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30 SEN FOR DELIVERY TO YOUR DOORSTEP -  
ASK YOUR NEWSVENDOR

ISSUE **195**

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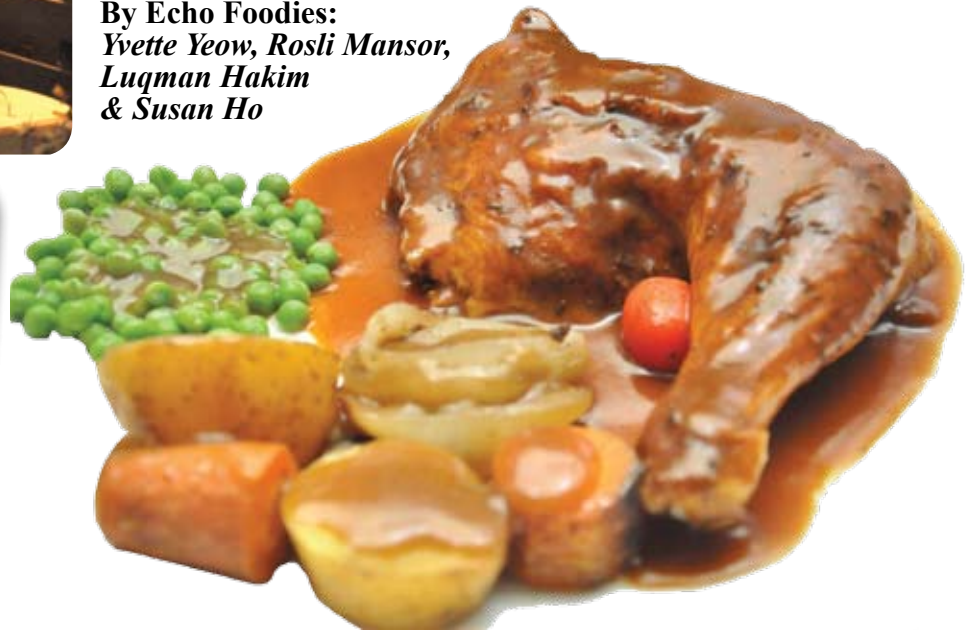


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## The Party's Over and Feeling Peckish in Ipoh?

By Echo Foodies:  
*Yvette Yeow, Rosli Mansor,  
Luqman Hakim  
& Susan Ho*



**S**o you've had an early dinner, and you've been partying. Now you're feeling peckish and need a bite before bed. Ipoh which is arguably one of Malaysia's best food cities, but most restaurants are closed, so where do you go? To provide readers with a better insight of what more foodie delights Ipoh has to offer, Ipoh Echo took the opportunity and went on a food journey, checking out some of the latest late night favourites of the city or where the party goes to when the party's over.

*Continued on page 2*





## Ipoh's food scene is always vibrant and full of life

Every year tourists and locals from other states would flock to Ipoh just to try its famous Bean Sprouts Chicken, Pomelos, Ipoh Laksa and its most famous export, Ipoh White Coffee. The city offers a wide variety of delicacies, be it for

breakfast, lunch, dinner or supper; Ipoh's food scene is always vibrant and full of life. Largely influenced by its majority population of Cantonese and Hakka descendants during the old mining days, Ipoh not only offers excellent Chinese cuisine, but also mouthwatering Malay and Indian dishes. It has since earned its reputation of being a food paradise that should not be missed in any foodie's guide.

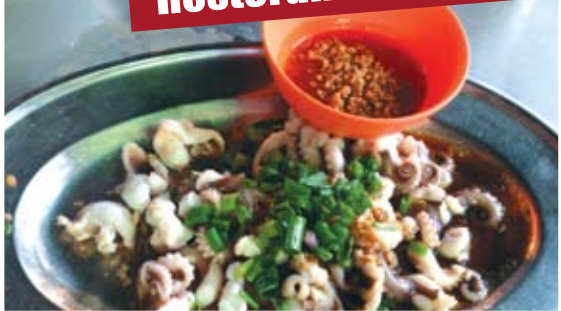


El Negra Deli +Studio, one of the city's latest *halal* cafe, opened since November 2013, is situated at the heart of Ipoh's new town. El Negra is a cosy cafe with an old school concept. It sits on the first floor of one of Ipoh's old heritage buildings located on Jalan Sultan Idris Shah. El Negra provides a variation of different western-style dishes, including the cafe's best seller, the Chunky Beef Pasta. The rich beef pasta is the cafe's most popular dish, offering chunks of beef cubes seasoned in a rich tomato based sauce. It is priced at RM15 per dish. Another customer favourite is the Roast Chicken served with a savoury brown sauce and roasted vegetables and a creamy mash potato as sides. The dish is priced at RM20.

El Negra also has a wide variety of beverages such as the cafe's special Pineapple and Coconut juice and the Mango and Tangerine juice (RM8 each). And also fresh homemade ice cream such as Coffee Crunch flavoured ice cream, PB & Fudge flavoured ice cream, Apple Crumble and much more, all priced at RM10.

Known also as Ipoh Tuck Kee or 'The Famous Noodle House' since 1963, is conveniently located on the same street where people flock nightly for their *Nga Choi Gai* or Ipoh's famous Bean Sprouts Chicken. Their famous fried noodles include *Wat Tan Hor Fun*, *Yu Kong Hor*, Hokkien Fried Hor Fun, Hokkien Fried Mee, Hokkien Fried Mee Hoon, Fried Udon, Braised Yee Mee, Fried Low Shu Fun, Hokkien Fried *Dai Loke Mian*, Hokkien Fried Mix Noodles from RM6 to RM16 for small, medium and large. Side dishes include Bean Sprouts, Braised Chicken Feet, Meatball Soup, Baby Octopus in Soy Sauce and Braised Egg & Beancurd in Soy Sauce – prices range from RM3 to RM10 for small, medium and large.

### Restoran Tuck Kee



### Aneka Selera @ Stadium Perak (6pm to 11.30pm)

The Stadium has a large variety of food. The western stall of number 16 is reasonably cheap. You can eat a decent lamb chop at only RM10. There is a Wonton Noodle stall a few doors down which produces really good wontons. You can never fail to see a crowd at stall number 4, queuing up to make their order of noodles. Stall number 7 has delicious pork noodles at the price of only RM4.30 and other dishes such as cuttlefish.

At stall number 3, you can expect different varieties of Chinese desserts (*Tong Sui*) such as Black Pulut, Gingko Barley, Red Bean, Green Bean, Gandum and purple coloured Bubur Cha Cha. The special shapes of the *nonya kuih* there catches the attention of many. Everything is homemade and is a healthier option as they are not too sweet. They even have roast pork, vegetarian noodles and also porridge.

### EightMiles8 Café

EightMiles8 Café, located at Hulu Kinta, has been operating since January 2014. People all over Perak often flock to the cafe for its famous "Burger Banjir" (burger flooded in a pool of black pepper sauce). There are a total of 6 patties to choose from, including beef, chicken, deer, rabbit, fish or egg. The burger is served with a handful of fries as sides and price ranging from RM3.30 to RM6. There are also other dishes, such as their signature Full-Tanked Chicken Chop (RM13) with baked beans, coleslaw, fries, fried egg and a piece of meat pattie as sides. The cafe offers Ipohites a chance to have an equally delicious western styled meal, at an affordable price.



### EightMiles8Cafe

If you are looking for a new spot instead of the usual midnight favourites, the Rainbow City food court may very well be your choice. The Rainbow City food court is one of Ipoh's newly operating food courts located opposite Ipoh's famous *Tong Sui* or Dessert Street. The food court first started operating in April 2014 and has attracted various crowds especially during weekends and festive seasons. The food court offers a huge choice of Chinese style street food; be it local favourites such as *Popiah* (RM2), *Rojak* (RM5) or Baked fish (RM13), to foreign delicacies such as the Shanghai style dumplings or dim sum, Rainbow City has much to offer.

Having one of Ipoh's most popular shopping spots, Ipoh Parade and the new SOHO buildings around the corner, Rainbow City is a strategic place for tourists as well as locals. The food court also offers good desserts such as the 'Momo Cha Cha' (RM1.80), Red Bean Soup (RM2.50) and also cold desserts such as the Mango Snow Ice (RM4.50) and Mix Fruit Ice (RM4.50). Ipohites out searching for a good midnight snack are spoilt for choice at Rainbow City.



