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ISSUE **242**

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## Bang for Your Buck in Ipoh

By Tan Mei Kuan and Ili Aqilah



Aerial view of Ipoh city



Heritage Trail

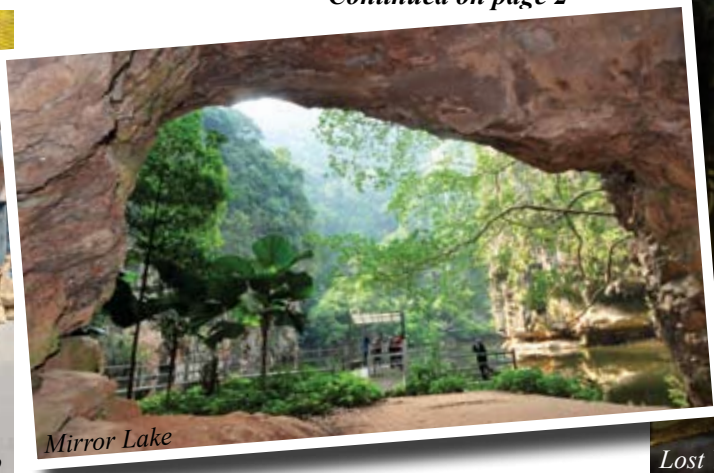
### Or how to spend 3 days and 2 nights in Lonely Planet's 6th Hottest Place to visit on RM300

On a tight budget this year? For a suggested travel duration of 3 days and 2 nights, Ipoh Echo shows solo and group travellers how to get the most bang for hard-earned bucks with the following wallet-friendly guide brimming with charming destinations, budget lodgings, best cheap eats and even PokeStops! After all, to quote the late American travel writer, Eugene Fodor, "You don't have to be rich to travel well." Let the journey begin!

Continued on page 2



Han Chin Pet Soo



Mirror Lake



Lost World Of Tambun



## HEALY MAC'S IRISH BAR & RESTAURANT

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### HEALY MAC'S QUIZ NIGHT IS BACK!

We're back with our Monday Quiz Nights, from 05-Sep-2016 with our Quizmaster, Bryan Fogerty and his infamous "Baseball Bat".

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# Eat, Sleep, Play in Ipoh for under

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## Accommodation

From as simple as bed and breakfast, here is a list of accommodation options you can consider:

### Rumah Khizanat

A recent addition, Rumah Khizanat is located in Canning Garden and just a walking distance away from two of Ipoh's signature breakfast spots: New Hollywood Restaurant and Vegas Restaurant. Currently there are two rooms that can fit up to four people each. This bed and breakfast is part cafe and library. For just RM30 a night (per person) and its strategic location (easy access to town via bus and UBER), Rumah Khizanat is highly recommended for everyone!

Rumah Khizanat is located at 24, Jalan Lee Kwee Foh, 31400 Ipoh, Perak Darul Ridzuan. Reservations can be made through email at [khizanatipoh@gmail.com](mailto:khizanatipoh@gmail.com), call +6012 231 1471 (Nazir) or contact them via Facebook at [www.facebook.com/khizanat](http://www.facebook.com/khizanat).

Echo for Pokemon Go: The nearest Pokestop is at Canning Park, a five-minute walk from the B&B.



### Rumah Ipoh

A combination of black-wear boutique and a mini library, Rumah Ipoh caters to those who treasure the quiet-Ipoh vibe. Owned by Wani Ardy, a well-known writer, Rumah Ipoh has two rooms available for guests. Inspired by the late Yasmin Ahmad, the rooms are named after two main characters of one of Yasmin's movies, Sepet. Jason room can fit up to six individuals at a time (bunk beds and sleeping pad) while Orked room is suitable for a small family (maximum two adults, two toddlers). The charge for Jason's is RM20 per night/person (weekdays) and RM25 per night/person (weekends). As for Orked, the whole room costs RM50 for weekdays and RM60 for weekends.

This bed and breakfast is located at Jalan Khoo Cheng Cheow (available on Waze). For reservations contact (Whatsapp/SMS only) +6017 602 1336 or via Facebook at [www.facebook.com/rumahipoh](http://www.facebook.com/rumahipoh).



Orked room

### Chokodok Reggae House

Featured previously in our 230th issue, Chokodok Reggae House charges as low as RM15 per head per night. Chokodok also has a cafe serving both western and local food at a reasonable price. If you are lucky, you will also get to see one of the owners, Wir, who has a band called Balok People, performing live in the cafe.

Located at 175 Jalan Sultan Iskandar Shah, opposite a police station. Reservations can be made via [booking.com](http://booking.com) or [airbnb.com](http://airbnb.com).

Echo for Pokemon Go: The street of Jalan Sultan Iskandar comprises more than five Pokestops!



Chokodok Reggae House cafe

### Container Hotel

Also featured previously in the Echo, Container Hotel is situated at Kong Heng Square; one of Ipoh's hot tourist spot. While single beds are RM45 per night, the queen size bed (for 2 persons) is only RM80. Each bed is complete with a space to store your bags and a roller shade for privacy. Situated right above Ipoh's old coffee shops, the aromatic smell of Ipoh's signature white coffee will definitely wake you up.

Container Hotel is located at 89-91, Jalan Sultan Yussuf, 30000 Ipoh. Reservations can be made at +605 243 3311 or email: [enquiry@containerhotel.com.my](mailto:enquiry@containerhotel.com.my).

Echo for Pokemon Go: Choosing to stay here, you are putting yourself in one of the hottest places for Pokemon hunts. There are about 10 Pokestops around and Lure Party happens almost every night.



... continued on page 6





• From the Editor's Desk  
By Fathol Zaman Bukhari

# WE CAN WIN GOLD

*Malaysia has many talented sportsmen and sportswomen. However, if they are never nurtured they will soon sink into oblivion...*

The recently concluded 2016 Summer Olympics or Rio 2016, the 31st in the Olympiad series was a major international sporting event held in Rio de Janeiro, Brazil, from August 5 to 21.

Over 11,000 athletes from 207 member countries of IOC (International Olympic Committee), including first-time entrants Kosovo, South Sudan, and the Refugee Olympic Team, took part. With 306 sets of medals, the Games featured 28 sports, including rugby sevens and golf introduced in 2009.

Rio de Janeiro was nominated as host city at the IOC meeting in Copenhagen, Denmark, on October 2, 2009. It became the first South American city to host the Summer Olympics and the first in a Portuguese-speaking country. Among its other firsts were - first in the Southern Hemisphere after Sydney in 2000 and the first Games under the IOC presidency of Thomas Bach.

The lead-up to the Games was marked by controversies, such as the instability of the country's government; health and safety concerns surrounding the Zika virus, pollution in the Guanabara Bay and a doping scandal involving Russia, which resulted in a large number of its athletes being barred from the Games.

The United States topped the medal table winning a mind-boggling 121 medals of all colours. Great Britain finished second and the People's Republic of China, third. Host Brazil won seven gold medals. Neighbour Singapore and Asean member Vietnam won a gold medal each, a feat Malaysia has yet to achieve since it first participated as an independent nation at the 1960 Rome Olympics. Even obscure Fiji, Kosovo, Puerto Rico and Tajikistan won one gold medal each.

United States of America had, thus far, amassed a total of 1000 gold medals. And being an ardent fan of the Olympics I had lost count the number of times the Star-Spangled Banner, the national anthem of USA, was played when its athletes stood on the podium to receive their gold medals. Our national anthem, Negara-ku, has yet to be heard in any Olympics. My hopes of hearing our national anthem, and seeing our Jalur Gemilang raised, were dashed when gold-medal aspirant, Lee Chong Wei was beaten in straight sets by China's Cheng Long in the men's badminton single finals. With that, the hopes of 30 million Malaysians too vanished.

Badminton, due to its popularity, has a huge following in Malaya and after September



1961, Malaysia. I can still recall with clarity the mood when then Malaya won the Thomas Cup in 1955 beating Denmark 8-1 only to lose to Indonesia 6-3 in 1958. Players like Wong Peng Soon, Ooi Teik Hock, Ong Poh Lim and the lone Malay player, Abdullah Piruz were the toast of the nation. Indonesia's Ferry Sonneville and Tan Joe Hock were the nemesis.

Every little kid, including yours truly, wanted to be a Wong Peng Soon wannabe. We formed a kampung badminton team comprising of village kids old enough to hold a racquet fashioned out of wood. A simple stringed racquet cost a princely RM3 then, a price few could afford. So a wooden racquet was a good-enough alternative. An open space behind my grand uncle's house was converted into a makeshift court. A badminton-loving uncle gave us his oft-used net with many holes. We used worn-out shuttlecocks as a new piece cost 30 cents each, out of our reach too.

That was how we played the game in the mid-1950s and went on to win the village championship. There were no monetary rewards, no medals and no nothing. We played for the love of the game. It is different today. Medal winners in international and regional games are paid handsomely so the motivation to succeed is there. But why do we produce so few winners and have to depend on senior players to bring us fame and recognition?

Joseph Schooling, whose mother is from Ipoh, won for Singapore what many of the island nation's naturalised Chinese athletes could not. But in spite of his talents Schooling was never taken seriously until he won an Olympic swimming gold beating his *sifu*, Michael Phelps and breaking the men's 100m butterfly record in the process.

