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30 SEN FOR DELIVERY TO YOUR DOORSTEP -
ASK YOUR NEWSVENDOR

ISSUE

207

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Time to Trim The Fat

By Joanna Gough

Fitness and Wellness, noted as one of the largest growing trends in the world today, has insinuated itself into the lifestyles of the not so rich and famous. Previously considered a subculture, it has now evolved into a trillion dollar industry. The integration of Wellness has taken a life of its own, to a level that is easily accessible to all lifestyles of every level of society.

The festivities of Chinese New Year have ended and its now time to 'Trim the Fats' of Ipoh!! Wellness trends of the year 2015 are highly entertaining. They focus on using one's own body weight rather than equipment. Of course as Ipohites, we can always head over to our hot springs and have a wonderful sauna. But because of the festivities and each having its glorious foods, reinforcements need to be brought in. Here at Ipoh Echo we took the liberty to go through the best workout programmes that we think would give you great results for you to shed those unwanted kilos.

Continued on page 2

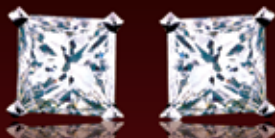


Yoga class at Sculpt Fitness



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Ongoing “Battle of the Bulge”, Free, Paid or at Home

In Malaysia, the battle of the bulge takes on epic proportions as we are known as a food haven. Now increasingly being used as a lure for tourists, we strive even harder to produce the best culinary delights to tempt tourist taste buds. Along the way our taste buds are equally tempted and we have also become the most obese nation in Southeast Asia. A victim of our own success. In the olden days, this would be called a sign of prosperity. Today it is a sign of a rise in diabetes and complacency of life.

Help is at hand in the form of self-help. It can be in the form of juicing, like taking a simple Granny Smith apple, and turning it into alchemy as we allow all the enzymes in the juice to work its magic in our bodies. That’s wellness.

Other forms of easily available fitness routines abound. Our first stop was Polo Ground. If you have been sluggishly living as a couch potato for years, walks in Polo Ground is a great way to attune the body with movement. It’s easy enough that nothing gets strained and it is FREE.



Exercise 101

MOTIVATION is the key to any form of exercise. In the experience of walking at Polo Ground, the motivation depends on the time we go there. Ipoh Echo chose four different times – 7am, 3.30pm, 5pm and a Saturday evening to go there. Here is what we observed.

7am: Fresh air and sunshine greets you with happy laughter and people enjoying the morning by starting their day bright and positive. Walking at 7am is a great way to start the day but after warming up for 15 minutes, it gets tougher. Everyone’s in your way. And as you pass the path nearest to the main road, you see so many happy seniors sitting around and laughing. It makes you want to stop running, sit down and laugh out loud (lol) with them too. . . And once you sit, you would want a cup of coffee and so you go home.

5pm: You’re fully emerged into your State of Trance beats, the adrenaline is pumping, your heart rate is up, leg muscles are screaming...and then the aroma of fish and laksa fills the air. HUNGRY!!!! As though the sole purpose of the many mouthwatering carts by the roadside is to tempt you to stop.

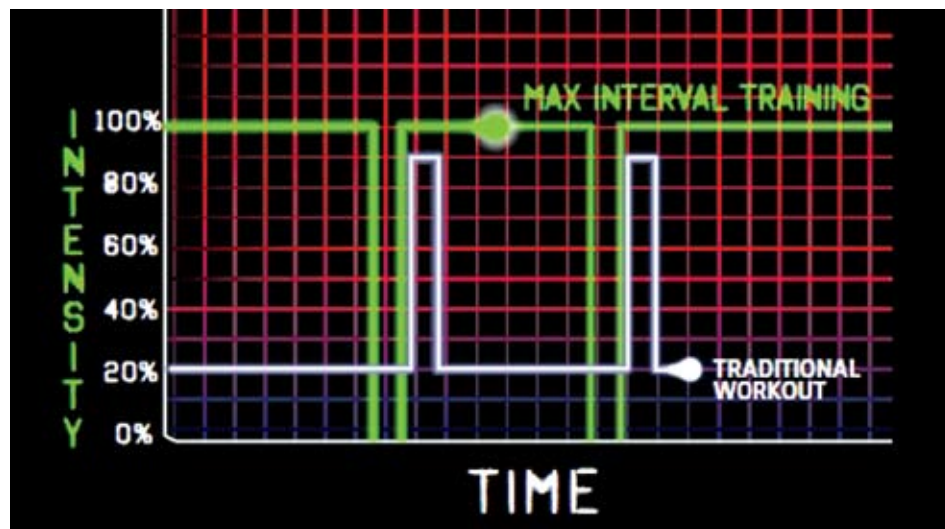
Saturday Evening: Unless you love children or love other people’s children, be warned that you might be hit with a frisbee and be banged in the shins by mini scooters.

3.30pm: By far the best time to run, if you’re an adult. Unsure of the days, but 3.30pm is where the firemen come out to play! Hot tight abs and glutes to show off. Biceps that wear the clothes of tight fitting polyester orange tops with dark navy blue track pants. It’s surprising, but for Polo Ground, no one would have thought that hot eye candy can be great motivation to keep on running for the view!

Once exercise 101 is over, a more serious and disciplined programme commences. Ipoh Echo spent hours searching for weight loss programmes from the online world, combing through YouTube videos like, Blogilates to the jiggles of Paula Abdul, to the Kim Kardashian ‘fit in your jeans by Friday’ workout (not porn). Here are the two most popular, insane and best of the DVDs for weight loss discovered by Ipoh Echo.

Insanity: 60 Days Challenge

Home workouts allow people to better focus. In this experience, *Insanity, Body Transformation in 60 days* is by far the best. The video has that same emotional feel you would get from a motivational Hollywood sport movie that gives you goosebumps. Where there would be an African American voice coaching you saying “You can do it! You can do it! This is not the time to give up!” “That’s IT! That’s What I’m talking about!” “DIG DEEPER!”



The DVD focusing on Maximum Interval Training is the opposite of peak intervals giving you minutes of cardio bursts with 30 seconds of rest in between as you listen to the voice of Shaun T. *Explosive Plyometric Workouts and Sport Specific Training* are of the design of the programme. The video is so fast and engaging that when 30 to 45 minutes of it is over, you wouldn’t even know that time has flown right by. You do it six days a week following the schedule that comes with the package. No thinking. No fussing. Just simply follow and burn up to 1000 calories a day.

Insanity is an exceptionally great workout but it’s not for the faint of heart. By far one of the most intense workout regimes I’ve ever tried. But when one persists, you can see immediate results in one week. What happened in the design of Insanity was that it has been created in the style of athletic training. There is an exceptionally huge burst of energy in all of the videos packed into the package.

Negative: Insanity 60 Days Challenge is a **HIIT** (High Intensity Interval Training). The problem when working on HIITs is that, for beginners without a fitness or athletic background, there can be a chance for injury. The key is to consistently listen to your body and know how far you can go.

They say Insanity is the hardest workout ever put on DVD...but I disagree.

Jillian Michaels Ripped in 30

Where Insanity focuses on using cardio and bursts of movement to lose weight, Jillian Michaels focuses on strength training. Not so much engaging in entertainment but engaging your muscles and sculpting your body using your own body weight and body movement.

There are four DVDs in this package for the four weeks shed. These four videos are played for six days, every day, with one day of rest. The only way to keep going with this video is to repeatedly focus on the muscles and the form of your body. However, what’s really going to get you through it is food. The workout literally forces you to eat right in order to complete it.

Salmon, steak, red rice. When healthy eating is incorporated into your diet and you slowly go through the workouts, your body would start to feel very strong and fit by the second week. The Jillian Michaels Workout is focused on your strength and stamina levels. This will start to give you large bursts of energy. The extra burst of energy is long lasting and makes you feel like anything is possible. In 30 days, you feel detoxed and re-energized.

Negative: Just like its popular TV show ‘The Biggest Loser’, discomfort is going to be the main feeling for the next 30 days. Even though there are beginner moves, muscles are going to be extremely sore if you’re starting this as a beginner. Recovery is extremely important for this programme. But Asian styles of rice, vegetables and meats don’t cut it. To recover from a Jillian Michaels Workout, you’d need to switch your diet to eating healthy plus snacking five times a day in total in order to maintain the bursts of energy. Protein needs to be the highest source of nutrition to maintain healthy levels.

Sculpt Fitness, Ipoh

Suraya Elland Yusoff built Sculpt Fitness on international standards. Staying away from commercial styled gyms with loud music and pumping motivation and instead embodying the ideology of wellness as a holistic lifestyle. Focusing on mindfulness, Sculpt Fitness encourages you to love yourself and be the very best you can be. Apart from 14 classes catering to all necessary needs of the body, it further accommodates its clients by offering acupuncture, structural alignment massages and even a hair salon. In April, to accommodate the latest trend of 2015, recovery classes called ‘Restore and Release’ will be offered. The world of fitness has acknowledged that working out has become such a strain on the body that classes are being introduced specifically to soothe it as well.

The boutique gym is a fusion of the 1990s and modern-day styles. Hipster like. But what makes it wonderfully welcoming is the serenity that it brings. A calm when you walk through its doors and on its property. How can a gym with circuit training, TRX and heavy equipment be tranquil? Or is it just the spacious parking area that makes it so stress free.

The best part of Sculpt Fitness is that it is based in Ipoh. Working out online with Twitter users are great for motivation, but nothing beats community living with people you really care about and growing together.

Holistic Wellness. Food, Movement, Mind Body and Soul. The possibilities are endless when trimming the fat. We just need to find the one that fits our needs best.

It’s time to focus on 2015 and trim the fats, Ipoh!

To purchase the videos online go to <http://ipohecho.com.my> for the links.

INSANITY: 60 Days Challenge: <http://beachbodymalaysia.com/product/insanity/>
Jillian Michaels Ripped in 30: <http://www.amazon.com/Jillian-Michaels-Ripped-30/dp/B004CRR9IS>



ARE WE READY FOR LOCAL GOVERNMENT ELECTIONS?

From the Editor's Desk
By Fathol Zaman Bukhari

Opposition-ruled Penang tried to bring back local government elections but was stonewalled by the Local Government Act 1976...

The advancement in information and communication technology has its good and bad sides. The one most significant advantage it has over communication modes of yesteryears is speed. Today we get to read news in real time. And the media channels employed can be via television, radio, landlines and mobile phones or, more appropriately, smartphones.

