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Your Voice In The Community

April 16-30, 2015

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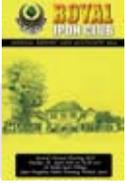
30 SEN FOR DELIVERY TO YOUR DOORSTEP - ASK YOUR NEWSVENDOR

ISSUE **210**

100,000 print readers ★ 1,906,763 online hits in March

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Ipoh is a 'happening' place



We have increased our print run from 16,000 to 20,000 copies and the number of pages from 12 to 16. We are YOUR VOICE in the Perak community so make sure you get your free copy every fortnight.

Gopeng: Emerging from Slumber

Gopeng, once fondly known as a cowboy town when tin mining was in its heyday, has been gradually shedding its sleepy image and transforming itself into a vibrant township with the lure of adventure, heritage and craft. Ipoh Echo sent its reporters there to uncover some of its attractions.

Continued on page 2

By Ili Aqilah, Nantini Krishnan & Tan Mei Kuan





Adventure, Heritage and Craft Attract Visitors

Kellie's Castle

From avid shutterbugs to fearless ghost hunters, aspiring architects to the incurable romantics, Kellie's Castle has something for everyone.

Featured in the Hollywood blockbuster *Anna and the King* in 1999, this palatial home of Scottish planter William Kellie Smith stands the test of time. Built in the year 1915, the unfinished castle has a shaft for what could have been the first elevator in Malaysia. This ambitious man planned for an indoor tennis court, a helicopter landing space and a rooftop courtyard too!

Whether this hidden gem of Perak was meant as a monument of love for his wife, Agnes or a centre for the wealthy to socialise, the rich tapestry of history adds to its charm and allure.



From the spooky perspective, the linen room and corridors are believed to be haunted. Hence, a first-of-its-kind touristic programme 'Paranormal Night Tour: Unlocking Factual Mysteries' is available on the first and fourth Friday and Saturday of the month beginning 9pm. Are you game?
Opening hours: 9am-6pm

Ilezhusna (Textile Obsession)



Batik is any type of fabric imprinted with colourful patterns through the application of wax and dye. A creative medium appreciated by many, if you're keen on learning and purchasing some pieces then the perfect place is at Ilezhusna. Inside, guests can find a wide array of batik products. Want to try your hand at batik making? Ilezhusna offers multiple batik-making workshops for those who are interested in learning the art of batik dyeing, complete with equipment.

B-10, Mydin Wholesale, RTC Gopeng.
Tel: 017 652 2571 10am-10pm

'Must Go' and 'Must Do' in Gopeng:

Gopeng Heritage House

Gopeng Heritage House was started after the opening of Muzium Gopeng. The Gopeng Museum was launched on April 2009 and the Heritage House 2 years later. Heritage House is owned by the treasurer of Museum Gopeng and is being managed by Museum Gopeng Heritage House displays items from Gopeng's glory days and contains collections from 100 years ago up until the 1960s.

The Heritage House is only open on Saturday and Sunday meanwhile the Gopeng Museum opens five days a week and is closed on Wednesday and Thursday.

Gopeng Heritage House – Jalan Sungai Itik, 31600 Gopeng, Perak.

Muzium Gopeng – No. 28, Jalan Eu Kong, 31600 Gopeng, Perak.



Gopeng Heritage Trail

The Gopeng heritage trail meanders past many impressive buildings. Gopeng is a heritage town, regarded as the most important tin mining town of Kinta Valley during the late 19th century. For a self-guided tour, a heritage trail map can be obtained from Gopeng Museum. The heritage trail features many attractions and heritage buildings such as the Gopeng Museum, Hup Teik Soy Sauce Factory, Kampung Rawa, Wayang Lane, Man Ming Chinese School, Oilow Club, Tseng Lung Hakka Association, Masjid Jamik, Straits Trading Company, Kuil Sri Maha Mariamman, Gurdwara Sahib, Kheng Chow Hainanese Association, Padang Besar, English School Gopeng, the 121-year-old Kon Yin temple, temple wayang stage, Gopeng pipelines and the post office.

Rice Noodle @ Gopeng Hawker Centre

Harking back to 38 years ago, young and old alike can be seen making a beeline for the eponymous rice noodle (*lai fun* noodle) stall run by Madam Than Mee Chee who is currently 67 years of age. "Our rice noodles, fish balls and fried items are homemade daily and stay true to its quality," she told Ipoh Echo, brimming with pride. "We enjoy brisk business especially every Tuesday thanks to the *pasar pagi*," she added. Besides the well-known dish, the stall also offers wonton noodles, curry mee, chicken hor fun (flat rice noodles) and prawn mee. To cater to the working crowd, the stall opens at the crack of dawn and could easily be sold out in the early afternoon. The early bird indeed catches the worm!
Operating hours: 6am-11am



Gua Tempurung

Having a thirst for adrenaline and adventure? Try Gua Tempurung, nature's wonder at our doorstep. It is named 'Tempurung' due to its domes assembling coconut shells. One of the largest and longest natural limestone caves in Peninsular Malaysia, the iconic cave contains five giant domes: Golden Flowstone Cavern, 90 metres, Gergasi (Giant) Cavern, 15 metres, Tin Mine Cavern, Alam (Universe) Cavern, 72 metres and Battlefield Cavern, all believed to hark back to approximately 10,000 years ago.

For the casual tourists, there are viewing platforms and railings to minimise inconvenience as well as illumination to highlight the cave's majestic fairyland of shimmering crystal deposits, stalagmites, stalactites, multi-tier ponds and volcano-like rocks.

For the cave enthusiasts and adrenaline junkies, try spelunking in the cave to challenge its almost vertical walls, slippery stones and chest-level underground crystal clear river. Happy caving!

Operating hours: 9am-4pm



Adeline guest house



Located in the deep green forest of Kampung Gerutum, Adeline Guest House is the place to go to ease your mind and get away from the hustle and bustle of city life.

Jungle trekking, water rafting and abseiling are some of the many outdoor activities available for all guests. With its very own fruit farm, guests will get to eat all the fruits (depending on the season) while enjoying their time watching the birds and butterflies flying freely.

Adeline is also famous for their scrumptious and delightful home-cooked meal that will make you come back for more. The owner, Miss Adeline is a proud foodie and she taught the staff to cook her recipes. Lemongrass chicken, Tenggas fish and prawns cooked with *petai* are just examples of Adeline's signature dishes.

Although Adeline welcomes walk-in guests, it is advisable for readers to book beforehand. Adeline is located at Lot 13302, Mukim Teja, Kampung Geruntun, Sungai Itik, 31600 Gopeng, Perak. Contact 05 359 2833 / 010 3667113 or email them at rumahrehatadeline@yahoo.com for reservations.

HOGA Gaharu Tea Valley

Watch out for the next issue of Ipoh Echo where we will be writing in detail about this.

Street Art

Street art in Gopeng are painted by the locals to give a fresh vibe to the so-called cowboy town. They are painted between Jalan Pasar and Jalan Eu Kong. Visitors can simply walk along the town and take pictures of the creative paintings.



Unique Craft Gallery in Gopeng



My Pride

Are you looking for original art or handmade fine craft? At *Gallery My Pride* you can connect directly to make purchases of your favourite crafts. Whether you are buying a handcrafted gift for a friend or loved one, or searching for your own collection, the original and handmade selections you will discover there are guaranteed to delight. The Pride was created to provide an outlet for the sale of artwork and crafts created by prisoners. Handicrafts, rattan products,

fero cement products, batik, songket, iron products, ceramic products, furniture and even food products are available here.

Galeri Produk Penjara RTC Gopeng, Lot 06/07, KM 16, Jalan Gopeng.

Tel: 05 357 2761 Mon-Fri 8am-5pm

From the Editor's Desk
By Fathol Zaman Bukhari

ANNUAL GENERAL MEETINGS

This year the tussle for a seat on the committee will be less 'thuggish' thanks to an amended clause in the club's constitution...

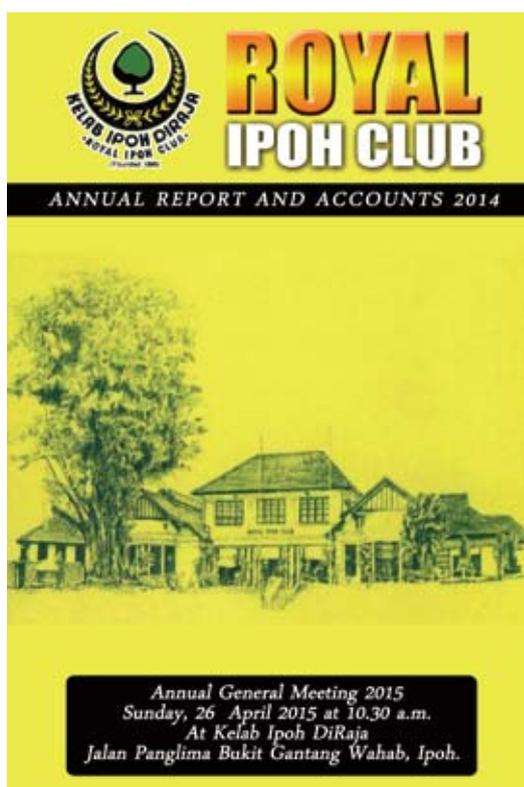
March and April are months earmarked for annual general meetings, better known by the abbreviation AGM, of societies and organisations registered with the Registrar of Societies. They are required by law to hold the stipulated annual meeting where the previous year audited accounts are tabled and passed and the election of new office bearers held to take on the responsibility of managing the said society. This is done in a democratic fashion, albeit with a measure of trepidation when personal interest comes into play.

The management committee can, depending on the society's constitution, remain at the helm for a single-year term or a two-year term. Tenure of service beyond this required period is not allowed by law. This makes for a very democratic system of governance, where no one person can be in a position of power for an extended period of time.

Several societies, clubs and non-governmental organisations have had their annual meetings in March while some, for reasons of expedience, will hold theirs in the month April. For many it is an insignificant event, as a non-election year does not warrant much attention. An election year, however, garners interest when contest for the top posts becomes keen; usually for the positions of president and deputy president.

I have been a member of the Royal Ipoh Club for over 20 years now and have been on the management committee for the past three years, in a row. Although I was not elected like others, I was co-opted for one simple reason – there was no one to take on the job of the editor of the club's quarterly bulletin. I guess I was at the right place at the wrong time or maybe, at the wrong place at the right time. No matter what, I was appointed for a good reason.

