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PP 14252/10/2012(031136)

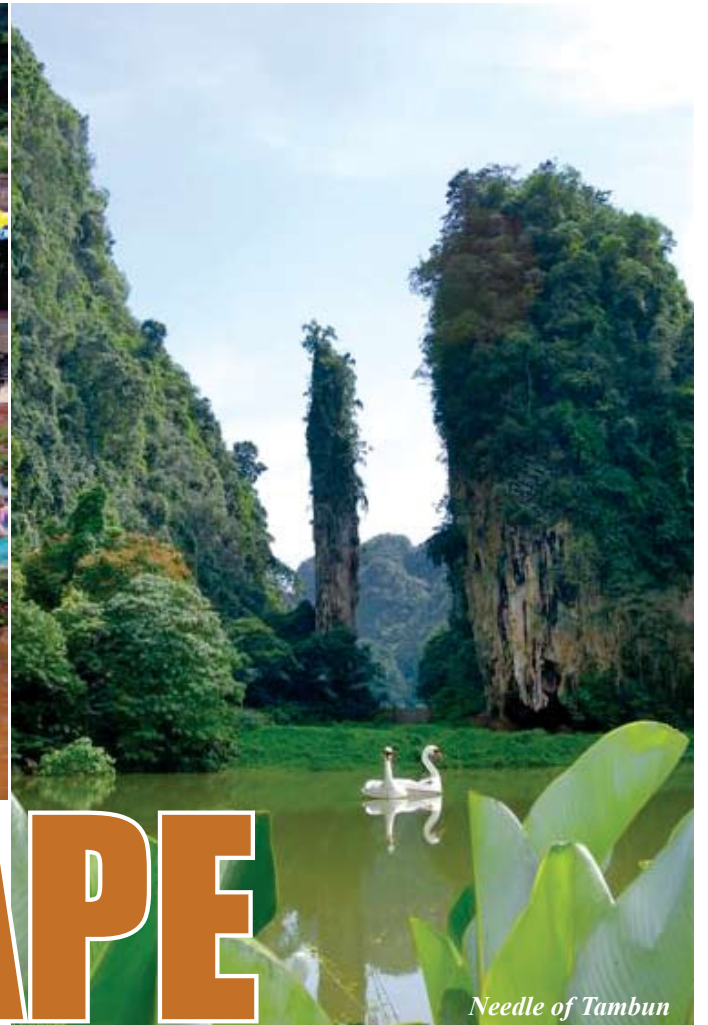
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ISSUE **223**

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Hot Springs Pool



Needle of Tambun

URBAN ESCAPE

- Ipoh's Green Lungs

by Ili Aqilah, Nantini Krishnan

Photos: Luqman Hakim / Lost World of Tambun

Wondering where to bring your children for the upcoming school holidays? Or simply looking for a place to run away from the hustle and bustle? With the haze plaguing the whole country, and admonitions for all to stay indoors with our doors and windows closed, it is difficult to cast our thoughts to wide open spaces and yet a new study that actually quantified the benefits to human health from trees' impacts on outdoor air pollution, gives cause for seeking out these green oases as a respite from the urban doldrums.

Continued on page 2



Gunung Lang



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Sit under a tree, walk barefeet on the grass, go green

In the first broad-scale estimate of air pollution removal by US trees nationwide, researchers found that trees and forests in the US removed 17.4 million tons of air pollution in 2010, with human health effects valued at \$6.8 billion. A single tree can absorb 10 pounds of air pollutants a year, and produce nearly 260 pounds of oxygen – enough to support two people. Using computer modeling to quantify the health benefits of trees in 10 cities, researchers with the U.S. Forest Service and a private think tank say leafy foliage in urban areas can scrub enough soot out of the air to reduce asthma attacks, emergency room visits and even deaths.

In view of this information, Ipoh Echo sought out the best picnic spots around Ipoh that would be the perfect escape for you and your family while minimizing the negative effects from the haze. Go to the green.



D.R. Seenivasagam Recreational Park

D.R. Park formerly known as Coronation Park, is now known as Taman D.R. Seenivasagam to commemorate the life of a prominent lawyer who founded the Perak Progressive Party (PPP). The park was built in 1960. This city park is much revered and beloved by the city dwellers.

Within the D.R. Park grounds is a “Japanese Mini Garden”, which was officially launched on June 30, 1995 by the then Ipoh Mayor, Haji Ahmad Salleh Haji Sarif together with the previous Mayor, Dato’ Haji Umar Haji Abu. The key element of the garden is to place emphasis on Japanese ideas of space and harmony.

Visitors, especially children can enjoy several recreational and amusement facilities including a playground. The garden is made up of several recreational fields, an artificial lake that contains various types of fish and a nursery for potted plants.

GPS Coordinates: N 04° 36.205' E 101° 5.126'

Gunung Lang Recreational Park

Gunung Lang is a recreational park with a large lake in a hilly geographical setting located only five kilometres from Ipoh town. The main attractions of Taman Rekreasi Gunung Lang are the man-made cascading waterfall atop a limestone hill and simple landscaping providing an exquisite natural view. There are also facilities like a children’s playground, campsite, mini zoo, a prayer room and washrooms.

Boats operate from 8am to evening bringing visitors to the island a mere 2-3 minute ride. Boat fare to the island is RM3 for adults, RM2 for secondary school students, RM1 for primary school students, RM0.50 cents for children and RM1.50 for senior citizens. Although the boat ride is a short one, the waiting period can take up to 15 minutes depending on the numbers of visitors. The entrance ticket includes a boat ride and a visit to the park.

GPS Coordinates: N 04° 37.663' E 101° 5.461'

Opening Hours:

Monday to Thursday:

8am - 12noon / 1.30pm - 7pm

Friday:

8am - 12noon / 2.45pm - 4pm

Saturday, Sunday, Public holiday:

8am - 6.30pm

Tel: 605-5063088



Lost World of Tambun

Lost World of Tambun is an exciting, adventurous, yet child friendly picnic spot in Ipoh. It has everything a family needs to be totally entertained such as an Amusement Park, Tiger Valley, Water Park, Petting Zoo, Tin Valley and the ever popular Hot Springs and Spa. The Lost World of Tambun is a great destination for family vacations and a must-visit for families visiting Ipoh.

GPS Coordinates: N 04° 37.896' E 101° 9.834'

Lost World Entrance Tickets (other attractions may require additional tickets)

Adults: RM47.55 each

Children (Below 12 years): RM41.58 each

Senior Citizens (55 years & above): RM41.58 each

Children below 90cm in height: Free entrance to the park

Lost World Hot Springs & Spa by Night:

RM20.38 (Adult and Child)



Theme park operation hours

Open Mon-Fri: 11am till 6pm

Weekends, School and Public Holidays: 10am till 6pm

Closed on Tuesday, except on Malaysian school & public holidays.

Lost World Hot Spring & Spa by night

Open daily: 6pm till 11pm

Crystal Spa Treatment: 12 noon till 11pm

Closed on Tuesday, except on Malaysian school & public holidays.

• From the Editor's Desk
By Fathol Zaman Bukhari

RISING COST OF LIVING

Eating out is a luxury few can afford these days. Today, a simple dinner for two at Pakeeza Restaurant will set you back by at least RM50...

I kept shelving the idea of writing a piece on rising cost of living purely because Budget 2016 has yet to be announced by the Prime Minister cum Finance Minister, Datuk Seri Najib Razak. And now since the nation's expenditure for 2016 has been announced in parliament on Friday, October 23, the time is ripe.

As expected national dailies went out of their way to declare that Budget 2016 was tailor-made for the *rakyat*, plus the accompanying mumbo-jumbo. I am not entirely pessimistic of its viability considering the many goodies in store for Malaysians in 2016. Doubling the number of zero-rated GST goods, increasing the base rate of the minimum pay, tax reliefs for college-going children, reliefs for those who take care of their sick and aging parents and affordable homes are some of the icings on the cake.

Strangely, Budget 2016 was silent on ways to counter the country's number one scourge – corruption. There was a glaring omission of it; there is hardly any mention of how the government intends to combat corruption or how to plug leakages in spending or how to enhance integrity in governance when integrity is the number one problem affecting the government of the day, especially the topmost rung.

The Budget should address these challenges from varying perspectives. It should propose measures to be taken to overcome overspending, purchasing items above market-prices and delays in approval which have been highlighted in the Auditor-General's annual reports. The millions or billions lost through these illicit acts could have been better utilised for the well-being of the *rakyat*.

In short, institutionalised corruption is the root cause of our country's poor outlook in the international arena. The lack of effective enforcement by state agencies is another area the budget fails to address. There are no effective deterrents to instil fear in the perpetrators so much so that they continue to cheat and plunder with impunity. It is the *rakyat* who suffer eventually, no matter how well-intended Budget 2016 is designed to look.

The ineffective Enforcement Agency Integrity Commission (EAIC) is a case in point.



It should have been provided with enough funding to hire people with integrity not civil servants and politicians who are easily cowed by threats and innuendos.

Our reporters went out to the streets to gauge Ipohites' views of the rising cost of living. Although the survey was done before Budget 2016, the effects are minimal as the problems facing Malaysians in general, are similar – eroding spending power brought about by escalating cost of essentials exacerbated by the plunging value of the battered Ringgit.

Most of those we spoke to had a bone to pick with the government over the dreaded Goods and Services Tax or GST. They felt that the government had found an ingenious way to curb the *rakyat* from spending their hard-earned money. Although many items are GST-exempted, the hidden cost arising from taxation at the source makes the finished products expensive, exponentially.

Eating out is a luxury few can afford these days. Today, a simple dinner for two at Pakeeza Restaurant will set you back by at least RM50 when the same fare would cost RM35 pre-GST. Although the number of GST-zeroed items has doubled from 4,415 to 8,630, they are mostly for medicines and health-care products, which don't impact most consumers, especially those new in the job market.

The budget has provision for five new hospitals, a hospital specifically for women and children and improvements on existing community clinics. However, these free health-care services have been used and abused by foreigners. Full charge on treatments for non-citizens effective January 1, 2016 is music to the ears. They should be made to pay for healthcare.

One other area which the budget has repeatedly overlooked is public transport. Ipoh is a shining example of this anomaly. The city has a gleaming bus terminal but no feeder bus service. Plans are afoot to build a central terminal ala KL Sentral behind the Ipoh railway station. This state initiative is long overdue.

EYE HEALTH — HAZE AND EYE HEALTH

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about AIR POLLUTION, our eyes and general health implications.



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

It is undeniable that the current haze situation has reached catastrophic proportions regionally.

Sadly, the long-term HEALTH IMPLICATIONS of air pollution have not been highlighted enough. Most people have been looking at the API readings to determine if they would avoid outdoor activities, with children enjoying the unexpected school holidays (my newly coined word is "haze holiday") with orders to stay indoors. So, does the haze affect the eyes and if yes, then how?

