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ISSUE **243**

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## Churches in Ipoh



Church of St Michael

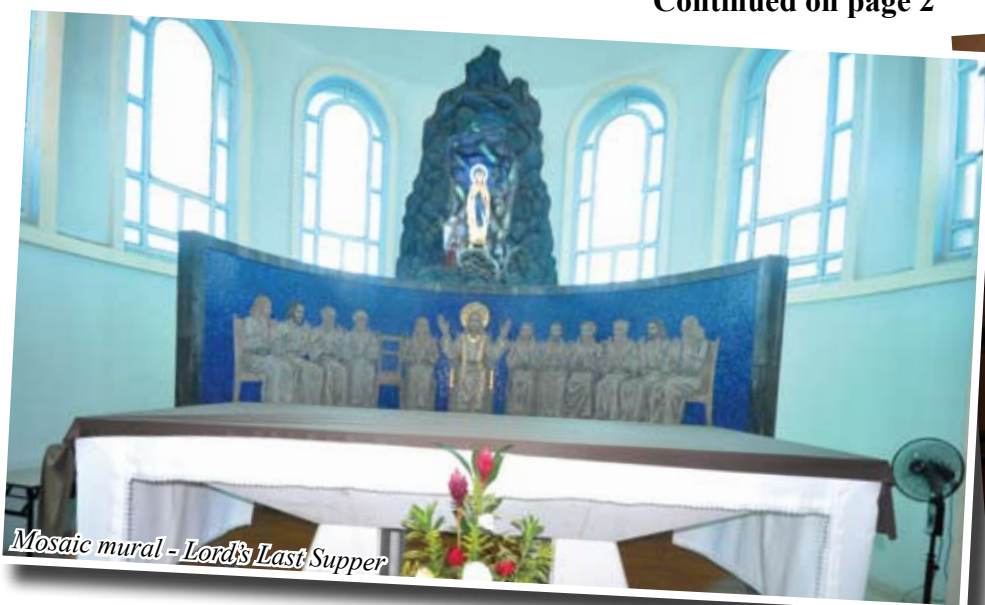
● By SH Ong Pics by Tan Mei Kuan

Most if not all the churches in Ipoh began operating from small attap-roofed shacks. Bigger wooden buildings were constructed when their congregation expanded and eventually brick buildings with better facilities were erected in their place in the 1800s. The architecture of these buildings were mostly Gothic, the style favoured in those days. With their solid structure and stained glass windows and skylights containing pictures depicting the various events in Christ's life, these churches are very imposing and a sight to behold. These magnificent buildings are still standing and serving till this day. In line with the series featuring places of worship for all the major religions, Ipoh Echo went in search of some of the more prominent churches in Ipoh

Continued on page 2



St John's Anglican Church



Mosaic mural - Lord's Last Supper



St Michael's Interior





# Most Christian Denominations Represented in Ipoh

According to historical records, Christianity was brought to the Malay Peninsula as early as the 7th century AD by Christian Arab traders and evangelistic Christians from Persia. It was only after the arrival of the Portuguese in 1511 followed by the Dutch in 1649 that the religion began to flourish. However, during these two eras Christianity was only confined to the region around Malacca. When the British acquired Penang in

1786 and took over Malacca in 1795 they slowly brought the religion into the hinterland and began their mission work mostly in the field of education, medical help, community services, welfare as well as tending to the needs of the poor and destitute.

The major Christian denominations in the country are Roman Catholic, Methodist, Presbyterian, Anglican, Baptist, Lutheran and some independent charismatic ones.

## CHURCH OF ST MICHAEL

24 Church Road, 30300 Ipoh.

Tel: 05 254 0176/242 0877

Fondly called St Michael's Church by Ipohites, this church has the distinction of being the first Christian church to be built in Ipoh. It was started by a French missionary priest, Fr. Emile Barillon, with a few parishioners in 1890 in a wooden structure on the present Main Convent ground across the road. Construction of the present Gothic-style building started in 1893 and was officially commissioned in 1896.

From its humble beginnings the church has expanded to include a block housing its administration office cum priests quarters, a parish activity centre, a funeral parlour, a columbarium and an outdoor Stations of the Cross. Other beautification works such as a fountain and a bronze statue of St Michael the Archangel was erected including the installation of air-conditioning of the whole church.

The church now has about 3000 parishioners and celebrated its 120 years jubilee in 2010.



## CHURCH OF OUR LADY OF LOURDES

45 Jalan Silibin, Taman Lim, 30100 Ipoh.

Tel: 05 527 9349

With the influx of Indians settling down in Ipoh during the construction of the new railway lines in Malaya in the 1900s the need for a church to serve the Indian community was greatly needed at that time. Father Emile Marie Henri Sausseu, a French missionary, started the church in a small attap-roofed wooden structure in 1901. When the congregation outgrew the size of the church a bigger wooden structure was erected in its place in 1905. Later, it was decided that a brick building with modern architecture be constructed to coincide with the centenary celebration of Our Lady's apparition in 1858. The blessing and opening of this Gothic-style building was completed in 1959. This majestic structure still stands proudly to this day. The church also boasts of having the only mosaic mural of the Lord's Last Supper in the world, a beautiful outdoor grotto dedicated to Our Lady of Lourdes as well as a Heritage Gallery, where artefacts dating back to 1890s from the Vatican City and around the world are prominently displayed.



## THE WESLEY METHODIST CHURCH

121 Lahat Road, 30200 Ipoh.

Tel: 05 254 5331/254 2155

The Wesley Methodist Church was started by Rev. William E. Horley in September, 1895 in a small attap Malay house behind the Land Office. It initially doubled-up as a church cum school and was considered the oldest Methodist building in the Federation then. Construction of the present brick building commenced in November of that year when sufficient funds were raised from the community. The history of the church is very much tied up with the Anglo-Chinese School which has grown to be one of the premier schools in Ipoh.

As with the fate of all the other churches, services were either temporarily suspended or halted during the 2nd World War when the Japanese took over the buildings for their military use. After the Japanese occupation, the church expanded to include two new wings and a church hall in the 50s. However, in 1991 the church suffered a serious fire which damaged much of the furniture and building. Due to its historical and religious significance rebuilding works were undertaken to retain most of its original design. Today, the church stands proudly at 122 years old.



## ST JOHN'S ANGLICAN CHURCH

134 Jalan Raja Musa Aziz (Jalan St John), 31400 Ipoh.

Tel: 05 254 8146

The Church of St John the Divine or more commonly known as St John's Church started conducting services to the mostly European expatriates during the early 1900s with no specific church buildings. Services were then held in government buildings especially in court houses. The present church was built in 1912 of English design with Gothic architectural features.

During the 2nd World War the church was used as a factory for producing noodles and all the wooden fixtures in it were stripped off and used as firewood. After the war British soldiers took chairs from the Majestic Hotel to be used to start their first service. Normal services resumed after 1949 with some restoration work done to the church.

Sometime in 2009, it was found that the wooden ceiling of the church was in danger of collapsing due to water seepage and termite infestation. Through consultations with various experts it was decided to fully restore the church rather than having the problem fixed. It was a wise decision as the building has maintained its magnificence and has since been gazetted as one of Ipoh's Heritage Sites listed in the Heritage Trail Map. The church celebrated its centenary in 2012.







• From the Editor's Desk  
By Fathol Zaman Bukhari

The charging of two top officials of Bank Rakyat at the Kuala Lumpur Sessions Court for criminal breach of trust (CBT) involving an estimated RM15 million is indicative of the sorry state of affairs of our public institutions. Trust, a lofty quality expected out of leaders, regardless of their affiliations and connections, is just a word that means little to crooks.

One of the two is a retired army general with nearly 40 years of unblemished service to King and Country. No one would have thought that a former Chief of Armed Forces would one day be dragged to court, like a common criminal, to be tried for grand larceny. And being a former member of this elite club, I am ashamed of being one.

Gen Tan Sri Abdul Aziz Zainal (Rtd), chairman of Bank Rakyat, was my junior at the Royal Military College, Sungei Besi. And like all juniors he suffered some hard knocks from the seniors. We all underwent such orientation (ragging) in those heydays when telecommunications were still rudimentary.

It was an accepted norm then that the moment you entered the gated grounds of the Royal Military College, Sungei Besi, your life and well-being were being entrusted to your seniors. They were the ones who would determine your future. We took this in our stride. No one complained or made a hue and cry over it, as would be the case today.

To be accepted as a member of the armed forces was something we would give an arm and a leg for then. It was a distinction we cherished in spite of the ignominy of being "bullied" for almost a year. We endured the hardships in order to be part and parcel of an august club. Notwithstanding that, we harboured no grudges against our seniors and are still best of friends till today.

It is unkind of me to discuss the character of an accused in an upcoming CBT trial, as it is *sub judice* (under judgment of a court of law). I am not prejudging an accused

# BREACHING THE TRUST

*Why RM15 million for two jobs that, in my calculation, would not cost more than RM4 million?*



person before his trial. My doing so has nothing to do with the case, which will come up for mention at the Kuala Lumpur Sessions Court on Monday October 10. It has to do with the belief that being a commissioned officer of the army your behaviour should be impeccable and being charged with CBT casts a shadow on exemplary conduct of members of the Armed Forces.

