

Revival of Market Lane via Arts and Culture

● Story and pics by Tan Mei Kuan

Market Lane, also known as Third Concubine Lane, has its roots in the early days of tin mining. It was said to be brimming with brothels, gambling houses and opium dens in addition to family homes and small tradesmen's workshops. Retained for commercial purposes, the historical lane was not as vibrant as the Second Concubine Lane (Panglima Lane) which has become a major tourist magnet. Until recently, when a spark of genius from a trio of passionate Ipohites turned the tide and Market Lane is experiencing a blossoming of activity that have locals and tourists alike flocking to this hub in the centre of Old Town.

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Culture and Art Corridor



Yee Kong Coffee



One of the many exhibitors

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Market Lane: The New Arts and Culture Hub

How it All Began

Here's a little history on Market Lane. The 20-foot wide thoroughfare was touted as Third Concubine Lane in Chinese because word had it that the wealthy Towkay, Yau Tet Shin had kept his third 'wife' in one of the houses which lined the lane on both sides. Less narrow than its counterpart, the Second Concubine Lane, the Third Concubine Lane had a bustling yet harmonious setting. One anecdote from the 1920s mentioned the existence of a clog manufacturer, an aerated water factory, godowns, a grocery shop, a coffee shop, a wonton mee maker and hawkers galore, day and night. Since that time, Market Lane has settled into relative obscurity, outshone by Panglima Lane, the Second Concubine Lane.

The idea of having a culture and art corridor at Market Lane was conceived by Ipoh-born trio, Tan Kai Lek, Ewe Hock Seng and Chin Choon Yau, who are art enthusiasts or talented artists themselves. "We obtained permission and utmost support from the shop owners of the lane to hold such events there as they are not open for business on Sundays," 50-year-old Tan explained to Ipoh Echo. All expenses were borne by the trio as they do not collect fees from anyone, a true reflection of their passion in the field.

"Being the organisers, seeing the participants and visitors having a great time gives us satisfaction. Even the shop owners are glad too. The whole ambience is joyful and inviting for every occasion. Our objective is to create a platform to showcase the talents and knowledge of Ipoh local artists so that it is appreciated," he shared.

Culture and Art Corridor

After months of preparation, the first-of-its-kind corridor was held on Sunday, July 24 followed by another on Sunday, September 25 from 10am to 4pm. The attention to details by the committee is admirable as slabs of paving were brought in specifically to cover up the water drains for public safety. Plus, you would be amazed at the width and breadth of the display that made each event a great family day out. Ipoh Echo caught up with some of the exhibitors.

A lion and dragon-head maker, Teh Wing Liang is a master of the endangered art. "I have been crafting these for over 24 years. I picked up the skills all on my own when I joined the lion dance club back in Shen Jai School. It takes a lot of patience and creativity. For instance, for the lion head, it takes me around four days to complete while the dragon head needs a week," the owner of Zhong Shen Trading told Ipoh Echo. Hence, it is no wonder that his clients hail from in and out of the country.

"There is a lot of interest but very few who are willing to learn," he added. Teh can be contacted at **012 452 3287**.

Another highlight was Urban Sketchers Ipoh, a non-profit hobby society running on the slogan, "Sketching Ipoh for Future Generations". "Every week, we go around Ipoh to draw its building, people and lifestyle using charcoal, pen, watercolour, pencil and others. We get lots of response during the corridor all the way till 4pm," Tony Chin, one of the members said. Masters and amateurs in art of all age groups are welcomed to join the club via their Facebook page: *Urban Sketchers Ipoh*. There is no fee.

At one corner, there was one particular booth always seen brimming with visitors. It was manned by the equally talented yet humble Wee Ong Chin, a 62-year-old retired headmaster from Pangkor Island who makes a wide array of traditional toys by hand, not for sale but to be given away, yes, you've heard it right – given away! Retired since 2014, he has done research on traditional toys for over 20 years. Looking at the toys, curiosity was piqued among the younger attendees while nostalgia was evoked among the older ones. "To introduce and promote traditional toys is valuable as it promotes systematic thinking in children," he replied when asked about the purpose of his admirable effort and generosity.

Meanwhile, Tan Kai Lek carves old-world shops of Nanyang heritage found around Ipoh out of discarded wood. One could literally superimpose his carvings of shop houses which include Ho Yan Hor Herbal Tea, Ban Guan Lee Hardware and Electric, Bee Heng Cloth Dealer and Sun Yeong Wai Roasted Duck Restaurant to the real-life buildings as it looks identical! Priced at RM99 each, it is on display at Happy 8 in Old Town.

With the aroma of Yee Kong Coffee (established in 1974) roasting from one end and the music from the live traditional orchestra permeating from the opposite end of Market Lane, walking through the stretch of ancient buildings while basking in arts and culture is truly a blessing!



Teh (left) making a lion head



Wee's booth brimming with visitors



Urban Sketchers Ipoh



Tan and his wood carvings



Live traditional orchestra

... continued on page 6



• From the Editor's Desk
By Fathol Zaman Bukhari

I woke up early on Monday morning, October 10 to watch the much-anticipated second debate between Republican presidential nominee Donald Trump and the Democrat candidate, Hillary Clinton. The debate between the two, who are vying for the most powerful job in the world, was telecasted live via major television networks. I was hooked on to CNN (Cable News Network) for this is the best satellite channel to watch the verbal battle between two bitter rivals – one a man and the other a woman. The event was held in St Louis, Missouri on the banks of the Mississippi River.

Should Hillary Clinton win the 58th quadrennial U.S. presidential election on Tuesday, November 8, she will become the 45th and first-ever female president of the United States of America. And if Donald Trump triumphs, the one-time reality TV star and businessman will be the first non-politician to occupy the White House.

Most are aware of the result. Donald, dogged by allegations of “debasing women” via a video footage made 11 years ago, is adamant to continue with the fight although the odds are stacked against him. He has vowed to make the remaining days leading to the November 8 election “a living hell” for Hillary. Donald will harp on Bill Clinton’s sexual misconduct and the former president’s trysts with women.

You may ask why my sudden interest in an event unfolding the other side of the globe when our 14th General Election is just around the corner? Well, it has much to do with the English language, a language we have come to accept as the universal mode of communication between individuals and groups. A language that is considered the lingua franca of the world. A language commonly used by world leaders. And when one is on the world stage, speaking in a language other than English, he or she will be perceived as an egoistic nationalist or, perhaps, someone whose literary competency is suspect.

I allude to Deputy Prime Minister, Datuk Seri Zahid Hamidi’s speech at the 71st session of the United Nations General Assembly on September 25. His less-than-

OH MY MANGLISH!

These bloopers are symptomatic of a much larger problem – the state of our education system.



eloquent delivery of his written speech in the English Language has been widely criticised by Malaysians. The social media was inundated with comments, some harsh and some subtle. But all pointed to one glaring deficiency – Zahid’s poor command of the language.

His mispronunciation of certain words and accent surprised many. These bloopers are symptomatic of a much larger problem – the state of our education system. A system that has been continuously plagued by poor handling by those entrusted with educating our children.

The British had left a workable system which was the envy in the developing world. But when some smart alecks decided to change the medium of instruction from English to Bahasa Malaysia, to better reflect our independence, the trouble began. I was fortunate to have been groomed under the old system and thus could still write and talk with a certain measure of

confidence and efficiency. But the same is not with those who came after me.

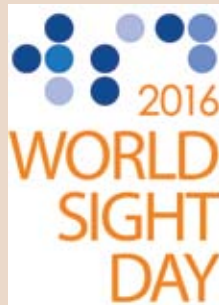
Zahid, unfortunately, was a by-product of this change. He was, as claimed, schooled in a religious school in Ipoh and then at a national school in Klang.

“These schools are not in the same league as St John’s Institution, St Xavier’s Institution, Penang Free School or the Royal Military College,” wrote Wong Chun Wai of the Star. “Despite his experience as an orator he seemed somewhat uncomfortable handling some terminologies and the pronunciation of words he doesn’t use on a regular basis,” added Wong. What an excuse!

The servility of mainstream media is nothing new but is expected. After all, the Deputy Prime Minister is also the serving Home Minister. His ministry keeps a tight rein on dailies, magazines, periodicals and publishing houses.

Notwithstanding that, being the Prime Minister-in-waiting it is only proper that Zahid makes an effort, however feeble, to brush up his spoken English. Practice, they say, makes perfect.

EYE HEALTH



In conjunction with **WORLD SIGHT DAY** on October 13, Ipoh Echo talks to Consultant Ophthalmologist **Dr S.S. GILL** on prevention of visual impairment.



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

Visual impairment is any kind of vision loss to the extent that even with conventional forms of correction or treatment, the person’s vision remains poor. Being visually impaired can be frightening, especially when it affects those who once had good vision.

