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June 16 - 30, 2016

PP 14252/10/2012(031136)

30 SEN FOR DELIVERY TO YOUR DOORSTEP -
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ISSUE

237

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Decorated archway



Carp-filled pond

A Hidden Gem: Paloh Khoo Miu Temple

• By Tan Mei Kuan

Many have set foot in the ever popular cave temples of Ipoh such as the Sam Poh Tong Temple, Ling Sen Tong Temple and Perak Tong Temple. One hidden gem that Ipoh Echo has discovered is the Paloh Khoo Miu Temple, a burst of rainbow colours that leap out right behind People's Park. It may be relatively smaller in size but its rich history and distinctive style are not any less spectacular than other temples.

Continue at page 2



Devotees praying



Dragon fountain



Eight bronze ceremonial weaponry

A Deviation from the Usual Tourist Trail

144 Years and Counting

Paloh Khoo Miu Temple was built in 1872 by prominent tin miner cum philanthropist, Leong Fee and was gazetted as a place of worship in 1894 by the British Colonial Government. Thus, it is one of the oldest Chinese temples in Perak.

Its name is derived from what Ipoh was fondly known as back then, “Paloh”. The main feature of the single-storey holy place is dedicated to Tai Pak Koong, the God of Blessing and Ethics. Hence, it was also referred to as the “Ipoh Chinese Tai Pak Koong Temple” by the locals.

Born in the Mei Xian district in Guangdong Province of China, Leong Fee came to Ipoh by river from Penang. He brought with him the spirit of the deity with burning joss sticks from a temple in Hai Zhu Island near Penang and founded the temple alongside the Kinta River to give thanks for safe arrival. In 1894, Leong Fee and Yau Tet Shin, another famous miner, entrepreneur and pioneer of Ipoh, successfully applied to the British Colonial Government for a piece of land to build the temple at its present site.

Initially, the sacred site provided free medical consultations and medicines to locals suffering from illnesses. It was also a place of justice for the residents to resolve their disputes and differences.

When the Japanese Imperial Army invaded in 1941, all activities of the ancient temple came to a stop while all its precious records, documents and photographs were destroyed by fire causing part of its history to be lost forever. After the Japanese Occupation, Lau Pak Kuan, later to become the first Chinese Dato’ Seri, was elected as the chairman of the board of governors in charge of reviving the temple and laying the foundation of its size today.

In a bid to boost local Chinese education, the temple donated its adjacent vacant land to establish a three-storey Perak Chinese Girls Primary School in 1951. Lau also initiated a temple school in 1954, where the poor and pupils who were already beyond school age received free education, books and stationery. It could accommodate up to 400 students at a time during its heyday and had produced more than 1400 graduates until its closure in 1994. This was one of its biggest contributions to the community.

Upon the closure of the free school, the balance of the temple’s revenues were donated to various schools and welfare organisations in Ipoh. Its charitable efforts continue to this day with annual donations.

Two renovations were carried out in 1967 and 1994 respectively to preserve its glorious heritage. Under the leadership of president Ho Fah See, a conference room and a hall displaying relics were set up. Since then, all walls within the place of worship were decorated with tiles for a brighter look.

Artefacts of Beauty and Grace

Driving through a decorated archway, visitors can park in the designated lots in the temple grounds. One will be greeted by a pair of auspicious stone sentry lions guarding its main entrance. Upon entering, its sunlit main hall is flanked by the eight bronze ceremonial weaponry. I especially adore how its retractable roof opens up to a miniature square of heaven above, while visitors bask in the long history of the holy place below.

During my first visit here, I had an exclusive one-on-one with the current temple committee made up of chairman, Yeong Chin Chun; vice chairman, Dato’ Hew Choy Kon; secretary, Phan Toong Sean; and member of the advisory panel, Hansen Lau, a son of Lau Pak Kuan. They enlightened me on the well-kept artifacts and intricate architectural detailing that adorns the temple.

Of particular interest is the mythological sea turtle. A symbol of wisdom, its



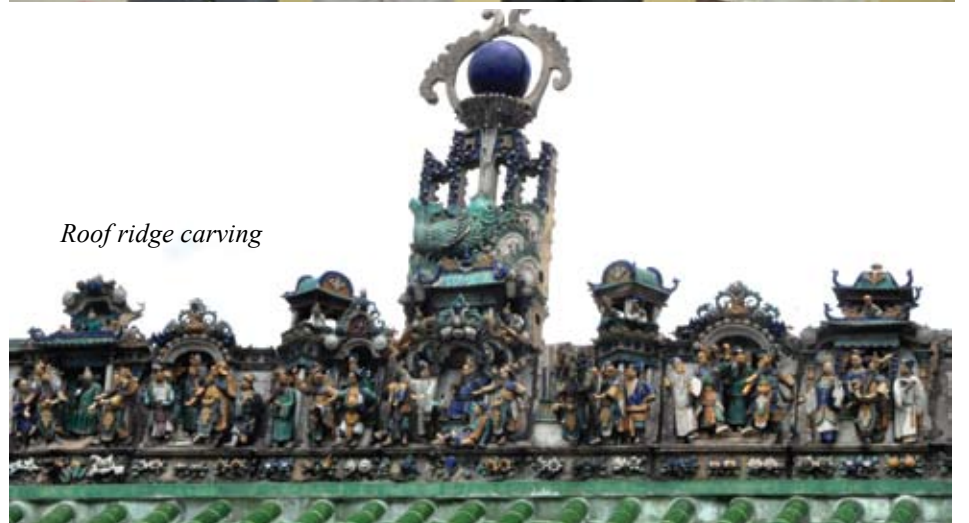
Wooden carving at altar



A slice of heaven above



The committee showing stamping blocks



Roof ridge carving

resplendent shades of turquoise and blue bring vitality to the textured sculpture. The curvaceous sea turtle is also decorated with wonderfully scaled skin, undulating fins and long whiskers which left me in awe.

“The ornamental carving of exquisite craftsmanship that stretches across the roof ridge actually tells a story. Sadly, it is unable to be traced yet. It contains moral teachings like doing good deeds,” Dato’ Hew disclosed to Ipoh Echo.

Equally impressive are the century-old joss stick holders at the altar and medicinal formulae all the way from Foshan, Guangdong. Hence, one of the highlights is a collection of ten carved wooden and metal blocks for stamping of medicinal formulae. Each block is inscribed with five different formulas for printing.

At the altar of Tai Pak Koong is an intricate wooden carving covered with antique gold leaf, a standing testament of how devotees have put their hearts and souls to honour the deity.

Meanwhile, its yard houses a dragon squirting water from his wishing pond flanked by two carp-filled ponds, adding to the serenity. The ringing of the 123-year-old copper centennial bell and drum each time an offering is made together with the bubbling water create a soothing tone that encourages introspection.

The Worshippers with Devout Homage

Paloh Khoo Miu Temple receives the most number of visitors during Chinese New Year Eve and the birthday of Tai Pak Koong, which falls on February 16 of the lunar calendar. The latter is an annual grand affair which lasts for days and nights to thank the deity for his blessings. However, this place of worship is stunning even outside of celebration periods. During my visit on a weekday, there was an intermittent stream of believers weaving through the pillared hall laced with exquisite figures.

“I left Tangshan when I was just five years old. When I was younger, my mother would bring me here for prayers. Now, my voluntary work here gives me comfort. I hope there will be more devotees,” 85-year-old Phan Toong Sean shared.

“I usually come with my friend, since the beginning of last year. We usually pray for general wellbeing. I heard that this temple will make your prayers come true! Of course, we must also think good, speak good and do good,” a retiree from Bercham, who wished to remain anonymous, said.

“I first knew about the temple when I played by the riverside during my childhood. I think it is well-preserved, as it has not changed much throughout the years,” a retired businessman who was there for the first time told Ipoh Echo.

Other regulars here include Dato’ Dr Mah Hang Soon, the Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages. According to the committee, there is an increasing number of worshippers from all walks of life every year.

Conclusion

Paloh Khoo Miu Temple provides a more relaxed visit than the more popular cave temples in Ipoh. This religious sanctuary is where you really can experience the sense of serenity it is designed to inspire.

If you know of any other lesser known temples that should be in a travel list, write in to us! Ipoh Echo will also feature Hindu temples, mosques, churches and gurdwaras throughout the year.

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• From the Editor's Desk
By Fathol Zaman Bukhari

TRUTH BEHIND BUKIT MERAH

*No one is interested to know the real reason behind the lake's falling water level.
Had the authorities looked around they would have found the cause...*

Coming from a rural background and having been raised in Parit Buntar, the capital of Kerian District, Bukit Merah Lake holds a special meaning to me. Since my youthful days while rummaging through the paddy fields of Titi Serong, I have held the lake in awe.

To the rice farmers of Kerian District then, Bukit Merah was synonymous with good harvest and later double-cropping. In short, lives revolved around the lake as its waters determined the rice-farming community's livelihood. There were lean times when a resultant dry spell impacted the water level in the lake which in turn affected the farmers downstream. A poor harvest meant some had no income to show. But the community's resilience was impeccable. Most would fall back on previous year's stock to survive the drought and perhaps the year. This was the case until double-cropping was introduced in the early 1960s.