Ipoh's premier social club, which is reputed to be 120 years old, will hold its AGM on Sunday, April 26. Like past meetings the event will have a definitive impact on its 1300-odd members, of which some 350 are classified as active and near active. The remaining



will not flinch even if hailstones fall on the club's roof. But this is not the issue. What matters is the incoming committee which will take on the responsibility of managing the club for the 2015/2016 session. The committee serves for a year. Thus, the election of new office bearers becomes a hotly contested event each passing year.

Lobbying and cajoling members to vote for certain individuals have started long before the date for the annual meeting was fixed. Fortunately, I am not involved in this art of convincing members to prefer someone of choice. It is expensive and, unless one has the means, it is simply a wasteful venture that has no ending. Indulging in this extravagance will burn a hole in one's pocket. But the show goes on, nonetheless.

Even at this time of reporting the jockeying for positions is going at a feverish pace within the confines of the club. The favourite places are the Long Bar, Idris Bar and the new-look Palm Court overlooking Ipoh Padang.

The downside of this insatiable attempt at "vote-buying" is the creation of factions and factions within factions which is detrimental to the club, per se. I have seen this happen in the past and have kept a respectable distance from the goings-on, whether open or closed. Like always, character assassination and bad-mouthing become the norm.

This year, unlike previous years, the tussle for a seat on the committee will be less "thuggish" thanks to an amended clause in the club's constitution, which was tabled and passed during an extraordinary general meeting on January 25.

The clause demands that members with the "right credentials, aptitude and attitude" be elected to the committee. With this, in the words of the current President, Roland Rama Rao, "the days of the untested, the opportunists and the dreamers are now over. Royal Ipoh Club requires people of calibre and integrity not freaks and wannabes who aspire for positions purely for reasons of aesthetics". Roland could not have been more precise.

Will the days of the freaks come to an end? Let's see what happens on AGM day.

In The Name of My Father's Estate

Episode 40 • by Peter Lee

When John Lee (Lee Sr's eldest son and Co-Administrator) was about to leave Connie's (Lee Sr's second wife and Co-Administrator) house after their meeting, Connie started to show signs of fainting as her face turned bluish. John quickly helped her into his car with the first thought of getting her to the nearest clinic or hospital. Then he remembered that there is a hospital nearby which is 20 minutes from the house. Acting on impulse, he sped off as fast as he could, overtaking some of the cars in front of him without realising that he was driving recklessly.

As he approached a traffic light which was about to turn red, he accelerated further trying to beat the red light. In a split second, a lorry across the road rammed into John's car dragging it a few feet away and the car then spun off hitting a concrete lamp post. Most of the cars slowed down while some passers-by ran towards the badly damaged car. What they saw was John and Connie unconscious and badly hurt. No one could open the doors as they were badly crushed. Shortly after, the tow trucks appeared at the scene followed by the arrival of the ambulance and Fire Brigade personnel. When both John and Connie were extricated from the car wreckage, they were immediately rushed to the hospital. When both of them arrived at the hospital, they were still alive but remained unconscious. Both sides of the family members arrived at the hospital after being notified by hospital personnel who got John's office contact number from his business card.

As the doctors exited from the emergency ward, family members were informed that John's condition was stable but he may be paralysed for life while Connie was still in coma. Upon hearing this, all the family members were shocked and also confused as to why both of them were in the same car. In the meantime, Mrs Patricia Lee (Lee Sr's first wife) pulled aside her daughter, Michelle (Co-Administrator) and said "I think we better call Dave (lawyer) about this and ask what is going to happen to father's estate if two of the Administrators' conditions do not improve."

Michelle immediately phoned Dave and told him about the accident. Dave was also shocked by the news and told Michelle that at the last resort, if both were unable to carry out the duties of Administrators, then their names will have to be withdrawn from the application for Letter Of Administration (L.A.). "The application for L.A. has already been submitted to the High Court and there is a need to make a fresh application to name you as the sole Administrator and to remove both of them due to the medical conditions they are in. However, this will be subject to both families consenting for you to act as the sole Administrator," he said. In response, Michelle said, "I am not too worried about the consent from my side of the family. But it is Connie's who I am concerned about. What if Connie objects then what happens?" To this, Dave said, "Then we have to convince everyone to appoint an independent third party who is impartial, for example a Corporate Trustee to do the job."

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 excelsecms@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-Preventing Avoidable Eye Injuries

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S. S. GILL talking to us about PREVENTION FROM AVOIDABLE EYE INJURIES.

The number of eye injuries that seek treatment at Accident & Emergency Departments in hospitals throughout the world is no small figure. Minor eye injuries that do not leave any residual vision loss is not an issue but the ones that are serious, cause devastating loss of vision. Of concern are the preventable ones that could have been avoided in the first place only if proper precautions had been put into place. Here are some SAFETY TECHNIQUES & PROTECTION TIPS that should be in place in every home.



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

WEARING OF PROTECTIVE GOGGLES

This cannot be taken lightly. In fact, it is mandatory! Every time you lift that hammer to hammer in a nail or when you work in the garden with those thorny beloved plants or when you mow that lawn, do make sure you have your goggles on. Sharp twigs often go unnoticed and have pierced the eyes of those who have been doing pruning without goggles. Do not take this lightly as an eye injury may have devastating implications to vision. Pick up all stones, toys and debris from the lawn to prevent any loose fragments from flying into a person's eye from the spinning lawn mower.



WORK TOOLS

All tools should be kept in perfect condition. Old tools that have rusted should be replaced as they have a tendency to break or get chipped-off causing injury to the eyes. Always replace or repair all old power tools. Remember to keep all work tools away from young kids. I have seen a child injured in the eye by a wood-stapler that was accidentally shot into the eye causing serious eye injury.

LOOSE CARPETS & SHARP FURNITURE EDGES

Secure all loose carpets or rugs that may cause the elderly and the very young to slip and fall. Many a time, I see injuries from a fall where the eye gets injured when falling on the edge of a piece of furniture lying in front of them. Be sure to cushion or pad all sharp corners and edges of furniture if you have children or the elderly in your house.

MPV (multipurpose vehicle) DOORS. Be cautious when opening the door of an MPV as the door edge is quite often at the same level as the eye. There have been people who have had eye injuries as a result of the sharp door edge grazing their eye.

HIGH SHELVES AND CUPBOARDS

Avoid jam-packing items onto a high shelf or cupboard. When taking things out of the cupboard, a heavy and sharp object can fall off only to cause serious eye injury.

CARE FOR CHILDREN

Be cautious of seemingly harmless "satay sticks" as children have injured their eyes when the satay stick has ricocheted into the eye after the meat has been pulled off the stick. Be mindful of children when they play with darts, toy guns that shoot bullets and when they play with sparklers or fireworks. Also, remind children never to throw any objects around.

HIGH POWERED WATER JETS. Do not allow children to play with high powered water jets used for cleaning and car-washing. These water jets can cause eye injuries.

Despite taking all precautions, accidents may still occur resulting in eye injuries. Always seek professional help if this happens.

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

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A-G-1, No. 1 Persiaran
Greentown 2, Greentown
Business Centre, 30450
Ipoh Perak Darul Ridzuan.
Tel: (605) 249 5936
Fax: (605) 255 2181
Email: editorial@ipohecho.com.my

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION MANAGER

Deanna Lim

FREELANCERS

A. Jeyaraj
Emily Lowe
Serena Mui
Susan Ho

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Off Persiaran Selangor,
Seksyen 15, 40200 Shah
Alam, Selangor.

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):
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Ipoh General Hospital:
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AA Ipoh
019-574 3572
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How does the Goods and Services Tax (GST) affect you?

Former International Trade and Industry Minister Rafidah Aziz, who served in the Cabinet from 1987 to 2008, has expressed confusion about the Goods and Services Tax (GST), which was implemented on April 1 (April Fool's Day). So, were you just as baffled? Or are you quite confident about the GST and how it affected you?

The promises of lower prices, made by the prime minister Najib Abdul Razak and the Deputy Finance Minister, Ahmad Maslan, have not materialised.

In the run-up to its implementation, various publications, advertising billboards, and a much criticised music video by the Customs department was used to praise the GST. Despite the information supplied by the government, many people remain unclear about the GST and its role.

Basically, the GST is a 6% tax on goods and services. It is applicable to most products which consumers buy. The main exceptions, according to the official guidelines, are "zero rated supplies" and "exempt supplies", but this has only added to the confusion. What does "zero rated supplies" mean?

Some people have suggested that the government should use the national newspapers, in Malay, Chinese and Indian, to publish a list of items which are exempt from GST.

Rafidah, who comes from Kuala Kangsar said, "Some time ago, there was a billboard near my house that said education would be exempted from GST. It even had a cartoon drawing on it.

"I thought, what does that mean? Are university fees or tuition fees exempted from GST? What about books or computers or school-related tools?"

She stated that the government should meet business owners to discuss the impact of the GST.

She said, "Right now, there appears to be no coordinated effort. That's the only problem. I have no quarrels with the tax itself. It is a good move to rationalise taxes. But people are not familiar with it; some are taking advantage of it, and that causes confusion and hoarding."

She also said that the list of exempted goods should be explained in simple language, not jargon.

Perhaps, you were lucky and did not find the GST confusing, or notice any change in your spending power.

Some people simply shrugged their shoulders and ignored the tiny increases in their daily bills. An increase of a few ringgit, in a day's purchases, may not seem like a lot, but over the month, may create a large dent in your finances. You might have felt the pinch, on day one of the GST.

Some people fear that the GST will deter consumers from spending. In the week before the GST was implemented, consumers went on panic buying sprees, triggering shortages of many items. Others claimed that some shops took advantage of the people's fears and charged higher prices.

Last month, former Prime minister Mahathir Mohamad advised the rakyat to complain to the government, if they felt the extra burden of the extra tax. He said, "They can tell the government, please don't charge any more taxes. If you charge more taxes, we will not vote for you next time." (sic).

When asked if he thought the list of medicines which were exempt from GST should be expanded, he said that he feared that the GST would increase the cost of healthcare.

The papers and social media sites have reported that many small shops have decided to stop trading, after decades in business. Their owners are small time operators who are not computer literate and cannot afford the software or the accountancy services which are necessary to comply with the GST rules.

There have been stories of shopkeepers and waiters receiving an endless stream of queries about the rise in cost of goods. Some shops have rudely responded to their customers' questions, and others have refused to give



receipts, or explain the extra charges.

Other traders have taken advantage of the GST, by rounding up the final bill, to the highest nearest ringgit. These increased charges, make extra money, in this illegal profiteering exercise.

Other unscrupulous traders have told their customers that there have been no changes, but the consumers noticed that their coffee was more dilute, or a significant decrease in the size of portions of food.

If you would like to highlight any GST abuses, please write to The Ipoh Echo, so the paper can publicise your complaint.



