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ASK YOUR NEWSVENDOR

ISSUE **231**

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## STRANGE BEDFELLOWS



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## PWW Celebrates Women's Day

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# Expectations Over Reality?

By Ili Aqilah and Nantini Krishnan

Last May 2015, minister in the Prime Minister's department, Datuk Abdul Wahid Omar admitted that over 161,000 graduates or 8.8 per cent of youths, aged between 20 to 24 years old, had yet to find jobs. Malaysia's youth unemployment rate was recorded at 10.4 per cent, higher than Singapore (7 per cent) and Thailand (3.4 per cent). These worrying numbers led Ipoh Echo's team to investigate what went wrong. Are our youths too picky in selecting jobs? Are there any job vacancies left for them, now that the economy isn't doing well? We sat down with a group of students to discuss their future and their entering the working world and the horror of being unemployed.

*Continued on page 2*







## Are our Malaysian graduates picky when it comes to job selection?

Graduates tend to be too choosy about the jobs they pick. Everyone has that ideal job that they strive to attain. Perfect company culture, room for advancement, great pay and benefits and awesome co-workers. What more could a person ask for? Reality is likely to be a disappointment when you begin looking for a job and realise that the ideal is few and far between. When graduates demand so many perks and benefits, they end up losing an opportunity that could benefit them in the long run. Ultimately, they deprive themselves of the larger benefits of gaining professional exposure and enhancing career profile.

According to Kavinesshen Selvarajah, 25, a fresh graduate from University Malaysia Pahang, many are willing to take the leap from student life into career but not all are taking it seriously, causing the increasing unemployment rate. Besides, many are less concerned about market demand and don't question themselves if they have what it takes to be one of the best in their respective field. Also, many are willing to emigrate overseas looking for better job opportunities.

Nor Farhana, 26, a fresh graduate from Universiti Teknologi Mara, Shah Alam, said that "Obviously the current economic downturn in Malaysia is causing many fresh graduates or even experienced ones to not be able to secure a job. Some are even getting retrenched from their current jobs. As for me I don't expect everything to come easily. Get experience and be willing to work anywhere as long as it is a decent job. Even if I can't secure a job now, I can always learn to find my own job, like do online business, meanwhile waiting to be hired."

"I do think that there are still sufficient job opportunities in Malaysia. However, we're also learning about the unemployment rate of fresh graduates in the country. My philosophy is to ask what I can do for the company, and not what the job will lead me to. We can't expect any company to blindly hire us and pay us high salaries, or provide us comfortable dream jobs without first proving our capabilities to them. We shouldn't have too high expectations about the salary and the returns of the job because employers are the ones who are expecting something from us," said Sia Woon Ann, 23, student from Universiti Tunku Abdul Rahman (UTAR).

### Selecting the right course

In choosing courses in universities/colleges, students should pay special attention. Subject choice is important. Read all the course descriptions for the courses you are applying for and check the career demand for the course. Do not ever apply for any course in the hope that you can swap to something else that is more interesting or you don't currently have the grades for at the start of term. Universities aren't to be trifled with; if the swap doesn't happen, you could get stuck on a 3-year course you never actually wanted to do at all.

Students also should pick courses based on their capabilities and not based on popularity. For example, if you are not capable in Engineering, putting yourself through the course is not going to make you more employable in the Engineering markets.

Ipoh Echo asked a number of young graduates and final year students from different universities, their advice for others on selecting their future course.

"Choose what you love, and love what you choose. Never restrict ourselves in making choices. Instead, we should understand our strengths and weaknesses, and try to leave ourselves with more options. It's good to open ourselves to whatever possibilities that may come!" said Ong Sing Hui, 26, who is studying in UTAR.



Chong Teck Chen



Loo Xiao Ying



Siti Shahirah



Sia Woon Ann

For Munny Chai Wai Mun, she believes in doing something with love and interest as that will be the only thing that drives you to be better. "Avoid following the crowd. Many students base their decisions on their friends and family. There is nothing wrong in that, but try imagining if all the passengers in the subway are walking towards the same direction to the front coach. Why can't we walk in the opposite direction to a different coach?" said Munny, 22, who is in her third year of Bachelor of Marketing at UTAR.

### What's the end game?

With the unemployment rate getting higher, especially among the youths, it is indeed the time to think outside the box. Instead of waiting for it, why don't we create a job? For Siti Shahirah, 22, and Loo Xiao Ying, 19, who are both students at Sunway College Ipoh, they decided to plan ahead before graduating.

"The job market is competitive. We are currently working on a business project together where we will use the social media as the marketing platform. It is still relatively new, but we hope we will rise to success," said Siti Shahirah who is currently doing her diploma in business administration.

However, many future and fresh grads are still keen on applying for jobs despite the competitive market as it will be hard for them to start on their own.

"The dream is to open my own firm. To do so, I need to have the experience and learn from the seniors before opening up my own company," said Chong Teck Shen, 21, who is currently doing ACCA at Sunway College Ipoh.

The question, remains: What is the end game for our future grads? Can they afford to be picky during this period of time? With the unstable economy we are facing now, it seems like they have no choice but to just go with any offer they can get, unless they can handle the risk of self-entrepreneurship. Revathy Ganesan, 23, who just completed her Bachelor of Science in Chemistry at UTAR believes in choosing the course that has a good career demand in future,

"I am currently working so I can gain some industrial experience before pursuing my Master's," said Revathy who agrees that it is common to see graduates working in jobs that is different from their field of study.

Yong Say Fong, who is in his final year of Bachelor of Business Administration at UTAR, has a different opinion, "I believe in passion. That is what will keep us going. We need to follow our passion no matter what and how. Be different. After all, we only live once," said the 21-year-old lad.

Work harder, be smarter and grab as many opportunities as you can because you will never know where it will bring you. Either you are doing the course that you like or the course that is in demand, do your best to succeed appears to be the general consensus.

As for the three fresh graduate reporters at Ipoh Echo, the two authors of this article and Mei Kuan, "we're thrilled to have been given the opportunity to be hired by Ipoh Echo as fresh graduates. We find our work challenging and stimulating and we're learning new things every day. The life and business lessons we're learning will stand us in good stead for our future."

Good luck to our future grads.



Munny Chan



Revanthi Ganesan



Kavinesshen Selvarajah



Nor Farhana



IPOH **echo**

• From the Editor's Desk  
By Fathol Zaman Bukhari

# STRANGE BEDFELLOWS

*Naivety was definitely not the reason why these strange bedfellows got together and signed a citizens' declaration...*

I have long wanted to meet and hear out the much-touted Rafizi Ramli, Vice President and Secretary General of the People's Justice Party or Parti Keadilan Rakyat (PKR). Rafizi is the Member of Parliament for Pandan, Selangor and is the co-founder of the National Oversight and Whistleblowers. He won the Pandan federal seat in the 2013 General Elections defeating Ong Tee Keat of the Malaysian Chinese Association by 26,729 votes, almost double the number received by incumbent Ong.

Rafizi, 38, is from humble origins. His parents were rubber tappers in Besut, Terengganu. He was a champion debater at the Malay College Kuala Kangsar. He did his tertiary education at the University of Leeds majoring in electrical engineering. He then worked for an accountant's firm in the United Kingdom while taking a professional course and qualified as a chartered accountant. Upon returning to Malaysia in 2003, Rafizi worked for Petronas till 2009.

Rafizi Ramli, a staunch critic of the Barisan Nasional-led government has exposed many ill-doings by people in high offices. Among them was the National Feedlot Corporation scandal involving the then Women, Family and Community Development Minister, Shahrizat Abdul Jalil. Shahrizat and her family were accused of misusing RM250 million in public funds meant for a state cattle farm in Gemas, Negeri Sembilan. The scandal is popularly known as "Cattlegate". The mere mention of the word brings to mind a defiant and unremorseful Shahrizat always insisting her innocence. And for that, Rafizi has been on the police watch list ever since. The hunter is now the hunted.

My prayers were finally answered when I received a text message from a friend saying that Rafizi would be at a PKR-organised forum titled, "Is Najib out of the Woods" at Symphony Suites Hotel, Ipoh on Friday, March 4. My wife and I were at the 10th floor meeting hall well before 7.30pm, the appointed time. Regardless of whichever camp one is affiliated to, flexi-time has affected all Malaysians and Rafizi is no exception.

The talk began at 8.30pm with only two of the three speakers present – Sivarasa Rasiah and Khalid Jaafar. Rafizi was on his way from KL after signing the momentous



*Deklarasi Rakyat* or the Citizens' Declaration to remove Najib. The paper bore the signatures of 58 prominent politicians, led by former Prime Minister Tun Dr Mahathir Mohammad.

Among those who signed the declaration were Opposition Leader Lim Kit Siang, former Bar Council President Ambiga Sreenevasan, PAS Election Director Mustafa Ali, former Kedah Menteri Besar Mukhariz Mahathir and Parti Amanah President Mohamed Sabu. Strange bedfellows by any definition – individuals whom no one would have dreamed of working together, let alone sit on the same table with a singular motive – the removal of a serving prime minister. Rafizi Ramli was among the group of 58, and that was reason enough for him to be late for the Ipoh appointment. But none of the 150-odd attendees in the hall complained.

When the protagonist strode in, 45 minutes later, he was greeted with a subdued applause. It was obvious that the audience, a mixture of old and young, was there to hear this very erudite politician

speak. I was impressed by his drive and vitality, for in spite of a tedious day out in the open, Rafizi still had the energy to articulate his arguments regarding the state of affairs of this bountiful nation under premier Najib.

