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ISSUE **240**

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10 YEARS OF IPOH ECHO

Standing the Test of Time

By Ipoh Echo Team

Time really flies and before you know it, Ipoh Echo is well-nigh past its 10th anniversary. The country's only community newspaper, by definition and orientation, has outlived prediction and speculation that, "it would not live to see tomorrow" when the first issue came out in print form on January 1, 2006.

The passage of time has seen many things happening to the tabloid ranging from its format to its circulation. From a modest print-run of 5000 copies it has now ballooned to 20,000 copies. From eight pages to 16 pages and from an antiquated Ipoh-based printer we have now migrated to a more sophisticated printer in Shah Alam, one who employs the latest in printing technology. Initially, we used 70g facsimile paper which was much more expensive but of better quality only to fall back onto newsprint, as part of a cost-saving exercise in order to increase print run, expand readership and reach a wider audience.

Continued on page 2

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Moving into the 2nd decade as Voice of the Community

Our critical-reporting style of yore has now been replaced by a more compliant style, a change borne out of necessity rather than a requirement. While there are still those who pined for the abrasive Ipoh Echo of old, prudence has taught us otherwise. The maxim, “discretion is a better part of valour” holds true.

We have experienced discomforts before such as being given a show-cause letter by the Home Ministry and having our office vandalised by those who could not accept the truth. Recently, our photographer was questioned by the Special Branch for taking snapshots of an Indian temple. The complainant thought he was an Islamic State terrorist out to destroy the Gunung Cheroh Indian Temple. There are many more instances but these are some of the glaring ones that are worthy of mention here.

Notwithstanding these glitches, life has been exciting for Ipoh Echo and having surpassed the magic figure of 10 we are moving head-on into our second decade. What awaits us in the future we have no way of telling.

Reaching Out to Readers

The Ipoh Echo team reached out to avid readers from all walks of life for their critical comments and unique insights on our community newspaper.

We have plenty of long-time readers who have been with us from the very beginning. “I have read every issue since No. 1 and still have a copy of all 10 years of issues,” **Commander Ian Anderson, Director of ipohWorld** shared. Similarly, Swiss-born **Peter Bucher**, who made Ipoh his home in 2007, remembers the first Ipoh Echo office at Syeun Hotel.

What keeps us going is the footprint our newspaper coverage has left on the sands of time for the community. “An NGO such as Ipoh City Watch (ICW) has benefitted greatly from the transformation that is happening in Ipoh Echo. Being a self-funded NGO, we depend very much on newspapers to give us the publicity we require to help us push our agenda in helping the people. Ipoh Echo has stood with us from the very beginning,” **Associate Professor Dr Richard Ng, the President of ICW** said.



Peter Bucher



Peter Chan

“We appreciate Ipoh Echo’s constant support for community events, like Toastmasters, Gavel clubs, Sharpened Words Literary Happenings and the arts in general,” Peter Bucher added.

“The contents now are more appealing to a wider range of age groups and to people with varying interests. This is a contrast to 10 years ago where the tabloid’s reporting was more critical on local council and government inadequacy and inefficiency. Ipoh Echo today has now become the voice of the people. Contents today are more balanced and highlights both good and negative issues. While it occasionally can be critical, however it also offers suggestions on how an issue should be handled,” Dr Richard explained. His favourites are the community and environment columns as well as Musings, which expounds on Ipoh’s food scene.

According to **Peter Chan, chief executive officer of The Haven Resort Hotel & Residences**, the paper is a convenient way to disseminate information to the people in the city. “The editors are people of principle who are not afraid to transmit the truth. They serve to ensure that the city progresses well for the benefit of the people. There is no conflict of interest for them and they are doing it without fear or favour. This role is of long term benefit to the city,” Peter, who has been reading the Ipoh Echo

since it commenced, opined. “To the Haven, it has helped reduce unfair negativity about us,” he highlighted.

Hence, what keeps the reader’s faith in Ipoh Echo? Ipoh-born **Jasemin Sibó, an international author**, had this to say, “With the right leaders leading Ipoh Echo and passionate talents adding value to the company, I cannot see why Ipoh Echo can’t be a Mediacorp equivalent in Northern Peninsular Malaysia.” She has been following Ipoh Echo online for about five years, especially when she was living overseas so that she could keep abreast of the latest happenings in Ipoh.

“In days gone by I edited a local paper. Consequently I believe they are necessary to highlight forthcoming events, local activities like clubs and associations and point out shortcomings in the city and its administration. Such things are rarely covered by the National Press,” Ian Anderson remarked.

“The Ipoh Echo came into my life sometime in August



Ian Anderson



Dr Richard Ng



Jasemin Sibó

2012. Most of the articles interest me, being a community-orientated person. I thought, why don’t I contribute some community stories? When my first two articles were published, I passed around about 100 copies allotted to me. Then, I had a not-so-surprising response that people enjoyed reading the paper,” **Neal Nirmal Ariyapala, an amateur naturalist and environmentalist** who distributes the Ipoh Echo in Taiping, said. According to him, all the 200 copies are snapped up from his distribution points and friends at the town of many firsts.

“Getting the copy from Canning barber shop, my favourite is the hard hitting editor Colonel Fathol’s column. Keep doing what has been done all this while,” **lawyer Augustine Anthony** expressed. Another loyal follower of the editorial piece is **Thomas Kok, ILTI principal**, “Reading since its inception, it is truly an Ipohites’ paper,” Thomas commended.

As for suggestions to help make us better, **Dato’ Dr Wenddi Anne Chong who co-owns Marianis@7**, proposed, “Perhaps the addition of a column to share some recipes on Ipoh favourites.” She enjoys reading food reviews by See Foon Chan-Koppen in the paper which is readily available in her restaurant.

Rita, a retired school teacher, shared Wenddi’s sentiments, “Have a recipe column or an interactive column for the children to brush up their IQ and general knowledge.” Every two weeks, she will obtain 50 copies of the paper from the Ipoh Echo office in order to deliver it personally to the Dementia Day Care Centre at Jalan Foo Choong Nyit, her friends at church and family members. A reader of nine years, her favourite sections include the editorial and See Foon’s column.

Another thought was from **Mohd Taib bin Mohamed, President of Perak Heritage Society** who said, “Try wider coverage of news from other districts in Perak.”

“Ipoh is indeed very fortunate to have a free newspaper of such high calibre. I receive my copy online, and every issue seems to have something for somebody – a rare quality in this day and age. I have known the Ipoh Echo Editor, Fathol Bukhari, for the past 11 years and have always found him to be a person of high moral fibre, and well able to articulate issues of concern in the broader community. Being a former army officer, he understands the ex-service communities, in Malaysia and other countries, particularly those who participated in the Malayan Emergency and the Indonesian Confrontation,” **Ken McNeill, the International Liaison Officer of the National Malaya & Borneo Veterans Association Australia** enthused.

The Tasmania-based Aussie veteran is the organiser of the annual commemorations in Taiping.

“This paper can do no better than continue its mission; to fearlessly write about the Ipoh community, (the good, the bad, and the ugly), regardless of colour or creed, that is the way forward, and this paper has leaders who are not afraid to take it that way,” Ken concluded.

Promoting Ipoh’s Food

SeeFoon Chan Koppen our intrepid Foodie-at-Large has been writing the Musings column for seven years and has garnered for herself a huge following, some of whom wait eagerly for every issue, to discover yet another gem of a restaurant or hawker stall to add to their repertoire of places to eat.

Working often as a team with her foodie ‘kaki’ **Ginla Chew**, who forages out little tucked-away treasures in her peripatetic wanderings around town, SeeFoon has been responsible for putting many restaurants on the culinary map and has been known to increase a restaurant’s business two or three fold with one positive review.

One-of-a-Kind Training Ground

Former staff too shared their stories and memories of working with Ipoh Echo.

“It’s an ideal place for someone who wants to start a career in journalism. Working with the Ipoh Echo helped me establish my contact base in the newspaper line,” **Ramesh, our former marketing manager** back in 2006, highlighted.

Ista Kyra Sharmugam, was a contributing writer for us back in 2010. “It was a great start for me into journalism. I gave



Dato’ Dr Wenddi Anne Chong



Ken McNeill



SeeFoon



Ginla Chew

... continued on page 6

• From the Editor's Desk
By Fathol Zaman Bukhari

IPOH'S LISTING IN LONELY PLANET

The inevitable has happened and city fathers have the private sector to thank for this timely boost...

The city was abuzz with talks and gossip following Ipoh's listing as one of the ten must-visit destinations in Asia in 2016. The world's largest travel guide book publisher, Lonely Planet, has placed Ipoh at Number 6 spot behind Hokkaido (Japan), Shanghai (China), Jeonju (South Korea), Con Dao Islands (Vietnam) and Hong Kong (China).

The opening lines on Ipoh in the Lonely Planet website go somewhat like this:

"Ipoh is undergoing a quiet renaissance. Until now, domestic tourists seldom lingered beyond a weekend sampling of ayam tauge (chicken and beansprouts) and Ipoh's famous white coffee. Backpackers considered this pleasant, mid-sized city an overnight stop between Kuala Lumpur and Penang. These days, renewed enthusiasm for Ipoh's heritage is seeing old shophouses restored, while new cafes and craft shops are springing up within historic buildings.

The key to enjoying Ipoh is tackling it by neighbourhood. Its pavements seem designed to shred sandals while its sights sprawl over a large area. Start with the old town's charismatic laneways and revived-period buildings. Grab a trail map to seek out the best heritage structures and street art. South of here, Ipoh's Little India has glittering shops and some fine eateries.

East of the river in Ipoh's new town, a cluster of canteens serve up regional classics like ayam tauge and some of the creamiest beancurd pudding around. Just north of this foodie hub are the city's more upmarket hotels alongside the shiny Parade shopping mall. As Ipoh's confidence grows, it's an exciting place for an urban interlude..."

