

## Going Ape For Vape

■ By Susan Ho

Sitting at a Mamak stall one day with my friend Kurtis from Ipoh, I was fascinated to see him puffing away on what appears to be a box with a tube attached to it. The big cloud of smoke that he blew out evaporated almost instantly and what was interesting was my lack of aversion to the smoke as being a non-smoker, I dislike second-hand cigarette smoke intensely. It actually smelled like cotton candy. That was my introduction to Vape, the new craze for cigarette addicts that has them going ape.

*Continued on page 2*



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## A Possible Solution for Smoking Addiction?

**K**urtis has been a vaper for a year now and is very knowledgeable about the whole phenomenon. Thinking it was just like a portable Shisha, which was another way of smoking tobacco mixed with fruit or molasses sugar, through a bowl and hose or tube with the use of charcoal, I soon discovered I was mistaken.

The first time I heard about Vape, I couldn't help but think about the things that I learnt in Science textbooks at school. Water vapour was the only thing that came across my mind. Little did I know that there was more to it.

### Battery Powered Vaporizer

So what is this new hype called Vape you may ask?

Vape is a vaporizer, which is a battery-powered device that simulates the feeling of smoking without the tobacco combustion. Instead of cigarette smoke, the user inhales an aerosol, commonly called vapour. These vaporizers have a heating element that atomizes a liquid solution known as e-liquid, e-juice, or what the vapers just call "juice".

### How Does this Vaporizer Work?

Vaporizers work by heating juice at a cooler temperature than that required for burning, which is called combustion.

A rechargeable battery of different sizes and power voltage is used to run the vaporizer. These batteries are not the same as those you find at a store. This battery is placed into the tube of the vaporizer which then generates heat and burns the cotton which is soaked with juice, to convert into gas or vapour.

The box mod vaping kit for beginners range from RM250 and above. There are different mods depending on model and there are also the limited editions. Many of the models are made in China, however they all do the same job and appear to work the same.

### Juices and Flavours

There are two kinds of juices. They either contain propylene glycol, vegetable glycerine, water, nicotine, and flavourings, or no flavourings at all. These liquids are safe for human consumption.

Propylene glycol and vegetable glycerine are used as a base or carrier for the nicotine and flavours. They are usually used in medications and some of the food that we regularly eat. Glycerine is usually made out of coconut or palm oil.

The flavours in the juice are very interesting. Who would have expected to see Sprite, Root Beer and Ice Cream Soda on the list? There's more! I was surprised to see Teh Tarik, Bandung, Kopi, Milo and Butterscotch too!

There were so many flavours to choose from. There were milky ones, fruity ones, minty ones and local specials. Many superhero names are also found on the list such as Spiderman and Wonderwoman too!

### Quitting Tobacco

The nicotine used to vape could range at 0mg, 3mg, 6mg, 9mg, 12mg, 15mg, 18mg, up to 36mg depending on the vaper's needs. A regular cigarette is less choking than liquid nicotine.

In order to quit smoking and convert to vaping, vapers will have to get the highest nicotine concentrate to prevent them from inhaling too much vapour in any given day. Being a subjective matter, every individual's throat hit tolerance differs. It gives a very itching sensation for beginners, which is why most people opt for 6mg, which is the amount similar to a cigarette.

Several countries produce their own brand of e-liquid for the market. However, the price differs with imported juice. Local Malaysian productions are made on their own at home. Local juice such as Bell's brew, Octobrew and Monkey Vapes are some of the better choices. These juices cost between RM20 to RM50, depending on the brand and grades.

### History

Vaporizers were invented at least 50 years ago by an American but it received very little attention and was weakly commercialized. It began as a very simple invention. It was called a mechanical mod, which consisted of a steel tube with spring buttons at the bottom, coupled with a connector on top. Tanks back then needed extra care and maintenance, which could cost up to RM8 a week.

Vaping was finally widely introduced to the market in 2004. As of 2013, it was sold globally and used by both young and old.

Vape products will never be found in supermarkets or petrol stations. There are specialized vaporizers shops which have a bar where vapers get to test out different juices while hanging out with their friends who vape.

### Public Concern

Some vapers have been purchasing vaporizers that produce large amounts of vapour by using low-resistance heating coils. This practice is called "cloud-chasing". It has become very popular and currently the trend setter amongst youngsters. However, this practice has also raised public concern. Many have complained about the large amount of smoke (vapour) blown in their direction, causing them uneasiness.

This trend setter has currently attracted youths who are still schooling and this has also become a big issue to parents and teachers as non-smokers who use them risk nicotine addiction. They are puffing out the large amount of smoke just to create shapes and figures, just for the sake of recording them on video and publicizing them on social media.

Word has it that children have also been bringing them to school or are puffing away in public. Rules and age limits should be set to protect the children from vaping at a



young age, just as how cigarettes are being controlled.

### Effectiveness and Side Effects

Vaping has successfully replaced cigarettes for many smokers. Smokers have commented that they have replaced cigarettes by vaping for it is less harmful to users and bystanders as well as to themselves. As of today, no serious side effects have been reported on vaping. British Public Health experts have also been quoted, saying that vaping is very helpful to quit smoking. It is a good way to turn away from tobacco. Smoking has been a leading cause of preventable deaths in England. Vaping was proven to be 95% less dangerous than traditional tobacco smoking.

Besides health concerns, the difference in price is almost 50%. For a smoker who smokes a pack of cigarettes in two days on average, he would use up to RM45 a week. But if he has converted to vaping, he could save up to 50%, as a bottle of juice, which contains 30ml of flavourings can last a minimum of 10 days.

### Legislation

Rumours have been spreading that e-cigarettes and vaporizers are to be banned in Malaysia. It is banned in several countries such as Thailand, Singapore and Brunei as the governments are afraid that vapers would abuse it by using drugs with the device as marijuana flavoured juices have been produced in the market.

Currently the Health Ministry has not regulated vaporizers as research is still in process. It is impossible to avoid and regulate vaporizers as purchases are easily accessible online and regulating this would require two components to be considered, which would be the electronic device and the liquid.

Large gatherings are held often amongst vapers which take place all around the world. Vapefest was started in 2010 and it was hosted in different cities in the USA. The people who attend these gatherings are usually enthusiasts that have experience and who use special or custom-made vaporizers.

Kurtis bought his first set for RM1300 second-hand and his e-liquid collection has totalled up to about RM3200. The costly investment is due to the imported liquids but he also adds that it would cost less than his cigarette intake in the past, which was 1.5 packs a day.

Taking up Vape has not only made him feel healthier, he is also able to taste his food better. He adds that education should be given to those who are new and excited about this new hobby.

I went in search of public opinion on Vaping and here I list some of them. To Ili Aqilah, it triggers her asthma whenever she is around vapers as she is neither a smoker nor vaper and she hopes that they would be more considerate when puffing away in public. Tee sees vaping as a better alternative to smoking cigarettes as he feels the positive difference in him. He also adds that vapers shouldn't vape in public places or non-smoking areas with people around. Vape should only be used by those above 18 of age and they should know all the safety precautions when using a vape device.

Vape shops have been opening slowly in the Ipoh market. CS, an owner of one of the Vape shops, does not encourage under-age teenagers to take up the habit of vaping. He has a rule in the shop, which is not to sell any product to the underage. He does not wish to see youths taking up the habit of vaping just for the sake of following the trend.

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• From the Editor's Desk  
By Fathol Zaman Bukhari

**Over 2000 turned up at the gathering of like-minded Ipohites who shared a common dislike – abhorrence of corruption and electoral frauds.**

What amazed me was the spontaneity of it all. We were well aware that a rally was in the offing. Bersih 4 would be held simultaneously in Kuala Lumpur, Kota Kinabalu and Kuching on August 29 beginning at 2.30pm. The 34-hour rally, the largest the country had ever witnessed, was to send a clear message to the powers-that-be that Malaysians had had enough of their scandals, frauds, gerrymandering and anything to do with the country's five-yearly elections.

Thirteen general elections had gone by and problems relating to the credibility and accountability of the ruling coalition and the emasculated Election Commission did not seem to abate but had become more acute instead. So there was a need for a timely "Clean-up" or "Bersih" in Bahasa Malaysia.

The fundamental objective of Bersih was to campaign for a free and fair election. Reforming the electoral system tops the organisers' agenda. The first Bersih rally took place on November 11, 2007 followed by another on July 9, 2011 and another on April 28, 2012. The fourth on August 29 came about following demands for answers over Prime Minister Najib's still unresolved RM2.6 billion "donation".

Corruption is not only endemic but is entrenched in our society. Along with falling oil prices and a weakening Chinese economy, the impact on the ringgit is staggering. The Malaysian currency has devalued by almost 13 per cent in just over a year. The ringgit is currently traded at RM4.33 to a US dollar and RM3.05 to a Singapore dollar. There doesn't seem to be any

reprieve in sight as yet.

The government, for reasons of expedience, has blamed the Democratic Action Party (DAP) for the success of Bersih 4. DAP's involvement, to my mind, was minimal to non-existent. I say this with much conviction as Ipoh's edition of Bersih 4 took place spontaneously.

Words of a gathering at Polo Ground made its rounds on social media and by word of mouth. My Facebook messages from friends requested for concerned Ipohites to "join fellow citizens at Polo Ground on the morning of Sunday, August 30 for a walk around the park. Time: 8am to 9am." It was a show of solidarity for Maria Chin Abdullah's Bersih 4.0 taking place in Kuala Lumpur at that material moment.

So we went not expecting much to happen. The Police must have got wind of it and a few, in their customary blue fatigues, were seen ambling on the road in front of the park. They did nothing to stop the deluge of people dressed in yellow Bersih 4 T-shirts, which were declared unlawful by the Home Minister the previous day.

