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ISSUE **224**

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## Lenggong: Malaysia's Pre-historic Legacy

by Ili Aqilah, Nantini Krishnan

Photos: Luqman Hakim

The name Lenggong derives from several local myths. Different versions abound of how this cowboy-town got its name: one, according to the fourth edition of Dewan Bahasa & Pustaka (DBP) dictionary, the word 'Lenggong' in its direct translation is an ark; another, was about a man named Lenggong who was residing in the thick forest and discovered the place.

Despite being the smallest district in Perak, lush Lenggong was listed as an archaeological heritage site by United Nations Educational, Scientific and Cultural Organization (UNESCO) in 2012 when researchers found evidence in the open-air and cave sites, of hominid history from 1.83 million to 1700 years ago. Since then, the town has been inundated with tourists curious about its history.

Aside from its prehistoric significance, the question arises as to whether Lenggong valley has more to offer its visitors? Ipoh Echo sent its team to find out more about the valley that has become one of the important areas for archaeological study in Peninsular Malaysia.

*Continued on page 2*



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# Many Other Touristic Sites Abound in Lenggong

## Perak Man and the Caves of Lenggong

The most well known of the sites in Lenggong is of course Perak Man and the Caves. Among the many caves in Lenggong, Gunung Runtuh Cave hit the world's spotlight when Perak Man, the oldest and most complete human skeleton found in Southeast Asia, was discovered by a team from Malaysia Science University (USM) in 1990 led by Datin Paduka Dato' Professor Emeritus Siti Zuraina Abdul Majid.

Against all odds, Ipoh Echo had the good fortune to meet with one of the members of the original excavation team, Pak Rosli, who can still remember the moment they discovered the skeleton of the Man of Perak; the only Paleolithic figure found intact in the country.

"I can still remember Zuraina's face when we discovered Perak Man. She told me, that this was one of the happiest moments in her life," said Pak Rosli who was born and bred in Lenggong and who hopes that more should be done to boost Lenggong tourism.

Aside from Gunung Runtuh Cave, Teluk Kelawar Cave and Kajang Cave have also revealed some evidence of prehistoric burials. There are about twenty caves located at the large karst outcrop of Bukit Kepala Gajah. Together, these sites represent the significant stages in human history unrivaled in the region.

Due to its UNESCO status, visitors who are keen on visiting the historical sites will need to issue a formal letter to Lenggong Archaeological Museum before the visit, to book the tour.



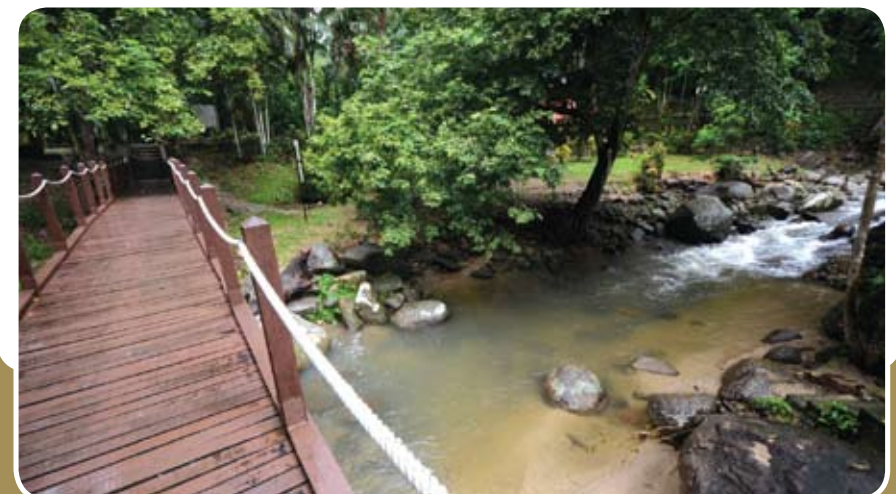
## Lata Kekabu Waterfall

Lata Kekabu, located in the district of Lenggong, is surrounded by a forest reserve abundant with a diverse range of tropical trees. The road to the Park is less than a kilometre off the trunk road from Kuala Kangsar to Lenggong, Perak. Lata Kekabu is a popular destination among local and foreign nature lovers, who love to explore the pristine beauty of flora and fauna. There is also a jungle trekking route if you are adventurous. This place is known for its fresh air and is ideal for relaxing picnics during weekends. The park is well maintained and clearly signposted on the trunk road.

Open from 7am to 6pm.

No admission fee is charged.

GPS Coordinates: N 05° 2.97' E 100° 56.70'



## Lenggong Archaeological Museum

The Archaeological Gallery of the Lenggong Valley is also called Galeri Arkeologi Lembah. The gallery, located on the eastern side of Sungai Perak, showcases the prehistoric archaeological heritage in Lenggong valley where Perak Man was discovered. The gallery consists of exhibition galleries, an administrative office, a meeting room and a research room.

Address:

Galeri Arkeologi Lenggong,  
Jabatan Warisan Negara,  
Kota Tampan Lenggong,  
33400 Perak Darul Ridzuan.

Contact number: 05-7679700

Visiting Hours: Monday - Saturday: 9am - 5pm

Friday: 9am - 12pm, 3pm - 5pm

No admission fee is charged.

GPS Coordinates: N 05°03'20.7" E 100°57'45.1"

Email: [info@heritage.gov.my](mailto:info@heritage.gov.my)



• From the Editor's Desk  
By Fathol Zaman Bukhari

# A CONFUSED GENERATION

*There are no precise dates when the generation starts and ends; most researchers and commentators use birth years ranging from the early 1980s to the early 2000s...*

I was greatly amused by the audacity of one twenty-something with a bachelor's degree in architecture from a local university who applied for a job with Ipoh Echo. Her choice of appointment was as an architectural trainee, being a fresh graduate. Applying for a job with a news agency? This girl must be out of her mind, I posited.

I told my staff to call her personally and inform her that Ipoh Echo is not a company that draws plans for housing projects, bungalows and shopping malls. She got the wrong people. And the answer the surprised girl gave was a sheepish exclamation, "Oh! Oh!" typical of someone who is in a quandary. She was lost for words and was very unsure as to how to free herself from a sticky situation.

The poor girl's dilemma is not something strange and if you are an employer, this incidence is nothing new.

This is not my first experience there are many more and sharing them here is one way to illustrate the perilous state of our education system. A system that has been diluted by too much politicking and a glaring insecurity of a ruling party that is short on ideas as to how to manage the country's most precious attribute – human resource!

The recent report of many young doctors opting out for having a poor command of English is a case in point. Reducing English Language to just a subsidiary subject of lesser importance than Bahasa Malaysia and religious studies has led us down this path of no return.

When Malaysia was once acclaimed for its very Anglophile civil servants who went on to serve in choicest appointments abroad due to their ability to converse and interact, today we pale in comparison. Most of our embassy staff overseas cannot speak and will shy away from any serious discussion with their hosts. This is most unfortunate.

But what are we to do? The rot has set in a decade after Merdeka when the race to Malay-nise the nation's education system gained so much steam which eventually reduced us to being mere bystanders in the academic world. I shall stop at that lest I may ruffle some feathers and make the high and mighty uncomfortable.

Now back to my "close encounters" with the uncompromising youths of today. These youngsters are samplings of the molly-coddled and over-protected Generation Y or Gen –Y, in short. There are no precise dates when the generation starts and ends; most researchers and commentators use birth years ranging from the early 1980s to the early 2000s as a guide. I am not entirely free of them, as my second and youngest of two boys



belongs to that generation. Although in his early 30s and married he is, by all reckoning, a mama's boy to the hilt. He still finds solace in the warm embrace of his mother much to my behest.

They, unabashedly, prefer to be identified by their established traits of being tech-savvy, family-centric, achievement-orientated, action-craving and what have you, I beg to differ. They may be tech-savvy but action-craving they are not.

There was this young man in his twenties too who applied for a job as a photojournalist citing his vast experiences in his cooked-up resume. I was impressed so were the rest in the company. When I told him to come for an interview on a fixed date and time he was thrilled. An hour before the interview he emailed to say that he was feeling sick and was not in the right frame of mind for a job interview. I told him to see a shrink and not to come near Ipoh Echo office ever again.

These encounters are just the more interesting ones. I'll keep the less exciting ones for mention one of these days.

Many would want to cherish Generation Y as a group apart from their seniors, the Baby Boomers and Generation X. However, my mind keeps telling me that they are the confused generation.

## EYE HEALTH — VITAMIN D, ARE YOU GETTING ENOUGH?

*Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us more about the often forgotten Vitamin D.*

Beautiful Malaysia has abundant sunlight and so most people would not think that there are no cases of vitamin D deficiency in our country. The truth is that despite abundant sunlight, you may not be having enough vitamin D simply because you're not out there under the sun enough!

