

SIGNATURE KITCHEN

50% MID YEAR SALE
UP TO
20th May - 5th June '16
* T&C apply

VISIT US AT
IPOH GARDEN SOUTH

1800 88 8669
05 548 6696

www.ipohecho.com.my

IPOHecho

FREE COPY

Your Voice In The Community Since 2006

May 16 - 31, 2016

PP 14252/10/2012(031136)

30 SEN FOR DELIVERY TO YOUR DOORSTEP -
ASK YOUR NEWSVENDOR

ISSUE **235**

100,000 print readers ★ 1,911,520 online hits in April

Property **BOOM** in Ipoh:

Will it change the Face and Pace of Ipoh?

• By Ili Aqilah, Nantini Krishnan and Tan Mei Kuan

It was in April 2014 when Ipoh made headlines on the U.S. News website by being named one of the places to settle for retirees with its evocative image of calmness, peace and relaxation. Ipoh had its heyday during the heady days of tin but had people bemoaning its sluggishness since the price of tin crashed in the 80s. But Ipoh appears to be emerging from the doldrums especially in the past two years and it is clear that Ipoh is booming with all sorts of new property developments such as hotels, shopping malls and public attractions to name a few. With this flurry of development activity, is Ipoh still the calm, peaceful and relaxing city? Or are we slowly moving to be the next 'it' city in Malaysia? Ipoh Echo sends its trio of reporters out to take a 'temperature' reading from the residents and the big boys of Ipoh property development.

Continued on page 2



Meru Valley EcoVillage



Upper East @ Tiger Lane



The Haven



TKB Ipoh South Precinct

Flurry of development activites, from high rise, high end to low income affordable

A Look at the Present, Who's Where and What's Coming Up?

Upper East @ Tiger Lane Ipoh by Andaman Property Management Sdn Bhd has reached 75% of completion stage and full completion is expected by the third quarter of 2016. The luxury apartment is currently 80% sold.

Under The Haven Sdn Bhd, award-winning **The Haven Ipoh Resort and Residences** with its three towers, 26-storey 512 units of high-end luxury condominiums, is fully completed physically and operating well with ongoing efforts in bringing up the value and desirability of the development through maintenance and service. For instance, The Haven is presently fully occupied with improving their overall service and quality of food. With its multitude of facilities designed to cater to residents and guests of three generations (grandparents, parents and children), it is no wonder that The Haven Resort Hotel is a 2016 Travellers' Choice winner, the highest honour given by TripAdvisor.

Meanwhile, **Bandar Baru Sri Klebang** is a 650-acre fully integrated township, developed by Kinta EcoCity Sdn Bhd (under Kinta Properties Holdings Sdn Bhd). It features detached, semi-detached and terraced residences dotted with ample landscaped greenery. To date, over 2000 units have been completed since 2001. Its multiple residential offerings include Grand Retreats 2 comprising of detached units and semi-detached units. Meanwhile, Pine Park spotlights 2-storey link homes Aspen and the more spacious Maple. The first phase of Aspen is envisioned to be ready in February 2018 while Maple in December 2017. The guarded community shares a clubhouse, The Centro, which brims with comprehensive facilities.

For **Team Keris Berhad (TKB)**, their current projects span across the commercial, residential and industrial property sectors, making them proud to be able to launch multiple projects at various locations at the same time. The group has undertaken a proportion of development in other townships of Perak such as Batu Gajah Sentral and Lintang Square @ Sungai Siput. The current running projects for TKB include a commercial hub at Jelapang Square (to complete by August 2016), integrated residential development at Ipoh South Precinct (completion by 2017), residential condominium called Treetops Residency (completion by June 2016) and many more. Being one of the biggest household names in the Perak property industry, TKB has always prided itself on having a mixed and diversified portfolio going forward which includes integrated townships and commercial centres both within Ipoh and in greater Perak.



Michael Tan – TKB



Peter Chan – The Haven

Affordable houses are also available for the younger generations and first time buyers. For example, **Suria@Meru** (ranging price from RM263,800 to RM273,800) is scheduled to complete by December next year is located at Zone 9 at Bandar Meru Raya. Developed by Cempaka Majujaya Sdn Bhd, a joint-venture company formed by Sunny Reap Development and a subsidiary of PKNP, PCB Development Sdn Bhd.

How Does it Affect the Current Residents?

We took the liberty to go around to hear what residents feel about the

ongoing developments in their area. According to Susie, a Masters student of Urban and Regional Planning who lives in Puncak Meru since 2002, developments such as the upcoming Movie Animation Park Studios in Meru Raya will attract more people to Ipoh leading to an increased state income and number of facilities. "It will make Ipoh famous but sustainable development should be emphasised," added Susie.

As for Khor Boon Leong, 51, a resident from The Haven said "Almost all of the residents that I know love this combination of residents, guests, and owners. The benefits are tremendous in that long-term residents like us have the benefits of extraordinary security, service and good food."

"We love the development, it is a tremendous home for me. It has been one of the best decisions in my life moving from bungalow house to The Haven. The security, service and friendliness in this place says it all," said resident from The Haven, Lee Hooi Hong, 66.

"Big brands are coming to what we used to call a sleepy town. This will be a good opportunity for Ipoh to brand itself on a higher level as compared to previously and thus attract more investors from out of Perak, namely Penang, Kuala Lumpur or maybe even Singapore," said Mike Chu, 27, a writer for *yellowtuktuk.com*. He also believes that the rise in property development will also provide more jobs and business opportunities to the locals here.

Japanese couple, Dato' Tomiyasu Ushiamia and Datin Mina Ushiamia have been living in Meru Valley Resort for the past ten years. They enjoy the fresh air and the verdant green of Meru.

"Ipoh, in particular Meru Valley Resort, is a beautiful place for us retirees particularly its kind people and delicious food," Mina, a big fan of laksa, said. Tomiyasu, 77, came to Ipoh in 1969 and joined later by Mina in 1974. Both expressed their sadness at the additional developments in Ipoh as it destroys nature especially the underappreciated karst landscape. Tomiyasu is among the first Japanese entrepreneurs in Malaysia and is one of the founding members of the Perak Malaysian-Japanese Friendship Society.

What Good Can It Do for the Community?

In many cases, developments have brought positive benefit in the form of extra housing supply. The ongoing developments by The Haven Sdn Bhd Ipoh, Andaman Property Management Sdn Bhd, Team Keris Berhad and Kinta Properties in Perak have potential benefits including the provision of better housing to accommodate additional households, the possibility of increased property values if new development is well designed and complements existing housing, the possibility that development brings in new infrastructure, longer term improvements in affordability across the housing market and additional spending and investment in local shops and services.



Dato' and Datin Ushiamia



Mike Chu

Susie



Dato' Sri Dr Vincent Tiew – Andaman

Bandar Baru Sri Klebang



TKB Ipoh South Precinct

... continued on page 6

• From the Editor's Desk
By Fathol Zaman Bukhari

RELIGIOUS (IN) TOLERANCE

*Religious intolerance is unacceptable in a multi-ethnic society like ours.
But the way things are today I fear something untoward will happen...*

I got a rude shock one Sunday evening when I received news that a Malay youth had entered a Hindu temple along Jalan Hospital and destroyed some statues. The statues, 13 in all, represented Hindu deities that devotees of the faith idolised. The perpetrator's action amounted to the desecration of objects of worship of the Hindu community. The sanctity of the temple had thus been violated.

It took me awhile to take stock of things, as I had not, in my wildest dream, thought that this wanton and deliberate act could happen in my own backyard. It must be the work of a madman or someone of unsound mind, I assumed. Ipoh is and has been a peaceful town. An incident of this nature would definitely have a negative impact on people, especially coming at a time when religious insensitivity is becoming a norm due to a multitude of reasons. Growing religious intolerance and extremism top the list.

According to reports made by two policemen manning the Sungai Senam Police Station, the perpetrator had on Sunday, April 24 at around 1.50pm driven into the station compound. He was in a green Proton Iriz. The car's rear window was emblazoned with a cloth banner with Arabic words. He sped off when approached by one of the police personnel. The second report detailed what took place at the Sri Muniswarar Amman Temple, Jalan Hospital, Ipoh. At around 5pm the suspect had walked into the temple and smashed statues and idols using a machete. Damages incurred were estimated at RM15,000.

The person responsible was a 29-year old medical intern from Kampong Kepayang. He is the son of the former state assemblyman for Manjoi, Nadzri Ismail. He was trained in Egypt and had been an intern at the Ipoh General Hospital for barely two weeks. The action by the Police to commit him to the mental asylum in Tanjong Rambutan raised many eyebrows. Was it a cover-up or was it a case of someone who had genuinely gone



bonkers? There is no way of telling as the truth may be hidden from public scrutiny for good.

A similar incident happened in Kerling, Selangor in August 1978. Following numerous attacks on Hindu temples in the peninsula the preceding months, the Indian community in Kerling decided to guard their temple. Early one morning five Malay men in a car arrived at the Kerling temple and proceeded to smash statues with iron rods. They were quickly surrounded by 10 Indian youths who were hiding in a nearby bush. A fight ensued and four of the intruders were killed while one was seriously wounded. Ironically, the wounded man was a medical student from Australia who was home on vacation. Luckily, the Jalan Hospital temple was unguarded. Had there been people in the temple the result would have been nasty.

Is this incident a harbinger of something sinister to come? Let's hope not.

The ouster of Shah Pahlavi of Iran by Ayatollah Khomeini in 1979 had a profound impact on the way Islam is practised here in Malaysia. In fact it was a watershed, the beginning of the Islamisation process in Malaysia.

Social experts have considered this as the point of transcendence, a point of no return, so to speak. And I concur having witnessed the change that is slowly transforming the religious landscape of this country from secularism to sectarianism.

Religious intolerance is unacceptable in a multi-ethnic society like ours. But the way things are today I fear something untoward will happen. The acceptance of controversial televangelist Zakir Naik by the government to do its religious bidding is a case in point. Terengganu has upped the ante by promising Zakir islands in Tasik Kenyir to train "mini Zakir Naiks". Plans are afoot to spread Zakir's words of wisdom via satellite in the national language. A training programme is already underway to produce six Malaysian protégés to be part of Zakir's evangelical network.

I find it strange that someone who has been banned by a number of countries for preaching hate, instigating communal tensions and radicalising the Muslim community is being welcomed with open arms by our leaders. Such contradiction is unimaginable.

EYE HEALTH — THE WARNING SIGNALS

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about some WARNING SIGNALS OF EYE PROBLEMS.

It is important to be wary of the warning signals that something is going wrong with your eyes and to take proper action should that occur. In many cases, such as diabetic eye disease, eye strokes or acute angle closure glaucoma, quick intervention is important to avoid permanent vision loss. Our eyes are not isolated from medical problems (diabetes, hypertension and other conditions), from the effects of aging or even from the environment that we live in with all the sun exposure, smoke and dust around us. Always be aware of them.



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

Some Warning Signals!

There are some warning signs that require urgent treatment. Some of them are:

1. Red Painful Eye with Significant Blur Vision

This is often a sign of an acute glaucoma (angle-closure glaucoma) attack. There may be nausea and vomiting with a throbbing headache as well. Left untreated, this condition may result in permanent irreversible blindness. This condition may sometimes be mistaken for acute gastroenteritis (food poisoning) because of the symptom of nausea and vomiting. Don't delay in seeking treatment!

2. Blur Wavy Vision

This may be an early sign of Macular Degeneration (AMD), a disease that destroys your sharp, central vision. The macula is the central part of the retina where all the fine vision takes place. When this is affected, the vision appears distorted with lines appearing crooked, and in the late stages the vision is lost centrally. The sooner treatment is instituted the better.

