

# Ipoh OLD TOWN Buzzing and Blazing

By Nantini Krishnan and Tan Mei Kuan



Inside Han Chin Pet Soo



Pigeons galore at Ipoh Padang fountain



Dataran Dato Sagor



Cenotaph at Railway Station



Jalan Masjid

There is a palpable buzz afoot as one meanders through Ipoh's old town. For those following the heritage trail there is the juxtaposition of impressive old buildings, some lovingly restored to their original condition; while others are artistically left in their dilapidated states, flaws embellished with plaster, shabby chic reigning supreme. Tourists mingle with locals in the many eateries and cafes that have popped up like mushrooms after a rainstorm, and where the coffee shops of yesteryear had oldies leisurely sipping their white coffee, today, a very different ambiance prevails. Ipoh Echo sent two of its reporters to suss out some of the activities and locate some of the buzz.

*Continued on page 2*



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## The Quaint, the Eclectic, the Old and the New, Mix and Mingle with Gay Abandon

The heritage trail through the historic old town is an interesting walk passing many impressive buildings from 1880s to the 1930s. This beauty is reflected in the architecture of the period and many fine buildings remain in the old part of the city are covered along this Ipoh Heritage Trail. For a self-guided tour, heritage trail brochures are available at the Ipoh Tourist Information Centre. Just get yourself a map or GPS and all basic necessities that enable you to walk long hours. Taking a heritage trail is one of the best ways to see and experience the rich heritage of Ipoh. The heritage trail features many attractions and heritage buildings such as the Railway Station, Majestic Hotel, the Ipoh Tree, the Town Hall and Old Post Office, the Birch Memorial Tower, the Chartered Bank building, the Straits Trading Company, the Mercantile Bank, the Perak River Hydro-Electric Power Company, the High Court, the iconic Ipoh Club, the Church of St John The Divine, Museum Darul Ridzuan, St Michael's Institution, Town Padang Mosque, F.M.S. Bar & Restaurant, Han Chin Pet Soo, Concubine Lane, Dramatists' Hostel, Dato' Panglima Kinta Mosque and the Little India district.

### Pigeon Fountain

Ipoh Padang is a special place for Ipohites. The fountain at the edge of Ipoh Padang are famous for pigeons and a popular activity for visitors is to feed them. There are hordes of friendly pigeons flying around the fountain and these pigeons are somewhat tame and are not afraid of people. People can throw food scraps on the ground and these pigeons will converge and eat the food scraps. The fountain is claimed by pigeons in the mornings as they get their food from the nearby restaurants while at night they roost at the nearby shop lots. The fountain at Ipoh Padang is well worth a visit whether or not one feeds the pigeons. This is the heart of Old Town, a must-see place in Ipoh.



### The Art of Old Town

Ernest Zacharevic left his mark in Ipoh Old Town with his collection of Ipoh Wall Art Murals. Seven murals in total, these are spread out within easy walking distance of one another and here is a list of the mural descriptions and their locations:

1. A Paper Plane  
Road Name: Jalan Sheikh Adam  
(GPS: 4.597715,101.076882)
2. An Old Uncle Drinking Coffee  
Road Name: Jalan Dato Maharajalela  
(GPS: 4.59787,101.076169)
3. A Yellow Hummingbird  
Road Name: Jalan Panglima  
(GPS: 4.596704,101.07843)
4. Bags of Coffee Drinks  
Road Name: Jalan Tun Sambathan  
(GPS: 4.597151,101.078703)
5. Girl on a Wall  
Road Name: Jalan Bandar Timah  
(GPS: 4.597004,101.078213)
6. Old Town Relives Nostalgia With Trishaw  
Road Name: Narrow Road off Jalan Bijeh Timah (GPS: 4.59525,101.078556)
7. Tin Mining Town With Chinese-Style Painting  
Road Name: Jalan Bijeh Timah (GPS: 4.596343,101.079138)



### Popiah at Concubine Lane

Walk down Concubine Lane where legend has it that the rich tin miners or *towkays* used to keep their mistresses and you'll find quaint shops and eateries. Popiah at Concubine Lane is one of these. Harking back to more than 60 years ago, this popiah stall, run by three generations of the family remains loved by many. Despite being hard at work



wrapping up the finely chopped vegetables and crunchy bits in a paper thin roll with such deft fingers, Madam Low Kim You, 78, did not forget to flash us her warmest smile as Ipoh Echo met up with her and her equally friendly daughter, Miss Elly Cheang. "Our sauce is what makes the popiah here special," Miss Elly told Ipoh Echo. "We even have the not-so-common fried popiah," she added. Their service orientation is so well honed that they sell the fresh popiah in two batches, one for the morning crowd and another for the afternoon crowd to ensure that everyone gets a chance to taste this wonderful spring roll. However, do take note that the ever-popular fried popiah is only available in the morning.

**Opening hours: 8am-4pm**

### Yasmin Museum @ Kong Heng

Situated in Old Block Apartments and shaded by lush green foliage is the *Yasmin @ Kong Heng* gallery, exuding a quiet elegance. Upon climbing the stairs, one spies a room with glass panel windows shaded by climbing green vines allowing just the right amount of morning sun in. This is where the compilation of advertisements created by Yasmin is being played on screen. The second room has cozy yellow lighting to allow visitors to enjoy the screening of Yasmin's movies. Miss Safiah, who has been put in charge of the museum from October 2014, told Ipoh Echo that she wished for more locals to support the gallery because currently most of the visitors are from KL. "There were some locals but I think the support is mostly from outstation, particularly from KL," she added.

**Opening hours: 10am-4pm (weekends only)**



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## TOO CLOSE FOR COMFORT

From the Editor's Desk

By Fathol Zaman Bukhari

*There are a number of reasons why the development is being considered. Piggy-backing on the success of one developer is a major factor why the project is being pursued with such haste...*

Residents of Permai Lake View, a low-cost housing complex next to the recently-completed Haven Lakeside Residences in Tambun, are at wit's end not knowing what to do and whom to turn to in their moment of need.

Their concern is over construction activities taking place on the vacant land opposite their place of abode. The feverish work underway, apparently, is for the building of two residential tower blocks. There is neither signage nor billboard to announce the intent, and this is worrying.

Sensing the futility of their attempts at getting answers, they decided to take to 'the streets' by holding a peaceful demonstration in front of their dwellings on Saturday, March 7. They carried placards and banners denouncing the development taking place in their neighbourhood.

It is not out of the ordinary, as citizens of a country that observes democratic principles they have the right to show their displeasure over issues of common interest. This right is enshrined in the Peaceful Assembly Act enacted by Parliament in 2012.

The most winnable feature that this part of Tambun has for would-be settlers is its tranquillity. Set amidst rolling hills covered with tropical jungles that dated back to the Jurassic period, the ambience and vista are simply stupendous. You can literally let yourself loose in the jungles without a care for your well-being. That is the feeling one gets when one sets foot here.

This is Ipoh's last remaining frontier which is still untouched, undeveloped and unexplored. Remove the hills and the trees, and the land becomes, not only soulless but, valueless. Therefore, the residents' concerns are justified. Those who bought houses and apartments in the area had done so with one thought in mind – that the integrity of their property remains intact with all the trimmings.

The land, where the towers are being built, serves as a water catchment area for



Permai Lake View and Haven Lakeside Residences. Residents of both housing projects fear serious consequences arising from the on-going works, as things are literally too close for comfort.

Land clearance, ground levelling, earthworks and drainage constructions have commenced at a feverish pace without notification and, regrettably, not in compliance with existing rules and regulations.

There is a growing fear that the clearing will result in

flooding, and the nightmarish mud slide, due to the loss of surface tension. This has happened so frequently, the killer mud slide in Meru last year is a case in point.

The vacant land is being jointly developed by state-owned MB Incorporated and a local business entity to build a mixed cluster of housing, office, hotel and apartment blocks. The intended project will rival the neighbouring Haven Lakeside Residences, in all its grandeur.

There are a number of reasons why the development is being considered. Piggy-backing on the success of one developer is a major factor why the project is being pursued with such haste. The other is the exposure the area enjoys, again through the efforts of another.

But with the mess the project is going to create, it is a wonder why start in the first place. Has no study been done beforehand? Will it be economical in the long run and what is the ROI (Return on Investment)? Should the project go belly-up who will bear the losses? Not the state, I suppose.

There seems to be more questions than answers. It is an open season for competition. My prediction – there is more to lose than gain.

## In The Name of My Father's Estate

Episode 39 by Peter Lee

While John Lee (Lee Sr's eldest son and Co-Administrator) and Connie (Lee Sr's second wife and Co-Administrator) were travelling in John's car, John tried to convince Connie to renounce her rights to the entitlement of three properties which Lee Sr jointly owned with his first wife, Mrs Patricia Lee. As both of them argued over this, Connie suddenly developed a severe headache and felt faint. John immediately brought her back to her house to get her medication. Once she recovered after taking her medicine, John asked "Are you okay?" Connie nodded with a yes. John probed further "What happened to you?" Connie explained "I have been having a bout of severe headaches lately and when it occurs I feel as if I am going to faint." John then asked "Have you seen a doctor about this?" to which Connie acknowledged that it was time for her to go for a medical check up.