World Health Organization facts:

About 285 million people are visually impaired worldwide:

- 39 million are blind and
 - 246 million have low vision (severe or moderate visual impairment)
 - preventable causes are as high as 80% of the total global visual impairment burden.
- About 90% of the world’s visually impaired people live in developing countries.
- An estimated 19 million children are visually impaired worldwide.
- Globally, uncorrected refractive errors are the main cause of visual impairment.
- Cataracts are the leading cause of blindness.
- 65% of visually impaired, and 82% of blind people are over 50 years of age, although this age group comprises only 20% of the world population.

What Causes Visual Impairment?

CATARACT or the clouding of the eye’s lens prevents light from passing through to the retina causing cloudy vision. Cataracts may cause gradual vision loss which sometimes may not be noticeable to the patient until they have had an accident of some sort. Cataracts usually affect people in their 50s, 60s and 70s, but may appear earlier too. Many of my patients who present early are golfers and sports people who do not **always wear good sunglasses** when they are out in the sun. Cataract surgery easily restores vision in these cases.

If you have **diabetes mellitus**, make sure you are screened regularly for **DIABETIC RETINOPATHY** – a condition where the tiny blood vessels in the retina (inside of eye) are damaged due to diabetes. No blurring vision does not mean he or she has no diabetic eye problems. By the time blurring vision occurs, the eye condition is often serious.

GLAUCOMA is another blinding condition where an increase in eye pressure damages the optic nerve. Early detection by screening is crucial or the vision will gradually deteriorate over time to a **small tunnel vision**, and eventually blindness. **INJURY** is another common cause for vision loss. Apart from windscreen injuries, accidents like getting hit with a **hockey ball** or a **shuttlecock**, or a child’s eye pierced with **sharp toy** are common. “Avoid **buying toys with sharp edges** and **prevent children from playing with chopsticks** or pencils. **Macular degeneration** is another serious eye problem that causes progressive loss of central vision, causing difficulty in reading or watching TV with vision becoming distorted.

Preventing Visual Impairment

Diseases like glaucoma **need to be detected early** and treated or damage is irreversible. “If you have underlying health problems like diabetes and hypertension, do get your eyes examined regularly and comply with prescription medication to prevent vision loss” says Dr Gill.

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



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What is being done about traffic in front of schools?

In a typical road-side scene, in Malaysia, schoolchildren gather at a bus stop to cross the road to school. A man, presumably in the employ of the school, wearing a yellow reflective shirt, waves a flag to urge motorists to stop for the children.

As is normal in Malaysia, no-one really takes any notice. Kapchais weave round the school children, and lorries, simply mow them down.

This is what happened to 11-year-old Mohamad Haikal Helme, who was run over by a trailer, as he was crossing the road, in front of his school, SK Telok Medan, in Bagan Serai, last month. The tragedy unfolded in front of his mother, who had moments earlier dropped him off at school.

The video recording shows a trailer speeding, in what is clearly a school designated area. Did the driver slow down, when he saw hordes of school children crossing? No! He drove past the school gates at speed. Mohamad had little chance of survival and died at the scene.

This is not the first incident involving school children, nor will it be the last. When will there be a holistic effort to improve traffic manners outside our schools? Most of our cities and large towns grew around schools, which existed before the urban sprawl began.

Sometimes, it is neither feasible nor possible to relocate the school, to the suburbs. The least we can do, is to have better crowd and traffic control. It involves the participation of the relevant ministries, school, parents, police, Road Transport Department and the council. Roads are normally chaotic, at around the time children are dropped-off or picked-up from school.

Parents can also be a nuisance, when they block the roads, with their cars, as they collect their children. Why don't some parents make a car pool? They would save time and money.

Buses and mini-buses also block the roads, as they park waiting to collect the pupils from school.

Children who bicycle or walk to school, have a problem negotiating the heavy traffic. They cannot cross safely, because their view of oncoming vehicles is blocked by the cars and buses.

Children on bicycles must feel that they put their lives in their hands. Few places in our towns and cities have dedicated bicycle lanes. When there is one, it is often used by a kapchai or car, just as the emergency lanes on our highways are often abused.

What should be done about the traffic in front of our schools, at peak times? Should there be a ban on heavy traffic and articulated lorries at certain times of the day?

There should be a zebra crossing, with a Belesha Beacon to indicate to road users that they are approaching a zebra crossing. At peak times, the flag man, can wave his visible flag, to signal to motorists that he will be leading a group of children across the road, and all road users,

including bicycles, must stop at the zebra crossing.

The council and Road Transport Department should run a series of promotional adverts, on television, to inform road users of the purpose of the "flag-man" in front of a school. He is there to allow school children to cross safely.

In some places, people tend to avoid the congested roads in front of the school, when the school opens and when it closes. It is not always possible to avoid these roads, but why can't some drivers show some consideration to all road users?

What are the statistics for injuries and fatalities, involving school children near school gates? What is the police's response to these incidents? What is the reaction of the Parents-Teacher's Association (PTA) to the death of Mohamad Haikal? What will

the Education and Transport Ministries do to address the problem of reckless driving in front of schools?

If motorists refuse to slow down and heed the advice of the police and council, there should be plans for a traffic ban around the schools, at drop-off and pick-up times.

It is impossible to encourage the healthy habit of walking or cycling to school, when road users do not care about road safety. The ban should also help reduce pollution levels and reduce congestion in these areas, during these times.

The ban may be inconvenient, but how else would we make road users more considerate and observant of traffic rules? It may be the only solution to help save our children's lives.

In the past, the local government has said it was his fate to be killed on the road. Nothing can change one's fate.



THINKING ALLOWED

by Mariam Mokhtar

Dr Saravana K.

Consultant Physician, Gastroenterologist & Hepatologist

Digestive Health

Gastrointestinal Bleed (Part 1)

Your gut is the tube that starts at your mouth, and ends at your bottom (anus).

The upper gut includes the gullet (oesophagus), stomach and first part of the small intestine (duodenum). Food passes down the oesophagus into the stomach. The stomach makes acid which is not essential but helps to digest food. After being mixed in the stomach, food passes into the duodenum, to be digested.

Some types of bleeding from the upper gut

The type of bleeding is sometimes described as follows:

Dark blood. This is often referred to as a 'coffee ground' colour. This suggests that the bleed has been relatively slow. The blood has been in contact with stomach acid long enough for the acid to turn the blood a dark brown/red colour. The bleeding in this situation may not yet have been heavy. However, it may become heavy at a later time.

A large amount of bright red blood suggests a rapid and large bleed.

Melaena is the medical word for old, dark blood in poo (stools/faeces). If you have melaena, your stools become very dark or black. There is often a tar-like consistency. Vomiting blood and having melaena are symptoms that often go together. Having both symptoms together means that you have had a lot of bleeding into the gut.

Other symptoms may occur at the same time as vomiting blood. For example, tummy pain, fever, or other gut symptoms. If you lose a lot of blood, it can make you feel dizzy or even pass out. The presence and type of other symptoms may help to point to a cause of the bleeding. Sometimes there are no other symptoms at first.

What are the causes of vomiting blood?

There are many possible causes. Below is a brief overview of the more common and important causes:

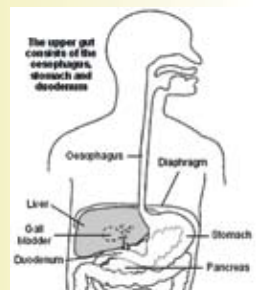
From the oesophagus

- Oesophageal varices. Varices are enlarged, swollen blood vessels in the lining of the gullet or stomach. They are one of the possible complications of liver cirrhosis. In cirrhosis, scarred liver tissue blocks blood flow through the liver. This causes an increase in pressure in the vein that takes blood from the gut to the liver (the portal vein). The increased pressure pushes back into the gut and causes the veins to swell in the gullet. The swellings are quite fragile and may bleed heavily into the gullet.
- Inflammation of the oesophagus (oesophagitis) is often due to acid reflux from the stomach. The inflamed oesophagus sometimes bleeds.
- Oesophageal cancer sometimes causes bleeding into the oesophagus.
- Mallory-Weiss syndrome is bleeding caused by a tear in the lining of the oesophagus or stomach. The tear can be caused by anything that leads to a sudden rise in pressure in the stomach or the oesophagus. For example, repeated retching or vomiting, excessive straining, violent coughing or hiccupping.

From the stomach

- Stomach ulcer. An ulcer is a small hole in the lining of the stomach. An ulcer may bleed, sometimes heavily. There are several causes of stomach ulcers, including:
 - Infection with Helicobacter Pylori
 - Anti-inflammatory medicines, Aspirin
 - Stress.
 - Stomach cancer
- Inflammation of the stomach lining (gastritis) has similar causes to stomach ulcers.
- Varices in the lining of the stomach may occur similar to oesophageal varices described above.

