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# Celebrating SYAWAL

by Ili Aqilah

Aidilfitri is celebrated every year after a month of fasting during the month of Ramadan. It falls on the first day of *Syawal*, which is the tenth month in the Islamic calendar. Muslims all over the world will be celebrating the festival, as a show of gratitude to Allah for giving them the strength to fast and exercise self-control in overcoming earthly desires.

In Malaysia, Aidilfitri, also known as Hari Raya Aidilfitri, has become one of the most celebrated festivals in the country. People from different races and religions will visit their Muslim friends during the festivity either to catch up with one another or to seek forgiveness. Friendships are strengthened and fractured ties are mended, all in the spirit of Aidilfitri.

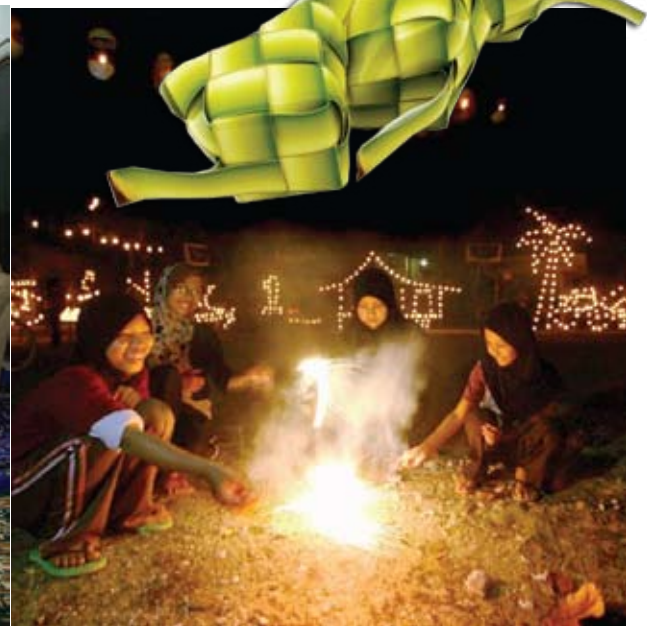
*Continued on page 2*







## An Occasion to Come Together and be Merry



### Balek Kampong

On this auspicious day it has become a norm for Muslims to come together and be merry. The much-anticipated *balek kampong* ritual takes on a definitive form and Malay Muslims will make that long sometimes perilous journey to their places of birth which they call kampong, thus the origin of the word *balek kampong*. Today, the *balek kampong* syndrome has affected all races, not Malays alone.

### Traditional versus Modern

As tradition dictates, a few days before Aidilfitri, children who live away from their parents will return home and help their parents prepare for Hari Raya. Cleaning and decorating the house, cooking home-made food and baking cookies and cakes are some of the tasks that need to be done.

Foods served during Aidilfitri are slightly different from normal days. They include *lemang* (glutinous rice cooked with coconut milk in bamboo stems), *ketupat* (rice cooked in wrapped coconut leaves), *rendang* (chicken or beef slow-cooked with coconut milk and spices) and many more.

Cookies known locally as *kuih raya* such as pineapple tarts, honey cornflakes, *semperit* are some of the must-have edible items during Aidilfitri. The cookies are normally filled in decorative jars or plastic containers and, for the duration of the festivity, will be the centrepiece of all Malay Muslim families.

A house without these cookie-filled containers, displayed conspicuously on the dining table, is deemed not to celebrate Hari Raya.

These days, however, many have opted to buy ready-made and pre-cooked delicacies instead of making them from scratch, as most of these traditional delicacies require time and labour to prepare. Take kampong chicken *rendang* for example, as the meat is not as tender as regular chicken, it can take up to 3 hours to cook the dish to perfection. Hence, some would rather pre-order it from caterers, instead.

*Kuih raya* too have experienced a similar fate. Although they do not normally require a long time to prepare, many today prefer to buy them from traders at wet markets or at *pasar malam* and that is how the word *kuih tunjuk* originates. It simply means pointing to the cookies you prefer with your finger.

Food is not the only thing that has undergone changes due to the after-effects of modernity. *Balek kampong* is slowly being replaced by extended holidays. Yes, some will take the opportunity of the long break for a family vacation abroad. Visiting relatives and friends is now being replaced by visiting historical sites, theme parks, beaches and places of interest.

Back in the days when the Internet was non-existent or when it was in its infancy, those who visited their families would talk to one another. Information technology, however, has affected tradition in a big way. Visitors will now ask for Wi-Fi passwords, nearest electrical point to either plug-in or charge their gadgets, and texting and whatsapping via android phones are the vogue. Gone are the days when one engages in small talk and gossip as a form of catching-up.

### Have we gone too far?

*"Without tradition, art is a flock of sheep without a shepherd. Without innovation, it is a corpse"* – Winston Churchill.

Although it is easier to buy *lemang*, *rendang* and *kuih raya* nothing beats good, home-cooked meals. This Hari Raya, how about baking your own *raya* cookies? Start

with trying something easier, such as Honey-covered Cornflakes. All you need are a box of your favourite cornflakes and honey (or syrup). Mix them together, scoop into your desired size and bake till it is golden and crispy. It is so easy. Next year, you can try and make your very own *lemang* and *ketupat*.

Family gatherings can sometimes ignite old disputes among siblings and offspring. This is one of the reasons why some prefer to spend their Aidilfitri alone or away on holiday. Well, blood is always thicker than water. You cannot and should not cut your ties just because you do not see eye-to-eye on certain issues. Try to make up, talk about things you like and recall the past. Your terms of endearment should remain intact, as you are part and parcel of the family.

Technology is supposed to keep us connected, making it easier to talk to friends and family members. However, things have worked differently. We prefer online chatting; sending private messages, uploading photos and many more than spending time with our loved ones.

Don't get us wrong, we love the internet but during festivals or family gatherings, spend a little less time on your phones and more time with your loved ones.

Aidilfitri is a celebration of thanksgiving to honour our triumph over deprivations. It is a time to seek forgiveness and to renew ties with our families. Leave your gadgets for a while and start talking to your grandparents, parents, uncles, aunties and cousins. Ask about their well-being and their health, if they are old and infirm. A face-to-face conversation is definitely more meaningful than keeping glued to your phones and the idiot box.

### How to make Aidilfitri fun?

#### 1. Carpool to relatives' houses

Carpooling has proven to be more fun and you can save plenty on petrol. Driving during the festive season can be exhausting due to the traffic, so carpool, instead. You can play car-games, hold karaoke sessions or make pit stops to buy food and souvenirs.

#### 2. Sing your heart out

Prepare a playlist full of Aidilfitri songs and sing them. You have plenty to choose, from the classic Ahmad Jais's 'Selamat Hari Raya', M. Nasir's 'Satu Hari Di Hari Raya' to something new. The classics are simply nostalgic.

#### 3. Bake raya cookies together

It is much easier to buy *raya* cookies than make them, but baking together with family members can be real fun. You get to play around, learn how to work together and get a tip or two on cooking from your older relatives. Need cookie recipes? Check out: [www.kuali.com](http://www.kuali.com), [www.koleksi1001resipi.com](http://www.koleksi1001resipi.com) or just goggle.

#### 4. Wear matching outfits

Nothing ensures togetherness more than matching outfits on Hari Raya. It shows unity and bonding among your love ones. You can either buy ready-made *baju melayu* and *baju kurung* at your nearest clothing stores and shopping malls or you can also buy them online via websites such as Fashion Valet, Pop Look and Zalora. Both male and female clothes are on offer.

And if all of the above do not work, go for a movie in town.

*Selamat Hari Raya  
Maaf Zahir & Batin!*





• From the Editor's Desk  
By Fathol Zaman Bukhari

# A Simple Wish List

*An efficient delivery system will engender affection for the Council. Ridding or simplifying the obnoxious visitors' dress code should be Zamri's priority...*

When news of a new mayor taking over the hot seat made the rounds, the city was abuzz with rumours, some misplaced and some totally unwarranted. Ipohites were eager to know who would fill the void once Dato' Harun Rawi bows out. My one good and reliable source was the many whatsapp chat groups I am affiliated to. The Ipoh City Watch group administered by Dr Richard Ng was most active, as some of the more vocal ones had posted photos and names of the likely candidates.

The one name that had been bandied about for a while was Dato' Rahim Md Ariff, the former Ipoh City Council Secretary and, currently, the president of the Taiping Municipal Council.

Over time the name list stretched to two and finally three. The three were Rahim, Hj Mohamad Jamil, DO Kuala Kangsar and Zamri Man, president of the Manjung Municipal Council. Many had their bets on Rahim as he was the most senior of the trio and the one with sound knowledge of Ipoh having served Ipoh City Council for over two decades.

I did not participate in the animated discussion that followed purely for reasons of expedience. I knew had I been a party to the exchanges I would be cited as a source, being from the media. So I kept mum and read what others had in their minds. Some of the comments were interesting although a little far-fetched. Someone had his money on Mohamad Jamil. His reason was rather simple. Mohamad Jamil was nearest to the palace and being DO of Kuala Kangsar District he had the edge. I did not fall for this.

My arguments would have been at odds with the rest had I articulated them. Although nomination for the post of mayor of Ipoh comes from Putrajaya, the Menteri Besar has the final say. Someone who is in the good books of the MB would definitely stand a better chance of being appointed than an outsider.

There had, however, been instances when a 'golden handshake' determines the outcome. This was what happened when Dato' Roshidi Hashim left in November 2013. It took a while for the new mayor to step in.



Dato' Harun Rawi, the District Officer of Larut, Matang and Selama got the job on a silver platter, so to speak. Harun was past 58 years old. He had barely two years to perform a job that was beyond his call. I would not have bet on someone whose tenure in office is too short to be of use. Had I been in his shoes I would have done the same – don't rock the boat, keep activities to the minimum and wherever possible try to defer things or postpone them until my replacement takes over.

The ninth mayor, with due respect, was a non-starter. Ipohites were left in a lurch wondering what had hit them. Was there a mayor or not? Harun would not even entertain interviews or meetings. He was so aloof that news soon filtered out that he was antisocial and anti-media. A meeting with news bureau chiefs was organised on January 29 and that set the record straight. Harun admitted that he preferred to remain in the rear leaving the job of engaging the people to his front-line staff. Having said his piece, Ipohites left him alone so did the media.

When Harun left on June 30, a new mayor was appointed the following day. Dato' Zamri Man received his appointment letter from Dato' Seri DiRaja Dr Zambry Abd Kadir on July 1 and on July 2, Zamri reported to work.

Zamri had made a name for himself as president of Manjung Municipal Council. He had the grounding in Manjung which is among the best-managed councils in the country. Someone with such credentials under his belt is expected to perform, no matter how. Thus, expectations among Ipohites are high.