3. Blur peripheral vision

If the vision loss appears like a curtain falling or like water rising from the floor, then this may be a signal of a detaching retina (nerve tissue in the back of your eye). When this nerve layer gets detached in some portion, then the vision gets lost in one part of the field of vision (**see adjacent simulated pic**). It is sometimes preceded by a sudden shower of floaters.



4. Haloes around Lights

These vision changes may be due to glaucoma when there is a higher than normal eye pressure. It may occur with a mild headache or eye discomfort. Be especially on the lookout if you are already a diagnosed glaucoma patient or have a family history of glaucoma.

5. Sudden Blurring and/or Floaters in Diabetic patients

In diabetics, this may be a sign of bleeding in the eye because of diabetic eye disease. It is best for diabetics to get their eyes checked regularly and not have to wait for eye symptoms such as this before seeking eye treatment. By looking into a diabetic's eye, the eye doctor is able to obtain valuable information about the general diabetic condition which is helpful for the physician who is managing your diabetes. Regular eye exams are important if you are diabetic regardless of whether you have blurring vision or not.

These are only some of the warning signs. Never hesitate to seek professional help if you experience any unusual eye symptoms that you are unsure of.

For more information, call Gill Eye Centre at Hospital Fatimah on **05-5455582** or email gillyeyecentre@dr.com.

IPOH EN MULTI COAT CONSTRUCTION (MA0208950-h)
Kitchen and Bathroom Refinishing Coating
68, Persiaran Bercham Selatan 2, Taman Desa Kencana, 31400 Ipoh, Perak
Email : enmulticoat@hotmail.com

Anti Slip Waterproofing Coating

HWT
21st CENTURY THE PRESTIGIOUS BRAND
BEST OF THE BEST
MASTER CLASS
- IN INTERIOR COMPLETION SERVICES -

Quotation & Booking
Andy Fam 013-3985133

NO DAMAGE HACKING | JUST COATING REFINISH!

Make Life Easy!!
www.enmulticoat.com.my

PUBLISHER

Ipho Echo Sdn Bhd
(Regd No 687483 T)

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

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION MANAGER

Deanna Lim

REPORTERS

Ili Aqilah Yus Amirul
Nantini Krishnan
Tan Mei Kuan

PERMISSION AND RE-PRINTS

Materials in Ipoh Echo may not be reproduced in any form without the written permission of the publisher.

PRINTER

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

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):
05 2451 072 (CCC)
05 2451 222 (Operator)
999 (emergency)
Ipoh General Hospital:
05-208 5000
Ipoh Ambulance:
05-522 2506
993 (emergency)
Ipoh Fire Brigade
05-547 4444/994 (emergency)
Perak Immigration Dept
05-5017100
Perak Water Board
05-254 6161
Ipoh City Council
Hotline: 05-255 1515
General: 05-208 3333
Perak Anti-Corruption Agency: 05-526 7000
State Secretariat
05-253 1957
Railway Station
05-254 7987
Airport: 05-318 8202
Registration Department
05-528 8805
Tenaga Nasional Berhad
05-208 8000
Lembaga Air Perak
1800-88-7788
Directory Service: 103
Perak Women for Women Society
05-546 9715 (office)
AA Ipoh
019-574 3572
017-350 8361

To Advertise

IPohEcho



05-2495936
Deanna Lim

016 501 7339

Mei Leng, the Ipoh girl who walks with others, to stay healthy

A few years ago, when an opportunity to work in England arose, Ipohite Yau Mei Leng, the Principal IT Consultant in a multinational infrastructure and asset management consulting firm, grabbed it.

In late 2014, Mei Leng decided to exercise everyday and disciplined herself to walk to work. She says, "Almost every day, I walk for about 100 minutes, to cover five miles. Over the past year, I have walked about 1000 miles. I don't walk when the weather is bad and I am off work."

"I love walking long distances. My friend recommended that I join the 'Walking for Health' programme and last March, I volunteered and trained to be a Walk Leader, in my county."

The pleasure derived from walking has motivated Mei Leng to encourage more people to live a healthier lifestyle. She said, "As a Walk Leader, I help people to get active by leading and supporting health walks. I also act as a frontline ambassador for the Walking for Health programme."

"I give a brief talk before the walk, and manage joint walks with other walk leaders. I ensure the walks are welcoming, friendly, enjoyable, safe and effective."

"We may have to deal with problems, on our walks, such as anti-social behaviour, people destroying crops, arguing and nuisance walkers."

Safety is a top priority, and she said, "My greatest challenge is to manage a large group of walkers. Some of the routes involve crossing roads."

"Walkers must use the pavement, if there is one, and not spill onto the carriageway. I keep the group together and warn everyone to stay alert and mind the traffic."

Walks are graded into five categories with the first being the easiest walk. It takes around 20 to 30 minutes, on flat and even ground. According to Mei Leng, walkers proceed at a gentle pace and have regular stops.

The Grade 1 is an easy walk which takes 30 minutes and covers 1.5 miles over gentle hills, whilst the final grade, the Grade 4 walk, takes from 90 to 120 minutes, over steep inclines and stiles.

Mei Leng leads the Grade 4 walks for the Hertfordshire county council and her route cuts across hills, past farms with cows, sheep, alpaca and horses grazing, and through fields with crops such as maize, wheat, rapeseed. Her route passes through Gobions Wood, a nature reserve, where she said walkers can enjoy the green spaces and seasonal wildlife.

She said, "We have either raincoats or sun hats. We walk throughout the year. Walks are only cancelled for safety reasons, if there is very bad weather like blizzards, icy paths or high winds."

"If no-one turns up for a walk, there's obviously no point in the leaders walking on their own, but if at least one person arrives, and is keen to walk, most schemes will run."

Mei Leng said that the "Walking for Health" programme is England's largest network of health walk schemes, helping people lead a more active lifestyle. A survey in December 2012, showed that there were 600 registered schemes, 3400 weekly walks nationwide, 70,000 regular active walkers, and 10,000 volunteers supporting the programme, of whom 9000 were walk leaders.

Most walks are free and open to all age groups as they are designed to increase the fitness of people who are inactive or suffering from a long-term health conditions.

The fitness levels of both new and current walkers are assessed. Walkers must state any health problems and possess both the mental and physical capability to complete the circuit. She said, "If I think the walk is too challenging for someone, I will inform him, and refer him to a lower walking grade."

Conscious that all walkers are of different age groups and have different progress rates, she said, "I set-off at a slow pace and speed up after five to 10 minutes. At certain points, we slow down and stop to rest, to enable the slow walkers to catch up. We want to keep walkers motivated and confident to complete the circuit."

"In Hertfordshire, where I lead, the majority are pensioners above 55 with a history of strokes, knee injuries, diabetes and other age-related illnesses. Occasionally, people in their 20s, 30s and 40s join us. At other times, parents bring their children for walks, and some walkers



bring their dogs along, to exercise."

Mei Leng likes to observe the changing colours of the landscape in the different seasons. She said, "This spring, walkers saw a blanket of bluebells blooming in Gobions Wood and then, the beautiful yellow rapeseed fields."

"We also watched sheep being herded by a sheepdog. At one time, our path was blocked by four cows. The cows refused to move and it took us some time, to persuade them to proceed! It was a hilarious moment."

Obedying the walk leaders instructions is important. Although nothing bad has happened on her walks, Mei Leng described the experiences of another walk leader, who has had several mishaps.

A stubborn walker refused to listen to a warning about grass-covered rabbit holes. She said, "Rabbit holes are deep. The walker deliberately put his foot into a rabbit hole, for fun, and broke his leg. A few months later, he repeated his folly, and broke his foot again."

When asked if Malaysians could be encouraged to walk more often, Mei Leng said, "Walking is the simplest form of exercise. It is free, sociable and anyone can do it at his own pace."

"Regular walking can significantly improve a person's health, well-being and confidence. Since I started walking, on a daily basis, my muscles, bones and breathing have become stronger."

Mei Leng said that few Malaysians are keen on walking because of the scorching heat and various safety reasons. She said that Malaysians, who want to start walking to become healthier can set up similar programmes, in their local area, develop safe walking routes and choose suitable walking hours, such as early morning or late evening.

She said, "The walking programme could be made more enjoyable and sociable by describing the history of the route. People can walk and sing, or watch the wildlife."

She has one confession. "I was not a fan of walking, when I lived in Malaysia. I only developed my interest in walking since I moved to England."

Dr Saravana K.

Consultant Physician, Gastroenterologist & Hepatologist

Digestive Health

Hirschsprung's Disease (HD)

It is a disease of the large intestine which results in a blockage of the intestine so that stool cannot pass through. Normally, muscles in the large intestine push stool to the anus, where stool leaves the body. The intestine's ability to push and relax is enabled by nerve cells in the intestine called ganglion cells. A person with HD does not have these nerve cells in part of the large intestine, creating the problems associated with the disease. Sometimes these nerve cells are missing from only a few centimetres but they also can be missing from long segments of the large intestine and even parts of the small intestine.

The healthy muscles of the intestine push the stool until it reaches the rigid part of the intestine without the nerve cells. At this point, the stool stops moving. New stool then begins to collect behind it.

HD occurs in one out of every 5000 births, commoner in boys and is associated with Down's syndrome. HD develops before a child is born. Normally, nerve cells grow in the baby's intestine soon after the baby begins to develop in the womb. These nerve cells grow down from the top of the intestine all the way to the anus. With HD, the nerve cells stop growing before they reach the end.

It is unclear why the nerve cells stop growing.

Usually presents in very young children.

Could also be present in the teenage years or adult life.

- Failure to pass contents of the fetal intestine shortly after birth
- Failure to pass first stool within 24 to 48 hours after birth
 - Constipation
 - Abdominal swelling
 - Vomiting
 - Diarrhoea
 - Slow growth
 - Serious infection of the intestines called enterocolitis.

During physical examination, the doctor might be able to feel the abdomen and detect the area where the large intestine is obstructed and also be swollen. Tests done include:

- Abdominal X-ray — looking for a bowel blockage.
- During a rectal examination, the doctor will check the rectum for a lack or impaction of stool, as well as whether the anal canal feels narrowed.
- Barium enema X-ray is a contrast liquid that makes the intestine show up on the X-ray. For this test, barium is inserted into the intestine through the anus and then X-rays are taken. In places where the nerve cells are missing, the intestine looks too narrow.
- Manometry — A test used in older children where the doctor inserts a small balloon inside the rectum and then inflates it. Under normal circumstances, the anal muscle will relax. If it doesn't, HD might be the cause.
 - A biopsy is the most accurate test for HD. The doctor removes a tiny piece of the intestinal lining and then looks at it under a microscope. If the nerve cells are missing, HD can be confirmed.

HD is treated with surgery to bypass the part of the colon that has no nerve cells. The lining of the diseased part of the colon is stripped away, and normal colon is pulled through the colon from the inside and attached to the anus.

After surgery, most children pass stool normally — although some may experience diarrhoea initially. Toilet training may take longer because children have to learn how to coordinate the muscles used to pass stool.

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



THINKING
ALLOWED

by Mariam Mokhtar

ON IPOH FOOD

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



SeeFoon is Sweet on Sourdough



I have never been big on bread. On the occasion when I'm in a restaurant and I'm served a piping hot roll or basket of bread, I may have a bite or two, more for the butter which I slather on, than for the bread itself. If I eat too much bread as in the occasional sandwich, I feel myself bloated and in general malaise.

