



Fond of Fondant

By Susan Ho

What is a wedding, birthday and in fact, every festive occasion, without a cake? In days of yore, before cake decorating was elevated to an art form, bake artists had to make do with old fashioned icing sugar, butter and cream. Today the ordinary cream cake, while still loved and even preferred by many, has now been moved aside to make room for the newer and trendier fondant cakes. Ipoh Echo went in search for three of Perak's best...

Continued on page 2



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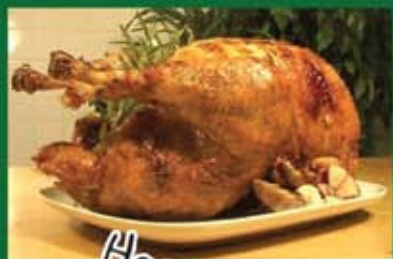


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Painstaking Masterpieces Created Individually and by Individuals

Fondant cakes are expensive compared to the normal cakes in shops. These cakes usually range from RM150 up to RM1500. The process of creating a fondant cake is very costly. Firstly, the cakes must be decorated and kept in a controlled air-conditioned environment 24 hours a day. Fondants cannot be kept in a fridge because of the condensation that may form on the surface. It has to be kept in a cool and dry place. Thus energy costs are high. However, these cakes can last up to 2 weeks if they have not been cut. Secondly, the fondant itself costs up to RM30 per tub depending on their brand and many tubs are often used.

What exactly are these fondant cakes that everyone is so fond of? The word “fondant”, means melting in French. It is an edible icing used to decorate pastries or sculpt cakes. This icing has a chewy texture compared to creamed cakes. Fondant creates a dough-like consistency. It is usually used to cover the cake or made into shapes and patterns.

Besides fondant, gum paste is also often used to add details such as flowers and bows to the cakes. Gum paste is used instead of fondant for details because it is more solid when it dries and it creates a much more realistic look. Gum paste is made by kneading gum paste and fondant together.

Nurainie's Wedding Cakes

Ms Nurainie works from home. She has been in the cake business for five years full time. She started off with cupcakes and birthday cakes and as of now, she specialises in wedding cakes. Once in a while, she would host workshops and courses to the public at a small fee.

She purchases her ingredients from Wah Seng weekly. She uses fondant to cover the cake to seal it completely. She also makes her own gum paste by mixing it with fondant to create realistic looking flowers. Flower petals are formed a day earlier before decorating the cake because it needs to be dried and solid before they are put together. It takes at least two days for a 2-tier wedding cake to be done, from baking to decorating.

Her wedding cakes can cost up to RM1500. She occasionally makes macaroons and cupcakes in a box of 12 to order at RM10 each. Customised cupcakes will have an additional charge of RM6. On busy days, she would pass orders of cupcakes to her students instead. Her customers have expanded over Google and Facebook. The majority of her customers are Malays.

William's Barbie Dolls

William Tan specialises in Barbie signature cakes which have been featured in several magazines from around the world. The biggest one was a feature in Cake Masters Magazine UK that featured 10 pages of his doll cakes.

He works from an office in his family's cake shop. Ipoh Bakery is a family business of many generations, established in 1915 to be exact. Do not be fooled by the name of the shop. Ipoh Bakery is not from Ipoh but Taiping. The name Ipoh Bakery came by only because of his ancestor's love for the word 'Ipoh'.

William's interest in making fondant cakes only developed after he discovered his talent. It all started after his mother sent him for a 1-day course in KL in 2010. When he came back from the course, his mother told him that she had an order for him in queue. His first cake was only a simple flower fondant cake.

He takes up to 20 orders a month, spending at least a whole day to complete a designer cake. He charges from RM700 for a 3-kg Barbie signature cake, with prices varying depending on the intricacies involved and time spent.

His creativity brings life to the dolls. He creates dresses and gowns for the Barbies that are so realistic that one had to touch to see if they were cakes or actual Barbie dolls.



William and his designer cake



Nurainie at work

using butter cakes under all fondant.

Besides making Barbie cakes, he makes a living from making limited quantity of cupcakes occasionally and selling tutorials via PDF file online, a 45-page downloadable tome at RM55.

Sarah's Birthday Cakes

Sarah Lim focuses on birthday cakes having done so since 2008. She takes cake orders from 1 to 2 weeks in advance and because of her experience, she can complete three orders in a day as it only takes two hours for her to decorate the cake not including preparation work.

Her business started from her blog which soon grew to a flourishing one from the social networking site, Facebook. Her customers are usually from Ipoh although she also has customers from KL and Johor who would come all the way to Ipoh to collect the cakes from her.

From the exposure of Facebook and word of mouth, her business escalated quickly. She had no choice but to rent a place because her kitchen was too small to store all ingredients and materials. Moving into the shop above YIDA was a great choice for her. YIDA Bakery Enterprise provides bakery ingredients, products and equipments which suit her needs. Besides YIDA, she also buys certain ingredients by travelling to KL or by online purchase.

Sarah has been well known for all kinds of customised cakes. Her customers

usually provide her a photo or an idea for the cake and she would add in ideas to change it into her own design. She adds that customers usually follow new trends for orders, whether the theme is a new movie, a new cartoon character or whatever is the flavour of the month. She has made 3D cakes such as Hermes bags, airplanes, Mahjong tiles, iPads, Carousels, Kit Kat bars, Ferrero Rocher, etc. She also makes customised cookies and cupcakes at RM5 and above. Her birthday cakes of 6 inches range from RM150 with 2 layered cakes at RM200 and above.

Sarah advises that the cakes should not be kept for more than three days as the cake can turn moldy inside the fondant casing. She is willing to deliver depending on the size of the order, the location and the occasion.

Fondant cakes are as much a work of art as any sculpture. Except in this case, they are edible works of art and like any good piece of art, a great deal of time and money is spent on producing one. Most people are unaware of this and have often shown resistance to the high prices being charged for orders. However, judging by the oohs and aahs expressed by guests at functions where these culinary art pieces are presented and devoured, the appreciation more than makes up for the price of each mouthful.



Nurainie's fondant and gum paste peacock on fondant cupcakes



Sarah's branded bag cake



Sarah's Angry bird cupcakes

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Other places for orders:

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• From the Editor's Desk
By Fathol Zaman Bukhari

MUSLIM JIHADISTS – A LOOMING THREAT

They became willing converts to fight alongside the soldiers of the Islamic State of Iraq and Syria (ISIS) . . .

The possibility of returning Malaysian jihadists from the Middle East turning on fellow Malaysians, as cautioned by former Inspector General of Police (IGP) Tun Mohammed Hanif Omar, may happen. The likelihood of this happening is great if the government does not address problems relating to religious extremism that is hogging the limelight today.

Hanif was IGP for 20 years. His views were sought during an interview by a popular online news portal recently.

Issues which could prompt these misguided youths to target Malaysians are liberalism and the perceived threat posed by Christianity. There is a lingering fear that exposure to other beliefs would have a debilitating effect on Malay Muslims leading them to abandon their faith. It sounds absurd but that is the truth.

The longest-serving IGP spoke at length regarding the evolution of terrorism in Malaysia beginning with the formation of the Malayan Communist Party in 1930, the Brunei Revolt of 1962 and the militant activities of the North Kalimantan Communist Party in Sarawak. These threats and insurgencies were essentially Chinese-based, as they found traction with the Chinese immigrants who were working on the tin mines and the pepper plantations in Malaya and Sarawak, respectively.

The scenario today has changed dramatically. Terrorism and militant threats now emanate from the Malay Muslim community. The fact that some became willing converts to fight alongside the soldiers of the Islamic State of Iraq and Syria (ISIS) speaks volumes of the mentality of these youths. At last count some 40 Malaysians are with the ISIS forces in the Middle East. Three have been apprehended and charged in court. Many more have yet to return. The recent arrest of Malaysians attempting to join ISIS is good enough proof that the threat is real.

The rallying cry for these jihadist, said Hanif will be liberalism, as espoused by organisations such as Sisters in Islam and other like-minded Malay organisations. The constant haranguing by right-wing Malay groups Perkasa and Isma is a factor into



itself. The unresolved issues relating to Malay-language bibles and the use of the word "Allah" among non-Muslims are bound to find commonality among those who have a bone to pick with non-Muslims in the country.

Comango or the Coalition of Malaysian NGOs had participated in the United Nation's universal periodic review of human rights record of countries and is vocal of Malaysia's mistreatment of sexual minorities. Muslim conservatives had accused Comango and other human rights groups of promoting a "liberal" agenda which would weaken the position of Islam in Malaysia. And this is further heightened

by claims of a "Christianisation" agenda by those in favour of secularism.

Early Muslim militancy was ill-organised, ill-equipped, lacking in dogma and poorly-led. The Memali incident near Baling in 1985 was a case in point. It resulted in several policemen and PAS supporters being killed. Ibrahim Mahmud aka Ibrahim Libya wanted to form an Islamic country in Malaysia by way of force. He was killed when the police mounted an attack which many had claimed was unnecessary as an overwhelming force was used to quash a motley band of dissidents.

