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ISSUE

**239**

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# Hindu Temples in Ipoh

By A. Jeyaraj

*"Do not live in a place where there is no temple" (Kovil illatha uiril kudi iruka veendaam).*

This is a popular saying in Tamil. So wherever Hindus went and settled, the first thing they did was build a temple to make the place liveable. In Ipoh alone, there are more than 30 registered Hindu Temples; and according to V.M. Thiagarajan, former Chairman of Malaysia Hindu Sangam, Perak Branch, if unregistered temples are included, the number would be more than 80. Ipoh Echo went in search for some of the more popular temples to learn about their main deities, activities and festivals.

*Continued on page 2*



Sri Subramaniam Temple



Sri Maha Mariamman Temple



Kg Kepayang Temple

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## Temples, Shrines, Deities and Festivals – each a feast of stories steeped in mythology

Each temple has a main deity and Murugan, both the youthful God of War and the patron deity of Tamil Nadu in South India, is the deity in many temples here. The plethora of deities in the Hindu pantheon can be dizzying and this article makes no attempt to explain the intricacies, mythology or ontology of Hinduism. For Hindus, temples are the most auspicious places of worship in order to lift one's spirituality to the highest level possible. This is a brief overview of a few popular temples in and around Ipoh.

### Temples – Beginnings

Most of the old temples began with the statue of a deity in a small shrine which is the *karuvarai* or inner sanctuary (*sanctum sanctorum* in Latin or Holy of Holies). When the temple is extended, other structures are added and eventually the typical *gopuram* or tower is built. For example, the *karuvarai* of the famous Meenakshi Amman Temple is a historic Hindu temple located on the southern bank of the Vaigai River in the temple city of Madurai, Tamil Nadu, India. This has been carbon dated to be more than 3500 years. The significance of a temple is often based on the number of *poosai* or prayer ceremonies performed per day; the maximum being six or *aaru kala poosai*.

### Temple Activities

Ipoh Hindu Devasthanam Paripalana Sabah was formed in 1952 to co-ordinate the activities of all the temples in Ipoh. Initially the Sabah functioned effectively, but when more temples were built, they did not join or comply with the requests of the Sabah. Now many temples have their own programme and celebrate the same festivals.

During festivals in addition to prayers and religious ceremonies, cultural activities like singing and dancing are performed. It is an occasion for adults and children to wear colourful traditional dresses. Additionally, most temples have free religious and Tamil classes on Sundays.

### Sri Siva Subramaniam Temple, Kampung Kepayang

The temple was built in 1896 and with the main statue of Murugan consecrated inside the cave. This statue is still inside the cave, but a new and bigger statue has been installed and used during prayers.

The cave is U-shaped and as you climb the stairs there is a big space where the main shrine is built and when you walk along, the cave bends and steps lead to the ground. N. Rajasegaran, Secretary, Temple Committee informed that the main festival of the temple is Thaipusam which attracts a big crowd. This is the only Hindu cave temple around Ipoh which attracts many tourists.



Kg Kepayang Temple - Main view

### Sri Thandayuthapani Alayam, Lahat Road

The main deity in the temple is Murugan and this temple is popularly known as *Chettiar Kovil*. M. Manickam Chettiar, Chairman, Temple Committee said that the temple is more than 120 years old. Its main festivals are Vaigasi Visagam which is celebrated for three days during May with a chariot procession, a day when Murugan incarnated in this world with the mission of saving earth from demons and Thirukarthigai Deepam which is a festival of lights and is observed on a full moon day in the month of November during which most Hindu homes put oil lamps in front of their houses.

Behind the temple is the popular *Arasamarathu Pillaiyar* or *Pillaiyar* under the peepal tree. Pillaiyar is the Elephant God and is known for removing obstacles from life and also bestowing material prosperity and wisdom to his devotees. This is a 24-hour shrine and devotees come and worship throughout the day and night.



Sri Thandayuthapani Alayam



Ipoh Sivan Kovil

### Ipoh Sivan Kovil – Jalan Sungai Pari

The main deity in this temple is a *Lingam* which is aniconic (symbolic or suggestive rather than literally representational) representation of God Siva. A survey map of Ipoh published in 1896 lists this place as a temple. G. Thyagarajah, President, Temple Committee said that the temple must have been built before this year. Initially this was a Muniswarar Temple where animal sacrifice was practised, but this was stopped in 1953 and it was converted to a Saivite temple and vegetarianism is practised.

The main festivals include Maha Sivarathri which is celebrated for 12 days during the new moon in February/March where devotees keep awake throughout the night.

According to legend, those who worship Siva on these auspicious days would be cleansed of all their sins. There is a chariot procession on the last day.

Aani Thirumanjanam is celebrated for 10 days during the Tamilmonth of Aani which falls in July. *Thirumanjanam* means 'holy bath' and the idol is bathed during twilight. On the last day a symbolic Sivan-Parvathy marriage takes place.



Ipoh Sivan Kovil

### Sri Maha Mariamman Temple – Jalan Sungai Pari

The main deity is *Mariamman* meaning mother and her worship mainly focuses on bringing rains and curing diseases like cholera, smallpox, and chickenpox. B. Rajendran, Secretary, Temple Committee said that the temple was built in 1905 near the old Majestic Theatre and due to expansion of the town, it was relocated to the current place in 1914.

The main festivals here are Navarathri which is nine nights in September of celebration honouring God's manifestation in the forms of the goddesses Durga, Lakshmi and Saraswathi. The festival is accompanied by music and dance and Aadipuram is celebrated in July with special prayers for Mariamman to seek her protection.



Sri Maha Mariamman Temple



Sri Maha Mariamman Temple

... continued on page 6



IPOH **echo**

• From the Editor's Desk  
By Fathol Zaman Bukhari

# FEARS OF ISLAMIC RADICALISM

*Support from the Malay Muslim masses is aplenty and this is not only possible but fearful too*

The recent siege of a café in an upscale district of Dhaka, Bangladesh by six young men which ended in the killing of 20 hostages and the six gunmen is having an impact on Malaysians, in general. Incidentally, two of the perpetrators were schooled in Malaysia having attended a local private university some years ago.

Well educated and coming from a wealthy background, it defies the established norm that jihadists come from poor backgrounds and are being radicalised in madrassas. The six (one could have been an innocent bystander) were graduates of elite schools in Bangladesh while one was the son of a ruling party official.

Notwithstanding the obvious, the Bangladesh government insists that Islamic State (IS) has no foothold in the country. Similarly in Pakistan, the government continues to deny that international jihadist network has no formal presence in the insurgency-ravaged country. It has been identified that many of the Saudi hijackers behind the September 11 attacks on American soil were also from wealthy families. It is now apparent that well-heeled youths are providing Islamist terror groups with foot soldiers long before the emergence of IS.

This rather awkward (foolish would be a better word) sense of bravado is not confined to countries on the Indian sub-continent alone. Malaysia has now joined this exclusive club of potential IS targets. Inspector-General of Police Tan Sri Khalid Abu Bakar had initially dismissed allegations that the bombing of the Movida pub in Puchong on June 28 was the work of Islamist terrorists. He, however, admitted later that the grenade attack was done by two Islamic State operatives who are still at large.

The bombing is the first ever successful IS terror strike on Malaysian soil. Will this be the first and perhaps the last? Eight people were injured following the grenade attack on the Movida Bar and Lounge in IOI Boulevard Puchong. The threat of open warfare in Southeast Asia by the murderous Islamic State, as espoused by Mohd Rafi Udin, the self-styled leader of the IS network in Malaysia and a former taxi driver, has taken on a new dimension.

Granted that Malaysia is among the few countries in the world that had successfully defeated communism following the end of the Malayan Emergency in 1960, the threat by IS-inspired jihadists is somewhat different. The Malayan Emergency (1948 to 1960) was essentially a Chinese-initiated uprising to oppose British colonialism. Its support base came from illegal Chinese settlers living at jungle fringes and in remote areas of the country. To keep the insurgents away from the masses, who were coerced into supporting them, the British introduced the Briggs Plan.

It worked wonders as the Plan came into effect. The terrorists' lifeline was disrupted thus they had to fend for themselves without assistance from the populace. Religion was not a factor then as the insurgency warfare was more racially-inclined.



However, Malaysia being a Sunni-based Muslim country, the scenario will be much different should IS terrorists gain a foothold. Support from the Malay Muslim masses is aplenty and this is not only possible but fearful too. The recent "kafir harbi" tirade by Pahang Mufti Datuk Seri Abdul Rahman Osman is just the beginning. The mufti's labeling of those opposed to Islam as "kafir harbi" and, therefore, should be eliminated, can contribute to the self-radicalisation of Malaysian sympathisers and gravitate them toward the global terror group. Rahman may not have intended his remarks to be interpreted as such but to the uninitiated it could be misconstrued as an endorsement to do the unthinkable.

The mufti's refusal to retract his statement and offer an apology betrays an arrogance evident in many *ulamaks* (clerics) who believe their position and "knowledge" give them the carte blanche to say whatever and whenever they please without being held accountable. This mistaken belief is not only naïve but downright silly. We are dealing with people who feel they are beyond reproach and reach of our laws. The time of living dangerously is already here.

## EYE HEALTH — Let's Be Clear (Part 2)

*Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about EYE FACTS.*

There are many myths that surround the eyes. It would be to your advantage to know them so as not to follow old wives' tales blindly. Here are some commoner ones to take note of.



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

### Darker sunglasses provide more protection for the eyes

The colour of the sunglasses you wear has nothing to do with eye protection. Always look for sunglasses that will block off both wavelengths of harmful ultraviolet rays – UVA and UVB rays. It is important to get a good pair of sunglasses because exposure to bright sunlight can increase your risk for cataracts and age-related vision loss. The ability to block off UV light also does not depend on how expensive the sunglasses are. The brand does not matter! Choose sunglasses that have a CE mark which is a label that says 100% UV protection from UVA and UVB rays, or has a UV400 tag.