THINKING ALLOWED

by **Mariam Mokhtar**



Han Chin Pet Soo

To book a tour go online to: <http://www.ipohworld.org/reservation/> or scan the QR code below.



Dr Saravana.K
Consultant Physician,
Gastroenterologist & Hepatologist

Digestive Health

Liver Transplant

A liver transplant is a surgical procedure to remove a diseased liver and replace it with a healthy liver from a donor. It uses livers from deceased donors, though a liver may also come from a living donor. If you have a family member or friend who is willing to donate part of his or her liver to you, talk to your transplant team about this option.

Liver transplant is a treatment option for people who have end-stage liver failure that can't be controlled using other treatments and for some people with liver cancer. Liver failure can occur rapidly, in a matter of weeks or it can occur slowly over months and years.

It has many causes, including alcoholic liver disease; early-stage liver cancer; or Hepatitis B and C.

Surgery carries a risk of significant complications, including bile duct complications; bleeding; failure and rejection of donated liver; or infection.

After a liver transplant, you'll take immunosuppressants for the rest of your life to help prevent your body from rejecting the donated liver. These medications can cause a variety of side effects.

If indicated, your doctor may refer you to a transplant centre to undergo evaluation for liver transplant. The transplant centre team conducts a wide variety of tests to determine whether to place your name on the waiting list for a new liver. It includes:

- Laboratory tests
- Imaging tests – ultrasound of your liver
- Heart tests to determine the health of your cardiovascular system
- A general health exam, including routine cancer screening tests, to evaluate your overall health
- Nutrition counselling with dieticians
- Psychological evaluation to determine whether you fully understand the risks of a liver transplant
- Meetings with social workers who assess your support network to determine whether you have friends or family to help care for you after transplant
- Addiction counselling to help people with alcohol, drug or tobacco addictions to quit
- Financial counselling to help you understand the cost of a transplant and post-transplant care.

Once these are completed, the transplant centre's selection committee meets to discuss your case. It determines whether a liver transplant is the best treatment for you and whether you're healthy enough to undergo a transplant. If the answer to both questions is yes, then you're placed on the transplant waiting list.

Your wait for a donor liver could be days, or it could be months.

As you wait for a new liver, your doctor will treat the complications of your liver failure to make you as comfortable as possible. Complications of end-stage liver failure are serious, and you may be frequently hospitalised.

After your liver transplant, you can expect to:

- Possibly stay in the intensive care and hospital unit for a few days to weeks.
 - Have frequent check-ups as you continue recovering at home
- Expect six months to a year of recovery before you'll feel fully healed after your liver transplant surgery. You may be able to resume normal activities or go back to work a few months after surgery.

Your chances of a successful liver transplant and long-term survival depend on your particular situation. In general, about 72 per cent of people who undergo liver transplant live for at least five years.



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



SeeFoon is taking a culinary break from Ipoh and is exploring new taste temptations in Phuket and Bangkok. Our review on Ipoh Food this Musings is focused on two hawker centres both old and new.

[1] Pusat Makanan Sun Hor Lok

12 Persiaran Greenhill (New Town), 30450 Ipoh. Operating hours: 7am-6pm

First the old...**Sun Hor Lok** has been around probably since Persiaran Greenhill changed to a commercial area. The 10-odd stalls have quite an array of tasty food.

They are:

- Asam Laksa @ RM3 and their self-made *Yeong Liu* at 70-80 sen each are recommended. They also sell Chicken Soup Koay Teow.
- Wonton Mee with slightly thinner noodles cooked al dente is flavourful and their wonton is tasty too – RM3.50.
- Rojak comes with a sweet sauce with cut chili padi – RM3
- Spaghetti with fried chicken served with chili padi is quite an unusual dish and surprisingly good – RM4.50. Even better is their crispy Fried Chicken Skin (not for the health conscious). Sold at RM3, RM4 and RM5.
- Pork Mee with liver, intestines, the works – recommended with glass noodles (*tong fun*) – RM6

Other stalls are: Economy Rice, Brown Rice Ramen, Simon Dim Sum, Fried Noodles and Western food.



[2] Sweet and Tasty Food Court

Jalan Sultan Idris Shah, Ipoh. Operating hours: 8am-10pm

Down the street and just around the corner from Sun Hor Lok, the **Sweet and Tasty Food Court** opened where the old Catholic Centre was, next to the Main Convent. It has its own carpark which makes it all the more convenient for people to have a meal while waiting to pick up their kids from school or after visiting the 'RM2' shop next door.

Here's what's available:

- Chicken Hor Fun RM5 and Curry Noodles
- Special Prawn Mee at RM4.80
- Coffee (iced) – good at RM1.60
- Singapore Nasi Lemak with chicken at RM6.50 (regular at RM3.50) has a Peranakan (or slight *rempah*) flavour and is not exceedingly spicy
- Chicken Rice at RM3.70 and RM4.50 with char siew from Meng Kee Roasted Chicken Rice
- Pan Mee at RM5 – 3 varieties of regular, beetroot and spinach
- Chee Cheong Fun at RM3.30 (S) and RM4.50 (L)
- Pasir Puteh Low She Fun – RM1.50 for the noodles and 80 sen for the *lieu*
- Rojak sells for RM5 (S)
- Thai Food – seafood tomyam at RM8
- Ice Kacang – RM4.30 with coconut milk and a scoop of ice cream

There is also, Lim Kee Fried Noodles, Yeun Kee Western Food, Soon Geng Seafood, Vietnam Food, Hepo Lei Cha & Klang Bak Kut Teh, Rojak Greentown and Eddie's burritos & tacos. There's enough variety here to tickle everyone's fancy.



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Community

School's Inaugural Jogathon

Wesley Methodist School Ipoh marked an important day on Saturday, March 28 as it hosted its first jogathon, at the City Council's sports complex near Stadium Perak. The event was also a prelude to a fundraising extravaganza. Funds were needed to upgrade the school's infrastructure, especially the science laboratory in order to meet existing standards and the general structure of primary school.

Besides that, fund raised during the jogathon will go to helping the Orang Asli community affected by the recent floods.

Students from Year 1 till Form 5 sought sponsors and ran in the Jogathon and successfully raised RM 130, 000, in all. Apart from raising funds, the event was able to provide an opportunity for families to be together. Their happy faces attested to the fact that the school had achieved the objective of bringing families together, thus strengthening the bond.

The day began as early as 6 am with registration and the run began at about 7.30 am. The event was divided into various categories, ranging from children to veterans. The highlight was the Family Fun Run where family members running in a team took off to complete a 2.5 km race.

"The jogathon was a great experience for me. I got 3rd placing and felt great. I also had a great time bonding with my friends," said Chen Hoe Wei, 17.

"Overall it's an event not to be missed. I see the need for regular exercise to keep in shape," said Lee Zhen Fung, 17.

Those who completed the race early joined in the fun telematches organised by teachers and students at the nearby rugby field.

The participants later gathered around for the prize-giving ceremony where winners received medals, certificates and gifts. A lucky draw was also held with many attractive prizes given away to the lucky ones.

Nantini



Community Recycling Model Launched

The first community recycling project involving the residents of Kampung Jelapang Tambahan was launched by the Executive Councillor for Women Development, Family and Welfare, Dato' Hajah Rusnah Kassim at the Jelapang Community Hall recently. The programme was jointly organised by Ipoh City Watch, Perak Solid Waste Management and Public Cleansing Corporation and Rukun Tetangga Jelapang.

With the rise of illegal dump sites in the city, this first-of-a-kind programme is aimed at inculcating good habits in residents and to encourage them to keep the environment clean. This can be achieved by garbage separation and recycling which can help residents to earn an extra income.

Kampung Jelapang Tambahan, which has some 226 households, was picked to spearhead this programme thus becoming the first community in Malaysia to use this technique of garbage separation.

Residents are taught how to separate unwanted items into various recyclable categories before selling it to an appointed collector who comes every Saturday from 8am-11am.

The weight of the items collected would be recorded for a period of 3 months and a correlation be established between the weight and the number of illegal dumpsites. The success of this project would create a model which could be emulated by other resident associations in Malaysia.

In her speech, Dato' Hajah Rusnah called on Ipohites to support the initiative in order to achieve success. "If they don't come forward, nothing will happen," she said during the press conference.

Mei Kuan



Kiwanis Centennial Celebration

Kiwanis Club of Meru Valley held a fair for the less unfortunate kids at Tower Regency Hotel, Ipoh recently. President of Kiwanis Club of Meru Valley, Kimberly Tan, believed that there was no better way to celebrate the club's 100th anniversary than to have it with the underprivileged children.

"The sole purpose is to make the kids happy. It is a pleasure to serve wholeheartedly and I've my hard-working committee to thank. Not only did they create the game stations but went around town, hand-picking gifts and prizes to be given away," said Kimberly in her speech.

A hundred kids from a number of welfare homes around Ipoh were invited and the club prepared a 100-minute game carnival for the children. Apart from the sporting activities, it granted the wishes of some of the more deprived kids by presenting them with gifts they wanted to have.

President of Kiwanis International, Dr John Button and members of Kiwanis Club of Meru Valley were present to lend support. Kiwanis was founded in Detroit, Michigan on January 21, 1915. Soon more clubs were formed around the world. Kiwanis is now a well-known, global organisation dedicated to serving and helping under-privileged children.

With over 40,000 members around the world, Kiwanis now works with UNICEF (United Nations Children's Fund) to eliminate Maternal Neonatal Tetanus (MNT) that is killing one baby every nine minutes.

"When contracting MNT, new-borns will suffer convulsions and are extremely sensitive to light and touch. As such, after delivery, the mother can't hold her baby. She can only watch her baby die a slow and painful death. We are trying our very best to eliminate MNT and aim to immunize both mothers and kids," said Dr Button to the media.

One of the many arms of Kiwanis is the Kiwanis Down Syndrome Foundation which is committed to making sure that the wellness of children afflicted with that condition is ensured. Physiotherapy, occupational and speech therapy as well as special educational help are given to the kids and the parents.

Readers wanting to donate or join Kiwanis or plan to form a club in their community can visit Kiwanis Malaysia's website for details.

Ili Aqilah



Focusing on Needy Pupils

In line with the Lions Club International designated projects, the Lioness Club of Ipoh launched a special Education Project at SJK (T) Ladang Changkat Kinding, Tanjung Rambutan recently.

The school has an enrolment of 41 pupils from Standard 1 to 6. President Lioness, Sakuntala Rajadurai told Ipoh Echo that this particular school was chosen because it was in dire need of a library as its existing one was in a bad condition.