I do love bread though – not the soft pap that passed as bread in my childhood and the commercial variety that is ubiquitous in restaurants and street corners these days but bread with bite: dark or light, crunchy, nutty, seedy, chewy with a hard crust and a depth of flavour. Bread you have to use your teeth on, bread with taste, smell, touch, bread involving all the senses. And finally bread that digests well. Bread that does not bloat you up; bread that does not sit like a rock in the stomach; bread that does not churn around with my gastric juices causing reflux. I am talking about **Sourdough Bread** and my digestive system LOVES sourdough.

My first encounter with sourdough was in the Mother city of sourdough: San Francisco. At that time (70s and 80s), as a convert to the 'low carb diet' I hardly ever ate bread but one bite into that crunchy, holey, sourish bread and I was 're-converted'.

"Mother Dough"

The story goes that famous master bakers from France, the Boudin family came to San Francisco during the gold rush days and fell in love with the sourdough bread. Since 1849 they have been using the same sourdough culture, which they call a "Mother Dough" and the same recipe, flour, water, a pinch of salt and some of the "Mother Dough". So important is their "Mother Dough" it was heroically saved by Louise Boudin during the Great San Francisco Earthquake of 1906.

Sourdough is the oldest and most original form of leavened bread. The oldest recorded use of sourdough is from the Ancient Egyptian civilizations and as most things, it was probably discovered by accident. If you simply mix any ground up grain with a liquid such as water or milk and let it sit in the open air at room temperature, wild yeasts in the air will settle in the mix, eat the natural sugars and convert them into lactic (and other) acids which give it a sour flavour. They also give off alcohol and carbon dioxide. The carbon dioxide is what will cause the bread to rise. When worked into a bread dough, the bubbles get trapped into the structure of the bread, and that is the little holes that you see.

There appears to be a renaissance of sourdough bread popularity here in Ipoh and I am ever grateful for it. I am now addicted to this 'staff of life' having my slice of it every morning. But it has to be sourdough. It used to be impossible to find in Ipoh except for the occasional days when Julie Song of Indulgence would bake it. Today, Indulgence carries it all the time and now other bakers have hopped on the bandwagon.

Commercial Bread

So what are the reasons for this resurgence in popularity? What's wrong with commercial bread? Well for starters (pun intended), commercial bread has been reported to contain a few 'nasties', as in chemical additives and preservatives. Additives like potassium bromate an oxidising agent; Azodicarbonamide (ADA) a dough conditioner to improve the texture and strength of bread dough, which received tremendous media attention when the sandwich chain Subway announced it would remove ADA from its bread dough due to its potential harmful health effects. Partially hydrogenated oil which contains trans fats that everyone knows by now, are dangerous to the heart; sugar; Butylated Hydroxyanisole (BHA) an antioxidant which prevents rancidity, used as a preservative; and the list goes on.

And then there is the big question of gluten intolerance and sometimes celiac disease, an autoimmune disorder where the ingestion of gluten leads to damage in the small intestine.

What makes sourdough bread so special?

Sourdough often has a lower glycemic index than that of other breads – meaning, it doesn't spike blood sugar as dramatically. Hence, it is a better choice for diabetics or people who are borderline diabetics. Sourdough bread contains the friendly bacteria *Lactobacillus* in a higher proportion to yeast than do other breads. More *Lactobacillus* means higher production of lactic acid, which means less of the potentially dangerous phytic acid. And what does that mean? More mineral availability and easier digestion! Easier digestion is made even more possible by the bacteria-yeast combo working to predigest the starches in the grains. Predigestion by sourdough equals less digestion for you.

Because sourdough preparation is more lengthy (soaking, rinsing, etc.), this longer prep time results in the protein gluten being broken down into amino acids. Again, this

translates to easier and more pleasant digestion, sometimes even for those who are sensitive to gluten.

Acetic acid—which inhibits the growth of mold, is produced in the making of sourdough. So, sourdough naturally preserves itself. Rather wonderful considering the toxic preservatives thrown into the food supply today. Additionally, these bacteria control yeast population in the gut, so yeast overgrowth and infection is less likely to occur.

Sourdough bread made with wild yeast, bacteria and whole grain flour is the oldest and most original form of leavened bread. It truly is an ancient art that is crafted in harmony with nature. It's only natural that we eat it as opposed to other breads.

Health Factors

Sourdough is so complex that it contains a host of goodness in terms of nutrients. In sourdough, you can find vitamins B1-B6, B12, folate, thiamin, niacin, riboflavin, vitamin E, selenium, iron, manganese, calcium, magnesium, phosphorus, zinc and potassium (some of these in fairly tiny amounts) – in addition to uniquely balanced proteins and fatty acids. This is in contrast to most commercially produced breads, which maintain only a fraction of their original nutrient content after all the processing they undergo.

Sourdough fermentation may also help make wheat bread easier for patients with irritable bowel syndrome (IBS) to digest. One study found that sourdough bread made with a long fermentation time produced fewer symptoms (such as bloating and gas) than conventionally made bread.

In a study comparing the effects of sourdough bread with commercial bread, researchers reported that sourdough bread significantly lowered serum glucose and insulin responses and gave greater satisfaction than other breads. "Sourdough baking and other fermentation processes may improve the nutritional features of starch," the researchers concluded. Foods that have

low ratings on the glycemic index are prominent in societies that tend to have lower incidence of diseases and unhealthy conditions that run rampant in our culture such as diabetes.

Researchers in Sweden at Lund University have noted that the fermentation process that's involved in the creation of sourdough utilises carbohydrates, lowering the carbohydrate level in the dough as it's transformed to lactic acid. The result of this process means that sourdough bread can aid in ensuring that your blood glucose level remains in line, helping to guard against various diseases especially diabetes.

Where to Buy

Angie Wong, the proprietor of **Healthy Concepts**, one of the earliest organic food shops to open in Ipoh, bakes her own sourdough bread which has a large following. Fresh baked daily, she also carries a variety of other organic loaves but it is her sourdough bread that I love.

Another source for sourdough is Sam Lau of **Artisan Handmade Bread (AHB)**. Sam has no shop front but he bakes often and will deliver to preassigned spots for pick up. Sam's range of breads are extensive and he adds new items regularly. His sourdough starter takes longer to prepare and he uses a mixture of other flours like rye, multi grain and he adds interesting ingredients like seeds, malt, cumin, garlic, chilli flakes, Swiss Muesli and everything but the kitchen sink(!) to offer a choice of very delectable breads.

Between these two sources, I have all my bread hankerings cared for and as they say "The Whiter The Bread, The Sooner You're Dead." So for me it's only going to be SOURDOUGH!

Angie Wong

Healthy Concepts Organic and Health Foods
71 Jalan Medan Ipoh 6, Bandar Baru Medan, Ipoh.
Tel: 05 547 6902
Mobile: 016 5950 829
Email: angie.healthyconcepts@yahoo.com

Sam Lau

Artisan Handmade Bread (AHB)
Mobile: 016 597 8922
Facebook: artisanbreadipoh



Property BOOM in Ipoh . . . continued from page 2

According to Peter Chan, Chief Executive Officer (CEO) of The Haven Sdn Bhd, The Haven Ipoh, provide residents and guests an experience of living at the edge of a pristine primary forest within the perimeter of the city. The low cost of units provide tremendous value, and as eco-friendly as possible, it can be used as a residence, guest or retirement home at the same time.

For Andaman Property Management Sdn Bhd, their unique selling point is the Upper East development, located right in the middle of Tiger Lane – the Kenny Hills of Ipoh. With its Olympic-length swimming pool, numerous facilities, multi-tiered security, six minute drive to airport, four minute drive to the Perak Royal Golf Club and within walking distance to the Turf Club, it is slated to bring new life to the city.

Kinta Properties' upcoming EcoVillage (scheduled to complete by July 2016) is being developed by its subsidiary Meru Valley Resort Berhad in Meru Valley Resort. Imagine living in its exclusive collection of villas, townhouses and apartments set in an enclave right smack in the middle of a spectacular world class golf course! With over 166 units, the EcoVillage comes with eco friendly features. For instance, the villas are equipped with the rainwater harvesting system that will recycle rain water while the townhouses with the energy saving solar heater. Thanks to its extra windows at a high level, all residents will get to enjoy natural sunlight and ventilation. Plus, there will be energy-efficient LED lights in common areas. In their Klebang development, several 24-hour guarded communities with secured perimeter fencing wall, closed-circuit television cameras and township facilities bring alive their well-sustained tagline of LIVE, LEARN & PLAY in providing a holistic lifestyle to the communities within.

Will Ipoh Remain The Same?

Known for its charming and peaceful composure, will Ipoh still be the quiet city people love or will it slowly transform into a crowded city like Kuala Lumpur, Penang and Johor Baharu? When asked whether Ipoh is overbuilt, TKB believes that Ipoh has still plenty of room to grow, tapping into multiple infrastructures, commercial and tourism related catalysts that are in the current market. Kinta Properties also shared the same sentiments as the team still receive demands from younger generation and first time home buyers.



Aman Lofts @ Meru Valley EcoVillage

But one cannot deny that too many developments may slowly ruin the image of Ipoh. With many property companies doing similar projects, perhaps what Ipoh needs is something unique and different.

"What Ipoh needs is ingenuity, fresh attractions and concerted efforts to make the city unique and attractive. Without these efforts, the chances are that Ipoh will down-slide to the days of 1990s again," said Peter Chan, the CEO of The Haven.

Here in Ipoh Echo, we are definitely looking forward for more developments to build up the city that Ipoh truly deserves. Much like what was said earlier by Peter Chan, we hope the developers of Ipoh properties will take this opportunity to create projects that will not only be beneficial for tourists but also for its current residents.

Personality

The Last of the Fishnet Weavers

One of the highlights from the previous cover story on Kuala Sepetang is my exclusive one-on-one with 71-year-old Song Lian Kow, a former fisherman turned self-taught fishnet weaver.

Not one to rest on his laurels, the baby boomer weaves and repairs fishnets entirely by hand after retiring from fishing at the age of 60.

During our encounter, he was moving around barefoot as his nimble fingers and fine eyesight were immersed in net-making, a time-consuming craft that requires an unyielding degree of patience. Mountains of nets and threads, all awaiting his expertise, are kept at the driveway of his humble abode from where he works. His customers would provide the materials while he would impart the craftsmanship.

"I learn by observing and emulating my fellow fishermen for more than 10 years. Meanwhile, my father chop up mangrove trunks for a living," the amiable Song shared.

He works daily from day to night as fishnets as long as 18 fathoms would take about a week to complete. "The nets are very durable unless they meet with the sharp rostrum of the prawns or claws of the crab. Getting caught in wood causes tears too. The ripped nets would then be sold as netting for poultry," he explained.

"No one is inheriting my weaving skill. I have no one to teach. Fishing is a difficult job anyway with its decreasing profits. Hence, the younger ones prefer to work in Singapore," he lamented.

What does he like the most about living in peaceful Kuala Sepetang? This was his reply: "I am used to being here. Every morning, I enjoy a stroll in the mangrove forest before my weaving begins."

His handiwork includes the wide-mesh fishnet incorporated as chairs and railings in The Happy 8 Retreat @ Kuala Sepetang, as a symbol of the livelihood of the people there.

"I am constantly having too much work on my hands, it is never-ending!" Song remarked, his smile telling me that he is one contented retiree.

Mei Kuan



FMM INSTITUTE PERAK
(475427-W)

Looking to enhance your knowledge and skills?
Looking to maximise your employees' performance through skills
and knowledge upgrading?

FMM Institute Perak offers Public, In-house, Certificates and Executive Diploma.