A 14-year-old survivor of Memali, traumatised by the event, went to Indonesia for further religious studies. He returned and formed an Islamist group, Al Maunah. On July 2, 2000, the group raided an armoury at an army camp in Gerik and set up base in a jungle fringe in Sauk. They eventually surrendered but not before killing a soldier and a policeman.

The returning jihadists are a different kettle of fish. They are highly motivated and are well trained, militarily. They had undergone the baptism of fire and are prepared to die for a cause – Islam. Drumming support for the setting up of an Islamic state will gain traction with a section of the Malay community who feel that their race and religion are edging towards oblivion.

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

Episode 36

Since Connie (Lee Sr's second wife and Co-Administrator) agreed to accept the cash proposal of RM5.4 million instead of accepting shares to her entitlement in her husband's three family companies which the first family is managing, she meets up with John (Lee Sr's eldest son and Co-Administrator) at Dave's (Lawyer) office to sign the Sale and Purchase Agreement for the sale of her shares entitlement. Before she signed the documents, she requested for the entitlement of \$250,000 for herself and \$111,111 for each of her three children from the joint bank account between her husband, Lee Sr and his first wife, Mrs Patricia Lee in ZNA Bank, Singapore, whereby Mrs Patricia Lee had withdrawn the money. In response, Dave said, "I have received the money which you have requested from Mrs Patricia Lee and I have been instructed to release the money to you once you have signed this Sale and Purchase Agreement together with the Share Transfer Forms." Connie then requested from Dave a copy of the agreement. Then she turned to John and asked, "Can you give me a few days to check on this, and also the Share Transfer Forms as well which we are going to collect from the Company Secretary later on?" John responded with a yes but told Connie not to take too long since she wants the money quickly. After the meeting in Dave's office, both John and Connie proceeded to the Company Secretary's office to collect the Share Transfer Forms. When they were in the Secretary's office, the Secretary gave copies of the Share Transfer Forms of three Companies to Connie and explained to her that she has to pre-sign these forms in order for her sale to be executed once the Letter Of Administration (L.A.) for Lee Sr's estate is obtained. Then the Secretary also gave a copy of the Directors Resolution to John for him to arrange for his family members, who are Directors of these three companies, to sign and approve the sale.

When Connie heard about this resolution, she looked at John and asked, "I thought the only documents to be signed are the Sale and Purchase Agreement and the Share Transfer Forms? Do you mind explaining to me about this resolution." Upon hearing this, the Secretary stepped in and said, "Miss Connie, all sale of shares in these three companies requires consent of all the Directors. This is a requirement according to the Memorandum and Articles of Association of these three companies." Then Connie asked, "What if they don't sign?" The Secretary then explains, "Well, the Directors have the right to decline any transfer of shares. But I don't think you have a problem here as John is the one who initiated this and told me that he is going to arrange for all the Directors to sign this resolution consenting to the sale of shares." John then said, "Connie, this is just a formality. I will have all Directors from my family's side to sign. To safeguard each others interest we will deposit all the documents in Dave's office once all of us have signed." In reply, Connie said, "John, when I hand over all my signed documents to Dave's office, I want you to deposit this Directors Resolution signed by all Directors at the same time. Is that clear?"

To be continued...

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EYE HEALTH — CHALAZION

Ipo Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about CHALAZION.

Chalazion is a small, round or oval swelling that is painless that may form in the upper or lower eyelid. It appears like a cyst, with normal skin overlying it in most cases. The name 'chalazion' is Greek in origin, meaning 'hailstone'.

Our eyelids have numerous ducts that drain oily secretions from glands called meibomian glands. These oily secretions are there to lubricate the edge of the eyelid and eyes. However, when these eyelid ducts get blocked, then it forms a chalazion.

Chalazia (plural for chalazion) often do not cause any problems apart from appearing unsightly or cosmetically unappealing. They are also not painful unless they get infected, in which case they become red and swollen due to the inflammation. A large chalazion on the upper eyelid may at times press on the cornea resulting in astigmatism being induced temporarily and therefore causing a blurring of vision.

TREATMENT OPTIONS

Most chalazia resolve on their own within a couple of weeks without any treatment. However, some of them persist and remain as an unsightly swelling in the eyelid.

Warm Compresses: Warm compresses help in encouraging drainage of the secretions from the blocked duct. The warm compresses (not hot compresses!) may be applied about 3 to 4 times a day for about 15 minutes each time.

Corticosteroid Injections: If a chalazion persists for more than a couple of weeks, you may need to seek professional help. Smaller chalazion may be injected with a corticosteroid injection with the cover of an antibiotic to prevent infections. They usually resolve in two weeks.

Surgical Removal: Larger chalazia are unlikely to respond to corticosteroid injections. These are best removed surgically under a local anaesthetic. The drainage of the chalazion is not done from the skin surface of the eyelid but from the inside of the eyelid to avoid scarring of the eyelid skin. Rarely, the chalazion may be located superficially on the eyelid and it may be best to avoid surgical removal from the undersurface of the eyelid. The approach to drainage is a decision made on a case-by-case basis.

During this minor surgical procedure, the chalazion is essentially drained to release the cheesy fluid matter. Such a drainage procedure will instantaneously reduce the swelling to effectively bring cosmetic relief. In some cases, the cheesy material is not so fluid but has become hardened and so the drainage incision underneath the eyelid may have to be slightly larger in order for the collection to be cleaned out thoroughly. Following this minor surgical procedure, you will be given some antibiotic eye drops, oral anti-inflammatory medication and analgesics for a day or two. Healing is often rapid without much problem.

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



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A Man's View

Many women think that events which highlight violence against women, are poorly attended by men. Someone who is experienced in women's rights issues said, "At talks and walks about women's issues, there is only 10 to 15% male participation and they are mostly our friends, husbands and sons."

Another NGO expert said, "Men need to be persuaded to join in unless they are from a certain social or community club, like The Rotary Club, whereby they are committed to the club's mission."

Just over a year ago, Women, Family and Community Development Minister Rohani Karim told a mainstream newspaper, "The large majority of cases were violence against women. In 2008, out of the total, 2648 cases were violence against women, whereas only 1121 were (violence) against men. Last year, 2558 were against women, compared to 930 against men."

Her remark about men's apathy towards attending women's rights events was most revealing.

She said, "When we organise events on women's rights that is, say, attended by 300 or 400 people, maybe only 10 participants would be men. In response, we have started to organise women's rights forums that are targeted at men only. At a recent one, a few hundred showed up. They gave good feedback." (sic)

On Sunday, December 7, Soroptomist International Ipoh and Perak Women Society (PWW) held a walk and fete at the old Polo Ground, in Ipoh, to increase public awareness of domestic violence; in particular, violence against women. Despite the threat of rain, the event was attended by about 120 people, 30 of whom were men. This is a fantastic response, by men of Ipoh, for this type of event.

Three men, who attended the PWW walk, gave their opinions on domestic violence.

Q: Men's attendance, at events and walks to promote awareness of domestic violence is generally poor. Why is this? How can we attract more men?

A: J. Rathakrishnan said, "These issues do not take priority in their lives, unless one is directly or indirectly involved in such a situation. Men are very comfortable with themselves and their immediate environment so they deem it a waste of time and energy. They prefer more practical means of solving this issue, such as legislation and not just make noise in public for a few wasted hours, as it does not really create an impact."

"To encourage men to participate, we need to empower the women to make the menfolk play an active role and support them. Women should highlight and alert them to cases where women are being abused and explain that their support, can make a difference in the future. It needs strong woman to push their men to play an active role, and this will have a domino effect."

Q: From 2010 to 2013, the number of abused men has risen from 21% in 2010, to 25% in 2011 and 27% in 2012. How do you explain this increase?

A: Loheswar said, "Women nowadays have become not only financially independent, and some are more dynamic and enjoy greater success than many men. They are no longer the demure and house-bound girls. Thus their level of tolerance has become thin and they have no qualms about men. It's all about the money and position."

Q: Do you know someone who has been abused? What were your thoughts?

A: Caesar Nair (pic) said, "When I was in college, the rented walk-up apartments we were staying in included a married couple renting a unit. Once, returning after classes, I saw the wife sprawled semi-conscious at the bottom of the stairs. There were Ringgit notes all around her. The husband, who had stormed past me, in a rage, a short while earlier, promptly returned and seemed to be helping his wife up, while collecting the notes. She was bleeding slightly from her nose and it was obvious she had been physically abused from her fearful demeanour, in her husband's presence."

"A few days later I saw them again holding hands, walking like nothing happened. The husband ran a small barber shop in the vicinity where she helped out and I couldn't help thinking her financial dependency on him left her no choice but to bear the abuse in their relationship."