On hand to welcome the Lions group were the headmistress Mrs Vasanthara Devi and her senior staff. Also present were club members Lioness Datin Thavamani Thambipillay, Lioness Annie Arul, Zone 11 chairperson Lion Ong Teng Boon, Lions Club of Ipoh President Lion Raymond Lau and Lion Liaison Lion Ho Choon Seng.

A cupboard with a total of 260 books, encyclopaedias, dictionaries and storybooks in English and Malay language was donated to the library. This would be an on-going project in which more books would be continuously added by the members.

The club members also presented a variety of biscuits, sweets and chocolates to the children.

Running on the theme 'Reading is the Pulse of Knowledge', the club hopes that it would motivate the pupils as well as their friends and family to read.

Ed



Community

Talk on Crime Prevention



Praxis Learning and Training Centre organised a talk on crime prevention and social symptoms at its New World Plaza office in Jalan Foo Yet Kai, Ipoh recently. The talk was conducted by ACP Suresh Kumar, the Deputy Head of the Crime Prevention and Community Safety Department of the Perak Police Contingent.

Besides teaching youths that crime does not pay, the talk was also aimed at motivating youths, especially those from the Indian community in Ipoh, to indulge themselves in activities that are beneficial to their community.

Some 80 participants took part in the day-long talk. In attendance were Prof Dr R. Rajakrishnan, CEO of Praxis and members of the Perak Tamil Youth Bell Club.

Readers wishing to know more about Praxis Learning and Training Centre can call the centre at 05 249 6187/6188 or visit its website: www.praxis.my.

Ed

Brahma Kumaris Ipoh

Brahma Kumaris Ipoh organised a talk on, 'A happy story of an unhappy person', recently at the Brahma Kumaris Ipoh Centre.

The objective of the talk was to empower people with happiness tips, explore aspects of contentment, self-leadership and how to deal with pressures and challenges for lasting happiness.

The guest speaker was Marcelo Bulk Gimenez, a well known consultant, author and coach from Columbia. Marcelo is a National Coordinator of the Brahma Kumaris in Columbia and he has been with the Brahma Kumaris World Spiritual for some 30 years.

Brahma Kumaris has centres throughout Malaysia offering courses and seminars that encourage self-empowerment and personal transformation. They work with various spectrums of the society, namely corporations, schools, universities and colleges, various media groups including Astro, governmental agencies and NGOs, including prisons and drug rehabilitation centres and underprivileged groups.

The Ipoh branch started in 1995. Almost every month it organises talks by experienced speakers. Basic courses are covered in 7 days for beginners before they step into their regular classes. The motto of Brahma Kumaris is, 'When I change, the world changes'.

According to Selvapooba, Vice President of Brahma Kumaris Ipoh, the courses are offered free of charge as a service to the community. Lectures, exhibitions, seminars on topics related to self-empowerment, values education and self-management leadership, including practical meditation are also held.

"Thousands of people have benefited, in terms of character building, improved health and concentration power and the ability to face challenges and changes head-on," said Selvapooba to Ipoh Echo.

Nantini

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News

Cycling with the Sultan

“**B**iar kita basah!” (Let’s get wet!). That was on the lips of over a thousand Perakeans, clad in orange T-shirts and in high spirits, as they were flagged off by Sultan Nazrin Shah and Raja Permaisuri Perak, Tuanku Zara Salim at the start of the much-awaited cycling event, “Kayuhan Muhibbah Bersama Rakyat” organised by the Ipoh City Council recently. The starting point was at Dataran MBI or MBI Square, Ipoh.



The heavy rain, which fell at the beginning of the event, did not dampen the cyclists’ spirits as they completed the 8-km ride around the city in the company of the royal couple.

Children, adults and 40 teams from organisations such as Istana Kuala Kangsar, Royal Malaysia Police (PDRM), The Royal Malaysian Navy (TLDM), Bank Simpanan Nasional (BSN), Perak Tourism, Inland Revenue Board of Malaysia (Ipoh and Taiping branch), Ipoh Barat Puteri UMNO and Taiping Municipal Council were seen riding bicycles, tandems and trishaws.

There was also a competition for the best LED-decorated bicycles, where cash prizes of RM1000, RM750 and RM500 were given to the top three winners.

Sam, 27, a policeman told Ipoh Echo, “It’s exciting to be able to cycle with our Sultan and Raja Permaisuri. This is my second time joining such an event. I hope there’ll be more of such in the future.”

Karen, 44, who works as a merchandising manager, was overwhelmed by the presence of the royal couple, as this was her first cycling event of such significance. “Yes, of course,” she told Ipoh Echo excitedly when asked if she hoped for more similar activities.

Salman, a student who treats cycling as a sport from young, echoed the same sentiments, “This is my third time participating, and it makes me proud to be a Perakean cycling with the Sultan and Raja Permaisuri.” “I hope more Perakeans would take to cycling, as cycling is not only healthy but environmentally friendly,” said the 18-year-old.

During the press conference, MBI Secretary, Mohd Zakaria Zakuan, stated that this first-of-its-kind programme, aimed at promoting a healthy lifestyle and establishing closer rapport with the Sultan, was a huge success based on the overwhelming response. He foresaw more of such events coming Ipoh’s way.

Mei Kuan

Tigerair Grows Malaysian Network

Tigerair, leading Singapore-based no-frills airline, announced that it will launch a four-times-weekly service from Singapore to Ipoh. Tigerair will be the only Singapore carrier to offer passengers traveling from Singapore direct access to Malaysia’s fourth largest city and home to both rich heritage footprints and trendy entertainment alternatives. The Ipoh service will be operated by an Airbus 320 aircraft, carrying about 1440 passengers per week. Tickets for the new service which is scheduled to commence on May 29 (subject to regulatory approval) will go on sale from April 20.

Ipoh will be Tigerair’s fourth Malaysian destination which currently comprises Kuala Lumpur, Langkawi and Penang. Located in the West Coast of peninsular Malaysia, Ipoh has a reputation as a food haven and offers a smorgasbord of activities that appeal to a wide range of interests. The new service will not only attract tourists looking for a short getaway but also provide a convenient option for passengers who commute between Singapore and Ipoh for business.



A Special Lucky Draw

The Ipoh City Council organised a special lucky draw at the Council building recently. The objective was to pick winners of the choicest prizes on offer.

Mayor Dato’ Harun Rawi said that the aim of the lucky draw was to encourage people to pay their yearly assessments in time and in full.

Bacha Kachi Mohamed, 65, won the main prize, a Perodua Axia 1100cc saloon car.

“This is the first time I paid my annual assessment of RM600 in full. The prize encourages me to make full payment in the future,” said Bacha.

Second prize winner, Subramaniam, 61, said the move by MBI was very effective because it motivated ratepayers to pay in advance. He won a Honda Future 125cc motorcycle.

“The machine will come in handy for me and my family,” said Subramaniam.

Luqman



Making an Online Complaint



Ipoh City Council has introduced the e-Aduan system from the year 2009 for the convenience of city-dwellers in lodging their complaints. A media briefing on this online system was held at Pakeeza Restaurant, Ipoh recently to enlighten Ipohites on how the e-Aduan system works and how the Council monitors the complaints.

In his speech, Mayor Dato’ Harun Rawi recalled how people were hesitant to lodge their complaints before the introduction of the online system, as it would require them to be at the council physically or go through the process of writing a letter.

When using the e-Aduan system (<http://aduan.mbi.gov.my>), complainants are advised to submit a detailed complaint giving the exact location and allowing one week of processing time. All complaints received would be monitored during working hours and channelled to the respective departments and agencies for remedial actions.

During the briefing, the council’s principal assistant director of corporate affairs, Normala Latiff reminded users of the e-Aduan system to keep their reference number in order to check the status of their complaints later by keying it into the system.

Besides the e-Aduan online system, other avenues available for Ipohites include the Council’s hotline 255 1515 (8am-5pm), email aduan@mbi.gov.my, MySMS 15888 (type MBIAduan<IC Number>Aduan) and WhatsApp 019 550 3083. Incomplete complaints will be rejected.

Normala advised the public not to send the same complaint via all the channels, as this would cause unnecessary delay.

Mei Kuan

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News

Earth Hour at Ipoh Parade

In conjunction with Earth Hour, Ipoh Parade observed a 'lights-off hour' on Saturday, March 28 beginning at 8.30pm.

All lights, including those of the tenants within the shopping mall were switched off. While darkness prevailed, patrons were entertained by the Tron/LED dance performance. The dance incorporated the use of modern lighting technology. It was a sight to behold.

Amid cheers from an enthusiastic crowd, the dancers, their costumes sparkling in the darkness, gave an energetic performance.

With the musical accompaniment of the song "We Are The World", the crowd gyrated while holding candles and lighted mobile phones in their hands.

Mei Kuan



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Health

World Cancer Day

World Cancer Day Campaign was launched by KPJ Ipoh Specialist Hospital recently, at Ipoh Parade. The campaign was in collaboration with the Malaysian Gynecological Cancer Society (MGCS) and Lion Ipoh Parade and was officiated by Dato' Dr Mah Hang Soon, the Executive Councillor for Health, Transportation and Non-Islamic Affairs.

"Not Beyond Us" is the theme of this year's campaign in which a positive and proactive approach would be adopted to fight the disease, highlighting that solutions do exist.

The campaign focused on four sub-themes namely, choosing healthy lives, delivering early detection, achieving treatment for all and maximising quality of life.

The three-day campaign was targeted at Perakeans from all walks of life. A series of information releases for the print media to raise public awareness on types of cancers,



prevention and treatments for Malaysians is underway.

KPJ Ipoh was supported by the Perak Palliative Care Society, Pink Champion, Lembaga Penduduk dan Pembangunan Keluarga Negara, Perak and fitness centres in Ipoh.

Some of the activities on launching day were cooking demonstrations, free health screening, free consultations, diet counselling and a public forum.

According to Asmadi Mohd Bakri, CEO of KPJ Ipoh Specialist Hospital, he wanted the public to take better care of their lives, have regular health checkups and cut down on tobacco and alcohol consumption.

"In line with this year's theme, "Not Beyond Us", one of the programme's objectives is that we want the public to know that viable and affordable solutions exist such as tobacco control, early detection and treatment, which, if implemented diligently, will significantly reduce cancer burden not only in Malaysia but all over the world," said Dr Zamzida Yusoff, Gynae-Oncology cum Chairman for World Cancer Day Committee.

Nantini

Importance of a Healthy Lifestyle

The Rotary Club of Ipoh organised a healthy lifestyle seminar named, 'Fitness for Purpose' for secondary school students recently. It was held at ACS Ipoh. Students from six secondary schools in Ipoh participated.