The absence of PKR President, Wan Azizah among the signatories was answered. "She's beyond mere politics," said Rafizi. "The country is heading the way of Greece if nothing is done," he insisted. So naivety was definitely not the reason why these strange bedfellows got together and signed a citizens' declaration. And to those who regard this as an act of desperation, do they have a Plan B? The country is on a downward spiral and like a drowning man we are grasping at straws.

Rafizi raised one pertinent point about Malay voters which got me thinking. He said the long-held belief that rural Malays were the ones responsible for Umno's continued existence was a fallacy. "Urban Malays who had benefitted from Umno's affirmative policies are the ones."

## EYE HEALTH



**World Glaucoma Week**  
AWARENESS SERIES

In conjunction with World Glaucoma Week 2016 from 6-12th March, Ipoh Echo talks to Consultant Eye Surgeon Dr S.S. Gill about this "silent thief of sight." – PART 2



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

**G**laucoma, as you know, has been nicknamed the "silent thief of sight". This disease results in **permanent irreversible blindness** in the affected eye(s) that often goes unnoticed until the loss of vision is advanced.

### What do you mean by "SILENT" or UNNOTICED LOSS OF VISION?

In Primary Open Angle Glaucoma and Normal Tension Glaucoma, the **visual loss occurs very slowly** without the patient ever noticing until the disease is in its advanced stage. You may wonder how a person can be losing vision without noticing it? Well, this is because the **visual loss is from the periphery**.

This vision loss is typically described as "tunnel vision" because it starts from the periphery and moves slowly to a central total loss of vision. Furthermore, glaucoma is "silent" because it does **not cause any acute pain or symptoms**.

### EARLY GLAUCOMA

This picture simulates the early tunnel vision that a glaucoma patient may experience. A major part of the central vision is good and the patient is still able to see well. The loss of vision noticed around the periphery can only be detected by specialised testing known as Perimetry or **Visual Field Testing**.



### ADVANCED GLAUCOMA

This picture shows advanced glaucoma. Most of the peripheral vision has been lost here. Only a small tunnel of vision is left. At this stage, the patient usually experiences **difficulty moving around in poorly lit places** or outdoors at night. Many people end up seeking treatment at this stage when a significant vision loss has already occurred.



I have had patients walk into my consultation complaining of poor vision in one eye, only to be found to have advanced glaucoma. This happens in cases where regular eye checks have not been the norm until such advanced symptoms have come about. The other unfortunate thing for such a patient is that whatever vision that has already been lost **cannot be reversed**. In other words, any vision loss that has already occurred before diagnosis remains **permanent**. It is for this reason that those **above 40 years of age should have their eyes checked routinely** as part of their general health screening.

More on Glaucoma in the next issue of the Ipoh Echo. For more information, call Gill Eye Centre at Hospital Fatimah on **05-5455582** or email [gillyeyecentre@dr.com](mailto:gillyeyecentre@dr.com).

# EDUCATION ABROAD

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A-G-1, No. 1 Persiaran  
Greentown 2, Greentown  
Business Centre, 30450  
Ipoh Perak Darul Ridzuan.  
Tel: (605) 249 5936  
Fax: (605) 255 2181  
Email: [editorial@ipohecho.com.my](mailto:editorial@ipohecho.com.my)

## EDITORIAL

Fathol Zaman Bukhari  
G. Sivapragasam

## GRAPHIC DESIGN

Rosli Mansor Ahd Razali  
Luqman Hakim Md Radzi

## MARKETING &amp; DISTRIBUTION MANAGER

Deanna Lim

## REPORTERS

Ili Aqilah Yus Amirul  
Nantini Krishnan  
Tan Mei Kuan

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## PRINTER

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Seksyen 15, 40200 Shah  
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## USEFUL CONTACTS

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# S. Durga Devi's life could have been saved, if her neighbours had acted sooner

The teenager, S. Durga Devi, was only seventeen when she died, at the hands of her violent 27-year-old boyfriend.

Her lifeless body was found on the floor of her living room, when the police were summoned to investigate, at 7.30am, by a neighbour. Her face had been badly battered, as a result of being punched. The house at Simpang Pulai, had belonged to her in-laws and she had only been married for one year. They had no children.

According to the papers, her neighbours told police, that the couple had been having heated arguments throughout the night. The Ipoh police chief (IPC) Sum Chang Keong said that one neighbour called the police and told them that he had heard loud arguments between midnight and 5am.

Why didn't her neighbours alert the police earlier? If the newspaper report is correct, then the argument had been going on for five hours. If only they had contacted police soon after midnight, or at 5am, when the noise stopped. Perhaps, Devi may have been saved.

The IPC said that the argument was a domestic dispute and that Devi's body had been sent to the Raja Permaisuri Bainun Hospital, for a post mortem. He confirmed that traces of blood found near the scene had been sent for forensic examination, but no weapons had been seized.

Was Devi's husband so violent, that the neighbours feared he would turn on them, if they were to intervene? Was this the couple's first violent fight or had there been others before? Had the police been summoned to the house in the past?

Devi was killed ten days before the International Women's Day. Is the nation doing enough to tackle violence in the home, as too many women are dying at the hands of their husbands?

Is enough support made available, and are there sufficient centres of refuge, for women, and their children, who are victims of domestic violence? Is the government able to stem the high rate of domestic violence? Is the government able to help create jobs for women, and make them more independent?

Are there enough people to support these women and counsel them? Do the women have access to funds, to support them, in times of emergency, especially if many victims had to leave home? Have they access to legal aid, if they had to fight their husbands in the law courts?

Many women who gave up their careers, to bring up a family whilst the husband concentrated on his career, may be turfed-out of the family home, after a marital dispute. For some, especially those who did not complete their education, life is extremely difficult, because without skills, they are not easily employable.

If there are children, do the mothers have access to cheap or free child care, whilst they try to rebuild their lives? Not many people wish to return to their parents home. On the other hand, their families may not be as accommodating as they would like them to be. The



## THINKING ALLOWED

by Mariam Mokhtar

families could be located in a village, but for easy access to jobs, these women would prefer to remain in a city.

Some women claim that their mothers, try to persuade them to return to their husbands, and reconcile their differences with him. Others claim that a marital dispute would bring shame on the family.

Why do some Malaysian men find it hard to respect women's rights? Some of them believe that it is their right, as

husbands or boyfriends to treat their women as children, or as their private property.

Whilst it is acknowledged that the police have become more receptive to the needs of women suffering from domestic violence, there is still a long way to go towards creating greater awareness.

*In Ipoh there is a non-governmental organisation (NGO) dedicated to the care of abused women and children. It is known as the Perak Women for Women Society (PWW). Formed in 2003, the society is located at No. 52 Jalan Sultan Azlan Shah, Ipoh, and can be reached at 05 546 9715. The NGO not only counsels troubled women but manages a half-way house for their care too.*

### Dr Saravana K.

Consultant Physician, Gastroenterologist & Hepatologist

### Digestive Health

#### Eosinophilic Esophagitis

Eosinophilic esophagitis is an allergic reaction in which the lining of your esophagus reacts to allergens, such as food or pollen. Eosinophils are a normal type of white blood cells present in your digestive tract, but in eosinophilic esophagitis they multiply in your esophagus. The eosinophils produce a protein that causes inflammation, which can lead to scarring, narrowing and formation of excessive fibrous tissue in the lining of your esophagus.



#### What are the symptoms of eosinophilic esophagitis?

Patients may experience symptoms such as heartburn, regurgitation, chest pain and difficulty swallowing. Adolescents and adults with eosinophilic esophagitis frequently complain of intermittent swallowing problems; infants and young children may develop feeding disorders leading to poor weight gain. In a small number of cases, eosinophilic esophagitis leads to the development of an extremely narrowed esophagus and occasionally food may get stuck in the esophagus and require emergency removal.

#### How is eosinophilic esophagitis diagnosed?

Currently, it is diagnosed by upper endoscopy and biopsy. The endoscopy sometimes reveals rings, white plaques (patches), or grooves in the esophagus. However, it may be present even if the esophagus looks normal. That is why biopsy samples are taken. Biopsy samples look for an overabundance of eosinophils in the esophageal tissue. Sometimes multiple biopsies may need to be taken.

People with eosinophilic esophagitis may also have food allergies, environmental allergies, asthma, atopic dermatitis or chronic respiratory disease.

#### You may be given some additional tests to confirm the diagnosis and to begin to look for the sources of your allergic reaction (allergens).

- You may be given a blood test to look for higher than normal eosinophil counts or total immunoglobulin E (IgE) levels, suggesting allergy.
- Medication trials. You may be given anti-reflux medication, specifically proton pump inhibitors (PPIs), to see if your symptoms improve. After 8 weeks, you will have a repeat endoscopy to see how healing has progressed.

#### Treatments and drugs

Eosinophilic esophagitis is considered a chronic relapsing disease, meaning that most people will require ongoing treatment to control their symptoms. Treatment will involve one or more of the following:

##### Dietary therapy

Depending on your response to tests for food allergies, your doctor may recommend that you stop eating certain foods, such as dairy or wheat products, to relieve your symptoms and reduce inflammation. A more limited diet is sometimes required. Your doctor may refer you to an allergist for specific recommendations.

##### Medication

Your doctor will likely first prescribe an acid blocker such as a PPI. This treatment is the easiest to use, but most people's symptoms don't improve. If you do not respond to the PPI, your doctor will then likely prescribe a topical steroid, such as fluticasone or budesonide, which is taken orally to treat eosinophilic esophagitis.