A bit on Bukit Merah and its dam sourced from the Perak Drain and Irrigation Department's website. It says:

"Bukit Merah Dam is a modified homogeneous earth-fill embankment located upstream of the confluence of Sg Kurau and Sg Merah in Perak. The dam was constructed in 1906 and its embankment was raised from RL (river level) 8.08 metres to RL 10.67 metres during the 2nd Malaysian Plan (1961 to 1965) and again in 1984 to its present level of RL 11.28 metres.

It has a crest length of about 580 metres and a height of 9.1 metres, at the deepest point. The lake covers an area of about 480 sq. km and has a storage capacity of about 93 Mcm at RL 9.1 metres.

The main purpose of the dam is to provide irrigation water for double-cropping to some 24,000 hectares of paddy land within the Kerian-Sg Manik complex. The lake provides 5.6 cumecs of water for domestic and industrial use in Kerian District. It is a source of income for local fishermen."

The British colonial government had the presence of mind to gazette the body of water for the expressed purpose of irrigating Kerian District, parts of Selama and southern Province Wellesley. And for reasons of expedience, some 3000 hectares of land surrounding Bukit Merah were similarly listed. This was done in 1914 at the onset of the Great War where British and Dominions troops fought the Germans in France and the



Turks in Egypt and Mesopotamia (Iraq). The marsh land acts as a buffer between the lake and the hinterland.

The irrigation canals were well maintained by the Drainage and Irrigation Department workers. My late uncle, a supervisor with the department, bore testimony to this. His house was close to one of the canals that ran through Titi Serong. As kids we would swim and play in the canals. It was an occasion to enjoy, especially when water from the dam was released into the canals. It was the best time to splash and to fish. Nets and lines were used to the maximum. The water was clear and was drinkable. We had the time of our lives but that was eons ago. Now things have changed.

The recent dry spell had wreaked havoc on the lake. Water level plummeted to an all-time low that some parts of the lake floor were exposed. Since the world weather patterns were affected by the El-Nino phenomenon, the blame fell squarely on this freak of Nature. Talks of diverting water from the Perak River

via a tunnel, estimated at about RM300 million, made the rounds. The solution seems so simplistic – lake has no water so divert water from a nearby source and, presto, the problem is history.

No one is interested to know the real reason behind the lake's falling water level. Had the authorities looked around they would have found the cause. The culprits are illegal farmers who had, since 2010, worked on the reserved lands bordering the lake to grow cash crops and oil palm. There are, according to Sahabat Alam Malaysia (SAM), over 20 illegal operators on site tilling the land with impunity without a care for the environment. These people must have considerable political clout to do what they do.

A formal complaint was lodged with the Land Office at Parit Buntar by SAM on December 29, 2011. No actions were forthcoming in spite of a written pledge from the Kerian District Office made on December 27, 2012.

During a site visit on Sunday, June 5 the situation remains unaltered. Over 30 members from the media and five non-governmental organisations witnessed the carnage. We were shocked by what we saw.

EYE HEALTH — Hypertension & the Eyes

Ipo Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about effects of hypertension on the eyes.

The World Health Organisation estimates that raised blood pressure results in 7.5 million deaths worldwide. Globally, more than 1 billion people suffer from hypertension which is also called *high blood pressure*. It is called hypertension because the force of the blood pressure against the walls of the blood vessels (arteries) is high for a prolonged period resulting in it eventually causing health problems such as *heart disease*, *kidney disease*, hardening of the arteries, *strokes* and eye damage.



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

WHAT HAPPENS IN THE EYES?

The nerve tissue (*retina*) at the back of the eye (see adjacent picture) gets affected. Uncontrolled hypertension causes the blood vessels in the retina to start thickening therefore making them more narrow. This restricts the blood flow to the retina making it swollen and sometimes causing eye strokes (*vessel occlusion*) in the eye. This can also cause vision minor or major vision problems depending on the severity. This is called *Hypertensive Retinopathy*. In the more severe and dangerous form, it is called *Malignant Hypertension* and at this stage it can cause profound blurring vision or even sudden loss of vision.



SYMPTOMS IN THE EYE

When eye symptoms occur, it generally means the hypertension is advanced and already at a late stage. The symptoms may include blurring vision, double vision, headaches or even sudden loss of vision.

SIGNS LOOKED FOR IN THE EYE BY THE DOCTOR

Hypertensive Retinopathy may be evaluated on a scale of 1 to 4. On the lower end of the scale, there may not be any symptoms yet. In the more severe stage of grade 4, the eyes have a swollen nerve (*optic nerve*) resulting in serious profound vision problems. This late stage is dangerous and indicates uncontrolled hypertension and has a high risk of generalised systemic complications including death.

Prompt diagnosis of hypertensive retinopathy is important in order to avoid visual and systemic morbidity such as heart disease, strokes and renal disease.

The eye certainly gives a grand-stand view of the often hidden systemic problems since it is the only organ where a doctor can visualise blood vessels without having to open up the body. If you suffer from hypertension, it is advisable to get your eyes checked at least once a year before any eye symptoms appear.

For more information, please call Gill Eye Specialist Centre, Hospital Fatimah (05-5455582) or email gillyecentre@dr.com.

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Lot 2, Jalan Sepana 15/3,
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Stairway to Injury



In early February this year, the Director-General of the Department of Occupational Health and Safety (DOSH), Ir. Mohtar Musri, told "The SunDaily", that between 2011 and May 2015, 97% of the victims of escalator accidents were young children.

He said that during this period, there had been 31 reports of escalator accidents and he suggested ways and means to use the escalator safely, especially when children are involved.

Mohtar's statement came a few days after a four-year-old boy lost half of his foot, in an escalator accident, in KL Sentral. The boy's feet was on the yellow demarcation line, but one foot became trapped in the escalator's mechanism, and was severed.

Firemen tried to retrieve the missing part of the boy's trapped foot, but it was not recovered quickly enough, so doctors were unable to re-attach the missing part of the foot.

Four months later, another child was injured on an escalator. The accident happened on June 6, in Bagan Serai.

The three-year-old was with his father, as they made their way to a toy shop, on the third floor of a shopping complex. The boy sat on the escalator, but when he reached the top of the escalator, and was about to step off, the boy's trousers was caught on the moving parts of the stairway.

The fabric was trapped and as the trousers was pulled towards the comb of the escalator, the boy was dragged too, and injured the tip of his penis.

Eight firefighters from the Bagan Serai Fire and Rescue Department arrived, to find the boy's penis trapped in the comb of the escalator, and they had to use crowbars to prise apart the escalator panels around him.

The whole operation, to extricate him from the escalator, took around half an hour and the boy, Mohd Rohaizad Abd Rahman, was rushed to the Taiping Hospital.

The DG of DOSH, has advised parents that they must observe their children and adhere to escalators' safety guidelines, to avoid accidents on the escalator. He said that in the KL Sentral case, the operators of the escalator had observed the necessary security precautions to ensure the safety of the escalator users.

So what can we do, to ensure the safety of our children when using an escalator?

1. Before you mount an escalator be aware of your surroundings. The risk increases when more than one child is with you, as children can be easily distracted and your attention diverted. Make sure the child has no loose fabrics or dangling items on them, which could easily be caught on the escalator.

2. Hold your child's free hand, or his arm. Make sure that the child faces forward and does not move about. He could lose his balance and get his hand trapped, or he may fall onto the person on a lower step of the escalator.

3. Make sure that you observe extra precautions if your child has sandals, or soft shoes, as these can easily become stuck in the moving parts of the escalator. It is best if very young children wear firm shoes, and are told to behave when they are on the steps.

4. Tell them that they are not to step on an escalator which is moving towards them.

5. Very young children should be lifted up in your arms, and you should also firmly grasp the handrail of the escalator. Very young children may have poor coordination and be unable to step-off the escalator safely, or they may lose their balance.

6. Tell children to avoid stepping on the combs of the escalator, but to step over them, because the comb is where shoes normally get trapped.

7. Children should stand in the middle of the escalator and not on the yellow demarcation line.

8. If your child drops something on the escalator, ask him to tell you and warn him not to retrieve it. Little fingers and hands can easily become stuck in the sides and the moving parts of the escalator.

9. If you have a stroller or lots of packages to carry, find an alternative means to move from one floor to another, like the lift.

10. Just before you step-off, warn the child that he is about to leave the escalator. Tell him to continue to move forward and not stop abruptly, because other people will be coming up behind him on the escalator. He should not jump-off, in case he loses his balance.

Be aware as you mount and dismount the escalator and tell your child, not to play near the escalator.



THINKING ALLOWED

by Mariam Mokhtar

Dr Saravana K.

Consultant Physician, Gastroenterologist & Hepatologist

Digestive Health

Liver Hemangioma

Liver hemangioma is a non-cancerous mass that occurs in the liver made up of a tangle of blood vessels. Most cases are discovered during a test or procedure for some other conditions. Most people who have it never experience signs and symptoms and don't need treatment.