The crowd swelled from a score to a couple of thousands in minutes. I estimated over 2,000 turned up at the gathering of like-minded Ipohites who shared a common dislike – abhorrence of corruption and electoral frauds.

Many were unsure what to do although some had come prepared with yellow balloons, horns and vuvuzelas. The colour, the pomp and the camaraderie added a touch of festivity to the atmosphere. At around 8.45am they began



to walk, almost spontaneously and without anyone at the lead, winding their way along the footpath four abreast and chanting "Bersih, Bersih, Bersih" as they moved on. It was a sea of yellow and a sight to behold.

After few rounds around the park they congregated at the hard standing where the weekly aerobic had just completed. I had thought some fiery political speeches would follow but there was none. Horns and vuvuzelas blared and while balloons swayed in the wind, a remote-controlled drone hovered above the crowd. Most thought it was the Police spying on them. But it turned out to be a model-plane enthusiast having his Sunday fun.

The Ipoh Sunday Bersih rally may not be comparable to Maria's colossal turn-out of disenfranchised Malaysians in Kuala Lumpur but it is evidently clear that Ipohites are as equally concerned as others.

## In The Name of My Father's Estate

Episode 45 • by Peter Lee

While the Trust Company representative (TCR) was going through all the local and overseas bank accounts of Lee Sr's estate, Dave (Lee Sr's family lawyer) pointed out that there was a problem with a Singapore bank account which Mrs Patricia Lee (Lee Sr's 1st wife) and Lee Sr are joint account holders. Mrs Patricia Lee had closed and withdrawn the entire \$3 million from this account. This is the account where Connie (Lee Sr's 2nd wife) wants to claim her entitlement to her husband's share. The Trust Company representative then contacted Mrs Patricia Lee and asked her to release half the amount to them. Mrs Patricia Lee was initially quite reluctant to release it but after explaining to her about the consequences if Connie were to take legal action and the delay that this will cause, she agreed to release it to the Trust Company.



With this resolved, the Trust Company representative moved on and discussed with Dave on the next asset which is the Unit Trust/Mutual Funds. Dave explained that there are three joint unit trust accounts jointly owned by Lee Sr and Mrs Patricia Lee. Furthermore, there are also some unit trust statements jointly owned by Lee Sr with his other children, namely, John, Michelle, Nick, Steven, Sandy and Nancy in which Dave gave some of the statements to the representative and also asked what if Mrs Patricia Lee and his children transferred all these units to her name.

To this, the Trust Company Representative said "What we know is that some unit trust companies will transfer all the units to the survivor if the surviving unit holder informed them on the death of the other joint unit holder. Therefore, I need to check with Mrs Patricia Lee because half of her husband's ownership is still subject to the Distribution Act 1958. The Trust Company Representative asked about Connie's unit trust with Lee Sr in which Dave handed over some statements which are solely owned by Lee Sr as there were no joint name ownership with Connie and her three children.

As both Dave and Trust Company Representative continued with their discussion, Dave handed further documents like the shares in listed companies held by Lee Sr in the local and overseas bourses. Dave pointed out that the overseas bourses are in Singapore and U.K. The Trust Company Representative reiterated, "For extracting the overseas shares, they would have to first obtain the Letter of Administration and then apply for a resealing order from these respective overseas countries. The alternative is to apply for the Letters of Administration directly in those countries. I think we will decide after gathering the entire estate's assets. Now, are there any other shares in other countries?" In response, Dave said "As far I know, that's about it." The Trust Company Representative then continued and asked "Now, tell me about the properties under Lee Sr solely and those that are jointly owned with his family members." Dave explained that there are three properties which are jointly owned by Lee Sr and Mrs Patricia Lee. There are another three more properties which are solely owned by Lee Sr and these properties are mortgaged to the bank for a personal loan to Lee Sr. The Trust Company Representative interrupted and said, "We will have to check the amount still owing to the bank at the moment. If the amount owing is still not settled then we can face a problem with executing the distribution."

To be continued...

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## EYE HEALTH — HANDLING EYE DROPS

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about HOW TO HANDLE & INSTIL EYE DROPS CORRECTLY.



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

Chances are, everyone of us would have had to instil eye drops into our eyes at some point of our lives. There are those fortunate few who may have had to use them only briefly for a couple of days at a time, while there are the ones that are not so lucky who may have to be instilling eye drops frequently for chronic diseases like glaucoma or dry eyes. Worst still are those who are forced to apply multiple eye drops several times a day! Well, regardless of whether you have to instil eye drops once in awhile or several times a day for years together, it is important to know how to handle them properly. Here are some pointers:

### 1. HANDWASHING

Ensure your hands are washed before handling eyedrops. This reduces chances of contamination of the eye drops or getting the eyes infected.

### 2. FOLLOW INSTRUCTIONS

Some eye drops may need to be shaken before application. Some eye drops may need to be refrigerated. Whatever they may be, always follow the instructions given.

### 3. OPENING THE BOTTLE

After opening the bottle cap, place it on its side on a clean tissue or surface. Never place the cap with the neck flat on the surface to avoid contamination.

### 4. INSTILLATION

Tilt your head backwards or if you have neck problems, lie flat on a couch or bed. Some people find it easier if instilled in front of the mirror. Then, look at a point on the ceiling and pull your lower eyelid down to form a pocket or pouch for the eyedrops to go into. Make sure that the tip of the eyedrop bottle does not touch the eyelashes or go so near the eye so as to touch the eyeball. Squeeze the bottle gently until a drop or two gets expressed out.



### 5. EYE CLOSURE

Never squeeze the eyes or blink repeatedly as this just forces the eye drops out of the eye or into the nasolacrimal duct (the duct between the eye and nose) or to just trickle out of the eye. Keep your eyes closed for at least 1-2 minutes. Blot out excess eye drops from the eyes gently using a clean tissue, avoiding sticking the tissue into the corners of the eyes.

### 6. MULTIPLE EYEDROP INSTILLATION

If you have to instil another second or third eyedrop medication, always wait for at least 10 minutes before instilling the next eye drop.

### 7. CAUTION

Do not wear contact lenses when instilling eye drops unless otherwise specified. When recapping the eye drop bottle, make sure you do it carefully and avoid touching the bottle tip with your finger as this will contaminate the bottle! Do not share your eye drops with another person even if it's your spouse! If you develop any itching or swelling after using the eye drops, stop further instillation and inform your doctor. If you are unsure about how to handle or instil your eye drops, check with your eye doctor or eye nurse.

For more information, call Gill Eye Specialist Centre at Hospital Fatimah  
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# We don't really care about our environment

On 1 December 2012, Penang became the first Malaysian state to ban the use of styrofoam packaging. Styrofoam boxes are used to 'tapau' (takeaway) our food. Penang's effort to reduce environmental damage was extended, to a 20 sen charge for plastic-bags, by shops, on certain days of the week.

On January 1, 2014, Sibul became the first town in Sarawak to go green. Then, on May 15, 2015, Malacca decided to enforce a ban on polystyrene takeaway containers. The move started at government institutions, like school canteens, government buildings, cafes and food stalls run by local authorities.

Efforts are underway, around the country, to encourage Malaysian households to generate less waste. The move comes, as the world grapples with the problem of reducing waste without further damaging the environment.

Various studies have stated that the "traditional approach in Malaysia, and many developing countries towards end-of-life products is to landfill or incinerate them with considerable cost and damage to the environment (Ferguson and Browne, 2001; Hassan et al., 2000; Rock, 2002)." (sic)

The three Rs of waste control are reuse, reduction and recycling. In Penang, a research assistant once said that the state's efforts to increase environmental consciousness, were aimed at the school children, who were taught the importance of waste recycling, and the damage that waste could do to the environment.

The children were told that plastic bags could end up in the stomachs of dolphins or turtles and kill them. Styrofoam packages could block drains and choke rivers. Polystyrene containers if heated, could give off carcinogens. Then, the young would help to educate their older relatives, with the knowledge they had gained at school.

Individuals are encouraged to recycle their rubbish, to reduce the harm on the environment. The message is backed by government campaigns which tell us to reduce and recycle our waste.

It transpires that the Perak state government broke the environmental protection rules.

In early May 2015, the Consumers Association of Penang (CAP) and Sahabat Alam Malaysia (SAM) allegedly stumbled upon an illegal garbage landfill site, in the leafy and sleepy cove of Teluk Mengkudu, in Manjung district.

SAM had been conducting field-work, in Manjung, when it made the discovery. SAM has since lodged a complaint with the Department of Environment (DOE). Mohamed Idris, the SAM president, said, "We are keen to find out what action the DOE will take, if it is found that the Manjung Municipal Council (MPM) had breached the law."

A Level 4 Sanitary Landfill site had been prepared for Teluk Mengkudu, which is state owned land, in the Pengkalan Baharu sub-district. Both CAP and SAM claimed that on August 29, 2013, a Detailed Environmental Impact Assessment (DEIA) report was rejected by the DOE.

Mohamad Idris claimed that the DOE website did not show details of an amended DEIA being submitted for approval and questioned the legality of the site and its operation.

He accused the council of having no regard for the environment. He detailed the lack of a landfill liner, leachate treatment pond, and landfill gas collection facilities.

It was alleged that both the Manjung Municipal Council and private garbage trucks, had been dumping waste in the landfill, in an operation which was suspected to have begun in early 2015.

Ironically, the SAM president said that signboards beside the road leading to this illegal landfill site, warned people not to dump rubbish.

Mohamad Idris said that if the council had contravened the Environmental Quality Act 1974, then the local authority would be found guilty of committing an offence.

The Environmental Quality Act (EQA) 1974, Section 34A(8), of Act 127 states that "Any person who contravenes this section shall be guilty of an offence and shall be liable to a fine not exceeding five hundred thousand ringgit, or to imprisonment for a period not exceeding five years, or to both, and to a further fine of

one thousand ringgit for every day that the offence is continued after a notice by the Director General requiring him to comply with the act, specified therein, has been served upon him."