### Rubbing the eye is okay when dust gets in

When you rub the eye with a foreign particle still in your eye, it would literally have a sandpaper effect on your eye, invariably resulting in injury to the eye. The commonest injury from rubbing the eye with a foreign body in the eye, is a corneal abrasion. If this corneal abrasion gets infected, you end up with a corneal ulcer that can have serious implications including blindness.



The correct thing to do is to flush out the foreign particle from the eye with water or saline. If it still remains in the eye even after flushing the eye, do not attempt to use the edge of a tissue paper or a toothpick as these potential sources of infection. You are advised to see your medical practitioner without delay. Remember that serious eye injuries may seem minor at first.

### Using artificial sweeteners will make your eyes more sensitive to light

Some sugar substitutes like cyclamates may cause eyes to be more sensitive to light. Some medication such as oral contraceptives and diuretic medication may also cause the eyes to be more sensitive to light (photophobia). Should you have any undue sensitivity to light, do discuss this with your physician.

### Your regular prescription glasses can double up as safety glasses

This again is not true. While your regular prescription spectacles may be able to prevent most of the hazards of working with flying splinters and some chemicals, it cannot protect our eyes from flying objects with high velocity. Always wear proper safety goggles over your spectacles whenever you are doing any work such as hammering nails, mowing the lawn or tinkering with sharp objects.

For more information, please call Gill Eye Specialist Centre, Hospital Fatimah **05-5455582** or email [gilleyecentre@dr.com](mailto:gilleyecentre@dr.com).

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## PUBLISHER

Ipoh Echo Sdn Bhd  
(Regd No 687483 T)

A-G-1, No. 1 Persiaran  
Greentown 2, Greentown  
Business Centre, 30450  
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## PRINTER

Ultimate Print Sdn. Bhd.,  
Lot 2, Jalan Sepana 15/3,  
Off Persiaran Selangor,  
Seksyen 15, 40200 Shah  
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## I Married an African

Not all Africans are bad, as many Malaysians will attest, although you occasionally hear disturbing stories about the activities of Africans studying at private universities in KL. Recently, residents of condominiums in Sunway and Shah Alam complained about the African tenants in their block; they are rowdy, hold wild parties, take advantage of local women and are linked to drug and human trafficking.

Angela (not her real name) is in her forties. She is originally from Ipoh, but now lives in Kedah where she works as a special educational needs (SEN) teacher. She gives us a glimpse into her life as the wife of an African. She said, "I want other women to know the consequences of marrying an African. I sacrificed a lot to assist him and his family. In the end, his betrayal killed my heart."

It started in 2002 when Angela was introduced to Eddie, who is from Cameroon. He was reading Business Management, at a private university in Kuala Lumpur.

Love blossomed when she saw his compassionate nature. Alarm bells should have rung, when he dropped out of university, but Angela was not worried. Eddie alleged that despite paying to renew his student visa, he had been tricked.

They kept in touch by phone and a year later, left KL, and married in the registrar at Sungai Petani, where they set up house. She said, "My family was furious. My mum did not agree, even on the wedding day. Eddie's mother attended the wedding, but no one has bothered to visit, to meet our daughter."

"None of his family appreciated me, even though I supported them financially. Eddie's mother was a difficult woman, very demanding and protective of her son. She did not respect my Indian culture. She expected me to be in the kitchen with her, while she cooked, even though our kitchen is tiny."

Eddie was a good husband, and Angela did not complain. She was annoyed that he behaved like a member of royalty, but he helped in her business and made good money.

Angela's neighbour had problems accepting Eddie, but things later improved. She is grateful for the care and devotion he showed her uncle, her aunt and her mother when they were ill, and right up till their deaths.

It was when she bought her first car, that the cracks in their marriage, became visible.

She said, "He started his own business, in Ipoh, and his partner was a woman, with whom he started an affair. He did not care that she was married and I was pregnant with our child. He used my car for his work."

"I remember having no rice in the house, when I was pregnant. He never came home at the weekends, despite his promises. He claimed not to have any money, to help with the baby or the bills. He stopped providing for me and although he claimed to love his daughter, he made no attempt to provide for her, visit her or help me."

A succession of Pastors advised him, but he only spoke of 'that woman' back in Ipoh. Angela found emails

describing intimate details of Eddie's relationship and about starting a life with his mistress. He refused Angela's efforts to seek counselling.

Forced to face-up to reality. Angela said, "I don't think he wanted to marry me, but it was his ticket to stay here and live like a king."

Soon, Eddie started an affair with another woman, so Angela chucked him out of the house, for good. Undaunted Eddie, simply stayed over at his mistress's house, in Penang.

Although Eddie had no history of violence, Angela said, "Eddie told me that he was going to meet an old man, at my education centre, but I caught him in flagrante delicto. I slapped him and he slapped me back till my ears bled and I was concussed. I lodged a police report, submitted it to the immigration authorities, to cancel his work permit and long-term social visit pass."

By then Angela had had enough. She said, "He just used me. He stole from my account and even claimed not to have money to return to the Cameroon."

"I twice miscarried and tried to seek help to support myself and my daughter. I was helping my mother, who was suffering from cancer. When my car was repossessed, my cousin stepped in to help. When Eddie's father was ill, I helped financially and when his father died, I, my friend and my church helped to pay the funeral expenses."

Relating her horrid experience has been cathartic. Angela hopes that other Malaysian women will learn from her. She said, "I sacrificed so much for love. Would I do it again? No!"



**THINKING  
ALLOWED**

by Mariam Mokhtar

## Dr Saravana K.

Consultant Physician, Gastroenterologist & Hepatologist

## Digestive Health

## Colon Cancer is Preventable

## How common is colon cancer?

The colon is the final portion of the digestive tract, just before the anus. Colon cancer is the commonest cancer among men and the third commonest among women in Malaysia. Every year about four thousand new cases of colon cancer are diagnosed in Malaysia. Among the local ethnic groups, the Chinese appear to have the highest incidence of the disease, followed by Indians and then Malays. The incidence is even higher among the western population. It is estimated that one in twenty people will get colon cancer in their lifetime.



## How does colon cancer happen?

Most colon cancers develop from precancerous polyps. Polyps are growths that arise in the lining of the colon and are visible when the bowel is examined by colonoscopy. There are two types of polyps: adenomatous polyps and hyperplastic polyps. Adenomatous polyps can become cancerous over time and this progression takes at least 10 years in most people. At age 50 about 30% of colonoscopies will detect adenomatous polyps. This adenoma detection rate continues to rise with age (45% of colonoscopies at age 70 will detect adenomatous polyps).

## Are you at increased risk of getting colon cancer?

Several factors increase an individual's risk of developing colorectal cancer. Having one or more of these factors will determine the age when you should begin screening: first degree relatives with colon cancers/adenomatous polyps; increasing age; smoking; heavy alcohol intake; sedentary lifestyle; obesity; diet that is high in red meat and low in fibre; or patients with inflammatory bowel disease (Crohn's disease or ulcerative colitis).

## How do you know if you have colon cancer?

Unfortunately, most colon cancers are asymptomatic in the beginning. At a later stage, the patient may complain of abdominal pain, change in bowel habit (new development of diarrhoea/constipation or both), change in the texture of the faeces, passing bloody or black and sticky faeces, or present with symptoms of anaemia or low red blood level (easily tired, breathlessness, dizziness).

## How can you prevent colon cancer?

Colon cancer can be prevented by doing screening tests. These are called screening tests because these tests are performed before the development of any symptoms or problems. The most effective and widely practised screening test is screening colonoscopy. The primary goal of screening colonoscopy is to prevent deaths from colon cancer. Screening colonoscopy prevents the development of colorectal cancer by identifying precancerous abnormal growths (adenomatous polyps), and removing them before they become malignant. The risk of developing colon cancer is reduced by 90% after a single screening colonoscopy done at age 50. Even if cancer is already present, a screening colonoscopy helps identify it at an early and potentially treatable stage. The age at which you should have the first screening colonoscopy varies. An average risk person is recommended to have it done at age 50, regardless of the gender or ethnicity. The presence of risk factors and/or symptoms requires it to be done at an earlier age. If any first degree relative has colon cancer or adenomatous polyps, then screening should be done ten years before the age of detection or at fifty years old, whichever is earlier.

## How is colonoscopy performed?

Prior to the procedure, you will be asked to take a medication to clean your entire colon so that it is free of obstructing faeces. You will also be asked to avoid fruits, vegetable, red meat and certain medications for a period of time before the procedure. A sedative and a painkiller will be given intravenously just before the procedure. After you are asleep the doctor will pass a thin flexible video endoscope through your anus into your colon. This video endoscope has a light source and a camera at its tip and this allows the doctor to see the inside of the colon. During this procedure, most polyps encountered will be removed and sent for microscopy. It normally takes 20 minutes to an hour to complete the colonoscopy. Almost all patients do not experience any pain during or after this procedure and should be able to go back that very same day.

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

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## ON IPOH FOOD

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

# SeeFoon discovers great value for money in Pasir Pinji

With the escalating prices of raw produce nowadays, restaurateurs often take advantage of the situation and hike up their menu prices too, resulting in some places pricing themselves out of reach for many average income families. Not so **Soon Mun restaurant**.

This modest corner coffee shop located on Jalan Prince in Pasir Pinji is almost always chock-a-block with people waiting in line to grab the first available table the moment it's vacated. Obviously the tenet of "if the restaurant is not bustling, don't walk in" applies here as I drove past one or two other similar restaurants that were doing desultory business on the same road; and one of these was even air-conditioned.

The reason for Soon Mun's popularity is not only their reasonable prices but the quality of food is excellent and some of their specials are worth making return visits for. Thanks to my foodie friend Ginla Chew, we managed to book a table in advance and on one of the hottest days in the year, a group of us sweated our way through an 8-course meal and came away feeling it was worth the perspiration.