In July 2016, we will be organising the following programmes:

- Certificate in Safety and Health Officer
- Executive Certificate in Human Resource Management
- Certificate in Steam Engineer (1MGRIP scheme)
- Certificate in Supply Chain Management (1MGRIP scheme)

Bring out the best in your workforce!

No. 1, Lorong Raja Dihilir, 30350 Ipoh, Perak. Tel: 05-5488660 or email: fmmperak@FMM.ORG.MY



Wellness

By Seefoon Chan-Koppen

The Specialist Every Woman Should See

Dr Zamzida Yusoff is an Obstetrics & Gynaecology specialist with a special niche and clinical focus in Gynae-Oncology and Palliative Care. Dr Zamzida is no stranger to Ipoh having worked as an O&G Specialist in Hospital Ipoh between 2003 to 2006 and subsequently from 2009 to 2012, she was head of Gynae-Oncology Unit for Perak, based in HRPB Ipoh and Perak state. She is also one of the founding members of Malaysian Gynae Cancer Society (MGCS). In addition to being a Sessional Consultant at KPJ Ipoh since early 2013, she was also a Senior O&G Lecturer at UniKL RCMP. Today she has a full practice at KPJ Ipoh Specialist Hospital.

Ipoh Echo spoke to Dr Zamzida to learn more about cancer affecting females.



1. What are the predominant cancers afflicting females in Malaysia?

Based on the national data for the year 2006 (the latest as of now), the top 10 cancers for Malaysian females are: Breast; Colo-rectal (large bowel); Cervix of the uterus; Ovary; Thyroid; Lung; Uterus; Stomach; Brain and Blood (Lymphoma).

2. What are their remission rates for the different stages?

Cancer can be staged as Stages 1, 2, 3 and 4 with the lowest number denoting the minimum invasion of cancer cells inside a person. In general, for Stage 1, around 90% of patients might achieve a total cure and become cancer free. At stage 2, the numbers reduce to 60-70%. For those at Stage 3 and 4, cancer is already advanced that an actual cure might not be possible. Doctors talk of five years survival rate which is the percentage of patients who will still be alive (not necessarily cancer-free) five years from the time of diagnosis. For Stage 3 the number is around 40% and by Stage 4 it falls to 20-25%.

3. What is this BRCA1 and BRCA2 gene that predisposes females to having breast cancer?

Genes are the parts of the body that pass hereditary traits down through families. They contain information to build and maintain cells in the body. Genes are made up of a material called DNA. DNA determines certain characteristics (genetic traits) that are passed from parents to children, such as blood type, hair colour, eye colour, and risks of developing certain diseases.

The names BRCA1 and BRCA2 stand for **BR**east **C**ancer susceptibility gene 1 and **BR**east **C**ancer susceptibility gene 2. BRCA1 and BRCA2 belong to a class of genes known as tumour suppressors. When they are normal, these genes ensure breast, ovarian, and other types of cells grow and divide in a controlled manner. Things function as they should.

When certain changes or “mutations” in the BRCA genes occur, the body is unable to control certain cells and prevent these cells from undergoing cancer changes.

4. What did you think about Angela Jolie’s much publicised mastectomy and would you recommend that?

The news about her undergoing surgery to remove both breasts in 2013 and subsequently undergoing operation to remove her ovaries in 2015 were much publicised. Ms Jollie made those decisions after undergoing genetics testing and full counselling from her doctors. It was not an impulsive decision and much thought went into it. She had a very strong history of cancer in her family (grandmother, mother, aunts- who died due to the cancers) both for ovarian and breast cancers. And upon testing, she did have a BRCA1 mutation identified.

Unlike the normal population whose risk of having breast cancer is at 12%, Jollie’s risks based on her doctors’ calculation were 87% for breast cancer and 50% for ovarian cancer. She wrote that she chose to undergo operation so that she has a chance of watching her children grow up and be with them in the process. Taking out her breasts did not make her less of a woman; she did not feel inadequate or less beautiful or feminine.

Would I recommend it? Looking at her risks in numbers: Yes. However the final decision is by the patient. The points that need to be remembered are:

- The risks have to be fully evaluated. That means looking at the family members and the medical problems. Then, undergoing genetic testing as recommended.

- Proper counselling by trained personnel regarding the test results and implication on the patient’s future cancer risks.
- Making an ‘informed decision’ based on the facts.

5. Can this gene be tested for in Malaysia?

Yes, a lot of laboratories, organisations and research institutes are doing it. However, one should not do the test unless genetic counselling has been done. Firstly, because it is costly and it is only necessary if the risk of inherited cancer is high. The genetic counsellors will identify if there is a risk and how high the risk is. Secondly, because of the implication after getting the test results. A positive or negative result needs different actions.

6. Please discuss the risk factors for cancer

There are a lot of risk factors, both general (seen in most cancers) and specific only for certain cancers. The general ones will be obesity, lack of exercise, having other medical problems such as high blood pressure, diabetes, etc. and also a “Western-style diet” (high in meat, processed food). Age can be considered risk factors as well as a lot of cancers are found when a person is above 60 years. As obesity is related to cancer, a sedentary lifestyle and being a couch potato most of the time is a risk factor as well. The genetic component is a risk factor in ‘inherited’ types of cancers such as: ovarian, breast, womb, colon, thyroid, liver, pancreas and others.

7. Does diet play a role?

The answer is yes as above. High sugar and salt in the diet also predisposes to problems such as high blood pressure and diabetes which again increases the risk of having cancer.

8. What about environmental factors...for women...in cosmetics, toiletries, perfumes, etc.?

There are a lot of websites that will scare off any woman from using cosmetics, etc. It is true that a lot of things used in household products or cosmetics, etc., have been identified to cause cancers in animal studies. One can find things like aluminium, lead, parabens, Polycyclic aromatic hydrocarbons (PAHs), 1,3-butadiene, Ethylene oxide being accused of causing cancer. According to American Cancer Society and Cancer Research UK however, these findings cannot be blindly postulated to humans. The doses used are really high (not the amount that any human will use in her/his lifetime), and the test subjects are mice. Mice bodies are not similar to humans. There are strict rules and regulations regarding what goes into any cosmetics/toiletries preparations for humans.

10. Is gynaecological oncology a new sub specialty?

It had been around since the late 60s. Both in Malaysia and abroad.

11. Does it mean you specialise in breast and uterine/cervical/ovarian cancers?

Only for cancers of gynae organs (below the belly button) – all those mentioned above except breast. The breasts cancers are under the domain of surgeons. However, since breast cancers are usually related to the hormone estrogen, and certain gynae cancers are also related to it, we learn a lot about the breast cancers as well. To know your field well, one has to read up on everything connected with it.

12. How are these diagnosed?

By biopsy and laboratory tests. Doctors must take tissue samples. CT scan or blood tests/Pap smears alone do not diagnose cancers.

13. Anything else women should know?

Thank you again for allowing me to share my knowledge with your readers. Women should take good care of their health as they are important persons in the family. Please, please do your annual checks, ensure you are eating well, and lead a healthy life style. Love and take care of yourself first before you nurture others.

Kudos to Ipoh ECHO for helping to spread health info and keeping Ipohites and Perakians on their toes. Love u guys!

Dr. Zamzida can be contacted for appointment at 05 240 8777 ext. 244/8518. Address: Suites 1-05 at KPJ Ipoh Specialist Hospital.

Announcements

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

‘Healthy Diabetes Living Starts with Breakfast’ Roadshow, May 16 to 21 from 7.30am until 10.30am at Pantai Hospital Ipoh. This free educational event will be the perfect opportunity to learn more about diabetes management through a series of fun, and interactive games. Visitors will be given a goodie bag and treated to a sumptuous healthy breakfast featuring specially curated diabetic friendly recipes from NUTREN® Untuk Diabetik’s Simply Delicious recipe book.

Training Workshop on ‘Nurturing With Love And Wisdom’ organised by Inner Wheel Club of Ipoh East from **May 20-22** at The Andersonians’ Club hall. Refreshments provided. Limited places. Enquiries: Rajes **016 535 0911** or rajeswary50@yahoo.com.

Sharpened Word welcomes you to its new base at the Old Andersonians’ Club, In conjunction with the relocation, Sharpened Word has lined up a panel of writers, lead by the queen of Nyonya cuisine, Chef Carol Selva Rajah presenting her latest book “Dining with Dragons”. Sharpened Word Ipoh meets on **Saturday May 21**, 2pm at Old Andersonians’ Club, Jalan Hospital. Follow us on facebook: www.facebook.com/sharpenedword.kinta.

Internationally-touring Play “Kultar’s Mime”, May 25, 7pm at ACS Auditorium Ipoh. The play blends painting, poetry, theater, and music to tell the stories of Sikh children who survived the 1984 Delhi Massacre in the wake of Prime Minister Indira Gandhi’s assassination. It is adapted from the poem “Kultar’s Mime” by Sarbpreet Singh of Hopkington, Massachusetts, USA, and also incorporates text from Haim Bialik’s “In The

City of Slaughter”, ultimately condemning sectarian violence and calling for compassion between people of different cultural and faith backgrounds. Tickets are by donation of RM50 and above, and are available at www.kultarsmime.asia.

Talk on ‘Legal Rights of Women in Public Places’ organised by Perak Women for Women Society. Saturday May 28, 3pm to 5pm at Impiana Hotel Ipoh. Entrance by donation. To register, call: **05 546 9715**.

Nature Camp for Students. The Malaysian Nature Society (Perak Branch) will organise a nature camp for students aged 10-12 from June 4-5 at Taman Herba, Papan. Application forms are available at the society’s office, No. 27, Pesara Pasir Putih, Taman Boon Bak, 31650 Ipoh. Acceptance is on a first come, first served basis. Closing date is on May 20. For details call Lee Yuat Wah at **017 577 5641** or email: leeyuatwah@gmail.com.

Teen Yoga Workshop, Saturday June 11, 3pm to 5pm at Arena Kepayang Putra, Fair Park. To create awareness among teens about the benefits of yoga. Addressing issues such as stress management, acceptance of oneself, body image and concentration. Limited to 10 persons only. Contact Sharmila **016 521 0645**.

PSPA Singers in ‘Fantasia’, Saturday July 2, 8pm to 10pm at SMJK Yuk Choy Auditorium. Entrance by donation: RM10 (PSPA member), RM50 (non member). Details in website: www.pspaipoh.org; Facebook and Instagram: [pspaipoh](https://www.facebook.com/pspaipoh); www.instagram.com/pspaipoh, or call PSPA office **05 242 7814** to enjoy discounts up to 46%.

News

Wine and Dine at the Haven

A stellar lineup of supercars was the prelude to an evening of indulgence hosted by The Haven Resort Hotel & Residences on Saturday, April 23 at its ballroom. Cleverly blended into the itinerary of the gourmet party were fine wine and culinary pairings, impeccable service and the company of over 70 prominent Ipohites.

"Welcome to a development that has literally shocked the world. The attributes of Ipoh have long been overlooked. We appreciated, utilised and promoted it to Malaysians and the world," said Peter Chan, CEO of The Haven. Among the attributes of the 280-million-year-old site, nestled at the edge of a lush primary forest endowed with aquatic and terrestrial ecosystems, is its exclusive location in the pathway of many migratory birds.

"So far, guests from over 50 countries have visited and stayed here. Many international companies such as Shell, Petronas and Emirates have also held their functions here," added Peter, dressed in his signature black dinner jacket. Besides being honoured with a



5-star rating by the Ministry of Tourism last year, The Haven has, to date, won 36 national and international awards.

Present was Director of the Haven, Tan Sri Haji Megat Najmuddin, an Umno stalwart and an Ipohite.