### VITAMIN D SOURCES

Vitamin D is synthesized in our skin when it is exposed to sunlight. This is then transported to the liver and kidney where it is metabolized into the active form of vitamin D. The question that arises is, how much sunlight exposure are you actually getting? Malaysian women in their unending chase for a fair and flawless skin would inadvertently not expose themselves enough to sunlight. Most individuals also use a sunscreen and this blocks off the UVB rays required for the skin to produce vitamin D. Those with darker skins need to expose themselves to sunlight for a much longer time in order to make the same amount of vitamin D as the fair-skinned. Foods like salmon, dairy products, mushrooms and eggs are sources of vitamin D but you will need to eat a fairly large quantity in order to meet the daily dietary requirements. An alternative option is in the form of vitamin D supplements.

### WHAT DOES VITAMIN D DO?

Vitamin D is vital for the regulation of calcium and phosphorus which takes care of bone formation. The vitamin D is needed for the calcium that we consume in our diets to be absorbed in the gut. Any lack of calcium predisposes the elderly to osteoporosis and osteomalacia (softening of bone). Vitamin D is also required for the maintenance of our immune system, plays a part in weight control, improves control of type 1 diabetes mellitus, helps control hypertension and reduces the risk of cancers like breast and colon cancers. It also has a role in improving brain function and has been known to reduce the risk of multiple sclerosis too.

### HOW DOES VITAMIN D HELP THE EYES?

Vitamin D helps in preventing age-related macular degeneration (AMD) which is a common cause for poor vision in old age. It reduces inflammation in the retina and lowers accumulation of substances like amyloid beta that contributes to AMD. Simply said, vitamin D plays a part in 'rejuvenating' the eyes. A recent study that was published suggested a protective role of vitamin D in the development of Dry Eye.

### RECOMMENDED DIETARY ALLOWANCE OF VITAMIN D

The recommended dietary allowance (RDA) is 600 IU for those 1-70 years of age and 800 IU for those over 71 years of age. One way to know if you have enough vitamin D is to do a blood test. Beware of taking too much vitamin D as it can cause hypercalcemia (too much calcium) in your blood which can make you feel confused, nauseous and tired.

### Key points to remember:

- Get adequate sunshine of at least 15 minutes a day three times a week.
- Dark skinned individuals will require longer exposure to sunlight for vitamin D.
- Get a blood test done if you are unsure of your vitamin D status.
- Eat a good, balanced diet with some vitamin D supplements in moderation if needed.
- Always check whether the medication you are taking has any effects on vitamin D.
- Avoid smoking. A healthy lifestyle makes all the difference!

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

## In The Name of My Father's Estate

Episode 47 • by Peter Lee

Having ascertained the status of those properties that are either mortgaged to the bank or free from encumbrances held under the estate of Lee Senior [three are jointly owned with Mrs Patricia Lee (Lee Sr's 1st wife) and another three solely owned], the Trust Company Representative (TCR) further asked Dave (Lawyer) whether there were any more properties jointly owned by Lee Sr with Connie (Lee Sr's 2nd wife). In reply Dave said "Yes, there are two houses jointly owned by Lee Sr and Connie. One of the properties was mortgaged to a bank for an overdraft facility of RM500,000 while the other one was mortgaged to the bank for its purchasing loan." TCR then asked, "Was there any discussion on whether Lee Sr's first family would renounce their entitlement to the 50% of these two properties?" Dave replied "As far as I remember, there was no discussion on this."



TCR further said "In that case, I have to ask them. However, before distribution takes place, we have to deal with the repayment of the outstanding Overdraft Facility. This funding would most likely be derived from the money in the estate. But as for the housing loan, the Mortgage Reducing/Loan Term Assurance on the loan itself would be able to repay the loan instalment in full on Lee Sr's portion if he had such coverage. In the event he didn't, then we have to utilise the money from the estate again. In the meantime, since we have not obtained the Letter of Administration (L.A.) which enables us to access the assets of the estate, then their loan repayment would need to be paid by their family members to prevent the properties from being auctioned. Once monies from the estate is made available, the beneficiaries will be refunded from the estate either in full or proportionate to the available funds/assets taking into account the other creditors of the estate."

TCR enquired further whether there were any more properties involved and Dave replied with a no. With that, Dave continued to discuss the shares in the Sdn Bhd companies held by Lee Sr. Dave said "Lee Sr owns 70% of the shares in three companies which he has set up for his first family. It is now managed by the first family. However, there is another investment company in which he has a 50% stake. The other 50% is held by Connie. These are all the family shares revealed to me."

TCR interrupted and asked "Are there any problems in this area with regards to distribution?". Dave then said "For your information, Connie has agreed to sell her entitlement as well as her children's entitlement to the 70% shares in three companies held by Lee Sr to his first family for a consideration of RM 5.4 million. There was also an agreement signed together with share transfer forms for this transaction. However, as you know, the transfer of shares in exchange for cash can only be executed after obtaining L.A." TCR then asked "What about the Investment Company between Lee Sr and Connie. Would the first family be willing to renounce the 50% shares held by Lee Sr or sell it to Connie?" In reply, Dave said "I think we have left out this matter as we were so engrossed in dealing with the three companies." TCR then said "Ok, I will check with the family."

*To be continued...*

Peter Lee is an Associate Estate Planning Practitioner (Wills & Trust) with Rockwills International Group. He is also an Islamic Estate Planner providing Wills & Trust services for Muslims. He can be reached at: 012-5078825/ 05-2554853 or [excelsec@excelsec.com](mailto:excelsec@excelsec.com). Website: <http://www.wills-trust.com.my>. His Book "To Delay is Human but to Will is Divine" (96 pages, RM28) is available at his office: 108 (2nd Floor), Jalan Raja Ekram, 30450 Ipoh; Rashi Mini Market (019-510 6284), 37 Jalan Perajurit, Ipoh Garden East; S.S. Mubarak, Jln Sultan Yussuf; Ipoh Echo and at all major bookstores.



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# Don't want to pay the toll? Then, wake-up early!

Far from understanding the woes and suffering of the ordinary rakyat, one minister has asked citizens who refuse to pay the toll, to wake up early so that they can use alternative routes.

One Ipohite, when asked for his response said, "Where is his compassion? We are already struggling from all manner of price increases. Food. Transport costs. Electricity. Education.

"We cannot tighten our belts any more. My wife works. I have another job at the weekend. I do not have any time with my children.

"It is all right for the minister to tell us to wake-up early, to use roads which are free. Did he care to think that the office opens at 8am. If I arrive early, my boss is not going to allow me to leave early.

"What if everyone shared the same idea, of taking an alternative route. There would be a massive jam, and we'd spend more time getting to work.

"It is okay for people like the minister. He has an official car and driver. Perhaps, an outrider or two. They breeze through the toll gates. We don't. Outriders halt the traffic ahead of his car, and clear the road, so that he can whizz to his next appointment. It is easy for him to talk."

This man, who lives in Ipoh, but whose work, often takes him to Kuala Kangsar and Taiping said, "I cannot drop my children off at school, before 5am in the morning. Which school is open at that time?"

He points to his car and said, "Before we had children, I used my motorbike to go to work, so my wife could use the car. A few of my friends have been killed or seriously injured, when they were thrown from their bikes, when they drove into potholes, on free roads."

"Concessionaires can increase the toll charges, but how do we demand that more is done to improve the condition of our roads?"

"I could not afford to keep repairing my car, if it were to be damaged, because of the terrible road conditions. Have you seen some of the potholes and uneven road surfaces, on the roads here?"

His wife picks up the story about the minister. "Soon, he will tell us that we should grow our own food and rear our own livestock because we cannot afford the ever rising cost of food.

"Will he tell us to go on horseback, or use a camel to go to work, because we cannot afford to maintain our car? He sounds like an arrogant man. He would not dare say this, when he is campaigning for GE-14."

Although they live close to their children's school, the couple have banned their children from cycling to school.

The wife added, "When we were younger, we used to cycle to school but these days, with increasing traffic on the roads, I fear for my children. Despite the speed limit, drivers speed near schools. A number of children have had nasty accidents with cars and buses."

"Even if there were bicycle lanes, as in some big cities, I don't know that I want my child bicycling, because road



and servicing charges have gone up."

"So, whichever way you look at it, the motorist always ends up the loser, whilst the toll concessionaires get richer."



## THINKING ALLOWED

by Mariam Mokhtar

users in Malaysia, can be very selfish. They are generally bad drivers and they would probably drive in the bicycle lanes."

The man said, "How much is spent on road maintenance? Ministers only make announcements, about our roads, for two reasons. First. To absolve the government of

all responsibility for a massive crash, which was a direct result of poorly maintained roads. Second, the possibility of toll hikes and the announcement that the government is undecided about an increase."

