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ISSUE **218**

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# Taiping All Set to Woo Tourists

By Tan Mei Kuan, Ili Aqilah & Nantini Krishnan

The Taiping Heritage Trail was launched in April this year with exciting attractions in this UNESCO-declared heritage town. The project, a joint effort between the Northern Corridor Implementation Authority (NCIA) and the Taiping Municipal Council is expected to be completed in early 2016.

The 11.2km trail will take visitors to 39 places of interest via a bus that runs fully on rechargeable batteries, an eco-friendly highlight made possible by the hand in hand cooperation between the Perak and Japanese governments, through the Japan International Cooperation Agency.

Be prepared to be amazed during the 40-minute trip with the accompaniment of a tour guide who will describe the historical significance behind each site and building throughout the entire trail with countless information boards to be installed. Ipoh Echo features 12 out of its 39 star attractions.

*Continued on page 2*

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## Heritage, History and Scenery Provide a Feast for the Senses



### Tasik Dayung ('Boating Lake')

Spread over 64 hectares, the serene Taiping Lake was formerly a tin mine. When in bloom, the lotus flowers could be seen basking in the sun adding to the beauty of its surrounds.

*"Taiping Lake Ride & Cruise" has been operating the boathouse since July 2013 with the following boating services:*

- *Couple boat:* RM12 per ride, accommodates 2 adults and 1 child of 3 years and below.
- *Swan boat:* RM20 per ride, accommodates 4 people.
- *Sampan (oriental):* RM30 per ride, accommodates 4 people.
- *Water bike:* RM25 per ride, accommodates 2 people of 13 years and above.
- *Water roller:* RM25 per ride, accommodates 2 adults and 1 child of 7 years and above.
- *Sampan kampung:* RM15, accommodates 4 people.
- *Three-wheeled water bike:* RM25 per ride, accommodates 2 adults.
- *Classic bicycle:* For rent.
- *Solar boat:* RM6 per person, RM50 per group (maximum 10 people).

For big groups, do book early to avoid disappointment and even grab a special rate! A night cruise is coming soon; anyone feeling the excitement yet? Plus, check out their convenience store with souvenirs and food galore as well as an art centre offering novices a stab at Malaysian crafts making.

**Contacts:** 012 523 2204 or 05 808 2355, [enquiries@taipinglakecruise.com](mailto:enquiries@taipinglakecruise.com)

**Operating hours:** Mon-Thu 10am-7.30pm, Fri-Sun 9am-7.30pm.



### Coronation Pool

Coronation Pool is the first public swimming pool in Taiping which started operating in 1870. It is called Coronation Pool or 'Kolam Kemahkotaan'. It is located at the foothill of Bukit Larut. The fresh water makes this pool a major attraction for those who love nature. A unique aspect of this pool is that its water comes straight from the streams of Maxwell Hill (Bukit Larut).

**Operation Hours:** 7.30am-6.30pm **RM3 per entry**

**GPS:** 4°51'42.7"N 100°47'35.5"E



### St George's Institution

Running on the theme 'A Glorious Past, A Vibrant Future', this auspicious year marks the centennial celebrations of St George's Institution. Founded in 1915, the La Salle Brothers were the pioneers and leaders in the development of the school.

### Taiping War Memorial

Taiping War Memorial located in Bukit Larut. The Taiping War Cemetery/Memorial was erected and maintained by the Commonwealth War Graves Commission. The cemetery, originally set up during the Japanese Occupation, is the final resting place for 826 Japanese soldiers, as well as Christian and Muslim war veterans. The cemetery is divided into two parts. On one side of the cemetery, most of the grave sites are for Christian soldiers who died in battle and on the opposite side of the cemetery, most of the grave sites are for the Muslim, Gurkha and Hindu casualties of war.

**Taiping War Cemetery is open at all times.**

**Staff on site Monday-Friday 8am-6pm**

**GPS:** 4°51'32.5"N 100°45'26.0"E



### Rain Tree Walk

Definitely the perfect place to capture Instagram-worthy shots with the long arms of century-old giant rain trees forming a majestic canopy of green archways over the stretch of road and dipping into the lake forming a symmetrical reflection occasionally rippled by the wind, further adding to its beauty. Equally suited for jogging!



*Continued on page 6*



• From the Editor's Desk  
By Fathol Zaman Bukhari

## WE SHOULDN'T BE COWED

*The rakyat have to speak up. We have to tell Putrajaya that we no longer condone its wrong-doings and allow our leaders to run roughshod over us...*

What the country is undergoing today is something very unprecedented and could lead to uncertainty if left unresolved. The scandal brought about by the uncovering of funds amounting to RM2.6 billion in the Prime Minister's personal account has impacted the country's standing in the world community. Today Malaysia is known for all the wrong reasons.

We are being cheekily termed as a banana republic, a government on autopilot, and what is even worse, a kleptocracy. The online Farlex Free Dictionary defines kleptocracy as "a government or state in which those in power exploit national resources and steal and is ruled by a thief or thieves". It is derived from the Greek word "klept" which means "thief".

The Prime Minister, Datuk Seri Najib Abdul Razak is under pressure to come clean regarding the unaccounted money in his personal account. The matter was first reported by *The Wall Street Journal* in July as having come from companies linked to the troubled state investor 1Malaysia Development Bhd or better known as 1MDB.

Since establishment in 2009, the so-called sovereign fund investment arm of the nation is nothing but trouble, notwithstanding its affinity to Najib's favourite term "1Malaysia." As things go, there is no oneness at all. The oneness is only confined to one individual not the *rakyat*, as we would want to believe. The contradiction is enormous and it does not take a genius to unravel the truth.

Although the country's anti-corruption commission has cleared Najib of "any wrong doing" claiming that the money was a donation, the commission's finding does not resonate with the *rakyat*. Former Prime Minister, Tun Mahathir who was quoted in *Malaysian Insider* on 10 August 2015, has rubbished the whole caper as "bullshit". He wondered who would "donate" USD700 million by simply depositing the amount into someone else's account?

An old army friend, a retired general, did not hide his anger when alluding to the



episode. He termed it as "a betrayal of trust". As cadets undergoing training at the military college we were taught the fundamentals of leadership. The précis describes leadership in such glowing terms. "He should lead by example. He should be in front rallying his men and leading them into battle. He should not cower and show his men that he fears. He should be a good manager, managing scarce resources intelligently so there will be no wastage. Honesty, integrity and credibility are his enduring qualities." Looks like these lessons in military leadership do not apply in Malaysia. And this piqued the general in no small way. "I am miffed by what's taking place. It's sheer absurdity," he exclaimed.

The absurdity is being exacerbated by the Prime Minister's loyalists who are quick to his defense.

Nazri, the Tourism Minister said that the RM2.6 billion is from "a friendly Arab nation who wanted certain political parties to win the last general election." If that is so then GE13 should be declared null and void.

And while the imbroglia continues, ordinary Malaysians are beginning to feel the effects of the economic crunch brought about by a plunging ringgit, falling oil exports and, to an extent, the 1MDB saga. Prices of essentials, especially imported goods, have spiralled out of control. The risk of the country going the way of Greece is great. And should we go the Greek way who would be kind enough to bail us out?

Keeping the political cum financial scandal under wraps tops the list of priorities by Putrajaya. The BN Government is going out of its way to ensure that news of its undoing does not reach the masses. The social media has now come under scrutiny. The likelihood of online news portals be regulated by new restrictions is imminent.

The *rakyat* have to speak up. We have to tell the people in Putrajaya that we no longer condone their wrong-doings and allow them to run roughshod over us. Our right to speak freely and be heard must not be trampled upon. Let us not be cowed into submission.

## EYE HEALTH – LIGHTING & OUR EYES

*In our continuing series on Eye Health, Consultant Eye Surgeon Dr S.S. GILL talks to us about lighting.*



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

Are your eyes tired? Or do you feel relaxed and peaceful? Be aware that your eye comfort including how you feel emotionally has a lot to do with the lighting in your office and your work station. So it's important to understand the principles of proper lighting or office lighting in order to reduce fatigue and blue light exposure. We may not put much thought to the lighting around us but let's be reminded that the lighting around us actually plays a big part in how we feel at the end of a day at work. Here are some points that you may need to think about.

### DOES READING IN DIM LIGHT DO ANY HARM?

Reading in dim light does not change the function of our eyes in any permanent way but it does stress the eyes out! There is no reason to unnecessarily read or work in poorly lit conditions. Take note that the best lighting conditions for reading are ambient or somewhat diffuse lighting, rather than direct lighting. There should be no glare in a reading area to avoid eye strain. It is a good idea to take the pains to set up a reasonable well lit reading space to make reading more enjoyable.



### DOES THE TYPE OF LIGHTING MAKE A DIFFERENCE?

Warm white light gives off yellowish light that helps enrich the warm colours around us. They have a calming effect and help to relax an individual. You will find areas like bedrooms, lounges and hallways are better off with warm white light.

The cooler white light that emits more blue light on the other hand is "sharper" and improves our ability to see contrasts better making it good in work areas such as kitchens, laundries, workshops and offices. But prolonged and excessive blue light exposure is unhealthy for the eyes.

Cool white light, (light with an output in the predominantly blue spectrum of light) does also exacerbate glare. This is because light in the blue part of the spectrum and UV light (approx 3500K) makes the eye (photoreceptors) work at a much higher rate than that of the warm white (2700K) fluorescent tube.

In a natural sense, most people do tend to prefer 'warm white' light. In fact, we have been conditioned to find warm appearing lamps 'normal' at low lighting levels, since it is much like the colour of fire which we have used as a light source for thousands of years before the light bulb was invented.