The thing that got Ipoh listed, by and large, are the avant garde cafes and boutique hotels that have proliferated like mushrooms after a downpour in Old Town or the Old Quarters, for want of a better word. There are many within the Old Town complex such as Sekeping Kong Heng, Burps and Giggles, STG (Sabah Tea Garden), Plan B, Happy 8, etc. These "hipster cafes" are gaining much-needed publicity after the exposure by Lonely Planet.

The inevitable has happened and city fathers have the private sector to thank for this timely boost. Far-sightedness by shrewd businesspersons like Julie Song, who owns and operates the Indulgence Restaurant and Living beginning from an unassuming half shop lot café in Canning Garden in 1996 to her present and more illustrious structure at 14 Jalan Raja DiHilir (Tambun Road), Ipoh.



The transformation came about in 2005 over a decade ago. Today Indulgence Restaurant is a much-sought-after fine-dining eatery in town. The restaurant is synonymous with Ipoh and so is its 7-room boutique hotel, the very first such accommodation in Ipoh. The proliferation of this class of hotels can be traced to Song's ostentatious effort at putting Ipoh on the travel map. And she did it with such finesse and panache.

The list of individuals who have Ipoh in mind goes beyond Julie. One of them is Julie's own son Dexter who now operates Burps and Giggles another hipster cafe at 96 Jalan Sultan Yusuff. Other personalities include Linda Damanhari, Azril, Saidatul Emma, to name a few. These youngsters have the vision and the determination to see their hometown grow

notwithstanding the negativity long associated with the "town that tin built".

The demise of the tin industry in the early 1980s had a damning impact on Perak's capital city and recovery was never expected to be easy. There was an exodus of talent and manpower to Kuala Lumpur and Penang. Ipoh's loss was their gain, so the saying goes. But these youngsters are making a comeback and they have Ipoh in their sights. And this is a welcome change indeed.

The roles played by big-time developers such as Tan Sri Dr Jeffrey Cheah of Sunway Group, Peter Chan of Haven, Dato' Lee Seng Hee of Team Keris Berhad, Dato' Lim Si Boon of Kinta Properties and Dato' Poo Tak Kiau of Kinta Real Estate are, by now, legendary. They have provided the impetus to put Ipoh where it is today.

Incidentally, apartment-living is being initiated in a big way by Peter Chan of Haven Resort and Residences. An on-going spat with MB Incorporated is set to dampen progress as the state-owned business arm is determined to proceed with its plans to develop land around Peter's Haven.

Does that leave ordinary Ipohites without a role to play? If you think that such responsibility is only for the big boys, you are mistaken. We all have a much bigger part to play. We cannot remain passive and let things pass by unnoticed. Our job is to make sure that the city ticks and is on the right track. Ipoh is as good as the people who populate the city. Period.

EYE HEALTH — HEALTHY EATING

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

A question many people ask doctors is whether nutrition and vitamins do play a part in maintaining healthy eyes. The answer in a nutshell is, "Yes, your eyes do in some ways reflect what you eat!" Good nutrition is important for eye health and of course for general health too. Good nutrition not only help our eyes function well but also help protect the eyes from certain diseases.



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

DEFICIENCIES THAT CAN BLIND

A typical example of how nutrition plays a vital part in the health of our eyes is a childhood condition leading to blindness called xerophthalmia. This condition is due to a lack of vitamin A in the diet and is commonly seen in developing countries.

OXIDATIVE STRESS

Our bodies constantly react with the oxygen in our environment. Due to this activity, humans produce tiny molecules called free radicals. These free radicals affect our cells, sometimes damaging them. This is called oxidative stress and it plays a role in how macular degeneration develops. Amongst the more important ones are the antioxidant vitamins A, C and E. These vitamins can be found in many different sources of fruit and vegetables such as oranges, grapefruit, tomatoes, carrots and green leafy vegetables.



CAROTENOIDS – Lutein & Zeaxanthin

Studies have shown that two types of carotenoids called Lutein and Zeaxanthin are essential for eye health. In the Age Related Eye Disease Study (AREDS) of 4757 patients, it showed that those who had a higher intake of Lutein with Zeaxanthin in their diet had less incidence of Age-related Macular Degeneration (AMD). These carotenoids keep the eyes safe from oxidative stress especially from the exposure to blue light (high energy photons). Lutein has also been shown to improve retinal sensitivity. Lutein and zeaxanthin can be found naturally in vegetables, fruits, yellow peppers, mango, bilberries, spinach and broccoli.

DIET

A good balanced diet that includes sufficient fresh fruits and vegetables is therefore essential. However, if you feel that your diet lacks adequate vitamins and minerals, you might want to consider taking a supplement for general and eye health when:

- your diet does not include enough fresh fruit and vegetables.
- it is hard to obtain or prepare fresh fruit and vegetables.
- you have been told to take a vitamin supplement by your eye doctor.

SOME POINTERS:

- Eat a good, balanced diet with lots of fresh fruit and vegetables.
- Take multivitamin supplements with carotenoids if needed.
- Stop smoking – cigarette smoke contains large amounts of free radicals.
- Take the necessary dietary precautions required if you have a medical problem like diabetes mellitus. Remember to get your eyes tested every two years if you are generally healthy but more often if you have medical problems like diabetes mellitus.

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

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An Online Movement to Support Working Mothers

Working mothers are often frustrated by the lack of support, when taking care of their children. A number of mothers are forced to leave their jobs, and stay at home, to look after their family. Having been forced to forego their careers, some have complained about many aspects of their lives, and the undermining of their confidence.

Major Shera Ann Bosco, also known as Mummy Juls, is a full-time working woman and the mother of a 7-year-old boy. She indulges in sports, and running is her favourite hobby. She has started an online community project, although she is based in Kuala Lumpur, hers is a good role model for mothers throughout Malaysia.

Realising the need for a support system, which focuses on the mothers' needs and the importance of building-up resources, she said, "The solution was to create a conducive atmosphere where mothers can support and motivate one another. I felt I could contribute to the economy and together with my friend, Umesh, started a Facebook page, called 'Jobs for Caring Moms Malaysia – Babysitter, Tutor, Daycare'. This was in April 2016.

"Most Malaysians are hooked on Facebook, and the Facebook group was a free platform with which to bring out the best in the mothers. In it, we offered a few basic principles and guidelines to support caring mothers.

"We dubbed the group, 'Caring Moms' and it signifies two things. First. Mothers care and love their families, irrespective of their monetary or social status. Second. We wanted to create a culture of care and support, whilst giving priority to the mothers who do so much for society."

Although the support network had taken one year, to get off the ground, Mummy Juls said, "We finally decided it was the right time and started. After all there will never be a better time. We had much support from our friends and families. Our parents were happy that we are able to help so many people.

"There was a little resistance, but resistance to change and the fear of something new is always present. We are stronger when we learn to face these challenges."

Describing the response to 'Caring Moms', Mummy Juls said, "It has been very encouraging from day one, and didn't expect the growth that we have, today. This gap was waiting to be filled. It was like awakening a sleeping giant. These mothers just bloomed, from a bud to a rose. From a caterpillar into a butterfly."

To date, 'Caring Moms' has a membership of around 40,000, who buy and sell on the platform, which Mummy Juls started. She said, "We hope to bring out the confidence in mothers. They have the power, the drive and they have tremendous potential."

Running 'Caring Moms', has not always been plain sailing and Mummy Juls said, "We experience problems daily. This is firstly a Facebook group. Buyers and sellers do not have a secure mode of transaction. There are integrity issues. Scammers and fake accounts. We have found it tough, running a group this large. We both have our own full time jobs and families to care for."

Despite the pitfalls, she said, "It is pure happiness to see the joy of a mother when her item is sold out and many people compliment her cooking. I am sad that running the group means I do not spend enough time with my son."

Seeing herself play an important role in the community, Mummy Juls stressed that she did not want 'Caring Moms' to be perceived as a charity group, because

the products and services offered by the mothers are of high quality.

She said, "Our success is based on merit, and not on people's sympathy towards us. To ensure the safety of our mothers, we keep away from any charity that requires donation in monetary form.

"At the end of the day, we are just an enabler, to help make things happen. We are a social media platform which is easily found on Facebook. We are definitely not responsible, should something go wrong between buyer and seller, because we do not have a dedicated, secured platform."

Mummy Juls wants to empower mothers, economically, and make them feel confident about themselves, with the respect and position, they deserve.

With visions for the future, she said, "We want the support system to grow nationwide, with mothers who are celebrated. Children are the future of any society. We want 'Caring Moms' to become a culture that society acknowledges, where mothers are treated with utmost respect and special provisions are given to them at workplaces, and public places."

Mummy Juls message is simple, "Our effort goes across the board to all mothers, not just single mothers. We all have our battles. You are welcome to join www.facebook.com/groups/caringmoms.

"The magic is happening there."



CHILD HEALTH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

Managing Fever in Children

In my years of paediatric practice, the one thing that terrifies parents is fever. My focus in this month's article is common queries parents have about fever and its management.

What is Normal Body Temperature?

It is generally accepted that normal body temperature ranges between 36.1°C to 37.2°C.

What is Fever?

Fever is when the body temperature is above the normal level. It is a response to variable conditions, the most common of which is infection. Fever occurs as a result of the body's thermostat being reset to a higher level (to a higher than usual temperature).

Temperature that is considered as fever depends on where the temperature is measured. Generally accepted temperature is as follows:

- Oral: above 37.8°C
- Axillary (armpit): above 37.2°C
- Ear (tympanic membrane): above 38°C
- Forehead: above 38°C

What are Non-Medical Ways to Treat the Temperature?

Fever can make the child uncomfortable or dehydrated, thus it is important to lower the temperature. The non-medical ways are as follows:

1. Lukewarm bath or sponge bath
2. Placing a cool damp wash cloth on the forehead when the child is resting
3. Giving plenty of fluids
4. Dress the child in one light layer
5. Using a fan in a low setting and not blowing directly at the child

What is the Medical Way to Treat the Fever?