There is no evidence that an untreated liver hemangioma can lead to liver cancer.

Symptoms

When it causes signs and symptoms, they may include:

- Pain in the upper right abdomen
- Feeling full after eating only a small amount of food
- Lack of appetite
- Nausea
- Vomiting.

However, these symptoms are nonspecific and may be due to something else, even if you have a liver hemangioma.

It's not clear what causes a liver hemangioma to form. Doctors believe it is congenital – meaning that you are born with it.

It usually occurs as a single abnormal collection of blood vessels that is less than about four centimetres wide. Occasionally it can be larger or occurs in multiples.

In a small number of people, it will grow to cause complications and requires treatment. It is not clear why this happens.

- It is most commonly diagnosed in people ages 30 to 50.
- Women are more likely to be diagnosed with liver hemangioma than men are.
- Women who have been pregnant are more likely to be diagnosed with liver hemangioma than women who have never been pregnant. It is believed the hormone estrogen, which rises during pregnancy, may play a role in liver hemangioma growth.
- Women who used hormone replacement therapy for menopausal symptoms may be more likely to be diagnosed with liver hemangioma than women who did not.

Tests and procedures used to diagnose liver hemangioma include:

- Ultrasound
- Computerised tomography scan
- Magnetic resonance imaging.

No Treatment Needed

If your liver hemangioma is small and does not show any signs or symptoms, you do not need treatment. While you may be worried about leaving a liver mass untreated, in most cases a liver hemangioma will never grow and will never cause problems.

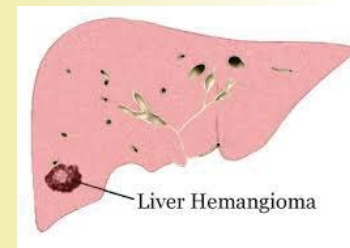
Your doctor may schedule follow-up examinations to check your liver hemangioma periodically for growth if the hemangioma is large.

Treating Liver Hemangioma

If a liver hemangioma grows large enough to push on nearby structures in your abdomen, it can cause signs and symptoms and may signal that you need treatment. Liver hemangioma treatment depends on your situation, such as the location and size of the hemangioma, whether you have more than one hemangioma, your overall health and your preferences.

Treatment options may include:

- Surgery to remove the liver hemangioma.
- Surgery to remove part of the liver, including the hemangioma.
- Procedures to stop blood flow to the hemangioma. Without blood supply, the hemangioma may stop growing or shrink. Two ways to stop the blood flow are tying off the main artery (hepatic artery ligation) or injecting medication into the artery to block it (arterial embolisation). The healthy liver tissue is unharmed because it can draw blood from other nearby vessels.



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

ON IPOH FOOD

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



Ipoh's Celebrity Chef Treats at the Dome

First for Ipoh and a first for the Dome Restaurant at Meru Valley Resort, celebrity chef Greg Farnan fired up the kitchen as well as invited guests at an exclusive dinner hosted by Dorper Lamb Malaysia and Meru Valley Resort.

With the title of *A Celebrity Chef's Showcase 2016*, the evening was a gastronomic affair with a degustation menu and wine pairings seldom seen in this town.

Greg Farnan who hails from Perth Australia was in town for an action-packed two days sourcing and preparing for the gourmet meal together with Dome's own fusion expert Desmond Wong. The event featured a four-course meal crafted by the talented duo with wine pairings specially selected by Meru Director Chris Bock who has an extensive background in hotels and food and beverage management.

Greg was born and bred in Auckland and travelled extensively before deciding to settle in Perth. During his travels (including trips to Singapore, Thailand, Malaysia, Malaysian Borneo, Hong Kong, France, Italy, Greece, the UK, the US and most of the Australian capital cities), Greg is a chef who believes in "using great local produce and letting it speak for itself". Hence in the exciting menu at the Dome, Greg produced an *Udang Galah Bisque* on par with the best lobster bisques in the world. Using our local freshwater prawns for which Ipoh is famous, he and Desmond crafted a creamy, savoury, yumilicious 'soup' that left diners craving for more.

One of the guests of the evening, Terence Knight, had this to say about the Bisque, "I don't like seafood bisque or soups as they often tend to have a too strong seafood flavour. However, I loved the river prawn bisque this time around, as it had just the right amount of prawn flavour but not too much that it was overbearing," he added.

Chef Greg was particularly excited about his Tomahawk Steak, a massive 1.4kg to 1.7kg rib-eye that is carved at your table right in front of your eyes, and usually shared between a few people. Greg strongly believes it's the quality of the produce that is critical and these steaks, brought in by Dorper Lamb Malaysia, which makes the classic dish one to savour. For the evening, Greg carved the steaks personally and handed the bone to VIPs including Lim Pui San (*see pic*) to either wield as a weapon or to chew on, a feat which she performed with grace and savvy.

The evening kicked off with a cocktail reception of hors d'oeuvres. Dinner began with the harmoniously smooth, creamy river prawn bisque, followed by a mouth-watering appetizer of seared scallops and tuna tataki with avocado and mango timbale, on a bed of seared pomelo and caramelized pear.

Then came the delectable meats with a choice of the Braised Dorper Lamb Banjo Cut Shoulder, an exclusive cut of Australian Dorper Lamb slowly roasted on the bone. Served with sweet potatoes, crisp green salad and roast beetroot; and or the Grilled Margaret River Wagyu Tomahawks, rib-eye fillet on the bone with grilled asparagus, roasted baby potatoes, green beans and bacon confit garlic. Guests had the opportunity to watch the artistic demonstration of meat carving techniques, adding to the anticipation and excitement before sinking their teeth into the delectable meat of this Margaret River Wagyu special.

Said Ms Yeoh Chew See, "Both entrees were delicious and my personal preference was the Wagyu beef as it was done to perfection." "I enjoyed the evening and I loved



Chef Greg and Chef Desmond



Udang Galah Prawn Bisque



the dinner set-up which was lovely; not forgetting the courteous and attentive staff around us," she added.

Dessert was a decadent, gorgeously silky mousse made from local passion fruit, served with mango compote and finger sponge. To continue with the theme of taking the best of local produce and elevating it to gourmet status, the final treat of the evening was Malaysia's national drink, Teh Tarik, made from black tea, condensed or evaporated milk.

The wine pairings that came with each course was superlative beginning with a Domaine Pinson Chablis Premier Cru, 2010, De Bortoli Deen Sauvignon Blanc, 2013, Reserve De La Comtesse, 2008, Mitolo Shiraz, 2003 and ending with the glorious Baron De Rothschild with dessert.

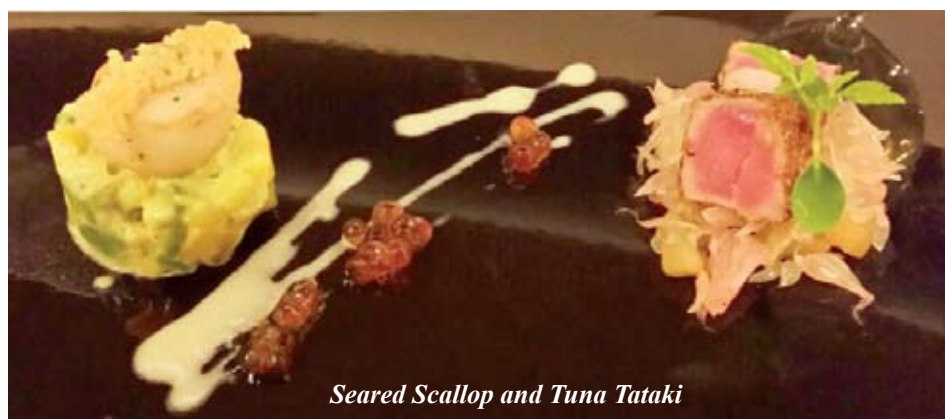
While Chef Greg brought in his inimitable style, recognition and credits would definitely go to the in-house executive chef and his team who worked tirelessly behind the scenes to prepare the sumptuous dinner. Chef Desmond, of Meru Valley Resort, is an expert of Japanese and Fusion Cuisine. Despite his humble beginnings, his love and passion for culinary art has brought him to a level of excellence that is now creating for the Dome a reputation for serving some of the best food in town and fans are now travelling into Meru Resort to wine and dine there. His philosophy is a sound one, "Cooking everything with respect will lead to amazing tasting experiences."

Guests had the rare opportunity to interact with the participating chefs throughout the evening and given the opportunity to ask questions and get a true 'behind-the-scenes' glimpse of the culinary world.

A magical culinary evening was had by all and guests left looking forward to more events of this standard and quality and expressed the wish for Meru Valley Resort to put on more of the same.

More comments from Mr Terrance Knight

We (my wife, mother-in-law and I) truly had a great time. From the decoration of the overall restaurant to the table set up, everything was above expectations and there were a lot of talk pieces, for example, the paddy place mats for the entrée, to the vase with the fish. The wines were wonderfully paired and complemented the amazing food that was served. It was an amazing overall experience to all the senses as even the music was paired well. We enjoyed both of them, the lamb and the beef were truly a treat for the taste buds as they had perfect sides to accompany the perfectly cooked meats.