John then said "I think it's best that we discuss about the properties some other time after you get well." In response, Connie said "That is not necessary. I think I am better now and we can have our discussion here." John then continued and said "As I had mentioned earlier, I think you know what my family wants and it's whether you will renounce your rights to the entitlement of these properties without asking for any payment." Connie took a deep breath and closed her eyes for a moment. When she opened her eyes, she said "Before I decide I want you to show me a valuation report from a valuer on the value of these properties." John then asked again "Connie, why can't you give this up since we have agreed on most of the major assets under my father's name. After all, your family is going to walk away with a hefty sum of father's estate once the rest of the other assets are distributed when we obtain the Letter of Administration (L.A.)."

"You must remember that it also includes overseas assets. I think this is time to wrap up our negotiation as it's going to be very tedious and tiresome if we are going to continue arguing on this. So, are you okay with my proposal?"

Connie still insisted on John producing the valuation report. Feeling disappointed, John said "In that case I have to engage a valuer. I hope after this report we can resolve this." As John was about to leave, Connie's face turned a bit bluish and she said, "My head doesn't feel good. I need to see a doctor." John was stunned for a few seconds not knowing what to do. When he regained his composure, he quickly went to her aid and helped her to his car. His thoughts were running wild while figuring which is the nearest clinic or hospital to go to. He suddenly remembered that the nearest hospital is roughly twenty minutes away from Connie's house. In his car, he said "Connie, just hold on. I will get you to the nearest hospital."

To be continued...

Peter Lee is an Associate Estate Planning Practitioner (Wills & Trust) with Rockwills International Group. He is also an Islamic Estate Planner providing Wills & Trust services for Muslims. He can be reached at: 012-5078825/ 05-2554853 or [excelscms@gmail.com](mailto:excelscms@gmail.com). Website: <http://www.wills-trust.com.my>. His Book "To Delay is Human but to Will is Divine" (96 pages, RM28) is available at his office: 108 (2nd Floor), Jalan Raja Ekram, 30450 Ipoh; Rashi Mini Market (019-510 6284), 37 Jalan Perajurit, Ipoh Garden East; S.S. Mubarak, Jln Sultan Yussuf, Ipoh Echo and at all major bookstores.

## EYE HEALTH



World Glaucoma Week  
AWARENESS SERIES

In conjunction with World Glaucoma Week March 8-14, Ipoh Echo talks to Consultant Eye Surgeon Dr S. S. Gill about this "silent thief of sight." — PART 2.

**Glaucoma**, as you know, has been nicknamed the "silent thief of sight". This disease results in **permanent irreversible blindness** in the affected eye(s) which often goes unnoticed until the loss of vision is advanced.



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

### What do you mean by "SILENT" or UNNOTICED LOSS OF VISION?

In some types of glaucoma such as Primary Open Angle Glaucoma and Normal Tension Glaucoma, the visual loss occurs very slowly without the patient ever noticing it until the disease is in its advance stage. You may wonder how can a person be ever losing vision without noticing it? Well, this is because the visual loss is from the periphery. This vision loss is typically described as "**tunnel vision**" because it starts from the periphery and moves slowly to a central total loss of vision. Furthermore, glaucoma is "silent" because it does not cause **any acute pain or symptoms**.

### EARLY GLAUCOMA

This picture simulates the early tunnel vision that a glaucoma patient may experience. A major part of the central vision is good and the patient is still able to see well. The loss of vision noticed around the periphery can only be detected by specialised testing known as Perimetry or Visual Field Testing.



### ADVANCED GLAUCOMA

This picture shows advanced glaucoma. Most of the peripheral vision has been lost here. Only a small tunnel of vision is left. At this stage, the patient usually experiences **difficulty moving around in poorly lit places** or outdoors at night. Many people end up seeking treatment only at this stage when a significant vision loss has already occurred.

I have had patients walk into my consultation room complaining of poor vision in one eye only to be found to have advanced glaucoma. The other unfortunate thing for such a patient is that whatever vision that has already been lost **cannot be reversed**. In other words, this vision loss is **permanent**. It is for this reason that those **above 40 years of age should have their eyes checked routinely** as part of their general health screening.

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

### FREE GLAUCOMA SCREENING:

In conjunction with World Glaucoma Week, Gill Eye Centre is offering free glaucoma SCREENING for a limited time – BY APPOINTMENT ONLY – Please call 05 545 582.



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# 1961 Crime Statistics Were "Shocking"



In 1961, it was reported, in the Straits Times, that the number of reported crimes had doubled from the previous year. It made 1961 one of the worst years for recorded crime. The number was a shocking 72 robberies compared with 29 in 1960. Other statistics showed mostly theft of bicycles (250), theft of vehicles (13) and housebreaking (159). One wonders what the figures would be like today and what other types of crime are prevalent.

In February 2015, Bercham assemblyman Cheong Chee Khing said that he would raise the matter of increased policing in the Bercham area to prevent further violent crime. He said that the Interpol standard was the provision of one policeman for every 250 residents and that he would raise this matter in the state assembly.

Cheong's request for a more visible police presence was made after an alleged robbery at a coffee shop, situated in Lorong Bercham 4, on February 1. In that incident, a People's Republic of China (PRC) citizen, Jin Jin Lian Yu, 68 had been injured and her passport, ring and money stolen.

The Bercham assemblyman said, "I have no complaints about the police force, as they are cooperative and do their job with dedication and efficiency. Bercham has over 100,000 residents so more police need to be stationed here".

Three weeks later, tragedy struck again, when Jin was rushed to the Ipoh General Hospital, after a customer had discovered her unconscious and drenched in blood. She died of her injuries the following day, and a post-mortem revealed that she had been struck, on the head, with a blunt instrument.

In a separate incident, in mid-February, the wife of a police sergeant died after being slashed across the neck, at her home in Taman Tanjung Emas, in Tanjung Rambutan. Her body was discovered by her son at 3am.

In another development, the 29-year-old son of a police corporal, based at the Khantan Baru police station, was shot at his home, in Taman Tun Sambanthan, in Sungei Siput, towards the end of February. The gangland-style killing happened as he got out of his car to enter his house.

February 2015 also recorded a variety of drugs being seized by the police, from a residence in Bandar Lahat Mines, and three men were arrested. Heroin, syabu and the equipment for packing the heroin were seized. Another raid, on a storeroom, in a club, yielded more drug processing equipment, and a man was arrested.

Subsequent raids led to the arrests of four men, and more heroin, cash, cars and a RM500,000 ring were also seized. The men are believed to be part of a syndicate which was set up in Perak, to distribute drugs to other states.



by Mariam Mokhtar

Violent deaths during robberies, killings committed by gangs and drug hauls are making Perakans anxious. People are asking if the police are able to cope, or if more resources should be made available to them.

We read about crimes being perpetrated, many of which are violent crimes, but we rarely hear of convictions.

Parents are naturally concerned, because they hear about gang-members recruiting young children. Most of the victims come from the marginalised sections of society.

Equally worrying is that some gang leaders are alleged to move around the community, masquerading as successful businessmen, with some being treated as respected pillars of society. It is depressing to find that, almost every other day, at least one person has been killed or injured, or that a major drugs haul has been made.

So, is "The Garden City" becoming a more dangerous place? Is Ipoh the victim of its own recent modernisation and progress? Are the police in charge? Or are certain parts in the city under the control of gangs? What progress is the authorities making in the battle against drugs? Should Ipoh have more police patrols?

A few years ago, the Chief Police Officer (CPO) stressed that crime prevention was a collective effort involving parents, schools, the community, the police and various government departments.

So, will the elders in the community and community leaders redouble their efforts to work together with the police to improve security?

**Dr Saravana.K**  
Consultant Physician,  
Gastroenterologist & Hepatologist

## Digestive Health

### Stomach Cancer

Stomach cancer occurs in the stomach – the muscular sac located in the upper middle of your abdomen, just below your ribs. Your stomach receives and holds the food you eat and then helps to break down and digest it. Types of stomach cancer include:

- Adenocarcinoma: begins in the glandular cells – most common
- Lymphoma: begins in immune system cells
- Carcinoid: begins in hormone-producing cells
- Gastrointestinal stromal tumour (GIST): begins in nervous system tissues.

#### Symptoms

Fatigue; feeling bloated; heartburn and indigestion; nausea and vomiting; stomach pain and weight loss that is unintentional.

#### Causes

Doctors aren't sure what causes stomach cancer. There is a strong correlation between a diet high in smoked, salted and pickled foods and stomach cancer

#### Risk factors

Factors that increase your risk of stomach cancer include: a diet high in salty and smoked foods; a diet low in fruits and vegetables; eating foods contaminated with aflatoxin fungus; family history of stomach cancer; infection with Helicobacter pylori; long-term stomach inflammation; pernicious anemia; smoking; stomach polyps.

Tests and procedures used to diagnose stomach cancer include:

- **A tiny camera to see inside your stomach (upper endoscopy).** A thin tube containing a tiny camera is passed down your throat and into your stomach. Your doctor can look for signs of cancer. If any suspicious areas are found, a piece of tissue can be collected for analysis (biopsy).
- **Imaging tests.** Imaging tests used to look for stomach cancer include (CT) scan.

#### Determining the extent (stage) of stomach cancer

The stage of your stomach cancer helps your doctor decide which treatments may be best for you.

Tests and procedures used to determine the stage of cancer include:

- Imaging tests. CT and positron emission tomography (PET).
- Exploratory surgery. Your doctor may recommend surgery to look for signs that your cancer has spread beyond your stomach within your abdomen. Exploratory surgery is usually done laparoscopically. This means the surgeon makes several small incisions in your abdomen and inserts a special camera that transmits images to a monitor in the operating room.

