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30 SEN FOR DELIVERY TO YOUR DOORSTEP -  
ASK YOUR NEWSVENDOR

ISSUE **234**

100,000 print readers ★ 1,951,842 online hits in March

# Muallim – The Newest in Perak's Clan

● By Ili Aqilah and Nantini Krishnan

Joining ten other districts, Muallim became the eleventh district in Perak on January 11 this year when it was officiated by the Sultan of Perak, His Royal Highness Sultan Nazrin Muizzudin Shah. Knowing how much our readers love travelling, Ipoh Echo sent its team to seek some must-go and do places in the district of Muallim that comprises three different sub-districts (Mukim); Slim, Ulu Bernam Barat and Ulu Bernam Timur (Tanjung Malim, Slim and Proton City).

*Continued on page 2*



Mohd Syukri Azaari



## HEALY MAC'S IRISH BAR & RESTAURANT

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# Eat, Play, Thrive in Muallim

The name Muallim comes from the Arabic language combining knowledge and education, something that relates well to the district.

“The Sultan Idris Training College (SITC), is an education and knowledge centre for the Malays from the Malay-medium schools to pursue their tertiary education during the pre-independence years. SITC was built and officiated here by Sir George Maxwell in November 29, 1922,” said His Royal Highness during the ceremony.



## For the Adrenalin-junkie

Prior to the establishment of Muallim district, **Ulu Slim** has been one of the places to go for water-sports addicts to feed their craving of **water-adventure activities** like water-rafting, water abseiling and many more. For Nazirul Nazrin who was born and bred in Ulu Slim, he started Projek Outdoor together with his family, where they provide outdoor activities including a unique Orang Asli experience where visitors get a chance to learn about Orang Asli lifestyle with activities like cooking rice inside bamboo tubes, setting up animal-traps and a host of others.

“We have received both local and international tourists from the United Kingdom, Germany and other countries who were beyond ecstatic when they were here,” said Nazirul.

Situated further from town, Ulu Slim river is blessed with a bit of everything including a hot spring called **Kampung Ulu Slim Hot Spring** which is currently under maintenance. For now, guests can head to Projek Outdoor for an awesome experience of water rafting. Whether this is your first time or you are a whitewater veteran, the Ulu Slim River will provide an exciting and thrilling adventure for your family and friends.

Projek Outdoor: White Water Rafting Ulu Slim River RM180 per person (minimum six persons). Price includes transport, rafting equipment, guide, washroom, snack, mineral water and photo.

**Difficulty level: 3-4; distance: 8km**

**Contact: 019 513 4193**

**Email: nazirul.nazrin@yahoo.com**

**Instagram: www.instagram.com/projekoutdoor**



## Tasek Embayu Proton City

Proton Embayu Lake City is a well-known recreational spot located in a residential area in Proton City, Tanjung Malim. The artificial lake garden is furnished with various recreational facilities for visitors. The park has facilities such as eateries, grocery, clinic, playground, mosque and others. Many activities are held here and in the evening many people can be seen jogging around the lake. To reach this place simply take the north-south highway, and come out at the Tanjung Malim exit and follow the old road towards Ipoh. You will reach Proton City after a few minutes' drive outside Tanjung Malim.



Tasek Embayu

## The National Education Museum

The National Education Museum is located on the campus of Sultan Idris University of Education (UPSI), Tanjung Malim. It is an old but modernized building with interesting features that is also known as **Bangunan Suluh Budiman**. The Museum is registered as a **National Heritage building** on November 12, 2009 for its important historical value to national development, particularly in the field of teaching and education. The museum has art exhibitions and old treasures that symbolise the achievement of the education system in Malaysia from the pre-independence era till now. The museum has 21 galleries, two reading rooms as well as reference materials.

UPSI is a Public Institution of Higher Education (**IPTA**) which plays an important part in the history of our nation's education. This institution grew in stages from a college to a renowned university. On May 1997, the institution was named Universiti Pendidikan Sultan Idris under the Government gazette RU. (A) 132 & 133 dated 24th February 1997 under the Order of Universiti Pendidikan Sultan Idris(Corporation) and the Order of Universiti Pendidikan Sultan Idris (Campus) 1997.

Address:

**National Education Museum**

**Universiti Pendidikan Sultan Idris, 35900 Tanjong Malim, Perak.**

**Tel: (05) 450 6680/ 450 6667/ 450 6665/ 450 6676**

**Visiting Hours: Monday - Sunday 9am-4pm**

**Free entrance**



## Sarang Art Hub

A visit to the Muallim district would not be complete without a trip to Sarang Art Hub, a place where the public especially the youth, go for **good food and art events**. Located at the former rest house of Tanjung Malim, Sarang Art hub started last year where among its co-founders is one of Malaysia's top film director, Mamat Khalid, known for his cynical-comedy films such as *Zombie Kampung Pisang*, *Hantu Kak Limah Balik Rumah* and many more. “The idea of having an art hub was first to provide a platform for the youth to show off their talents. The name ‘Sarang’ was chosen to represent house for art enthusiasts.” said Mamat Khalid.

Upon entering the house, get ready to feast your eyes on unique and rare paintings and sculptures made by local artists and students of UPSI that can be purchased directly from Sarang Art Hub. Mamat and his team also built a grand stage made out of ships' containers where bands perform. Aside from art affairs, Sarang Art Hub is also a cafe serving both local and western cuisines including local favourites like *Nasi Goreng Petai*, *Kak Limah Mengilai* (Petai Fried Rice), *Mee Goreng Pak Jabit* (Fried Noodles) and their signature dish, *Sarang Cheesy Chicken Chop*.

Sarang Art Hub opens every day except Thursday from 3pm till late.

**Facebook at [www.facebook.com/sarangarthub](http://www.facebook.com/sarangarthub)**

**Location: Sarang Art Hub, Jalan Rumah Rehat, Taman Bandar, 35900 Tanjung Malim, Perak.**



Sarang Art Hub

... continued on page 6



• From the Editor's Desk  
By Fathol Zaman Bukhari

# NO JUSTICE IN OUR SYSTEM

*In the absence of a proper welfare system, it is left to the non-governmental organisations to take on the responsibility...*

I have been repeatedly told that our police are insensitive to women making reports on spousal abuses. I was somewhat skeptical until reality hit squarely on my face one day. Perhaps it was destined that I see things for myself than hear it second-hand.

I accompanied a friend to the district police station along Jalan Panglima Bukit Gantang Wahab, Ipoh one day. He wanted to make a police report about a road accident involving his car. It was just a minor accident but for claiming purposes, a police report was required.

While seated in the waiting area, an Indian lady, in her mid-twenties, was at one of the counters. A plump lady police corporal was attending to her. From her vocal expressions it was obvious that the complainant was in pain and had difficulty describing her problems clearly to the policewoman. I overheard her saying about being beaten by her husband over some minor infractions. She was scared of going home fearing being beaten again and pleaded to the police to do something.

The answer the police corporal gave shocked me, what more the poor lady. *"You balek rumah dan cuba buat baik dengan you punya suami. Kalau tidak kami masuk dua-dua dalam lokap"* (You go back home and try to make up with your husband otherwise we'll place both of you in the lock-up). It was a threat rather than an advice.

That I am told is not an isolated case but is being repeated at almost every police station in the country. Compassion is least on the part of the Police and the reasons are aplenty. Ignorance is a major obstacle and hindrance. The other is the reluctance of police personnel to attend court to testify on spousal abuse in divorce cases.

If it involves Muslim women it is worse. Such cases in syariah courts get dragged on for years as the judges need to be fully convinced before passing judgment in favour of the women. If the husband refuses to give *"talaq"* (formal repudiation) the wife would have to face years of *"naik turun mahkamah"* (going up and down the court) to impress



the judge that abuse has indeed happened and is not provoked by her. The husband can claim *"nusyuz"* (disobedience) such as leaving the matrimonial home without his consent. If that is the case, the judge will order the wife to return to her husband. The odds are stacked up against Muslim women and this is pitiful.

And there is the problem of belief that the husband has the right to beat the wife if she as much as retorts with some harsh words. This is not only confined to Muslims but those from other religions as well. In short, it cuts across social and religious barriers.

Although the Domestic Violence Act was passed in 1994 with an amendment made in 2012, the mood has not changed much. Apathy is the byword, as the principal players are in denial. In the absence of a proper welfare system, as in the West, it is left to the non-governmental organisations to take on the responsibility. And since their funding and manpower resources are very limited many abuse cases go unattended and unsupervised.

Statistics compiled by WAO (Women's Aid Organisation) will stun you. According to a study conducted by Universiti Sains Malaysia in 2014 "nine per cent of ever-partnered women in Peninsular Malaysia have experienced domestic violence at

some point in their lifetime. This means that 800,000 women in West Malaysia have likely experienced abuse." The figure is staggering.