"We all know that the budget for repairing roads has decreased. We also know that the toll charges have increased. Ordinary commuters, like us, find the toll roads expensive."

"On the other hand, using the alternative, free roads costs just as much. We pay more for petrol, because the routes are longer. As the road conditions are bad, our cars need more regular maintenance

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## Digestive Health

## Typhoid Fever

Typhoid fever is caused by Salmonella typhi bacteria. It is spread through contaminated food or water and, occasionally, through direct contact with someone who is infected. This means that S. typhi is passed in the feces and sometimes in the urine of infected people. You can contract typhoid if you eat food handled by someone with the disease who hasn't washed carefully after using the toilet. You can also become infected by drinking water contaminated with the bacteria.

Most people with typhoid fever feel better within a few days of starting antibiotic treatment, although a small number of them may die of complications. Signs and symptoms are likely to develop gradually, one to three weeks after exposure to the disease.

## Early illness:-

Fever that starts low and increases daily, possibly reaching as high as 40.5 C, headache; weakness and fatigue; muscle aches; sweating; dry cough; loss of appetite and weight loss; abdominal pain; diarrhea or constipation; rash; extremely swollen abdomen.

If you don't receive treatment, you may:

Become delirious. Life-threatening complications often develop at this time.

The most serious complications of typhoid fever – intestinal bleeding or perforations in the intestine – may develop in the third week of illness. A perforated intestine occurs when your small intestine or large bowel develops a hole, causing intestinal contents to leak into your abdominal cavity and triggering signs and symptoms, such as severe abdominal pain, nausea, vomiting and bloodstream infection (sepsis). This life-threatening complication requires immediate medical care.

## Other possible complications include:-

Inflammation of the heart muscle, lining of the heart and valves, Pneumonia, Inflammation of the pancreas, Kidney or bladder infections, Infection and inflammation of the membranes and fluid surrounding your brain and spinal cord, Delirium, hallucinations and paranoid psychosis. Without treatment, some people may not survive complications of the disease.

## Typhoid carriers

Even after treatment with antibiotics, a small number of people who recover from typhoid fever continue to harbour the bacteria in their intestinal tracts or gallbladders, often for years. These people, called chronic carriers, shed the bacteria in their feces and are capable of infecting others, although they no longer have signs or symptoms of the disease themselves.

The diagnosis is usually confirmed by identifying S. typhi in a culture of your blood or other body fluid or tissue.

Antibiotic therapy is the only effective treatment for typhoid fever.

- Ceftriaxone (Rocephin). This injectable antibiotic is an alternative for people who may not be candidates for ciprofloxacin, such as children. These drugs can cause side effects, and long-term use can lead to the development of antibiotic-resistant strains of bacteria.
- Drinking fluids. This helps prevent the dehydration that results from a prolonged fever and diarrhea. If you're severely dehydrated, you may need to receive fluids through a vein (intravenously).
- Surgery. If your intestines become perforated, you'll need surgery to repair the hole.

## Prevention

Two vaccines are available.

- One is injected in a single dose at least one week before travel.
- One is given orally in four capsules, with one capsule to be taken every other day.

Neither vaccine is 100 per cent effective. Both require repeat immunizations, as vaccine effectiveness diminishes over time.

Because the vaccine won't provide complete protection, follow these guidelines when traveling to high-risk areas:

Wash your hands; avoid drinking untreated water; avoid raw fruits and vegetables; choose hot foods.

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

## Han Chin Pet Soo



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## ON IPOH FOOD

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



# SeeFoon says Domo arigatou gozaimasu

I love Japanese food. But it was not love at first bite, more a slow cultivation, honing my taste buds to appreciate the subtle nuances, the pristine purity of fresh ingredients, tenderly and with great dedication, sliced, slivered, braised or grilled to perfection and presented on serving dishes that are in themselves works of art, not to mention the food itself.

This was in the early 1970s, and the love of 'things Japanese' that developed over the period of two years that I lived in Japan has endured and subsequently in the interim years when the rest of the world 'discovered' sushi and made it the 'hottest' (how ironic) export from the Land of the Rising Sun, I have grown to love the cuisine even more; especially in recent years when top Japanese chefs have begun imparting their exquisite culinary skills and given of their secrets to other shores.

The problem with the sudden popularity of Japanese cuisine and the proliferation of Japanese restaurants exploding across the globe, means that many 'wannabes' open restaurants claiming to be 'Japanese' and failing in the attempt.

Not so with the Shinjuku Japanese Cuisine at Kinta Riverfront Hotel. There Chef Cheong Kam Hon, an Ipoh boy who left home at 19, has come home to roost, ruling over his nest at this newly-opened restaurant and dishing up some of the most delectable



Japanese 'nouvelle' cuisine that Ipohites have yet to encounter.

Chef Cheong trained under that inimitable master chef, Nobu Matsuhisa with his 'new style' Japanese cuisine, the trademark and foundation which won him the first Michelin Star in London and which has spawned a chain of Nobu restaurants around the globe, about which Madonna had this to say, "You can tell how much fun a city is going

to be if Nobu has a restaurant in it."

Well Ipoh can't boast a Nobu restaurant but we have the next best thing in Chef Cheong who prior to returning to Ipoh, was trained in the Nobu tradition in Beijing for more than four years and before that in Tokyo in the Ginza district for 11 years. Earlier, Chef Cheong cut his Japanese teeth in London also working in Japanese restaurants for a total of nine years.

The Shinjuku Restaurant has been opened for four months and Chef Cheong is already garnering a coterie of fans with some of the signature dishes which he had picked up from the master Nobu himself. Do expect to dig deep into your pockets as topnotch Japanese cuisine does not come cheap.

For starters if you're a seafood fan like myself, the best days to go is Tuesday and Friday evening as those are the days when they have fresh delivery of fish from Hokkaido, Japan.

Among the dishes made famous by Nobu is the new style of serving **sashimi without wasabi**. On the night when we had the International Wine and Food Society dinner, Chef Cheong was hovering around the tables, admonishing us to not use the wasabi which was on the table. The two dishes being served were the **New Style Salmon Belly with yuzu sauce**, which had hot oil poured on topped with sesame seeds and the **Hamachi (Yellow Tail Tuna) Tataki** (seared in the edges) with spicy tangy Ponzu sauce, both utterly delectable with the two fish yielding its different mouthfeel and complimented by their respective sauces. **Salmon RM50 and Hamachi RM70.**

On another occasion I had the pleasure of tasting the **Chu Toro** (best Tuna belly) **Tataki** served with a Miso sauce and topped with a smidgen of caviar. Utterly indulgent **RM100**. Topping off on the OTT (over the top) category, we had another dish of **abalone** slices topped with caviar and gold pearls (with real gold flakes) served with a miso sauce with hints of citrus, and finished with a sprig of young Shiso leaves – **RM90**.

I could go on about the fascinating variety of unusual preparations that Chef Cheong can prepare. Like all top Japanese chefs, the best way to have a superb Japanese meal is to have the **Omakase** (which translated means I'll leave it up to you) which is the Chef's choice based on the specials of the day. At the hands of Chef Cheong, you cannot go wrong. Do agree on the price beforehand though.



**Shinjuku Japanese Cuisine**  
Kinta Riverfront Hotel  
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# Lenggong Touristic Sites

Continued from page 2...

## Lenggong Night Market

Night markets in Lenggong are open-air and you are able to find traders selling a variety of goods as you walk along the street including food, clothing, bags, shoes, handbags, hand phone accessories, toys, household items and others.

Nights Markets in Lenggong:

Day: Monday

Location: Tasik Raban Recreational Park

Time: 3pm - 7pm

Day: Wednesday

Location: Kg. Luat, Lenggong

Time: 3pm - 7pm

Day: Friday

Location: Lenggong Town

Time: 3pm - 9pm

Day: Sunday

Location: Kg. Sumpitan, Lenggong

Time: 3pm - 7pm



## Kiah Pekasam

Pekasam is one of the methods used by the Malay people to preserve fish. During earlier days, villagers depended on rivers and pond for their source of fish supplies. During certain seasons, the amount of fish caught can be more than what the family can eat. Since there was no electricity and refrigerators available to keep the fish fresh, they would preserve the fish with salt and sour asam gelugor (*garcinia atroviridis*) to make it last longer. Pekasam fish (traditional preserved fish) is a Northern Malaysian speciality where freshwater fish are marinated in salt and toasted rice, followed by fermentation for two weeks. Lenggong is still famous for its ikan pekasam. Kiah Pekasam Enterprise is among the companies that carry out the fish preserving process and the best pekasam fish are all available here. Fermented fish is a traditional dish that is enjoyed by all Malaysians and it's unique salty and sour taste can be quite addictive.