### BLUE LIGHT EXPOSURE:

Based on scientific research, it is now known that excessive blue light damages the retina (back of the eye) contributing to diseases like age related macular degeneration. Take note, that if you don't feel good in a space because of its lighting, you won't work as productively so do choose the appropriate lighting!

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

## In The Name of My Father's Estate

Episode 44 • by Peter Lee

After all the family members of Lee Sr's estate agreed to appoint a Trust Company replacing three existing administrators namely John Lee, Michelle Lee and Connie, Dave (the family Lawyer) was instructed to proceed with the application to the High Court to withdraw their names and replacing them with the Trust Company. Upon the family's instruction, Dave prepared the letter of renunciation for the three existing administrators to sign. As soon as the three existing administrators signed these letters, Dave went on to discuss with the Trust Company representative on the list of assets which have been submitted to the High Court previously. He said, "The estate have both local and overseas accounts. I can only list down those under sole and joint names which are frozen."



There are some other joint accounts which some of the family members refuse to reveal. I believe the monies in these accounts would have been withdrawn. This was one of the reasons for the delay in my application for their Letter of Administration (L.A.). The Trust Company representative then said, "I think we have to leave out for now those accounts. However, I will inform them again on the importance of disclosing all assets of Lee Sr's estate to avoid any dispute. Anyway, I will prepare a letter for the signature of all the family members to agree not to dispute any assets which some of them refused to reveal on the list. Now, as you are aware that the money in Lee Sr's sole name accounts in the local banks would not be a problem for distribution once L.A. is obtained. With regards to the bank accounts in overseas countries such as Singapore, Australia and U.K., we would have to wait for the High Court to issue the L.A. and then proceed with the application for a resealing order with this L.A. to the relevant courts in these respective countries. Otherwise, we could arrange to apply the L.A. directly with the respective overseas countries."

To this Dave replied, "I will leave it to you to decide on what is the best option for the estate since your Trust Company has been appointed as the Administrator." The Trust Company representative continued and said "The distribution for the joint name bank accounts will be the same as the sole name. But as you know, our Trust Company could only take Lee Sr's portion for distribution while the rest of the amount in those accounts will be given back to the respective joint account holder irrespective whether they are in Local or Overseas banks."

Then Dave said "I have to tell you that there is a problem with a joint name bank account in the Singapore bank. The account is in the joint name of Lee Sr and Mrs Patricia Lee (Lee Sr's first wife). The amount in this bank account is S\$3 million which Mrs Patricia Lee has withdrawn. This is where Connie wants to claim for her entitlement on Lee Sr's portion and they were in the midst of negotiating for this amount in exchange for Connie's consent to renounce her claim on her entitlement to the shares of three family companies. As you know, both the administrators, John and Connie ended up in an accident before this matter was resolved." The Trust Company representative then said "Since this is a problematic area, Mrs Patricia Lee has to release this amount to us to avoid any legal suit by Connie."

*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@ms.com](mailto:excelsec@ms.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.



## PUBLISHER

Ipo Echo Sdn Bhd  
(Regd No 687483 T)

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## PRINTER

Ultimate Print Sdn. Bhd.,  
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Off Persiaran Selangor,  
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# Controlling Your Anger

Anger is an emotion which we all feel from time to time. The person who drives into your parking spot, just as you are carefully reversing your car into position. The woman who grabs the last slice of cake, from the dessert trolley. The teenager who refuses to tell you where he is going and worries you by returning late.

Anger may affect our health, our relationships, work and behaviour. Some people suppress anger easily, others become enraged. We feel anger when we are tired, or have been insulted. Others become angry because they are sexually frustrated, are drunk, under the influence of drugs or hungry. If you are one of those who know you cannot control your anger and have hurt people or regretted the consequences of your anger, in the past, perhaps you should consider seeking professional help.

Alternatively, here are some tricks you could adopt, to deal with simple cases of anger. It is easy to lash out and hurt others, by what you say or how you speak. It is easier said than done, but perhaps, it is judicious to walk away, or even think before you speak. This would also give the person you are angry with, the opportunity to do the same. Sometimes, the tension in a worsening situation can be lowered by staying calm. As soon as the initial thrust of the anger has subsided, try and tell the other person what made you feel anxious or tense but it is important to speak calmly, so that the other person is not provoked, again.

A friend works out her anger by going to the gym, and claims that the intense physical activity drives out the stress and anger. If you do not have access to a gym, a brisk walk, run or other physical activity may be sufficient. Other people find that yoga or meditative activity helps. A few people claim that gardening or cooking, is enough to make them forget their anger. There are also people who absorb themselves in their favourite music to forget their feelings of anger. It is important to have enough rest during the day, to prepare oneself mentally and physically for any eventuality. Children benefit greatly from short rests throughout the day. This reduces irritation and prevents them from having outbursts.

There are some things one should not do, when one is angry. One should not drive, because angry drivers take more risks and are a danger to themselves, and other road users. People who are angry should not take alcohol or eat. The alcohol gives them a false sense of calm and people who eat or drink, to comfort themselves, may do long term damage to their health. People who feel anger should not send emails or nasty texts, but write down their frustrations, and think about what they have written, the next day. By then, they may have calmed down and be glad they did not send the text.

Once we have told everyone what made us angry, on Facebook or other social media sites, there is no way of retracting what we said. Humour is another good way of diffusing tension, although sarcasm may make things worse. Holding a grudge will only make us feel worse.

## Announcement

### MEMORY WALK 2015

The Dementia Society will be organising Memory Walk 2015 on Sunday, **September 20** to raise funds to manage its Ipoh day-care centre which requires about RM10,000 every month. The event is also aimed at raising awareness about dementia. Presently the centre cares for 20 patients.

The walk will be flagged off by Dato' Shahrul Zaman Yahya, Executive Councillor for Youth, Sports, Communications and Multimedia at the University Kuala Lumpur Royal College of Medicine Perak, Ipoh.

Entrance fee: adults and college students RM17, secondary school students RM12.

Closing date: Thursday, September 10. Minimum age of participation 13 years old. Each participant will receive a T-shirt, a certificate of participation and a goodie bag.

Registration forms are available at the Day-care Centre, 15 Jalan Foo Choong Nyit, Ipoh or the Dementia Society Facebook account: [www.facebook.com/TheDementiaSocietyPerak](http://www.facebook.com/TheDementiaSocietyPerak). For information, call **05 241 1691** or April Loh **019 571 2738**.

Donations can be in the form of cash or cheques made payable to "The Dementia Society, Perak" or via transfer to Maybank account no: **508177215069**.

Some people may find it easier to forgive, others won't but it is better to allow the pent-up frustrations and negative energy to disperse. It is only by learning how to let go of our rage, that we can move forwards. When all else fails, try and talk to a friend and calm down by offloading your angst. Otherwise, it may be judicious to seek professional help before you harm yourself or others.



THINKING  
ALLOWED

by Mariam Mokhtar

#### Dr Saravana.K

Consultant Physician,  
Gastroenterologist & Hepatologist

### Digestive Health

#### Gallstones

Gallstones are stone-like objects that form in the gallbladder or bile ducts. Gallbladder is an organ that resembles a small pear, located under the liver on the right side of the abdomen. The function is to store and dispense bile, a fluid that is produced by the liver and helps digest fats in the foods you eat.

It is connected to the liver and the intestine by a group of ducts, including the hepatic duct, the cystic duct, and the common bile duct. When you eat, the gallbladder sends bile through the common bile duct into the intestine to help you digest food.

There are two types of gallstones:

**Cholesterol gallstones** can form when there is too much cholesterol or bilirubin in the bile. **Pigment gallstones** may form in people who have certain blood disorders.

#### Who is at risk for gallstones?

- women
- over the age of 40
- who have a family history of gallstones
- obese
- diabetes
- people whose diet is high in fat and cholesterol

In many cases, people who have gallstones do not have any symptoms.

The main symptom of gallstones is pain which can occur when gallstones move from the gallbladder into one of the ducts. Gallstones that migrate can cause conditions such as acute cholecystitis (inflammation of the gallbladder), cholangitis (infection and inflammation of the bile ducts), and pancreatitis (inflammation of the pancreas).

The pain may be located in the upper part of the abdomen, between the shoulder blades, or under the right shoulder.

The most commonly used test to detect gallstones is ultrasound.

Other tests that may help in the diagnosis of gallstones include the following:

- CT scan
- endoscopic retrograde cholangiopancreatography (ERCP) – a flexible tube with a light and a camera attached – is inserted into the patient's mouth, down the throat, and into the stomach and small intestine. A dye is injected to allow the bile ducts to stand out. If there are gallstones in the bile duct, they can be removed by the endoscope.
- magnetic resonance cholangiopancreatography
- endoscopic ultrasound (EUS) a small ultrasound transducer is installed on the tip of an endoscope and inserted into the patient's mouth to obtain images of the biliary system

If you have no symptoms, you probably do not need treatment.

If you have symptoms, laparoscopic surgery is done to remove the gallbladder.

If there are gallstones in the bile duct, they need to be removed, most commonly with the ERCP.

#### Can I digest food without a gallbladder?

You don't need a gallbladder in order to digest food properly. Bile will flow directly from your liver through the hepatic duct and the common bile duct to the small intestine.

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).





## ON IPOH FOOD

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



## Nosh News



## Michelle's Noodles are Offally Good

Hankering for a bowl of fresh cooked noodles or congee? Then look no further than Michelle's Noodles. Michelle's stall which used to be diagonally opposite Citrus Wine and Dine, is now set up at Laluan Perajurit 1, a few shop lots before Crab House.