The objective was to empower the children through a sound knowledge of nutrition and exercise so that they can take control of their bodies and to improve themselves physically, as they see fit.

Students were taught how good nutrition and exercise would benefit them in their studies and other aspects, such as self-esteem, confidence, increasing willpower, determination, tools which will benefit them in their adulthood.

Students were introduced and instructed on the basics of exercise and good nutrition by FISAF certified group fitness instructor, Eu Yeok Fay and senior dietician from Pantai Hospital Ipoh, Rachel Lee Ling Wooi.

According to Gavin Tang, President of Rotary Club Ipoh, the goal of the programme was to educate the children to learn from a very young age how to regulate their lifestyle and the importance of keeping fit and healthy.

At the end of the seminar, students were encouraged to participate in the 12-Week Transformation Challenge where they would apply the knowledge that they had acquired to successfully transform their bodies and their lives for good.

Nantini



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NOTICE OF RELOCATION
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Arts & Culture

IFAS Emerging Young Artist Award

Finals of the IFAS (Ipoh Fine Arts Society) Emerging Young Artist Award was held recently at the YMCA Main Hall. Eight budding creative performers from age 13-15 strutted their stuff amid cheers of about 50 attendees. Aiming at encouraging originality and inspiring the young to tap their own innate potential as well as ability, each participant was required to portray an original piece of work entitled 'The Earth' by way of dance, song, poetry, mime or dramatisation.

The distinguished panel of judges consisted of Miss Shanthini Venugopal, a versatile actress who starred in Hollywood blockbuster *Anna and the King* in 1999, Guru Shankar Kandasamy, an accomplished dancer from the Temple of Fine Arts who has performed all over the world, Miss Pravina Manoharan, a lecturer at University of Science Malaysia with a PhD in ethno music and Miss Kamini Kumar, also a skilful dancer. The occasion was also graced by the presence of the patrons of the society, Dato' Thambypillai and Dato' Dr M. Majumder.

In the artistic morning, President of Ipoh Fine Arts Society, Mrs Shanthi Kumar highlighted how creativity infuses soul into an otherwise bland education. She emphasised that creativity, not talent, was used as the benchmark in the inaugural contest. "These kids have actually taken the effort to come and I commend them. Creativity is a very vital part of education. I feel it is being left out so I commend them that they have come. They have a long way to go but they have potential. Everyone has potential. It just needs to be trained," she said to Ipoh Echo at the end of the competition.

Tryphena David, Form 3, from SMK Buntong emerged as the winner, taking home a grand prize of RM1500 while her schoolmate, Sai Geetha Narwin, also Form 3, was



named first runner-up and presented with the second prize of RM1000. Second runner-up Choo Dick Son, Form 3, from SMK Seri Kledang won the third prize of RM500. In addition, a special prize was awarded to Shanon Charles Grenier, Form 1, from SMK Sg. Pari.

Clad in white and turquoise, the jubilant Tryphena explained to Ipoh Echo the concept of her award-winning dance, "When I think about the earth, I think about the sky, the jungle and the ocean." Her smooth transition in using the props, excellent choice of music, originality and confidence wowed the judges.

Mei Kuan

Happenings

The Clarity

Incitement Ipoh is a series of monthly speaking events (which is FREE!) that will be happening from the month of April to December 2015. The first event is on the **April 24, held at Sepaloh Art Centre from 7.30pm to 10pm.**

There are three 'Inciters' (speakers) every month and each will be doing a 15-minute speech around a theme.

This month, we have Eugene Pook (Kinta Valley Symphonic Society), Dr Tin Win (Ipoh Toastmasters Club) and Ho Tsuey Xin (Teach For Malaysia) speaking on the theme of 'Clarity'.

Having spent years abroad, Eugene decided to return to Malaysia and Ipoh to start Kinta Valley Symphonic Society (KVSS). He is currently residing in Kuala Lumpur but for the past 5 years, takes the train back to Ipoh every weekend in order to train with his KVSS members.

A Burmese doctor and an associate professor in Malaysia, Dr Tin Win is the chairman of the Ipoh Toastmasters Club.

In the mean time, Tsuey Xin is a co-founder of Incitement Ipoh. She was a teacher with Teach For Malaysia, a non-profit organisation that works with the Ministry of Education to solve education inequity in Malaysia.

Incitement started in Kuala Lumpur about 3 years ago. The goal of Incitement is to

create a platform for people to network, mingle and spark ideas that bring change to the community.

To date, Incitement is held in KL, Penang, Miri and 36 other countries. Beginning this month, Incitement will be coming to Ipoh!

If you would like to book your ticket, do so at <http://theclarity-incitementipoh.eventbrite.com/>. For more information, go to <https://www.facebook.com/IncitementIpoh>

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.

Manjung Palliative Workshop organised by Perak Palliative Care Society under Project Cendawan. Saturday, **April 18** at Marina Island Pangkor Resort and Hotel, Lumut. Free admission and open to all. For details and to register call **05 5464 732** or visit the society's official website at www.ppcs.org.my.

'Mind Power is the Key to Happiness' organised by Persatuan Brahma Kumaris Malaysia, Sunday **April 19**, 7pm-9pm at Dewan Kuil Kallumalai Arulmigu, Sri Subramaniyar, Ipoh. Free admission. Contact: Bro. Devadass 019 474 6034 or Sr. Pooba **05 547 6069 / 011 2338 6188**.

Society For The Rehabilitation of the Disabled Perak – Community Day in conjunction with the 38th year celebration on Saturday, **April 25** from 9am to 1pm at No. 15 & 17, Jalan Ampang Baru 6A, Ipoh [Beside SJK (C) Min Sin]. The programme, by the disabled, includes cooking, singing and drawing. There will also be a lucky draw. All are welcome to support the event. For enquiries: Mr Manin Singh **012 550 4002**.

The Perak Malayalee Association 'Vishu' (New Year) and Easter Lunch at 12pm on Sunday **April 26** followed by their 51st AGM at their premises at 14-A, Medan Istana, Bandar Ipoh Raya, Ipoh. The event will be officiated by the Hon'ble Speaker of the Perak State Assembly, Dato' Sri S.K. Devamany. For details, call Mr A. Gopalan Nair at **012 450 2620** or Mrs Sakuntala Nair Rajadurai at **017 579 8062**.

YWCA Ipoh Youth Camp (Development & Motivation), from (Friday & Saturday) **May 8-9** at its premise, 132 Persiaran Anderson, Ipoh. Open to girls between 15 to 30 years. Camp facilitator is Mr Martin Jalleh, a prominent Youth Motivational Speaker. Registration fee is RM20 inclusive of food and accommodation at the YWCA hostel. For registration and enquiries contact Linda **05 241 7635** or **017 503 8328**.

Events for Parkinson's and Down Syndrome, Sunday **May 17**, 7am to 1pm at Potpourri House (behind Heritage Hotel), No. 2 Jalan Woodward, 30350 Ipoh. (i) Pet Event (for dogs only) – 10am-noon; (ii) Charity Cycling; (iii) Food & Fun Fair – 9am-1pm. Jointly organised by Perak Parkinson's Association and Ipoh Down Syndrome Centre. Contacts: Terry Wong **05 545 5610**, **011 1640 8406** or Samuel Ng **012 557 1682**.

YMCA of Ipoh Toastmasters Club Mission provides a supporting and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth. The group meets every **2nd & 4th Wednesday** at 7.45pm at 211 Jalan Raja Musa Aziz (Anderson Road), 30300 Ipoh. Contacts: Ramesh Victor 016 566 2866, May Foo **017 466 0943** or Nur Aida **013 346 9490**.

Performances of Traditional Songs and Dance every Wednesday every week from March 25 at 3.30pm. Held at Kompleks Jabatan Kebudayaan dan Kesenian Negeri Perak, Jalan Caldwell, Off Jalan Raja DiHilir, Ipoh. Come and experience dances like Dikir Fusion, Nego (Kelantan), Joget Kete Lembu, Tangtung, Kollatum, Joget Malaysia and traditional music. Free admission. For enquiries, contact: Puan Nor Fairus Binti Alias **018 958 9049**.

Announcement

AKPK Opens in Taiping

AKPK (*Agensi Kaunseling dan Pengurusan Kredit*) Ipoh has successfully started up a counselling office at Taiping in order to serve the Taiping folks better. They will operate at the following premises and schedule:

CIMB Bank Berhad
No. 38-40 Jalan Panggung Wayang
34000 Taiping, Perak.

Counselling is available every 2nd Wednesday of the month with effect from April 8.

Now, customers have the option to attend counselling in Taiping instead of coming all the way to Ipoh.

The Credit Counselling and Debt Management Agency (AKPK), is an agency set up by Bank Negara Malaysia in April 2006 to help individuals take control of their financial situation and gain peace of mind that comes from the wise use of credit.

AKPK offers the following services to individuals, free of charge:

- Financial education on the responsible use of money and credit management skills
- Counselling and advice on financial management
- Debt management programme to assist consumers to regain financial control.

Health

Launching of WeCare Cancer Society

WeCare Cancer Society started off with only 20 members as a breast cancer support group and currently have 45 active members to date.

With the initiative of a group of proactive cancer survivors together with Dr Chan Ching Phing, the WeCare Cancer Society is now registered with the Registrar of Societies.

The aim of the society is firstly, to provide early and long term support to all cancer patients and their family members. Secondly to cultivate sharing and developing a caring attitude and thirdly to educate and create awareness amongst cancer patients and the public.

WeCare Cancer Society was launched by Hospital Fatimah's Chief Executive Officer, Dr Lim Chie Kean. A total of 50 breast cancer patients received prostheses consisting of 2 bras and 1 silicon prosthesis from the government through the National Population & Family Development Board (LPPKN). These women applied for the aid provided through the WeCare Cancer Society, which is a cancer support group based in Hospital Fatimah, Ipoh.

At present, the society has one counsellor with Dr Chan Ching Phing, a Consultant Surgeon at Hospital Fatimah, being the advisor to the society. They hope to identify and train more cancer survivors and volunteers who are interested to be trained as counsellors so that they can provide counselling and support to the newly diagnosed cancer patients and their family members.

With the Hospital Fatimah's Wolfgang Cancer Centre, which comprises the Radiotherapy Unit and Chemotherapy Day Care, they hope to provide comfort and support to all patients who receive treatment here.

Last year the group organised a number of activities such as monthly sharing and caring amongst cancer survivors, health talks, exercises and physiotherapy sessions, handcraft- making, make-up sessions, cooking demonstrations and also a candle-light event in memory of loved ones who lost their lives to cancer.