The American Academy of Ophthalmology reported a study that showed a link between air pollution and dry eye syndrome. Dry Eye Syndrome is very troublesome and does reduce the quality of life of a person. It mainly affects people in the age group above 40 years of age. If you already suffer from Dry Eyes, then you can expect it to worsen when you are exposed to such pollutants. Air pollution in itself causes eye irritation, acute (or subacute) corneal (superficial keratitis) and conjunctival inflammation (conjunctivitis) by altering the pH of the tears.

SYMPTOMS INCLUDE:

- Discomfort or stinging
- Redness
- Photophobia in some cases
- Tearing (lacrimation)
- Dryness
- Inability to tolerate contact lens wear

WHAT SHOULD YOU DO IN GENERAL:

1. Keep track of latest air quality updates regularly to plan your activities.
2. Avoid OUTDOOR sports and exercises.
3. Keep windows and doors closed.
4. Use an air purifier if you have one. Keep the air conditioner running.
5. Drink lots of water, eat lots of fresh fruits and vegetables.

FOR THE EYES:

- Flush the eyes out with artificial tear lubricant eye drops if they get irritated.
- Avoid contact lens wear if it is too hazy.
- Minimise exposure to the irritants by modifying your activities appropriately.
- See an eye doctor if the symptoms persist.

Knowing about air quality is important. How is air quality measured? Air quality in Malaysia is reported as API (Air Pollution Index) and this measures carbon monoxide (CO), nitrogen dioxide (NO₂), sulfur dioxide (SO₂), ozone (O₃) and PM₁₀ (particles that are 10 micrometers or less in width). The gold standard today is PSI (Pollutant Standards Index) which also measures PM_{2.5} or particles that are 2.5 micrometers in width. Why is it important to measure the particles that measure 2.5 micrometers? The World Health Organisation (WHO) says that such particles affect more people worldwide than any other pollutant. These smaller particles of 2.5 micrometer don't get filtered and affect the respiratory and cardiovascular systems because they can penetrate the deepest parts of the lungs where gas exchange into blood occurs. In contrast, the larger particles of 10 micrometers just irritate the eyes, nose, and throat but eventually mostly get filtered off.

The IARC (International Agency for Research on Cancer) under WHO, after much research have classified outdoor air pollution as a carcinogen (cancer-causing). I shudder when I think of the fact that every person and creature has been exposed to large quantities of all of these unnecessary avoidable pollutants 24-hours a day, to various levels for the last 3 months!

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



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

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION MANAGER

Deanna Lim

REPORTERS

Ili Aqilah Yus Amirul
Nantini Krishnan
Tan Mei Kuan

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PRINTER

Ultimate Print Sdn. Bhd.,
Lot 2, Jalan Sepana 15/3,
Off Persiaran Selangor,
Seksyen 15, 40200 Shah Alam, Selangor.

USEFUL CONTACTS

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From Campaigning to Campus



She is headstrong, opinionated and makes heads turn, but Dyana Sofya Mohd Daud is just another Ipohite, a familiar face, for the Malaysian expats, in London.

To some people she is the 28-year-old Malay, from Ipoh, who ran as the DAP candidate in the Teluk Intan by-election, on May 31, 2014. She lost, by a narrow margin, to her political opponent, the veteran politician, and president of Gerakan, Mah Siew Keong, but the campaigning was marred by smears, on her character.

It is alleged that when some young Malay men were asked, for whom they would vote, many claimed, "Dyana of course! She is pretty. That is a good enough reason." So much for the political maturity of some young adults.

To others, Dyana is a Universiti Technology Mara law graduate who ran her own law firm in Cyberjaya, before she was sucked into politics and became DAP leader, Lim Kit Siang's political secretary.

On her Facebook page, Marina Mahathir complimented the young Dyana and said that she was "a smart girl who can think. She can articulate. She can write," before she made the withering remark, "That's three-up over most politicians already."

When a veteran Wanita Umno-Baru politician called Dyana a traitor, she shot back and said, "...I strongly believe in the ideals of justice, equal opportunity and good governance.

"I owe who I am today to my family and to my mother, to hard work and to the personal decisions which I have made along my life!"

Former New Straits Times Group Editor, A. Kadir Jasin said, "The fact that she is a young Malay woman representing a Chinese-dominated opposition party is, to me, the real fascination."

Dyana's family, most of whom are members of Umno-Baru, the ruling party, reside in Ipoh. As one of the young stars in the Opposition DAP, it makes one wonder if the conversations over dinner, are more lively, than those, in other families. Or has Dyana's mother, enforced a strict ruling, that no one may discuss politics, at the dining table?

Ipoh Echo first caught up with Dyana, on a cold and wet autumn day in London. She said that one of her haunts, is a small place in Westminster, close to the Houses of Parliament, which serves the best fish and chips, and where one can see well known British politicians, having a brief respite.

She said that she would be in London, studying 'International Studies and Diplomacy' at The School of Oriental and African Studies (SOAS), for the next year.

A month later, Ipoh Echo contacted Dyana to talk about her move, to London. She said, "I chose London, because SOAS is unique. Its speciality is in Asian, African and Middle Eastern studies. SOAS is part of London University and its expertise in this field, is world renowned."

Dyana's enthusiasm showed, "SOAS is vibrant and exciting. I have already learnt so much, after just one month.

"The academics encourage engagement. The student union is very active. The people are friendly and broad minded."

Asked about the differences between student life in London and Malaysia, she said, "I don't think it is fair to make a comparison, but here, the students are encouraged to think and form their own opinions. There are no right or wrong answers, as long as they support their arguments well."

"Over here, everyone is expected to participate and speak out. Back home, most students don't really say anything in class. They only comment when it is their turn to speak at a presentation."

"This is something we could probably look into. Instead of telling our students to keep quiet all the time, we should encourage them to speak."

With the drop in value of the ringgit, and the terrible burden placed on parents, with children studying overseas, she said, "Living in London is expensive! The exchange rate is causing us a lot of hardship."

Despite the financial burden affecting many Malaysian students, she was glad that London had much to offer and said, "London is an interesting city. There are parts of London which are ancient and there's an interest for everyone. The city has much to offer historically, and culturally.

"London is a great place to maximise my educational experience, although I do miss home," she added, saying that her parents had supported her move, to London.

Asked how she could benefit her party, on her return, she said, "I hope to return, with a better outlook, understanding and worldview, on various issues. I hope that I will be better prepared, and will have improved, in many ways, such as in my writing, being articulate and in people skills."

Her move has not affected her interest in issues in Malaysia, and she claimed that she is still in touch with party politics. She has a special message for Ipohites; "To Ipohites, please wish me the best and pray for my success.

"Although I cannot get Funny Mountain *tau foo fa* soy bean drink or Nasi Vanggey here, my heart is always at home."



THINKING ALLOWED

by Mariam Mokhtar

CHILD HEALTH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

Febrile Seizures in Children

WHAT IS A FEBRILE SEIZURE?

A febrile seizure is a fit that occurs when a child has fever. One in 20 children have at least one episode between the ages of 6 months and 6 years.

During the seizure the child loses consciousness and the body becomes stiff. Their arms and legs jerk. Some children wet and/or soil themselves. The type of fit they have is called generalised tonic clonic fit.

WHY DO FEBRILE SEIZURES OCCUR?

The exact cause of febrile seizure is not known. However a sudden rapid rise in body temperature tends to scramble the electrical discharges in the brain and gives rise to a seizure.

A family history of febrile seizure increases the risk of the child having one.

The three most common infections associated with febrile seizures are viral fever, acute otitis media and tonsillitis.

WHAT ARE THE TYPES OF FEBRILE SEIZURES?

There are two types of febrile seizures; simple and complex febrile seizures.

Simple febrile seizure is the most common type. Eight out of 10 children have this type.

- is a tonic clonic seizure
- lasts less than 15 minutes
- doesn't reoccur within 24 hours or the period in which your child has an illness.

Complex febrile seizure is less common

- the seizure lasts longer than 15 minutes
- the seizure may involve one part of the body, i.e., a partial or focal seizure.
- there is another seizure within 24 hours of the first seizure, or during the same period of illness.

WHAT TO DO DURING THE SEIZURE?

First thing to do is place the child in a recovery position, that is, placing the child on his or her left side. This prevents the tongue from falling back and obstructing the breathing. It also ensures, if the child vomits, that the vomitus will not be inhaled. In addition:

- Stay close to watch and comfort the child.
- Remove hard or sharp objects near the child.
- Loosen tight or restrictive clothing.
- Don't restrain the child or interfere with the child's movements.
- Don't put anything in the child's mouth.

Most febrile fits last for a very short time, that is, less than two minutes. When the fit stops take the child to the nearest medical facility for a check-up.

If the fit is prolonged, you need to call for an ambulance for treatment and to transport the child to the nearest medical facility.

HOW TO TREAT FEBRILE SEIZURES?

Some children will need administration of rectal diazepam and maybe other medications to stop the seizures.

The fever and the underlying cause of the fever has to be treated as well. Long-term seizure control medications are not regularly used.

HOW TO PREVENT FEBRILE SEIZURES?

Treating the fever and the underlying cause of the fever early helps in preventing seizures. However, as we have seen through experience, if the seizure is meant to occur, it will, despite aggressive treatment of the fever and its underlying cause.

For more information, call Dr Shan's clinic at Hospital Fatimah 05 546 1345 or email shaniea02@gmail.com.



ON IPOH FOOD

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



SeeFoon Approves of Tarting Up the Sweet Scene

A new patisserie has opened up without fanfare in Canning Garden, and has garnered a devoted following for those in the know – the ones like myself, who have had the privilege of tasting the delectable desserts which Jackie Yau would bring to private lunches and dinners.

Located in a bungalow at 6, Persiaran Woods, Canning Garden, Jackie and her two partners, Wai May & Elaine Lim are baking up a storm with yumilicious cakes, pastries, cookies, tarts and all manner of things sweet. And the occasional savoury.

Called **5 Loaves**, with the sign being terribly inconspicuous, the bakery is spotlessly spic and span with a warm and welcoming interior where you can sit and wait to pick up your order. Regrettably you can't sit and eat there as space is limited and they are not geared for service other than to fulfil your orders.

As the readers of my column may be aware, I don't have much of a sweet tooth but on the day I went to talk to the 3 partners, I found myself irresistibly drawn to their temptations which they had laid out on the table for me to photograph. And did I ever succumb, with or without sweet tooth.

For starters, what I really appreciate is that all their pastries are made with butter... not with trans fat laden margarine or shortening which most commercial baked goods are notorious for. And they are generous with it, giving all their pastries that dairy, moist mouthfeel that only real butter produces.

I can rave on about every single item in their repertoire but here I will single out some items which I had the pleasure to taste. Their **Cempedak 'loaf'** which is a pound cake chockful with that most fragrant cousin of jackfruit, is moist and melts in the mouth – **RM18**. Other 'loaves' include **carrot and plain butter** at **RM16 per loaf**. Add RM2



for cheese cream frosting.