Pig offal lovers can rejoice as Michelle's specialties revolve around innards. Not only does she offer up the cleanest, freshest pig kidneys I have ever tasted anywhere but most of the offal from a pig is here, from liver, to intestines, to tripe. Given that organ meat is touted to be healthier than regular meat, Michelle's is the stall I go to when I have the urge for some innards.

Each bowl of noodles or congee is freshly cooked bowl-by-bowl and one can choose amongst a plethora of



ingredients which are pre-prepared as is the stock which Michelle cooks fresh every day, starting from when her stall closes, for a total of six hours! As she lives just across the road from the restaurant, that is not an issue for her. Using only pork bones and *ikan bilis* (dried whitebait) the stock is the foundation upon which all her noodles and congee rests.

Non offal lovers too are well catered for as Michelle has homemade fish paste, fish slices, jelly fish, prawns, fish slices and other seafood. Her *ham-choi* (pickled cabbage) soup or Tom



Yam is tangy and well worth sampling as is her post-partum specialty, the *Yuet Por Fun* of rice wine with offal, meat and the traditional egg and ginger omelette redolent with sesame fragrance – RM7.50.

She serves the special **Pig's tripe soup** with chicken laced with an abundance of black pepper on Wednesdays and Sundays RM8. And for those with a simple palate, her bowl of **Century egg and Lean pork** beckons at RM4.50.

**Mixed offal soup** goes for RM6.50, **Fish slices** RM7.50 (fish is very fresh) and the **Seafood soup** is RM6.50. Noodle choices include 'lo shu fun' the drop rice noodles and of course the usual egg noodles, rice noodles, rice vermicelli, yellow noodles and even bean thread noodles. Portions are extremely large and even our group of big eaters found ourselves struggling to finish the bowl. Do go early though as she runs out of ingredients quite early in the morning. Her congee in particular is very popular and runs out by 11am.



**Restaurant Tuck Koh**  
26, Laluan Perajurit 1  
Taman Ipoh Timor  
Michelle Chai: 016 501 3639  
7.00am-2.00pm closed Thursdays

## Suhaimi Cafe

Coffee enthusiasts in Ipoh can now indulge in a wide selection of coffee for breakfast at Suhaimi Cafe, located at Taman Kledang.

With their motto 'Best beans, best coffee', Suhaimi Cafe offers a choice of Vietnamese coffee (VC) to customers at affordable prices. VC is served in the inimitable stainless steel filter strainer, allowing the coffee time to steep and drip drop by drop into the cup below which is already filled with either condensed or regular milk (optional). A cup of special Vietnamese coffee costs RM4.50, VC Arabica is RM6.50, VC Robusta RM7.50, VC Arabica Robusta RM5.50, VC Culi Arabica RM8.50 and VC Arabica Robusta Excelsa excellent at RM10.50.

Customers are encouraged to try their Roti Benggali (thick bread) served with half boiled eggs at RM5 or their western breakfast; scrambled eggs, sausages, bread and baked beans for RM5.

Aside from their specialty Vietnamese coffee, the cafe is also known for their Iced Mocha Coffee (RM3.80) and Iced Mocha Tea (RM3.80).

The cafe is located at 57, Jalan Jelapang Selatan, Taman Kledang, 30100 Ipoh. Open everyday from 7.45am till 12.15pm, except Tuesday.

Ili Aqilah



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## Han Chin Pet Soo

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Continued from page 2...

## Museum Perak

Built in 1883, Museum Perak is the oldest museum in Malaysia. It is divided into four main galleries and home to more than five thousand cultural artifacts. Visitors may be introduced to traditional games like Wau, Gasing and Congkak and also get the chance to see old clay utensils used for cooking, such as Labu, Kukusan, Perasapan that are more than 100 years old. The museum opens daily from 9am until 6pm and closes on Hari Raya Aidilfitri and Hari Raya Aidiladha. Adults are charged RM2 per person while admission is free for children below 12 years. Guided tours are available but guests will need to request them beforehand.

**Museum Perak, Jalan Taming Sari, Taiping, 34000, Perak (05-8072057).**



## Rock Garden

Rock Garden is located near to Taiping Lake Garden. The Rock Garden is never empty. It is being visited at all times. Rock Garden is also one of the best backgrounds for photo shoots. It has become a norm for the Rock Garden to be chosen as a favourite spot for wedding photographs. This is also an idyllic and peaceful place for a gentle stroll.



## Pagoda China

Pagoda China, also known as Pagoda Bridge, is a part of the Lake Garden in Taiping. The place is a perfect place to rejuvenate one's spirit, with mother nature providing the location and enhancements provided by man. It is a great backdrop for photography and is known for its capacity to entice and entrance all visitors, all of whom leave with nostalgic images for their collection of memorabilia.



## Taiping Jail

Another iconic building in Taiping, Penjara Taiping was built in 1879 when Sir Hugh Low was the third Resident in Perak, to imprison the gang members of Ghee Hin and Hai San. It is located right in front of Museum Perak and is still in operation.

**Jalan Taming Sari, 34000 Taiping, Perak Darul Ridzuan (05 807 2177)**



## Burmese Pool

Nestled in the deep rainforest, Burmese Pool is one of the many popular attractions on the Taiping Heritage Walk. The large pool consists of a small river and waterfall. It is definitely a great place for picnics or just to de-stress. There is no fee to enter the river but visitors will have to pay the RM2 fixed parking fee.

**How to go:** From the town of Taiping, head to the Lake Gardens and follow the signboard to Bukit Larut where you will pass Kamalodge. Take the right junction to Taman Sentosa and follow the signboards to the Burmese Pool.



## Pasar Lama (Old Market)

Located at Halaman Pasar (Market Square), Pasar Lama was built in 1884 at Jalan Taman Sari. What makes this market different from any other market in Taiping is its unique design using high quality woods. The market opens every day as early as 6am and is the perfect place to get fresh seafood, poultry and vegetables.



## Conclusion

Currently, the heritage trail is halfway to completion. However, anyone who is keen to explore the trail on their own, right now, can obtain the trail map from the Taiping Municipal Council's office. Bear in mind to contact the office prior to collection to avoid disappointment.

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## Community

# Mother Seeks Funds For Ailing Daughter



Noor Azlina Abdullah could still recall how active her little girl was and the moment when the doctor broke the news about her illness.

Azlina's daughter, Damia Irdina Shahril Haizal, 10, was diagnosed with bone cancer (stage one) early June this year. It saddens her to see Damia's condition. And the fact she never complains is making Azlina feel guilty everyday.

"Anyone who undergoes chemotherapy knows how painful it is, yet Damia never cries or says anything. She's a strong child, therefore, I need to be stronger for her," said Azlina to reporters who visited the family at their Medan Klebang Restu house recently.

Since being diagnosed two months ago, Damia has undergone three chemotherapy sessions which were very costly. Azlina is a full time housewife while her husband, Shahril Haizal Mohammad, is a construction worker. Damia has three other siblings aged 6, 5 and 2 years old.

"The doctor told us how serious Damia's cancer is. Not only will it affect her lungs, the cancer cells are difficult to detect. She is in need of medical attention or we might lose her," said the determined mother.

The family received RM44,000 from Baitulmal to pay the cost of implants and surgery but the family needs an additional RM160,000 to cover Damia's medical bills for two years.

"We don't earn much and thus couldn't give Damia the help that she requires. I beg the public to help us in anyway possible. Damia is a bright student, she deserves a future," added Azlina.

One visitor who is determined to help the poor child, was the head of the Barisan Nasional Service and Complaint Bureau, Mohd Rawi Abdullah, who said, "We'll set up a special fund for Damia and get donations from all sources," said Mohd Rawi to media representatives.

Readers wishing to donate can contact Noor Azlina at 013 598 2278 or deposit your money into her Maybank accounts 158202166499 and 158435109406 or Bank Islam account 08013023605763.

**Rosli Mansor**

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## Community

### Janaki Gets a Licence to Hawk

Mohd Zakuan Zakaria, Secretary of Ipoh City Council, in a press statement at Raja Permaisuri Bainun Hospital on Monday, August 10, denied a social media posting claiming Council enforcement officers had immobilised a *kacang puteh* vendor's business by scattering her *kacang puteh* (nuts) and other edibles onto the road. The purported incident took place within the hospital compound on Friday, August 7.

The posting, which went viral in the social media, showed Council enforcement officers standing by while a woman was holding on to a black bag filled with nuts and nuts strewn about on the ground.

According to Zakuan, the officers were not responsible for the act. In fact, the officers had done nothing untoward other than stopping the woman from conducting her business in the hospital compound. The vendor, said the Council Secretary, was the one who threw the nuts on to the ground, as a form of protest.

According to Dato' Haji Omar bin Ahmad, a member of the hospital's visitors' board, the Council officers were there to conduct enforcement actions against unlicensed vendors following complaints from the hospital. The presence of these illegal traders had marred the image of the facility to a great extent and had become a nuisance to patients, staff and visitors.

Zakuan had sought the blessing of the mayor, Dato' Zamri Man, to provide the aggrieved party, Janaki Subramaniam, a single mother, a license to hawk *kacang puteh* forthwith.

A racially-sensitive issue was thus resolved with prompt actions by Ipoh City Council.

Nantini



### Heal Yourself through the Power of Your Mind



“Too much information is confusing the people. We have 25 thoughts per minute. This can be reduced by meditation” were the opening remarks by Suraj Kumar during his talk on ‘Heal Yourself through the Power of Your Mind’ which was organised by Brahma Kumaris Ipoh. Kumar has been researching for the past 25 years on curing diseases through meditation and mastering the mind by conquering negative thoughts. He has been conducting classes on healing through the mind.