As space is limited for this issue, I will only list the dishes which belong to the "die die, must try" variety and leave the rest of the accompanying dishes to you dear readers to round out your meal.

The **Steamed Tilapia** is a steal at **RM25**, smothered in taucu (preserved bean paste), garlic and chilli, while their **Fish Head Curry** (chopped in chunks) is tangy and flavourful **RM27**.

Their is a

**For Yeem Quat** (barbecued pork ribs) tad on the sweet side (for my taste) but delectably tender and well seasoned – **RM20** while their eggplant with minced meat oozes with flavour. Their **Pig's Trotter** braised with peanuts was tender with the skin and tendons delectably smooth yet still providing a bite.

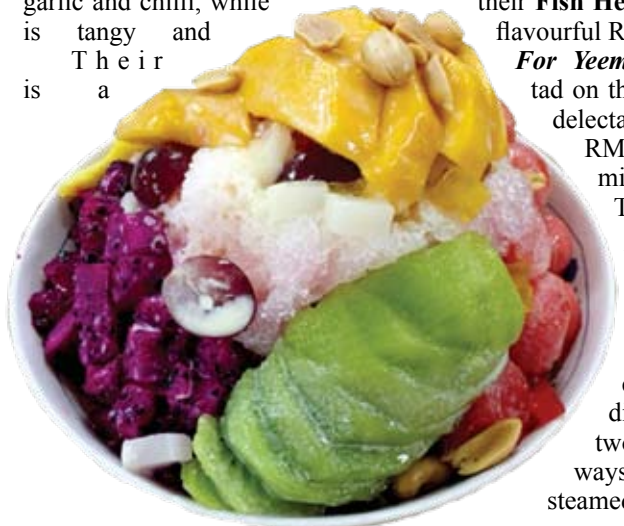
What is outstanding at Soon Mun is the way they do chicken in many styles to suit different palates. I had to make two visits to sample three of the ways: smothered in minced ginger, steamed with herbs and salt baked (must

Mun For

sweet with their meal (other than dessert and even then it has to be extra tempting) their specialty had me converted. Order it with all manner of toppings, fruit, jellies, syrups, ice cream, and you have this mountain of sweet deliciousness staring at you and waiting to be devoured. It was a good thing I had plenty of helping mouths on that occasion and despite ordering a mix of different flavours, we made short shrift of them all.

Soon Mun is definitely one restaurant I will return to again and again.

**Soon Mun Restaurant** (no English sign, see pic above)  
1511 Jalan Prince, Pasir Pinji.  
Tel: **016 518 9336; 016 518 8797**  
Business hours: 5pm-11pm. Closed Wednesdays.



order in advance). They use only the 'white whiskered chicken' or **Wu So Kai** whose meat has a better texture and flavour than ordinary chicken and is also understandably more expensive. At **RM50 for a whole chicken** you can choose to order one chicken done two different ways or for the salt baked chicken, a whole one. All three styles have their own unique embellishments and it's even hard for me to recommend one particular one given that they are all good in their own way.

One cannot have a meal in Soon

without tasting their famous **shaved ice**.

someone like me who generally dislikes anything

## Nosh News

Ili Aqilah



## Nasi.Lemak.Lah

Malaysia's number one favourite all time meal, Nasi Lemak is sold almost everywhere in the country. While some stick with the classic white-coconut-milk-infused-rice, two boys decided to set themselves apart from the herd by selling authentic green Nasi Lemak using only pandan leaves for the colouring.

Amar Asyraf Yus Amirul, 24, and his friend Muhammad Wafi Ahmad Nordin, 27, started their business; **Nasi.Lemak.Lah** in early December last year. The duo used Amar's mother's recipe for both Nasi Lemak and its Sambal for which they received positive feedback from customers.



"Aside from selling at the stall in front of Taman Meru's mosque, we also provide delivery services from 7am to 11am. Additionally we have catering services and customers can personalise their side dish to go with the rice such as beef or chicken Rendang, chicken Sambal or sweet and sour Sambal," said Amar.

One of the many memorable moments the

team of Nasi.Lemak.Lah can recall was the order they received from OUB Bank Ipoh where the bank has since become one of their loyal customers, ordering more than 50 packs for its staff every month.

"The reason behind Nasi.Lemak.Lah was just a fun project between us two.

However, we soon realised that we have made things easier for our customers by doing delivery. We do have other big plans for Nasi.Lemak.Lah which hopefully we will get to accomplish," added Wafi.

During the last Ramadan, Amar and Wafi decided to run a charity programme where customers could donate any amount to be converted into packs of Nasi Lemak given free to those in need. The team went and distributed up to fifty packs a day of Nasi Lemak at Raja Permaisuri Bainun hospital, Amanjaya bus station and KTMB train station. The team also joined Dapur Jalanan Ipoh, an NGO who feed the homeless every weekend for a special Ramadan distribution.

Readers who are keen on trying the scrumptious Nasi Lemak by Nasi.Lemak.Lah can do so at their stall located in front of Taman Meru mosque or call them at **017 278 4266** (Wafi) or **014 503 1429** (Amar). For more information visit their Facebook at [www.facebook.com/nasilemaklah](http://www.facebook.com/nasilemaklah) or Instagram at [www.instagram.com/nasi.lemak.lah](http://www.instagram.com/nasi.lemak.lah) or Twitter at [www.twitter.com/nasilemaklah](http://www.twitter.com/nasilemaklah). Orders can also be made through email at [nasilemaklah.ipoh@gmail.com](mailto:nasilemaklah.ipoh@gmail.com).



*Come hungry. Leave happy!*



Hindu Temples in Ipoh . . . continued from page 2

Another festival, Kantha Shasti is held for ten days in November. This festival depicts the victory of Murugan over the demon Soorapadman.



The main deity is Nataraja depicting Siva as King of Dance. This is the only Nataraja Temple in the country and was built in the thirties. The temple is an ordinary shed and a new temple is under construction. Aruthra is the main festival and is celebrated for 10 days during December/January. It is an auspicious day dedicated to Lord Siva to celebrate 'the cosmic dance' of Siva as Nataraja.

Interestingly, there is a six-foot tall Nataraj statue at CERN (European Organisation for Nuclear Research) in Geneva. In the Hindu religion, this form of the dancing Lord Shiva is known as the Nataraj and symbolises *Shakti*, or life force. As a plaque alongside



The main deity of the temple is Lord Krishna. A wooden temple was built in 1920 and it was destroyed by fire during mid-forties.

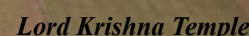
The new temple was built after that. The temple mainly serves the North Indian Hindu community.

The main festivals are Janamasthami (Lord Krishna's Birthday) which is celebrated during August/September. The celebration begins with recitation of Shreemad Bagwat Katha continuously for seven days prior to the celebration.

Another festival is Holi, a spring festival and also known as the festival of colours, celebrated during February/March. Holi celebrations start at night with a Holika bonfire where people perform religious rituals in front of the bonfire. After that Rangwali Holi begins, a free-for-all carnival of colours, where participants play, chase and smear coloured powder on each other.



the statue explains, the belief is that Lord Shiva danced the Universe into existence, motivates it, and will eventually extinguish it. Carl Sagan drew the metaphor between the cosmic dance of the Nataraj and the modern study of the 'cosmic dance' of subatomic particles. This was a gift from India.





## Wellness

# Infertility and Lifestyle – What You Should Know

Ipo Echo spoke to Dr Noorashikin Maan, Resident Consultant Obstetrician and Gynaecologist (O&G) of KPJ Ipoh Specialist Hospital on Infertility and lifestyle.

Dr Noorashikin began her practice at KPJ Ipoh Specialist Hospital in March 2015. She graduated from Universiti Kebangsaan Malaysia (UKM) in 1995 and did her housemanship at Hospital Taiping. Upon completion of her internship, she worked in Hospital Teluk Intan before pursuing a Master's programme in UKM in 1998. She remained at HUKM till completion of her programme in December 2002. She then worked in many government hospitals as O&G specialist before joining the Fellowship (subspeciality) training in Reproductive Medicine and Infertility in 2007 and was successfully gazetted as Reproductive Medicine Specialist in 2013.

Infertility, according to Dr Noorashikin, is the failure to conceive or to carry a pregnancy after 12 months or more of trying. However, if the woman is 35 years old or more, the time of trying is reduced to 6 months. Generally, about 10% of couples have infertility problems. Even though infertility is commonly blamed on women, the reality is both partners contribute to the problem. One third of infertility problems arises from men while another 30% are from women. The remaining is either having unexplained infertility, where no obvious reason can be found in either or both have problems that cause them to be subfertile.

A study from the 2002 National Survey of Family Growth from Centre for Disease Control USA found that 7.5% of all sexually experienced men younger than age 45 reported seeing a fertility doctor during their lifetime – this equals 3.3-4.7 million men. Of men who sought help, 18% were diagnosed with a male-related infertility problem, including sperm or semen problems (14%) and varicocele (6%).

## Infertility and Lifestyle

Infertility in men can be caused by various factors such as varicoceles, certain



medical condition, for example, diabetes, cystic fibrosis, trauma, infection, testicular failure, or due to treatment with chemotherapy or radiotherapy. Unhealthy habits such as heavy alcohol use, testosterone supplementation, smoking, anabolic steroid use, and illicit drug use can also cause them to be subfertile.

As for women, infertility can be caused

by ovulation disorder problems diminished ovarian reserve or Premature Ovarian Failure, tubal problems and abnormal uterine pathology (e.g. uterine fibroid). However, age of the female partner and their lifestyle is the most important factor to be considered where fertility is concerned.

To date, we know that as men and women age, both sperm and the eggs are less able to fertilize, form an embryo and subsequently develop into a normal healthy baby. Fertility does require the sperm and eggs to be very healthy. A poor diet and poor lifestyle habits can worsen this process, and we know now that it even can cause poor egg and sperm quality in younger individuals.