Smartness is in no way associated with these gizmos other than their ability to respond to the touch of our fingers. I have yet to find one old hand who is never ill at ease when using one. My wife's 'smartie' keeps hanging whenever she switches it on and she has to go through the motion of unloading and loading the battery to get it operating.

Although mine is less troublesome I have yet to fully comprehend its many features and functions compared to the simpler ones. The application WhatsApp is among the latest that is beginning to have an impact on my generation. And being a member of a WhatsApp group, regardless of its size and affiliation, is something smartphone users relish. It's the feeling of exclusivity and of importance that keeps one from leaving a particular group.

I must admit since being roped in by Dr Richard Ng of Ipoh City Watch into his 'ICW Whatchaaa' group, I have been exposed to many animated discussions and debates on matters which we have come to consider mundane and, perhaps, irrelevant.

Early last week the subject of local government elections was seriously discussed by group members following the appointment of Tony Khoo as one of the 24 Ipoh City Councillors. Tony was mistaken for a MCA appointee but was later identified as the replacement for the late Dato' Francis Lee, President of REDHA (Real Estate and Housing Developers Association) Perak. Tony takes up one of the four slots reserved for members of non-governmental organisations in place since the General Election of 2008.

As to whether Ipohites were getting a raw deal was hotly discussed with many disapproving of Tony's appointment, as he did not represent Ipoh ratepayers, per se. If that is the premise, so are the remaining 23 councillors, none of whom represent the *rakyat*, as almost all are members of the ruling coalition. Efforts at giving seats



"DAP-led Penang Government tried to bring back local government elections."

Court of Appeal President Tan Sri Md Raus Sharif who chaired the federal court's five-member panel said the "state government could not unilaterally exempt the application of Section 15 of the Local Government Act 1976 to the whole of Penang."

That put paid to the Opposition's attempts at reintroducing local government elections, a third-tier election within the democratic process. We ought to remember that this third-tier election was the basis of our country's transformation from a British colony to an independent nation with its own Constitution. It was held on July 27, 1955 to elect members of the federal legislative assembly, which before this were appointed by the British High Commissioner to Malaya.

Some argued that holding local government elections is not the answer to the problems of incompetency and inefficiency associated with local governments. The reason, they said, is an ineffective and inept civil service prone at adopting a top-bottom approach in managing its affairs. For as long as these bureaucrats think and act in such a manner, problems will persist.

Although the local government elections have received much publicity following the Federal Court ruling, the reluctance of Malay-based parties, namely Umno and Pas, in supporting the motion is disturbing. Their fear, I believe, is real. Should local government elections be reintroduced, the possibility of urban areas falling to non-Malays is great. This explains the lingering doubts and fears in Umno and Pas and their resistance, however subtle it may be.

So you will have a situation where rural areas are controlled by Malays while urban areas by non-Malays, thus widening the racial divide. But this is only a theory.



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EYE HEALTH



World Glaucoma Week
AWARENESS SERIES



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

In conjunction with the World Glaucoma Week 2015, Ipoh Echo talks to Consultant Eye Surgeon Dr S.S. Gill about this "silent thief of sight."

The visual impact of glaucoma in the world today is severe enough for The World Glaucoma Association (WGA) and the World Glaucoma Patient Association (WGPA) to work jointly in an effort to increase global awareness of this "Sneak Thief of Sight" by starting on the 'B-I-G - Beat Invisible Glaucoma' campaign between March 8 to the 15 this year. Worldwide, too many people are unaware that they have this "silent" disease and continue to lose vision without receiving the appropriate treatment.

So, what is glaucoma?

Glaucoma is a group of eye diseases that result in progressive damage of the optic nerve (the "main cable" that carries visual information from the eye to the brain). If glaucoma is not treated, it **permanently damages vision** in the affected eye(s) and results in **blindness**. It is often, but not always, associated with increased pressure of the fluid in the eye (aqueous humour).

Glaucoma has been nicknamed the "**silent thief of sight**" because the vision loss normally occurs gradually over a long period of time **without significant symptoms** until you eventually lose significant vision. In other words, it means that one **will only notice poor vision when the disease is serious** and the **damage to the optic nerve is advanced**.

Worldwide, glaucoma is the second leading cause of blindness after cataracts. Glaucoma affects **one in 200 people aged fifty and younger**, and one in 10 over the age of eighty. As many as **6 million people are blind** in both eyes from glaucoma today. Most of these people were once **unaware** they had this disease until they lost **significant vision** in one or both eyes.

One reason why a person **may not realise** that he or she is losing vision is because the vision loss involves the **peripheral part** of a person's vision. This peripheral vision loss is the reason why it **goes unnoticed by the patient until the very late stage** when the **central vision starts being affected**. Rarely, in some patients there may be symptoms of slight eye discomfort, mild headache and halos around lights. Any person who is 40 years and above should go for **glaucoma screening**. More so, if you have a **family history of glaucoma** and have never been screened for glaucoma yourself, you should go for an **eye check** as soon as you can. Don't wait for vision problems before you do. It may be too late.

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

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Ruth's Labour of Love

In 2009, Ruth Iversen Rollitt, the daughter of one of Malaya's most distinguished architects, Berthel Michael Iversen, was in Ipoh attending a 'brainstorming meeting' organised by the then chairman of the Perak Heritage Society, Law Siak Hong. Amazed at the rich legacy left by Iversen, publisher Khoo Salma Nasution of ARECA books, who was also present, told Ruth, "I would like to publish a book about Iversen!"

Five years later, after many trips to Malaysia, working with Salma and her team in Penang, and correspondence via the internet, Ruth's labour of love, called Iversen: Architect of Ipoh and Modern Malaya will be launched, in March at four locations, Penang, Ipoh, Kuala Lumpur and London.

The 230-page book, is a pictorial feast of both black and white, and coloured photographs, from the albums which Ruth's mother compiled for her father. Ruth said, "It had taken at least three years to publish and contains excerpts from my father's letters to his mother and also pages from his book, called *Unfinished*."

When asked if there had been difficulties with writing the book, she said, "Only impatience from my side."

Accuracy was important and Salma's team liaised with other architects and members of the public, who had knowledge of Iversen's buildings. Ruth expressed her gratitude and said she was lucky to have kind people "interested enough to help me". "We got there in the end!" she added with relief.

The young Iversen loved drawing and enrolled at the Royal Academy in Copenhagen, to study architecture. In 1928, his older brother, Werner, who was a planter in Malaya, enticed Iversen to join him in the Far East.

Eight years later, having established his own firm, 'Iversen, van Smitteren & Partners', Iversen built government buildings, hospitals, schools, radio stations, churches and private homes, both in Malaya and Singapore. It was said that to own an Iversen home, showed that one had made one's way in the world.

Iversen supervised the building of many famous landmarks like the Chinese Assembly Hall in Kuala Lumpur, the grandstand at the Ipoh race course, the Capital Cinema in Singapore, and the Grand Hotel, Mercantile Bank and the Lam Looking Bazaar in Ipoh.

His firm was responsible for many buildings, including the Ipoh Swimming Club, the MCA building, the Lido cinema and the Geological Survey building in Ipoh. In Kuala Lumpur, the Loke Yew building is an Iversen creation whilst in Penang, he built the Chinese Swimming Club and many private homes.

Malaysians are only too aware that in towns and cities, greedy landlords, ignorant town planners and unscrupulous officials and developers have earmarked land, with many buildings, of important heritage and historical value. The buildings are bulldozed, to make way for more lucrative projects. Ipoh is not spared.

Ruth once expressed alarm that many Iversen buildings have been destroyed. She said, "Cinemas are being demolished. Houses pulled down. They are not big and pompous enough for the present generation. Developers can fill the sites with many smaller homes or ghastly condominiums, and make money!"

Iversen spent 40 years in Malaya, apart from during World War II. After the war, he returned to help rebuild the country. One social observer commented that Iversen "formed the building blocks of the newly emergent nation."

"Fortunately, many of his buildings are still around, and the people who talk about him do so with respect and fondness," adds Ruth.

On a visit to the National Archives in KL, Ruth was surprised to discover that Iversen was "unknown". In 2012, she expressed regret that she had been unsuccessful in persuading Ipoh's town planners to find old plans, and confirm which buildings had been recognised as Iversen's.

Ruth, who was born in Batu Gajah, remembers that as a little girl, her father would take her for a spin, in their Humber Super Snipe, and as they drove around town



B.M. Iversen and his daughter, Ruth at her wedding

looking at his buildings, give her architecture lessons. She said, "It was my joy and pleasure to learn from him. He cultivated my interest and love for good architecture and construction."

On his retirement in 1966, Iversen hired a car and drove around Malaysia, to bid farewell to his "adopted" country.

Iversen's rich treasure of letters and thousands of photographs chronicling his work in Malaya, are preserved at the Royal Library in Copenhagen. His work and that of other contemporary architects, in Malaya, is of immense social, architectural and historical importance.

In 1954, the British High Commissioner Donald MacGillvray, officially opened an Iversen prize-winning design, the Federal House, in Kuala Lumpur. Federal House had originally been destined to become the Post Office Savings bank.

Sixty years later, another British High Commissioner to Malaysia, Victoria Treadell née Jantz, who like Ruth, was brought up in Ipoh, will host the KL launch of Ruth's book, Iversen: Architect of Ipoh and Modern Malaya.

Ruth said, "That is wonderful! Vicki's the little girl I have known for so long, who will honour my father!"

When asked what his reaction would be, if her father were alive today, she said, "He would be so happy and proud of me. I love him so much and I have felt that he has been standing behind me all the time and told me: 'Thank you!'"

"The book is dedicated to his five grandchildren – he was the world's best father and grandfather!"

CHILD HEALTH

Dr Shan Narayanan

Consultant General Paediatrician, Hospital Fatimah

Down Syndrome

Down Syndrome is a Genetic Disorder. An individual with Down Syndrome has all or part of a third copy of chromosome 21. Thus they have 3 chromosomes in position 21, and therefore it is also called trisomy 21.

This syndrome was fully described by a British doctor, John Langdon Down in 1866. Hence it is called Down Syndrome. It is the most common chromosomal abnormality in humans. It occurs 1 in 1000 babies. It occurs in all races and economic levels.

Children with Down Syndrome have all or most of the following features



such as short stature, upward slant to the eye, short neck, a single deep crease across the centre of the palm, shortened hand, bent 5th finger tip, separation of 1st and 2nd toe and large, protruding tongue.

They have an increased risk for certain medical conditions like congenital heart disease, respiratory problems, hearing problems, squint, duodenal atresia, undescended testes and low muscle tone.