Malaysia has many talented sportsmen and sportswomen. However, if they are never nurtured they will soon sink into oblivion. Malacca-born sprinter Khairul Hafiz Jantan is only 18 yet he ran the 100 metres in a record-shattering 10.18 seconds. High jumper Nauraj Singh has cleared a world-class height of 2.29 metres (7ft 6in) and was among the top finishers at Rio. These athletes must be part of Khairy Jamaluddin's "Podium Programme" initiated for the sole purpose of winning gold at the Tokyo Olympics in 2020.

My fervent hope is that this much-touted "Podium Programme" will not turn into another non-starter like many similar programmes had in the past. If cash reward is the mantra so be it. After all "Cash is King" in Malaysia.

## EYE HEALTH — CAROTENOIDS

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

The carotenoids Lutein and Zeaxanthin have been clinically shown to be important for the eyes. How are they important?

### LUTEIN AND ZEAXANTHIN

Lutein and zeaxanthin are important nutrients that have been found to reduce the risk of chronic eye diseases, including age-related macular degeneration (AMD) and cataracts. These carotenoids are powerful antioxidants that protect the cells of the body from damage caused by free radicals.

### FOODS RICH IN LUTEIN AND ZEAXANTHIN

Green vegetables such as kale, spinach, turnip, broccoli, garden peas and eggs. To get the best avoid excessive cooking and storage as heat and storage reduces the antioxidant effectiveness.

### WHAT IS THE MEANING OF ANTIOXIDANT?

Antioxidants are substances that protect cells in your body from free radicals. Free radicals are produced when your immune system fights off bacteria. Free radicals are also produced as by-products when the foods that we eat are broken down into energy. These free radicals are unstable and can damage the cells in our eyes and organs as a whole. Our bodies including our eyes are constantly exposed to these free radicals (oxidative stress). In fact, every cell in our body comes under attack from a free radical once every ten seconds. Antioxidants are like the "body-guards" for the cells in our body. They protect the cells from damage by the free radicals. This is why antioxidants are important.

### SOME THINGS CAUSING FREE RADICAL PRODUCTION:

- Ultraviolet light – sun exposure increases chances of cataracts and skin cancer.
- Toxins: cigarette smoke, poisonous wastes of our own metabolism, the chemicals invariably found in our food, pesticides and air pollution.

### HOW DOES LUTEIN AND ZEAXANTHIN WORK?

Antioxidants Lutein and zeaxanthin filter the harmful high-energy blue wavelengths of light and help to protect and maintain healthy cells in the eye.

### LUTEIN AND ZEAXANTHIN SLOWING CATARACT FORMATION

Lutein and zeaxanthin may play a role in cataract prevention. In fact, studies have shown that lutein and zeaxanthin along with vitamin E was associated with a decreased risk of cataract formation. This is because these antioxidants may slow down the oxidation of the lens and therefore slow down cataract formation.

### LUTEIN AND ZEAXANTHIN IN AGE RELATED MACULAR DEGENERATION (AMD)

Age Related Macular Degeneration results in visual loss. Clinical studies done have shown that high levels of antioxidants and zinc significantly reduced the risk of advanced AMD.



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



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For more information, please call Gill Eye Specialist Centre,  
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Tel: (605) 249 5936  
Fax: (605) 255 2181  
Email: [editorial@ipohecho.com.my](mailto:editorial@ipohecho.com.my)

## EDITORIAL

Fathol Zaman Bukhari  
G. Sivapragasam

## GRAPHIC DESIGN

Rosli Mansor Ahd Razali  
Luqman Hakim Md Radzi

## MARKETING &amp; DISTRIBUTION MANAGER

Deanna Lim

## REPORTERS

Ili Aqilah Yus Amirul  
Nantini Krishnan  
Tan Mei Kuan

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## USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):  
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# Thrills, Tantrums and Trust

Syabas and congratulations to all the Malaysian sportsmen who competed at the Olympic Games, in Rio de Janeiro in August. You are an inspiration to us and to our youth.

At Rio 2016, Malaysia won four silver and one bronze medals; its best performance. The men and women who represented Malaysia did us proud. We had the privilege of watching several thrilling performances. For those who did not win a medal, it is not so much the winning that counts, but doing their best.

The finals of the men's badminton singles saw Malaysians gathering in their hundreds across the world, to watch the long awaited match between Malaysia's Lee Chong Wei and the People's Republic of China's (PRC), Chen Long.

It was agonising to watch the world class players. The pressure on Chong Wei must have been tremendous. He'd only just recovered from a gruelling match with his nemesis, Lin Dan, of PRC. Lin Dan was eventually trounced by the Dane, Viktor Axelsen, who took the bronze medal.

Despite Chong Wei's shaky start, he quickly recovered his fighting form, and did not disappoint us, with a nail-biting match; but as the results have shown, Chong Wei lost to a better man.

There were many defining images of this match. Chen Long collapsing onto the court, in euphoria, after his win. Despite his loss, the magnanimous Chong Wei, ever the sportsman, congratulating Chen Long on his triumph. Chong Wei, being consoled by a coach from China. The beaming Axelsen, who must have felt good, after defeating China's Lin Dan.

The performance of Malaysia's men's doubles pair, Goh V Shem and Tan Wee Kiong, was just as riveting. They were unlucky and narrowly missed out on the gold medal, when they lost to China's Hu Haifeng and Zhang Nan. The scores were 21-16, 11-21, 21-23.

In the badminton mixed doubles final, Malaysia's Goh Liu Ying and Chan Peng Soon won the silver medal. This win was all the more remarkable as the pair were not expected to make it to the finals, and Liu Ying, had surgery to repair her damaged knees, two years ago.

In an excerpt from a posting in her Facebook page, Liu Ying, expressed her hopes and her fears, her dreams and her feelings. The posting, in Mandarin was translated by Malaysiakini.

She said, "In the beginning the goal was to perform in the group stage. Then, when we got into the semi-finals, I thought that maybe we may have a chance at a bronze medal.

"When we won the semi-finals, I felt like I was in a dream. Did I really win? Is this not a dream? I have dreamt for many times how great a feeling it would be to be able to stand on the podium."

Liu Ying acknowledged that she and her partner were up against a powerful Indonesian team but they did their best. She added, "Standing on the podium and seeing the moment the Malaysian flag was raised, I teared up. I could only dream of this moment, I never thought it could happen."

Malaysia's other medals were won by divers, Pandelega Rinong and Cheong Jun Hoong, who bagged silver in the 10m platform synchronised diving event. Sadly, Pandelega's shot at another medal win, a few days later, were dashed when her old injuries flared up.

Last week, cyclist, Azizulhasni Awang, was the first Malaysian to win at the Rio 2016 Olympics, when he won a bronze medal in the men's Keirin contest.

Terengganu-born Azizulhasni's win brought back a few unpleasant memories about the denial of a request for aid, during training. He highlighted the lack of support from his state government in a press report, and this prompted the Terengganu MB to order a probe into the denial of funds to the sportsman. It is more common than we thought, as Azizulhasni is not the only one to complain about the lack of funding for athletes.

We have done extremely well this Olympics and we are getting better. So, why was it necessary for two local mainstream media newspapers, to denigrate the silver Olympic medal of the badminton mixed duo?

Do the reporters from these papers realise the dedication, the passion, the commitment and the sacrifices made by our sportsmen?

To prepare for the Olympics, or for any competition, for that matter, sportsmen have to train hard, at their chosen sport. The rest of the time, they have to keep fit, by spending hours in a gym.

They have to be mentally as well as physically prepared. They cannot, like you and I, go out for late

nights and eat or drink what they like. Their diet is strictly regulated. They must have ample rest and at least eight hours sleep a night. They cannot do stupid things and injure their bodies. Do these reporters have what it takes to be an Olympic athlete?

Let us hope that the performance of our sportsmen will inspire more schoolchildren to take up sports. We trust our authorities to encourage participation in sports, as well as build more sporting facilities for our youth. The race to the next Olympics in Tokyo starts now!



**THINKING  
ALLOWED**

by Mariam Mokhtar



## CHILD HEALTH

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

### Febrile Seizures in Children

#### WHAT IS A FEBRILE SEIZURE?

A febrile seizure is a fit that occurs when a child has fever. One in 20 children have at least one episode between the ages of 6 months and 6 years.

During the seizure the child loses consciousness and the body becomes stiff. Their arms and legs jerk. Some children wet and/or soil themselves. The type of fit they have is called generalised tonic clonic fit.



#### WHY DO FEBRILE SEIZURES OCCUR?

The exact cause of febrile seizure is not known. However a sudden rapid rise in body temperature tends to scramble the electrical discharges in the brain and gives rise to a seizure.

A family history of febrile seizure increases the risk of the child having one.

The three most common infections associated with febrile seizures are viral fever, acute otitis media and tonsillitis.

#### WHAT ARE THE TYPES OF FEBRILE SEIZURES?

There are two types of febrile seizures; simple and complex febrile seizures.

Simple febrile seizure is the most common type. Eight out of 10 children have this type.

- is a tonic clonic seizure
- lasts less than 15 minutes
- doesn't reoccur within 24 hours or the period in which your child has an illness.

Complex febrile seizure is less common

- the seizure lasts longer than 15 minutes
- the seizure may involve one part of the body, i.e., a partial or focal seizure.
- there is another seizure within 24 hours of the first seizure, or during the same period of illness.