During the ultimate palate-pleasing experience, Perrier-Jouët uncorked their top-brand champagnes, Grand Brut and Blason Rosé along with MSG-free entrées and dishes prepared by The Haven chefs. The bubbly liquid was served in hand-painted glasses imported from Paris thus displaying its visual splendour.

The exclusive black-tie party was organised in collaboration with Pin Prestige, a Chinese luxury fashion and lifestyle magazine, Absolut Elyx, a premium Swedish-made vodka and Acca Kappa, an Italian-brand name for body-care and health products.

Mei Kuan

VACANCIES

An Established English Language Centre in Ipoh is looking for dedicated teachers with a good command of the English Language and able to make learning English fun and interactive.

Teachers are part-time for Primary and Secondary levels.

Call 016-5200098 or 05-2427127 for interview or email resume to cpelanguageschool@hotmail.com





Like us on Facebook
Facebook : Ipoh Echo
<https://www.facebook.com/IpohEcho>



Follow us on Instagram
Instagram : ipohecho.my
<https://instagram.com/ipohecho.my>



FOLLOW US ON twitter
Twitter : ipohechomy
<https://twitter.com/ipohechomy>

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.

Noah's Ark

Noah's Ark Ipoh (NAI) Animal Welfare had their first free spay campaign recently. Although we have been carrying out subsidised neutering since 2009 this was the first time we did this free of charge. Dr Ranjit (founder and advisor of Noah's Ark Ipoh) and Dr Lim (resident and designated vet for Noah's Ark Ipoh) gave their time and expertise to help the stray animal rescuers lighten their burden. Neutering can be expensive but this is the only way to reduce the stray population.

Noah's Ark Ipoh operated on 20 cats and 17 dogs all free of charge. The cats' ears were clipped to identify they had been neutered. The dogs were fitted with a green fluorescent collar for identification.

The campaign was carried out to help the public be aware that the reason there are so many strays on the streets is because of their not neutering their pets. When their females get pregnant and deliver, a lot of irresponsible owners abandon the litter.

We urge the public to take an active role in controlling the stray population by being responsible for neutering their cats and dogs. There are those who believe that it's cruel and we are interfering with nature. NAI believes it's more cruel to abandon them and leave them to a life of misery and torture from those who dislike animals.

The government/council can help by working with animal welfare groups to educate the public. It will benefit the community enormously if they played an active role in organising seminars and free or subsidised neutering programmes. If this is done on a regular basis we can surely see an improvement. It needs to be drummed into people's heads that strays are part of our community and the only way to control and manage them is through education and neutering.

Malika Ramiah Oates
President Noah's Ark Ipoh
017 575 1556

Council's Response to Report

I wish to refer to Ipoh Echo's article titled, "Potential of Gunung Lang Not Tapped" in the "My Say" column written by Jerry Francis (Issue 232 - April 1 to 15, 2016, pg 15).

Ipoh City Council is in the process of upgrading the entire Gunung Lang Recreational Park in stages. The upgrading works cover the whole area of the park encompassing the entrance, ticket counters, the jetty, kiosks, the prayer room, toilets, cafeteria, landscaping and others based on the allocated budget.

The Council plans on adding additional activities to make the park more appealing to both local and foreign visitors.

Once the upgrading works are done, I am certain Gunung Lang Recreational Park will be as good as ever.

Your patience is appreciated.

Mohd Zakuan Hj Zakaria
Council Secretary



Announcement

IPOH COMMEMORATION CONCERT

The 30-member Royal Australian Navy Veterans Band will hold the "Ipoh Commemoration Concert" on Friday, June 10 at Ipoh Town Hall commencing at 7pm. The show is held in conjunction with the annual commemorative services to honour Commonwealth troops who had sacrificed their lives for the well-being of Malaya and Malaysia. Scheduled services are as follows:

Thursday, June 9 (9.30am) – Kamunting Road Christian Cemetery, Taiping.

Friday, June 10 (9am) – Ipoh Cenotaph, Ipoh.

Saturday, June 11 (7.30am) – Church service and wreath-laying ceremony at Holy Trinity, Batu Gajah (God's Little Acre).

Saturday, June 11 (11am) – Gurkha Cemetery at 2nd Battalion Royal Ranger Regiment, Syed Putra Camp, Ipoh.

The Ipoh Commemoration Concert will feature popular musical numbers such as "Phantom of the Opera", "Conquest of Paradise", "Stranger on the Shore" and "World in Union".

Admission is free. However, donations can be made to the Warriors Association Malaysia during the show.

Sport

MERU VALLEY RESORT – Golf in Pristine Nature

Carved out of a pristine forest reserve of Kledang Saiong Mountain range, Meru Valley resort stands out as one of the must-play golf courses in the silver state.

TRULY UNIQUE GOLFING EXPERIENCE

Nestled amidst 500-acres of emerald green terrain with a backdrop of majestic rolling hills, Meru Valley Resort was designed by Muhammed Kamel Yassin, a local designer who dovetails golf with natural splendour.

The championship golf course is made up of an elite collection of golf holes, each unique in character and strategy. Hence, golfers of all standards will be able to enjoy their game with an appropriate level of challenge. There are three signature holes on

the course with one on each of the nines. Namely, Hole-6 on the Valley Nine, Hole-11 on the Waterfall Nine and Hole-26 on the River Nine.

The Hole-6 of Valley Nine is one of the few golf holes that offer two different greens; whereby golfers will only know which green is in play on the game day. Golfers will either play on the left green (shorter and requires precise iron shot) or the

right green (longer). The right green has streams in front and to the left and it is larger than the left green but, none the less, more challenging than playing left.

A dog-leg mid fairway, a stream to the left of the fairway and a well-guarded 11th hole provides one of the most challenging holes on the Waterfall Nine. It is considered the toughest and the most deceptive course on the second nine; whereby tee shots need to be solid to prevent it from going into the rough or the two well-manicured white sand bunkers beside the pin.

The third signature hole on the course, Hole-26 of River Nine is dominated by a large former tin mining pond. Elevated tees enable golfers to get an excellent view of the task ahead. Players will wait in anticipation as their ball flies through the air for a safe landing on the opposite side of the pond!



THEN AND NOW

Incepted in 1991, the Meru Valley Resort has maintained its first-rate standards ever since. As the only 5-star golf course in Perak, it has garnered rave reviews and accolades such as the CNBC Asia Pacific 2008. Plus, it is honoured as the most memorable golf course in Malaysia by Golf Magazine Malaysia and is the Highly Commended Golf Development in Malaysia for year 2014.

Besides that, the resort has hosted many national and state events such as Perak Masters Open Championship, Perak Amateur Open, UM-NUS Inter University Tunku Chancellor Golf Tournament, Maybank Privilege Banking Customers Tournament, Dewar's Awesome Foursome Challenge, Maxis Team Golf Tour, Prudential Astro Master, TM One Series Tournament and Perak Bon Odori.

CELEBRATING SILVER JUBILEE

To entice more golfers and guests, the resort has introduced golf packages and 25th anniversary promotions which run throughout the year. In addition, the resort has further enhanced its multitude of facilities and services to make your experience a memorable one. All the more reason to make Meru Valley Resort a key stop on your golfing itinerary!

For more information and enquiries, please contact Golf Reception @ **05 529 3311** or email at golf@meruvalley.com.my.



Arts & Culture

Gallagher Captivates Audience in Meru Valley Resort

Meru Valley Resort, in its continuing efforts to encourage the flourishing of the arts through musical recitals and concerts, recently welcomed classical pianist and entrepreneur, Kimball Gallagher for a by-invitation only piano recital at its Dome Restaurant on Saturday, May 7. The Boston-born New York-based artist is no stranger to Malaysia as he had performed at the Sutra Dance Theatre Kuala Lumpur and the Sarawak State Library, both in 2012 during his 88 Concert Tour.

The two-hour recital kicked-off with an inspiring selection of musical works by Russian composer, Modest Mussorgsky. A prolific composer, Gallagher also presented invited guests with "Sarawak" which was premiered during his fundraising concert in Sarawak in 2012. He concluded the evening of melodic splendour with compositions of Frederic Chopin, a revolutionary music piece from Opus 25.

Widely regarded as a thought leader of his generation and an entrepreneur fiercely dedicated to humanitarian causes, Gallagher founded a non-profit organisation entitled "88 International" in 2009 which serves as an umbrella for the various creative partnerships his concerts have inspired.

Gallagher earned his undergraduate degree at Rice University in the studio of Jeanne Kierman-Fischer and his Master of Music degree as a pupil of Robert McDonald at The Juilliard School. His lifelong mentor, pianist Joseph Smith, is a mainstay of his musical development.

A Stunning Piano Recital (reviewed by Eric Leong)

Mr Kimball Gallagher presented a demanding programme with skill, a sense of precision and a complete mastery of the keyboard. Kimball began the recital playing 'Pictures at an Exhibition' for the first half.

In January 1874, an exhibition was held in St Petersburg as a memorial for the Russian architect and painter Victor Hartmann, who had died the previous July, aged 39. Among those who went to the exhibition was Modest Mussorgsky, a friend and admirer of the architect and he was inspired to write a piano suite "in memory of our dear Victor".

Kimball presented this notoriously difficult work with ravishing washes of colour and minutely detailed dynamics, filled with both sensual and sensuous atmosphere. In



some of the movements (e.g., The Old Castle) the notes sang with poetry and beauty. In the Baba-Yaga, he added a glissando (not written in the original score) to highlight the climax and (I told Kimball later) Mussorgsky would have welcomed the splendid idea. Undoubtedly Kimball had the orchestra in mind, so much so as if Mussorgsky had made a piano reduction of the orchestral score by Ravel. First part of the recital closed with bells ringing as if heralding a national celebration.

The second half of the recital consisted of the complete set of Etudes by Chopin Opus 25. Etudes are simply finger exercises but Chopin created this wonderful idea to make monotonous finger exercises musical enough to be performed in concerts.

Here, Kimball was equally comfortable with these 12 Etudes. He presented with delicate nuances and singing lines, at times playful and witty, and at times quietly expressive. Kimball cleverly subdivided these Etudes into three lots and he gave a brief account on each, so the second half turned out to be tutorial like. It is fascinating to hear the complete set of Opus 25 in one sitting, to appreciate their contrasting characteristics and moods, and to marvel at the range of Chopin's imagination and powers of expression.

Mr Kimball Gallagher gave a virtuosic performance playing with that extra flair that makes a fine performance, a memorable one.

I shall look forward to seeing him again to perform for us in the near future.



News

Foodies Get Ipoh's Best

Aside from our interesting tourism scene, Ipoh is also known for our delicious and scrumptious food. With that in mind, forty nine club members of Gourmet Circle Club (GCC) from Singapore came to Ipoh for the food experience including learning how to make Yong Tau Foo and Rice Dumpling at Kinta Riverfront Hotel on March 29.

The club, consisting of a group of foodie flight attendants working in Singapore spent four days three nights in Ipoh, trying various famous items of Ipoh's cuisine including Kuala Kangsar Curry Mee, seafood and many more.

Together making the food with the group was state Executive Councillor for Arts, Culture, Communication and Multimedia, Dato' Nolee Ashilin Mohamed Radzi who welcomed both international and domestic tourists to come and explore Ipoh.

"Perak has a lot to offer. From exciting destinations to tasty food, Perak is a definite must-visit for all travel-junkies," said Nolee after officiating the affair.

Representative from GCC, Regina Choy expressed her gratitude and thanked Roselyn Lim from Perak Tourist Guide Association (PTGA) for organising their tour, "We had a blast coming here. We get to learn and taste the delicious food from Perak and we will definitely come to visit again."