Seared Scallop and Tuna Tataki



Wagyu Tomahawk Rib-eye

Wellness

Prolapsed Intervertebral Disc

Ipoh Echo recently spoke to Dr Eskandar @ Zulkarnain Hassan, Resident Consultant Orthopaedic, Spine and Trauma of KPJ Ipoh Specialist Hospital about prolapsed intervertebral disc.

Dr Eskandar started his practice in KPJ Ipoh Specialist Hospital in August 2012 as a Resident Consultant Orthopaedic Surgeon. He was a trainee lecturer from 2002 to 2008, senior lecturer in Orthopaedic Surgery from 2008 to 2010 and senior lecturer in the Spine Unit from 2010 to 2012 at Hospital Universiti Sains Malaysia. He was awarded the Asia Pacific Spine Association, Spine Fellowship in 2010 and Spine Endoscopic Fellowship in 2011 in France.

According to him, the prevalence of disc prolapse is highest between the ages of 30 to 50. Males have a higher incidence than females with the ratio of 2:1. However, only 2% to 3% of prolapsed discs are symptomatic. Thus, surgery is not the only treatment option in all prolapsed discs.

“Prolapsed disc or *slipped disc* is a term used interchangeably. Both refer to the damage of tissue absorbing the knocking in between the vertebra bones. The damage may range from a small tear with minimal bulge of disc to complete tear and extruded disc content,” said Dr Eskandar.

Causes

It commonly occurs when lifting weights without a proper spine posture or due to a fall, especially those on the buttocks.

Symptoms

The first important symptom of a prolapsed disc is a sudden snapping pain over the back and the person will be locked in one position due to severe pain. The person will not be able to stand up right due to the radicular pain to the back and leg. The symptoms may vary, from only a localised low back pain to pain radiating to the lower limbs. Pain in spinal claudication due to a prolapsed disc, numbness or weakness may also occur during walking or standing although no pain will be felt while at rest.

Complications

The worst complication from a prolapsed disc is known as *cauda equina syndrome*. It is considered an orthopaedic emergency. The patient is presented with all the described



*Dr Eskandar @ Zulkarnain Hassan
Consultant Orthopaedic, Spine and
Trauma*



pain with inability to control bowel or bladder and complete numbness of the genitalia. The worrying part is that 80% of patients do not recover their normal bowel and bladder functions even after emergency surgery.

Treatments

Spinal injection with steroid has been practised for many years. It is simple, safe and effective in managing pain. There is a list of possible side effects related to steroid usage. However, if it is done by trained personnel and the after-injection precautions are practised, the side effect is minimal and the benefits of the procedure far outweigh the side effects.

The main objective of treatment is to alleviate pain. Thus the first line of treatment involves taking a combination of medications, including analgesics. Physiotherapy with the use of ultrasound, transcutaneous electrical nerve stimulation, traction system and heating may help to reduce the pain.

Failed optimum medication and physiotherapy require more aggressive treatment including epidural steroid or radio frequency ablation of disc (depends on what MRI results show).

The last option is by surgery: endoscopic discectomy. It is a minimally invasive surgery with an inch-size wound and recovery is fast. Most patients start to walk on the same day as the surgery.

For more information, call Dr Eskandar @ Zulkarnain Hassan of KPJ Ipoh Specialist Hospital at 05 240 8777 (Ext. 125).

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.

YWCA Ipoh is organising a Youth Leadership Camp from **June 18 to 19** at its premises 132 Persiaran Anderson, 30300 Ipoh. The said event is advocated by Perak Non-Islamic Affairs Unit. Camp Speaker is Mr Martin Jalleh, a prominent youth motivational speaker. Registration fees is RM10 only inclusive of meals. For registration and more info, contact Linda at **05 241 7635** or **017 503 8328**.

Sharpened Word Literary Happenings. Saturday **June 18**, 2pm at Old Andersonians' Club, Jalan Hospital, Ipoh. For the month of June, Sharpened Word presents an exciting and diverse panel of writers: Melizarani T. Selva, a spoken word poet; Nur Hanim Khairuddin, curator and editor of "sentAp" art journal; Marco Ferrarese, punk rock musician and writer; and Fa Abdul, a passionate storyteller, columnist and playwright. For more information visit facebook page: www.facebook.com/sharpenedword.kinta.

Hospital Fatimah Blood Donation Drive: A Gift of Life in collaboration with Hospital Raja Permaisuri Bainun. Saturday **June 18**, 9am - 12 noon at the Main Lobby, Ground Floor, Hospital Fatimah, Ipoh. The first 70 donors will receive free general blood screening (M50) which includes liver function test, lipid studies, renal function test, glucose screen and urine FEME. For details, contact: **05 545 5777 Ext. 276**.

Pantai Hospital Ipoh Celebrating Health & Fitness in conjunction with Father's Day Celebrations, **June 18 and 19**, 10am-10pm at Ipoh Parade. There will be health screenings & awareness booths, blood donation, body combat, zumba fitness, cooking demo, etc. Free registration of Pantai Privileged Card. For details or information, contact Juliet at **05 540 5740** or Betty at **05 540 5723** or **012 521 8711**.

Free Yoga Workshops offered by Isha Malaysia at Khek (Hakka) Community Association in Ipoh in conjunction with International Day of Yoga on **June 18 and June 21**, 10am-11.30pm (English) and 12pm-12.45pm (Mandarin). Those interested, please register online at <http://malaysia.ishayoga.org/register-idy-ipoh/>.

Universiti Tunku Abdul Rahman's Computer Society (Kampar Campus) is organising a theatre performance with the theme 'In Time Theatre Performance June 2016'. **June 25** (Saturday), 7.45pm at Dewan Tun Ling Liong Sik, UTAR Kampar Campus. The aim of this event is to raise funds for Beautiful Gate Foundation for the disabled. We are collaborating with this organisation by helping them in the project of developing a mobile apps name "My Friendly Restaurant Malaysia". The project is aimed to provide information on accessible restaurants for disabled, senior tourists and local community with mobility, visual and hearing impairment, contribute in promoting of barrier free environment, and also create job opportunities for disabled community. Registration fee is RM25 with free event tee for the public and students. For more information and registration, contact: Neoh Shu Hui **010-4632354** or Wong Shiun Yi **012-4988285**.

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'; www.ipohcity.com/pspa, or call PSPA office **05 242 7814** to enjoy discounts up to 46%. (See page 10)

'Stay With Me Charity Night 2016' organised by UTAR Kampar Campus's Banking and Finance Society in collaboration with 'Limbs for Life'. Saturday **July 2**, 7.45pm at Dewan Tun Dr Ling Liong Sik Kampar Campus. To raise funds for Malaysian amputees from underprivileged backgrounds to get free artificial limbs. For more information, contact: Yan Chian at **011 1330 9678** or visit Facebook page: <https://www.facebook.com/staywithme2016/>.

Y's Men's Club of Ipoh 50th Anniversary and 50th Installation of the President and Board of Directors 2016-2017. Saturday **July 23** at YMCA Ipoh Hall. Dinner cards are available and for further information, contact: Y's Men K.Letchimanan – **012 538 1939** or Lady Y's Men Charanjit Kaur - **016 553 8443**.

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

Performances of Traditional Songs and Dance every Friday every week at 8pm (except fasting month). Held at Kompleks Jabatan Kebudayaan dan Kesenian Negeri Perak, Jalan Caldwell, Off Jalan Raja DiHilir, Ipoh **every 1st and 3rd Friday; 2nd and 4th Friday** at People's Park. Come and experience dances like Dikir Fusion, Nego (Kelantan), Joget Kete Lembu, Tangtung, Kollatum, Joget Malaysia and traditional music. Free admission. For enquiries, contact: Puan Nor Fairus Binti Alias **018 958 9049**.

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

The Dementia Day-care Centre is open daily from 9am till 5pm. The centre also holds support group meetings every 2nd Saturday and Monday of each month. All carers who have love ones with dementia and others are welcome to attend. These are sharing sessions. For more details kindly call April at **05 241 1691** before 3pm.

IPOH **echo**



HOTELS & RESTAURANTS SUPPLEMENT



A Truly Northern Feast at Tiffin Restaurant

"A scrumptious menu that promises to wow guests"

WEIL Hotel is designed around the idea of perpetuating the simple, endearing hospitality of Ipoh's local community, delivered in the form of the WEIL signature service by highly-trained professionals and actualised within a contemporary chic environment.

WEIL, at Jalan Sultan Idris Shah (formerly Brewster Road) is not only situated in the heart of Ipoh, the location is made even more strategic by the adjoining Ipoh Parade, a renowned shopping destination.

Ramadan, also known as Ramadhan or Ramzan, is the ninth month in the Islamic calendar and is observed by Muslims worldwide as a month of fasting to commemorate the first revelation of the Quran to Muhammad, according to Islamic belief. This annual observance is regarded as one of the Five Pillars of Islam. The month lasts 29-30 days, based on the visual sightings of the crescent moon, according to numerous biographical accounts compiled in the hadiths.