Other staging tests may be used, depending on your situation.

Your treatment options for stomach cancer depend on the stage of your cancer, your overall health and your preferences.

#### Surgery

The goal of surgery is to remove all of the stomach cancer and a margin of healthy tissue, when possible. Options include:

- **Removing early-stage tumours from the stomach lining.** Very small cancers limited to the inside lining of the stomach may be removed using endoscopy in a procedure called endoscopic mucosal resection. The endoscope is a lighted tube with a camera that's passed down your throat into your stomach. The doctor uses special tools to remove the cancer and a margin of healthy tissue from the stomach lining.
- **Removing a portion of the stomach (subtotal gastrectomy).**
- **Removing the entire stomach (total gastrectomy).** Removing lymph nodes to look for cancer.
- Removing part of the stomach may relieve signs and symptoms of a growing tumour in people with advanced stomach cancer. In this case, surgery can't cure advanced stomach cancer, but it can make you more comfortable.

Radiation therapy can be used before surgery to shrink a stomach tumour so that it's more easily removed. Radiation therapy can also be used after to kill any cancer cells that might remain around your stomach. Radiation is often combined with chemotherapy. In cases of advanced cancer, radiation therapy may be used to relieve side effects caused by a large tumour.

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





## MUSINGS ON IPOH FOOD

By SeeFoon Chan-Koppen  
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# SeeFoon wonders if Hou Mei would taste as sweet

*"What's in a name? That which we call a rose by any other name would smell as sweet".*

The above quote from Shakespeare had me wondering firstly, if the food at *Hou Mei* (good taste in Cantonese) would taste as good if it was named differently and secondly, if the food served would live up to its name.

I was not disappointed. The formula here at this simple steamboat restaurant would taste as good no matter what you call it and also, the food served here certainly lives up to its name.

As readers of my column are aware, I am physically averse to MSG and any excess bloats me up and my legs look like elephant trunks the next morning. Steamboat restaurants are notorious for their copious use of MSG particularly in their soups and in some of the sauces. I went to **Hou Mei** expecting to have the same reaction after the meal but to my delight, the next morning, my ankles and legs remained normal.

The reason I was wary about my MSG reaction was because the broths were so extremely tasty, which raised my suspicions immediately and the next morning, my only regret was not to have had another bowl of the broth.

Hou Mei Wo offers you a choice of three types of broth, the **Special Pork Bone Soup** – RM12.90, the **Salted Vegetable (Harm Choy) soup** – RM15.90 or the **Tom Yum Soup** – RM15.90. I chose to mix both the Salted Vegetable with the Tom Yum which came in one pot but in



separate compartments.

The Salted Vegetable broth came with a huge pork knuckle bone which we removed as it took up way too much space in the pot. The stock was umami and actually ready to be slurped up on its own with some of the salted mustard greens but patience prevailed as we waited for the plates of food to arrive.

I ordered only the 'homemade' dishes plus a mixture of regular vegetables like **Tong Ho (edible chrysanthemum leaf)** – RM5.90 and **Choy Sum (Chinese flowering cabbage)** – RM4.90 and our group of four proceeded to cook the rest of the food in our broth of choice.



They offer a **super value steamboat for RM78.80** which is enough for 4 people but I went a la carte and picked and peeked through all the offerings. All the usual platters are there, fish balls, fish slices, fish noodles, fish rolls, crab sticks, meat balls but as I wanted to sample their homemade specials I chose a sampling of their homemade meat pastes. The **squid paste** at RM12.90, **Prawn Paste** at RM13.90 and their **Fresh paste** which is a combination of fish and pork paste at RM12.90 all fluffed up when put into the broth. Served in small black melamine 'shovels' the presentation was eye-catching and the taste appealing.

The **Hou Mei Pork Paste** came with a raw egg on top and we were told to mix the meat with the egg and put them into the broth in dollops. Yummilicious at **RM8.90**. We chose the **fried handmade dumplings** (they also have them plain) which were crispy on the outside with a tasty filling – **RM8.90**.

We then ordered the **four meat platter** consisting of chicken, New Zealand lamb, pork belly and Australia striploin slices. Served with a raw egg into which we're admonished to dip our meat, the platter was just right for the four of us – **RM23.90**.

What caps the meal at Hou Mei are their sauces. Laid out at the entrance to the restaurant, diners make their own selection, mix and stir, or take back five separate plates like I did and dip to your heart's content. Usually steamboat places disappoint me when it comes to the sauces... usually straight off the supermarket shelf and not very exciting, at Hou Mei, the sauces were exciting. A **sambal belacan sauce** with palpable dried prawn bits was gutsy and gets your taste buds salivating. A **Thai-style 'nam chim' sauce** with hints of *limau kasturi* (local small limes) and coriander (*yeem sai*) was titillating and their regular chilli sauce (also homemade) was tangy with hints of lime and of course, there is the de rigueur soya sauce and cut chillies.



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Continued from page 2...

## Memory Lane

Looking for the unconventional? Enjoy being immersed in the crowd? Adore the open-air shopping concept? Is collecting antiques your thing? If the answers are all positive, we have the perfect solution for you: *Memory Lane*. Being the largest flea market in Perak, you can find old treasures at unbelievable low prices. From vintage matchboxes, vinyl records, cassettes, collectibles, antique sewing machines to pre-loved clothes, Memory Lane has everything one can think of! Who knows, maybe even pick up a treasure from an unsuspecting vendor.

**Opening hours: 7am-1pm (Sunday only)**



## Eesha Herbal Works at Concubine Lane

Opened in November 2014, *Eesha Herbal Works* offers a vast array of handmade souvenirs. Their handmade soaps and colourful dream-catchers are not to be missed! "This street is really special and unique," Miss Chong, an employee of the shop, told Ipoh Echo. The shop proprietor retained the store's old-world charm with only a minimum repainting, which is good news for all the shutterbugs out there!

**Opening hours: 10am-5pm**



## Meiko at Concubine Lane

"To bring back Concubine Lane to its former glory." That was the answer given by Madam Low, from the newly-opened *Meiko Wholesale and Retail*, to Ipoh Echo when asked why she chose Concubine Lane of all places as the perfect shop location. Occupying one of the century-old shop lots in the historical lane, the shop proprietor retained its original charm by keeping renovation to the minimum. For instance, the walls were simply finished with wax that added shine while keeping its vintage feel. After browsing a wide range of souvenirs downstairs, Ipoh Echo was in for a surprise as we moved upstairs. What greeted us was an exhibition of antiques which included a 100-year-old newspaper! According to Madam Low, business peak hours are mornings of weekends and public holidays.

**Opening hours: 10am-5pm**



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good English which is an added bonus. This is a 'Must go to' little shopping haven and to support our local crafters and see beautiful handicraft. Address: Shoplex C @ *Sekeping Kong Heng*, 75A, Jalan Bandar Timah, 30000 Ipoh, Perak. Email: [ipohcraftnerds@gmail.com](mailto:ipohcraftnerds@gmail.com) Facebook: <https://www.facebook.com/ipohcraftnerds/> **Business hours: 10am-5pm (closed on Tuesdays)**



### 2. Kristy Collection

If you're someone looking for trendy, vintage and unique accessories, then the *Kristy Collection* is for you. They not only sell online, but they have their own shop too. Kristy Collection sells necklaces, earrings, rings, bracelets, bangles, anklets, hats, caps, stockings and special make-up accessories. Kristy Collection also offers an exclusive selection of beautiful clothes for women that is perfect for sightseeing or a night on the town. Then accessorize with their baubles and beads and get the perfect pieces to go with your new outfit from Kristy Collection. Address: No. 89 & 90, Jalan Sultan Yussuf, Ipoh, Perak. Email: [kristy911wong@gmail.com](mailto:kristy911wong@gmail.com)

Facebook: <https://www.facebook.com/kristystcollection> **Business hours: Mon-Fri: 10am-5:30pm; Sat-Sun: 10am-6pm**





## Community

### Festive Cheer for Children

Every year, the Lioness Club of Ipoh commits itself to spreading the festive cheer by visiting different charitable homes. Just before Chinese New Year, members of the Lioness Club of Ipoh, led by President Sakuntala Rajadurai, visited Persatuan Jagaan Kanak-Kanak Cacat Setia, a home for disabled children in Silibin, Ipoh.

This centre takes care of abused, neglected, abandoned, orphaned and at-risk children to ensure that they lead a happier and healthier life. The centre's 39 residents are taught educational and technical skills to help them fit into society.

The club presented mandarin oranges as symbols of good fortune to the home. The members prepared a scrumptious lunch for the children. It was a heart-warming experience to see how joyful the children were as they tucked into sausages, nuggets, biscuits, ice-cream, cakes and chocolates prepared specially for them.

Present at the event were Charter President Lioness, Juliet Putra, Vice President Lioness, Datin Thavamani Thambipillay, Lioness Annie Arul, Lioness Sheila Hari and Lion Liaison Lion Ho Choon Seng.

Sakuntala hoped more people would come forward to cheer up the children and donate in kind to help them in their hour of need.

Ed



## Tourism

### Tourism Information Portal



Tourism Perak launched an interactive 360-degree tourism information portal, aptly named the 'perak travellin360.com' recently. The information portal provides a comprehensive description of touristic spots and products in Perak.

All featured images are presented via a 360-degree display giving ample opportunity

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for viewers to watch a particular touristic product in greater detail, including its surroundings.