Mallory-Weiss syndrome may affect the lining of the stomach.



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

Han Chin Pet Soo

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ON IPOH FOOD

By SeeFoon Chan-Koppen

seefoon@ipohecho.com.my

Photos by SeeFoon



SeeFoon gets Thai'd up in Ipoh Garden East

It doesn't have a prominent sign board and it is very easy to miss this quaint and intimate Thai restaurant as one sails past Tesco on the way to destinations beyond. Situated in a corner bungalow house directly behind the Royal Thai Massage place whose sign is prominently visible from Tasek Road, Aroy Dee's signage is by contrast downright modest, almost invisible from the main road and my dear readers will just have to rely on my directions given here. (See address below). Nevertheless the location is very prime if a tad unobtrusive.

Creatively and modestly furnished, the proprietor and her son have done a lovely job using varnished used pallets on the walls, veneer that is indistinguishable from wood but is actually vinyl on the floor and whimsical flower arrangements all around.

Yupa the proprietor is the 'real McCoy' Thai cook. Unbelievably youthful looking for her 60 years, she claims that her cooking (relatively low fat, with lots of greens, loads of fresh vegetables and easy on the sugar) is responsible for her looking the way she does. I pricked up my ears on the mention of sugar as I am pretty allergic to the stuff, given a predilection to fluctuating blood sugar levels and when she declared that she does not use MSG, I did a quick mental somersault, offered a prayer of gratitude and made a commitment to come back here often. Here I have finally found a restaurant that subscribes to my eating principles!

Sure enough, Yupa made good on her promise. On two occasions there, I ate soup, slurping it up like there was no tomorrow. Now under normal circumstances, in other establishments, about 30 minutes after consumption I would be feeling extremely tired, with an insatiable thirst and after about four hours I'd be totally bloated both on my ankles and my belly.

Not at Aroy Dee.

The **Tom Yum Kung**, one of Thailand's most famous dish, came in a claypot brimming with enoki mushrooms, galangal, lemon grass, lemon leaf, parsley and prawns in their shell. Tangy, spicy with sweetness provided by the fresh tamarind seeds which she uses in the broth, the Tom Yum hit all the right notes with me – **RM15.90**. And do try also their **White Tomyum Chicken** which has the addition of coconut milk. Equally delectable at **RM11.90**.

Thai salads are among my favourite foods and here I would recommend the **Larb Gai**, a salad made from minced chicken, tossed with a mixture of aromatic greens like scallions, shallots, chilli flakes, fish sauce, fresh lime, mint, Thai basil and cilantro and a special toasted sticky rice powder which lends the salad a slight grainy mouthfeel and gives this dish its particular character – **RM15**.

Another salad of note is the **Yum Woon Sen**, made

with glass noodles, and again all the aromatics plus prawns. I suggested to Yupa that next time I'll ask for it with squid as it was too difficult to peel the prawns which came in their shells – **RM17.90**.

The two curries which are certainly in the 'Die Die must try' category are the **Green Curry** and the **Dry Curry** both made from chicken. The Green Curry with chicken chunks was creamy, velvety smooth with a delicate sauce that one could just drink while the Dry Curry was robust, spicy and made with kampung chicken, the meat more flavourful with more texture – **RM11.90**.

Very tasty morsels arrived in the form of **chicken and pork Satays**, well marinated chunks of meat skewered on thick bamboo sticks – **RM18.50**, while the **Pandan Chicken**, chunks of chicken very well marinated with lemongrass, turmeric and spices but arrived, alas, over cooked, which left the chicken inside a wee bit on the dry side – **RM13.80 for 4 pieces**. (Remind them to not overcook on ordering).

My habit with Thai Food in Bangkok is to seek out a different place for my beloved **Pad Thai** every time I go there but now my search for the perfect plate is over and as luck would have it, Yupa fries up one of the most delicious ones I have ever had the pleasure of tasting. Most of the Pad Thai in Thailand is either overly sweetened (the Thais love their sugar and in fact sugar is served on the side of your plate of Pad Thai, even in Aroy Dee) and I find it very difficult to get a Pad Thai fried without sugar. But Yupa does it and to perfection. Almost a national dish in Thailand on par with the ubiquitous Tom Yum Soup, Pad Thai is probably the Thai equivalent of our *Char Kway Teow* here but the noodles are much thinner and has a chewiness to it that is delightful. Add to the noodles prawns, chillies flakes, lime, crushed peanuts, egg, green chives and raw bean sprouts (sugar optional), squeeze a smidgen of lime and you have a plateful of heaven – **RM17.90**. For those who need their carbs and are not fond of noodles, there is the **Pineapple Fried Rice**, which is a mountain of rice fried with vegetables, chicken, egg and bits of pineapple and heaped onto a scooped out pineapple – **RM15.50**.

And this article wouldn't be complete without mention of their steamed fish, in this case a **Siakap steamed** in the traditional Thai style with lime, garlic, galangal, ginger, fresh tamarind and chillies. Very fresh and delectable. **Small RM38.50; Large RM43.90**.

Aroy Dee is the perfect place to eat lightly and down the food with a healthy tea at the same time. Have their **Thai Tea** made from fresh Lemongrass **RM5.50** or one of their **Phyto Vitamin Drinks** at **RM6** or one of their **Detox Waters** like Lemon, Lime and Cucumber or Green Apple and Lemon at **RM5.50**. And for Beer Lovers, there is even **Chang Beer** which is quite uncommon in Ipoh.



Aroy Dee Cafe

11 Jalan Jambu, (corner of Jalan Manggis) Taman Teh Teng Seng, 31400 Ipoh.

Yupa: 012 513 9966

Business Hours: 12pm-4pm; 6pm-11pm

Closed Mondays

GPS E 101° 7' 4.4" N 4° 36' 57.0"

... continued from page 2



Mooncake Festival Parade

Mooncake Festival Parade

Another anecdote from the old days is that back in the 1920s, Market Lane acted like a playground for the children living in the neighbourhood. For instance, during the lantern festival, kids would gather with their respective lanterns and walk round the houses in the dark for thrills and excitement.

With the beauty of Malaysia's ethnic diversity, people from all walks of life relived the fun by lighting up the night of Saturday, September 24 at Market Lane with many-hued lanterns distributed freely. M Bike, an Ipoh heritage rickshaw service, also made an appearance during the mooncake festival celebration.

Ernest Zacharevic's wall mural entitled "Trishaw" at Market Lane became a favourite for lantern bearers, especially international tourists, for Instagram-worthy shots.

Tan and the committee also included the moon worship, dragon and lion dances as part of the lively affair. The night concluded with jazz numbers from the 50s and 60s.



Thai tourists joining the parade



Moon worship

The Response

Featured on national television, 8TV, the culture and art corridors as well as the parade have united people of multi ethnicities to promote arts and culture collectively. Each ended with plenty of cheers and precious memories.

"The response has been immense as the number of exhibitors has doubled up for the second corridor. We will continue to organise events in conjunction with festivals at Market Lane. There will definitely be more culture and art corridors, coming up!" Tan Kai Lek concluded.

Interested readers and artists can swing by their Facebook page at *Culture & Art Corridor Market Lane Ipoh* or contact Chin Choon Yau at **016 523 7771** for further details and the latest updates.

Conclusion

Creativity takes courage and it is inspiring how a brainchild of this energetic trio has revived our beloved Market Lane. Do come to experience it yourself at the next event.

Read the Ipoh Echo or go online to our Facebook page to keep updated on future events.



Lantern bearers of multi ethnicities

Wellness

Ophthalmology: Vitreoretinal Surgery

As the saying goes, "There is more than meets the eye," the study of ophthalmology is not only a medical specialty but it is also a study on the disorders, diseases and how to treat problems of the eyes. Meet **Dr Ong Lieh Bin**, the Consultant Ophthalmologist and Vitreoretinal (VR) surgeon from KPJ Ipoh Specialist Hospital who talks about Vitreoretinal Surgery.

The Retina is a thin nervous layer located inside the eye which cannot be replaced, unlike the lens which is replaceable; as in cataract surgery. Hence in dealing with the problems of the retina, an eye surgeon like Dr Ong has to perform salvage/reparative surgery in order to save the patient from becoming blind.

A condition called '**Retinal Detachment**' often occurs where the neuroretina is separated from the underlying retinal pigment epithelial layer.