There are some exciting new findings now indicating that if we change our poor diet and lifestyles, it may rejuvenate older sperm and eggs and improve their fertility. This includes taking foods that are rich with antioxidants such as vegetables, fruits (berries), green tea, chocolate and a commercial antioxidant (vitamin A, C and E). Another new finding is on taking Co-enzyme Q-10 to rejuvenate the aging eggs in older women. It also has been reported to increase sperm motility.

Exercise is very important. Excess body weight has been found to have a major negative effect on ovulation but relatively minor effects on sperm quality. It also decreases the chance of pregnancy and increases the chance of miscarriage even if a woman is ovulating. Smoking also has major adverse effects on both sperm and egg quality. It will reduce natural fertility and reduce the chance of a successful pregnancy with IVF by 50%. In males, smoking increases sperm DNA fragmentation, which increases miscarriage and expose young children to asthma, bronchitis, pneumonia, ear infections and sudden infant death syndrome. It is best to avoid or reduce alcohol and caffeine intake if you are trying to conceive. Stress management is also important. Various studies have shown that women who have anxiety, stress and depression are less likely to succeed in their IVF treatment.

The message is, you can help yourself be successful. In general, infertility can be treated with medicine, surgery, intrauterine insemination (IUI) or invitro fertilization (IVF) or in combination based on the causes of infertility, the duration, the age of the female partner and the couple's treatment preference.

Having infertility is not a tragedy. Help is available. Also keep in mind that the lifestyle changes you achieve will improve your general health for many years to come.



**Dr Noorashikin Maan**  
Resident Consultant  
Obstetrician  
and Gynaecologist  
(O&G)

For more information, call Dr Noorashikin Maan of KPJ Ipoh Specialist Hospital at 05 240 8777 (ext 8524).

## News

## Groundbreaking Ceremony



Ipo Swimming Club (ISC) is known for producing swimming greats who went on to win honours for the country. Among them were Anthony Ang, Allen Ong, Cindy Ong and Leong Mun Yee.

It began as a civil servants' club in Keramat Pulai, with a disused mining pool as its swimming pool. In 1932, it moved to the present building which was designed by B.M. Iversen.

June 26 marked an important day for ISC as it embarked on a renovation plan that has been on the drawing board for a long time. The new-look club will consist of a 50-metre swimming pool and a 3-storey building block.

"The original clubhouse building will remain as it is. Colonial and English-style, it symbolises the true identity of ISC, a prestigious club in Ipoh, along with the serene environment and well-managed security," said Dato' Liew Sew Yee, President of ISC.

The new building is where the new administrative wing will be, together with the new gymnasium and a multipurpose hall which can take up to 24 tables. The total cost approved in turning this humble dream into a reality is RM6.5 million. It is targeted to complete in 18 months' time.

"We've started little by little. This project is happening because of you. Tonight I'm here to appreciate your presence, as each of you has contributed to the Club's success," said Liew in his welcoming speech.

**Khaleeja**



## 38 Years of Success

The Haven Resort Hotel and Residences celebrated 38 years of endeavour, achievements and contribution of its team led by its chief executive officer, Peter Chan on Saturday, June 11 at its ballroom.

Offering thanksgiving for overcoming obstacles such as false accusations, Peter had this to say to his 150-odd audience, "You're our ambassadors as you see for yourselves that none of these negative rumours are true. Regarding our popularity, we've gone from 1.2 million visitors in October last year to the current 4.2 million. There is no stopping us. The way we're going on, we may be the most popular hotel resort in the whole of Malaysia. Right now, we are number one in Ipoh."

The evening featured staff performances, string quartet and scrumptious dishes crafted only at The Haven: merou au four four (oven-baked fillet of fish served with homemade teriyaki sauce), poulet grille (roasted farm-bred chicken served with wild fresh mushroom sauce), Arabian-style ghee rice, black peppered Mongolian lamb, mixed vegetable hollandaise, golden butter prawns, wild mushroom soup and homemade dessert.

"I've known Peter for 50 years. This God-fearing good friend of mine is very passionate in anything he does. The Bintan site for our next adventure is a fantastically beautiful place with its river, lake and sea," guest of honour and director, Tan Sri Dato' Seri Haji Megat Najmuddin, stated.

The Haven Bintan @ Lagoi Bay is an upcoming mixed development of one-bedroom suite condotel units, resort hotel, villa residences, commercial units and shops.

**Mei Kuan**



# Congratulations

on your official opening



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## Community

# Econsave Stepped Up to be Counted



When the story of Faizal Hung Abdullah came out in Ipoh Echo's 237 issue, Econsave's Manager (Northern Region), Zamzuri Mansor knew it was up to his team to be responsible and assist. "Through our Econsave's Care 2016 campaign, Faizal and his family received RM1000 worth of groceries including several items for the Aidilfitri such as cookies and new clothing," said Zamzuri.

The donations have certainly helped Faizal and his family to manage during Ramadan as they used to only have dates and plain water for *sahur* (meal taken before fasting). The family's tragic story has gained a lot of attention and was shared through the platform of social media as well as in print through Ipoh Echo.

"We would like to give our sincere gratitude to everyone who has helped us out. We received a lot of things and the kids couldn't be any happier. From the bottom of my heart, thank you so much," said Faizal to the media recently.

**Rosli Mansor**

# The Eco Minions



A whopping 574.5kg of recyclables were collected by students of SMJK Yuk Choy recently at Lim Garden. Aimed at creating a greater awareness among the local community to preserve the environment, the green initiative was part of the school's effort under the Toyota Eco Youth Challenge 2016.

"The response from the residents was encouraging. After giving them an early notice, most of them prepared the items beforehand and left them outside their homes for us to collect. Pupils will learn that recyclables are not rubbish, as the proceeds today will be contributed back to the community of Lim Garden," Devananthan, a teacher, told Ipoh Echo. He thanked the principal, Chan Hen Huan for his support.

Used electrical items, old newspapers, cardboard boxes, plastics, aluminum and a car bonnet filled the recycling truck to the brim. Over 60 students, aged 13 to 16, collected the recyclables house-to-house within the housing complex which consisted of about 600 residences.

"The firsthand experience will teach the students to identify the things that can be recycled," Khor Phaik Keow, the senior assistant of co-curriculum stated. "I'm glad my friends are enjoying this. The kind residents will call for us and we'll rush there," shared

Wong Yee Mei, 16, the team leader.

"This would be an eye-opener for residents, especially the hard-headed ones and those who are all talk and no action," Shafruddin Nasution, chairman of Rukun Tetangga (Neighbourhood Watch), said. "It's a good idea as it helps the elderly residents, who are less mobile, to clear their recyclables," Manogaran, treasurer of the Rukun Tetangga added.

Meanwhile, Vikneswaran, vice president of Lim Garden's Residents Association had this to say, "The awareness is there but more can be done. We thank the students for their fantastic job in aiding the residents. The proceeds will be used to improve the facilities in Lim Garden."

The fruitful morning concluded with a talk on the misuse of consumer plastic bags and a prize-giving ceremony.

**Mei Kuan**







## Team Keris Berhad

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- Rewarding position. Can converse in English, Chinese and Malay

#### ② Sales Executives

- Candidates must possess at least a Bachelor's Degree in Business.
- Minimum 2 years experience in the related field.
- Must possess at least a Diploma. Can Converse in English, Chinese and Malay

#### ③ Business Executives

- Minimum 2 years in the related field.
- Must possess at least a Diploma.

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- Candidates must possess at least a Degree in Business/Marketing
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- Minimum 5 years in the related field

#### ③ Financial Manager

- Candidates must possess at least a Degree in Accounting and Professional qualification
- Minimum 10 years in the related field

Interested candidates are invited to submit a comprehensive resume stating qualifications, working experience and expected salary with a passport sized photograph to :

TEAM KERIS BERHAD TKB Tower, Times Square Ipoh, A-G-1, Jalan Sultan Nazrin Shah, 30250 Ipoh, Perak

Or email your resume to [teamkerisbhd@gmail.com](mailto:teamkerisbhd@gmail.com). Call 05-242 7000 (Ms Kok) for more information.

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## Community

### Zambry Hosts Open House

The much-anticipated highlight of the Hari Raya holidays was the Raya open house hosted by Menteri Besar, Dato' Seri Diraja Dr Zambry Abd Kadir on Wednesday, July 6. The state-level celebration, as always, was held at the MB's official residence along Jalan Raja Dihilir, Ipoh.

Attendance was most encouraging.

Over 10,000 people of all races dropped by to wish Zambry and his wife a blessed Hari Raya. Most were dressed in their traditional costumes with matching attires. It was a feast for the eyes.

Playing the perfect host, the Menteri Besar reached out to the huge crowd and greeted them individually while making his rounds from tent to tent. The young ones got the biggest thrill as they received duit raya packets from him.

"Perakeans must stay united and avoid conflicts over differences in beliefs in order to keep the state peaceful. As a leader, I can only lead while the movers are the people," said Zambry in obvious reference to the recent Islamic State-inspired bombings in the country and around the world.

The feast, livened up by a live band, featured lemang (glutinous rice cooked in bamboo), satay, ayam masak merah (spicy tomato chicken), chicken masala, biryani, puri, jelatah (pickle), fried noodle, apam balik (pancake) and cendol (chilled dessert).

The royal entourage, consisting of Sultan Nazrin Muizzuddin Shah and Raja Permaisuri Perak, Tuanku Zara Salim; Raja Muda Perak, Raja Jaafar Raja Muda Musa and Raja Puan Besar Perak, Raja Nor Mahani Raja Shahar Shah; Raja Di Hilir Perak, Raja Iskandar Dzulkarnain Almarhum Sultan Idris Shah and Raja Puan Muda Perak, Tunku Soraya Sultan Abdul Halim, graced the occasion with their presence.