Dato' Nolee Ashilin Mohamed Radzi, Executive Chairman for Tourism, Arts and Culture who officiated at the launch, said that the images on the portal remain in their original form but provide a different perspective entirely.

The objective of the news portal, she said was to highlight various aspects associated with a tourism product namely, accommodation, food, lifestyle, restaurants, cafes, etc. available in situ.

"This is the first ever tourism portal of such a nature in the country. It's interesting and, therefore, it'd complement our efforts in attracting over five million tourists to Perak this year."

A similar launch will be held at the world's largest tourism trade fair, the Internationale Tourismus-Börse Berlin in Germany to promote Perak to the European market in March. Hence, the existence of a portal, which displays information on travel and on tourism products in its entirety, will have a positive impact on potential customers," she reasoned. Nolee then unveiled the calendar of tourism events for 2015.

Perak Tourism Management Berhad Chairman, Dato' Kamil Syafie and the Director of Tourism Malaysia (Perak), Ibrahim Seddiqi were among the dignitaries present at the launch.

The information portal will be updated from time to time to keep abreast with changing times.

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## News

# Patron's Night



Members of Ipoh's premier social club, the Royal Ipoh Club, were pleasantly surprised when HRH Sultan Nazrin Shah accepted their invitation to dine with them. A verbal representation was made to the palace in early December 2014 and, despite some reservations, the Sultan consented through a letter sent in mid-February. It was greeted with much relief and jubilation.

The knowledge that His Royal Highness, in his capacity as the reigning monarch of Perak, was attending along with Raja Permaisuri Tuanku Zara Salim was the icing on the cake. Club members were eager to play host to the royal couple who are no strangers to the club.

The last time the club had hosted an event of such significance was on March 21, 2010 when HRH Sultan Azlan Shah and Raja Permaisuri Tuanku Bainun were the guests of honour. The 5-year wait was not in vain.

Incidentally, the Royal Ipoh Club was conferred royal status by HRH Sultan Azlan Shah on the occasion of the club's 90th Anniversary on October 5, 1985. Three decades had elapsed and, in the interim, the facility had witnessed many changes, both in looks and structure. The presence of the Sultan and his consort would, undoubtedly, strengthen the bond and the rapport the club had had with the Perak royalty.



The Patron's Night on Sunday, March 1 was indeed a grand affair befitting its stature. The occasion was attended by some 150 guests, consisting of club members and invitees. Among the dignitaries were Menteri Besar Dato' Seri DiRaja Zambry Abd Kadir and wife, Orang Kaya Bendahara Seri Maharaja Gen Tan Sri Mohd Zahidi Hj Zainuddin (Rtd) and State Secretary Dato' Seri Abdul Puhat bin Mat Nayan.

The highlight of the evening was the opening of the refurbished club library. It was aptly named Sultan Nazrin Shah Library, a tacit recognition of the Sultan's penchant for reading and his pursuit of knowledge.

Before dinner was served, Club President, Roland Rama Rao led the diners in toasting to the Patron's good health and the 120th Anniversary of the club. Roland welcomed the Sultan and renewed members' pledge to ensure that the sanctity and reputation of the Royal Ipoh Club are maintained at the highest level.

After dinner, a mock cheque for the sum of RM12,000 was presented to the Rotary Club of Kuala Kangsar to jointly fund relief works in the state. This was followed by a cake-cutting ceremony by the Sultan to commemorate the club's 120th Anniversary.

It was a momentous evening for club members, something which will remain etched in their memories, after having dined with their Patron who will be installed the 35th Sultan of Perak in May.

FZB

## Goodwill Mission to Beijing



In memory of MAS Flight MH370 that went missing a year ago, 40 members of Perak Media Sports and Recreation Club will conduct a humanitarian mission, which is to traverse the Great Wall of China.

"Our aim is to show that Malaysians remember MH370 and feel sorry for the families of the passengers and crew of the missing plane," said Dato' Dr Mah Hang Soon, Executive Councillor for Health, Public Transportation and Non-Muslim Affairs to Ipoh Echo after officiating the launch of Jalinan Muhibbah 2015 organised by Impiana Hotel, Ipoh recently.

Apart from this, the programme is also aimed at promoting Perak as a tourist destination to the Chinese who were influenced by negative reporting following the tragedy on March 8, 2014. The team members will be greeted upon arrival in Beijing on Sunday, March 15 by their Chinese counterparts. They are expected to discuss matters of common interest whilst in transit.

The team will be led by the Prime Minister Press Secretary, Datuk Akmar Hisham Mokhles and will be in Beijing from March 14 to 20. Ipoh Echo's Rosli Mansor and Luqman Hakim will be among those on the goodwill mission.

A special Chinese New Year celebration was held at the hotel to entertain 14 orphans from the Salvation Army Children's Home, Jalan Kampar.

RM

## The Challenges of Botany

Self-taught amateur botanist, the distinguished Datuk Seri Lim Chong Keat, gave a compelling talk on the challenges of botany and its conservation in Malaysia, with special reference to palms, gingers and *pisang* (bananas) that are endemic to Perak.

Datuk Seri Lim Chong Keat is a trained architect and urban designer. Fascinated by the wonderful flora of Malaysia, Lim was also drawn into taxonomy by the challenges of errors and uncertainties encountered in precedent literature, records in herbaria, and by the depression in local botanical efforts.



Lim opened his illustrated lecture by questioning the origin of the name for the state Perak, which is said to be from the silvery colour of tin, a natural resource abundant in the state.

He asked, "Is it not more appropriate to say that the state derived its name from the Perak (*Elateriospermum tapos Blume*) tree, also known as Piah or Prai?"

As a conservationist with his self-funded 'Palm Search Malaysia' project which yielded many new species of palms, Lim also pointed out the urgent

need to conserve as many species of plants as possible many of which are threatened mainly by deforestation.

"More efforts are needed for in situ protection and ex situ conservation of rare and endangered species. We need agronomists to propagate ex situ these threatened species," he said.

As such, Lim's Suriana Botanic Conservation Gardens in Penang, with the largest number of rare plants or endangered species in the country, not only conserves but also runs research programmes for Zingiberales in collaboration with Universiti Kebangsaan Malaysia and Universiti Putra Malaysia, among others.

The eight families of Zingiberales are *Cannaceae*, *Costaceae*, *Heliconiaceae*, *Lowiaceae*, *Marantaceae*, *Musaceae*, *Strelitziaceae* and *Zingiberaceae*.

Posing a challenge to those at the talk, Datuk Seri Lim called upon the rediscovery of the rarest missing species of Perak, *Boesenbergia jahaiana* and *Alpinia denticulata*, last known from Lumut in 1896.

The Perak Academy-sponsored talk, which was held at Symphony Suites, Ipoh on Saturday, February 28, was aimed at exciting the audience to look after our own flora. Lim insisted that everyone can botanise.

"We've to say no to second-hand botany, and be directly involved because much of the current information available could be misleading or outright incorrect. National botanists should do more fieldwork and be fully familiar, not only by sight but also through their sense of touch and smell, with living plants in situ, and their needs for survival and appreciation," he concluded.

Emily



## Community

# Empowering Family and Community

Family Wellness Club (FWC) in Ipoh has been approached by an NGO which is affiliated with an international organisation that formulated the Peace Education Programme (PEP), to launch a 10-week programme which aims to help people in developing their inner resources and strength for achieving personal peace.

The club will evaluate the programme by having a test run for its members and friends before recommending it to others. The programme requires only an hour a week for a period of ten weeks. Each week, one module will be covered, such as hope, self awareness, clarity, love and peace. The presentation will be by video from the international body and facilitated by the local NGO.

According to Mangaleswary Ponnampalam, President of FWC, the club hopes to start the course in about a month's time. It will be held either on Mondays or Wednesdays from 6pm-7pm at Banyan Spa, No. 40 Jalan Raja DiHilir, 30450 Ipoh. It will be free for members. For non-members, a one-time contribution of RM20 towards costs and overheads.

FWC is a multi-racial cum multi-religious non-governmental organisation dedicated to the wellbeing and welfare of the family and the community. It was formed in March 2014 by a group of committed individuals who were of the view that societal problems can be reduced by focusing on improving the family unit.

The main objective of the club is to empower the family unit through education, coaching, counselling and support-group sessions.

Last year it conducted health screening and empowerment programmes in partnership with various organisations, including Jabatan Pembangunan Wanita, Perak, Pantai Hospital Ipoh, Commerce International Merchant Bankers Berhad (CIMB) Foundation, Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN) Perak and the Perak Society for the Promotion of Mental Health.

It organised an outreach programme at the Taiping Children's Home conducting motivational and educational classes for about 40 children of the home. Most of the children

are either from broken homes or poor families or have been abused.

This year it held a talk on "Mental Hygiene – The Missing Link between Body, Mind and Soul" by Paul Jambunathan, a clinical psychologist. The talk, attended by about 200 people, was held at the Royal Ipoh Club on Saturday, January 31.

The club also conducts yoga classes on Thursdays from 6pm to 7.15pm at Banyan Spa. The yoga taught is known as Simplified Kundalini Yoga (SKY) which is suitable for all ages, as it is not strenuous. Lessons consist of breathing and simple physical exercises, together with pressure point massage and self reflexology. This form of yoga, though simple, is very effective in maintaining good health and wellness. The classes are being conducted by Guru Sambasivam who learnt it from the Guru of SKY in India. The fee is RM30 per month for club members and RM50 per month for non-members.