Every child with Down Syndrome is unique and they have the above characteristics and associations at different degrees. However, they all have growth delay and intellectual disability.

The incidence of birth of children with Down Syndrome increases with the mother's age. As mother's eggs age, there is a higher risk of the chromosome dividing incorrectly. Therefore the risk of Down Syndrome increases with the mother's age:

| Mother's Age | Chances of having a child with Down Syndrome |
|--------------|--|
| 20 | 1 in 11,600 |
| 25 | 1 in 1300 |
| 30 | 1 in 1000 |
| 35 | 1 in 365 |
| 40 | 1 in 90 |
| 45 | 1 in 30 |



Couples who have had one child with Down Syndrome have a slightly increased chance (1%) of having another child with Down Syndrome. Parents who are carriers of the genetic translocation are at increased risk of having a child with Down Syndrome.

There are screening tests that can indicate a possible increased risk of having a child with Down Syndrome. These include blood tests and Ultrasound Scan in early pregnancy.

If the results of these tests are suspicious then tests with more definite answers called diagnostic test is done. These are:

- Chorionic Villous Sampling, done around 10 to 12 weeks of pregnancy.
- Amniocentesis done around 15 to 20 weeks of pregnancy.

There is no cure for Down Syndrome. These children have developmental delays leading on to learning difficulties of varying severity. They benefit from early intervention which includes speech therapy, physiotherapy and occupational therapy. The various medical conditions associated with Down Syndrome can be treated.

They need more support in school. In our system most of these children go into special education. In other countries, children with Down Syndrome with mild learning difficulty go into mainstream school with extra support.

Individuals with Down Syndrome with mild learning difficulty may lead an independent life and gain employment with support. However, many of these individuals will need a lot of support throughout their life. With improving health care, these individuals live a healthier life and longer.

World Down Syndrome Day is on March 21. This day was chosen for the trisomy of the 21st chromosome. The United Nations has officially observed this global awareness day since 2012.

In conjunction with World Down Syndrome Day, Hospital Fatimah is having a Public Forum on Down Syndrome on March 21 at 2pm in the Hospital Conference Hall.

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

MUSINGS ON IPOH FOOD

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



SeeFoon hoots for Hoppers



Hoppers which are also known as **Appam**, are an iconic food of Sri Lanka. Most people here in Malaysia are familiar with this snack, a wafer-thin bowl-shaped pancake made from a fermented batter of rice flour and coconut milk, although one really has to track it down in stalls tucked away in local markets or certain coffee shops. The unique part is that hoppers are cooked in small wok-like rounded pans so the dough cooks thick and soft on the bottom, and thin and crunchy around the edges.

While most of the **Appam** sold here are sweetened, and eaten as a snack, they wilt the moment they're put into your hands and one has to eat them fast and furiously to get full satisfaction; the Sri Lankans serve it both ways, with savoury accompaniments or sprinkled with jaggery, their special brown palm sugar as a dessert.

At the newly opened **A LI YAA** restaurant in De Garden, the Appam have gone up market, and here in this tranquil ambiance, subdued lighting with a tastefully designed black and white theme; ambient music playing in the background, one can enjoy **Appam Galore**, a quartet of a choice of plain, broken egg, or sweet coconut milk appam remaining crispy at the table, served with their Katta Sambal, a fiery, Maldivian fish paste and Seeni Sambal, caramelized onions with hints of subtle spices – RM20. Of course you can order the Appam singly and team it with the **Sri Lankan Sambal** set which consists of the above two mentioned sambals plus two more, the '**karupillay sambal**' which is blended curry leaves and the **pol sambal** (coconut chutney to us locals who are used to eating it with our thosai). This Sri Lankan version is thick pure grated coconut, subtly spiced with lime, onions and chilli. This had me asking for more which they were happy to provide.

A LI YAA means elephant, an animal with great cultural and religious significance in Sri Lanka. They are symbols of wisdom, power and wealth. And the menu which is a mere eight pages in length reflects this, offering the essence of Sri Lankan cuisine in an environment exuding elegance. Here the paintings and creative photographic works of Malaysia's homegrown artists depicting the Sutra Dance Theatre's artistic director Dato' Ramli Ibrahim are displayed for sale with proceeds going to the 'Pinnawala Elephant Orphanage' in Sri Lanka.

Most people mix up Sri Lankan food with Indian food, a cuisine with which Malaysians are abundantly familiar. First off, it's good to know the difference between these two cuisines. What separates Sri Lankan from Indian cuisine is that Indian is dairy-based while Sri Lankan dishes do not use any dairy products. Food from the southern Indian state of Kerala has plenty in common with Sri Lankan cuisine: use of coconut milk in curries plus a love of seafood from bountiful coastlines. Sri Lankans generally cook with roasted curry powder, Indians with raw powder. South India and Sri Lanka crank up the heat by favouring hotter chillies (the heat often tempered for western palates).

Rice is the staple of Sri Lankan cuisine and is usually served at every meal – including at breakfast, when hoppers make an appearance although at A LI YAA they're available all day. Sri Lankan curries are much more subtle. They use a lot of roasted cumin powder, while the Indians use a lot of coriander.



A LI YAA Kuala Lumpur, the parent restaurant from which the Ipoh one is modelled, won a stream of awards last year at the 14th edition of the Malaysia International Gourmet Festival (MIGF) held every year in October. It was A LI YAA's first time at taking part in the food fiesta taking home seven accolades including Judges' Choice for Best Festival Offer, Most Innovative Cuisine, as well as the Most Popular Restaurant based on the portions sold to diners and the Festival Diners' Choice Awards for Most Outstanding Mains.

Now **Chef Yogeshwaran Selladoreh** who has worked his magic in their KL restaurant, helms the kitchen team in Ipoh, while manager **Miguel de Jan** leads attentive and dedicated waiters in ensuring diners are well looked after. And our group of seven were certainly well served.

We began with a plate of crunchy papadums served with the quartet of sambals already mentioned, were so addictive that we had to ask for seconds. **Brinjal Moju** (RM12), deep-fried sliced brinjal with spices and a dash of vinegar was one of the better brinjal dishes I had in a while.

The **Fish Cutlets** made of fresh tuna fish, potato, diced onion, green chili, lime, chopped mint leaf, mixed together and bread crumbed and deep fried were wolfed down happily – RM16.

This was followed by the **String Hopper**, a Sri Lankan specialty prepared from spaghetti-like strings of unprocessed rice flour dough squeezed through a sieve which are steamed to perfection and fried with fresh seafood. Utterly delectable at RM28.

For Mains, the **Mutton Paal Poriyal**, slow cooked lamb cubes in devil aromatic spices was yumiliciously tender and well spiced – RM26. The **Fish Curry** was mild, the fish fresh and cooked with a blend of traditional Sri Lankan spices – RM26 while the **Negambo King Tiger Prawn** cooked with fresh pineapple was robust and a good stand in for their **Famous Sri Lankan Crab** (RM14.90 per 100g) which, alas, to our chagrin was out of stock! RM165 for three huge prawns.

We ended the meal, groaning from surfeit with their **Vatillappam** – a rich pudding made of coconut, brown palm sugar, sugar, eggs and various spices including cinnamon. Heavenly at RM8.



A LI YAA (Pork Free)
d-g-r 2&3 De Garden
No. 3 Persiaran Medan Ipoh
Tel: 05 547 3700
www.aliyaa.com

Business Hours: 11am-3pm; 6pm to late night. Closed Mondays.

Ecology

By Rosli Mansor

Royal Belum Welcomes 10 Different Hornbill Species



The Royal Belum Forest Reserve is an important biological resource for the country as well as a valuable natural breeding ground for plants and animals. Amongst the different native species that nestle in the forest of Royal Belum, the Hornbill family is one of the valuable species that can only be found in the Asian and African Continent.

Amidst the lush green forest that is 130 million years old, tourists can witness the calm and soothing environment while witnessing hundreds of Hornbills flying freely among the woods. Even though the species may seem invulnerable, it is actually on the International Union for Conservation of Nature's (IUCN) list of threatened species due to habitat loss and illegal poaching.

The Different Hornbill Species in Peninsular Malaysia

Malaysian Nature Society (MNS) is currently taking the initiative in protecting the different endangered species in Malaysia, especially the Hornbill species in Temengor and Royal Belum starting from year 2014.

MNS's Right Conservation Manager, Yeap Chin Aik, said that the forest reserve of Royal Belum-Temengor, Perak and Ulu Muda, Kedah is currently the habitat of at least 10 of the total 54 species of the birds in the entire world. On the other hand, Sabah and Sarawak only has 8 different Hornbill species. Other countries such as Indonesia and Thailand also have about 13 different Hornbill species each.