In celebrating the holy month of Ramadan, WEIL is providing an extensive array of options to suit different tastes. Savour their delicious *iftar* menus while you enjoy this memorable time of the year surrounded by your family members and friends.

Awaiting guests this Ramadan at the WEIL, in true Malaysian hospitality in the relaxed setting of the all-day dining restaurant, is Tiffin Restaurant's "Citarasa Utara". Diners will be able to enjoy the finest northern cuisines with live-cooking stations, as well as a variety of international dishes.

Taking diners on a gastronomic-trail featuring all-time northern favourites such as Ayam Panggang Percik (roasted chicken in aromatic paste), Rendang Tok (beef stewed in herbs and spices), Gulai Ayam Berkentang (braised chicken curry with potatoes),

Ayam Masak Madu (spicy honey chicken), Ikan Masin Bulu Ayam (crispy salted fish), Puyuh Goreng Madu (honey fried quail), Sotong Masak Kunyit (turmeric squid), Bubur Lambuk (mixed porridge), Kari Ketam Nenas (crab curry with pineapple), Kari Kepala Ikan Bendi (fish head curry with okra) and live-cooking stations such as Ikan Bakar (grilled fish), Roast Lamb, Indian Roti, Shawarma and Lok Lok counters, just to name a few.

Guests will be spoilt for choice with a plethora of food covering the northern regions of Perlis, Kedah, Penang and Perak! Enjoy a truly authentic taste with wide selections of appetisers, main courses and desserts.

Citarasa Utara Ramadan buffet is available at Tiffin Restaurant at RM78 per adult, RM68 for senior citizens and RM38 for children aged 6-12. Reservation can be made now at **05 208 2228**, email tiffin@weilhotel.com. For private buka puasa (breaking-of-fast) occasions at Function Room, email to vicky.lee@weilhotel.com.



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Too good to be true — but it is

Ipoh offers a little piece of Haven in Tambun with a world class luxury resort

This article is reproduced from The Sunday Star, 6 December 2015



SEEING is believing. Guests are in for a pleasant surprise upon entering The Haven – a world class luxury resort in a little town called Tambun near Ipoh city.

It's only been a year but The Haven has already welcomed international citizens from over 50 countries to the world class luxury resort. The five-star development received a five-star certification from the Tourism and Culture Ministry.

Having placed Ipoh on the global map, The Haven will be the catalyst for tourism growth in the northern state of Perak.

Tremendous value

Surprised at how The Haven is “undervalued” for its complete facilities and top-notch service, guest Evelyn Ho from Renosis Industries Pte Ltd describes the rates as “a steal” when compared to her accommodation in Sentosa, Singapore. A stay at The Haven's three-bedroom suite costs S\$300 (RM899) per night – cheaper compared to the S\$1,200 (RM3,596) she had forked out for a one-bedroom suite in Sentosa. Both she said were fine luxurious resort residences of equal standing.

A multiple award winner

The Haven has received high accolades and multiple awards, both local and international, in multiple categories. It has been recognised as a green and eco-friendly development, top in design and quality luxury residences and best hotel. Last month, The Haven was awarded the most prestigious property award yet – FIABCI's “Malaysia Property Award for Best High Rise Development 2015”. “Following this, at the FIABCI International Prix d' Excellence Awards to be held in Panama, The Haven will be competing with developments valued at US\$2,000 per sq ft and above”.

In October, The Haven won two other prestigious awards in Hong Kong – The Global winner for World Luxury Hotel Award (All-inclusive family category) and Asia winner in the Best Scenic Environment Category. While in London, it won the best Global Luxurious Retreat Hotel Award in all three geographical categories – Malaysia, Asia and Global.

A great wellness retreat

The Haven is starting to be recognised as a wellness destination. The clear crisp air from the

pristine environment away from the bustling city crowd makes it popular as a wellness location.

“We made sure to be in sync with the environment by ensuring that only natural ingredients are used in our food. Our food is as natural as it gets with no additives or MSG. We believe that we offer the best food in Ipoh with a mix of local, Asian, Western and Middle Eastern cuisines. It has taken us a year to achieve this distinction,” Mr. Peter Chan said.

The development can thus be expected to be a great foreign exchange spinner for the nation and a great benefit to the state in terms of employment, stature and image. The Haven has indeed made its mark nationally and internationally, bringing optimism and enthusiasm to the property market.

The Dec 1 copy of the local paper, Ipoh Echo, writes: “The Haven has already fought, and won, half the battle. The rest is up to those in power and ordinary Ipoh folk to make good use of this foothold to achieve bigger successes. How does the state authorities leverage on this achievement to propel Ipoh further in the eyes of the world?”

Ramadan DOME

6 June - 5 July 2016



For The Haven Resort Hotel and Residences, it is the best or nothing. The pioneering green development has been putting Ipoh on the world map with its 36 prestigious local and international awards, the latest being “2016 Travellers' Choice winner”, the highest honour given by TripAdvisor.

Since Ipoh is hailed as a food haven, the exclusive retreat which advocates healthy living will be the crème de la crème with its MSG-free cuisines, as is done at home. For instance, their chefs visit the market twice daily to source for only the freshest ingredients.

Hence, come and experience the beauty and tranquillity of Ramadan with the Cuisines @ The Haven! It will truly be a feast for all of your senses.

The Iftar menu features a wide selection of freshly-grilled meats and seafood presented in a serving dome warmer in all its glory, perfect for sharing. Specially crafted traditional delicacies with a twist include the acar perak,

ayam kari kapitan, daging masak hitam, chili prawn nyonya and tumis kacang panjang with sotong. Of course, no celebratory meal is complete without dessert: coconut honeydew sago. The highlight of the artisanal delights is the newly-introduced ikan merah tauchu. Upon request, mutton is available and individual items on the menu could be tailored according to diners' preferences. It would indeed be a memorable experience at The Haven during the month of generosity of Ramadan.

For other months, the poolside restaurant offers the best of local, Asian and western dishes under one roof, so residents and guests will not have to go out for a satisfying meal.

It is interesting to note that to date business and leisure guests from over 50 countries have visited and stayed in this untouched location. Many international conglomerates such as Shell, Petronas and Emirates have also held their functions here, a testament of The Haven's well-sustained quality of food and services.

Website: www.thehavenresorts.com Call: +605 220 9005



Dome set for 5 pax.

FESTIVE BUFFET DINNER AT DOME RESTAURANT, MERU VALLEY RESORT IPOH

This festive season, a sumptuous culinary feast awaits you at the Dome Restaurant, Meru Valley Resort Ipoh. Come along with your family and friends and enjoy a wide selection of traditional Malay dishes and indulgent international buffet flavours with live carving and grilling stations.

Share the true spirit of this festive season with your loved ones in the resort's exquisite surroundings from **June 13 to July 5, 2016**.

It is that time of the year once again, where Malay salads, kampong side dishes, festive specials, curries, satay, Malay soups, hot food items and desserts are the highlights in the Dome Restaurant.

Priced at only **RM52 (nett) for adults and RM30 (nett) for kids (5-12 years old)**, the festive buffet dinner is available from Mondays to Thursdays 6.30pm onwards.

The Dome Restaurant is currently promoting a special **"Buy 10 Free 1" offer**, so take the opportunity to indulge!

For reservations and more information, call The Dome Restaurant, Meru Valley Resort at **05 529 3358**.



Festival BUFFET DINNER

13 June – 05 July 2016

(Mondays to Thursdays)



Meru Valley Resort
IPOH • MALAYSIA

Time : 6:30 p.m. onwards

Venue : **Dome Restaurant**

Adult : **RM 52.00 Nett**

Child (5 – 12 years old) : **RM 30.00 Nett**

Buy 10 FREE 1*

Meru Valley Resort Berhad (137970-D), Jalan Bukit Meru, 30020 Ipoh, Perak Darul Ridzuan, Malaysia

All images used are for illustration purposes only. Terms and conditions apply

*All prices are inclusive of 6% GST



Email : info@meruvalley.com.my

For reservations, please contact :

www.meruvally.com.my

Dome Restaurant : 05-529 3358

Entertainment

A Happy Night with Happy Polla

The new “Thai Goddess” was in town lately as the ladyboy toured Malaysia to several states. Happy Polla was the talk of the social media world lately although she has been hot on the internet in Vietnam way back in 2013. She creates humour on her YouTube videos and Facebook postings, accumulating over 850,000 Facebook fans from all around the world.

Happy Polla made an appearance at WAVE by World Ambassador on April 2, which held an April Fool's After Party. Customers paid an entrance fee to have free flow beer, to see her and take photos with this famous ladyboy. Before she went on stage, customers were surprised to see an imposter instead, thinking they had been ripped off. However, it was all a belated April Fool's prank. Both the imposter, Happy Salaah, and the real Happy Polla lip synced with a dance performance for the audience.

The customers had a fun time shaking hands with this celebrity and they had a fair share of photos to share on the social media for the next few days. The event was a successful one which left everyone leaving with smiles and laughter.

Besides Happy Polla being on stage, DJ Rock & Kidd, DJ VGene, DJ Vincent and DJ Double B rocked the decks



through the night. There were also dance performances by The Dreamz 2G dance group.