Penang-based NGO, WCC (Women's Centre for Change) has come up with an easy-to-comprehend-four-page leaflet defining domestic violence. It gives a step-by-step guide how and what to do when one is being abused. It tells how to get an Interim Protection Order (IPO) beginning from the hospital to the police station to the welfare department and thence to the court.

In spite of all this, the overall picture is not too rosy. Much more needs to be done to change the system and laws to allow abused women some decent justice. But what are we to do when some investigating officers are themselves clueless what domestic violence is all about and what IPO stands for?

## COMMUNITY

### Safety Awareness by Balai Bomba



Tadika Mariaville Good Shepherd, a well-known and established kindergarten in Ipoh, was chosen by Balai Bomba dan Penyelamat Ipoh to run a safety awareness programme for parents and children. The programme was held at the school premises recently.

Mariaville has always made a point of bringing the 6-year-old children to the Fire Station to have hands-on activities and learn about safety measures during a fire. It was indeed an honour to be chosen to be the pioneer among the kindergartens for this on-site activity.

Tuan P. Samasuvam, the Ketua Balai Bomba dan Penyelamat Ipoh, said that it was important for the public to be more aware of the need to educate themselves on first actions to be taken in case of fires at home, specifically in the kitchen.

There were activities that involved the parents' participation such as "Kitchen on Fire!" Besides that, there was a colouring competition for the children and photo session with the fire truck.

For further enquiries about Mariaville Good Shepherd Kindergarten, contact the office at 05 545 4344.

Susan Ho

## EYE HEALTH — REUSING OLD EYEDROPS

*Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us regarding the problems of reusing old eyedrops.*

Almost every one of us would have had to instil some eye drops at some point. Regardless of why you may need to use eyedrops, here are some points to take note of.



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

### TAKE NOTE OF THE EXPIRY DATE

Firstly, every eyedrop will have an expiry date printed on its label. Do take note of this expiry date whenever you collect eyedrops from your pharmacist. Always purchase eyedrops from reputable pharmacies and not from online sales because it is hard to verify the product quality, sterility and labelling authenticity. There have been cases of expired eyedrops being resold online by unscrupulous people after re-labelling them.

### STORAGE

If the eyedrops are not going to be used immediately because you have bought them in a bulk purchase for treatment of a chronic eye problem, then the unopened eyedrops should be stored in a cool place since exposure to excessive heat can easily alter the efficacy of the eyedrops. On picking up the eyedrops from the pharmacy, do not leave them in your car parked under the sun and continue on with your regular shopping. Eyedrops left in a heated car is as good as gone!



### EYEDROPS THAT HAVE BEEN OPENED

Once an eyedrop has been opened, it will last for a period of one month only, unless it has been bottled in a specially designed patented container where the manufacturer assures you of the sterility being maintained longer than a month. In general, every eyedrop bottle that has been opened has a shelf life of one month. Eyedrops beyond that period will generally lose its efficacy and potency. Eyedrops that have been opened a long time ago may easily get contaminated by bacteria resulting in serious consequences to the eye such as infections.

### PROBLEMS OF USING EYEDROPS PAST THEIR SHELF LIFE

Expired eyedrops may undergo alteration in their composition making them unstable. Some salts or additives present in the eyedrop may become toxic to the eye surface due to a change in composition of the active and inactive ingredients. Additionally, such eyedrops may no longer work as efficaciously and this can be risky when the eyedrops have been used in the treatment of potentially blinding conditions like glaucoma.

### Here are some additional pointers to take note of:

1. **HAND WASHING** when handling eyedrops is a must!
2. **FOLLOW INSTRUCTIONS** on the label with regards to storage and instillation.
3. **WHEN OPENING THE BOTTLE**, never place the cap on a wet contaminated surface.
4. **INSTIL** the eyedrops without the bottle tip touching the eyeball or eyelashes.
5. **MULTIPLE EYEDROP INSTILLATION**, wait 10 minutes before instilling 2nd eyedrop.
6. **CONTACT LENSES** must be avoided unless otherwise specified.
7. **NEVER BLINK EYES REPEATEDLY** as this just forces the eyedrops into the nasolacrimal duct.
8. **DO NOT SHARE EYEDROPS** as infection may spread to another person if the bottle is contaminated.

For more information, call Gill Eye Centre at Hospital Fatimah on 05-5455582 or email [gillyeyecentre@dr.com](mailto:gillyeyecentre@dr.com).



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**Perak Women for Women Society**

05-546 9715 (office)

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017-350 8361

# A Family's Nightmare in a House on Wheels

There are different types of homes, around the world. You've heard about living on the water, in a houseboat, or barge; or living in a treehouse, nestled among the branches; or in a cave dwelling, like in Turkey, or perhaps, deep underground like some modern dwellings.

So when someone talks about a house on wheels, we imagine that he is talking about a caravan or a mobile home. Not so, for R. Rengaiya, a 51-year-old flower seller, who has been forced to call his blue 1973 Honda Civic hatchback, home.

Rengaiya has lived in his "house-on-wheels" with his 44 year-old wife, N. Karnagi and 7-year-old son, for the past two and half months. He drives from parking lot to parking lot, in Kampar, Lawan Kuda, Gopeng and Jelapang. He and his family 'moved' into their new home when he could not pay the rent for his house in Taman Kinta in Gopeng, in early March.

He said that when he complained about a termite infestation in his rented house, which incidentally did not have a toilet, the owners told him that he had to move out, so they could build a new home.

With house rentals being prohibitive, Rengaiya's friends, who were moved by their plight, invited him and his family, to move in with them, but he did not want to trouble them and, declined their offers.

The loss of a roof over his head, put an additional strain on Rengaiya's employment prospects, as he could not continue with his own business. He is self employed and sells flowers by the roadside.

If that was not bad enough, the constant moving around has meant that for the past one-and-a half months, his son has been absent from school. Rengaiya claims that the family have stayed in about 30 different locations, since he was turfed out of his house.

His wife, Karnagi cannot walk, because she was accidentally scalded when she was eighteen. She is virtually paralysed from the waist down and uses a wheelchair.

Rengaiya was diagnosed with heart and kidney conditions, but a few years ago, generous donations from the public, enabled him to have a kidney transplant operation in India. He said, "My heart doctor says I could go any time. I only want my family to have a home, if I do pass away."

The family survives on a RM350 handout from the welfare department, but this barely covers food, essentials, and medicine.

If one has no kitchen, one has to rely on "tapau" food, which is expensive. Rengaiya's lifestyle means that the family stop at temples for their baths, and beg for money, for fuel for their car.

On 20 April 2016, Rengaiya attended a press conference, arranged by the Perak Barisan Nasional Public Service and Complaints Centre. The chief, Mohd Rawi Abdullah, is looking into Rengaiya's plight and is attempting to get him a family unit in the Ashby Road, Ipoh City Council's (MBI) low-cost housing flats.

There are many questions which are left



unanswered.

Malaysians who suffer in similar circumstances should be made aware of their rights, but who is to tell them? Rengaiya should

have approached the welfare department to find out if he is eligible for aid.

In the meantime, the welfare department may have access to temporary accommodation for people like Rengaiya. If they have not, then perhaps, this bit of their policy needs looking into.

Our dream of Wawasan 2020, in which we will have a developed nation, is only four years from its scheduled date. If we have homeless people and hard-core poor

families sleeping in cars, Wawasan 2020 is not a dream, but a delusion.

It is bad enough to have a home without proper running water, electricity or sanitation, but for their young son to be deprived of an education is breaking the law. The rights of the child is being neglected.

Rengaiya's son should be placed in foster care, and be reunited with his family, when their circumstances improve.

RM350 is not enough, for a family, in which one member is disabled, and a breadwinner who cannot provide. There should be a total revamp of the welfare services. One person could not survive on RM350 per month, let alone for a family of three.

Something is wrong, somewhere, if people like Rengaiya still exist in Ipoh. Who will speak up for people like him?

## CHILD HEALTH

**Dr Shan Narayanan**  
Consultant General Paediatrician, Hospital Fatimah

## CROUP

### WHAT IS CROUP?

Croup is a childhood condition that affects the voice box (larynx), windpipe (trachea), the airways to the lungs (the bronchi). It is thus also known as laryngotracheobronchitis. Croup usually affects young children aged between six months and three years, with most occurring in one-year-olds.

However, croup can sometimes develop in babies as young as three months, and older children up to 15 years of age. Adults can also get croup but this is rare.

### WHAT CAUSES CROUP?

Croup usually develops as a result of viral infection. Parainfluenza virus is the most common virus that causes croup. Viruses such as Influenza A, B, Rhinovirus and Respiratory Syncytial Virus also can cause Croup. The infection causes swelling (inflammation) of the larynx, trachea and bronchi. The swelling makes the airway narrower, so it is harder to breathe.

### HOW DOES CROUP SPREAD?

The virus spreads easily through coughing, sneezing, and respiratory secretions (mucus and droplets from coughing or sneezing). Children with croup should be considered contagious for three days after the illness begins or until the fever is gone.