Someone asked me would I not have done the same when a huge sum of money was at my disposal? RM 15 million is no small change. It can make or break a person. But there again, you are being entrusted with public funds. The money is not yours. It belongs to depositors and the bank. RM 15 million was earmarked for the publication of a coffee-table book on a national leader and the upgrading of the bank's computing systems.

That leads me to the other question. Why RM15 million for two jobs that, in my calculation, would not cost more than RM4 million?

I have done coffee-table books before. The last one we did for a state agency cost them barely RM15, 000 for 200 copies. The cost of printing one book was RM75. The duo was tasked to print 20,000 copies and if RM75 is taken as a benchmark, it would cost only RM1, 500,000. Upgrading of the bank computing systems may take another RM2 million, at the very most, after all Bank Rakyat is not Maybank or Public Bank.

Aziz Zainal and Mustafha Abdul Razak, may have allowed greed to cloud their thoughts. Two simple jobs requiring an estimated RM3.5 million have been exaggerated over four times. Whatever their reasons are, the truth may or may not surface at the upcoming trial.

In the meantime, I hope my junior, Aziz Zainal, has the moral courage to own up to his mistakes if he has made them. Aziz, you are an officer and a gentleman. That was drummed into us at the Royal Military College. Just be one. Period.

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## EYE HEALTH — ESSENTIAL FATTY ACIDS

*Ipo Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr. S. S. GILL talking to us about the role of Omega 3 Fatty Acids.*

Essential fatty acids form an important part of our diet. Studies have shown that omega-3 fatty acids are especially beneficial to the eyes. The omega-3 fatty acids are docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA).



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

### OMEGA-3 FATTY ACIDS DHA & EPA

Omega-3 fatty acids may help protect adult eyes from dry eye syndrome and macular degeneration (degeneration of the sensitive nerve part at the back of the eye). DHA attains its highest concentration within eye tissue, where it accounts for approximately 30% of the total fatty acids. These essential fatty acids are among the most important nutrients for the **development, function, and maintenance** of eye tissue throughout life. There are also studies that have shown that these essential fatty acids are important in vision development of infants.

### ROLE IN PREVENTING MACULAR DEGENERATION

There was a big European study published in 2008, which showed that those who ate fish, (which is a food source of DHA and EPA omega-3 fatty acids) at least once a week had a decreased risk of developing wet (neovascular) macular degeneration, compared with those who ate fish less than once a week.

In another study in 2009 called the Age-Related Eye Disease Study (AREDS), it was found that those who consumed the highest level of omega-3 fatty acids in their diet were 30 percent less likely to develop macular degeneration.

### ROLE IN DRY EYES

Omega-3 fatty acids helps reduce dry eye syndrome, a chronic eye disease caused by a decrease in tear production or increase in tear evaporation. In a study of more than 32,000 women between the ages of 45 and 84, it was found that those who consumed omega-3 fatty acids in their diet benefited from less dry eye problems.

### WHAT ARE THE SOURCES OF OMEGA-3 FATTY ACIDS DHA & EPA?

Omega-3 Fatty Acids DHA & EPA can be found in foods like oil-rich fish, fish oil, nuts, plus fortified foods like eggs, bread and fruit juices. The variety of fish included sardines, salmon and tuna. It is not surprising though that the sea-water varieties were found to be better sources than the farmed variety of fish partly because these were typically subject to higher levels of pollutants.

Other good sources of omega-3 fatty acids include flaxseeds, flaxseed oil, walnuts and dark green leafy vegetables. The only downside is that our bodies cannot process the Omega-3 Fatty Acids from these vegetarian sources as easily as the Omega-3 Fatty Acids that are found in fish.



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



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# Seven Favourite Attractions for Malaysians

**M**alaysians are widely travelled. You could be in a casino in Monte Carlo, or an Indonesian restaurant in Amsterdam, or waiting in a long queue in Primark, when you suddenly hear the familiar 'manglish' being spoken.

When they're not shopping, eating or enjoying themselves, Malaysians also like to visit theme parks, or go sightseeing, usually to admire famous statues or monuments. On entering Disney World, a child could pose for photographs beside statues of Mickey Mouse, and Snow White. No one would seriously "worship" any statue, no matter how much the character is beloved.

Below are seven major monuments or statues, which continue to draw Malaysians.

## 1. Rio de Janeiro, Brazil

The returning Malaysian Olympic squad could not have missed seeing the familiar statue of "Christ The Redeemer", overlooking Rio. The 98ft tall statue is situated at the peak of the 2300-foot Corcovado mountain, and was built between 1926 and 1931.

It is believed to be the world's largest Art Deco statue and one of the New Seven Wonders of the World. The statue itself is mounted on a pedestal which is 26ft tall.

If Brazil had not become a republic in 1889, a statue of Princess Isabel, daughter of Emperor Pedro II, might have been built instead, but the plans were never approved.

## 2. Paris

Malaysians who visit Paris, claim that the two attractions that they must see, are Euro Disney, and The Eiffel Tower.

Named after the engineer, Gustave Eiffel, whose company was responsible for the design and commissioning of The Eiffel Tower, few Malaysians know that this monument was built in 1889, to commemorate the centenary of the French Revolution, and allow spies to see over the English Channel.

Parisians stoked controversy and objected to its building, because they feared it would mar the Paris landscape and skyline. Today, the Eiffel Tower remains one of the most visited sites in the world, and in 2015, attracted around seven million visitors.

## 3. New York

Malaysians who visit the Statue of Liberty, will have been told that the statue was given by the French, as a gift to the people of the United States. This happened in 1886, to celebrate 100 years of the anniversary of the signing of the United States' Declaration of Independence.

Most importantly, visitors would have been reminded that the statue is a symbol of freedom. In late 19th and early 20th Century, immigrants aboard ocean going vessels, would have been relieved to see the statue welcoming them to their new homeland.

## 4. The Parthenon

Greece has a low cost of living and many Malaysians holiday there. They would have visited The Parthenon, perched high on the hills, above the city. The Greeks have come to regard The Parthenon, as a symbol of Ancient Greece, the Athenian democracy and Western Civilization.

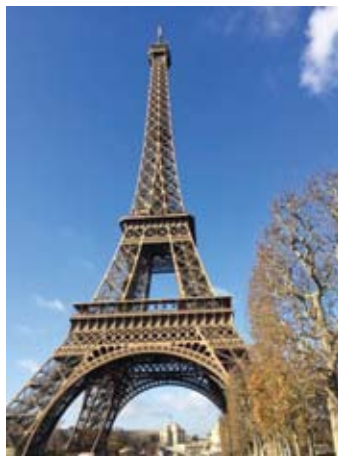
One shudders to think what would have happened, if Malaysian officials had been in charge of ancient monuments like The Parthenon, or The Coliseum in Rome.

One Malaysian tourist said, "The Malaysian city officials would have said that the pile of rubble was an "eyesore" and the land beneath the ruins should be converted into a skyscraper, with a shopping complex, a luxury hotel and offices on the upper floors, a revolving restaurant at the top, and a multi-storey carpark in the basement."

## 5. China

The Great Wall of China is a major tourist puller. If Malaysian ministries were the guardians of this piece of history, what might have happened?

The Department of Transport would do a quick cosmetic job of patching the missing bits of wall, so that



a highway could be built on top. The towers which are found at regular intervals along the wall, would have been converted into toll booths to collect revenue, and in the places, where the soldiers once sheltered, hawker sites would be rented to people who want to sell their wares.

In Malaysia, an historical artefact is usually seen as a hub for commercial use.

## 6. Salisbury, England

Many Malaysians flock to the Salisbury plains, in Wiltshire, to marvel at Stonehenge. If a similar structure were to be found in Malaysia, the rocks would have been taken and exploded to make cement, to sell overseas, or to fill roads or be used in construction.

## 7. Arlington, Virginia

The Marine Corps War Memorial, which is better known as the Iwo Jima Memorial, receives over one million visitors every year. Built in 1954, it is dedicated to all the U.S. Marine Corps personnel, who died in defence of the United States.

This memorial was inspired by the 1945 photograph of six Marines raising the U.S. flag atop Mount Suribachi, during the Battle of Iwo Jima, in World War II. The person who built the memorial, was Felix W. de Weldon, a Pulitzer Prize sculptor, who once served with the US Navy.

Coincidentally, de Weldon was also commissioned by Tunku, to build the National Monument, (Tugu Negara) in Kuala Lumpur, to honour and remember the men, who died, defending Malaya/Malaysia.

The only controversy with the Tugu Negara is that a few irresponsible men, have claimed that people worship the Tugu's statues. Nothing could be further from the truth.

They may honour the dead, but they do not worship them.

## Dr Saravana K.

Consultant Physician, Gastroenterologist & Hepatologist

## Digestive Health

### What are Liver Function Tests (LFTs) Used For? – Part 2

#### LFTs are used:

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- To monitor the activity and severity of liver disorders.
- As a routine precaution after starting certain medicines, to check that they are not causing liver damage as a side-effect.
- To screen for any potential liver disease, e.g., alcohol-dependent or in people who have been exposed to a hepatitis virus.