Susan Ho

Arts & Culture

Turning Poetry into Play

Most of us may be aware of the 1984 incident, when India's Prime Minister, Indira Gandhi was murdered by her own Sikh bodyguards. Violence struck the Sikh community soon after that, leaving some unforgettable moments for all.

Kultar's Mime is a poem written by Sarbpreet Singh 26 years ago after reading about a character named Kultar who turned deaf and mute after witnessing his own father's death. Thus, the only way he could articulate what he had seen was by acting it out.



“There was also another story about a girl who watched her father burnt by kerosene. She wouldn't let go of his hand until he sighed his last breath,” said Sarbpreet.

The poem is then turned into a play by his 21-year-old daughter, J. Mehr Kaur, who was active in theatres when in high school. She felt it was a brilliant medium to use in order to speak up.

“I suddenly thought about my father's poetic text. Why not turn it into a play? It's more of a personal way for me to get closer to justice. I also saw how vivid the imagery was in the play and decided to commission it into a series of paintings that would serve as a backdrop for the play,” she said.

Acted out by five Western actors, the one-hour play was an immersive interaction between the audience and the actors themselves. The expressions and dialogue acted out tugged at the hearts of the audience.

Their actions depicted exactly what the kids in 1984 would have felt. And having five of them switching into different roles, as the innocent kids and then as the murderers, was simply gripping.

All five actors agreed that being part of the play was a form of giving back and this story needs to be shared with audiences all over the world.

“I'm here because I'm hoping to earn this. I'm here because if I don't care about someone else's suffering, then that makes me just as bad,” said one of the actors and the entire cast agreed.

Khaleeja

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Food

WEIL's Father's Day Offer

With a mixture of good ambience and good food, where else would you be this Father's Day besides WEIL Hotel? The Deck Gastrobar is offering a special four-course set dinner on June 19 to honour fathers.

The four-course set includes appetiser, soup, main dish and dessert. Serving some of the best meals, like honey-grilled pear, white wine chicken gravy or Guinness Stout braised short ribs; it will definitely be a meal to remember.

Irish liquor parfait is the centre of attention for everyone, even the non-dessert people. This one is bound to make you go for a second helping!

Having a tinge of alcohol in the main dishes and dessert may not go well with Muslims, they can request for non-alcoholic chicken and dessert when making reservations. These two set meals are priced from RM118 to RM138 per person, depending on your pick.

Adding in a little fun to the occasion, fathers who dine in at *The Deck* can take a selfie with the outlet manager to qualify for the 'Daddy Cool' competition. Selfies will have to be posted on Facebook with the hashtag #weilhotel. Photos with the most “likes” will be asked to guess a question.

The winner will take home merchandises from Kaufmann, presented by House of Leather, plus room stay and dining vouchers.

Tiffin is also offering a high-tea buffet priced at RM58 per person, from 12pm to 3pm. Fathers can dine for free with every five-paying adults. Competitions like cake decorating and eating contests will be held.

To enjoy the best views of Ipoh over dinner and intimate conversations, why wait? Call WEIL Hotel: **05 208 2103** for reservations.

Khaleeja



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Ipoh City Council Round-up

Nantini and Khaleeja

Gotong Royong

Ipoh City Council Secretary, Mohd Zakuan Zakaria took part in a gotong royong organised by the Council held at Kampung Baru, Buntong on Sunday, May 15.

Over a hundred participants, comprising residents of Kampung Baru, Buntong and staff of city council were involved in the clean-up operation around the housing area.



Cleaning activity began early in the morning. Drains were cleaned; overgrown grass was trimmed while rubbish and household wastes were disposed of properly.

According to Zakuan, similar programmes will be held in other parts of the city in line with the Council's mission of keeping Ipoh clean, green and developed.

Radio MBI

Efforts to transform Ipoh City Council into a five-star and world-class council are underway. This includes the launching of the Council's own radio station called Radio MBI.

Radio MBI goes on air via the internet beginning either at the end of June or early July. It is set to bring Ipohites close together. Through Radio MBI, residents can share their problems, hopes and appreciation with the Council.

According to Dato' Zamri Man, Ipoh City Council will be the first local authority in Perak to adopt this method of communication as part of its efforts to make Ipoh more livable.

"A variety of programmes are in the pipeline. Among them are Santai Pagi, Teh Tarik and Santai Petang," he added.



Colouring Competition

Some 150 children took part in a mass colouring competition held within the compound of the Tun Razak Library on Sunday, May 29. It was part of the Ipoh City Day celebration.

The competition was divided into three categories, namely, Category A (10-12 years old), Category B (7-9 years old) and Category C (4-6 years old), offering prizes worth RM3000.

Bank Rakyat's mascot, Nuri, caught the attention of the children. Stalls offering free food such as apam balik and ice cream were the other draws.

Mohd Syazlan bin Isa Suffian, the organising chairman and the Finance Director of Ipoh City Council said that the main objective of the competition was to unearth hidden talents in children.

"It's also aimed at instilling creative thinking in children and to provide them opportunity to mix around," he continued.

Cooking Competition

A total of 29 teams participated in a cooking competition held in conjunction with Ipoh City's 28th Anniversary on Sunday, May 29 at Gunung Lang, Ipoh. It was officiated by Council Secretary, Mohd Zakuan Zakaria.

The competition, co-organised by Perak Chefs Association, was sponsored by Petronas, Malayan Flour Mills Bhd and Daisy Corn Oil.

Present were mayor Dato' Zamri Man and his wife. The competition menu was egg-based, meaning eggs were the essential ingredient in each of the participant's appetiser, main dish and dessert.

Team Tarragon won first place. The winner received RM1000, a hamper and a certificate.



A. Jeyaraj

College Students are Litterbugs



On Sunday mornings I will park my car along Jalan Laxamana (next to Cosmopoint College) and go to UTC to pay my utility bills.

Whenever I get out of my car I notice that the drain along the road is filled with garbage. This place is only used by the college students and they must be the ones responsible for the rubbish.

If the students, who are going to be our future leaders, do not have any civic sense, what would their behaviour be in later life?

The students are not to be solely blamed because there are no dustbins around. The authorities should place dustbins in the area. Anyway, the students are mature enough to raise this matter with the relevant authorities.

Their lecturers must have seen this happening. Why don't they take action? It is possible that the lecturers themselves are culpable?

Once in awhile, Ipoh City Council cleans the drain but rubbish gets piled up very fast. I suggest the college organise a *gotong royong* and clean the surrounding areas, as part of its CSR (Community Social Responsibility) programme, on a regular basis. This will enable students and lecturers alike to be more civic minded.

Tripping Hazard Repaired



In issue 231 (March 16-31, 2016) of Ipoh Echo, I wrote about the tripping hazard along the walkway at Jalan Lim Bo Seng bridge.

MBI has carried out repair works and the walkway is safe for pedestrians. However, the garbage in the cable trenches on either side of the bridge has not been cleared. I am not sure whose responsibility this is.

I wonder why MBI must wait for someone to complain before taking action. I get calls from people about unsafe conditions and occasionally I come across them and highlight them.

MBI maintenance staff must go around and be proactive and repair defects and not wait for people to complain.

The carpark attendants are very efficient and put summons on the cars even if it is overdue by a minute according to their watch. I suggest that there be a job rotation and transfer the efficient parking attendants to look after garbage collection, illegal dumpsites, potholes in roads and substandard maintenance work. If this is done then I am sure the number of complaints would be reduced, because these workers would be proactive.



Community

Empowering Parents

Parents can either be biological or non-biological. Biological parents have genetic link with the child. Non-biological parents, on the other hand, may be adoptive parents or the primary caretaker of the child such as grandparents or relatives.

Parents nurture and raise the child to adulthood. A parent can be a mother or father. The primary aim of any parent is to develop an independent, responsible and well-adjusted individual.

Autism spectrum disorder (ASD) is a neuro-biological disorder. ASD is characterised, in varying degrees, by difficulties in social interaction, verbal and non-verbal communication and repetitive behaviours.

Early detection, parent empowerment and early intervention are essential to bring out the best in children with autism and to minimise the impact of the disorder on the family concerned.

The long haul of the child with autism is with their parents. Thus empowering their parents is a very important component in the management of a child with autism.

Dr Shan Paediatric and Child health clinic working with PEP Programme, United States, conducted the Parents Empowering Parents (AUTISM) in Ipoh. It was held at



Cititel Express Hotel on June 3 and 4. There were seven participants. "We kept the numbers small to ensure it was an interactive session and the participants had maximum gain," said Dr Shan.

The International training team consisted of Dr Richa Mohan, Psychologist from India, Ed Kuebler, Senior Social Worker from Houston, Texas, Rueben Aguirre and Regina Aguirre who are parents and certified international parent trainers.

Dr Shan Narayanan, Consultant Paediatrician Fatimah Hospital, Ipoh, is the local coordinator of the programme. He conducted a session on Basic Aspects of Autism Spectrum Disorder. Following this the international team took over and had some excellent interactive sessions. Participants learned about child development, behaviour management, parenting skills and styles – how thoughts and feelings affect one's parenting style in dealing with emotion and communication.