However, before we get carried away by innuendoes, let us identify what is really required out of Ipoh's tenth mayor. The list is simple. Most would agree that cleanliness, security and safety take precedence over others. A clean and safe Ipoh is what Ipohites pine for. Likewise, an efficient delivery system will engender affection for the Council. Ridding or simplifying the obnoxious visitors' dress code should be Zamri's priority. He could not have it any other way.

## In The Name of My Father's Estate

Episode 43 • by Peter Lee

Due to a serious accident, both John Lee and Connie were left paralysed and could not act as Co-Administrators for Lee Sr's estate. Therefore, the estate is left with Michelle, the third Administrator, who is the only one capable of administering the estate at present. After family members briefed John Lee and Connie, they agreed to relinquish their position as Administrators to pave a way for a replacement. However, Connie's idea of a replacement was to appoint someone who is an independent party instead of Michelle. Therefore, all family members agreed and decided to appoint a trust company on the recommendation of Dave (Lawyer). During the discussion between family members and the representatives from a Trust Company, Michelle asked about the Trustee's fees for administering her father's estate. In reply, the Trust Company's representative said, "The administration fee charges will be segregated into three categories."

"The fees involved will not be more than 1.8% on average based on the market value of the assets and the fees will be on an annual basis until our Administration work completes. Therefore, the speed of our Administration work depends on when we will be appointed officially as the sole Administrator." Michelle then asked the Trust Company's representative whether there is any discount on their fees. Before the representative could answer, her mother, Mrs Patricia Lee, intervened and said, "I don't think I want to argue on the fees. I just want to proceed instead of waiting. Anyway, to give out 100% of the assets, we are using 1.8% of it to ensure that the distribution is done in an efficient and professional manner. So, are you guys okay with the appointment?" she said while looking at her children. All of them then nodded and confirmed the appointment of the Trust Company. Mrs Patricia Lee then asked "What's the next step?" Dave (Lawyer) who is in the meeting replied, "The next thing I have to do for the estate is to make an application to the High Court to withdraw the names of the existing administrators, that is, John Lee, Michelle and Connie and replace them with the Trust Company."

"Meanwhile, I will prepare letters for all family members to sign consenting to the appointment of the Trust Company. At the same time, I would also have the letters of renunciation ready for the existing administrators, namely John, Michelle and Connie, to sign renouncing their position. These documents are essential for making the fresh application for a Letter of Administration (L.A.). Therefore, once I have drafted all these letters, I would need all of you to co-operate in signing them as soon as possible." Mrs Patricia Lee chipped in and said, "I don't think we have any other choice but to co-operate." Then the Trust Company representative stepped in and said "Once the administration work commences I will need the co-operation of all family members to furnish all the list of estate's assets because all these assets must be transferred to us when we obtained the L.A."

*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 [excelsec@excelsec.com](mailto:excelsec@excelsec.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 – XANTHELASMA

In our continuing series on Eye Health, Consultant Ophthalmologist Dr S.S. GILL talks to us about Xanthelasma Palpebrum.

Most people would have noticed someone or the other with obvious yellow fatty patches or plaques on the eyelids. This is called *Xanthelasma Palpebrum*. Xanthelasma is derived from the Greek word of "xanthos" which means yellow and "elasma" which means "a beaten metal plate".

The fatty plaques are very easy to spot and have often been a cosmetic nightmare to the fairer sex because it is situated on an obvious part of the face. They are found on the upper or lower eyelid, usually closer to the nasal bridge or medial canthus region. These plaques usually start as small soft velvety papules on the inner side of the eyelids. They may grow in size over several months to form flat larger plaques. No pain or discomfort is involved. They commonly start developing in the teenage years and then peak in the fourth and fifth decades of life.

### CAUSES OF XANTHELASMA

High triglyceride and cholesterol levels have been known to be associated with individuals having xanthelasma. However, it is also not uncommon to see people having xanthelasma but having no problems with elevated cholesterol. There is a predominance of xanthelasma in women than in men. It may also be associated with metabolic conditions like diabetes mellitus especially when it's uncontrolled.

### INVESTIGATIONS

Always get a blood test done which must include plasma lipid levels as well as LDL cholesterol and HDL cholesterol levels. Don't be surprised if these are normal as it may be high only in about 50% of patients having xanthelasma.

### TREATMENT

- 1. Medical Treatment:** If one is diagnosed to have elevated lipid cholesterol level, then it would be important to get this under control. Unfortunately, even with the control of cholesterol, they do not often reverse or regress in their size but perhaps help reduce recurrences.
- 2. Surgical Treatment:** This would be the best option. A minor surgical removal solves the problem quite easily. The possible tools used to remove a xanthelasma varies from chemical cauterization, cryotherapy and laser ablations. The method of choice of removal is not very important as all the methods are equally effective. The various options may be discussed with your treating doctor.

### OUTCOMES

Recurrence is not uncommon. Almost 25% of patients may have a repeat plaque forming especially in those who have elevated blood cholesterol. Some women resort to cover-up using eye make-up and this is fine. Do take note that there are no miracle creams or ointments that can remove such fatty plaques. Buying them may only add to your frustration especially if you have spent a bomb purchasing those 'miracle creams'.

### IMPORTANT TAKE HOME MESSAGE

Based on a long study (1976-2009) of approximately 13,000 people, it was found that those with xanthelasma were more prone to suffer from heart disease. So do take note of this and get yourself checked should you have a xanthelasma problem.



Dr. S.S. Gill  
Resident Consultant  
Ophthalmologist,  
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For more information, call Gill Eye Specialist Centre at Hospital Fatimah  
05 545 5582 or email [gilleyeccentre@dr.com](mailto:gilleyeccentre@dr.com).



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# Challenge the Dress Code, in Court

In May, the Ipoh Echo article 'Dress Code Confusing' sparked debate among Ipoh netizens, when they read about the manner in which a smartly dressed woman was prevented from visiting the Ipoh City Council building.

If Susan, the corporate affairs executive had been underdressed, or dressed shabbily, wearing torn, filthy clothes and in flip-flops, then that would have been an entirely different matter. Susan was instead, respectably attired in a knee-length black-horizontal striped skirt and vertical striped top. Her long sleeved light-grey jacket did not expose her bare arms nor did she have a plunging neckline. Her shoes were smart and her toes were covered.

Whilst all of Ipoh fumed and said that Susan did not deserve that treatment, other people began to relate their experiences at other government offices around Ipoh.

Over several weeks, other newspapers covered the story, and it transpired that the dress-code enforcement, was not just an Ipoh problem, but a nationwide menace. Since the day Susan received her rude 'awakening', several more incidents of Malaysians, mostly women, being told off by the security guards, who man the counters of these government departments, have been reported.

On May 7, a man who had forgotten to collect his luggage after his flight, returned to KL International Airport (KLIA), to retrieve his luggage from KLIA's Lost and Found section.

Businessman Wilson Ng was refused entry because he was wearing pink knee-length shorts and sandals. He donned a pair of trousers and shoes, which the guard told him he would have to wear, to collect his suitcase.

The next dress-code incident was on May 27, at the National Archives in Kuala Lumpur, when a woman was asked to cover her clothes with a sarong and her head with a shawl, before being allowed into the building. She returned with some friends on June 10, and the whole group had to put on sarongs.

On June 8, a woman wrote, on Facebook, that when she visited the Road Transport Department in Kuala Lumpur, she was asked to put on a sarong. She was wearing a knee length skirt.

On June 10, a woman's knees were also requested to be covered up with a sarong. The incident took place at the Selayang Municipal Council Office.

At the Sungai Buloh Hospital, a woman was forced to cover her legs with a towel, before she could enter the building. This occurred on June 16.

Then, on June 22, two reporters were asked to wear sarongs to hide their legs, just before they were due to cover a press conference at the Selangor State Secretariat in Shah Alam.

On June 24, the guard at the Small Estate Unit of the Federal Territories of Land and Mines Office stopped a woman from entering the building.

The next day, another woman was alleged to have been prevented from entering the Balik Pulau Court Complex because her knees were bare.

Is Malaysia undergoing the implementation of dress code policy in all its government offices and hospitals? Is the dress-code primarily addressed towards women? Are non-Malays the only target?



**THINKING  
ALLOWED**

by Mariam Mokhtar

What if Malay women do not wish to wear the *tudung* and *baju kurung*, but are clothed in their best kebaya, their hair exposed? What if the Malay women dressed in skirts? Would they be barred entry?

Would women be turned away if they were to wear maxi length skirts or smart trouser suits? What if women and men wore their traditional costumes?

Will the guards turn them away, because they are ignorant, and do not know how to apply any flexibility? The problem with making security guards enforce the dress code is that

many stick to the letter of the poster description and fail to exercise discretion.

What is the underlying reason for this strict, restrictive dress code? Is it something which the guards use to abuse their power, and lord it over the unsuspecting public? Or have they been given orders from the top? Is the management hiding behind the guards to escape blame?

With all the corruption scandals erupting around us, one wishes that the authorities would put as much effort into tackling corruption, as enforcing the dress-code.

Perhaps, it is time that a brave person challenged the dress code ruling, in court, because few people actually visit a government department dressed inappropriately. The focus of the civil servants should be on their work and giving good service to the public, instead of worrying about women's knees.

## Dr Saravana.K

Consultant Physician,  
Gastroenterologist & Hepatologist

## Digestive Health

## ACHALASIA

The esophagus is the muscular tube that extends from the neck to the abdomen and connects the throat to the stomach. Achalasia is a condition where the esophagus is unable to move food into the stomach. The *lower esophageal sphincter* (LES), a valve located at the end of the esophagus, stays closed during swallowing, resulting in the back up of food.

## What are the symptoms of achalasia?

Difficulty swallowing, regurgitation of undigested bitter food, chest pain and heartburn.

## Who is affected by achalasia?

It is typically diagnosed in adults, but can occur in children as well. There is no particular race or ethnic group that is affected, and the condition does not run in families.

## Is achalasia serious?

As the condition advances, achalasia can cause considerable weight loss and malnutrition. People with achalasia also have a small increase in the risk of developing esophageal cancer, particularly if the obstruction has been present for a long time.

## How is achalasia diagnosed?

- Barium swallow.** The patient swallows a barium preparation (liquid form) and its movement through the esophagus is evaluated using X-ray.
- Endoscopy.** A flexible, narrow tube called an endoscope is passed into the esophagus and projects images of the inside of the esophagus onto a screen.
- Manometry.** This test measures the timing and strength of esophageal (pump) contractions and LES relaxation.