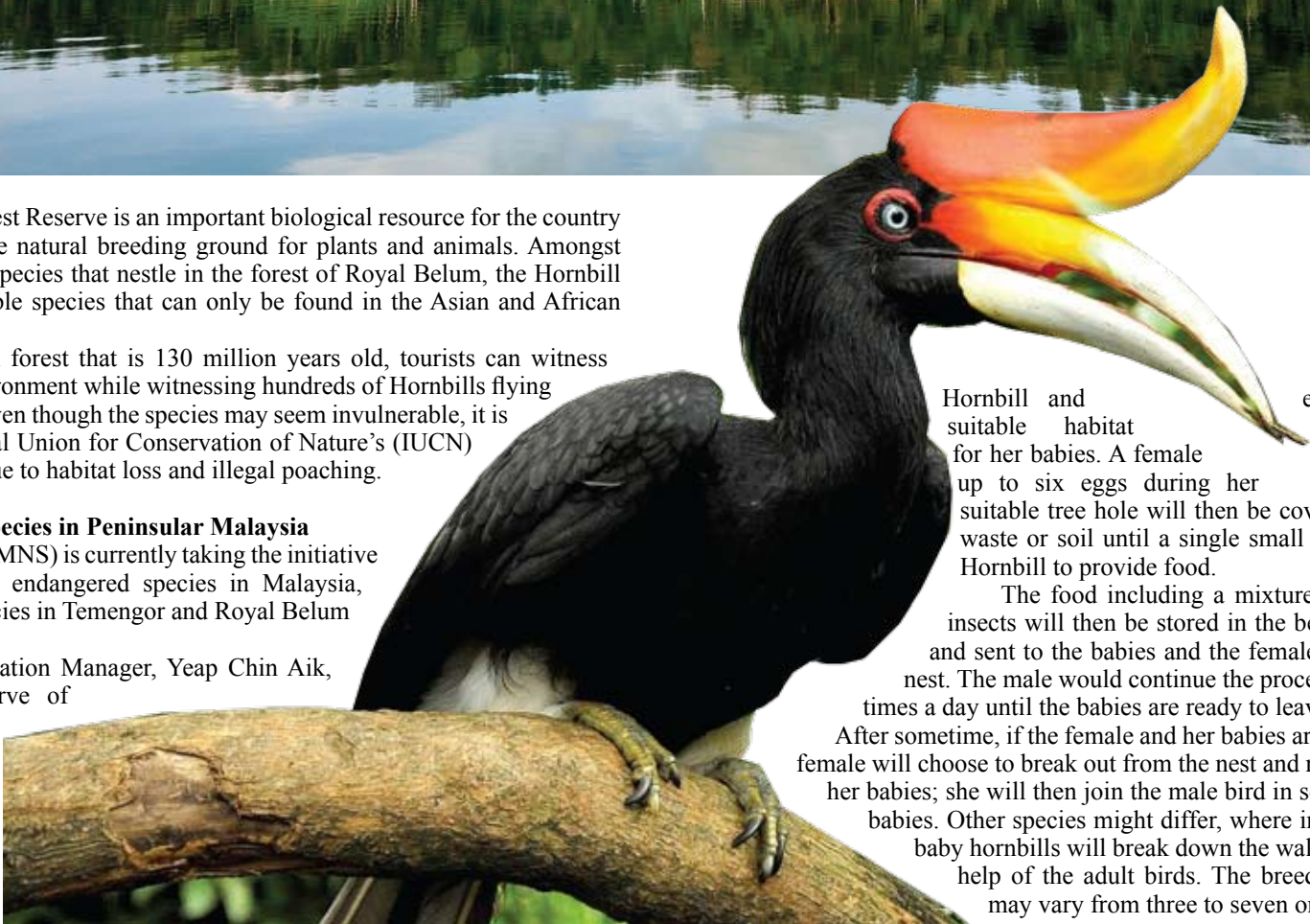
"The two different locations in Peninsular Malaysia are iconic tourist attractions that have managed to attract tourists from all over the world. Since year 2004, the society has been conducting its conservation efforts on a small scale," he said.

He also added that the conservation efforts will last for an estimation of 10 years and that the main population of Hornbills rely largely on the size of the Malaysia's rainforests.

The Living Habitat of Hornbills

The Hornbill or also known as the 'Buceros', is a group of bird that could be easily identified by the general public due to their striking coloured feathers and their long beaks. Moving in packs, they possess a soft horn-like beak that is mostly orange or yellow in colour, and is known to love to land on the Pokok Ara due to the amount of fruits the tree bears.

Hornbills also have a very unique living practice whereby they rely on other species such as the Woodpecker and tree insects or the natural process of the tree to build holes within the tree or branches. These tree holes will then be selected by the female



Hornbill and evaluated whether it is a suitable habitat for her to build a nest for her babies. A female Hornbill can produce up to six eggs during her breeding period. The suitable tree hole will then be covered in her faeces, food waste or soil until a single small hole is left for the male Hornbill to provide food.

The food including a mixture of Ara fruit, worms or insects will then be stored in the beak of the male Hornbill and sent to the babies and the female Hornbill living in their nest. The male would continue the process for about two to three times a day until the babies are ready to leave the nest.

After sometime, if the female and her babies are too big for the nest, the female will choose to break out from the nest and rebuild the wall to secure her babies; she will then join the male bird in search of food to feed her babies. Other species might differ, where instead of the mother, the baby hornbills will break down the walls on its own without the help of the adult birds. The breeding period of Hornbills may vary from three to seven or eight months.

Migration Behaviour of the Hornbills

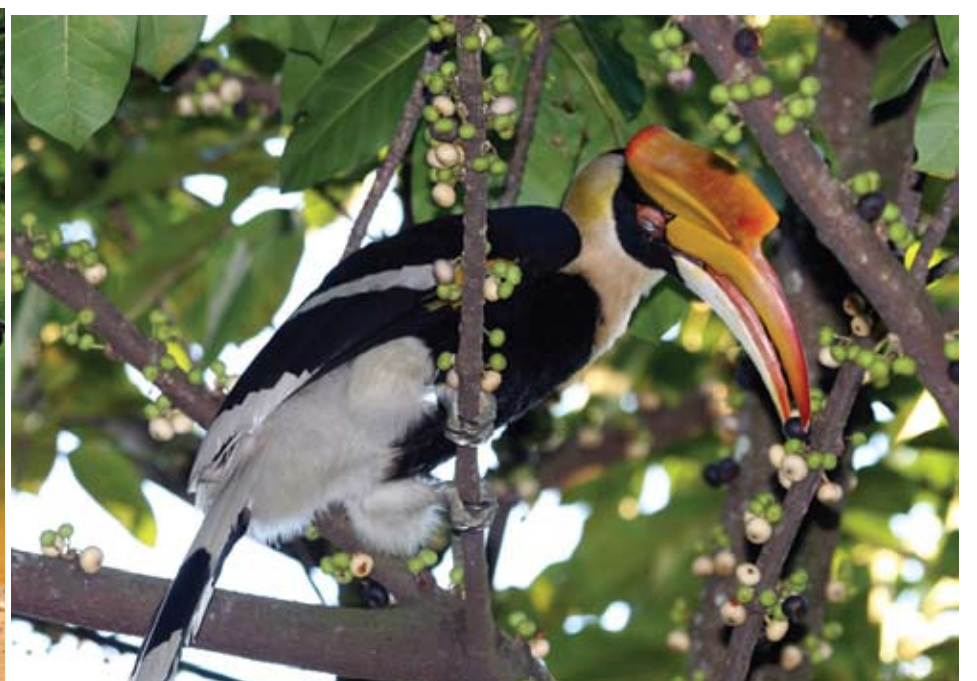
The Plain-Pouched Hornbill are amongst the different species that migrate to our thick rain forests during the months of August till September. The Plain-Pouched Hornbill is included in the IUCN's list of endangered species and only an estimated 7000 full-grown birds are currently found in the world.

The Oriental Pied Hornbill and Rhinoceros Hornbill are also amongst the 10 species that are often found in Royal Belum and Temengor forest.

Perak's Tourism Attraction

Royal Belum is set on its course to preserve the vast rain forest that attracts millions of Hornbills every year. The forest that is presumed to be safe and untouched by development would be kept as such with the efforts made by MNS. The society will be doing its very best to ensure that the birds are undisturbed even with the growing amount of tourists visiting the forests.

Royal Belum the oldest forest in the world, topping even the famous Amazon, is one of the country's most prized possessions and also Perak's pride and glory. Paying a visit to the forest once, might not be enough, seeing as it is filled with mysteries that are waiting to be unravelled. So do grab your bag and journey on a quest to discovery as Royal Belum serves to enchant its visitors with the beauty of nature and its unruffled scenery.



News

Movie Stars Visit Ipoh



A meet-and-greet session with the stars of the joint Malaysia-Singapore production, 'King of Mahjong' was held at Ipoh Parade recently.

Directed by Adrian Teh, previously known for 'The Wedding Diary 1 & 2', 'King of Mahjong' is a story about friendship and that the bond between families are worth more than the lure of money and power. The movie is packed with good family values spiced with jokes and laughter in between.

Two disc jockeys from 988FM entertained the crowd while they waited for their beloved stars. A few moments later, chants and screams were heard as the actors and actresses arrived on stage.

Among them were Chapman To, Mark Lee, Cheronna Ng, Venus Wong, Adrian Tan, Leanna Lim and director, Adrian Teh himself. Oranges, sticky mahjong-like candies and ang pau packed in red-coloured packets were distributed to fans who participated in activities held during the meeting session.

The film was released in Malaysia and Singapore on Chinese New Year, Thursday, February 19.

Ili Aqilah



Poetry for the Soul

Known for the love of poetry, *Kumpulan Sajak Sajak Naif* is a compilation of 40 poems written by the late Amirul Fakir.

Amiruddin Husin (Amirul Fakir) had always been passionate about Malay literature. One of his earlier books, *Kumpulan Cerpen Mea Culpa*, published in 2008, got the attention of Shahnnon Ahmad, a national laureate and writer. Shahnnon admired Amirul's insistence in staying true to his art, which is something rare these days.

Publication of the book began three years ago when Amirul handed the poems he picked to his friends for that purpose.

"We feel this is the right time to do a reprint and let readers treasure his writings like we do," said Nur Hanim from Teratak NurOmar, the publisher of Amirul's books, to Ipoh Echo.

Kumpulan Sajak-Sajak Naif was launched at Khizanat recently. It was officiated by world renowned cartoonist, Dato' Muhammad Nor Khalid, better known as Lat, the man behind 'The Kampung Boy' and 'Town Boy'. In his short speech, Dato' Khalid praised the efforts by Teratak NurOmar to release the book to the public and hoped to see more of such publications in the future.

Each of Amirul's verse has its own character and meaning. Readers will be amazed as to how Amirul amplified his feelings by writing about life and spirituality. In the book, two of Amirul's children shared their memories of their father before his demise in 2011.

Readers keen on acquiring the book can purchase it at Khizanat, located at No. 57A, Jalan Dato Onn Jaafar, Ipoh or online at Teratak NurOmar's official facebook page. Proceeds from the book will be donated to the writer's family.

Ili Aqilah



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News

Miss Perak Tourism Pageant 2015



My Stage Production Sdn Bhd has been appointed the organiser of Miss Perak Tourism Pageant 2015 by D'Touch International Sdn Bhd, the main organiser of Miss Malaysia Tourism 2015. State agency, Tourism Perak will be supporting the event in conjunction with the Ministry of Tourism and Culture's declaration of Year 2015 as the Year of Festivals.

The purpose of Miss Perak Tourism 2015 is to select the top two winners to represent the state at the Miss Malaysia Tourism 2015 finals, which will be held on Friday, June 5



in Kuala Lumpur. The theme of this year's event is, 'Promoting Tourism, Culture and Friendship'.

The winner of the Miss Malaysia Tourism 2015 will then represent the country at the Miss Tourism International 2015 World finals where participants from over 60 countries around the world will vie for the coveted title.

Miss Perak Tourism will be held from Tuesday, May 12 till Saturday, May 16 at the Syeun Hotel, Ipoh with the participation of 15 selected finalists. The Grand Final Night on Saturday, May 16 will be held along with a charity dinner and show.

Entries are open to all single females in Perak aged between 17 to 25 years old. An open selection will be held from now till Tuesday, March 31.