So, is the Manjung District Council guilty of committing an offence according to the EQA? Or will this environmental issue be swept under the carpet, or buried deep in this allegedly illegal landfill?



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

## Digestive Health

### Pancreatitis

The pancreas is a large gland located behind the stomach and beside the duodenum or upper part of the small intestine. It works to:

- Facilitate the digestion of carbohydrates, proteins and fat by secreting digestive enzymes into the small intestine.
- Release hormones, insulin and glucagon, into the bloodstream which are involved in blood glucose metabolism.

Pancreatitis is a rare disease in which the pancreas becomes inflamed.

Damage occurs when the digestive enzymes are activated and begin attacking the pancreas. In very severe cases, pancreatitis can result in bleeding into the gland itself; serious tissue damage, infection and fluid collections may occur. Severe pancreatitis can result in damage to the heart, lung and kidneys. Long-standing inflammation in your pancreas caused by chronic pancreatitis is a risk factor for developing pancreatic cancer.

#### There are two forms of pancreatitis:

- Acute pancreatitis occurs suddenly and may result in life-threatening complications; however the majority of patients recover completely.
- Chronic pancreatitis is usually the result of longstanding damage to the pancreas.

#### Causes

Alcoholism; gallstones; abdominal surgery; medications; family history of pancreatitis; high calcium levels which may be caused by an overactive parathyroid gland; high triglyceride levels; infection; injury to the abdomen; or pancreatic cancer.

#### Symptoms

Most patients have upper abdominal pain that travels through the back. The abdomen may be swollen and very tender.

Symptoms of chronic pancreatitis include: pain; weight loss or diarrhoea; diabetes; nausea and vomiting; or fever.

The pain of chronic pancreatitis is usually constant in nature and radiates to the back. In some patients, this pain may be disabling. The weight loss is usually due to the patient's inability to secrete pancreatic enzymes to break down food so nutrients are not absorbed normally. Finally, diabetes may develop if the insulin-producing cells in the pancreas are damaged.

#### Diagnosis

- Checking the blood for levels of digestive enzymes such as amylase.
- CT scan, MRI scan or abdominal ultrasound to look for gallstones and assess the extent of pancreas inflammation.
- Endoscopic ultrasound to look for inflammation and blockages in the pancreatic duct or bile duct.

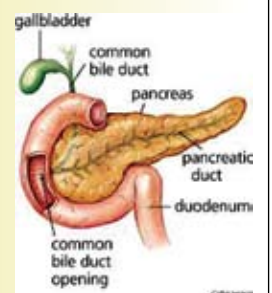
#### Treatment

Acute pancreatitis is primarily treated with supportive management in the hospital. Generally, patients receive intravenous fluids and pain medication. In up to 20 per cent of patients, the pancreatitis can be severe. The patient may need to be placed in the intensive care unit because of damage that has occurred to other vital organs. Some cases of severe pancreatitis require surgery to remove irreversibly damaged parts of the gland. Once pancreatitis is brought under control, your health care team can treat the underlying cause of your pancreatitis.

Treatment will depend on the cause of your pancreatitis, but examples of treatment may include:

- Procedures to remove bile duct obstructions.
- Gallbladder surgery.

In chronic pancreatitis adequate pain relief, pancreatic enzymes and insulin to supplement what is not being secreted by the pancreas are given. In some instances, blockage of the pancreatic duct would require a surgical drainage procedure.



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  
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# SeeFoon meanders down memory lane



Being a foodie, I have a burning mission to encourage the flourishing of good food in Ipoh. As a food writer, I operate by a personal credo where I write only about dishes that I have tasted and are judged palatable by my tastebuds. I therefore don't criticise establishments that serve poor food on the premise that they won't survive for long anyway. And I have on a few occasions mentioned that if readers order dishes aside from the ones reviewed in my columns that prove not to their liking, then, they do so on their own cognisance.

However, I do get personal satisfaction from seeing an establishment that I had reviewed, grow from strength to strength. One such restaurant is **Li Garden**, near the airport. It's been five years since I wrote about Chef Chan and in the meantime, his fan cooled corner coffee-shop lot has expanded to include an air conditioned space next door. And so has his repertoire of dishes.

I still go occasionally for his three irresistible signature specialties, beginning with the **Fish Head hotpot**, with its homemade meatballs, homemade tofu, pigs tendons, fish lips, the freshest fish head chunks, and other delectables, the soup enhanced with a generous swig of Chinese sherry or *Siew Hing Tsao* and as much baby romaine lettuce to cook in the soup as you may wish. This dish suffices as a meal on its own if you're only two or three people but on a recent visit, I had to have all my other favourites as well as check out some of his new offerings. **RM160** which was more than adequate for our party of seven.

The other two favourites for me are the *nam yu fah lam* or fried pork brisket; tender brisket marinated with fermented red bean curd and deep fried, sliced and served on its own, without any need for sauces or dips. This is the perfect appetizer, to nibble on while we wait for other dishes to arrive. **RM15** for small portion.

The **Bread Wrapped Curry** came next, a golden parcel of bread enveloping a most



delicious chicken curry. This time I had rung Chef Chan and requested that the curry be cooked with *santan* (coconut milk) instead of the evaporated milk which earlier health propaganda had touted as being healthier and coconut milk was vilified as bad for cholesterol. The bread was still crispy on the outside and soft and fluffy inside, making it perfect to sop up the gravy from the curry which was yumiliciously good especially with the addition of *santan* – **RM33**.

The next two dishes were the new additions to Chef Chan's repertoire. The first to arrive was spectacular, in a huge covered foil pan, which on exposure, revealed a large **Tilapia** sitting on racks above some rock salt, both white and black. The rock salt was still burning when it arrived at the table and

we had to wait till it subsided to cut open the foil package. The fragrance of lemongrass and kaffir lime leaves wafted from the fish as smoke rose from it.

Everyone in the restaurant stopped eating and watched as the presentation was so unusual and also because it was an unfamiliar dish in Li Garden. The taste was equally interesting too: salty, umami, the fresh herbs lending its aromas to the fish flesh and chillies imparting a mild bite. It was devoured in a flash and we unanimously agreed to come back for more. **RM33 per kilo** with most fish weighing in at more than a kilo so do check on the weight of the fish you'll be getting. Be prepared to wait at least half an hour to 45 minutes for this dish as the smoking is done over slow fire.

This was followed by a chicken dish which arrived in a clay pot, two perfect halves of a **kampung chicken** (or the *Wu So Kai* depending on availability) slow roasted on a rack in the clay pot itself, marinated with soya sauce, rice sherry and cooked to perfection. The chicken meat was juicy and we hardly needed the sauce that was served with it. **RM30 for half chicken and RM57 for whole.**

Li Garden is one restaurant that never disappoints. Because it is chef-owned and the chef is in the kitchen, it has a sure fire recipe for success and I wish it and Chef Chan continued progress and much success.



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## Nosh News



## Milkcow Ipoh

Another new dessert place has opened despite all the cafes flooding Old Town. This place is a healthy option for those with a sweet tooth.

Milkcow specialises in soft-serve ice cream with various toppings, with ingredients sourced from organic farms. It is originally from Korea and is a big hit in many foreign countries worldwide.



The 6th outlet of Milkcow has opened in Old Town Ipoh, at Jalan Panglima. It is impossible to miss the shop as you pass by the main road.

Milkcow's tagline is "All about Desserts". Its best sellers are Cookie & Cream, Black Pearl and Milky Cube. The Cookie & Cream is for the Oreo lovers. The Black Pearl is for the chocoholics, for it is made out of chocolate sauce, organic salt and Cocoball topping. The Milky Cube is for the sweetest tooth of all, as it is topped with honeycomb.

Prices range from RM8.50 to RM13.50. Extra toppings and side dishes can be ordered with an additional charge of RM1.50 to RM4.50. Cakes are also offered at the shop at RM13.50 each. They also serve caffeinated drinks, milkshakes, sodas and waffles.

**Milkcow**

1 Jalan Panglima, Ipoh.

05 241 4742

<http://milkcow.my/>

<https://www.facebook.com/MilkcowIPH/>

Susan Ho



## myELEPHANT Thai Restaurant



myELEPHANT Thai Restaurant opened its doors in Ipoh recently. Being the sixth and only one outside the Klang Valley, it is a well recognised name amongst foodies.

Although being a Thai restaurant, the decor is contemporary with the walls adorned with black and white pictures of the food, and the mixed-medium artwork of Fenyi Lai depicting Ipoh's streets.

myELEPHANT Head Chef, Kenny Loh introduced their signature dishes. First came the Tom Som Seafood; the clear galangal, lemongrass, lime and Thai herbs soup, which was not too spicy but just spicy enough to break into a fine perspiration. Soups also come with chicken and prices range from RM15-RM22 (for pax 2, 4 or 8). Next came the sweet Yum Som Orr, the special Thai pomelo salad served with fresh prawn; Tod Man Plah, handmade deep-fried Thai fish cakes; 'Snow' Fish, which is the salt-baked whole seabass; and Gaeng Phet Yaeng, roast duck curry.

Chef Kenny also mentioned that their signature dishes remain unchanged since the first day they opened for business and their chicken stock is homemade and has no MSG.

myELEPHANT has 12 set lunches with prices ranging from RM9.90-RM16.90.

This pork-free traditional Thai restaurant is at No.5 Jalan Lau Ek Cheng, 30300 Ipoh. They are open 7 days for lunch at 11.30am-2.30pm, and dinner at 6pm-10pm.

For further information, contact: 05 241 3012, [reservations@myelephant.com.my](mailto:reservations@myelephant.com.my) for advance booking or visit: [www.myelephant.com.my](http://www.myelephant.com.my).