Fever reducing medication can be used to treat the fever. The two fever reducing medications are: Paracetamol and Ibuprofen.

Paracetamol can be given every four to six hourly as needed. Ibuprofen may be given six to eight hourly. Ibuprofen is not recommended for children less than six months.

The dosage is based on the weight of the child and you can refer to your doctor or the product information sheet for the appropriate dosage.

Giving a combination of paracetamol and ibuprofen may be required in children with high persisting fever. This should be done with medical advice and with caution as the chances of giving a wrong dose is higher. Fever reducing medicine treats the fever only and not the underlying cause of the fever.

When to See the Doctor?

The decision to see the doctor is yours. Here are some guidelines. It is not an exhaustive list.

1. Infants less than six months with an ear or armpit temperature of more than 38°C.
2. Children six months to three years with a temperature more than 38°C for more than two days or who appear ill.
3. Children of any age with an ear or armpit temperature of more than 39°C.
4. Children of any age who have a fit with the fever.
5. Children who have fever and rash.
6. Children who have fever and underlying medical condition such as heart, kidney problems, etc.
7. When your intuition tells you to.

For more information, call Dr Shan's clinic at Hospital Fatimah 05 546 1345 or email shaniea02@gmail.com.



**THINKING
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by Mariam Mokhtar

Han Chin Pet Soo

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ON IPOH FOOD

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



SeeFoon finds a new Ray of Sunshine in Old Town

I am a self-confessed insatiable foodie who will beat a path to any door in search of the next nibble, the next new discovery where my taste buds will be titillated and appeased.

Alas, given our Malaysian heat and humidity, some of Ipoh's best known hawker dishes are usually savoured in a pool of perspiration. For this Foodie that is.

For someone like me who is habituated to air conditioning, eating at hawker stalls can occasionally be a torture, with sweat and make-up pouring down my face, my small face towel (which I always carry in my handbag) drenched to dripping and wishing for a cool respite from the unceasing heat.

Now thanks to **Ray of Hope**, who have opened a new eating outlet in Old Town, I can enjoy all my hawker delights in cool comfort.

The Ray of Hope is a non-profit, non religious, multi-racial centre set up by St Peter's and St Augustine's churches, Ipoh. Its sole objective is to give hope to people with learning difficulties. Headed by Datin Mary and her husband Dato' Yeoh Beng San who is Advisor and Fundraising Chairman, it also provides vocational training and sheltered employment for young adults with learning difficulties. It is a sheer delight to see the enthusiasm and willingness of the young people with varying degrees of learning disabilities greet and serve you with smiles at their cafe in Bercham and here in Old Town, the same applies.

Thanks to the generosity of one Ipohite, who has loaned one of the old shophouses to the Ray of Hope Foundation, this additional Cafe right next to Hoong Tho on Jalan Bandar Timah, will serve as a beckoning 'Ray' of gourmandising for those heading towards this part of town that has become a magnet for Foodies from all over.

The dynamo behind this second Ray of Hope Cafe is Datin Grace Lee, a self deprecating bundle of energy who instead of shopping the world's capital cities or playing mahjong, has thrown herself into this project with a dedication and commitment that is breathtaking.

Waking at 5.30am she is in the shop by 6.30am and in the kitchen preparing the day's **mis en place** (the basic necessities for all dishes served). Then she attends to the purchasing and liaising with suppliers, followed by checking on the cleaning, and the myriad other details that running a restaurant entails. Following this dizzying schedule six days a week, she even serves customers, wearing her apron and sports cap, looking like any other paid service person in any restaurant. Not only is she not paid, but she has personally donated a large number of the fixtures and equipment in the restaurant; not to mention her time and energy.

Jessie Yong, who serves as overall manager as well as "chef and bottle washer" (or in Chinese the 'one leg kick') had this to say about Grace, "She is indefatigable. From establishing all the recipes for all the dishes, to trying out new dishes for our menu, she



Auntie Shareen and Jason



Datin Grace Lee



is truly committed. I really admire her dedication. And the learning disabled kids love her," she added.

Shareen Ng, whom everyone calls Auntie Shareen, has been volunteering in Bercham and now in Old Town for 15 years. "My son Jason who has Down syndrome has been helped greatly by Ray of Hope. He can now take orders and serve customers. This is a meaningful job for me as I am not only here to help my son become more skilled but I am helping the others as well," she volunteered. "He can now interact with customers and is developing his social skills. Working here is a wonderful opportunity for him as he would not find employment anywhere else," she added.

Let's get to the food (this began as a column about food!). The menu is simple, focusing on noodles and special steamed soups. The steamed soups are substantial and best shared with either a few friends or to be ordered and brought home. I had a most unusual **steamed soup of kampung chicken** redolent with the flavour of lemongrass which was used generously together with ginger. The kampung chicken was tender and the fact that there was not the slightest smidgen of MSG in the soup made it totally slurpable, something which I proceeded to do that evening, having brought the soup home to enjoy – **S/M/L RM25/35/45**. Special soups include steamed soups with Ginseng, dried scallops and other special herbs and are available as **Soup of the Day** or may be ordered in advance for takeaway – **S/M/L RM35/55/75**.

The rest of the menu is typical hawker fare with **Curry Mee RM8**, **Asam Laksa RM7**, **Chicken Hor Fun RM7** and **Chee Cheong Fun plain at RM5** and with **mushroom and chicken RM7**.

Their **Taiwanese Beef Noodles** are extra special, a big steaming bowl of a robust beef broth with well braised tender chunks of beef, the tendon simmered to a jelly-like consistency, complemented by salted cabbage and a thick dark chilli sauce – **RM9.50**

Yes the Ray Of Hope prices are higher than the surrounding eating places where it's located but what endears me to Ray of Hope is their motto of "Every Life Counts, Every Person Matters" and that every ringgit I spend there goes to the learning disabled.

Their catering services (as in providing food only) are excellent as I have personally used them. Speak to either Grace or Jesse and they'll bend over backwards to accommodate you. Grace has a repertoire of other dishes that are not on the menu which she'll be happy to whip up for your event. Not only will you enjoy the taste treat but you'll be helping a good and worthy cause.

Ray of Hope

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10 years of Ipoh Echo . . . continued from page 2

it a go as I thought the prospects of wetting my feet in writing for a community paper would be a valuable experience. I got great feedback about my writing which gave me confidence to explore further,” Ista shared. Since then, she has written for New Straits Times, Malaysian Insider and Malay Mail.

“Being a member of the team that won the 2013 Perak Tourism Awards for Best Tourism Publication remains the highlight of my time with the paper,” **Emily Lowe, our stringer** since 2011, said.

Our **former reporter, Nantini Krishnan** reflected, “It was really challenging and fun at the same time. I learned so many new things at the Echo. I’d like to contribute something to the community as well.”

Ipoh Echo in Retrospect

Flipping through the annals of Ipoh Echo the past 10 years gives us a sense of fulfilment and, to a certain extent, some regrets. By not highlighting some of the more pertinent issues relating to our arduous journey would only do injustice to the hardworking and dedicated Echo team who has slogged day and night, seven days a week, through rain and shine, to bring to our loyal readers, the happenings in our neck of the woods.

Besides feeding the gastronomical needs of readers in our foodie column, we have also brought hope and cheer to the helpless and needy in orphanages and old folks’ homes. We have given shelter and food to some who are in dire straits through donations from

the authorities and well-wishers. We had even made the blind see through the generosity of **Hospital Fatimah and Dr S.S. Gill**.

By highlighting Dementia and Parkinson’s disease we made people aware of these two very misunderstood disabilities and how best to cope with them. We have not even forgotten our four-legged friends in our reporting, as some were being timely rescued following our revelations.

On the home front our reporting on the poor maintenance of various gardens and parks such as the Ipoh Railway Station, Ipoh Padang, Gunung Lang, Taman DR Seenivasagam, Polo Ground, to name a few, have seen some significant improvements.

We are not able to list down all of our achievements in this article. Our biggest setback is our failure to clean up our beautiful city. Illegal dumpsites and littering are still rampant in spite of attempts at improving the image of the city by mayor, Dato’ Zambri Man. This is an attitude problem prevalent in Ipohites who, unfortunately, are imbued with untidiness as an inherent habit.

However, being listed as the **sixth must-visit city in Asia by Lonely Planet’s** news portal vindicates our pessimism that Ipohites are beyond reproach. Although the listing by the world’s largest travel guide book publisher has come about largely due to the numerous boutique cafes and hotels in Old Town, **Ipoh Echo’s subtle role must be given its due**, as the tabloid has been promoting these outlets from time to time.



The Ipoh Echo team

Financial Planning

The First Job

This is Part 3 of a continuing 12-part series on financial planning. This week, we will join Adam as he embarks on a new adventure into the working world, with a little romance in the air.

His best friend Daniel gave Adam a nudge.

Adam's thoughts were fixated on Aida, who was seated across the hall. He wondered how he should approach her for a photograph later. It was a proud moment for Adam and his family. He finally graduated with a 1st class honours degree and had already secured a job. Later at the graduation reception, Adam managed to pick up some courage to ask Aida for a photo together and they exchanged numbers with the promise to keep in touch.

Adam started his career in one of the 'Big 5' accounting firms with a starting salary of RM2500 per month. After a while, his average salary increased to RM3000 per month, inclusive of overtime and allowance. He reviewed his budget again and revised it as follows:

INCOME		EXPENSES	
Take-home Pay	RM2,500	Savings	RM250
		Repayment of PTPTN Loan	RM150
		Gift to Parents	RM500
		Food	RM500
		Clothing & Entertainment	RM500
		Transportation	RM200
		Telephone Bill	RM100
Total Income	RM2,500	Total Expenses	RM2,200
		Balance	RM300

(Take-home pay is net of EPF & SOCSO contributions and taxes)

In line with the principle that we should always pay ourselves first, he made it a point to continue with this unit trust investment and topped up his regular savings plan to 10% of his salary. He read from some financial planning books that a person should save at least 10% of his income over and above his EPF contribution. Of course, this may be tall order for most people, but this is a sacrifice we have to make for a comfortable retirement.