Extra activities are planned for this year such as family trips and birthday celebrations of members as well as inviting speakers to talk on cancer diet and nutritional health talks. Annual membership is RM12. Currently the society depends on donations from public to run its activities.

Please contact WeCare Cancer Society at 05 548 9098 for more information.



Ear, Nose & Throat Care

By Dr Rekha Balachandran



Snoring

Is snoring merely a misery for your bed partner or something more sinister? Read on to find out!

What causes it?

1. Nose block due to any structural change in the nose, the presence of allergies or polyps.
2. During sleep, the muscles in the throat become relaxed and our tongue also falls back, narrowing the airway. Drinking alcohol or the use of sleeping pills can reduce the tension in these muscles and contribute to snoring.
3. Enlarged, bulky tissues in the throat from being overweight. Children especially have enlarged tonsils and adenoids, which make them snore.

Is it dangerous?

Since the muscle walls of the throat and tongue are relaxed during sleep, they can collapse completely, making it impossible to breathe. This is a condition called *obstructive sleep apnoea* (OSA).

This can lead to interruptions in breathing, which can last from seconds to minutes. Each time this happens, your brain sends signals to your body to wake up and breathe, restoring the airway temporarily. Frequent waking from sleep (even though we may not realize it) interferes with a normal sleep pattern causing more time to be spent in a stage of light rather than in deep restorative sleep that we need. It also puts a strain on the heart resulting in higher blood pressure with resultant increase in risks of heart attack and stroke.

What are the symptoms of Sleep Apnoea?

If you snore and have the following symptoms, it may be sleep apnoea.

1. Feeling sleepy during the day and falling asleep during quiet activities like reading, watching TV or even waiting at a traffic light!
2. Waking up in the morning feeling tired and with a headache
3. Having accidents during work or near misses while driving
4. Inability to concentrate and poor memory, hyperactivity for children.
5. Needing to frequently use the toilet at night or bedwetting in children.



What should I do?

If you have the symptoms listed above, consult your doctor. An ENT doctor will usually do an endoscopic assessment of the nose and throat to look for any causes of obstruction. You will need to undergo a sleep study, which measures several body functions during a nights' sleep.

How is it treated?

Depending on the severity of the OSA, several options are available. Lifestyle and diet modifications, losing weight and quitting smoking can help in mild OSA. Sleeping on your side rather than the back may also help to reduce the obstruction. Allergy treatment can clear up nasal block. If these measures don't help to improve your symptoms or if your apnoea is moderate to severe, devices can help open up a blocked airway. These machines are called CPAP machines and they blow air into the throat and sometimes the nose, preventing collapse. In some other cases, surgery may be necessary.

Good sleep habits

Healthy sleep habits can make a big difference in your quality of life. Having healthy sleep habits is often referred to as having good "sleep hygiene". Read our article next month where we outline some simple guidelines towards practising good sleep hygiene.

Rekha ENT Specialist Clinic

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

Entertainment

Ipohmali Returns Home



It all started with his love for music, but Ipoh homeboy Point Blanc is now making the rounds all over the world, alongside model turned Disk Jockey (DJ), Leng Yein. The duo is set to be the current strongest pair hotting up local and international clubs with their upbeat music and charming personalities.

"We met during one New Year celebration and we clicked really well. The chemistry is for real and was so strong that we paired up and now we are on our world tour," said Leng Yein to Ipoh Echo. Starting out as a model, Leng Yein is now ranked first as Asia's top Female DJ, and is currently working on several projects including acting in international movies.

"While touring around the world, we also had other side projects. Our schedule is packed, so we sleep when we get the chance. Usually it's in the car!" Point Blanc added to the conversation.

The pair were in Ipoh to shoot a commercial advertisement for Savana residency in Tasek recently and just came back from a trip to Korea where they were elected as new faces from Korean streetwear fashion line, Feltics and Hype.

When asked about their opinion on the houses in Savana, Point Blanc wished it was his. He loved the design, the interior and agreed that it fits the lifestyle of young couples.

Point Blanc joined the music industry with Poetic Ammo where they have won several Anugerah Industri Malaysia (AIM) awards including Best English Album. Later in 2001, Point Blanc founded a rap-rock band called Pop Shuvit where they were nominated for Best New Artist. In 2007 Point released an English single, 'Ipohmali' (From Ipoh) and has become one of the most played local songs since release in April 2007. Currently, aside from teaming up with Leng Yein, Point Blanc also runs his own record label, clothing line and is one of the regular emcees in Zouk, KL.

Ili Aqilah



Han Chin Pet Soo

To book a tour go online to: <http://www.ipohworld.org/reservation/> or scan the QR code below.



Education

Tenby Schools Wins Best Brand in International Education

Tenby Schools was awarded Best Brand in International Education at the prestigious BrandLaureate Awards in Kuala Lumpur on Tuesday, 31 March 2015.

This award recognises Tenby Schools' reputation for providing world class international education across Malaysia.

Accepting the award on behalf of Tenby Schools, CEO Alistair Bartholomew said: "I am delighted that Tenby Schools has been recognised by the leading brand awarding body in this very competitive market. This award is dedicated to our committed staff across all five Tenby Schools, who continuously strive to build a better world through international and private education.

"We have ensured that while rapidly expanding our five campuses, soon to be seven, our brand has retained value for money and a high quality education experience with a mission for a united world at peace through education.

"We believe academic success alone does not guarantee success in life. Our programmes focus not only on the curricular but learning beyond the classrooms to develop leadership and organisational skills, as well as self-confident and creative people."

The BrandLaureate BestBrands Awards is organised by the Asia Pacific Brands Foundation (APBF), a non-profit organisation dedicated to the promotion and improvement of branding standards in Malaysia and the Asia Pacific.

In its eighth edition, The BrandLaureate SMEs' BestBrands Awards 2014 honours the best of brands from the small and medium enterprises (SMEs). The winners are selected based on a 300-point selection criteria consisting of brand strategy, brand culture, integrated brand communications, brand equity and brand performance, with one winner selected from each category.



GP Debates Makes Its Mark

More than one hundred and twenty young debating enthusiasts from eight schools in Perak gathered at Tenby Schools Ipoh to participate in the Global Perspectives Debates 1/2015.

The competition organised and sponsored by Tenby Schools Ipoh, provides a biannual platform for debating in English on topics of global interest. Global Perspectives (GP) Debates 1/2015 drew a record level participation from schools in the Kinta Valley and beyond.

"Our bonus this year was the response to our debates from beyond the Kinta Valley," commented Maiko Yamane, the Tenby Sixth Former who served as Convenor of the debates. "Malay College Kuala Kangsar, one of the premier schools in Malaysia sent two teams to the competition and they helped place GP 1/2015 on the national map of debating competitions."

At present, Kuala Lumpur still leads as the epicentre of national debate competitions with debate events organised by HELP University College and Limkokwing University College.

"Ipoh should not simply surrender to the pull of our capital city, Kuala Lumpur," remarked Celeste Tan, co-convenor of the GP debates at Tenby Ipoh. "Ipoh is one of the cities that has produced great orators who have sustained the parliamentary and judicial tradition in Malaysia. Remember the Seenivasagam brothers, UN ambassador Radhakrishna Ramani, Dato' Panglima Bukit Gantang Abdul Wahab, Justice Chang Min Tat and Justice Chan Nyarn Hoi."

These sentiments were supported by teacher Mr Raj Kumar, advisor of the two outstanding debating teams from SMK Sam Tet Ipoh, another premier school in Perak. "It is important to encourage our students to express themselves in English as it is a world language. Everywhere in the world, there is a need to help young people transcend extremism and parochialism. Debates are a wonderful way to get people to listen to a different point of view."

Teacher-advisor from Sekolah Tuanku Abdul Rahman Ipoh, Pn Fadzlina, echoed similar sentiments.

"The GP debates organised by Tenby Schools are a wonderful social gathering for the young intellectuals in Ipoh to think and define themselves in the face of the future," commented the teacher-advisor who commended Tenby Schools Ipoh for sponsoring this opportunity for like-minded students and teachers to make Ipoh and Malaysia a stronger force for a better world.

In all, a total of 22 teams from eight schools in Perak participated.

The champion team was the Tenby Sixth Form team comprising Jasdeep Singh and Vaishnevy Athithan while second and third place went to Malay College Kuala Kangsar with fourth placing going to Sekolah Tuanku Abdul Rahman, Ipoh.

The adjudicators in the final debate were three prominent Ipoh lawyers: Mr Shan Thevin (Chief Adjudicator), Mr Edwin Siebel and Mr Premjit Singh.

The list of participating schools included Tenby Schools Ipoh, Sekolah Tuanku Abdul Rahman, Malay College Kuala Kangsar, SMK Anderson, SMK Sam Tet, SMK Ave Maria Convent and Poi Lam Private School, Ipoh.



Tourism

Electric Buses for Taiping



The Japanese government will provide two electric buses to Taiping Municipal Council next year to ply the newly-launched Taiping Heritage Trail. The buses will be an added attraction for tourists visiting the UNESCO-declared heritage town.

Northern Corridor Implementation Authority and the Japan International Cooperation Agency have been working hand in hand to prepare the buses which operate fully on rechargeable batteries.

Taiping is chosen to receive the eco-friendly vehicles in order to support the municipal's policy of encouraging the use of green technology.

Taiping Municipal Council officially launched the town's heritage trail which consists of 39 places of interest. They include, among others St George Institution, Old Kota Mosque, Fort Carnavon, the cenotaph, the iconic Lake Gardens, Taiping Zoo and many others along its 11.2km route. Visitors taking the bus will be accompanied by a tour guide who will describe the historical significance behind each site and building throughout the entire trail.

"We've received positive feedback from both locals and tourists. All the data are being collected, collated and processed for dissemination to those concerned. Hopefully, it'll help convince the Japanese Government to grant Taiping more buses in the future," said Dato' Abdul Rahim Md Ariff, the council's president at Taiping First Gallery on Friday, April 10.

Present at the ceremony, was Dato' Dr Muhammad Amin Zakaria, the Executive Councillor for Education, Science, Environment and Green Technology.

Ili Aqilah & Nantini



Discover Our
DOMÉ
restaurant

New Menu



View our latest restaurant menu, with some great new dishes.
- Wagyu Burger, Cod and Chips, Soup Kambing Berempah with Rice and many more!

So come along with family and friends, and be tantalized by our new delicious meals at Dome Restaurant today!



Meru Valley Resort Berhad (137970-D)
Jalan Bukit Meru, 30020 Ipoh, Perak Darul Ridzuan, Malaysia.
Tel : 05 529 3358

My Say

By Jerry Francis



Saving the Last Tin Dredge

News that the Menteri Besar Incorporated (MB Inc) is set to give a new lease of life to the last tin dredge located at the 5th Mile Batu Gajah, Tanjung Tualang Road, has lifted my spirits of seeing more tourism projects develop in Perak.