This type of steroid is not absorbed into the bloodstream, so you are unlikely to have the typical side effects often associated with steroids. If a topical steroid is not effective or you need more immediate symptom relief, you may be prescribed prednisone.

Steroids may decrease the buildup of eosinophils in the esophagus, reduce the inflammation associated with an allergic reaction, and allow your esophagus to heal. Some people may need to take steroids on an ongoing basis.

If you experience severe narrowing (strictures) of your esophagus, your doctor may recommend dilation to help make swallowing easier. Dilation may be used if steroids are not helpful.

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).

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## ON IPOH FOOD

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



# SeeFoon Gets All Steamed Up Over Fish

It's quite amazing how certain locations are famous for certain dishes and Rawang is one of them. I have heard of their famous steamed Tilapia but have never had the pleasure of actually tasting it. Now I won't have to go to Rawang for this delectable dish. It is right on our doorstep with the opening of the **Rawang Famous Steam Fish**.

Located at a corner shop lot adjacent to the Symphony Suites Hotel, this newly-opened restaurant is 'coffee-shop' style with ample fans and because it is a corner shop, is sufficiently airy for the group of us who were there, not to be affected by the heat.

Of course the first thing we ordered was the **famous steamed fish**. This is black Tilapia, live from the tank in the kitchen, which they source locally and steamed to perfection with the very special Betong ginger. Again having heard about this special ginger for quite some time, and never having tasted it, I was delighted to notice that not only do they sell this at the restaurant (raw) for takeaway but they use it generously on their fish lending a particularly special fragrance unlike ordinary ginger. **RM30** for a medium size fish.

Another signature dish here is their **Odyssey Soup**, pig's stomach stuffed with a kampung chicken and steamed till tender. This is then cut up and served, the pig's stomach thick and succulent, (unlike some other places where they tend to be thin and puny) and the broth robust and umami. The tureen was so large that even between the six of us at the table, we couldn't eat it all and ended up taking half of it home, which suited me to a T as I absolutely adore offal – **RM78**.

The **fried Kangkung** with *sambal belacan* had very good 'wok hei' (wok energy) and was devoured quickly – **RM8**; as was the **Dong Po Rou**, a thick slab of well braised belly pork, the skin and fat cooked to a jelly consistency and was absolutely melt-in-the-mouth delectable, the saucing done perfectly – **RM22**.

We then had the deep **fried Ham Dan squid**, crispy morsels of squid coated with salted egg yoke and flavoured with curry leaves and hints of chilli. Yummilicious **RM16**; followed by the **Loufah Tofu**, the tofu velvety smooth in a sauce made more umami by the generous addition of crab meat – **RM19**.

The crème de la crème of the evening's menu had to be the **Pork Trotter**, a humongous Pig's Trotter deep fried (presumably after steaming) with the skin still crispy and the meat inside falling off the bone, tendons and sinews reduced to jelly and paired with the black pepper sauce that was slightly on the sweet side, was heavenly. Despite our best efforts to do justice to the dish, the portion was so large that again we had to take a big portion home – **RM60**.



We then followed all this up with taster portions of their **Kam Heong kampung chicken**, marinated with *Tong Kwai* (Chinese Angelica), steamed and ladled with hot oil. Excellent flavour – **RM16** and their **cheesy prawns**, large seawater prawns cooked in the shell and served with a cheese sauce, an interesting fusion delight at **RM30**.

Victor Lee, together with his sister Vicky run this restaurant and it is interesting to note that young as this brother and sister team is, they are passionate about what they do and can be seen busily keeping customers happy, explaining the menu and keeping their team of Iban workers on their toes. This is no struggling pair needing to survive, instead coming from a well-to-do family and in fact Victor, who gave me his card, has a B.A. in Management Studies from the UK.

When asked what prompted him to open this restaurant and naming it Rawang Famous Steam Fish, he said, "There is no harm in riding on the wave of popularity of a famous product. We are using fish sourced locally in Perak which helps our economy and along the way, delivering a superior dish for Ipohites. My love of food has been my passion for a long time and this restaurant is the fulfilment of a dream. I hope to be able to create more innovative dishes as we go along."

At which point he urged us to try one of these innovations, the '**Yu Tsu Gai**' or **suckling pig chicken**, drumsticks, deboned, chopped up and roasted, with the crispy chicken skin on top to resemble the crispy skin of the suckling pig. Indeed on tasting, the chicken skin was crispy and while not crackling as in suckling pig, it bore some resemblance especially when served with the suckling pig sweet sauce. Now if he would add the pancake and scallions, diners can certainly pretend to be having an economical version of the very pricey suckling pig. **RM16** per portion.



**Rawang Famous Steam Fish**  
1 Jalan Lapangan Symphony, 31350 Ipoh.  
Tel: 05 311 0854  
Business Hours: 12pm-3pm; 6pm-10pm;  
7 days a week  
GPS: N 4° 34.124' E 101° 6.82'



## Nosh News

Calling coffee lovers! Coming all the way from Northern Thailand, the fresh coffee beans of Doi Chaang village will guarantee to feed your craving for a good cup of joe!

Located at Jalan Medan Ipoh, the humble Doi Chaang Coffee Ipoh began their operation a year ago. There are currently twelve branches of Doi Chaang Coffee in Malaysia; eight in Selangor, one in Melaka, two in Johor and one in Ipoh. The coffee from this cafe is planted, harvested and processed at Doi Chaang, Thailand.

"Back in the 80s, it was such a difficult time for the people in Doi Chaang as the place is situated in the golden triangle of Thailand where they were planting opium and selling drugs. Ever since the King and the government recognised the potential in Doi Chaang to produce good coffee, things are getting better for the Akha tribe, the ones who produce these good coffee beans," said Jeremy Chan, the director of Morning Jolt.

There are over sixteen different coffee drinks to try such as Caramel Latte Macchiato (RM10.80/RM12.80), Americano (single: RM6.80/RM8.80, double RM7.8/RM9.80), Cafe Latte or customers' favourite, Ice Doi Chaang (RM10.80). Assorted teas are also



## Doi Chaang Coffee by Morning Jolt

Ili Aqilah



available for non-coffee drinkers. The teas are served hot only and ranges from RM8.90 to RM9.90.

Light meals such as bread, salads, pasta and assorted cakes that are baked by Jeremy's sister are also available at the cafe. Aside from drinks and snacks, Doi Chaang also sells coffee beans, french press and a wide range of Malaysian-made soda called The Tapping Tapir priced at RM10.80 per bottle. There are currently seven different flavours to try. Another Malaysian made product called The Grand Hornbill (100% naturally brewed sparkling iced tea that comes in three different flavours), priced at RM10.80, is also available in the cafe.

Doi Chaang Coffee by Morning Jolt Ipoh is located at 28 Jalan Medan Ipoh 9, Bandar Baru Medan Ipoh or call them at **05 541 2485** or check out their facebook page at Doi Chaang Coffee by Morning Jolt - Ipoh or their instagram at @doichangmjipoh.





## Government

# Ipoh City Council Round-up



### IServe Counter

Ipoh City Council (MBI) as the major local council in Perak, will upgrade its front-line service by introducing a system known as the "IServe Counter" (1Malaysia Customer Service of Civil Servants), another transformational initiative that has been implemented by the government via the National Blue Ocean Strategy (NBOS) approach.

The objective is to ensure that the success of the IServe Counter is in line with NBOS's goal of achieving maximum impact with minimum cost and time expenditure.

Ipoh City Council is expected to implement the IServe Counter in June or July. It will identify the kind of services to be rendered, suitable personnel, training, schedules and others.

According to mayor, Dato' Zamri Man, the implementation of the IServe Counter initiative will help provide a platform for the Council's front-liners to continuously provide effective and excellent services to ratepayers. Zamri revealed the plan during the monthly Council Full Board Meeting on Friday, February 26.

### Fifth Car-Free Day

The monthly "Car Free Day" (CFD) programme by Ipoh City Council had a special theme in its fifth edition along one half of Jalan Raja DiHilir (Tambun Road) on Sunday, February 28.

Mayor Dato' Zamri Man said that the Chinese New Year theme was to celebrate the lunar year which had just passed. It drew over 3000 participants and visitors. Zamri confided that the CFD programmes were among the factors that drew visitors to Ipoh.

"Among the attractions were lion dances, aerobics, percussion and angklung performances besides the usual busking, cycling and roller-skating," he added. "Various events will be added from time to time. Incidentally, participants who joined us since the first CFD are still with us and will continue to do so," he told reporters.

### Celebrating Birthdays

Mayor Dato' Zamri Man and Council Secretary Mohd Zakuan Zakaria hosted a birthday celebration for all Council staff born in February at Level 2 of the Council Headquarters on Monday, February 29.

The decision was made rather spontaneously when it was discovered that a member of the council's staff was born on the auspicious day – a leap year.

Ahmad Faizal Ramli, a general worker with the Engineering Department, was born on February 29, 1976. He began his career with Ipoh City Council in 1994 and has served 22 years. The special occasion included 389 other February-born staff holding various positions in the Council.

### Mayor's Walkabout

The presence of mayor, Dato' Zamri Man, at business premises around Ipoh on Tuesday,

March 1 surprised everyone in the vicinity.

Zamri spent time visiting Ipoh Old Town while mingling with the business community and residents of the area. He greeted Council workers at Jalan Silibin and bought them drinks.

This face-to-face approach by the mayor served to foster healthy relationships with Ipohites, as well as keeping him abreast with problems faced by residents, per se.