### WHAT ARE THE SYMPTOMS OF CROUP?

- Croup often begins like a normal cold, eg a runny nose and cough.
- The cough will change to become harsh and barking.
- The voice may be hoarse.
- They may have a harsh noise when breathing in, called 'stridor'.

The symptoms are often worse at night and reach their worst on the second or third night of the illness. The illness may last three to four days.

### HOW IS CROUP DIAGNOSED?

Your child's doctor will ask his symptoms and examine him. The giveaway symptom is the harsh noise (stridor) when breathing in.

### HOW IS CROUP TREATED?

Most of the time croup can be treated at home. Croup can be scary, as the child has a noisy breathing and at times can have breathing difficulty. Comforting your child and keeping him or her calm is important, as crying and unsettledness worsen airway obstruction.

If the symptoms are persistent, consult your doctor. Your doctor will give him a steroid medication (dexamethasone) to reduce the airway swelling. Your child's fever will also be treated. If the child has breathing difficulty, your doctor may give him an inhaled medication, adrenaline.

Most cases of croup clear up within 48 hours. In some cases symptoms can last longer.

At times children develop complications such as pneumonia or middle ear infection. These are treated accordingly by your doctor.

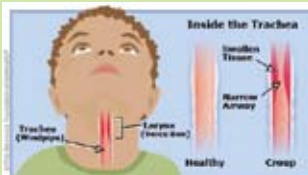
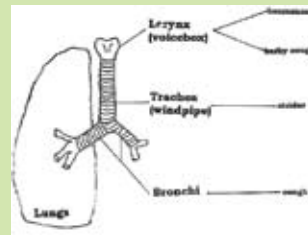
### HOW CAN I HELP TO PREVENT CROUP?

Croup is difficult to prevent. Good hygiene is the main defence against croup. Regular hand-washing and cleaning surfaces is the most important. Keeping your child away from anyone who is sick also helps. Keep your child's vaccination up to date. The diphtheria and Haemophilus influenza type b vaccines offer protection from some of the rarest but most dangerous upper airway infections. There isn't a vaccine yet that protects against parainfluenza viruses.



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For more information, call Dr Shan's clinic at Hospital Fatimah 05-546 1345 or email [shaniea02@gmail.com](mailto:shaniea02@gmail.com).



## Nosh News

## Food Trucks 2.0

Ili Aqilah



For this issue we are bringing yet another two new food trucks, and one previously featured, to cater to the taste buds of foodies in Ipoh. While one serves one of Ipoh's iconic dishes, the other has opted for something different.

## Lebai Food Truck

Keeping it simple and one-of-a-kind, Lebai Food Truck is the first food truck in Perak to sell assorted preparations of soft shell crab. Owner of the truck, Mohamed Zaini Ahmad, known as Naem to many, 26, wants to try something that has never been done before.



"When I found out about tourists coming over to Kuala Gula for their soft shell crab, I figured it would be great if I could bring the food to the city known for its love of food. That is where Lebai Food Truck started," said Naem.

There are currently four items available at the truck: fried soft shell crab, fried squid, cheesy sausages and the crowd favourite, fried soft shell crab burger. Customers can choose between three different sizes of fried soft shell crab; medium (RM7.90), large (RM9.90) or extra large



(12.90). All items are prepared ala minute to ensure the freshness of every item.

Lebai Food Truck operates every day except Monday from 8pm till 11.30pm. The truck will usually be at Greentown business centre but may change location on some days. Follow them on Instagram at [@lebaifoodtruck](#) for updates.

## Ipoh Ayam Garam

Taking Ipoh's famous dish on truck, Chef Uni and his team joined the Silver State Food Truck bandwagon last November and the crowds are loving his approach.

"I decided to sell halal-certified Ayam Garam (Salted Chicken) because it is hard



for Muslims to have a taste of one of Ipoh's signature food."

There are two types of salted chicken sold at Ipoh Ayam Garam food truck, the classic salted ginseng chicken (RM26 per whole chicken) and for those who want it spicy, salted black pepper chicken (RM26 for whole chicken).

The truck would sometimes roam around town and sell ready-to-eat meals such as rice with quarter size salted chicken that come in three different flavours: ginseng, black pepper and deep fried (all priced at RM8). Chef Uni also sells green chilli and red chilli dips (RM6 per bottle) that can be eaten together with the salted chicken.

For more information about the truck and its whereabouts, follow their Instagram at [@ipoh\\_ayamgaram](#).



## The Hut: Foodtruck and Catering

Perak's first food truck, The Hut, has expanded their service into catering for private events, trainings and meetings.

Co-Founder of The Hut, Muhamad Hadi Hafiz, believes the concept of food trucks has exposed the team and him to a cleaner and efficient way of running a business, "We have received great support, acceptance and encouragement from the authorities, government bodies and of course the media," said Hadi who runs the business with best friend, Fathiah Nasuha.

Readers can simply call The Hut where they will be selling their usual menu available at the truck such as their signature Monster Chicken Sandwich, Pasta Carbonara, Gua Bao, Churros, Desserts all priced at RM8 per dish or try their traditional (RM10 per head) or western (RM12 to RM15 per head) set menu that comes with a main and side dish, salad, dessert and drinks.



For indoor affairs, there are a few available options. For example, a box of sandwiches, traditional kueh and drinks cost only RM5 per head while for just RM12-RM15 per head, customers will get a box of butter rice or spaghetti, chicken/meat/fish (grilled/baked/cook), salads, desserts and drinks.



Customised menus can also be made upon request. To get in touch with The Hut, contact Hadi at 012 544 1054 or Fathiah at 012 656 0903 or follow them on Instagram at [www.instagram.com/thehut.my](#).



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# GH Road Cleared: now safe for pedestrians

The narrow road between the Paediatric Ward and Emergency Unit in Hospital Raja Permaisuri Bainun used to have parking bays for motorcycles on one side and pedestrians to walk on the other side. This road leads to the cafeteria and is also the entrance to the hospital from behind.

Most of the motorcyclists were inconsiderate and did not give way for the pedestrians and drove their motorcycles between the people. Pedestrians especially the elderly and those with children had to be really careful.

Things have changed and motorcycle parking along the road has been removed and the road is clear. Concrete benches are placed on one side of the road and palm trees have been planted. I have seen people sitting on the benches. The place looks neat and dustbins have been placed.

This is may be a small improvement, nevertheless we must appreciate the authorities for implementing it. Improvement can be done in small steps.

The whole hospital complex is congested and it is bound to get worse. Maybe the hospital can ask for suggestions from the public on what can be done to improve the situation.

A. Jeyaraj



Muallim . . . continued from page 2

## A Haven for Foodies

Get ready for a gastronomic adventure when you visit Muallim as you will be stumbling onto good restaurants and cafes that serve the very best of Muallim. Even the YDP of Tanjung Malim, Mohd Syukri Azaari when asked about Muallim's best attraction, believes that their food is the reason why tourists keep coming back.

Take **Umi Sushi** for example, the first and currently the only Japanese restaurant in Tanjung Malim. Among items that grab attention are their homemade gyoza (chicken dumplings), Sushi Moriawase (Mixed sushi), Futomaki (Thick Roll) and assorted sushi on the kaiten-belt ranging from RM1.90 to RM5.90 per plate. They also serve lunch and dinner sets including fresh salmon sashimi, chicken katsu, udon, soba, tempura, bento and many more.

Umi Sushi is located near UPSI campus at No. 33 & 33A, Ground Floor Jalan U1, Taman Universiti, 35900 Tanjung Malim, Perak. Reservations can be made at **05 458 2606**.

Another must try eatery when visiting Muallim is the legendary **Aman Gado Gado** (Sundanese/Javanese style salad) that has been serving the best *gado gado* for over three generations located at the Tanjung Malim food court (stall 20). Owner Saifuzzaman bin Harun or known as Aman, took over the business from his father circa 1996. He started by helping his father prepare the dish and slowly his passion developed and decided that he should pursue it full-time.

"I went to pursue my studies and played rugby when I was young, I planned for a different career but soon realised that it has always been about helping my father and doing business," said Aman.

What sets Aman Gado Gado apart from others is their special secret peanut sauce that was created by Aman's grandparents. "We receive many orders and do catering for weddings. Despite our location in Perak, I've customers coming from Kuala Lumpur just to have a plate of our signature *Gado Gado*," said Aman who can sell more than two hundred bowls of *Gado Gado* every day.

Aside from selling the salad, there is also curry mee, chicken rice and ABC drinks to try. Aman Gado Gado opens every day from 9am till 6pm. For catering, readers can call Aman and his team at **014 669 3544**.

Saving the best for the last, **Yik Mun** is undoubtedly the most popular eatery in town and one of the oldest restaurants in Tanjung Malim, and over the years their *pau* have become famous nationwide. The **halal dumplings** come with four fillings which are curry chicken, curry beef, *kaya* (coconut jam) and *kacang merah* (red bean).