### Rainbow City

### Kafe Yoon Wah

If dining 'al fresco' or under the stars appeals, then head for Kafe Yoon Wah in Old Town located on Jalan Bijeh Timah, almost on the corner of Jalan Panglima or Concubine Lane. Ice beer is their specialty here where the beer and the mugs are kept in the freezer, taken out and immediately opened. RM12 for a large bottle.

This is a favourite haunt for barflies, after-movie, after-banquet, after-dancing crowd and earlier for general diners and families. Tables cover almost half the street stretching from the corner of Jalan Panglima for about two blocks. Try their signature dishes such as the pig's fallopian tubes fried with dried prawns, dried chillies and chilli padi with a sprinkling of rendered lard (*ju yao jah*). RM13 per portion. Another dish worthy of note is the steamed frog with chicken essence. Portion for six – RM37.50.

Other must have dishes included the dry boar curry (a must have) RM13; fresh eel braised in dark soya with dried chillies RM17.50; shelled Mantis prawns fried with Nestum RM15 and deep fried 'Sa Tsui' fish, a small local fish that is very popular with Ipohites – RM18.



● **EightMiles8 Café (Halal)**  
25, PPH,  
31150 Hulu Kinta, Perak.  
Open every day except Tuesday.  
Operating Hours: 6pm-1am  
Tel: **012-454 4950**

● **El Negra Deli +Studio (Halal)**  
121, Jalan Sultan Idris Shah  
(New Town).  
Open every day.  
Operating Hours: 6pm-1am  
Tel: **05-241 2544/016-521 7960**

● **Rainbow City Food Court**  
Bangunan Ocean  
Lot 34986, Jalan Sultan Idris Shah  
(New Town)  
Opening Hours: 3pm-12am  
Public Holidays: 3pm-1am  
Tel: **016-559 8983**

● **Restoran Tuck Kee** (Ipoh Tuck Kee, since 1963)  
61 Jalan Yau Tet Shin (New Town)  
Opens till 2am. Tel: **05 253 7513**

● **Kafe Yoon Wah**  
29 Lorong Panglima (Old Town)  
Tel: **012 512 9980, 016 276 6666**  
Business hours: 3.30pm-2.00 or  
3.00am (no fixed closing days)





IPOH **echo**From the Editor's Desk  
By Fathol Zaman BukhariWILL **BOYCOTTING** WORK?*It is silly how some have considered boycotting as an option to address the on-going Israeli-Palestinian conflict...*

The word "boycott" or "boikot" in Bahasa Malaysia has suddenly found a niche in the country's predominantly Malay-Muslim community. It has been bandied about with words such as McDonald's, Jewish and Palestine soon after Israel's tanks and war planes swept into the Gaza Strip on a mission of destruction – the annihilation of Hamas.

Since the invasion by the Israeli army on July 8 calls to boycott companies that have dealings and connections with the Jewish state have found traction with Muslims all over the world, and Malaysia is no exception.

It is silly how some have considered boycotting as an option to address the on-going Israeli-Palestinian conflict. Many are of the opinion that the war between the two opposing sides will never end, as both parties have no desire to "cease hostilities" no matter what happens. It is legitimacy for Hamas while to the Israelis keeping the Palestinians holed up in strip of land ensures their survivability as a nation.

Bearing the brunt of the Israeli onslaught is the country's many McDonald's franchises. There are over 200 McDonald's outlets presently in Malaysia. They employ over 12,000 workers of which the majority are Muslims. Plans to increase the number of outlets to 500 are in the pipeline. This year McDonald's has invested RM185 million to open 24 new restaurants and renovate 29.

The planned boycott of McDonald's on Wednesday,



August 8, was spurred by an online campaign on the Internet. It was to start from 7am to 7pm daily until Israel leaves Palestine. An outlet in Dungun and Kerteh, Terengganu suffered over 80 per cent losses due to the campaign largely through Facebook. Their workers were threatened with bodily harm and had to move around incognito.

The scene at a friend's *raya* open house recently was similar although not in intensity. My host, a former army mate, was at his best explaining the benefits derived from boycotting American companies and American-made products and goods. The *lemang* and *rendang* seemed to have the better of him as his ramblings soon drifted to

Esso/Mobil, Shell and ProJET. His reasoning, I gathered, was fuelled by fears of a possible petrol price hike coming our way. He recommended a boycott of these petrol stations.

ProJET, incidentally, is an American-owned petroleum company that became operational in Klang Valley in 1999. In 2007, Royal Dutch Shell PLC acquired all of ProJET stations and had them remodelled into Shell stations.

I told him that boycotting the petrol stations would not work as our petrol prices are being determined by the government. Moreover, Malaysia does not practise a free market economy like countries in the West. Prices of petrol and diesel are not being dictated by market forces but rather by subsidies provided by the government to keep prices affordable for Malaysians. The ones to suffer, should a

boycott be instituted, would be the franchisees (the petrol pump owners) and end-users like you and me, to an extent.

The same applies to McDonald's as is evidenced by the plunge in sales at the Dungun and Kerteh outlets. Owners of both outlets had pleaded with locals to reconsider their threat as it is detrimental to Malaysians themselves.

It took a while for him to comprehend my point of view but not without hesitation. There will be those who will blindly follow a dictate however silly it may be. They refuse to listen to reasoning believing that they are always right. Can we blame them?

## In The Name Of My Father's Estate

Episode 32 by Peter Lee

When the communication between Connie (Lee Sr's second wife and Co-Administrator) and the first family, in particular Mrs Patricia Lee (Lee Sr's first wife) and Michelle (Lee Sr's daughter and Co-Administrator) broke down, John Lee (Lee Sr's eldest son and Co-Administrator) was asked by his mother, Mrs Patricia Lee to negotiate with Connie on the distribution of his father's estate. Having no choice, he had to convince Connie to meet up with him alone. After some explanation on the grounds of a speedy distribution proposal, Connie agreed to meet John in Fine Dining Cafe. When Connie stepped into the cafe, John was already seated at a table in a private corner. Once he saw her, he stood up and waved at her. When Connie reached the table, John greeted her with some embarrassment because the slight bruises, caused by Michelle, on her face were quite apparent. When both of them were seated and ordered their food, John said, "Connie, thank you for coming. I think we are all mentally stressed by all of this and it's time to move on with the distribution." In reply Connie said, "Okay! The first thing I need to know from you is about your mother's stand on my entitlement to the \$3 million from ZNA bank in Singapore which she has withdrawn from your father's joint account with her."

John said, "I have spoken to mum and she is now willing to give your entitlement back to you. Now, I need to clarify with you that your entitlement is only on the \$1.5 million." Connie then asked, "I thought it should be \$3 million." In response, John said, "This is based on the fact that my father's share in this joint bank account is only 50%, the other 50% belongs to mum. So, when we obtained the Letter of Administration (L.A.), the distribution part to all family members based on Intestacy Law will be on father's 50% portion." Connie immediately asked, "So, how much will my three children and I be receiving?" John replied, "my mum and you are entitled to share equally one-third of father's estate. In other words, it's one-third of the \$1.5 million which works out to be \$500,000. So, you will receive \$250,000."

"Now, as you know, the two-third entitlement will be shared by the 9 children of whom 3 are your children. So, two-thirds of \$ 1.5 million equals to \$1 million and this amount will be divided by 9. Therefore, three of your children will be getting \$111,111 each." Connie then asked, "Are you sure that your calculation is correct?" In reply, John said, "I have checked with our lawyer Dave about this part of the distribution." Connie sighed and said, "It looks like my children and I are getting pittance from this. So, if this is the case, then when can we get the money?" Before John could answer, the waiters arrived with the food and once it was served, John said "Let's eat." While having their meal, John said, "Before we talk about the payout arrangement, I need some consensus from you on my family's proposal to distribute father's 70% of shares in our three family companies. This will enable our distribution of these shares to be smoother and cleaner." Connie looked at John and asked, "What do you mean by cleaner?"