## How is achalasia treated?

If left untreated, achalasia can be debilitating. People with the condition experience considerable weight loss that can result in malnutrition. Lung infections and pneumonia due to aspiration of food can result, particularly in the elderly. There are several successful treatments available for achalasia, including:

## Minimally Invasive Surgery

Today, select patients with achalasia can be treated successfully by a minimally invasive surgical technique called laparoscopic esophagomyotomy where the muscles of the valve between the esophagus into the stomach are cut. This operation usually requires one day of hospital stay and recovery is typically accelerated when compared to conventional surgery. Up to two-thirds of patients are treated successfully with surgery, though some patients may have to repeat the surgery or undergo balloon dilation to achieve satisfactory long-term results.

## Balloon Dilation

While the patient is under light sedation, the gastroenterologist inserts a specially designed balloon through the LES and inflates it. The balloon disrupts the esophageal muscle and widens the opening for food to enter the stomach. Some patients may have to undergo repeated dilation treatments in order to achieve symptom improvement.

On average, this procedure offers a 75 per cent chance of relieving symptoms for a period of years. Risk associated with the procedure, however, is potential perforation of the esophagus.

## Medication

Patients who are not appropriate candidates for balloon dilation or surgery may benefit from Botox® (botulinum toxin) injections. When injected into muscles in very small quantities, Botox can relax spastic muscles.

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

## Han Chin Pet Soo



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SeeFoon is taking a sabbatical from food

By SeeFoon Chan-Koppen



Anak Perak

## Moses Tay

**W**hen you have won the Perak Open singles 11 times, capturing triple crowns in 1958 – the first Asian to achieve this feat – you have every right to rest on your laurels or in this case, your rackets. But not so Moses Tay.

At age 87, when most octogenarians are taking things easy, watching TV or having coffee or tea with their cronies and talking about the good old days, Moses can be found in his office at his bustling family-owned Flamingo Hotel in Sitiawan, still tending to business, focused, and answering my questions with full attention. Well his eyesight and his hearing is not as good as it once was but a lifetime of discipline and training for his sport shows in his perky demeanour.

He doesn't play tennis anymore but he still walks 12 times round the tennis court every day and plays a mean game of Ping Pong or table tennis.

Moses has much to be proud of. Aside from the 11-time Perak Open singles achievement, he can proudly lay claim to bringing home the first international win in tennis in 1957.

Teamed with Ong Chew Bee, he took down Ceylon (now Sri Lanka), then Vietnam in the 1957 Inter-Port Competition. He continued to represent Malaysia for the next 15 years, peaking with his captaincy of the National Davis Cup team from 1969 to 1971. This honour is rated by him as one of his most prized trophies amongst his other achievements.

In those days there were no financial rewards or other incentives like the game today. He played for his state and country for the sheer love of the game and considered it an honour and privilege. In recognition of his contribution he was awarded the AMN by the Agong and the AMP and PMP by the Sultan of Perak.

Moses came to tennis rather late in life at the age of 25. He began as a badminton player and had represented Perak on a few occasions. Deciding that there was no future in badminton (he played singles) he switched to tennis which in those days was quite the aristocratic game.

He began by playing in the Sitiawan Recreation Club and in the beginning people refused to play with him, considering him a novice. When his game started to pick up, people began to notice and soon they were lining up to play with the up-and-coming tennis 'superstar'. He took to tennis like a duck to water and his rise was meteoric.

Of course talent without discipline is like a fish pond without water, and Moses had more discipline than most of the players he defeated over the years. His training regime was extremely rigorous. He was a teacher at ACS Sitiawan and at 7am he would challenge students to a backward race, giving 20 cents (enough to buy a big bowl of noodles in those days) to anyone who could beat him. 1.30pm would see him running four miles in the scorching midday sun and at 4.30pm he'd be doing 100 serves on the court. After sunset would see him skipping 1000 loops on the skipping rope followed by innumerable sets

of play on the tennis court, finishing with more practice serves.

"I can accept losing given a lack of skill but it's unforgivable to lose from a lack of stamina" said Moses. "That is why having the discipline to train hard is so important," he added.

Moses' sense of discipline didn't just stay with his tennis game, he applied it in school with his students as well, as can be attested to by many an old boy and the thousands of ACS Sitiawan students who trembled under his rotan's whack. He was one of the most feared, yet most respected, teachers and he would always preface each punishment by saying, "I do this because I love you".

One of his students reckons that many students became successful because Moses never compromised on discipline.

Married in 1951, to Ho Ung Ging the sister of the late Dato' Richard Ho, who bore him three sons, Moses applied the same strict standards to his sons: Lawyer Dato' Daniel Tay; Dr Samuel Tay, a Colorectal Surgeon; and Captain Stephen Tay, an SIA commercial pilot. Misdemeanours, even trivial ones, met with prompt action from his trusty cane.

Said Dato' Daniel Tay, the eldest son, "My Dad instilled in all three of us, the need for discipline. And it has stood us in good stead. I know that modern child rearing philosophy looks unfavourably on caning as a disciplinary measure but it certainly did us and a lot of the ACS Sitiawan boys no harm. My Dad did it with love and that makes all the difference."

When Moses was 31, he took a break from tennis to study for an external History degree from London University. Those years were the toughest in his life, studying till midnight every day – five hours on workdays and 10 on weekends. It was his strict sense of discipline that pulled him through and when, after four years, the phone call came from his sister in Kuala Lumpur that he had passed his finals and will be receiving his BA Honours in History, he admitted that it was one of the happiest moments in his life.

The second one was when his eldest son Dato' Daniel won the Best Baby contest at the age of 6 months. Such are the highlights of an interesting man's life.

In 1972, Moses was made Principal of ACS Sitiawan, a post which he relished and cherished and aside from his tennis achievements, this was another highlight of his long and distinguished career. He was responsible for setting up the only Sixth Form in ACS in the district and the creditable results achieved by the students bear witness to his dedication.

He retired as Principal in 1979 after a long and illustrious career as a distinguished educator and became a housing developer for the next 15 years. He became an hotelier in 1995 and now helps to manage his own hotel, the Flamingo Hotel. He is a committed Christian and is a leader in his local church. He is still active in various organisations like the Sitiawan Maternity Hospital and ACS Sitiawan to name a few. He still plays the piano and sings in the choir, dabbles in stocks and never misses his daily ping-pong workout.

His advice to young competitive players today is NEVER GIVE UP.



The SRC team (from left) Daniel Tay, Moses Tay, Song How Ting and Ling Long Sing with their trophy.

## SRC make it five-in-a-row

IT WAS sweet victory for the tennis doubles team from Sitiawan Recreation Club (SRC) when they beat the YMCA to take home the Sultan Cup for the fifth consecutive year.

They attributed their success to intensive training and former Davis Cup captain Moses Tay.

Said son Daniel Tay: "You cannot imagine how dad's presence in the

team can still put our opponents under pressure which is very much to our advantage."

Moses, 58, said that his 20 years of experience was responsible for moulding the young team who have been playing together for the last five tournaments.

"Ironically, the young ones are looking out for me when it used to be I who would be worried about them on the

courts. But I still have some years of good tennis left and intend to be in the team for next year's tournament.

In the SRC's five successful years – since 1983 – only the Chinese Recreation Club (CRC), Taiping posed a stiff threat which ultimately made them co-holder of the Cup in 1984.

The Sultan Cup tournament was inaugurated in 1928.

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## Community

# Honouring parents on Father's Day

Love And Welfare Society, Perak organised a simple function in Chennai Café to honour parents and present gifts to single mothers to celebrate Father's Day. Dr James Ratnam, President of the Society said that they have been doing this for the past five years on a small scale within their means. This is one of the ways to give recognition to those who deserve it.



One of the two parents honoured, R. Perumal and his wife D. Amirtham have eight children, four boys and four girls. Perumal is a retired Senior Clerk from the Drainage and Irrigation Department. With his single salary, he has sent all his children to university and they are graduates. Perumal said that financially it was difficult and stressful and he had taken a loan from a co-operative society and also borrowed to cover the expenses. They are now happy, knowing that their children are well settled.

The other couple D. Rayappan have a wheelchair-bound daughter who is sitting for her SPM exam this year. Rayappan said that when his wife was expecting, doctors had informed them that the baby was not normal and advised them to abort. However, they decided to have the baby. The mother is looking after her daughter full time. Rayappan is a librarian in Ulu Kinta Teachers Training College. He says that the phrase "do not be afraid, I am with you" in the Bible keeps him going and he is proud of his daughter Rebecca. Rebecca was presented with a cash voucher.

Both couples were honoured in the Indian traditional way of donning the golden shawl. Normally the shawl is donned on individuals, but Dr James said that he was donning a single shawl on both husband and wife to signify they are together as one.

Some 35 needy single mothers were also presented with goodie bags while the other guests were served a delicious banana-leaf lunch.

A. Jeyaraj

# World Yoga Day



*"The only way to experience true well being is to turn inward. This is what yoga means – not up, not out, but in. The only way out is in." – Sadhguru*

In conjunction with the First World Yoga Day on June 21, the International Association for Human Values (IAHV) Southeast Asia organised its second 10,000 smile yoga event at Sekolah Rendah Jenis Kebangsaan Bercham, Ipoh. The association's mission is to achieve world peace and development through individual commitment towards joyful living, selfless service and self-awareness.

The event was officiated by Minister of Transport Datuk Seri Liow Tiong Lai accompanied by Dato' Dr Mah Hang Soon, the Executive Councillor for Health, Transportation and Non-Islamic Affairs at the school's playing field.

The exercise regime was a combination of physical movements and relaxation techniques designed to enhance the inner smile. The event stems from the need for a healthy and happy lifestyle while facing numerous challenges in the world today. The yoga extravaganza provides a platform for participants to rediscover their sense of oneness with themselves, with nature and with the world.

The objective of the morning event was to reach out to all to come together as one community and to promote a sense of belonging, of sharing and happiness.

The organisers had expected a thousand participants. However, only about 400 turned up consisting mainly of school children. Tried as they might that was the only number they could muster, as promotion was rather poor. But it will not deter them from trying again next year.

Other activities held concurrently with the main event were a charity bazaar, a blood donation drive and a drawing competition for children. These sideshows helped to enliven an otherwise mundane morning affair.

Nantini

# Men's Health Day at KMC

Kinta Medical Centre celebrated Men's Health Day at their own premise, the hospital provided free height and weight measurements, blood pressure, blood glucose test, body mass index and so on. In addition, the hospital offered a special rate for blood test to the public. The objective of the event was to encourage everyone to come for medical advice and early prevention and treatment. Around 100 men and women participated in the event.



# MGS Reunion Dinner

As a run-up to the Methodist Girls' School's 120th Anniversary in 2017, the Old Girls' Association organised a reunion dinner on Saturday, June 13 at Impiana Hotel, Ipoh. It began with a cocktail reception followed by dinner.