Such abuse transcends all races and there was no thought about her being from another race, when I tried to help her, before the husband returned.

If such violence can't evoke a compassionate reaction in us, and we intentionally withhold help, due to our racial

prejudices, I believe we have lost a major part of our humanity!"

Studies have found that domestic violence arises from poor communication, money problems, unemployment, substance abuse, and jealousy.

As the global economy worsens, the cases of domestic violence are expected to rise. Abuse can range from constant bullying, constant verbal insults, continual nagging, objects being thrown at the victim, or physical violence, like beatings. If you suffer from domestic violence, or if you know someone who does, please be aware that help, in the form of emotional support and practical information, is available. Speak, in confidence, to a trained expert. The PWW is one such organisation which will welcome you. Their contact details are in the Ipoh Echo, along with a number of other sources of help.



Dr Saravana.K

Consultant Physician,
Gastroenterologist & Hepatologist

Digestive Health

Autoimmune Hepatitis

It occurs when the body's immune system, which ordinarily attacks viruses, bacteria and other pathogens, instead targets the liver. This attack on your liver can lead to chronic inflammation and serious damage to liver cells. Just why the body turns against itself is unclear, but researchers think autoimmune hepatitis could be caused by an interaction between several risk factors, such as infections, medications and a genetic predisposition.

Untreated autoimmune hepatitis can lead to scarring of the liver (cirrhosis) and eventually to liver failure. When diagnosed and treated early, however, autoimmune hepatitis often can be controlled with drugs that suppress the immune system. A liver transplant may be an option when autoimmune hepatitis doesn't respond to drug treatments or when liver disease is advanced.

Risk Factors

- **Being female**
- **A history of certain infections.** Autoimmune hepatitis may develop after a bacterial or viral infection
- **Having an autoimmune disease.** People who already have an autoimmune disease may be more likely to develop autoimmune hepatitis.

Symptoms

Signs and symptoms of autoimmune hepatitis can range from minor to severe and may come on suddenly or develop over time. Some people have few, if any, recognised problems in the early stages of the disease, whereas others experience signs and symptoms that may include: fatigue, abdominal discomfort, joint pain, itching, yellowing of the skin and whites of the eyes (jaundice); an enlarged liver; nausea and vomiting; and loss of appetite.

Complications

Autoimmune hepatitis that goes untreated can cause permanent scarring of the liver tissue (cirrhosis). Complications of cirrhosis include: fluid in your abdomen (ascites); liver failure; liver cancer. People with cirrhosis have an increased risk of liver cancer.

Tests and procedures used to diagnose autoimmune hepatitis include: blood tests and liver biopsy. The goal of treatment is to slow or stop your body's immune system from attacking your liver. This may help slow the progression of the disease.

Medications used to treat autoimmune hepatitis include:

- **Prednisolone.** An initial high dose is used, the medication is reduced to the lowest possible dose that controls the disease over a few weeks. Most people need to continue taking the prednisone for at least 18 to 24 months, and some people remain on it for life. Although you may experience remission a few years after starting treatment, the disease often returns if the drug is discontinued. Prednisolone, especially when taken long term, can cause a wide range of serious side effects, including diabetes, thinning bones (osteoporosis), high blood pressure, cataracts, glaucoma and weight gain.
- **Azathioprine.** An immunosuppressant is sometimes used along with prednisolone. Using both medications may allow you to take a smaller dose of prednisolone, reducing its side effects. Side effects of azathioprine may include difficulty fighting infections and nausea. Rare side effects include liver damage, pancreas inflammation (pancreatitis) and cancer.
- **Other immunosuppressants.** If you don't respond to prednisolone or azathioprine, your doctor may prescribe stronger immunosuppressants, such as mycophenolate, cyclosporine or tacrolimus.

When medications don't halt the progress of the disease, or you develop irreversible scarring (cirrhosis) or liver failure, the remaining option is a liver transplant.

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



**THINKING
ALLOWED**

by Mariam Mokhtar

MUSINGS ON FOOD

By **SeeFoon Chan-Koppen**
seefoon@ipohecho.com.my

Pics by Ginla Chew

Whenver I get a hankering for western food, I find myself wishing that there were more restaurants here in Ipoh where the food quality was of a consistently high standard and where I won't have to mortgage my house to entertain guests. Aside from one or two that meets the foregoing criteria, the choice here is pretty limited.

Now diners who appreciate fine food have yet another venue to choose from. The **de Exclusive Venue** recently opened with little fanfare and has been quietly serving quality western food for discerning diners for more than two months now. A very well furnished restaurant, the restaurant has a lounge for drinks and snacks upstairs and there is even a Cigar and smoking room in the back.

Situated directly opposite St Patrick's Pub on Cowan Street, this little gem of a place has two young creative chefs in the kitchen who have come home to roost to share their culinary skills with Ipohites. Kevin Chong and his partner Tang Chee Weng, both originally from Ipoh, have been honing their culinary skills together in Singapore for the past 10 years. Their international expertise shows in the delicate touches which they bring to the dishes on the menu which is compact yet able to please most palates.

Every dish I had on a few occasions were excellent and well worth recommending. We decided to order many appetizers and mains and split up the portions for a taste of each. Here is a sampling: **Grilled Prawn Satay** and **Mango Salad** had three skewers of big prawns redolent with lemongrass and turmeric on a bed of lettuce leaves dotted with pomelo, cucumber and surprise of surprises, slices of a local mango called *bacang* or 'kuini' lending its unique pungency to the salad; dressed with a ginger flower dressing. Fusion flavours, delicate and exotic at the same time – **RM22**.

Tasmanian Black Mussels served in white wine and sweet basil broth with garlic

SeeFoon Gets Exclusive on Cowan Street



toast was delectable. Unlike New Zealand green mussels which can be chewy, these smaller cousins were tender and juicy and the broth umami and flavourful – **RM18**. More appetizers followed which were all worth trying. The **Tataki Tuna Belly** on a bed of avocado, cherry tomatoes and balsamic sesame vinaigrette sauce hit just the right notes – **RM22**, while the **Crisp Black Pepper Soft Shell Crab** provided the crunch enhanced by the wasabi aioli sauce lending a touch of Japanese drama to the dish.

I must make mention of their pasta dishes. This is one of the few places in Ipoh where you can get your pasta cooked a la minute and have it served al dente (how the Italians eat their pasta which is still chewy on the bite). One particularly delectable one is the **Hokkaido scallops and Prawn Linguini**, served with cherry tomatoes, asparagus, basil leaf and a light cream sauce made from lobster and prawn shells reminiscent of a lobster bisque – **RM38**.

My favourite main courses were the **Roasted Rack of Lamb**, two chunky Dorper Lamb chops marinated with Javanese spices, tender, juicy and still pink on the inside, served with potato cutlets and seasonal vegetables. This is lamb cooked to perfection, a favourite of mine – **RM48**.

Their **Grilled Chilled Angus Rib-Eye Steak**, topped with truffled butter, served with roasted swiss brown mushrooms, seasonal vegetables and a divine potato puree was heavenly, a *raison d'être* for coming over and over to Exclusive Venue – **RM56 for 180g** portion. Tasting these two meat dishes filled me with compassion for the non red-meat eaters who are really missing out on a taste treat.

Exclusive Venue has certainly made an impression on me. The only caveat is whether these two young chefs will maintain the quality and can the service match up to the quality of the food. May Phoon the very helpful manager has assured Ipoh diners that this will happen.

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SETTING DOWN ROOTS FOR



Meru, Ipoh
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The pedal has met the metal and the ground has been broken. It is official! GreenAcres has finally put its roots down in Meru, Ipoh!

After more than 3 years of brainstorming, research, planning and designing, we are excited to say that we are finally on the way to becoming a physical reality, starting with our ground breaking ceremony held on 24th November 2014.

Some of you would have heard snippets of what the GreenAcres Retirement Village is all about in the preceding months, some may have glanced at our billboards or advertisements and some may have come across editorials in various publications.

Allow us to nevertheless, share with you again here what we are all about and our vision, goals and aspirations for this pioneer concept of lifestyle retirement living.

Based on the model which has been successfully implemented in Australia, the GreenAcres Retirement Village has been designed to offer a lifestyle of casual elegance, ease and comfort for our senior citizens.

Hosting a complement of facilities from modern and cosy villas – and eventually

low-rise apartments – to a community centre with recreational facilities and an aged-care facility, all set within a secured environment, GreenAcres is set to change the face of retirement living in Malaysia.

Allow us here to reiterate that GreenAcres is not a housing project. Although it appears similar to a conventional residential gated community, GreenAcres is a purpose built community for the silver-haired market aged 55 years and above and it provides them with services, facilities and activities not typically found in a housing project.

As such we have made every consideration to create an ideal environment where our beloved elderly can gracefully progress into the golden years of their lives. Firstly, the units at GreenAcres are compact in size to minimize daily maintenance chores and there we will provide a 24/7 emergency response system for your peace of mind.