Ili Aqilah



Developing Bukit Larut



Formerly known as Maxwell Hill, Bukit Larut has been Taiping's oldest tourist attraction. Unlike Cameron Highlands, Bukit Larut is not as commercialised as yet. With its beautiful colonial bungalows and a charming ambience to boot, it would be a shame if it is not taken care of properly.

"Some plans we have in mind are to build a café, a flying fox or any activities relating to nature and a souvenir shop," said Roslee Ahmad Rafie, Taiping Municipal Council's head of the Community and Social Affairs on Wednesday, May 4, atop Bukit Larut.

"Cyclists are welcome to cycle up the hill on Wednesdays from 5pm to 7pm. However, we'll charge them a fee, as Bukit Larut is a permanent forest reserve and its integrity needs to be preserved. Joggers can jog up here anytime for free," he added.

Growing strawberries and roses are part of the plans as well. They have started on the roses by having pots of it around the hill.

However, despite the plans to increase the attractions, there will still be a cap on the number of visitors allowed as Taiping Council does not want to destroy the beauty of the country's oldest hill station.

Presently, only five Land Rover trips are allowed up the hill a day. That translates to about a hundred people daily. "Perhaps in future we would focus on rooms instead of bungalows. Bukit Larut is about romance and a bungalow would be too big for a couple to stay in," Roslee reasoned.

The cost of development is estimated at between RM2 to RM3 million. Money, however, is not the issue but rejuvenating Bukit Larut is what matters.

Khaleeja

Perak and High Income Economy

The keynote address by Professor Emeritus Dr Zakariah Abdul Razak, Malaysian Institute of Economic Research at the 3rd IDR Annual Research Seminar in Casuarina@Meru was on "Can Perak State Achieve High Income Economy by 2020".

Dr Zakariah explained that the criteria to be accepted as High Income Economy is that per capita income must be USD15,000 (RM60,000). In 2014, average monthly household income for Malaysia was RM6141 and that for Perak was RM4268, that is 30% below national average. In fact only four states exceeded the national average and were responsible for the high figure. Perak is number two from the bottom, just above Kelantan. As for poverty rate, the national average is 0.6% and Perak is 0.7% which is also above the national average.

To achieve per capita of USD15,000 by 2020, Perak must have a growth rate of 13.3% which is not practical. At the current rate of growth Perak can achieve high income status by 2029. However, it must be noted that the Ringgit has depreciated against the US Dollar and in local currency the income must be higher. Not a satisfactory report on Perak.

The second keynote address was by Professor Dr Rajah Rahsiah, University Malaya on Economic Growth and Environment: How East Asia is Faring? East Asian economies are exporters and conditioned by external markets. There is a rise in competition on dirty industries and emphasis on green technology and rising demand for clean products in the developed world. South Korea and Taiwan seem to be in the lead.

The seminar focused on four areas – the economy; women, youth and entrepreneurship; culture, heritage and environment and innovation and human capital. A total of 24 papers were submitted. Some constructive suggestions were made during question time.

The highlight of the event was the launching of a Data Bank by Datuk Mohammad Zahir Abdul Khalid, Chairman, Perak Industries, Investment and Corridor Development. Dr Mazalan Kamis, CEO, Institut Darul Ridzuan said that this is an interactive database and users can compare the position of Perak against other states online. There was a demonstration on comparison of Perak and Selangor. In the sixties they were on par, but eventually Selangor shot up. Dr Mazalan said that the system was still on trial and would be made available to the public soon.

A. Jeyaraj







Like us on Facebook
Facebook : Ipoh Echo
<https://www.facebook.com/IpohEcho>



Follow us on Instagram
Instagram : ipohecho.my
<https://instagram.com/ipohecho.my>



FOLLOW US ON twitter
Twitter : ipohechomy
<https://twitter.com/ipohechomy>

Arts & Culture

BAYS Plus: A Chance to Learn from the Best

Everyone has dreams but what sets one apart from the other is the effort taken to make it happen. The road to success is more than just saying what you want to be, it also requires you to work hard and find ways to become the person you want to be. Ask any successful person you know, all of them would agree that without determination and passion, they won't be where they are now.

Hence My Performing Art's (MYPAA) Borak Art Youth Series (BAYS) Plus in Ipoh this year, surpassed all expectations in their turnout as more than 200 participants mostly university and college students, showed up to 'learn from the best'.

The two-day event held at Heritage Hotel from April 23 to 24 saw an amazing lineup of speakers who are known for being successful in their respective fields. Expecting only about 100 participants, the figures even stunned MYPAA founder and director, Izan Satrina Dato' Mohd Sallehudin.

"It is always great to be back in Ipoh. I hope all the participants of BAYS Plus will take this advantage being surrounded by the 'big brothers and sisters' from local and regional industry. Who knows, you might come up with the next big thing!" said Izan as she officiated the affair.

Eizaz Aziz then took the stage and started the first session of BAYS Plus by telling the stories about leveraging on what he loved most, music. Much like Bill Gates and Mark Zuckerberg, Eizaz left university to build Guitar Empire, an import/export company that specializes in musical instruments, acoustics material, studio/ballroom acoustic design, renovation and supply. Aside from being the founder and director of Guitar Empire, the young Eizaz holds the position of Executive Secretary of the World Youth Jazz Festival and was previously the principal clarinet player and section leader of the National Youth Orchestra for four years. Eizaz then shared one of his memories in the industry he loves dearly.

"I remember receiving an order from a school who wants to purchase musical instruments on a low budget. After seeking for local supply, I decided to fly to China and make a deal there. Now, I operate contract manufacturing of instruments in Tianjin, China," said Eizaz.

BAYS Plus caters to the needs of young individuals who are keen on making their name in the art industries including creative writing. Among the panelists who spoke about the world of creative writing was Wani Ardy who has been penning poems, lyrics and melody at the age of 16, who shared his tips and ideas to the young crowd who were eager to become writers.

"Your characters need details, it needs a life and a story line to become alive," were among Wani's advice that caught my attention.

The co-founder and creative head of Pestle & Mortar clothing, Hugh Koh, shared the humble beginnings of Pestle & Mortar Clothing with the team selling just a few designs and shirts at local festivals. Like the saying 'Rome wasn't built in one day', the clothing line slowly made its name as a leading street wear label in Southeast Asia region where celebrities like Steven Aoki, Mark The Cobra Snake and N'Fa Jones were seen wearing its designs. Hugh also advised the audience to grab opportunities to learn as much as they can and never be afraid of taking chances.

Among all the fantastic lineup of sessions held during BAYS Plus, the most memorable was the panel discussion among five speakers including Kaloy Mapeso Uypuanco from Philippine who is the brand manager for Sonic Boom, Tuan 'Tapai' Faisal the co-founder and managing director of Playground Production, Imran Syekh Founder of Ombre and Jibril's Lounge and Meor 'Myo' Shahiran the founder of Bodysurf Music. The two hour session, curated by Izan Satrina, discussed how to turn a passion into business, something that everyone dreams of.

The young audience couldn't help but feel amazed by the journey taken by each panellist. Take Meor Shahiran, known to many as Myo, who is not only the founder of legendary Bodysurf Music but also the drummer of a senior local band, called Muck



where the band has evolved from just a simple indie rock band to becoming one of the most successful bands after experimenting with loads of musical styles. Among indie music lovers, many have put Muck as one of the leaders of Malaysia's underground scene.

Kaloy Uypuanco also talked about his journey and ten years of experience in the world of entertainment and advertising, "You definitely need to work hard and stay committed to be successful," said Kaloy shortly during the session.

As BAYS Plus is about encouraging people to pursue their dreams, participants also got a chance to network among themselves during the Activate the Artpreneur in You (ARTIVATE) Bootcamp session guided by the representative from Bandung Creative City Forum, Fikri Satari and Dr Tita Larasati. Audiences were guided step by step, in groups, to discover how to make a living out of their dreams and passion. Another interesting session during the two day event was 'Meet the Mentors' huddle where guests were given a chance to get close and personal with mentors from different fields such as Hasnul Hadi Samsudin, the Director of Creative Multimedia Division for Multimedia Development Corporation (MDeC) and Mimie Baharuddin, the gallery manager for HOM Art Trans where they received meaningful advice and tips to pursue a future in the creative world.

Other speakers who took part in the event were film director and founder of Sarang Art Hub, Mamat Khalid and founder of The Wknd, Fikir Fadzil. Guests were also entertained by performers including Fazleena & The Lasykar, Sefa, Jack Malik and Wira.

In short, BAYS Plus has become yet another successful event in Ipoh that sparks the fire of youngsters to create the next best thing. As its proud official media partner, Ipoh Echo is proud to see young and energetic participants who are now on the right path to pursue their dreams. We hope to see more events like this in the future to guide and to encourage more youngsters in the world of art.

Ili Aqilah



Meor Shahiran

Imran Sheikh

Izan Satrina

Kaloy Uypuanco



Mamat Khalid



Fazleena & The Lasykar



COMMUNITY

MTRS Charity Lunch

Mother Teresa's Reading Shelter (MTRS) organised a fundraising charity lunch at Our Lady of Lourdes Church hall. It was not an extravagant event and the tickets were priced at RM10 which was affordable for the man in the street. Most of the guests were members of the parish, their relatives and friends.

The buffet style lunch had a few vegetarian dishes and the only meat item was chicken. There was a takeaway section and many guests took their food away. Though the food was simple, it was tasty and people did not expect much for RM10. In spite of the long queue, people were patient.

As part of their Feed-the-Poor Programme, well-wishers were encouraged to buy tickets and donate them to MTRS. These tickets were distributed to the needy pupils and their families and orphanages. Food was delivered to the homes for the aged and children with special needs.

Grace Margaret, spokesperson for MTRS said that they raised a marginal profit to cover part of their operating costs. Grace added that owing to the growing number of students attending Saturday tuition classes, they are looking for more volunteers and teachers to coach the needy students. They are in need of exercise books and stationery items.

Grace thanked everyone for their support, especially the volunteers for their services including sale of tickets and the Parish Priest for his encouragement.



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

For further details call 05 241 0751.

A. Jeyaraj

Parents Seek Help

If seeking sympathy is the only way to ensure my children's wellbeing, so be it." That is how enduring a father's love is for his two sick children.

Rohfizan Abd Karim's five-year-old daughter, Nur Iman Nasuha is now confined to the living room of their house after being confirmed as having leukaemia by the Pathology Department, Hospital Kuala Lumpur last January. "She has undergone six chemotherapy sessions. I don't know what's going to happen to her next," he said.

"I'm thankful that my wife is working. At least our children's treatment can be covered, even if it's just a bit. We've to limit our expenses to focus on their health. We want nothing but the best for them," he added.

Having to take care of his two ill children, Rohfizan, 38, cannot focus much on his work. He earns RM350 a month cutting grass.

His youngest son, Mohd Fitri Firdaus who is five months old is having problems with his spinal cord. Due to this, his right leg is disabled. "What worries us most is that if the hole near his anus grows bigger and if not treated immediately, it'll cause complications. As of now, he's under doctor's observation and will get the desired treatment."

His wife, Norfadzillah Pak Adib, 28, is a healthcare assistant at Hospital Raja Permaisuri Bainun, Ipoh. They do not earn enough to pay their children's medical bills. However, they are receiving help from National Cancer Council who gives them RM150 every month for Iman's treatment. They also receive a monthly stipend of RM250 from Baitulmal.

Their eldest daughter, Nurfarah Najwa, 11, who is schooling in Sri Kepayang and their 3-year-old son, Mohd Aqil Mustaqim are lucky. They are healthy.