He had to repay his PTPTN loan with RM150 monthly over a period of 180 months at an administrative cost of 1% p.a. As a responsible graduate, Adam started repaying his loan as soon as he received his first pay cheque to avoid being blacklisted from taking future loans nor deprive other needy undergraduates of such funds.

Since Adam lived with his parents, he was able to save on rental and with that opportune saving, he decided to give his parents RM500 to cover for food and lodging which he saw as a 'filial' bargain! He allocated another RM500 for his meals outside home, RM500 for clothing and entertainment and RM100 for his handphone bills as his social life expanded.

Adam had the intention of getting a car but he decided to save up a little bit more to put a larger down payment for his first car. Till then, he relied on public transport or tumpang with his colleagues who were driving. He got himself the Monthly Travel Card, an integrated travel pass for public buses and LRTs for RM135 per month. He put in some buffer in the budget for additional taxi rides every now and then.

He had extra RM300 balance to spare and decided to take up a medical insurance policy with medical card for RM250 per month, which covers his hospitalisation and surgical expenses, should he be hospitalised. Though his firm provides insurance coverage, he should have his own insurance coverage as a safety net. With this allocation, he would have almost fully utilised his income productively.

In one of his audit assignments, Adam came across his university mate Aida who worked as a finance executive at the bank that Adam was auditing. During their conversation, her phone rang and the graduation picture they took together popped up on her screen! She blushed and was lost for words. Immediately the 'hero' wrestled control of the situation with a reassuring smile. There was hope for 'advancements in this potentially blossoming relationship'.



Wellness

Laparoscopic Surgery

Ipo Echo spoke to Dr Divakaran, Resident Consultant Obstetrician & Gynaecologist and Fetal Medicine of KPJ Ipoh Specialist Hospital about laparoscopic surgery. An obstetrician-gynaecologist (O&G) is a doctor who specialises in the health care of women.

Dr Divakaran started his practice at KPJ Ipoh Specialist Hospital in December 2005 as a Resident Consultant Obstetrician & Gynaecologist. He was attached to several hospitals in Perak, Hospital Universiti Sains Malaysia, Sarawak General Hospital, Watford General Hospital and Birmingham Women's Hospital in England. Apart from his profession as a Consultant O&G, Dr Divakaran was a senior lecturer in O&G for Perak College of Medicine and an honorary senior lecturer in O&G for University of Sheffield, England (2003-2005).

According to Dr Divakaran, laparoscopic surgery or keyhole surgery is a modern surgical technique in which operations are performed far from their location through small incisions (usually 1-2cm) in the body.

Why is laparoscopy performed?

Many surgical procedures that used to be performed through larger abdominal incisions are now performed laparoscopically. Laparoscopic surgery is most commonly used in gynaecology to study the conditions affecting the female reproductive system.

During the surgery, the laparoscope will be inserted through the incision. The camera attached to the laparoscope will display the images on a screen, allowing your doctor to see your organs in real time.

Laparoscopy is carried out under general anaesthesia, so patients will not feel any pain during the procedure.

Laparoscopy has many uses. It includes the diagnosis and the removal of ovarian cyst, hysterectomy (removal of womb) and infertility treatment. Many surgical procedures that used to be performed through larger abdominal incisions are now performed laparoscopically.

What are the benefits of laparoscopy?

The popularity of laparoscopic surgery is mainly because of the advantages that it offers to the patient. Usually these procedures are more technically challenging for the surgeon so additional skill and training are required to perform them safely.

The surgeons at KPJ Ipoh Specialist Hospital have extensive training in advanced laparoscopy.

Compared with traditional surgery, laparoscopic surgery has reduced risk of infection, it is less painful, a shorter hospital stay with quicker recovery, smaller surgical scars and an earlier return to normal activities.



Dr Divakaran Consultant Obstetrician & Gynaecologist and Fetal Medicine

For more information, call Dr Divakaran of KPJ Ipoh Specialist Hospital at 05-240 8777 (Ext: 410).

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Community

Dengue Awareness Campaign



The Pharmacy Student's Society of University of Kuala Lumpur, Royal College of Medicine Perak (RCMP), Ipoh organised a dengue-awareness campaign recently. Held at Aeon Klebang, it was an educational and interactive event designed to provide basic information on medicines and the provision of free medical screening to the public. It was also aimed at increasing public awareness on dengue which is rather prevalent in Perak, especially in Ipoh.

Led by project director, Ahmad Asyraf bin Rosli, a number of health-related activities were organised simultaneously. They included a blood-donation drive, blood-screening, eye testing, health exhibition, health talks and games.

Attended by over 300 people, the guest of honour was Vanitha Ramachandran, Chairman of Malaysian Pharmaceutical Society Perak. Also present was Wong Mei Ting from Allied Against Dengue who enlightened the audience on the role of pharmacists in controlling dengue.

Equally informative was the talk by Harpreet Kaur of the Malaysian Pharmaceutical Society, Perak. She spoke on the importance of prescription in preventing undetected dengue fever.

The Pharmacy Student's Society of RCMP consists of pharmacy students from all semesters.

Ed

Ipoh's First Environmental Race

In conjunction with World Environment Day, Ipoh had its first ever environmental race called, 'Race for a Better Planet' recently. It was organised by Sunway Property and assisted by two non-governmental organisations (NGO) namely, EcoKnights and Malaysian Environmental NGO.

Over 200 participants joined in the family-orientated fun run which began at 7am. Each team had to complete the 5km event, moving from checkpoint to checkpoint inside and outside of the theme park, Lost World of Tambun.

There were a total of seven checkpoints, each consisting of environment-related puzzles and tasks which the participants had to perform and resolve collectively as a team.

The race was not the only activity on the cards as there was a performance by Ecodrum, morning zumba, demonstrations on composting, eco-enzyme, sugar scrub and seed balls, as well as face and body painting booths.

Krishnan Pachi Muthu and his family, who amassed 103 points out of a possible 110, won first place. His team received RM600 as prize money.

"When we were handling the registration counters, we had participants coming up to us saying they seldom had opportunities like this in Ipoh, as these are usually done in Kuala Lumpur," said founder cum president of EcoKnights, Yasmin Rasyid.

"It's not easy to teach people the importance of preserving the environment, as the real change comes from within us. We can't gauge the impact we've made since the time-frame is too short. Hopefully, more events like this should be held to continuously educate the people," she added.

Khaleeja



Community

Seeking Financial Assistance



Tang Miu Peng, a 17-year-old student from Taman Desa Rishah, Ipoh, seeks financial assistance to settle her medical bills for injuries sustained in a

recent road accident. She has been treated at the ICU of Pantai Hospital Ipoh.

According to her sister, Tang Ooi Leng, 24, the accident occurred along Jalan Sultan Azlan Shah near the Sekolah Tunku Abdul Rahman exit. It involved her sister's motorcycle and another. The accident took place on Wednesday, July 6.

Miu Peng, who was riding pillion, sustained serious injuries in which the bones of her face and right hand were broken in addition to bleeding at the spleen and liver.

"Since her admission to the private hospital, my sister has undergone three major surgeries. She has to be hospitalised at Pantai Hospital as it's the nearest to the accident site.

"At that moment, the whole family just wished for her to be safe. We plan to bring her to another private hospital where I work but her condition will pose a risk," she told Ipoh Echo.

To date, they have only paid a deposit of RM7000. The hospital has to date billed them over RM80,000 for the surgeries.

The doctor treating Miu Peng could not provide the exact cost of treatment as it depends on her condition and follow-up treatments to be done in the future.

"The doctor estimates it to be RM200,000. We can't

afford the bill and hope that the public can come forward to assist. My father works as a carpenter. His income is only enough for the family. Our combined household income too is not enough."

Ooi Leng said that once Miu Peng has stabilised, they plan to continue her treatment at the Raja Permaisuri Bainun Hospital, as they cannot afford the steep treatment cost.

Readers wishing to help can deposit their money to Public Bank saving account No: **4-3907506-12** belonging to Chang Yoke Chuan/Tang Miu Peng.

Rosli Mansor



SMK Menglembu Visits Old Folks Home

It was a warm and lovely day at Jelapang Old Folks Home on July 23 when 27 students from SMK Menglembu paid a visit and helped to clean the place.

The Form 1 and Form 2 students who are members of the school Counselling and Career Club, spruced up the home by cleaning the windows and bathrooms, sweeping, mopping and performing other tasks.

"The idea is to teach students to give back and help those who are in need. We chose Jelapang Old Folks Home because they rely fully on the help and donation of the public," said Mrs Oi Ying Shing, one of the teachers who assisted the programme.

Soon after the cleaning finished, the students entertained the residents by singing a few songs including Mandarin and English songs. The school also donated goodie bags to the old folks as part of their visit.

Ili Aqilah



Prevention is Better than Cure

Since safety issues frequently pop up with schools, the Perak Department of Occupational Safety and Health organised a forum entitled, 'Hazard Identification, Risk Assessment and Risk Control' exclusively for schools in Perak. It was held at the Kinta Riverfront Hotel, Ipoh.

The objective was to create awareness on safety and health measures among students and school staff.

"This forum is organised so more schools in Perak can aspire to achieve the safety and health standards," said department director, Ir Mohamad Razak Ismail.

Sekolah Kebangsaan Haji Mahmud was duly rewarded for being the only school that achieved the required level of safety and health standards set by the department. The school principal received a certificate of excellence.

Ili Aqilah

Announcement

Family Wellness Club will be organising a 3-day workshop on 'Financial Literacy for Young Working Adults', in collaboration with Money Tree Ipoh Garden and i-Gen XYZ Financial group.