There are three types of retinal detachment. First is **Rhegmatogenous retinal detachment** where the cause of the detachment is due to a break in the retina. The second is called the **Tractional retina detachment** where

detachment is due to the pulling on the retina by scar tissue (for example in Diabetic patients with severe proliferative retinopathy). Lastly is the **Serous retinal detachment**, where there is a leakage from a lesion in the retina causing the retina to detach.

While there are no alternative treatments to cure retinal detachment, patients with such issues will have to go under the knife as soon as possible as retinal function deteriorates the longer it is detached. A Vitreoretinal surgeon will repair it either externally with a scleral buckle or internally via vitrectomy or in combination.

"Patients who have retinal tears or holes and certain types of peripheral retinal degeneration are at risk of retinal detachment. The same goes for those with high myopia (short sighted), eye infections such as retinitis and endophthalmitis and patients who had complicated cataract surgery," said Dr Ong. He added that patients who have a family history of retinal detachment and previous ocular trauma, are also open to the risk of retinal detachment.

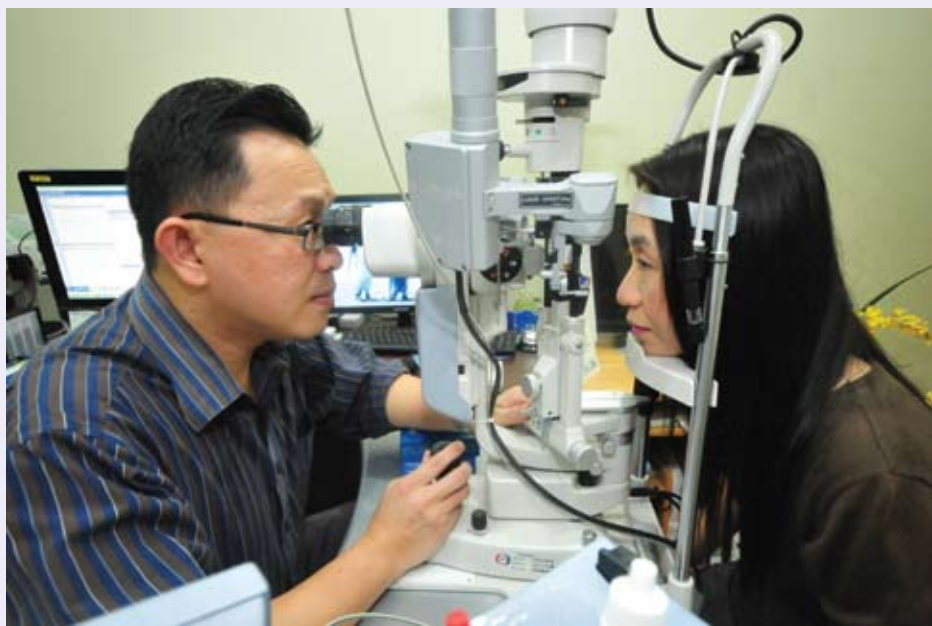
Although surgery is currently the only way to reattach the retina, Dr Ong suggests a prompt laser treatment to seal the retinal breaks as this can prevent retinal detachment.

"Should you suddenly be exposed to the onset of flashes of light, associated with floaters, blurring vision and visual field defects, like a dark curtain going across the eye, seek early treatment as visual outcome is best when the detached retina is repaired early," added Dr Ong.

Patients who are keen on seeking more information about Retinal Detachment or have any questions about the field of ophthalmology can book an appointment with Dr Ong at 05 240 8777 Ext. 8335/8336 or visit KPJ Ipoh Specialist Hospital at 26 Jalan Raja Dihilir, 30350 Ipoh, Perak Darul Ridzuan.



Dr Ong Lieh Bin, the Consultant Ophthalmologist and Vitreoretinal (VR) surgeon



Announcements

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

Pink October campaign by KMC Medical Centre, Ipoh. On offer at discounted rates mammogram, ultrasound of breast and blood test. **Wednesday, October 5 till Monday, October 31.** From 8.30am to 4.30pm on weekdays and from 8.30am to 12.30pm on Saturdays. Venue: Imaging Department, KMC Medical Centre, 20 A, Jalan Chung Thye Phin, 30250 Ipoh. Call **05 242 5333** or **019 900 9969** for details.

Movie Screening with Amnesty International Malaysia's Ipoh Local Group. Sunday **October 16**, 4pm to 6pm at No. 5B, Level 2, Persiaran Greentown 9, Greentown Business Centre, 30450 Ipoh (same row as Affin Bank). On human rights abuse in conjunction with World Day Against Death Penalty. Contact person: Punniaseelan **019 336 3224** or Haji Darji **011 3501 4877**.

Open Day and Food & Fun Fair at Ladang Care (a project of Malaysian Care), Chenderiang on Saturday **October 22** from 10am to 2pm. To raise funds for the additional training facilities for the orang asli and orang asal in sustainable agriculture on the 15-acre farm. For more information, log into www.malaysiancare.org or contact Stanley Lim **012 588 1925** or Nicholas **03 9058 2102** (ext 504).

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.

PSPA In-house Production: The Musical, 'Ipoh Street, Sleek & Funky'. Saturday **November 5** (8.30pm) and Sunday **November 6** (4pm & 8.30pm). Will be held at Auditorium Kompleks Jabatan Kebudayaan dan Kesenian Negeri Perak, Jalan Caldwell, Off Jalan Raja Dihilir, Ipoh.

Entry passes at RM10. For enquiries and booking, call PSPA **05 242 7814**. Email: pspaipoh@gmail.com.

Sukhavana Meditation Monastery Sanghika Dana on Sunday **November 6** at Bercham Cave, Lebuhraya Bercham Selatan 1. The event will start with free breakfast for all at 7.15am, followed by pindapata (alms round), offering of requisites and food to the Sangha, Dhamma talk and will end at 11am with free lunch for all guests. All are welcome. For details, contact Tan Swee Lian **016 536 4301**, William Teh **012 552 6372**, Tioh Hee Yock **012 512 6203**, or email to admin@sukhavana.org or refer to our Facebook page: Sukhavana Meditation Monastery, Ipoh, Perak.

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.

Renovations at Gerbang Malam. Due to the renovation and restoration happening at Jalan Dato Tahwil Azar, all stalls at Gerbang Malam are now relocated to Tingkat Pasar, Hala Pasar Baru and Lintasan Pasar Baru from **September 16 to December 31**.

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



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LIVE IN THE HEART OF WELLNESS

Inspired by the increasing focus on lifestyle in our society, to have a heightened sense of awareness of the state of our well-being, the Meru Valley EcoVillage is premised upon the concept of wellness embracing an ideology of "Prolonging Quality Active Years".

Located in the heart of the Kledang Saiong mountain range, Meru Valley Resort, Ipoh, is a one-of-a-kind residential area, and now with its Eco Village sprawled across 10 acres of luxurious living space within the golf resort, it is ready to set new standards in luxury living in Perak.

Easily accessible and seamlessly connected to the city centre and also an easy commute to the North-South Expressway, the upscale property offers a posh lifestyle and complete amenities which is quintessential of luxe living. The amenities within Meru Suites, the apartment block within the Eco village, include a Wellness Centre, Fitness Centre, Health Centre, Executive Lounge & Dining and Laundry Services. In addition, other perks for the residents and members include the indoor and outdoor facilities at the clubhouse, which is a stone's

throw from the residential area.

The Wellness Centre is dedicated to promoting physical vitality and rejuvenation. The services include manicure and pedicure, facial treatments, body treatment (foot reflexology and body massage) and hairdressing as well as hair treatments, which is made available upon 24-hour appointment bookings.

The property also houses a Fitness Centre with HUR equipment, a world leading company specializing in senior exercise, rehabilitation and wellness. The pneumatic technology and smart computerized system replaces the conventional weight equipment which is crucial for more efficient, safer exercise for people of all ages and abilities, thus perfect for senior exercise and rehabilitation.

Meru Valley Resort is privileged to have the region's 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. Residents are offered services such as physiotherapy and rehabilitation services (pain management, stroke rehab, sports rehab, soft tissue manipulation, home care, back pain, neck pain, painful knees, stiff shoulders and golfers elbow). Meanwhile for senior residents and the

Executive Lounge and Dining

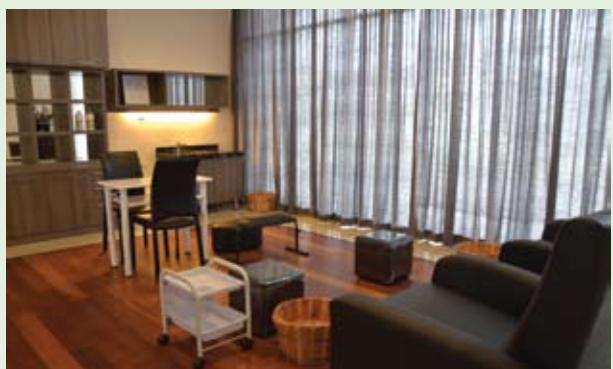
Elegant and sophisticated in style, the Executive Lounge is a space that is both relaxing and engaging with a classic, contemporary design offering both indoor and outdoor dining. With all these options, Meru Suites is the perfect place for a family vacation, a retreat with friends, or even a romantic getaway. For golf lovers, we have generous golf packages that can be added onto any reservation.

bedridden, a basic nursing care service is available (bed bath & hair shampoo, skin and nail care, pressure and bed sore care). The idea is to provide an environment equipped with facilities and services that resonate with well-being and positive energy, as well as care facilities for those in need; all essential elements in creating a fulfilled and peaceful lifestyle.