Kumar added that we must have a balance between mind, brain and intellect. Depression is a major problem now and many people are losing their happiness because of this. The mind must be empowered to make life happy. Modern education does not give attention to the mind. Meditation can enhance the mind. Diseases can be healed through a powerful mind.

Our intellect must be made divine by positive thoughts. Thoughts are energy and positive thoughts create positive energy. We make ourselves sick by the thoughts we think, and likewise, we heal ourselves by healthy and noble thoughts. We become what we think.

We must use the power of our subconscious mind at night and it is the best healer. Upon waking up we must lie in bed for about ten minutes and our first thought must be “I will enjoy everything, avoid expectation and appreciate what I am doing. If I keep having pure, positive thoughts and good wishes for myself and others, then I will be cared for, I will receive power and my mind will become strong and in this way I will help the body to heal.” We must let go of anger and our ego.

Kumar demonstrated a few simple exercises to cure knee, shoulder, back pain and also exercises that can keep us fit. There was a short meditation session.

Readers who want more information can call 05 547 6069.

Jeyaraj



### Merdeka Cycling Expedition 2015

Merdeka Cycling Expedition 2015, the fourth in the series, was flagged off at the State Secretariat Building's compound on Monday, August 3 by Perak MIC Youth Chief, M. Veeran. The month-long 2327.8km journey will take the cyclists through 66 stops within the peninsula. The participants will distribute mini Jalur Gemilang (national flag) to the public along the way to spread the Merdeka spirit.

Ipoh Echo had a brief moment with the oldest participant, 57-year-old Chuah Yew Lay, an amputee with a burning passion and a wealth of experience in cycling.

“I lost my right leg after a nasty car accident 27 years ago. I took to walking to keep myself fit but felt it was slowing me down. So I took up cycling instead. I’ve been cycling for the past 10 years. I’ve pedalled around Malaysia and around Europe. I’ve cycled to Vietnam for charity,” said the man with a big heart. “I am glad to do something good for our country,” he enthused.

The expedition is led by Ragu. With him are his daughters, 16-year-old Nithya Rubhini and Nithya Darshini, 14, the youngest participant.

Riders will join them at each stop. “Some 300 eager participants will accompany us at the Penang stop,” said Ragu. Last year’s ride attracted over 5000 cyclists nationwide.

“This is the first time MIC Youth is supporting the event. Our youths will provide the participants with logistics support at the various stops,” M. Veeran told Ipoh Echo.

The expedition is expected to end on Thursday, September 3 in front of the Ipoh City Council Building, the designated finishing line.

Mei Kuan



### Han Chin Pet Soo

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## Community

# The Drama of Life

The topic for Perak Academy's 16th series lectures was, 'Shakespeare and the Drama of Life' by Dato' Mahadev Shankar, a former appeal court judge. Paul Subramaniam was the emcee for the 6th talk in the series held on Friday, July 31 at one of the academy's members' residence in upscale Jalan Tun Dr Ismail (formerly Thompson Road).

Born in 1932, Dato' Mahadev Shankar is a prominent Malaysian lawyer and amongst the many portfolios he held in his lifetime were as a Court of Appeal Judge, President of Malaysian Astronomical Society, Vice President of Zoo Negara and a founder member of the Human Rights Commission of Malaysia.

Clad in batik, he recited from The Merchant of Venice and Hamlet during his inspiring talk on perspectives and ideas. In every respect, Shakespeare is a phenomenon because he is universal.

"You can put him in the clothes and the culture of anybody in the world and he still makes sense because he's not talking about places but human behaviour instead," he explained.

"Each one of us who has life and who is on this Earth is the most significant thing that happened since the Big Bang. Why? Because we're the only sentient thinking rational creatures in the known universe," said the multilingual speaker who is fluent in English, Cantonese, Malay, Tamil, Malayalam, Japanese, Hindi and Punjabi.

Subsequently, the 83-year-old appellate court judge posed this question to the 60-odd attendees: "Since we're so special and unique, what on earth have we done with this gift?"

The one-hour lecture was followed with a one-hour question-and-answer session. Among those in the audience were the Acting Chairman of Perak Academy, Chan Kok Keong, host Dato' Yap Lim Sen and Dato' N.H. Chan, another former appeal court judge.

Mei Kuan



## Prevention is Better than Cure



In line with the saying, "An ounce of prevention is better than a pound of cure" the Department of Occupational Safety and Health (DOSH) launched its Occupational Safety and Health (OSH) Week at Casuarina@Meru Hotel recently.

The state-level event was observed not only by those in the work sectors but also by school students. Director General of DOSH, Ir Mohtar bin Musri who officiated the event hoped the public would consider prevention seriously not only when working but when doing their daily tasks.

"It takes two to tango, we're doing our very best to promote a safe and healthy working environment but the public should start applying the concept of 'prevention is better than cure'. A good example is when driving; when the yellow light is on instead of slowing down their vehicles, some drivers speed up. This can cause accidents," said Mohtar in his opening remarks.

Present at the launch were TNB Janamanjung Sdn Bhd Director, Shamsul Ahmad and Perak's DOSH Director, Ir. Mohamad Razak Ismail.

The Ministry of Human Resources statistics showed that 3.28 per cent out of a thousand workers sustained injuries while working. After much effort by DOSH the number dropped to 3.1 per cent in 2014. This is something that Malaysia can be proud of.

As Malaysia's biggest independent power supplier, TNB Janamanjung Sdn Bhd considers OSH Week a serious matter and will continue to support the department's efforts in creating an accident-free environment.

"We're currently supplying 25 per cent of Malaysia's electrical power needs and hope to expand further. By having a safe and healthy work environment, I am sure we can grow bigger," said Shamsul.

Ili Aqilah

## ENT Care

By Dr Rekha Balachandran



### The Cough that Won't Stop

A cough is a protective reflex. It's how your body responds to irritants in your throat and airways. However, any cough that persists for several weeks may indicate an underlying condition that requires medical attention. This long lasting cough is not a disease by itself, but a symptom of some underlying problem.

#### What are the causes of chronic cough?

1. Asthma and allergies
2. Gastro-esophageal reflux disease
3. Medications
4. Sinusitis



Asthma presents with cough, chest tightness, shortness of breath, and wheezing which tend to worsen at night or in the early morning. Asthma can be brought on by different factors which differ from person to person. An allergic cough is similar to asthma and occurs as paroxysms of cough after being exposed to a particular allergen like cigarette smoke and other airborne irritants and certain foods.

One of the commonest trigger for a long-term cough is Gastro-Esophageal Reflux Disease or GERD. GERD is caused by the movement of stomach acid back into the food passage and the throat. This acid reflux then causes irritation of the throat giving rise to cough. Other symptoms include sore throat and a blocked-like feeling in the throat. Many will also have associated symptoms of heartburn.

ACE inhibitors are a medication used to treat high blood pressure and heart failure. Although it is an effective drug, almost 25% of those taking it may develop a persistent dry cough. If you suspect your medication is responsible for your cough, don't stop taking it, please consult your doctor first.

Chronic sinus infections are another cause for cough and one of the commonest conditions I see in my practice. Studies have shown up to 30% of chronic cough is contributed by sinus disease. The mucous from the sinuses is drained to the back of the nose and drops to the throat causing an irritation and cough. To check if sinusitis might be the underlying cause of the cough, an ENT check-up including an endoscope and sometimes a CT scan may be required. Untreated sinus infections can lead to lung infections and can also be a recurring problem if not treated adequately.

#### How is it treated?

The treatment is based on the cause of the cough. Please keep in mind prolonged cough needs to be investigated by a doctor and should not be ignored. Talk to your doctor about managing your asthma, postnasal drip or GERD. There are some measures that can help to ease an ongoing cough. These include:

1. Staying hydrated.
2. Steam inhalations or humidifiers.
3. Keep your rooms, bedding and surroundings free of dust especially if the cough is due to asthma or allergies.
4. Using mentholated cough drops or throat sprays to soothe the throat.
5. Taking a spoonful of raw honey is a great way to soothe a dry cough.

#### Rekha ENT Specialist Clinic

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

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

## Brother Vincent Celebrates Diamond Jubilee

St Michael's Institution, Ipoh (SMI) celebrated Dato' Brother Vincent Corkery's diamond jubilee as a La Salle Brother on Monday, August 3 at the school's assembly ground.

Running on the theme "Our teacher, our friend, our brother", the historic morning witnessed an array of performances such as season drums, lion dance, solo classical flute and the Michaelian military band.

Present at the commemoration ceremony were Principal Madam Chan Nyook Ying, Joseph Michael Lee, Chairman of the Parent-Teacher Association, former teachers and former students.

"The La Salle brothers are ordinary men yet living extraordinary lives. They venture wherever the need is greatest to provide education, guidance and inspiration to youths worldwide. They're committed to helping young people, especially the poor and the marginalised," said Madam Chan in her speech.

The celebration then moved to the school hall for an experience-sharing session by students with the celebrated 87-year-old gentleman in white.

In 1957, Brother Vincent was posted to the school, which he would call home for the next 58 years. The affable gentleman-teacher had served as supervisor for Oral English for Perak, Secretary for the Conference of Heads of Secondary Schools and a founding member of the Perak Historical Society.

While as head of SMI he did away with the streaming of classes according to students' academic ability and introduced mixed-ability classes, which is still being practised by the school to this very day. This is one of his enduring legacies.