#### Other tests of the liver which may be done include:

- Blood clotting tests.** The liver makes many of the proteins needed to make blood clot. In certain liver disorders your liver cannot make enough of these proteins and so blood doesn't clot so well. Therefore, blood clotting tests may be used as a marker of the severity of certain liver disorders.
- Gamma-glutamyltransferase (GGT, or 'gamma GT').** This is another enzyme that occurs in liver cells. A high level of this enzyme is particularly associated with heavy alcohol drinking.
- Immunology.** Blood tests may be done to detect:
  - Viruses and antibodies to viruses** can cause inflammation of the liver (hepatitis), e.g., hepatitis A, B and C.
  - Auto-antibodies.** These are antibodies which attack a part of your own body and occur in autoimmune disorders. The most common autoimmune disorders of the liver are:
    - Primary biliary cirrhosis** (associated with anti-mitochondrial antibodies).
    - Autoimmune hepatitis** (associated with smooth muscle antibodies).
    - Primary Sclerosing cholangitis** (associated with antinuclear cytoplasmic antibodies).
- Other types of protein in the blood can point to specific liver diseases
- Ceruloplasmin** is reduced in **Wilsons Disease**
- Lack of 1-antitrypsin** is an uncommon cause of cirrhosis
- A high level of ferritin** is a marker of **haemochromatosis**.

Other tests such as liver biopsy, ultrasound of the liver, Fibroscan and other types of scan, etc., may be needed to clarify the cause of a liver disorder and/or to monitor its progress.



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

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## ON IPOH FOOD

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



## Nosh News Moon de Moon

## SeeFoon moons over Moon de Moon



I am not going to win any popularity awards with my foodie buddies this issue as I write about one of my/their favourite breakfast/brunch places. Their unanimous opinion when we first went for breakfast one early morning was that this was a precious find and we had to keep the secret to ourselves. Naturally as my first obligation is to my readers who rely on me to ferret out foodie places and write about them, I couldn't keep **Moon de Moon** to myself any longer. Mind you, at least half of Ipoh knows about Moon de Moon and now the other half will know!

It is one of those places where you have to keep your fingers crossed and hope you don't have to wait too long to get a table as the place is always choc-a-bloc all the time. It is also a place where you get one of the best Kai See Hor Fun in Ipoh, although Dato' David Tan's **Katong Laksa** might be vying for that accolade now. And there will always be fans of **Kong Heng, Thean Chun and Jen Jen** defending their respective choices.

I have more than one reason for going to Moon de Moon though; in fact I have quite a few. For starters, their **Kai See Hor Fun** stall also offers Curry Mee both the dry and wet variety and a selection of 'balls': fish, cuttlefish and pork.

The fish balls are not your usual run of the mill bouncy fish balls, but are *Hock Chew* ones, filled in the centre with minced pork, providing a delightful surprise when one bites into it. Their pork balls are bouncy with hints of cuttlefish on the bite and their cuttlefish balls are the same. Dipped into their *sambal belachan* sauce which is provided generously at their stall where one can go and help oneself, these balls are a wonderful accompaniment to either their Kai See Hor Fun or their Curry Mee. RM1.00 each.

Their Curry Mee is mild, smooth and easy on the palate. Although my taste runs towards the more pungent and tangy variety, I find this curry mee very pleasing. They are generous with their chicken which come in thick chunks and you can order just a portion of their curry without noodles, which also has potatoes. There is a wet and dry curry choice and the morning when we were there recently, I ordered both to share.

Personally I prefer the wet curry as the sauce can be slurped like a soup which I enjoyed. Order an extra plate of *Taugeh* or bean sprouts, our thick crunchy Ipoh bean sprouts which tourists come from all over just to savour, add to the bowl and go straight to culinary heaven. RM4.50 per bowl.

Their **Kai See Hor Fun** is in a culinary bracket of its own. Velvet smooth '*hor fun*' swimming in a delicate broth with slivers of chicken meat and smallish prawns, colour and 'herbiness' provided by garlic chives and spring onions and before we can say abracadabra, the whole bowl has disappeared down our gullets. My ankles being the control yardstick by which I measure MSG content (they swell up), after a few hours, stayed relatively slim which told me that their broth has little of this insidious food enhancer which is the bane of all outside food these days (not to mention quite a cause for many physical problems). RM4.50 per portion.



But I don't go to Moon de Moon only for their Curry Mee and Kai See Hor Fun. There is another delectable dish which makes me drool whenever I think about it: the **vermicelli pancake**.

This is offered by a stall right opposite the Curry Noodles (there are a variety of stalls in this coffee shop). A sign says 'Pancake Mee Hoon' and that is where I head for. Order it with seafood or pork and the dish arrives at your table with a small plate of chilli sauce perched on the pancake. The 'pancake' is a round thin crust made from fried rice vermicelli (*Mee Hoon*) sitting atop a sauce/gravy popularly known as '*wat dan*' or smooth egg, a sauce thickened and smoothened with egg white, to which is added greens, pork slices and shrimps etc. To be eaten immediately the plate arrives, the crispiness of the vermicelli contrasting with the velvety sauce given further texture by veg and meat, brought my group of visitors to ecstatic exclams, including a Hongkie and a Penang foodie who had never had such a treat before. RM5.

My Hongkie friend kept exclaiming over the taste and pricing (we also had a plate of the *chee cheong fun* stuffed with *Sang Kwang* or yam bean) which was a first for both of my friends as only around Ipoh do we get this culinary treatment for in Hong Kong they roll the steamed rice sheet around meat, or seafood and it's served only in Dim Sum restaurants. We were four of us and our total bill for the morning came to slightly over RM30 which had my Hongkie friend promising to return with a coterie of her friends.

It is no wonder that Ipoh has been voted by the Lonely Planet as the 6th 'hottest' place to visit in the world! It is food of this quality that has helped achieve that recognition.

## Moon de Moon

#148 Hala Wah Keong

Taman Mirindi, 31400 Ipoh, Perak, Malaysia

GPS: N 04 37.310' E 101 06.333

Business Hours: Mornings only (mostly sold out by noon)

Closed Mondays and Tuesdays

## Nosh News

Khaleeja



## Buddha Jumps Over the Wall at Yuk Sou Hin

Some of us may have heard of the traditional Chinese dish called "Buddha Jumps Over the Wall" which is also known as "Buddha's Temptation". Legend has it that this name came about when a strict vegetarian monk who was meditating beside a wall, detected the smell of a delectable aroma wafting over from next door where this dish was being slowly cooked. After many hours where he was constantly taunted by the cooking smells, he could resist no longer and jumped over the wall to steal a taste of this delicious delicacy.

"Buddha Jumps Over the Wall" is actually a shark fin soup which requires special cooking techniques and may take up to two or three days to prepare. However, Yuk Sou Hin at WEIL is adding a touch of difference to it by braising and serving it in a sauce instead of soup form.



Instead of serving shark fin and cooking the broth with the usual main ingredients which involves pork, this one is made from chicken bones and served with conpoy, chestnuts, bamboo piths, sea cucumber, mushrooms and fish maw and abalone. The ingredients are prepared individually and all ingredients simmered in a special broth for eight hours before it is served.

"The original one is actually non-halal and takes longer to prepare. However, with this method, everyone can enjoy and have a taste of this well-known dish," said Chef Chung Ho Shi.

This special dish will be available at Yuk Sou Hin from September 1 till October 30. Each bowl is priced at RM98 nett. Guests can request for the soup, instead of the braised alternative if informed beforehand.

Reservations can be made at 05 208 2103.



## Churches in Ipoh . . . continued from page 2

**ST ANDREW'S PRESBYTERIAN CHURCH IPOH**

47 Jalan Golf Club, 30350 Ipoh.

Tel: 605-5472420

Nestled at the junction of Jalan Golf Club and Jalan Tun Dr Ismail one can't help but notice a Tudor-style structure reminiscent of a building in the Scottish highlands. Built sometime in 1927, the St Andrew's Presbyterian Church Ipoh was originally started to serve the expatriate planters and estate workers who were mostly from Scotland. It had been surmised that some of the parishioners who came from surrounding areas like Taiping, Teluk Anson, Bagan Datoh, Sungkai, Batu Gajah, Sungai Siput and Gula used to arrive for service in their helicopters which landed beside the vast church compound.

During the outbreak of the 2nd World War in 1941 services were temporarily suspended and only resumed in 1946 despite the loss of most of the moveable assets during the Japanese occupation. After the War, the expatriate presence was reduced and the church was eventually handed over to the Gereja Presbyterian Malaysia in 1988. The Chinese congregation just celebrated their 50th anniversary beginning of this year. Services are now conducted in both Chinese and English.



## News

## Cheers to Oktoberfest in WEIL



The world's largest festival, Oktoberfest also known as Beer Festival, makes its way again to WEIL from September 16 till October 2. Oktoberfest is a German annual festival held in Munich, Bavaria since 1810.