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 [excelsccms@gmail.com](mailto:excelsccms@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

## SMOKING HARMS THE EYES TOO

*Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about how the effects of smoking on the eyes.*

Most people tend to think that smoking only causes harm to the lungs only. Well, this is a myth because smoking harms nearly every organ in the body including the eyes. It is my opinion that the effects of smoking have not been publicised enough in Malaysia. There is mounting evidence showing eye disorders that are linked to smoking.

There are two types of smoke generated from tobacco. Firstly, there is the more dangerous side-stream smoke, meaning to say that it is more toxic than the smoke inhaled by the smoker. This is the smoke that is inhaled by the people who sit around a smoker and they are commonly referred to as passive smokers. Then there is the mainstream smoke that is inhaled and exhaled by the smoker. Cigarette smoke contains thousands of ingredients including cancer causing substances (carcinogens) and agents that cause inflammation. Here is a brief review of the effects smoking has on our eyes.



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

## EFFECTS ON CHILDREN

Children who are exposed to the smoke from their cigarette-smoking parents (passive smokers) are more prone to eye allergies. The conjunctiva of the eyes become inflamed (swollen) due to the exposure to cigarette smoke which is an irritant. Many parents who smoke do not realise these effects and may not take this seriously.

## CATARACT FORMATION

Smoking increases the risk of cataract formation. A cataract is a condition whereby the crystalline lens in the eye becomes cloudy and causes poor vision. The risk of cataract formation is 3-4 times more in an individual who is a smoker. Smokers generally develop cataracts earlier than non-smokers because smoking reduces antioxidant supply to the eyes. Smoking releases a substance known as free radicals. These free radicals cause damage to the cells of the body including the eyes and lens, hence the cataract formation.

## AGE-RELATED MACULAR DEGENERATION

The macula of the eye is the most sensitive part of the back of the eye (nerve). The macula is responsible for the fine vision required for the many daily activities of the day. When the macula gets affected by this condition called as *Age-related Macular Degeneration* (AMD), it can result in serious loss of central vision. This condition which was more common among Caucasians in the past is slowly becoming more prevalent among Asians too.

## SMOKING AND PREGNANCY

The effects of smoking including that of mothers exposed to passive smoke or side-stream smoke is serious. There is increasing evidence from research that shows harmful effects to the eyes of an unborn child. The immediate risk would be of course a premature delivery. An infant born premature runs a risk of a condition called *Retinopathy of Prematurity* (ROP). The vessels in the eyes of a premature infant are abnormal and friable leading to retinal detachment and even blindness.

## UVEITIS

Smoking is known to cause inflammation to occur in the pigmented part of the eye called *uvea* (uveitis). The risk of such inflammation is approximately two times more with its problematic symptoms of glare, photophobia, eye redness, tearing and blurring vision. Uveitis is also difficult to treat and may become chronic.



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



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## Museums: Dusty storerooms or centres of culture?



Few Malaysians visit museums even if one is near their home. To put it bluntly, many Malaysians simply do not appreciate the value of museums.

A museum contains our cultural wealth and consciousness. It houses the artefacts, and the records of the various conflicts which have shaped our nation. The dioramas teach us that our geography, history, economy and agriculture have made us into what we are today.

The museum can act as a focus of national unity, where clever curators can build bridges to ensure peace and understanding between different communities, races, cultures and beliefs. Our cultural heritage and the things that bind us, like fighting against a colonial power or threat of invasion, can be exploited by museum officials to foster unity in people.

With cleverly designed programmes, the materials and information available in the museum could be used to educate museum visitors and children, about their rich past. This gives them a deeper understanding of their origins and history. Exhibits can also make us proud of what our forefathers achieved. Our responsibility, as guardians of history, is to safeguard this treasure for future generations to appreciate.

Malaysia's oldest museum is the Perak Museum, which was built by the British in 1883. The neo-classical building, which houses many rare collections over a hundred years old, nestles in the leafy surroundings of Taiping. The Perak Darul Ridzuan Museum in Ipoh, was originally the mansion of a tin *towkay* – Foo Choong Kit. The artefacts in it, give a good overview of the historical, archaeological, cultural and natural history of Perak. In nearby Gopeng, the privately-owned Gopeng museum houses an excellent collection of well-maintained pieces, offering visitors a glimpse into Gopeng's past.

Many people think local museums are boring places with dust covered exhibits, inadequately researched pieces and poorly labelled items which visitors find uninspiring.

Perhaps, you are a culture snob, in that you would only visit famous museums, like the Smithsonian, The Louvre, or the Imperial War Museum in New York, Paris and London respectively. Maybe, you visit museums, only when you are on holiday abroad, because this is what a tourist does.

So, when was the last time you visited a museum? Last week, last month, many years ago or never?

If you prefer overseas museums, is it because they have more attractions? Overseas museums contain many treasures, which were collected from countries, like Malaysia, when they were under colonial rule. The Koh-i-Noor, one of the world's largest diamonds, and The Elgin Marbles were brought from India and Greece and are on permanent display at The Tower of London and the British Museum, respectively.

Others claim that they rarely visit museums, because they are put off by the entry charge. One person said, "Museums should be free, to encourage more public interest. I don't know what I am paying for and I do not know if it will be exciting."

In Europe and countries like Australia, visits to museums by schoolchildren have become part of the curriculum because they enrich the learning process. A teacher at a secondary school in Chemor, whilst on holiday in London said, "There are so many interesting museums in London. The exhibits are never boring and everything is well signposted with a detailed explanation. I could spend hours in them and never get bored. Sadly, on my last visit to the Ipoh museum, the exhibits were dusty and dull; but that was a few years ago, so things may have changed."

Her colleague, who works at a local university said, "At the Natural History Museum, we encountered whole classes of children, accompanied by teachers and chaperones, who engaged in discussions with the museum assistants. It is this type of learning process, where the artefacts are displayed, and which continues outside school, which makes learning more interesting. "Some of the groups had very young children, but all the children were actively participating in the discussion. I wish we had a similar system in Perak."

Another Ipoh teacher expressed her disappointment

with local museums and the lack of publicity about them. She said, "We have many museums in Perak, which have become white elephants. Visiting a museum gives a better insight into our heritage and the learning of history. In Canberra Australia, it is compulsory for the students to visit the main museum at least once during their time at school. Malaysia should adopt this principle."

This teacher asked her students about museums in Ipoh, and was shocked by their responses; "They know the Geological Museum, only because they pass it, on their daily commute. They have not heard, nor been to the Ipoh Museum, at Jalan Panglima Bukit Gantang. They are not aware that Kuala Kangsar has three museums and Taiping has two – one at Matang and one in Taiping town.

"Museum displays should be highlighted and students should be taken there, at least once in their school life. Curators should spruce-up the place. Museums can create greater awareness of the historical aspects of modern Malaysia."

These teachers believe that museums should be fun places, where learning is an ongoing process. So, will the museums in Perak take up the challenge, set by these teachers?



## Dr Saravana.K

Consultant Physician,  
Gastroenterologist & Hepatologist

## Digestive Health

## Upper Endoscopy

An upper endoscopy is a procedure used to visually examine your oesophagus, stomach and beginning of the small intestine (duodenum).

Your doctor may recommend an endoscopy to:

- To determine what's causing digestive signs and symptoms, such as nausea, vomiting, abdominal pain, difficulty swallowing and gastrointestinal bleeding.
- To collect tissue samples to test for diseases and conditions such as anaemia, bleeding, inflammation, diarrhoea or cancers of the digestive system.
- Your doctor can pass special tools through the endoscope to treat problems, such as burning a bleeding vessel to stop bleeding, clipping off a polyp or removing a foreign object.