The one cupcake which I tasted and thought I had died and gone to heaven was their **Durian Hokkaido Cupcakes** which are sold in portions of **16 pcs at RM3.50 each**. These are an extra light and extra fluffy cupcake base using less flour and filled with a generous dose of durian cream. I ordered some once for a friend's birthday and they were wolfed down in a jiffy with people clamouring for more. Orders in excess of a portion can be in multiples of half a portion, e.g., 1.5 portion of 24 pcs. Only during durian season. Otherwise their original **Hokkaido Cupcakes** cost **RM2.50** each and selling at the same portions as the Durian cupcakes.

Of course, one of the drawing card of cupcakes is their versatility in having the most creative of decorative toppings. Again made from pure butter, cream or cream cheese, these toppings can be fashioned to appeal to all ages and esthetics. The cartoon cupcakes featured here were made for a children's party while the more whimsical topping with the carrot told of its more prosaic base of carrot cake, elevated to gourmet standards with its moist nuttiness. Another one, the **chocolate banana cupcake** was oozing banana with the chocolate providing a delightful bitterness. **All cupcakes come in small, medium and large sizes at RM2.40/RM3.75/RM5 each**. A minimum order of 30 pieces for the small and 20 pieces for the medium and large is required. These can be topped with your choice of decoration.

On the savouries, they are beginning to test the market with **chicken curry tarts** which I can vouch for, having tasted a few and finding them to be even more interesting than regular curry puffs, which tend to be filled with potato and little chicken. These curry tarts are small but the filling is full of chicken chunks and the tart shell is wonderfully crispy crumbly, remaining so even after 2 days in the fridge. Which was how long I kept them after bringing them home. They also have **beef tarts** and **lemon meringue tarts** and other sweet tarts. Minimum 20 pieces at **RM1.80** each.

The range of baked goods from **5 Loaves** is extensive, from cookies to cakes to tarts and if this creative trio will continue to experiment and bring out new items, we can look forward to a cornucopia of delectable pastries from **5 Loaves**.



5 Loaves

No. 6, Persiaran Woods,
Canning Garden.

For orders: 012 512 3977;
012 500 7792; 012 648 4802.

Some items can be picked up the
same day but a 2-day notice is
preferred.



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Green Lungs

Continued from page 2...

Batu Berangkai Waterfall

Located deep in the forest of Kampar, Batu Berangkai Waterfall was once known to the crowds for its waterfalls and clean waters. The river is still clean and guaranteed safe for swimmers who can be found frolicking and having a good time here. To go there, you will need to head to Kg. Batu Berangkai (located before the fire station) and drive for another 2km after the junction. Batu Berangkai offers a nice and large pool with a few cascades. However, this place isn't suitable for family with small kids, senior citizens or people with disabilities.

GPS Coordinates: N 04° 18.47' E101° 10.12'



Lubuk Timah Hot Spring and Waterfall

A must on the list, Lubuk Timah offers both hot spring and waterfall to its visitors. Lubuk Timah is located within 20 minutes of driving from Ipoh town to Simpang Pulai, on the road heading to Cameron Highlands. The natural hot spring is located within a few hundred metres to the dam and the falls. Despite having been opened for a few years, Lubuk Timah is still under renovations. However there are quite a few facilities available for the use of visitors provided by the management such as a prayer room, a convenience store, a few food stalls, changing rooms and toilets. Huts can be rented for RM20 per visit and are located near the river.

GPS Coordinate: N04° 33.51' E101° 9.89'



Bandar Seri Botani Eco Park

Open since five years, Eco Park is part of the Bandar Seri Botani residential development. Both residents and the public are welcome to visit the park that provides several facilities such as a playground, viewing deck, outdoor gym, lotus pond and a gazebo. Aside from being a suitable picnic spot, this Eco park can also be a venue for party and wedding photography. The park opens as early as 6am and closes at 10pm every day.

GPS Coordinates: N 04° 32.160 E101° 06.214'



Lata Kinjang Waterfall

One of the highest waterfalls in Peninsular Malaysia, Lata Kinjang doesn't need much introduction. The whole falls at Lata Kinjang is said to be 2850 feet in height and is located five kilometres from Chenderiang. First time visitors shouldn't feel worried when trying to find the place. From PLUS highway, take the exit at Tapah and head to the town. From there, follow the signboard heading to Chenderiang and you will see more than enough signs to guide you to the waterfall.

GPS Coordinates: N 04° 18.14' E101° 15.38'



Ulu Chepor

One of the famous picnic spots in Ipoh, Ulu Chepor is perfect for everyone who enjoys being in nature. Aside from the falls, there are also other amenities such as chalets, a playground, camping sites and many more. Prayer rooms are also provided by the management along with several food stalls located near the car park. There is a small entrance fee for cars and motorcycles. Gazebos located near the river are available for rent at an affordable price.

GPS Coordinate: N 04° 42.58' E 101° 4.12



As school holidays are about to start within a few weeks, take this opportunity and spend it with your loved ones. A holiday trip doesn't need to be fancy, because what matters most is the people you have around. Forget the shopping and urban exposure of tar and asphalt. Use this chance to explore the hidden gems of Ipoh and Perak! And stick to the greenery!

Ipoh Echo Tips: Upon visiting the waterfalls, please do watch out for the slippery surfaces and for communicable diseases. Do not drink untreated water and don't swim or wade if you have cuts or abrasions. Put your health and safety first before having fun!



News

Brigade's 60th Anniversary



Established on October 1, 1955, Headquarters 2nd Malaysian Infantry Brigade located along Jalan Hospital Ipoh celebrated its 60th anniversary with a parade on Tuesday, October 6 at its parade grounds.

The day also saw the first-ever commander's parade for the brigade's 29th chief, Brigadier-General Mas'od bin Hj Muhammad who assumed command in September. The 56-year-old officer was previously the Chief Principal Staff Officer (Armed Forces) of Eastern Sabah Security Command (ESSCOM).

In his speech, Mas'od dedicated a minute's silence in reverence for the fallen soldiers and prayed for the maimed to find patience and strength.

"Next year, I plan to focus on individual and collective training," he stressed, as he promised to uphold the brigade's slogan, "Sentiasa Terbaik" (Always the Best).

The static parade led by Lieutenant-Colonel Haji Mohamad Samsuddin bin Haji Jantan consisted of 16 officers and 216 soldiers of various ranks divided into five contingents bearing M4 rifles. Drummers and flautists who provided the music were sourced from drum platoons 23rd Royal Malay Regiment, 2nd Royal Ranger Regiment and 9th Royal Ranger Regiment.

The soldiers on parade sang the army martial song, "Gagah Setia" to the accompaniment of music by the drummers and flautists.

Mas'od may look intimidating but he is really warm as a person, as he personally greeted and thanked all who were present during the banquet held after the parade.

Mei Kuan

Army Honours Its Walking Wounded



When Abdul Kadir Deraman, 59, enlisted in the army at a tender age of 18 he never thought he would stop serving King and Country ten years later.

"We're on a search and destroy mission in Lundu, Sarawak when all of a sudden a huge log fell down and hit me and some of my buddies," said the retired corporal. The log struck his back and injured his spine.

Due to the injury, Abdul Kadir was left in coma for two weeks and was ward at the Kuching General Hospital for a few months. His spinal cord was damaged resulting in him spending the rest of his life in a wheelchair. Now, after much help and support from his family, especially his loving wife, Abdul Kadir is feeling better.

Ipoh Echo met Abdul Kadir and his family along with 84 retired soldiers at an army-sponsored event honouring the walking wounded at the Ipoh Town Hall on Tuesday, October 13. Commander 2nd Malaysian Infantry Brigade, Brigadier-General Mas'od Haji Muhammad, paid tribute to the injured soldiers who had served the nation with pride and dignity in spite of their injuries.

"No amount of money could ever repay what you have sacrificed for the country. Thanks so much for your dedication!" said Mas'od in his opening remarks to the injured former servicemen. He then went from table to table greeting each veteran and handing them RM500 as cash hand-out courtesy of the Armed Forces Warriors' Fund.

"I've been attending this event annually as it provides an opportunity to meet and catch up with my old mates," said Abdul Kadir.

When asked for his advice to youths wishing to join the army, the veteran replied that only those who were keen on serving King and Country should join.

"You must have the passion and the interest. These are the factors that'll drive and prompt one to endure hardships while undergoing training," he said. "Look, in spite of my injuries I've never once regretted joining the army."

Ili Aqilah

WORLD LUXURY HOTEL AWARDS 2015

Who is the
No.1
this year?



Leisure Chairs for Hospital

Lions Club of Ipoh Riverview donated 20 units of leisure chairs to four wards of Hospital Raja Permaisuri Bainun (HRPB) on Saturday, October 17. This was to replace the existing chairs which were in bad shape. The contribution would provide caregivers with proper chairs to rest on while taking care of the patients throughout the night.

Contributing for the second year running, the club members also raised funds for the hospital.

The Ipoh Riverview Lions Club will continue to serve the needy community. Those keen on serving the community and be part of the world's largest service organisation can contact its President, Tony Cheong at 012 538 8109 for details.

Ed



Han Chin Pet Soo

Impress your guests with your own private dinner party in a museum setting. Enquiries should be made to the Events Manager at 05 529 3306 or events@ipohworld.org



News

British High Commissioner to Malaysia visits Ipoh

The bad haze did not stop the British High Commissioner to Malaysia, Her Excellency (HE) Victoria "Vicki" Marguerite Treadell CMG, MVO from visiting the place of her birth, Ipoh city recently.

Primarily on a state visit to familiarise herself and her team with the political, business, educational and social environment in Perak, HE Vicki made it a point to also rekindle some of the old memories and connections she had when she lived here for the first 8 years of her life.

The youngest among two siblings, HE Vicki Treadell was born in Ipoh in 1960 by a Cantonese mother and father of French-Dutch ancestry and resided in Maxwell Road. Before working in Malaysia, HE Vicki spent four years as British High Commissioner to New Zealand and another four years as British Deputy High Commissioner based in Mumbai. This was Vicki's first visit to Ipoh after she was appointed as the British High Commissioner to Malaysia on October 21 last year and Ipoh Echo was given the privilege to meet and join her on visits around the city.

Visit to Tenby International School

On October 19, HE Vicki with her team visited Tenby International School where she delivered a speech entitled "Big Achievements Require Big Dreams" to students from various schools including her Alma Mater, Tarcisian Convent.

"As usual when I was schooling here, people would ask me what I wanted to be when I grew up. When I was fifteen, I had an idea to become a lawyer, and then the next month I wanted to be an actress, and the following month I wanted to become a doctor. I finally decided to study law and it became my ambition to become a lawyer."

She further related to the students, that after she finished her A-levels, instead of going straight to university as planned, Vicki decided to take a gap year and travel with some of her friends. Her parents were hesitant at first, but Vicki believed that she needed to break the mold and be different from her older sister.