Running on the theme, 'Friendship through the Years', students of years 1961 to 2003 along with 46 retired teachers, taking up a total of 48 tables, graced the occasion. Present were former principals, Sivaprasanna and Nalini, former headmistresses, Che Zora and Lim Chin Lian present principal, Datin Mungit Kaur, present headmistress, Datin Azian and representatives of the Parent-Teachers Association of both the primary and secondary schools.

As an interlude, the school's students performed two dances: a mambo and an Indian dance where the attendees were invited to join the fun. Former student, Wern Sze Gill sang two touching songs, 'You Raise Me Up' and 'Friends Forever' dedicated to all the diners. There was also a quiz about the school in which those answering correctly were given prizes and a lucky draw dip.

The Golden Girl award went to ex-student cum ex-teacher, Mrs Vivian Chong, 88. The attendees had an enjoyable evening catching up with one another. Shrieks of delight were heard, as some of the ladies had not met for the last 30 years. Everyone was full of praises to the organisers and looked forward to the next get-together.

Ed







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## Community

# Fast for Malaysia

Great things are done by a number of small things combined together. On Friday, July 3, the annual #Puasa4Msia (Fast for Malaysia) get-together was held simultaneously at Kuala Lumpur, Penang, Seremban, Kuching and Ipoh. Syeun Hotel was the venue of the breaking-of-fast dinner to signify the end of the day-long event in Ipoh.

Organised by Malaysians for Malaysia, an initiative without a political agenda in 2009, the response is gaining momentum each passing year. Malaysians of different faiths and creeds would fast in solidarity with Muslims on the designated date. The event encourages the public to share their fasting experience online via the hashtag #Puasa4Malaysia.

“The reason for fasting is in solidarity for the country. It’s a fun activity but, most importantly, we’re bringing people together from different ethnicities and beliefs to fast and to break-fast together,” said Azrul Mohd Khalib, the Convener for Malaysians for Malaysia to Ipoh Echo.

“At the end of the day it’s our country. If you want things to change we’ve to do it ourselves. The amazing thing here in Ipoh, it’s women who are behind this. You have Soroptimist International (SI Ipoh) and Perak Women for Women (PWW) here,” added the humble 38-year-old when asked the source of his motivation to keep going.

Six years on, Malaysians were seen enjoying each other’s company and the exceptional sense of belonging left an indelible impression on everyone’s mind.

Malaysians for Malaysia consists of like-minded people who decided to come together to make Malaysia a better country. Members include luminaries such as Marina Mahathir and Daphne Iking.

The campaign creates empathy on both sides – for non-Muslims to understand what it feels like to fast during Ramadan and for Muslims to appreciate non-Muslims who fast even if they don’t have to.

“PWW has been working hand-in-hand with Malaysians for Malaysia in organising inter-ethnicity and inter-faith programmes. This is the second year with the group. I feel proud to be an active participant. Hopefully, more would join us next year,” said Halida Mohd Ali, President of PWW.

“SI Ipoh is joining the do for the second time. Personally, it is my first time. I am truly happy to be with these people. The majority of Muslims and non-Muslims in the country are very united. But the media likes to sensationalise on the problematic minorities for obvious reasons. Your paper’s coverage will help to counter this negativity,” Miss Jean Chai, President of SI Ipoh, enthused.

All said and done, it is a blessed event that needs to be encouraged and nurtured for the betterment of the nation.

Mei Kuan





## Community

# Ruckus Caused by Cats and Pigeons



Sometimes a well-meaning act could go awry for one reason or another. Some kind-hearted souls in Lebu Sungai Senam, Ipoh Garden who rent houses about a year ago have a habit of feeding pigeons and stray cats outside of their rented premises.

The birds' dropping would dirty cars and the clothes on the clothes lines. "When you open the gate of your house the bird droppings would fall on your head straight down your face," claimed one enraged resident.

A lady jogger told Ipoh Echo that a flock of pigeons would fly away whenever she jogged past by the area. "I've to chase these birds away with water. Plus, it's difficult to wash clothes that are soiled by bird droppings," she lamented.

Regarding stray cats, a distressed housewife had this to say, "The cats would sneak into my house and steal my food countless times. Once when I went out to water the plants, and when I returned, my dinner was gone. At least 30 cats would amble around waiting for feeding time."

The residents seldom open their doors and windows for fear of these feline intruders and to keep out the smell of their excretion. To make matters worse, there is an empty house nearby which has become a den for the stray cats.

Concerned residents had complained to the Ipoh City Council numerous times but no actions were forthcoming. Highlighting the problem in the media is their only solution to gain some attention and to put some sense into the perpetrators whose well-intended act has cause much inconvenience to their neighbours.

Mei Kuan

# Food for the Poor

In conjunction with the holy month of Ramadan, 110 residents of Kampung Tersusun Batu 5 & 6 received a box of groceries each donated by the public through a community-orientated programme called Wakaf Jiwa run by an organisation named Kotak Hidup. The event was held at Sekolah Agama Rakyat Nurul Hidayah, Tambun on Saturday, July 4.

Each box consisted of 10 items namely, coffee powder, flour, canned sardine, sugar, condensed milk, soap and shampoo. The recipients were mainly single mothers, senior citizens and people with special needs. Datuk Aminuddin Hanafiah, Adun for Hulu Kinta, officiated at the presentation ceremony. He thanked Kotak Hidup for its efforts in aiding the underprivileged.

"In the midst of our preparations for Aidilfitri many are still unable to pay for groceries. Kotak Hidup's timely aid is commendable. I hope more would come forward to help these unfortunate people," said Aminuddin in his opening remarks.

Kotak Hidup's CEO, Nasaruddin Jaafar was present to handover the boxes. Having been a homeless himself once, he could relate to the struggles of the poor and the misplaced, especially those who had nothing to fall back on.

"It's hard to find food and shelter living on the streets," he recalled. "And having achieved what I have set out to, it's payback time now. This is my true calling."

Kotak Hidup was formed based on an altruistic principle – to encourage youngsters to create an impact on the economy and the society with acts of kindness.

For details on Kotak Hidup visit its website at [www.kotakhidup.com](http://www.kotakhidup.com) or call 05 526 6078.

Ili Aqilah



## Food for Thought

We welcome your thoughts and will accept contributions from individuals with thought-provoking opinions. Please ensure that the content is relevant to Malaysia in general and Perak in particular. We reserve the right to edit and refuse publication to those articles we deem unsuitable.

## Small Word Big Impact: How

Today we visit another small word – How

By Dr Chakr Nagara

This is an interrogative word, and among the various contexts that we may use it, it includes "by what means", "in what state, or condition", "for what reason", "by name", "with what meaning", "to what effect", "to enquire as to means to resolve a problem", and many other contexts in an interrogative intercourse.

In short, it is used to raise questions to problems or situations that has arisen to give the enquirer reason to be kept informed. In recent years we as citizens have fallen into the habit of not questioning the state of play in the various aspects of our country. We as citizens have developed the lazy habit of accepting things as they appear to be or as "explained" and "pre-digested" by authorities as gospel. This is lazy brain syndrome.

We must get out of this rut and get into the habit of asking the "how" (and the "why" and even the "wherefore") of situations and problems that vex us. We must not allow ourselves to be lulled into accepting things at face value or as explained conveniently by those who may have vested interests and personal agendas. If we as a public, as responsible citizens, exhibit more interest and inquisitiveness, and show a healthy dose of scepticism, some of the huge problems we now face as a country could have been averted, or at least not have reached the proportions that we see now.

"How" when used often enough and by more and more citizens, will stop the sense of complacency of the authorities. It will force them to realise that the public will not take things lying down but will need to be convinced at every twist and turn. The public demands explanations that are plausible to problems and situations that irks and the authorities must feel that it is their duty to convince us. No more wool over "rakyat's" eyes. If we had asked the "How" (and Why) to things that affected us years ago and kept on asking, we could have stopped the rot from reaching today's magnitude.

For instance, the subject of corruption has grown by leaps and bounds, from thousands of Ringgit a few years ago to millions of ringgit only a couple of years ago,



and now to the absurd and frightening state of billions of ringgit. When will it end? Are we heading toward the trillion mark?

It is very possible that the public's sheer inquisitiveness at every action of the authorities, will make them more careful in the performance of their duties, as they will realise that they have to ANSWER for their actions and decisions. In effect there will be improved governance.

Sometime in 2008 someone came up with a "brilliant" idea of making big money and increasing the value of our national coffers. But with the absence of a questioning, and inquisitive public, things got bigger and bigger and at the same time messier. Soon the great idea was not such a great one after all. Rumour had it that some

people were taking the national wealth into places which was not where it was supposed to go, strange movement of money and "units" through dubious routes. All this is the result of lack of information at the disposal of the public. There was an appalling lack of due diligence. The grand plan thus changed to a "smoke and mirror" sleight of hand. The financial health of Malaysia is now in ICU.

We must start by changing our culture of "don't ask, don't tell" to that of asking, asking, and continue asking. Otherwise we fall victim to those who have negative and dark intent with the unwitting assistance of those who are not capable of seeing through these dark schemes. An enlightened, honest, and inquisitive society would encourage open discourse which would move us toward good governance. Asking the "hows" and the "whys" often can be likened as points of light in a dark space. If questions are asked often and by as many as possible then there will no darkness and our country will be enlightened and our authorities will be made to provide better governance.

Ask how, ask why, ask and keep on asking even to the point of making a nuisance of ourselves. It will be good for the brain and definitely good for the country.

Dr Chakr Nagara can be contacted at [chakrsri@gmail.com](mailto:chakrsri@gmail.com)



# A Win for The Haven is a Win for Perak and Ipoh

It has come to our notice that the recently completed condotel development, The Haven Lakeside Residences at Tambun has been shortlisted for 2015 World Luxury Hotel Award in 3 specific categories:

1. Luxury Suite Hotel
2. Luxury Family All-Inclusive Hotel
3. Luxury Hotel – Best Scenic Environment

We have been told that the development has cleared the preliminary rounds and are in the final process of the completion , that of a worldwide vote count to determine winners in various categories.



Who would have thought even a year ago that a hotel in Ipoh could be one of the aspirants for a World Luxury Hotel Award? The Haven has progressed magnificently thus far and deserves our support. Nothing would excite Perakeans and Ipohites more if Best Western Premier The Haven, Ipoh stands on the podium with the award in its possession. Voting is in its final stages, closing in just few days' time on July 19, 2015. For us Ipohites this is our chance to help Ipoh bring back some of our international glory that we lost since the tin mining hay-days. A vote for The Haven is a vote for Ipoh. We can regard The Haven as our catalyst, based this time on the resort, eco and leisure tourism industry. I hope you will join us to vote for them. The simplified online voting procedure is attached.