#### WHAT TO DO DURING THE SEIZURE?

First thing to do is place the child in a recovery position, that is, placing the child on his or her left side. This prevents the tongue from falling back and obstructing the breathing. It also ensures, if the child vomits, that the vomitus will not be inhaled. In addition:

- Stay close to watch and comfort the child.
- Remove hard or sharp objects near the child.
- Loosen tight or restrictive clothing.
- Don't restrain the child or interfere with the child's movements.
- Don't put anything in the child's mouth.

Most febrile fits last for a very short time, that is, less than two minutes. When the fit stops take the child to the nearest medical facility for a check-up.

If the fit is prolonged, you need to call for an ambulance for treatment and to transport the child to the nearest medical facility.

#### HOW TO TREAT FEBRILE SEIZURES?

Some children will need administration of rectal diazepam and maybe other medications to stop the seizures.

The fever and the underlying cause of the fever has to be treated as well. Long-term seizure control medications are not regularly used.

#### HOW TO PREVENT FEBRILE SEIZURES?

Treating the fever and the underlying cause of the fever early helps in preventing seizures. However, as we have seen through experience, if the seizure is meant to occur, it will, despite aggressive treatment of the fever and its underlying cause.

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





## ON IPOH FOOD

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

## Nosh News with Seefoon



## Lucky – A Lip-Smacker of Lips

**L**ucky Restaurant on Pasir Puteh main road has always been one of my places to go to whenever I am looking for a 'Tsing' meal. 'Tsing' is the Cantonese description for food that is clean (as in spring water), natural (minimum additives and taste aids) and fresh; as opposed to robust and rich. In fact, whenever my sister comes up from Singapore, Lucky is the place she requests to eat at.

Lucky Cheong the proprietor is always on the lookout for the freshest catch, the best seafood available and only the ones caught locally. "I never buy fish imported from Thailand. They may look appealing but I'm always suspicious that they have been preserved with formaldehyde or something equally sinister. That's why I always buy local...whether from Pantai Remis, Kuala Sepetang or Sabah."

In my review on Lucky Restaurant in the Ipoh Echo issue 179, I said that Lucky Restaurant is a veritable shrine for seafood lovers looking for the biggest, the rarest, and the freshest seafood and fish and willing to pay the high prices that some of these dishes fetch.

The same holds true today and the quality has remained superlative. The fish noodles in claypot is still yumilicious (my favourite) and their heavenly, springy, **homemade fish balls** which proprietor Lucky Cheong swears is made from pure fish meat, a mix of *saito* (wolf herring) and *tao foo yu* (Yellowback fusilier) with no other additives other than salt and water, are there. And of course one can choose from the



Lucky Cheong holding the huge fish lips

**giant grouper or loong dan** which is prized for its thick, velvety smooth gelatinous skin; or the **parrot fish**; or his specialty (depending on availability) the **tao dai** (large white pomfret, seasonal price) and request for your favourite style of preparation.

But Lucky is not one to rest on his laurels and on a recent visit I was enticed into ordering something I have never in my entire life tasted before – **Shark Lips**. I have had Shark's liver which if fresh is comparable to Foie Gras, especially pan fried and which is also available at Lucky's – a fact of which I was totally unaware, despite being quite a regular at Lucky's.

I was dubious as to the taste, worrying that it may be too fishy for my palate as the plate of Shark's Lips arrived on a platter looking for all the world like slices of wobbly white jelly with scallions and other accoutrement as garnish. To my utter surprise and delight, the 'jelly' had a firmness on the bite and was absolutely umami with not the slightest hint of fishiness. It had a velvety texture and slid down the throat like the jelly it resembles.

I was with my sister Winnie and there were only the two of us but nevertheless we polished off the plate with alacrity and promised ourselves to return for more of the same and to add Shark's Lips to the list of our favourites. RM150 per kilo. Our portion RM70

While at Lucky's remember their fabulous Wonton and their fried small fish as appetizer. And do sit and savour the wide selection of special teas that is also Lucky's trademark.

## Restoran Lucky

266 Jalan Pasir Puteh, Pasir Puteh.

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Business Hours: 7.30 am-3.30 pm

Closed 1st and 3rd Wednesdays

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## Koppe Me

**O**pened recently on July 25, Koppe Me was created by Lieza Zakaria and her husband who are not strangers in the field of F&B. The cozy cafe offers more than 20 food items on their menu waiting to be tried.

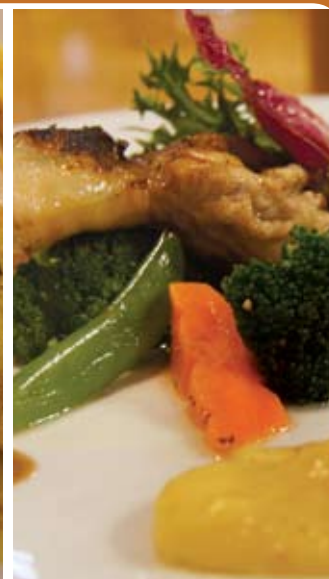
"All the menus are created exclusively by the team. For example, our Laksa Tom Yam Big Bowl (RM9.80) is one of the dishes I usually prepare at home and guests would rave about it. So I decided to bring it into the cafe," said Lieza.

With a modern hipster ambiance, customers will have plenty of dishes and signature beverages to try at Koppe Me. Among their signature dishes are Buttermilk Pasta (RM10.80), Char Grilled Chicken Spice (RM13.80) and Pho Bo Noodle Soup Big Bowl (RM9.80). The cafe serves western, local and Thai delicacies that are guaranteed to satisfy everyone's hunger.

Their wide selection of drinks are also tempting. While enjoying the signature Urban Koppe Me coffee (RM3.90/RM5.50), Red Grenade (Pomegranate) (RM6.50) or Butterscotch coffee (RM4.80/RM5.80), customers are welcome to try their cold pressed juices that are made fresh daily.

"We wanted to create a space where customers can have good meals in a comfortable place. Koppe Me has tons of new exciting plans and we are looking forward to giving the best service to all our customers," added Lieza.

Fancy organising a private event? Koppe Me also caters to closed functions such as anniversary celebrations, birthday parties or small gatherings for up to 50 people at a time. Reservations can be made at **05 255 6112**. Opening hours: 4pm till 11pm, Monday closed.



Koppe Me is located at E-G-10, Greentown Square, Jalan Dato Seri Ahmad Said, 30450 Ipoh. The cafe is sitting in the same building with Simpang Tiga Restaurant as they share the same management. For more information about the cafe, visit their facebook page at [www.facebook.com/WargaKoppeMe](http://www.facebook.com/WargaKoppeMe) or Instagram at [www.instagram.com/Koppemeipoh](http://www.instagram.com/Koppemeipoh).



## Bang For Your Buck in Ipoh . . . continued from page 2

### Places to see

Travellers on tight budgets will definitely love Ipoh because most of its attractions are either free-of-charge or inexpensive. While many would suggest the usual Ipoh's iconic places, we list here some off-the-beaten-track places for you to visit day or night:

#### Mirror Lake

Mirror Lake is not your average tourist spot. Befitting its name, the emerald-hued water produces glass-like reflections of the verdant limestone hills along its perimeter. Located deep in a stone quarry, this hidden gem requires extra effort for a visit. Located off Jalan Sultan Nazrin Shah, sightseers will have to drive past some quarries then walk through a short tunnel and emerge on the other end to this postcard-perfect view (available on Waze). UBER might be able to get you there but no bus can go in. There is no entrance fee. (GPS: N 4° 33.55' E 101° 7.175' on Google Maps it is at: 4.559169, 101.119575)



Mirror Lake

#### Han Chin Pet Soo and Ho Yan Hor

Located next to each other, Han Chin Pet Soo used to be a clubhouse for miners back in 1893. Through the hard work of heritage enthusiast, Commander Ian Anderson and his team from ipohWorld, and sponsored by Kinta Properties, the three-storey building is now a museum packed with rare artifacts to recreate the look, feel and ambience of the Hakka Club in its heyday. There is no fee but reservations must be made. After your tour, the museum welcomes donations.

As for Ho Yan Hor, it is a museum that captures the story of the progression of the Ho Yan Hor tea. In 1945, Dr Ho Kai Cheong invented the Ho Yan Hor herbal tea to help Malaysian overcome heatiness and common cold. Guests of the museum will definitely enjoy the photographic opportunities and tea samples. Entrance is free but for larger groups, it is advisable to call in advance.

Both Han Chin Pet Soo and Ho Yan Hor are located at Jalan Bijeh Timah, 30000, Ipoh Perak. Reservations for Han Chin Pet Soo can be made at [www.ipohworld.org/reservations](http://www.ipohworld.org/reservations), +605 241 4541. For Ho Yan Hor, swing by [www.facebook.com/HYHMuseum](http://www.facebook.com/HYHMuseum) or call +605 241 2048 for more details.



HCPS dining hall



HCPS tin shed & mine

#### Mural Trail

The best way to circle around Ipoh is to take a mural tour on your own. From international painter Ernest Zacharevic to local talents such as Eric Lai, Kareem Kai and more, you definitely will be amazed by the amount of unique murals available around town. Some of the more famous murals in Ipoh are located at Ipoh's Old Town area and Jalan Masjid Kampung Kuchai (opposite Panglima Kinta Mosque).