"My parents were business people. Instead of paying for my trips, they asked me to take a job and for every penny I saved, they will match it. This is when I landed a job working at the Foreign and Commonwealth office and decided to make a career with the British diplomatic foreign service."

"I didn't go to university. I know a lot of parents are saying that it is the root of success but there are other ways. It is a slow ladder, but I was working at the right place and I knew it was possible to achieve my dream," said Vicki.



The session continued with a Q&A session where the students were most forthcoming in asking HE about her dreams, experiences, her favourite country and her upcoming plans.

Perak Youth Ponder Ipoh's Past, Present and Future

After spending a few hours visiting Han Chin Pet Soo, HE Vicki spent an evening with Perak's youth on October 20 at Plan B located at Kong Heng Square to discuss about Ipoh's past, present and future. Through the **Successor Generation Initiative** programme by British High Commission, young Malaysians are given the opportunity to develop their leadership skills including debates, round-table discussions, mentoring opportunities and capacity-building programmes. The aim is to create a two-way dialogue where the British High Commission can hear from Malaysia's future leaders on how the UK can remain relevant to Malaysia.

During the discussion, Vicki shared with the youth about her family background including how her family started working in Malaysia and how her parents met each other. The attendees were given a chance to introduce themselves and talk about their opinions on Ipoh.

"Ipoh has so many things to offer especially from the art and music scene. People have been coming to Ipoh not only to enjoy our food but also the art scene. More things should be done to help build the movement," said Seyn Jukey, co founder of Projek Rabak, an art collective formed in Ipoh on January 2011.

Visit to Tesco's Fresh Supplier Facility

On October 22, HE Vicki and her team visited Tesco's fresh supplier and distribution facilities for a tour. Tesco which is a British multinational company headquartered in Hertfordshire UK, has been a success story in Malaysia. She talked about bilateral trade and investments as well as how UK companies have contributed to Malaysia's nation building through economic and employment growth.

"Tesco has been a leading retail store in Malaysia and it has collectively created more than 70,000 job opportunities in this country alone. I am pleased to see that Tesco has taken the lead in adopting a sustainable business model," said Vicki.

Tesco's Corporate Affairs and Government Relations Director, Dato' Azlam Shah Alias who was at the affair, pointed out how Tesco Fresh Distribution Centre has helped to make a difference to the lives of the community in Simpang Pulai and its surrounding areas with more job creation, a growing population, more residential and commercial development and a growing local economy.

Perak Academy Lecture and Dinner

Following her visit to Tesco, HE Vicki was invited as a distinguished guest by Perak Academy to give a talk entitled 'The Commonwealth, Then and Now' at Meru Valley Golf & Country Club.

The rest of the week was filled with private meetings and dinners with leading members of the business community, one of which was hosted by Dato' Lim Si Boon at his family home.

Ili Aqilah

Ipoh Car-free Day

Ipoh's first 'Car-Free Day' trial by the Ipoh City Council was held on Sunday, October 18. The trial from 7am to 10am was formally launched by Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir at Old Town.

The programme was aimed at turning Ipoh into a low-carbon emission city and transforming Ipohites into a low-carbon community. It was also designed to encourage residents to practise a more active and healthy lifestyle without the impediment of vehicular traffic.

The Menteri Besar and Mayor Dato' Zamri Man led a group of cyclists from his official residence to Old Town. Along the way, Zambry erected a Local Agenda 21 signboard at Little India. About 5000 people, which included executive councillors, state assemblymen and heads of departments, joined in the merriment.

Selected roads were closed to traffic for the duration of the period to enable Ipohites to cycle, jog, skate-board, roller-skate and to walk freely. They were Jalan Raja DiHilir between the Sultan Yusuf roundabout to the Sultan Iskandar roundabout near Jalan Towers, Jalan Kelab Golf from Jalan Tun Suffian (Jalan Brash) interchange to Jalan Watson, as well as Jalan Dato Seri Shaari (Jalan Garland).

"We received positive feedback from the Sultan of Perak, Sultan Nazrin Shah who hopes to join the programme in the future," said Zambry to reporters during the press conference. "The state government hopes to turn Ipoh into a green city soon," he added.

Menteri Besar Incorporated, said Zambry, had begun planting trees and placing antique chairs at several strategic spots in the city for a start.

The event saw the launch of Jejak Warisan (Heritage Foot Trail) in Old Town and the revamped Ipoh Tourist Information Centre next to Ipoh Padang. Agencies involved in the trial run were Ipoh Specialist Hospital, which offered free health checks, the Perak State Library which opened its doors to the public and Persatuan Interaksi



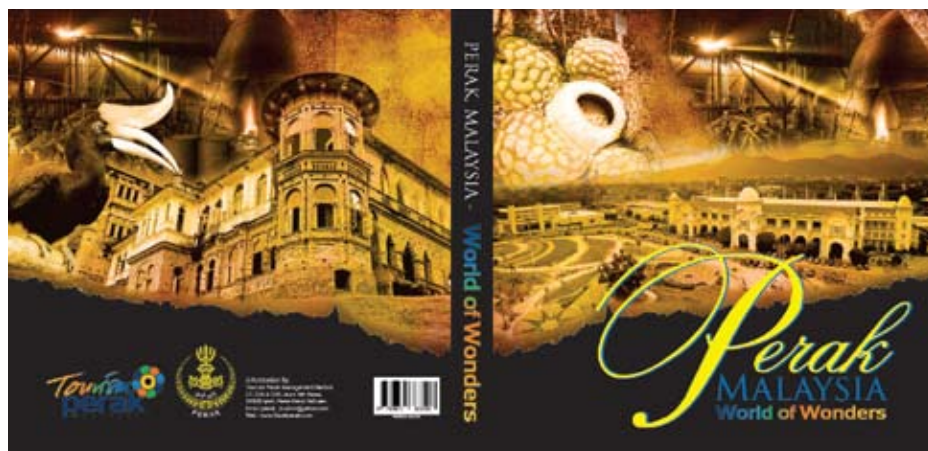
Kebudayaan Malaysia whose dancers helped usher in the auspicious day.

A number of Ipoh-based non-governmental organisations, led by Ipoh City Watch, reinforced their commitments in making Ipoh a liveable city via brochures, pamphlets and videos at specially-erected booths within Ipoh Padang. Zambry led a number of VIPs in signing a pledge to transform Ipoh into an environmental-friendly city.

Nantini

Tourism

Tourism Perak's First Book



“Perak, Malaysia – World of Wonders” is Tourism Perak Management Berhad’s first ever book detailing the touristic destinations within the state. It is in the form of a hardcover coffee table book which will be given away as souvenirs for visiting dignitaries and VIPs.

The Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications, Dato’ Nolee Ashilin Mohammed Radzi said that the 200-page book was the first of its kind by the state’s tourism agency.

“Perak is blessed with a beautiful natural environment. This is the message we want to convey to readers via this book. For ease of reference, touristic products in Perak are divided into seven clusters namely, Ipoh, Kuala Kangsar, Taiping, Teluk Intan, Pulau Pangkor, Lenggong and Royal Belum.

“The book begins with the history of developments in Perak, especially in Ipoh. It then elaborates on the arts, culture and food available in each cluster,” she told reporters after the launch of the book during the Car Free Day programme by Ipoh City Council on Sunday, October 18 at Ipoh Padang.

Dato’ Nolee expressed her gratitude to those responsible for preparing the book, especially the editorial team led by Ipoh Echo’s reporter cum photographer, Rosli Mansor Ahmad Razali. Rosli was tasked to write the book almost a year ago and had taken his time to assemble his team. His reference was the numerous “Perak Tourism News” published by Ipoh Echo for the state tourism agency.

“It’ll be the pride of Perak and a gift to the world, as we live in a beautiful and harmonious state,” she added.

Rosli Mansor

Musang King Durian Par Excellence

A durian variant known locally as Musang King will be a major tourist attraction in Perak besides its other touristic products. Minister of Tourism and Culture, Datuk Seri Mohamed Nazri Abdul Aziz said that Perak is among the famous durian-producing states in Malaysia.

“Destination Perak’s effort in introducing the Musang King internationally is timely as it has a high commercial value. Many Singaporeans make Perak their stop to enjoy this King of Fruits.

“Among Singaporeans, not only is Ipoh famous as a food haven, it’s well-known for its natural environment. Its unique million-year-old limestone caves are protected from pollution and development,” he said after launching the Travel Malaysia Fair at Singapore Expo Convention and Exhibition Centre.

Incepted in 2007, the exposition, coordinated by Tourism Perak Management Berhad, was held from Friday, October 16 to Sunday, October 18 with various states exhibiting their tourism packages and products.

Mazri launched two tourism packages by Destination Perak which included Ipoh Adventure and Musangking@Ipoh. At the same time, Tourism Perak introduced its “Fun Map Ipoh” which received encouraging response from visitors.

Also present were the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications, Dato’ Nolee Ashilin Mohammed Radzi and the Chief Executive Officer of Destination Perak, Abdul Raheem Mohammad.

According to Dato’ Nolee, Singapore recorded the highest number of visitors to Perak and this encouraging development could generate Perak’s tourism sector.

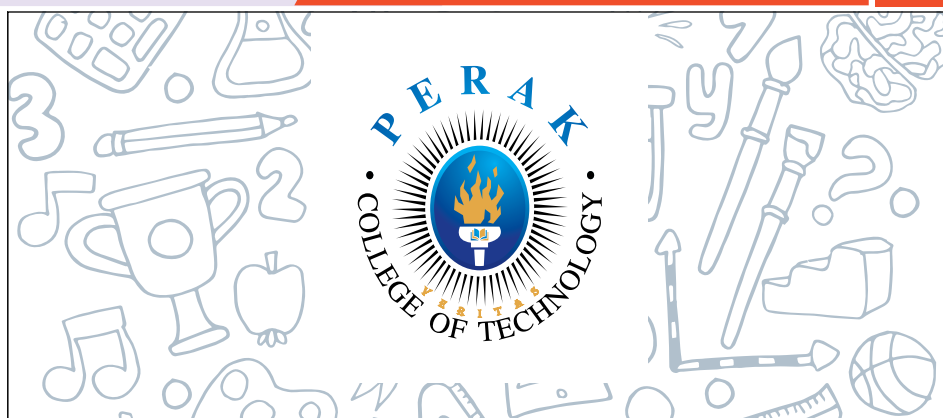
“The land and air transportation are improving in Perak. Flights from Ipoh to Singapore by a few airline companies are fast expanding with positive responses from travellers. This provides the opportunity for us to create a network marketing package via Singapore,” she said.

Abdul Raheem Mohammad said that the launch of its two tourism packages would spice up the Perak tourism industry.

“We target the latest products on the upcoming Singapore school holidays in December. I believe it would attract more tourists from Singapore.

“As for the Ipoh Adventure package, we’ll cooperate with River Bug, a company which handles extreme water sports in Gopeng. We’ll provide free transportation and a free gift in the form of a dry bag to be used during the activities,” he added.