To keep you active, the clubhouse will hold recreation rooms where you can enjoy a karaoke session with your buddies or a spot of mah-jong. Then there will also be morning activities like tai chi and line dancing to keep you on your feet; and for a

day out about town, there will even be a village shuttle to ferry you to and fro.

Life at GreenAcres, as you can envision, will be a delight and an adventure. We have meticulously and conscientiously planned and designed an environment which will delight the senses and sooth the soul while encouraging and promoting life and vitality.

A purpose-built community, GreenAcres will proudly bear the distinction of being the very first of its kind in Malaysia, and pave the way for more such facilities for our senior citizens.

We at Total Investment Sdn Bhd are delighted to introduce this concept to Malaysia and especially to our hometown of Ipoh which has been recognised as the 3rd most affordable place to retire in the world. A lifetime lease at GreenAcres which starts from RM300,000 underscores the value that Ipoh offers for retirement living.

And so we take this bold step to change the paradigms of retirement in Malaysia to bring in a fresh and exciting lifestyle opportunity for retirees and to take our nation further into its future as a developed nation.

We would be delighted to share with you more details of how you and your loved ones can benefit from GreenAcres.



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Wellness

By SeeFoon Chan-Koppen

Orthopaedic Medicine

Prior to knee replacement surgery two years ago, I knew nothing about the procedure and the only thought in my mind was to seek out the best orthopaedic surgeon in Malaysia, one who replaces knees like he changes his underwear, and one who performs this dramatic procedure with unerring precision. One such doctor was Professor David Choon, whom I had the good fortune to have performed my double knee replacement surgery and who has taught and mentored so many young orthopaedic surgeons that he has been elevated to almost godlike status and accorded due reverence.

Recently I had the pleasure of meeting one of his students, Dr Cheong Min Lee, the new Resident Consultant Orthopaedic and Trauma Surgeon at Hospital Fatimah who was waxing lyrical about the latest computer navigation instruments to assist in the complex knee replacement surgery that he performs regularly.

After graduating from UPM, Dr Cheong did his housemanship at Seberang Jaya Hospital in 2002 followed by a 2-year stint in the orthopaedic department. In 2006, he had further training in orthopaedics in Penang GH, followed by two years at the University of Malaya where he received his Master's degree in Orthopedics in 2010. He was then posted to Ipoh GH as an Orthopaedic Surgeon for another four years. During these 4 years, he had the privilege to work with many Arthroplasty surgeons within and out of Malaysia. This included the Princess Elizabeth Orthopaedic Centre in Exeter, England which is renowned for their hip surgeries. He recently spent six months in Singapore, where he subsequently received his Fellowship in Arthroplasty, a sub Specialty which he loves. Now fully ensconced in Hospital Fatimah, Dr Cheong sees patients from a newly renovated ground floor clinic close to the pharmacy and cashier's station.

"Other than trauma resulting from falls or accidents, knee replacement surgery is the most common orthopaedic procedure performed by our orthopaedic surgeons today", Dr Cheong said, "At GH Ipoh where I worked, between 150 to 200 such surgeries are done annually and the waiting list is often up to 14 months. That's why many people prefer to just use private hospitals like Fatimah," he added.

"The success of knee replacement surgery depends on the accuracy and precision of the surgeon. A plus or minus 3% misalignment of the mechanical axis of the implant can cause problems later and the implant itself will be subjected to extra stress and will not last long. This is why I recommend the use of computer navigation instruments which reduces misalignment to near zero and the patient can enjoy his/her pain-free knees for up to 20 years", he enthused.

Figuring that computer navigation would involve huge clunky machines, I was surprised when Dr Cheong showed me the instruments. No bigger in diameter than a 50-cent coin and about an inch in height, these small instruments have a computer chip inside similar to that of a smart phone, combined with a gyroscope and accelerometer and



when calibrated by a skilled surgeon like Dr Cheong, ensures that the bone is sawed off at exactly the right mechanical axis (the line you draw from centre of the hip joint, to centre of the knee down to centre of ankle – a GPS for the map of the leg if you will).

A further refinement to the complex process is if the patient chooses that option is something known as Patient Specific Instrumentation where a patient is given an MRI or CT scan of the knee and a 3D image is created. This is then sent abroad where a mould is made. This mould will only fit the specific patient and guides the cutting of the bone with complete accuracy.

For younger people or for those where the cartilage damage to the knees is not as significant, Dr Cheong recommends Arthroscopic Nanofracture, a minimally invasive procedure where tiny holes are drilled in the damaged cartilage to stimulate the body's own growth. However, in this case, the cartilage that grows is not hyaline cartilage, but fibro cartilage, a more porous form and not as durable. This is where BMAC comes in.

BMAC which stands for bone marrow aspirate concentrate, are stem cells from the patient's own bone marrow, which are put into a hyaluronic acid scaffold and placed into the knee defect during arthroscopy. This stimulates the growth of hyaline cartilage and returns the knee to its pre-damage state.

When asked why he chose orthopaedics as his Specialty, Dr Cheong, an Ipoh boy and ex-Michaelian, said, "In medicine, a lot of diseases are chronic in nature and not curable. In orthopaedics, my chances of seeing happy patients leave my clinic, cured, pain free and mobile is very high and very fulfilling. This is my job satisfaction."

Contact:

Suite 50, Ground Floor, Hospital Fatimah, Ipoh.

Hospital: 05 545 5777 * Direct: 05 547 8799 * Email: cheongortho@gmail.com



News

Meru Valley Annual Dinner

Meru Valley Golf Resort held their 22nd annual dinner recently on November 17. Over 160 staff and guests attended the dinner which was kicked off by an opening speech by Dato' Lim Si Boon, the director of Meru Valley Golf & Country Club (MVGCC).

Every year, the dinner has a different theme and this year's theme was BLUE with the slogan "A Touch of Blue Night". The hall was filled with oceanic BLUE as staff and guests mingled and had a good time, culminating in an award ceremony to reward selected staff for their hard work and efforts during the year. The evening's programmes, including singing performances, games with prizes and lucky draws, were the highlights of the night.



High-Speed Internet Connection

The collaboration between Telekom Malaysia Berhad and property developer Emerald Capital Sdn Bhd is the first in Perak offering high-speed internet connection to residences in the state.

Executive Councillor for Public Facilities, Infrastructure, Energy and Water, Dato' Zainol Fadzi Paharuddin said that this was a positive co-operation for the betterment of Perak.

"These days, broadband internet is essential, not only in the city centre but also in the outskirts. It'll be a value-added service for the residents and a plus point for potential property purchasers. New property owners no longer have to deal with internet service providers because it's ever-ready and they just have to activate the service."

Zainal Fadzi said this to the media after the signing of an agreement between Telekom Malaysia and Emerald Capital for the development of D'Festivo Residences in Ipoh recently.

Present at the signing ceremony were Telekom Malaysia (Perak) General Manager Badrul Hisham Bahari and Business Development Director for Emerald Capital, Yau Kean Leong.

Through the agreement, property owners and residents of the 240 condominium units of D' Festivo Residences, as well as the nine commercial units, will get to enjoy UniFi high speed internet access.

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Wellness

Sniffles, sneezes and sinus infections?

Your child has been having a stuffy nose for about a week and has been having greenish mucous from his nose but otherwise seems well. His coughing is worse at night and he vomits out greenish mucous.

Your little girl has been unwell for the past two weeks. She initially had what looked like a flu but recovered only to become sick again after a couple of days, with fever and yellowish nasal discharge.

Both the above scenarios are alarmingly familiar to most parents.

In this article we tackle the symptoms of the common cold as well as its more dangerous companion "sinusitis".

Most colds last for about five days. It usually starts with a running nose which is clear but turns yellowish after a day or two. Fever may also be present, during the first two days.

It is challenging to differentiate between sinusitis and the common cold. Children are usually more prone to infections of the nose and sinus, especially in the first several years of life and they may be aggravated by allergies. Sinuses are air filled cavities in our skulls, which are closely related to the nose. These sinuses have narrow openings (called ostia), which allow mucous to drain. An infection can cause the surrounding tissue to swell up around the ostia causing retention of mucous and subsequent infection.

The symptoms of sinusitis are:

1. Cold symptoms that last for more than a week or worsening of symptoms after an initial improvement.
2. Thick yellow nasal discharge and a fever for at least three or four days in a row.
3. Severe headache which is worse on bending over.
4. Bad breath.
5. In some cases a sinus infection can spread to the brain or eye. If your child exhibits any of the following, he or she needs urgent medical care:
 - a. Redness and swelling around the eye
 - b. Severe headache and or neck pain
 - c. Vomiting which is persistent.