**Step 1**

Go to <http://www.luxuryhotelawards.com/vote-hotel>

**Step 2**

Select "BEST WESTERN PREMIER The Haven Ipoh (Malaysia)", click 'SUBMIT'.

**Step 3**

Fill in your details.

**Step 4**

Write your reason why we deserve to win in the 'Feedback' column. Include either our attributes or our 'SERVICE' or both!

**Step 5**

Click 'SUBMIT'. Done.  
(Reminder: Closing date July 19, 2015)



## News

# Former Mayor Clocks Out



**D**ato' Harun Rawi retired as Ipoh mayor on Tuesday, June 30 after helming Ipoh City Council for one year and six months. He took over the appointment on January 2, 2014 from Dato' Roshidi Hashim. Harun Rawi, 60, plans on staying in Ipoh although Penang was his hometown having been born and bred on the island.

"I'll continue to live in Ipoh despite my parents are still in Penang," he told reporters soon after chairing the Council's full-board meeting for the final time. "After almost 35 years in the civil service it's about time I take a long-deserving rest," he added.

Harun joined the civil service in November 1970 and among the appointments he had held was as an administrative officer and then as assistant secretary at the Home Ministry in Kuala Lumpur. He was once the deputy director of the Perak Immigration Department and the immigration attaché at the Malaysian High Commission in London. Prior to being the mayor of Ipoh, Harun was

the District Officer of Larut Matang and Selama, an appointment he held for nearly three years.

For all retiring senior government officers their final day in office is of significance, as it will have a resounding impact on their lives. Harun was no exception.

When Harun clocked out from the Council building at 5.30pm on Tuesday, June 30 it was a melancholic moment indeed. As he punched his attendance card he was being watched on by his subordinates, among whom was the Council Secretary, Mohd Zakuan Zakaria.

Officers and Council staff formed a line to shake his hand and to bid him farewell, as he walked to his waiting staff car under the porch. Some were moved to tears. But life goes on. Out goes the old and in comes the new. That is life.

Incidentally, Harun was the ninth mayor of Ipoh. He is being replaced by the former president of Manjung Municipal Council, Dato' Zamri Man.

Nantini

# New Mayor Clocks In



**S**tarting a new job is both exciting and nerve-wracking. Dato' Zamri bin Man, 48, is prepared as he takes on the job as the 10th mayor of Ipoh from outgoing mayor, Dato' Harun Rawi, 60, on Thursday, July 2.

He was a picture of confidence and astuteness when he clocked in at the Ipoh City Council building at 7.45am sharp amidst the glare of publicity from both Council staff and the media.

A graduate of University of Malaya majoring in applied economy, his appointment as mayor takes effect on Wednesday, July 1, following the retirement of Dato' Harun Rawi on Tuesday, June 30.

Zambri received his 'marching order' from Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir on July 1.

The new mayor has over 20 years of experience under his belt. He joined the civil service as an Administrative and Diplomatic Officer with the Housing and Local Government Ministry in 1994.

He was appointed as president of the Manjung Municipal Council in October



2007, leading the council to some stellar achievements such as being awarded the 5th Best National Local Authority in the Local Authority Star-Rating System and a 5-star rating in the Malaysian Government Portals and Website Assessment 2012.

Clad in a light red batik, the youngish-looking mayor cherished hopes that Ipoh City Council could establish a good working relationship with the media.

"Ipoh, as the capital city of Perak, has progressed rapidly. Its existing policies need to be maintained and strengthened," stressed Zambri during the press conference.

Cleanliness will be his top priority. Being young is not a negating factor, as it will give him the impetus to take on the heavy responsibilities of a mayor. The presence of a crop of very dedicated and experienced department heads will help lessen his burden. However, support from the media is important as he needs them to publicise his endeavours and programmes.

Present at the media conference was Council Secretary, Mohd Zakuan Zakaria.

Mei Kuan

# Announcements

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

**SMK Methodist (ACS) Ipoh will be celebrating its 120th anniversary with two events, a Festival Of Performing Arts and a Food & Fun Fair from the July 24 to 26**, themed "Bringing, People, Food, Arts and Culture Together". To raise funds to provide a monthly stipend for poor students and to maintain and conserve the school's historical main building. The highlight is a show choir performance featuring several Ipoh based soloists such as Marianne Poh. Tickets are priced at RM10 a book while tickets for the Festival of Performing Arts are priced at RM30, RM60 & RM100. For further enquiries or bookings, contact Yee Kei at **012 288 3137** after 2pm or Ms Jayanthi at **012 211 0690**.

**Perak Academy Lecture Series entitled, 'Shakespeare and the Drama of Life' by Dato' Mahadev Shanker. Friday July 24**, 4pm at Royal Ipoh Club, Jalan Panglima Bukit Gantang Wahab, Ipoh. For details and registration call Perak Academy: **05 241 3742** or Wai Kheng: **016 551 8172**.

**Pet Fiesta, August 1 & 2** at PHL Convention Centre, Menglembu, Ipoh. Malaysia's largest Pet Expo! Contact: **03 7832 3931**, Website: [www.petfiesta.com.my](http://www.petfiesta.com.my). Facebook: [mypetfiesta](https://www.facebook.com/mypetfiesta).

**Perak Women for Women Society's 'Make It Happen!' with Francissca Peter, Saturday August 1** at Syeun Hotel Ipoh. Call **05 546 9715** for details.

**Fourth Ipoh International Dancesport Championships 2015, Saturday August 8**, 6pm-11pm at Kinta Riverfront Hotel Grand Ballroom, Jalan Lim Bo Seng, Ipoh. For enquiries, contact: Ms Yen Chin **012 516 2708** or Mr Chun Wai **016 553 7962**. Email:

[ipohdancesportchampionships@gmail.com](mailto:ipohdancesportchampionships@gmail.com).

**Perak Society of Performing Arts proudly presents the 2015 PSPA International Ensemble, 'A Musical Kaleidoscope from Bach to Yiruma'. Saturday August 15**, 7.45pm at Tenby Schools Ipoh Auditorium. Contact: Sara @ **05 242 7814** or [www.pspaipoh.org](http://www.pspaipoh.org).

**The Dementia Day-care Centre is open daily from 9am till 3pm**. The centre also holds support group meetings every **2nd Saturday and Monday of each month**. All carers who have love ones with dementia and others are welcome to attend. These are sharing sessions. For more details kindly call April at **05 241 1691** before 3pm.

**Performances of Traditional Songs and Dance every Friday every week** from March 25 at 8.00pm (except fasting month). 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**.

**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**.



## Education

# Tan Sri Dr Jeffrey Cheah Scholarship Awards



**T**hirty one students from various courses and fields received the Tan Sri Dr Jeffrey Cheah Entrance Scholarship Awards for their great achievement in their SPM results on July 6 at Sunway College Ipoh (SCI).

The scholarship is part of SCI's corporate social responsibility (CSR) in line with the philosophy of Sunway Jeffrey Cheah's foundation of giving back to society. A total of RM25,035 was given to the thirty one students who had excelled in SPM and are currently enrolled at SCI. The college also offered other scholarships such as, Principal Scholarship whereby the school principal recommends students who not only excel in academics but have great personality; and the media scholarship in partnership with a few media corporations, through the Education Fund where the college offered approximately RM133,947 in total on all Diploma programmes.

Aside from the Scholarship Award Presentation, the college also presented certificates to those Accounting students who participated in the 14th National Inter-Varsity Accounting Quiz (National IVAQ 2015) organised by the Accounting Club of Multimedia University Malacca held on April 10 and 11, 2015. There were 8 participants who represented Sunway College Ipoh for the quiz.

As one of the premier colleges in the Northern region, SCI is an approved

**SUNWAY**  
COLLEGE Ipoh

learning partner of the Association of Chartered Certified Accountants (ACCA) Global where one of their students, Wong Susan, was awarded the World Prize Winner with the highest scores in Certified Accounting Technicians (CAT) for the December 2014 examination paper. The award was presented by the principal of SCI, Puan Adawiah Norli, who couldn't be more proud of her students' achievements.

"In SCI, we are using different methods to teach the students. Not only do we want our students to graduate with flying colours but we also want to shape them into all-rounded students with great personalities. However, with CAT and ACCA, since the syllabus are directly monitored and given to us, all our lecturers have given their best to cater to the needs of our students. Wong Susan has set a great example and I hope the rest will follow soon," said the energetic and dedicated principal.

One of the scholarship receivers, Cassandra Nichole Monteiro admitted that she enjoyed learning in SCI where she gained new knowledge and also a new family.

"I enrolled in the Foundation in Arts (FIA) at SCI for a year. The lecturers have made learning enjoyable and fun. I get to know new friends whom I will always treasure," said Cassandra who is now on her way to earn her first degree at a local university.

As part of the Sunway Education Group, owned and governed by the Jeffrey Cheah Foundation the College commenced its first Diploma programmed in 2004. More than thousands of students have graduated with flying colours in CAT and ACCA professional qualifications, Diploma qualification in Business Administration, Marketing, Information System, Graphic Design and Interior Design.

Sunway College Ipoh is open for enrolment for the July and August intake. Interested readers who are keen to be part of the SCI family can visit the college on weekdays from Monday-Friday (8.30am-5.30pm and weekend counselling on Saturday-Sunday (10am-4pm) or visit their website at [www.sunway.edu.my/Ipoh](http://www.sunway.edu.my/Ipoh) or via phone at +605 545 4398.



## Yang TU Yang Ni

### Wira's Chokodok Reggae

**P**ass the old police station on Hugh Low Street and you can't help but notice the garishly painted building at the junction with Cowan Street. It's painted yellow, green, red – Rasta Colours. This is the *Chokodok Reggae Bar and Backpackers' Hostel*.

Chokodok is the brainchild of Wira who has been travelling and working at anything he can find. He returned to Ipoh with lots of ideas for a bar/cafe and hostel. More than that, he returned to Ipoh with a Japanese wife – Keiko who is fully supportive of his project.

Wira Malik runs the cafe/hostel with his sister, Ina and brother Anaz. Wira has dreadlocks to make any Rastafarian proud. A devotee of Bob Marley, the patron saint of Reggae, he decided to open a reggae bar. Later he added the backpackers' hostel as he felt Ipoh needed a place for true budget travellers.

Starting up for them has not been easy. But what they lacked in money they made up with passion and determination. They approached Tourism Perak for support to get them a government loan or grant. Not content to leave it at that they made their pitch to Yayasan Bina Upaya directly. Their perseverance paid off, they were given RM30,000 seed money. The promised letter of support from Tourism Perak eventually came after they got the money. Why am I not surprised?

Thirty thousand doesn't go far these days. The two brothers and friends knocked up furniture from recycled wood. They painted and decorated the place themselves. The result is cheap chic. While the brothers were busy with the decorating, Ina worked on the menu.