Address: Kiah Pekasam Enterprise, Kg. Pengkalan Ikan, Kuak, 33400 Lenggong.  
Contact number: 012 437 7906 / 012 560 9567



## Tasik Raban Restaurant

To get to Lenggong from Ipoh, one simply cannot miss Tasik Raban Restaurant located on the highway. What started as a small eatery for lunch, has grown into one of the must-visit-pitstop for all tourists heading to Lenggong or the north. Open daily, Tasik Raban Restaurant offers traditional and authentic Malay specials such as Tempoyak (fermented durian) fish, Pekasam, fresh Ulam (assorted local herbs), assorted seafood and grilled fish. Avid foodies will have trouble choosing what to have for lunch as the restaurant serves up to 90 different dishes everyday. Aside from good food, the restaurant also has other facilities such as a prayer room, toilets and huge parking lots. The restaurant also has other branches located in Perak.



1. Restoran Tasik Raban Lenggong; TK19, Kota Tampan, 33400 Lenggong, Perak (013 511 8659).
2. Restoran Tasik Raban Stadium, Ipoh: PT 158964, Jalan Kompleks Sukan, 31400 Ipoh, Perak Stadium (013 597 8100).
3. Restoran Tasik Raban Station 18: Pengkalan No. 1A Medan Stesen 19/5, Stesen 18, 31650 Ipoh, Perak (019 550 0236).
4. Restoran Tasik Raban Seri Iskandar, 1@1A, Jalan PP7, Bandar Universiti Seri Iskandar, 32610 Seri Iskandar, Perak (019 521 5657).

The restaurant allows reservations, open from 11am till 4.30pm. Do call them if you plan to come in with a big group.



## Lenggong Square

Lenggong Square, known as Dataran Lenggong offers a variety of food such as Chicken rice, fried noodles, Nasi Kerabu, Nasi Lemak, satay, grilled foods and many more. Dataran Lenggong is just north of town centre for halal food. Drop by with family and friends to enjoy a satisfying halal meal at Lenggong Square.

GPS Coordinates: N 05°07'19.4" E 100°58'24.3"



### Get in touch with prehistoric Lenggong valley

With so many caves and historical sites waiting to be explored, archaeological enthusiasts and lovers of history will definitely enjoy the time spent in Lenggong. After being discovered in 1990, the skeleton of Perak Man has finally come back home and is residing at the Lenggong Archaeological Museum, so take this chance and learn all about the man!

Lenggong has many attractions on offer yet so much needs to be done by the Lenggong District Council (MDLG) to make it a friendlier town to visit. As a UNESCO heritage site, MDLG and the museum should provide more guides to cater to impromptu tourists who wish to visit the limestone caves.





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## Property

### Haven Bags Prestigious Property Award

The Haven Lakeside Residences was adjudged the best residential (high rise) apartment at the Malaysia Property Award 2015 held at the ballroom of One World Hotel, Kuala Lumpur on Friday, November 6. The annual event organised by the International Real Estate Federation (FIABCI) is the 23rd in the series.

Peter Chan, CEO of The Haven Sdn Bhd received the award from the Sultan of Johor, Sultan Ibrahim Ibni Almarhum Sultan Iskandar who was the guest of honour.

"I am happy because I felt vindicated. When we first started, our competitors never had any kind words for us. We started from zero, without any bank loans all these years. However, when we bagged this prestigious award tonight, the situation changed dramatically. People are beginning to take notice and banks are knocking at our doors," said Peter to Ipoh Echo.

Present at the presentation ceremony were Tengku Dato' Ab Aziz Tengku Mahmud, President of FIABCI Malaysian Chapter, Dr Yu Kee Su, Secretary General of FIABCI Malaysian Chapter cum Organising Chairman, local luminaries and well over 1500 guests, including members of the media.

With its iconic 280-million-year-old limestone "monolithic obelisk" centrepiece, The Haven Lakeside Residences embodies the conveniences of modern eco-living that combines the best of quality, luxury, location within a prehistoric setting. It is disable-friendly and caters to three generations namely, parents, children and grandparents.

The Haven has been conferred over 30 awards to date, both national and international, including the latest World Luxury Hotel Awards (Family All-inclusive category).

Conversely, the stringent evaluation process of this Oscar-equivalent competition reflects the highest standards of professionalism, which makes it desirable for property developers to vie for recognition of their projects through a truly tedious and independent assessment process.

Winners will represent Malaysia in the upcoming FIABCI World Prix d' Excellence Awards to be held at Panama City, Panama in May 2016.

To Peter Chan and his team, our heartiest congratulations. You have made Ipoh and, by extension, Perak proud.

Mei Kuan



## COMMUNITY

### It is Gonna End Soon?



The on-going road-upgrading works along Jalan Panglima Bukit Gantang Wahab (the road between the Ipoh Railway Station and the Town Hall) are giving Ipohites, especially motorists, a big headache. During peak hours traffic comes to a standstill causing much inconvenience to travellers.

Incidentally, the project is part of Ipoh City Council's initiative to beautify the area fronting the Town Hall and the railway station.

Upon receiving several complaints from readers, Ipoh Echo went to the worksite on Monday, November 2 at around 2pm to see the problem for ourselves.

Part of the road was blocked off and traffic from both sides was reduced to a snail's pace moving on a single lane. Some motorcyclists were seen swerving into the unfinished portion of the road for easy access and convenience.

According to one of the ten hard-at-work men on the site, they worked from 8am to 10pm six days a week. The upgrading works began in late October. It would take between 15 to 20 days (third week of November) for it to be completed. There were more works during the night shift.

"It's a real hassle going to the mosque, post office, police station, train station and bus station. In view of the mayhem, a traffic policeman should be around to direct the traffic flow, especially at the bottleneck. A 5-minute journey to the mosque has now become a 30-minute nightmare, especially during peak hours at 1pm and 5pm," lamented a 23-year-old motorist to Ipoh Echo.

He hoped the contractor engaged would speed up the work for the sake of those using the road.

Mei Kuan



## COMMUNITY

## An Appeal to Rebuild Shelter

Arkeysamy (63), his wife (Komaddi) and daughter, Theresa (15) have not been sleeping soundly for the past two months. The roof of their wooden shack was blown away during a thunderstorm on August 8. Now, whenever it rains, the family has to find shelter in a car, a Kancil given by Komaddi's brother. Also, they have to be wary of monkeys, snakes and other creatures that might climb in through the big hole in the roof.

Arkeysamy has lived in the wooden shack for 40 years. His father built it in 1978. His father even dug a well for water supply. They only had tap water and electricity in 2005.

However, the wooden shack is now unable to shelter them anymore. Roof repairmen say it is not worthwhile to fix the roof because termites have infested the wood and the structure has become very flimsy. The only option would be to build a hut to replace it. A few contractors have come to survey and the best price is RM17,000 for a hut on the very same spot.

Arkeysamy has a crack in his backbone so he is not able to work regular hours. He has a small stall in front of his shack where he sells nasi lemak, to sai, roti canai, chapati and drinks for breakfast. The money he earns is just enough to survive. His wife helps him in the stall but she can't stand for long because of her legs' nerve problem. They have gone to government departments and political parties for help to rebuild their shack and roof. Some came and took photos but so far no one has made any commitments.

Arkeysamy's family is appealing for some donations so that he could build a better wooden hut. He just wants shelter from the heat and rain.

**Anyone who wants to contribute can contact Arkeysamy A/L Periannan at 16-A Jalan Mengkudu, Taman Bersatu 31000 Batu Gajah, Perak. Handphone: 014 348 3192, Bank Simpanan Nasional Savings Account Number: 0810329000088471 (IC: 530808085667).**



## Youth Ambassadors Visit NKF Ipoh



The youth ambassadors for National Kidney Foundation (NKF), Rejuvenate Dance Crew (RJVN) and world current fourth celebrity beatboxer, Shawn Lee paid a visit to NKF Ipoh at Jalan Chung Ah Ming on October 31.

The visit to the centre was the first pit stop for the talented lads who were trying to raise awareness on kidney diseases. Not only were the patients of the centre treated with exclusive performances by RJVN and Shawn, they also received special goodie bags.

Founded in 1969, NKF has more than 1500 patients receiving subsidised dialysis treatments in 27 dialysis centres nationwide. Each patient has to endure at least four hours of dialysis treatment, three times a week or 13 times a month, for life. Although the treatments have been subsidised by NKF, many still had to choose between their daily basic necessities and much needed life-saving dialysis treatment as they generally come from the lower income group.

"I have heard and seen stories of those who are suffering from kidney diseases. It's a lifetime disease and more and more youngsters are getting it," said Shawn Lee who brought Malaysia's name to fame when he won fourth place in the World Beatbox Championship in Germany in 2012.

"With RJVN, I hope we get to raise more awareness on keeping your kidneys healthy, especially among school and college students," added Shawn.

Schools and colleges in Perak who are interested to invite Shawn Lee and RJVN to their respective institution for a talk or exhibition, please send the request via email to [contact@giant-ants.com](mailto:contact@giant-ants.com) or call 014 600 0003.