It is usually held either in mid or end of September till the first weekend of October. In conjunction with this, The Deck Gastrobar celebrates by serving the German 'Stark' Platter for 6 pax at RM58 nett, 'Mittel' Platter for 4 pax at RM48 nett and the 'Dame' Platter for 2 pax at RM38 nett.

Each platter is named according to its German definition, where "stark" means "strong", "mittel" means "medium" and "dame" means "lady". The platter consists of potato pancake, veal schnitzel with garlic gravy, jumbo beef bratwurst, mini rock salt and sesame pretzels, battered fried button mushroom with onion gravy, seaweed sauerkraut and chicken currywurst.

"These deep fried and salty platters go well with beer. It washes down easier and gives the beer an extra sweet taste; guests will love it," said Chef Dennis.

The Deck is offering a bucket promotion with special platter from RM128 and tower promotion with special platter from RM108. Along with good music by live bands and DJ, cheers to excellent beers and food.

For reservations call 05 208 3131.

**Khaleeja**

## Mother Teresa's Reading Shelter Celebrates 7th Anniversary

"The aim of Mother Teresa's Reading Shelter (MTRS) is not to produce brilliant students. It wants to create self-awareness and boost self-esteem of the deprived children and enable them to become part of society. In the beginning of the year more than 30 students registered themselves to attend the classes. Over time many quit for various reasons and only a few students continue their studies. I request the guests present to convince the parents not to take the children away from their classes." This was the message from Dr J Anantham, Director of MTRS to the attendees.



Former student Esther said that she was with MTRS for three years and participated in My School programme. She attended sewing classes which were organised by MTRS for about two years. She is now in KL and stitches sari blouses, Punjabi suits, shirts and pants. She is grateful to MTRS for identifying her talent and providing the opportunity to pursue her career.

Maureen Benedict, a former teacher, has been a volunteer with MTRS for seven years. She feels that children must have identity and dignity. MTRS gives them a sense of belonging and makes them feel they are part of society. They have a potential which has to be developed. Personal success for her comes when she sees the children blossoming and glowing. She shares her experiences with others and encourages them to become volunteers.

The students put on a display of songs and choral speaking.

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

**The Shelter needs volunteers and sponsors. For further details call : 05 241 0751.**

**A. Jeyaraj**

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## Wellness

# Orthopaedic Oncology at the New Frontier

Ipo Echo speaks to Dr Nawaz Hussain Mohamed Amir, the Resident Orthopedic Surgeon from KPJ Ipoh Specialist Hospital to learn about Orthopaedic Oncology.

In the field of Orthopaedic Oncology, orthopaedic surgeons deal with tumours of the upper and lower limbs including the spine, focusing on both bone and soft tissue tumours. These are very complex diseases but yet still manageable and often are curable.

Patients should consult with an oncologist when they have any swelling, prolonged pain and unexplainable deformity. However, what if the swelling can't be seen and yet we still feel the pain? Take bone cancer for example which is said to be one of the hardest to detect.

"Bone and soft tissue cancers are relatively rare in comparison to solid organ tumours such as Breast Cancer, Lung Cancer, Thyroid Cancer and Colorectal Cancer. Bone Cancers arise from either the marrow of the bone, cortical part of the bone or the outer layer of the bone-periosteum. Soft tissue cancers are tumours arising from all the other tissues such as fat tissues, muscles, nerves and blood vessels," said Dr Nawaz.

However, due to population increase and life expectancy is becoming longer, Dr Nawaz finds more and more cases being reported and patients are undergoing surgeries and chemotherapy due to bone cancers.

When asked about how much the field of orthopaedics has changed over the years, he remembered the days where doctors had to depend mostly on full history of the patients' conditions, background and conduct full examinations. Thanks to recent technologies, patients are now put through a few investigations including blood analysis, Plain X-Ray, CT Thorax, MRI of the affected site and finally a tissue biopsy is needed to determine the type of tumour, resulting in more accurate diagnoses.

Most bone cancer patients are older children and young adults, raising the question of whether babies and toddlers faced any orthopaedic problems. According to Dr. Nawaz, they are rarely affected but there are

reported cases, "Haemangiomas (tumours of the blood vessels, Infantile fibrosarcoma, etc) are usually the type of tumours often related to young patients, not bone cancers. Most common age for bone tumours are from 11 to 25 and soft tissues cancers afflict those above 40," added Dr. Nawaz.

Despite the challenges he faces in this field, Dr. Nawaz encourages the young generations to consider joining the world of Orthopaedic Oncology.

"Aside from passion, you have to ask yourself if you are ready to go through a very long process of training which may take 4 to 5 years more than the normal specialist training," said Dr. Nawaz.

Currently the KPJ Ipoh Specialist Hospital department of Orthopaedic Oncology has the complete team which comprises of the surgeon, oncologist, radiologist (interventional Radiologist), pathologist as well as supporting services such as Physiotherapist and laboratory to help patients.



**Dr Nawaz Hussain Mohamed Amir,**  
**Resident Orthopedic Surgeon**

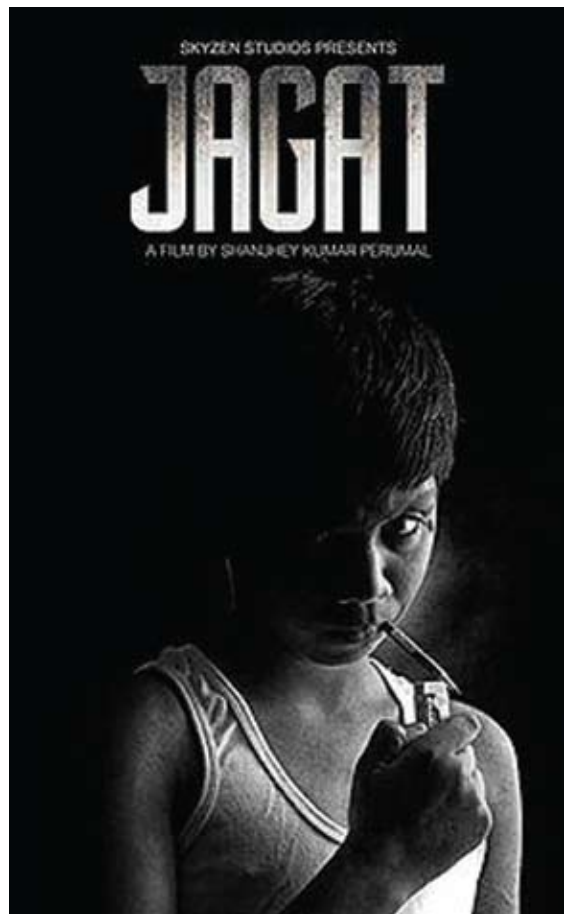
**Readers who are keen to know more about Orthopaedic Oncology and other related issues, can book appointments with Dr. Nawaz at 05-2408777 Ext. 8316 or visit KPJ Ipoh Specialist Hospital at 26, Jalan Raja Dihilir, 30350 Ipoh, Perak.**

## Entertainment

## Should Jagat be Disqualified?

Jagat was officially premiered last year. However, it recently caused a stir among the Malaysian local film scene when it was disqualified for the nomination of Best Malaysian Film for the 28th Malaysia Film Festival (FFM) this year. The reason behind this was, according to FFM, the lack of usage of the Malay language, the official language for Malaysia.

Tamil language was the 'lingua franca' of the film because it was a story revolving around an Indian boy name Apoi. Despite Tamil language being a common language spoken in Malaysia, it appears that FFM didn't take note of how many of us speak Tamil.



As the controversy gathered momentum, Ipohites who didn't get the chance to watch the movie last year was given a special screening on August 13 at Yasmin Kong Heng. Over 50 Ipohites showed up and gathered to watch the film that was premiered at this year's New York Film Festival on June 26.

Apoi, the boy who struggled in school was having difficulties understanding his father, Maniam. Unlike two of his brothers, Maniam realised that the only way to get out of poverty was through education. As he didn't receive much, he vowed that his only child should never suffer like he did. Apoi, however didn't understand the value of education yet. His questions about life were often answered by one of his uncles, Bala, who had a difficult past but had learnt to overcome it. Another uncle of Apoi was Chicago, a low life thug with principles who vowed not to be part of the 'powder' (drugs) business but instead focussing on others such as collecting debts



and cars on behalf of his boss. Chicago's lifestyle was somehow perceived as the easier way to live by Apoi. Knowing how drugs and booze had affected both of his brothers, Maniam was forced to be strict and firm with Apoi. Throughout the movie, viewers will get a glimpse of how a child's behaviour is often affected by his surroundings.

Should the movie be disqualified? Not in the view of this scribe. It is a film about Malaysian life including the thug life and it is a reality.

"I received some criticism, some were helpful while some asked why I chose to make Indians look bad," said Shanjei Kumar Perumal, the director of Jagat, after the screening ended.

This wasn't the first time a local film was rejected by FFM due to the lack of usage of Malay. Muallaf, by the late Yasmin Ahmad, faced the same opprobrium during the 23rd FFM. According to FFM, all nominations must use at least 70% Malay language to get nominations, possibly accounting for the lack of quality in their nominations. The FFM criteria not only stirred conversation among local film fans but also among ministers.