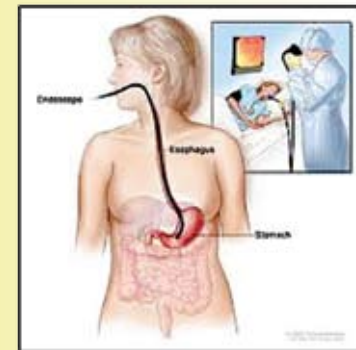
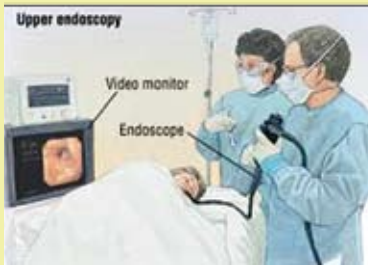
Your doctor will give you specific instructions to prepare for your endoscopy. In some cases your doctor may ask that you:

- Fast four to eight hours before your endoscopy to ensure your stomach is empty for the procedure.
- Stop taking certain medications. You may be asked to stop taking certain blood-thinning medications in the days before your endoscopy. If you have chronic conditions, such as diabetes, heart disease or high blood pressure, your doctor will give you specific instructions regarding your medications.

Tell your doctor about all the medications and supplements you're taking before your endoscopy.

During an upper endoscopy procedure, you'll be asked to lie down on a table on your back or on your side. Monitors often will be attached to your body to allow your healthcare team to monitor your breathing, blood pressure and heart rate. You may receive a sedative medication through a vein in your forearm. This medication helps you relax during the endoscopy.

Your doctor may spray an anaesthetic in your mouth to numb your throat in preparation for insertion of the long, flexible tube. You may be asked to wear a plastic mouth guard to hold your mouth open. Then the endoscope is inserted in your mouth. Your doctor may ask you to swallow as the scope passes down your throat. You may feel some pressure in your throat, but you shouldn't feel pain.



As your doctor passes the endoscope down your oesophagus, a tiny camera at the tip transmits images to a video monitor in the exam room. Your doctor watches this monitor to look for abnormalities in your upper digestive tract. If abnormalities are found in your digestive tract, your doctor may record images for later examination.

Gentle air pressure may be fed into your oesophagus to inflate your digestive tract so the endoscope can move freely and the folds of your digestive tract are more easily examined. The air can create a feeling of pressure or fullness.

Your doctor will pass special surgical tools through the endoscope to collect a tissue sample for Helicobacter Pylori test or remove a polyp. Your doctor watches the video monitor to guide the tools.

When your doctor has finished the exam, the endoscope is slowly retracted through your mouth. Endoscopy typically takes five to 20 minutes, depending on your situation.

## After Endoscopy

You'll be taken to a recovery area to sit or lie quietly after your endoscopy. You may stay for an hour or so. This allows your healthcare team to monitor you as the sedative begins to wear off.

Take it easy for the rest of the day after your endoscopy. You may feel alert, but your reaction times and judgment are delayed after receiving a sedative.

For more information call Saravana.K Gastroenterologist and Liver Specialist Clinic at Hospital Fatimah (05 548 7181) or email [gastrosara@gmail.com](mailto:gastrosara@gmail.com).



THINKING  
ALLOWED

by Mariam Mokhtar



## MUSINGS ON FOOD



By SeeFoon Chan-Koppen

“**R**are is the occasion to see a cookbook written by a retired industrialist whose majors were in accountancy and economics” wrote Huang Jiao Ling, Director General, Office of Overseas Chinese Affairs, Xiamen City Government, China, in the Foreword of the book **A Trip Down Memory Lane: Signature Dishes from the Tan Family**.

### 50 Recipes of Family Favourites

The look and feel of the book is retro, harking back to a time when people spent time in the kitchen cooking every meal with meticulous care and attention. The Chinese characters describe the essence of the book even more succinctly: ‘*Lao Wei Dao*’ or Old Tastes.

And the recipes in David Tan’s book reflect this: 50 recipes of dishes of his family favourites, some accompanied by anecdotes of the dish’s origins or memories of the dish from David’s childhood, watching his grandmother and mother cooking. His culinary skills were only developed when he was studying in the UK and yearning for the dishes from his childhood, he began experimenting. Over the years, he became passionate about cooking and today David is a fine chef, excelling in producing dishes, some from his Hokkien origins, whose recipes are mostly forgotten.

### Many Credits

The book which is bilingual (English and Chinese), is dedicated to David’s grandfather the late Tan Lark Sye, a well-known Hokkien industrialist and philanthropist who founded Nanyang University in Singapore in 1952. David, who was born in Singapore, grew up in Ipoh. He credits his maternal grandmother Mdm Cha Siew Khim for exposing him to the delights of gastronomy and his mother Datin Chon Moi who spurred his passion and honed his culinary skills. The recently published cookbook he credits to his ‘Sifu’ the late Mdm Chong Su Yin who ran the cooking school *Chopsticks* and who had 21

# SeeFoon takes a trip with Dato’ David Tan Down Memory Lane



I can safely vouch for David’s Katong Laksa as being even better than the original as I too, grew up in Singapore and this used to be one of my favourite treats. Today I no longer have to scour the streets looking for the ‘best’ one. I have found it in Ipoh and better yet, with David’s cookbook, I can even attempt to make it myself.

Not that I am a wizard in the kitchen, but with David’s detailed recipes, instructions and footnotes, even those who cannot boil an egg will manage to achieve a facsimile of the real thing.

### Case of the Bouncing Fish Ball

Take for example the case of the **Bouncing Fish Ball**. As every foodie worth his or her



salt knows, a really succulent bouncy fish ball that has no additives, but simply fish meat, salt and water is firstly, a rare find, and secondly a nightmare to make at home. However, David has written his bouncing fish balls recipe as a formula straight out of a science lab. (See recipe featured on this page.) And as with all tried and tested science formulae, if you follow David’s recipe to the letter, he guarantees you’ll have super bouncy fish balls. And I can vouch for it. I’ve tested it in my kitchen and the result was superb.

The book is 160 pages long with recipes sectioned off into categories. The first one is *Tan Family’s Signature Recipes* which starts off with the **Homemade Chilli Paste**, a delectable and easy to make paste which I immediately produced and have now stored in small portions in my freezer to use for an assortment of stir fries or to eat as accompaniment with noodles. Friends to whom I have given the paste are now clamouring for more. Other recipes in this category include **Ah Ma’s Assam Fish**

**Curry**; **Family Traditional Acar** (super easy and super tasty and keeps for weeks in the fridge); **Ah Ma’s Famous Kueh Talam** (I tasted some made by David at his home and they are scrumptious).

The next category is *Traditional Hokkien Flavours* which include **Hokkien Heh Zor** or **Deep-fried Prawn Rolls**; **Traditional Dried Oyster Porridge** and **Traditional Hokkien Yam and Radish Cakes**. This is followed by a category David calls *Unique Tastes of Nanyang* which includes recipes for **Singapore Original Curry Fish Head** (yes the real McCoy!); **Singapore Punggol Mee Siam** (unbeatable) and **Famous Petaling Street Hokkien Mee**.

Finally, there is a category for *Traditional Hokkien Flavours of Xiamen* where the Tan family originate. Here you’ll find recipes for **Hokkien Jimei Ngoh Hiang** (*Loh Bak*), **Oh Chian** (Oyster Omelette) and the **Original Hokkien Jimei Loh Mee**.

All in all, these 160 pages of **A Trip Down Memory Lane** is chock full of the most detailed recipes for dishes that are rapidly being degraded in most eateries. David does not cut corners. Every recipe is made with the original ingredients and he does not stint on his instructions or as some chefs have been known to do...leave out the one or two ‘secret’ ingredient or trick that turns a dish from a mediocre into a superlative one. David wants you to succeed with his recipes and I am certainly one who can attest to that. Even my Filipino maid who has no clue as to the taste of these dishes, has succeeded.

To your success Chef David and please may we have more cookbooks.

The book **A Trip Down Memory Lane** is available at Popular and MPH bookstores as well as Tesco supermarkets. Price RM25.



cookbooks published. He refers to her as his ‘guardian angel’ and her teaching methods in the art of cooking ‘beyond description’. She once told him, “Use your heart to cook, feel the ingredients and foresee your final results.”

### Legendary Specialties

And David has taken her admonition to heart. David’s specialties are legendary and those who have had the privilege to taste some of them, including myself, have left his house yearning to be invited again and again. I have personally had the pleasure of sampling his **Katong Laksa**, a hawker specialty that every Singaporean raves over and every Laksa stall there claims to be the ‘original’ one.