Ili Aqilah

## Health Screening and Forum

The health screening and public forum held at KPJ Ipoh Specialist Hospital on Saturday, October 31 was well-attended with over 120 participants arriving early for their free health screening checks.

Jointly sponsored by Family Wellness Club, KPJ Ipoh Specialist Hospital and the National Population and Family Development Board (LPPKN) Perak, participants had blood tests for glucose and cholesterol, blood pressure checks and BMI measurements before the forum started.

In conjunction with the Breast Cancer Awareness month, there were demonstrations on self-breast examination. Plus, eligible female participants were given free mammograms at KPJ Ipoh Specialist Hospital.

Hj Asmadi Mohd Bakri, CEO of KPJ Ipoh Specialist Hospital highlighted that people generally do not realise that health is wealth until it is too late. KPJ Ipoh Specialist Hospital provides free health screenings on Sunday mornings at the Ipoh Polo Ground, as part of its community service project.

"LPPKN had an allocation for mammograms but many women shied away from doing these free mammograms because of the lack of knowledge on how useful these early detection methods can be," guest of honour, Cik Suraya Ghazali, Director of LPPKN Perak said.

In her talk on female cancers, Dr Zamzida Yusoff, consultant gynae-oncologist, emphasised on the need for regular mammograms for those above 40 years, together with regular breast self-examinations and the adoption of a healthy lifestyle that includes regular exercise and healthy diet. She commented that nowadays, women seem to be getting cancers at a younger age.

Dr Ding Chek Lang, consultant urologist, had the participants in stitches with his entertaining talk on "Men's Health at 40 and Beyond." He spoke on the myths of eating certain foods for improving the male libido and advised men on consulting their doctors for the right treatment.

In her closing address, P. Mangaleswary, President of the Family Wellness Club, thanked all sponsors, staff and members for their hard work in making the event a success.

Ed



## Chinese Assembly Hall Celebrates 88th Year

It was a lively night of celebration heightened by Chinese traditional drumming, powerful Chinese opera and endless toasts as Perak Chinese Assembly Hall celebrated its auspicious 88th year with a dinner at Sun Lee How Fook Restaurant on Monday, November 9.

On the same night with a crowd of over 300, its women's division completed its 18-year milestone while its youth division celebrated its 17th anniversary.

To date, Perak Chinese Assembly Hall has 186 corporate/association members and a total of 800 members in the state.

In conjunction with the annual dinner, a donation of over RM100,000 was collected for its activity fund.

"We are an NGO by the Chinese for the Chinese besides providing service to the public. The Perak Hokkien Association, Perak Teochew Association and Perak Guangdong Association are all under our wing," Voon Chee Wai, the executive secretary of Perak Chinese Assembly Hall highlighted to Ipoh Echo.

Also present were guest of honour Dato' Dr Mah Hang Soon, Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages and Tan Sri Pheng Yin Huah, President of the Federation of Chinese Associations Malaysia.

Keep your eyes peeled for the upcoming issue as Ipoh Echo will be doing an exclusive one-on-one with Dato' Chai Voi Keong, the President of the Perak Chinese Assembly Hall for more details on this organisation!

Mei Kuan





# Diamonds are STILL a Girl's Best Friend

Although the world economy as well as the current economic climate in Malaysia is in the doldrums and businesses are feeling the pinch, all is not doom and gloom. There is some **silver lining** in jewellery retail as the price of diamonds and gemstones have come down in US\$ terms.

This is what Choola and Yvonne Adris of Adris Jewellers in Greentown have to say about the prices of jewellery as a whole. "Diamonds and gemstones are priced in US Dollars and although the Ringgit has fallen against the Dollar, the price reductions in US Dollar terms translates only to slight price increases of 5% to 10% in Ringgit terms. At our forthcoming **Adris Jewellers' Year End Sale** which will be on from November 16 to December 13, do not be surprised to find prices of certain items below what it used to cost before the downturn," said Choola.

As life is for celebrating, what better way to raise your joie de vivre than to treat yourself to a bling bauble or two while taking advantage of this annual affair at Adris Jewellers where GIA certified diamonds, pearls and pearl jewellery as well as their own in-house brand of fine jewellery and jewellery for everyday wear are offered at marked down prices, some even **going at below cost**.



*Pendant set with Tahitian Pearls and Diamonds. Specially marked down price for sale*

"Our focus during our Annual Year End Sale is to sell out as much of our stock as we can, as we need to keep our in-house production facilities on-going", says Choola whose facilities involve designing, sourcing and manufacturing.

"If you are keen on giving a dear one a gift or giving yourself

a treat to celebrate the hard work you have put in throughout the year, don't hold yourself back. You should consider collecting some pieces of jewellery now as we're offering them at **unbeatable prices**," enthused Choola.

This is their annual sale where they clear out their stock and assist their customers to stock up for Christmas and both the western and Chinese New Year, with treats for themselves as well as gifts for their family and children. Husbands can take the opportunity to honour their wives with a special gift to express their love and appreciation and parents can select gifts for their children which will have enduring value.

"With the Ringgit at record lows, travelling abroad becomes prohibitively costly and it may just be wiser to spend one's disposable income (Ringgit) at home, treating oneself to **gifts with intrinsic value** and which can act as hedges against inflation," Choola said.

"We're inviting people who **'stay local' to 'buy local'**. Don't even look at imported jewellery. The exchange rate makes it prohibitive. All our pieces are **handcrafted locally** by our master craftsmen and this provides a hedge against the rise in foreign currencies where craftsmanship is concerned," he added.

"I know that doubting Thomases out there might think that some dishonest retailers may mark their pre-sale prices up before marking them down for the Sale but our long-time customers can certainly verify that this is not our practice as they are familiar with our usual pricing. Some are even being offered below cost. If that's not bargains worth coming for, I don't know what is," Choola emphasised.

Visitors and expats living here may also wish to take advantage of these offers which are simply too irresistible, not to mention the fantastic value they'd be getting when



*Pair of exclusive jadeite Earrings*



*Two-tone Diamond & Brown Diamond Designer Pendant*



*Flower motif Yellow Sapphire (with toning) & Diamond Ring. Specially marked down price for sale*

converting from their home currency. These are prices which they would never find back home with a quality that is unbeatable.

**Adris** is a full-fledged jeweller, meaning that they **Source, Design, Manufacture and Retail**, a far cry from the usual run-of-the-mill jeweller that just buys mass manufactured jewellery and sells them. Thus the description of **'Bespoke'** which is made-to-order, applies so well to this venerable store which has a history of serving satisfied customers since 1935.

So low Ringgit or not, do hurry to the Adris Annual Sale and pick up some genuine bargains which you and your family members can enjoy for generations to come. Remember that **Diamonds are STILL a girl's best friend**.

**Adris Jewellers**  
12D Persiaran Greentown 1,  
Greentown Business Centre, 30450 Ipoh.  
Tel: 05 254 0984 or 05 241 4992  
Website: [www.adris.com.my](http://www.adris.com.my)

## News

# Commonwealth Then and Now

"With a population of 2.2 billion in 53 nations across every continent of the world as a legacy of the British Empire, the Commonwealth bond is still very much relevant in today's world. The United Nations, European Union, G-20 and ASEAN all have Commonwealth countries as members," said British High Commissioner to Malaysia, Her Excellency Victoria Marguerite Treadell.

Speaking at a dinner function in Ipoh co-hosted by the Perak Academy and Perak Women for Women Society, the Ipoh-born British diplomat was on a four-day working visit to the city as part of her familiarisation trip making connections across the country to understand Malaysia better.

During the dinner talk titled, "The Commonwealth Then and Now", Vicki, as she prefers to be addressed rather than "Your Excellency", related her personal Commonwealth journey, comparing the Commonwealth that she knew as a child born in Ipoh and the Commonwealth now, returning "home" as a British diplomat.

One thing that she continues to hold true are the sixteen core values of the Commonwealth Charter namely, freedom of expression, separation of powers, rule of law, good governance, sustainable development, democracy, human rights, international peace and security, tolerance, respect and understanding, protecting the environment, access to health care, education, food and shelter, gender equality, importance of young people in the Commonwealth, recognition of the needs of the small states, recognition of the needs of the vulnerable states, and last but not least, the role of civil society.

In her talk, she said that rather than these just being values of the Commonwealth, they are actually human values and beliefs that we uphold in all that we do.

Vicki also assured that the United Kingdom stands by members of the Commonwealth and considers these nations as its closest partners and allies. She added, "Britain left each Commonwealth country with democracy, the rule of law and great tradition.

"Moreover, the common unifying language for the Commonwealth is English. It's the international business language, the international technical language and a liberating language. It is a ticket for a global career.