So much more than a state-of-the-art estate, the Eco Village was designed with your well-being and holistic living in mind, allowing you to surround yourself with wellness and good vibes to live better and happier.



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Community

Goodwill Party for Residents of Welfare Homes

Persatuan Wira Malaysia (PWM) organised a Goodwill Get Together at Ceylon Association Hall recently where 200 residents comprising of children and adults from 16 Welfare Homes were invited.

Dato' R. Thambipillay, President of PWM said that this is the seventh year this function has been organised. "This event will give them opportunity to expose them to outdoor activities, meet others and make new friends" he said.

Pn. Rosmawathi binti Ishak, Director, Welfare Department, represented Guest of Honour Dato' Rusnah Kassim, Executive Councillor for Family and Welfare. Rosmawathi praised PWM for organising this function and said that it would provide opportunity for residents from different homes to interact with each other as well as for administrators of the homes to become acquainted. Occasions like these helps the needy to know that they are not left out of society.

Residents of the homes exhibited their talents by performing dances and singing songs. All guests were given goodie bags. The function ended with lunch.

As residents from the same home sat together at this event, it is a recommendation from this scribe that in future, organisers should arrange for residents from different homes to sit together. This way, they could really mix and mingle and particularly as children make friends fast.

A. Jeyaraj





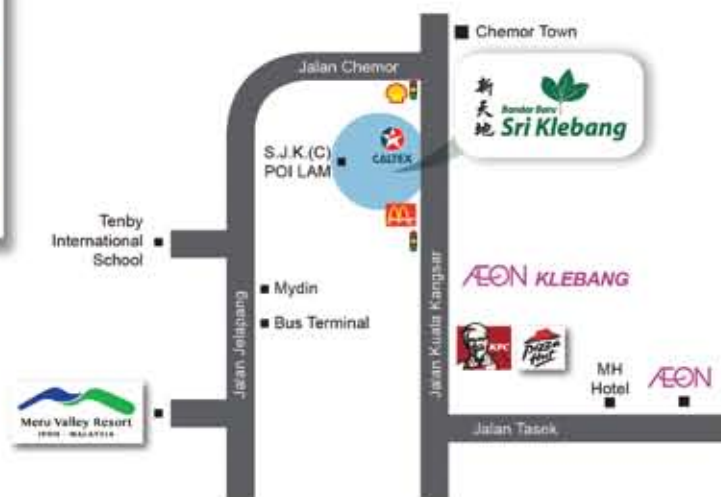
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Land Encumbrances : Nil

Total Units : 66
Exp. Completion Date : December 2017
Land Tenure : Freehold
Price : Min RM 437,750 - Max RM 585,800
Approving Authority : Majlis Bandaraya Ipoh

Community

Kuala Kangsar's Car-Free Day



Following the success of Car-Free Day in Ipoh, Kuala Kangsar became the fourth district in Perak to hold its Car-Free Day and October 8 witnessed Kuala Kangsar's very first Car-Free Day.

Officiating the event was none other than the state exco of Art, Culture, Tourism,

Multimedia and Communication, Dato' Nolee Ashilin together with YDP of Kuala Kangsar Shahrom Abd Malik, ADUN for Bukit Chandan, YB Maslin and ADUN for Manong, YB Kamil Shafie.

"We can see how Kuala Kangsar Road has the potential to be the next tourist spot. Just take a look at the old and unique buildings around. Both local and international

tourists will definitely dig this place," said Nolee who also officiated the 3rd Basketball Tournament and Mural-painting activity.

As for YDP Shahrom, he believes that the Car-Free Day will be the start of greater things for Kuala Kangsar, "This is part of our initiative to encourage the locals to use less motorised vehicles and start taking care of their atmosphere," added Shahrom.

Luqman Hakim



Free Haircut

On Thursday September 15, some 50 children from the Darussalam Orphanage, Kampung Melayu Sungai Rapat, were treated to a free haircut courtesy of Euphoria Hair and Beauty Academy. The event was part of the academy's community project aimed at strengthening bonds between teachers, students and the community at large.

Managing Director, Ena Farizan Dato' Roshidi said that the teaching academy would provide free haircuts for orphans twice a year at selected orphanages.

"Instead of donating food or cash we decided to do something different this time around. I'm sure the kids loved it," said Ena to Ipoh Echo. "The practical lessons would help students to hone their hair-cutting skills thus reducing our dependence on replicas," she posited.

Norizan Razali, the orphanage warden, expressed her gratitude for the kind gesture. She hoped other private institutions would emulate the academy's altruistic effort.

Rosli Mansor



Dementia – A Growing Health Problem

UniKL hosted Memory Walk 2016 on Sunday, October 9, a charity event for the fourth consecutive year with over 3000 participants. The 6.6km walk was organised in collaboration with the Dementia Society Perak.

The probability of suffering from dementia increases with age. And as life expectancy extends, dementia becomes common. In Malaysia, the UN estimated 123,000 people suffered from dementia in 2015. The number will increase to 261,000 by 2030.

Dementia is a term to describe any condition that causes deterioration of a variety of brain functions such as memory, thinking, recognition, language, planning and personality. Alzheimer's disease accounts for 50 to 60 per cent of cases of dementia. Other forms of dementia include vascular dementia, dementia with Lewy bodies and fronto-temporal dementia.

Most kinds of dementia have similar symptoms such as memory loss, difficulties with language, failure to recognise people or objects, change in personality and problems with thinking and planning. Dementia is a progressive condition that cannot be cured. However, medicines are available to slow down its progression and to improve brain functions.

"Presently, there are only four dementia centres in Malaysia (Penang, Ipoh, Kuala Lumpur and Johor Bharu) to cater to a population of 30 million Malaysians. They're all managed by NGOs. Singapore, with a population of only five million, has 14 such centres, fully funded by the government. This is something that the government has to seriously consider," said Professor Dato' Dr Mazliham Mohd Su'ud, president cum chief executive officer of Universiti Kuala Lumpur (UniKL) during the media conference following Memory Walk 2016.



A Dementia Day Care Centre, under the auspices of the Dementia Society Perak, was started in 2011. The private, non-profit foundation is located at **15 Jalan Foo Choong Nyit, 30450 Ipoh, Perak**. The centre offers respite for caregivers and stimulating activities for sufferers. Open from 8am to 5pm, Monday to Friday, it provides transport services to those who need transport to attend the daycare. Clients are occasionally taken out for short trips to places of interest. The charge is RM30 per day (discounted rates available). Currently, its capacity is 25 patients with a staff ratio of 5:1.

"Sadly, not many people are aware of the disease. When their parents' behaviour are a bit off, they'll lock them in the house and leave them there, thinking their parents have gone nuts. They're not crazy, they're just regressing," Associate Professor Dr Mah Kin Kheong, the vice chairman of Dementia Society Perak explained.

Among those present were Hj Hisshamuddin Omar, head of campus, Associate Professor Dr Syed Rahim Syed Hamid, dean of the faculty of medicine and Professor Dr Esther Ebenezer, chairperson of Dementia Society Perak.

"It's fun joining this healthy programme and raising funds at the same time," said a 25-year-old Ipohite to Ipoh Echo. She had participated in two previous walks.

For further information, contact the Dementia Society Perak at **05 241 1691** or visit their website at <https://thedementiasocietyperak.wordpress.com/>.

Mei Kuan

Financial Planning

The First Home



This is Part 6 of a continuing 12-part series on financial planning. Adam and Aida just got back from their honeymoon and they had a really good break. This week, we will be looking at how Adam and Aida manage their finances as a couple and specifically, on the issue of home ownership.

It is important for couples to have heart-to-heart talks on each other's expectations and see eye-to-eye on money matters. Newlyweds should consider the pointers below:

- Involve your spouse in the financial plan.
- Decide on how to handle routine/utility bills and household budgeting.
- Advisable to have at least three bank accounts – "My Account", "Your Account" and "Our Account" (shared account to meet common expenses)
- As a couple, keep aside an emergency fund for unexpected expenses
- Talk about each other's investment style and preference. Have a common investment portfolio to meet future financial goals, such as retiring comfortably and children's education expenses
- Review your insurance coverage. With dependence, we will most likely need to increase our coverage.