When your child sees a doctor, a thorough history and examination will usually lead to the diagnosis. In rare cases, CT scans may be required especially if there is fear that the infection has spread to the eye or brain. The doctor will need to also look for reasons which predispose the child to a sinus infections, including structural changes, allergies and problems with the immune system. The treatment for sinusitis is usually antibiotics and most children respond very well to antibiotic therapy. Nasal decongestant sprays or saline nasal sprays may also be prescribed for relief of stuffiness. The symptoms should begin to improve after the first few days of treatment.

Surgery is necessary only in a small group of children with sinusitis, usually done in the presence of complications. Most surgery is minimally invasive and done using an instrument called an endoscope. The ENT surgeon usually opens the natural drainage pathways of the child's sinuses and makes the narrow passages wider.

In a nutshell, most of the time a cold is just a cold and will resolve with some supportive measures. However, sometimes a cold can progress into a more serious complication. Knowing what warning signs to look for will hopefully help parents seek help when they need it!

Rekha ENT Specialist Clinic

Suite 509, Level 5, Pantai Hospital Ipoh. Tel: **05 540 5408**.
Facebook: www.facebook.com/RekhaENTClinic

Community

Sprouting Seeds of Hope



The Sprouter, a movement and a social enterprise that is devoted towards positivity, innovation, service and entrepreneurship, recently organised a charity drive to an Orang Asli village at Kampung Sinju, Simpang Pulai, Perak.

The entire village consists of 37 families and with over 250 individuals living there, there are more than 50 children within the village. All do not attend school.

The charity drive which managed to raise a total of RM1500 in goods, was aimed to help the poor villagers and children in need. The children live in poverty with no formal education. The Sprouter organised this charity drive to raise awareness and to bring in volunteers to help these children and families with basic necessities.

Many volunteers came by and donations of goods in kind were from Tenby International School, Ametis International School, and many other non-governmental organizations. The contributions from these organisations and individuals range from food, children's chairs, books, toys, clothes and many other basic needs.

Harry Seggu, founder and organiser of The Sprouter, said that "this is one way that we can spread the seeds of hope. These people need us and we as a community can do our part to make a difference to these individuals by helping them with some basic needs and education."



Nicholas Lee, Director of Youth Development of the Global Peace Foundation Malaysia, said that "such an event brings light and hope to these communities. We must serve without judgment."

The event brought about volunteers from all walks of life and they were able to see how these communities live a minimalist life. There is a huge disparity between those who live in the city and those who live in these villages.

Some of the volunteers were surprised to see that these children had not even seen a toy before. It was their very first time holding a toy. The children were also given some children's books with illustrations to help them with some visual learning.

Harry also said that, "It was definitely an eye opener and many of these children need help, especially education. And we need to do something about this. They are part of our community and it is really good to see people coming by for this event to help these communities and we hope that more people would take part in the near future with events such as these."

The next trip to the same village will be on December 21. Donations and volunteers are welcome to attend and those interested can contact Harry Seggu at 016 391 2518 for more information.

Writing is Maniam's Love

"I'll continue to write and contribute to the media fraternity till the end of my life," declared T. Subramaniam, 49, despite the fact that he had his right leg amputated a year ago due to diabetes.

"The amputation was the result of a minor accident that caused a slight wound to my big toe while on vacation in India with my family last year. In just three weeks my entire leg became swollen and painful. The doctor advised that my leg be amputated to stop the infection from spreading, and I had to go along with it."

Subramaniam, who has suffered from diabetes for over two decades, has served Tamil Nesan for 14 years and still continues working for the paper in order to support his family of five. Two of his children are still schooling.

"My wife helps me in my work as a reporter, as I've to move around with clutches," he told members of the press after receiving financial assistance from the patron of the Perak Media Sports and Welfare Club, Dato' Seri Raja Ahmad Zainuddin Raja Omar, at a Deepavali charity dinner hosted by the club at Impiana Hotel Ipoh recently.

Also present at the dinner were special adviser on Indian affairs to Perak Menteri Besar, Dato' V. Elango and President of Perak Media Sports and Welfare Club Wan Asrudi Wan Hassan.



Community

Whom to Turn to?

A family in Simee, Ipoh, is living in dire straits after the breadwinner lost his job after having had his left leg amputated because of diabetes. As a result, Ahmad Kamal Arippin, 47, and his wife, Halimaton Saadia Haron, 52, along with their 11 children now only depend on the RM450 monthly stipend from the Perak Social Welfare Department.

To add to the couple's burden, their youngest child, aged 5, is suffering from speech and vision problems.

Ahmad Kamal said, "I've stopped work for six months now. My wife is unable to work because she has to look after our children. One of our children, 16, was once suspended from school for skipping classes, as he had to stay home to take care of me."

Halimaton Saadia added, "The financial support from our eldest child who's working, plus the monthly aid we receive from the welfare department are used for household expenses and schooling needs of four of our children. We also pay a monthly rental of RM250 for this house.

"I used to work as a washer. Now that the children are older, particularly the one with special needs, I've to stay home to look after them. One of my children has been put up for adoption.

"My husband has been a diabetic for so long. A small wound, which got worse over



time, caused his leg to be amputated.

"He's unable to follow through with his medical review because we don't have transport. My youngest child is also in need of medical attention because of his eye problem. He requires an eye surgery to restore his vision.

"At this moment, he goes to the hospital for a review every six to 12 months. Thankfully, there's no cost incurred from the surgery," she told a delegation from Yayasan Bina Upaya Darul Ridzuan headed by its CEO, Hairul Anwar Mohamed Noor, at their home in Kampong Simee recently.

Hairul Anwar told Ipoh Echo that the foundation will be assisting Ahmad Kamal in getting claims from the Social Security Organisation and the Employees Provident Fund.

"We'll see the children through their education and look into better housing for the family. We'll be speaking to the welfare department to continue with the monthly aid because from what we understand, the assistance will stop at the end of this year."

Readers wishing to donate to the family can do so by depositing your money to Ahmad Kamal Arippin's Maybank Saving Account No: 158024794104. He can be contacted at **012 552 4152**.

RM

A Christmas Treat

The "season for giving" came early at Denis' Jazz Bistro in Ipoh Garden. About 50 children from the centre for single parents in Sungai Siput were entertained to a hearty lunch of chicken and mutton curries and some cakes. They were also entertained to some lively songs and music by veteran musician Kenny Ham and his guitarists. Some of the children readily joined in. They danced and performed a Michael Jackson piece. The highlight of the afternoon was the arrival of Santa Claus (Eric Francis), who arrived on a motorcycle. He distributed presents to the excited children.

"I'd like to thank all the well-wishers who had, through their contributions, made this possible annually," said Mr Polycrap Fernando, who has been organising the children Christmas party for several years.

Jerry Francis



Ipoh Family History Week

The Ipoh Family History Center of The Church of Jesus Christ of Latter-day Saints (LDS Church) had its Family History Week from December 2-6. The Elders Quorum President of Ipoh branch, Bro. Tan Seow Heng, welcomed visitors with opening remarks prior to the cutting of the ribbon. He introduced the theme of Family History Week, "The Branches of the Future are Rooted in the Past," and reflected that, "A life not documented will be a lost record."

In conjunction with the LDS Family History Week, others were invited to present displays to highlight the importance of remembering past events. Ian Anderson, representing Ipoh World, displayed beautiful, nostalgic pictures depicting the history of Ipoh. Dato' R. Thambipillay, President, WIRA Association Malaysia, and retired Superintendent of Police, invited visitors to remember veterans and heroes. Two short videos, "Granite Mountain" and "Searching for Emma" were presented to introduce visitors to Genealogy and the importance of keeping a family history.

"Granite Mountain" shows the world's largest collection of genealogical records housed in a 65,000 square foot secure vault located in the mountains near FamilySearch world headquarters in Salt Lake City, Utah, USA. FamilySearch, operated by the LDS Church, gathers, preserves and shares genealogical records worldwide. It offers free access to its resources and service online at FamilySearch.org. Anyone interested in learning more about family history and wants to do research on his or her ancestors is invited to the Ipoh Family History Center which is open on Sundays 1pm to 2pm, Fridays 1.30pm to 3.30pm or call **016 538 0121** for an appointment.



Fun with NGOs



In what was an educational and informative morning, major non-governmental organisations (NGOs) in Ipoh were brought together at Sekeping Kong Heng recently to generate much-needed public exposure.

An initiative by Perak Parkinson's Association (PPA), it was a platform for people to learn about these help groups, and understand their roles, facilities and the kind of services these organisations provide.

According to President of PPA Samuel Ng, NGOs have always worked independently and have thus far been isolated. This event allowed them to come together, creating a louder buzz to reach out to even more people.

"This is a small step we've taken. Hopefully, this first gathering of NGOs will be a regular feature in Ipoh, and even more will participate in the next edition.

"Today has also been a golden opportunity for us to network and support each other. Our solidarity and synergy will help each NGO to grow further and stronger."