The philosophy behind PEP is that before we can work towards world peace, we need to have personal peace. Readers keen to register for the yoga class or participate in the PEP programme call Ms Denis or Ms May at Banyan Spa at **05 242 6866** or **012 507 3866** between 10.30am to 7pm, any day of the week. Places are limited.

Nantini



## Charity for the Needy



Perak Community Specialist Hospital (PCSH), Ipoh celebrated Chinese New Year with inmates of Rumah Seri Bahagia, an old-folks home and children of Salvation Army Children's Home. It was part of the hospital's corporate responsibility programme put in place since last year.

The 60 occupants of Rumah Seri Bahagia in Jalan Gopeng were presented with goody bags consisting of Mandarin oranges, biscuits and oral supplements sponsored by the hospital's major medical suppliers.

At the Salvation Army Children's Home in Jalan Kampar, 36 children were similarly entertained. The hospital staff distributed goody bags consisting of mandarin oranges, candies, chocolates and oral supplements along with *ang pows*.

The children were later treated to lunch with McDonald's meal packs. It was a fun-filled day for the recipients. Leading the team was PCSH's Chief Executive Officer, Rajinder Singh who gave away the goodies and *ang pows*.

Nantini

## Announcement

# MISSING PERSON

A missing person report was lodged at Simpang Pulai Police Station, Ipoh on February 25. The person concerned is an Indian girl from Blue Valley, Cameron Highlands who went missing after attending a driving lesson at a driving school in Simpang Pulai on that day.

Here are her details:

Name: Komala Devi d/o Paneer Selvam.

Age: 17 years 9 months.

NRIC No.: 970623-10-5344.

Komala is about 155cm (5ft 1in) tall and weighs about 45kg (100lbs). She was wearing a green T-shirt and blue jeans the day she went missing.

Anyone seeing the girl can contact Investigation Officer, Sgt Mohan **019 562 2998** or the Simpang Pulai Police Station **05 357 1222**.



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## Community

# A Cleaner Cemetery

The unpleasant sight of a cemetery filled with weeds, thickets and dirt, prompted members of the Manjoi Integration Association (Persatuan Integrasi Manjoi) into action. They embarked on a programme to clean up the unsightly Gurap Muslim Cemetery along Jalan Kuala Kangsar on an annual basis.

"The cleanup began in 2003 after numerous complaints from locals and Ipohites regarding the unkempt cemetery. After much soul-searching, we decided that it's our responsibility to maintain the grave site," said Eddie, a member of the association, to Ipoh Echo recently.

In the beginning, members had to use their bare hands to do the clearing, as tools and money were in short supply. However, they are better prepared now with money and equipment provided by well-wishers and discerning Ipohites.

According to association president, Said Jaafar, pumps to spray weed-killing liquid were loaned to them for free by their owners. They needed only to buy the liquid, which was also purchased at a discounted price.

The Perak Public Works Department gave them the assistance they sought. "The department provided lorries and a backhoe to help in the cleaning process," Eddie added.

Volunteers came with their own tools and food for the clean-up operation. Over the years, more have joined in, making it a collective responsibility of the Muslim community living in the vicinity. The association is proud of its achievement.

"We did this from scratch and now we've the number and the clout. It'd be great if more people could join us," remarked Eddie.



Those who wish to be part of this effort can visit the association's Facebook page, *Pertubuhan Intergrasi Gugusan Manjoi* for details.

Ili Aqilah

## Residents Suffer in Silence

The embankment of Sungai Keledang near a housing estate in Kampung Sri Aman, Menglembu is badly damaged. A sudden deluge would cause the river to swell and inundate the village.

According to resident Fatimah Birdin, 53, this has been happening since 2010. Flash floods are so common in Kampung Sri Aman largely due to the damaged embankment and exacerbated by rubbish which clogged up the waterway. The bunds, incidentally, are not designed to withstand large volumes of water.

Kampung Sri Aman, said Ariffin Mansor, 48, is in dire need of basic amenities like other villages. He lamented the lack of signage and non-functioning lampposts. The area becomes dark at night thus endangering road users. He also complained about the unkempt condition of the vacant land across the road, as it would be an ideal breeding ground for snakes and other harmful reptiles.

"I've made several trips to various government departments, but the problems remain unresolved. We're not squatters, but we're being treated like one," he told Ipoh Echo. The residents hope the authorities would appreciate their predicament and help overcome their long-standing problems so they could continue with their lives unhindered.

Nantini



## SOLS 24/7 An Asset to Society

Some 144 participants of a just-completed *Science of Language Studies* (SOLS) 24/7 project in Malim Nawar, Kampar received their certificates of attendance recently.

The participants, mostly inhabitants of Malim Nawar, had successfully completed a 6-month English cum Information Technology (IT) course conducted by the non-governmental organisation. The presentation ceremony was held at the Malim Nawar community hall recently.

Margate Kaufman, SOLS 24/7 Regional Manager, was impressed by the huge turnout, especially the involvement of senior citizens.

"It's important to educate those with little exposure to modern amenities in learning English and mastering IT. I noticed how keen the folks of Malim Nawar were in improving themselves. It's only through English and IT could they be able to do so," said Margate in her opening remarks.

*Science of Language Studies* 24/7 is a non-governmental and non-political international organisation that offers free comprehensive training on life-skills education for the disadvantaged and at-risk youths from poor communities.

The organisation was formed in Cambodia in January 2000 by Madenjit Singh and his two sons, Raj Ridvan Singh and Dhinu Dhanveer Singh. All three are Malaysians. There are 48 such centres in Malaysia and seven are located in Perak.

The Kampar Education Foundation under Datin Normah Hanim and Umno Kampar were instrumental in getting the course started, including the sourcing of students.

RM



## World Poetry Day Concert & Exhibition

This year's World Poetry Day will be marked in Penang with a concert/recital & exhibition celebrating the poetry of lawyer/poet Cecil Rajendra. The concert and exhibition will be hosted by E&O Hotel in their Grand Ballroom on **Sunday 22nd March 2015 @ 7.15 pm**. The concert will feature popular Penang musicians The Rozells and Gypsy Eyes.

Poems by Usman Awang, Pablo Neruda, Adrian Mitchell, Muhammad Haji Salleh, Dennis Brutus, etc. will also be read at this event.

2015 marks the 50th Anniversary of the publication of Cecil Rajendra's first collection of poems – **EMBRYO** published in London by Regency Press in 1965, a first for a Malaysian.

In May 2012, Rajendra gave a reading of his poems in Ipoh organised by the Perak Academy. One of the few Malaysian poets writing in the English language today, his poetry gives voice to the socially marginalised and acts as a conscience for the environment.

A book of selected poems – **Personal & Profane** – is being published by Clarity Publishing in conjunction with the event. It will be officially launched by Dato' Dr Anwar Fazal, renowned activist and chairman of Think City.

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## Personality

# Michael Doraisamy – A Hockey Legend

Almost every one of us has participated in some sporting activities at some point of our lives. For most, sport is just another recreational activity we perform to stay hale and healthy. However, for some, it is their life and they will devote a great amount of time, money and effort to excel in their sport of choice. Some have done so well that they become sporting legends and are fondly remembered and spoken of till today.

One such legend is Michael Doraisamy. Michael was born in India on October 2, 1937. He migrated to Malaya at the tender age of three along with his parents and settled in Sungai Petani, Kedah. From an early age he showed his aptitude for sports. He would play various games such as hockey, cricket and football. But his greatest love was hockey, not the kind that is played on artificial turf today but the one played on grass of yesteryears.

He attended the prestigious Ibrahim Secondary School in Sungai Petani which had produced many outstanding sportsmen for Kedah and the country. The association brought Michael closer to playing hockey at a higher level and this spurred him on.

At the age of 15 he was picked to play for Selangor and eventually was selected for the national team. Incidentally, Michael was the first 'Kedahan' to attend hockey training at YMCA (Young Men's Christian Association) Ipoh, a noted hockey training centre in the country then.

Michael's prowess in the game earned him a place in the exalted hockey hall of fame when he was nominated Hockey Sportsman of the Year in 1965 and again in 1966. He excelled in football and cricket too and represented Malaysia in both games.

Michael captained the national hockey team at the Tokyo Olympics in 1964 and



## Ear, Nose & Throat Care

By Dr Rekha Balachandran



### The Silent Cancer

How many of you reading this article have heard of Nose Cancer or *Nasopharyngeal Carcinoma* (NPC)? NPC arises from an area behind the nose called the nasopharynx. It is far more common in our country than you realise. The Malaysian National Cancer Registry states that NPC is the second most common cancer in Malaysian men, after lung cancer.

#### What Causes NPC?

NPC is caused by an interaction between different factors. These factors include genetics, a virus called *Epstein Barr* (EBV) and the eating of certain foods like salted fish and vegetables at a young age. Exposure to solvents like formaldehyde and wood smoke are also implicated. Studies have shown that NPC risk is higher among first-degree relatives of patients with NPC. Compared to other countries, the Malaysian Chinese male has the second highest incidence and the local Chinese women have the highest incidence in the world. The Bidayuh populations in East Malaysia also have a high risk followed by the Malays.



#### What are the symptoms of NPC?

NPC grows at the back of the nose, in an area that is not seen by the naked eye. The symptoms of NPC are seemingly harmless and can mimic some benign conditions. This is why awareness plays such a big role in the diagnosis of NPC.

Majority of individuals present with a swelling in the neck. The swelling is usually painless and firm in nature. This is due to the spread of tumour to the lymph nodes in the neck. Another common symptom is nosebleeds and nose block. Since the tumour grows at the back of the nose, it is closely related to a tube that connects to the ear. Hence some people may present with worsening ear block on one side.