Echo for Pokemon Go: As you go walk around discovering murals, tons of Pokestops are awaiting for you!



Mural by Perak Art Society

#### Heritage Trail

Lovers of history will definitely enjoy this DIY tour. While physical maps are available at the tourist centre, you can also download it at [www.ipohworld.org](http://www.ipohworld.org). Among the historical buildings on the map are the Arlene Terrace, Birch Clock Tower, KTM Ipoh Station and more.



Birch Tower

#### The Geological Museum

The sole Geological Museum in the country was built in 1957 within the Minerals and Geoscience Department of Malaysia along Jalan Sultan Azlan Shah. Featuring over 3000 specimens, the most precious one of all is the one and only single-crystal cassiterite which weighs a whopping 87kg in Malaysia! The priceless tin ore was found in the Kinta Valley.



Single-crystal cassiterite

Admission is free. For group guided visits, please forward advance application to the Minerals and Geoscience Department of Malaysia or apply online via <http://www.jmg.gov.my>.

Opening hours: 9am-12.30pm, 2pm-4.30pm (Monday to Thursday), 9am-12pm, 3pm-4.35pm (Friday). Tel: +605 540 6000.



Cassiterite samples

. . . continued on page 7



## Bang For Your Buck in Ipoh . . . continued from page 6

### Lost World of Tambun (LWOT) Hot Springs & Spa By Night

We saved the best for last, a visit to Ipoh wouldn't be complete without a visit to LWOT. The park has recently added more hot spring pools that have different temperatures and the petting zoo is available at night. The night park opens daily from 6pm till 11pm. Tickets are priced at RM35 per person.

Echo for Pokemon Go: 27 Pokestops. 'Nuff said.

Aside from these attractions, you can also visit the plethora of caves with free admission such as **Tambun Cave**, **Kek Lok Tong temple**, **Sam Poh Tong temple** and many more.



Lost World of Tambun Petting Zoo

### Best Cheap Eats

Most of the locations listed above are located within the Old Town and New Town vicinity, where some of Ipoh's finest hawker treats are served just down the street. Perfect for breakfast and lunch, these eateries usually have many street foods under one roof. For instance, **Loke Wooi Kee coffee shop** off Jalan Raja Muda Aziz offers *hor hee* (noodle in fish soup base), dried curry mee, popiah (spring roll), *chee cheong fun* (rice noodle roll), char kiew teow (stir-fried rice noodle), economy rice, *kai see hor fun* (chicken with flat rice noodles), *dai gao min* (peanut pancake), Ipoh white coffee, *rojak* (fruit and vegetable salad), caramel custard and more. The same variety and pricing are also found in **Thean Chun Restaurant**, **Kong Heng Restaurant**, **Nam Heong Coffee Shop** and **Sin Yoon Loong Coffee Shop**, all located along Jalan Bandar Timah. Each is worth a second visit for all the frugal gourmands out there!

Meanwhile, the **Sweet and Tasty Food Court** at Jalan Sultan Idris Shah (Just next to the Main Convent) has its own carpark for convenience and a 'RM2' shop next door for those last minute items you left at home. The food court has a huge giant fan to fan off your travel fatigue.

Check out these busy night markets too where you can eat the best for less: **Pekan Razaki (Monday)**, **Ipoh Garden East (Tuesday)**, **Bercham (Wednesday and Sunday)**, **Menglembu (Thursday and Saturday)** and **First Garden (Friday)**.



Egg tarts



New Hollywood Restaurant



Curry mee



Bean sprouts chicken

### Favourite Travel Souvenirs

If you have a few ringgit to spare, you can visit the Memory Lane morning market on Sunday along Jalan Horley. It is a dream venue for those interested in unique vintage and second-hand goods in a funky outdoors market setting.

Get your hands on Ipoh's famous kaya puff from Sin Eng Heong Biscuit Shop along Jalan Mustapha Al-Bakri and more traditional pastries from Yee Hup and Ching Han Guan Biscuits Sdn Bhd, both along Jalan Sultan Iskandar. Meanwhile, Yee Thye Cake House is just a stone's away along Jalan Theatre.



Ching Han Guan

### A sample itinerary for a budget traveller

RM30 x 2 nights (lodging) + RM30 x 3 days (a mix of bus and UBER) + RM15 x 8 main meals + RM20 (souvenirs) = RM290.

### Conclusion

The world's largest travel guide book publisher, Lonely Planet, has placed Ipoh at Number 6 spot in the list of the ten must-visit destinations in Asia in 2016. Ipoh on a shoestring is equally captivating because as the saying goes, the best things in life are (well maybe not quite but reasonable enough) free.

## Sharpened Word

### Sharpen your Mind, Enrich your Life

When Sharpened Word was first mooted about a year ago, we only had in mind, writers, and the intention of connecting them with the Ipoh community. This way, we could help boost and elevate the literary arts locally.

However, over this short span of time, we realized there are many other diverse talents beyond the literary world in our midst. Their relentless creativity, minds and thoughts are something we could tap on to make our monthly event a more expansive and interactive one. The infusion of new volunteers also broadened our mindset and motivated us to take on a more challenging role.

With this in mind, all of us in SW sat down and reviewed our plans for a new course of direction. Needless to say, we formulated new Vision and Mission statements, together with a set of core values, and thus refined the objective and purpose of SW.

A new tagline has also been created to coincide with this new look that SW is adopting. For those who have been closely following our progress, they will notice that the programs from June to August have been progressively transformed to reflect this new direction. We brought in spoken word poets, a punk rock writer and a fine art artist in June, followed by the introduction of Peranakan heritage in July and now an inaugural short film fest for August. All these programs have unveiled the multitude of talents we have in Malaysia, and SW strives to bring many more such creative people to the Kinta Valley.

We have also introduced the SW YouTube channel where, besides recording and airing the monthly outings, in-depth interviews with guests showcasing their knowledge and ideas are also carried out for the benefit of viewers.

So, we are proud to announce and launch our new Vision, Mission and Tagline. All of us in SW are very excited with this new development and look forward to your continued support.

Please do write to us to give us your feedback and comments. We'd certainly love to hear from you. Thank you.



Sharpened WORD  
Sharpen your Mind, Enrich your Life







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## Revival of Kinta Riverfront Walk

For the past five years or so, Kinta Riverfront Walk was the new tourist icon of Ipoh. The multi coloured neon trees and beautiful surroundings make this a perfect place to enjoy late evening walks. When relatives and friends come from outstation, I drive along the road for them to see the lighted trees.

A few months ago when I took a friend from KL to visit the place, it was dark and the trees were not lighted. Except for two stalls on either side of the river, the rest were closed.

When I called Mac Loh, Marcom Manager, Kinta Riverfront Hotel, he informed me that after implementation of GST, the stall owners said they could not continue their business and vacated the place. However, he said that Tourism Perak and Majlis Belia Perak have agreed to operate the shops.

I met Mac and told him that the trees must be lighted even if the stalls are closed. He agreed and the trees are now lighted. He informed that Tourism Perak would be opening the stalls on May 4 and invited me. On the said date, only Mac and I were there. No one from Tourism Perak turned up.

Zara binti Zokronain, Assistant Officer in Tourism Perak who is responsible for revival of Kinta Riverfront Walk, informed that the stalls would be opened on August 3, but the stalls are still not opened. Zara informed that they are waiting for the Menteri Besar to give a date to launch the stalls.

Zara added that PORT (People Of Remarkable Talent) which is located along Jalan Sultan Azlan Shah would perform their cultural programmes at Riverfront. This place is next to a housing estate and not suitable for live band performance which is too loud.

The place is to be renamed Tourism Riverside and there is a small arch with this name. The current name is popular and established. Why must the name be changed?

When I spoke to Aswannudin bin Harifudin, Vice President, Majlis Belia Perak, he informed they are planning to open a food street and the stalls would be operated by youths.

It is important that the food served should be representative of the famous food available in Ipoh. Travel portal Lonely Planet has listed touge chicken, tau foo fa and white coffee as famous in Ipoh. Tourists would be looking for these at the food street. The stalls need to cater for a mixed crowd.

When the place is revived, Tourism Perak and Majlis Belia Perak has to ensure that



the place truly represents Ipoh especially to foreign tourists.

Riverfront Hotel is operating an outlet renting out bicycles which is popular. Pedestrians, cyclists, motor cyclists and cars are using the same roads. This is not safe. There needs to be a dedicated route for the bicycles. I saw a cyclist cycling against the flow of traffic along Jalan Lim Bo Seng which is dangerous.

The building of the Tin Museum which is operated by the hotel is locked. Most of the heavy equipment are kept outside without any description. The life-size tin mining palong constructed at a cost of RM500,000 needs maintenance; weeds are growing.

There is stagnant water which would be breeding ground for mosquitos. A TV showing a documentary on the mining industry could be installed.

On a late Sunday evening I went to take photos and there were many visitors mostly the younger generation. The majority of them were glued to their phones.

Next year is Visit Perak Year and the tourist places must be ready to attract tourists as well as Ipohites.