"FFM should let all local films compete in the same category instead of putting them in different categories," said Khairy Jamaluddin, the Malaysian Youth and Sports Minister.

Ipo Echo will like to congratulate Jagat on winning the Best Malaysian Film during FFM 28 on September 3.

**Ili Aqilah**



## Koon Yew Yin Scholarships

All Malaysian students with a minimum of 6As in their SPM exams, whose parents are earning less than Rm 3,000 per month may write to my wife [kyyscholarship@gmail.com](mailto:kyyscholarship@gmail.com) for a scholarship to do the one year foundation course at our approved Government sponsored Universities including UTAR.

My foundation course scholarship recipients including those students who have passed their STPM and have gained entry to local Government sponsored Universities including UTAR may also apply for my scholarships.

### Terms and conditions:

We reserve our right for award of my scholarships upon meeting our selection criteria. We do not consider applicants desiring to do Medicine.

All scholarship recipients after their graduation do not need to work for me. They are not required to pay back the money I spent on them. But they have to remember that I helped them when they were poor and that they will have to help other poor students when they are financially solvent.

In this way, I expect more and more graduates will continue to do charity to help other poor students to acquire tertiary education.

## Arts and Culture

### Musical Vignettes

After a year's hard work, SMK (P) Methodist Ipoh (MGS) staged its inaugural musical concert, "A Night of Musical Vignettes" for two nights from Friday, September 2 at the auditorium of the Perak Department for Culture and Arts. Featuring students and guest artistes, a musical vignette is defined as a short impressionistic performance that focuses on one moment that evokes meaning through music, song and dance. The money collected will be channelled towards renovating the school library.

The extravaganza kicked off with musical ensemble from the Institute of Teacher Education playing songs of yesteryear such as "Hotel California" with a combination of traditional and modern instruments. Bahtera Music Production, made up of final-semester music students of the same institute, put up a live band performance at the end of the concert. Their rendition of "Flashlight" was a great hit with the crowd.

A solo by student Anis Maisarah followed. She gave Dato' Siti Nurhaliza's numbers a powerful vocal rendition. Then, the 32-member award-winning MGS choir rendered three songs, a cappella entitled "ondeh ondeh", "mo li hua" (jasmine) and "the lion sleeps tonight".

Dancers from the school's cultural club charmed the audience with their choreography of latin sway and mambo, enhanced by colourful feather boas. Next was a student duo who played "Bright" by Echosmith with their cajon and acoustic guitar.



## Financial Planning

### The Wedding Plan



This is Part 5 of a continuing 12-part series on financial planning. Adam and Aida have been going out for quite a while now. They are doing pretty well career wise and are contemplating moving into the next stage of their lives – as husband and wife. Read on to see how they work out their finances prudently together.

Adam walked past a jewellery shop when he stopped to look at the diamond ring he has been eyeing for the past few weeks. He felt it was about time for them to settle down though he realised that the wedding expenses can be pretty substantial. The ring was on sale with an irresistible gift accompanying it – a candlelight dinner voucher for two. He decided to charge it into his credit card as he was confident his performance bonus, which was due within a month, will come in before his credit card payment is due. "Charge it!" he exclaimed. The damage was done – RM4000 and that was after a good discount!

Adam was aware of the responsibility that comes with owning a credit card and he has been very disciplined by paying off his credit card bills in full every month. As a rule of thumb, we should never swipe the card if we cannot pay for it in cash, or else, be prepared for penalties and finance charges of more than 18% p.a. As an alternative, we can use debit card for the convenience of cashless purchases whereby the amount spent will be immediately deducted directly from your bank account. You would only be spending up to your own savings amount.

Adam planned to surprise Aida, so on the pretext of celebrating his promotion, he invited Aida out for a candlelight dinner. As they were about to finish their dinner, Adam blushing proposed to Aida on bended knees, with the symbolic diamond ring and a bouquet of roses in hand. She accepted immediately!

If we think that owning a car is a big commitment, marriage is an even bigger commitment and should be entered into only if you are capable of handling the responsibilities that come with it. With the romance comes the real issues, including managing finances mutually and harmoniously.

Be realistic about your wedding plans based on your budget and do not try to live up to the expectations of other people, including that of your prospective spouse. Prepare a wedding budget aligned to your needs and wants – most importantly, discuss with your spouse-to-be how much money both of you can comfortably afford. Though it may be a once in a lifetime auspicious event, but it may end up taking up a lifetime to pay off all your wedding debts.

Adam and Aida discussed their expectations of the wedding ceremony and worked out their wedding budget:

No	Items	Budget	Actual
1	Wedding Dinner (500 guests@ RM60)	30,000	
2	Wedding Rings	6,000	
3	Wedding Photos	3,000	
4	Wedding Gown & Suit	4,000	
5	Gifts	3,000	
6	Honeymoon (Within Asia)	4,000	
8	Other "surprises"	5,000	
Total		55,000	

They believe that gifts from their guests (normally in the form of cash) would be able to cover a major portion of the dinner costs. As a contingency, Adam also accounted 10% under "Other surprises" to cater for any other incidental and unforeseen expenses like costume jewellery, facial, hairdo, etc. commonly applicable to weddings.

As much as we hate to admit it, money will somehow affect our relationship with each other. For couples intending to tie the knot, it is best to have a firm standing on our expectations of the wedding plan. Otherwise, you may end up getting entangled with money issues which may eventually strangle the love you have for each other.

The night of thrills continued as the stage was shaken by K-pop dancers from D' Justice. The audience cheered the piece by the Indian Culture Centre who optimised the use of classical drum and trumpet from Southern India. The soulful voice of the lead singer from "The Lost Outcast" was especially mesmerising.

It was amazing to see how the flute player Sarang Art Hub, a music group from Tanjung Malim weaved his music throughout the performance. The night came to an eventful conclusion with the hip-hop steps from Wolfclxn.

There was no better way to unwind on a Friday night than here.

Mei Kuan

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## My Say

By Jerry Francis



## Appreciate How Merdeka has been Defended

Since the conclusion of the Rio Olympics, so much has been said and written about our Olympians, who have returned with silver and bronze medals. Yes, they deserve all the accolades and rewards as heroes in an international sports arena.

Let us not begrudge them. They, as well as others who failed to win medals, have made great sacrifices in training over the years with the sole aim of bringing honour to Malaysia.

But I agree with retired Lt. Gen. Tan Sri Abdul Ghani Abdul Aziz that “we should not look at Merdeka from a perspective of gaining but also how we defended it.”

“We shed a lot of blood and lost a lot of heroes to defend this Merdeka,” added Tan Sri Abdul Ghani in his letter published on September 5 in the New Straits Times in conjunction with National Day.

He referred to the long drawn combat against the communist insurgents and intruders of the Indonesian Confrontation.

“Our heroes who gave life and limb to protect the nation had also won medals. They are the *Seri Pahlawan Gagah Perkasa, Pingat Panglima Gagah Berani* and *Pingat Tentera Udara*.

“For this bravery and gallantry, they are given a monthly lifetime pension of RM2000, RM1500 and RM1000 respectively.

“True, the athletes had shed blood, sweat and tears but we, too, shed blood from wounds, sweated out waiting in ambush and shed tears as we watched the bodies of our fallen comrades being buried. Their wives became widows and children became orphans overnight.”

As a journalist, who had covered security operations in Perak and South Thailand from 1973 to after the signing of the Peace Accord in December, 1989, I know how the veterans feel about the need to continuously remind the young generations of how their determination and sacrifices had brought about the prevailing peace and harmony in the country.

I had tagged along with the members of the security forces in most of their operations. In many cases, I had followed them right to their forward bases in the jungle and shared with them many of their memorable moments.

Those years had made me feel very much a part of the members of the security forces even though I was not their comrade-in-arms.

Although the troops of Commonwealth countries had fought alongside us, our young Malaysian armed forces and police had, very much on their own after “Merdeka”, took



over the heavy responsibility of protecting the country.

The dedication and sacrifices of those men and women of all races and religions, many with their lives permanently crippled, must always be looked upon with pride as we strive to mould a united Malaysian nation.

Bearing this in mind, I decided to write a memoir on the Turbulent Years in Perak and as well as a number of commentaries calling for more monuments to be dedicated to members of the security forces and civilians be set up, particularly along the East-West Highway connecting Perak with Kelantan.

Having such monuments located along the highway will not only show a national gratitude to those men and women who had, in spite of a major threat from the communist insurgents, completed the highway and the Temenggor Dam.

It will also give travellers an opportunity to take a break and read about the various episodes of bravery by members of security forces and civilian workers.

It is heartening to note that the armed forces had built a small monument on the western end of the Banding Bridge along the highway.

It does not matter whether the armed forces had taken the cue from me, or on its own. The fact is, a monument, though small, had been constructed to show the nation's gratitude.

And along the highway, a large granite boulder marks the location of its construction site where the communist insurgents on May 24, 1974, raided and destroyed 39 bulldozers and tractors left at the site over night.