### New Council Members Appointed

Two new council members of the Ipoh City Council were appointed on Monday, March 7 at the City Council meeting hall. They were Dato' Thangarajah Raman, Malaysian Indian Congress (MIC) Ipoh Barat Division Deputy Chief and Shahul Hamid Mydin Shah, MIC Tambun Division Chief.

Dato' Thangarajah is a businessman while Shahul Hamid Mydin Shah is a former headmaster who won the 2009 National Model Teacher Award. Shahul Hamid was an Ipoh City Council member from 2009-2013.

The event was graced by Mayor Dato' Zamri bin Man.

### Low-carbon Community Programme

Ipoh City Council (MBI) in collaboration with Malaysian Greentech Corporation (MGTC) and the Ministry of Energy, Green Technology and Water (KeTTHA) organised a programme named "TOWNHALL" Low-Carbon Community on Tuesday, March 8 at the Ipoh Town Hall.

The programme was intended to provide a brief exposure regarding the Low-Carbon Cities Framework. It was aimed at encouraging the participation, in terms of strategic cooperative measures, with local authorities in carrying out low-carbon community initiatives in line with the Green Technology principles.

According to Mayor, Dato' Zamri Man, this was the second visit by MGTC and KeTTHA to Ipoh to brief public agencies and local authorities from the Northern zone of Peninsular Malaysia.

"I'm touched by the presence of participants from all the northern states of the Peninsular. May this assembly be a stepping stone for our collaborative efforts to make the Low-Carbon Community programme a success," he said.

Present at the briefing was Dato' Lee Took Gee, the Secretary-General of Ministry of Energy, Green Technology and Water. She spoke at length on ways to reduce carbon emissions, covering several aspects including strengthening of the industrial structure, development of green industry, expansion of green technology application, encouragement of a greener lifestyle, increased productivity and optimal utilisation.

Nantini

## Arts and Culture

# Ipoh Cultural Showcase



Preserving culture and art has always been one of Perak Department for Culture and Art's (JKKNP) main goals. With that in mind, the team has launched its 'Ipoh Cultural Showcase' (ICS) scheduled to start on March 14. The show will be focussing on educating the public about Malay culture.

"Based on our current weekly show, we have received a lot of positive feedback especially from college and university students. We have received guests coming from

Universiti Teknologi Mara (UiTM) Tapah, Ungku Omar Polytechnic (PUO), Universiti Pendidikan Sultan Idris Shah (UPSI), MARA Polytech College (KPTM) Ipoh and many more," said Jasmi Rasit the current director of JKKNP.

The one-hour showcase consists of several segments including an Interactive Segment where the audience will get a chance to learn Perak's traditional Malay dance called Dabus and the lesson will be conducted by the experienced dancers of JKKNP. Visitors of ICS will also get the chance to visit the art gallery at JKKNP where there is an exhibition on Perak traditional attire, classic traditional games and many more.

Interested readers who are keen on going to ICS can go to JKKNP every first and third Friday or visit the People's Park at Jalan Bijih Timah every second and fourth Friday.

Rosli Mansor

## Han Chin Pet Soo



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## Announcement



## Fundraising for Perak Parkinson's Association

The 4th World Parkinson's Congress (WPC 2016), an international forum showcasing the latest development in the world of Parkinson's disease, will be held from Tuesday, September 20 to Friday, September 23 at Portland, Oregon, USA. Everyone in the community who is touched by Parkinson's, whether a patient, researcher, family member, clinician, nurse, rehab specialist, or just an interested person, is welcome to attend the WPC.

Here, the Perak Parkinson's Association aspires to provide young neurologists, nurses, physical and occupational therapists, people with Parkinson's and caregivers an opportunity to attend this triennial forum for dialogue on the latest scientific discoveries, medical practices and caregiver initiatives related to the devastating disease. To date, there are only six qualified Parkinson's specialist in Malaysia having subspecialties practice in treating the disease.

To accommodate the travel and accommodation cost of 30-40 attendees, up to RM300,000 needs to be raised. Readers who would like to donate, kindly contact Samuel Ng, President of the Perak Parkinson's Association cum WPC 2016 ambassador at **012 557 1682**. The association is located at 128 Jalan Hala Wah Keong, Taman Mirindy, 31400 Ipoh, Perak and could be contacted at **05 545 5610**. Meanwhile, further details on WPC 2016 could be obtained from [www.wpc2016.org](http://www.wpc2016.org).

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23. Banyan Beauty, 40 Jln Raja Dihilir. Tel: 05-2426866/012-5073866
24. Ipoh Echo's office





## News

# Botany and Tourism

Perak Academy hosted Professor Emeritus Dato' Dr Abdul Latiff Mohamad in its third talk of the 17th Perak Lectures series. The talk was held at the Perak Academy premises along Jalan Tun Sambanthan on Thursday, March 3.

The former professor of plant taxonomy and biodiversity has been actively involved in leading scientific expeditions throughout his career.

"There're four species of *Rafflesia* in Peninsular and Perak has it all. I would like to relate that to tourism, as everyone likes to observe and photograph the flower. We'd predict the blooming and you could alert the surrounding hotels. The blooming lasts from four to five days, so you won't miss it. Then, the caretaker would be able to make some money for conservation by charging visitors accordingly. This formula has been used by Sabah successfully," the 67-year-old expert said.

"How lucky Perakians are to have the best-managed mangroves in the country, in Matang. The present Sultan is very enthusiastic in looking after the botanical assets," added Abdul Latiff who hails from Kelantan.

One of his interesting mentions was the Perak flower, "*Perakanthus velutinus*" found in the state. "Anthus" means flower while "velutinus" refers to the velvety texture of



L-R: Datuk Seri Lim Chong Keat and Professor Emeritus Dato' Dr Abdul Latiff Mohamad

the hairy leaves when touched. This was the first plant named after a state in Malaysia.

To him, ecotourism means conservation and a win-win situation because the eco-tourists of today are an educated lot who believe in sustainable development.

Datuk Seri Lim Chong Keat, a Fellow of the Perak Academy also gave a short presentation. He is the honorary editor of *Folia Malaysiana*, a magazine devoted to botanical knowledge and the founder of Suriana Botanical Garden, a private botanic garden dedicated to plant research and conservation of endangered native flora.

"The real problem we're facing in our country is that we don't have enough young people engaged in botanical research. We need about ten times more botanists than what we have today," Datuk Seri Lim exclaimed.

Present at the event was the Deputy Chairman of the Perak Academy, Chan Kok Keong.

The upcoming talk entitled, "Bifurcation of the Malaysian Legal System" on Saturday, April 2 at Syeun Hotel will feature Professor Andrew James Harding, the

Director of Centre for Asian Legal Studies of National University of Singapore. Watch this page in Ipoh Echo for a report.

Mei Kuan

## Army Day Celebration

Tuesday, March 1 marked the 83th Army Day celebration nationwide. Aimed at acknowledging the achievements of the army since its establishment in 1933, Headquarters 2nd Malaysian Infantry Brigade, Ipoh commemorated the annual event with a static parade made up of 11 officers and 154 other ranks personnel from component units of the brigade. The parade, commanded by Major Mohd Farid bin Mustafa was held at the headquarters parade ground.

After singing the army martial song, "Gagah Setia", Lt-Col Azlan bin Muhammad, the inspecting officer, read the formal address by the Malaysian Army Chief, Gen Tan Sri Raja Mohamed Affandi bin Raja Mohamed Noor.

Gen Tan Sri Raja Mohamed Affandi paid tribute to the 25 pioneering recruits who were the first batch of soldiers of the First Battalion Royal Malay Regiment. They completed their basic training on March 1, 1933 at Port Dickson. Since then, the army has expanded to what it is today.

"Currently, we're staying true to the 'Army 2 10 Plus 10' strategic plan to mould a credible force. Next, we are coming up with a continuation plan known as 'Army for Next Generation' or 'Army 4nextG' which would be realised soon," he stated.

"Besides that, the formation of the Rocket Artillery Brigade is among the many new initiatives in the pipeline."

According to Col Azlan, the government is committed to equipping the army with modern assets such as Gempita 8x8, Shield 4x4, light attack helicopter and others.

"I urge everyone to place emphasis on training. Time is never wasted on training. I too hail members of the Army Families Welfare Association (BAKAT) who are the army's unsung heroes," said Azlan.

Present at the parade was the Chief of Staff of Headquarters 2nd Malaysian Infantry Brigade, Lt-Col Ahmad @ Ahmad Zaisal bin Abd Rashid along with staff of the brigade headquarters.



The occasion ended with a cake-cutting ceremony at the brigade mess hall. At national level, the annual Army Day celebration was held at the Army Recruit Training Centre, Port Dickson.

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.

**Public Forum on Down Syndrome** organised by the Ipoh Down Syndrome Centre, Saturday, **March 19**, 2pm - 5pm at Ipoh Down Syndrome Centre, 2 Persiaran Bercham Selatan 27, Taman Sri Kurau, Ipoh. The target audience is parents and care-givers of children/adults with down syndrome and anybody who is keen to know about down syndrome. It is a day of learning and sharing. Admission is free. Places are limited to the first 100 participants only. Please call at **05 546 8386** to register.