For details and reservations contact the organiser, My Stage Production Sdn Bhd at **012 2761 638**. You can also register online by accessing www.mystage2U.com.

Nantini

PEMADAM's 5-Year Strategic Action Plan



In its fight against the evils of drugs abuse, PEMADAM (Persatuan Mencegah Dadah Malaysia) Perak has drawn up a five-year strategic plan (2015-2020).

The plan was officially launched by Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir at the Banquet Hall of the State Secretariat, Ipoh recently.

Present at the launch were Datuk Johari Baharom, President of PEMADAM Malaysia and Dato' Samsuddin Abu Hassan, President of PEMADAM Perak.

Zambry once again reiterated that the drug menace should be taken seriously and handled with care.

Besides village heads, it is the duty and responsibility of everyone within the community, parents and neighbours notwithstanding, to play an active role in assisting the anti-drug agencies in combating the scourge.

"Drug abuse cannot be eliminated without the cooperation of all parties, including agencies such as the Police and the Customs as well as non-governmental organisations," he said.

The implementation of the five-year strategic action plan, said Zambry, was at the right time as the state government had just declared an all-out war against drug abuse and use.

Vhyshnawi

Cititel's First Guests Check In

Mr and Mrs Lawrence Chean Siang Kang were the first guests to check in to Cititel Express Ipoh at its soft opening date on Valentine's Day, February 14.

The young and lovely couple from Penang, decided to celebrate their first year wedding anniversary at the newly opened hotel, located in the heart of Ipoh's heritage district and food havens.

The Hotel Manager Miss Vaginder and Front Office Manager Mr Vishnu, gave a warm welcome to the couple with a special gift, comprising some of the most famous Ipoh goodies.

They spent the night in the romantic environment of a Superior Queen bedded room overlooking the Kinta River Front.



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7. Royal Ipoh Club, Jln Bkt. Gantang. Tel: 05-2542212/2545646
8. Burps & Giggles, Jln Sultan Yussuf (Old Town). Tel: 05-2426188
9. Citrus Wine & Dine, Ipoh Garden East. Tel: 05-5451010
10. Barbeza, Bandar Baru Medan Ipoh. Tel: 012-5205877
11. Impiana Hotel Ipoh, Jln Raja Dr Nazrin Shah. Tel: 05-2555555
12. Ipoh Downtown Hotel, Jln Sultan Idris Shah. Tel: 05-2556766
13. D'Eastern Hotel, Jln Sultan Idris Shah. Tel: 05-2543936
14. YMCA Ipoh, Jln Raja Musa Aziz. Tel: 05-2540809/2539464
15. Meru Valley Golf Club members' desk
16. Khimzian Enterprise, 75 Jln Yang Kalsom. Tel: 05-2427381
17. Sunway College Ipoh, Psrn SCI 2/2, Sunway City Ipoh. Tel: 05-5454398
18. Break the Code, Greentown Business Centre. Tel: 05-2420484
19. Symphony Suites, Jln Lapangan Symphony. Tel: 05-3122288
20. Olympia College, 18 Jln CM Yussuff. Tel: 05-2433868
21. Ibis Styles Ipoh, 18 Jln Chung On Siew. Tel: 05-2406888
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



Community

Tasek Corporation's CSR



Tasek Corporation Berhad (TCB) expanded its Corporate Social Responsibility (CSR) initiatives this year in medical/health and sport.

In its medical/health sponsorship, TCB donated four units of Home Oxygen Concentrator Machines worth RM17,460 to the Perak Palliative Care Society (PPCS) to provide personalized quality care to cancer patients requiring such machines at home. Dato' Dr Ziaudin Ahamed B Abdul Kareem (Director/CEO of PPCS) received the machines on behalf of PPCS.

Another recipient of the medical/health sponsorship was NKF Dialysis Centre - Yayasan Dialisis Pendidikan Akhlak Perak. This is the second year TCB has donated a dialysis machine worth RM45,000 for the use of patients suffering from end-stage renal disease (ESRD) where they require haemodialysis treatment. This came about with assistance from the National Kidney Foundation Malaysia (NKF).

For its sport activity sponsorship, TCB sponsored Sekolah Menengah Anderson (Anderson Secondary School) Ipoh by funding the hockey team that had demonstrated great achievement in the sport in Perak and Malaysia with the hope that Anderson School will continue to excel in the field of hockey.

This is the second year TCB is sponsoring the Anderson Hockey team with items such as jerseys, training shirts, hockey equipment and stadium usage fees, amounting to RM11,100. Sekolah Menengah Anderson, Ipoh was represented by Mr Abdul Razak and Mr Firdaus.

Mr Benc Cha (Group Human Resource Manager), Mdm Yantee (Training & Development, Manager) and Ms Nur Syamsidar (Training & Development, Executive) represented Tasek Corporation Berhad.



Hindu Youth Camp

Swaralaya Sangeetha Kalalayam, a music academy cum non-governmental organisation, organised a Hindu youth camp with the collaboration of Klang-based Malaysia Naalvar Mandram. A first in Ipoh, the camp was attended by participants aged 13 and above. It was held at the music academy from February 19 to 22.

Training was conducted by Dr Balakrishnan Kandasamy, Head of Secretariat at the Information Ministry. Balakrishnan is a prominent motivational speaker and has been guiding youths and nurturing them for over two decades.

Panbarasi Govindasamy, the brain behind the camp and a celebrated musician of the academy, in her speech prior to the closing ceremony, related her experiences while undergoing a similar camp years ago. By her bringing Balakrishnan and his team to Ipoh she hoped participants would benefit from the exposure. She thanked academy director, Mrs Sarojini, for her assistance.

Some of the activities held during the

4-day youth camp were public speaking, yoga classes, debates, religious workshops and temple tours.

The non-profit Swaralaya Sangeetha Kalalayam's objective is to share the benefits of music and arts for the development of body, mind and soul. It conducts Indian classical music and dance classes for those aged four and above.

Kanimozhi



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MISSING DOG

Family dog, Tubby, a medium-sized male mongrel (light beige and light brown) was missing along Lorong Pinji, Taman Mayfair, Ipoh. He was wearing a dark brown collar with a blue badge. If you have any information on his whereabouts, please call 012-5086829. Thank you



Community

Tamils Cultural Festival 2015



The annual *Tamilar Thirunal* (Tamils' Festival), celebrated in Malaysia in conjunction with Tamil New Year for more than fifty years, was celebrated in Mahamariamman Temple and some eight hundred people attended the function. M. Mathialagan, President of Thamilar Thirunal Committee Perak, said that *Thamilar Thirunal* is celebrated to unite all Tamils regardless of their religion and caste to promote the Tamil language and culture. He added that it is sad to note that parents are not giving Tamil names to their children. If the trend goes on we would lose our identity. The audience consisted of Hindus, Christians, Muslims and atheists.

The event started with the traditional way of lighting the *kuthu vilakku* (lamp) followed by *barathanatyam*, a Tamil classical dance. There was a display of Tamil folk dances which are rarely performed on stage. The dances included *Karagattam*, a dance involving the balancing of clay or metal pots on the dancers heads; *Kavadi Aattam*, a dance form based on *kavadi* taken during Thaipusam; *Thattakkaal Aattam*, dance on stilts; *Kummi*, dance performed by girls by clapping their hands to keep timing; *Mayil Aattam* is done by girls dressed as peacocks, resplendent with peacock feathers and a glittering head-dress complete with a beak; *Oyilattam*, *oyil* means beauty and is performed by girls; *Poikkal Kuthirai Aattam* or False Horse Dance, where the dancer bears the dummy figure of a horse's body on her hips; and finally, performance of *Urimi Melam*, a form of drum which is widely believed to possess supernatural and sacred powers.

Three outstanding members of the community who excelled in their profession were honoured. The highlight of the night was a literary talk given by Professor Dr M. Sivachandran, a Tamil scholar from India.

Jeyaraj

Andersonian Club Extension

The new extension to the Andersonians' Clubhouse was officially opened recently. After undergoing almost two months of construction, the project was completed on schedule, in time for the 75th Anniversary dinner of the Andersonians' Club in October last year.

Andersonians' Club members, past and present, were in attendance along with the president and committee members of the club. Former Perak state assembly speaker, Tan Sri Dato' Dr Ahmad Azizuddin bin Hj Zainal Abidin, a former student of Anderson School, officially opened the new extension.

After the opening ceremony, Ahmad Azizuddin toured the clubhouse and proceeded to the hall. The hall is a part of the extension and is named Dewan Tan Sri Dato' Dr Ahmad Azizuddin. The hall can accommodate up to 200 people at one time. It can be used for club activities and also be rented out.

For the love of his alma mater, Ahmad Azizuddin donated RM100,000 for the renovation of the building. Ahmad was very much involved in the building of the original clubhouse in 1969 and was instrumental in getting the new extension done.

The club managed to collect another RM100,000 from former students. The two major donors were Dato' Gregory Wong and Hamdan who gave RM10,000 each.

According to club president, Mohammad Abdul Kadir, the club is still short of RM150,000 to enable it to carry out landscaping works, interior furnishing and to change the roof and wiring of the clubhouse.

If the complete works are done, members of Andersonians' Club can look forward to enjoying a cleaner and better equipped clubhouse, one which will be the envy of Ipohites.

Nantini



Free Aerobic Session at Polo Ground



Things are hotting up at Polo Ground on weekends, now that Ipoh City Council is conducting free aerobic sessions. The once staid place for jogging, walking, tai-chi and the run-of-the-mill types of exercises, saw some new action when certified aerobic dancers began the training session at 7.30am with limbering-up exercises recently. The loud and upbeat songs from the loudspeakers drew the attention of the crowd and soon people began to gather. They tried to follow the steps of the instructors. Some fumbled while some struggled on cautiously. It will take time and a certain measure of determination to excel. But no one complained.



With the sole purpose of promoting a healthy lifestyle, the Council hopes more people would participate. For some, this is the only time they get to sweat it out and to spend quality time with their friends and loved ones.

"The steps are easy to follow and the most important thing is, my kids are having fun doing them", said Lim, 34, who joined the aerobic session last year.

The Council's and other public agencies' teams take turns conducting the free aerobic session at the Polo Ground. Children, teenagers, adults and even senior citizens are enjoying the hour-long workout session every Saturday and Sunday.