Umi Sushi

Begun by the Kok Hainanese family, back in 1926, the *pau* are irresistibly delicious while their coffee and tea which attracted travellers patronising their tiny coffee shop in the early days, have taken second place.

Today, decades later, Yik Mun is well known throughout the country, with established shops and eateries serving the traditional delicacies recognised as '**The Famous Tanjung Malim Pau**'.

Yik Mun is currently housed in a corner shop-lot along the Tanjung Malim-Kuala Lumpur main road (near the traffic light intersection). Other than their famous Curry Chicken Pau, the shop also serves Chinese, Malay and hawker food for breakfast, lunch and dinner. All the food here is *halal*. Customers can also purchase Yik Mun's frozen *pau*, homemade *kaya* spread and fresh 3-in-1 coffee packs.

**Address: 6043 Jalan Slim River, 35900 Tanjung Malim, Perak.**

**Tel: 05 459 6380**

**Business Hours: Monday - Sunday, 9.30am-9.30pm (last order at 9pm).**

## Building Up the District

With its location between Selangor and Perak, Muallim certainly has potential in both the tourism as well as industrial scene. The district officer of Muallim, Nor Sham Rahman believes that Muallim can be one of the must-visit districts in Perak, "With our strategic location, I hope the domestic and international investors will see the bright future our district has to offer and create jobs opportunity that will help boost our economy," said Nor Sham.

There you go readers! We have listed you the places and activities and we're passing you the torch to explore and find the hidden gems of Perak's newest district, Muallim. Have fun!



Yik Mun



Aman Gado Gado

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# IPOH **echo**

## PROPERTIES SUPPLEMENT



FREEHOLD			
3 STOREY CLUSTER SEMI-D	3 STOREY LINK BUNGALOW	3 STOREY BUNGALOW A	3 STOREY BUNGALOW B
6 Rooms 5 Bathrooms	8+1 Rooms 8 Bathrooms	7 Rooms 7 Bathrooms	8 Rooms 7 Bathrooms
Built Up Area: 2984 sq ft (CT) 2906 sq ft (CZ)	Built Up Area: 2978 sq ft	Built Up Area: 2985 sq ft	Built Up Area: 3400 sq ft





# BUILDING HOMES, DEVELOPING COMMUNITIES

## A Solid Track Record

The 650-acre *Bandar Baru Sri Klebang* (BBSK) is a flourishing fully integrated township in Ipoh featuring exemplary detached, semi-detached and terraced residences dotted with ample landscaped greenery.

Established in 2001, the master-planned eco-township sees the appreciation of its value thanks to ongoing improvement based on purchaser's feedback over 15 years of crafting quality homes that complements its innovative design.

Developed by Kinta EcoCity Sdn Bhd, the year 2010 saw the team relocating from Greentown to the developing hotspot, a standing testament of their commitment to service excellence.

## Multiple Residential Offerings

Imagine living retreat-style every day in residential units configured with green design features encompassing roof sisalation, solar reflective paint, solar water heaters, inverter air-conditioning conduits, rainwater harvesting and large windows for natural lighting as well as ventilation.

This is what can be anticipated with the Grand Retreats 2 comprising two-storey semi-detached houses (Abby), single-storey detached homes (Aster), two-storey detached homes (Amber) and two-and-a-half-storey detached homes (Alder).



Fancy outdoor living? Enjoy the transition from the comfort of your abode in the well-defined alfresco space. Perfect for dining, get-togethers or some alone time, the possibilities are endless. Plus, security and privacy are of utmost priority the guarded precinct. It is equipped with a 3-tiered security system outfitted with perimeter fencing, photo beam sensors, CCTV and patrolling guards.

Meanwhile, Pine Park spotlights 2-storey link

homes Aspen (22'x75') and the more spacious Maple (24'x75'). Both come with a 3-tier security system for maximum level of safety. The first phase of Aspen is envisioned to be ready in August 2018 while Maple in December 2017.

Another fast-selling double storey link homes is Ivy (22'x75') at Strand Park with only Bumiputera lots left available for sale.



## Live, Learn and Play

The Centro, the community clubhouse, brims with comprehensive facilities such as a gymnasium, 20-bay driving range, 25-meter swimming pool, wading pool for kids, tennis courts, children's play corner and a café. All to provide a holistic lifestyle for its residents in line with the gem of a developer's vision of "Building Homes, Developing Communities".

Additional amenities such as schools, hypermarket, banks, a commercial hub named Klebang Centre Point and fast food outlets, are just a stone's throw away. The recent opening of the AEON Klebang shopping centre and a Caltex petrol station further boosts the property value of the area.

Not only that, the RM4.6bil 116km Jelapang-Selama-Batu Kawan Expressway (JELAS) is expected to be completed in 2018 (source: The Star article entitled "BMC: Work on JELAS to begin soon" dated December 14, 2015).

In conjunction with the 15th anniversary, there are special packages tailored for home buyers. All the more reason to own an exclusive unit within BBSK today!

Contact : 012 500 8018, 019 513 3315, 05 292 1333

Address : No 2, Jalan Sri Klebang A/12, Bandar Baru Sri Klebang, 31200 Ipoh, Perak.

Website : [www.kintaproperties.com](http://www.kintaproperties.com)



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8456-2906-2016/0193-117  
25/06/2015 - 24/06/2016  
OSG221-AL/30146/24012  
Charged to Malaysian Banking Berhad  
100  
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Freehold  
Min RM 866,210 Max RM 1,267,800  
Majlis Bandaraya Ipoh

Phase 3D (Abby)  
8456-2915-2016/024188-1  
8456-2915-2016/024189-3  
11/10/2015 - 10/10/2016  
OSG036-AL/31181/3812  
Charged to Malaysian Banking Berhad  
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September 2016  
Freehold  
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**3 STOREY  
CLUSTER SEMI-D****6 Rooms  
5 Bathrooms**Built Up Area: 2594 sq ft (C1)  
2906 sq ft (C2)**3 STOREY  
LINK BUNGALOW****8+1 Rooms  
8 Bathrooms**

Built Up Area: 2978 sq ft

**3 STOREY  
BUNGALOW A****7 Rooms  
7 Bathrooms**

Built Up Area: 3985 sq ft

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7 Bathrooms**

Built Up Area: 3400 sq ft

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Harga Jualan: RM865,000.00(min) - RM875,000.00(mak), Link Banglo Harga Jualan: RM905,000.00(min) - RM1,084,000.00(mak), Rumah Banglo A Harga Jualan: RM1,233,000.00(min) - RM1,560,000.00(mak), Rumah Banglo B Harga Jualan: RM951,000.00(min) - RM1,315,000.00(mak) 7 Diskaun 5% untuk Lot Bumiputera

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## GREENACRES: FROM AUSTRALIA TO IPOH

### PIONEER CONCEPT OF LIFESTYLE RETIREMENT LIVING

A first-of-its-kind integrated retirement village in Peninsular Malaysia, *GreenAcres* is crafted by TI Homes in a close collaboration with Australian consultants and design architects in order to bring an international level of wellness facilities similar to Watermark in Sydney and Rylands in Melbourne to Bandar Meru Raya, Ipoh.

If Ipoh has long been recognised as an ideal destination for retirement, then *GreenAcres* would be the crème de la crème where independent like-minded residents can age gracefully with full dignity in a vibrant community interwoven with freedom of choice and peace of mind.

### VIBRANT COMMUNITY – TRUE INDEPENDENCE

“*GreenAcres* is purpose-built for seniors. The units have elder-friendly features like wider doorways for wheelchair access, more ergonomic handles and an emergency response system. At the clubhouse, services and facilities are provided such as a shuttle bus, gym, games room, reading areas, mini-cinema, exercise sessions, and karaoke. These are advantages and benefits that you cannot find in any other residential development,” John Chong, its Executive Director shared.

Run by a professional management team trained in first aid with detailed knowledge in senior living, the premier retirement village also maintains a 24/7 emergency call system.

Living a quality resort-like lifestyle, elderly could engage in community fellowship



via stimulating activities or travel freely without worries as their landscaped common areas in the gated and guarded community are taken care of.

### THE DAWNING OF PHASE 1

Described as a “paradigm shift” and “timely” by Dato’ Dr Mah Hang Soon, Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages during the show units unveiling back in October last year, its first phase is expected to be completed in the first quarter of 2017.

Phase 1 consists of the clubhouse and 26 units of landed villas, out of which 22 are two-bedroom units (of 889 sq ft, 942 sq ft and 1105 sq ft) while the remaining are one-bedroom units (of 734 sq ft). To date, 40% are sold to both local and international buyers. Do take note *GreenAcres* run on a simplified lifetime lease system with monthly general service charge. Prices range from RM300,000 to RM452,000 a unit while the monthly fee starts from RM371 (additional rebates when you introduce a friend to *GreenAcres*!). Free to move out anytime, it offers 100% refund of the lease during exit.

Tailored for mobile and independent retirees of 55 years and above, *GreenAcres* also beckons to those who come under the *Malaysia My Second Home* programme.