VWSL



## Community

## KPJ Ipoh Specialist Hospital Celebrates Merdeka Day

KPJ Ipoh Specialist Hospital celebrated the arrival of two Merdeka babies at the Maternity Ward. A baby girl born to Puan Shahrina Bt Md Nordin and a baby boy born to Puan Nor Ashikin Bt Sued.

"Hari Merdeka is a day of celebration of Malaysians' unity and our ability to prosper as 1Malaysia. In fact, it is a long-lived celebration and a responsibility of all races and religions to sustain the harmony. Therefore, in KPJ Ipoh Specialist Hospital, we are excited to celebrate and welcome these babies who have arrived on the same day that our nation was born independently 58 years ago," said Asmadi Mohd Bakri, Chief Executive Officer of KPJ Ipoh Specialist Hospital.

On top of that, KPJ Ipoh Specialist Hospital also created the Merdeka feel and look through balloon and flag decorations and a special display of miniature KPJ staff in muhibbah uniforms using food ingredients.



Meanwhile, on Saturday, a poem entitled 'Legasi Diteruskan', specially written and presented with passion of a true anak Malaysia, Harun Razali from the Pharmacy Unit.

## 'Kids Can Cook' Programme

Sixteen kids from various homes in Ipoh were invited for cooking lessons at Ben & Lynette Cafe on August 25 by Ayam Brand via its annual corporate social responsibility (CSR) programme.

The nationwide charity campaign has been running for the past eight years and has benefitted more than fourteen thousand people from various charity organisations. This year, Ayam Brand will be donating their famous line of products such as tuna, mackerel, kernel corn, processed peas, peach slices and baked beans to 48 charity homes across Malaysia.

The children from Pusan Jagaan Nurul Iman, Praise Boys and Girls Home, Rumah Anak Yatim Yayasan Amanah An-Nur Maisarah and Spastic Orphanage Home were given a chance to cook pizza, puff, sandwiches and sushi using Ayam Brand's products with the guidance of Chef Loke from T-Garden Cooking School.

"This is a good experience for me and my friends. We know how to cook fried rice and sunny-side eggs but never knew baking pizza and making tuna puffs would

be easy too," said Muhd Arif Aswad Bin Zaidi, aged 10 from Yayasan Amanah An-Nur Maisarah, Chemor.

Ayam Brand representative, Ms Marie-Magali Falcos who was at the affair believes that the campaign, is an ideal platform for children to gain exposure to culinary skills.

"The Kids Can Cook campaign was launched by Ayam Brand to invite children from participating charity homes, to learn how to cook simple, well-balanced, nutritious meals using Ayam Brand's products. Cooking promotes literacy by introducing new words to young children," added Ms Falcos.



Ili Aqilah

## News

# General Mohammad Bids Farewell

After serving one year and five months from March last year, the Commander of the Ipoh-based 2nd Malaysian Infantry Brigade, Brigadier-General Mohammad bin Abd Rahman handed over duties to newly-promoted Brigadier-General Mas'od bin Hj Muhammad. Mohammad Rahman has been promoted to Major-General to assume a senior appointment at the Ministry of Defence.



The handing-over ceremony was held at the parade grounds of Headquarters 2nd Malaysian Infantry Brigade along Jalan Hospital Ipoh on Friday, September 4. There to witness the handing and taking over of duty was Major-General Dato' Fadzil bin Mokhtar, General Officer Commanding 2nd Infantry Division.

Major-General Mohammad assumed the post of Assistant Chief of Staff (Planning and Development) at Army Headquarters, Ministry of Defence effective August 5.

Mohammad's replacement, Brigadier-General Mas'od, 56, was previously the Chief Principal Staff Officer (Armed Forces) of Eastern Sabah Security Command (ESSCOM).

"I feel both sad and happy at leaving the brigade. I hope the media will continue to give the same support as they have given during my tenure as the brigade commander," said the affable general to Ipoh Echo.

The farewell parade involved a guard of honour mounted by personnel from the brigade, singing of the army martial song, 'Gagah Setia', signing of the handing-and-taking-over document and the handing-over of the baton of command.

This was followed by the pulling-out of the outgoing commander who stood on an open Land Rover while being pulled by officers and men of his former brigade. The accompanying band played Auld Lang Syne, fitting music for a fitting occasion.

Mei Kuan

## Thumbs Down

A. Jeyaraj

# Deteriorating Service of ETS

When I interviewed regular travellers of the ETS shuttle service between Ipoh and KL for the cover story "Gateway to Ipoh", Issue 217 (August 1-15, 2015), most of the respondents had positive things to say about the service. Subsequently, the people who praised the service have called me to complain of the deterioration of the service especially after introduction of the new ETS to Padang Besar.

### 1) New Timetable from September 1 from Ipoh to KL

The old timetable had eight trips daily from Ipoh to KL and vice versa and ten trips on weekends. In the initial new schedule, the first train is at 5.30am and next train is at 12.30pm. There were complaints from the public for not having a mid morning train and due to complaints, a morning service has been introduced at 8.30am. The old schedule had two trips in the morning and it has now been reduced to one. The new timetable has only seven trips daily. The KL Padang Besar ETS service is considered as the eighth trip. There are no more additional services during weekends, the peak period.

### 2) The train is often late

Although they try to reach the last destination on time, they will still be late for 15 minutes to half an hour. Lately the trains are always late for at least 25 minutes.

### 3) System down

It is difficult to purchase tickets online since the system is down very often. This causes long queues at the stations as their computers are also facing the same problem. Recently, the system has been down for a month. No one can tell us when it will be up.

### 4) System problem

Many people have faced the problem of purchasing tickets online with their debit cards/credit cards/direct transfer and the transaction goes missing. KTM cannot detect the transaction and considers it as unsold. It is only when the person shows proof of payment charged on his statement that KTM will refund the money. This takes a few working days. Susan Ho, a blogger is a frequent traveller and said that she had emailed and called a number of times just to get her money back. She eventually gave up after a month of not getting any response. It took 10 days for a refund.


### 5) Frequent Traveller Card

There used to be a Tiger and a student card. Frequent travellers had to pay RM20 a year to maintain it and enjoy rebates. KTM has recently stopped Tiger cards and only students have this offer.


### 6) Facilities on the train

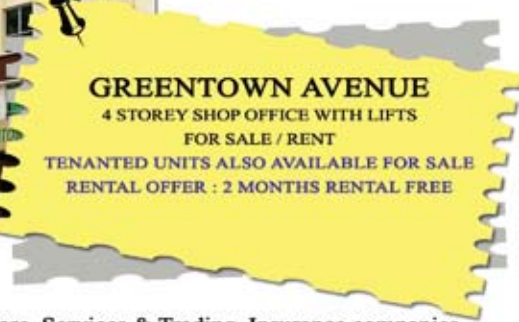
Facilities on the train were said to be perfect and sockets could be used and WiFi was






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available. A number of sockets are not working well and there is now no WiFi.

### 7) Television

The movies played are supposed to be changed weekly. However, the same Christmas movie was playing for two months. There is no sound and this is understandable since you do not want to disturb people who want to rest, but you could put it at a lower volume. When the station nears, the message "Stesen berikutnya, Slim River" is displayed and it covers the subtitles. Passengers want to watch and read the subtitles. The static in certain areas causes TV and air-cons to shut down for about 1 minute or so most of the time throughout the trip.

### 8) Unnecessary charges

Susan said that she recently found out that KTM has started to charge customers who purchase tickets online. KTM should encourage the public to purchase tickets online and reduce the queue at the station. She is not sure whether she is being charged RM2 or RM4 and also not know what the charges are for.

### 9) Commuter train substituted for electric train

My sisters were taking the 3.46pm train from Rawang to Ipoh on August 11 and waited at designated Platform 2 and when the train did not arrive they called the hotline and were told that the train was delayed and was at Sungai Buloh. When the train still did not arrive, all the passengers went to see the stationmaster and he informed them that according to the screen on his desk, the train had left. He said that there was an announcement, but the passengers never heard it. In fact a commuter train was used for the service and it passed through Platform 3. The stationmaster informed that ETS is operated from KL and he has no control. They took the next train, luckily seats were available.

The Commuter train has no toilets and the seats are not designed for long distance travel. According to staff at the KTM call centre, commuter trains will be used if an ETS train is not available.

### 10) Information counter

The staff at the information counter are not helpful. They are not informed on what is going on. When I called the KTM call centre, they were not able to provide any information. You can call their call centre at **1-300-88-5862**.

## Ipoh Watch

Dr Richard Ng

### Learn from the Filipinos

The appointment of former President of Manjung Municipal Council, Dato' Zamri Man, as the new mayor of Ipoh on July 1 was well received by Ipohites.

As President of Ipoh City Watch (ICW), I am delighted to note that he is bringing with him his experiences from Manjung, the third best-managed local council in Malaysia, to Ipoh.

We are more delighted when he said his vision is to make Ipoh the most liveable city in Malaysia through an inclusive administrative system. That is exactly what we are striving for at ICW.

When asked by reporters on his first day of work, Dato' Zamri has made known his intention of working with NGOs and civil society groups to solve the various issues plaguing Ipoh. He hoped to improve the city in a year's time, in terms of cleanliness and other criteria set under the state government's Amanjaya policy.

Just three weeks ago The Economist reported the results of a liveability survey on 140 cities in the world. Melbourne has once again emerged as the most liveable city in the world for the fifth consecutive time based on a set of 30 criteria which include safety, healthcare, educational resources, environment and infrastructure. Kuala Lumpur, Penang and Johor Baru are ranked at the bottom half of the list with Tripoli, Lagos, Port Moresby, Dhaka and Damascus listed as the five least liveable cities.