The workshop aims to teach participants essential money management skills that will help them to better manage their personal and family finances. It is open to young working adults aged from 21-35 years and will be held on 3 consecutive Friday nights in August 2016, namely **12/8/2016, 19/8/2016 & 26/8/2016**, from 8pm-10pm

at Banyan Spa, No.40 Jalan Raja Dihilir, 30350 Ipoh. Places are limited and on a first come first serve basis.

Registration is free

Call 05-2426866 (Denise)
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Han Chin Pet Soo

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Arts & Culture

Fiery Exhibition by Tan Vooi Yam

After more than two years of creating one of a kind artworks, Tan Vooi Yam held his fifth solo exhibition entitled 'Wood Fired Ceramic' recently, at Greentown Business Centre.

The one-week exhibition displayed more than 20 ceramic pieces created by Tan with the help of his team. Among items available at the show were plates, vases and a few face sculptures that Tan described as a series of 'Emotional States'.

"All of these clay sculptures were put in a kiln built by us and left under hot temperature (1300° celcius) for 30 hours. It is a meticulous process as we need to make sure that each of them is burnt perfectly with no cracks or any damages," added Tan as he explained his history and the world of ceramics.

Tan is currently the designer at his family's pottery factory. His kiln, called the *ipohGama* was built in 2014 and was the first in Ipoh. Although the ceramic scene in Malaysia isn't as big as Tan wishes, he is determined to create more art pieces in the future.

"My previous exhibition was held in 2013 at Lim Ko Pi Gallery. I am now working on new ideas for my upcoming show and it will definitely be different from what you are seeing here," said Tan.



Ili Aqilah

Young Perak

Chapter 2: The Treasure

The play, 'The Treasure' staged by SMK Methodist (ACS) Ipoh from Friday, July 22 till Sunday, July 24 was actually the school's very first trilogy production.

The first chapter was a variety show about a pirate bar held in April. Following the pirate theme, and having the bar inserted in the play, it was pretty much linked.

Tickets were priced at RM15 and RM20 for night performances and RM10 for matinee shows during the weekend. 'The Treasure' was about a group of friends who just graduated and were going for a holiday until a shipwreck occurred and they ended up on an island.

Coincidentally, a group of pirates were looking for One-Eyed John's lost treasure hidden on the same island. At the same time, they were also trying to change their current captain. They all came across each other on the island, and the pirates held the group of friends as hostages.

"We wrote the script ourselves. I could say it was our own treasure after a session of brainstorming," said artistic director, coach and advisor who has been involved in theatre for the past 16 years, Xavier Fong.



'The Treasure' was filled with emotions, it was funny and it also touched everyone's hearts. They never found the treasure, instead they found something much priceless; love and bond between each other.

Xavier and Rheanogha Subramaniam, the director, who is currently in Upper Six, expressed how worried they were, especially since it was Rheanogha's first production.

"When I saw them on stage, I was stunned. They really made my night. I hope it continues for the remaining shows," said Rheanogha.

"I couldn't really see the crowd while on stage as the lights were beaming. I was pretty nervous at first but the moment I got on stage, I said to myself that I got this. Besides, after so much of practising done, I got it all by heart already," said Alicia Anne Morris who played the part of Emily, one of the shipwrecked friends.

Music score was by Muhd Daniel Ariff. The lively music and the witty musicians helped connect the audience to the play itself.

The climax of the trilogy, Chapter 3, will be staged in October. This time it will be a haunted tour of the school's pathways. To find out more check it out with SMK Methodist Ipoh for details of the upcoming play.

Khaleeja

Health

Natural Health Revolution

Zija International led the natural health revolution at Meru Valley Resort on Tuesday, July 26 with its three top-range products: **Core Moringa, Ameo Essential Oils and Riptix Fitness Supplements.**

The educational morning began with a talk on the mission of the revolution which is to help save more lives than any drug ever being discovered by naturally nourishing, restoring and conditioning our bodies. Natural health revolution is about fighting the norms of eating ourselves sick, healing ourselves adversely and conditioning ourselves sedentary.

Moringa Oleifera is a tree that is ubiquitous in Malaysia but as it is usually grown by the roadside, they are subjected to all manner of chemical sprays and emissions from traffic. Touted as a "miracle tree", Zija's formulation team has channeled Moringa's dramatic nutritional properties into delicious beverages that are overflowing with 90+ verifiable, cell-ready vitamins, minerals, vital proteins, antioxidants, omega oils, and other benefits. Zija's Moringa trees are grown on proprietary farms in India where they are raised without chemicals, harvested carefully by hand, and then shade dried, ensuring that essential nutrients remain intact. They use all of the most beneficial parts of the tree – the leaves, the seeds, and the fruit – in their nutritional beverages one of which is their SuperMix which was shared and enjoyed by all at the demonstration.

According to former Ipohite **Shorbana Martin** now residing in Kuala Lumpur, a clinical aromatherapist with over 20 years of experience, essential oils are soluble in

fat, hence it can penetrate into the cells. One drop of essential oils affect 40,000 cells. The primary route of absorption is inhalation while topical absorption is best for physical needs. Surprisingly, while most essential oils in the market today are therapeutic oils ranging from the very pure to the highly adulterated, these Ameo clinical grade essential oils are also edible although some are not suitable for enhancing food, not because they are harmful but because their aroma does not lend itself to combining with certain ingredients.



Enlightening on natural healing with essential oils, the aroma of lavender, frankincense, peppermint and other clinical grade essential oils permeated through the function room as attendees tried the products first-hand.

Last but not least was the live cooking demonstration using the essential oils by Meru chef Desmond who crafted two dishes in front of the group: the Oregano chicken breast and garoupa fillet in lemon cream sauce. Using only one drop of the oil, both the chicken and the garoupa were thoroughly infused with the aroma of oregano and lemon respectively, which goes to show that a drop or two can really go a long way.

Guests were then treated to a sumptuous lunch of oregano chicken, lemon garoupa fish, rosemary tomato soup, mixed mesclun salad all infused with drops of the respective Ameo essential oil finishing off the meal with a chocolate mousse cake impregnated with Peppermint oil. One guest was so carried away that he walked off with twelve pieces on his plate, so arresting was the taste and aroma of the mousse cake.

Interested readers can contact Miss Chan at **012 200 7243** for further details. Or go to: www.joycechan.myzija.com on Moringa or www.joycechan.myameo.com on essential oils.

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SAFE GOOD FOOD

Opinion

Acting Your Age

Two thousand years ago, Cicero suggested “it’s not old age that is at fault but our attitude towards it.” I wonder how would Cicero react if someone were to ask him to act his age.

So what does ‘acting our age’ mean?

How often do we utter such a phrase or have it said of us. Or perhaps we secretly made such judgements in our head. “Look at her, wearing those outrageous clothes, why can’t she act her age?” Sounds too familiar?

Talk to most adults. Deep down inside they don’t think of themselves as being their physical age but consider themselves to be the age at which they hit maturity, probably between 18 and 21. Certainly people’s personalities mature as they go through certain stages, such as getting married and becoming a parent. But while our bodies grow older, our spirit stays pretty much the same. So if someone tells you to “act your age” and you are 75 and going to take up belly dancing, as far as you are concerned you are acting your age. So, how does one “act their age”?

Or are senior citizens confined to aged-approved activities like Tai Chi and Qi Gong and golfing? Who determines what age is appropriate anyway?

“You’re only as old as you feel.” That saying has been around longer than any of us. It’s a statement of rebellion against time and the effect it has on us. It’s a refusal to give in. It’s an excuse for not acting our age. And why should we? After all, age is just a number – does it have to be a state of mind?

But is it acceptable to wear jeans in your sixties? And is spending a month’s salary on a pair of shoes a sign of spontaneity or immaturity confined only to young adults? If we’re all busy enjoying life to the fullest and being ‘the best we can be’, who is to decide what age is appropriate? Does growing old mean giving up on selfish pleasures?

On one hand we are encouraged to eliminate wrinkles, colour greying hairs, hang-on to our youthful bodies and have it all, whatever our age. Yet, at the same time, we are chastised for dressing inappropriately, engaging in unsuitable activities, starting a romantic relationship and refusing to face up to our responsibilities. So, where does that leave the seniors?

Who decides that after a certain number of birthdays, we’re no longer supposed to have fun? With all of the money being spent in this culture by people trying to look younger, you’d think a few more would try a little harder to act younger. It’s free, and nothing covers wrinkles like a smile.

A few months ago, I took my niece to a local theme park. We spent the day riding everything from roller coasters to bumper cars and merry-go-round. We were like two kids. Only she is a kid. Me? I’m still in denial because I am not acting my age.

I read something that said, “I refuse to tiptoe through life, taking no chances and avoiding all dangers, only to arrive safely at death.” I thought that was a pretty strong sentiment, and in line with my thinking.

I personally marvel at older people who have forgotten how old they really are. They’re no different than anybody else their age. They wake up in the morning feeling



every aching muscle and joint in their body. They look in the mirror and see a reflection that isn’t quite what it used to be. And more often than not, they have to take a handful of pills before breakfast.

The difference is, they don’t care. Nobody tells them they’re too old to enjoy life, and if anybody did they wouldn’t give a damn. These are the people you see riding tandem bicycles in the evening, golfing on weekday mornings, and dancing when there’s no music. The ones you smile at in spite of yourself, because they seem to have found what we all want – happiness.

Is it sensible to generalise about the behaviour of old people? Why do we dictate that senior citizens should behave in a certain manner? Generalisation about infancy seems to be more accurate than those concerning toddlerhood. Adolescence with all its overheated confusion is nonetheless more consistent than early

adulthood. When we get into old age, individuality is rampant. A longer life gives us more idiosyncratic personal experiences to separate Me from Thee. We all age differently. So, how do we determine what behavior is age-appropriate?

It is a known fact that aging is inevitable. It begins the day we’re born and it doesn’t stop until the very end. Our hairs will turn gray, our skin will loosen, and our joints will stiffen up. But growing old is a personal choice. We may not be able to stop the process but we can sure make the most of it. In the end it is sometimes better to act the age you feel than the age you are.