Ili Aqilah

Community

Escalating Food Prices

Now that fuel prices have gone down, will food prices follow suit? Food makes everybody happy and being an Ipohite, food is a very important part of our lives. What makes us happier is cheaper food. We like going to that one favourite mamak stall for supper or to that famous curry mee stall for breakfast on a Sunday morning. Pricing has always been one of the major factors that allows us to enjoy these simple but tasty delicacies in Ipoh.

On February 2, a national daily reported that food and restaurant operators were advised by the Domestic Trade, Cooperatives and Consumerism Minister to reduce their prices in accordance with the drop in price of fuel. Since then, stall and restaurant owners have been castigated by the public for not reducing food prices. This is especially difficult for operators in Ipoh as food is considerably cheaper than in other states.

Traders

Food vendor, Lisa, who owns a western food stall in one of Ipoh's famous food courts, Restoran New Hollywood in Taman Canning, says that it is impossible for them to reduce their prices when their suppliers and wholesalers do not intend to reduce their prices as well.

"The wholesalers always give an excuse saying that it is transportation and electricity cost, so that's why they cannot reduce the prices", said Lisa to Ipoh Echo.

Bob, also a food stall operator said that although fuel prices have gone down, food prices cannot be reduced as many of the government subsidies for food items are no longer available.

"Fuel prices are not the only factor contributing to food prices and therefore, we cannot simply reduce food prices," he added.

Consumers

While food vendors are trying their best to satisfy customers and making a profit for themselves, some customers feel that this issue does not make any difference, as most food vendors seem to ignore the fact that the fuel prices have gone down.

"With Chinese New Year around the corner, prices are bound to go up and most people will not care much because they want to have a good new year. Food vendors will take advantage of this," said a customer.



Ipoh City Watch

To educate the public on consumer rights and to curb the issue of high-priced food, Ipoh City Watch (ICW), an NGO dedicated to the well-being of Ipohites, is planning a project that will help identify food and restaurant operators that are 'ICW Friendly'.

According to Dr. Richard Ng President of ICW, there are two main reasons for this project. Firstly, it is to educate the public to eat in, which is to cook food at home, which is also healthier. Secondly, for consumers who wish to eat out, the ICW wishes to identify food operators that cooperate with them to reduce prices for the benefit of the public.

ICW-Friendly operators will be briefed on consumers' rights and advised to reduce prices. These operators will then be provided stickers by ICW to show the public that they are ICW-friendly. Action such as boycotting will be taken against those operators who do not wish to cooperate with ICW to reduce prices.

When asked how this would benefit the operators, Dr Ng said, "Food operators will benefit in terms of recognition and sales. We'll encourage consumers to visit shops that are ICW-friendly. This will, inadvertently, bring recognition to the shop owners and help increase sales."

Vhyshnawi

ISPCA

One holiday season has come and gone and another is just around the corner. Now that the New Year is here, it's time to get back to "real life" and its usual demands. While trying to "get on with life" many of us forget the less fortunate, and I don't only mean the people in society who are less privileged. I am particularly referring to animals.

I would like to take this opportunity to point out to as many people as possible who are willing to listen...that it's not just humans who suffer from unfortunate circumstances, but the animal kingdom does too. When was the last time you took a drive around Ipoh, or anywhere else for that matter and did not see a poor stray, trying to live through another day. Feeling sorry for these poor creatures is normal, and sometimes, there is even disgust as you view these poor creatures as dirty and disease ridden. But stop and ask yourself, exactly what have you done about making life better for another...especially these animals. Did you just view these poor creatures with pity and then moved on to have your favourite bowl of curry noodles, nasi lemak, roti canai, or did you ponder, on just what you could do about this sad situation for a few minutes, and then move on to your meal, effectively doing nothing for these creatures until you see the next stray and the whole cycle repeats itself.

I am sorry to say, most of our reactions would simply be, just to pity these animals and that's it. There are only a select few who take it upon themselves to try and make a difference in the lives of these poor creatures. Of course these 'angels' are not able to reach each and every poor animal but they try all the same. The ISPCA is doing their bit to help but without the public's continuous support very little can be done, thus allowing for only a small percentage of animals to live out their days in relative



comfort and love.

Therefore, I am asking anyone and everyone, who has an inclination to help but don't really know just how and what they can do, to make an effort to donate either money or their time and love, to make this world a better place for all these poor and often forgotten creatures. Don't just say "poor thing" and move on!

For those who are interested in giving these poor unfortunate creatures a safe and happy home, this too can be arranged. Although the ISPCA is keen to find good homes for these lovely pets, they will extend a helping hand in getting the pets settled into their new environment, so you and your pet won't feel alone during this adjustment period. If there are any problems during this adjustment period, the team will be more than happy to address any of your questions as best as they can. There are currently 230 dogs in need of a good and loving home. Ms Katharina and her colleagues who are all volunteers, are just a phone call away.

In the end, all everybody really wants is to help give these beautiful friendly pets a happy life in a loving home.

Address: Lot 38642, 4 ½ Miles Stone, Jalan Gopeng 31300, Ipoh, Perak.
Mailing Add: P.O. Box 316, 30740, Ipoh, Perak Darul Ridzuan
Blog: iospca9.wordpress.com
Email: ispca98@gmail.com
HP No: 017 683 0400 (please note – this number is only for those interested in adopting a pet).

Serena

Chill FM Caters to the Young

With over a thousand visits since going online two months ago, *Chill FM* is Ipoh's latest online radio station offering a wide range of music and songs for its listeners.



Chill FM's programme coordinator, Erdayu Abdul Rani, known fondly as Along wants to promote more bands and talents, especially from among Ipohites.

"We've a special session dedicated for the underground called *X-Corner* where our presenter will play and introduced new bands," she told Ipoh Echo.

According to Erdayu, apart from good food, Ipoh has plenty

of talented people in music, arts and literature but, unfortunately, there are no viable platforms for them to showcase their talents. "And that's why *Chill FM* is here, to give local talents an opportunity to be heard," exclaimed Erdayu.

There are currently 12 disc jockeys on *Chill FM's* payroll and some have their own devoted listeners.

"Instead of doing it at home, all DJs are broadcasting live from our recording studio. It allows us to monitor them," she added.

Chill FM was appointed broadcaster of a karaoke competition held recently at Lubuk Timah Waterfall and Hot Spring in Simpang Pulai. This one of the many engagements the station gets to perform for time to time.

As its official launch is still in the planning stage, *Chill FM* uses social media networks such as Facebook, Twitter and Instagram as the medium to interact with the public.

Listeners can hear a wide selection of Malay, Tamil, Mandarin, English and even dangdut music played by the disc jockeys. Songs can be requested through *Chill FM's* official Facebook page.

Ili Aqilah

Lifestyle

Ipoh Latte Art Throwdown 2015

Ipoh Latte Art Throwdown 2015 was held at Coffee Tag on February 16. Contestants from KL, Penang, Alor Setar, Kampar and Ipoh joined in the first latte art throwdown in Ipoh. Leonard Lock from KL, Sam Mok from Coffee Tag and Keith Chee from Simple X were invited to evaluate each cup of latte art based on four criteria, comprising beauty, difficulty, definition and colour infusion.

Contestants were given two brewed espressos to produce their latte art. They were then required to present a cup which they were satisfied with for judging. There was no time limit set to produce a perfect cup. The cup should not be overflowing to avoid spillage when being served by the waitresses.

The emcee of the event, Melvin Cheng, together with Sam Mok from Coffee Tag explained that this event was to raise awareness amongst the public on the ongoing competitions and events that are actually available in the coffee industry. These events give baristas, opportunities to present their skills, to gain experience from other baristas and to give exposure and recognition to baristas. Most importantly, it is a time for baristas to enjoy and have fun while they do what they do best.

Results were out after three hours of brewing, frothing, pouring and judging. Tan Zhi Ying, an 18-year-old from Butterworth won a Motta Pitcher and RM300 at first place. His passion for latte art started a year after his SPM. Before this competition, he entered the Asia Latte Art Championship but failed to enter into the finals. He knew about this Throwdown through his supplier, Simple X coffee.

First runner up was Kelvin Wong, 24, who has had no experience in competitions. He developed a strong interest in latte art for a very long time but only had the chance



to learn from Bread Espresso Dessert, Ipoh, half a year ago. He won RM200 and a Teflon Milk Pitcher. Second runner up was Phua Yi Ren, 20-year-old from 30 Seconds Café KL who went home with RM100 and a Stainless Steel Pitcher.

Susan

Education

For the Love of Shakespeare

When most teenagers and young adults these days prefer something modern, the Sixth Formers of Tenby Schools Ipoh proved us wrong by enthusiastically studying and performing the traditional plays of William Shakespeare.

The drama tradition goes back to their very first year of inception, in 2010, when the Sixth Formers arrived at Tenby Ipoh. With the setting up of the Shakespearean Theatre Club, these plays opened up a whole new world of experience for these students.

"We needed to go beyond just academics and what we found is the most appropriate programme for pre-university students, which will involve some contact with literature, is Shakespearean drama," said Louis Rozario Doss, Principal of Sixth Form, Tenby Ipoh.

"Our aim is not only theatre practice but to promote a passion for one of the arts," he said.

So far, the sixth form students have produced and performed at least seven different plays from Shakespeare's work including 'Julius Caesar', 'Macbeth', 'Hamlet', 'The Tempest', 'The Winter's Tale', 'As You Like It' and most recently, 'The Merchant of Venice'.

Doss added that by performing these plays, students also break out from their personal moulds and learn to be different, which is healthy for educational development.

"It widens the scope of the students to go beyond their comfort zones and to feel how other people felt in other circumstances. For example, in The Merchant of Venice, we empathise with the Jews and how they suffered discrimination in the middle ages and we see the need to be more inclusive in our way of life rather than exclusive," he said.

While most of Shakespeare's works are pretty serious and hard to understand at times, the Tenby Sixth Formers go the extra mile with their modern rendition of the plays by adding humour, songs and dances to attract their audience.

"We have these drama sessions weekly and have lots of fun doing it together," said



Lim Ka Wai, student and director of their latest play, Hamlet.

The weekly drama training sessions are held on Mondays at Tenby Schools, Ipoh. For more information on these sessions or on performances, contact Louis Rozario at 010 390 5011.

Vhshynawi

An Exchange of Cultures for Students



It was an amazing experience for students who participated in the Youth Camp and Exchange Programme organised by the Lions Club International. Six Japanese students from Sapporo were hosted by families in Cameron Highlands and arrived in Ipoh recently.

The Japanese Youth Exchange participants were exposed to many activities like jungle trekking, cultivation of vegetables, sight-seeing to other states like Penang and Kuala Lumpur and more. It was an experience beyond their wildest dreams.