Comparing Ipoh with Melbourne is unfair, as we are at a different end of the continuum. However, it is not a sin to make Ipoh the most liveable city in Malaysia. Two pertinent issues that affect Ipohites are economy and safety, which are part of the liveability survey variables. In terms of safety and security, ICW is working closely with the Police and other NGOs to provide feedback and ways to improve the city's security.

Economy will improve when we have a good business-and-industry-driven environment coupled with good policies that can attract investors. We need good infrastructure such



Community Recycling programme in Jelapang Tambahan

as a good transportation system. Ipoh's reasonably cheap and good food is already a plus point. However, the rise in dengue cases will be a pull-down factor. We too hope this is not the reason why it is so difficult to get dengue statistics on cases affecting each housing area within Ipoh. But what we do know is that the number of dengue cases is correlated to the number of illegal dumpsites, clogged drains, overgrown grass and abandoned houses.

Maybe comparing Ipoh with Los Banos and Tuguegarao, two small cities in Philippines, will be fairer. Both are slightly smaller than Taiping. What fascinated me during my recent visit there was the level of cleanliness. They are definitely very clean. I could not find one single illegal dumpsite for which Ipoh is famous.

I had the opportunity to speak to the head of environment of Los Banos's Local Council and we shared our experience in managing solid waste. To start off, their mayor is elected by the people and garbage is one of the issues raised by Filipinos. Los Banos has 14 'barangays' or gardens. They started garbage separation and recycling about 10 years ago. When it was first launched in 2005 they received strong objection and rejection from the people. But today, keeping their environment clean is part of their culture.

The new elected Mayor Perez of Los Banos has come out with a 10-year Strategic Action Plan (2013-2023) which requires Los Banos Municipal to divert 50 per cent

of the biodegradable waste and recyclables from going to the sanitary landfill in 2016.

In both cities, the people are required to bring out only biodegradable waste, which includes organic waste, from Monday to Friday for collection between 8pm and 9pm. The non-biodegradable must be taken out and sent to a designated collection centre only on every Saturday between 8pm and 9pm. Those found placing garbage outside their residence will be penalised by paying a 50 pesos (RM4.50) fine and their garbage will not be collected.

The organic waste collected are then sent for composting where they are put into a large shredding machine and then mixed with soil and night crawlers to turn into organic fertiliser within 10 days. This fertiliser is then used for their landscape plants while some are given free to farmers.

I also found recycling bins placed in strategic locations in the city of Tuguegarao where residents can place plastic bottles and cans, which we do not have in Ipoh. The flower pots in town are painted with creative words such as "Save the Earth. We have nowhere to Go", "Cleanliness starts within yourself", "Cleanliness is next to Godliness", and "Be Clean in Thoughts, Words and Deeds".

ICW has helped implement the Community Recycling Programmes involving 250 households in Jelapang Tambahan in collaboration with Perak SWCorp and Rukun Tetangga Jelapang. The project launched in April 2015 has produced positive results when more than 4 tonnes of garbage are saved from going to the landfill or illegal dumpsites with a recycling rate of 17 per cent, higher than the national average of 10 per cent.

The success has resulted in two more recycling programmes involving Buntong and Lim Garden residents. It will be launched on Saturday, September 19 at the Indian Recreational Club padang at 3.30pm by Dato' Hajah Rusnah Kassim, Executive Councillor for Women's Development, Family, Welfare, Caring Society, Housing and Local Government. All Ipohites are cordially invited to the function and learn about garbage separation and composting.

## Education

### Safety at Schools



The Department of Occupational Safety and Health Perak launched the Occupational Safety and Health (OSH) in School Programme at a school in Chemor recently. The primary objective of the programme was to instil safety awareness in teachers and students in schools.

The event was held at Sekolah Kebangsaan Haji Mahmud, Chemor on Saturday, August 22 and was officiated by the department director, Ir Mohamad Razak Ismail.

In his opening remarks Mohamad said that instilling safety awareness in students at an early stage was important as it would benefit them in the long term. As responsible citizens they would embrace the safety culture and contribute towards making their future workplace safe and accident-free.

"The application of OSH principles in schools will undoubtedly create a safe and healthy environment which would be beneficial to students, school staff and visitors," he added.

Nantini

### Mother Teresa's Reading Shelter Enters Sixth Year



"We can do no great things; only small things with great love" – Mother Teresa

Mother Teresa's Reading Shelter (MTRS) celebrated its 6th anniversary recently and Dr J. Anantham, Director of MTRS, said that the gathering was to appreciate the supporters. The goal of MTRS is to reach out to the educationally deprived children and to let them know that their welfare is not forgotten.

Dr Anantham said that the problem is getting the children to come to the centre. There are many factors that make it difficult or prevent the child from coming to the centre. Parents and those entrusted with the care of these children are to a large extent responsible for this. Parents and people running welfare homes come to the centre and take the children away from the class to do other work for them. The children are deprived of their rights.

The kindergarten children displayed their talents during the celebration by dressing up as famous personalities. The primary school children sang the song 'This old man', while secondary school children sang 'I have a dream'. If given the opportunity, these underprivileged children progress in life. It is only during this type of functions that the children can show their talents.

A charity lunch, organised earlier in the year raised a sum of RM15,000.

The Shelter needs volunteers and sponsors to carry out its activities. For further details call 05 241 0751.

A. Jeyaraj





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## Heritage

# International Museum Day 2015

International Museum Day was founded in 1997 by the International Council of Museums. The aim is to increase public awareness of the role of museums in the development of society. It has been gaining momentum ever since. Last year, it garnered record-breaking participation with more than 35,000 museums hosting events in some 145 countries.

Running on the theme 'Museums for a Sustainable Society', Perak hosted the national-level celebration this year under the auspices of the Perak State Museum Board. It highlighted the role of museums in raising public awareness about the need for a society that is less wasteful but more resourceful.

During the launch by Tourism and Culture Ministry Secretary-General Tan Sri Dr Ong Hong Peng, Ipoh Echo checked out one of the 23 booths displaying wares during the 4-day exhibition held at Ipoh Parade.

The booth picked was the one manned by the Penang State Museum Board which displayed the evolution of tiffin carriers. It is a compartmentalised food-storage unit consisting of two to four bowls of the same size, stacked on top of each other, with a lid on the top, sealed down with locks down the sides or top. It is believed that the British brought the tiffin carrier with them from India in the mid-1800s. In Penang, the container became an integral part of every Malay, Chinese, Nyonya and Indian household. However, in this

age of fast food wrapped in plastic, tiffin carriers have been conveniently forgotten.

"The oldest tiffin carrier in our collection dates back to 1870. It has a stove inside to heat up the food and weighs 18kg without food. Could you imagine how strong the women were back then? They had to carry the carriers to their husbands who were working in the field," Punita, a representative of the Penang State Museum Board told Ipoh Echo.

It was a walk-down-memory-lane for the oldies while for the kids they were mesmerised by over 80 pieces on display, some very rare and unusual.

Other activities held in conjunction with the celebration included museum run, heritage walk and seminars.

During the closing ceremony at the banquet hall of the State Secretariat Building, Penang State Museum and Art Gallery, Yayasan Warisan Johor and Army Museum Port Dickson won the Best Booth Award. Menteri Besar Dato' Seri DiRaja Dr Zambry bin Abd Kadir presented the awards to the winners.

Kedah will be the host for International Museum Day 2016.

Mei Kuan



## TEACHERS WANTED

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## Han Chin Pet Soo

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## Personalities

# Mior and Abu

Personalities for this issue are two talented artists from Ipoh. Meet Mior Abdul Muneer Mior Muhammad and Abu Huzaifah Saharuddin who won the PopConAsia held in Jakarta recently.

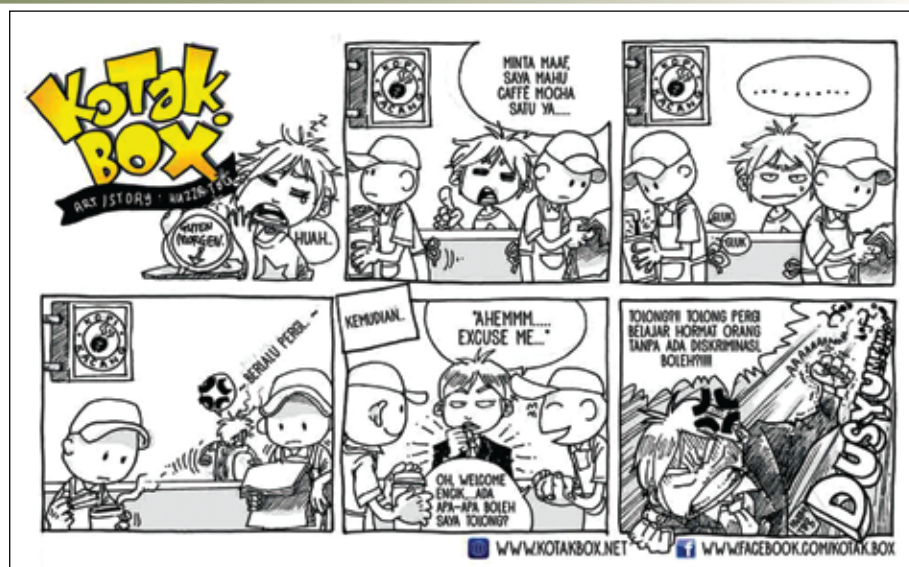
The duo were competing in the Doodle Art Battle category where they were asked to complete two sets of theme-doodles within three minutes and were crowned as champion against other international contestants.

Graduated from Universiti Sains Malaysia (USM) in visual communication (Degree) and Visual Art (Master), 27-year-old Mior was born and bred in Ipoh. He adored the work of Datuk Lat and Bruce Timm, an American character designer known for his work in DC Comics, in particular Batman, Mad Love And Other Stories.