**Get to Know the Herbal Plants of Kledang Hill, March 20**, 8am to 10am. Meeting venue: Menglembu foothill near the fruit sellers and other few hawkers. The activity will be led by a Chinese herbalist (Mr Lai) from Kuala Kangsar. Mr Lai was a headmaster. He is now a Chinese medical doctor giving voluntary medical services in one of the Chinese medical hospitals in Ipoh. Please bring along a notebook, a pen, a hat, a towel and a bottle of water. Have your breakfast before you come. Put on comfortable walking shoes as the trail is up the slope. Please bring a used plastic bag to collect rubbish along the trail. Cultivate a good habit to take care of our environment and keep it clean. Everybody does his and her little part - bring your rubbish home and recycle before throwing the rubbish into the rubbish bin! MNS members and non-members are welcome. Coordinator: Lee Yuat Wah **017 577 5641** Email: [leeyuatwah@yahoo.com](mailto:leeyuatwah@yahoo.com).

**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**.

**World Kidney Day Campaign 2016, March 25 (9am-4pm) and 26 (9am-12.30pm)** at Main

Lobby, KPJ Ipoh Specialist Hospital, Ipoh. Healthy food exhibition and health products sale; free screening, tests and counselling; healthy cooking demonstration. Contact Pn Aziera and Ms Sarah Toh at **05 240 8777 ext. 8111** for enquiries.

**World Kidney Day Campaign 2016 Public Forum, Saturday March 26**, 2.30pm at Dewan Anugerah, KPJ Ipoh Specialist Hospital, Ipoh. (1) 'Are Your Kidneys OK?' By Dr Go Kuan Weng; (2) 'What is low protein diet for chronic kidney disease?' By Mdm Tan Chai Yen. Contact Pn Aziera and Ms Sarah Toh at **05 240 8777 ext. 8111** for enquiries.

**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.

**Perak Academy Lecture Series entitled: 'Bifurcation of the Malaysian Legal System' by Professor Andrew James Harding**, Saturday **April 2**, 8.30pm at Syeun Hotel, Le View, Level 10, 88 Jalan Sultan Abdul Jalil, Ipoh. Dress code: batik/long sleeve. Dinner at RM100 per person. For reservation, tel./fax: **05 241 3742** or **016 221 3742**. Email: [contact@perakacademy.com](mailto:contact@perakacademy.com).

**Mother Teresa's Reading Shelter Charity Lunch 2016**, Sunday **April 24**, from 11am to 2pm at Church of Our Lady of Lourdes Hall, 45 Jalan Silibin. For tickets call **05 241 0751**.

**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.



# Food As Medicine

By SeeFoon Chan-Koppen

Joyce Tan is one serious researcher. When she decided to leave her very stressful job to set up her own organic shop, she searched far and wide to find products that are unique to Ipoh.

"I didn't want to end up with yet another 'wannabe' organic shop selling the usual health foods. I am pre-diabetic and I believe that I can use food as medicine instead of resorting to

drugs. I therefore use my own dietary needs as one of the yardsticks for stocking products. I also want to bring some of the more innovative foods for sustaining wellness as well as helping people regain their health after medical intervention," said Joyce emphatically.

As a result, JT Organic And Diabetic Food opposite Hospital Fatimah in Ipoh Garden, has an interesting range of products for diabetics as well as for people like myself who just want to stay healthy. And they even have baby food and other organic products catering to children and even teenagers, like their organic popcorn!

These are still early days as the shop has only been opened for three weeks when I visited them. Already the shop is stocked with a plethora of great products and from a flyer given to me by Joyce, many other exciting items are yet to come.

Being the coffee addict that I am, I headed straight for the organic coffee, buying myself a packet of the Mt. Hagen Bio Espresso which comes in 6 flavours: Espresso, Mocha, Cappuccino, Dinkel, Malz & Black. Prices range from RM32.80 for 250g Espresso to RM21.50 for 100g of Dinkel (wheat) and Malz (grain). I found the Espresso which I bought to be rich and flavourful as was the Love Earth Sugar Free Natural Black Coffee with Bamboo Salt with 15 sachets at RM14.90. This latter purchase is perfect for me when I travel as I often find the coffee in other places not up to my stringent tastes.

Other treasures which I uncovered are their Wonder Chocolates, a range of organic dark chocolate sweetened with coconut palm nectar which is guaranteed low glycaemic for those worried about their blood sugar. Coming from Oregon USA, they are made without soy, dairy, GMOs, cane sugar, and refined sugar. Wonder Chocolates come in 4 flavours ranging from 61% -73% cacao. I bought (how could I resist?) the Sea Salt with Sweet Nibs, and on opening, found it irresistible and finished the whole packet in one sitting! The chocolate was smooth and creamy with the sea salt element lingering on the palate as an endearing aftertaste. Well worth the RM15 each.

JT Organic is a veritable Aladdin's Cave of healthy treasures. They carry a range of organic nut/soy/grain/oat milks RM17.90; nut butters from Peanut (creamy and crunchy) RM24.90 to almond, brazil, cashew, walnut RM35; natural popcorn with cheese, caramel and chocolate flavours RM8.90; an extensive range of organic gluten free corn flakes and other cereal RM18.90-RM24.90; oodles of gluten free snacks and biscuits for the nibblers amongst us and a wonderful rice selection running the gamut from organic Black Rice which is reputed to be full of nutrients, 500g for RM8.90 to 10-grain RM11.90 and 5-grain RM10.90 to Basmati to Japanese Calrose to Red and Brown.

Noodles are aplenty here at JT Organic. From the Earth Organic Millet Wonton Mee which was sold out as this is their bestseller to the Binchotan Soba, Wholemeal



Misoya, Organic Ramen, Misua, Misoya, all their noodles are vegan. RM7.90 for a 250g packet.

Then there is the B Glucan powder from oats which has been found to lower cholesterol and similarly the Beetroot Millet Milk powder both RM69.90. Other powders include Multi Grains, Walnut/Hazelnut, Black Sesame and Black Bean, Brown Rice and Herbs, Almond, and Chinese Yam and Red Coix (commonly known as Job's Tears) RM36.90 for 500g.

JT Organic also carries organic coconut palm sugar, touted to be low glycaemic (GI 35), high nutrient, non-GMO, gluten free and Kosher which is probably the best sugar substitute for baking and other needs. 240g RM21.90; 454g RM40.90.

An unusual product which is not readily available in Ipoh, is Maca powder, grown and harvested high in the Andes Mountains of Peru which is touted to increase energy, strength, endurance, bone density and provide osteoporosis support. Maca is a well known adaptogen known to be chock full of vitamins and minerals and all the good stuff that helps the body to cope with stress better. At RM122 per pack for either the Red or the Black Maca powder, it is not cheap but well worth the expense considering that it is a wonder food and one 227g packet should last at least a month at the maximum dosage and two at the lower recommendation.

The list of goodies at JT Organic is endless for those wishing to eat healthily. What I am looking forward to is the arrival of their protein cakes, noodles, breads and pizzas. A first in Malaysia, these are made from 100% plant protein with 0% refined flour. I can't wait to sink my teeth into these guilt free items.

**JT Organic And Diabetic Food**

**135B (Ground Floor), Jalan Dato Lau Pak Khuan, Ipoh Garden, 31400 Ipoh.**

**Joyce Tan: 05 547 8008**

**FREE Wonder Chocolate 30g worth RM15 with purchase of RM100 in a single receipt. While stocks last.**



## 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.

## Hawkers, Coffee Shop Operators are Unethical

Daily we observed that the price of food items keep going up. Early in 2015, the excuse was the devaluation of the ringgit and the high fuel price. However, from the second half of 2015, the fuel price had dropped and the ringgit had rebounded. Already these hawkers and coffee shop operators had made 200% profit since then. It is outrageous to increase their price of food items especially during the recent Chinese New Year. Since then the prices have remained. Malaysians of today are indeed unethical, immoral, cheating robbers who take every opportunity to cheat,

rob others and swindle to accumulate for themselves. Education nowadays has failed to nurture values of society to cultivate the truth of self empowerment. A very recent example is that one piece of *roti canai* was up 20 sen when one kg. of flour went up by 33 sen. The only way is to boycott these food stalls, but nobody takes the initiative. So at the end of the day we are all victims of these thieves.

**Chris Ng Chong Phee**

## Excellent Medical Service

I was admitted to Hospital Raja Permaisuri Bainun, Ipoh on Wednesday, February 24. The following day, I underwent an operation for a urinary-tract condition. It was performed by Dato' Dr Rohan Malek, a consultant surgeon from Selayang Hospital Kuala Lumpur and his team. The operation was arranged by Dr Basir from Ipoh.

Before Dr Rohan returned to Selayang Hospital the next day, he made the effort to check on my condition with a group of doctors from the Ipoh hospital.

The standard of the medical facilities in government hospitals has improved. However, the number of patients are increasing tremendously, leading to overcrowding.

Hence, I hope the authorities would build a new hospital here.

Besides thanking my faithful wife who has been taking care of me throughout the ordeal, I must congratulate HRPB for having such trained and dedicated staff. Thank you for saving my life for the second time (I was treated for cancer here five years ago). With this recovery, I am looking forward to celebrating my 48th wedding anniversary.

**K. Letchimanan**

## Ipohites Lacking Civic-mindedness

I have been living in Ipoh for about 19 years. Sunday January 31 was the first time I joined the car-free event which took place at Jalan Raja DiHilir.

It was fun and there were many activities to join in. What saddens me though is the poor civic consciousness of some participants. A couple were handing out free canned drinks and I saw one person throwing the empty can into the drain behind him. Someone also dropped one can on the road, with the drinks spilling out and the

can itself posing a hazard to those skating or cycling. Despite the rubbish bins provided at multiple places, there were also those who threw paper cups on the road.

How sad that a "healthy event" is marred by the action of a few irresponsible people.

**Zamzida Yusoff**



## COMMUNITY

# Classic Cars Converge

Over 50 top classic cars with their drivers dressed in head-turning pilot gear converged at the Perak Stadium carpark on Sunday, February 28.