For their initiative and imagination they got grief from Ipoh City Council who objected to their furniture – unhygienic it seems. Unhygienic why? Because they are not a marble-top bar and laminated tables with pleather chairs? Why, I have seen dirtier places with tiled floors and plush furnishings. The Reggae Bar is one of the cleaner eateries I have been to in town. Our authorities need to lighten up and go after the real culprits instead of three people on a tight budget trying to make a go at it.

The ambience is interesting bordering on weird but pleasant nonetheless. The table I sat at was a discarded 'wheel' that once used to coil cables. My stool was a tree stump.

I ordered Jerk Chicken and while waiting for it and chatting with Wira, one of the staff came up to him and said "takde timum". In which restaurant do you have kitchen staff coming up to the boss in the restaurant and saying we are out of cucumber in front of customers? Naïve it may be, but refreshingly honest nonetheless.

The Jerk Chicken was tender and tasty although it could be a little spicier and the



smokiness one expects of jerk meat was not noticeable. The salad was miniscule and of course without cucumber. I ordered lime syrup with instructions to go easy on the syrup and "COLD please". The drink I got was tepid and too sweet. I left it. Instead I sat back and listened to Anaz and his group belt out some numbers. Why no reggae, I enquired? Apparently that's Wira's department – how appropriate with his dreadlocks and all – while Anaz with his specs was more John Lennon.

I felt that the food could be more interesting. I expected Akee and Salt Fish and Callaloo – a typical Jamaican Stew of vegetables and meat. Papaya Salad is another Caribbean dish which can easily be replicated.

Wira assured me there will be new dishes added, as they go along. But whatever is lacking in the menu is more than made up by the ambience and the friendliness of the place. It's easy to strike up a conversation with just

about anyone there. You certainly can't turn round to the next table in any of the so-called high-class diners to chat. They will think you are from TR.

I told Wira that my friend complained about not being able to get a drink (and I don't mean water). He said that while he does not serve alcohol he has no objections if you bring your own grog and drink it discreetly.

Would I go back? Well there are not many places in town where you can have a decent meal, enjoy live music and interesting company on less than RM20 these days. And there's no corkage if you bring your own. Yes, I will certainly go back and bring friends too. The Maliks deserve all the support they can get for their venture, or should I say adventure.

May the blessings of Jah be upon them!

**Yin**  
(the man from TR)

#### Facts:

**Chokodok Reggae Bar and Backpackers Hostel. B.Y.O.G.**  
**Corner of Jln Sultan Iskandar Shah (Hugh Low St.) and Jln Raja Ekram (Cowan St.)**  
**Telephone: 05 241 4302.**  
**Opening: Daily 12 noon till closed. (Except Monday)**  
**Live Music: Fri/Sat/Sunday, Public Holidays from 9 pm onwards.**  
**Dress Code: Suit and Black Tie for Gentlemen and Evening Dress for Ladies.**  
**Or anything that covers your vitals will do.**



By Ili Aqilah

## Ramadan Round-up

Besides fasting, Muslims, in general, will optimise the month of Ramadan to provide for the poor, the marginalised and the less fortunate. Treating them to *buka puasa* (breaking-of-fast) dinner has become a norm and hotels have come up with many novel ideas to

cash in on the trend. Since the fasting month began our Ipoh Echo team has been invited to several *buka puasa* dinners where the focus is on entertaining the underprivileged. Here is the team's report:

### Econsave Entertains Orphans

Fifty children from Darus Salam orphanage were treated to a shopping spree and *buka puasa* dinner courtesy of Econsave on Wednesday, July 8.

Prior to dinner at Impiana Hotel, Ipoh, the kids were taken to Econsave Supermarket, Klebang to pick new clothing for the coming Hari Raya. This was part of Econsave's charity programme during Ramadan.

"Our objective is to ensure that the orphans are not neglected," said Zamsuri Mansor, Operations Manager Econsave (Northern Region).



### Tower Regency

Students of Sekolah Maahad Tahfiz Al-Quran Wal Hadis and Sekolah Semangat Maju Ipoh were invited to a breaking-of-fast dinner at Tower Regency Hotel on Monday, June 29. The dinner was sponsored by MyBHA Perak.

It was graced by Dato' Nolee Ashilin Mohammed Radzi, Chairperson of MyBHA (Perak Chapter) Fatimah Hj Gulam Mydin, Dato' Thasleem Mohamed bin Ibrahim Al Haj, members of Pertubuhan Pembangunan Tamil Muslim Ipoh and related non-governmental organisations.

The students were presented with goodie bags while the schools received a donation of RM5000 each.



### Biomed Engineering Sdn Bhd

Thirty eight orphans from Nur Hidayah Orphanage, Taiping and ten families from Pertubuhan Kebajikan Insan Penyayang Malaysia, Ipoh were treated to a breaking-of-fast dinner at the Kolej Kejururawatan hall on Wednesday, July 8. The event was organised by Biomed Engineering Sdn Bhd and supported by Pantai Hospital, Ipoh. The guests were given *duit raya*, goodie bags and free eye and medical check-ups.

"The blessed month of Ramadan is a time for Muslims to not only fast but to perform good deeds. And assisting the less fortunate is one of the ways," said Harith Idris of Pantai Hospital Ipoh.



### Weil Hotel

Weil Hotel, Ipoh treated students from Sekolah Tahfiz Al-Quran Al-Barakah and Rumah Anak Anak Yatim Darus Salam to *buka puasa* on July 7.

They were served with sumptuous Middle Eastern food. The guests were later given goodie bags and *duit raya*. Norizan Razali, the coordinator for Rumah Anak Anak Yatim Darus Salam, was full of praise for Weil Hotel's generosity.



### Tenaga Nasional Berhad

On Thursday, July 9 local media representatives were invited to Tenaga Nasional Berhad's *buka puasa* dinner at Casuarina@Meru Hotel. General Manager, Datuk Haji Mohd Zahir bin Md Nagor was in attendance. In his welcoming speech Mohd Zahir thanked the media for their assistance in publicising the national power provider's activities. He mentioned of payment kiosks which will be installed at strategic points within the state to enable the public to settle their electricity bills.



### Bubur Lambuk Competition

Ipoh City Council organised an inter-department *bubur lambuk* competition on Friday, June 26 to pick the best from among the competitors. Twelve departments took part. Participants were provided with basic ingredients and they began cooking as early as 9am. The judges were hard-pressed to pick the winner but eventually settled for the dish prepared by the Department of Community Affairs. The winner received a cash prize and hampers from the then mayor, Dato' Harun Rawi. Excess *bubur lambuk* was distributed to the public.



### Bubur Lambuk by Maggi

This annual event was held at Ipoh City Council's compound on June 24 was sponsored by Maggi and Nestle Malaysia. The emphasis was the cooking of *bubur lambuk* (porridge) for distribution to Ipohites. Over a thousand packets of porridge and curry were given away to the public. Council Secretary, Zakuan Zakaria was on hand to distribute the items.



### Super Bubur Lambuk Competition

Over 20 private and public agencies took part in the Super Bubur Lambuk competition held at Ipoh City Council's square on Friday, July 3. The event was organised by Tourism Perak, Adabi and Ipoh City Council. Executive Councillor for Tourism, Arts and Culture, Dato' Nolee Ashilin Mohammed Radzi witnessed the contest. Ipoh City Council was adjudged the winner. The team received a cash prize and a hamper.



## Property

# Sunway City Ipoh's Upcoming Projects

Sunway City Ipoh (SCI), the largest integrated township in Perak, unveiled projects with a total gross development value of at least RM500 million within the next three years. This was revealed to the media during a familiarisation tour of Sunway City Ipoh recently. Media representatives visited its Sales Gallery, the Lakeside Mansions and the Banjaran Hotsprings Retreat. They were given an exclusive viewing of Tan Sri Jeffrey Cheah's Boathouse.



Among the new developments in store were the expansion of The Banjaran Hotsprings Retreat, Lost World Outlet Mall, Lost World Serviced Apartments with hot-spring facilities and hilltop homes.

"The new developments will boost critical mass and bring more business and employment opportunities into the township of Sunway City Ipoh, furthering our vision to be Perak's socio-economic growth engine, as a master community developer," said Wong Wan Wooi, Senior General Manager of SCI.

The 30-acre development comprising Lost World Outlet Mall and Lost World Serviced Apartments will complement the existing components within Sunway City Ipoh. These are strategically positioned adjacent to the two world-class resorts of The Banjaran Hotsprings Retreat and Lost World of Tambun incorporating a riverside al fresco boulevard.

Totalling 600,000 sq ft in gross floor area, the development will feature more than 3000 car parking bays. It is expected to commence in 2016 and will take approximately two years to complete.

The four-block Lost World Serviced Apartments consisting 1000 units will be positioned to face the luscious, undulating hills, river and greenery with a collection of premium units overlooking the Lost World Water Theme Park. The development will have a dedicated entrance for its residents and a grand lobby with a green natural streetscape. The podium level will house a range of facilities such as natural hot springs pool 'onsen', infinity swimming pool, multipurpose hall, gymnasium, sauna rooms and podium garden. The apartments are ranging from 600-1200 sq ft in size.

The Hilltop Homes will add another 1000 units to the existing 1200 units of residential homes in Sunway City Ipoh.

The RM74 million Serene Villas residential development, which consists of 88 units of semi-detached clusters and super-link units, is currently underway. It is another eco-friendly, low-density, gated and guarded development.

For more information on Sunway Property, log on to its website [www.sunwayproperty.com](http://www.sunwayproperty.com).

Mei Kuan

## ENT Care

By Dr Rekha Balachandran



### Sudden Hearing Loss

What if one morning you woke up and found you couldn't see in one eye? Chances are, you'd be rushing to your doctor within minutes. However, if you woke up and realised you can't hear in one ear, would you feel the same level of urgency? After reading this article, it is hoped that you would!

#### What is sudden hearing loss?

**Sudden sensorineural hearing loss (SSNHL)** is a sudden rapid loss of hearing—usually in one ear—either suddenly or over a few days. Some complain of an associated buzzing noise and also a spinning sensation. Some people notice the hearing loss as soon as they wake up in the morning. Others realise it after they suddenly can't hear phone conversations in the affected ear. There are also some who describe it as a "pop" sound followed by a loss of hearing.

#### What is the cause?

SSNHL is caused by damage to the cochlea or the nerve that connects the ear to the brain. Among the causes are:

1. Blood circulation problems that can cause a 'mini-stroke' in the tiny blood vessels supplying the cochlea.
2. Infections especially viral ones like Herpes infections.
3. Injuries to the head or the inner ear.
4. Drugs that are toxic to the inner ear (ototoxic drugs).
5. Growths or tumours that grow on the nerve that connects the ear to the brain.
6. Autoimmune diseases and neurological diseases.