Mei Kuan



## News

## Keeping Tabs on Food Premises



The Perak Health Department ordered the closure of two *belacan* (shrimp paste) processing factories in Bagan Serai for committing various hygienic-related offences during a surprise inspection on August 3.

According to State Health Department Director, Dato' Dr Juita Ghazalie, the factories were given 14 days to clean up their acts and inspection would be conducted after the said period to determine whether they should be allowed to resume operations.

One of the factories processed *belacan* while the other processed fried onions, groundnuts and desiccated coconut. Workers at one of the factories had not done their compulsory typhoid vaccination.

"We found the *belacan*-processing factory to be very dirty, especially its floor. Imported raw ingredients were placed on the floor rather than in containers. The same factory committed another offence for packing *belacan* for another company," said Juita.

"During the 14-day grace period, health department officers will make visits to the factories to ensure that they comply with the instructions given," she added.

Since January, the department has conducted inspections on 7036 food premises, among them 369 factories. Fifty food premises, including 15 factories, were ordered closed. They were issued with compounds totalling RM67,190.

Nantini

## Mayor Meets Clients

Mayor Dato' Zamri bin Man has made the meet-the-client sessions more accessible by holding Ipoh City's Clients Day every first Tuesday of every month. Zamri's first meet-the-client session, as mayor, was on Tuesday, August 4. It was held at the foyer of the Council building where the reception hall is located.

Ipoh City's Clients' Day is open to all Ipohites and would ensure that contact with the mayor and his staff would be much easier. During a media conference that followed, Zamri said that the number of complaints received by the Council was on the rise. In 2013 some 15,000 complaints were received and almost all were resolved. In 2014 approximately 16,000 complaints were received and 99.6 per cent of were attended to. Between January and July 2015, the Council received 18,000 complaints from the public.

"The growing number of complaints does not mean that we don't do anything. It goes to show that there is a close rapport between us and ratepayers. The Council values this relationship, as it's a good indicator of our effectiveness," said Zamri to reporters.

"Whoever wants our help or our advice, on any issues, can see us on the appointed day. It's an avenue for Ipohites to meet us directly and in person," he added.

Among those who met the mayor that day were members of the Ipoh City Watch led by its Secretary, Victor Chew. Their grouses were centred on cleanliness and rubbish disposal. They impressed the mayor on their on-going programmes in Jelapang and Meru and invited him to participate.

Nantini



## Arrested For Illegal Assembly

Member of Parliament for Sungai Siput, Dr Michael Jeyakumar Devaraj and several Parti Sosialis Malaysia (PSM) leaders along with a number of farmers were arrested on Wednesday, August 5 for participating in an illegal assembly outside the State Secretariat Building, Ipoh.

K. Kunasekaran, coordinator of the gathering and PSM Youth chief, K.S. Bawani of the "listen, listen, listen" fame were also picked up by the police.

Michael and party members had led a group of farmers to meet Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir over unresolved issues involving farmers' lands which were taken over by a state agency. These people had been farming the state lands for many decades but were forcibly evicted, without compensation, to make way for developments.

About 200 protesters had gathered at the back entrance of the Perak State Secretariat Building since morning. They wanted to meet the MB to voice their grouses in person.

Protesters brought along a variety of vegetables, fruits and fish, while holding placards to block the entrance into the building. Officers from the Ipoh City Council confiscated the goods, which the farmers had laid out on the road.

At about 2pm, Police Light Strike Force intervened when the protesters attempted to force their way into the State Secretariat Building by pushing the iron gates. Police gave those gathered three minutes to disperse or face arrest. The protesters were arrested when they refused to disperse. They were released after their statements were recorded.

Nantini



## Student Crowned Miss Earth (Malaysia) 2015



Twenty five finalists of Miss Earth Malaysia were treated to a 6-course fine-dining dinner at STG boutique café, Ipoh on Friday, July 31.

Present were franchisee and organiser of the beauty pageant, Miss Choong May Teng from STAR Avenue Production and Alvin Wan Thean Yew, Director of STG.

The Miss Earth Malaysia contest focuses on creating environmental awareness with emphasis on environmental-related programmes besides promoting local tourist destinations.

One of the contestants, Miss Emily Lee, a 19-year-old Ipohite who loves dancing and reading disclosed this to Ipoh Echo, "I wish to be a representative to advocate and influence the community to save Mother Earth together."

"As a past winner, I feel first impressions are very important. So I hope they can nail it. I too hope these earth warriors could smile more and do their best for the country," said Miss Josephine Tan, Miss Earth (Malaysia) 2013, who was the guest host of the night of glitz and gourmet delights, when asked for her precious advice for the girls. Miss Emily Chung, a 171 cm-tall student from Sabah, won the Miss Glamour Look title.

During the grand finale on Sunday, August 9 at the ballroom of Syeun Hotel, Ipoh, Miss Danielle Wong, a student of Business Administration from Malacca, was crowned Miss Earth (Malaysia) 2015.

Mei Kuan



## News

## ETCM Opens Nissan 3s Centre in Taiping

E daran Tan Chong Motor Sdn Bhd (ETCM) officially launched the Nissan 3S Centre in Taiping recently; its 19th 3S Centre in the country.

This marks ETCM's second Nissan 3S Centre opening this year after the recent launch of the Johor Jaya Mega 3S Centre in May. Both launches – and with a flagship Glenmarie 4S Centre soon to be launched, are a reflection of ETCM's commitment to enhance its sales network and ensure that customer ownership experience are met on all levels.

The new ETCM Taiping 3S Centre has a total build-up spanning over 17,846 square feet, and is strategically located to provide convenience to the surrounding community. This one-stop centre offers customers the ease of being able to test drive and purchase a range of new Nissan models, get them serviced, and obtain spare parts for their Nissan vehicles – all under one roof.

With an investment on renovation of about RM800,000, the newly-designed layout allows for a showroom area that can display up to eight (8) Nissan models at any one time, while the service centre holds eight (8) service bays with the capacity to service up to 30 cars per day. The 3S Centre is manned by 14 certified Nissan sales professionals and six (6) experienced and highly trained technicians, amongst its key staff.

The Taiping 3S Centre offers customers convenience and comfort while waiting, with facilities that includes a lounge and refreshment bar complete with Wi-Fi connectivity, as well as a Kid's Corner for customers with children.

Speaking at the opening ceremony, Dato' Dr Ang Bon Beng, Executive Director of ETCM said, "Taiping's growth has been remarkable. Under the Northern Corridor Economic Region development, we have seen it thrive and attract not just tourists, but local and foreign investors as well. And with the rise of business opportunities and better infrastructure, a demand for passenger and commercial transport vehicles is also on the rise, hence it is crucial for us to make our presence felt in Taiping – and our responsibility to support Nissan owners and the community here with a Nissan 3S Centre."



To date, ETCM has an extensive network of 100 Showrooms including dealers, and 60 Tan Chong Express Auto Service (TCEAS) Workshops throughout the nation. ETCM targets to have 20 3S Centres throughout Malaysia by end of 2015.

More information for customers can be obtained through Nissan Customer Care Centre Hotline at Toll FREE 1800-88-3838 or at [www.nissan.com.my](http://www.nissan.com.my). Test drives can be arranged at Nissan Showrooms nationwide.

## Ipoh Dancesport 2015



The best among the best of amateur dancers from Malaysia, Thailand, Singapore and Indonesia were up against each other during the 4th Ipoh International Dancesport 2015 held at Kinta Riverfront Hotel and Suites on Saturday, August 8.

The co-organising advisor, Michael Yeap, was impressed by the tremendous support and effort put in by the local dancing fraternity. "We've been receiving plenty of positive responses from day one. My utmost gratitude goes to the organising chairperson, Yeap Yen Chin and her hardworking committee members for ensuring the success of this championship," he said.

The competition consisted of many categories such as Latin Junior, Latin Amateur, Modern Senior and Modern Adult 35 and above. The highlights of the championship were the two main categories, Latin Amateur Open and Modern Amateur Open.

Representatives from Thailand, Tony Lufrano and Sukuchaya were placed first in the Latin Amateur Open, followed by Jumil Bacalso and Natali Tjokro from Singapore. Second runner-up went to the dancing duo from Malaysia, William Yap and Isabella Liew who hailed from Negeri Sembilan.

The Modern Amateur Open was won by Wang Chun Yang and Mau Lai Wah from China while the second spot was won by the team from Malaysia, Muhammad Daniel and his partner Rachelle Loong. Third placing was snatched by another pair from China, Xiong Wu and Lui Kwai Pui.

In her speech, Yeap Yen Chin, the organising chairperson who is also a World Dance Council International Adjudicator and a former Latin dance champion, thanked participants and organisers for their support.

"A big thank you to everyone for making this championship a success. Not forgetting the President of Perak Society of Performing Arts, Datin Rosalina Ooi, for helping us to promote this annual event," said Yen Chin.

Ili Aqilah

## Restricting Illegal Sand Mining

The Perak Sand Management Command Centre, established in September 2014, is an initiative of MB Incorporated's Chief Executive Officer Dato' Aminudin Hashim in cooperation with the Perak Land and Mines Department to combat sand theft which has impacted the state revenue. With the command centre, there would be monitoring of flat-bed lorries by closed-circuit television, telegrams via the more systematic E-docket management.

On Thursday, July 30, MB Incorporated held a press conference and demonstrated how the management system works at the Perak Techno Trade Centre. Dato' Dr Mah Hang Soon, the Executive Councillor for Health, Transportation and Non-Islamic Affairs, Syed Rofli Syed Ahmad, director of the command centre, Dato' Rashidi Ibrahim, Adun for Pasir Panjang and Kesavan Subramaniam, Adun for Hutan Melintang were present.