For the upcoming phases, there would be an on-site aged care facility for the less mobile, two blocks of low-rise apartments of four storeys each and more landed units. Upon completion, the 13-acre site could accommodate up to 400 seniors.

Established in 1993, TI Homes is an Ipoh-based property company synonymous with quality, integrity and responsible development. *GreenAcres*, their pilot venture into the field of retirement living, will be the next standing testament to their philosophy.







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# Luxurious Living at Upper East

Be part of the rich and famous of Ipoh with Curah Bahagia Sdn Bhd's latest property, an exclusive resort-like condominium at Ipoh's very own 'Kenny Hills', the *Upper East @ Tiger Lane*. This spectacular project is located across The Enclave and adjacent to The Thompson and will be craved by many but owned only by a very few.

### Astounding Surrounding

*Upper East @ Tiger Lane* will be the most prestigious and exclusive project in Ipoh with astounding landscaping and facilities worth RM4 million designed by an award landscape architect from Singapore and not to forget the dazzling views of Royal Ipoh Club on one side and Ipoh Turf Club on the other.

The condominium internal layout will cater to everyone's needs for space, for example 1150 sq ft for a small family, 1505 sq ft dual-key units for an extended family and 1790 sq ft duplex for a bigger family or for those who require more space. The prices range from RM 522,900 to RM1,000,000 (RM450 psf). This is about 20% below the present Tiger Lane prices.

### Stunning Facilities

Residents of *Upper East @ Tiger Lane* will get to enjoy full condominium facilities including the largest private swimming pool in Ipoh, wading pool and for sports enthusiasts, there is a yoga deck, tennis courts, squash courts and many more. Other amenities include BBQ pits, party lawns, pavilion with amphitheatre seating, separate car



park complexes, internet-ready fibre-optics and a multi-tier security system that will be placed together with CCTVs at the perimeter fencing and at strategic locations within the compound. To ensure more security and a totally safe environment for residents, *Upper East @ Tiger Lane* provides card access to lift lobbies and in the lifts.

### Best Location in Town

*Upper East @ Tiger Lane*'s strategic location is right in the heart of Tiger lane and it is accessible from either Heritage hotel or the Turf Club. AEON Shopping Centre, KPJ Medical Centre, Pantai Medical

Centre, Ipoh Royal Golf Club, Impiana Hotel, SMK, Sam Tet, SMJK Pooi Nam and Tenby Early Years Centre (TYEC) are a few examples of nearby establishments that make *Upper East @ Tiger Lane* the perfect location to settle in.

### Outstanding Success

A member of Ecofirst Group of companies, Curah Bahagia Sdn Bhd together with their project manager, Andaman Project Management Sdn Bhd (APM), has achieved an impeccable development record which includes its Taipan 1, 2, 3 and 4 commercial projects in Bandar Meru Raya. Together the team has achieved more than RM300 million sales in Ipoh in less than 3 years.

*Upper East @ Tiger Lane* is a top of the line project that is priced below market rates, making it truly value for money.

The show unit is located at at No. 40 Jalan Kelab Golf, 30350 Ipoh, or call them at **05 541 1888** or visit their website at [www.uppereast.com.my](http://www.uppereast.com.my).





## News

# Public Speaking for Tertiary Institutions in Perak 2016

The Sathya Sai Baba Centres of Perak Darul Ridzuan organised the 4th Annual Human Values Public Speaking Competition between students in tertiary institutions in Perak recently.

Eight Speakers from three tertiary institutions participated in the finals, held at Olympia College Auditorium, Ipoh and five judges from the Perak Toastmasters were the adjudicators.

The objectives of this annual competition are:

- To enhance goodwill and understanding among youths of different racial and religious backgrounds and complement the government's efforts to encourage the use of the English Language in our tertiary institutions.
- To expose the youths, the future leaders of this country to the knowledge and practice of Universal Human values, in their daily life thereby boosting their personal and emotional well-being.
- To help the youths in the development of the soft skills of diplomacy, public speaking and social etiquette which is vital for effective parliamentary debates, international relations and domestic harmony.
- To encourage tertiary level students understand how the objectives of Malaysia's Rukun Negara, viz.: Unity, Justice, Peace and progress can be achieved by the practice of Human Values at all levels of our Malaysian Society.

The three tertiary institutions that participated this year were, Sek. Men. Methodist (ACS) Ipoh Sixth Form, represented by Chin Jia En and Mark Kelvin Raj; Universiti Tengku Abdul Rahman Kampar (UTAR KAMPAR) represented by Tan Wee Ling and Chan Jeng Cheng; Quest International University Perak, represented by Kajel Kaur Gill and Randir Singh Gill.

For the Prepared Speech Contest, the six Speakers were judged on six different topics, and for the Impromptu Contest a common topic was given to all the participants.

The results of the prepared Speech Contest saw Best Speaker Tan Wee Ling (UTAR Kampar) winning the title with 1st Runner-up, Kajel Kaur Gill (Quest Intl. University Perak) and 2nd Runner-up: Chin Jia En (SMK Methodist ACS Kampar).

The Results of Impromptu Speech Contest were:

**Best Speaker:** Kajel Kaur Gill (Quest Intl. University Perak); 1st Runner-up: Tan Wee Ling (UTAR Kampar); 2nd Runner-up: Chin Jia En (SMK Methodist ACS Kampar).

**Overall Competition Placing :** Overall Champion Speaker: Kajel Kaur Gill (Quest Intl. University Perak); 1st Runner-up: Tan Wee Ling (UTAR Kampar); 2nd Runner-up: Chin Jia En (SMK Methodist ACS Kampar).

**Winner of Challenge Trophy:** Quest International University Perak.



## CLICK! 5.0: Empowering Rural Youth

The social entrepreneurship camp CLICK! 5.0, funded by the U.S. Embassy in Kuala Lumpur, launched in April with a series of camps that will equip Malaysian youth with social entrepreneurial skills to address pressing issues in their communities. CLICK! 5.0 will reach 14 to 16 year-old suburban and rural high school students from eight states across Malaysia (Kedah, Perlis, Perak, Selangor, Pahang, Terengganu, Kelantan and Sabah). The U.S. Embassy has funded these camps every year since 2011.

CLICK! 5.0 is managed by Leadership Empowerment And Development (LEAD) Institute and is held in partnership with the Ministry of Education, the Fulbright English Teaching Assistant (ETA) Program, and the Malaysian-American Alumni Partnership, with sponsorship from private sector partners including Sunway Education Group, Canon and many more. In line with the tagline this year, 'Building Community Heroes', CLICK! 5.0 aims to inspire and empower youth to be community heroes and champion causes that are important to their communities, be it in addressing bullying issues at school or cleanliness issues in their neighbourhood.

The first CLICK! 5.0 camp was held from April 6-8 in Ipoh, Perak. The second camp kicked off on April 22-24 in Kota Bharu, Kelantan and the last camp will be held on May 6-8 in Kota Kinabalu, Sabah. CLICK! 5.0 has great participation from 30 schools nationwide. Not only does CLICK! 5.0 reach out to schools with lower English proficiency; it also reached out to two Madrasah schools. During the 3-day camp, students learnt social entrepreneurship skills, enhanced their leadership skills and boosted their English language skills.

Trained by social entrepreneurship experts, the participants and their mentors worked closely in identifying the most pressing social issues that they want to solve, followed by listing the key solutions, and later pitching the projects to a panel of notable judges. By the end of the camp, each team has a solid business plan and seed funding to kick start their project. Fulbright English Teaching Assistants (ETA) will mentor the groups for the 8-week implementation.

Six finalists will then be chosen to compete in the Grand Finale in September 2016 in Kuala Lumpur. The final three winning teams will walk away with scholarships to study at Sunway University.

The U.S. Embassy and LEAD Institute hope that this programme will empower youth to be active in their communities as good citizens and innovative social entrepreneurs.



## A Day for Picnic

It was a fun day at D.R. Seenivasagam Park on May 16 when Ipoh had its first Ipoh Picnic Day; an event filled with good food and laughter.

The affair, organised by Generasi Bersatu Malaysia saw more than a hundred stalls selling food, drinks and clothes. Among stalls participating were Pirate Coffee, Suhaimi Cafe and Tina Cafe Xpress Carwash. The Silver State Food Trucks, Perak's food truck community also took part in the event where they served only the best for the visitors.

Malaysia No.1 celebrity chef, Redzuawan Ismail or better known as Chef Wan, was among the VIPs who attended the event. He took the liberty to visit all booths and complimented the hard work of every participant.

"Having the privilege to travel around the world, I can't help but notice the love Malaysians have when it comes to food. Such events like this will definitely promote Malaysia as a hot tourist destination," said Chef Wan.

Aside from the gastronomic fair, the event also provided a platform for young entrepreneurs to step up and promote their items. For Amar Asyraf, co-founder of Nasi Lemak Lah, he hoped to get more chances like this, "Since Ipoh is the city of good food, my team and I wish more food festivals would be held. Not only will it help new entrepreneurs like me but also to promote Ipoh as a food destination for tourists," said Amar.