## Announcement

### Team Keris Bhd's 25th Anniversary

**T**eam Keris Berhad will be celebrating their 25th Anniversary with a big party on **4th September 2016** at their newly completed award winning project Treetops Residency from 10am to 4pm. The celebration party is Team Keris Berhad's way of saying a big thank you to their purchasers for their support throughout the 25 years. With the best selection of hawker stalls in town, the menu ranges from nasi lemak, fried noodles, cendol and more. There will also be a Durian Fest with a pile of 1000 durians to enjoy. Be entertained by the award winning Sam Tet Brass Band, fun fair games and prizes to be won and the Olympic length swimming pool is open for enjoyment. They are also rewarding loyal purchasers with up to 30,000,000 voucher rewards towards purchase of new homes. **All food and entrance is FREE** and everyone is invited to join in the fun. Limited Edition Free Gift for redemption! Call **019 701 2222 / 019 703 2222** for more info. Waze *Treetops Condo* for the location.



## Arts & Culture

# Father of Malaysian Animation

Hassan Abd Muthalib, father of Malaysian animation was the guest speaker at the August edition of Sharpened Word held on Saturday, August 20. The session, which lasted from 2pm till 5pm, was well attended.

Hassan or Pak Hassan is a self-taught filmmaker, film critic, artist and designer who directed the animated 'Sang Kancil' series and 'Silat Legenda', Malaysia's first animated film. He has been in the film industry for 50 years and his works include the book entitled, 'Malaysian Cinema in a Bottle'.

This edition of Sharpened Word was called a Short Film Fest, as that was the emphasis. Two short films were shown, 'The Lunch Date' and 'Toyland' before Hassan began his talk on 'The Extrinsic and The Intrinsic: Secrets of Visual Storytelling'.

"A good film needs only three things. First, it must entertain. Second, it needs to have something to say, though films don't deliver messages. And third, it depicts culture," said Hassan.

He described the elements in the two short films to make the audience better understand. A good short film is done in continuous time, continuous action with a twist at the end. Continuous time refers to something that occurs in a few hours or a day.

"At the age of 75, one of the most famous directors in the world, Akira Kurosawa said that he was finally discovering what a film is about. Can you imagine that? A mentor of mine made me realise what film is; cinema is spiritual," he continued.

As Hassan explained, he showed stills taken from films such as 'Tokyo Story', 'Life of Pi' and adds-on topics on films like 'The Last Samurai', 'Gladiator' and 'Ada Apa Dengan Cinta 2'. This enlightened the audience.

When watching a film, every position has a meaning. That is why in war films, if there are two sides fighting, the one on the left will definitely win. The sky, in films symbolises spirituality or God. So does the colour yellow.

"For instance, 'Lion King' is about destiny. That's why the sky is so dominant, and also the scene of stars in the sky. If a film is about destiny, scenes of stars in the sky represent it," Hassan said.

"A good director speaks by involving the audience in the process of storytelling so both sides take on a journey to appreciate the story, from beginning till the end," he uttered.

If a person's face is dark on one side, it means he is the bad guy. And that explains Darth Vader from 'Star Wars'. If a person is introduced from the back, it also represents a bad person.

Films consist of film grammar and film language. Film grammar is what we see. Film language on the other hand, is what comes out of the arrangement. The costume, the background and the colours, the framing of each scene, each represents a definition of their own.

When a character in a film is reflecting himself in a mirror, it means he is psychotically problematic. Circles in a film represent negativity too.

Many films are done based on paintings, which is something Malaysians still lack today. Study a painting then get the whole picture of a film after that.

"The secret is to follow the rules, break them then come back to the rules," Hassan concluded.

After his talk, five short films produced by Ipohites were reviewed by Hassan. His critique was a definite eye-opener to the audience.

Khaleeja



## Wellness

# Heart Bypass: What to know

Ipoh Echo spoke to Dr Ko Chung Sen, the resident consultant for cardiothoracic of KPJ Ipoh Specialist Hospital and discussed the process behind Heart Bypass: the whys and whens one should do it.

According to the World Health Organisation (WHO), a total number of 29,363 deaths were reported due to coronary heart diseases in 2014, making heart disease the number one killer in Malaysia.

"When you can no longer perform your usual physical activities because of chest pain or breathlessness, these are the symptoms that could indicate a heart problem. Patients may also get cold sweats and suffer from palpitation: indications that they are at risk of a heart attack," said Dr Ko.



Dr Ko Chung Sen, Resident Consultant for Cardiothoracic

### Tests before surgery

Before suggesting a heart bypass to any patient, doctors will perform several tests to determine the condition of the patient's heart. It usually starts with an **Electrocardiogram (ECG)**, a chest X-Ray, an exercise Stress Test with **Echocardiogram** and finally an **Angiogram** which is a procedure where a catheter (thin tube) is threaded through a small puncture in a leg or arm artery to the heart. An iodine dye is then released which shows the condition in a blood vessel. If there is a blockage in the artery, an **Angioplasty** is performed whereby a balloon is inflated at the tip of the catheter to flatten the plaque, allowing the artery to be unblocked.

### During the surgery

According to Dr Ko, a patient has to go for a heart bypass surgery when they have three blocked arteries that cannot be treated with angioplasty.

The purpose of a heart bypass surgery is to bypass the blockages in the damaged arteries in the heart. In order to do that, the surgeon will need to use blood vessels from other parts of the body such as the leg or the arm to repair it. During the process that usually takes up to 4 to 5 hours, a patient's heart will be stopped for up to one hour during which time a **Cardiopulmonary bypass (CPB) Pump** temporarily replaces the function of the heart and lungs.

### Post Surgery for patients

In most cases of heart bypass surgery, patients could take up to three months time to recover and it is important for them to take it slowly during this period.

"It is advisable for patients to take things slow on any physical activities. Do some light walking, no heavy-lifting, avoid any emotion-rush and start eating well," suggests Dr Ko who also encourages everyone to stop taking fast food, sugary drinks and smoking. "These are the important factors that could lead to heart diseases," he added.

### Alternatives for Heart Bypass

Are there other options for heart patients if they decide not to go for the procedure? The answer is, **yes**.

"Of course heart bypass is the best solution to repair blocked blood vessels, however some patients don't want and aren't suitable for the surgery due to their age and health condition. This is when we would suggest either angioplasty with stenting or medical treatment only," added Dr Ko.

Stents are very advanced nowadays. These are inserted by cardiologists during **Percutaneous Coronary Intervention (PCI)**. They are now usually coated with drugs (called drug-eluting stents) to prevent recurrent narrowing and improve the long term patency of the arteries.

**Taking care of your heart should be your number one priority to live healthier and happier. Book an appointment with Dr Ko Chung Sen via KPJ Hospital Ipoh website at [www.kpjipoh.com](http://www.kpjipoh.com) or call 05-2537835 now.**

## Personalities

# Badminton is their Passion

Malaysia's badminton is ranked sixth in the world and Ipoh has a major part to play. Two Ipohites in particular have been responsible for keeping badminton in the limelight of the sport arena. "Once you're in the badminton circle, you tend to know everyone," said Loo Ah Hooi, 73, when asked how he met Chan Wan Seong, 62.

They both started playing the game in school and it soon became a passion. Loo began playing when he was just 10 years old while Chan took part in the Under-15 Perak competitions.

"There was a gap after entering university, as I had to focus on my studies and career. But my dream of playing competitive badminton at international level remained, no matter what," Chan told this scribe. Loo began playing in tournaments only after he retired. It was time consuming as he had to travel a lot.

Loo currently competes in the 70+ category while Chan in the 60+ category. Their most recent game was in April when they took part in the All-England Seniors Open Championship in Hatfield, UK. They managed to get into semi-finals and won the silver medal.

Besides badminton, one thing they both had in common was their attitude of wanting to strive harder despite their age.

During the biennial BWF World Seniors Championships in Sweden last year, two out of the three medals were won by Malaysian players from Ipoh. Loo and his partner from Kuala Lumpur, Chin Kon Kong, won the gold medal in the men's doubles 70+ category. With that, they earned the World Champions title.

Chan won the silver medal in the men's singles 60+ category. He was also the World Morning Cup champion in the men's 60+ division, All-England Seniors runner-up in men's singles 60+ and champion in the Pattaya Sawasdee Cup men's singles 60+ category.

"We feel that in order to excel in the game one must have a goal and a passion. There's a difference between a social badminton player and a competition player. We play to win," said Chan.

"I think that badminton is the only sport Malaysia can be good in besides squash," Loo continued.

Chan, a banker by profession, had just retired from his position as the Executive Vice-President of the Ambank Group. He is now based in Kuala Lumpur. Loo, on the other hand, is a retired engineer. He is the founder and CEO of Torsco Sdn Bhd and lives in Ipoh. Loo plays badminton thrice a week at the Ipoh Swimming Club courts.

Apart from the duo, other world-class badminton players Ipoh has produced are Tan Jin Eong, Ng Boon Bee, Tan Yee Khan, Dominic Soong, Cheah Soon Kit, Lee Wan Wah and Khoo Kien Keat.

The oldies' next target is the World Championships in India in September. Both will be defending their titles and should they win it will definitely be another feather in their caps.

Khaleeja



L-R: Chan Wan Seong and Loo Ah Hooi



## News

# First Residential One-Stop Health Centre in Perak



Meru EcoVillage



Meru Suites welcomed its first guests, hailing from AQM Group, on Wednesday, August 17

Perak will have its first ever community-based health centre providing a comprehensive range of services, encompassing a medical clinic, home nursing, rehabilitation and physiotherapy in a residential development, following the signing of collaboration agreement between **KPJ Ipoh Specialist Hospital** and **Meru Valley Resort Berhad** on Monday, August 15.