"I admired the way Mr Timm used a simple yet detailed style when drawing characters in the comic. I grew up reading DC comics like Justice Leagues, Slash and



Mior Abdul Muneer Mior Muhammad Abu Huzaifah Saharuddin



Art and story by Abu

Abu, 27, has been in the industry since 2006, thanks to strong support from his college friends. Abu has been working with Spacatoon, an international animation company and has done some freelance work with Kotak Box, a local comic web. Abu has been sketching since he was five years old and will continue to do so.

Interested readers can view Mior's artwork at [miormuneer.daportfolio.com](http://miormuneer.daportfolio.com) and Abu's at [huzza-tbg.daportfolio.com](http://huzza-tbg.daportfolio.com).

Ili Aqilah

## Government

### MBI Full-Board Meeting

Pertinent matters discussed and resolved at the August Ipoh City Council (MBI) Full-Board Meeting held on Friday, August 28:

#### Income and Expenditure

**Revenue Generation.** Of the RM182.3 million budgeted for 2015, the Council, as at the end of May, generated revenue worth RM165.9 million.

**Revenue Collection.** A sum of RM124.4 million was collected in the month of July, an increase of six per cent over the same period last year.

**Expenditure.** The council has spent RM90.4 million of its projected budget. This figure represents an increase of RM3.4 million over the same period in 2014.

#### Complaints

From January 1 till July 31, the Council has received a total of 18,908 complaints. Of the number, 18,097 complaints (95.7 per cent) have been resolved. The remaining 811 complaints (4.3 per cent) are still being processed by the Council.

#### Car-free Day

The Council plans to promote a healthy-lifestyle by introducing a car-free day in the city by the end of September or early October. The aim is to encourage people to walk, cycle or jog on the car-free days.

Three locations within the city have been identified. They are part of Jalan Raja DiHilir (Jalan Tambun), Sultan Abdul Aziz Recreational Park (Polo Ground), Old Town and Greentown Business Centre.

The Council is currently engaging with the residents to get feedback. The programme will be held once a month initially and will be extended if found appropriate. It will be a three-hour period from 7am to 10am on a Sunday.

Nantini



Idea and story by Mior

Batman and have idolised him since then," added Mior who thanked Abu for introducing him to the world of doodling.

"I am aware of the art of doodles but never dreamt to become an artist. It was when I met Abu last year, that brought me into this world and I owe him that," said Mior who is currently working as a Strategic Planner at Destination Perak.

Abu Huzaifah on the other hand, graduated from Cosmopoint University College Ipoh in computer graphic design and has always had a soft spot for the world of art especially Japanese anime.

"I am a hardcore fan of manga and my favourite is Full metal Alchemist. There is something about Japanese artwork that intrigues me," said Abu who also likes Eyeshield21, Powers, Cul de Sac, Regular Show and Gravity Falls.

## 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.

**Gua Tambun Gotong Royong, Wednesday September 16.** Assembly point: Caltex Petrol Station Tambun at 9am. Wear light clothing, good walking shoes, bring a hat and insect repellent. There will be a one-day exhibition about Tambun Rock Art at the foothill between 9.30am and 1pm. For more information and updates follow Facebook - GuaTambun Heritage Awareness Project, or email [tambunrockart@gmail.com](mailto:tambunrockart@gmail.com).

**Sunway College Ipoh is proud to host a CAT (Certified Accounting Technician) Day on September 19 (Saturday)** from 10am to 4pm at its campus, in association with the Association of Chartered Certified Accountants (ACCA) Malaysia. Targeting Principle of Accounts subject SPM 2015 students, the exclusive event will consist of a workshop and talks on Professional Accounting. Call **05 545 4398** (Information & Communication Dept.) for details and reservation as seats are limited.

**Public Forum: 'Heart Attack & Warning Signs – Healthy Heart Choices' presented by Pantai Hospital Ipoh.** Saturday September 19, 2pm-4.30pm at Ipoh City Country Club (ICCC), Sakura 1, Level M. For further information or registration, call: Ms Renuka or Ms Gloria at **05 540 5712** or **05 540 5725**.

**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.

**FATimah Challenge: I Feel Good Weight Loss Programme 2015.** Registration is open to: those aged 18 – 60 years old; BMI more than 30. The programme will run for 3 months from **September 22 to December 19**. Registration is open from **August 28 to September 19**. To register, contact: **05 5455 777 (Ext 348)** or email [diet@fatimah.com.my](mailto:diet@fatimah.com.my).

**Hockey Carnival on Grass, Saturday September 26, 8.30am-5.30pm** at Anderson School field.

Thirty (30) teams are expected to take part in 3 categories: (a) Mens' ppen < 40: open 6-a-side; (b) Mens' veteran > 40: open 6-a-side; and (c) Ladies open (including girls' schools): 7-a-side. There will be cash prizes for each category. Entrance fee RM200. Registration before **September 15**. For further enquiries call **012 501 6979**.

**Public Forum on Good Mental Health in conjunction of World Mental Health Day 10/10/2015.** **October 12, 9am-1pm** at 4th Floor, Kompleks Aktiviti Harian. Organised by Department of Psychiatry, HRPB and State Health Education Department. Touching on various topics like Overview of Mental Disorders, Self-harm and Suicide, How to say No to negative thoughts and many more! The forum is FREE. For more information, contact **05 208 7436** (Psychiatric Outpatient).

**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 loved 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**.

## 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.

## Illegal Immigrants

It is frightening to know that there are over three million illegal immigrants who have gained access into the country and moving freely in our midst. Despite frequent raids and deportation, their number keeps increasing. Is it because our borders are so porous or is it due to ineffective enforcement? It has been estimated that we have some five million foreign workers in the country.

I have no issue with foreign workers who are healthy and are here legally. However, I am concerned with the large number of illegal foreign workers with unknown health status. According to the Malaysian Medical Association about 17,981 foreign workers or 47 per cent of those tested last year were infected with tuberculosis (TB). It is estimated that only about three million foreign workers have been registered.

Many of these illegals may be carrying diseases such as TB, HIV, AIDS, etc. The dangerous surge in the number of tuberculosis cases, including multi drug resistant TB strain among the locals in the country is very scary. This spike has been linked to the large number of foreign migrants who bypassed health screening.

Many of the illegal immigrants come from poor countries where multi drug resistant TB strain is prevalent. These immigrants come in close contact with locals in their daily activities. This puts locals at risk of contracting TB and other contagious and infectious diseases.

Experts are beginning to sound the alarm and if we continue to downplay the issue of illegal immigrants, the consequences may be far-reaching.

The time has come for the government to act. We cannot afford to compromise on public health. We need to address all the underlying causes of lapses in our immigration policies. Going by the number of letters to the press and in the social media, the public is feeling very uncomfortable with the presence of these illegals.

We need to amend our immigration laws and arm our enforcement officers with a wide range of powers to deter foreigners from working here illegally and to deal with employers who hire them.

In the process of nation building we should not ignore the importance of public health. The large number of illegal immigrants with unknown health status is like a ticking time bomb. We should intensify our efforts to flush them out and make life difficult for human traffickers and their collaborators. Corrupt enforcement officers should be identified and punished.

Health is wealth and we should never compromise it no matter what.

S. Param

## Gen Y Should Do More for Malaysia

I am looking forward to the future and feeling grateful for who all of us are today. The Generation Y that we belong to are educated, have a decent or a white collar job and some a very successful.

I would say "Thank you" to all our forefathers who were united to achieve the Independence that all of us are enjoying today. Besides they also worked hard, day and night to ensure that our parents were well educated simply because they want better lives for their children and also believed that only education can change the future of our generation.

True enough, the change that we are all enjoying today is from the hard work invested by our fore grandparents.

My Salute and hats off to them..!

But in today's generation, what are we up to..? Are we ambitious like them to create a change in this generation and in the next generations as well?

Are we working towards achieving all these?

Have we ever given a thought on how and what we want to project to the next generation?

I have to admit that I am personally not putting much effort and sometimes I get carried away with all the political issues that are surrounding us now.

## Where are the Books?

Recall a report by the New Straits Times dated October 11, 2006 entitled, "Fill up holes in Perak History". It stated that a significant number of books at the Perak Museum in Taiping relating to Perak history "had gone missing". The paper too had highlighted the poor conditions of books in the museum library as far back as 2003.

A few years ago I brought some foreign researchers to the museum library and observed that nothing much had changed. The library, if my memory serves me right, has collections as far back as the late 1800s. Among them are the Perak Annual Report, Perak Museum Report, Taiping Weekly Report, FMS Report, Straits Settlements Report, government gazettes, journals, monographs, etc. The museum, by all accounts, is a depository of books published in Perak from the late 1800s onwards.

Researchers travelled from afar looking for materials for their researches. I feel with a good historical collection, the museum library can be a centre for studies about pre and post Merdeka Perak.

Perak Man was once kept at the National Museum in KL and only later was it transferred to where it rightly belongs – the Lenggong Archaeological Gallery. If that was possible, why can't the state government do the same to all the historical records and books? Have them sent to KL and return them to Perak Museum in Taiping when the time is right. That way the valuable books and records will not go missing.

Incidentally, exhibits at Perak Museum are worth seeing. With a well-maintained library to boot, they would complement the museum and make it as one of the best in the country.

Nadim

## Ear, Nose & Throat Care

By Dr Rekha Balachandran

### What's that Buzz?

Hearing noises inside your head is not always a reason to see a psychiatrist! Often times this buzzing or ringing in the ear is suggestive of an inner ear problem.

**These noises are termed as 'tinnitus'.**

Tinnitus is the term for hearing sounds that come from inside your body, rather than from an outside source. Some may even hear their own heartbeat in the ears (called pulsatile tinnitus).

Tinnitus is not life threatening. What is a mere annoyance for some people, can lead to problems with concentration and affect sleep, resulting in psychological stress.