#### How is NPC diagnosed?

An ENT doctor will do a simple office based procedure called a nasal endoscope which will look at the back of the nose. If there is any suspicious looking swelling there, the doctor will usually take a small tissue sample called a biopsy for confirmation. The next step is to perform radiological studies like CT scans or MRIs to assess the size and spread of the disease. There are blood tests which screen for the antibodies EBV virus in the blood stream. However, a positive test result alone cannot diagnose NPC it has to be followed by an endoscopy and biopsy as EBV infection does not always lead to NPC.

#### How is NPC treated?

Once NPC is diagnosed, the treatment is radiotherapy with or without chemotherapy.

#### What is the prognosis like?

NPC is a cancer with good long-term survival rates, **IF** it is diagnosed **early**. The 5-year survival rate is 80% in stage I disease compared to 62-34% for stages III & IV. Unfortunately in our country, the majority of individuals are diagnosed in late stages (III & IV). This is due to a lack of awareness among the public.

#### Rekha ENT Specialist Clinic

Suite 509, Level 5, Pantai Hospital Ipoh. Tel: **05 540 5408**.

Facebook: [www.facebook.com/RekhaENTClinic](http://www.facebook.com/RekhaENTClinic)

again at the 1966 Asian Games in Bangkok. He was a member of the hockey team that won a bronze medal at the Jakarta Asian Games in 1962 and was with the football team that bagged a bronze at the 1967 Asian Cup Football.

After his playing days were over, Michael took up coaching, as his love for hockey was so overwhelming. He coached the Malaysian Police Ladies Team.

For aspiring sportsmen, he has this simple advice for them, "It's important to know that there are no miracles and no shortcuts to greatness. You've to love what you do and must train hard if you want to become a champion," said the one-time sporting great.

Michael now resides in Ipoh in his humble home in Hock Lee Garden. The septuagenarian keeps fit by walking and jogging, whenever time permits. He leads an easy-going and stress-free lifestyle, taking things as they come.

"You can't go seriously wrong with that outlook," he enthused.

Nantini

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## Book Review

By Chelvi Murugiah

# Phoenix Rising

‘Phoenix Rising, Pioneering Chinese Women of Malaysia’ is the fifth book by Dr Ho Tak Ming, a MBBS graduate who has been a family physician in Ipoh for over four decades. I found the book intriguing to read as the author provides a historical account of the human diaspora of immigrant men, women and their households from China to the Malay Peninsula (called Malaya) as early as the fifteenth century.

Notably, the Chinese immigration was due to the lure of job opportunities in the mining industry in Malaya wherein jobs were a scarcity in mainland China. Dr Ho’s book recollects the historical facts about the lives of ordinary people striving to make a living. Within this context, he delves deeper into a subject matter frowned upon and often avoided which, in my opinion, reflects the author’s courage in narrating a self-reflective evidential account of the life struggles of the Chinese men and women, in particular the *mui tsai* (bondmaids), prostitutes and domestic servants. The practise of foot binding to contain women’s mobility is also mentioned in the narrative.

Aptly, the author chose to resurrect Fu Xuan, a Chinese third century poet’s poignant poem, who declares “How sad it is to be born a woman!” My curiosity is stirred as to the author’s intention in writing this book. As the stories unfold, I discover that the plight of women have a special place in his heart. Stemming from the fact that this book is dedicated to his twin sisters, secrets unravel as Dr Ho researches his family tree, in particular, relating to his great grandmother.

The foreword by Professor Lynn Hollen Lees provides the synopsis of the overall content of the book. The prologue sets a sound premise to the historical significance of the immigrant Chinese women in Malaysia’s formative years.

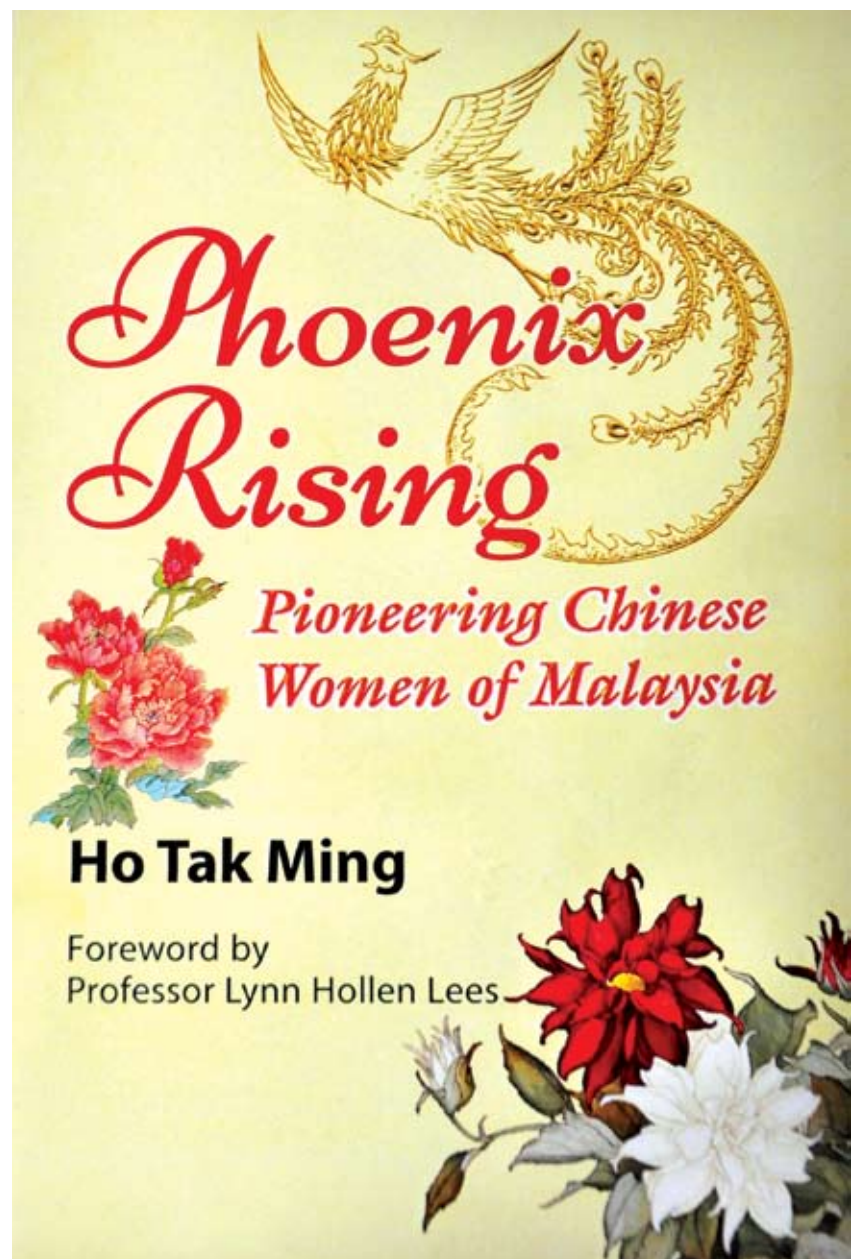
The chapters unfold within a historical context providing a bird’s eye view into the entrepreneurial spirits of pioneering Chinese women during times of much adversity and uncertainty. He gives recognition to the likes of his great grandmother and other Chinese women who fit her calibre whom he researched to be the ‘movers and shakers’ in her era. These narratives bring forth recognition to these gritty Chinese women who would have otherwise remained unsung heroines.

The epilogue of *Phoenix Rising* where the author commemorates his hardworking parents and the decisions made in educating their four children, based on gender priorities, during the Japanese occupation were hard realities to face as parents.

The metaphoric Phoenix as described in the Chinese mythology symbolises Chinese woman as courageous, determined and resilient ‘phoenixes are not meant to be home-bound, they are meant to soar high, high in the sky, seeking their own destinies’, reveals how Dr Ho feels about his twin sisters who left home to create new lives, abroad.

*Phoenix Rising* is a recommended read for those interested in humanities and anthropology, and to the casual reader who is curious to understand what makes a human tick regardless of gender.

“There are no facts, only interpretations,” Nietzsche wrote in his notebook in the late 1980s. Dr Ho commendably provides a researched insight on such aspects of the human experience as courage and resistance, and how stereotypes imprison us.



## Property

## The Gulf Launch

The Chinese New Year marked an important milestone for Kanglian Development Sdn Bhd with the official launch of their latest high-end development project, The Gulf, at Panorama Lapangan Perdana.

The Gulf project is an exquisite development consisting of 135 unit freehold homes within a gated and guarded environment built on an approximate land space of 135 acres.

The 135 home units are exquisitely crafted into 3-storey semi-detached houses (Rafia Villa), 2-storey terrace houses (Muraya Link) and a handful of 2-storey bungalows.

The Muraya Link homes are designed to be ‘double frontage’, creating a visually pleasing experience from both main road and jogging path allowing residents to come home to two different views.

For the Rafia Villa homes, space is the main attraction.

The villa features an open-plan living and dining area making flexibility of space and accessibility to the outdoor terrace and dry kitchen on either sides easily.

The Gulf stands out from most landed property developments because of its ‘condominium’ facilities provided to residents which include clubhouse facilities, swimming pool, jogging track and a park.

With green living and safety in mind, Kanglian Development’s main focus is on



providing the residents a healthy and safe environment. At The Gulf, residents will come home to a place with green wall on a perimeter of controlled access.