Rosli Mansor



INFO DAY

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November/December 15

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Announcements

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

Park jetty closed for renovation. Ipoh City Council (MBI) has closed the Gunung Lang Park jetty for up-grading works for a period of five months beginning Monday, October 26, 2015 to Saturday, March 26, 2016. The boat service in the lake operates as usual from a temporary jetty.

Public Forum on Down Syndrome organised by The Ipoh Down Syndrome Centre. Saturday, **November 14**, from 2pm - 5pm at Ipoh Down Syndrome Centre, 2 Persiaran Bercham Selatan 27, Taman Sri Kurau, 31400 Ipoh. Admission is free. Places are limited to the first 100 participants only. Please call **05 546 8386** to register.

Sanghika Dana 2015, November 15 at Shukhavana Meditation Monastery, Ipoh. For enquiries, contact: Sis Tan Swee Lian 016 536 4301 or Bro Tioh Hee Yock **012 512 6203**. Email: admin/sukhavana.org. Facebook: Sukhavana Meditation Monastery, Ipoh, Perak.

Sharpened Word -Literary Matinee, Saturday **November 21**, 2-5pm at Sepaloh Art Centre, 16 Jalan Sultan Iskandar (Hugh Low Street); ample parking facilities at State Mosque. Each month, writers in various media read from their work and participate in a Q & A on the writing process for an audience of readers, aspiring writers and other interested individuals.

The **public forum on down syndrome** originally scheduled on Saturday, November 14, 2015 has been moved to **March 2016** to coincide with World Down Syndrome Day which falls on 21 March 2016. The actual date is yet to be determined.

EQ Leadership Camp for Disadvantaged Youths by Young Generation Society Perak to be held at Sufes Campsite, Tapah from **December 11 to 13**. Participants will learn through structured self-awareness sessions and fun activities. They must be at least 15 years old, physically and medically fit. Camp fee is sponsored by Kiwanis Club of Bandaraya Ipoh. Capacity is limited to 30 participants only. Closing date Friday, **November 20**. Call Ms Yip: **05 546 9715** or Mabel: **012 534 0063** or Steven: **016 521 3986** for details and registration.

Spring Festival Charity Food Fair 2015, December 20, 8am-2pm at PPPJ1M Home, 152 Jalan Dato Lau Pak Khuan, Taman Ipoh, Ipoh. Organised by Pertubuhan Pengurusan Pusat Jagaan 1 Malaysia, Perak (PPPJ1M) and Lions Club of Ipoh Mandarin. For more information, contact: Mr Choong **016 543 0604** or Kenny Chong **012 500 6558**.

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 8pm (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 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**.

Arts & Culture

Literary Sharps at First Sharpened Word

The inaugural book-reading matinee, “Sharpened Word”, the successor of “Northern Writers” initiated by Yusof Martin, was held at the Sepaloh Art Centre on Saturday, October 17. The objective of this gathering of like-minded Ipohites is to promote writing and reading, in the English language, as a viable mode of communicative and literary entertainment.

“Northern Writers” inception in 2014, was discontinued for a variety of reasons, poor response being the deciding factor.

The newly-minted “Sharpened Word” is based on a similar concept but with a fresh team at the helm. Led by former hotelier Peter Bucher (Pak Peter) and assisted by Charmalee Sivapragasam, an accomplished playwright, the revamped book-reading session got on to a good start.

The attendance, though small, was encouraging as some of Ipoh’s better known word smiths were there in the flesh. Among them was lawyer Sivapragasam, a noted writer in his heydays.

For the record, Sharpened Word is an event designed to celebrate Ipoh-based literary arts in its primacy. The non-profit organisation will organise periodic sessions where writers can articulate portions of their literary works and entertain questions from an appreciative audience.

Sharpened Word-organised literary matinee will feature three writers from the northern part of Peninsular Malaysia. They can be any of the following – poets, novelists, non-fiction writers, short-story writers, playwrights, songwriters, bloggers, script writers and others from these genre. The sessions will be held on the third Saturday of each month at the iconic Sepaloh Art Centre, Ipoh.

The debut event began with an introduction of the first writer, Tan Wei Shern by emcee May Foo. The 19 year-old St Michael's Institution student authored his first book, “For the Trumpet is Sounding, the Legacy Lives On” which is on sale at major bookshops.

Tan traces the evolution of his school musical band from infancy to a corps of drums and eventually to its present status as a premier school band in the state.

The second writer was Paul Gnana Selvam, an Ipoh-born writer who has several published books to his name. His writings focus on the Indians in Malaysia, especially social issues and identity conflicts affecting the Indian community.

His collection of short stories about the lives and struggles of the Malaysian Indians

titled, “Latha's Christmas and Other Stories” was published in 2013. Paul’s earlier short stories and poems had appeared in the e-magazines, ‘Dusun’ and ‘Anaksastra’.

His works can also be found in the anthologies, ‘Write Out Loud’, ‘Urban Odysseys’, ‘Body 2 Body’, ‘KL NOIR: YELLOW’, the biannual literary journals, ‘ASIATIC’ and the ‘Lakeview Journal of Arts and Literature’. Paul lectures at Universiti Tunku Abdul Rahman in Kampar.

The next literary matinee is scheduled for Saturday, **November 21** from 2pm to 5pm at Sepaloh Art Centre, Ipoh. For further enquiries, email sharpenedword.kinta@gmail.com.

Nantini



Ipoh Watch

Create Space for Pedestrians and Cyclists



On Sunday, October 18, Ipoh City Watch (ICW) was invited to participate in the inaugural Ipoh Car Free Day along with some government agencies, tourism-related companies and an environment-related non-governmental organisation. The programme aims to turn Ipoh into a low-carbon-emission city and the people into a low-carbon community. It also aims to create awareness of a healthy lifestyle where the people can cycle, skateboard, roller-skate and walk freely without any vehicles on the roads.

The event, which coincides with the launch of the refurbished Perak Tourism Centre and Ipoh Heritage Trail footprint, was officiated by Menteri Besar Dato’ Seri DiRaja Dr Zambry Abd Kadir. Present were Dato’ Nolee Ashlin Mohd Radzi, State Exco for Tourism, Dato’ Hj Mohd Gazali Jalal, Perak State Treasurer and Ipoh’s mayor, Dato’ Zamri Man.

We jumped at the opportunity given to us by Ipoh City Council for two reasons; to prove that ICW is not anti-government but rather the eyes, ears and mouths of Ipohites. And to hold true to our vision of making Ipoh the most liveable city in Malaysia, the same aspiration Mayor Dato’ Zamri has.

Led by our Hon. Secretary Victor Chew and assisted by 12 other members, ICW put up a display of buntings, banners and multimedia to showcase our past performances in line with our objective of making Ipoh the most liveable city in Malaysia. It was the very first public project for us and I would say it was a fantastic job by our volunteers. As the President of ICW, I must say I am very proud of what they have done.

We took the opportunity to educate the public on 3R to help make Ipoh City clean through our compost demonstration, flyers and 3R signature pledge. Among the VIPs who made their pledge to support the 3R campaign were Dato’ Seri DiRaja Dr Zambry Abd Kadir, Dato’ Haji Mohd. Gazali bin Jalal, Dato’ Nolee Radzi and Dato’ Zamri Man.

The Ipoh City Council has done a good job in organising this event. The turnout was below expectation, especially at the booths set up for Ipohites to view. It was probably due to lack of publicity and information made available. More could be done in the future.

The Car Free Day will be meaningless if it is not properly promoted and no spaces are provided for pedestrians and cyclists. I wish to echo what Dato’ Rusnah Kassim said during her Executive Talk to Ipoh City Council staff on Wednesday, October 14. She said that the city’s public transport system should be improved so Ipohites would opt for public transport to commute within the city.

For ICW, the event too has given us an opportunity to talk face-to-face with the mayor. I managed to raise several issues such as lack of support from the councillors on our programmes to educate the public on their responsibilities in making Ipoh clean. I also urge the mayor to enforce a ruling requiring ‘pasar malam’ traders and restaurant operators along the Ipoh Heritage Trail to clear their garbage and place it in a proper garbage bin to prevent the habit of convenient dumping which is the primary cause of illegal dump sites.

City Council must direct its workers to clear up pedestrian walkways in housing estates which are covered with grass over the years. What is the point of forcing developers to build walking paths when they are not maintained by the Council? This will help encourage healthy living among residents.

Dr Richard Ng
President ICW

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5. Lourd Enterprise, Canning Garden. Tel: 05-5459299
6. Indulgence, Jln Raja DiHilir. Tel: 05-2557051/2426297
7. Royal Ipoh Club, Jln Bkt. Gantang. Tel: 05-2542212/2545646
8. Burps & Giggles, Jln Sultan Yussuf (Old Town). Tel: 05-2426188
9. Citrus Wine & Dine, Ipoh Garden East. Tel: 05-5451010
10. Barbeza, Bandar Baru Medan Ipoh. Tel: 012-5205877
11. Impiana Hotel Ipoh, Jln Raja Dr Nazrin Shah. Tel: 05-2555555
12. Ipoh Downtown Hotel, Jln Sultan Idris Shah. Tel: 05-2556766
13. D’Eastern Hotel, Jln Sultan Idris Shah. Tel: 05-2543936
14. YMCA Ipoh, Jln Raja Musa Aziz. Tel: 05-2540809/2539464
15. Meru Valley Golf Club members’ desk
16. Khimzian Enterprise, 75 Jln Yang Kalsom. Tel: 05-2427381
17. Sunway College Ipoh, Psrn 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 Yussuf. 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



Business

Implementing Sustainability for Inclusive Growth



“The solution for development and inclusive growth must be driven by the people, to the people and for the people” said Dato’ Seri DiRaja Dr Zambry Abd Kadir in his speech when opening the Pangkor International Development Dialogue (PIDD) 2015 at Casuarina@Meru Hotel. The theme for PIDD this year is Implementing Sustainability for Inclusive Growth.

Zambry said inclusive growth is needed to address demographic imbalances, environmental sustainability, as well as moral and spiritual development in the age of fast-paced development. There needs to be the right balance for inclusive growth and development in any country or state. The reality is that we are living in a diverse, meshed and inter-connected world, Malaysia and Perak included. There is no solution that is ‘one-size-fits-all’.

He said that those living in remote areas must also be included. The people in Teupin Asan in Aceh, Batanes Island in The Philippines and Kuala Mu in Perak must be included in the context of inclusiveness. They must not be left behind when the people in other parts of the world are enjoying economic prosperity and the latest communication gadgets.

Inclusive growth also needs to blend both the bottom-up aspirations of the people and top-down vision of leaders. It is a concept that advances equitable opportunities for economic participations with benefits, extending to every section of society. Rapid pace of growth is unquestionably necessary, for substantial social uplifting.

For growth to be sustainable in the long run, it should be broad based, across sectors and inclusive of the large part of a particular region’s workforce. Inclusive growth refers both to pace and patterns of growth.