During the press conference, Dato' Mah announced that forthwith all sand mining operators would be issued both the 4C and K3 permits. The 4C permit is a mandatory permit while K3 enables them to sell sand out of the state. However, if the operators could provide proof, in the form of invoice that they are selling the sand within the state, a rebate for the K3 permit would be given.

The other measure is the endorsement of the usage of 26-tyre tipping lorry, instead of the current 14-tyre lorry in the state. Sand operators would have to pay royalty for every metric tonne they carry.

A total of RM6 million in royalty had been successfully collected from sand operators from January to July this year compared to RM480,000 collected from the last quarter of 2014.

"Plus, there is a suggestion to set up a new mechanism or docket to assist sand



operators and concessionaires involved in special projects in the state, such as the West Coast Expressway," said Mah. He lauded the establishment of the command centre which is being acknowledged by the National Audit Department as an exemplary model for other states to follow.

Mei Kuan



## Education

# PUO Annual Convocation

It was not easy pursuing a course he was not keen in. But instead of giving up, Mohamed Sharif Varusai Mohamed studied hard and his effort paid off. He was honoured with the Special Director's Award at Politeknik Ungku Omar's (PUO) 44th convocation ceremony recently. The 3-day convocation which began on Monday, August 3 saw over two thousand students from various course streams graduating with flying colours.



Head of Director Major (Reserve) Dato' Haji Md Nor Yusuf, who was present at the event, congratulated the graduates for their dedication.

"As you are now graduates, I hope you'll never stop learning," said Md Nor in his opening speech.

"Every time I am about to take a quiz or an exam, I'd call my mother. My parents' blessing is the reason why I am here," said Sharif when asked about his secrets to success. The youngster plans to continue his studies but for now he wants to gain experience in the business world by working at his father's grocery shop.

As for Widiyaastuti Mukhtar who received three awards; Special Director's Award, Excellence in Academic Award and Curriculum Award her primary focus is on helping her family before pursuing further studies.

"My parents have done a lot for me and this is payback time. After completing my course in April 2015, I was offered a job as a customs officer in Johor Bahru. As the eldest child, I am glad that I am now able to lessen my parents' burden," said Widiyaastuti.

Widiyaastuti too received the Special Yayasan Pembangunan Ekonomi Islam Malaysia's award for her achievement. Others who received the award were Nurhafiza Anas, Nadzirah Shamsury, Nor Affinah Abdul Gafur, Nur Syahirah Shobri and Mustaza Musman President of the Islamic foundation, Dato' Abd Malek Awang Kechil, gave away the awards to the winners.

Ili Aqilah

# Keris College Convocation Ceremony



Keris College, Ipoh held its 13th convocation at the ballroom of the Syeun Hotel, Ipoh on Friday, July 31. A total of 124 graduates received their diploma scrolls during the ceremony.

Witnessed by parents and friends, the graduates walked confidently on to the stage to receive their scrolls from the guest-of-honour, Hishammuddin bin Tajuddin, Deputy Director of Education Perak.

Chief Executive Officer of Keris College, Choi Jack Son, in his speech said, "I wish to express my gratitude to all who have made this graduation ceremony possible. Congratulations to all the graduates of 2015 for making it through."

Shireen Yeoh, the Director of Keris College commended the graduates for their perseverance. In her speech she reminded the successful students of the following.

"You now have in your hands the key to the door of your future professional success. This is your achievement but you should always remember the sacrifices made by others for you. Today is your day, an important day to remember and to cherish."

Nantini

# Go Green Student Camp 2015

Running on the theme, 'Think Green, Act Green, Live Green For Our Future', Raja Perempuan School organised the national-level Go Green Students' Camp (GGSC 2015) at its school compound recently.

Form 1 to Form 6 students representing 20 schools in Kedah, Pahang, Johor, Pulau Pinang and Perak took part. Go-green-oriented competitions which included public speaking, solar car, video making on the ecosystem of Tempurung Cave, hands on challenge and Mathematics explorace were held. In addition, there was a talk on 3R by the Ipoh City Watch, a Magic of Science performance and an exhibition by various governmental and non-governmental organisations.

"Going green is the in-thing today. We try to incorporate it and educate our students, hoping they

would share what we have taught them with their parents," Principal Puan Hj Juahir Mohd Hassan told Ipoh Echo.

"I've gained a lot of experience from its exciting activities. My favourite one was at Tempurung Cave where I got to see the rock formation with my own eyes, learned its name and how it was formed," Hanani, a Form 5 participant enthused.

Go Green was launched to remind people to be mindful of the natural environment in our daily life. Thinking green leads to acting green via taking corrective action to make environmental responsibility a reality. Even before the camp, Raja Perempuan School has always stayed true to this concept by having an organic farm, a "no paper, plastic and polystyrene" canteen policy, rain harvesting barrels and recycling bins in the school.

Mei Kuan



## Eco Tourism

# International Ecotourism Symposium 2015

Dato' Nolee Ashilin Dato' Mohammad Radzi, Executive Councillor for Tourism and Culture, officiated at the Perak International Ecotourism Symposium 2015 on Tuesday, July 28. The two-day forum was held at the Weil Hotel, Ipoh.

The symposium's objective was to garner world-wide recognition for efforts by the state government in making Perak an International base to facilitate research, training and environmental programmes in ecotourism, ecology as well as the promotion of ecotourism attractions – locally, regionally and internationally.

It was also aimed at encouraging greater awareness of the beauty and fragility of our natural environment and the need for greater understanding of the physical and biological processes operating within the tropical rainforests.

The symposium, said Nolee, brought various tourism players together, ranging from operators, industry representatives, policy makers, academics and researchers to help guide the future of ecotourism in Perak.

"I wish to congratulate Tourism Perak and Exist Green Sdn Bhd for putting together a formidable line-up of foreign and local presenters. I too wish to thank speakers from the United States of America, the United Kingdom, Australia, Hawaii, Rwanda, Nigeria, Kenya, Thailand and Hong Kong for sharing your knowledge and experience in helping us chart the direction in which we want our tourism industry to develop and grow," said Nolee in her opening remarks.

Nantini





## Community

# KLK Piala Muhibbah 2015

After an intense final football match, Anderson Club defeated Klebang Putra 2-0 in the Kuala Lumpur Kepong Berhad (KLK) Piala Muhibbah Under-16, 2015 at Ipoh Padang recently.

The team beat 16 other clubs to win a RM1000 cash prize, a trophy, medals and 10 footballs thanks to Mohamad Adam's opening goal in the first half and Lee Szu Min's during the second half. Adam won the Most Promising Player trophy while Szu Min got a pair of football boots for being the Man of the Match.

The tournament was the first by KLK and the company plans to make it an annual affair.

"We want to promote a healthy lifestyle among youths. Seeing the response and the talents today, we hope to organise the KLK Piala Muhibbah on an annual basis," said Lim Poh Poh, KLK Senior Manager for Corporate Communications.

What set KLK Piala Muhibbah apart from other football tournaments is that every team needs to have players from at least three ethnic groups. A Team will be disqualified if it fails to meet the basic requirement.

"The idea of having mixed-ethnic teams comes from the word 'muhibbah' which means goodwill. We want to generate goodwill among the various races via sports," Lim



stressed.

KLK Group plantation director, Roy Lim gave away the prizes to the winners.

On a related matter, KLK Piala Muhibbah U-12 which was held from May 2-3 at Taman DR Ipoh saw Ipoh Kidz A winning the RM600 cash prize, a trophy, medals and 10 footballs. They won top honours after defeating ten other teams.

Ili Aqilah

## Personality

# Anis Starts Young

Meet Anis Afiqah, an inspiring young entrepreneur who started her own brand of clothing at the tender age of 17.

Born and bred in Ipoh, Anis found it hard to find T-shirts with unique designs and that was how Butang Clothing started. With her love for stitching and sewing, Anis figured that the only way to have her kind of clothing was to make them herself.

With no intention to sell, Anis, now 24, sewed buttons and beads onto T-shirts with her own designs, which later attracted the attention of her friends.

"It all started when I decided to sell a few of them to my friends. I was offered by one of my seniors, who was involved in the Indie clothing scene, to sell my shirts at

music gigs in Kuala Lumpur," said Anis to Ipoh Echo.

When her brand got picked by street-wear lovers, Anis had to struggle with orders. Her parents were worried about her studies. But she proved them wrong when she passed her exams with flying colours while still managing Butang Clothing.

"Butang Clothing is my first brand. I can't recall having any other brands before that. I don't remember who inspired me because it was really an impromptu decision," Anis remarked.

Readers who wish to get a piece of Anis's items can contact her at **013 206 6447** or check out her Facebook page (Butang Clothing).

Ili Aqilah



## Yang TU Yang Ni

*Keeping the city clean is a basic requirement of any local authority. It should not be something we wish for but something ratepayers expect and demand. And as for the dress code, Ipohites have made their thinking known.*

# An Open letter to Datuk Bandar

Dear Datuk Bandar,

Welcome to Ipoh. I am sure you will enjoy your stay in our beautiful city. Ipohites are a friendly lot but at the same time they are very loyal and passionate about their city and will fight for what they feel is best for Ipoh.

In my opinion Ipoh is the most beautiful city in the country or at least it should be, with our karst landscape, mining pools and greenery. But often we do not appreciate what nature has given us and we do things that spoil the scenery.

For instance to allow skyscrapers right smack beside the limestone hills is most insensitive, bordering on the criminal. Besides that, the public was not consulted on the development. I thought the developer must give notice to the public (especially those directly affected) in order that objections (if any) can be brought before the Council before the building plans are passed. In this case, I don't remember any public input prior to the building of The Haven. Well that's done and there is little we can do about it. But in the future perhaps you will bear this in mind.