Participating NGOs included, The Dementia Society Perak, Perak Palliative Care Society, Ipoh Down Syndrome Centre, Befrienders Ipoh, Perak Thalassaemia Society and Perak Women for Women Society.

Despite the serious work that these NGOs do, it was a fun-filled day which saw the special appearance of popular superheroes and cartoon characters, an orchestral performance by young musicians from Suzuki Linmu Music School and line dancing.

Funds raised through the selling of clothing, handicrafts and foodstuff, among others, went to PPA to cover expenses incurred that morning.

Emily



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COLD CUT
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SOUP
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GLACE PUREE
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MAIN
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SALMON LASAGNA
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DESSERT
CHRISTMAS FRUIT CAKE
CHRISTMAS LOG CAKE
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CHRISTMAS CHEESE CAKE
MIXED TART
FRUIT PLATTER

BEVERAGE
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COFFEE OR TEA



December Fest Promo (14th - 31st December)

Monday - Buy 1 free 1 mug beer @ RM 16.00 all night long

Tuesday - Buy minimum 5 stick of bbq get 1 free mug of draft beer

Wednesday - Ladies Night (free drinks for ladies on 3 selected cocktails)

Thursday - Happy Hour All Night Long



Education

Mariaville Graduation Ceremony



Mariaville Good Shepherd Kindergarten held their graduation ceremony for the Pre-One students recently. Encik Aznan Bin Alias, the Ketua Sektor Pendidikan Swasta dan Pendidikan Khas B.P. Pengarah Pendidikan Negeri Perak, was invited to grace the event. Parents and friends were invited to watch their children in their robes and mortarboard, receiving their certificates.

The event started with the National Anthem and school song, followed by the choir. Then the children presented their performances class after class. There was a school band with percussion instruments being played. Other classes presented their dances and also choral speaking.

The event ended at about 11am. Children left the school together with their parents, thanking their teachers for all they have been taught through the years.

Susan

Service Above Self – The Fairview Way



Living up to this notion, Fairview International School (FIS) Ipoh once again did its bit to spread the Christmas spirit by organising a fundraising drive.

Rumah Kebajikan Kanak-kanak Cacat, Batu Gajah which currently hosts 46 handicapped individuals who suffer from cerebral epilepsy, hip dislocation, severe mental retardation, speech disabilities and autism, was picked to be part of Fairview's Christmas Charity Project 2014.

Michele Lum, Acting Head of the FIS Ipoh campus, explained why she chose this charity. "The home cares for handicapped adults and children by teaching them practical life skills. They're not only in dire need for household items such as kitchen utensils and sofa cover sets but also money to pay for their utilities. As such, FIS Ipoh is doing its bit by organising a Christmas fundraising drive."

She continued, "Our students sold pastries and cookies as well as handmade T-shirts and tote bags during break time. After school, the grounds were decorated with game stalls while the air was filled with Christmas carols performed by our very own Fairviewan carollers. The students also organised the Hang-Your-Wish-On-The-Christmas-Tree programme where wishing cards were sold for a token fee of RM2 to RM3."

Michele felt that values are best learnt when students are challenged by a practical problem in our society. Good values, she reasoned, are at the core of education and must be experienced as part of the daily school routine.

Donations collected will be handed over to Rumah Kebajikan Kanak-kanak Cacat, Batu Gajah on Friday, December 19.

Ed

Community

Illegal Shortcut

Located at a secluded part of Meru, residents of Gerbang Meru Indah are one contented lot. They are contented with the peaceful surroundings of their housing estate making do with a convenient road that links them to the city. The good point about the road was that it had minimum traffic flow.

However, this was short-lived when a project connecting the Ipoh-Lumut highway to Jalan Jelapang was proposed in 2007. The proposed road passes through the residential areas and Gerbang Meru Indah was one of them.

Ipoh Echo received a complaint recently from a resident of Gerbang Meru Indah, stating that the new barricade set up at the road connecting Ipoh-Lumut Highway to Jalan Jelapang was taken down once again. The 2.1-metre high barricade was set up by the authorities to prevent lorries and trucks from passing through the residential areas and causing a ruckus.

According to Gerbang Meru Indah Residents' Association Chairman, Dato' Ahmad Salludin Dali, the association had written numerous letters to different government authorities including the Menteri Besar's office, Ipoh City Council and the Public Works Department to seek their assistance and to build a more formidable barricade, as a deterrent.

"Even though the authorities have helped us set up the barricade numerous times, it'll always be taken down within the next week or some hours later like this recent one that occurred on October 8," he said.

He told Ipoh Echo that huge trucks that passed through the road on a daily basis had caused a lot of inconvenience to the residents living here.



"Due to heavy traffic, the residents are inconvenienced. Not only do these heavy vehicles damage the roads, the vibrations caused cracks to our houses. It's also dangerous, especially on rainy days when the roads are slippery," he added.

Ahmad hoped the authorities would find ways to resolve the problem before some nasty accidents happen.

Yvette

Young Perak

Best Student Against All Odds



Shanon Charles Grinier (pic, middle, chequered shirt) is an amazing 12-year-old who beat all odds and emerged as one of the best students in the UPSR Examinations by scoring As in every subject he sat for. He is the top achiever with 7 As.

No doubt there are many others who have also achieved perfect scores but Shanon stems from a background where he is deprived of many of the things that other children are privileged with. Despite coming from a sadly deprived family background, this boy always has a ready smile, a pleasant and cheerful disposition and is ever so well-mannered. Despite his own poor situation, he is always there to help others.

Shanon had his schooling in a Tamil school, SJK (T) Kerajaan Sungai Pari, Ipoh and lives in the problematic area in Bekor Flats, First Garden. When he was two years old and his other sister hardly one, the father deserted the family, never to be seen again. Unable to take this emotional trauma, Shanon's mother became mentally imbalanced, resulting in the mother living off Shanon's grandmother's meagre pension from Carsen where she worked as an operator. Shanon's mother, who is 38 years old, also suffers from poor health.

Shanon and his sister are cared for by their uncle, who works in a transport company and his aunt, who works as a factory operator at Pureen Company. They have an equally talented child, Divvya, who is awaiting her PT3 examination results. She loves and cares for her two cousins like her own siblings.

According to Divvya, Shanon is a pleasant boy and very helpful around the house. He is good at repairing radios and bicycles. He is also very innovative and loves to face challenges and try out new things.

Shanon credits his success to his school teachers, the Sri Murugan Tuition Centre as well as teacher Salome from Soroptimist International Ipoh Edufun (SII Edufun), where he goes to get help in his education as well as social and moral well-being. He is very grateful to Soroptimist International Ipoh for having set up this place where he can do his homework and get some basic needs and help too. Shanon has been an asset to the other children at SII Edufun Centre as he is not only a role model to them but helps the weaker ones as well.

Shanon's dream is to become a mechanical engineer and there is no doubt that with the aid from SI Ipoh and his own diligence, he will achieve it.

Soroptimist International Ipoh is very proud that their hard work and effort in making a difference in the lives of the underprivileged children through the setting up and running of the Edufun Centre, is eventually seeing results and it is hoped that more children from this needy background may be helped to achieve their potential in life.

Lanka Sinniah

Izza's Deafness Not an Obstacle

Being deaf is not an obstacle for Izzatul Husna Mohd Jaffri, 12, who became the first student in 12 years to achieve 1A in Ujian Pencapaian Sekolah Rendah (UPSR) at Sekolah Kebangsaan Pendidikan Khas Ipoh.

She has proven that despite her disability, she too can perform as well as other students, as long as she has the determination and the persistence.

Izzatul Husna, whose ambition is to be a teacher, scored 1A in Bahasa Melayu (written), B for Mathematics, Science, Bahasa Melayu (comprehension) and C for English.

Teacher Ahaniza Jaafar, said that the fact that Izzatul is deaf has made her more hardworking than other students.

Relaying to the press on behalf of Izzatul, as soon as the examination results were announced on November 26, Ahaniza said, "She wanted to prove that those with special needs can also be successful. Always pray to God for success and do good. Izzatul's family support was also crucial in her success today."

Izzatul's mother, Marhamah Embon, 50, was elated with her child's success. "She's an obedient kid. Although the scheduled examination was disrupted by the case of paper leakage, her principal and teachers didn't stop motivating her to continue with her lessons," said Marhamah. Incidentally, two of her other children are also deaf since birth.

Luqman



Announcements

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

UTAR Perak Campus Open Day, (Sat & Sun) December 20 and 21, 9.30am-5.30pm at Jalan Universiti, Bandar Barat, Kampar, Perak. Admission is free. Fingerprint analysis, career guidance workshop, academic counselling, campus tour, student enquiry, financial aid enquiry, course admission, etc. are available. Free shuttle bus service is available at certain pick-up and drop-off points for visitors' convenience. For more information, call **05 468 8888** Ext. **2522/2261/2262**, email: enquiry@utar.edu.my or visit UTAR website at www.utar.edu.my.