According to the organising chairman, KT Pillai, vehicles of year 1945 and below are classified as "vintage". Cars of 21 years and below are considered as "modern classic" while those of 100 years and above are tagged as "antique".

During the gathering, which saw the presence of the Malaysia-Singapore Vintage Car Register (Northern and Central) and the Perak Classic Car Club, Ipoh Echo spoke with some of the classic car owners.

When asked on how he maintained his 1945 Austin 8 Tourer, this was what 60-year-old Stanley Yeong from Kuala Lumpur said, "I send it for regular servicing and replace parts when needed. Nowadays, with the Internet, it is quite easy to obtain parts by ordering it from overseas."

Penang-born Lawrence Lau who grew up in Ipoh has a 1954 MG TF 1250, which was featured in a Petronas advertisement. "I've a lot of good times with this car. I raced it at Batu Tiga. I got interested in cars due to my passion in racing," said Lawrence. He



used to own a Porsche 356 B which won him a lot of races. He sold it because it was a left-hand drive.

Present at the get-together was Yap Kwai Wah, President of the Perak Classic Car Club.

Among the spectators, who made full use of the photographic opportunities, was a 68-year-old retired businessman. "This is my first time here with my daughter. It reminds me of the good old days. I truly admire the owners who keep their prized possessions in tip-top condition," he said.

Mei Kuan

## A Gift of Excellence

A difficult family background is no obstacle to achieving success in academics.

Ipoh-born Intan Nurul Syafiqah, 18, proved that despite a lack of attention from her parents, she still scored 9As in the recent Sijil Pelajaran Malaysia (SPM) examination.

"My dream to repay my grandparents who have sacrificed a lot for me since I was little has finally been fulfilled. This is the most meaningful and valuable gift I could give them whom I consider as my mum and dad."

"Though I can't be sure if my biological parents are proud of my results, it's more important that my grandparents are happy. That means more to me and I'm very thankful," she said when met at Sekolah Raja Perempuan Taayah on Thursday, March 3.

According to Syafiqah, she was raised by her grandparents, Zabidah Mohd Saad, 69, and Samran Abd Manap, 66, since birth after her parents separated. Syafiqah is the eldest grandchild under her grandparents' care.

Meanwhile, the school's Administration Assistant, Hayati Mohd Amin said that as many as five students obtained straight As with a School Grade Point Average (GPA) of 2.69. That was among the best in the state.

Rosli Mansor



## Seniors' New Year Hairdo from F&N



Forty Six residents of Home for the Aged (C.W.S.) Simee received a new hairdo, just in time to celebrate the Lunar New Year, courtesy of Fraser & Neave Holdings Bhd (F&NHB). The initiative was part of the Company's annual community relations effort to spread festive cheer and good fortune with less fortunate members of society.

Speaking at the event, Mr David Hoong, First Vice President, Human Capital, F&NHB, said that the Company looked forward to organising festive outreach programmes yearly as it gave them the opportunity to touch the lives of people, especially the less fortunate communities in Malaysia.

"The festive season gives us the perfect opportunity to give back to the society who has supported us throughout the years and most importantly, share our good fortune with our communities; be it young or old. As such, we are delighted to be able to celebrate this auspicious season with the residents of Home for the Aged (C.W.S) Simee," he added.

After getting their hair makeovers by stylists from the Jenny Soo APT Academy of Ipoh, residents sat down for a sumptuous buffet. The Company also contributed a cash donation to assist the home in its upkeep while its employees went around to personally extend their festive greetings and distribute 'ang pows' as well as goodie bags to all residents including centenarian, Mr Kuan Lek, who is also the oldest at the home.

Residents also showed off their vocal talents in a karaoke session organised by F&NHB. The sing-a-long activity proved a hit with the seniors as they took turns to belt out their favourite Chinese oldies and even danced along to them.

Mr Vincent Lee, Manager of the home, was grateful to F&NHB for giving the residents a memorable Chinese New Year celebration and for its support throughout the years. This was F&NHB's third festive celebration with the home since 2009.

Home for the Aged (C.W.S.) Simee was established by the Catholic Welfare Services of Malaysia, a non-profit organisation, in 1952. The home cares for poor, homeless and abandoned elderly folk of all races and religions through the goodwill and generosity of the public.





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## COMMUNITY

### Sex Education Workshop



Running on the theme “I’m in Control”, the Family Wellness Club, along with the National Population and Family Development Board (LPPKN) Perak, conducted a two-day sex education workshop for teenagers at Banyan Spa from March 5 to 6.

On the first day, 30 participants of diverse social and economic backgrounds were enlightened on sexuality, values, responsibility and high risk behaviours that could lead to teen pregnancies.

According to Suraya Ghazali, the Director of LPPKN Perak, the board has many activities that focus on teenagers who are under a lot of negative influences from their surroundings and social media.

The second day featured lessons on abstinence and talks by Afiza Bani Hashim from the Buddies Association of Ipoh as well as Daniel Ng from Befrienders Ipoh.

Afiza elaborated on the support the society provides to HIV/AIDS patients, their families and friends. “Currently, about 70% of HIV cases are caused through having sex. Although people have been educated that they need not fear being in the company of HIV patients, the stigma associated with HIV/AIDS is still there,” she highlighted.

According to Daniel, Befrienders is a telephone counselling service for people who are troubled and just need to talk to someone confidentially. The organisation is there to help people explore all their options when they are troubled and need a friend to talk to. He then made a call to Befrienders Ipoh to demonstrate how the service

## Arts and Culture

### Sharpened Word Literary Matinee

This month, Sharpened Word will see us celebrating International Women’s Day with an illustrious quartet of women writers.

**Bernice Chauly** – writer, poet and educator. Founder of ‘Readings’ a literary live platform in KL since 2005 and Director of George Town Literary Festival.

**Nirmala Kashinathan** – A medical doctor with the passion for literary art, born and bred in Ipoh.

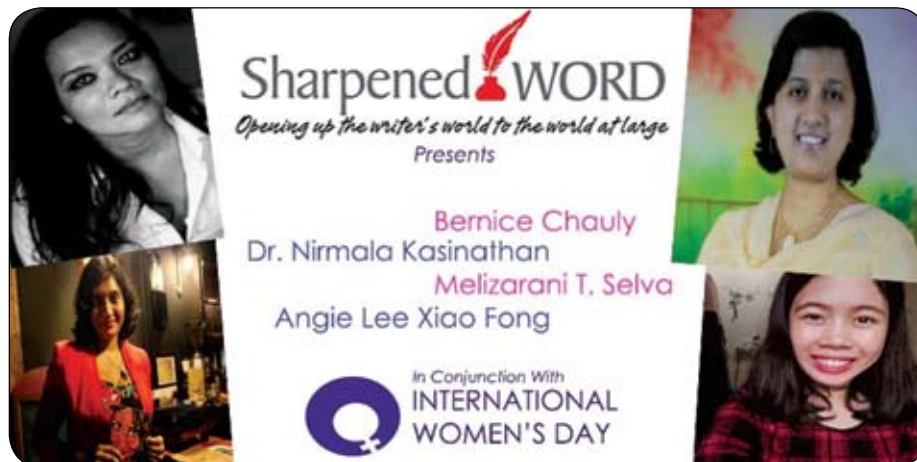
**Angie Lee Xiao Fong** – a novice writer and first runner up in the International Youth Food Culture Contest 2015. A young Ipoh gal with a strong flair for creative arts.

**Melizarani T. Selva** – a spoken word poet, educator, journalist and author of ‘Taboo’ Meliza dwells in Kuala Lumpur.

**Venue: Sepaloh Art Gallery, 16 Jalan Sultan Iskandar, Ipoh.**

**Day/Date: Saturday March 19, 2.30pm - 5pm**

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works.

P. Mangaleswary, the President of Family Wellness Club emphasised that sex with a young girl below the age of 16 is statutory rape. It makes no difference whether the young girl consented to the act, as the law presumes that she is not matured enough to give her consent. The sentence for one found guilty of statutory rape is imprisonment.

During the closing session, she advised participants to empower themselves with the knowledge they now have and build a future of their dreams.



## COMMUNITY

# New OT & ICU Complex for KPJ Ipoh

The President & Managing Director of KPJ Healthcare Berhad, Dato' Amiruddin Abdul Satar officially launched the new Operation Theatre (OT) and Intensive Care Unit (ICU) Complex of KPJ Ipoh Specialist Hospital recently.

The OT complex is made up of six operating theatres, four of which are Conventional OTs and the remainder two are state-of-the-art Modular OTs which are basically a finished steel structure with jointless sterile coating that prevents contamination build-up making it robust in nature. These OTs also utilise stainless steel automatic doors that make transfers of patients in and out quicker and safer. The doors maintain the pressure inside the OT as well as protects against fire, dust and radiation.

Laminar Airflow used in these theatres is designed to move particle free air over the aseptic operating field in one direction. It is usually combined with high efficiency particulate air (HEPA) filters that will remove particles >0.3 micron in diameter with an efficiency of 99.97%. These and other characteristics of the Modular OT make it the jewel in the crown of the services provided by the hospital and indeed distinguishes KPJ Ipoh Specialist Hospital from the rest of KPJ hospitals in Malaysia.