Any form of assistance from readers is welcome. Those wishing to donate can do so by crediting your money into Norfadzillah Pak Adib's Bank Simpanan Nasional account **08243-41-00005722-4** or visit them at their home at A-10-2 Pangsapuri Sri Kepayang, Jalan Ghazali Jawi, 31400 Ipoh.

Rosli Mansor

Pantai's 20th Anniversary

In conjunction with Pantai Hospital Ipoh's 20th Anniversary, those who were born at the hospital in 1996 were invited to celebrate the occasion on Saturday, April 23.

The event was also opened to the public. Custom-made booths were set up to accommodate the stream of visitors who had dropped by to join the fun. There were booths on dietary advice, booths on medical equipment and medication, imaging information, manicure and haircut. There were also booths selling cupcakes for as low as RM2 each. Decorated with pretty icing and toppings, the items were eagerly snapped up.

"We're doing this so people can get to know their medication better, like this inhaler for those with asthma," said Teh Ren Ee, the girl manning the booth on medical equipment and medication.

The manicure slot was booked by 60 Pantai-born celebrants and hospital staff who wanted to look good for the occasion. A session on how to wash hands properly was also conducted. It might look mundane but it was essential to show visitors personal cleanliness and good hygiene.

Clifford Anthony, a Pantai-born student who is now studying at Universiti Teknologi Petronas, was there for a sentimental reason. "I'm honoured to be back at the place I was born. It's definitely a memorable day for me," he said.

Khaleeja



Gift of Sight

Rotary Club of Kinta along with Carin Eye Centre conducted eye screening and testing for residents of Kampung Ayer Denak, Tronoh recently. The event was supervised by the club's community service director, Dr Chandrasekaran. Residents were tested on their visual acuity.

Carin Eye Centre, First Garden, Ipoh branch and its team of four set up their 'clinic' at the Ayer Denak national school where the programme was held. Besides eye-screening the team also cleaned and repaired spectacles.

Nine students were given powered glasses while 24 adults received reading glasses. The cost was borne by the club. Staff members of the school had their eyes tested too.

One of the recipients exclaimed, "I can now thread my needle." Another thanked the team profusely while clutching on to her precious gift. Many of the old folks could neither do an eye test nor buy spectacles largely due to ignorance and poverty.

Five students were given referral eye-test slips for further treatment at the nearest government hospital.

Ed



COMMUNITY

Grand Reunion Dinner

Ipoh's premier food caterer, Martin Food Caterers, organised a grand reunion dinner for its former and current staff. The event was held on Sunday, May 1 at Martin Food Caterers in Lim Garden, Ipoh.

The dinner attracted about 300 people from a number of professional backgrounds, one of whom was a Deputy Superintendent of Police based in Batu Gajah. The evening offered a perfect opportunity for the staff to reconnect with their old friends and to recall their time with Martin Food Caterers, as some have not met one another for almost 25 years.

Representatives from respective batches gave speeches on how they had progressed over the years. They were indebted to Martin Caterers for the work opportunity given. This was followed by words of thanks from Francis Martin, the Managing Director of Martin Food Caterers. He paid tribute to those who had passed away.

Martin Food Caterers was established in 1984 to provide quality outdoor catering services to friends and business associates. Though it started small, it has made much progress and is now one of the most sought-after caterers in Perak.

Nantini



Mother's Day at KPJ Ipoh Specialist Hospital

"A mother's arms are more comforting than anyone else's"
— Princess Diana

This year, KPJ Ipoh celebrated Mother's Day with ten mothers who were also the patients in the Maternity Ward together with staff of KPJ Ipoh with a simple cake cutting and Mother's Day gift.



Praise Home Food and Fun Fair

The recent Food and Fun Fair organised by Praise Home, a home for underprivileged children, was an event that was both fruitful and fun. The Food and Fun Fair was held to raise funds to enable Praise Home to purchase a minibus to facilitate the transport of the 40 children who are under her care. The event, held on the grounds of St John Ambulance Hall was officially opened by Reverend Clement Wong, senior pastor and chairman of the Praise Home Committee. People from all walks of life started streaming in as early as 8am. There were about 40 stalls, which included games stations and face-painting, that attracted the younger crowd. The stalls offered a wide array of food, local delicacies, health supplements, fresh vegetables and fish. Various food vendors, cafes and our Ipoh famous white coffee truck gave their services and food towards this charity event. The Perak Community Specialist

Hospital also gave free health screening services. A team of professional hairstylists offered their expertise too. The support from the business community, local industries, NGO's and the general public was overwhelming. The event truly reflects the big-heartedness and kindness of Malaysians. Now, Praise Home will be able to realise her objective in buying a mini-bus. The Home committee thanked each and every person who has contributed, in cash or kind, towards their mission. As Reverend Clement Wong puts it, "The hard work put in by church members and the support from the public were beyond expectation. Now the dream of purchasing a bus is a reality. A big thank you to all."



New Kindy in Town

Running on the theme "Love, Fun, Learn", Tadika Celik Cemerlang was started by Indira Gandhi and Shuhaidawati Idayu in December last year at 49, Palma C/8, Seri Palma, Bandar Seri Botani, 31350 Ipoh.

"I worked as a kindergarten teacher for the past 13 years. I then decided to open one of my own. To date, we've nine local and international children aged three to six," said Indira to Ipoh Echo. "The pureness of the heart radiating from the kids' expression is what I enjoy most about teaching," Shuhaidawati, 36, said. She has five years experience in the field.

The 4-classroom kindergarten, adorned with vividly coloured educational posters and handmade artwork, all done by the partners and their family, is a joyful place to be. The kindergarten can accommodate up to 40 kids.

Adopting a whole language and a phonics-based approach to teach reading to children, every classroom echoes with read-alouds which earned praises from the teachers. Each lesson is aimed at developing the pre-schoolers' listening, speaking, reading and writing skills.

"Teaching them gives me satisfaction and comfort. As everyone knows, the public tug-of-war with my estranged husband over custody of our three children means I cannot see my youngest child and I miss her very much. Plus, I have the passion in teaching all this while. I learn something new from these adorable young learners every day," added Indira, a mother who was fighting for the custody of her three children when her estranged husband decided to convert to Islam, and in the process inducted their kids into the religion unilaterally. She has not seen her youngest child since the then 11-month-old infant was wrested from her arms. The Federal Court in a judgment passed on Friday, April 29 ordered the arrest of her ex-husband.

The kindergarten, operating from a rented unit at RM800 per month, is her sole



source of income. When asked on the challenges faced in running the kindergarten, 41-year-old Indira replied, "In almost all residential areas there are kindergartens hence the competition is high. We hope more residents would send their kids here."

Besides conducting lessons in Bahasa Malaysia, English and Mandarin, their interactive Mikids Multimedia Teaching Programme also offers Science, Mathematics and Moral classes. The fee starts from RM190 per month. Day care is also available.

The centre opens daily except on Saturdays and Sundays from 8am to 12pm while day care extends until 5.30pm. For more details, contact Indira or Shuhaidawati at 010 222 9953 and 016 538 2615.

Mei Kuan

Wellness

Bariatric Clinic

Every Thursday from 2pm to 5pm, Dr Kirubakaran Malapan and his team of specialists gather at the ground floor of Pusat Rawatan Harian (Ambulatory Day Care Centre), Raja Permaisuri Bainun Hospital, Ipoh to run a bariatric clinic.

"Bariatric surgery is basically weight-loss surgery. It's not a liposuction; it's defined as surgery for individuals whose Body Mass Index (BMI) is over the top. For the Asean criteria the index is anywhere between 32.5 to 37.5 and the patients suffer from diabetes, hypertension and so on. If you don't have diabetes, hypertension and so on, then it's more than 37.5," said Dr Kirubakaran from the Breast and Endocrine Unit who has been in practice for 16 years.

Established in November 2014, a multi-disciplinary approach is used to manage obesity. Hence, each patient will be examined by an endocrinologist, a dietician, a counsellor, a psychiatrist, a sports physician and a surgeon individually during consultation.

Why are so many specialities needed? "Surgery is just one of the options in weight-loss treatment. We've drugs, exercise, dieting and other ways. If their BMI is not so high, we encourage them to try other methods first before surgery. If they're super obese with multiple co-morbidities, then we might give the option for surgery," added Dr



Kirubakaran, who is also the bariatric surgeon.

The surgical procedures available include the Roux-en-Y gastric bypass and sleeve gastrectomy. Last year, they operated on a 19-year-old patient who weighed 247kg (approximate), their heaviest patient to date.

"Our departments are all over the hospital. It's difficult for the obese patients to walk here and there for consultation. Hence, all of us gather here every Thursday to make it easy for patients," said Dr Kirubakaran.

Ipoh Echo spoke to a few of the patients. "The bariatric team has become like my family. Even after working hours, they would answer my inquiries via Whatsapp. I've lost 31kg in four months," 36-year-old Nuraini shared. "I'm very satisfied with the service as they always keep in touch with me before and after the operation to check on my health. I follow the dietetic regime and it's effective. Before

I weighed 143.5kg now I'm 120kg," Thomas, 59, who underwent surgery in January, remarked.

For more details and appointments readers can contact Bariatric nurse Noraini at **05 208 7341**. Readers also can visit their Facebook page: *Ipoh Weight Loss & Bariatric*.

Mei Kuan

Book Review

Dining with Dragons

Carol Selva Rajah took me on a fascinating culinary time travel in her latest book, "Dining with Dragons" published in October 2015. The book is a perfect example of how storytelling enhances the learning of history. The smell and taste of the 28 heirloom recipes featured are so evocative of the past they bring back Carol's memories not just of eating itself but also of setting.

The tale begins in 1924 when readers are introduced to one of the admirable women in Carol's life, her Amah (nanny). Widowed at the age of 22 in Canton, heavily pregnant Amah lived in the time of great gender crisis and absolute poverty with her difficult mother-in-law. Within three hours of giving birth alone, she was out in the fields harvesting. Her resilience is an inspiration to me each time I feel under pressure from issues which pale in significance when compared to Amah's.

The chapters then fall into place like puzzle pieces in British Malaya, Ceylon, Singapore, Australia and Canada, presenting a melting pot of cultures. For instance, we read how the patchwork of ethnicities come together befitting a model for global harmony, especially during the Japanese Occupation of Malaya and Carol's pursuit of identity in modern-day Australia.

Equally memorable is the gardener Uncle OG, the valuable think tank of Carol's family who shared their lives in every difficult family dispute. Mr Aziz, the kind newsstand owner and Abel Arumugam, Carol's cheeky younger brother nicknamed "D for Danger". Abel, now a renowned surgeon is the co-author of this book.

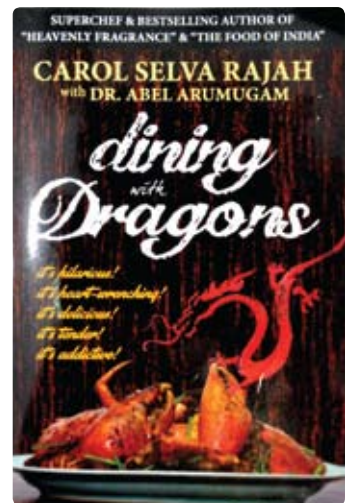
I laughed, cried and smiled while reading this book. It is true that life has a certain flavour for those who have fought and risked all, something that the sheltered and protected can never experience. But thanks to this book, I caught glimpses of it.

I especially like how every chapter of the book ends with one of her personal recipes, as if rewarding me for lessons learned well!