Tinnitus is frequently seen together with hearing loss. However, tinnitus is not the reason why there is hearing loss. In fact, some people with tinnitus experience no difficulty hearing. In a majority of individuals who suffer from tinnitus, there is some amount of hearing loss present (although the individual may not notice it) and in a few cases they even have an oversensitivity to certain sounds (hyperacusis).

**What causes it?**

Tinnitus is often associated with:

1. Age-related hearing loss or presbycusis.
2. Inner ear damage caused by repeated exposure to loud noises.
3. Middle ear infection.
4. Ménière's disease – where there is an imbalance in the fluid of the inner ear. It is also associated with vertigo.
5. Certain medications – like aspirins and certain groups of antibiotics, sedatives and antidepressants. Tinnitus is cited as a possible side-effect for almost 200 drugs.
6. Blockages of the ear due to a build-up of wax or an ear infection.
7. Other rarer causes such as otosclerosis which is an inherited condition with an abnormal bone growth in the ear or benign tumours of the auditory nerve.

**Treating tinnitus**

If you are experiencing tinnitus, please see your doctor who will examine your ears and see if there is any problem in the external ear such as infection or wax. These can be easily resolved by medication and micro-suction for the ear. If the ear looks normal externally, then your doctor will usually suggest you get a hearing test done to assess if there is any hearing loss and how severe it is.

There are varieties of treatment methods for tinnitus, but no one treatment that works for everyone. If a cause for the tinnitus is found, treating it may help improve the symptoms. Often though, the tinnitus is accompanied by evidence of neural damage to the inner ear and then this is irreversible.

There are things that you can do if you suffer from tinnitus which may help to alleviate the symptoms. These include using a white noise machine or soft music at night to distract the mind from the tinnitus, relaxation techniques such as yoga and meditation and sometimes cognitive behavioural therapy may have some benefit. For those who need the use of a hearing aid, the amplification of surrounding sound achieved by the hearing aid itself may reduce the intensity of the tinnitus.

**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)

When we come to think about it, I am very certain this will take us nowhere if we were to continue to give more attention to these issues and get carried away with all of the slanders shared on the social media. Not only will this make the issue creators more popular for the amount of attention that all of us are giving them, but indirectly has divided us all.

I wish the vibrantly young and educated Gen Y could be the exemplar to the younger ones for a better Malaysia, putting aside all the political issues.

Happy National Day!

**Dr Venkates Rao Enkatesulu**

President – YouthCorp Malaysia

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8. Burps & Giggles, Jln Sultan Yussuf (Old Town). Tel: 05-2426188
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13. D'Eastern Hotel, Jln Sultan Idris Shah. Tel: 05-2543936
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16. Khimzian Enterprise, 75 Jln Yang Kalsom. Tel: 05-2427381
17. Sunway College Ipoh, Psnr SCI 2/2, Sunway City Ipoh. Tel: 05-5454398
18. Break the Code, Greentown Business Centre. Tel: 05-2420484
19. Symphony Suites, Jln Lapangan Symphony. Tel: 05-3122288
20. Olympia College, 18 Jln CM Yussuff. Tel: 05-2433868
21. Ibis Styles Ipoh, 18 Jln Chung On Siew. Tel: 05-2406888
22. Daybreak, Lot 75242 Jalan Pulai, RPT Pengkalan Pegoh. Tel: 05-3235908/09
23. Banyan Beauty, 40 Jln Raja DiHilir. Tel: 05-2426866/012-5073866
24. Ipoh Echo's office



## Tourism

# Islamic Tourism Centre Visits Muhammadiyah Mosque

In collaboration with Tourism Perak, Tourism Malaysia, KTM Intercity and Muhammadiyah Mosque Ipoh, the Islamic Tourism Centre (ITC) under the Ministry of Tourism and Culture Malaysia, visited Ipoh's unique Chinese mosque as it is now listed under Malaysia's Islamic tourism attractions on August 25.

The programme came to light from a collaborative Mosque Convention organised in October 2014 by the Department of Islamic Development Malaysia (JAKIM), Federal Territory Department of Islamic Affairs (MAIWP) and ITC where the convention introduced a new line of tourism called, Tourism Mosque.

"It is an honour to welcome the delegates from ITC to visit our one of a kind Chinese mosque. We are currently working hard to promote Halal Tourism where not only tourists are offered *halal* food and a comfortable place to perform prayers, but also hotels that are Shariah-compliant," said the state executive councillor for Arts, Tourism and Culture, Dato' Nolee Ashilin Mohammed Radzi who officiated the event.

The chairman of Malaysia Chinese Muslim Association Perak / Deputy Chairman Muhammadiyah Mosque Committee, Dato' Fadzli Cheah Abdullah briefed the audience about the history of Muhammadiyah Mosque.

Located in Taman Tasek Jaya, the structure of the mosque and overall construction are adorned with Chinese motifs but is adapted into the Malaysian culture. For example, instead of using the traditional Chinese lotus flower, the mosque used the national flower, Hibiscus instead.

"We are planning to build a multi-functional hall that can be used to hold classes and activities. Hopefully we will be able to complete the project as soon as possible," said Fadzli.

Ili Aqilah



## Event

# The Victory Summit Symposium

11-10-2015 星期日 SUNDAY

Hotel Casuarina @ Meru, Ipoh, Perak, Malaysia



DAVIS PHINNEY Foundation Our mission is to help people with Parkinson's to live well today.



EVENT FOR PEOPLE LIVING WITH PARKINSON'S.

帕金森病患者的生活方式

Learn to Live Well Today at The Victory Summit Symposium

今天开始学习及参与我们的讲座会

8:30 - 4:00 General Session | Lunch Included

8:30 - 4:00 讲座会 (包括午餐)

Join the Perak Parkinson Association and the Davis Phinney Foundation for a moving day of information and inspiration as we focus on the actions people living with Parkinson's can take to improve their quality of life.

You and your family are invited to enjoy a full day of learning, moving signing and more. Attendees will have the opportunity to learn a range of techniques for effective self-management of non-motor symptoms, emotional well-being, exercise and sleep from nationally and internationally recognised experts in the field of Parkinson's.

For more details and to register, visit [www.davisphinneyfoundation.org/VSMalaysia](http://www.davisphinneyfoundation.org/VSMalaysia) or call 05-545 5610



US-based Davis Phinney Foundation and Perak Parkinson's Association are partnering to produce a best-in-class educational event for people living with Parkinson's: The Victory Summit Symposium.

The day of information and inspiration featuring dynamic presentations from leading movement disorder neurologists and therapists from around the world will be held on Sunday, October 11 at Casuarina@Meru Hotel from 8.30am to 4pm (lunch included and trained helpers would be there to provide assistance). It is expected to draw a crowd of around 1000.

Attendees will have the opportunity to learn a range of techniques for effective self-management of non-motor symptoms, emotional well-being, exercise, sleep, fall prevention, speech and voice.

It's an upbeat, fast-paced event of community and connection, filled with laughter and conversation. You will leave feeling motivated and armed with tools to help you be more involved in your own treatment and to improve your quality of life.

Both organisations are dedicated to improving quality of life for people living with Parkinson's. "This is a first time in Malaysia and even Asia," Samuel Ng, the President of Perak Parkinson's Association highlighted during its press conference recently. "UniKL Royal College of Medicine is our corporate community collaborators," he added.

### Registration Categories and Fees:

- Physician / Clinical Researcher / Neuroscientist / Pharmaceutical Industry members – RM200
- Nurse / Physical Therapist / Speech Language Pathologist / Occupational Therapist / Social Worker / Non-profit worker – RM60
- Student / Post Doc / Others – RM60
- Person with Parkinson's OR Care Partner – RM60
- Household – Person's with Parkinson's & Care Partner (Discounted) – RM100
- Pharmacists would be awarded 6 CPD points while nurses would get 10 CPD points.

For more details and to register, visit [www.davisphinneyfoundation.org/VSMalaysia](http://www.davisphinneyfoundation.org/VSMalaysia) or call 05 545 5610 (Terry Wong) / 012 557 1682 (Samuel Ng).

## Beauty

# Perak-Made Beauty Products

With an array of cosmetics lining the shelves of retail outlets and shopping malls, Perak State Economic Development Corporation (SEDC) took a brave step to compete in the beauty industry by producing a brand of their own. The products, named Forest Colour, are made from herbs and plants that are sourced from the Perak jungles.

The launching of one of Forest Colour's products was held at Royal Chulan Hotel, Kuala Lumpur recently. The occasion was graced by HRH Raja Permaisuri Perak Tuanku Zara Salim.

"Perak has an abundance of herbs and plants that can be obtained from its protected rainforests. We feel it's only proper to optimise on this advantage and produce our very own beauty product," said Dato' Ahmad Rizal Abdul Rahman, an executive with the state corporation.

What makes the product different from others is its usage of three herbs namely, aloe vera, misai kucing and lemongrass.

Forest Colour is believed to be the first make-up product in the world to use aloe vera, a good natural anti-aging agent, as its primary ingredient.

Forest Colour beauty products are now available at all retail outlets in town.

RM



# IPOHecho



# Yang TU Yang NI

## Cruelty to Animals

It's easier to convince someone about outright cruelty to animals, that is, when an animal is abused.

It's much harder to convince them when they think they are not doing anything wrong. Like when they think it is their right to hunt animals for sport – shooting down a defenceless animal for trophy. Cecil the lion is a celebrated case but then we have others like people who shoot wild boars for fun and not because they need the meat.

But there are cases when we are cruel to animals without realising it. We do it because it's convention and we accept it as the norm.

Recently the MP for Ipoh Timor Thomas Su asked a group of us for feedback concerning the 'Amendment to the Cruelty to Animals Act' which was to be read in parliament.

Other than general acts of cruelty (to animals) those who were involved in the discussion with Thomas Su were concerned about the cruel practice of tail docking and ears cropping of dogs and also about puppy/kitten farms.