"Acquiring a second language allows us the ability to articulate our views better, opens the door for wider opportunities, makes us more understanding, helps us to embrace new ideas and feel less isolated.

"English is a true legacy of the Commonwealth. So, as citizens of the Commonwealth, we must make our unique position relevant to our lives," she added.

The diplomat also revealed how the United Kingdom would like to work together with Malaysia on good governance and all those other areas that will help the country become a developed nation; a status achievable in five years' time, in her opinion. A major milestone it would be for Malaysia although it carries great responsibilities, such as freedom of expression but within limits.

This means that Great Britain will help to draw more British investments and partnerships into the country to support Malaysia's aspirations of becoming a hub for

British businesses in ASEAN.

At this point, there are already five British university campuses in Malaysia, which means that Malaysians pursuing a British education need not head to Britain to secure it.

In fact, these campuses also attract students from neighbouring countries, who may feel "at home" in Malaysia due to the Commonwealth bond. There is a familiarity, a comfort and a commonality of the English language. There is the recognition that the constitution and legislation are largely based on the British common law.

She concluded, "Commonwealth nations share a modern, vibrant and relevant relationship because of the legacy of the Commonwealth history, all as a consequence of the Empire."

During her visit to Ipoh, Her Excellency met up with representatives from the state government and the opposition, community leaders, members of non-governmental organisations and local young adults, among others. She also visited an aboriginal village.

Emily Lowe





## News

# Zambry Launches Commemorative Stamp

Dato' Seri DiRaja Dr Zambry Abd Kadir, Menteri Besar, Perak launched the commemorative stamps on Dr A.P.J. Abdul Kalam, (late) former president of India as Scientist, Humanitarian, Luminary and Visionary. The ceremony was organised by the Perak Indian Chamber of Commerce (PICC). During the ceremony held at the Town Hall, the Prestige Stamp Booklet was presented to Zambry by K. Seven Munusamy, President of PICC. T.S. Tirumurti Indian High Commissioner witnessed the ceremony.

Zambry said that Abdul Kalam is not only recognised in India, but throughout the world as a scientist who spearheaded India's space technology programme that earned him the nickname "Missile Man of India". He is a humanitarian who believed in individual progress and motivated people from all walks of life through his messages, speeches and writings which also earned him the title of "People's President". He believed in the equality of mankind and that religious bigotry has no place in the modern world.

Zambry added that Dr Kalam is one real life example of a leader. He died without leaving any property, except for a pair of shoes, a watch, three pieces of suits, six pairs of pants, six shirts and 2,500 books.

Zambry concluded his talk with a quote by Kalam "I'm not a handsome guy, but

I can give my hand-to-someone who needs help."

V. Ponraj, Scientific Advisor to the (Late) Kalam said that Kalam envisioned that ignited minds of the youth are the most powerful resource on earth, above the earth and under the earth. Igniting youthful minds will enable them to achieve greater heights in their academic pursuits and make them enlightened citizens who will bring honour and repute to the nation.

Kalam is the only teacher who met 2.5 million students across the world, interacted with them, answered their questions and made them take an oath to become enlightened citizens to make their respective countries proud.

PICC has set up the Dr A.P.J. Abdul Kalam Human Development Fund.

Abdul Kalam died at the age of 84, on July 27 this year. He collapsed while delivering a lecture at the Indian Institute of Management in Shillong, Meghalaya, and was taken to hospital, where he died two and a half hours later.

A. Jeyaraj



## Lifetime Achievement Award for Grandfathers

Grandparents Day is being celebrated for the first time this year in Malaysia. To commemorate this, Love and Welfare Society, Perak organised Grandparents Day at Syeun Hotel. James Ratnam, President of the Society said we have been celebrating Mother's Day and Father's Day and now we have the opportunity to celebrate Grandfather's Day and we can recognise their role in the family.

Some fifty senior citizens including members from the Senior Methodist Fellowship from Bercham and Canning Garden were present. James' advice to the seniors was to face challenges and accept results, enjoy yourself, forgive and accept forgiveness, accept physical disabilities and remember all of us have to depart one day.

The Society presented Lifetime Achievement Awards to four grandfathers for their outstanding service to society. First of the recipients was Dato' R. Thambipillay, retired OCPD Batu Gajah. Thambipillay is President of Wira Association Malaysia. He is known among his local and Commonwealth friends as the initiator of the Remembrance Day Ceremony at God's Little Acre in Batu Gajah. In 2006 he was awarded an MBE by Queen Elizabeth II. He has authored three books and is still active in a number of NGOs.

The second recipient was P.S. Govindan who comes from a humble family. Due to financial constraints he stopped his education after completing his Higher School Certificate and became a teacher. He retired as headmaster of a government Tamil School, Sungai Pari and has been a mentor for a number of leaders in the community.

The third recipient J.R. Nadarajah is also a retired headmaster of a government Tamil School Sungai Pari. He is an inspiration for many Tamil students and teachers.

The fourth recipient was Joseph Thambiah who is a retired headmaster of Methodist Secondary School, Tanjong Malim. He is one of the pioneer teachers recruited from India in the early fifties to teach in the mission schools. He is a lay priest at St John's Church. Due to his illness he was not able to attend the function.

The recipients were garlanded and given token gifts. All of them are in their late eighties and are still active in social service.

A. Jeyaraj



## Property

# Energiser Celebrates 25 Years

It was a night of energetic dance moves, appreciation and merriment as Energiser Group of Companies celebrated its 25th anniversary with a gala dinner at the Kinta Riverfront Hotel recently. Employees who have been with the company for as long as 20 years were duly recognised.

Besides the explosive hip hop, hypnotic belly dance and live band with powerful vocals, the highlight of the night was the midget dance skit put up by the staff. Then the multi-lingual and multi-talented Louis, who has performed all over the world, kept the audience in stitches with his impersonation of famous singers and his countless wig-changes during his hour-long show.

The night culminated with a lucky draw in which the grand prize winner took home a condominium unit worth RM450,000 at its flagship project, SEGi Enclave in Menglembu, Ipoh.

KK Chang, Managing Director cum CEO of Energiser Group of Companies told

Ipoh Echo, "Like a ship, the voyage never ends. We're ready to face whatever there is in the ocean, as we forge ahead."

Formed in 1990, Energiser Group is a diversified player in the construction industry. Presently it is developing two major projects, namely SEGi Enclave in Menglembu and EduCity at Seri Iskandar with a joint gross development value of about RM2.5 billion.

The SEGi University campus is expected to be completed in the last quarter of 2016 while the UCSI University, the anchor brand institution of the EduCity, is expected to be ready by the end of 2017.

Mei Kuan



## Announcements

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

**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.

**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.

**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**.





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## Activity Centre for the Aged

Established in September last year, the Activity Centre for Older Persons or Pusat Aktiviti Warga Emas at UTC Perak was given its due recognition at the recent National Older Persons Day. It is the most active among the 50 such centres in the country. In just one year, it has registered a total of 1600 members and 18,000 visits.

A strategic cooperation between the Ministry of Women, Family and Community Development, governmental agencies and NGOs, the centre reaches out to the able-bodied elderly through social-support programmes, stimulating activities and providing a place for the oldies to interact thus preventing them from feeling bored and lonely.

"I do aerobics on weekdays, tai chi on Saturdays and exercise on the treadmill on Sundays. It's up to us to join whichever activities we like. I enjoy the unity among the multi-ethnic seniors here and have made a lot of new friends," Vweriah, 69, told Ipoh Echo.

The fun-filled activities, both indoor and outdoor, include aero-dance, singing, handicraft-making, plays, tai chi, educational trips, counselling and talks on current issues such as GST and social media.

Dato' Sri Rohani Abdul Karim, the Minister of Women, Families and Communities Development visited the centre on Wednesday, October 28. According to her,



there are plans to set up a total of 222 centres nation-wide, one for each parliamentary constituency.

"I am moved by the effort of our oldest member, a 92-year-old lady who takes the bus to the centre every day," said Dato' Tan Lian Hoe, the UTC Perak centre chairperson in her speech. She added that some were sent there by their children on their way to work.

The UTC Perak Activity Centre opens daily from 8am to 10pm except on public holidays. Interested readers can call **05 241 3440 / 41** or go to the centre at Lot LB 24 - 27 (UTC 30), Off Jalan Dato' Onn Jaafar, 30300 Ipoh for

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details and to register. There is no registration fee.

The other centre in the state is at Tanjung Malim.

Mei Kuan

## Young Perak

### Ipoh Student Wins International Writing Contest

Angie Lee Xiao Fong, a Senior 2 student at Poi Lam High School, Ipoh is among the top three winners in the writing category at the 2015 International Youth Food Culture Contest. Top winners in both the writing and art categories in this year's contest were announced recently.