It remains as a grim reminder of the highway and hydro-electric projects, which were completed despite the serious threat.

Many Malaysians, who were born in post Merdeka years, know very little about how close we were to losing our freedom.

“Now I know why my father sent me abroad to study,” a leading local entrepreneur once told me after reading my book – “The Turbulent Years in Perak – A Memoir”.

He said he did not realise the situation posed by the communist insurgents in the country then was so serious that many wealthy families sent their children overseas for their safety.

“Thanks to the security forces, I could return to a peaceful and harmonious country after completing my studies,” he added.

Now, with the threat coming from IS, an Islamic militant group, we are once again turning to our security forces to contain the situation. They have responded with a number of successes.



# Merdeka Run @ Meru Valley

One hundred participants from all walks of life participated in the Meru Valley Merdeka Run organised by the Meru Valley Resort on Wednesday, August 31. Flagged off by the director of Meru Valley Resort, Christian Bock, the race featured the 6km route for the men and women open as well as the 2km one for kids from 5 to 12 years old. The half-day event began at 6.45am.

Besides commemorating national day, the lively affair was aimed to boost the spirit of togetherness among the resort community, promote a healthy lifestyle and create quality time with family and friends.

Rated as TripAdvisor's No. 1 destination for outdoor activities in Ipoh, the resort provided the perfect venue for the running enthusiasts to enjoy the view of its sweeping golf course and mountain range. The other attractions of the run were the winning trophy and goodie bags which comprised complimentary T-shirt, cap, facial treatment voucher, finisher's medal and snacks.



Meru Valley Resort expressed their gratitude to all the sponsors of the event: Apass Printing House (M) Sdn Bhd, Avon, About Faces, F&N Beverages Marketing Sdn Bhd, Evergreen Lifespace, KPJ Ipoh Specialist Hospital, Wen Jiang Medical Industries Sdn Bhd, Ngan Yin Groundnut Factory Sdn Bhd and Percetakan Sanwa Industries Sdn Bhd.

The results were:

Men's Open

Title	Name	Time
Winner	Ng Kar Loon	24: 27: 46
1st runner Up	Foo Kar Kin	25:31:64
2nd runner up	Teh Chin Yang	27:03:72

Women's Open

Title	Name	Time
Winner	Ann Chong	29:45:95
1st runner Up	Jane Lee Chong Chen	30:06:75
2nd runner up	Chew Chin Yi	32:29:15

Kids' Open

Title	Name	Time
Winner	Nehe Mikh Raj	9:55:87
1st runner Up	Meressa Crasto	12:03:31
2nd runner up	Chan Tat Putt Kai Lin	12:12:09

## Community

### Gavel Club

Ipoh Toastmasters International club celebrated its 10th anniversary with its affiliate, I-Innovative Gavel Club on Saturday, August 27 at ibis Styles Ipoh Hotel. Over 100 members and guests attended the function. The dinner began with an introductory speech by Jacky Chong, the president of the club.

It was then followed by a talk on the history of Toastmasters Ipoh, cake-cutting ceremony, raffle draw, speeches and the installation of I-Innovative Gavel Club members.

Gavel clubs are established to equip youngsters with speaking and leadership skills. The programme instils interpersonal communication skills needed to present ideas logically and convincingly by minimising the fear of public speaking. Guiding them through their teenage years and beyond, the club prepares teenagers to meet today's competitive job market by augmenting their self-confidence.

The impressive speech by the president of Gavelier's club, Yong Ru from Poi Lam High School who is a product of the youth leadership programme, was the evening's highlight.

For further details on the Ipoh Toastmasters Club and I-Innovative Gavel Club, readers can contact Daniel Ng at **012 508 6338** or via email at [danielngshusong@gmail.com](mailto:danielngshusong@gmail.com).

Mei Kuan



## Pokemon Go Attacked Ipoh

You might not know all the names but you may have recalled the world craze over Pokemon (Pocket Monster), a video game turned into an animated series released in the early 2000. Hence, it was no wonder that when Nintendo released Pokemon Go on July 6 this year in the United States, it received over 15 million downloads within one week.

As the release of its game internationally were on a schedule, Malaysian fans had to wait until August 6 to finally join the craze. It didn't take long for those who grew up with the animated series to download the game and begin their journey of capturing as many Pokemons as they can and become a Poke-Master.

For Joanna Gough, a Pokemon enthusiast herself, she decided that this would be a great chance to socialise with Ipohites who shared the same interest. She organised a 'hunting' walk for Poke-hunters around Ipoh on August 14. The word then spread and the walk, the first in Malaysia, received over 500 participants!

"I grew up playing Pokemon cards with my friends. When the game was released in Malaysia, I wanted to go out and play it with some friends. I saw the same event in



Singapore and decided to hold it in Ipoh. I never imagined it would go viral," said Joanna who believed that Pokemon is the key to start up tech communities through all race, genders and ages.

The participants walked around Ipoh to capture as many Pokemons as they could. When asked about the walk, Moses Francis found it interesting to see all walks of life and various age groups had joined the event.

"I never played the game in Ipoh, so I figured it would be a good time to start during the walk. I'm glad that I joined the walk as I got to catch a few Pokemons and even got the chance to level up," said Moses.

For those who are wondering, the game requires players to 'capture' as many Pokemons as they can (current number is 154) using Pokeballs (and Great Balls) and 'conquering' Gyms; they will need to fight against each other (using Pokemon, virtually). Players can reload Pokeballs and other items at Pokestops (located around the cities). The game is available both for Android and iOS users.

There are more than 50 Pokestops around Ipoh but the hotspots will be at Kong Heng Square, KTM Station, Ipoh City Council (MBI) Square at Greentown, Meru Valley Resort and more!

Ili Aqilah



## Property

# DREAM A LITTLE DREAM AT TASEK NOVA

Big or small, we all have an ideal house we have always dreamed of having but what is a dream house without good security? A dream home is only complete when safety is ensured.

Located within the Tasek area, Tasek Nova is a beautiful housing area on a 20 acres land, targeted for families, professionals, retirees and even first time house purchasers in Ipoh.

With the main emphasis on security and comfort, Tasek Nova is a project by KPM Corporation Sdn Bhd, a well established company with over 20 years of property development experience. The key persons involved in this project are, namely the brothers, YF Chin, Managing Director and Stuart Chin, General Manager.

Tasek Nova was first launched in 2013 and is expected to fully complete in 2019. It comprises 183 units in total of Single Storey Semi D, Double Storey Cluster Semi D and Double Storey Terrace houses. The earlier launched phases of 112 units are 95% sold out and 86 units had been delivered to purchasers.

It is launching the final phases right now, featuring modern and contemporary architectural design for 47 units of double storey terrace and 24 units of double storey cluster semi-D.

"We feel that security plays a major part in every household. That's why we're doing our best to have residents feel safe here," said Stuart.

With their gated and guarded security, some of the amenities include the card access and barrier gate systems at the entry and exit points, vehicle monitoring cameras capturing



every vehicle which enters and exits the guard house, 24-hour CCTV monitoring system, 24-hour photo beam intruder alarm system and also security guards patrolling the area regularly.

Their tagline of "Complete, Comfort, Secure" says it all. Complete represents the facilities they have, including the clubhouse situated nearby. The clubhouse consists of a swimming pool, jogging track, basketball court, children's playground, a reflexology path, outdoor gym track, a gym room, children's play room, games room and a multi-purpose hall. With this just around the corner, residents can take their minds off reality anytime they wish to and dream a little.

Comfort, on the other hand represents the facilities that are provided, along with the clean and cheerful environment. Furthermore, daily conveniences such as restaurants, fast food outlets like KFC and Pizza Hut, petrol stations, shopping malls like the newly opened AEON Klebang, Tesco Extra and Giant are located just minutes away. And of course secure refers to the tight security they have around the whole housing area.

"One thing I noticed about the residents is how they are always one and united no matter what. I like how they can mingle around with each other and create a happy neighbourhood," said YF Chin.

Those interested to know more about Tasek Nova can head on to [www.kpmcorp.com.my](http://www.kpmcorp.com.my) or contact 05 548 7027, 016 417 7627 or 016 417 5627 for further enquiry. Their showhouse situated at Arena Tasek Putra (Tasek Nova), 31400, Ipoh is open everyday from 10 am till 6 pm, even on public holidays.



## Han Chin Pet Soo

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



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## Lifestyle

## Choose Natural All the Way



Zija International organised another talk on Moringa oleifera, nature's miracle tree, coming on the heels of its previous enlightening session on natural healing with essential oils. The holistic approach which is part of the natural health revolution was presented by nutritionist consultant, Yap Fui Fong on Thursday, September 8, hosted by Meru Valley Resort.

"Don't be obsessed with body weight. Fitness is not how skinny you look but how many miles you can walk, how many kilometres you can run, how many push ups you can do and how many sit-ups you can complete," Yap highlighted to over 50 in the audience.