Some of their high-end security features include AES wireless GSM Intercom System for the checking and verifying of visitors, High Definition CCTV in respective areas, photoelectric detector on the perimeter fencing and guard tour system to monitor security guards on patrol.

For more information on this project, please call +605 546 1300, +6012 664 7593 or +6012 666 7593. You can also visit the show houses at Lapangan Perdana 32, Panorama Lapangan Perdana, 31650 Ipoh, Perak.

Vhyshnawi



## Happenings

### BAYS Coming to Ipoh

Following the success of Borak Arts Youth Series (BAYS) in Kuala Lumpur last year, Projek Rabak is bringing it to Ipoh to cater for the city's art needs. Presented by Bursa Malaysia with the collaboration of MY Performing Arts Agency (MYPAA), BAYS is a platform purpose-made for youths to congregate, discuss and share their ideas with one another.

Projek Rabak, incidentally, is an art collective formed in Ipoh in January 2011. The organisation consists of musicians, writers, poets, painters, filmmakers, theatre activists, mime artistes and others.

According to Seyn Jukey of Projek Rabak, Ipoh needs an art platform where talented individuals can show the world what they are capable of. "We want to promote Ipoh's art scene as a tourist attraction," he told Ipoh



Echo.

Project Rabak organised a 7-day art fair called Ipoh Kreatif in Old Town recently. Various types of arts were shown to the public, including six short films that were screened at the 18th Busan Film Festival.

The platform by BAYS, provides youths an opportunity to develop their entrepreneurial skills and know-how in the competitive arts industry. Advice and guidance by some very experienced writers and performers are the highlights of the one-day event.

Panellists will include Dato' Harun Rawi, Ernest Zacharevic, Fynn Jamal, Eric Lai, Biran Johnson Lowe, Kukubesi, Nur Hanim Khairuddin, Azizul Latiff and Space Gambus Experiment.

Those keen on participating can either register on MYPAA's or Projek Rabak's website. Only a hundred free seats are available for booking. The event will be held on Saturday, March 28 at Sepaloh Art Centre, Ipoh.

Ili Aqilah

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## Happenings

**Book launch of *Phoenix Rising, Pioneering Chinese Women of Malaysia* by Dr Ho Tak Ming at Symphony Suites on Saturday, March 21 at 3pm by Professor Lynn Hollen Lees, Professor of History, University of Pennsylvania, United States.**

Through the centuries Chinese women have had to struggle under a load of injustices – denial of education, ineligibility to sit the civil service examinations and hold official posts, female infanticide, concubinage and foot binding, to name a few. They had largely remained silent because they did not have a voice. As China descended to abject poverty in the nineteenth century, the lot of Chinese women became even worse.

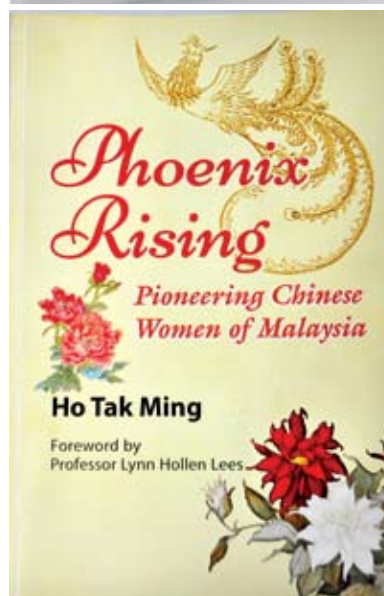
*Phoenix Rising, Pioneering Chinese Women of Malaysia* is the story of Chinese women who have immigrated to this country and forged independent lives different from that in China. Like the phoenix, the Chinese women will soar to greater heights given equal opportunities and just social conditions.

Professor Lynn Hollen Lee in her foreword to the book says:

"But the core of *Phoenix Rising* is an appreciation of females whose individual identities are essentially lost to history: women who worked as domestic servants, *mui tsai*, cooks, dulang washers, or prostitutes; women who raised children and became the wives and concubines of the hundreds of thousands of male migrants to Malaya. This book brings a realistic awareness of the difficult lives most women lived in past times with admiration for those who helped their families to survive and who used their native talents to advantage."

*Phoenix Rising* is the fifth book by Dr Ho Tak Ming.

See Book Review on page 12.



## Announcements

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

**Public Forum on Down Syndrome** by Dr Shan Nayaranan (Consultant Paediatrician) together with four other speakers. Saturday **March 21**, 2pm at Conference Room, 4th Floor, Hospital Fatimah. Entrance is free. For more information, call: **05 545 5777** ext. **276**.

**Wesley Methodist School is holding a Charity Jogathon** on Saturday, **March 28**, 7am-10am, at Sports Complex, Jalan Ghazali Jawi, Ipoh. The participation fee is RM10 and open to the public. The objective of this Charity Jogathon is to upgrade their Science Labs; improve the primary school infrastructure; help in the resettlement of the Orang Asli community severely affected by the recent floods and creating opportunity for families to be together and strengthening the family unit. WMS are now looking forward for sponsorship or donation to run their charity project. For more information, contact **05 254 5122**, **012 500 5033** or Mr Francis **016 596 9107**.

**'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**.



## 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.

## Iphites Struggling to Protect Trees

Protecting trees, especially those outside our gardens, is an uphill battle in this country. Right here in Ipoh, we can already witness such struggles. For over a year now, an online effort initiated by Iphites, is calling on the Perak State Government to protect the trees on a large piece of land it owns along Jalan Kelab Golf – this was the old Tenby School before they moved to Meru. At the time of writing, this campaign is 251 people strong and growing. They have requested that the State save the old trees, especially when they decide to sell or develop the land. They hope the State utilises the concept of “building around trees” instead of the irresponsible default of clearing the land and planting baby trees again. In the last two years, we have witnessed too many instances where the majestic old trees of the Ipoh were mercilessly chopped down and uprooted in the name of high-end property development. How ironic that the purchasers of these top-notch properties would probably yearn for the cool shade and breathtaking views afforded by these grand dames of nature.

We know that developers are looking to maximise profits by building as many houses as possible, onto a piece of land. What they probably fail to realise is that large and mature trees actually increase the value of that land. We now see some mature developers in Malaysia like Sitrak Corporation Sdn Bhd that only permits 20% of homestead land to be developed in its Tanarimba project. SP Setia is preserving trees and animal habitats as much as they can in their residential development at Eco Glades in Putrajaya. In the U.S., developers like Autumn Hall Inc and Clark Realty Capital were recognised with awards of excellence for their dedication to preserve trees during construction. These developers recognise the importance of trees, and they provide an example of how builders can create neighbourhoods and homes while protecting the natural world.

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Petitioning Pengerusi, Datuk Mohamad Daud Mohd Yusoff

### The old Ipoh Tenby School: Spare the trees, build around them

The above effort in Ipoh started in July 2013. They have written to Yayasan Perak (with a c.c. to the town council, MBI) a couple of times. Yayasan Perak did not give a written reply but were verbally supportive when contacted. The organisation however hinted that the ultimate decision maker is the Perak State Government. A long letter with the signatures and comments from supporters was hand delivered to the ‘Setiausaha Kerajaan Negeri Perak’ and the ‘Timbalan Setiausaha Kerajaan (Pembangunan)’ in January 2015. But sadly no reply or action has been received from any of them, to date.

It is sad that Malaysian citizens have to work so hard to protect nature in their own community. In many developed countries, a house occupant can complain to the local council when the neighbour chops down a mature tree in his own compound. This is feasible with the regulation like the Tree Preservation Orders (UK) imposed by the local councils. The prime motivation of these regulations are to protect trees in order to improve the local environment. Sadly here, if someone calls the MBI on a similar situation, the typical reply is “*tapi pokok itu di kawasan persendirian, MBI tak ada kuasa*” (“but the tree is in a private area, MBI has no jurisdiction”).

While local government grapples with these issues, it is heartening that the people of Ipoh are building awareness and drawing attention to the plight that faces this beautiful city. We hope to see this campaign and more campaigns like this turn awareness into action, and one day, regulation. Until then, you can support this campaign at <https://www.change.org/p/the-old-ipoh-tenby-spare-the-trees> or start your own campaigns at <https://www.change.org/> or [www.care.org/](http://www.care.org/).

After all...“mighty oaks, from little acorns grow”.

Jasvin Josen

## Tower Block Development at Tambun

The owners and residents of the Permai Lake View low-cost housing development at Tambun, Ipoh (Permai) are in a quandary over a quick-paced construction activity taking place in a vacant adjoining land (the said land) purportedly for two residential tower blocks. The land being built on actually serves as a water area for Permai and also the neighbouring Haven Lakeside Residences.

The owners and residents of both these developments fear serious negative ramifications for their environment and buildings. The two serious concerns can be summarised as follows:

Land clearance, earthworks and drainage construction have commenced on the said land without notice and seemingly not in compliance with existing rules and regulations. There is no notice or consultation whatsoever from the authorities to the owners and residents affected.

Environmental impact reports done by two independent geophysical experts opined that the development (called the QUBE) project is being built on unsuitable land. The reports clearly warn of adverse effects on both the Permai Lake View Apartment and their neighbour, the Haven Lakeside Residences.