Zambry said through dialogue, the state government wants to get the views and suggestions of academics, industry experts, government administrators and civil society on how to develop in the context of development for the benefit of the people. Thinking outside the box is required to bring the state to move forward and to achieve the goals and objectives set.

Zambry witnessed the signing of a Memorandum of Understanding between MB Inc and Indian Ocean Garnet Sand Co Pvt Ltd and Advanced Manufacturing Company Management Sdn Bhd.

The keynote address “Growing Against the Odds” by charismatic speaker Dr Tommy

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Weir, Founder of Emerging Leadership Centre was inspiring. He said there are 12 habits to grow against the odds and focused on four of them in relation to the success of Air Emirates, McDonalds, Ford and Amazon.

To grow sustainably when the odds are against you, you must:

1. Lead today for tomorrow – deciding today for the future betterment (Emirates story)
2. Create an environment for others to succeed – grow together not at the expense of anyone (McDonalds and Henry Ford stories)
3. Sustainability – being able to survive the risk
4. Have an ambitious appetite – building an educated society (Dubai Case)

Victoria Treadell, British High Commissioner to Malaysia informed that the United Kingdom would participate in next year’s PIDD. She added that there would be three main themes to explore namely, education, youth and empowerment of women.

A. Jeyaraj

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Opinion

By Betty Ong

Dignity in Mental Health

The theme for World Mental Health 2015 is, “Dignity in Mental Health”. To me it emphasises that all of us need to embrace and foster mental health to keep us all human and alive.

To look at mental health we need to look closely at enduring attributes / personal moral qualities – empathy, attachment and relationships. What transforms people in life are love and caring relationships. Everyone has a right to this secure attachment.

There is only one group of membership which everybody shares in this world. That is, human. So everyone has a right to Dignity in Mental Health.

Reflect on this quote:

“I never have thought my true grit would be the best without my loving family backing me all the way” – E.J. Soo.

The quote is apparently a tribute from Nicol David to her parents. Yes, Nicol David, Malaysia’s very own squash queen. When I read that I was enthralled. What better way than this to drive home the message that Mental Health is a dignified magical gift. Give this quote a moment’s thought and allow it its fullest meaning. For then you will surely savour the dignity and the meaning of Mental Health.

The message is beautifully clear. There is respect and love for her parents. There is that pride, confidence and humility in herself. The halo over her reflects a person with character, courage, wisdom, humility and understanding – all enduring attributes / personal morals. Undoubtedly there are lots of reciprocal enduring attributes between daughter and parents. Great daughter! Great Parents!

Sportsperson aside, there is this young boy I had the delight to meet at a mall. We were in a queue – waiting to clear our bill. I can vouch he will grow up to be a dignified young man. In just a short span of time with him, his enduring attributes shone right through. He spoke in an assured tone, kept good eye contact and respectfully listened when spoken to.

I shared my thoughts with his mother who was in front of him.

“What a fine young man your son is,” I said.

“He makes me really proud of him,” she replied.

That says it all – the dignity in Mental Health and our social, intellectual and emotional strengths at the maximum.

Now reflect on this quote:

“I am not a diagnosis; I am a human being with a story some good, some bad experiences, feelings, strengths, and vulnerabilities” – Alison Faulkner.

This person is afflicted with chronic mental illness. Irrespective of the degree of pathology (that is psychosocial disabilities/disadvantages) it must be remembered that she still has her residual strengths – an ability, interest and skill which she has previously used. The well-part of her ego is always intact. She can still learn given the right environment.

People with chronic mental illness have lost close contacts and intimate relationships in the course of their illness. They do long for a caring and loving relationship. They still do have aspirations for an optimal normal life: meaningful work, adequate education and social intimate relationships.

Community should avoid portraying them as being the primary cause of violent behaviour with the corollary that they are always violent. This is what Banes calls the process of “mentalism” in which a person’s feelings are invalidated by being labelled as ‘sick’ and are viewed as ‘sick’, incapable and irresponsible forever.

Community should regard people with chronic mental illness as fellow human beings.

Community needs to uphold the appropriate Concept of Recovery. Recovery should be linked with the belief that they have the abilities and potentials. That they have the urge for a greater degree of independence and the desire for self-determined integration. Their goal is to enhance their residual strengths – social, intellectual and emotional skills so as to live at the highest level possible of functioning. Yes, they do have aspirations.

As a community we need to offer them the full support and encouragement. We must mirror this belief. Doing so will enable them to make optimal use of their remaining areas of health and competence.

Community must respect the people with chronic mental illness as humans. There is no such thing as a “them and us”. We are all of one membership in this world – human.

We all are entitled to the dignity in humanity – the dignity in Mental Health.

Young Perak

Recycling Vending Machine

Business students from the Business and Marketing programme at Sunway College Ipoh took part in a competition by the National Association of Women Entrepreneurs of Malaysia (NAWEM) to come up with a business idea that would improve their local community in Ipoh.

The Sunway College Ipoh team QUATRRO came up with a prototype in the form of a "Recycling Vending Machine", named FAST (Funding As Social Trending), a non-profit social enterprise project.

This entry was selected as the recipient of NAWEM's award. The competition was held for tertiary students in conjunction with The National Association of Women Entrepreneurs of Malaysia conference on Saturday, October 3 at the Eastin Hotel, Penang. The award consisted of a cash prize of RM500 and a certificate.

The competition to turn great ideas into great business invited 'early-stage' idea entries that were not generating revenue or receiving financing of any form and to complete a "One-Page Business Pitch." The pitch was to describe the business formation based on problem solving, proposed solution, the identified target market, key competitors, sales channels, marketing activities, revenue, expenses, milestones, team and key roles and partners and resources.

The FAST recycling vending machine features a trendy vending machine, to showcase recycling as a fun and creative activity rather than a chore. "We believe in giving this authentic choice to young people as a fresh start towards building a better community. Our area of business will be to collect and recycle plastic bottles and aluminium cans, and this idea was developed after conducting demographic analysis in Ipoh. The findings include the fact that landfills are filling up. The Bercham landfill consists mainly of plastic bottles and aluminium cans which can be recycled instead of dumped."

"We believe that FAST will meet the critical need of the local municipality by



providing a feasible and cost effective alternative to landfilling the waste, as we are also seeing municipalities as our potential stakeholder.

We are in the process to have our recycling vending machine in the Sunway commercial area, which is maintained by one of our partners, Amalexia Enterprise, (Vending machine Manufacturers). Other than that, Malaysian Nature Society and also a few schools and colleges have expressed their interest in supporting our project.

Our primary objective is to create behaviour and change the mindset of young people by building a positive feeling about recycling. We aim to embrace recycling as a very cool and trendy concept and provide municipalities with an alternative waste disposal system. The Quattro business model presents an opportunity to recycle landfill-bound waste, save the landfill space, and create creative shared value partnership with the community.

We have collaborated with Malaysian Nature Society (Perak) and are looking forward to creating SEO-optimised website to provide incentive to our customers in future, to

encourage their participation, by establishing shared value partnership with corporations, for example, AEON Kinta City, who has already embraced the 3R's programme as a part of their Corporate Social Responsibility. We are looking at the possibilities of partnering with Starbucks and Lost World of Tambun. We are planning to advertise in Ipoh Echo, a community newspaper in publishing news and articles related to environmental issues.

We hope to reduce pollution by two per cent and set a new benchmark for recycling within the first two to five years. Last but not least, our product is a value added, recycling choice that appeals to the growing environmental conscientiousness among consumers to promise a better future for everyone," said the Quattro team.

Sunway College Ipoh

Property

Thumbs-up for Retirement Village

"It's timely for us to have GreenAcres and it's very courageous on the part of developer, Total Investment to take up this new challenge," said Dato' Dr Mah Hang Soon, Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages during the unveiling of GreenAcres show units, Peninsular Malaysia's first retirement village and also the first in Perak.

"Government has realised the importance of taking care of this aging group of people by formulating the National Policy for the Elderly in 1995 and setting up the National Elderly Health Council in 1997. It was then reviewed and approved in 2011 as the National Policy for Older Persons and Plan of Action for Older Persons," he told a multi-ethnic crowd of over 200 on Saturday, October 24.

Present at the morning launch were Chong Heng Kiong, Chairman of TI Homes, Tan Fun Kwai, Managing Director of TI Homes, Siew Yin Leng, co-founder of TI Homes and John Chong, Executive Director of TI Homes.

When fully-built, there would be 106 units of landed villas encompassing several designs, 72 units in a low-rise apartment block, a clubhouse providing stimulating activities and an on-site aged-care facility within the gated and guarded 13-acre site in Meru Raya.

All units are elder-friendly, as they come with grab bars, emergency call system, minimal curbs and wide doorways for wheelchair entry. Unlike any other nursing or welfare homes, it provides a place for residents to age gracefully in a vibrant community interwoven with a peace of mind.

During the event, the single room unit and double room unit were on display.

"This place is quite cozy and it looks safe," Rajesh, a 65-year-old retired lecturer told Ipoh Echo. "The houses here are very well done up with lots of planning taken into consideration. It's a very good concept," Nancy, 74, a retiree echoed.

"It's a paradigm shift and I expect more to come," said Mah during the press conference.

Expected to be operational in early 2017, it is currently under construction with a completion percentage of 25 per cent. Prices range from RM300,000 to RM452,000 a unit. The concept of this retirement village is such that one does not necessarily purchase a unit for good but rather lease it for the duration of one's life.

Readers keen on getting more information can do so by calling GreenAcres at 05 253 6555 or visiting its sales office at Total Investment Sdn Bhd, 3 Jalan Lasam, Greentown, 30450 Ipoh.



Mei Kuan

Leisure

Inaugural Oktoberfest @ Weil

Music, laughter and beer, in that order, were what you found at the inaugural Oktoberfest held at The Deck, Weil Hotel on Saturday, October 24.

As the Oompah Band, a world-famous classic Bavarian brass band who has performed all over Southeast Asia, brought all the way from Germany, rendered high-slapping German tunes, revellers were served with traditional German food such as pretzels washed down with authentic German beer, Paulaner Munchen.

Other highlights of the lively night included the crowning of the drinking champ title, barrel-lifting champion and winners of the lucky draw where the grand prize was an all-inclusive 3 days/2 nights stay at the hotel.

Ipoh Echo had an exclusive one-on-one with Ipoh-born 34-year-old John Ong, The Deck Restaurant Manager who drew the inspiration for the festival from his previous overseas stints in Singapore, Australia and Hong Kong.

"We try to have an international event every month in our hotel. For Oktoberfest, our targeted customers are our hotel guests and Ipohites. If the response is encouraging, we'll make this a week-long event next year," John declared.

"In Malaysia, there is a wrong perception that Oktoberfest is a time when the beer companies would come up with fancy beer mugs and sell the beer at a higher price. Here, we make it into a memorable occasion for everyone to enjoy," he explained.