Also present were Mayor Dato' Zamri bin Man, departmental heads, political leaders, members of non-governmental organisations and children from orphanages.

Mei Kuan



### Mayor Gives Away Goodies



Mayor Dato' Zamri Man hosted a special Hari Raya Aidilfitri gathering for the Council's 2000-odd staff on Friday, July 1 at the Ipoh Town Hall.

The theme was 'Berhari Raya di Kampung' to reflect the affinity of Hari Raya with the kampung. It is, in essence, the true spirit of Hari Raya celebrated collectively in the kampung.

"Throughout my tenure at Ipoh City Council, the only word that could describe how I feel is lucky. Having a multi-ethnic staff working together under one roof is a joy. We all share the same aim, that's to turn Ipoh into a city that is looked upon for its progress, beauty and cleanliness," said Zamri.

"I hope we'll maintain this status quo, as Ipoh is on the rise and is about to become Perak's signature," he added.

The joyful event concluded with Zamri giving away kuih raya (raya cookies) to everyone present, including media representatives. He took the opportunity to take photos and selfies with those present.

Rosli Mansor



## Community

## Zumba Raya Party

“I started zumba about four years ago. It’s different from most sports I’ve taken up. There’s something about zumba that’s worth sharing,” said Cecilia Chan, the aerobics instructor of the Perak Senior Citizens Club.

On Sunday, July 10, the club organised a Raya-themed zumba party, where Cecilia choreographed dance steps to the tunes of P. Ramlee and classic Raya songs. About 30 members of the club joined in the fun.

After some energy-sapping movements on the floor they took a break while the club’s resident band played on. As they tucked in the sumptuous potluck spread, oldies like the evergreen ‘Getaran Jiwa’ were sung much to the delight of those present.

“My students are 65 and above. The oldest is 83 years



old. This gutsy lady is able to dance like anyone half her age. It’s both inspiring and exciting, looking at them enjoying what they do. They’re happy to be here,” Cecilia told Ipoh Echo.

Kong and Jackyln, who became acquainted while out

shopping, had this to say about the aerobics class.

“I met Kong at the market and she brought me here. It’s only my second time here and I am beginning to love it already. I like Cecilia. She’s not only friendly but bubbly too. She makes it worthwhile being part of the class,” Jackyln said.

The aerobics class is held every Sunday between 2.30pm to 3.30pm within the club premises located at No. 2 & 2A, Lintasan Perajurit 11B, Taman Ipoh Timur, Ipoh.

The class is free of charge. It is Cecilia’s contribution to society having been once an active player in the aged-care industry.

Besides zumba classes, the Perak Senior Citizen Club also offers karaoke-singing sessions and ballroom dancing classes, to name a few. Membership is open to Perakeans above 50 years old. Those interested can call the club at **05 547 0387** for details.

**Khaleeja**

## Tarcisian Convent Reunion

A reunion is something we all look forward. Getting to meet familiar faces after a period of time is exhilarating. On Saturday, May 28, former Tarcisian Convent students of Year 1993 gathered again at Tower Regency Hotel, Ipoh for an afternoon high tea.

Some 50 former students and 13 of their former teachers attended the reunion. The event was organised by a 11-member committee led by Saraswathy Veriah.

The gathering started around 2pm and ended around 7pm. Among the activities held were an ice-breaking session, games, lucky draws, performances, souvenir presentations and open-stage sessions in between.

Spurred on by a good spread it was definitely a day to remember as the girls ate, drank and recalled their past.

“Words aren’t enough to describe how I feel. I’m happy to be with my high school friends once again. It feels just like yesterday we were enjoying lunch at the school canteen,” said Kasturi Murugiah, one of the committee members. Kasturi is a librarian attached to the Tun Razak Library, Ipoh.

**Khaleeja**



## Announcements

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

**Next Sharpened Word Literary Matinee, July 16**, 2pm at the Old Andersonians’ Club in Ipoh. The event will feature two Nyonya writers: Dr Lee Su Kim, a 6th generation Nyonya and bestseller book author; and Melissa Chan who is the housekeeper of the Baba Nyonya Museum in Malacca. This museum used to be the home for four generations of the Chan family. For more information visit facebook page: [www.facebook.com/sharpenedword.kinta](http://www.facebook.com/sharpenedword.kinta).

**Agriculture Technology Seminar Series XIII – “Towards Environmentally Sustainable Aquaculture”** organised by Universiti Tunku Abdul Rahman’s Centre for Biodiversity Research (UTAR-CBR). Saturday **July 16**, 9am-5pm at DDK2, Faculty of Science, UTAR Kampar Campus, Perak. Open to public. Registration fee is RM20 for public and RM5 for students (inclusive of GST, lunch and refreshments). For more information and registration, contact: Dr Tan Ji ([jtan@utar.edu.my](mailto:jtan@utar.edu.my)) or Puan Azida Illyani Binti Anas ([azida@utar.edu.my](mailto:azida@utar.edu.my)). For online registration, log on to: <https://goo.gl/Kja9Zl>.

**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**.

**“Know your future by hand reading”**. Futurologist, Ayurvedic Physician, palmist and astrologer Dr Narayanji from Trivandrum will be at the Perak Malayalee Association Office at 14A, Medan Istana, Opp. Gunong Cheroh Temple, Ipoh from 10am to 6pm on Saturday **July 23**. Contact Mr Gopalan Nair **012 450 2620** or Mdm Sakuntala **017 579 8062** for details or an appointment.

**Perak Academy Book Launch cum Talk by barrister Tommy Thomas**. Friday, **July 29**, 4.30pm at Cititel Express Ipoh. The author of “Abuse of Power” and “Anything but the Law” will speak on the “Latest Developments in Constitutional Law”. Admission is free and open to all. For further details, contact FT Lum at **05 241 3742** or **016 221 3742** or email [contact@perakacademy.com](mailto:contact@perakacademy.com).

**Stroke Prevention & Treatment Updates by Dr Swa Beng Wei**, Consultant Physician & Neurologist, Saturday **July 30**, 2pm at Conference Room, 4th Floor, Hospital Fatimah, Ipoh. Free admission. Contact **05 545 5777 Ext.276** for more information.

**Tan Sri Lee Loy Seng Perak Grand Prix Chess Championship 2016: 5th Leg Ipoh – Quest International University Perak, Ipoh – Sunday July 31**. Sponsored by Kuala Lumpur Kepong Berhad. Direct submission of entry form with cash payment to Yunus **010 221 8129** not later than **Thursday, 28 July**.

**Financial Planning Associations of Malaysia (FPAM) Ipoh Chapter is organizing a Public Education on Divorce – Issues & Implications on August 6** at MH Hotel Ipoh from 8.30am to 5pm. The aim for this seminar is to educate the public on the impact of divorce and provide suggestions to manage divorce’s issues and its implications, both emotionally and financially. Married couples, parents, counselors, financial planners, lawyers and doctors are encouraged to attend. For more information and registration, email: [ipohchapter@fpam.org.my](mailto:ipohchapter@fpam.org.my) or contact us at **017 611 8828** or Yong **012 528 2082**.

**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.



## Leisure

## Resort Club Living @ Meru Valley Resort

Living up to its brand promise, “Embracing Life, Discovering Nature”, the Meru Valley Resort Clubhouse exudes a flawless combination of contemporary lifestyle and the beauty of nature. Rated as Trip Advisor’s No 1 destination for outdoor activities in Ipoh; the resort is hailed as a must-visit by its members and the public, being an ideal place to entertain for business and pleasure.

If golf is not your cup of tea, resort club living is portrayed through various sports and recreational facilities that promote a healthy lifestyle. Their golf membership provides its members the privilege of using these exclusive amenities within the resort. The indoor and outdoor amenities encompass an international championship golf course, 2-tier driving range, grocery & cafe, fully equipped gymnasium, tennis courts, basketball court, jogging track, cycling facility, swimming pool, sauna, children’s activity room, waterfall and jungle trekking.



Clubhouse



Boardroom



Swimming Pool



Golf Course

Beyond the membership advantage, a gastronomic experience with a sweeping golf course and mountain range views await anyone who wishes to indulge in an elevated level of fine dining at the Dome Restaurant. The clubhouse restaurant has a bang-for-the-buck menu featuring Western culinary classics with an Asian and local twist recreated by Chef Desmond and his team. Weekend nights are no exception to the gourmet experience as the Weekend BBQ is available every Friday, Saturday and Sunday evenings. To quote some of Meru Valley Resort’s fans on the world of social media, “the weekend BBQ at Meru Valley Resort is the best BBQ not just in town but arguably, throughout the entire state of Perak.”

Meanwhile, The Terrace

Grocery & Café is a one-stop store offering a premium selection of sundries, poultry, seafood, fresh organic produce, confectionery, meals and beverage. It is the perfect spot to enjoy takeaway bites before teeing off. For a bright start to your day, The Terrace Grocery & Café recently rolled out its new breakfast menu which adheres to the philosophy of using fresh, local ingredients cooked well at an affordable price tag.

For meetings and events, the BEST GOLF CLUB IN PERAK offers a venue tailored to guests’ ideal specifications. For corporate meetings, a boardroom with a seating capacity of 14 delegates is available complete with strong wireless internet connection, a state-of-the-art screen projector and other business support. For larger scale events, a function room for up to 80 guests well-equipped with audio visual equipment and a screen projector will meet your needs. There are bespoke function and seminar packages too. From casual, intimate to fine dining and everything in between, the resort’s Sales’ team will brook no barrier to ensure that your upcoming shindig is one to remember forever via the delivery of bend-over-backwards personalised service with uncompromising hotel standards.

For amateurs, the driving range provides 20 sheltered bays and the unmatched place to fine-tune your swing and warm up before a round. You will hit in one of the most unique hitting locations as the stunning Kledang Saiong Mountain Range sets the backdrop for your majestic golf shots. The driving range facilities are for use by the members, walk-in guests and reciprocal members.