Pantai Hospital Ipoh Antenatal Class, Saturday December 20, 2pm to 6.10pm at Sakura 1, Level M, Ipoh City Country Club (ICCC). Limited seats. Admission is free – strictly by registration. For further information or registration, call: Ms Renuka/Ms Gloria at **05 540 5712/540 5725**.

"Inequality and Financial Crisis: Cause and Consequences" – talk by Dr Lim Mah Hui. Part of Perak Lectures series organised by Perak Academy. Saturday **December 20** commencing at 3pm at Level 1, Symphony Suites, Ipoh. For details and seat reservations call Wai Kheng at **05 241 3742** or **016 551 8172**.

Musical Concert – 'Into the Joy of Friendship' (Sam Tet Secondary School Band, Malaysia and Nakamura Gakuen Girls' School Band, Japan), Thursday **December 25, 7.30pm to 10pm** at Bro John Moh Hall, SMJK Sam Tet Ipoh. Contact: Lam Chee Choong **010 464 0128** and Huan Jen Fe **010 232 0655**.

Band Exchange Programme with Nakamura Gakuen Girls' School Bank, Japan, Friday December 26, 7.30am to noon at SMJK Sam Tet Ipoh. Contact: Lam Chee Choong **010 464 0128** and Pn Chan Yoke Ping **012 525 0681**.

BP Healthcare 1st FIDE Rated Rapid Perak Open Chess Championship 2015, January 10 & 11 at Bonzai A, Syuen Hotel, 88 Jalan Sultan Abdul Jalil, 31350 Ipoh. For details: <http://perakchess.blogspot.com/>.

Last of the Rare Gems in Luxury and Convenience

The last two Penthouses in luxury development SEVEN@Thompson is ready for the discerning buyer looking for ultimate convenience, low maintenance luxury and easy access to all the daily living amenities that Ipoh has to offer. Situated in the exclusive enclave of Turf Club area and rubbing shoulders with the Polo Grounds and the Royal Perak Golf Club, its ideal location makes it a haven for those seeking a tranquil and secure lifestyle.

SEVEN@Thompson on Jalan Tun Dr Ismail is a prestigious address, accessible to a select few and the door is soon closing on the opportunity to live within its domain in a low density 5-storey condominium as the last two penthouses come on the market.

In ready-to-move-in condition complete with Certificate of Completion and Compliance, the 3330 sq ft 2-storey Penthouses come with state-of-the-art furnishings and fittings and two car parks per unit.

Natural lighting permeate the duplex with its 3 bedrooms, 1 study plus 1 utility room and a total of 5 bathrooms provide ample space for family and guests, while an open deck area of 280 sq ft is the ideal space for al-fresco dining, barbecues and social soirees.

Kitchens are fully furnished with European designer utilities and fittings with built in oven, cooker hood and hob from TEKA. One washing machine and a separate dryer alleviate the tedium of hanging out the washing. Three ceiling-mounted and four wall-mounted air-conditioners from DAIKIN eliminate the headaches for those moving in.

Security is assured with a key-card access system, 24-hour security personnel and CCTV installed around the premises. Leisure facilities are guaranteed with a complimentary Royal Perak Golf Club membership that is transferable. Here members have access to the plethora of facilities at the club including the 18-hole golf course, driving range, tennis and squash courts, swimming pool, Jacuzzi, reading and TV room, games room, banquet hall and a choice of dining facilities.

Shopping is within a 3-4km radius and the Sultan Azlan Shah airport is just a 5-minute drive away.

Legal fees are borne by the developer and free maintenance fees until December 2015 applies.

For more information visit www.seven.com.my or call Shirley at 05 2921388 or 012 4546083 to view.



Tourism

MyFEST 2015

Year 2015 will be Malaysia's year of festivals to keep up the momentum in promoting the country to the world, following a successful Visit Malaysia Year 2014 campaign.

Themed "Endless Celebrations", MyFEST 2015 will continue to boost the tourism sector and keep the country on track to receive 36 million tourists with RM168 billion in tourism receipts in the year 2020, as targeted in the Tourism Transformation Plan.

While the proboscis monkey remains as the mascot for MyFEST 2015, its logo is based on the Rebana Ubi, a traditional Malay musical instrument. Drums are used widely by the various races in Malaysia and so, it can be associated with Malaysia's multicultural society. Therefore, the logo reflects an important part of the country's heritage, culture and tradition.

As a run-up to its grand launch at Dataran Merdeka on January 10, 2015, officials from the Ministry of Tourism and Culture went on a nationwide roadshow to brief tourism industry players on the vision, targets and branding guidelines for the campaign. It was also a platform to share ideas and to receive feedback from the ground.

For Perak, where the programme was held at Casuarina@Meru in Ipoh on Wednesday, December 3. The session comprised of briefings by Deputy Secretary General (Administration) Ministry of Tourism and Culture Malaysia Dr Junaida Lee Abdullah and Deputy Director General (Planning) of Tourism Malaysia, Madam Chong Yoke Har.

Perak, on its part, has lined up some 50 events on arts and culture to contribute to the national calendar of Malaysia Year of Festivals 2015. These were unveiled following the official launch of Perak state-level of MyFEST 2015 by the Executive Councillor for Tourism and Culture, Dato' Nolee Ashilin Dato' Mohammed Radzi.

A premier event will be the Perak Food Fest scheduled for March 2015. It will feature the delicious diversity of Perak's traditional food, especially in Lenggong and will be a teaser for the Lenggong UNESCO Heritage Site Festival, expected to be held on June 30, 2015.

Other complementary events on the cards are Festival Rebana Perak, Festival Homestay Perak and Festival Puisi dan Lagu Rakyat.

Thanking tourism industry players for their total commitment in a successful 2014 campaign, Nolee said, "Tourism is one of the key economic contributors to the state. Let's make MyFEST 2015 an even bigger success for Perak than VMY2014 was, and make the state the number one tourist destination in Malaysia."

Emily



Environment

Preserving the Mangrove Swamps



Following the success of the Matang Mangrove Forest management programme, a logo was designed to mark its 100th anniversary.

Dato' Professor Dr Abd. Rahman bin Abd. Rahim, Director-General of Forestry Peninsular Malaysia, said that the dolphins highlighted in the logo is symbolic of the existence of both wildlife and green nature of the Matang Mangrove Forest. Speaking at the opening of the Matang Mangrove Forest Management Conference 2014 recently, he said, "Every time the logo is used, we are reminded of the co-existence and relationship between the forest and the people."

At the conference were former Prime Minister of Malaysia, Tun Abdullah Badawi and his wife Tun Jeanne Abdullah. She is Chairman of the National Landscape Advisory Panel. Also present were state Education, Science, Environment and Green Technology Committee Chairman Dato' Dr Muhammad Amin bin Zakaria and Perak State Forestry Director Dato' Roslan Ariffin.

The 3-day conference saw, among others, a presentation on the proposed conservation and diversity of the mangrove forest. The 400 participants including from Thailand, Japan and Belgium supported the conservation efforts of Matang Mangrove Forest Reserve.

Ruby

Business

Cititel Express Ipoh to Open

IGB Corporation Berhad ("IGB") will be opening its latest Cititel Express Hotel in Ipoh next year. Scheduled to open its doors in January 2015, the Cititel Express Ipoh will add to IGB's stable of existing Cititel Express Hotels located in Kuala Lumpur, Georgetown and Kota Kinabalu.

Situated in the heart of the Ipoh Old Town area and on Jalan S.P. Seenivasagam, Cititel Express Ipoh will boast 210 modern deluxe twin, triple and quadruple rooms. Its central location will allow guests to easily access the heritage and food havens of Ipoh, with several of the city's



famous restaurants and cafes within walking distance from the property. In addition, the hotel will offer guests a free shuttle service, which will make stops at the Ipoh Railway Station, shopping centres and popular tourist hotspots.

With an understanding of how important it is for its guests to stay connected with family, friends and business, Cititel Express Ipoh will offer free high-speed Wi-Fi throughout the hotel, and each room will be equipped with a Wi-Fi ready, 40" LED, smart IPTV that will offer multiple Internet TV programmes.

Guests of the hotel will also benefit from the availability of two meeting rooms, each with a seating capacity of 100, as well as a trendy cafe which will serve artisan coffee, tasty meals and pastries.

Centrally located, convenient, and in close proximity to a variety of amenities, restaurants and tourist attractions, Cititel Express Ipoh is poised to be the accommodation of choice for both leisure and business travelers and is looking forward to welcoming its guests to a brand new experience in hotel accommodation.



Lintang Square – A One-Stop Centre

Local real estate developer Team Keris Berhad (TKB) is aiming to be more aggressive in developing projects, including townships, commercial, residential and industrial properties in Perak.

Recently, TKB launched a sales office for their latest project, Lintang Square@ Sungai Siput to give the public an opportunity to view for themselves the show unit in actual dimensions.