Yet another milestone at Meru Valley Resort, this health centre is part of a fully integrated project built within the premises of Meru Suites, a new five-storey apartment development of the Meru Valley EcoVillage. It will consist of consultation rooms, comfortable waiting areas and a full-fledged information kiosk with multi-skilled staff trained to deal with patients' requirement.

The signatories were Mohd Nasir Mohamed, senior general manager for group business operations of KPJ Healthcare Berhad cum executive director of KPJ Ipoh Specialist Hospital and Dato' Lim Si Boon, director of Meru Valley Resort Berhad. The signing ceremony was witnessed by Dato' Dr Mah Hang Soon, the Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages.

Also present were Dato' Amiruddin Abdul Satar, president and managing director of KPJ Healthcare Berhad cum chairman of KPJ Ipoh Specialist Hospital, Haji Ahmad Nasiruddin Harun, senior general manager for group education and strategic support services of KPJ Healthcare Berhad cum deputy chairman of KPJ Ipoh Specialist Hospital and Shahzan Bahari Shamsul Bahari, director of Meru Valley Resort.

"I think it's a first of its kind in Malaysia. I am truly impressed. Coming from the system, I am fully confident that, no doubt, KPJ is and will be able to give top level health services to the residents and people in Meru," stated Mah during the press conference.

"Regarding the investment we have put in, infrastructure-wise, for the health centre is about half a million ringgit. For the specialised gym, it's about another RM400,000. The wellness phase, we are talking about another quarter of a million ringgit. Overall, this whole concept is costing us over a million ringgit. Working with KPJ, the quality is assured and the price is actually fixed as per all their outlets and hospitals. People can be comforted that they are not going to be taken for a ride," Lim explained.



Signing of collaboration agreement

The gym is equipped with **HUR equipment**, a world leading company specialising in senior exercise, rehabilitation and wellness. The pneumatic technology and smart-computerised system replaces conventional weights in the equipment which is crucial for more efficient, safer exercise for people of all ages and abilities, thus perfect for senior exercise and rehabilitation.

"It is half the price of what it costs for the treatments in Kuala Lumpur. From KL, you can take the train down to Ipoh, Uber to Meru, have your treatment and still afford to have a bowl of *kuey teow* (flat rice noodle)! And you have a better time," Lim added.

"Another advantage is that this initiative is also an excellent boost for Perak's Malaysia My 2nd Home programme as we have been made to understand that expatriates also reside here as well as seasonal tourists mainly from Japan," Haji Ahmad Nasiruddin Harun said in his speech.

Celebrating silver jubilee this year, Meru Valley Resort completed its five-storey apartments containing 84 units (out of which 48 units are available for rental) within the EcoVillage four months ahead of schedule. Embellished with 527 sq ft one-bedroom and



Bedroom in the Meru suite

732 sq ft two-bedroom suites complete with hotel room amenities, its services include transportation arrangement, airport transfer, food delivery and security. Plus, it is right smack in the middle of the only five-star golf course in Perak with a stunning panoramic view of the Kledang Saiong Mountain Range.

The EcoVillage also features 34 units of single storey villas and 48 units of townhouses. All the homes were designed with the senior community in mind.

"Seeking medical attention is now closer to home! Once successful, we hope to replicate this EcoVillage concept across Malaysia. We actually have a project in the pipeline in Hulu Ampang based on this. We hope within the next three years we would have a second one in the Klang Valley," Lim concluded.

**Clinic opening hours:** Mondays to Fridays – 9am to 5pm, Saturdays – 9am to 1pm (will be extended in the future). Tel: **05 529 3353**.

Mei Kuan



Mah trying the HUR equipment



## Upcoming Events

# Noah's Ark Ipoh's Rock n Roll



Noah's Ark Ipoh is presenting an evening of fun, food, entertainment and surprises in a fundraiser for animals.

The theme is Rock n Roll and guests are invited to dress in gear of that era. Besides dance performances by d' Aritz, PSPA, instrumental music by Summer Bee, there is **Harith Iskander** (the Godfather of stand-up comedy) while enjoying a seven-course Chinese meal.

This event is organised by Noah's Ark Ipoh Animal Welfare. NAI is a non-profit registered organisation whose main aim is to reduce the stray population in Ipoh. They have a trap/neuter/adopt or release and manage (TNRM) programme. They attend to animal abuse calls and rescue injured or sick animals for treatment. After treatment the stray is neutered and if they cannot find a suitable home for it they release it back to the community. Unfortunately NAI does not have a shelter but they manage a cat shelter.

The purpose of the event is to raise funds so that they can continue their TNRM programme. The event is also to highlight the problem of strays in our community and to create awareness to the public on responsible pet ownership.

Noah's Ark Ipoh is inviting the community to attend the event to support what NAI is advocating. NAI needs the help and support of the community to improve the quality of life for the strays living amongst us.

**Date and time: October 7, 2016, 7pm**  
**Venue: Kinta Riverfront Hotel**  
**Visit their website: [www.noahsarkipoh.com](http://www.noahsarkipoh.com)**  
**Jayamalar: 012 538 6366**  
**Malika: 017 575 1556**  
**Claudia: 012 359 0476**

## International Reggae Festival

Fans of reggae music, get your groove on and head to Tanjung Tualang on **September 9 and 10** for the first ever International Reggae Festival organised exclusively by *People Of Remarkable Talent* (PORT), Tourism Perak and Malaysia International Reggae Society.

The two-day music festival will not only feature local bands such as Balok People, Poe & The Stoners, Rasta Syndicate and more, but also international groups such as Clifftones (Sweden), Pie In The Sky (Australia), Made In Made (Indonesia), Meshwar (Egypt) and Jeck Pipil & Peacepipe from Philippines.

"We want to cater to the needs of every music lover. PORT has held a few concerts for underground and rock fans and now it is the time to enjoy some good reggae vibe," said Zamari Haji Muhyi, the manager for PORT.

Visitors will not only get to enjoy and indulge in the music, they will also get the chance to learn a thing or two about the genre, thanks to the workshop held during the festival. The team also wants to promote a drug-free music festival, due to the misconception between reggae and drug usage.



"We want to promote a healthier way to enjoy music. I hope to see not only fans of reggae but everyone who loves music," said Poe from Poe & The Stoners.

The concert will be held at 'The Last Dredge' a.k.a TT5 Dredge at Tanjung Tualang and performance will begin on September 9, from 8pm till 11pm. A special music workshop will be held the next day at 3pm and a later music show will continue at 8pm.

**Ili Aqilah**

## 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.

## Ipoh Echo: Good, Interesting Read

I spent the night in Ipoh last Saturday before proceeding to Penang the next day to attend a George Town Festival event at The Royale Bintang Penang on Sunday afternoon. While I was at the hotel front desk, I picked up a copy of your Ipoh Echo.

I think Ipoh Echo has captured the spirit of good old Ipoh quite well.

I have had the pleasure of reading your community newspaper on the last few occasions when I was in Ipoh and have been impressed with the range of community events especially in the arts and theatre field. It is a real pity because I live in Petaling Jaya and do not know of these happenings because it is not reflected in the paper I get.

Ipoh does seem to have a thriving arts, theatre, social and community affairs events to keep the residents of your city engaged if they so wish to do so.

Finally, I like your editorial, 'Is Life That Cheap?'

and the article 'Have the Big Fish Slipped Through the Net?'

More major cities in Malaysia should have a community newspaper like yours.

**Benedict Morais**

## Actions by Council

I am glad to inform readers that Ipoh City Council has taken the following actions in response to reports in the Ipoh Echo:

1. 'Tripping Hazard Along Jalan Lim Bo Seng Bridge' Ipoh Echo Issue No. 231 dated March 16.
2. 'Litterbugs – Cosmopoint Must Take Responsibility' Ipoh Echo Issue No. 240 dated August 1.

Regarding the tripping hazard along Jalan Lim Bo Seng, City Council has cleaned and cleared the area on March 29. As for The Cosmopoint litterbugs,

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## Superfood Moringa the Miracle Tree

A talk on Moringa the 'Miracle' Tree is scheduled on **September 8** at the function room at Meru Valley Resort.

Given by Fennie Yap who is a practicing Clinical Nutritionist, Fennie has a B.Sc.(Hon) in Nutritional Biochemistry from University of Nottingham, UK and is a trained fitness instructor, FISAF Federation of International Sports, Aerobic and Fitness.

The talk will focus on the *Moringa oleifera*, commonly known here as the "drumstick tree", has small, rounded leaves that are packed with an incredible amount of nutrition: protein, calcium, beta carotene, vitamin C, potassium... you name it, moringa's got it. No wonder it's been used medicinally (and as a food source) for at least 4000 years.

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**8 September 2016 (Thu) at 10am**  
**Function Room, Meru Valley Resort, Ipoh.**  
**RSVP to Barbara at [barbarabock@yahoo.com](mailto:barbarabock@yahoo.com) or 012 205 1459.**  
**Admission is free.**



the Council has removed the rubbish and cleaned the area on August 11. Enforcement officers will observe the area, from time to time, to ensure that it remains clean and litter-free.