“We don’t stop playing because we grow old; we grow old because we stop playing.”

George Bernard Shaw

Now, shall we stop acting our age?

Cecilia Chan





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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.

World Breastfeeding Week 2016, August 1 to 6, 9am to 4pm (Monday-Friday), 9am to 12pm (Saturday) at Main Lobby, 1st Floor, KPJ Ipoh Specialist Hospital. There will be a poster competition & nappy tying contest for fathers.

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 or contact us at **017 611 8828** or Yong **012 528 2082**.

ACS Ipoh Alumni Association Dinner, Saturday **August 6**, 6.30pm at WEIL Hotel Ballroom (6th Floor). Admission is by contribution of at least RM100 per pax. Contact: Ms Lim **03 241 2523**.

Public Forum – Skin Allergy in Children: Know More, Get Better! Speaker: Dr Jasmine Lau Yoke Chin (Resident Paediatrician). Saturday **August 13**, 3pm to 5pm at Dewan Anugerah, 5th Floor, KPJ Ipoh Specialist Hospital.

Methodist Girls’ School Ipoh inaugural musical concert, “A Night of Musical Vignettes” features performance from multiple arts and cultural centres, as well as academic institutions. Will be staged on Friday, **September 2** and Saturday, **September 3** at the auditorium of JKKP Perak from 8pm. Tickets, priced at RM 30, can be obtained from the school. For details, call Linda Zakaria **012 517 6940** or Zainal Akyan **013 926 6939**. Proceeds will be used for facilities upgrade and the purchase of musical instruments for the school.

Ipoh Fine Arts Society presents ‘A Night of Jazz, Soul and Rock & Roll’ featuring

Mireia Frutos & Maya Hanum. For the benefit of KHWAN – The Women’s Wing of the Haemophilia Society of Malaysia. **September 10** at The Dome, Meru Valley Resort. Dinner at 7pm; Musical Evening at 8pm. For further details, contact: **012 524 0104**, **016 527 2959** or **016 532 1087**.

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.

My Say

By Jerry Francis



Is Centralising Entertainment Outlets Advisable?

Inspector-General of Police (IGP) Tan Sri Khalid Abu Bakar's suggestion for entertainment outlets to be centralised for security purposes reminds me of the Malayan Emergency period when logging and mining operations were centralised.

Particularly in Perak, which was the last bastion of the fight against communist insurgents from 1948 till a peace accord was signed in 1989, where such a centralised concept was successfully implemented.

It was one of several measures adopted by the security forces to prevent the insurgents from sabotaging logging and mining operations and as well as intimidating the loggers, miners and their workers into providing essential supplies to them.

Under the centralised logging and mining concept, workers in the logging compartments and mines in their respective areas were required to return to a common base camp before 6pm to eat and sleep. A dusk-to-dawn curfew was imposed in the areas.

Those base camps or "kongsis" were fenced up and tightly guarded. The workers set out to their working sites daily with only sufficient cooked food just enough for their own consumption.

Thus, attempts to smuggle large amounts of essential supplies to the insurgents were foiled.

At the beginning, 11 such kongsis were set up. Five in Hulu Perak, two in Sungai Siput, two in Kuala Kangsar, one in Kampar and Slim River, and as well as in the mining area in Simpang Pulai.

They were gradually closed down as the logging compartments in their respective areas were worked out.

An average of 70 logging firms were involved in the scheme at one time with each contributing towards maintenance, including the monthly salaries of the security guards who were on duty round-the-clock. The loggers and miners did not complain since it was only through such arrangements they could operate without interruption.

But can centralising entertainment outlets, as suggested by the IGP, be as successful? I don't think so even in a small city like Ipoh, under the present threat and situation.

Centralising entertainment centres may result in heavier casualty in the event of a terror attack like the Bali bombing on October 12, 2002, when over 200 people were killed and hundreds others injured.

It occurred in the tourist district of Kuta, where the entertainment outlets are closely located along the main street of the town.

The number of terrorist attacks over the years have shown even tightly guarded areas are not safe. Furthermore, entertainment centres are not the only target.

The terrorists are looking at inflicting maximum impact to put their messages across to the authorities and the people and will therefore look for any suitable target, not necessarily an entertainment outlet.

They may pick a shopping mall, bus station or any other crowded place. Therefore, if the terrorists chose to attack some other business sectors, do we have to centralise them too?

Of course we must be concerned about the safety of the people, but do we have to be jittery and live in constant fear? If we do, we will be succumbing to the terrorists and that is exactly what they want us to do.

What is needed from our police is to further improve their counterterrorism and anti-crime measures so that all Malaysians will know and appreciate that they are doing the best of their abilities to prevent terror attacks.

The IGP's idea of having one central entertainment hub came following the reportedly first attack by terror group Islamic State (IS) on Malaysian soil at the Movida bar in Puchong, Selangor, on June 28.

A grenade was lobbed at the bar resulting in eight people being injured. It is believed that the terror group had targeted a different pub in the location, but it was closed on that day and so they switched their attack to Movida bar.

Khalid had also cautioned entertainment outlets that operating into the wee hours of the morning when security is lax would make them easier targets.



Members of Malaysian security forces checking a vehicle entering a central logging camp in Hulu Perak during the height of the so-called "Second Malaysian Emergency"

Upcoming Event

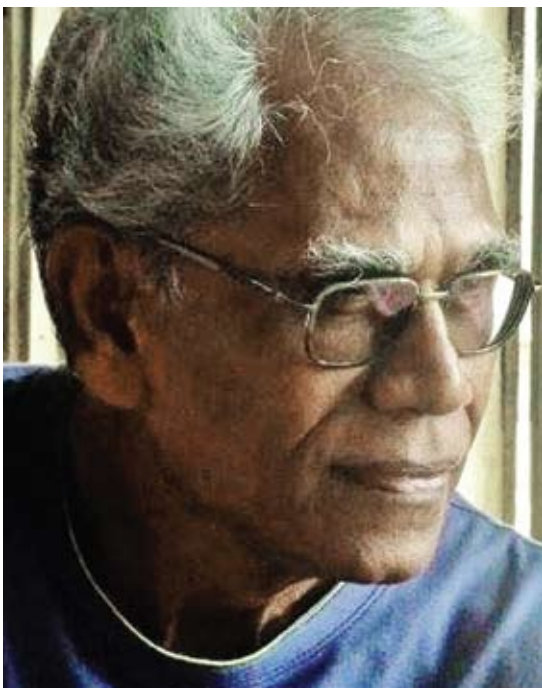
August Sharpened Word – Hassan Muthalib (Pak Hassan)

Is there a difference between a movie and a film? Is it true that a character that enters from the left side of a scene is usually a more domineering character? These questions and more will be answered in the upcoming Sharpened Word (SW) event by well-known film-maker, Hassan Muthalib, who will be the main speaker on August 20.

For those who are not familiar with Hassan Muthalib, also fondly known as Pak Hassan, he is a self-taught maestro in the local film industry and also the creator of Malaysia's first animated feature film. Acknowledged as the Father of Malaysian Animation, and an omnipresent figure in the local film industry, he has won many accolades in the movie industry, both locally and internationally.

Pak Hassan, the visual storyteller, will be talking on the way cinema presents a story – in a language which, uniquely, is both visual and aural. For all cinema goers and those involved in the film industry, this will be a good opportunity to learn from the master himself, and see movies and films from a more diverse and wider perspective.

The event will be held at the Old Andersonians' Club from 2pm to 5pm.



A. Jeyaraj

Litterbugs – Cosmopoint Must Take Responsibility



In response to my article 'College Students are Litterbugs', Ipoh Echo Issue 237 (June 16-31, 2016), MBI took immediate action and cleaned the drain on June 24.

A couple of days later when I passed by the place, I noticed that the students had started throwing rubbish into the drain again.

MBI cannot be cleaning this drain every other day because of the irresponsible behaviour of the staff and students of the college. The Cosmopoint College must take responsibility and clean the drain regularly. It is their duty to clean up their mess. They can instruct their cleaners to clean the drain.

On Sunday morning on July 17, I noticed there was considerable rubbish in the drain and a pile of garbage was lying on the floor next to the building along Jalan Laxamana. It looks like this college is not concerned about the cleanliness of their surroundings. Dustbins must be placed in the area and notices put up instructing students not to throw garbage into the drain.

MBI must summon the college for littering the place. An institution of higher learning must set a good example.

Travel portal Lonely Planet has selected Ipoh as the 6th top tourist destination. Let us keep the city clean and presentable.



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.

ISPCA and NAI

This letter is to highlight Noah's Ark Ipoh (NAI) animal welfare group is being unfairly treated by the new ISPCA management.

In February 2012, ISPCA (then under a different management) asked NAI to manage the ISPCA cattery. We agreed and a contract was signed. ISPCA paid NAI RM1800 per month to manage the cattery. We renovated the cattery and treated and neutered all the cats. All this was borne by NAI.

In January 2015 under a different management, ISPCA asked NAI to reduce payment from RM1800 to RM1000 per month. We agreed. In May 2016 during the AGM, ISPCA voted (without a resolution in the agenda) to reduce payment to RM500. We asked to have a private meeting to discuss this. A meeting was held between NAI and ISPCA members and advisors from both sides were present. Dr Goh the advisor from ISPCA asked NAI to take over the cattery completely without payment. A contract was signed in January 2016 saying that ISPCA will give usage of the side access and we will not have to pay water or electricity.

However, this all changed in April 2016 when we were given notice that fences will be erected to deny us access to the cattery via main entrance. The only way to get to the cattery was through the cleaner's house. Another wall was erected denying us access to the rubbish disposal area and to our maternity unit which was offered to us for pregnant rescued dogs and puppies. This is unacceptable. Having to troop through someone's garden is also unacceptable. We have to bring in food and bags of cat litter and other heavy items.

We were also given notice that water and electricity will be cut and we will have to apply for our own meters. No forms or paperwork was given for us to apply.