The highlight of the day was the Wayang Pacak (stand-up cinema) where audiences were treated to the movie, 'The Journey' brought exclusively by Astro Shaw.

**Ili Aqilah**

Perak Camp: 8th – 10th April 2016 (11 Teams) – 5 teams from Perak

SMK Changkat Lada (Perak), SMK Tunku Bendahara (Kedah), SMK Kenering gerik (Perak), SMK Sultan Idris Shah II (Perak), SMK Tunku Sulong (Kedah), SMK Sayong (Perak), SMK Raja Muda Musa (Perak), SMK Megat Dewa (Kedah), SMK Raja Puan Muda Tengku Fauziah (Perlis), SMK Tengku Suleiman (Perlis) & SM Islam Al-Amin Gombak (Selangor).

**The top three teams for the 3D2N camp in Perak were:**

**Champion:** SMK Changkat Lada, Perak Project: Improve English literacy among peers through drama/theatre club.

**1st Runner Up:** SMK Tunku Sulong, Kedah Project: Solve littering issue in school via awareness camp.

**2nd Runner Up:** SMK Megat Dewa, Kedah Project: Provide healthy food in school by selling fruit smoothie.

SMK Sayong, Perak was crowned '**The Most Proactive Team**'. They were given trophies. The top three teams received RM300 seed funding, Canon Camera, trophies and certificates.



## News

### En Multi Coat Chooses Ipoh Echo



Established in 2002, En Multi Coat Sdn Bhd has been promoting their Epoxy Multi Flake Coating continuously in Ipoh Echo since October last year. Since then, the Johor-based company specialising in waterproof floor tiles never looked back.

"The response has been great especially from Bercham, Pasir Puteh and Wah Keong Park. Via Ipoh Echo, our number of clients has doubled, in which more than half are retirees. We have new customers every month who are Ipoh Echo readers, hence we plan to keep advertising in the newspaper," Eric Choon, the sales manager shared.

"Satisfied with the service provided, we would not hesitate to recommend Ipoh Echo to others," Eric added.

Their objective is simple – to supply attractive flake flooring which is waterproof, non-slip, long-lasting, low-maintenance, hygienic and seamless, perfect for water-exposed surface. The versatile tiles come in 24 shades and the best floor tiling contractors to create the style you desire.

A cost-effective yet time-saving choice, it requires no damaging hacking and takes just four hours for completion. Plus, it offers three years of warranty!

Made in Singapore, Epoxy Multi Flake Coating is a one-of-its-kind sealing and decorating system of decorated multi-flakes applied to a specially prepared, epoxy base coat. It is then sealed in place with a hard-wearing final surface of two or more coats of epoxy finishing.

En Multi Coat Sdn Bhd is offering a promotional price of RM750 (single-colour flooring) and RM900 (two-colour flooring) for toilet floor not more than 40 sq ft, complete with workmanship, design and skirting until the end of May.

For further details, readers could contact the amiable Eric at **018 212 2654**, Andy Fam at **013 398 5133** or visit [www.enmulticoat.com.my](http://www.enmulticoat.com.my). Their Ipoh outlet is located at 68 Persiaran Bercham Selatan 2, Taman Desa Kencana, 31400 Ipoh. You can also catch them at their promotional booth inside Tesco Ipoh Garden which goes on until the end of May.

Mei Kuan



## Wellness – Smoking and Your Heart

According to data from the World Heart Federation, smoking causes one-tenth of Cardiovascular Disease (CVD), which is the second leading cause of CVD, after high blood pressure. Globally, tobacco causes an amount of six million deaths a year. The risk of a non-fatal heart attack increases by 5.6 per cent for every cigarette smoked and persists even at only one to two cigarettes per day. Bad news for female smokers is that the risk for coronary heart disease is 25 per cent higher than male smokers.

For **Cardiologist Dr Hasral Noor Hasni**, these statistics have made him an advocate for people to quit smoking and reduce their chances of developing cardiovascular disease.

"Smoking increases blood pressure, decreases exercise tolerance and increases the tendency for blood to clot, all factors leading to CVD," said Dr Hasral with passion. "Twenty per cent of deaths in local hospitals are caused by heart disease. Cigarette smoke contains over 4000 chemicals, including 43 known cancer-causing (carcinogenic) compounds and 400 other toxins. When you smoke, toxins in the tobacco itself are released and absorbed, causing more cholesterol to deposit in the arteries. Thus, one needs to be aware of the risk factors involved and make lifestyle changes such as to quit smoking," he added.

An Ipoh boy and a Michaelian, Dr Hasral Noor Hasni spent his secondary school life in Sekolah Tuanku Abdul Rahman, Ipoh. He then completed his Bachelor of Medicine, Bachelor of Surgery (MBBS) in 1996 in Australia, returning to work in Hospital Gerik as a Medical Officer. In 2002, he was attached to the Department of Medicine of Hospital Kuala Lumpur as a Physician.

Deciding to specialise in Cardiology, Dr Hasral worked at the National Heart Institute of Malaysia (IJN) as a Senior Registrar for four years since 2003. Later, he moved to Kedah Medical Centre as Consultant Cardiologist and Physician. Since then, he has returned to his hometown of Ipoh and been working in **KPJ's Ipoh Specialist Hospital (ISH) as Consultant Cardiologist and Physician** since 2009.

"Apart from the risks associated with tobacco, diabetes, hypertension, obesity, lack of exercise, mental and emotional stress are also classified as risk factors for CVD," Hasral said. "There are also genetic factors. Male gender and ageing are other risks of getting a heart disease," he stressed.

"Some of the **symptoms of CVD** include chest pain, shortness of breath, palpitations, constant fatigue and fainting spells. A more intense scenario occurs during a **heart attack**. Chest pains will start to radiate to the left arm, back and neck and unexplained sweating will occur. Symptoms may vary and it may even be something as innocuous like an indigestion. The important thing is to seek early medical attention," he emphasised.

"**Prevention** is better than curing," Hasral added. "So do go for checkups regularly, especially for males above 35 and females above 40. Cut down on refined carbohydrates, seafood and oily food and instead consume more fruits and vegetables. As mouthwatering a plate of nasi lemak can sound, it is best to avoid it. Practice regular exercise with a minimum of 30 minutes three days a week. As heart disease is a chronic disease, it cannot be fully cured. Thus, patients need to take medication consistently over a long period of time."

Smokers usually take a few attempts before quitting or cutting down on cigarettes. "I've got patients who've tried to quit up to five times before complete cessation," mentioned Hasral. "It takes willpower and persistence. After all it's your health that matters," he concluded.

Dr Hasral can be contacted for appointments at **05 255 3699**. His clinic is situated in **Suite 2-10 at KPJ's Ipoh Specialist Hospital**, which opens from 9am to 5pm on weekdays and 9am to 1pm on Saturdays.

Khaleeja



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## COMMUNITY

## Tenby Road Safety Programme

Ipoh-born Hollywood actress, **Tan Sri Michelle Yeoh** launched the **SAFE STEPS Road Safety Programme** at Tenby Schools Ipoh on Friday, April 15.

SAFE STEPS Road Safety is a ground-breaking pan-Asian public service programme aimed at raising awareness about one of the world's leading causes of death by providing clear, educational information on road accidents and fatalities.

**Tenby Schools Ipoh** is keen to promote road safety in line with the school's mission, "To promote the values of democracy, equality before the law and respect for the Universal Declaration of Human Rights".

The event kick-started with Michelle Yeoh and Marc Fancy, the Executive Director of Prudence Foundation cycling with over 30 members of the community consisting of parents, teachers and students. They took a short ride around the campus, where safety points like the importance of safety helmets were reiterated.

"Road safety is a serious issue all over the world, and very much so here in Malaysia. I am glad that Tenby Schools has taken the initiative to bring the programme to its students. Malaysia ranks third in South East Asia for the highest number of deaths attributed to road accidents. So as a Malaysian, it is logical for me to instil awareness and promote this message in my home country," said Michelle Yeoh.

SAFE STEPS Road Safety is developed by **Prudence Foundation**, the community investment arm of Prudential Corporation Asia, in partnership with National Geographic Channel and the Federation Internationale de l'Automobile (FIA).

**Programme Ambassador, Michelle Yeoh** has, since 2008, dedicated herself to campaigning for road safety to be recognised as a global public health and development



priority. All SAFE STEPS Road Safety tips are being sanctioned by the International Federation of Red Cross and Red Crescent Societies (IFRC).

**Nantini**

## Re-Livening People's Park

If we have been looking closely at Ipoh's development, we notice that People's Park has been neglected and as such has lost its lustre.

An event with Mayor Dato' Zamri Man was held on Sunday, April 17 at the park. Cycling from Pak Fook Thong (a Chinese *sinseh* shop) to the park, took less than ten minutes.

"The Council is currently working on re-livening this place again. We're returning the spark that once lighted up this whole place, as well as along the whole Kinta River," said Zamri.