But don’t just take our word for it, delight in resort club living yourself now. Make your reservations with us:

**Golf Reception I 05 – 529 3300**  
**Dome Restaurant I 05-529 3358**

**Terrace Café & Grocery I 05-529 3319**  
**Functions & Meetings I 05 -529 3353**

Do swing by our website at [www.meruvally.com.my](http://www.meruvally.com.my) and the Meru Valley FB Page at [www.facebook.com/meruvally](http://www.facebook.com/meruvally).

## Arts &amp; Culture

By SeeFoon Chan-Koppen

## Carnegie Hall Veteran and Music Award Winner for PWW Fundraiser at the Dome

Ipoh-born Lynn Yew Evers will be returning to her hometown for a concert on August 7 to raise funds for PWW, the Perak Women for Women Society, in aid of women and children in crisis.

Lynn’s musical talent playfully surfaced on a toy piano at the age of four. Gifted with a perfect ear and intuitive understanding of music, she began performing at age six and composing and improvising by age nine. Lynn had undeniably found her calling early in life, and began her musical career as early as 15 years old as a piano coach for children. Inspired by classical greats such as Beethoven, Chopin and Rachmaninoff, she went on to obtain a degree from the Trinity College of Music in London. She returned to Malaysia determined to further explore and develop her lifelong passion for music and immediately began to shine as a performer, arranger and composer.

Since 1985, she has organised and performed in a multitude of concerts in Malaysia and acted as accompanist for renowned choirs and ensembles. She has performed for the late Sultan Azlan Shah on a few occasions as well as the Prime Minister and other Malaysian dignitaries.

Lynn moved to the USA in 2009, where she now lives in Spokane, Washington with her husband and two children.

Although Lynn’s music harmoniously combines a New Age, Classical and Contemporary influence, the greatest inspiration for her new song “Without Words”

has been her devoted relationship with God and nature. “The intention behind my music is to gently guide the listener into the tranquility of nature, to experience their surroundings as I do – full of melody and harmony,” Evers expresses.

A Pianist/Artist for over 35 years, she is passionate about removing cancer from the earth. Her beloved father passed away from cancer which brought her to be involved with CancerLink in Malaysia.

Lynn’s latest album ‘Elysian’ was declared a Global Music Awards Winner. In her own words on the cover of this album, Lynn describes her journey to Elysian over the last 15 years: “It started with pain, sadness, heartache, the unknown and finally a light at the end of the tunnel – a hope, a vision, paradise to come. Now I see peace, beauty, happiness, contentment. Each day shines with glorious days ahead. I have hope, I have a vision, I have ELYSIAN.”

Lynn’s many accomplishments include her collaboration with Grammy Award Winning Guitarist Will Ackerman at his legendary Imaginary Roads Studio in Vermont. Her second solo piano album “Dawn of Peace,” is a captivating production which truly captures the excellent ability of Ackerman and his team to effortlessly synthesize with the vision of the artist. “Dawn of Peace” brings to light the fluidity of Lynn’s music while expressing her intuitive sense of translating the peaceful melodies expressed in nature. The close of 2015 brought Evers to the prestigious Carnegie Hall in New York where she performed select pieces from her award winning album “Dawn of Peace”, voted January 2016 Best Album in the ambient/instrumental category by Akademia.

October this year will see Lynn performing once again at Carnegie Hall, an accolade of the highest order for this Malaysian lass who has moved so far away to pursue her passion and yet her heart remains in her home town of Ipoh where she will be performing in August for a worthy cause.

**Sunday August 7, 2016**  
**at the Dome at Meru Valley Resort**  
**7.30pm followed by Supper**

*In aid of Perak Women for Women Society (PWW) to help women and children in crisis.*

For those wishing to attend the concert and support a worthy cause, call PWW at 05 546 9715 or SuWin at 012 288 6888.





## Education

# Winning Projects

Winners of the 2015/16 Interact Significant Project Award by the Rotary Club of Ipoh were crowned on Thursday, June 23 at the Royal Ipoh Club. The victors were adjudged based on project originality, planning implementation and positive effects.

The Interact Club of SM Anderson Ipoh, which answered the call by Hospital Permaisuri Raja Bainun Ipoh for more wheelchairs, came in third. The students had raised a total of RM4240 to purchase 16 wheelchairs for the hospital.

First runner-up was the Interact Club of Perak Girls Secondary School Ipoh. Under the ‘We Share Their Burden’ project, the club had requested the school for its 100-odd disused lockers. The items were refurbished using the club’s fund. The renewed lockers are now being rented to students at half the normal rate.

The Interact Club of SM Raja Perempuan Ipoh emerged the overall champion with their ‘Save Our Rivers’ project. The club was supported by the Drainage and Irrigation Department Perak and Indah Water Konsortium. The students removed debris from rivers in the northern region of the state.

The top three winners were awarded cash prizes of RM500, RM300 and RM200, respectively.

Present at the ceremony were past president, Dr Kok Fu Loon and president, Dr Kamalakshi Saminathan.

Mei Kuan



## Arts & Culture

# PSPA Singers in Fantasia



If papers could capture performances and replay them, ‘PSPA Singers in Fantasia’ would definitely be one of them. On Saturday, July 2, Perak Society of Performing Arts (PSPA) organised a choir performance at the auditorium of SMJK Yuk Choy.

The two-hour show by six brilliant singers, namely, Sirikhwan Buathong (soprano), Marianne Poh (mezzo-soprano), Salith Dechsangworn (tenor), Korawij Devahastin na Ayudhya (baritone), Zhang Chi and Kang Su Kheng (accompanists) began at 8pm.

It was divided into two halves, the first was opera-based tunes while the second consisted of musicals from movies we are familiar with, like ‘Annie Get Your Gun’, ‘The Little Mermaid’ and ‘Frozen’ to name a few.

Unlike the normal choir performances we see, ‘PSPA Singers in Fantasia’ spoke to each of us in the hall. It was more of a connection, rather than a performance, as it was not solely singing, per se.

Dialogues, acting and dance moves were also inserted in between and during the performance by a mix of young to old singers. In the first half, the selection of tunes was not in English. It was meant to make the audience enjoy what they hear even if they do not understand it as the arts speak no language.

One of the tunes they sang was ‘Hör ich Cymbalklänge’, a German czarda which means “I hear the sound of cymbals”.

In the second half, the musical was in a form of a story, where two sisters, Sirikhwan and Marianne wanted to audition for Cinderella and the two judges, Salith and Korawij fall in love with them.

## Financial Planning

# College Years

*This is Part 2 of a continuing 12-part series on financial planning. In the last issue, we saw how our friend Adam managed his finances from a part time job as a bank teller while waiting for his STPM results. This week, we are going to journey with Adam through his college years.*



Adam collected his result and to his utter joy – he scored straight ‘As’! He celebrated his achievement with his friends and blew his budget of RM10 per day for food but it was well-justified!

He and his friend Daniel managed to secure a place in Universiti Malaya to pursue an accountancy course. Despite receiving an offer from a top university in the United Kingdom, Adam decided to do it locally due to the more affordable cost.

He applied for a study loan under the National Higher Education Fund (PTPTN). The loan amounted to RM6500 per year for a four-year programme which should be sufficient to cover his fees, accommodation and food which amounted to RM3500 per year, that is, if he stayed in the on-campus hostel. He learnt about the power of compound interest and the concept of ‘dollar-cost-averaging’ while working in the bank. He immediately started his first unit trust investment with an initial investment of RM1000 from his savings and contributed RM100 per month towards a regular savings plan. He estimated that he would be able to save about RM7000 by the time he graduates if his unit trust investment gives him an average return of 8% per annum. “I can use this for the down payment of my first car,” he thought.

On the first day of lectures, he learned one of the most fundamental concept of accounting – Prudence. It states: Profits are not recognised until a sale has been completed. In addition, a cautious view is taken for future problems and costs of the business. It can also be applied to individuals. We should not spend our future income (which is not guaranteed) to support our current lifestyle. Additionally, we should always be prepared for the worst by providing for an emergency buffer.

Adam revised his monthly budget as follows:

INCOME		EXPENSES	
Balance of Study Loan (RM3000 per annum)	RM250	Savings	RM100
		Clothing & Entertainment	RM200
		Gift to Parents	RM100
		Transportation	RM100
		Telephone Bill	RM50
Total Income	RM250	Total	RM550

Oops! Adam realised that he will be short of RM300 every month. He wanted to remain committed to the budget above. In order to balance his accounts, he gave private tuition to earn extra pocket money. He tutored three primary school children at a rate of RM30 per hour, for a total of 12 hours per month. After covering for the additional transportation costs to his students’ homes, he took home RM300 net. Mission accomplished!

Adam was a very smart, hardworking young man – he studied smart and was a dedicated tutor. Occasionally, he went out for supper at the mamak stalls, watched a movie or simply hung out but he always kept his spending within his budget. That was until he met someone ‘special’.

To be continued...

AKPK’s services are FREE of charge and available to ALL individuals.

### AKPK Perak Branch:

Unit B-2-1 Greentown Square, Jalan Dato’ Seri Ahmad Said, 30450 Ipoh.  
Tel: 05 242 8319. Fax: 05 242 8452. Toll free: 1 800 88 2575.  
Website: [www.akpk.org.my](http://www.akpk.org.my)

### AKPK Counselling Offices in Perak:

#### Taiping:

CIMB Bank Bhd, No. 38-40 Jalan Panggung Wayang, 34000 Taiping  
(2nd Wednesday of every month – 9.30am to 4pm).

#### Sitiawan:

CIMB Bank Bhd, Lot 2871 & 2872 Off Jalan Kelab, 32000 Sitiawan  
(3rd Wednesday of every month – 9.30am to 4pm).