#### How is it diagnosed?

The first thing to do is to realise this is an emergency and needs immediate intervention. An ENT doctor will examine the ear to look for any causes for the hearing loss (for example wax, or fluid behind the ear drum). If the ear looks normal (as it does in most cases of SSNHL), the next step is to conduct a hearing test called a pure tone audiometry or PTA. If the PTA shows a loss of at least 30 decibels in three contiguous frequencies, SSNHL is diagnosed.

A number of blood tests will be done to identify the underlying cause of the SSNHL. Often scans (usually an MRI scan) will be conducted to rule out any growths along the nerve. Despite all these tests, in a large majority of people, the cause for the SSNHL is never diagnosed.

#### Treatment

If an underlying cause is found, then it is treated accordingly. Since in close to 85% of people the cause is never found, treatment is a combination of medications relying heavily on anti-inflammatory drugs like steroids either orally or injected directly through the eardrum.

#### Recovery

If diagnosed and treated early, more than half of people with SSNHL will recover some or all of their hearing, usually within one month. Unfortunately, there are a number of patients who never regain satisfactory hearing in the affected ear and may need to consider hearing aids.

It is important to get any hearing loss examined by your doctor, especially if the hearing loss occurs suddenly, without any apparent cause.

#### Rekha ENT Specialist Clinic

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

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

## News

### Appeal for Cancellation

"Ipoh City Council has started billing ratepayers with its revised annual assessment rates before the deadline for filing of objections. The rates should only be approved after the July 10 deadline for objections," said the Adun for Canning, Wong Kah Woh during a press conference on Friday, July 3 at the Perak DAP headquarters, Ipoh.



"It's not fair to issue notices based on the new rates before those affected have had a chance to file their objections," he reasoned.

According to Wong, Perak DAP had received 424 complaints from residents affected by the rates hike. A resident from Taman Koperasi had his rates revised from RM445.50 to RM5,108.40 per year.

Wong visited the double-storey house. There were renovations made to the porch and back portion of the house but it did not warrant a 12-fold hike in rates.

Based on the complaints received, the majority was subjected to an increase of between RM70 to RM99, which represents a 50 to 99.99 per cent rise.

"RM70 may seem small to some, but it's a burden to the lower-income group, especially with the implementation of GST and the recent petrol price hike," he added.

Wong appealed to the new mayor, Dato' Zamri Man, to either defer or cancel the exercise, as the hike is not helping to reduce the burden of Ipohites.

Nantini

### MBI Full-Board Meeting

Pertinent matters discussed and resolved at the June Ipoh City Council Full-Board Meeting held on Tuesday, June 30:

#### Income and Expenditure

**Revenue Generation.** Of the RM182.3 million budgeted for 2015, the Council, as at the end of May, generated revenue worth RM98 million.

**Revenue Collection.** A sum of RM104.71 million was collected in the month of May, an increase of four per cent over the same period last year.

**Expenditure.** The council has spent RM63.3 million of its projected budget. This figure represents an increase of RM2.7 million over the same period in 2014.

#### Announcement

The Ipoh City Council has sent out assessment rates notices to homeowners for the second term of 2015. If homeowners do not receive the notices within two weeks in July, they are advised to come to the Council to get them or print their own from the Council's website at [www.mbi.gov.my](http://www.mbi.gov.my).

Payment must be made on or before, Monday August 31, 2015.

#### Safe-city Programme

Safe-city Programme initiated by the Council in Gugusan Manjoi, a classified black-spot area, is in progress. It involves the installing of streetlights to light up dark areas, erection of railings to separate pedestrians from motorcyclists, placement of safety mirrors at road corners and blind spots and the construction of road humps.

#### Complaints

From January 1 till May 31, the Council has received a total of 15,093 complaints. Of the number, 13,769 complaints (91.2 per cent) have been resolved. The remaining 1,324



complaints (7.8 per cent) are still being processed by the Council.

Nantini



## 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.

## MBI Dress Code

I refer to a report in the net media that Eunice Chai has been refused entry to the MBI because she wore a sleeveless dress. It seems Ipoh City Council has imposed a dress code on visitors.

There are several issues here:

Under what by-law is the Ipoh City Council imposing this dress code? Or is this something decided by the mayor and councillors, arbitrarily.

Since when has this dress code been imposed and more importantly, why? For decades Ipohites have been allowed to access the council premises as long as they are clean and conform to the legal definition of 'decency'. For decades there have been no fuss made on visitors' attire. Hawkers, petty traders, etc. could enter the premises in their work clothes (usually shorts and singlet or T-shirt) to conduct their business without any fuss. They did not offend any sensitivity then.

Is this dress code a by-law passed and gazetted under the Local Government Act? Or does any law under the said Act give the Mayor the discretionary power to pass such by-laws if indeed such a by-law has been considered, passed and gazetted by MBI.

How does the dress code of the public doing business in the council affect its running or efficiency? If not then what is the reason behind this rule?

Little Napoleons everywhere are arbitrarily imposing their standards on the public. These days even office boys can demand that one covers up or be refused entry. A minister has condemned a department for insisting that exposed knees be covered – and providing a sarong for it.

Ipoh City Council must accept that in a multicultural society dressing varies and it is wrong to impose one set of values (if it's that) on everyone. Would MBI refuse entry to women in saris because their midriffs are exposed? Surely that is more provocative than exposing one's shoulders. If this is allowed, what's next? Women must cover their heads?

As Eunice Chai said, the days have been particularly hot recently. Sensible clothes (including sleeveless dresses) are called for.

The world at large is getting less formal, even tycoons like Zuckerberg and Jobs conduct business with state officials in their jeans and T-shirts. No one is offended. Many wear jackets without ties and it's acceptable even at high level meetings. Are we going backwards?

Clubs can have dress codes (however retrograde it is) because you can choose to join or not as may be the case. But MBI is a public area, funded by the public it's a place where people visit because they have to. They should not be subjected to the whims of

petty officials.

It's a shame that the people who do not represent us but whose salaries and allowances are paid by the ratepayers of Ipoh should dictate to us how we should dress when visiting MBI. It's like the servant telling the master what he can or cannot do.

Oh, I forget, 'public servants' (a term you hear less and less of these days) have become the 'public masters'!

It would be better if the mayor and councillors pay more attention to providing decent service and keeping the city clean and well maintained.

This dress code should be withdrawn.

Yin

## Rubbish dump at Gunung Lanno

The article on waste management in the last issue of Ipoh Echo, 215, mentioned 1629 illegal dumpsites. I wonder if the rubbish dump at Gunung Lanno is a legal one. I first noticed it last year, when I saw a lot of egrets flying around and resting in the trees. I went to look at the birds and realised they were all flocking around the site of a huge rubbish dump. It is located in a secluded valley of Gunung Lanno. I can



remember when that valley was in its pristine natural state. It was a beautiful place. Although no caves are known inside the valley, so are some in the surrounding area.

I went back again this year and the dump was still in operation with lorries going in and out. There is no signboard outside so I don't know if it is an authorised site.

Liz Price

## Strays, Strays Everywhere

I am pleased to note that the Animal Welfare Bill 2015 has been passed much to the delight of animal and pet lovers. However, I don't see how effective this act is, unless it is used entirely against any form of animal abuse. In context of this Act, the main concern of addressing the problem of strays remains unsolved. The relation between strays and this new Act must be viewed separately in order to find a solution to eradicate this never ending state of affairs.

Namely, our local authorities seem oblivious to the concerns affecting the community. It has failed in fulfilling its obligation to us as taxpayers and in response to our relentless complaints on strays. Animal rights suggest an ideology of catch, neuter and release which is totally absurd and impractical. There is this misconception that strays are being mistreated, on the contrary, we fear them! Complaints are channelled to the Veterinary Department, without any action. By not taking a stand, the authorities have deliberately escalated the situation.

Apparently, our local council seem to have their hands tied and often cite lack of funding to eradicate this problem of strays. Undoubtedly, they have been clearly seduced by political manipulation. Among other issues, mountains of garbage lie unmindful to the council. Cutting of grass and cleaning of back lanes have totally stopped. Even so, who is responsible for this stinky task in collecting dogs' poop? Many years ago, we had homes using bucket latrines, and today; we have to bear with this mess on roads, our homefront, fields, jogging tracks, pavements, and anywhere else convenient for the strays. With hindsight, can we be educated for this unpleasant chore? My residential area is littered with dog poop. Many a time have I collected their poop for disposal and I take it on my own as an example to others, but to no avail.

Moreover, these strays love scavenging garbage and leave the rubbish scattered. They especially chase motorcyclists endlessly, and no matter how submissive they may be, it is still an animal. Joggers and kids alike carry out their activities with anxiety. The senior citizens particularly, during their walks, protect themselves with sticks. An unprecedented attack may happen at any time. Is defending ourselves in any case considered as animal abuse? However, it's a relief to know that Noah's Ark, Ipoh, has asserted that neutered dogs are 'normally' docile. An overstated statement indeed, and I dread to think should an

accident occur, leading to loss of life. Some writers have their own conceived theories on the stray pack mentality, comparing methods used by other countries and suggest natural mortality, nonetheless irrelevant. The situation is compounded further by their incessant barking, howling and mating rituals, besides the 'bonus' of having dog fur blown and ticks crawling into our living and dining areas.

At this moment of writing, we have around 6-7 dogs – male and female alike in my neighbourhood. It's an open invitation to other strays too, as the present 'occupants' are having a time of their life here.

As a start, I would like to suggest that Tan Sri Lee Lam Thye as patron of SPCA, to urge all local councillors to look into the community for strays and not involve themselves whenever there is a campaign on catching strays. Do not interfere but listen to the residents plight. Let the authorities do their job. As it is, the animal welfare groups and NGOs easily approach the councillors who also don't mind voicing in support and for their personal gain and political mileage. It is an undisputable fact that they use this opportunity and come calling against any form of objection and capture of strays. Yes, the councillor does look good in the eyes of the public otherwise, the councillors don't bother on other matters residents face.

Someone proposed the Animal Welfare & Care as an elective subject in tertiary. This unimaginable proposition, is not only ridiculous, but how do you teach 'love and care' when our younger generation don't even understand the fundamentals of filial piety. We should not experiment with the complexity of human feelings just to make a discovery that we are a caring society. The infamous quote by Mahatma Gandhi — "The greatness of a nation and its moral progress can be judged by the way its animals are treated" does not hold water anymore – certainly not in our country. Yes, I am speaking up for their rights too. The philosopher Martin Buber has said "An animal's eyes have the power to speak a great language" – and that is to be saved and cared for in a home or shelter – certainly not to abandonment to face the harshness of reality. As loyal taxpayers, we have the right to a clean, safe, healthy and peaceful neighbourhood.