Lintang Square is at the gateway to Waterfront Celebration Village, on the main road of Jalan Lintang.

According to TKB Vice President, Anuar Abu Hassan, the selling point of Lintang Square is its prime location in Sungai Siput and it has successfully attracted major retailers, such as a fuel station, shopping complex and commercial businesses.

"This is the most successful commercial development in North Perak with 100 businesses already opened. Government offices such as Perak Water Board (PWB) has also relocated to Lintang Square."

"Our double-storey commercial offices in Lintang Square are located between the new Caltex fuel station and a modern purpose-built hotel in the heart of Sungai Siput. I believe that Lintang Square@Sungai Siput will be a One-Stop Centre and the hottest spot in Sungai Siput because it is so well-connected with ready facilities for residents," said Anuar.

The project is part of a 60-acre township that has been completed at Waterfront Celebration Village, also by TKB. The entire development of Lintang Square is expected to be completed in 2016.

Anuar shared this at a press conference following the handover of the key to PWB on December 5. Present at the ceremony was PWB manager for northern region, Shamsul Kamar.

Luqman



iSpeak
A. Jeyaraj

Programme for owners to maintain vacant premises

MBI has launched a new programme whereby owners are encouraged to maintain their empty premises. MBI has prepared a list of contractors who can carry out cleaning of empty houses and vacant land at a reasonable cost.

There are 41,199 abandoned houses and vacant lots in 630 housing estates and 144 kampongs and MBI has records on only 7646 premises based on complaints received. Notices are sent to owners who do not maintain empty premises and are fined from RM250 to RM1000. Owners are required to clean their empty premises at least once a month.

There are also vacant State lands. The stretch of land next to rivers and their tributaries are not regularly maintained and this area is ideal for mosquito breeding. Who is responsible for maintaining these lands? Who is responsible to inspect and enforce maintenance of these lands?

The programme is good, but needs fine tuning. I am not sure whether the list of contractors is inclusive; the contractors must be from all zones. Are grass cutters included in the list? How are the contractors going to charge? A guideline must be prepared by MBI on the costing.

The contractors have been instructed not to burn or use weed killers. They must also be instructed not to cut mature trees; they must get approval from Landscape Department before doing so. We have no right to kill the reptiles like snakes, iguana living in the area; they must be relocated otherwise they would start moving into the houses. There are people who catch snakes and release them in the jungle along the highway; their services can be utilised. The cutting must be such that the land can regenerate.

During 2013 services of three contractors have been terminated for poor performance. For this year two contractors have been given warning letters.

The councillors visit their zones frequently and would know about vacant premises in their zones. Let the councillors compile data on vacant premises in their respective zones. They are not expected to do it overnight; let them do it within a year.

This is a very important programme and as such the flyer must have a wide reach. It must not be only in Malay, but must be printed in English, Chinese and Tamil as

SENARAI KONTRAKTOR PEMBERSIHAN SEMAK-SAMUN (SEBAGAI PANDUAN SAHAJA)			
NOMOR	ALAMAT	NK	TELEFON
1. Zaidi bin Yusoff	No. 16-7C, Taman Damansara, 31300, Ipoh, Perak	019-3710071	019-3710071
2. Mak Mohd Entarudin	No. 18, Persiaran Gunung, 31105, Kg. Temuan, Jln. Sg. Perak, 31007	019-4660251	019-4660251
3. Yusoff bin Yusoff	Plot 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000	019-3710071	019-3710071

PROGRAM PEMATUHAN PEMBERSIHAN LOT SEMAK-SAMUN SENDIRI (KENDIRI)

- PANDUAN PEMILIK LOT KOSONG, RUMAH TERDAPAT
- PANDUAN SENARAI NAMA KONTRAKTOR
- PEMBERSIHAN SEMAK SAMUN

IPOH BERSIH, HILUJ DAN MEMBANGUN

Welcome 2015 CONCERT at B.B.S.K.

Date: **01.01.2015** (Thursday)

Venue: **Bandar Baru Sri Klebang**
(off Jalan Kuala Kangsar)

* Event starts at 6:30 p.m.

- Superbike Convoy • RM 1 Food Fair • Concert
- Traditional Indian Dance Performance • LUCKY DRAWS

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Arts & Culture

An Evening with Coppélia

Involving more than 250 ballet dancers, aged from 6 to 25 years, Ipoh's Dance Centre presented a ballet extravaganza themed "An Evening with Coppélia", at Kinta Riverfront Hotel on Tuesday, December 9.

The production, with a matinée and an evening show, raised RM100,000 for charity. The beneficiaries were Sin Chew Newspaper In Education Project and Persatuan Ipoh Bugs. Both received RM40,000 each while Perak Palliative Care Society, RM20,000.

Organising chairperson May Goh Swee Moi, whose daughter learns ballet at the centre, said this was an opportunity for Ipohites to enjoy a ballet performance besides instilling the love for performing art in the young. She continued, "I am also personally passionate about building children's confidence through stage performance, so this exposure was a good learning process for them. We can see that a lot of effort had been put in to make this production a success."

With Rhapsody in White as the curtain raiser, the ballerinas and their male counterparts tip-toed and twirled around the stage to multiple genres of music, from modern to Rock 'n' Roll, classical orchestra, Disney, Broadway hits, jazz, tango, and even traditional Chinese and Malay classics, setting the tempo for the second part of the production, Coppélia, The Girl With Enamel Eyes, one of the world's most beloved ballets.



Emily

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.

Mental Healthcare

Congratulations to Ipoh Echo for an excellent coverage on Mental Health in its December 1-15, 2014 Issue 202.

The move from custodial care to the community is a welcomed one and its realisation would be greatly facilitated by the involvement of caregivers and clients.

This is not easy to enlist as families are often reluctant to reach out, preferring to keep a low profile to avoid discrimination, prejudice and stigmatization.

For families to venture out for support, they look to acceptance, compassion and respect from the community.

I wish to share one way this has been attempted.

My son, who manages his mental health condition very well, has been distributing the Ipoh Echo since 2011. This is carried out in public places such as the Health Clinic, coffee shops as well as in the neighbourhood where we live.

This project has been empowering in many ways. Social skills are also improved as relationships,



intangible but valuable in ways often not anticipated, are built up.

A recent happy encounter in a coffee shop revealed that a neighbour and her husband were there to try the laksa after reading the review in the Echo. The paper has been regularly delivered in their post box by my son.

Perhaps much of the stigma and misconceptions of mental illness can be transformed by such everyday methods.

Ong Su-ming
Carers Connect (formerly KAMI)

Announcement

Asia Leadership Seminar 2015

The Sunway Education Group will be hosting 45 graduate student (trekkers) from Harvard University, MIT and Tufts Fletcher. In conjunction with their stopover in Ipoh, Sunway College Ipoh is organising the Asia Leadership Seminar at the Lost World Hotel, Tambun on January 13, 2015 (Tuesday). Young leaders are invited to learn from the trekkers and listen to talks on personal leadership, innovative process and global trends. Participants will have further opportunities for open discussion and debates on emerging topics related to leadership, economy, education and politics.

'Asia Leadership Seminar 2015' organised by Sunway College Ipoh

Date: Tuesday, January 13, 2015; **Time:** 9.30am – 1.30pm

Venue: Malayana 1, Lost World Hotel, Tambun

Target Group: Young Leaders aged between 15-25 years old

Fees: RM80 per person (inclusive of meals, ALT T-shirt and certificate)

For more information, please contact +605 545 4398.

For Seminar registration: <https://www.eventbrite.sg/e/asia-leadership-seminar-2015-tickets-13894429613>

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Share the merriment this season with our festive food and beverage promotions at our signature restaurants.

TIFFIN

24th December 2014
Christmas Eve Buffet Dinner
RM150.00++ per person

25th December 2014
Christmas Day Brunch
RM100.00++ per person

25th December 2014
Christmas Day Set Dinner
RM100.00++ per person

31st December 2014
New Year's Eve Buffet Dinner
RM150.00++ per person

1st January 2015
New Year's Day Brunch
RM100.00++ per person

(RM45.00++ for children under 12 years of age for all promotions above)

YUK SOU HIN

24th December 2014
Christmas Eve Set Dinner
RM188.00++ per person

31st December 2014
New Year's Eve Set Dinner
RM188.00++ per person

1st January 2015
New Year's Day Dim Sum Brunch
Ala Carte Menu

FESTIVE SPECIALS

Christmas
Chocolate Figurines
Christmas Lollies

Christmas Cookies
Traditional German
Gingerbread

Stollen & Pies
Cakes, Puddings
and more

Roast
Australian Beef
Striploin 2kg

Roast
Whole Chicken
2kg

Roast
Lamb Crown
2kg

Evenings filled
with festive tunes
by Carollers on the
22nd, 23rd & 24th
December
at the Lobby between
6.45pm - 7.15pm

RESERVATIONS RECOMMENDED

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