**Question:** Will you be running a City Council that is guided by good governance, accountability and transparency or do you intend to ride roughshod over us like all the past mayors? Hopefully, you will not do things "behind our backs", like when trees in the Ipoh Padang were chopped down in the middle of the night.

Rest assured, that the public does not object for the sake of objecting, any comments they make are for the good of their city. I am sure with inputs from the ratepayers, the Council will do a better job instead of adopting a "we know best" attitude.

The great cities of the world didn't just happen. They became great because someone had a vision and sold that vision to the residents, who then backed him to pursue the vision.

**Question:** What is your vision for Ipoh? Is Ipoh going to turn into a cultural city where arts will be encouraged? By the way, what happened to the purported art gallery where a lot of money has been spent, but is still not open? Will we use the Kinta River for recreation? Will we protect our hills so that we do not get another multi-storey building scarring the view? How will you protect the city's heritage? Will you stop heritage buildings from being torn down or renovated out of character with the streetscape? The private sector has done a fairly decent job in this respect; how do you intend to promote greater awareness of our heritage and encourage owners to preserve it?

Our young have been leaving Ipoh to find work elsewhere. Some have left for the bright lights of KL (or even Penang), Ipoh being too dull for them.

**Question:** Do you have a plan to bring investments to Ipoh so that there will be more jobs and our young need not leave the city? And what are you going to do to make Ipoh a livelier place with entertainment for the young?

Penang has a jazz festival and so has Miri. Kuching has the world famous, Rainforest Music Festival.

Overseas, Brisbane has the Warana Festival, Shenzhen has the World Water Colour Biennial, the International Sculpture Symposium in Hue which has been going on since 1998. All these are calendar events and they have put these cities on the map.

**Question:** What will you do to put Ipoh on the map?

To encourage more artistic and appreciated use of our rocks I thought a 'Batu Ipoh' Festival of Sculptures would be appropriate but this is your call, Datuk Bandar.

From my experience, I have found that most of the previous Datuk Bandars are reluctant to meet the public. They seem happier to keep themselves in the ivory tower on the tenth floor than to do a 'walkabout', meeting ordinary people and getting feedback. They will happily meet the titled and rich folks but not the small man. Joko Widodo aka Jokowi when he was governor of Jakarta made it a point to visit the petty traders and hawkers and people from the slums to listen to their problems or to get feedback as to how things could be done better. He was a very successful governor – much loved by Jakartans.

**Question:** Are you a people's person? Do you intend to walk around Ipoh to meet the people? Will you make it easy for ordinary Ipohites to meet you? Or are you going to keep the great 'unwashed' away, meeting only datos and towkays and politicians?

Everyday without fail starting at 7am the pottery works in Bercham spew black smoke into the atmosphere. This continues (with stops at intervals) right into the night. Also you get people dumping both industrial (especially construction) and domestic waste by the side of the road – most noticeable in the Bercham industrial area although there are also other areas.

**Question:** What do you intend to do to control pollution (our rivers included) in the city?

Datuk Bandar, I wish you a pleasant and fruitful stay in Ipoh.

Yin  
(The man from TR)





## News

## A Successful Joint Exercise

“It’s reported that this joint field exercise has achieved much from cross-training to exercise in the field. Many military lessons, such as weapon training, counter-insurgency warfare, conventional warfare and civic actions have been learnt and exchanged for the benefits of troops from two countries.”

The closing address by Maj-Gen Kunnawut Mokaew, Commanding General 5th Infantry Division, Royal Thai Army cum Joint Exercise Chairman, summed up the bilateral military exercise between the Malaysian Army and the Royal Thai Army known as Land Exercise Thamal (Thailand – Malaysia) 21/2015, which took place from Tuesday, July 28 to Thursday, August 6. The joint exercise is conducted annually with each country taking turns to host the event.

Participating troops from Malaysia were sourced from the infantry elements of the 2nd Malaysian Infantry Division. This time, the exercise was designed on both conventional and counter-insurgency warfare settings, incorporating 30 per cent on humanitarian assistance disaster relief theories.

The 10-day training included a jungle warfare-orientated exercise in the thickly-wooded jungles around Lintang near Chemor and a civic action (jiwa murni) programme at Sekolah Agama Rakyat Lintang, Sungai Siput. In the goodwill effort, 150 troops from both armies painted and cleaned the flood-damaged school while Dato’ Haji Mohd Zolkafly bin Haji Harun, the Adun for Lintang, presented groceries to the poor and single mothers.

The closing ceremony held on Tuesday, August 4 at the Camp Syed Putra parade ground also saw the presentation of the Royal Thai Army Honorary Parachutist Badge to



Brig-Gen Mohammad bin Ab Rahman, Commander 2nd Malaysian Infantry Brigade.

“We’ve achieved all objectives. Firstly, we learned how to do things differently. Secondly, there was cross-culture interaction between both armies. The highlight was jungle training in which the Thais witnessed our proficiency in jungle warfare. Incidentally, Malaysia is the only country in the world who managed to defeat communist terrorism,” said the brigade commander to Ipoh Echo.

Mei Kuan

## 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.

## Spirit of Patriotism

The spirit of patriotism must be kindled in the hearts of Malaysians. Our first response is to defend the country from all forms of threats, from within and without. The sense of love for the nation must always be in the hearts and minds of our younger generation, especially during times of economic turmoil.

The theme of this year’s National Day celebration, ‘One Mind One Heart’ means that our responsibility should be focused on building a united and strong nation. Our leaders are trying hard to lead us to this righteous path.

We must continue to maintain the solidarity, unity and stability in the country, which the government has built over the years. The spirit of consensus achieved by the country’s founders in the struggle for independence must be respected. Any action which goes against the spirit of consensus must be opposed to ensure the continuity of our country as a sovereign and an independent nation.

Malaysians must be commended for their astuteness in not bowing to external forces and remaining united in safeguarding the country’s sovereignty and independence.

In a multi religious society we should ensure that religious harmony continues to prevail. Another way to show love for Malaysia is to respect the national anthem the Jalur Gemilang.

Sustained efforts must be made to break the racial divide among people of diverse races to overcome the problem of racial polarisation. National Service is one way of dealing with the problem of polarisation. Parents should encourage their children to take part in the programme, as it would instil patriotism, respect and unity among youths.

Malaysia’s first prime minister, Tunku Abdul Rahman, had this to say about patriotism.

"Independence is like a tree. If everyone takes care of it, the tree will grow, blossom and bear fruits. If we neglect, the tree will surely die and be fit only for use as firewood.”

So let us sow the seeds of patriotism today so we can all enjoy the fruits of love, peace, harmony and tolerance in the future.

James Ratnam

## Railway Station Square Ipoh

Recently, I read news coverage in a local daily which pertinently raised so many questions as to why the impressive Ipoh Railway Station square is in a pathetic state.

The primary question is whether the deterioration is due entirely to the wilful misuse by the public or because of the dereliction of duty by those responsible for maintaining these assets which rightly belong to the taxpayers. Over the last few months the country had experienced dry spells and I had observed the lush greenery was not watered. Why were the sprinklers not turned on? Should I assume there were no sprinklers in the original design? If it was known to the Ipoh City Council that the public was trampling and damaging the turf, why then were people not prevented from doing so? Installing a notice board on the site hardly suffices when there is a lack of enforcement. The damage done to the pavements have been there for some time now and it is anyone’s guess why the damage was not rectified.

Perhaps, Ipoh City Council should be mindful that like the Railway Station square, there are other public facilities, like buildings, roads, pavements, public drains and obliterated road names, signboards, that must be upgraded regularly.

I leave it to the readers to make their own conclusions if all the above are the result of wilful misuse by the public or because of the lackadaisical attitude of the local authority.

Victor Sankey  
Ipoh Ratepayers and Taxpayers Association

## What Are The Pull Factors?

I refer to your cover story in Ipoh Echo Issue 217 ‘Ipoh Gateway or Obstacle Course’. I have an entirely different viewpoint on the subject matter.

My question is – what has Ipoh gained, in economic terms, from the electric train service, KL-Ipoh-KL and now Ipoh-Butterworth-Padang Besar routes? Parking is problematic, especially on weekends. The Ipoh railway station is packed with commuters plying the south and north routes.

I consider Ipohites travelling out of Ipoh as a push factor prompting them to spend their money out of Ipoh. What is the number of visitors to Ipoh? I mean people coming into Ipoh, using the trains to spend their time here. Have the relevant authorities looked into the pull factors? Ask people on the streets, traders and hoteliers: do they benefit from the train service?

We are still being hampered by the problem of motorists making pit stops at Ipoh when plying the North-South Expressway to get to Penang and Kuala Lumpur. The introduction of the electric trains only exacerbates the problem.

The authorities should look into this phenomenon rather than trumpeting that Perak received 7.1 million tourists in 2014 averaging about 20,000 arrivals a day. If this is the gospel truth, are there enough hotel rooms and entertainment outlets to cater for the influx?

As it is, hoteliers are cringing, as their investments are in disarray. Yes, there are plentiful of hotels, budget and star-graded, in the city. But their occupancy rate, unfortunately, is nothing to shout about.

Nadim

## A Fleeting Visit

I will be visiting Ipoh where I was born and went to school at ACS. I trained as a Normal School Teacher and was awarded a Crusade Scholarship by the Methodist Church. I earned my BA from Peabody Teachers’ College and later my Master of Divinity from Vanderbilt University Divinity School. I am a retired United Methodist Pastor.