Participants became aware of their strengths and weaknesses as a parent. They felt more at ease with themselves and realised they were not alone. They will attend two further sessions in due course before being certified as trainers.

Ed

A Touch of Gangnam

High pitch screams were heard while smartphones were whipped out on Saturday, June 11 at Concubine Lane, Ipoh. As the minutes ticked by, the lane got more crowded. With that kind of commotion on a Saturday, one could not just ignore and walk away.

It appears that a Psy lookalike was seen strolling on Concubine Lane with his bodyguards surrounding him. From the first sight, every passerby mistook him for the famous K-pop singer. Some stopped him to snap photos. Passers-by did not realise that the person whose photograph they took was just an impersonator.

Social media travelled fast and the crowd grew within minutes. The Psy impersonator took his time to enjoy his ice ball, cotton candy and the stores that were open for business. Little did everyone know that this was just a marketing gimmick by S.O.S (Sensation of Sound) Ipoh. The club had hired the actor to perform that night – "A tribute to PSY Showcase Party."

To draw in the crowd for the event, the management had come up with an ingenious plan, which was to bring 'Psy' to the most happening place in town to promote the Ipoh culture at the same time.

At the club that night, the impersonator performed Psy's hottest singles on stage with the exact dance moves used in his music videos. Fans jammed in making it a very successful event.

Psy's lookalike, Denis Carré, is an entertainer, singer and French actor from South Korea. He is trained in the arts of theater, film and music. He had been mimicking the famous Korean singer for over a year.



Well done S.O.S. You have certainly Psy-ched up Ipoh and social media for the day. For more information on the event or any related matters, head on to their Facebook page at <https://www.facebook.com/SensationOfSound/>.

Susan Ho

A Treat for Mothers

In conjunction with this year's Mother's Day, KPJ Ipoh Specialist Hospital held an exclusive health and grooming class for over 40 ladies at Impiana Hotel on Sunday, May 29.

Among activities held during the special day were talks on women's health such as female infertility, pre-menopause and menopause, vaginoplasty and beauty issues by six consultants from KPJ Hospital.

"Mother's Day is the perfect opportunity to spoil our mothers. This year along with Banyan Spa and Julie's, KPJ organised this educational workshop as a form of appreciation for them," said Maziatul Erma of KPJ Ipoh.

There was also a fitness session and the highlights were a make-up demonstration and image tips by professional consultants.

Ili Aqilah



A Meaningful Community Forum



The United Nations General Assembly proclaimed that May 15 of every year should be observed as the International Day of Families to acknowledge the importance of families.

In conjunction with this year's International Day of Families, the Family Wellness Club, Ipoh along with the National Population and Family Development Board organised a forum on Sunday, May 15 at the Perak Islam Administration Institute (Intim).

'Families, Healthy Lives and Sustainable Future' was the theme of this year's forum which was well attended by participants from all walks of life. Its objective was to educate and empower individuals and families.

Panel speakers included Dato' Dr Amar Singh, Head of the Paediatric Department at Hospital Raja Permaisuri Bainun Ipoh; Dr Fauziah Mohd Sa'ad, Head of Counselling Unit at Universiti Pendidikan Sultan Idris; Dr Edward Weng Lok Chan, Principal Consultant Psychology at International Psychology Centre; Dr Yek Sing Chee, President of Private Medical Practitioners' Society, Perak; Sarah Kambali, Co-Deputy Chairperson of the Committee of Safer Malaysia; and Ahmad Munawir, Advocate & Solicitor of the High Court of Malaya.

The panelists spoke on their given subjects and shared their professional experiences with the participants. The speakers lived up to the audience's expectations. They captured the participants' attention with their unique style of delivery and answered questions from the floor with ease and confidence.

Participants got the opportunity to talk to the speakers privately after the forum. It was a meaningful occasion for everyone present.

Nantini

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.

Proton's Never-ending Problems

Malaysian taxpayers must be shocked to read the article "Proton to raise capital" Car maker issuing RM1.25 billion convertible preference shares to Government (The Star June 7). Proton is a 100% unit of DRB-Hicom. When the redeemable convertible cumulative preference shares (RCCPS) is exercised into shares, the Government will end up with 79% stake in Proton and DRB-Hicom 21%.

DRB-Hicom said the Government had agreed to subscribe to 1.25 billion RCCPS issued by Proton via GOVCO Holdings Bhd by way of RM1.25 billion cash payment.

Proton group has been experiencing flagging vehicle sales in recent years and this has affected its cash flow position. Proton group plays a crucial role in the national automobile industry where there are about 12,000 workers directly under it while about 50,000 are employed under various vendor companies.

The founding of Proton National Bhd in 1983 was an expensive mistake. Billions of ringgit of taxpayers' money were lost in the process. To encourage people to buy Proton, the Government increased import duties on other cars and car parts. As a result, the consumers suffer. For over 30 years we have to pay higher prices for all cars including Proton. Even this has not been sufficient to save Proton which has been sold five times already.

Now with the Government owning 79% of Proton, the haemorrhage will continue forever unless the Government, the controlling shareholder make some drastic changes to the existing system of producing cars.

From the report, the Government representatives will come from the Ministries of Finance, Industries and Economic Planning Unit. I suggest some old Directors be replaced by these Government representatives.

Remove a few of the top managers and replace them with people with the necessary experience.

The new management must see how to measure the efficiency of the 12,000 workers directly under the company. One way is to compare the labour cost of producing a similar car in Japan or compare it with Perodua which has been profitable since its inception in 1992.

The new management must see how the company buys parts from the vendors who are employing about 50,000 workers. Is the company obliged to buy parts from these vendors? Can the company call quotations for the supply of parts from the open market?

Proton should copy the way how Perodua manufactures its cars. I understand that the Japanese has full management control of the car manufacturing process, although they are minority shareholders.

Malaysians are now wondering – will the burden on taxpayers and car owners be

continued in other new ways?

One simplistic assumption which appears to have been made by Tun Mahathir, the initiator of the national car project, is that an industry that is growing yearly should be profitable. It is not. In fact, industry data shows that the total profits of all the car companies over the last few decades amount to only a modest return, and that only for the fittest in the industry. Even with year on year rises in sales is not guaranteed to generate good returns to shareholders, even in a highly developed economy with a long tradition of successful car manufacture such as Britain.

This is because one of the forces that limit profitability is the intensity of rivalry between car companies from around the world. This leads to oversupply and pressure on prices. This is exacerbated by a high degree of freedom for new competitors to enter the industry.

Consider the case of British Leyland a vehicle-manufacturing company formed in the United Kingdom in 1968. It was partly nationalised in 1975 with the government creating a new holding company. The company incorporated much of the British-owned motor vehicle industry, and held 40% of the UK car market.

Despite containing profitable marques such as Jaguar, Rover and Land Rover, as well as the best-selling Mini, British Leyland had a troubled history. In 1986 it was renamed as the Rover Group, later to become MG Rover Group, which went into administration in 2005. This ended mass car production by British-owned manufacturers.

Today, many British car marques are owned by foreign companies. MG, Austin, Morris and Wolseley have become part of China's SAIC Motor Corporation Limited.

Another question to ask is why few car manufacturers, until recently, seem to get into bankruptcy? Then prices can rise relative to cost and shareholders can get a fair return.

There are two main reasons. In some countries there is always the perennial optimism of managers and shareholders. In Malaysia, the reason is different. Here, our Government has been changing rules and regulations to obstruct other cars from entering our market whilst providing special favours, including an ever ready supply of financial assistance, to keep Proton afloat.

The end result is that some Malaysians have ended up with more expensive cars of other brands whilst most Malaysians have had little choice but to buy Proton – a poor substitute!

This is the price we pay for blind patriotism.

Koon Yew Yin

News

Armoured Vehicles for Display



Two armoured vehicles that served with the Royal Malaysia Police during the Malayan Emergency (1948 to 1960) were handed over for display recently.

The vehicles, a GMC Armoured Personnel Carrier and a Lynx Armoured Scout Car, were presented to the Malaysian Palm Oil Association (MPOA) by the Perak Police Chief, Commissioner Dato' Sri Abdul Rahim bin Haji Hanafi during a ceremony held at the MPOA Malayan Emergency Monument and Gallery, Sungai Siput Estate on Tuesday, May 24.

The monument and gallery, incidentally, are at the very spot where two British planters were killed by communist terrorists. The incident prompted the colonial government to declare Emergency on June 16, 1948. The armoured vehicles were mainly used for ferrying police personnel, VIPs, payroll payments, and scouting. They were also used as ambulances when required.

The Lynx Scout Car, designed in 1941, was based on the Daimler Scout Car (Dingo). This light-armoured vehicle could accommodate two armed personnel. Its primary role was for reconnaissance mission over rough terrain. The GMC Armoured Personnel Carrier, on the other hand, could carry ten armed men. It was intended for quick deployment of police personnel to troubled spots. The carrier was developed by General Motors (Canada) based on the American M3 Scout Car design.