Malayan-born Carol is an international authority on food history and culinary art with 14 cookbooks to her name. Being the first Asian woman invited to cook at the prestigious James Beard House in New York, she is honoured with the Jaguar-Gourmet Traveller award and recognised by the Australian government for transforming Cabramatta in Sydney from its drug-ridden past into a vibrant food mecca. The seasoned chef is believed to be the first person to teach a class of students to cook Malaysian food in North America.

Carol will be present in the upcoming Sharpened Word to be held on Saturday, May 21 at the Old Andersonians' Club at 2pm. The book, priced at RM86, is available during the above-mentioned literary matinee. You can also order online at www.akasaa.com.

Mei Kuan



My Say

By Jerry Francis



Start of a Long Road to a Clean City

A major long standing issue of Ipoh City is its cleanliness. This has been a topic of discussion among the residents, as well as visitors. And the question often asked is whether regaining its past image attained over four decades ago as the cleanest city in the country, or even just a clean city status, is achievable?

Attempts have been made since Ipoh was accorded city status in 1988

by the various mayors, but each had attributed his failure to the attitude of the residents.

There is no doubt that the residents need to change their mindset towards cleanliness, however, the Ipoh City Council must show its determination to achieve that goal. Instead, what has happened is that each of the mayors, at the end of his tenure of office, conveniently blamed the residents for not being cooperative.

The fact is that the city council must set a good example by showing its determination to keep the city clean, which it has not done enough to impress and demand cooperation from the residents.

Illegal rubbish dumps are all over the city, and even in the city centre litter is scattered about along the streets and back-lanes, and drains are often clogged up and emitting their stench.

Even school children are ignoring the need to keep the city clean. They are often seen throwing plastic bags and containers out the windows of their *bus sekolah* or cars



after finishing their drinks.

If need be, the city council has to enforce its anti-litter regulations to make the residents realise that it means business. Go after those who have been indiscriminately dumping all sorts of wastes within the city.

The current mayor, Dato' Zambri Man, who took over last year, is showing some initiative to make the city clean. He has directed the city council to spruce up the neglected public parks so that, in his own words, they can be "handed back to the people". Zambri also created the first batch of 64 liaison officers for the council's area communication committee to improve overall efficiency in dealing with public complaints and feedback.

Can he achieve the goal when all his predecessors have failed? There is yet a long way to gauge the outcome. Perhaps, the six-month trial anti-litter programme initiated in Gugusan Manjoi, the largest cluster of traditional villages within the city, is the beginning of a long road for the city to attain a clean status.

So far, the programme which was launched by Zambri to monitor and evaluate the quality of service provided by government-appointed concessionaires SWCorp and Environment Idaman, and in collaboration with the city council, has won the hearts of residents in the area.

They are giving the waste collection company E-Idaman the thumbs up, saying the programme has eliminated illegal dumpsites, resulting in a cleaner environment because cats and dogs no longer have bags to rip open.

The trial began early in January with the company distributing free dustbins to all households and simultaneously spring cleaning the entire neighbourhood. "Animals usually tear up the waste bags and that leaves a foul smell. Ipoh City Council (MBI) only collects the bags. The torn bags are left on the road and they foul up the neighbourhood for days," said a resident. "Now every house has a dustbin and we have clean streets. It is an improvement."

Let us hope such programmes can be extended to cover the whole city and make our long road to the status of a clean city a success.

Education

Yuk Choy's Award Day

Yuk Choy's Award Day was held on Friday, April 29 at the school hall. The occasion was to acknowledge students who had obtained excellent results in their PT3 and SPM exams last year.

Awards for co-curricular activities were also given to students based on their performance. Among the awards were the Kinta District Badminton tournament for girls under 18 and drill competition.

Three students obtained 10As, while six got 9As in their PT3 examination. For SPM, four obtained 10As, three 9As and one 8As.

Choh Kah Wai who got 10As was adjudged the best SPM student of 2015. With a tally of six A+, three As and one A-, she was the toast of Yuk Choy School, Ipoh.

"My best tip to share with students sitting for their SPM this year is to revise your lessons calmly. Take time to listen to some music while revising and don't stress," said Choh, 18, to Ipoh Echo. "The only tuition I took was Chemistry, as it was the most challenging subject for me," she remarked.

Unfortunately, her parents arrived only after she walked down from the stage. Nevertheless, they were overjoyed to know that she was a source of inspiration to other students. "Getting good results and walking up on stage was very exciting, I hope for nothing but the best for my future," she added.

The awards were presented by the principal, Chan Hen Huan, Chairman for Board of Governors, Kwan Foh Kwai and the YDP PIBG, William Chan. Some other teachers, parents and students were in the hall to savour the joyous moment.

Khaleeja



Sport



Muay Thai as an Art

"Muay Thai isn't about fighting it's a form of art. It's about movement and self-defence," said President of Muay Thai Perak, Bernard Radin.

Perak Open Muay Thai Amateur Competition took place on Saturday, April 30 at the Muay Thai Academy, Jalan Watson, Ipoh. Five states participated, namely, Perak, Wilayah Persekutuan, Selangor, Negeri Sembilan and Kedah.

This tournament was for beginners where they competed with their headgear and gloves on to avoid injuries. "We try to organise a competition every month, to encourage Muay Thai both as a sport and a form of art," Bernard continued.

Mohammad Nor Syahmi, a 12-year-old from Taiping said he got hooked on Muay Thai through television. "I started when I was 10 and have since won two matches and lost one. I took up the sport because it looked interesting," he said.

Besides learning, it is also about unity where people from various social and religious backgrounds come together as one.

"We've students from Taiping, Tapah and Gua Musang here. It brings people together," Bernard added. "When you win, everything is beautiful but when you lose, it's hard to even walk with your head up. Sport teaches this. It instils in us a sense of humility," he enjoined.

Khaleeja

Tournament for Umpires

For the first time in the history of Malaysian hockey a tournament for umpires was successfully organised in Perak on April 30. The inaugural Malaysian Hockey Confederation Umpires Committee (MHCUC) Cup attracted some 120 umpires from all over the country.

Six teams took part. They were Selangor, Penang, Johor, Malacca, Perak and the Armed Forces. Only registered umpires with the Committee were eligible to participate.

The primary objective of the tournament was to foster friendship among hockey umpires in the country. The other reason was to give participants a feel of the game not as umpires but as players. This would make them appreciate hockey better.

The two-day tournament was held at the Sultan Azlan Shah Hockey Stadium, Ipoh. Malacca was crowned overall champion with Perak and Armed Forces the runners-up.



Nazmi Kamarudin, an international umpire from Malacca, was named player of the tournament while Perak's Azmi Yahya, with five goals, the top scorer. Malacca's Amirul Aiman got the best goalkeeper award. The Fair Play award went to Selangor.

"It's organised with the cooperation of the Malaysian Hockey Confederation (MHC) and the Perak Hockey Association along with support from the participants themselves," said Kanaisan Kanapathy, Organising Chairman and Perak Umpires Committee Chairman.

"Having everyone involved in the tournament, including members of the organising committee who are hockey umpires themselves, makes this tournament unique," he added.

The organisers were pleased with the sponsorship they received from Amir Sports Company and the state government. Amir Sports Company donated prizes and trophies while the state government gave a RM5000 stipend.

Prizes and trophies were presented by Datuk Seri Subahan Kamal, President of MHC during dinner held at the Royal Ipoh Club on the evening of April 30. "I hope this will become an annual affair with the tacit support of MHC. It's good for hockey in Malaysia," said Subhan in his opening remarks.

Ed

Like us on Facebook
Facebook : Ipoh Echo
<https://www.facebook.com/IpohEcho>

Follow us on Instagram
Instagram : ipohecho.my
<https://instagram.com/ipohecho.my>

FOLLOW US ON

twitter
Twitter : ipohechomy
<https://twitter.com/ipohechomy>

新天 地 Sri Klebang FREEHOLD

15 Years 2001 - 2016

Maple 2-Storey SUPER Link Homes

Lot Size: 24'x75'

5% discount for bumiputera on bumiputera lot

019 513 3315 · 012 500 8018 www.kintaproperties.com



A Premier Development by:
KINTA PROPERTIES™
Building Homes, Developing Communities

Developer: Kinta EcoCity Sdn. Bhd. (58562-M)
No 2, Jalan Sri Klebang A/12, Bandar Baru Sri Klebang, 31200 Ipoh, Perak
05 292 1333 • sales@kintaproperties.com

Find us on
Facebook

PINE PARK

ENHANCED FEATURES:

- 5+1 Rooms & 5 Bathrooms
- 3-phase wiring
- Alarm system
- Wide frontage

SAFE 3

- Stationed & patrolling guards
- Perimeter fencing
- Surveillance via (CCTV) Close Circuit Television



新天 地 Sri Klebang

Phase SE (Maple)

Developer Licence	: 8458-31/07-2017/0803(L)	Total Units	: 68
Advertising Permit	: 8458-31/07-2017/0803(P)	Exp. Completion Date	: December 2017
Validity Period	: 30/06/2015 - 29/06/2017	Land Tenure	: Freehold
Approved Plan No.	: MBI LB01/0000168/0004/14/F00/P00/L00	Price	: Min RM 437,790 - Max RM 585,800
Land Encumbrances	: Nil	Approving Authority	: Majlis Bandaraya Ipoh

Heritage

Double Joy for Ho Yan Hor

It was double the happiness for Ho Yan Hor, the first and longest-standing product from Hovid Berhad, as it celebrated the official launch of its museum as well as the 75-year milestone of the packaged herbal tea on Saturday, April 30.

"The brand 'Ho Yan Hor' means 'everybody is able to'. My father was thinking that everybody can benefit from the tea," David Ho, Managing Director of Hovid Berhad explained during the momentous occasion held at the Ho Yan Hor Museum at Jalan Bijeh Timah, Ipoh.

The museum is located in a pre-war heritage building where the tea was first invented and the original home of the founder, Dr Ho Kai Cheong and his family. The restoration of the building began in March last year by *ipohWorld* headed by Commander Ian Anderson and funded by Hovid Berhad. Since its soft launch in January, over 10,000 visitors have visited the museum.

It was a fun-filled morning hosted by My FM DJ, Jeff Chin. Besides the free-flow tea, there were a photo booth, brass band performance, antique car display, lion and dragon dances, a celebratory parade and games with exciting prizes.

"My first impression is Dr Ho Kai Cheong would have started the whole business as a social enterprise. That means people do business with social responsibility and a love for the community at heart. From then, his business had flourished. He had set a very good example and model for us," stated Dato' Dr Mah Hang Soon, Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages during the press conference.

"I'm very pleased to see the setting up of this museum, a true reflection of the history of Ipoh and that of Ho Yan Hor," he added.

"Ho Yan Hor tea is an old-time classic from my childhood. The parade was also a delight, as I came across vintage vehicles selling breads, ice cream and cigarettes which I used to patronise," said a 68-year-old retired businessman to Ipoh Echo.

The Ho Yan Hor Museum opens from Tuesday to Sunday between 10am to 4pm. It can be reached at 05 241 2048.

Mei Kuan

Han Chin Pet Soo

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



PICK UP IPOH ECHO HERE:

- AEON shopping mall, Kinta City information counter
- AEON Klebang information counter
- AEON Station 18 customer service ground floor
- Tesco Ipoh Garden information counter
- Tesco Station 18 information counter
- Giant hypermarket at Sunway entrance
- Mydin hypermarket @ Meru information counter
- Ipoh Parade information counter
- Ipoh Railway Station (KTM)

For Private Memberships:

Collect a copy of the Ipoh Echo from Ipoh Swimming Club, PRGC, Clearwater, MVGCC, Royal Ipoh Club at respective reception counters.