The news had also proved that I was wrong to think that the authorities and people in the Silver 'City That Tin Built', were not interested in promoting their state with a theme based on tin mining.

The MB Inc's effort is the third attempt. The first by the Batu Gajah District Council and the second by mining company Osborne & Chappel Sdn Bhd, had all failed due to the high cost of maintenance.

I pray and hope that this latest attempt can come up with a sustainable plan to preserve the dredge.

Saving the last tin dredge has always been in my mind. In fact, I was planning to work on another article to regenerate the interest on the preservation of the dredge, when I read the news in a national daily (30.3.15) of the plan.

According to the MB Inc's chief executive officer Datuk Aminudin Hashim, the initiative, under the 'Save the Dredge 2.0' campaign, is scheduled for completion by 2018.

MB Inc took over the campaign three months ago. The campaign, which started in 2010, was abandoned by Osborne and Chappel in May, last year.

"Perak was built on tin and we do not want the people to forget that. This part of history needs to be preserved," said Aminuddin.

My interest in the tin dredge began way back in 1997, when I heard that the last of the two remaining tin dredges in Tanjung Tualang were to be stripped off and sold as scrap iron. One had already been dismantled, while the other named Tanjung Tualang 5 (TT5) was to be next.

I immediately made an appeal through my weekly



column "Ipoh Outlook" in the New Straits Times for the preservation of the dredge. I suggested that the tin dredge be preserved as the centerpiece and replicas of the various methods of tin mining such as gravel pump mines and palongs be built around it to enhance the area as a showpiece and a living monument of the tin mining industry. The site could be known as 'Kinta Tin Mining Village' or by any other name associated with mining.

I had expressed the hope that the dredge be anchored on a solid base with a moat around it so that it would appear to be floating. Otherwise its pontoons could eventually leak and cause the dredge to tilt or collapse.

To attract visitors even at night, the dredge could be decorated with coloured lights and one of the well-known Udang Galah (fresh-water lobsters) restaurants from Tanjung Tualang could be encouraged to set up at the dredge. It would be like the Chinese Junk restaurant in Hong Kong Harbour.

Some of my suggestions were subsequently well

received by the state government and those in the tourism industry. The then Menteri Besar, Tan Sri Ramli Ngah Talib, later directed the Batu Gajah District Council to undertake the task to save the dredge donated by the Malaysian Mining Corporation as 'Warisan Kapal Korek'.

The 4500-tonne giant machine was designed and built by F.W. Payne in 1938 in England and was one of the main workhorses of the tin mining industry in Malaysia. It was in operation for 44 years until August 1982.

And again in this column (Issue IE93), I suggested "Perhaps even hire guides dressed as dulang washers to show tourists around."

"Something catchy to draw tourists as well as reflect how important the tin mining industry had been to Perak where not only Ipoh was built on tin, also other towns such as Gopeng, Kampar, Chemor, Tanjung Tualang and Papan."

"As I see it, this unique tourism project can be a success if properly planned and managed. It could gradually generate economic activities around it, where the villagers once depended on the mining industry."

"Most tourist spots can turn out to be disappointing, but here, we can display a heritage that had meant a lot to the economic development of the country, as well as an opportunity to marvel at a giant mining contraption."

The question now is, can the MB Inc continue to preserve the tin dredge, when others have failed? If so, for how long?

I believe the best way to do it is to form a non-profit-making mining industry heritage foundation and get the people to be involved in planning and fundraising to preserve the tin dredge. The federal and state government must also get involved by providing annual grants.

This, I believe, is the only way the tin dredge can survive.

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.

Ipoh Railway Station

One of the popular tourists attractions in Ipoh happens to be the Ipoh KTM station which serves as the main railway terminal for the state of Perak. This building which features a mix of Anglo and Asian architectural design was built by a British engineer, Arthur Benison Hubback and was opened to the public in 1935 (per Wikipedia). Apparently this uniquely designed building was originally meant to serve as a hospital before it was turned into a railway station and a hotel. Popularly known as the 'Taj Mahal of Ipoh' the building is now a tourist icon in Perak.

The introduction of the fast and comfortable ETS and Intercity rail services by KTM has helped to further boost the image and popularity of the Ipoh railway station among foreign and local tourists. It is now common to see foreign tourists busy clicking away on their cameras to capture the beautiful sight of the building and the other nearby colonial buildings such as the Ipoh High Court and the majestic Town Hall.

Being a regular ETS train traveller, I cannot help wondering why is KTM not utilising the Ipoh railway station building efficiently. The space once occupied by an hotel (Majestic Hotel) in this building is left to rot by the forces of nature. The barricaded unused areas in this building is turning out to be an eyesore for travellers and visitors to Ipoh.

It is indeed sad to note that KTM, the owner of this building, has not been able to harness the economic potential of this building. Daily, hundreds of travellers use this station. The image of Ipoh will be tarnished if the authorities continue to ignore the upkeep and utilisation of the space in this unique building.

The unoccupied areas in the building can be utilised for so many useful economic purposes. The state authorities should step in if KTM is lacking of ideas to put to good use the empty spaces in the building. I am sure business enterprises will be just too keen to invest if the offer is right. There are so many things one can think of to utilise the unoccupied areas in the building to generate income. If KTM has no other development plans, the state authorities should step in to make good use of the building. The state authorities should explore the idea of converting the unoccupied space into a museum or an art centre, etc. Ipoh railway station has now turned out to be a busy public transport hub in Ipoh. It's a sheer waste of economic space and public funds if this building is not put to good use.

Meanwhile, the landscaping work in front of this building ('Dataran') is pathetic. The trees and plants here appear to be stunted and 'sickly'. During weekends in the evenings the open place is turned into a pasar malam. Towards the end of the day rubbish is thrown all over the 'Dataran' and if this is not cleared by MBI workers, the place looks like a dump site in the morning. Things are made worse when rowdy youths move around menacingly with their motorbikes and skateboards. The authorities should look into ways and means to ensure that this 'Dataran' in front of the Ipoh railway station is safe and not misused by irresponsible members of the public. It appears that landscaping in Ipoh is generally not up to the mark compared to other states. The authorities in Ipoh should look into appointing or consulting professional landscaping companies to turn Ipoh into a truly green city.

S. Param

Ruth's Regrets

In her interview with the Sunday Mail (March 29) Ruth Iversen Rollit said, "When I go back to Ipoh now I weep."

Ruth is the daughter of Berthel Iversen, arguably Ipoh's most famous architect. "They don't maintain it. It's dirty. It's so beautiful previously because there was discipline. The buildings in Ipoh are left to crumble. My father built many cinemas in Ipoh...most of them have been turned into furniture depositories."

Ouch! For an Ipoh born and bred, it hurts to have such things said about your town. But then Ipoh is also Ruth's town, at least in her heart it is. Untypical of a diplomat's wife she has said what she felt in her heart without the usual diplomatic niceties. That's what happens when you speak of something that is dear to you.

Unfortunately, not many of us do so. We who still live here are either blind, too apathetic, or fearful of authority that we clam up. And then there are those who should speak up because they represent us (even when we did not vote for them) and are paid by the people of Ipoh to do a job, refuse to do so because they fear offending the powers-that-be. Or maybe, they are just inept.

Those of us who are of Ruth's vintage or even younger, remember a cleaner and better maintained Ipoh. Ipoh was known as the 'cleanest town in Malaya'. Today we have potholed roads, rubbish is everywhere and many of our buildings are crumbling. And from my house I see smoke-stack industries billowing black clouds of smoke, polluting the town, yet are allowed to get away with it.

But it's not just about crumbling buildings and dirty roads. The authorities don't seem to have a sense of history. Buildings that reflect our past are allowed to be demolished or are left to crumble. Imagine while the Metropolitan Museum archives in London has records of Iversen's plans, we have none. Yet I gather most of the plans are for buildings in Ipoh – it's our legacy for heaven's sake. It's not just about records of the past. Even now we do not have a comprehensive plan to protect our heritage buildings – if we have a plan at all – for the future.

Having said so, at least the private sector has taken a recent interest in preserving some of the buildings in Old Town. Although it must be said that not all the attempts at 'preservation' have architectural integrity; most are driven by commercial considerations. But this is because City Hall has no 'by-laws' to protect heritage buildings.

It is not the only reason; but surely the fact that our City Councillors and Mayor are unelected has something to do with the unsatisfactory way Ipoh is being managed. The 'discipline' that was once there is totally absent. When you do not front up and are inaccessible, it's easy to not have discipline. As a matter of fact a straw poll showed that most Ipohites don't know who their mayor is, much less know what he looks like. And I challenge anyone to name our councillors.

I am sure many of us weep along with Ruth Iversen Rollit. At least she gets to go away but we live here. We should be bawling not silently weeping.

Yin Ee Kiong

Personality

Roger's Fondness for Ipoh

"I love Malaysia and I have very fond memories of Ipoh and Penang. People here are friendly and the foods are fantastic," says Roger Ogle, son of former principal of Anderson School Ipoh, the late Martin Ogle.

Martin Ogle was the principal of Anderson Ipoh from 1957 to 1965 and was the last British expatriate to hold that position. Within the span of eight years, the school underwent some very positive changes.

Martin was in Malaya for eight years after independence. He taught at the Penang Free School for two years beginning in 1938. When the war broke out he managed to escape the advancing Imperial Japanese Army and was sent to Nigeria to join the military. After the war he returned to Malaya to restart the education system. From 1945 to 1965 Martin was attached to various schools before joining Anderson School in the year 1957.



Martin envisaged that every youth who walked through the gates of Anderson should be provided with a wholesome education. He encouraged extra-curricular activities in line with youth development.

Roger admired his dad for his kind and understanding nature. He was without doubt a good leader of men.

"I was very young then. My dad established a very strong reputation when he was the school head. He struggled to get the best education in Anderson. He encouraged his students to think further and also broadly," he told Ipoh Echo when met.

Martin played a definitive role in academic excellence during his time at Anderson. Student enrolment during his time was 2500 compared to about a thousand presently. Besides academic excellence, Martin formed a strong rugby team in Anderson with the help of Ung Khek Cheow, his



mathematics teacher. The team went on to win many rugby accolades for the school.

Martin did not insist on his own vision, but helped create a common vision and then became totally immersed in its success. He was able to bring everyone together for a common goal through an enduring motto still in force today. He was the most remarkable and gifted principal of Anderson Ipoh.