## RECIPE

# Mum’s Bouncing Fish Balls

By David Tan Sek Yin

### Ingredients

- 580g Tofu Fish (clean and remove bone)
- 350g Water
- 40g Salt
- Adequate deep-fried shallots

### Preparation

1. Finely blend fish flesh with a blender.
2. Fill a large bowl with water enough to cover fish balls. Set aside.

### Method

1. Put the blended fish into a large mixing bowl. Gradually add in water while mixing and folding the fish. When all the water has been added, it should look slimy.
2. Add in the salt and then whip the mixture vigorously until it becomes a soft dough. Turn and throw the dough up and down for about 5 minutes until it becomes bouncy and firm.
3. Squeeze the dough into small balls and put them

into the water prepared before, keep it in the fridge overnight.

4. You can either change the water every hour for 4 hours, or change the water only once in 8 hours.
5. After 4 or 8 hours, cook the fish balls in boiling water until they float to the surface. Turn off heat.
6. Pile fish balls on a plate, sprinkle with deep-fried shallots and garnish with coriander leaves. Serve.

### Notes

1. The recipe only works for tofu (Milled Yellow Tail) fish.
2. The amount of water and salt should be calculated according to the weight of fish. Follow the formula below:  
The amount of fish (after blended) = X  
The amount of water needed = X/580 x 350  
The amount of salt needed = X/580 x 40
3. The freshness of the fish plays an important role in



this recipe. While selecting fish, take a look at the eyes and gills. The eyes should be shiny and bright, while the gills should be bright red.

4. Do not overload the blender with fish, if not the blending process will not be effective. Do not blend the fish for too long, if not the heat produced will degrade the freshness of the fish. The blended fish is done as soon as a rotating ball is formed during the blending process.
5. This fish ball serves well with noodles or steamboat.



## News

## Iconic Murals Vandalised

Ipoh is famous for its colonial-era buildings, *kopitiams* and, most recently, mural paintings on walls of pre-war buildings. Tourists and locals from outside Perak would flock to Ipoh, especially during festive seasons, to feast their eyes on these man-made attractions.

The murals, however, have been vandalised by people unknown. The ones affected are those found on the walls of buildings along the alley behind Jalan Masjid and Jalan Sultan Iskandar. These heinous acts have caused much outrage among Ipohites and tourists alike.

As if to add salt to injury, graffiti were spray-painted alongside the murals. Expletives were also found among the paintings. Norzana Mohd Zain, a staff of the Ipoh City Council's Tourism Information Centre recounted the incident to Ipoh Echo and sought its help to highlight the negativity behind such irresponsible acts.

"As a staff of Ipoh City Council and a concerned citizen, I am appalled by the actions of some. Don't they know that the murals are special? They are our new identity. Defacing them will only tarnish the city's image and may affect Ipoh's tourism industry," she lamented.

According to Eric Lai, the man responsible for the paintings, touch-up works have been put on hold due to fears that the vandalism may have been done by gangsters.

"I've filed a police report and had discussions with Ipoh City Council regarding the matter. The safety of my students, who are assisting me in preparing the wall-paintings,



is my primary concern. Therefore, I've decided to stop work for the moment," he told Ipoh Echo when contacted.

"We plan to complete 57 mural pieces by September to celebrate Malaysia's 57th Independence Day. However, due to the unfortunate incident and because of time constraint we've no other choice but to stop work. Nevertheless, we'll proceed with the official launching by the Mayor scheduled for in September," he exclaimed.

**Yvette**

## Briefing on Commercial Bank Loans



Perak Indian Chamber of Commerce (PICC) organised a briefing on commercial loans available from banks for its members at its premise in Jalan Sultan Iskandar. Representatives from Public Bank and Bank Simpanan Nasional (BSN) informed the members on loans available from their banks.

Thong Chee Keng, Sales and Marketing Manager of Public Bank spoke of their SWIFT Plan which provides financing or refinancing of shop houses and factories, working capital financing and business expansion. Facilities available include fixed loans, overdrafts and ABBA (Islamic) Term Financing. The bank also provides PB Micro Finance to self-employed individuals involved in the agriculture, services and manufacturing business. The interest rates depend on the credibility of the borrower.

Muhamad Haseirie Mahyudin, Vice President/Manager of BSN briefed on the products and services available from their bank. He spoke of the micro financing of Small and Medium Enterprises and the requirements of the applicant. He said that loans would be approved within seven days.

Muhamad spoke of the Agent Banking System which was introduced in 2010. By becoming an agent, a person can provide services like bill payments and loan repayments and earn a commission on each transaction.

Though the briefing was for PICC members, the services are available for all eligible citizens.

**AJ**

## My Say

By Jerry Francis



## What has Happened to The Lifestyle of Kampong Folk?

Has urbanisation affected the lifestyle of the residents of the predominantly Malay neighbourhood of Gugusan Manjoi in Ipoh? This appears to be the case, if we base the conclusion on the Ipoh City Council's selection of this growth area for its street crime reduction programme.

What has happened to the friendly hospitality and trusting community spirit in the predominantly Malay kampongs, which we often praised? Where even gates and doors of houses used to be left open without fear of criminals walking in. Are all these in the past now?

At least, this is the impression I get when Ipoh Mayor Dato' Harun Rawi recently classified Gugusan Manjoi as a "black spot" and chose it as part of the programme under the National Key Results Area's (NKRA) Safe City Initiative in a bid to reduce crime rate in the area.

The programme is endorsed by the Home Ministry and the Urban Wellbeing, Housing and Local Government Ministry under the "Crime Prevention Through Environmental Design" concept. Dato' Harun was quoted to have said that the Safe City Programme, which is expected to cost RM2.85 million, was aimed at curbing street crimes, especially snatch thefts on the city roads and walkways.

The fund will also be used to increase the number of streetlights and provide motorcycle parking with lock and key facilities. Additionally more signboards as well as convex mirrors at strategic road curves and bends will be installed.

The City Council had studied and collected all the information to carry out the project. Dato' Harun said the programme would be publicised widely to provide an effective impact to the public.

"We will ask the public for their opinion, including community leaders, youths, religious institutions and residents as well as the main agencies such as the police, National Anti-drug Agency (AADK) and state Immigration Department. So far, the City Planning Department has collaborated with AADK to run programmes which will involve giving talks, among others, to spread awareness of the importance of this programme," he said. The City Council is waiting for the allocation approval from



NKRA before finalizing the main components of the programme.

I am surprised by the city council's classification of Gugusan Manjoi, which consists of a cluster of five kampongs – Kg. Manjoi, Kg. Tengku Husin, Kg. Sungei Tapah, Kg Dato Ahmad Said and Kg. Tersusun Jelapang Baru, as a "black spot." Even certain police personnel and residents in the area cannot accept the fact that the environment in the predominantly Malay neighbourhood could turn out to have a high rate of street crime.

"We can accept the number of petty thefts committed by juveniles and *dadah* addicts have increased, but not street crimes," remarked an upset resident. He believes the attitude of the kampong folks has not changed. The majority of them still care and trust one another in the villages.

I am convinced that developments in the area are not drawing some to crimes or attracting outsiders to come into Gugusan Manjoi to commit crimes. Furthermore, there are not many commercial areas within Gugusan Manjoi, only a few shop houses scattered about.

I hope the City Council has not classified it as a "black spot" as an excuse to channel more funds to Gugusan Manjoi. Of course, Gugusan Manjoi, which is lagging in development compared to its surroundings, needs funds for development but not funds meant for fighting crime. By all means direct some allocations for development and eradication of poverty to the area, which has been lagging for over 20 years, in terms of development, compared to other areas in the city.

The state government had relocated the Kinta District Land Office and a hypermarket to the area in the hope to stimulate development.

The Safe City Programme is meant to fight street crimes in "black spots" within the city. Let allocation from the fund be used for that purpose in places such as Kampung Simee, Betong, Pasir Puteh, Canning Garden and Bercham, where the crime rate is high.





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## Community

# Big Bad Wolf Ipoh



For a resident population not known to be much into reading, the recent Big Bad Wolf (BBW) book sale on July 24 to 29, which was held at PHL Convention Centre in Menglembu saw an overwhelming support.

Doors were supposed to open at 10am but due to the big crowd waiting outside the premises, the staff decided to cut short the waiting time and let the public in before opening hours. Closing hours were also extended for readers to avoid disappointment.