After considering the above points, Adam and Aida drew up their joint family budget.

From their budget, Adam and Aida have a healthy surplus of RM3000 per month arising from their agreement of owning only one car and staying with Adam's parents. They were able to save quite a lot as a result of their financial discipline.

INCOME		EXPENSES	
Take-home Pay (Net of EPF, SOCSO and tax)		Savings	900
Adam 4,500	8,000	Life Insurance Premium	
Aida 3,500		Adam 250	
		Aida 150	400
		Repayment of PTPTN Loan	300
		Car Instalment - Adam	400
		Gift to Parents (Both)	1,000
		Food	800
		Petrol & Toll	400
		Car Maintenance, Road Tax & Insurance	200
		Clothing & Entertainment	400
		Telephone Bill	200
Total Income	8,000	Total Expenses	5,000
		Balance of Income	3,000

As a rule of thumb, we can safely allocate up to one-third of our monthly take-home pay towards all our loan commitments. As Adam and Aida are currently paying off their PTPTN loans and Adam's car instalment, that leaves them with about RM2000 for their home instalment. With a loan tenure of 30 years and an assumed average interest rate of 5% p.a., they should limit their home loan to approximately RM370,000. However, they should also have about 10% cash for down payment and another 5%, more or less, for other incidental costs such as stamp duties and legal fees. With this in mind, they set their goal to save for this purpose for the next one year or so and until then, they will start looking around for their dream home.

There are two good reasons why Adam and Aida felt that buying their own home is preferred than to rent one. Firstly, by buying a home, they will be able increase their net worth over time while servicing their loan because the value of the house generally increases while the loan amount reduces. Secondly, owning one's own home brings about a sense of pride, security and accomplishment in having a permanent roof over their head.

However, before buying a house, you should do your homework! The golden rule of any property investment is: location, location and location! Consider the following additional tips:

- Drive around the neighbourhood at different times of the day and week to see how your potential neighbours are like.
- Check the infrastructures or facilities in the area that can add value to the house, such as schools, shops, park / playground, public transport and surrounding businesses. Watch out also for present conditions and/or any future development that may make the area economically disadvantaged.
- Check if the property is located on freehold or leasehold land. The market value of a house on freehold land is usually higher than leasehold land. However, the preference is subjective to an individual.
- Talk to property experts for sound advice about the property market, suitable locations or types of properties.
- Shop around for the best possible home loan package. Beside interest rates, understand the terms and conditions of the loan, which should be pertinent and flexible enough to suit your needs.

Remember.... You must be able to afford to buy and pay for your house. Otherwise, your dream home will turn into a financial nightmare!

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Personality

Olivia Nicholas

This issue, Ipoh Echo met Olivia Constance Nicholas, an Ipohite who is making waves in the world of beauty pageants.

Despite being a relative newcomer to the world of pageants, Olivia, 24, never sees it as a competition but views it instead as a chance to learn and grow.

"I learn so much, it's beyond mind blowing what you can grasp. Entering the world of pageantry has given me the chance to speak up and fight for my cause, which is to educate people about the dangers of social engineering (the scam of tricking people into giving up confidential information such as bank information and passwords)," said Olivia.

This enthusiastic lady earned her degree in the field of Law from the Multimedia University in Malacca and is an alumni of Convent School, Ipoh. Although the crown and sash is often viewed as the highlight of the competition, Olivia believes that it takes more than crowns to define why pageantry is so important to her.

"The crown doesn't define who I am. But by winning it, I get to do something good and perhaps make a difference. I am all about giving back, paying it forward and doing the right thing, which clearly reflects me. I'd rather be morally right first before being socially correct," added Olivia, who also has an identical twin sister, Olinda, a full time lawyer who takes modelling as a hobby.

Currently, Olivia is representing Malaysia for the Miss International 2016 pageant alongside 81 other countries including Australia, France, Haiti, China, Sierra Leone and more. Held in Japan on October 27, the competition was born in California, USA in 1960, with aims to nurture nature and develop peace loving souls, rising above language and race differences, through the love and the goodness of women.

Ipoh Echo wishes the very best for Olivia and good luck!

Ili Aqilah



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News

R&R Studio Apartment @ YMCA Ipoh

The soft launch cum blessing service for YMCA of Ipoh's rest and recreation studio apartment was held on Tuesday, October 4 at its premise. Operational a week before its launch, the accommodation is open to all religions and ethnicities, especially mobile and able elderly of 60 years and above.

The five-storey building, worth four million Ringgit approximately, has 28 units which range from 300 to 500 square feet with rates between RM800 to RM1200 per studio per month. Targeted for long-term stay, each unit has a capacity of one to three tenants. Plus, there will be special rates for older folks!

"To date, out of the 28 suites, seven have been rented out," said Dato' Daniel Tay, President, YMCA of Ipoh, during the lively affair.

Located amidst the natural environment, each air-conditioned unit faces either the green pasture or the river and is fully furnished complete with cooking amenities. Each floor is only accessible via access card for security. Residents enjoy the specially-tailored community activities by YMCA, ample parking spaces, internet connection and sport facilities such as the tennis court, gym and badminton complex.

There are two function halls available for rental and food delivery service right to your doorstep from the YMCA restaurant located in the compound. Other perks include its strategic location nearby to the D R Seenivasagam Park, Perak Stadium, Raja Permaisuri Bainun Hospital, Greentown Health Clinic and Urban Transformation Centre.

To facilitate seniors, there are lifts in the building, handrails in the bathroom and cleaning services once a month or upon request.

The property was named in honour of its donors, the late Dr and Mrs (Bebe) Lim Eng Cheang. Dr Lim Eng Cheang was an illustrious scholar amongst the first batch of medical students to graduate from King Edward VII Medical College in Singapore. He went on to become the first Asian to obtain an FRNP from Edinburgh, Scotland and the first Asian president for the Ipoh Swimming Club. Before Mrs Lim passed on to higher glory, she had willed that a portion of her estate be given to charities in loving memory of her husband. Among the recipients, YMCA of Ipoh was one of them.

Interested readers kindly contact Calvin Chai, the property manager at **017 200 1861** or ymcastudio28@gmail.com. Do swing by their website www.rnr-studio-apartment.com or Facebook page *R&R Studio Apartment*.

Address: R&R Studio Apartment, YMCA Ipoh, No. 211, Jalan Raja Musa Aziz, 30300 Ipoh, Perak.

Mei Kuan



Education

International Teaching Certification

Four graduate teachers from Tenby Schools Ipoh were feted to a memorable graduation ceremony at Tenby Schools Setia Eco Park, Kuala Lumpur recently. The occasion was to celebrate the completion of their Postgraduate Certificate in Education (International) (PGCEi) course. The course was conducted over nine months by Queen's University and Stranmillis University College from Belfast, Ireland.

They were among the 19 Tenby graduates from all five Tenby Schools in Malaysia who formed the second cohort of teachers to receive this international teaching certification through a three-year training partnership between Tenby schools and Queen's University. Another five teachers from Tenby Ipoh were selected to participate in the third PGCEi training course which began in September 2016.

For Janel Kong, the student representative of the second cohort for primary teachers and currently teaching at Tenby Ipoh, it was not an easy task juggling between full-time teaching and fulfilling the requirements of the course. "It's tough going but worth every effort as we learnt so many practical lessons from the course. What stood out for me in particular was the importance of post-lesson reflection in order to improve our teaching strategies and class delivery," she said. She credited the tutors and mentors for guiding them along the way.

The PGCEi course is an internationally-recognised master's level professional development course for graduate teachers. It is one of several staff development opportunities currently provided by Tenby for their teachers to remain at the forefront of teaching and learning in Malaysia. In addition, a Post Graduate Diploma in Education and the Cambridge CICTL/CIDTL programmes are also available to teachers at Tenby for their professional development. Tenby Schools Malaysia CEO Mark Parkinson says, "We believe the future is bright for international and private education in Malaysia and that Tenby is taking a leading role in raising educational standards and achievements in the country. We are committed to support our teachers in their development as lifelong learners and professional, international educators."

University graduates who are keen to enter the teaching profession are encouraged to apply for a teaching position at Tenby schools, where upon appointment, will receive opportunities for ongoing teacher training.

Those interested may write to the Human Resource Department, Tenby Schools Malaysia, A-G-1, No.1 Persiaran Greentown 2, Greentown Business Centre, 30450 Ipoh.