Meanwhile, 20 local students, including students from SMJK Ave Maria Convent Ipoh, were sent to Japan, Taiwan, New Zealand and Australia as part of the programme.

A Farewell Dinner and Cultural Night was held for the Japanese inbound Youth Exchange participants at the end of their journey where they also got to meet the local outbound participants. The participants belted out songs and dances from their respective cultures to celebrate their farewell and homecoming.

It was a joyous occasion and at the end of the session, tears flowed freely for it was time to say sayonara! Each drop of tear marked the building of a new bridge and this is what the Youth Exchange programme is all about.

Vhshynawi

Property

Spoiled for options with TKB's RM10mil show village

The Chinese New Year celebration just got better with Team Keris Berhad (TKB) making a major statement in the property development field by launching their RM10 million Ipoh South Precinct Show Village to the public.

Being the first ever RM10 million show village and the biggest in Perak, viewers will be spoiled for choices as this prestigious project features dream houses with a range of design ideas.

"Whether you are buying your dream house or visiting relatives during the festival, this is a must-see show village for everyone," said Michael Tan, the director of TKB.

The show village featured a total of nine different properties that are available within the ISP development. This included three-storey houses – terrace, cluster and semi-detached – as well as single-storey and double-storey terrace houses.

With versatility in mind, the three-storey houses are designed as basement concept homes that provide a spacious dimension for homeowners. This concept epitomises modern living for the entire family.

The basement, if used as a full-on garage space, can accommodate over six cars. Nevertheless, owners could also turn this multipurpose space into a study room, guest room, entertainment room or more.



One of the plus points of the ISP development is its security feature. Each residential property is within its own gated and guarded community with three guardhouse checkpoints, 24-hour patrolling security and perimeter fencing with the latest security features.

"Ipoh South Precinct will have one of the highest number of security checkpoints in the area as each property will have its own security features," said Tan.

As an emphasis on modern living, these homes will be amid spacious and beautiful landscapes and greenery as well as recreational parks for a healthy and safe living environment.

Centrally connected to Jalan Pasir Puteh and Jalan Gopeng, ISP is located at what can be called Ipoh's Golden Triangle and is surrounded by all the usual amenities including local and international schools, banks, shopping centres, hotels and much more.

This entire project is set to be completed by 2017.

For further information, visit the Ipoh South Precinct Show Village which will be open from 9am to 7pm daily, including weekends, beginning February 9 till March 5. Or call Team Keris Berhad at **05 242 7000**, **019 701 2222** or **019 703 2222**.

li Aqilah & Vhyshnawi

Opinion

By Robin Arumugam

Losing Out on Lumut

It is a little known fact today that Ipoh was once seen to be a rival of Singapore.

At the turn of the last century attempts by Perak to build a port in Lumut was opposed by the Colonial authorities based in Singapore. Engineers had even then reported that Lumut was the best harbour east of Suez.

Therefore, although it was the biggest producer of tin, Perak had to export its tin ingots out from the ports of Penang and Singapore.

How different would have been the history and development of Perak, if this effort at port making had not been thwarted.

Fast forward to 2014 whereby Tenaga Nasional Berhad (TNB) has mounted a takeover bid to buy Integrax, a company which operates and owns the Lumut port.

Apart from Tenaga Nasional Berhad, the major shareholders of Integrax today are Perak Corporation Bhd, Amin Halim Rasip, Corston Smith Asset Management and Public Mutual.

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.

Health Screening by Perak Family Health Association (with the support of Pantai Hospital Ipoh), Wednesday, **March 4**, 9am to 1pm at Perak Family Health Association, Waller Court Clinic, E1-E4 Ground Floor, Waller Court, Ipoh. Free health screening and breast examination to the general public as part of its cervical cancer and bone health awareness programme. For more information, call **05 254 4275** or **016 526 4233**, or call Angilin at **016 524 8233**.

Peace Loving Convention: 'Family Nurturing Culture of Peace' organised by Global Women's Peace Network in collaboration with Perak Women for Women Society and the Ministry of Women, Family and Community Development. Sunday, **March 15**, 8am to 2pm at Syeun Hotel, Ipoh. For details and seat reservations call Halida **012 673 3827** or Ms Yip **012 521 2480**.

'Walk For Children in Need' organised by Anning Children's Home, Saturday, **March 29** @ 7am. A 5-km walk starting and ending at Red Crescent Hall Ipoh. Contact: Ng Wem Qi **010 562 1210**.



For the folks in Ipoh, Lumut Port is low-key and is less well known than the naval base. Indeed, many would ask, do we have a port serving commercial interests? That's new!

Yes, since its inception, Lumut has mainly been handling coal and more recently, there was much controversy over the Brazilian Company, Vale's interest to use Lumut as transshipment centre for its iron ore.

Lumut and Pangkor Island are Perak's tourist jewels. Although its image as a port is still hazy and unclear, may it be known that this is there is a lot of upside.

And who knows, regardless of whether TNB gets to own Integrax, one day there may be a railway line all the way from Ipoh to Lumut!

Suffice to note that Lumut as a port should serve the interest of the whole Perak and not only one commercial sector or business enterprise.

It has taken Ipoh years to get flights moving again at our underutilised airport. Perak should have a say who owns the port and what direction it intends to take. This is a strategic asset.

Once Tenaga controls the port, it will be concerned only with its own commercial interests and the state will not be able to promote its socio-economic programmes to have new investors.

In the past, Perak was shunned or bypassed by investors because of the lack of ports.

By disposing of its shares, the state will lose its two directors on the Board of Integrax and have no say in the future control of the port.

The state will also be devoid of an infrastructure that will support the import and export of cargo from the state.

Our manufacturers and investors will have to look elsewhere to handle their cargos. Henceforth, the state will be totally at the mercy of the port owners!

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.

2015 Prestige Power



The purpose of writing this is to encourage people to do charity and also to satisfy my own ego.

Ego can be a very powerful push factor for achieving success. But it also can be very destructive. You must bear in mind that more than half the problems in the world are due to ego.

Although I am one of the poorest on the selected list, I give away proportionally more in comparison to my wealth. Moreover, my way of giving scholarships to help poor students to complete their tertiary education has a multiplying effect. Up till date I have given more than 300 scholarships.

All scholarship recipients do not need to work for me nor they require to pay back the money I spent on them. But they have to promise me that when they are financially solvent, they would have to help other poor students. Currently about 200 scholarship recipients have graduated and I expect some of them will soon begin to help me do charity. As time goes by, more and more graduates will help other poor students.

I have been selected because of my system of helping poor students.

I am 82 years old and I know for sure I cannot take any money with me when I die. I have written in my will that all my remaining assets will be for charity.

Koon Yew Yin

Passing of a Great Leader

The demise of Dato' Nik Abdul Aziz Nik Mat, at the age of 84, is a huge loss not only for Kelantan but the whole nation. He succumbed to prostate cancer on February 12 after battling the disease for over five years.

Dato' Nik Aziz was a great spiritual leader who led a simple life. He was the Menteri Besar of Kelantan for over 23 years before handing over the reins to his successor, Dato' Ahmad Yaakob due to ill health.

During my tenure of service in the Immigration Department, I served at the border town of Rantau Panjang in Kelantan for over 12 years. I had the opportunity of meeting this great man.

Dato' Nik Aziz was friendly and very approachable. He mixed freely with the rakyat and they all loved him. Friends and foes, from near and far, came to pay respect to this great leader, known fondly as Tok Guru, when his body was laid to rest in his village, Kampong Pulau Melaka.

The nation has indeed lost an exemplary leader one who never used his position for personal gains. May his soul rest in peace.

K. Letchimanan

Happenings



Perak Academy will host a dinner talk by YAM Tunku Zain Al-'Abidin Ibni Tuanku Muhriz, founding president of the Institute for Democracy and Economic Affairs (IDEAS). Tunku is an author and columnist in *The Star* and various other leading newspapers.

The title of Tunku's talk is "Healing the Nation".

YAM Tunku Zain Al-'Abidin Ibni Tuanku Muhriz will suggest remedies to heal a "fractured nation" caused by too much politicking and a right-leaning government that abhors criticisms.

Guests of honour DYTM Raja Muda Perak Raja Jaafar Ibni Almarhum Raja Muda Musa and DYTM Raja Puan Besar Perak Raja Nor Mahani binti Raja Shahar Shah will grace the occasion.

The talk will be held at the Banquet Room, 10th Floor, Syeun Hotel, Ipoh beginning at 8pm on Saturday, **March 14**.

Enquiries for the above events should be made to Wai Kheng at **05 241 3742** or **016 551 8172** or via email to contact@perakacademy.com.

Government

Ipoh City Council Full-Board Meeting



Pertinent matters discussed at the February Ipoh City Council Full-Board Meeting which was held on Monday, February 23:

Income and Expenditure

Revenue Generation. Of the RM182.28 million budgeted for 2015, the Council, as at the end of January, generated revenue worth RM64.87 million.

Revenue Collection. A sum of RM28.85 million was collected in the month of January, an increase of 22 per cent over the same period last year.

Expenditure. The council has spent RM10.91 million of its projected budget. This figure represents a decrease of RM0.3 million over the same period in 2014.

Lucky Draw. Lucky draws for those who pay their annual assessment rates in full payment and without any outstanding balance.

Announcement

As GST will be implemented on April 1, 2015 all contractors and suppliers who wish to register with the Ipoh City Council must enclose a GST registration number on the registration forms. Contractors and suppliers who had registered with the Council but had done so without a GST registration number are required to do so soonest.

Safe-City Programme

Safe-City Programme initiated by the Council is into the first phase with Gugusan Manjoi classified as a black-spot area. First phase consists of the following:

- Street lights to light up dark areas.
- Erection of railings to separate pedestrians from motorcyclists.
- Installation of safety mirrors to cover blind spots.

Enforcement

A total of 34,982 compounds, amounting to RM1,089,990, were issued in January. They were for various offenses. A sum of RM487,955 was collected.

Some 20,000 dog licenses are up for sale beginning January 5, 2015. Dog owners can purchase the licenses at RM10 a piece. Every household is allowed to keep two dogs only. Joint operations with the veterinary department were conducted in the month of January and 197 dogs were caught.

Complaints

The Council's hotline number: **019 550 3083** is the number to lodge complaints via WhatsApp, Short Message Service (SMS) and Multimedia Messaging Service (MMS). Residents are required to submit complaints with details of the location and photos. Incomplete details will be rejected. Action will be taken once the complaints are processed.