Eighty-two college students were hired as BBW crew for the sale taking three days to set up the hall. More than 40 thousand readers were seen at the event, buying not only books but also furniture, T-shirts, imported tin signs, button badges, etc.

Many readers walked away with box sets (books) at a very cheap price. Everything was selling fast and the staff had to put an additional two 40-foot trailers of stock to replenish the titles throughout the sale.

When interviewed, most of the customers gave good reviews. Mrs Lim was with her family and they went home with boxes of books for about RM400. It was her first experience at Big Bad Wolf although she had heard about the yearly sales in Kuala Lumpur. She said that she would definitely look forward to a Big Bad Wolf sale yearly. Some Big Bad Wolf fans were also seen at the event. They thought that the quantity and varieties weren't as wide as Kuala Lumpur and would love to see more of it coming into Ipoh in the future. Big Bad Wolf was the talk of the town when it opened its doors in Ipoh. People were boasting about their cheap and good purchases they managed to get from the event.

BB1M vouchers were accepted at the sale. Hong Leong Bank was the official card for the event. Hong Leong Bank cardholders were offered an additional 5 per cent off purchases.

Susan

## 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.

## Residents living in fear of Dengue

Lately the mainstream papers are highlighting the outbreak of dengue in the country. As far as Perak is concerned, in April, Dato' Nolee Ashilin Mohamed Radzi, former Chairman, State Health Committee informed that the state government has launched a unit to coordinate integrated dengue response measures to combat dengue. In July Dato' Dr Mah Hang Soon, Chairman, State Health Committee said that a high-level committee would be set up to tackle the dengue situation; dengue cases in Perak have increased from 934 cases last year to 2834 cases for the first six months of this year.

'Mosquito Garden' is the popular name for Lim Garden and is about 2km from the MB's office. A couple of years ago MBI put up a poster declaring this place as Kawasan Dengi after the outbreak of a few cases. Other than the poster, nothing was done. Recently two staff from MBI went about distributing pamphlets on dengue. They informed me there was a dengue case on the next road and to take care. What care can I take when I have to share my house with mosquitos? I have to sit with a mosquito swatter inside my house. The situation is worse outside. Visitors wonder how we tolerate the situation and why nothing is being done. Even MBI workers who come to work in this place complain of the mosquitos.

It isn't that fogging, the first deterrent in the battle against mosquitoes, is not carried out. I often hear the sound of fogging and can see the fog and, depending on the wind direction, I smell the insecticide.

The main cause of mosquito problem in Lim Garden has been identified as the individual septic tanks which are major breeding grounds. Everyone is told to keep his septic tank free of mosquitoes; if one person fails to do it, then mosquitos start breeding and affect the whole neighbourhood.

K. Sagadevan, Secretary, Lim Garden Residents Committee said he had met with Indah Water (IWK) and requested that a Centralised Sewage System (CSS) be built and was told that it was not their job to put up a sewage system. The Manager of IWK, Ipoh informed that their job was to collect fees and de sludge and it was the responsibility of Jabatan Perkhidmatan Pembetulan (JPP) to build (CSS).

I visited National Water Services Commission (SPAN) which has taken over JPP with Saga and spoke to Ir. Azrol Bin Noordin, Branch Head. Azrol was friendly and frank and advised us to write a letter requesting to put up the CSS and also gave suggestions on what must be highlighted in the letter. He said that he would forward the letter to Headquarters and it would take time for any action. Saga has written the letter and handed it to Azrol.

The latest news is "RM500 fine for breeding Aedes". It is not only the residents who are creating breeding grounds for mosquitos. The main culprit is MBI which is not doing its job. Who is going to fine MBI for its incompetence?

SPAN must act quickly and build a CSS. A vacant land has been identified for the plant. Making statements is not going to solve the problem and residents in Lim Garden are living in the fear of dengue. Dato' Dr Mah Hang Soon needs to come and inspect 'Mosquito Garden' soon.

A. Jeyaraj



## Community

# Remembering MH17



The tragedy befalling Malaysian Airlines MH17 has caused much grief and sadness to the nation. Taking cognisance of this, Soroptimist International (SI) Ipoh, a non-governmental organisation (NGO), organised a remembrance event aptly named, "A Walk in the Park: In Memory of MH17".

The objective was to express sympathies for the 298 victims of the ill-fated flight, which was shot down while flying over war-torn Ukraine on Thursday, July 17.

The walk, held on the morning of Saturday, August 8 at Taman Rekreasi Sultan Abdul Aziz, Ipoh (Polo Ground), saw some 500 people partaking in the solemn event. Most were dressed in white and holding 298 stalks of chrysanthemum, symbolising the number of victims,

as they walked around the park.

Lanka Devi, President of SI Ipoh, told reporters that the walk was one of the first in the country. It was jointly organised with another NGO, Malaysians for Malaysia, to show support and empathy for family members of the victims.

"We've prepared a book of condolence for people to sign and balloons to be released, as a form of remembrance for the victims of MH17," she said. "We hope the conduct of this event will enable family members of the victims to find solace and comfort knowing that the society cares. It's also to show that Malaysians care and support one another in our moments of grief regardless of race and belief," Lanka added.



She disclosed that the book of condolence, signed by the people who were there, would be sent to the Malaysian Airlines headquarters in Kuala Lumpur for its keep. By doing so the memories of those who were killed in the air disaster would be remembered.

Volunteers from Wesley Methodist School, Ipoh came out in full force to assist for a good cause. The event came to a close with the release of 298 white-coloured balloons by Lanka Devi.

Yvette

## St John Ambulance Visits Welfare Homes

As part of its service to the community, St John Ambulance Malaysia (Perak) visited the Praise Emmanuel Children's Home in Ipoh recently to give away toys and books. The items were donated by the public during a three-month campaign organised by St John Ambulance.

According to Sella Segar, supervisor of the welfare home, there are only ten boys and girls residing at the home and they are all orphans. She was appreciative of the efforts by the non-governmental organisation.

"By donating and visiting the home the children will feel happy and will not be left out from mainstream society," said said Manin Singh, the State Superintendent of St John Ambulance Malaysia (Perak) who handed the presents.

Manin hoped that more donations, especially from NGOs and the public, will be forthcoming. Besides Praise Emmanuel Children's Home the other welfare homes visited by Manin and his team were Good Shepherd Family Home and Bougainvillea Nursing Home.

Ed



## In Memory of MH370 and MH17

Young Men's Christian Association (YMCA) Ipoh branch organised a memorial service dedicated to the victims of the missing MH370 and the doomed MH17. The service was held at YMCA Ipoh on Thursday, August 7.

Guests of honour, Dato' Dr Wee Ka Siong and Dato' Dr Mah Hang Soon, along with over a hundred members of the public, attended the service.

"On the day of the incident, July 17, I was the acting transport minister. Three weeks since the incident the country still feels the pain of the loss. I am touched by the efforts of YMCA Ipoh to organise this service. We're still in the process of receiving the bodies and will ensure that a dignified reception be given to the victims," he said.

The government, said Wee, will not only unravel the mysteries behind the missing MH370 but will also continue to pursue those responsible for the downing of MH17.

The memorial service ended with the lighting of candles as a form of prayers to remember those who lost their lives in the tragedies.

MH370 went missing while on its route from Kuala Lumpur to Beijing on Saturday, March 8. Flight MH17 was on its way to Kuala Lumpur from Amsterdam when it was shot down over eastern Ukraine on Thursday, July 17.

Yvette





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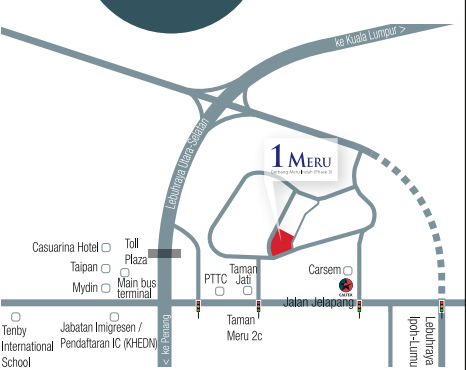
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## Lifestyle

### Success Stories from AKPK

Agensi Kaunseling Dan Pengurusan Kredit (AKPK), a wholly-owned subsidiary of Bank Negara Malaysia, was established to ensure that the public is able to manage their finances prudently. AKPK's primary role is to educate people from all levels of income to ensure all Malaysians are equipped with sound personal financial management skills. AKPK offers three core services free of charge, which are: **Financial Education; Counselling and Debt Management Programme (DMP).**

The last issue of Ipoh Echo featured one success story of AKPK's intervention. What follows is **Success Story #2.**

Christine (not her real name) realised that the man she loved had tricked her. Could she forgive him? Should she let this one slide? After all, her husband had acted out of good intentions. Nonetheless, because of his mistakes, Christine is now in big trouble.