The criteria of healthy weight management are to prevent muscle loss, increase metabolism and provide complete nutrition. And that is where the Zija Moringa SuperMix and Zija Moringa Protein come into the picture. Both products are made of organic grown Moringa from South India, aid in weight management and can be taken any time during the day.

Each sachet of Zija Moringa SuperMix is a dose of pure nutrition as Moringa Oleifera has more than 90 verifiable, cell-ready vitamins, minerals, vital proteins, antioxidants, omega oils and others.

"A lot of supplements come in pills, tablets and capsules. Most of these are actually synthetic and made out of petroleum. Moringa itself can replace all that. There are tons of journals and scientific studies to prove that Moringa can cure many illnesses, go google it!" Yap added. In countries like Malaysia, Singapore, Indonesia, Thailand and Philippines, Moringa can be grown at the backyard and is part of the local diet. However, the moment it is cooked, half of its nutrients will be lost.

Protein absorption in the gut requires other necessary nutrients which most protein shakes in the market are missing. Plus, harmful artificial sweeteners and controversial food colourings are commonly found in protein powders. Meanwhile, the Zija Moringa Protein supplement shake combines natural ingredients to help feed your body and maximise your fitness goals. It also assists in post-workout recovery and promotes lean muscle development.

"You can choose to subsidise your illness or invest in your wellness," Yap concluded. Guests got to sample the two products themselves. After a question and answer session, the lively morning concluded with a buffet lunch crafted by the Dome Restaurant of Meru Resort.

Interested readers can contact Miss Chan at **012 200 7243** for further details. Or go to: [www.joycechan.myzija.com](http://www.joycechan.myzija.com) on Moringa or [www.joycechan.myameo.com](http://www.joycechan.myameo.com) on essential oils to learn more.

Mei Kuan

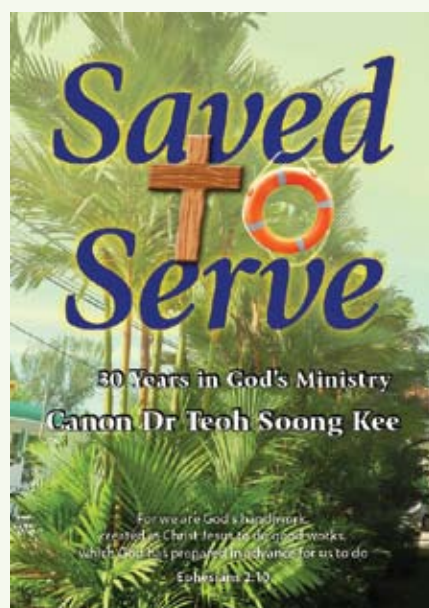


## Book Review

## Saved to Serve

The new book "Saved to Serve" is the fourth book written by Dr Teoh Soong Kee, a gynaecologist in Ipoh Specialist Hospital. This new book chronicles Dr Teoh's experiences as a Christian and the various services he had contributed both in the Christian organisations and to the community. Since its dedication by the Anglican Archbishop, Most Reverend Datuk Ng Moon Hing, about a thousand copies have been distributed.

The book is not for sale and is given freely to those who request. It is available from his clinic at **Ipoh Specialist Hospital, St Peter's Church and also from SCC Books in Jalan Medan Ipoh 5 and Pustaka SUFES in Jalan Market.**



## Euphoria Academy

Ipohites now have more options for hairdressing, aromatherapy and beauty services at affordable prices thanks to Euphoria Hair and Beauty Academy. Besides that, the institution also provides practical training by professionals in those disciplines.

Open to Malaysians above 16 years of age, especially school leavers and working adults who wish to obtain certified skills, Euphoria Academy offers four core courses: aromatherapy (The Malaysian Skills Certificate (SKM) Level 3), beauty (SKM Level 2 and 3), hairdressing (SKM level 2 and 3) and make up artistry (SKM level 2 and 3). Every course has a capacity of 25 students.

Among its benefits include reasonable fees, hands-on experience while learning and entrepreneurial opportunities. For instance, the beauty programme (SKM Level 2 and 3) costs RM15,000 for a duration of 15 months.

"Corporate social responsibility is always our priority. We provide free haircuts for orphans from selected homes twice a year and conduct grooming classes for single mothers who wish to work," Ena Farizan Dato' Roshidi, the managing director of Euphoria Academy said during its soft launch cum media night held recently at its premises.

"My aim is to create skilled human resources of all ethnicities to accommodate the development of Ipoh and the country. Right now, we're training five students who will be graduating in June next year," said Dato' Haji Roshidi Hashim, chairman of Euphoria Academy. Roshidi was Ipoh mayor from 2008 to 2014. He will contribute to the state via the academy just like he did when he helmed Ipoh City Council.

The academy holds Muslimah Day every Thursday to cater for female customers. Clients can either make a reservation or just walk-in.

Present at the launch were guest of honour, Datin Janet Yeoh; Perak People's Progressive Party advisor cum member of the city council, Dato' Lee Heng; Perak Media Sports and Welfare Club president, Wan Asrudi bin Wan Hasan; ambassador of Euphoria Academy, Emily Lee; and Jeff Tang, executive director of Euphoria Academy.

Address: No 29 Medan Ipoh 1A, Medan Ipoh Bistari, 31400 Ipoh.

Operating hours: 10am – 5pm (Closed on Mondays)

Tel: 05 5426668

Email: [U4riaacademy@gmail.com](mailto:U4riaacademy@gmail.com)

Facebook page: Euphoria Academy

Mei Kuan



## Announcement

## Second Workshop on Sex Education for Teenagers

The *Family Wellness Club*, in collaboration with the *National Population and Family Development Board* (LPPKN) Perak, will be conducting the 2nd Sex Education Workshop this year under the 'Program Pekerti@NGOs', with the module "I'm In Control". This pilot Project is an initiative by LPPKN pursuant to the objectives of the United Nations Population Fund (UNFPA) to curb some of the social ills among our teenagers today.

The module "I'm in Control" aims to raise awareness and knowledge among teenagers about pregnancies, sexually transmitted diseases and HIV/AIDS. The teenagers will learn about their own sexuality and the need to be responsible and have the right values. They will be taught skills to avoid or reduce sexual activities that have a risk of leading to unwanted teen pregnancies, abortions, sexually transmitted diseases and HIV/AIDS.

This 2nd workshop will be held on **Saturday 24th & Sunday 25th September 2016** from 9am-5pm at Lecture Hall 1, YMCA Ipoh, Jalan Raja Musa Aziz, Ipoh.

It will be limited to 40 teenagers/young adults aged from 16-21 years, and places are on a first come first served basis.

Please call **05 242 6866** or **012 507 3866** (Denise).

**Registration is free.**



## 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.

# MyBas Ipoh Bus Transformation Programme a Failure

Although the myBAS service was fully operational from September 2015 with increase of more trunk and feeder routes, it still failed to improve public transport to create a more integrated transportation system to the consumers in Ipoh, as there was no study of the routes due to poor management by Perak Transit operators. For the first few days when it began almost all the buses left Medan Kidd, but after six days, I noticed that a large number of MyBAS buses were parked at the station. There was no proper schedule to depart from the station. Also due to lack of proper study, there are often buses overlapping routes, with a few buses running the same routes with no passengers.

Why do we need so many buses going to Ipoh city at the same time, and why are buses going to Tiger Lane area when knowing full well that residents there will not use this mode of transport. Similarly for empty buses heading to the airport. Public transport is needed to and from private hospital routes and these should be a priority. Up till now there is no bus service connecting Bercham to the Tasek Industrial Area to facilitate the working people. Again I had to wait for 45 minutes to take a bus from Tesco Extra Bercham to Medan Kidd.

There is a need for SPAD to sit down and make a detailed study of the important routes rather than wasting public money which does not bring good for the public.. SPAD should instead appoint a better operator to achieve its target. Perak Transit is still poor in managing the drivers, where the practice still exists that whenever a driver fails to report for duty, the bus will be parked at the station the whole day. We do not want this type of scenario to happen again.

Chris Ng Chong Phee



**FREE ADMISSION**

## Jam Kuda Antarabangsa

**13th - 16th October 2016**  
8.00am - 6.00pm

Venue:  
Kelab Ekuestrian PRTC, Perak Turf Club

## Han Chin Pet Soo

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



## 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.

**Sharpened Word: 'Writing Children's Books for Malaysia'**, Saturday **September 24**, 2.30pm to 5pm at Old Andersonian's Club, Jalan Hospital, Ipoh. Plus readings by children. For further details: [www.facebook.com/sharpenedword.kinta/](http://www.facebook.com/sharpenedword.kinta/).

**Blood Donation Campaign at AEON Mall Ipoh Klebang**, Saturday **September 24**, 11am to 5pm at AEON Hall Ipoh Klebang. For more information: [www.facebook.com/excelvite](http://www.facebook.com/excelvite).