Meanwhile, the newly completed ICU consists of 14 beds, each in its own room. Ten of these are regular ICU beds, two will be isolation facilities equipped with negative pressure and filtered ventilation system to the latest Ministry of Health requirement. The last two are earmarked for Neonatal Intensive Care Unit (NICU) beds that will be the nucleus for a new Neonatal Unit. The reasons behind opting for individual rooms instead of an open ward configuration are to increase patients' level of comfort and privacy as well as to limit the chances of infection occurring between patient to patient or between patient to visitor. Male and female toilets with shower facilities have also been installed in the ICU for mobile patients to use with or without assistance and for the convenience



of visiting relatives.

All the beds are connected to a central monitoring system that allows patients' Haemodynamic status to be viewed from the Nurses station as well as at each bedside monitor.

Unlike before, the new ICU is located near and have direct access to the Operating Theatre complex should the need for an ICU patient to undergo emergency surgery arise. There is a dedicated consultation room to accommodate a large number of family members to be inclusive in discussions with attending consultants with regards to patients admitted here. There is also a pantry to prepare special or additional dietary needs for patients and a small waiting room for visitors just outside. All in all, the new ICU provides a top notch environment for patients to rest and get treatment while having around the clock monitoring.

Present at the launch were the Deputy Chairman of KPJ Ipoh Specialist Hospital, Tn Hj Ahmad Nasirruddin Harun, Executive Director of KPJ Ipoh Specialist Hospital, Tn Hj Mohd Nasir Mohamed, Chief Executive Officer of KPJ Ipoh Specialist Hospital, Tn Hj Asmadi Mohd Bakri and the top management of KPJ Healthcare Berhad.

## PWW Celebrates Women's Day



Over 200 women dressed in shades of purple celebrated International Women's Day with Perak Women for Women Society (PWW) on Sunday, March 6 at Impiana Hotel, Ipoh. Running on the theme "Listen Learn Lead", the sold-out high-tea featured a Zumba session and talks by three prominent women activists namely, Ivy Josiah, Zainah Anwar and Hannah Kam. The trio spoke on ways to empower women in a male-dominated society.

PWW helps abused women and children by providing counselling and temporary shelter. According to its President Halida Mohd Ali, the society handled 45 cases last year consisting of domestic violence, marital problems and physical abuses through face-to-face and telephone counselling.

"The response by women to today's gathering is overwhelming. We had to turn down many requests for seats. Today is our day, let's celebrate, listen, dance, enjoy and network," she said in her welcoming speech.

The speakers of the evening have long realised that gender inequality is not new in Malaysia and each has done something to address the problem. The first speaker, Hannah Kam who comes from a legal background, is the founding member of the Organisation for National Empowerment (ONE), formed in July 2014.

"ONE is an NGO run by youths for youths with the mission to empower young Malaysians to fight for the future, especially in areas of education, economy, unity and so much more," Hannah posited.

The next speaker was Zainah Anwar, a veteran campaigner who started out in the

early 1980s to do what she does today, is the co-founder of two NGOs namely, Sisters in Islam and Musawah. Both societies fight for justice and equal treatment for Muslim women. Zainah has won international accolades for her efforts, one of which is France's highest honour, the Legion d'Honneur.

"Don't use God's name to justify your discrimination and ill treatment of women," Zainah said. "How come all these wonderful values that exist in the Quran about equality, compassion, justice and men and women being each other's protector are not used as the source of law, public policy and practice in our daily lives?" she questioned.

On the other hand, Ivy Josiah is another veteran who started out in the 1980s to champion women's causes. She is a pioneering member of Women's Aid Organisation (WAO), which was formed 1982. One of the most significant achievements by WAO, along with a coalition of NGOs, is the Domestic Violence Act 1994. She was awarded the prestigious International Women of Courage award by America.

Speaking on courage and passion, she quoted novelist E.M. Forster, "One person with passion is better than forty people merely interested."

"I'm always inspired by the women who have come to the shelter seeking help and to have the generosity to go on to save and help everyone else too," she shared.

After a question and answer session, the One Billion Rising dance provided a perfect ending to the enlightening two-hour celebration.

Mei Kuan



## Entertainment

# Exciting Additions at Lost World

After months of anticipation, Lost World Hotsprings & Spa, unveiled 15 new attractions on Tuesday, March 1. They consisted of 13 pools, three private huts and a Crystal Spa.

"The all-new Lost World Hotsprings & Spa by night is a holistic fun destination offering a rejuvenating and cultural experience to all visitors," General Manager of Lost World of Tambun, Malizan Zakaria said.

Among them is the infinity pool which can accommodate up to 300 people at one time. Lost World Crystal Spa features aromatherapy massage with healing properties. Meanwhile, the foodie element, in the form of the one-of-a-kind Lost World Ipoh Street, showcases a taste of Ipoh famous delicacies. The Jungle Wave Beach offers zorb ball rides for the adventurous.

"I was told that the flaming percussion performers are locals. One of them is the manager of recreation himself. Staff of Lost World of Tambun participate and work as a team in developing new shows for visitors. This is a feat in itself," said the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications, Dato' Nolee Ashilin Mohammed Radzi.

Present at the momentous occasion were Hj Mohd Odzman bin Abdul Kadir, President of Perak Tourism Association, Maggie Ong, Chairperson of Malaysian Association of Hotels (Perak Chapter) and Calvin Ho, Senior General Manager of Sunway Theme Parks.

Lost World Hotsprings & Spa opens nightly from 6pm to 11pm. For more information, visit [www.sunwaylostworldoftambun.com](http://www.sunwaylostworldoftambun.com) or call the theme park at 605 542 8888.

Mei Kuan



# MAPS Set to Wow Tourists



The much awaited Movie Animation Park Studios (MAPS) scheduled to open this July held its first My Dream Carnival for two days from February 27 to 28 recently.

With forty over attractions including Malaysia's BoBoiBoy animation, Mr Peabody & Sherman, The Croods, Casper The Friendly Ghost and Malaysia's tallest drop tower, Megamind Megadrop, MAPS will be on the list of must-visit places in Ipoh.

Perak state exco for Tourism, Culture, Art, Multimedia, Dato' Nolee Ashilin who was at the affair, is looking forward to see how great Perak's tourism scene is going to be, "Perak is always known for its natural attractions and good food. MAPS is a terrific addition to Perak's tourism industry," said Nolee.

Chairman of MAPS and also the Chief Executive of PKNP Group, Dato' Aminuddin Md Desa hoped MAPS will be the stepping stone that will transform Meru Raya into a global attraction.

"This is part of our on-going commitment, to improve the socio-economic environment by providing business opportunities and human capital development for local talents. We hope MAPS will make Ipoh more vibrant and will boost potential tourism development in Bandar Meru Raya," said Aminuddin.

With just months away from its target opening date, visitors who are keen on visiting can now purchase MAPS tickets including its annual ticket that will allow them to enter the park for one year multiple times, priced from RM250 and RM180 for those born in Perak and the price for one-time entry tickets starts from RM155 (RM133 with MyKad). For more information on MAPS, check out their website at [www.mapsperak.com](http://www.mapsperak.com).

Ili Aqilah

## News

# Kevin Morais' Final Resting Place

The ashes of murdered deputy public prosecutor Dato' Kevin Morais was interred in the columbarium at the Church of Our Mother of Perpetual Help in Ipoh Garden, Ipoh, on February 27.

A memorial mass was held earlier at the Church of Our lady of Lourdes in Silibin, which his family attended regularly when they were living in Ipoh. About 300 people attended the mass conducted by the Bishop of Penang Sebastian Francis.

Also present were Archbishop Emeritus of Kuala Lumpur Tan Sri Murphy Pakiam, retired Federal Court Judge Datuk P.S. Gill, two of his brothers, Datuk Richard and David and some family members.

After the mass, Pakiam sprinkled holy water on the urn containing Kevin's ashes. Kevin was cremated on November 23 soon after his body was claimed from the Kuala Lumpur Hospital mortuary where it had lain for over a month, while the family sought to get a second post mortem conducted.

"It is with a feeling of profound sorrow that we have gathered here this afternoon to mourn the untimely death of Datuk Anthony Kevin Morais," Gill said in his eulogy.

"It is all the more painful, particularly for me as the late Kevin Morais, as he was popularly known, worked as my deputy registrar in the High Court at Ipoh and Kuala Lumpur when I was a judge. When I first met him, he was a shy young man, eager to serve and do his duty as a man who was born to serve humanity."

Kevin, he added, came from a respected family and both his parents, Mr Francis Albert Morais and Mrs Cecelia Ludy Morais imbued in him the good qualities of human conduct, that he later displayed with distinction. His late mother was the headmistress of the Tarcisian Convent in Lim Garden.

Gill also described Kevin as a devout Christian who attended church regularly and



practised what was written in the Bible with honesty.

"All manner of persons, including all categories of society had access to him. His sense of dedication and compassion was legendary towards members of the Bar and public. He even asked me on one occasion to open the doors of the High Court at 8pm to grant bail to a lawyer. Such was his fierce love of fair mindedness and justice," Gill added.

"As a person, his integrity was 'par excellence' and his constant courtesy is a shining example to all of us."

Kevin, 55, a bachelor, was the eldest of four boys. His other siblings are Charles, David and Richard. Born in Kuala Lumpur, he studied at Anderson School, Ipoh and later proceeded to study law at London University and qualified as a lawyer.

He was deputy chief of the Appellate and Trial Division in the Attorney-General's Chambers, and had been seconded to the Malaysian Anti-Corruption Commission for a stint.

He was conferred Dato' Paduka Mahkota Perak posthumously by the Sultan of Perak Sultan Nazrin Shah last year.

Kevin was abducted on September 4 while on his way to work after leaving his home in Menara Duta, Kuala Lumpur, in a government-issued Proton Perdana.