#### Teluk Intan:

CIMB Bank Bhd, 32 & 33 Jalan Pasar, 36000 Teluk Intan  
(last Monday of every month – 9.30am to 4pm).

“It feels great performing, I started singing when I was around five and learned in-depth when I was in university,” said Sirikhwan from Thailand.

Overall, it was an enchanting show, one that would leave an indelible mark in your mind.

“I was here years ago for another show with PSPA. It’s wonderful to be back, seeing some of them growing up so beautifully,” she continued.

By the end of the show, the entire cast did a surprise encore ‘Lava’ for Tony Lee and his wife, Dr Hew Mee-Len to celebrate their wedding anniversary. As he handed a bouquet of flowers to her, the audience cheered and clapped.

Khaleeja



CELEBRATE THIS FESTIVE SEASON WITH US

# Hari Raya Open House

17 JULY 2016 (SUNDAY), 9:00 a.m.

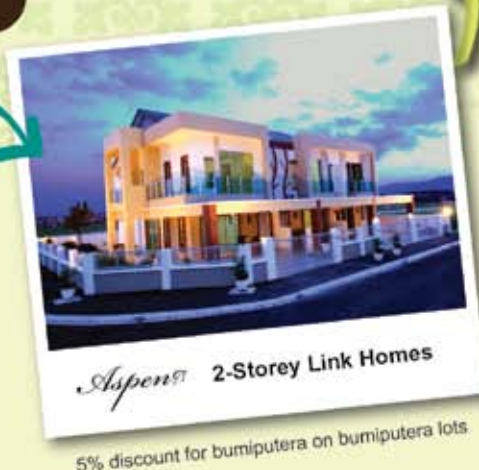
ASPEN SHOW HOME,  
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ACTIVITIES:

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www.kintaproperties.com

019 513 3315 • 012 500 8018

Phase 1P (Aspen)  
Developer: Kinta  
Advertising: Purni  
Sales: Purni  
Approved: Purni  
Land: Purni  
Total Units: 101  
Est. Completion Date: August 2016  
Land Tenure: Freehold  
Price: RM 375,000 - RM 515,000  
Approving Authority: Majlis Bandaraya Ipoh

## 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.

## Refurbished Dato Sagor Food Court

I am writing in response to the statement made by Ipoh Mayor, Dato' Zamri Man concerning the newly refurbished Dato Sagor Food Court (located behind the Ipoh Town Hall) during a key presentation ceremony to food operators of the stalls of the food court. This event which was held at the Ipoh City Council headquarters on June 24 was reported by the media recently and I read about it in StarMetro Perak on June 28.

During the ceremony, it was reported that the Mayor said, "the rebuilt food court can become a tourist spot. Tourists coming out from the Ipoh Railway Station, located opposite, could drop by the food court to eat there". I would like to highlight the fact that tourists who embark from the train will have luggage and suitcases to carry, so it will be very difficult to drag their suitcases across the large compound of the railway station to walk across Jalan Panglima Bukit Gantang Wahab (usually heavy with traffic), in order to reach the Ipoh Town Hall opposite, then look for the food court behind it or to walk along Ipoh Heritage Trail & the popular Panglima Lane while dragging their luggage bags!

Is there a locker or room at the railway station for tourists to put their luggage bags? I would like to suggest that:

1. Large lockers (or a guarded room) be provided at the railway station for tourists to keep their suitcases/bags for those who (after embarking from the train) wish to walk across the busy Jalan Panglima Bukit Gantang Wahab (and there should be a pedestrian crossing too), in order to enjoy Ipoh's heritage buildings, visit Dato Sagor Food Court and the tourism office/booths etc.
2. Signs/notices be put up at the railway station to inform tourists about the luggage storage place, as well as to direct them to the heritage buildings opposite the station.

Rosalind Toh Beng Hong



## Upcoming Event

# Natural Health Revolution

Thousands of people's lives have changed and millions more will change as we learn about the natural health revolution, what it means and how one can benefit from it.

In conjunction with Meru Valley Resort's jubilee celebration and in collaboration with Zija International, they are inviting members of the public to take part in the **Natural Health Revolution** movement and improve your well-being.

Highlights include:

- What is the Natural Health Revolution
- 'Holistic Wellness with Essential Oils' by Shorbana Martin
- Cooking demonstration with essential oils by Chef.

**Date:** Tuesday 26 July 2016 at 10.30am

**Venue:** Function Room, Meru Valley Resort, Jalan Bukit Meru, 30020 Ipoh.

**Admission is free.**

To confirm attendance, RSVP Barbara at **012 205 1459** or email: [barbarabock@yahoo.com](mailto:barbarabock@yahoo.com) by **Tuesday July 19.**

### About the Guest Speaker

- A certified Cosmetologist specialising in Clinical Aromatherapy and Natural Therapy.
- Principle Image and Grooming Consultant for style by Shorbana Martin.





## Ipoh City Council Round-up

By Khaleeja Suhaimi

# Discount For Traffic Compounds

From Tuesday, June 28 till Thursday, June 30, this scribe visited the payment counters of Ipoh City Council to see and interview Ipohites who responded to the Council's offer of a 60-percent discount for outstanding traffic compounds.

"The crowd this year isn't as big as previous years. Today I only had around 70 people at my counter. I assume most of them have paid their compounds already," said Raja Aziz who was on duty at the counter of the old office building along Jalan Bandar, Ipoh.

The situation was similar at the UTC Ipoh counters. Faridah and Yip Fong, who had only one traffic compound each said it was well worth it.

"I feel it's beneficial, especially for those with many traffic compounds. They should take this opportunity to own up and pay up. My compound of RM40 is now RM16. It's definitely worthwhile," she exclaimed.

Cheng Choong Wong was at the counter of the Council's main building in Greentown, Ipoh. He too had one traffic compound to settle. Cheng was appreciative of the Council's offer.



"A total of 6381 traffic compounds were settled within the 3-day period. RM196,275.50 was collected," said Syahrizal Azmi, the Council's Public Relations Officer.

## Upgrading "Gerbang Malam"

In anticipation of the upcoming Visit Perak Year 2017, Ipoh City Council has undertaken measures to upgrade Ipoh's ubiquitous night cum flea market, "Gerbang Malam" located at Jalan Tahwil Azar. The new concept will incorporate a classic-themed ambience, as Ipoh is all about classic and heritage buildings.

On Tuesday, June 28, mayor Dato' Zamri Man held a dialogue with traders of "Gerbang Malam" and shop owners at the temporary location along Jalan Tingkat Pasar, Hala Pasar Baru and Lintasan Pasar Baru, Ipoh. The dialogue took place at the Council's main building in Greentown, Ipoh.

Public toilets, prayer rooms and an enhanced electricity supply are some of the amenities available for traders at the refurbished site. Upgrading works are scheduled to complete by early next year.

"I hope those involved will cooperate as we're doing this for their best interest," said Zamri.



## Full Board Meeting

The Council's full-board meeting was held on Thursday, June 30 at the designated meeting hall at the Council's main building. Mayor Dato' Zamri Man stressed on the point of making Ipoh the most liveable city in the country.

"We're planning to erect more lamp posts along the Kinta River, as the riverbanks look dull at night. I'm happy that the Council is taking extra efforts to maintain the general cleanliness of the city," said Zamri.

Other plans included the lighting up of trees along the city's streets.

"Some of the trees are over 30 years old. Lighting them with coloured lights will help transform the streets into a fairyland lookalike," he enthused.

## Ipoh Watch

# Action Plans on Recycling

Kuala Lumpur has joined other states namely Selangor, Penang, Perak, Johor and Malacca, to ban the usage of biodegradable containers, especially polystyrene effective January 1, 2017. This does not augur well for the Malaysian Plastics Manufacturers Association (MPMA) who has strongly objected to such a move as it will affect members of the industry.

During a forum on plastics jointly organised by Ipoh City Watch (ICW), MPMA (Perak Branch), Perak SWCorp, Ipoh City Council and Koperasi Alam Hijau Perak Berhad (KOHIAU) held at a local hotel in Ipoh, Dato' Rusnah Kassim who officiated the forum, has thrown a challenge to MPMA to prove two things; how plastics can be reduced from going to the landfills, illegal dumpsites and beaches and what solution MPMA can offer to help reduce the impact of plastics on our health and environment. At the moment, the Perak government stood firm on its decision to ban the use of polystyrene and plastic bags effective June 1, 2017.

As one of the four panelists during the forum entitled 'The Impact of Plastics on the Sustainability of Environment: Should Plastics be banned?' attended by about 200 participants, I put forward ICW's points that we support the government's move in banning the use of polystyrene and plastic bags. I made my points clear that by 2020, if nothing is done by us, Perak will generate 3 billion tonnes of garbage of which 450,000 tonnes or about 15% of the total garbage, come from plastics. As plastics take a few hundred years to degrade, it will have an impact on our environment. Plastics are also made from petroleum which is a non-renewable source of energy.

The general perception of the public is that chemicals used to make plastics can leach into the food after a prolonged used at certain temperatures although there is no concrete evidence to support this at the moment. Moreover, plastics such as polystyrene and plastic bags can be recycled as claimed. However, there is a lack of interest by the public to collect such items as recyclables due to its low resale value.

At the end of the forum, all four panelists concluded that MPMA (Perak Branch) should be given a chance to prove itself by finding a solution to the challenge thrown by Dato' Rusnah Kassim.

Thus moving forward, ICW, using its recycling unit KOHIAU has set up the Perak Action Team for a Sustainable Environment (PATSE) in collaboration with MPMA (Perak Branch), Perak SWCorp and Rukun Tetangga Jelapang. The main objective is



to come out with action plans which will help educate, engage and excite the people to involve and embrace 3R (Reuse, Reduce & Recycle).

The team will go on a statewide campaign beginning with Kinta District. PATSE will also hold talks in schools and with any organisation keen to participate in the programme.