International Youth Food Culture Contest is an annual writing and art contest for middle and high school students with a particular focus on food. Every participating student submits a piece of writing or art work focusing on a food related topic, and winners are selected based on the originality of their work as well as the depth of their ideas.

"It is a wonderful opportunity for students to showcase their writing and art skills while exploring their passions and thoughts about food," says Chris Wang, founder and chair of the contest organizing committee. "This year we have received entries from students in North America, Asia, Europe, and Africa, sharing their reflections on the role of food in life and

culture and expressing their thoughts on contributing to a healthier food environment. We are truly grateful that this contest has connected so many around the world in such a positive way."

In her winning piece "When I Think of Food", Angie writes about the diversity and uniqueness of the food culture in Malaysia, and reflects on her personal experience on how, through cooking, her parents instilled love and values in her. Through such reflection, she expresses her heartfelt appreciation for her parents and conveys her strong love for the food culture of Malaysia.

International Youth Food Culture Contest is organised by Youth Food, a non-profit youth organization in California, United States, with the support of food experts and enthusiasts from around the world. Details of the contest can be found at: [www.Youth-Food.org](http://www.Youth-Food.org).





## Deepavali Round-up

### Perodua Celebrates Deepavali

Perodua (Perusahaan Otomobil Kedua) entertained its special guests to an early Deepavali celebration on Thursday, November 5 at Kenny Rogers, Kinta City as part of its Corporate Responsibility Programme. The special guests were orphans and senior citizens from orphanages and welfare homes in and around Ipoh.

Perodua staff spent time distributing school supplies, new clothing and hampers to 104 orphans and 14 senior citizens. Those involved were from Vision Home, Arut Perum Jothy, Praise Girls Home and Gloria Old Folks Home.

Earlier in the day Perodua staff assisted in the cleaning of the orphanages and welfare homes. They took the orphans to buy clothes and school supplies from a nearby shopping mall. They also sent supplies to the welfare home to prepare the occupants for Deepavali.

"We hope our contributions would help make the Festival of Lights that much brighter for those who are celebrating Deepavali and help foster harmony among the races," said Perodua President and CEO, Dato' Aminar Rashid Salleh.

Nantini



### Deepavali Giveaways

Ipoh City Council and the Ipoh's Civil Community Council distributed free grocery supplies to some 200 needy folks during its Sekalung Budi (generosity) programme on November 4. The event was held at City Hall in conjunction with the Deepavali celebration on November 10.

Each received a basket containing rice, coffee, sugar, snacks, cooking oil, flour and cash (duit raya). The recipients were chosen by the Civil Community Council. Although the programme was directed at Indians in general, other races too were included to help spread the Deepavali cheer.

Mayor Dato' Zambri Man, who gave away the presents, thanked the sponsors for their support in making the programme a success.

Among the well-wishers and donors were State Legislative Assembly Speaker, Dato' S.K. Devamany, Bionic Vision Sdn Bhd, Railfreight Engineering and Logistics Sdn Bhd, AD Yusof Enterprise, Vision Success, D.N.S Kacang Putih, Johor Bahru Credit Sdn Bhd, Radiant XE Network and Chua Sin Sdn Bhd.

Nantini



### Making Deepavali Merrier

To ease the burden on families celebrating Deepavali, Perak Barisan Nasional Public Service and Complaints Centre together with Perak Community-Care Society (PMPP) donated RM3000 worth of groceries to twenty five families on November 5.

Necessary items such as condensed milk, sugar, rice, sardine and other essentials were given to them to help bring joy to their festivities, by Representative of Barisan Nasional, Mohamad Rawi bin Abdullah who personally distributed the goodies to the recipients.

"We have been working closely with PMPP to help those who are in need, regardless of their race or religion," he said.

Ili Aqilah

### Deepavali Cheers



Deepavali celebration for 40 low-income families from Kampung Thylee, Jalan Silibin was a delightful one with a visit by Datuk Seri SK Devamany, the new Deputy President of MIC.

Besides building rapport with the community, Devamany came bearing gifts of hampers and clothing for the needy.

According to Devamany, the poor should not be forgotten as they too deserve to experience the joy of the Festival of Lights.

"These gifts, though small, would bring a little cheer to them. We'd try to raise their standard of living in the future," he said during the ceremony.

Held on Sunday, November 8, it was jointly organised by the Perak Media Sports and Welfare Club, Econsave and Chennai Silk Palace.

M. Sivagami, 58, a single mother of two, was glad as the visit would boost the spirit of the poor living in the village.

Old timer K. Nalama, 85, was touched by the gesture. "I'm thankful that there are people out there who still remember us," he said.

Econsave North Zone Operations Manager, Zamzuri Mansor stated that the altruistic effort was part of his company's corporate social responsibility programme.

Rosli Mansor

### CLARIFICATION

"From the Editor's Desk" Ipoh Echo Issue 223. The statement "a simple dinner for two at Pakeeza Restaurant will set you back by RM50" is not directed at the restaurant, per se. It is merely a statement to amplify rising cost of living arising from the imposition of GST. It is applicable to all establishments within the service industry.





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## Education

# Mariaville's Magical Disney Concert and Graduation

Mariaville Good Shepherd Kindergarten held a graduation concert themed "Disney" in conjunction with their 35th anniversary. Children from as young as 4 up to 6 years dressed up as princesses, princes, kings, queens and more in their performances. There were very interesting dances and stage acts by 343 students. In just two sessions of the concert, up to 1500 spectators were seen.

The event started off with the choir. Students sang mixed Disney music which brought back memories of childhood to the audience. A welcome speech which was delivered in Bahasa Melayu, English, Mandarin and even Tamil wowed the audience.

Students were seen dancing "Under the Sea", asking the audience to "Be Our Guest" at the dining table, singing "Heigh Ho" as they worked their way to the gold mine, swinging around like "Tarzan" did on trees, showing how what a "Bug's Life" is all about, dreaming away in "Wonderland", dancing with the prince at "The Ball" and fighting to the song "I'll make a man out of you". They truly brought "A Whole New World" to the audience.

Their Guest of Honour, Encik Aznan Bin Hj Alias (Ketua Sektor Pendidikan Swasta & Pendidikan Khas), JHJ Rogayah Bt Pilus (Guru Besar SK Marian Convent) and Sister Salomi (Good Shepherd) presented graduation certificates to the 6-year-olds who walked up the stage with their heads held high. The Good Shepherd Sisters were also seen at the event.

The event ended with "Top of The World" as a farewell song, with a little twist to the chorus, which was a thank you message to everyone present.



## Conservation

# A Closer Look at Tambun Rock Art – Part 1

Gua Tambun, a shelter that contains the earliest evidence of human occupation in Tambun, Ipoh dating back to as early as approximately 10,000 years ago, is one of the most fascinating rock art sites found thus far in Malaysia. Eleven panels of rock art with more than 600 motifs, Tambun Rock Art undoubtedly demonstrates the living testimony of the ancient man of Tambun.

A photo collection produced recently by Ipohite Sang Tan, an international photo journalist, has allowed us to re-animate the early lifeway of our far far ancestors – from man hunting in the deep jungle of old Tambun to the old landscapes of Gua Tambun – all these paintings carry the hidden and forgotten living stories of prehistoric Malaysia.

Of eleven panels of rock art found in Gua Tambun, many depicted typical hunter-gatherers' ways of life and some, probably, are closely associated with the early spiritual beliefs of the ancient Tambun man.

The rock art of Tambun were produced in at least three different styles namely, X-ray style, solid silhouette, and stippled drawing. X-ray style drawing refers to those drawings comprising of only the skeletal frame and internal organs of animals; silhouette drawing refers to depictions in a single hue or tone/shade; whereas stippled drawing is in the form of motifs/patterns which simulate different degrees of solidity or shades formed by small dots.

At Gua Tambun the most distinctive X-ray style-painting panel, in particular, depicting a wildlife scene with a few "deer" or some refer them as "buffaloes" were wandering around, (presumably) in the jungle of old Tambun. These dark-red X-ray style paintings outline the skeletal frame of these animals and among all, there is one depicting a "pregnant deer" carrying a fawn inside the belly.

Not far to the right of this X-ray panel are some discernible stippled drawings – few lines formed by small dots probably showing human or animal walking tracks.

Solid silhouette drawings, on the other hand, are predominant in Gua Tambun, in which many depictions of animals were drawn in a single hue of shade – whether in red, purple or orange. A very typical example of the solid silhouette drawings is the panel that comprises human figures and a variety of botanical shapes and another panel with various types of ocean creatures.

Sounds interesting? Why don't you come and join us for a closer look at Tambun Rock Art? At present, we offer community heritage workshops at no cost to the public and the programme includes a guided rock-art trail to Gua Tambun with other hands-on activities.

Readers can follow us on Facebook for more updates (Gua Tambun Heritage Awareness Project) or drop us a message at [tambunrockart@gmail.com](mailto:tambunrockart@gmail.com).