Attempts to have a meeting was met with silence. All telephone and text messages to discuss this was met with silence. All letters to them were ignored.

Their letters of notice to NAI were given to our cleaners or stuck in the cattery door.



We need to know why this is being done. What is it that ISPCA's present management doesn't want NAI to see? Is it because we highlighted and complained about the lack of care at the shelter. Dogs were dying and not cared for.

In 2014 when the new management took over, there were over 300 dogs. Now there are just over 120 dogs. From April 2016 to date there has been many fatalities. Installing CCTV and erecting brick walls is a waste of public funding. The public give donations so that the dogs get nutritious food and the medical care they need. The dogs are infested with ticks. That should be addressed first.

Volunteers who used to come and bathe and treat the dogs were denied access because they complained about the welfare of the dogs. Many ISPCA members are denied access to visit the shelter because they have voiced concern.

Constructive criticism should be taken in good nature as it concerns the welfare of the animals in their care. Not with resentment and anger.

As animal welfare advocates we believe that all animals should be treated with care and love. We are up in arms when we hear of animal cruelty and abuse. But if it happens on our doorstep and we do not act on it we should not be involved in animal welfare.

We want the two brick walls to be taken down as there is no good reason for them to be there except as a

hindrance to NAI and our visitors. Members and volunteers should be allowed to go in and attend to animals that need treatment. As adults and professionals both NGOs involved in animal care should be able to discuss these matters instead of resorting to such drastic measures.

NAI has informed ISPCA that they should stop intimidating us and allow us to continue to care for the animals there. Ultimately it's the animals that will suffer. And that's the last thing we want for our rescued animals.

Noah's Ark Ipoh Animal Welfare

Refurbished Dato Sagor Food Court – Further Suggestions

I refer to the letter 'Refurbished Dato Sagor Food Court' published in Issue 239 Ipoh Echo (July 16-31, 2016) and agree with the comments of the writer. I would like to add a few more suggestions.

1. Tourist Booth at railway station – this has been proposed for quite some time and seems to have fallen onto deaf ears. While writing an article about ETS, I visited the station a few times and tourists have asked me about going to Kellie's Castle and the normal taxi fare. I have been asked where to go for a meal and whether it is walking distance. A tourist booth with English speaking staff who are familiar with Ipoh can assist tourists and provide information on popular tourist sites, where to eat and normal taxi fare.
2. Sagor Food Court – the food sold here does not represent the delicacies of Ipoh

and would not appeal to most of the tourists. Occasionally I go there to eat apom manis and the stall selling bread with half boiled eggs is very popular. Set up stalls to sell food such as taueh chicken, chee cheong fun, dim sum and, tau foo fa which are popular in Ipoh. The stalls are only open till mid-afternoon. If the stalls are open at night they can attract visitors from Dataran KTM.

The first floor of the station is empty, why not put up a food court there to sell all varieties of food? Tourists can enjoy Ipoh's popular food in the station itself.

Travel portal Lonely Planet, has selected Ipoh as the 6th hottest tourist destination and we can expect an influx of tourists.

A. Jeyaraj

Arts & Culture

Beyond Literature

The Sharpened Word session held on Saturday, July 16 at the Old Andersonians' Club was a transition into the colourful world of the babas and nyonias featuring ornate furniture, vintage sarong kebaya display and tidbits loved by the Peranakan Chinese. The highlight of the day was the slide presentations by **Dr Lee Su Kim and Melissa Chan**, both dressed in their best lace-trimmed floral kebayas.

Author of **"Kebaya Tales: Of Matriarchs, Maidens, Mistresses and Matchmakers"** and **"Sarong Secrets: Of Love, Loss and Longing"**, Dr

Lee talked about her upcoming third collection of stories for the fiction trilogy. Tentatively named **"Manek Mischiefs"** with ten short stories, it is currently halfway to completion.

What are the challenges she faced as a writer? "A lot of discipline, perseverance and hard work. How much of yourself do you disclose and keep? Like a craft, you have to keep on working to produce good work. When I decided to try fiction, that was another kind of challenge because to capture the nuances and flavours of a multilingual society which the Babas and Nyonias were, is not easy," Dr Lee shared with Ipoh Echo.

Her first book took her three years to finish while her second book also took about the same amount of time. Before the debut of her fiction, she penned the bestselling **"Malaysian Flavours: Insights into Things Malaysian"** and **"Manglish: Malaysian English at its Wackiest"**. Both books have sold more than 10,000 copies each.

Here is her advice for other aspiring writers out there: "Every culture and society is unique. All of us have got the stories. Do not be afraid, tell your stories because if you don't who will? In this era of Facebook and all that, it is all going to be lost, so it is important that we should be recording and documenting the stories."



A sixth generation Nyonya with roots in both Penang and Malacca Peranakan communities, Dr Lee is also the founder member and first woman president of the Peranakan Baba Nyonya Association of Kuala Lumpur and Selangor. To get updates on her upcoming work, do swing by her Facebook page at *LeeSuKimAuthor*.

You must also put Melissa Chan's first-ever illustrative book on your wishlist. During the prelude, it was amazing to note how the detailed illustrations superimpose onto real-life photos, showing us how buildings such as the Capitol Theatre in Malacca used to be in its heyday. In her writing journey, she

conducts multiple interviews to learn the stories of the locals. Among the subjects she is documenting are the art of kerosang brooch making and the pawn shops.

When asked on what keeps her doing what she is doing, she replied, "I see a lot of the developments that is happening and I feel very sad. The heritage voices are getting smaller." Following is what she wished to convey via her upcoming book, "To appreciate our identity and future, we need to understand our past and roots."

As the fifth generation of the Chan family, Melissa is the housekeeper for the **Baba & Nyonya Heritage Museum** in Malacca. The museum is the house where four generations of the Chan family lived since the 1861. "I'm working on a school tour programme for children and parents. It's like a book tour and we are working together with the University of Nottingham," she explained, adding that the kitchen is her favourite portion of the house.

Melissa's book will be launched later this year. Interested readers can visit *babanyonyamuseum.com* for more info.

Mei Kuan

Syawal Round-up

Ipoh City Council

By Khaleeja Suhaimi



Ipoh City Council organised its very own Raya open house on Tuesday, July 26 from 2pm to 4pm at Stadium Indera Mulia, Ipoh.

Stalls filled the stadium's compound as every department had its own stall dishing a variety of raya goodies such as lemang, rendang, kambing golek, cendol, ice cream potong, teh tarik and even durians.

Mayor Dato' Zamri Man along with Menteri Besar, Dato' Seri Diraja Dr Zambry and the Minister of Urban Wellbeing, Housing and Local Government, Tan Sri Noh Omar were among those who attended.

Zamri went from table to another, meeting and greeting the guests.

A live band entertained the crowd while they enjoyed the food served on their tables. It was an occasion for merriment.

SMK Seri Ampang

SMK Seri Ampang, Ipoh organised a Hari Raya event at their school compound on Wednesday, July 13 from 8.30am to 11am.

Having the mayor's wife as one of the teachers made the celebration more meaningful. There are 103 teachers and 1140 students altogether.

Some 22 classes were given the opportunity to open up stalls. Each stall was given RM100 by the school to decorate and prepare food and drinks. Potluck dishes were up for grabs too.

"This is our third year hosting a Syawal celebration and out of all three, this year had the biggest crowd. I feel it's because previous years it was held in the afternoon. However, I'm glad everything went well. I want to instil in my students respect and integrity for one another," said Mustafa Kamal, the school principal to Ipoh Echo.



Tourism Perak

Malaysians go crazy over the king of fruits. In conjunction with this year's Raya celebration, Tourism Perak hosted a durian-themed festival at Gua Tempurung on Tuesday, July 19. It lasted from 9.45am till late noon.

About 10,000 people turned up to savour some 2000 durians on offer. Local delicacies like satay, cucur durian and many more were also served. A cooking competition was the added attraction.

"The crowd is overwhelming. Gopeng has always been known for its durians, and today, we're giving the



public a free taste of the fruit's goodness," said Dato' Nolee Ashilin, State Executive Councillor for Arts, Culture, Tourism, Communication and Multimedia.

Lifestyle

First Ever Miss Green World



The first Miss Green World semi-finals were held on July 23, 2016 at Ipoh Syeun Hotel. This inaugural international beauty pageant, produced and jointly organised by both Strazdream International and The Green World (NGO) was supported by Tourism Perak.

What sets this beauty pageant apart from others is its focus on not only beauty but also on the contestant's charisma and wisdom with a special emphasis on their passion and awareness of environmental protection and preservation. The winner of Miss Green World will be the ambassador of The Green World (NGO).

The national semi-finals enrolled 17 participants and through a series of trials, tests and interviews, only 12 contestants may compete in the national final. The outstanding performance of the top three in the national final will represent Malaysia to participate in the International Miss Green World which will be held in China in 2017.

Contestants carried out eight days of activities in Perak including The Green World Run, environmental theme photo shoots like visits to Kuala Sepetang, etc. to allow contestants to experience the local conditions of Perak. Moreover, this series of activities will lead to the grand arrival of '2017 Perak Tourism Year'.

The judges comprising Melinda Yap, Caroline Wong, Datin Janet Yeoh, John Tan, Johnson Loh and Peter Davis selected the top 12 finalists to compete in the Miss Green World 2016 National Grand Final which will be held on December 16 at Sunway Resort Hotel and Spa.

The finalists are Caroline Tan Chern Tuing, Alexandria Tim Zi Qei, Tuesday Lee Zi Yin, Olinda Nicolas, Yip Poh Heng, Anne Sai Jia Yee, Pong Pih Shyan, Michelle Ng May Yen, Miko Kong Qian Hui, Joanne Lee Choo Yan, Christine Teo You Shan and Beatrice Ng.

For more information, please visit www.missgreenworld.my or call 013 382 2138.