With assistance from UiTM students, they are in the midst of planning a 3D mural at the back of this park.

Apart from that, the National Department for Culture and Arts (JKKN) have also been staging



theatrical performances during weekends to attract Ipohites to the location. Their efforts paid off when city folks began crowding the park once more.

The mayor mentioned that night activities that restricted movements at the railway station had been moved to Polo Ground and D.R. Seenivasagam Park.

"We encountered many problems when the railway station became a star attraction. The public may not notice this but we did," he added.

When the topic of food trucks arose, Zamri said that the People's Park would be their new spot. "We do encourage them. Once repairs to the park are completed, we'll allow them to operate there.

"I cannot say when the park will be completely done but I assure you it'll be done as soon as possible," said Zamri with a smile.

**Khaleeja**

## Perak on Display by Nazha Exclusive

It started when she wore it at the coronation of Perak's 35th Sultan Nazrin Muizzudin Shah last year and many couldn't help but notice the beautiful *tekot* handbag on her arm. That was the moment when Her Highness Raja Puan Makhota Perak, Raja Nazhatul Shima Sultan Idris Shah realised that this could be one of the ways to promote Perak's signature art of *Tekot* (embroidery).

Having that in mind, Raja Nazhatul became the founder of **Nazha Exclusive** where she is involved in the production of *Tekot* handbags to restore *Tekot* designs to its former glory. The art of making *Tekot* is produced by using a tool called *Mempulur* as the base to mold the frame and design. A *Mempulur* is a piece of cardboard cut and shaped according to the desired pattern. What makes it special is the usage of gold thread embroidery that will then cover the *Mempulur* on velvet.

Her Highness inherited the love for *Tekot* from her late grandmother, Raja Perempuan Kalsom, the consort to the late Sultan Alang Iskandar, the 30th Sultan of Perak. The late Raja Perempuan Kalsom was highly skilled in producing *Tekot* pieces including one that decorated the first throne in 1933 in Iskandar Palace Perak and also the official garb of the first Yang di-Pertuan Agong.

Together with her children, Raja Nazhatul's hard work paid off as they launched Nazha Exclusive recently on April 20 at JW Marriott, Kuala Lumpur.

"It was through the help and encouragement I've received from my children that has led to the birth of



Nazha Exclusive," said Raja Nazhatul during her opening remarks.

The royal studded event was attended by a few members of the royal families including Her Royal Highness of Perak, Tuanku Zara Salim, Johor's Raja Zarith Sofia, Terengganu's Sultanah Nur Zahirah and Pahang's Sultanah Kalsom Abdullah to name a few. Princess of Johor, Her Highness Tunku Tun Aminah and Pahang's Crown Princess Tunku Azizah also made grand appearances to the affair.

Over fourteen designs were on display during the launch including Nazha Lili, Nazha Tanjung, Nazha Kenanga, Nazha Anggerik, Nazha Cempaka, Nazha Melati and Nazha Semarak. Guests were given the chance to be the first to see Nazha Exclusive *Tekot* handbags which were made from either silver or gold *Tekot*. Among those that got the buzz going was the Nazha Glitz collection, black leather clutch with gold *Tekot* accompanied by



bedazzling stones.

The *Tekot* patterns were personally designed by Her Highness and she hopes that her collection will penetrate the international market one day so that the art of *Tekot* will be recognised throughout the world.

"It felt like a responsibility to promote something that is well-known as one of Perak's iconic signatures. It has been my passion to show the world what Perak has to offer and I hope people will appreciate our heritage as much as I do," said Her Highness who also has a plan to set up an exhibition about *Tekot* at Baitul Rahmah, Kuala Kangsar soon.

Readers who are keen on purchasing a Nazha Exclusive can visit their official Facebook page at [www.facebook.com/Nazha-Exclusive](http://www.facebook.com/Nazha-Exclusive) or Instagram at [www.instagram.com/nazha\\_exclusive](http://www.instagram.com/nazha_exclusive).

**Ili Aqilah**



## COMMUNITY

# Weaving for a Living

Unlike most handicraft shops, Kraf Anyaman has been operating for more than 10 years, employing the disabled to help them make a living. They weave rattan baskets of different sizes, handbags and even the sepak takraw.

When Persatuan Pemulihan Orang Cacat (PPOC) (Society of Rehabilitation of Disabled People) Perak was formed in 1977, the blind have already been trained to weave. They then passed on their knowledge to the others.

Mohamed Daniel Kadir, president of PPOC chose to employ them because he felt they deserved to be treated equally. Apart from hoping to have these rattan handicrafts symbolising Ipoh, he too hopes that society will appreciate their beauty and workmanship.

The first step to weaving a basket is by starting from the base. Every rattan handicraft has its own technique and texture. It is phenomenal how skilled they are despite their disabilities, taking three to four days to complete a basket, imbued by passion and dedication. Some are made out of coloured rattans.

"Don't ask me how they can identify the colours, miracles do happen here," said Daniel.

Four of the workers are blind while one is physically handicapped. Their confidence and trust in their own skills are impeccable. "The skills are almost impossible to acquire. I think there is only one or two in the whole country who can weave as well as them," he added.

"We've customers from all over, locally and abroad, coming to our shop," said Daniel. However, as much as the tourists love handicrafts sold at Kraf Anyaman, Malaysians, generally, do not appreciate such works of art. Perhaps they are unaware and, therefore,



## Aussie Volunteer Helps Children

Anthea Martin, a speech therapist from Perth, Australia flew all the way to Ipoh for a noble cause. Besides exploring a different cultural background, she took the opportunity to enjoy a short vacation with her family.

For three days, April 11 to 13, she helped to assess children with speech disorders at Persatuan Pemulihan Sultan Azlan Shah (PPSAS). The centre was delighted to have her.

PPSAS is a multi-disciplinary rehabilitation centre which provides community-based rehabilitative programmes and health services such as physiotherapy, speech therapy and occupational therapy. It has now broadened its services to include hydrotherapy, hippotherapy, play therapy, computer accessibility including sound and sensory stimulation therapy.

The centre has 8102 registered clients since its first establishment back in 1982. The number of clients is growing.

Anthea and family were by Regina, Chief Executive Officer of PPSAS and Councillor Ir. Lai Kong Phooi from Ipoh City Council.

Thirty children were tested by Anthea over the three-day period. They were regular attendees of therapy sessions at the PPSAS Speech Therapy Unit.

Upon receiving the news of Anthea's arrival parents were overjoyed, as they looked forward to having their children assessed or re-assessed by a qualified speech therapist from abroad.

They hope for nothing more but the betterment of their children. The children assessed by Anthea had speech problems that vary, ranging from speech development delay to being mute.

The centre's very own cognitive and speech support therapist had a fruitful time exchanging information and ideas with the Australian expert while working on the children during the three-day assessment period.

For further information about PPSAS, contact: The Administrator Ms K. Regina at Lot 158413, Lorong Bercham 11, Bercham, 31400 Ipoh. Tel.: 05 548 1905 (Ms Susan/Ms Lina). Fax: 05 548 1066. Operating hours: Mon-Fri 8am-1pm & 2pm-4.45pm.

Ed

are not responsive.

Daniel expressed hopes that the local community would one day understand the significance of the whole idea and appreciate the onerous mantle of how these disabled are able to stay committed to their weaving and manage their families as well.

"I'm in awe and baffled," said Daniel. "They're true icons of the disabled."

Khaleeja

Open every day from 9am to 6pm. Located at 190 Jalan Sultan Idris Shah, Ipoh. Tel.: 05 311 5509/311 1509. Facebook: Craft Ipoh Rattan Kraf Anyaman.

## 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.

**Basic Teaching & Learning Course for Tutors & Parents.** Modern Language Training & Consultancy Services (IP0441988-D) is conducting the second intake for the above mentioned course themed 'connecting-extending-challenging' effective **May 14** for parents and tutors. The purpose is to train those who have no formal teaching qualifications on the basic concepts of teaching, learning, assessment and lesson planning strategies. The modular-based course will be conducted on weekends. For further information, contact Dr Bart 0111 64 33 120 / [anthaman90@yahoo.com](mailto:anthaman90@yahoo.com).

**Perak Malayalee Association will be organising a musical extravaganza in aid of welfare, education and sports** on Saturday, **May 14** at 7.30pm at the Ipoh Town Hall. Tamil, Hindi and Malayalam songs from the sixties to the nineties will be featured. For enquiries call Gopalan Nair at 012 450 2620 or Sakuntala Nair at 017 579 9062.

**"Does public speaking make you uncomfortable? Do you wish to become better at giving speeches?"** Is the answer is 'yes and yes', come and join us at a public speaking workshop organised by YMCA Ipoh Toastmasters Club. Sunday **May 15**, 1.30pm-5pm at YMCA of Ipoh (first floor). Cultivate essential public speaking skills and pick up on how an effective speaker, whether giving formal, casual or impromptu speeches. Present, past and future Exco/committee members of NGOs, associations, societies and clubs in particular will greatly benefit from this half-day workshop conducted by two professional and experienced speakers." Contact: Cheah Tong Kim 017 487 3980 or Nur Aida 013 363 9490.