For further information, kindly visit [www.ipohcitywatch.org](http://www.ipohcitywatch.org) or Whatsapp 013 533 0989.

**Dr Richard Ng**  
Ipoh City Watch (ICW)



## Personality

### Henna Art By Fay

When a friend brought her to Little India in Ipoh for a shopping spree, Cheah Suet Fay, 21, was introduced to henna art. She was 15 then and it was love at first sight.

"My parents, especially my Chinese father, used to dislike the idea of henna stains on my hands. It was then that I realised that henna wasn't a 'thing' among Chinese. However, most of my friends who are Chinese were willing to become 'the victim' of my henna art," said Fay when Ipoh Echo met her recently.

She went through several experiments and researches for the best henna after finding out the dangers of using instant henna. Unlike many of her peers, Fay decided to work straight after finishing school. Previously working in a few hotels in Ipoh as an event coordinator and sales executive, Fay knew her forte was with henna.

Through strong encouragement from her friends, Fay started her business; 'Henna Art By Fay' in 2014 and it was the beginning of a wonderful journey for her.

"I started using natural henna powder and made the paste on my own. Unlike instant henna, natural henna paste is the real deal. Not only does it look beautiful on the hand but it also strengthens fragile nails," added Fay.

In the spirit of Aidilfitri, Fay decided that it was time for her to give back to the community: by doing something that she was good at.

"Usually during Ramadan, orphan kids are usually treated with dining and shopping



sessions. I wanted to do something special for them and since I am a henna artist what else should I do but to give them a special henna art for Raya!"

Choosing Nurul Iman House for the session, Fay's art definitely drew smiles from the kids and their caretakers with her one-of-a-kind henna.

It was amazing to see how hardworking this bright young lady is. Despite her young age, Fay is now planning to open a henna studio that is also a thrift shop and a mini cafe. The space can also be used for small events. Readers who want to get henna-ed by Fay can do so by contacting her Facebook page, [www.facebook.com/hennaartbyfay](http://www.facebook.com/hennaartbyfay) or Instagram at [www.instagram.com/hennaartbyfay](http://www.instagram.com/hennaartbyfay). Good luck Fay and we are looking forward to visiting your space soon!

Ili Aqilah

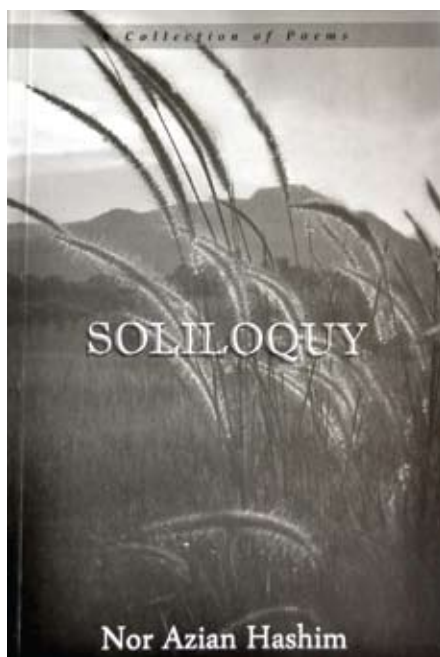
## Book Review

### "Soliloquy" by Nor Azian

Nor Azian Hashim confides her inner thoughts in her first book, 'Soliloquy: A Collection of Poems'. From her identity in 'My Words', belief in 'Being Me', motherhood in 'As You Wed', tragedy in 'A Lingering Farewell', raw vulnerability in 'Loss', recovery in 'Moving On' and travel in 'Sri Lanka', her life journey unfolds in powerful dramatic monologues. Her bittersweet feelings will definitely resonate with appreciative readers.

"The poems were inspired by the experiences that I had gone through in life. In general, I wanted to express the feelings and emotions associated with the incidents that happened to me. As such, the poems are truly personal, but human emotions felt when one suffers anger, loss through death, disappointments et. al. are universal," said Nor Azian to Ipoh Echo. These poems are her thoughts that come to mind when she is alone and solitary. It's like you are talking to yourself when no one's listening – like a soliloquy.

Azian had it all – words, a sensitive mind and style. The 53-page book containing 40 free-verse poems abound in metaphor. My favourites being "into fiery sparks of opinion", "walls of oblivion", "withering parts of the tortured mind" and "cluttered clots of yes



and no". Plus, personifications such as "gossips piercing" "rumours dripping" "wrenches a lonely heart" and "nudges broken dreams" surreptitiously conveyed her thoughts and feelings.

The compilation is extremely absorbing, as she dovetails the simplicity and elegance in the art of language. Since the flow of her words is natural, readers can enjoy it effortlessly. For instance, these lines from "Such is Nature": nature intervenes / when the mood is grey / with brilliant hues / to brighten the day.

"I started writing poems when I was in Form Six. So some of these poems were written between 1968 and the mid-70s. But some are lost because I didn't have a computer to save them.

"There was a dormant period when I started working, got married and started a family. So the book comprises poems that I wrote then and, as recently as February this year, when I penned the last one in the book," she added.

A delight for poetry fans, the book is priced at just RM20. Readers interested in getting a copy can email Azian directly at: [azian56@gmail.com](mailto:azian56@gmail.com).

Mei Kuan

## Tourism

### Souvenir Design Competition



Aimed at spicing up Visit Perak Year (VPY) 2017, a souvenir-designing competition was organised for the very first time. Held in Kuala Kangsar, the competition was initiated by the Perak Tourism Association with the collaboration of Perak Tourism Management Berhad and Universiti Teknologi Mara. The objective was to encourage talented Perakeans to create new souvenirs for Perak.

The competition, according to Kamil Shafee, President of Tourism Perak Management Berhad, began in April and ended on June 17. Samples of 25 selected designs from each category will be presented for viewing on August 26. The final is on September 24.

"Design of the souvenir is up to the individual. However, they have to include contemporary elements such as the theme of VPY 2017. The products are divided into the following categories, wood, ceramic or polymer, fabric, plastic, metal and recycled things," said Kamil.

Prizes offered are worth RM30,000. The souvenirs, said the President of Perak Tourism Association, Mohd Odzman Abdul Kadir, would be sold at an outlet along the Kinta River walk.

"Our efforts won't stop here alone, we'll do our best to promote Perak and people behind the souvenirs," said Odzman.

Murals will also be part of the tourism plan. Shahrom Abdul Malik, President of Kuala Kangsar's Municipal Council said the murals would be based on the history of the Perak Sultanate.

"Five local artists will be on the mural-drawing team. We'll start in September and hope to complete it in time for HRH Sultan Perak's birthday in November," he continued.

Rosli Mansor





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- Multi-purpose hall

#### New Launch



**24 units**  
**Double Storey**  
**Cluster Semi-D**  
Land size  
**40' x 80'**  
**5 bedrooms**  
**5 bathrooms**

#### New Launch



**47 units**  
**Double**  
**Storey Terrace**  
Land size  
**24' x 75'**  
**4 bedrooms**  
**4 bathrooms**



**32 units**  
**Single Storey**  
**Semi-D**  
Land size  
**40' x 80'**  
**4 bedrooms**  
**2 bathrooms**



Project Manager

中誠机构有限公司

KPM CORPORATION SDN BHD (296514-X)

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Developer

INNOVATIONS LAND DEVELOPMENT  
SDN BHD (848112-W)

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No. Lesen Pemaju : 13199-1/09-2016/02362 (L) tempoh tamat : 26/09/2015 - 25/09/2016 No. Permit Iklan : 13199-1/09-2016/02362 (P) tempoh tamat : 26/09/2015 - 25/09/2016 Tarikh Dijangka Siap : Dis 2018  
Pajakan Tanah : Hakmilik Kekal No. Pelan Kelulusan : MBI (06) MBI.OSC(125-B) L/B/6/68/147/15 Tarikh Kelulusan : 25-09-2015 Pihak berkuasa : Majlis Bandaraya Ipoh  
Bebanan Tanah : Maybank Berhad 24 unit Rumah Berkembar Kluster 2 Tingkat Harga Min RM 888,000.00 Maks RM 1,008,068.00 47 unit Rumah Teres 2 Tingkat Harga Min RM 638,000.00 Maks RM 947,605.00 32 unit Rumah Berkembar 1 Tingkat Harga Min RM 490,000.00 Maks: RM 647,520.00 5% diskaun untuk lot Bumiputera Sekatan-sekatan kepentingan : Tiada

## Sport

# Piala Muhibah KLK



**K**uala Lumpur Kepong Berhad (KLK) organised its second Piala Muhibah KLK this year. As the name suggests it is all about muhibah, an Arabic word meaning love and a sense of friendship. Thus, the aim is to promote a sense of goodwill among the multi-ethnic participants while pursuing a healthy lifestyle.

It started with the Under-12 Boys category, where a total of 10 football clubs competed on May 14 and 15. The teams were Kampar FC, Appit Soccer FC, Sun Footie Boys, Ipohkids FC, MBI FC, Meru Soccer FC, Batu Gajah FC, Kampar Bug FC, Ipoh Fridays FC and Tronoh FC. The matches were held at the Taman D.R. Seenivasagam playing fields.

The tournament, organised by Ipoh Bug, a local organisation that focuses on youth development through sports, was originally KLK's Chief Executive Officer, Tan Sri Lee Oi Hian's idea.

Since the participants are young, it would be most appropriate to practise growing up in unity and in harmony with all races. It is also hoped that their true potentials and team spirit are exposed. Appit FC won the tournament beating Kampar FC 1-0. Shah, the young captain from the winning team, won the best player of the tournament award.

"I'm overwhelmed. I hope to play better in the future as football is my passion," he said as he carried his trophy. Prizes were presented by Teh Sar Moh, KLK's Regional Director (Plantations).

Apart from that, it was also an occasion to celebrate, as the players' family members were around to provide moral support. The objective of the tournament was thus achieved.

**Khaleeja**

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