Thanks so much for highlighting the issues.

**Mohd Zakuan bin Haji Zakaria**  
**Secretary Ipoh City Council**



## Financial Planning

# The First Car

*This is Part 4 of a continuing 12-part series on financial planning. This week, we will see that Adam's relationship with Aida blossoms, while enhancing our knowledge in another important financial decision – buying a car.*



Now, Adam looked forward going to work every day because of Aida! One evening after work, it started raining heavily. Adam was stranded at the entrance of the bank when he caught sight of Aida, who similarly, was also waiting for the rain to subside. Adam invited her for a cup of teh tarik nearby and they chatted the time away. Adam walked Aida to the LRT station and later, they exchanged SMS-es. That night, Adam just couldn't sleep!

Anticipating more of those 'sweet' coincidences, Adam felt that it was high time that he got himself a car. Apart from reason of convenience, it would also give him the opportunity to offer Aida lifts home. The thought of buying a car has been in Adam's mind since he started working about a year ago but he delayed it to save up for the down payment. Delayed gratification certainly warrants discipline and patience.

Adam needed to decide whether to buy a new car or a used one. People often think that it is wiser to purchase a new car since there will be less maintenance costs compared to a used car. Many fail to take into consideration the higher depreciation amount for new cars as compared to used cars.

Of course, buying a used car has its own set of drawbacks – mainly higher maintenance costs and hidden defects with expired warranty duration. If you decide to buy a used car, it is advisable to get your trusted mechanic to examine the car first. It must also clear the JPJ inspection records for stolen vehicles, non-permissible modifications, kereta-potong, etc. Used cars normally carry a higher rate of financing costs compared to new cars. However, if you are buying it in cash, it does not have such an impact. On this score, we should possibly strive to purchase our cars in cash, if possible without any form of loans.

After much consideration, Adam decided to purchase a used car for the opportunity savings he would stand to gain from the depreciation cost. As a rule of thumb, we should ideally keep our car instalments within 15% of our take-home pay to be in a healthy financial position.

- Monthly Take-home pay = 2,500
- Ideal Monthly Instalment = 15% x 2,500 = 375
- Intended Financing Period = 5 years
- Total Loan amount = 375 x 12 x 5 = 22,500

From the above, it means that Adam should restrict his car loan amount to RM22,500. He quickly checked his unit trust investment statement and noted that he would be able to cash out about RM10,000 for the car down payment! He was pleasantly surprised that with the little that he invested over a few years, it had accumulated to quite a handsome sum – indeed, “sedikit-sedikit lama-lama jadi bukit!”

He found a relatively well-maintained, low-mileage and reliable second-hand car for only RM30,000. With a down payment of RM10,000, he took a RM20,000 hire-purchase loan for five (5) years with an interest rate of 4% p.a. The monthly instalment worked out to exactly RM400  $\{[(RM20,000 \times 4\% \times 5) + 20,000] / 60\}$ . His total loan commitments were about one-quarter ( $\frac{1}{4}$ ) of his take-home pay, still at an acceptable level since it does not exceed one-third ( $\frac{1}{3}$ ) of his take-home pay.

**Adam had to further tighten his budget as follows:**

INCOME		EXPENSES	
Take-home Pay	RM2,500	Savings	RM250
		Life Insurance Premium	RM250
		Repayment of PTPTN Loan	RM150
		Car Instalment	RM400
		Gift to Parents	RM400
		Food	RM450
		Petrol & Toll	RM250
		Car Maintenance, Road Tax & Insurance	RM150
		Clothing & Entertainment	RM100
		Telephone Bill	RM100
Total Income	RM2,500	Total Expenses	RM2,500

Note: Take-home pay is net of EPF & SOCSO contributions and taxes.

After revising his budget, he realised that he would be spending at least RM800 per month on his car (including petrol, toll, maintenance, road tax and insurance). He had to trim down his food and entertainment bill to retain the monthly saving and life insurance benefits. Even with those adjustments, he still came up a little short. He was truly grateful that his parents were kind enough to offer a “rebate” on his monthly contribution.

Adam now knows that owning a car is not cheap!

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

## Announcements

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

**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 JKKK 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.

**Perak Community Specialist Hospital (PCSH) Antenatal Seminar, September 3** (Session 2) from 2-5pm, at the hospital's conference room. Topics for Session 2: family planning, entire delivery process and healthy diet and nutrition during pregnancy. There will be a 15-minute antenatal exercise regime demonstration whereby expecting mothers will be given the chance to participate using yoga mats & exercise balls. Participation fee for two sessions is RM10 per couple, inclusive of high tea buffet for 2 pax. Contact Ms Shireen at **017 387 4794** for registration.

**PWW Fundraising Concert: ‘If I Sing’.** Organised by Friends of Perak Women for Women Society (PWW) to help women and children in crisis. **September 3**, 7.30pm at Meditation Garden, The Haven Resort Hotel, Jalan Haven, Tambun, Ipoh. For enquiries, call: PWW at **05 546 9715** or Su Win at **012 288 6888**.

**Ohana Association Walk Now for Autism 2016.** Saturday, **September 3** to be flagged off at 7.30am at the Red Crescent Hall. The aim for the walk is to create awareness of autism by gathering as many people as possible. Entries submission is closed but anyone who wishes to join in are most welcome, just wear a white t-shirt and contact Emily Gik at **019 558 2633** or the centre at **012 747 2633**.

**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**.

**Noah's Ark Ipoh Rock and Roll Fundraiser Night.** Friday **October 7**, 7pm at Kinta Riverfront Hotel. Guest appearance: Harith Iskander. Dress code: Rock and Roll. For enquiries, call Jeya **012 538 6366**, Malika **017 575 1556** or Claudia **012 359 0476**.

**The Salvation Army Open Day, Saturday October 15**, 9am to 1pm at Boys Home, Jalan Tambun, Ipoh. Support by: selling coupons, running a stall or having a fun day! Contact: **05 254 9767**, **05 545 7819**, **05 526 2108** or **05 545 3269**. Email: [ipoh\\_childrens\\_home@smm.salvationarmy.org](mailto:ipoh_childrens_home@smm.salvationarmy.org).

**Nasam Ipoh Food & Fun Fair, Saturday October 22**, 8.30am-1pm at 9 Lorong Pinji, Off Jalan Pasir Puteh, 31650 Ipoh. For details, call **05 321 1089** (Jennifer).

**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.

**Garden Market @ PORT Ipoh. Friday, Saturday & Sunday nights, 6pm onwards.** Food trucks, book, antiques, vintage comics, collectibles, buskers, bundle, pre-loved items, etc. Wayang Pacak on Friday and Saturday nights.





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## Community

# The Salvation Army – Every Child Matters

Established in 1956, The Salvation Army Ipoh Boys' Home accepts orphans and boys with single parents regardless of ethnicities from Standard 4 up to Form 6. Ipoh Echo spoke to Nigel Jones, the assistant superintendent and Kenneth Hooi Wing Ken, the programme coordinator at the home along Jalan Tambun.

"This is a home for boys from at-risk and underprivileged backgrounds," Nigel said. Hailing from the United Kingdom, Nigel and his Malaysian wife came to Ipoh in February 2013. His wife is attached to The Salvation Army Old Folks Home.

The boys' home has a capacity of 50. "We actually don't want to admit boys unless it's absolutely necessary because they're better off if they live with their families. When we get referrals then we will investigate by visiting the family, extended relatives and school to see if it is absolutely necessary for the boy to come into the home. So the numbers, for the last 10 years, fluctuate between thirty to forty," Nigel added. To date, the home houses 32 residents and is managed by 12 keen staff and two officers.

"The Salvation Army is actually a Christian church that I belong to. I am a full-time church worker and have chosen to do this as a career," the amiable Briton added. The Salvation Army is headquartered in Singapore and operates in Malaysia and Myanmar.

"I had a few classmates when I was in secondary school who were residents of the boys' home. They had a difficult time due to their family backgrounds. Thinking about that, I volunteered to work here because I want to change the lives of the boys and help them overcome their difficulties. Seeing the boys' achievements, either in their grades or other talents, motivate me the most," said Kenneth, who recently completed his degree in psychology. Joining the staff team in December last year, he assumes the role of an elder brother to the boys.

The home currently is in need of voluntary tutors to help the children in their studies, monetary donation and gifts in kind such as school necessities, clothing, sundry items and food products. "Raising money is a challenge, we've to work hard every year to raise funds," Nigel highlighted. The monthly administrative cost of approximately RM83,000 goes to food, clothing, tuition, transport, utility bill, insurance and others.

What is a typical day at work like at the boys' home? "Generally I receive calls from



Nigel Jones and Kenneth Hooi Wing Ken

people, like sponsors, especially during festive seasons and handle the logistics. I also prepare the boys for outings," Kenneth remarked. His one precious advice to the boys, "Study as hard as possible to achieve a better future."

On his fondest memories with the boys, the Ipoh boy enthused, "Having barbecue with them!"