Development of the vacant land that is home to many varieties of plants, reptiles and birds. The sudden land clearance has resulted in deforestation of the area and the disappearance of these plants and habitat for these inhabitants. More importantly there are genuine fears the area will see serious flooding because of the loss of the retention ponds. The stealth with which the development was carried out has cast the activity in great

doubt. There was no public advertisement or announcement of the project or consultation with affected owners and residents in the area. While work had begun some months ago in clearing the forests there never was any public display or sign on the said land. The Joint Management Committees of the Permai Lake View Apartment and the Haven Lakeside Residences have written to the proper departments and officials concerned. They have not received a single reply or response from them.

The QUBE project is developed by MB Incorporated, Perak and the MH Group. There are justifiable genuine concerns from the owners and residents of the neighbourhood with regard to the serious negative impact on the environment in the areas.

It may be opportune here to remember that the Malaysian weather bureau has recently given a warning forecast of heavier torrential rains and warmer temperatures in the country in the near future due to climate change and that the area has seen flash floods especially during heavy downpours.

We urge the Menteri Besar of Perak and the Datuk Bandar of Ipoh City to review the proposed project on the said land with the view of stopping it for the greater good of the people.

Said Bin Ahmad  
Chairman for and on behalf of  
Joint Management Committee Permai View Apartment

## Property

### A Night of Wishes



Gerbang Savana Sdn Bhd created a night of wishes as they offered a special preview of their 3-storey boutique homes. Aptly named ‘A Night of Wishes ~ Love Proposal Invitation’, guests were given a first-hand experience of lighting the Chinese lanterns and also feasting their eyes on the beautiful firework display. One hundred and fifty colourful Chinese lanterns lit up the sky at the *Savana Residency @ Tasek* on March 5, also known as the Chinese Valentine *Chap Goh Mei*.

Guests were given a tour of the newly launched homes which are uniquely designed to meet couples’ needs in terms of affordability and necessities. These stylish yet affordable units are furnished with a bedroom wardrobe, a full kitchen cabinet (comes with cooker and hood), an alarm system, a solar heater system, an auto gate (comes with motor) and an intelligent keyless system for main door. A CNY special promotion was also offered for the homes.

This special evening also hosted the Savana Phase



II “HOME” photography contest 2015 Award Night in conjunction with Nanyang Press. Mr Jacky Ngo Kok Foong was named the first prize winner and he was awarded a cash prize of RM2000. Meanwhile, the second, third and merit prize winners were awarded with cash prizes of RM1500, RM800 and RM200 respectively.

Tan Mei Kuan



## Young Perak

# Social Media Not The Key to Success

“I don’t have Facebook, Twitter, Instagram or WhatsApp to my name. I prefer to study by myself instead of relying on social media for assistance,” said M. Kabilashen Readdyi from SMK Anderson to Ipoh Echo. The boy scored 9As in Sijil Persekolahan Menengah (SPM) Examination 2014. “Discipline is the key to my success. I go through my books at least five hours after school with an additional session that lasts till 11pm,” he added.

Norhafizie Hawari and his twin brother, Norhafizan, both from SMK Anderson, believe their success is the best gift they could ever give their parents. With 6As and 5As in hand, the twins were sure that their parents would be proud of them.

Nur Firzanah from Raja Perempuan Taayah believes that the Internet will distract students and prevent them from focusing on their studies. Scoring 12 straight As in her SPM, Firzanah was adjudged the school’s top SPM 2014 student.

“I don’t bother much about notifications and alerts on my email accounts. Instead, I focused on lessons taught in the classes and information gleaned during group discussions,” she told Ipoh Echo.

She thanked her teachers and friends for their guidance and inspiration. Firzanah had been to Fukuoka, Japan under the student exchange programme sponsored by Ipoh City Council last year. Her interest in geology is overwhelming. She plans to be an accomplished geologist one day.

RM



## Education

### An Intellectual Discourse

Kolej Universiti Islam Sultan Azlan Shah (KUISAS), in collaboration with Institut Darul Ridzuan (IDR), organised an intellectual discourse at the former’s auditorium recently entitled, ‘Lifelong Learning Core to Creating a Knowledge Society’.



The day-long session featured Professor Rosemary Caffarella and Professor Edward Caffarella from Cornell University and the State University of New York College, respectively. Moderating the discussion was Dr Mazalan Kamis, the Chief Executive Officer of IDR.

Over 200 participants, consisting mainly of students from the university college and from MARA University of Technology, Seri Iskandar were in attendance.

In his welcoming remarks, the Rector of the university college, Tan Sri Dr Nordin Kardi, welcomed the academicians and the participants, provided a brief introduction on KUISAS and thanked IDR for making the programme possible.

Clad in a beautiful shade of maroon, Professor Rosemary Caffarella enlightened the audience on the definition of lifelong-learning and the four essential areas of the concept namely, Experiential Learning (learning through experience), Transformational Learning (learning through the questioning of basic perspectives), Cultural Differences and Building Relationships. To begin with, lifelong learning was defined as “the use of formal and informal learning throughout people’s lives in order to live in an ever changing world”.

Professor Edward Caffarella captured the audience’s attention by making an interesting analogy between his topic, ‘Learning and Change’ and the Dvorak keyboard developed in 1936. He raised the issue of how learning is a lifelong process of keeping abreast of change and yet people resist change. Similar to how we prefer to use the Qwerty keyboard which has stood the test of time instead of the better Dvorak keyboard which is capable of increasing the typing speed and reducing typing-related injuries.

The mind-broadening discussion was followed by a lively question-and-answer session. The programme ended at 1.15pm with the closing remarks from Dr Mazalan Kamis and the presentation of honorarium to the two guest speakers.

Tan Mei Kuan

### Research Project for Perak Chinese Tin Mining Industry launched

A research project on the Perak Chinese tin mining industry between the 19th to 20th century was launched recently at Grand Kampar Hotel, Kampar.



The two-year UTAR Centre for Chinese Studies Research (CCSR) project, titled ‘Research Project for Perak Chinese Tin Mining Industry (19th – 20th Century)’ is supported by the Perak Chinese Mining Association and will connect the dots between Perak’s tin mining industry and history of the Chinese immigration to Malaya as well as the development of townships in Malaya between the 19th to 20th century.

Invited to launch the significant research project was Deputy Minister of Women, Family and Community Development Datin Paduka Chew Mei Fun. Also present were UTAR President Ir Prof Academician Dato’ Dr Chuah Hean Teik, Perak Chinese Mining Association Advisor Tan Sri Hew See Tong, Perak Chinese Mining Association President Dato’ Chin Lean Choong, and Perak Chinese Mining Association Secretary-General Teoh Beng Suang.

“This project is a tribute to the tin mining industry forefathers who have played a meaningful and impactful role in the country’s development back then,” said Tan Sri Hew, who is also the project’s advisor alongside Dato’ Chin.

Datin Paduka Chew, who is also a UTAR alumna, thanked the University, “It is through UTAR’s education platform that I learnt from the academics and started appreciating history even more during my three-year postgraduate study.” While the research project is an acknowledgement to tin mining industry’s past glory, she mentioned that more importantly, it allows one to see how the rapid growth of tin mining industry back then propelled the nation’s growth economically and logistically, and attracted the Chinese immigrants to settle down permanently as tin miners in Malaya. “I hope that similar projects about other industries in Malaysia can also be carried out similarly as this will be really meaningful.”

The event reached its highlight when Datin Paduka Chew, accompanied by the VIPs, was invited to strike the gong thrice to mark the official launch of the research project.





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## Property

# Encouraging Bumis to Own Property

An official signing ceremony for the purchase of office lots within the *Jelapang Square* took place recently. The parties involved were Koperasi Perak, representing six Malay-based cooperatives in Perak, and Team Kris Berhad (TKB), Perak's premier property developer. The reason was to provide the bumiputera community an opportunity to invest and to own properties in a commercially viable part of Ipoh.

Dato' Mohd Nizar Zakaria, Executive Councillor for Islamic Education, Personality Development, Entrepreneur and Cooperative Development, who signed on behalf of Koperasi Perak, said the initiative by Team Keris Berhad in increasing property ownership among bumiputeras helps in perfecting the socio-economic imbalance between Malays and non-Malays in the state.

"Today marks an auspicious day in Perak when six Koperasi Perak's members signed a sales and purchase agreement with TKB for the purchase of shop lots in *Jelapang Square*," said Nizar. "The purchase of these properties, would enhance the cooperative group's assets and provide sustainable income to the group".

"The signing of the agreement by the six cooperatives is indicative of their faith and foresight in investing in properties that will provide good returns on investment," he added after witnessing the signing ceremony by the two parties.

The six cooperatives involved were Koperasi Dato' Hj Abu Bakar Kinta Berhad, Koperasi Usahanita Perak Berhad, Koperasi Gayong Warisan Perak Berhad, Koperasi Permodalan Pesara Pendidikan Negeri Perak Berhad, Koperasi Perkum Perak Berhad and Koperasi Keluarga Anjang Budiman Taiping Berhad.

Team Keris Berhad Group Executive Chairman, Dato' Lee Seng Hee, in response, said that the *Jelapang Square* project was his team's sincere effort in reaching out to the bumiputera community.

"It's our dream to see ownership of properties reaching all levels of buyers, regardless



of age and creed. And in doing so, TKB is offering discounts of up to 21 per cent to the bumiputera community," he announced.

Construction at Jelapang Square is presently about 80 per cent completed. The whole project is scheduled to finish in June 2016. The two and three-storey buildings, worth RM678,980 and above, are located in Jelapang and Meru. "With a population catchment of 231,000, it provides opportunities for a high rental yield," Lee proclaimed.

**Nantini**