Every father makes an impression on his children. Roger Ogle, 64, was born in Malacca and lived in Ipoh from 1958 to 1964. With his father's guidance, Roger established a successful journalistic career for himself. He currently owns Swindon's largest free news publication, the Swindon Link. It is a well-received community newspaper that provides important community news, reviews, interviews and the goings-on in the town. Just like Ipoh Echo.

Nantini

Happenings

Enough with Sexism!

“She’s not that pretty. In the pictures, she is a little pretty, on television, she is only slightly pretty.” This was a statement made about a woman politician in Malaysia by a public figure. Say it with us, *Aiyoh... Wat Lah?*

On Sunday, May 10 at Sarang Paloh Event Hall, your favourite spoof Awards ceremony, ‘Aiyoh Wat Lah!’ will be brought to you by *The Joint Action Group for Gender Equality (JAG)*.

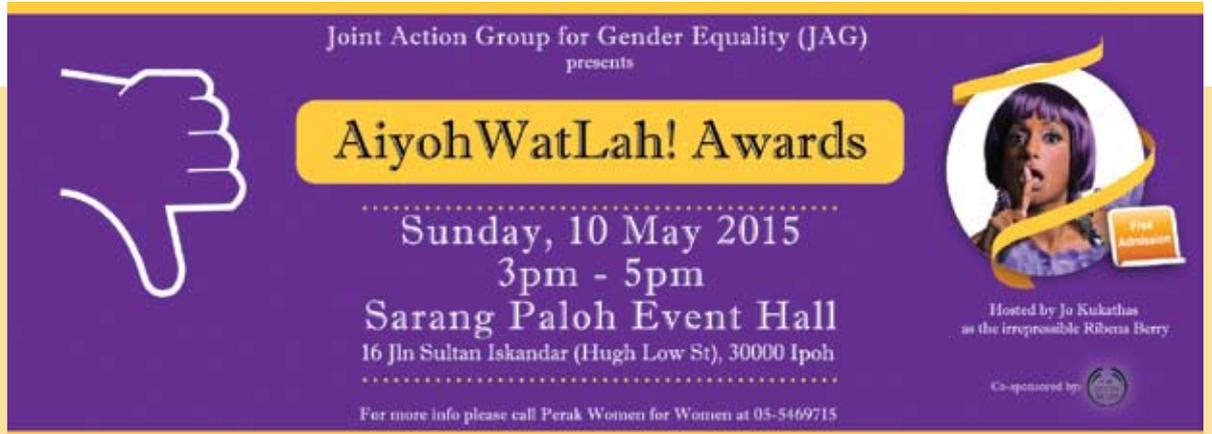
The ‘Aiyoh Wat Lah!’ Awards, introduced in 2012, is an annual Awards ceremony doubling as a public education tool to raise awareness about the widespread misogyny, sexism, homophobia and transphobia in Malaysia. The annual celebration of ‘Aiyoh Wat Lah!’ is to show that an increasing number of Malaysians refuse to tolerate discriminatory statements or actions from public figures.

‘Foot in Mouth’, ‘Insulting Intelligence’, ‘Policy Fail’, ‘Cannot Ignore’, ‘Least Helpful to the Sisterhood’ and ‘Enough Already!’, are six categories in the Awards list. The JAG team trawled the murky depths of media reports from 2014, and has handpicked the very ‘best’ statements and actions vying for a ‘win’ in one of these categories. However, they still acknowledge a glimmer of hope with the category, ‘Right on Track’ for public statements or actions that are right on track, a step forward in gender justice, always welcomed by JAG.

Why the name ‘Aiyoh Wat Lah!’ Simply because ‘Aiyoh... Wat Lah!’ is a phrase so familiar to the Malaysian tongue. It comes naturally as an expression of disbelief and even anger in response to bigotry in the media, made worse by the position of the individuals who make such statements.

So, how can you get involved in the ‘Aiyoh Wat Lah!’ Awards? JAG needs your help to make this year’s Awards bigger than ever by casting your vote for the most ‘deserving’ nominees to win.

To vote just hop on to any of the JAG social media sites where you can find the link to the voting and event page (details right). Last year, they had over 1000 responses! Voting closes on April 19.



Joint Action Group for Gender Equality (JAG) presents

Aiyoh Wat Lah! Awards

Sunday, 10 May 2015
3pm - 5pm
Sarang Paloh Event Hall
16 Jln Sultan Iskandar (Hugh Low St), 30000 Ipoh

Hosted by Jo Kukathas as the irrepressible Ribena Berry

For more info please call Perak Women for Women at 05-5469715

The annual launch of voting to let the public have their say, culminates in a spoof Awards ceremony at which the ‘winners’ are crowned. Ribena Berry, the alter-ego of actress, comedian and writer, Jo Kukathas, returns this year with her dose of ‘Manglish’ in presenting the Awards, Malaysian style!

So make a date with Sarang Paloh on Sunday, **May 10**, to join them for an exciting afternoon ‘celebrating’ the worst sexism, misogyny, homophobia and transphobia that Malaysia has to offer!

How to vote

Hop on over to any of the JAG members social media page where you can find the link to event page and vote:

@AWAMMalaysia or www.facebook.com/AWAMMalaysia

@SistersInIslam or www.facebook.com/SistersInIslam

@womensaidorg or www.facebook.com/womensaidorg

For details and reservations call Perak Women for Women Society **05 546 9715**.

Perak Academy Books Launch

What does a former computer sales manager, an O & G specialist, a nurse and an ex-banker have in common? Alexandra Wong, Dr Teoh SK, Bridget Eu and Jasemin Sibó are all Ipoh mali authors who will be sharing their publishing experiences at Kong Heng Square (behind Kong Heng coffee shop and Plan B) on Saturday, **May 9** at 3pm.

Made in Malaysia by Alex, whom you may know as Navel Gazer from *The Star*, is a collection of warm, humorous real life stories that pay tribute to the unsung heroes of Malaysia, including her favourite childhood doctor, nasi kandar seller, apam balik maker and more from Ipoh – you may probably recognise some of these characters.

In *Cell Wars*, consultant obstetrician and gynaecologist Dr Teoh Soong Kee shares how he remained optimistic even after discovering lymphoma in his stomach, as he chronicles his journey with chemotherapy in a bid to encourage and motivate others with similar illnesses.

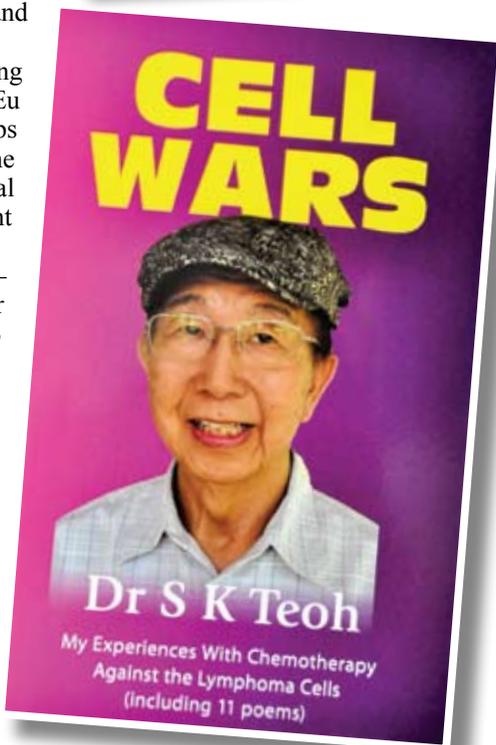
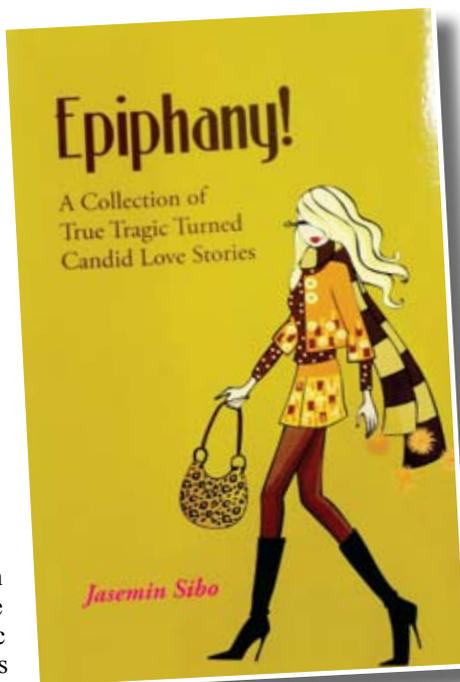
After being involved in nursing and caring for 41 years, Bridget Eu was inspired to write *When Footsteps Merge*, a collection of poems, about the humanity, sufferings, inspiration, ethical issues, joy and courage from different walks of life.

Finally, the youngest of the four – Jasemin Sibó – collaborated with other kindred spirits around the world to write *Epiphany*, a collection of short, true stories about failed relationships as a therapeutic means to cast out nagging memories of ex-partners and lovers.

Books will be sold on the day, so here’s a chance to get a heartwarming gift just in time for Mother’s Day (May 10). See you there!

Reservation and enquiries, please call Perak Academy: **05 241 3742** or **016 551 8172** or email contact@perakacademy.com.

Ed



WEIL Hotel's Secretaries Week Celebration with Harith Iskandar

Recently awarded Top 10 Asia’s Best Standup Comedian, Harith Iskander is set to drum up much laughter to Ipohites and Perakians come Secretaries Week celebration at WEIL Hotel on April 30.

WEIL Hotel, a bespoke contemporary urban retreat hotel in Ipoh is giving a special treat to all secretaries in Ipoh and its surrounding areas in Perak in recognition of the hard work and commitment of secretaries, assistants or administrative professionals. WEIL Hotel’s Secretaries Week will start off with a sumptuous buffet luncheon. Thereafter, it is all jokes, fun and laughter with Harith Iskander.

Mr Liew Yu-Wei, Executive Director, WEIL Resources Sdn Bhd said, “We are pleased to host Harith’s presence in Ipoh and extend our hospitality to him. The team is excited to put together an afternoon of good food and laughter especially for Ipohites.”

“Being a secretary, assistant or administrative professional can be stressful, especially when one needs to address and meet up to their bosses’ expectations. We specially brought in Harith Iskander, so our guests can let their hair down and enjoy an afternoon filled with laughter while feasting on sumptuous food and delicacies. We truly want to make it an afternoon to remember.”

For the past 24 years, Harith has performed ‘live’ at hundreds of shows and entertained thousands of Malaysians and foreigners with his unique and original material.

Tickets for lunch and the show are sold for **RM128 nett per person**. Reservations are recommended, kindly call **05 208 2228** or email enquiries@weilhotel.com for enquiries or more information.