"I'll think about that later," Christine mused. Right now, her priority was ensuring that the banks stopped chasing her. Warily she sought AKPK's help.

Christine was in debt. And it wasn't a small amount; it was a startling RM375,000 in credit card and personal loans. What was worse was that she did not spend a single cent of the money she owed.

How did this happen? Her husband, Edward, was unemployed and a bankrupt. Thus, Christine, a teacher, was the sole breadwinner while Edward devoted himself to doing the housework and earning a little by giving private tuition to some kids. They were not particularly affluent, but they coped; the bills were paid and there was food on the table. They even had enough to send their only daughter to a good school.

Edward wanted to provide for his family – he wanted to give his loved ones a more comfortable life. But Edward made a wrong move. He became a victim of a gold investment scheme.

To make matters worse, Edward used his wife's personal documents, without her knowledge, to apply for credit cards and personal loans to invest in the 'get-rich-quick' scheme. This was a case of identity theft and Edward could be charged for this criminal act. The investment scheme was later revealed to be a scam and Edward had no way of getting back his money. Christine, however, was under legal obligation to pay the banks' dues.

Christine wondered what had she done to deserve this fate. She had been a hardworking teacher for years; devoted herself to taking care of her family, even if it meant late nights and little sleep. She had to bear a great financial burden because of her husband's recklessness.

Rather than wallow in self-pity, Christine knew she had to face up to reality. With AKPK's aid to reschedule her loans, Christine now has a chance of settling her debts by enrolling into AKPK's Debt Management Programme.

**AKPK's Tips on Spending**

Guidelines to help you spend wisely and responsibly:

- **Spend within your means**  
Always be aware of your financial situation and how much you can comfortably afford to spend.
- **Prioritise your spending**  
Different people have different needs – some tend to spend more on clothes while

others spend more on food. Whichever you choose, prioritise your spending and stick to it.

- **Plan ahead of time**  
Leaving arrangements for the very last minute is not encouraged since there is a tendency of going overboard due to the lack of options to choose from.

- **Keep your savings in mind**  
Don't neglect your savings (minimum 10% of monthly salary) while planning your festive budget. It might be tempting to leave savings out "just this one month" to accommodate the festive spending but you will be glad that you stuck to your savings in times of emergencies.

**Financing the Festivity**

According to a survey by *iMoney*, more than 10% of respondents resorted to borrowing money for the purpose of celebrating Hari Raya and over 15% of respondents spent more than RM3000 on top of their normal expenditure for the celebrations. How do we change this?

- Never take money from unlicensed moneylenders or cash advances from your credit card.
- Do not take loans to finance the celebration. Loans should only be taken for productive purposes. While some may argue that a celebration is a productive purpose, ask yourself, "What about next year and the year after? Will I continue doing this? What repercussions will it bring to my budget?"
- Where possible, avoid taking cash advances from your salary for the festive period. You are going to have to pay the cash advance back to your company at some point.
- Avoid using your credit card for purchases, use cash instead. This will not only help you stick to your budget and track your expenses, it will also save you the money you would otherwise pay for interest.

**Shopping**

- Don't buy it only because it's on sale
- Make sure you can afford it
- Buy it only if you need it, but also be cautious of a purchase if you have to spend more on it.
- For example, if you are eyeing a particular attire, and feel that you will need to make further purchases (accessories, shoes, etc.) then the purchase of the attire may not be worth it as it will lead to additional expenses.
- Check items thoroughly for any defects – the paying price must correspond to the quality.



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## Young Perak

## Celebrating 450th Anniversary of Shakespeare's Birth

The Sixth Formers of Tenby Schools Ipoh have a special reason this year for staging their traditional Shakespearean plays. It is the 450th anniversary of the birth of the world's most famous English bard and playwright.

"We hope to recreate something of the spirit of Stratford-upon-Avon, the birthplace of Shakespeare," said Nicole Fong (Cohort 9) who directs "Macbeth" this season. "We will not only be performing for audiences within our school but also move from school to school in the way itinerant theatre groups moved from town to town in those days."

"We have been rehearsing "Macbeth" every Monday since January," says Ding Zu Ron who plays the main role of the Scottish usurper king. This play, like Shakespeare's other masterpieces, gives me a greater insight into human psychology." Zu Ron is one of the 62 Sixth Formers doing the Cambridge A-Level Programme at Tenby Schools Ipoh.

Playing the part of Lady Macbeth is sixth former Chai Hoi Yeen who is making her debut on the stage. "It is my maiden foray into drama. It is an area of self-expression that seems so powerful and exciting to me. It is truly a new world of experience to me."

Tenby Schools Ipoh's Sixth Formers will also be staging two other Shakespearean plays this year. They are "A Mid Summer Night's Dream" and "The Merchant of Venice".

"The plays are mostly rendered in modern English so that they make better sense to Malaysian school audiences," says Tenby Sixth Form co-ordinator, Mr Louis Rozario



Doss, who has written and taught drama for over 30 years at various schools in Malaysia. "They are also timed for an hour's duration instead of the usual 2½ hours."

The drama tradition at Tenby Schools Ipoh is a central feature of the school's Sixth Form programme. Since 2010, the year of the inception of the Sixth Form at Tenby Ipoh, every sixth form class has produced a Shakespearean drama production. It is part of the compulsory theatre practice experience that every sixth former undergoes at this school. Among the past plays produced were "Julius Caesar" (2010 & 2013), "The Tempest" (2011), "The Winter's Tale" (2012), "Hamlet" (2012) and "As You Like It" (2013).

Sanika Renganadan, the President of the Sixth Form comments: "Our drama projects this year are a fitting tribute to one of the greatest playwrights in history. Shakespeare's plays are immortal classics that should be read by all not just for enjoyment but also for serious reflection."

Another comment comes from Muhammad Irsyad Handan, a former student of Dubai International School, UAE: "To me Shakespeare's plays are excellent material for debates on moral issues. Many of his lines make excellent quotations such as his moving words expressing sorrow at the death of his wife in the poem "Tomorrow, and tomorrow and tomorrow..."

Adds Mr Louis: "Tenby's drama tradition is another beautiful facet of Ipoh's strong drama tradition. Indeed, Ipoh can arguably stake a claim to being Malaysia's Stratford-upon-Avon with the superb drama performances by Tenby Schools, SMK St Michael, SMK Methodist(ACS) and the Perak Society of Performing Arts."

For more details on performances for Ipoh schools, please contact [louis@tenby.edu.my](mailto:louis@tenby.edu.my) or call 010 390 5011.

## 'Charley's Auntie' – A Roaring Success

Anglo-Chinese School, Ipoh has a long tradition of staging Shakespearean plays that date back to the 1930s. And in the course of its transformation, has produced many prominent actors and actresses who went on to grace the Malaysian performing arts scene.

The school recently staged another brilliant play titled, "Charley's Auntie", the 76th in the series. For three consecutive days the play was open to the public to raise funds for the school's maintenance fund.

Produced by the school's Music and Drama Society, the production was a joint effort by students, former students and teachers. It tells the story of Jack and Charley who must propose to their girlfriends, Kitty and Amy, before they leave for London. The girls, however, prefer meeting Charley's Auntie instead. The ladies' late arrival forced Charley's brother, Fuzzy, an avid cosplayer, to reluctantly agree to disguise himself as Charley's auntie.

Things get complicated when Fuzzy's father, Major Taufeeq, makes a surprise visit and the girls' guardian, Megat, comes looking for the girls. Both men fall for the 'woman' whom they think is Charley's Auntie and events get funnier, forthwith.