Present at the handing-over ceremony were Chairman of MPOA (Perak) R.

Relocation of Two Express Bus Companies

There has been talk of relocating the Ipoh-Teluk Intan Express and Ipoh-Taiping Express at Ipoh Medan Kidd station to Terminal Amanjaya. A lot of passengers are against this move, as it will incur unnecessary expenses to travel to their respective locations, some have to take two more stage buses. Unless the Medan Kidd station is shifted to nearby Amanjaya, it will burden the public. Bloodsucking taxi drivers are there to cheat passengers by charging high fares.

Ipoh-Teluk Intan Express plans to terminate their service as it cannot suffer loss with the high management cost at Amanjaya. I had been using this bus service for more than four decades. It will be a very sad day if this service is terminated.

It is now time for the state government to take action so that the public would not be burdened again during these hard times.

One plan is for the Ipoh-Teluk Intan Express bus to use the Ipoh Garden-Bercham road prior to stopping at Amanjaya. Instead of taking the highway at Gopeng.

Chris Ng Chong Phee



Sivalingam, Director of the Royal Malaysia Police Museum Superintendent Selamat bin Sainayune, local historian Harchand Singh Bedi, Director of ipohWorld Commander Ian Anderson (Rtd) and British Defence Attache staff, Warrant Officer Neil Anderson.

The vehicles were originally owned by the Royal Malaysian Police Museum, Kuala Lumpur.

Nantini



Remembrance Week: We Who Remain

The evergreen poem by Henry Wadsworth Longfellow came to mind during the remembrance week and beyond: *"Your silent tents of green, we deck with fragrant flowers; Yours has the suffering been, the memory shall be ours."* Pinning the red poppy to our coats, the spirit of the war memorials is to remember and enshrine those who have made the ultimate sacrifice beyond the shifting sands of time.

Commemorative Line-Up

The week started off with the inaugural 1400m goodwill trophy race dedicated to the Tasmanian Turf Club and National Malaya & Borneo Veterans Association Australia at the Perak Turf Club (PTC) on Saturday, June 4. "To commemorate the event of them coming here for the memorial, we run this race. The veterans will present the prize, a wall clock, to the winner," Soo Lai Kwok, the general manager of PTC told Ipoh Echo. Will this be an annual event? "I would say so," Soo enthused.



Goodwill Trophy Race

Ipoh Echo did an exclusive one-on-one with Ken McNeill, the International Liaison Officer of the National Malaya & Borneo Veterans Association Australia. The Tasmania-based Aussie veteran who was also the organiser of the Taiping service for Thursday, June 9 said: "At the Kamunting Road Christian Cemetery, we put Australian flags on their graves. This year we're bringing wooden crosses which have been inscribed by Australian school children and supplied by the Australian War Memorial. It will be placed at the gravesides too. The naval veteran band will play at the cemetery as well as at the Taiping New Club."

Ralph Daines, 70, attended the memorial for the first time last year. This time, he brought the Royal Australian Navy Veterans Band along for their first-ever performance in Malaysia. The 34-strong band played the clarinet, French horn, euphonium, trombone, oboe, alto saxophone, flute, trumpet and drum. It was incredibly admirable to see these ex-navy men lugging heavy instruments; all treated as if their own, in the hot sun for the whole week.

"We'll go anywhere where we can provide music for a remembrance service. Just playing is what keeps us young and happy," Daines, the vice president of the Royal Australian Navy Veterans Band, explained. He joined the band as a 15-year-old.

The Cenotaph War Memorial at the Ipoh Railway Station honours soldiers who died during the two World Wars, the Malayan Emergency and the Indonesian Confrontation. Not forgetting civilians and war prisoners who perished at the Thailand-Burma Death Railway between 1943 and 1945.

The naval veteran band was at the cenotaph on Friday, June 10. It performed together with the bagpipers from British Gurkha Regiment and the St Michael's Institution band. Organising chairperson, Dato' R. Thambipillay, stated, "This annual Ipoh sentinel remembrance has grown in significance. It's supported by the Armed Forces, the Royal Malaysia Police, Commonwealth High Commissions, Ipoh City Council, military veterans and schools in Ipoh. Our sincere gratitude goes to these people."

On Saturday, June 11, planters, miners, police personnel, Commonwealth troops and the general public who gave their lives during the Malayan Emergency were honoured during a memorial service at the God's Little Acre cemetery in Batu Gajah.



HE Vicki Treadell laying a wreath



Wreath laying at Syed Putra Camp



Dato' Thambipillay and HE Dr Nirnanjan

Organised by the Malaysian Palm Oil Association, guests attended a service at the Church of Holy Trinity before proceeding to lay wreaths at the memorial. Present were British High Commissioner, Her Excellency Vicki Treadell; Defence Adviser of New Zealand High Commission, Captain Keith Robb; Defence Adviser of Australian High Commission, Group Captain Wendy Horder and Vice Chairman of MPOA, Poh Syee Wha.

June 16, 1948 was the day when three British planters, Walker, Alison and Christian were murdered near Sungai Siput. "We must honour these young men from far flung corners of the British Empire who answered our call for help," Poh said.

The Gurkha remembrance service at Syed Putra Camp saw His Excellency Dr Nirnanjan Man Singh Basnyat, Ambassador of Nepal, presenting a donation of RM19,500 for the upkeep of the recently-built memorial to Dato' R Thambipillay, president of Wira Association Malaysia.

Time is a River

Time is catching up on those who have contributed to the memorial efforts here. Dearly missed is the late Professor Dr Colin Wendell-Smith, 88. A Brit who lived in Tasmania, Colin was a medical doctor serving the British Army during the Emergency. The gynaecologist then became a professor at the University of Tasmania. His first memorial service in Malaysia last year was his last, as he passed away in December. "Colin was a great man. He spent a lot of his life teaching. He loved to share his knowledge," Ken said.

According to Daines, some of the elderly players have to switch instruments, for instance to those with lesser tone holes, as their fingers are getting less mobile. Meanwhile, Hendrik Willem Hol and his Ipoh-born wife, Mee Yoke, may not be able to attend upcoming commemorations as Hendrik moves around with a walking aid.

"There are 28 Australian soldiers interred in Taiping from the 1950s. While I'm still alive I'll keep going there to conduct services for them. These fallen soldiers are virtually forgotten unless we gather there every year," 77-year-old Ken declared. He was enlisted at the age of 17 in the Royal Australian Air Force. He first came to Malaya in 1962 and has been involved in the Taiping remembrance service since 2007.

Ipoh Echo Team



Royal Australian Navy Veterans Band



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Community

Serving the Community

Aimed at improving ties between the military and civilians, the 2nd Malaysian Infantry Brigade has initiated a series of community service projects nationwide to help and support the wider community. On Wednesday, June 1, the army community gathered at Sekolah Kebangsaan Pos Dipang, Kampar.

The two-day programme in the Orang Asli settlement featured free health and dental examinations, aerobic exercises, free vehicle inspection and repairs, army-cooking demonstration, live band display, karaoke competition, counselling session, gotong-royong, recruitment for Territorial Army and a friendly football match.

Present during the programme was Brig-Gen Mas'ud bin Hj Muhammad, Commander 2nd Malaysian Infantry Brigade. "The ongoing series of community service projects stay true to our slogan of 'tentera dan rakyat berpisah tiada' (military and citizens – undivided)," the affable commander remarked.

Meanwhile, the Tok Batin (village chief) of Kampung Pos Dipang, Bah Sermu AL Bah Udin conveyed his utmost gratitude by saying, “The villagers and I are very happy to be able to take part in activities like cleaning the cemetery with the soldiers. I hope they will return here for similar programmes in the future.”

Mei Kuan



Education

Wang Shines at Cambridge Exam

Wang Mei Jie from SMK Jalan Tasek was the toast of the 15th Cambridge Certificate Presentation Ceremony held on Sunday, May 22 at Syeun Hotel. The 17-year-old aspiring teacher scored Grade A for the certificate of proficiency level of the Cambridge English Examinations which is equivalent to a Band 9 of the International English Language Test.

She credited her seven years of English study at Ipoh Learning and Training Institute (ILTI) for her excellent result. "I am extremely grateful to my teachers who have helped me improve my speaking, reading, writing and listening abilities," said Wang who is currently doing her foundation course.

Wang was one of the 209 students who sat for the examination which consists of various levels: starters, movers, flyers, key English test, preliminary English test, certificate in English, certificate in advanced English and certificate of proficiency in English.

The certificates were presented by Azshar Ramli, Head of English Unit at the State Education Department who was representing Executive Councillor Dato' Dr Muhammad Amin Zakaria. Also present was Dato' Richard Small, the founder and academic advisor of ILTI.

According to Thomas Kok, ILTI principal, most teachers at the institute are retired school teachers who are very passionate about their work, teaching the students with full commitment.

Thomas's book entitled, "Newspaper Articles for English Practice – Book 3" was also launched during the presentation ceremony. It is meant as a supplementary book for the students in addition to the textbooks. "It'll be useful for practising grammar, vocabulary, comprehension and speaking," Thomas remarked.



Mei Kuan