The car was found torched in Perak the next day. His body was found on September 16 in a cement-filled oil drum in a secluded area of Subang Jaya, 12 days after he went missing.

Seven men, including a doctor, have been charged with murdering and abetting in Kevin's murder. The case is scheduled to be heard in April.

Jerry Francis



## Ipoh Watch

# Take Heed of Public Feedback

There are many parks in Ipoh, which were developed over the years to provide Ipohites a place to relax and recreate. The popular ones are D.R. Seenivasagam Park (formerly Coronation Park), Children's Park, Polo Ground, Kinta Riverfront Park (formerly People's Park), Gunung Lang Recreational Park, Japanese Garden and the most recent, the Railway Station recreational area.

However, due to poor maintenance by the local authority, some of these parks have slowly become deserted and are frequented by drug addicts and even prostitutes. One such park is the Kinta Riverfront Recreational Park, which needs attention. Mayor Dato' Zamri Man, together, with a group of local council staff, held a gotong-royong in November last year to spruce up the park. The mayor has also opened it to NGOs who

are keen to conduct activities there. It is a commendable effort indeed. However, more should be done, as business has been badly affected due to these under-utilised places being poorly-maintained, poorly-lit and lack parking spaces.

I visited the People's Park recently after receiving complaints from the public. I found that the eateries here are no longer in operation. There were some Council workers cleaning up the place. During daytime, it looks attractive. However, at night it is eerie with suspicious-looking people loitering about in the dark.

If given due attention by Ipoh City Council, this place, along with other recreational parks such as D.R. Seenivasagam, Polo Ground and Gunung Lang, can be added attractions to Ipoh. It could be done by improving its cleanliness, encouraging more activities and issuing more licenses to traders to sell Perakian food and produce. This is one of the elements that can help make Ipoh the most liveable city in Malaysia, which the mayor has envisioned.

As President of Ipoh City Watch, with a similar vision and aspiration as the mayor, I am urging City Council, Police, KTM and the state government, especially the Executive Councillor for Tourism to look into the issues of parking and traffic congestion at the railway station, especially during weekends and public holidays. The problem is nothing new. Complaints after complaints have been raised by the public and highlighted in the media, but no solution is forthcoming.

The matter is made worse with motorists parking their cars indiscriminately causing inconvenience for people who use the train services, especially at night. These problems have surfaced ever since KTM introduced the ETS services and express buses were moved to Terminal Amanjaya, 18km away.

City Council should spruce up neglected parks and create a similar ambience as at the railway station in order to pull the crowd away from the station. Good and cheap food (the trademark of Ipoh), skating ring, clean toilet, ample parking and recreational activities, such as busking, are some of the efforts the Council should consider.

The Council should take action on motorists who park indiscriminately and block the traffic flow. Operators of roller blades and rental bicycles should be levied a higher operating fee if the Council has difficulty preventing such businesses from mushrooming. City Council should have the courage to take action against these traders since they are the cause of traffic congestions.

Ipoh City Watch is not against those doing business here, but they must not do so at the expense of train commuters. I hope Ipoh City Council, and government agencies responsible, listen to what the Menteri Besar said during his "Executive Talk" earlier this year. He said, "Take heed of public feedback in order to improve services and the delivery system."

**Dr Richard Ng**  
ICW



## Thumbs Down

A. Jeyaraj



## Tripping Hazard Along Jalan Lim Bo Seng Bridge



I took a friend of mine from outstation to visit Kinta River Walk which is a tourist attraction in Ipoh. On that night there was a function at Riverfront Hotel and there were many cars. I parked my car along Jalan Lim Bo Seng and walked towards the river.

A stretch of slabs along the walkway at the bridge were missing and there were also loose slabs. My friend nearly tripped. The lighting was not very bright. The missing and loose slabs are next to the railing and visitors walk along the railing to have a look at the river. This situation must have been there for quite some time since grass is growing at the stretch. I noticed many pedestrians using the walkway to go to the hotel and river bank.

At one end of the bridge, the signboard "Sungai Kinta" was placed against the railing of the bridge. The concrete foundations at the bottom was intact. It must have been pulled out from the original location. This is also a hazard.

At the outer side of the railing on both sides of the bridge is a cable trench filled with garbage. I wonder whether any one has looked at it.

This place is promoted as a tourist destination and when friends from outstation come, I drive them along the road in front of the hotel to see the lighted trees.

Kinta Riverfront Hotel is managing this tourist spot and should have spotted the hazard and reported it to MBI. They must ensure the environment is safe and present a good image of Ipoh. Right now it looks like no man's land.

## Tourism

# 1Malaysia Trishaw Ride

Over 500 people celebrated the arrival of the 1Malaysia Trishaw Ride convoy at the Ipoh City Council (MBI) Square on Sunday, February 28.

Present was the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications, Dato' Nolee Ashilin Mohammed Radzi who stated that the programme would attract more tourists to the state. "Their presence gives Tourism Perak the opportunity to promote Visit Perak Year 2017. We provided them with promotional T-shirts and caps for distribution along their stops in other states," she added.

A total of 37 riders on 19 decorated trishaws from Malacca were on a mission to create history in the Malaysian Book of Records. The journey, which began in Malacca, took 13 days and ended on Sunday, March 6 at Arau, Perlis.

The youngest participant, 16-year-old Zulhairi Hanafi, said he was willing to apply leave from school to collaboratively create a record for the nation. "This is my contribution to the country. We'd be boosting the name of our nation with our strong will," he shared.

Malacca Trishaw Owners Club's Chairman, Ahmad Elias, said that there were many trishaw lovers in Perak and this helped to motivate the participants.

**Rosli Mansor**





## Heritage

# Museum Recaptures Spirit of Late Entrepreneur



Museum entrance

The inspirational story of the late Dr Ho Kai Cheong unfolds like a good book at the pre-war heritage building along Jalan Bijeh Timah (Treacher Street), where it all began.

Now named the Ho Yan Hor Museum, the two-storey building where the Ho Yan Hor herbal tea, which has helped Malaysians overcome heatiness and the common cold, was first invented by Dr Ho in 1945.

Born in a all-Malay village named Kati, Ho Kai Cheong was a graduate of Canton Wah Lam National Physician's School in Hong Kong and served the people upon his return to Malaya in 1941, as a Chinese medical sensei.

In 1945, with only four Straits dollars in his pocket as capital, he brewed a pot of herbal tea from his rented room at Treacher Street and sold it at 5 cents a glass at a little stall outside the shophouse. It was after the war and those who bought from him were mostly tin miners on their way home from work. On the very first day, it was all sold-out in an hour.

In 1947, he invented powdered tea in packets so that others could brew it too. He bought himself a bicycle and sold his tea to as far as the Thai border and Johor. Away for weeks at a stretch, the cycling entrepreneur would sleep wherever he could to rest his blistered feet.

"This man was a real entrepreneur. He believed in doing good for the people and keeping them healthy," Commander Ian Anderson, Director of ipohWorld said. The restoration of the building began in March 2015 by ipohWorld and was funded by Hovid Berhad.

In 1948, Ho bought his first car and by 1951 he could afford his first commercial van. In 1953, he bought a piece of land at Kuala Kangsar Road where the Hovid headquarters now stands.

He built a larger factory and became more successful. He then became a philanthropist by supporting charities, art exhibitions and the first person ever to run an essay competition to improve education using a bicycle as the first prize.



Ian Anderson



Tea sampling



The kitchen

"He was an artist. All his advertising was his own calligraphy," Ian added.

At age 87, this determined sensei, not content with just retiring, went on to pursue his doctorate in Hong Kong. He passed away in 2007 at the age of 97.

Regarding the purpose of the museum, Ian had this to say: "Firstly, it's been restored in honour of the man by his son, David, who now runs Hovid. Secondly, it's to relate the story of the progression of the Ho Yan Hor tea."

The museum offers guided tours, a lot of photographic opportunities, tea samples and gift packs of the Ho Yan Hor tea for sale.

Inside the museum, one can simply admire the attention to detail that went into the restoration. The kitchen, for instance, is fitted as it used to be in the 1940s with a lot of original packets and tins of all kinds that were available in then Malaya. The two antique staircases from the 18th century and 19th century respectively are well-worth the climb as it unveils further old artefacts. Also, notice the functional old-world GEC switches!

Hence, it is no wonder when Ng Chern Yuan, the museum manager told Ipoh Echo, "We have a very good response. During the soft launch in January, over 300 visitors attended. During the Chinese New Year week, we had over 250 daily."

When asked on future highlights, Ian disclosed, "It's about Dr Ho's commercial van purchased in 1951. We've bought an identical van from the UK. It's going to be repainted in the original colour and displayed outside the museum. This Fordson E494C is a classic and rare vehicle with only 50 left in the whole world. We're also looking for a vehicle identical to his first car bought in 1948 and the Volkswagen that he used when he moved to Kuala Kangsar Road. So there'll be a fleet of old vehicles outside the museum."

The key take-home message: "Nothing has stopped Dr Ho from achieving his dreams and helping others. Hopefully, it will inspire visitors to do the same."

The museum is run by Hovid Berhad. Entrance is free. It also hosts educational visits from schools.

**Operating hours:** 10am - 4pm, every Tuesday till Sunday (For larger groups, it is advisable to call in advance prior to visit)

**Address:** 1 Jalan Bijeh Timah, 30000 Ipoh, Perak.

**Contact:** 05 241 2048

**Email:** [hyhmuseum@hovid.com](mailto:hyhmuseum@hovid.com)

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Approving Authority : Majlis Bandaraya Ipoh