasion of  
His Royal Highness's Birthday

**19th April 2014**

*from*

*The Board Of Directors, Management & Staff of:*

**Kinta EcoCity Sdn. Bhd. (58562-M) Meru Valley Resort Bhd. (137970-D)**

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