The Salvation Army Ipoh Boys' Home will be organising its annual Open Day on Saturday, **October 15** from 9am till 1pm. It is a fun-filled day with food, children performances and a guided tour of the home. Akin to a food festival, coupons are priced

at RM10 per booklet. Those who wish to purchase, donate or run a stall can call the home at:

**Address: 4367, Jalan Tambun, 31400 Ipoh / P.O. Box 221, 30720 Ipoh.**

**Tel: 05 545 7819; Fax: 05 549 5412**

**Kenneth's email: [Kenneth\\_Hooi@smm.salvationarmy.org](mailto:Kenneth_Hooi@smm.salvationarmy.org)**

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## Community

# Thai Food Festival to Stay for Good

In conjunction with 'Visit Perak 2017', state Exco for Tourism, Art, Culture and Multimedia Dato' Nolee Ashilin Mohammed Radzi believes in the potential of food festivals to generate more tourists, both domestic and international, to Perak.

"The Thai Food Festival received over 80,000 visitors from Malaysia and Thailand. We can see how it could benefit us and help local businesses," said Nolee during the official launching of the Thai Food Festival at Batu Gajah recently. The festival which was held for nine days from August 12 till 20, had over 200 vendors selling assorted Thai delicacies such as Glutinous Rice with Mango, Som Tam (Thai Style Papaya Salad) and many more.

Aside from food and drinks, there were a few stalls selling souvenirs and T-shirts for visitors who would like to commemorate the first ever Thai Food Festival in Perak.

"The festival received not only food enthusiasts from Perak, but also from other states too. We hope to see more or at least the same amount of visitors at all the five different venues where we plan to hold it next?" said YM Raja Dato' Muzafar Shah Raja Mokhtar, one of the main organisers.

Muzafar and his team are still planning the next set of venues and setting up the date for the upcoming festivals.

Rosli Mansor



## Maha Ganapathy Temple

I received calls and messages thanking me for the story on Hindu Temples in Ipoh and was asked why the famous Pilliar Temple was left out. In fact this was the first temple I contacted, but was not able to interview anyone before my due date and that's why the temple was not included.

The Maha Ganapathy Aalayam (Temple) popularly known as Railway Pilliar Kovil was established in 1863 under an *Arasa Maram* (Peepal Tree) in a zinc building. Located at Persiaran Tun Perak, the temple underwent many modifications and the present temple was built in 2007. The main deity is Ganapathy or Pilliar, the Elephant-headed God who represents knowledge and is considered to be the remover and destroyer of obstacles. It is customary for Hindus to pay salutation to Pilliar before beginning any activity.

The main festivals are: Vinayagar Sathurthi is celebrated for ten days during August/September to honour Vinayagar's birthday. Vinayagar is another name for Ganapathy. The festival is to teach a person to avoid the company of bad people and cultivate the company of good people. Prayers are held and on each day a devotee sponsors food as thanksgiving. On the last day there is a chariot procession.

Nalvar Guru Pujai is celebrated to pay respect to four major Saivite Saints Thirunaavukkarasar, Thirunjaanasamandar, Sundaramurthy Naayanar and Manikavasagar. Prayers are held in the morning and *annathanam* (food) is served.

*Nadarajar Abishegam* or pouring libations on the statue is celebrated six times a year to resolve life problems. Nadarajar is believed to remove bad karma.

A. Jeyaraj



## Feeding the Homeless

"Voluntary activities in aid of the homeless show our empathy for them," said 28-year-old Syawal Hazwan, who leads the voluntary project, *BelanjaMakan Ipoh*, along with members of his organisation.

According to Syawal, the homeless should get the necessary attention as some of them are unlucky and are economically incapable of a better life.

"Not all homeless people are useless and lazy. Hence, it is not fair for us to judge them based on their attitude and outer appearance alone. There're a lot of factors that drove them to that state and our responsibility is to help them in whatever way possible so they can enjoy a better life one day," said Syawal.

"Among the targeted areas are UTC, Jalan Yang Kalsom and city centre. We give out more than 30 packets of food and drinks to the homeless each night. We also provide daily necessities such as toothbrush, toothpaste, slippers and towel," he added.

The non-governmental organisation distributes food and drinks to the homeless in the city every Thursday night from 10pm till midnight.

Those wishing to volunteer may call 019 559 5396. Facebook: *belanjamakanipoh*.

Luqman

## Sport

## Perak Tennis Teams Win Big at MSSM

The Perak tennis contingent emerged as one the nation's top teams, sweeping gold and silver medals at the annual Malaysian School Sports Council (MSSM) tennis competition held in Selangor from the August 11 to 17.

The Under 15 girls' team, comprising Sukirthi, Hannah Yip, Pay Vysion, Nur Batrisyia and Nur Alia emerged as the overall champion in their age group, beating their rival team from Selangor in the finals. They received the coveted winner's trophy and a gold medal each.

The Under 12 girls and boys teams finished with the silver, losing marginally to Sarawak and Selangor in the finals respectively. The U-12 girls' team was represented by Sashmini, Shihomi Leong, Nur Shafiqah, Malikah Asna and Siti Hajar, while the U-12 boys' team comprised of Mitsuki Leong, Muhd Adam Aqil, Pavel Liam Thadani, Azfar Haruya and Muhd Hafizi.

The students had been training consistently at the MBI tennis courts prior to the competition. According to Perak State School Council (MSSPK) tennis technical head En Khalid, the state did well and put up a good fight. "With more exposure and hard work, we are confident that our players can do better next year," he said.

Perak came second in overall position behind Selangor.

Syabas to all our young tennis champions! You have made Perak proud!

Wern Sze Gill





## Education

# Traditional Games Re-lived at Akshaya 3



The Hindu Society of Quest International University of Perak organised Akshaya 3, Akshaya International recently. The event was held at the Cultural Hall Ipoh. The event was attended by 800 people including students from universities, colleges and polytechnics from all over the nation.

The event was highlighted with the presence of international singer, Diwaker.

This event was the third of its kind and proved to be one of the best. The objective of the event was to create awareness and understanding about "Heritage of Traditional Indian Games" while fostering unity and friendship amongst students and the community. Besides that, it presented an opportunity for students to hone their leadership skills and also to foster unity among students of different races in line with 1Malaysia concept.

A host of exciting Indian traditional games and performances entertained the audience. During the event, students from different colleges challenged one another in traditional games like *uriyadi* (smashing a hanging pot with a long stick while blindfolded), eating sugar cane, *antakshari*, *maaruvedam* and others. Apart from the games, the students also formed teams to compete in the designing of the 1Malaysia *kolam* as well as saree and vesti draping and folk dance competitions.

The opening of the event was officiated by Dato' A. Paramasivam, former Deputy Commissioner of Police Perak, currently General Manager for Security, Safety, Health and Environment for Malaysian Resources Corporation Berhad, which saw the students perform a torch relay to light the lamp and a beautiful Bharatanatyam dance.

The event provided an opportunity for students of different cultures to witness and learn about Indian heritage games. It was heartwarming to see Chinese and Malay students as well as International students taking part in some of the competitions.



## A Stepping Stone

It has always been a dream for 22-year-old Nor Rizan Abu Osman to make her parents proud and she eventually did it. It was her hard work and dedication that enabled her to win the coveted excellence award during Ungku Omar Polytechnic's 45th convocation.

The event was held at the Perak Jubilee Hall, Ungku Omar Polytechnic from August 1 till 11.

Nor Rizan from Felda Gunung Bersaut 1, Sungkai, received her diploma in civil engineering with a CGPA score of 3.73. She said it was a gift for her parents for the moral support they had given her.

"I'll consider this as a step in fulfilling my father's wishes. I've been offered a place in a public university to pursue the same course," said the young lady with a grin.

A total of 2144 graduates from eight different courses received their diplomas. Another civil engineering student, Nor Sahira Muhamad Zam from Malim Nawar said that there were many opportunities for a polytechnic graduate to get into local universities.

"I'll pursue a degree course in civil engineering at University Malaysia, Pahang. I feel polytechnic is the best platform to plan for a better future, especially in terms of vocational skills. Besides the superb facilities, the environment too helps in shaping up students, to how we are today," said Nor Shahira.

Rosli Mansor



## Sunway College's Sixth Graduation

Sunway College Ipoh celebrated its sixth graduation ceremony recently at Casuarina@Meru Hotel, Ipoh. The event, which began at 9am, lasted till well past noon.

The new cohort of graduates were those who completed their studies in programmes such as Association of Chartered Certified Accountants, Certified Accounting Technician, Diploma in Business Administration, Diploma in Marketing, Diploma in Business Information System, Diploma in Graphic Design, Diploma in Interior Design, as well as Foundation in Arts.

A total of 220 students from these programmes walked up the stage with smiles on their faces, as their families cheered them on. Guests of honour included Senior Executive Director of Sunway Education Group, Dr Elizabeth Lee and Executive Member of

Sunway Group, Puan Sri Datin Dr Susan Cheah.

Scholarships and top-performer awards were also given to some 45 achievers. Danya Menon was among those who received the Platinum Award.

"I've never really thought of studying here, I didn't know what an impact it has made on me. Sunway definitely changed my life and brought me to where I am today," she said with a smile.

The total amount of scholarships awarded was RM296,000, including the Principal's Scholarship to 19 local schools and the Entrance Scholarship to 15 recipients.

"I'd like to say well done to everyone today. You've made us all proud and I'm more than happy to see you up on the stage today," said Puan Adawiah Norli, Chief Operating Officer of Sunway College, Ipoh.

Khaleeja





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Land Tenure : Freehold  
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