Things become more complicated when the real Charley's Auntie turns up with a special someone in tow. The comedy heightens as the truth slowly unfolds. Charley and Jack finally manage to propose to their girlfriends providing some comic relief that get the audience in stitches.

Ipoh Echo met with Director Xavier Fong who had this to say about the play. "The production is a change from the norms. I've combined it with elements of Japanese anime, which I am experimenting with. The public's response is most encouraging."

The plot, which centred on a purely Malaysian theme, resonates well with the audience. The humour is neither dry nor racy.

The employment of traditional Japanese Kabuki theatre techniques, using stage

hands dressed in black, was an interesting change from the past. However, a limited knowledge of Cantonese is required to understand the jokes. Most would have missed the jokes without someone conversant in the dialect to translate them. That aside, the performance of the actors were admirable, to say the least. They succeeded in conveying the director's intentions, transforming them into action.

Charley's Auntie is based on a script written by Brandon Thomas in 1895. It was given a Malaysian twist by Richard Harding Gardner and has since been staged six times in the country.

Angain



## 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.

**The Great DAYBREAK Carnival 2014**, Saturday **August 16**, 9am to 4pm at Daybreak Centre Pengkalan, Lot 75242, Jalan Pulai, RPT Pengkalan Pegoh, Lahat.

**Book Launch, "Life Ever Dawning" (Brother Vincent's Memoirs) by Brother Vincent**. Saturday, **August 23**, 4pm at St Michael's Institution Hall, Ipoh. For details and seat reservations call Wai Kheng at 05 241 3742 or 016 551 8172.

**Kinta Valley Symphonic Society presents 'MUSIC BUFFET All You Can Hear', September 6 & 7**, Saturday – 8pm, Sunday – 3pm at Radio Televisyen Malaysia Auditorium, Jalan Raja Musa Mahadi (Dairy Rd.), Ipoh. Invitation by donation (no admittance for children under 5). Invitations available at: Ebony Music (Ipoh Parade) – 05 254 0349; Joyous Music (Station 18) – 05 328 2897; Why Music (Taman Song Choon) – 05 311 0459; & A&E Winds Music at <http://www.aewoodwinds.com>. For enquiries, contact KVSS – 010 799 8865.

**St John's Church 'Ipoh Community Fun Day', September 6** from 9.30am to 12.30pm at St John's Church Hall, Ipoh. Indoor activities for all ages, games, prizes, children's art and colouring contests. Drinks and snacks on sale. Proceeds will go towards the Church's Community Help Service. For details call: 05 254 8146.

**Memory Walk 2014 and World's Alzheimer's Day**, Sunday, **September 21**, 7.30am at UniKL RCMP, Ipoh. Distance: 5km. For details and registration call Dementia Daycare Centre at 05 241 1691 or Dr Esther/Dr Mah Kin Keong at 05 243 2635.

**Kechara Earth Recycling Project**, (Sundays) **August 24 & September 28**, 9.30am to 11.30am at Jalan Dato Lau Pak Khuan, Ipoh Garden, Ipoh (in front of Ipoh Garden post office). Items that can be recycled: metal/aluminium, electronic equipment, plastics, newspaper/carton boxes, paper, old clothes (old clothes will be donated to Orang Asli). For more information, contact Mr So 016 532 8309 or Yee Mun 012 522 3200.

**YMCA of Ipoh Toastmasters Club meets every 2nd and 4th Wednesday** of the month at YMCA, 7.45pm. 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. Contact: Ramesh 016 566 2866 or Nuryani 016 594 7258.

**Perak Academy has relocated to:** 71 A (1st Floor), Jalan Tun Sambanthan, 30000 Ipoh (opposite Maybank, Old Town). Contact numbers: Tel/Fax – 05 241 3742 (Office), Mobile – 016 551 8172. Email: [contact@perakacademy.com](mailto:contact@perakacademy.com). Website: [www.perakacademy.com](http://www.perakacademy.com).

**Perak Society of Performing Arts (PSPA) has relocated to:** A-G-1, No. 1, Persiaran Greentown 2, Greentown Business Centre, 30450 Ipoh (next to Hong Leong Bank, the Ipoh Echo office). Contact details – Tel/Fax: 05-2427814. Email: [psaiph@gmail.com](mailto:psaiph@gmail.com). Website: [www.psaiph.org](http://www.psaiph.org).

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22. Daybreak, Lot 75242 Jalan Pulai, RPT Pengkalan Pegoh. Tel: 05-3235908/09
23. Banyan Beauty, 40 Jln Raja Dihilir. Tel: 05-2426866/012-5073866
24. Ipoh Echo's office





## Lifestyle

## Launch of Times Square Ipoh

With the launch of Times Square Ipoh by Team Keris Berhad recently, Ipoh will have its very own iconic landmark for locals to claim bragging rights. This is not just another project by the developer, but a development for the future and a landmark project that will bring Ipoh into a new era. It will put Ipoh in the spotlight, just as how the Kuala Lumpur Twin Towers has put Malaysia on the world map.

Inspired by the pulse of its international counterpart in New York, Times Square Ipoh was named by the Ipoh City Council and will realise a location for joyful gatherings and celebration, a marketplace for business and commerce while providing a city centre address of modern lifestyles.

Situated in Ipoh's city centre, this is the last parcel of land of significant size where Times Square Ipoh will be developed. This 14.8-acre piece of land will dominate the skyline, adjacent to Ipoh's Impiana Hotel, overlooking the Perak Turf Club.

The first phase of this mixed integrated development project is The Suites, a Small Office Versatile Office (SOVO) luxury project. There will be 246 such SOVO units, with 2 and 3-bedroom options, sized from 1033 sq. ft. with prices starting from RM416 per sq. ft.

Besides the opportunity to own one of the most definitive addresses in Ipoh City Centre, that is, Times Square Ipoh, Team Keris have thrown in a discount of 6% on the purchase price for early buyers, to make this opportunity an irresistible one that is not to be missed.

Addressing the press at the launching ceremony at Team Keris headquarters in Ipoh, Director Michael Tan said, "Ipoh is in need of a prime commercial address and we are meeting that need with the development of Times Square Ipoh. Located in the cross-



hairs of Jalan Raja Dihilir and Jalan Dr Raja Nazrin Shah, this project is deserving of its name because it is located right in the centre of Ipoh city. It is also easily accessible from the two gateways into the city via the North-South Expressway."

To provide potential purchasers with actual panoramic views and real-life spatial perception of the actual units offered at *The Suites*, Times Square Ipoh, is the one and only SkyGallery, located on the 5th floor of Team Keris headquarters. Believing that Ipoh has to be viewed from the "sky", TKB's SkyGallery is not your common sales gallery as this elevated gallery offers breathtaking views of Ipoh that have to be seen to be appreciated. The good news is that almost 85% of the units of *The Suites* are either end or corner lots offering spectacular views.

This integrated development of Times Square Ipoh, with a Gross Development Value of RM1.2 billion, is scheduled to complete in year 2020. The SkyGallery is the brainchild of Team Keris director Datin Irene Lee who was inspired by the many neighbouring iconic landmarks surrounding *The Suites* such as the Japanese Garden and the Turf Club. Times Square will, in due time, be the celebration point of Ipoh.

Meanwhile, phase one, *The Suites*, will complete in 36 months' time.

In addition to all the luxurious facilities expected of *The Suites* which include a 5-tier security system, elevated twin infinity swimming pools, modern gym, sky garden terraces and multipurpose halls, the lifestyle of *The Suites* goes beyond its gated and guarded perimeters to include the vibrant and pulsating address that is Times Square Ipoh.

Emily

For your chance to grab the ultimate Times Square Ipoh address, contact Team Keris now at +6019-7012222 or +6019-7032222. The 5th floor SkyGallery and show units are open daily from 9am to 7pm, including Sundays and public holidays.

## Fifa World Cup at Ametis



The feverish fans



Fifa World Cup fever at Ametis. A special day that will come around once in four years. Learners at Ametis held a special day to join the rest of the world in celebrating the biggest single sport event in the world. It was a day of fun that tested the football skills of learners at Ametis. They have no Neymar, Messi or Robben but they are sure they have some talents for the future.



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