**St Michael's Institution Alumni Association Klang Valley Inaugural Dato' Bro. Vincent Corkery SMI Golf Challenge Trophy** at the Meru Valley Resort, Ipoh on Sunday **September 25**. Breakfast is at 9.15am, registration is at 9.30am, tee-off at 10am, lunch and prize presentation at 2.30pm. Participation fees is RM180 per pax on a first-come, first served basis. Proceeds from fees, less expenses will be donated to the SMI School Building Fund. Sponsorships are welcome. Interested parties please contact Eugene at [eugene\\_wongfk@yahoo.com](mailto:eugene_wongfk@yahoo.com) or **019 233 7272**, Major Salehuddin at [salle48@yahoo.com](mailto:salle48@yahoo.com) or **012 452 9722**, Francis Chong at [francischong33@gmail.com](mailto:francischong33@gmail.com) or **012 366 1223**.

**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).

**Run for Reading 5km & 10km, October 23** at Perbadanan Perpustakaan Awam Negeri Perak, 17 Jalan Raja Di Hilir, 30350 Ipoh. More info: Runnerific blog post or walk-in registration at Library during office hours. Call: **016 635 8594** or Whatsapp **011 2616 4600/010 912 9853**. Email: [relifeactivesports@gmail.com](mailto:relifeactivesports@gmail.com).

**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 Di Hilir, 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.



## Sport

# An Old Boy Returns

Reputed to be the hardest smasher in badminton, he won the All-England men's doubles title partnering Dato' Ng Boon Bee (his schoolmate) in 1965 and 1966, Dato' Tan Yee Khan still speaks fondly of his alma mater, St Michael's Institution (SMI) Ipoh.

"This is the school which gave me the opportunity to excel in the game I love. The teachers and principal saw the potential in me and they encouraged me to take up badminton," said Tan at the school speech day recently in front of some 200 teachers and students.

Tan, a six footer, was accorded a warm welcome by members of the school's lion dance troupe, kompang and bunga manggar when he arrived at the school grounds. Present was the school principal during his time – Brother Director Pius Kelly who never failed to inspire him to take up the sport. Brother Pius was Brother Director from 1955 to 1960.

"He was the pillar of support and strength during my days at SMI. I went on to win many state-level titles in school and after I left school. He shaped and influenced me strongly in my early years," said Tan, adding that he had to sacrifice schooling when he was selected to be part of the badminton squad.

In 1958, he left SMI and became the first schoolboy to be selected for the Thomas Cup squad and trained in Penang with Datuk Eddy Choong, the former All-England champion.

"In those days, I was only given RM50 as allowance", recalled Tan, who also captured the Malaysian Open Amateur Golf title after he retired from badminton in 1970. He was selected for the Malaysian Putra Cup team in 1971.

Principal Chan Nyook Ying said the school emphasised on students' individual development as well as character building by acknowledging their unique personal strengths. In doing so, she said, we bring out the best in students' potential to achieve



success.

"We cannot deny the important role that co-curricular activities play in enhancing academic performance and in developing well-rounded individuals," she said.

Also present were Tan Sri Lee Oi Hian, Chairman of SMI Board of Governors cum CEO of Kuala Lumpur Kepong Berhad and Joseph Michael Lee, Chairman of SMI Parent-Teacher Association.

Peter Khiew

## A Successful Championship

Running for the seventh year, the final leg of the Tan Sri Lee Loy Seng Perak Grand Prix Chess Championship organised by the Perak State Chess Association and sponsored by Kuala Lumpur Kepong Berhad, was held on Sunday, August 28 at Syeun Hotel Ipoh. With an ever-increasing participation and commitment, a total of 154 players took part.

According to Chan Swee Loon, president of the Perak State Chess Association, the annual tournament is his way of giving back to society. "It's accidental. I picked up a book on chess at the library. Back then in 1972, there was this famous match between Boris Spasky versus Robert J Fischer," he told Ipoh Echo when asked how his passion in the game began.

Present at the event were Abdul Hamid bin Majid, representative of Dato' Tan Chin Nam, Dr M K Yee, advisor of Perak State Chess Association and guest of honour Dato' Lee Hau Hian, director of Kuala Lumpur Kepong Berhad.

Here are the winners:

Open section: 1st Looi Xin Hao (Penang)  
2nd Syamaizar bin Lup (Ipoh)  
3rd Jax Tham Tick Hong (Kuala Lumpur)

Under 17 section: 1st Tan Yong Hau (Kuala Lumpur)  
2nd Dharmin a/l Pathamanathan (Ipoh)  
3rd Muhammad Khairul Izwan Haikal bin Kamaruddin (Chenderiang)

Best Perak player: Pravin a/l Pathamanathan (Ipoh)

Under 12 section: 1st Ferris Lim Feng Wei (Kg Gajah)  
2nd Syed Firdaus Asyraf bin Syed Hashim Azmi (Kampar)

3rd Nur Muhammad Afiq bin Azlan (Ipoh)  
Best Perak player: Syed Amirul Asyraf bin Syed Hashim

Azmi (Kampar)

The top four winners of the grand prix prizes were Fong Yit San, Looi Xin Hao, Fong Yit Ho and Syamaizar bin Lup. They won RM800, RM500, RM400 and RM300 respectively. The champions had played a minimum of three legs in the open category in this year's series.

Mei Kuan



## Hasa Pull-up Jam



Touted to be the biggest street workout competition in Malaysia, Hasa Street Workout organised its fourth Hasa Pull-up Jam on Saturday, August 27 at Taman D R Seenivasagam, Ipoh. The annual event attracted over 90 participants, some from as far as Johor and Kedah.

"Our objective is to inspire all to be healthy through fitness, besides showcasing new talent. In Ipoh, the awareness to live a healthy lifestyle is there. I can see the progress as every year there are more and more participants," Hazlami Zharif, the co-founder of Hasa Street Workout told Ipoh Echo.

There is no age limit for contestants. "Last year, we had participants as young as 11 years old whom we believe have a bright future in the sport," he explained.

One of the highlights was the freestyle category divided into amateur and professional levels. Given two minutes to perform their routine, participants were judged on their static movement, dynamic movement, strength, endurance, performance and combo. Winners walked away with cash prizes as high as RM2000.

Here is Hazlami's advice for those who are new to the game: "Safety first. If you get injured, you can't workout, so what's the point? If you don't know how to start, you can always find us at Padang Polo or look at the tutorial videos on YouTube."

Readers can find out more via their Instagram: *Hasastreetworkout*

Mei Kuan





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Pihak berkuasa : Majlis Bandaraya Ipoh Bebanan Tanah : Maybank Berhad 24 unit Rumah Berkembar Kluster 2 Tingkat Harga Min RM 888,000.00 Maks RM 1,008,068.00 47 unit Rumah Teres 2 Tingkat Harga Min RM 638,000.00 Maks RM 947,505.00 5% diskaun untuk lot Bumiputra Sekatan-sekatan kepentingan : Tiada

## Arts and Culture

## The Peach Boy

In order to raise funds to establish a mini library and improve facilities in the Japanese language classroom, the Japanese Language Club of Anderson School presented a musical titled, "Momotaro" (The Peach Boy) at its school hall on Saturday, September 3. The attendance was overwhelming.

"Momotaro is a famous Japanese folktale filled with moral values. It's about a courageous boy who saves his homeland from the ogre's attack. He goes to the ogre's island with his band of friends. During his adventure, Momotaro also displays obedience to his parents. Working behind the scenes, students are instilled with the discipline, punctuality and teamwork needed to make this charity drama a success," Loh Kok Hoong, the drama director and head of the Japanese language panel told Ipoh Echo. Preparations began in May by his team of over 60 students from Form 1 to Lower Six.

"I want to bring the dramatic traditions back to Anderson, as the school's last dramatic production was in the 1950s. As a language teacher, I find drama very educational as students can practise language articulation and grammar in a more interesting way besides exhibiting their talent and creativity," the amiable Loh added.

"The character I am playing is very mischievous, funny and cunning. Momotaro needs him to show the way to the ogre's island," said Jude Isaac Stanley, the 16-year-old who played the monkey. Almost all of the actors involved were champions of the national level Japanese language drama competition held in 2014.

The musical play was accompanied by a choir and orchestra playing self-composed lyrics and melodies. The live musical ensemble featured a combination of Western and Chinese instruments.



One charming character was Mrs Nobu, played by Muhammad Firdaus Bukhari, who had a mind of her own and kept the audience in stitches with her perpetual sore throat, unpredictable nature as well as dramatic reactions.

Kudos to all the crew who removed and assembled the handmade props for each scene with lightning speed. I especially loved their attention to detail, from the use of waving blue cloth as the flowing river to the casual fiddle of the *kendama* (a traditional Japanese toy) in a conversational scene.

The night ended with plenty of cheers and precious memories.

Mei Kuan

## Announcement

## Talk On Childhood Development

Quest International University Perak (QUIP) is organising a talk entitled, "The Incredible Early Years: Supporting Young Children in Realising Their Full Potentials" on **Sunday, September 25** at its Ipoh campus. The talk is by Datuk Dr Chiam Heng Keng, a specialist in early childhood development, care and education. All early childhood professionals and those keen in working with children are welcomed to join the session. This is a good opportunity to meet and network with like-minded people. For details and to register, please visit QUIP website at [www.quip.edu.my](http://www.quip.edu.my)