**Y's Men's Club of Ipoh 50th Anniversary and 50th Installation of the President and Board of Directors 2016-2017.** Saturday **July 23** at YMCA Ipoh Hall. Dinner cards are available

and for further information, contact: Y's Men K.Letchimanan – 012 538 1939 or Lady Y's Men Charanjit Kaur - 016 553 8443.

**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.

**Perak Women for Women Society (PWW)** offers counselling services, for victims of domestic violence, by Mabel Wong our licensed and registered counsellor. PWW also has a crisis intervention support team comprising of para-counsellors. For more information, please call PWW at 05 546 9715.

**Performances of Traditional Songs and Dance every Friday every week** at 8pm (except fasting month). Held at Kompleks Jabatan Kebudayaan dan Kesenian Negeri Perak, Jalan Caldwell, Off Jalan Raja DiHilir, Ipoh **every 1st and 3rd Friday; 2nd and 4th Friday** at People's Park. 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.

**Free Arts and Culture Lessons.** The Perak Department for Arts and Culture (JKKN Perak) is conducting free music, dance and theatre lessons at its complex along Jalan Caldwell for enthusiasts aged 7 and above. **Traditional dance and music: Every Saturday** from 9.30am to 12pm. **Children's theatre: Every Saturday** from 3.30pm to 5.30pm. **Adult's theatre: Every Tuesday** from 8.30pm to 10.30pm. These lessons will last till the end of the year. For information call Fairus at 018 958 9049 or JKKN Perak at 05 253 7001.



## Arts and Culture

### Expressing Himself Through Art

Kamil Shafie, a politician cum artist and the state assemblyman for Manong is having his first solo exhibition from April 12 to May 12. "Expressions from Above: Kamil Shafie" is a collection of Kamil's paintings on exhibition at the second floor of the Perak State Secretariat Building.

Having an educational background in design studies, his artworks are solely abstract, using oil paint or acrylic. Playing with colours and techniques, they actually reflect the voices and freedom of society.

"I was supposed to begin 20 years ago but politics has been my forte. I only started in 2010 and I have over 70 paintings now but only 35 are on exhibit," said the seasoned politician.

Besides promoting art as a whole, he also hopes it will inspire youngsters to immerse themselves in art.

"It'd also be a great platform to attract tourists and promote Ipoh as a hub for culture and heritage," said Dato' Nolee Ashilin, the Executive Councillor for Tourism and Culture who officiated at the exhibition launch.

"I hope the art gallery we're planning to open will come true, as that is where all the masterpieces will be. Not only will it appeal to young artists, it'll also contribute to tourism," Kamil added.

Perak is blessed with many talented young artists, most of whom we are unaware of their potential. This exhibition is set to be an eye-opener and, hopefully, will expose us to the world of creativity.

Rosli Mansor



### Disney's Favourite Animation on Stage



"It's for my daughter because she loves it very much," said Corrinne Mah, when asked why she had chosen Frozen to be staged.

As much as everyone would say that Frozen was only meant for children, curiosity and excitement filled the hall, as everyone was waiting eagerly for the show to start.

St Michael Institution's 64th annual drama was on from April 15 to 17, commencing at 7.45pm. Tickets, priced at RM20 and RM50 each for all three days, were sold out.

The stage-version of Frozen by the Michaelians was simple yet captivating. The production team had managed to grab the hearts of the audience via their splendid live presentation.

Corrinne said forthcoming dramas over the years would be dedicated to the late Brother Vincent Corkery whose persona had left an indelible mark on the school he once helmed.

"His encouragement motivated me to do my best. It's sad that he's no longer with us today to share our joy. But his memory lingers on," a smiling Corrinne said.

Besides praising the late Brother Vincent, the director stressed her love for a production rather than the performance. Producing a play, she said, was never easy without the people behind the curtains.

"All of them did it for the school," she recounted proudly. "That's the Michaelian spirit we all looked up to."

It was certainly a night to remember. Besides the little niche in our hearts, Brother Vincent will live forever in all the school's dramas.

Khaleeja

## Of Poets and Writers

The monthly book-reading matinee, "Sharpened Word" was held at its new venue, the Old Andersonians' Club, Ipoh on Saturday, April 16, where five panelists, Pauline (Nithya Sidhu), Gary Wright, Luke Teoh, Angela Yap and Ritchie Ramesh shared their remarkable literary experiences followed by an engaging and interactive question and answer session with their 20-odd audience.

Pauline is a retired biology and science teacher with 25 years' teaching experience. She is also a motivational speaker, a traveller, poet and a freelance education columnist. Pauline talked about writing, on being a freelance education columnist for The Sunday Star Educate (as Nithya Sidhu) and The Daily Express (as Pauline Sidhu) for 18 years and recited some of her poems.

Twenty-year-old aspiring writer Gary Seow (aka Gary Wright) writes short fiction, poems and nonfiction analytical essays. According to Gary, books, cinema and theatre have always been sources of much needed inspirational support for him.

Luke Teoh is a former UK-trained teacher and lecturer, a one-time newspaper



columnist on English, a published author of supplementary English schoolbooks, and a former managerial executive of a British publisher. He is the author of Anodynes of the Heart, a self-published book about his life and why he self-published his books. According to Luke Teoh, writing has given him a lot of pleasure.

The founder of Akasaa Angela Yap (with co-author Ritchie Ramesh) shared information about being a writer, the publishing industry, and their book, Managing Yaa-hoos! – true accounts of unscrupulous conduct & the 'nobodies' who change things.

Before the session ended, one of the guests Jasemin Sibbo talked about her latest book, HENNA: La Danseuse du Cambodge (The Dancer from Cambodia). Her poems present a story of the human spirit, exploring Cambodian history, celebrating the ancient Khmer performing arts, and overcoming evil with love and grace.

Nantini

## Sport

### The 25th Sultan Azlan Shah Cup

Named after our ninth Agong, who was himself a hockey player, the Sultan Azlan Shah Cup has been on the International Hockey Federation (FIH) calendar since 1998 in Ipoh. It started off in 1983 as a biennial tournament but due to its popularity, the tournament became an annual fixture.

President of FIH, Leandro Negre recently bestowed the Member of Honour award to the late Sultan Azlan Shah to his son, Sultan Nazrin Shah, the Sultan of Perak.

In his speech, Leandro said that the award was to honour the late sultan's dedication and contribution to hockey and how he had managed to make the game an internationally known sport.

Dato' Abdul Rahim Mohd Ariff, organising committee chairman of the 25th Sultan Azlan Shah Cup harbours hopes of seeing Malaysia lifting the cup for the first time.

All seven teams which participated in this year's tournament namely, Malaysia, Australia, New Zealand, India, Pakistan, Canada and Japan did a splendid job. The host team's performance on the whole was satisfying.

Malaysia won two games against Japan and Pakistan. It was a morale-boosting effort for the young Malaysian team and home fans had expected them to do better.

However, a drubbing by India dashed all hopes of a play-off in the final. A third-placing finish too was denied when beaten 5-4 by last year's winner, New Zealand in a penalty shootout following a 3-3 draw in the deciding game.

"I'm a bit disappointed for the boys, they deserve a third placing. They played their hearts out and gave their best, it's not as if they didn't try," said coach, Stephen Van Huizen.

Stephen's training of the boys could be seen through Razie Rahim, the team captain and



the two goalkeepers, Hafizuddin Othman and Hairi Abd Rahman. The three players stood out among the rest. They worked hard for the team and, in essence, were the pacemakers.

Being the top-ranked team, it was not a surprise to see the Aussies winning the 25th Edition Sultan Azlan Shah Cup. Their commitment in a game is something we can all learn from. Incidentally, Australia has won the Azlan Cup for the ninth time. In the final they defeated India by 4-0.

The whole tournament ran smoothly, without a single glitch. No untoward incidents occurred during the duration of the tournament.

While the fans were not as ferocious as last year, they did account for themselves whenever Malaysia played well. What matters is they were there when fan support was needed.

Seeing fans singing, dancing and cheering was certainly a boost for the home team. The presence of a dedicated cheering team in the stand whenever Malaysia took to the field was a welcome sight.

Beside it being a symbol of unity, the Sultan Azlan Shah Cup is also about learning from each other. Of course there is the winner and the loser, as that is the name of the game. But amidst the glory and the agony, there is much to

be learned. Winning is not everything and neither is losing but camaraderie and sportsmanship fostered are qualities that are difficult to come by if we do not seek them out.

By now, all participating teams would have known their strength and weaknesses and it is incumbent upon them to start training for subsequent tournaments in the FIH calendar.

As for the young Malaysian team, we all hope they would maintain their performance and come back stronger. Who knows, the elusive cup might be ours next year.

Khaleeja