Baljit Singh Gill

## Quality Service in Raja Permaisuri Bainun Hospital

Last month, I went to Raja Permaisuri Bainun Hospital in Ipoh because I had a urinary tract problem. I was quickly attended by doctors, staff nurses and staff of this hospital. However, the treatment given to me did not improve. So, I was referred to Mr Bazel Arputharaj, surgeon who saw my condition and he quickly ordered his assistants to remove the present CBD (Catheter Bladder Drainage) and changed to a bigger one. Now I'm still on this and feel more comfortable than before (that is, no more pain). I'll be following this treatment until the CBD is removed and I can urinate as usual. I am on the road to recovery.

The treatment I get from this hospital is very good and I owe my gratitude and thanks to this humble and caring surgeon and the hard working staff Nurses and staff including Dato' Dr Chandran. They are always on their toes to offer their services

to sick people like me. I'm also fortunate to have a dedicated wife, retired staff nurse Chanika Letchimanan, who devotes her whole life looking after me. She is 72 years of age and I'm 76. This hospital is really special to me because I was suffering from cancer before and because of the tender care given to me, I'm still alive. Thanks to these dedicated people of this hospital, I'm waiting anxiously to go out and continue my charitable service to humankind.

Apart from this, Mr John Jacob and his assistant rendered prompt service by helping out the sick and handicapped people by providing wheelchairs. All and all, the services rendered by these officers, matrons and staff are commendable including the ambulance service from Velodrome Rakyat to the hospital (to & fro) by those going for treatment, as parking is a hazardous task at the hospital compound. Driver of these vehicles are very courteous and helpful.

The government, must look into the welfare of these dedicated officers and staff and come up with some incentives for them.

K. Letchimanan



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**Phase 3C (Abby)**  
8456-2015-2016/01351(P)  
8456-2015-2016/01351(P)  
25/06/2015 - 24/06/2016  
Approved Plan No.: C03C2201-AJL/01146/74012  
Land Encumbrance: Charged To  
Majlis Bandaraya Ipoh  
Total units: 100  
Exp. Completion date October 2015  
Land tenure: Freehold  
Price: Min RM 88K, 210  
Max RM 1,267,800  
Approving Authority: Majlis Bandaraya Ipoh

**Phase 3D (Abby)**  
8456-2015-2016/01351(P)  
8456-2015-2016/01351(P)  
11/10/2014 - 10/10/2015  
Approved Plan No.: C03C2201-AJL/01146/74012  
Land Encumbrance: Charged To  
Majlis Bandaraya Ipoh  
Total units: 100  
Exp. Completion date September 2016  
Land tenure: Freehold  
Price: Min RM 500,200  
Max RM 798,000  
Approving Authority: Majlis Bandaraya Ipoh

**Phase 3E (Abby)**  
8456-2015-2016/01351(P)  
8456-2015-2016/01351(P)  
05/05/2015 - 04/05/2016  
Approved Plan No.: C03C2201-AJL/01146/74012  
Land Encumbrance: Charged To  
Majlis Bandaraya Ipoh  
Total units: 100  
Exp. Completion date December 2016  
Land tenure: Freehold  
Price: Min RM 500,200  
Max RM 798,000  
Approving Authority: Majlis Bandaraya Ipoh

**Phase 3F (Ivy)**  
8456-2015-2016/01351(P)  
8456-2015-2016/01351(P)  
25/05/2014 - 25/05/2016  
Approved Plan No.: C03C2201-AJL/01146/74012  
Land Encumbrance: Charged To  
Majlis Bandaraya Ipoh  
Total units: 100  
Exp. Completion date June 2016  
Land tenure: Freehold  
Price: Min RM 404,800  
Max RM 524,800  
Approving Authority: Majlis Bandaraya Ipoh



## News

### No Show by Residents



In view of the escalating number of dengue cases in Taman Cempaka, Ipoh City Council took the initiative to do a clean-up of areas identified as aedes hot spots. The cleaning exercise was conducted ala Malaysian style – *gotong royong*.

This time-tested method is something peculiar to the country, as it requires the involvement of every citizen. It is deemed appropriate as the job of clearing, cleaning and washing are done collectively, true to spirit of oneness regardless of one's creed or belief. It is the Malaysian way of doing things and it has been going on for years.

But at Taman Cempaka, that bright Saturday morning on June 27, it was a different story. The 300-odd Council workers who gathered at the playing field found to their dismay that they were the only ones present minus the residents. What had become of their other half? What had become of those who were so vocal about Taman Cempaka being a mosquito-infested area on the brink of a major catastrophe? Not a single soul was around.

Not wanting to waste time the gotong royong proceeded as planned without the residents. It was most discouraging. The presence of Dato' Dr Mah Hang Soon, the Executive Councillor for Health, Transportation and Non-Islamic Affairs, was of no consequence, as it did not motivate the common folks to come out in droves.

Apathy and indifference are the reasons for the lack of participation from the residents. Most have come to assume that the job of cleaning their housing estates rests with the local authorities they are beholding to.

Council Secretary, Mohd Zakuan Zakaria, who was present to supervise the gotong royong, was terribly disappointed by the turn-out. He had expected some participation from the residents not a total no-show.

"Their attitude is uncalled for. In spite of the Council having warned them of the *gotong royong* via flyers, notices and loudspeakers, they failed to show up. Cleanliness is not the responsibility of the Council alone, residents have to chip in to make it a collective responsibility," he told reporters.

This scenario, apparently, is not something new. It has been repeated at numerous gotong royong in and around the city. Will Ipohites ever learn?

Nantini

## Personality

### One Aspiring Young Dancer

Ipoh Echo is on the look out for Ipohites who have worked hard to continue chasing their dreams even after encountering many pitfalls and difficulties. These "unsung heroes", regardless of their age and station in life, will be featured in our newly-introduced 'Personality' column. Our first candidate is Ezra Tham, an aspiring young dancing talent.

Like many kids his age, Ezra has a soft spot for music, in particular Korean Pop (K-Pop). He was amazed by the dance moves and wondered whether he could do as good as the Korean performers. And so at the tender age of 11, Ezra decided to learn dancing but instead of enrolling himself in a dancing school, he studied the skills on Youtube, instead. And the rest is history.

"Whenever I dance alone or with my group, VD2D I feel happy and motivated. I hope to influence more youngsters to pursue their interest in dancing," said the 18-year-old Ipohite.

Along with like-minded friends who share the same interest, Ezra started a dancing group called the VD2D. The group has performed in several places in Ipoh. Recently, VD2D won second placing at the recent *Shuddup N Dance: Volume 2* competition at Ipoh Parade.

Ezra received a few lessons in Latin dance but K-Pop is his true calling. He attended formal classes at D'Artiz Studio, Ipoh where he now works part time as a dance teacher. His forte is K-Pop dance movements.

"It doesn't feel like work to me, as I really love dancing. While teaching others, I get to practise my moves as well," said the teenager who admits to feeling lucky, as his parents are supportive of his dreams.

When asked about his ambition, the young and energetic performer aspires to be a full-fledged choreographer like his idols, Lia Kim, Mina Myoung and Kyle Hanagami after finishing his studies in performing arts.

We at Ipoh Echo wish Ezra Tham the very best and hope he will one day become what he wants to be – an accomplished choreographer.

Ili Aqilah







# Match Your First Dream Home to Your Budget



**T**he key to finding the right first home purchase for you is striking the right balance of a home that comes as close to your dream home requirements as possible but still stays within your budget.

D'Aman Residensi at Meru Raya City is the first-ever affordable housing project in Perak. The strategic master plan with a keen emphasis on green and healthy living is a joint venture of PCB Development Sdn Bhd (PCBD) and Euro-Master Sdn Bhd (EMSB), developed via D Aman Residences Sdn Bhd which was formed in 2014. "We want to build a reasonable house in terms of size, quality and design at an affordable price," Mr Jamal Mohd Aris, the Chairman of D Aman Residences disclosed to Ipoh Echo.

Launched on Tuesday, May 19 and expected to be completed in 2018, the 24.36 acres of land would comprise 1320 units of affordable homes with a choice of either 900 or 980 square feet in size, and 24 units of shop lots.

With an estimated capacity of over 5000 residents, there would be a total of 9 blocks of homes: 3 blocks comprising 15-storeys of 720 units of 980 square feet apartments (available); 1 block comprising 15-storeys of 240 units of 900 square feet apartments (sold out); 5 blocks comprising 5-storeys of 360 units of 900 square feet apartments (sold out); 2 blocks comprising 24 units of 2-storey commercial lots (sold out).

The upcoming gated-and-guarded community is located in a desirable location, providing easy access to nearby amenities such as Mydin Meru Raya, Terminal Amanjaya, Perak Techno Trade Centre, PKNP, Perak Badminton Academy, Tenby International School, Casuarina@Meru Hotel and the upcoming Movie Animation Park Studios (MAPS) within walking distance and the PKNP private park, both expected to be completed next year.

Additionally, the freehold units are next to the PLUS Expressway's Jelapang tollgate. Needless to say, the theme parks and top-notch institutions situated within striking

distance would ensure excellent job opportunities and investment value.

Meticulously planned down to the finest detail, there is a multitude of facilities and recreational spaces within the residence with its guard posts, surau, multi-purpose hall, green buffer zone, children's playground, recycling facilities, energy-saving LED lightings and ample parking spaces.

As the property price landscape changes, genuine first time house buyers are gradually finding themselves priced out of the market. Targeting first time home purchasers such as young fresh graduates and new families, the project is in line with the state aspiration to build 10,000 units of affordable houses before the next general election.

"We are giving condo facilities at apartment prices to provide conducive living in the middle of Meru Raya. You can never get that price anywhere in Meru Raya. D'Aman Residensi which is situated beside the North-South Highway will stand proud as the Perak government's commitment to the people in providing quality affordable housing," Toh Muda Azman bin Dato Seri Yeop Jr, the Director of D Aman Residences highlighted. "It's value for money. D'Aman Residensi is ideal for youth looking for low entry and high quality property investment opportunities. Located in the heart of Bandar Meru Raya which is the fastest-growing township in Perak state, D'Aman Residensi is easily accessible from Ipoh town," Dato' Azizul Kama bin Hj Abd Aziz, the Managing Director of D Aman Residences agreed.

Hence, aspiring home owners could have a chance to move into an apartment nestled in a rare oasis of affordability in the posh address of Meru Raya! Plus, free Legal Fees would be absorbed by the developer.

Those interested could contact D Aman Residences Sdn Bhd at +605 529 9880/ 016 973 3888 / 010 374 4888 or email via d.amanresidensi@gmail.com. All are welcomed to visit their sales office located at 4, Jalan Meru Bestari B2, Medan Meru Bestari, 30020 Ipoh, Perak.