Mei Kuan





Foodgasm for Foodies

With so many hipster cafes popping up like mushrooms after a rainy day, how do they distinguish themselves from the others and cater to hungry foodies? We meet with fellow youths and passionate cooks in Ipoh who dare to tread new paths to reach the public. Instead of waiting for customers, these intrepid food peddlers follow the crowd using food trucks instead of setting up cafes. Street food has never looked this good and Ipoh Echo has all the information you need to know about them!

The Hut

The first food truck in Ipoh, The Hut was created by Muhamad Hadi Hafiz bin Muhamad Sawal Rudzlani who came back to Ipoh after three years of working in Kuala Lumpur. Hadi, 27, wanted to set up a cafe at first but realised the cost was high if he had one.

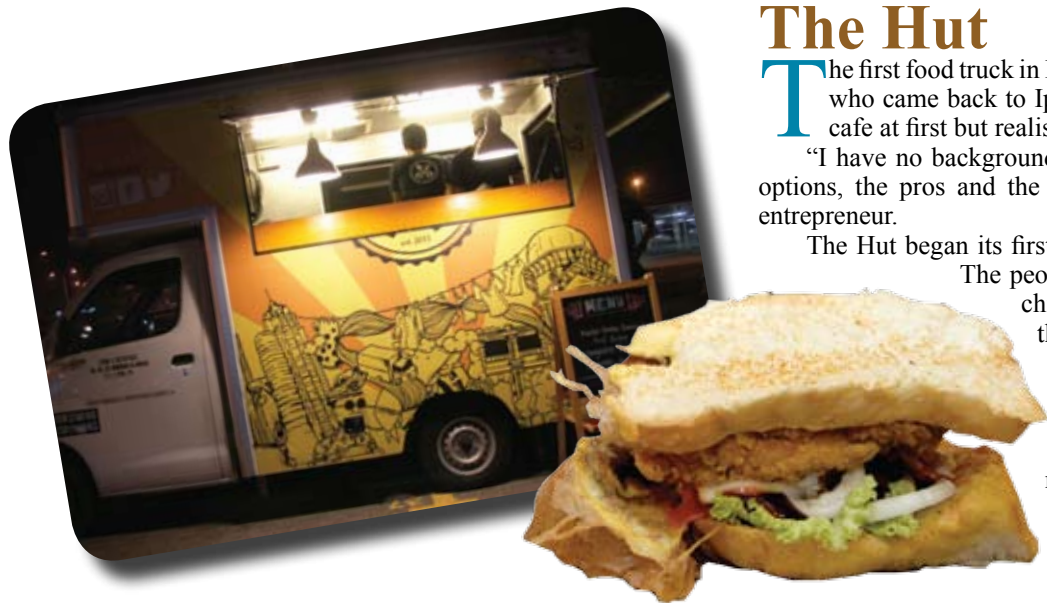
"I have no background in business, therefore I had to do a lot of research. After considering several options, the pros and the cons, I decided to have a food truck and chase the crowd," said the young entrepreneur.

The Hut began its first day of operation on May 2 this year and the response couldn't get any better.

The people's favourite, Monster Chicken Sandwich (RM6) is a hefty serving of a large chicken fillet served with eggs, two thick breads and vegetables. Be sure not to miss their beef burgers (RM6) and special for pasta lovers, Spaghetti Bolognese (RM6) and Spaghetti Carbonara (RM6). According to Hadi, occasionally The Hut will have a special one-time-menu so be sure to catch them!

Their schedule is: Tuesday – Station 18 (near Tesco); Wednesday – Ipoh Garden; Thursday – Taman Cempaka; Friday – Taman Meru; and weekends – roaming around town.

The Hut closes on Mondays and opens from 7.30pm till 12 midnight. Get the latest information and updates by following their Instagram account @thehut.my.



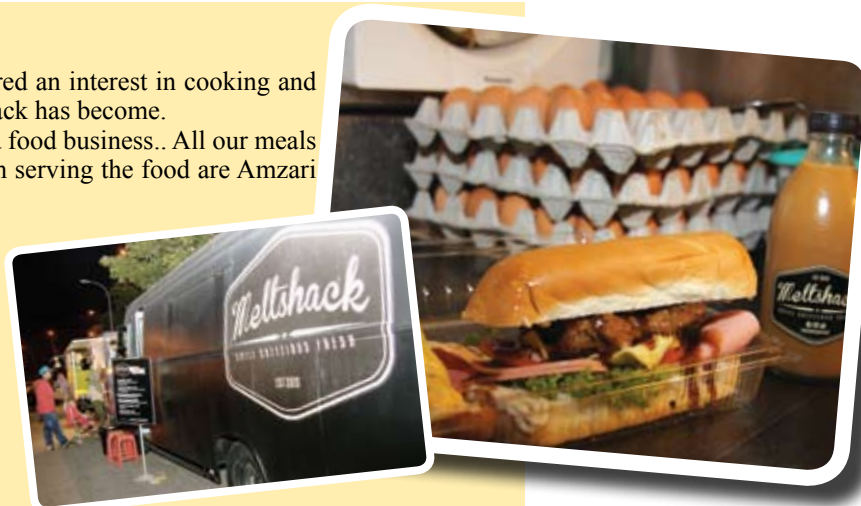
Meltshack

Staying true to its name, Meltshack began operating on August 3 by three friends who shared an interest in cooking and street food. Khairul Anuar Shaari or Kanuar, 33, a foodie himself, is proud of what Meltshack has become.

"I was inspired by several food documentaries I watched and was determined to have a food business.. All our meals are created by us and we thank Ipohites for the warm response," said Kanuar. Together with him serving the food are Amzari Saad, 32, and Mohd Nazeri Abdul Jalil, 34.

As for now, Meltshack has two main menus and customers can also get their signature Kopiyo (Coffee with sugar) and Kopisu (Coffee with Milk) good at RM5 per bottle. The Cubanos (RM10) is a sandwich packed with beef slices, beef salami, cheese, pickles and eggs while the Grilled Chicken (RM10) is a combination of bread, grilled black pepper chicken, chicken ham, cheese, tomato and salad. Both sandwiches are included with a side of potato wedges that can also be bought separately at RM5.

Meltshack will roam around Station 18 from Tuesday to Saturday from 8.30pm till 12 midnight and close on Sunday and Monday. For more information on Meltshack's whereabouts, visit their Instagram account @meltshackfood.



Freddo

Inspired by how the Thais have done it, Atirah Nadiah Binti Abdul Zakuan, 26, from Johor decided to open a one-of-a-kind homemade ice-cream stall called, Freddo. The first stall was located in front of Gerbang Malam then moved next to Konda Kondi located at Jalan Sultan Idris and now Freddo has its own ice-cream truck!

What sets Freddo apart from any other ice cream is the way they serve it. Customers can choose between vanilla or chocolate ice-cream as the base and pick one from nine ingredients such as kiwi, mango, banana, strawberry, oreo, kitkat, chipmores or milo nugget and peanut butter to be mixed together with the ice cream. The staff will roll up the ice cream and put it in a cup where each customer will be given two free toppings (jelly beans, chocolate rice, cornflakes, marshmallow and many more). Each cup cost only RM4.20 and additional charges will apply should you want extra mixers or toppings.

Freddo's schedule is: Tuesday – Station 18 (near Tesco); Wednesday – Medan Ipoh; Thursday – Taman Cempaka; and Friday and weekend – Gerbang Malam.

Freddo will open from 7.30pm until 12 midnight and is closed on Mondays. They also cater. Contact Amirul at 013 528 0568 or go to their Instagram account @freddo.ipoh.



Coffee Ride

Coffee Ride is the first and currently the only food truck in Kampar. Using a different approach, Mohamad Azamudin Ismail, 34, and Asmat Hazre Asmat Fuzan, 30, are selling assorted drinks in small (RM2.50) and 32oz (RM5) cups. The duo have been operating since early August and hope to see more food trucks in the future.

"As for today, we are the only food truck available in Kampar. We do have plans to set up another truck selling food but it would be great if more people joined the scene," said Azam.

Some of the drinks made by Coffee Ride are white coffee, black coffee, mocha, chocolate, green tea, milk tea, blue ice, strawberry and the crowd pleaser, white coffee hazelnut. Additional RM1 will be charged if customers wish to add whipping cream or toppings (chocolate rice or Oreo).

Coffee Ride will be in Ipoh every Tuesday at Station 18 (near Tesco). For other locations check Instagram @coffeeride.silver_state or contact Azam at 019 329 0156.



Happenings

The Dynasty Women Charity Dinner Show

When the urge to recreate a bygone era and emerge as Empresses and Concubines hit you, coupled with raising funds for a good cause, a group of Ipohites decided to take matters into their own hands to stage a spectacular show at the Kinta Riverfront Grand Ballroom in November.

In an evening celebrating women from the Tang Chinese dynasty, pomp, ceremony and grace will be paraded in front of an audience who are guaranteed to be oohing and aahing over the magnificent costumes which the volunteers took time, research and money to purchase for themselves in order to participate.

Calvin Lee (Malaysia's Anita Mui) was totally blown away by the enthusiasm of the volunteers and the incredible lengths they went to, to ensure the authenticity in the costumes and accessories down to the head gear and wigs which they all had to purchase (self funding) for the re-creation. Playing Empress Dowager to Calvin Lee's Emperor, will be Caroline Wong who was the inspiration and was instrumental in rounding up the 'troops' for this adventure into beauty and opulence and acted as the advisor for this event bringing together the talents of AJ training centre under its principal Ai Juan who gathered her beautician trainees for the concubine roles. Ai Juan will be doing all the makeup and hair for Caroline as well as the finishing touches on her trainees who are trained for precisely that function.

The programme will be an extensive one including the 24 Festival Drums from SM Poi Lam (Suwa) Ipoh, Dance performance by Concubines and Little Princesses, Catwalk parading and show by Emperor, Empress and 40 concubines and a Karaoke competition with 10 contestants.

A pre-event photoshoot was held in Gua Kek Lok Tong and Gunung Lang sponsored by *I Do wedding Studio of Sitiawan*.



Donations from the evening will go to New Horizons Early Intervention Centre and MAA Medicare Charity Dialysis centre.

Date: November 12 Time: 7pm. Venue: Kinta Riverfront Grand Ballroom
Tickets selling at : RM1000 per table/ RM100 per seat
Contact: Ms Lim 012 517 7055; Mr Lee 010 378 6726

Yang TU Yang NI

The Quran Is Explicit

Muslims believe the Quran was revealed by angel Gabriel to Prophet Mohammed (peace be upon him) and it is the principal text that Muslims abide by. Below are some of the edicts of the Quran on some pertinent issues.

Equality

The Quran states that all men are the descendants of one man Adam and are therefore brothers.

“... an Arab is not better than a non-Arab, a white person is not better than a black person nor is a black person better than a white person...”

The emphases on equality and justice appear throughout the text and even include one's enemies.