My wife and I have served as United Methodist Missionaries from the US to Medan, Sumatra and Sibu, Sarawak. I am a member of the Dakotas Conference of the United Methodist Church and served parishes in both North and South Dakota.

I have been honoured with the following awards:

- 2006 North Dakota Conferences of Churches Ecumenical Award
- 2006 North Central Jurisdiction Asian American Award
- 2006 Sertoma Award for Community Service
- 2008 United Way Life Time of Caring Award
- 2009 Bismarck Tribune Award for Community Service
- 2009 Vantine Life Time Fellow Award (Kiwanis)

We will be in Ipoh from August 25 to August 28 and staying with my brother-in-law Mr P. Subramaniam (address given), phone 05 547 2441. He was a former principal of ACS.

I have tried to keep up with Ipoh news through your esteemed paper.

We leave for Malaysia and Singapore on August 11.

Lionel P.A. Muthiah  
Oregon, USA



## Raya Round-up

### A Durian Feast

Over 300 people from all walks of life thronged the pristine My Kandu Resort in Gopeng on Sunday, August 9 for the 'Jom Makan Durian' (Let's Eat Durian) extravaganza organised by Dato' Nolee Ashilin bt Dato' Mohd Radzi, the Adun for Tualang Sekah.

Free durians, *tempoyak* (fermented durian) and durian-flavoured delicacies were the order of the day. Besides the durian galore, visitors were also entertained to dances and songs performed by local dance troupes.

Throughout the afternoon various competitions involving the King of Fruits were held. They included, among others, guessing the weight of a durian and the fastest durian opener, which culminated in the crowning of the Durian King. In short, there was something for everyone and no one returned empty-handed.

"Hopefully, in years to come, this would be an event which could internationalise the state of Perak. I wish to thank all involved, including the 100-odd volunteers, for making this inaugural programme a success," said Nolee in her speech.

"It's like an open house. But I wish there was enough food to cater for all visitors. Everything is so delicious!" Syu, a student told Ipoh Echo.

Mei Kuan



### Guests and Orphans Entertained

Over five hundred people attended the Perak Water Board Hari Raya Open House held at Casuarina@Meru Hotel, Ipoh on Monday, August 10. The event provided the public an opportunity to relish traditional Malay food like *lemang*, *rendang*, *satay* and *laksa*.

Among the guests were Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir and mayor, Dato' Zamri Man. Besides the sumptuous food and drinks, the crowd was entertained to dance and songs performed by a local troupe.

*Duit raya* was given to orphans who were the special guests of the state-linked company.



Nantini

## Conservation

### Race to Protect Tambun's Forgotten Ancient Rock Art

*"Tapir, tiger, boar, dugong, deer.....and wait, is that a turtle?"*

Standing right in front of the overhang limestone shelter of Gua Tambun, we attempted to 'decode' some depictions of these mind-boggling ancient rock arts, which is believed to have been on the cave wall of Gua Tambun for at least 3000-4000 years. For many, these paintings are perhaps ordinary doodles from old times; for an archaeologist like me, however, these paintings represent the voices and worldviews of the early men of Tambun.

#### The UNTOLD story of Tambun

Lying within the limestone massif of Gunung Panjang, Gua Tambun is a natural rockshelter situated on the eastern side of Ipoh, just outside the town limits. It is the largest prehistoric rock art site found thus far in Peninsular Malaysia, and contains more than 600 depictions in red, purple and white shades. This site was discovered in 1959 and the origin of these rock arts can be traced back to Neolithic age, approximately 3000-4000 years ago. The rock art of Tambun Cave can be categorised into five distinct forms, namely zoomorphs (elements that have been interpreted as animal forms); anthropomorphs (human shapes); geometric features; botanic shapes and abstract shapes. Recognising its cultural significance, Gua Tambun was gazetted as a National Heritage Site by the Department of National Heritage Malaysia in 2010.

At present, Tambun rock art which have survived for a few thousand years are



The rock art portrays the early hunting-gathering activities



Gua Tambun is severely vandalized by modern graffiti

being subjected to natural and human threats. Sun and rain degrade the rock art, but what worries me is the increasing modern graffiti along the cave wall. In my opinion, this vulnerable piece of prehistoric rock art needs to be protected and the conservation movement should start from the local level. Why? Because Tambun rock art is 'indigenously Tambun' and there is no way the conservation of Gua Tambun can sustain without local support.

*It is time for Ipohites to rally around to save this precious archaeological site.*

Hsiao-Mei Goh

## 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.

**Sunway College Ipoh** is proud to host **Hospital Raja Permaisuri Bainun (HRPB)'s Blood Donation Campaign** on **August 18** (Tuesday) from 9.30am to 4pm at its campus in Sunway City Ipoh, Tambun. All eligible donors are welcome. Call **05 208 7000** ext. **5245** (at HRPB Office Hours) for details or visit [facebook.com/ipohBloodDonation](https://www.facebook.com/ipohBloodDonation).

**Michaelian Talent Show 2015** will be held from Friday to Sunday, **August 21 to August 23** at the SMI hall beginning 7.45pm. Tickets are sold at RM20 and RM50 respectively. Proceeds will be channeled for infrastructure programmes for students. The performers will set aside Tuesday, August 18 for a Charity Nite with residents of Salvation Army, Anning Ampang and Jelapang Old Folks Home. For details call **05 254 0418** during office hours.

**Malaysia Day and Onam Celebrations.** The Perak Malayalee Association will organise the two events concurrently on Sunday, **August 30** at the Rayan Cultural Hall, Jalan Tun Perak (Conolly Road), Ipoh from 10.30 am to 2 pm. For details call Gopalan Nair: **012 450 2620** or Sakuntala Nair: **017 579 8062**.

**Perak Masters 10km Run 2015** will be held at Stadium Indra Mulia on Sunday, **September 6**. A fee will be charged for all participants. Closing date: Thursday, **August 20**. Race kits collection: September 4 and 5 from 9 am to 7 pm at Stadium Indra Mulia. Open to Malaysians only. Contact TC: **016 215 3830** or Sherley: **017 578 4973** or Rita: **017 557 7680** or Sam: **012 5889829** for details and registration forms.

In conjunction with the International Month of Peace, Soka Gakkai Malaysia, Perak Branch (SGM-Perak) is hosting a '10km Run for Peace' (RFP), a non-competitive event targeting 4000 runners on **September 20** at the Kompleks Sukan dan Belia in Ipoh.

**Ipoh Christian New Life Church Fund Raising for Unique Old Folk's Home** in Pasir Puteh

area, in which, relatives of residents are encouraged to make a visit at least once a week. He/she would be able to enjoy a discount or other form of subsidies. Donation of RM100 would be rewarded a bottle of Chinese herbal shampoo 300ml worth RM75 as long as stock last. For donation of RM3000, donor would be rewarded 30 bottles of above mentioned shampoo and the invitation to take part in the ribbon cutting ceremony. The goal for this campaign is RM80,000. Contact: Miss Wong **016 513 4258** or Miss Heena **016 553 2310**. Address: 2 Jalan Pengkalan Barat 32, Taman Pengkalan Jaya, 31650 Ipoh.

**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**.





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## Community Catwalking for a Cause



The Syeun Hotel Ballroom was transformed into a mini fashion house with the ladies in *baju kebaya* laced with intricate embroideries and beadworks while the men were in batik. They were there to honour their commitment in helping Perak Women for Women Society (PWW) raise funds for the society's altruistic efforts in aiding abused women and children on the evening of Saturday, August 1.

During the fun-filled event, approximately 650 guests of multi-ethnicities, some from as far as KL and Johor Bahru, were entertained to a sumptuous 8-course Chinese dinner and while they dined, dances and songs performed by a local dance troupe kept them in the right mood to interact and enjoy the ambience. The entertainment culminated in a catwalk parade by members of the society led by its President, Halida Mohd Ali all dressed up in alluring *baju kebaya*, reminiscent of a bygone era. They carried placards denouncing violence to women and children, the hallmark of their society's mission and objective.

PWW is a non-profit organisation which helps women and children in crisis. Money raised during the dinner would be utilised to sustain its shelter home and efforts in offering immediate assistance to women and children who are victims of domestic violence as well as promoting awareness on the issue.

"The satisfaction that comes from helping the battered and the abused in the

community gives me the motivation to keep doing what I like best. I am passionate with what I am doing although some have questioned my interest," said Halida to Ipoh Echo.

The highlight of the night was the performance by Francissca Peter, a one-time singing sensation, who rendered among others, a song written by her sister for the International Aid Organisation World Vision Malaysia and her chart hits.

Ipoh Echo got to do an exclusive one-on-one with the friendly songstress with a powerful vocal who has been singing for over three decades.

"There're a lot of single mothers out there. Every day a child is killed, maimed or thrown away. This is a huge problem. I hope to see our government doing more to help these unfortunate souls. NGOs can do so much but if they don't get financial support there's little they can do to address the problem," Francissca lamented. The singer was raised in Ipoh and was the product of single-parenthood too.

"I decided to become a singer by chance. We were very poor. I just looked at my mother and said, 'Mum, I think I'll just become a singer. Maybe I can earn some money to pay the rent and place some food on the table.'"

"I am one of those people who pick themselves up and move on, even till today. I've gone through some very hard times some years back, but I picked myself up. I'll take the bull by its horn and start all over again," the singer-songwriter intimated with much charm and positivity when asked how she got started.

And her advice for all budding artists out there: "The new media is there for you, take advantage of it."

She has a lot of fond memories of Ipoh, her hometown. "Food," she blurted. "And my all-girls convent school life."

Mei Kuan





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