Education

Malaysia's First International Heptathlon

With the objective of improving students' proficiency in the English language, Methodist Girls' School (MGS) Ipoh held the country's first International English Language Academic Heptathlon beginning Thursday, July 21 till Saturday, July 23.

Thirty five schools from all over the country took part, including international schools from the Philippines, India and Brunei. Their ages ranged from 13 to 18.

There were seven categories altogether namely, creative writing, grammar, vocabulary, creative poetry, creative storytelling, public speaking and debate. MGS collected RM250 from every participating team and gave a 50-percent discount for teams who could not afford the full fee.

A panel of 15 adjudicators judged the event. Among them were Puteri Eleni, Pak Peter, Melizarani T. Selva, Kamini Ramachandran and Verena Tay, to name a few.

"Initially we had schools from Vietnam and Indonesia on the list. Unfortunately, they couldn't make it and be with us today," said event coordinator, Mohana Ram Murugiah.

"We took one whole year to organise this. I was so worried and had sleepless nights. I'm truly blessed everything went smoothly," he added.

On the final day SMJK Sam Tet, Ipoh took on SM Sains Alam Shah in the debate challenge. Sam Tet won and was crowned the overall champion. One of its speakers was adjudged the best debater.

The debating topic was, "This House Believes that Major Film and TV Award Shows should Abolish Award Categories that are separated by Gender".

"It's unbelievable. We came here without expecting much and got a bit lucky here and there. They're all brilliant speakers and we were just fortunate," Foo Yu Cheng said and the entire team agreed.

There were five in the winning Sam Tet team. They were Alderich Wong, James



Lau, Chan Guan Zhou, Lai Zhong Xun and Foo himself, accompanied by their teacher, Parimala Rajaratnam.

"I wish this event could be held annually but the process takes one whole year. I'm thankful for the generosity of the sponsors. We wouldn't have made it without them. Even after raising the bar, the students could do it. Hopefully, we'll be able to host this again," said Mohana.

Khaleeja

Tourism

Perak Tengah's Paradise

Along the Batu Gajah-Tanjung Tualang-Kubu Gajah arterial road is a plethora of delightful must-visit attractions. The list includes the iconic Kellie's Castle, the one and only standing tin dredge, Tanjung Tualang's seafood restaurants and the latest addition, the glorious Perak Agrotourism Resort.

Located about 5km from Tanjung Tualang the resort is owned and managed by the Perak State Agriculture Development Corporation. It is located on a sprawling 600-acre disused mining land with a pristine landscape as its backdrop. The resort consists of 12 tastefully-built villas and a Rumah Kutai (traditional Malay house) to boot. It can comfortably accommodate about 28 guests at any one time.

The villas and the traditional house overlook a man-made lake, constructed from what was once a mining pool. The setting offers guests a wonderful view of the surroundings. Cool breezes flutter the wide expanse of water and coupled with the sight of birds in flight, the panorama is well worth savouring.

"Believe me, the serenity here is overwhelming," said resort general manager, Azhar Radzi a Kedahan by origin.

Some of us may be familiar with the word "glamping", a gorgeous mix of glamour and camping. Have you seen a tent that comes with bedding, air-conditioning and other amenities? It is glamour plus comfort, all rolled into one. A dedicated site for glamping and camping will be established soon to cater for this latest holidaying trend.

There are four types of villas – small, medium, semi-detached and the traditional house (Rumah Kutai). The traditional house comes with a bedroom, a living room and a dining room. Its external bathroom is equipped with a Jacuzzi hot-water tub. Rates range from RM350 to RM1200, inclusive of breakfast.

"We lack appreciation of our own culture and this is worrying. We want our guests, especially outsiders, to enjoy an experience rather than just another stay at a resort," said Azhar to this scribe.

"What we want to promote here is the Perak Tengah (Central) culture, something



that is not adequately portrayed. When the restaurant is up and running, I want the chef to be familiar with Perak Tengah's dishes. We'll entertain our guests with Perak Tengah's traditional dances like tarian gabus and bubu," he added.

Recreational activities available include tour of a mango orchard, stingless honey bees, herbal garden, salted-eggs processing, mini-petting zoo, water and jet-skiing, canoeing, all-terrain vehicle rides, mountain biking, archery and paintball game, to name a few. Visitors are allowed to pluck mangoes either to eat or to bring home. Freshwater fish and prawns caught in the lake can be cooked at the restaurant.

"These are the things we want to promote. We're not here to stake claims over the largest conference hall, largest room, etc. We're here to encourage our guests to appreciate nature," exclaimed Azhar.

Works on the resort began in December 2014 and are expected to be completed in early 2019.

Perak Agrotourism Resort will be operational beginning September this year. Inquiries and bookings can be made via its website www.destinationperak.travel or through its Facebook page: *PERAK Agrotourism Resort*.

Khaleeja







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Properties

Live, Learn & Play

“The key to enjoying Ipoh is tackling it by neighbourhood,” as stated in Lonely Planet. Having Ipoh to be one of the top 10 tourist destinations in the world, more people would actually begin to consider residing in Ipoh itself.

With Kinta Properties’ motto of ‘Building Homes, Developing Communities’, it would be ideal as their aim is to provide a holistic lifestyle. Bandar Baru Sri Klebang (BBSK) is an integrated township, where people are able to find social interaction, education, recreation, business and other activities in one place.

Living up to the ‘Live, Learn & Play’ tag line, BBSK is ready to provide the community with these services. When we talk about living, BBSK has more than enough to offer. BBSK is an EcoFriendly Home concept, where they have carbon footprint reduction with energy saving, water conservation and green design features. Putting residences’ safety first, they also provide the Safe & Secure security system.

Located among the greenery set against the panoramic backdrop of the hills, there are also daily amenities and conveniences like restaurants, petrol stations, grocery shops, clinics, fast food outlets, banks, post office, dance centre, hair salons, automobile repair shops, nursery, tuition centres as well as laundry shop and laundromat. AEON Klebang, a shopping mall which has been the latest attraction for Ipohites is also located nearby.

Then comes ‘Learn’, where the main emphasis is the Poi Lam schools. SRJ(C) Poi Lam was established in 1925 while SMJ(C) Poi Lam was set up in 1955. Back then, the two schools shared the same premises on a 0.8ha plot of land. Poi Lam’s primary school then moved and started in BBSK in January 2013. They can now accommodate up to 2000 primary students. The new school is now sitting on a 5.2ha plot of land, complete with a sports complex, a grand hall, a canteen and a 5-storey building for classrooms. The secondary school, however, is currently under construction and is expected to be completed by October this year with operations in this new school expected to commence by January next year.



Bike and enjoy the greenery in Bandar Baru Sri Klebang

Apart from education and lifestyle, BBSK offers fun as well. During free time, residents can go for slow walks, jogs and even bike rides along the pavement that has been prepared. With the calming breezes and the beautiful view of hills and soothing landscapes, it is guaranteed to lull one’s senses and slip off the stresses and strains of making a living for a while.

There is also The Centro, a hub for fun family activities. Some of the facilities that are provided include a gym, tennis courts, a 25m swimming pool, wading pool for children, children play area, 18-bay golf driving range and a cafeteria which can cater up to 40 people. Besides being a club for families, it can also be a venue for dinners, private parties and events.

For those who are interested to know more, do call Kinta Properties at 019 513 3315, 012 500 8018 or 05 292 1333 for further enquiry.



SMJK (C) Poi Lam at Bandar baru Sri Klebang commencing in Jan 2017



The Centro 25-m swimming pool

Sport

Friendly Cricket

Despite not having much exposure to cricket, what most of us do not know is that Malaysia is ranked in the top 25 in the world.

Ipoh Echo had the chance recently to interview some of the people involved in the friendly tour match between Kent Street Senior High School, Australia and Perak’s team who were representing Royal Ipoh Club. It was organised by Twin Tours, specialists in themed group tours.

The Kent Street team are coached by Cory Hugo and David Aldridge. They scored 138 runs while Royal Ipoh Club lost by four runs.

The event occurs every two years, where Kent Street comes for a two week tour, traveling around four places, namely Ipoh, Johor Bahru, Penang and Kuala Lumpur.

“The whole point of this is about creating a relationship between Australia and Malaysia. There are 15 players in a game of cricket, where only 11 will be playing and four will be kept as reserves. Cricket is about having 15 of them in a team respecting each other,” said Perak’s coach, SSM Andy.

Kent Street has been touring for 15 years and this was their 10th tour to Malaysia.

“As much as we focus on education, cricket is the main emphasis in Kent Street. I played my first tournament a number of years ago in Thailand, where our team was against the Silver State team. That was where I met a lovely chap, Bill Davidson,” said Michael Maher, managing director of Twin Tours.

“Bill became a good friend of mine. He approached me, asking me to come to Ipoh. I said if he can guarantee me he’ll arrange it, I’ll speak to the teachers. And that was how it all began,” he continued.

This was their third visit in Ipoh. Michael expressed how much he enjoyed the different cultures they encounter in the midst of traveling for matches. He also emphasised on how there is more to cricket than just batting and bowling. In the end, it is all about respect, behaviour and manners.



Following his father’s footsteps who is now Perak’s coach, Sharvin Muniandy, 21, has been playing cricket for 10 years. He encourages people from all ages to start. The youngest in the group is Pavel who is only 12.

“I don’t get why football is the main attraction when Malaysian cricket is obviously doing so much better,” said Sharvin.

Kent Street player, Hugh Atkinson, 16, has been playing cricket since he was nine. He told Ipoh Echo how different the weather in Malaysia is, compared to Australia.

“It’s very hot here,” he said with a laugh. “Although it’s harder to concentrate, it’s a really good experience and I’m honoured to be here,” said Hugh.

For anyone who is interested in playing cricket, the Perak boys will be practising every weekend in Ipoh Padang. Indoor sessions, on the other hand, take place

every Monday, Wednesday and Friday in Stadium Indera Mulia. Both sessions are in the evening. For further details, do contact SSM Andy at 016 542 7977.

Khaleeja





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