Nantini

Announcement

Public Complaints

Ipoh City Council's hotline number: **019 550 3083** is the number to lodge your complaints via WhatsApp, Short Message Service (SMS) and Multimedia Messaging Service (MMS). Residents are required to submit complaints with details of the locations and photos. Incomplete details will be rejected. Action will be taken once the complaints are processed.

CNY ROUND-UP

The Chinese Lunar New Year was celebrated with a measure of pomp and grandeur although not on a scale that was expected. Economic and social uncertainties aside, the Chinese community of Ipoh had braved the odds to open their hearts and houses to the other communities for a reason – their belief in 1Malaysia, as being lauded by the government.

Reporters **Rosli, Luqman, Ili, Nantini and Vhsyhnawi** compiled this report.

Open House hosted by ICW President

Ipoh City Watch (ICW) President, Associate Professor Dr. Richard Ng hosted an open house on Thursday, February 19, the first day of the Chinese New Year. Some 200 members, supporters and guests of the non-governmental organisation attended Chinese New Year Open House at Richard's residence in Taman Desa Tambun Indah, Ipoh. The half-day long celebration was held in the spirit of muhibah (goodwill) with all races coming together and enjoying the camaraderie and the sumptuous spread of local food. Dato' Samsudin bin Abu Hassan, Executive Councillor for Consumer Affairs, Human Resources and Civil Society were among the early birds who dropped by to greet Richard and his wife, Tina.



Open House hosted by Ampang Centre Point

Ampang Centre Point hosted a Chinese New Year Open House to celebrate the joyous Year of the Ram. The function held on Saturday, February 21 began at 10 am lasted till 2 pm. Visitors from Gunung Rapat, Ampang and the vicinity enjoyed a fun-filled day with family-orientated activities such as lion dance performances, lucky draws and an appearance by the God of Prosperity. There was also a selfie competition organised for the benefit of the youngsters.



Eight-foot Yee Sang

It was a lively affair at the Chinese New Year Open House hosted by Pakatan Rakyat Perak. The event, held at Wisma DAP Ipoh on Sunday, February 22, attracted hundreds of Ipohites of all races.

Supporters of Pakatan Rakyat Perak, which consisted of members of Democratic Action Party (DAP) and Pan-Malaysian Islamic Party (PAS) were there to celebrate the Lunar New Year. In attendance were Dato' Seri Mohammad Nizar Jamaluddin, the former Menteri Besar of Perak and Nga Kor Ming, Chairman of DAP Perak.

The crowd was entertained to lion dances, Chinese drum performances and many more. Children received *ang pows* and mandarin oranges. The highlight of the event was the mixing of the traditional Chinese New Year cuisine, Yee Sang, which was estimated to be about eight feet long.



Spirit of 1Malaysia

A total of 58 orphans from several orphanages around Ipoh received *ang pow* from HRH Sultan Nazrin Shah at the MCA-organised Chinese New Year celebration held at the Kinta Riverfront Hotel, Ipoh on Sunday, February 22.

The Sultan, alongside other state dignitaries, joined in the mixing of the Yee Sang. In attendance were Dato' Seri Di Raja Dr Zambry Abd Kadir, Menteri Besar of Perak, Executive Councillors Dato' Dr Mah Hang Soon dan Dato' Nolee Ashilin Datuk Radzi. Mah in his welcoming speech said, "The spirit of 1Malaysia and the rich traditions of different races should be preserved if we aspire to be a respected sovereign nation."

The event was enlivened by some very spirited dragon dances, Chinese drums and singing performances.



Thousands thronged Gerakan Open House

Over two thousand attended the Gerakan-organised Chinese New Year Open house held at Town Hall on the morning of Sunday, February 22. The event was jointly hosted by Gerak President Datuk Seri Mah Siew Keong and party adviser, Tan Sri Chan Ko Youn.

Among the guests were Mentri Besar Perak Dato' Seri DiRaja Dr Zambry Abd Kadir and wife, executive councillors, state assemblymen and women and state officials.

Those present were entertained to a variety of Chinese traditional dances and performances and the ubiquitous lion dance. They were also treated to a sumptuous buffet spread consisting of nasi kandar and a mixed match of curries, condiments and vegetables. Mandarin oranges and groundnuts were freely distributed among the crowd.

It was a likeable prelude to the state-level Chinese New Year Open House on Saturday, February 28 held near the iconic clock tower in Teluk Intan.



Kinta Properties' Auspicious Lunar Year Celebration

One of Ipoh's top property developers, Kinta Properties, ushered in the new year with lots of energy and a variety of activities for all guests visiting their latest show homes at Bandar Baru Sri Klebang.

Guests were entertained by traditional performances which included Pole Jumping 'jong' Lion Dance and the 24 Season Drums performance.

The festivities got more exciting with the appearance and photography session with the God of Prosperity.

There were also *ang pow* giveaways, lucky draws and other contests to keep the guests entertained all day.



Business

Entrepreneurs Development Programme

Perak Indian Chamber of Commerce (PICC) and Inisiatif Perak are conducting a free programme for development of entrepreneurs for PICC members and the public at its premises in Jalan Iskandar Shah. The programme is being conducted by Balraj Rajagobal who is a Project Consultant.

The programme is for four weeks and includes the following topics namely, 'Overview of Malaysian and Global Economy'; 'Incentives and opportunities available for SMEs in Malaysia'; 'Trade Financing'; 'Government Grants', 'Perak Amanjaya Development' and a briefing on GST.

Training will be given on how to prepare a proper proposal to request for a loan. Grants available from Ministry of Science, Technology and Innovation for scientific projects, products of SME Bank for entrepreneurs and the banking credit process will also be covered.

Balraj said that Indian businessmen have low awareness of record keeping. Maintaining accounts is important for the approval of loans.

Saravanan and Mohan, Officers from Yayasan Bina Upaya Darul Ridzuan (YBUDR) briefed on the assistance and services available from YBUDR.

The first programme was an overview and based on the feedback from the participants, speakers from relevant government agencies would be invited to talk on the opportunities and facilities available.

For further details call: **05 255 5558**.

A. Jeyaraj



Books

Jasemin's Remedy for Broken Hearts

“What! And I cried a river over that guy?” This is the reaction Jasemin Sibon is trying to get out of her readers with her debut book, “Epiphany!: A Collection of True Tragic Turned Candid Love Stories”.

What started out as a therapeutic means of getting over a relationship soon showed Jasemin that she was not alone in experiencing the ups and downs of a breakup.

Jasemin's “Epiphany!” is a recollection of a 10-year worth of past encounters with different types of men. It also features stories from various contributors around the world.

The main purpose of the book, according to Jasemin, was to enlighten the hearts of readers and to reflect upon their own botched relationships.

In her book, Ipoh-born Jasemin described herself as “a quirky thespian who enjoys enlightening the hearts of those who have suffered through a botched relationship.” She also

considers herself a travelling nomad and calls the world her home.

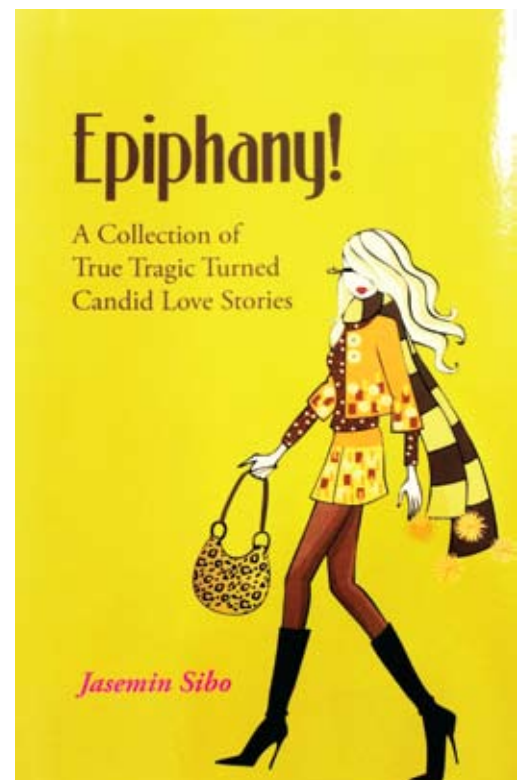
When asked how she felt about being an international author, she responded, “It feels totally surreal. Never would I imagine myself being in this position. It was never planned, an opportunity just presented itself. Carpe diem.”

Banker-turned-writer, Jasemin explained that she never once thought her book would be selected by an international publisher such as Penguin Random House. Her hope for young girls out there is to follow their passion and never to give up on their dreams.

Currently, Jasemin is working on her second book and also planning a book launch in her beloved hometown, Ipoh.

“Epiphany!” is available on Amazon worldwide and in major bookstores in Malaysia. The book is also reportedly sold in Asia via Amazon.

Vhyshnawi



Nosh News



By Susan Ho

The Memoirs Cafe



A new cafe has hit the town. This particular cafe is not like other cafes in town. It does not have the typical modern look but it gives much sweet memories to those who were born in the 1980s.

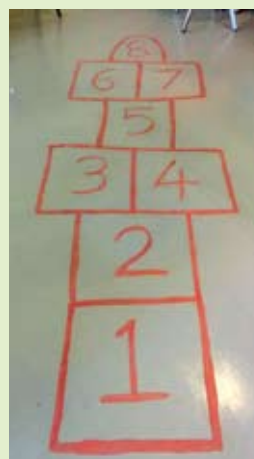
The Memoirs Cafe opened its doors recently with many childhood memories in it. They have cartoons from the 80s painted on walls. Hopscotch is also drawn on the

floor for customers to relive their childhood. Displayed at the counter are card games, snacks and candies from the 80s. There are also childhood games displayed under the table at the sofa area. Customers are welcome to play with the Playstation that comes with old school games such as ‘Super Mario Bros’, ‘Street Fighter’, etc.

This comfy cafe caters to all ages with food like salad, croissant, toast, snacks, pasta and Western food. For beverages, they serve coffee, tea, juice and carbonated drinks. Their signature drink would be the Hot Mocha and for food, the Mushroom Chicken Chop and the Carbonara with Bacon.

The prices range from RM3.90 to RM10.90 for drinks and for food, RM5.90 and up.

You will not miss The Memoirs Cafe from far as you will see Mario from Super Mario Bros on the signboard.



The Memoirs Cafe
No. 6, Jalan Medan Ipoh 1D
Medan Ipoh Bistari
31400 Ipoh.
Tel.: 05 541 6686

Business hours: 11am-9pm (closed on Tuesdays).