Hsiao-Mei Goh



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*X-ray style and stippled drawings of Gua Tambun (Photo by Sang Tan)*



*Silhouette drawings of Gua Tambun (Photo by Sang Tan)*





# The Other Festival

Over the past three weeks, Ipoh Old Town was filled with the arts, culture, food and history all thanks to 'The Other Festival' held by KakiSeni from October 22 to November 8. More than a thousand Ipohites, domestic and international tourists flooded the city to enjoy the sumptuous spread of festivities from historical trails to literary affairs, performance trails to Halloween; screening and storytelling, busking to music showcase, poetry readings to workshops. Supported by the Perak Government and Tourism Perak the festival put Ipoh as the festival destination map alongside with Penang and Kuala Lumpur.

The first week of the festival witnessed the amazing performance by the award-winning Company Man by Cheeky\*Park, coming all the way from Japan. Despite the rain, more than a hundred people sitting and standing in the drizzling rain were awed by the performance which showcased acrobatic circus acts as well as dance and comedy. Local music collective, Projek Rabak played one of the big role in the festival as they were in charge of curating the music scene where people were entertained everyday by local Perak talents alongside great Malaysian music acts at Kong Heng square and Big John's Music Shack. The festival also launched two books by Buku Fixi entitled 'Hard Core' and 'Hungry In Ipoh'.



Trails curated by Bernice Chauly and Patrick Teoh received amazing responses from the audience who were given the privilege to hear Bernice reading on her own turf, the memorial she wrote in tribute to her family and life in Ipoh, after years of reading it around the world. Exclusively for the festival, Perak-born actor and model, Bella Rahim, brought out the spooks during the Halloween weekend with her ghostly storytelling in the banquet hall of the former Majestic Station Hotel.

Kaki Seni also collaborated with Kuala Lumpur-based, theatrethreesixty and Perak Society of Performing Arts (PSPA) for Ascent: These Memories Are Made for Walking, a performance trail that received rave reviews from its participants and also featured a site specific sound installation by the award-winning playwright, Benjamin Yeoh's Yellow Gentleman. Workshops and discussion held through the festival gave experts such as Saidah Rastam and Casey Ng, the platform to talk about Malaysia's history and state of being. Not forgetting the beautiful museum Han Chin Pet Soo, which introduced so many audience members to Ipoh's decadent tin mining history.

## KLK's Day Out with the Children

In conjunction with The Other Festival held recently in Ipoh Old Town, festival partner, Kuala Lumpur Kepong Berhad (KLK), sponsored a Tote Bag Art Competition in selected primary schools across Kinta District. It then hosted a day out in town for 63 underprivileged children, as part of the company's corporate social responsibility programme.

Themed "My Ipoh In The Future", 700 tote bags, produced by Persatuan Daybreak, were distributed to six primary schools. Divided into two categories, based on ages, the children were given two weeks to submit their original artwork illustrating what they envisage Ipoh to be like in the future. The objective was to encourage them to discover the Ipoh of today and find inspiration to share their dreams for an Ipoh of tomorrow.

Over 600 entries were returned and a total of 30 finalists, 15 from each category were selected. Their entries were put on display in Kong Heng Square for a little over a week so everyone who visited could see how Ipoh in the future looked like in the eyes of a child.



Old Town was being overrun with children on Saturday, October 31. Sixty three underprivileged children from Diamond Home Ayer Tawar, Pusat Jagaan Anak Anak Yatim dan Miskin Nurul Iman Manjoi and Rumah Anak Yatim dan Miskin Anning were treated to a day out in town.

Volunteers from KLK's head office in Wisma Taiko took the kids on a heritage trail walk around Old Town before making a pit stop at Sarang Paloh Event Hall for a special round of Tote Art Competition. With help from the volunteers, Nasha and Layla of NashPotatoes and crew from KakiSeni, the kids came up with some amazing artworks in two hours. After a difficult round of judging, Pusat Jagaan Anak Anak Yatim dan Miskin Nurul Iman Manjoi won first prize while Rumah Anak Yatim dan Miskin Anning and Diamond Home Ayer Tawar won second and third prizes, respectively.

The prize-giving ceremony was held in the evening for the 30 finalists from the Tote Bag Art Competition held in schools at Kong Heng Square. Teachers, parents and the finalists were invited for the event.

In Category A, the top prize went to Wan Nur Ainin Sofiya binti Wan Azuan, second to Aisya Sofea binti Khairizal and third prize to Muhammad Adif Putra, all from SK Sri Kinta. In Category B, first spot was won by Azreena Azwa binti Azha from SK Perempuan Methodist, second by Clarina Nicolas Ilamaran also from SK Perempuan Methodist and third placing went to Brandon Loh Kar Wei from SK St. Michael.

Prizes were presented by Lim Poh Poh, Head of KLK CSR and Low Ngai Yuen, President of KakiSeni.

## Closing Ceremony

Held at iconic Ipoh landmark, the Birch Memorial Clock Tower, audiences were fed with the magic of music by Hands Percussion alongside with other entertainers, such as KL's beatbox-acapella group, Colour of Voices and Hands Percussion. The ceremony was closed by Kinta State Cultural Association Chairman, Mohd Yusop bin Othman who couldn't believe the turnout of The Other Festival.

"I am pleased and proud to see how people are awed by our heritage, the performances and are able to experience the city at a more personal level," said Othman.

Ili Aqilah & Ed





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## Arts & Culture

# Storybook of Princesses



**C**lear your schedules on November 22 and book your seat to watch Storybook of Princesses brought to you specially by City Ballet and **organised by Soroptimist International Ipoh (SII).**

"Every girl needs to be brave and chase their dream. Be confident and let the goodness fill our hearts. Be the true princess within ourselves," said the producer of the show who is no stranger to the Perak arts scene, Datin Rosalina Ooi-Thong.

Story Book of Princesses is about Princess Sofia, a village girl who became a princess when her mother married a king. She didn't want to be a princess as she was scared to fit in. But what was most endearing about Sofia's journey was how she was every bit a princess at heart.

"When I first heard about Rosalina's story, I was touched. Every girl is a princess and it's what's in our hearts that matters the most!" said Jean Chai, the current president of SII.

Every two years, City Ballet will run a fundraiser at the Performing Arts Academy for three purposes: to give their students an opportunity to perform; to teach the students that they can help others who are less fortunate and to share a story with a meaningful statement. This year, City Ballet is working with SII to help them fund their current project, the Edufun Centre.

SII launched the project in November 2012, with its main objective to help children from broken and problematic homes in Buntong. SII rented a flat to provide a safe haven where the kids are encouraged academically, socially and morally. Nutritious meals are provided every weekday and dance classes are held once a week for the kids, which they enjoy thoroughly. The centre currently manages twenty kids and through the fundraising project with City Ballet, Jean hopes they can help more kids in the future.

Tickets available for the show are priced from RM120, RM100 and RM80. There will be two sessions available on the day, 4.30pm and 8pm. For more information about City Ballet or the Storybook of Princesses, contact Datin Rosalina at **012 505 2192**.

For tickets contact: Jean Chai **012 588 2313** or Yip Siew Keen **012 521 2480**.

**Ili Aqilah**

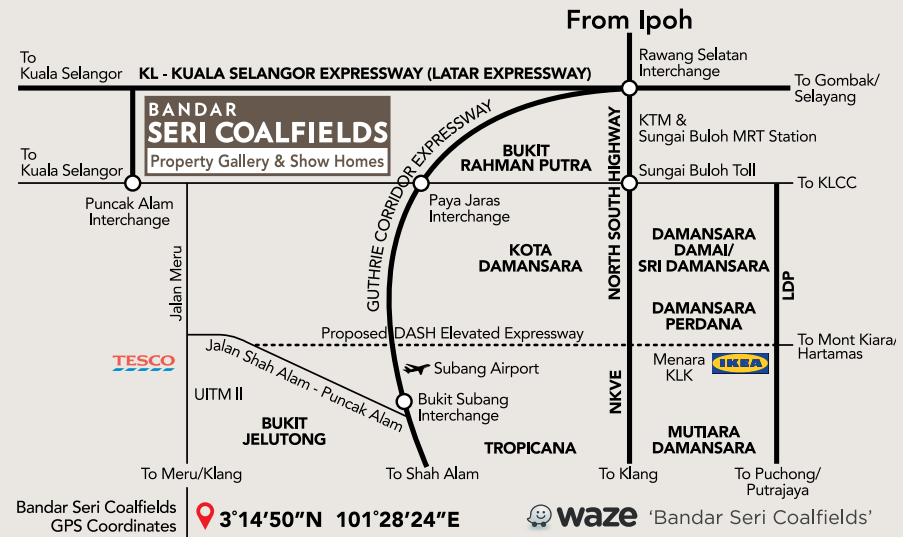




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