I do not know the outcome of the reading but irrespective of the outcome, there are actions all of us can take to eliminate such cruel practices.

### What is tail docking?

Tail docking is the amputation of a dog's tail at varying lengths to suit the requirements of a breed standard. Basically it has nothing to do with the health of the dog, on the contrary. It has to do with man's arrogance that we think we know better than God how a certain breed should look like.

The amputation of the puppy's tail is usually done with scissors or a scalpel. Sometimes rubber bands are used. The cut goes through many highly sensitive nerves in the skin, cartilage and bone. This procedure is usually performed without anaesthetic, or with a local anaesthetic, at three to five days of age. According to the South African Veterinary Council, with or without local anaesthesia, docking causes pain and stress to young puppies. Recent research in pain management indicates clearly that puppies, even at a few days of age, have a fully developed nervous system and a well-developed sense of pain. Sometimes, tail docking results in serious complications such as bleeding, infection and even the death of the puppy.

Furthermore tail docking does not provide any benefit to puppies. Dogs need their tails for balance and body language. If a procedure that causes pain has no immediate or future benefit for the animal and may lead to complications, it is unnecessary and should be banned.

Needless to say docking is banned in South Africa as in most European countries.

Ears cropping is the same. It causes pain, can lead to complications and serves no purpose.

### Puppy Farms

This includes kitten farms too because of the popularity of cats among Malays. Good breeders breed because they want to improve the breed or at least to maintain the standard. They don't do it solely for money and they are very particular about who they sell their puppies or kittens to.

Puppy farms on the other hand breed for profit. Period.

They don't care if their bitches are made to produce several times a year; adversely affecting their health. My observation is that these breeders know very little about the breed. All they care for is that that breed is popular and can fetch good money.

Buyers should know that puppies carry any defects the parents have and this can cost the buyer a lot of money in the future. In serious cases the dog has to be put down.

### How you can help

1. Do not buy puppies without tails or whose ears have been cropped. Insist that the breeder from whom you buy your dog does not dock tails. Encourage your kennel club or organisation to stop advocating tail docking or ears cropping for certain breeds. Ask your vet to do the same.
2. Don't buy from puppy/kitten 'farms'. Some 'farms' sell directly but many also sell through pet shops. Avoid buying from them.
3. Always insist on seeing the parents and the home. Puppies raised in a family tend to be better socialised and you will have less problems regarding temperament in the future.
4. Inform the authorities if you know of a 'puppy farm'. These people need a license to do business. There could also be hygiene issues.
5. Know what you are getting into when you buy a puppy. Know the breed, does it suit your lifestyle? Don't buy a breed just because it's fashionable or that it looks cute. It's not a toy you discard when you get bored. While the pup will give you a lot of pleasure it's also a responsibility.

This brings me to the number of unwanted dogs around. Many of them are due to irresponsible owners who allow the neighbourhood curs to mate when their bitch is in heat. Prevent this by spaying your bitch. Unwanted pups become strays which can be a health problem or which can attack people.

The various organisations – Noah's Ark, SPCA, Pet Finders, etc. – have their hands full dealing with strays. They are run by volunteers who give of their time and money.

You can help them by adopting. As they say "Adopt, Don't Shop" unless there is a particular breed you want. If it's just a pet, a mongrel is as good as any and they cost less to maintain.

Enjoy your dogs and cats responsibly.

Yin  
(The Man from TR)





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## Government

### Portfolios of State Executive Councillors Effective August 1, 2015

- Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir**
- Committee Chairman for Finance, Security, Land, Natural Resources and Economic Planning
- Dato' Saarani Mohamad**
- Committee Chairman for Rural Development, Agriculture, Plantation, Information and Human Capital Development
- Dato' Dr Mah Hang Soon**
- Committee Chairman for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages
- Dato' Mohammad Zahir Abdul Khalid**
- Committee Chairman for Industry, Investment and Corridor Development
- Dato' Zainol Fadzi Paharudin**
- Committee Chairman for Public Utilities, Infrastructure, Energy and Water
- Dato' Rusnah Kassim**
- Committee Chairman for Women, Family, Community Welfare Development, Housing and Local Government
- Dato' Samsudin Abu Hassan**
- Committee Chairman for Consumer Affairs, Entrepreneur Development, Cooperative, NGO and Civil Society
- Dato' Mohd Nizar Zakaria**
- Committee Chairman for Islamic Religion, Islamic Education and Personality Development
- Dato' Nolee Ashilin Mohammed Radzi**
- Committee Chairman for Tourism, Arts, Culture, Multimedia and Communications
- Dato' Dr Muhammad Amin Zakaria**
- Committee Chairman for Education, Science, Environment and Green Technology
- Dato' Shahrlul Zaman Yahya**
- Committee Chairman for Human Resources, Youth and Sports

## Sport

# Gymnasium of the Mind



It was a gymnasium of the mind in the Syeun Hotel on Sunday, August 16 as 224 multi-ethnic players, some from as far as Indonesia and the Philippines battled it out in the 6th leg (final) of the 6th Tan Sri Lee Loy Seng Perak Grand Prix Chess Championship 2015. The youngest player was 6 years old while the oldest was 62. Previous legs were held in Sg Siput, Bagan Serai, Kampar, Tapah and Ipoh (at Crest University), respectively.

Running on the theme 'Chess Makes You Smart', it was jointly organised by the Perak State Chess Association and the Dato' Arthur Tan Chess Centre under the sponsorship of Kuala Lumpur Kepong Berhad. Abu Bakar M. Abdullah, a national arbiter cum national instructor who has over 25 years of experience, acted as the chief arbiter.

On the Perak chess scene, Chan Swee Loon, President of the Perak State Chess Association, who is a former national champion, had this to say, "We have a very wide interest but the depth of the ability is not fully developed because it involves a lot of nurturing by parents. But we do have a former national champion and also a woman national champion in Perak."

Representing KKK at the closing ceremony were Har Wai Ming, Administration Director and Lim Poh Poh, Senior Manager of Corporate Communication. Also present was Gregory Lau, Secretary of the Malaysian Chess Federation.

Fong Yit San, who has been playing since 7, is a Perakean who won the National Chess Championship in 2014. "Work hard," said the confident 21-year-old when asked for his advice to all the budding players. His qualification for the Olympiad was his

## Here are the summarised results:

### Under 12:

Champion: Chua JiaTien  
 Runner-up: Dharmin Pathamanathan  
 3rd place: Putera Amirul Iqmal Rosli  
 Best Girl: Hanis Nasreen Adinur  
 Best Perakean (U-12): Maryam Aaqilah Zainuddin

### Under 17:

Champion: William Lee Kah Howe  
 Runner-up: Benjamin Lee Kah Teng  
 3rd place: Muhammad Nasuha Mohd Nazri  
 Best Girl: Sim Jia Ru  
 Best Perakean (U17): Pravin Pathamanathan

### Open category:

Champion: Wong Jian Wen  
 Runner-up: Fathurahman Ansary  
 3rd place: Nelson Villanueva  
 Best Lady: Fatin Nabilah Zainal Abidin  
 Best Veteran: Jax Tham Tick Hong

### Grand Prix winners:

Champion: Fong Yit San  
 Runner-up: Looi Xin Hao  
 3rd place: Nelson Villanueva



proudest achievement.

The Perak State Chess Association welcomes all forms of donation and sponsorship for the development of the game, equipment, training and running of tournaments. Interested donors kindly contact Abu Bakar at **019 4007 663** for details.

Mei Kuan

# Perak Masters 10km Run

On Sunday, September 6, I was with over 350 participants, clad in red, for the first-ever Perak Masters 10km Run. It was flagged off by Dato' Seri Ir Haji Mohammad Nizar Jamaluddin, the former Menteri Besar of Perak, at Stadium Indera Mulia. The run was an initiative to honour and recognise the long-forgotten heroes of Malaysia.

Truthfully, I had not even seen a pair of running shoes in two years due to a busy academic calendar and now my tight work schedule. Basking in the morning sun, I was fighting leg soreness tackling a slope before I was even near the end of the long run.

Why run again after a long lapse? The distance took me beyond my comfort zone, into a realm in which I confronted the limitations of my body and my mind. It could only be completed by mental discipline with no shortcuts. And it was here that I discovered my inner strengths and self-respect.

By doing a walk-run combination, the thrill and sensation of crossing the finishing line was truly rewarding. When the incredible sense of satisfaction and pride set in, I am already planning my next challenge.

What better way to celebrate than joining a water game involving a fire truck spraying water, water-loaded balloons and water guns? Amidst the cold squirts, a rainbow was spotted in the mist, providing a picture-perfect ending for a productive day.

Following is the list of first-prize winners who each received RM700, a medal and a trophy:

Men Open: Ruban Kumar a/l Ramasamy  
 Women Open: Sheela a/p Samivellu  
 Men Junior Veteran: Baskaran Kuppusamy  
 Women Junior Veteran: Indra a/p Samivellu  
 Men Senior Veteran: Khir bin Salleh

"Get a good coach and have proper training. For those without a coach, you can read tips online," said Sheela, the Women Open category champion. She has been running since the age of six.



"The weather is in our favour. As first-timers, we did well. Everyone enjoyed themselves, especially the water games. We'll improve further next year," Tamil Chelvan, a veteran sportsman and President of Perak Masters told Ipoh Echo.

To Ipohites who cheered us on from your passing vehicles, thanks so much for your empathy and encouragement.

Mei Kuan

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# FAMILY FUN DAY

## SUNDAY

# 27 SEPT 2015 from 10a.m.

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Total Units : 168

Exp. Completion Date : December 2017  
Land Encumbrances : Nil  
Land Tenure : Freehold  
Price : Min RM 437,760 Max RM 585,800  
Approving Authority : Majlis Bandaraya Ipoh



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