Wern Sze



Arts and Culture

Projek Rabak Opens Rumah Khizanat

Open since September 1, Rumah Khizanat by Projek Rabak was officially launched on September 24. Unlike your usual openings, guests and visitors on the day were treated to a few performances including poem recitals and more.

Not to be confused with Khizanat; another Projek Rabak's love child, an art space located at Jalan Dato Onn Jaafar, Rumah Khizanat is a Bed & Breakfast facility complete with cafe, library/bookstore that is open to the public everyday from 11am to 12 midnight, "We want to have the best of both worlds. This is a place where you can enjoy good food and the place you go to relax and enjoy the peace and quiet that is Ipoh," said Mohd Jayzuan, one of the founders of Projek Rabak.

Among performers on that day were Ipoh Echo's Khaleeja Suhaimi who presented two poems written by herself, legendary Pyan Habib, Rahmat Haron, Zoul Yazix, Muharos and many more.

Rumah Khizanat is located at 24 Jalan Lee Kwee Fong, Taman Canning, 31400 Ipoh. Readers who are keen on knowing more about upcoming shows at Rumah Khizanat may visit their Instagram at www.instagram.com/khizanat.

Ili Aqilah



Kota Bharu Choir Wins

Kolej Poli-Tech MARA (MARA Polytechnic College) organised its first ever choir competition at the RTM Perak Auditorium, Ipoh. The one-day contest was held on Saturday, October 1. Teams from eight colleges vied for the honour of being the winner of this inaugural singing competition.

The competing teams hailed from colleges based in Ipoh, Kuantan, Alor Setar, Gua Musang, Kota Bharu, Batu Pahat, Kuala Lumpur and Bangi.

The presentation theme was on patriotism in tandem with the recently-concluded 59th Merdeka Day celebration.

Polytechnic College Kota Bharu was adjudged the winner with their catchy rendition of the popular martial song, "Inilah Barisan Kita". The team won RM1000. Kuala Lumpur took second spot winning RM700 while Bangi, third, taking home RM300. The remaining teams were awarded consolation prizes for their choral efforts.

Apart from winning cash, plaques and certificates, the Kota Bharu team was given the honour of performing at the combined MARA Polytechnic College convocation in Putrajaya in November.

The winners did an encore soon after the announcement of the results. They did not disappoint the 200-odd audience consisting mainly of college students. The 20-strong team took over a month perfecting their delivery technique and singing in unison under the stewardship of Engku Farhani Ismail, the conductor and trainer.

"None of us expected to win as the rest were far better than us. However, during our performance everything fell into place. We sang harmoniously as a team should," said Engku Farhani to Ipoh Echo.

Khaleeja



Impressive Souvenirs for Visit Perak 2017



In conjunction with next year's Visit Perak Year, Perak Tourism Association together with UiTM Perak and Tourism Perak Management held a design competition where contestants designed the best souvenirs to represent Perak.

During the prize giving ceremony on October 1, state EXCO for Tourism, Arts and Culture, Communications and Multimedia, Dato' Nolee Ashilin Mohammed Radzi was impressed with the results.

"While Perak is known best for our food and places to visit, we aren't doing so well in the souvenir sections. In fact, I admit having difficulties to find souvenirs for my guests who come here for a visit. Seeing what has been made by the participants, I can predict we will produce the best souvenirs for both local and international tourists," said Nolee in her opening remarks.

For Siti Ermi Syahirah Abdul Jamil, 35, and her daughter Syasmina Natasha, 12, they took it as an opportunity to expand their creative skills and create not one but four types of souvenirs with their *Kirigami*: a Japanese art form that includes cutting and folding papers which won first prize in the Open Category, "It started as a project I did for my studies but slowly, I saw the potential and even my daughter was eager to be part

of it. Not only did I get to design and do what I love, I also get to spend time with her," said the busy mother who is studying in the field of art at UiTM Perak.

Siti Ermi's Kirigami bookmarks not only charmed Dato' Nolee but also the president of Malaysian Association of Hotel, Perak Chapter, Maggie Ong who attended the event, "The design itself is very unique and intricate. It has much potential and I am definitely looking forward to see these at souvenirs stores next year," said Maggie.

Aside from Kirigami bookmarks, the duo also make bags, Origami bookmarks and fridge magnets. Among other souvenirs on display at the event were chocolates, clocks, water bottles, puzzles and more.

Ili Aqilah

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22. Banyan Beauty, 40 Jln Raja DiHilir. Tel: 05-2426866/012-5073866
23. Ipoh Echo's office

Tourism



Secrets of Taiping Lake Gardens

Not many are aware that the iconic Taiping Lake Gardens have eight hidden locations that were only known to the town's older residents.

The eight were unraveled recently when members of Taiping's civil society and the Taiping Municipal Council (MPT) organised an awareness programme dubbed, "Jom Terokai Taman Tasik Taiping" ('Let's explore Taiping Lake Gardens') on Sunday, September 25.

The peaceful ambience, living up to the town's original name, "Tai-Peng" which means peace in Chinese, could be felt during the search.

According to records, somewhere in the 1960s, a teacher and his students from Hua Lian High School, Taiping, had immortalised the beauty of the lake gardens through poetry.

A total of eight poems were crafted alluding to the charms and beauty of the gardens which had been a source of inspiration to nature lovers.

According to the head of the Tourism Division of MPT, Hanim Ramly, the Council will now concentrate on developing the eight dedicated attributes and turn them into icons of Taiping Lake Gardens.

"The eight locations identified in the poems are, Limpahan Teratai, Pulau Rasa Luahan Cinta, Bukit Sorakan Monyet, Lapan Kelok Cahaya Bulan, Pohon Menangkap Alunan Tasik, Rumpun Buluh Bernyanyi, Kolam 'Ping' Mengail dan Trek Mengelilingi Tasik" she told reporters.

"Before this, visitors simply enjoyed the beauty of the park without realising that certain spots had its own uniqueness," said Hanim.

Taiping Lake Gardens was formerly a tin-mining area belonging to a British company. Mining operations were undertaken by Charles Compton Reade. The 96.44-hectare site was turned into a public park in 1880 and was among the first in then Malaya.

One major attraction the gardens provide are the majestic rain trees, scientific name, Samanea saman. A total of 19 such trees are found along the road fringing the lakes. They are over 130 years old.

"Once these eight icons are publicised, Taiping Lake Gardens will be more meaningful, especially for those who adore nature and its many enduring secrets," she exclaimed.

Rosli Mansor

Health

Health Forum

Rotary Club of Greentown and Persatuan Khidmat Masyarakat India organised a health forum at Sri Maha Maraimman Hall. Dato' Dr M. Majumder, President, Society for Promotion of Mental Health in her opening address said that the number of mental health cases in the country is increasing. Compared to other races, the incidence of mental health issues among Indians is higher. Mental health care has moved from institution to community care. This forum is to disseminate information on health issues.

Dr M. Thiruchelvam, Medical Officer, Vector Borne Disease Control Unit, Perak State Health Department spoke on 'Awareness of Zika Virus Infection'. He informed the audience that the Zika virus was discovered about 80 years ago in Africa and was first detected in Malaysia in 1969. The virus is a mosquito-borne flavivirus that is closely related to the dengue virus. In the last two years it has spread widely. In Malaysia there are seven known cases, five of whom had visited Singapore. The sixth victim in Sabah has contracted the local strain of the virus and similarly with the 7th victim, also from Sabah. The signs and symptoms of Zika are similar to that of dengue fever. If ten people are infected by the virus only three would show symptoms while seven would be normal but can transmit the disease. There is no specific medicine or vaccine and childbearing women who contract the virus can give birth to children with birth defects.

Prevention is essential by destroying Aedes mosquitos and potential breeding grounds and to avoid being bitten by using anti mosquito repellents.

Dr Swaminathan, Associate Professor of Psychiatry, Melaka Manipal College spoke on 'Understanding Depression and Dementia'.

He said that feeling down from time to time is a normal part of life, but when emotions such as hopelessness and despair take hold and just won't go away, you may have depression. Depression makes it tough to function and enjoy life like you once did. Just getting through the day can be overwhelming.

Dementia is progressive decline in one's intellectual capacity characterised by failing memory, language disturbance, inability to recognise familiar faces and poor concentration. The patient is not able to carry out activities of daily living like personal care.



Patients suffering from depression and dementia do not know of their condition and it is the responsibility of relatives and friends to take them for treatment.

To a question on why the suicide rate is high among Indians, Swaminathan answered that it is mainly due to the negative influence of Tamil films and TV serials.

The day after the forum there was a feature article in NST on Mental Health which stated that one in three Malaysians has mental issues.

A. Jeyaraj

Ipoh City Council

By Khaleeja Suhaimi

Full Board Meeting

The latest Ipoh City Council's full-board meeting was held on Tuesday, October 4 at the main council building.