A Malay is no better than a non-Malay nor vice versa. There cannot be Ketuanan Melayu or Ketuanan Cina or Ketuanan India.

The Quran states that all men are created equal and it is only good deeds that elevate one above another.

Rights of minorities and other religious groups

The Quran prohibits any form of compulsion or restraint to influence the religious practices and beliefs (of others). It goes further by obligating Muslims to protect all “cloisters and churches and synagogues and mosques in which God's name is remembered”. (Surah 22:04). This obligation extends to all ethnic, cultural and religious groups.

Religious minorities, therefore, must be allowed to worship without harassment and bureaucratic impediments. All places of worship must be given the same consideration. Muslims cannot demand that churches cannot operate in certain areas.

On Corruption

“And do not consume one another's wealth unjustly or send it (in bribery) to the rulers in order that (they might aid) you (to) consume a portion of the wealth of the people in sin, while you know it is unlawful” (Surah:2:188)

In our case it is often the rulers (politicians) who are bribing us especially when elections are in the offing. This is un-Islamic.

Freedom of religion

The most quoted verse from the Quran is of course Al-Baqara 256 that “there is no compulsion in religion”.

There is no need to add to this for it is very clear what it means.

If the Quran were followed there would not be the racial discrimination we see today.

Corruption would not be blatantly practised as has been for decades – not just 1MDB but even during Mahathir's time.

During the time of Tunku Abdul Rahman, Malaysians had a “live and let live” attitude. Religious minorities were not harassed. Churches and other places of worship did not have the bureaucratic hurdles and hoops they had to jump through today.

Liberal Muslims were left alone without peer pressure (or cleric pressure) on them. *Tudungs* were worn or not worn as the individual pleased. Muslims ate at the same table as their non-Muslim friends in coffee shops. They partook of drinks and food in their non-Muslim friends' house without reservation – leaving it to their friends' common sense to abide by their religious requirements. There were no religious police spying on the ‘sinners’.

Religion was considered a personal matter between a person and his creator.

There was less corruption, there was no institutional racism and all that when Islam was practised inwardly, piously rather than shown outwardly in one's garb or attendance on Fridays.

Religion was not used as a political tool by the government.

But of all the teachings in the Quran we almost never hear of The Golden Rule.

Pope Francis in his address to the joint session of Congress brought up the Golden Rule: “Do Unto Others What You Want Others To Do Unto You.”

The Golden Rule is not exclusive to Christianity; it is in the teachings of all the major religions, including Islam.

Islam's version of the Golden Rule:

“None of you have faith until you love for your neighbour what you love for yourself” (Sahih Muslim).

“Do unto all men as you would wish to have done unto you; and reject for others what you would reject for yourselves.” (Abu Dawud).

In the Malaysian context of the Golden Rule Muslims should ask ourselves how they would feel if they were racially discriminated against – with all the real consequences of institutional racism.

To know this you need to walk a mile in the other man's shoes.

We already have the answers to how our country can be peaceful and progressive, it's a matter of insisting that those in power apply them.

Indeed if all Malaysians abided by the positive teachings of their religion our country would be a peaceful one and would not be beset by the problems we have today.

Yin
(the man from TR)

Personality

Ngdawiyah's Art

Born in 1975 in Grik, Ngdawiyah Ismail (known as Gie), knew that when she grew up she wanted to be a painter and a storyteller. It all started when she saw her mom's handwriting in Jawi (an old Malay-style of spelling and handwriting) and she wanted to interpret it in painting.

"My mom has the best and the most beautiful Jawi-writing I've ever seen. I love the calligraphy and also painting," said the 40-year-old lady.

She started her work as a painter at the early age of 15 when she won first prize in a portrait drawing competition (state level), drawing portraits for her friends and teachers. Together with Darul Ridzuan Society of Painters, her paintings have been shown in numerous events and art exhibitions.

In 2014, Ngdawiyah joined Fai Zakaria, another established painter and entered the Europe Art Tour where she managed to sell three of her paintings. Through the strong support she received from various clubs including Perak state, Ngdawiyah has traveled to Austria, Switzerland, England and France. When asked about her most memorable trip, without hesitation, she would love to visit Austria again.

"Austria is a country that appreciates art. One of my favourite musician, Beethoven was born here. I had an opportunity to visit his house and the whole trip gave me chills," said Gie who planned one day to hold her own art/music tour with other legendary musicians such as Kenny G and Maksim Mrvica.



Interested to see Ngdawiyah's work? Be sure to visit her first solo exhibition at Impiana Hotel which began on October 1 and ends November 30.

Ili Aqilah

Conservation

Interpreting Tambun Rock Art: A Local Dialogue

The stunning red-paintings of Tambun, which is better known as Tambun Rock Art, is given due care and attention lately, following the commencement of "Embracing Tambun Rock Art" heritage workshop at Gua Tambun earlier this month.

Two series of heritage workshops at Gua Tambun were greatly cheered on by approximately 80 participants, who gathered together to be inspired, engaged and get immersed into the heart of ancient Tambun Man. These workshops not only introduced the participants (particularly fellow Ipohites) to the essence of ancient Tambun life but also provided an excellent opportunity for a local dialogue that shed new light into the future interpretation and conservation of Tambun Rock Art.

"I love such a dialogue, it allows me to understand the past interpretation of these paintings and at the same time, we (participants) get to provide an alternative way of establishing new cultural meaning for Tambun Rock Art and that means a lot to the locals", said Erica Yen, 23.

There are a total of 11 panels of rock art found scattered across the cave wall of Gua Tambun. The majority of these panels demonstrate the hunting-gathering activities of early Tambun Man. Interestingly enough, many of the participants have ascribed different



meanings to these paintings, some corresponding to the old interpretations, but some interpretations were totally new and intriguing. In this article, I would like to start with the "hunting-scene" panel, discussing the old interpretation and draw attention to how contemporary Ipoh derives meanings from these paintings.

This panel (pic) is the highest panel in Gua Tambun and previously identified as a typical hunting scene – a giant "wild boar" surrounded by three men with upraised hands, with one holding a "pot" or "fruit". However, the dialogue with local Ipohites urged a need to rethink the old interpretation – some suggested that these "men" appear to be more like Orangutan, given that the limbs are not proportional to the human body size; some suggested that the so-called "pot" or "fruits" could be "bells" and the whole panel shows that hunters were using bells and hands to direct the animal (maybe) towards an enclosure.

So, what do you think?

If these paintings show different meanings or tell a different story from your point of view, please feel free to share us your thoughts by dropping us an email at tambunrockart@gmail.com

Hsiao-Mei Goh

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.

Who's the Real Culprit for the Delay in the LRT Project?

I refer to the front page article "Who's to blame for the delay in LRT job?" on one of the leading newspapers on Sunday, 11th Oct 2015. In that article, all the figures were pointing at George Kent who specializes in the manufacturing of water meters and was awarded the billion Ringgit LRT contract. George Kent has absolutely no experience in LRT construction.

even have timber to build their houses. Taiwan has highways all over the country and they do not need to collect toll because they are not so corrupted like Malaysia.

Koon Yew Yin

How can you not blame George Kent for the delay?

The biggest culprit is the man who has the power to award the contract without open tender. Without open tender the contractor can easily mark up the price and share the additional money with whoever has the power to award the contract.

This sort of corruption is so common in Malaysia; for example the North-South Highway which was awarded to a Bumiputra contractor who had absolutely no experience in highway construction. Moreover, the multi billion Ringgit contract was awarded without open tender and the contractor was allowed to collect toll to recover the construction cost with some profit.

As we know, we have been paying toll for a few decades. I am sure the amount of toll collected over the years is more than enough to reimburse the contractor. But no one knows when the toll collection will stop.

As a result of the rampant corruptions, Malaysia is still not a fully developed country. In 1970 when the new economic policy was introduced our GDP per capita was the same as Singapore, Taiwan and South Korea. After 45 years we are still not a developed nation while Singapore, Taiwan and South Korea have become developed nations in spite of the fact that they all do not have the natural resources, such as petroleum, palm oil, tin and rubber. They do not

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Developer : Kinta EcoCity Sdn. Bhd. (58562-M)

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Phase 5E (Maple)

Developer Licence : 8456-31/07-2017/0603(L)

Advertising Permit : 8456-31/07-2017/0603(P)

Validity Period : 30/06/2015 - 29/06/2017

Approved Plan No. : MB1 LB01/0000168/0004/14/F00/P00/L00

Land Encumbrances : Nil

Total Units : 68

Exp. Completion Date : December 2017

Land Tenure : Freehold

Price : Min RM 437,760 Max RM 585,800

Approving Authority : Majlis Bandaraya Ipoh

Business

MICCI's Annual Luncheon



The Malaysian International Chamber of Commerce and Industry (MICCI) Perak Chapter had its annual luncheon to celebrate its 103rd birthday at Impiana Hotel, Ipoh on Monday, October 26.

In his opening address, Perak Chairman Dato' Lim Si Boon, congratulated the chapter's members who were recognised in the inaugural National Corporate Ethics Award, a proactive initiative by MICCI to promote ethical practices in the private sector in line with the government's anti-corruption policies. The awards went to BROMMA, MEMC and Kewpump.

In view of the current haze, Dato' Lim proposed to guest of honour, Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir to extend opening hours at air-conditioned libraries and public community centres to keep children busy while their parents are at work.

"I do hope the State can review assessment rates in Ipoh and assist Perak SMEs (small and medium enterprises) taking into account the 2016 Budget announcement by the Finance Minister on money being made available to SMEs," he told the 180-odd

audience.

During the presentation of long-standing membership certificates, Sagami Manufacturers and HCM Hygienic Corp were acknowledged for their 20 years' affiliation to the chamber.

The Menteri Besar in his speech said that to date, Perak's overall performance has been satisfactory and it occupies the 4th position in the country's ranking.

From January 2015 to June 2015, there was a total of 15 approved projects with total capital investment of RM2,997,472,877. Foreign investments outnumbered domestic investments. Foreign investments stood at RM2,573,925,920 whilst domestic investments capped at RM423,546,957. The sectors that had high foreign investment scores were fabricated metal products and wood products. On the other hand, domestic investments were concentrated around food industry, chemical and chemical products, rubber products, transport equipment and plastic products.

"The State is committed to ensuring the security of its people and property, as it has set up a special committee focused on crime prevention. For example, Perak is the first state in Malaysia to launch the MyCyberSecurity Clinic Premium License to address the threat of cyber security," he explained.

Among the invitees were Vanu Gopalan Menon, the High Commissioner of Singapore, Datuk Jalilah Baba, President of MICCI and Dato' Seri Abdul Puhat Mat Nayan, State Secretary.

Towards the end of the fruitful lunch cum networking session, Datuk Christopher Tan Chee Keong, Director of BFR Project, PEMANDU shared his successes and experience from the national perspective. "To become a high-income nation, we need enablers to ensure competitiveness and drivers to ensure focus on high-impact areas," he remarked.

Mei Kuan

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