Mayor Dato' Zamri Man spoke at length about his greening plan. It involved the maintenance and planting of trees within the city limits.

"We've spent RM1 million this year caring for the existing trees in the city. We want the trees to be around for future generations to enjoy," he told reporters during the media conference following the meeting.

The Council will organise a mass multiracial wedding reception at the Ipoh City Square. It is slated for December. Some 30 to 40 couples, of all ethnicities, will be picked to participate in the wedding extravaganza.

"The event is meant for those who can't afford a proper wedding reception so they too can enjoy being feted and looked at. The Council will make the necessary arrangements and all the newlyweds need to do is to present themselves," he added.



Entertainment

Circus of Freak at LWOT

Come and experience a night filled with horror and freaks at Lost World Of Tambun (LWOT) this entire month of October with your friends and family.

Exclusive for this year, LWOT offers an array of interesting activities and shows that will give visitors a spooky Halloween experience where they will stand a chance to win a mobile phone and more.

"Although trick-or-treating is a customary celebration for children on Halloween, in LWOT Circus of Freak, it doesn't matter how old you are, everyone is welcome to join the Trick or Treat Parade. Face your fears and collect as many candies as you can and for those with a strong heart, we dare you to choose 'Trick' instead!," said Mazian Nawawi, the Senior Executive of Communication and Public Relations of LWOT.

The activity for Lost World Circus of Horror includes meeting the freaks, freak shows, trick or treat parade, circus of horrors and Halloween fun house. For more information of the Circus of Freak at LWOT, visit their website at <http://sunwaylostworldoftambun.com> or Facebook page www.facebook.com/lostworldoftambun.

Ili Aqilah



Business

Perak Ranks Fourth

Perak received investments worth RM2.16 billion this year (January to August), the fourth highest in the nation with Johor, Selangor and Pulau Pinang ahead of Perak.

This was revealed by Dato' Mohd Zahir Abdul Khalid, the Executive Councillor for State Industry, Investment and Corridor Development. Mohd Zahir was optimistic that upcoming mega projects would not only sustain existing investments but also attract foreign investors to channel their funds to Perak.

"We hope with the proposed Kinta Valley gas pipeline project, the new port at Bagan Datoh, the West Coast Expressway and development in southern Perak, investors would be convinced enough.

"We want Perak to remain as the top five major investment recipients in the country," he told reporters after the 48th anniversary dinner of the Federation of Malaysian Manufacturers (FMM) on Thursday, October 6. This year's event was held at Casuarina@Meru Hotel, Ipoh.

Earlier, in his speech, Zahir stated that both the public and private sectors needed to cooperate closely to sustain and stimulate economic growth.

"The manufacturing sector is the backbone for any country, that's why the state government always encourages discussion with the Ministry of International Trade and Industry, Malaysian Investment Development Authority and individuals in the state so that lingering problems could be resolved amicably," he said.

Present at the media session were Malaysian International Chamber of Commerce and Industry Perak branch chairman, Dato' Dr Lim Si Boon and Director of Kuala Lumpur Kepong Berhad, Dato' Lee Hau Hian.



Meanwhile, Hovid Sdn Bhd received the ASEAN Business Award Malaysia (ABAM) 2016. It was presented by the Chairman of FMM (Perak), Dato' Gan Tack Kong.

According to Gan, the award was a form of acknowledgement to entrepreneurs who had brought a positive impact to the economic growth of Malaysia.

"It's also aimed at encouraging a positive business environment in Malaysia and instilling healthy competition especially within the ASEAN economic community.

"Recipients of ABAM 2016 will have the opportunity to compete in the regional-level ASEAN Business Award 2016 to be held in Laos in December," he added.

Rosli Mansor

Early Birds Get the Worm

As the saying goes, for those who want to be successful, they must not only work hard but also work smart. In the world of business, working hard alone will not guarantee you a fruitful result. While it is important to mingle and expand your network yet how would you distinguish between those who are really interested in working with you from those who just want to socialise?

Come Business Network International (BNI) to the rescue. Unlike other networking clubs and event, BNI holds its meetups early in the morning and in Ipoh they do it every Thursday at 7am! While that may appear to be an ungodly hour for a networking meeting, Andy Wong, one of the Executive Directors of BNI Malaysia, said during BNI Perak Open Business Day at Syeun Hotel recently, "The early meeting-concept is used among BNI groups all over the world. The reason behind this was to gather those who are really serious in doing networking and learning among members." Currently there are two groups of BNI in Perak, one the Pioneer Chapter and another, Unity Chapter where members communicate only in Cantonese. The Unity Chapter is said to be the first Cantonese-speaking chapter in Malaysia. There are about 40 members in the Unity Chapter and 30 in Pioneer's.

Aside from their early meetup, another point of difference about this group of business entrepreneurs is that no members can have the same profession within each group. Instead of competing with another, BNI goal is for members to help each other.

"In the Pioneer Chapter, we have a property developer, a lawyer, an interior designer, a water-filter agent and many more. Imagine you as a real estate developer and you have secured a deal, you can then introduce your customer to the lawyer for legal issues, hold a meetup with the interior designer to help your customer design their home and so on. What we want to create is a healthy business chain that will not only benefit our members but also the customers," said CG Huan, the president of Pioneer Chapter.

Founded in the United States, BNI is a worldwide networking organisation with branches all over the world including Hong Kong, Thailand, Taiwan and United Kingdom.



In Malaysia alone, there are over 50 chapters located in Klang Valley, Penang, Seremban, Ipoh and more.

However, does it do wonders for the entrepreneurs' business or is it just like an ordinary business meetup? According to one of its members, Mike Chu, he sees BNI as a good platform for his business growth, "I joined it because of its interesting concept and no frills. People join to get business and to refer business. As simple as that. The point is there loud and clear and it is not like a masked association," said Mike, the Creative Director of PTT Technology.

While they encourage the public to join, to be part of BNI, one has to be recommended and invited by the members within the pioneer itself. Mike was invited by Patrick Ng, one of the core members from Pioneer Chapter. Readers who are keen to know more about BNI can do so by visiting their website at www.bni.com.

Ili Aqilah

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Lifestyle

The Ameo Difference

Because of the cell's ability to self-duplicate, metabolise nutrients and carry out an independent life cycle, scientists have determined that the cell is the basic unit of life. Each cell is vital to the overall health of the human body. In fact, the source of many detrimental illnesses originates from a single, unhealthy cell that self-duplicates as in cancer.

Understanding that optimal human health begins at the cellular level, Zija International created a revolutionary line of essential oils called Ameo. With its certi-5 difference, Ameo sets a new standard for essential oil purity and quality unlike anything previously offered in the industry.

What are essential oils? "Essential oils are naturally-produced liquids which come from various parts of the plant such as the root, leaf, fruit, flower and bark. It is extracted in two main forms: steam distillation and cold pressing. Ameo's pure clinical grade essential oils help your body to heal. I want you to understand that essential oil does not cure. Your body has the ability to heal itself," Shorbana Martin, a certified cosmeotologist and clinical aromatherapist, explained to the more than 50 strong audience at Meru Valley Resort recently.

Essential oils restore body vitality, enable a free flow of life energy throughout the body and lower body toxicity. Certi-5 is Ameo's five-step commitment to quality and purity. For example, it includes the highest quality of validated botanicals, coming from eco-friendly farms, using paramount distillation techniques, clinical-grade validation



testing for cell activity as well as permeability. In fact, users have instant access to an online library that showcases details and highlights tests performed on their specific Ameo oil which they purchased at ameodifference.com. Each bottle is numbered on the glass itself and makes for bullet proof verification.

Ameo essential oils can create a rich user experience aromatically (inhaling essential oils releases their molecules directly into the bloodstream through the lungs), topically (applying directly to the skin allows the oils to pass quickly into the surrounding tissues and the bloodstream) and internally (by consuming the essential oils). On the latter method Shorbana was quick to note that only certain oils are consumable, a point that Ameo makes clear on each oil.

After an in-depth introduction, attendees then learnt hands-on on how to use Ameo essential oils as a natural remedy for everyday ailments, aches and pains. For instance, massaging peppermint onto the back of the neck, behind the ears and on the pulse points of the wrists helps one to concentrate. Diffusing lavender soothes tension and aids sleep. Meanwhile, drinking lots of water with about one to two drops of lemon essential oil to about 500ml of water helps cleanse toxins and promotes better digestive health.

The rejuvenating session held on Thursday, October 6, was concluded with a buffet lunch crafted by the Dome Restaurant of the resort.

Interested readers can contact Miss Chan at 012 200 7243 for further details. Or swing by www.joycechan.myameo.com to learn more.

Mei Kuan

