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ISSUE **246**

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## QUALITY HEALTHCARE AT AFFORDABLE PRICES



●By Ili Aqilah

The Perak Chinese Maternity Hospital which started 112 years ago, has come a long way from its humble beginnings as a 6-bedded maternity home in a wooden house located at Chamberlain Road (now Jalan CM Yussuf) in 1904. It shifted to a 3-storey hospital in 1938, at its current location in Jalan Raja Permaisuri Bainun (formerly Kampar Road). In 1968, it became a multi-disciplinary hospital and in 2004, changed its name to Perak Community Specialist Hospital (PCSH). Since then PCSH has changed and evolved its services through the years. However, there is one aspect of its original charter that has remained constant and that is "to provide affordable healthcare to the various communities of Perak".

*Continued on page 2*



## YEAR END SALE

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## Upgrades and refurbishments: PCSH now a 21st century healthcare provider.

According to the Ministry of Health (MOH) Malaysia's health facts report in 2015, more than one million patients were admitted to private hospitals in 2014. Ipoh prides itself on having quite a number of private hospitals with one especially known for its affordable health care – the **Perak Community Specialist Hospital**. Many patients whether cash paying or covered by insurance medical cards recognize that its medical bills are both reasonable and affordable. It is also preferred by many because of its ample parking space and easy access to the various facilities in the hospital.



*Single room, Paediatric Ward*

### Facilities and Services

The hospital has been transformed into a modern facility through a few phases of renovation in recent years.



*Intensive Care Unit (ICU)*

The hospital is equipped with surgical wards, medical wards, paediatric wards (with a special baby care unit and phototherapy room), maternity wards, a high dependency unit with 3 beds and an intensive care unit (ICU). Its Diagnostic & Imaging Department provides services including the X-Ray, CT Scan, mammogram, ultrasound, and the echocardiogram with high end digital doppler used for patients for general screening and echocardiography (diagnosis and monitoring of heart disease). There is also a fully equipped physiotherapy unit and a pharmacy in the hospital. Its haemodialysis centre is currently licensed for 18 dialysis stations including 1 station for Hepatitis B and Hepatitis C patients, each with competitive pricing and lots of benefits thrown in including a Dialysis Privilege Card. It is also equipped with a lithotripsy centre for the treatment of kidney stones.

Its 24-hours Accident and Emergency Department (A&E) has a few medical officers and a team of trained personnel to cater to the emergency needs of patients. On-call resident consultants are also available should they be needed. There is also a wellness centre with health screening services (including the endoscopy and treadmill stress tests) provided.

PCSH also offers a complementary Privilege Healthcare Membership Program for adults and children with no age limit. Anybody who signs up as a member will enjoy privileges only eligible for members. Membership forms can be obtained at various locations in the hospital.

PCSH is committed to offering great services for its patients. Having the reputation of being a customer-focused healthcare provider, all PCSH's patients and visitors now have access to free WIFI in the wards. There are also other facilities such as the Automatic Teller Machine, cafeteria, prayer room and convenience store.

### Specialist Resident Consultants

This 76-bed multi-disciplinary hospital, served by the team of dedicated resident consultants, continues to offer affordable health care services supported by modern technologies. Currently the hospital houses fourteen resident consultants, four medical officers and four sessional consultants. A full list of the consultants can be found on page 6 in this issue.



*CT Scan Machine*

### Latest Technology

In recent years, PCSH has upgraded and purchased the latest technology, devices and equipment for the hospital.

In the last 5 years, they have replaced and upgraded equipment in all departments including Imaging (X-Ray), Operation Theatres, Endoscopy, Physiotherapy, Dialysis, Wards, Pharmacy and Specialist Clinics such as 4D Ultrasonography in O&G clinics enabling mothers to see their baby's facial features.



*Echocardiogram procedure*

The imaging department has digital systems to provide clear and precise images for better diagnosis and treatment. The Operation Theatre is equipped with the latest Anaesthesia work stations and OT tables with capability to handle orthopaedic cases. High end laparoscopic equipment for minimally invasive surgery is also available as well as lasers and various types of surgical equipment to manage Urology cases in the Operating Theatre.

The ICU which was recently upgraded, is equipped with monitoring technologies and other equipment such as ventilators and an arterial blood gas machine for the treatment of severely ill patients.

The Dialysis centre boasts of new dialysis machines which were very recently acquired. The water treatment plant which is a key essential of dialysis treatment was also recently replaced with an upgrade of the piping system.



*Haemodialysis Centre*



*Waiting area at lobby*



*Privilege Healthcare Membership Card*





• From the Editor's Desk  
By Fathol Zaman Bukhari

# THE MONTH THAT WAS

*All these incidents have engendered us nothing but brickbats, making Malaysia the laughing stock of the world...*

It never occurred to me that October would be a tumultuous month unlike other months of the year. There were simply too many happenings which attracted unnecessary publicity, all for the wrong reasons.

There is no necessity to enumerate them all but suffice to allude to three which made headlines not only in the country but worldwide. All these incidents had engendered us nothing but brickbats, making Malaysia the laughing stock of the world. Two of the three, incidentally, took place in Perak, of all places.

Foremost was the high number of pregnancies among students. According to official reports Perak recorded 615 cases of teen pregnancy last year. The figure represented 78 per cent of the 787 cases recorded nationwide by government clinics. What about those that went unreported? This could just be the tip of the iceberg as the overall figure could be staggering, to say the least. And all this happened for a simple reason – the reluctance of the authorities to allow sex education be part of the curriculum in schools.

There is this fixation, especially among the pious ones, that sex education would make students promiscuous and thus should be kept under wraps. It is like opening a Pandora's Box, they claimed. Come on dummy, this is the 21st Century. My granddaughter knows more than I did when I was her age.

Children today can access anything from the internet and they have at their disposal the smartphone. How much can we restrict and control them? It is an exercise in futility. Parents with school-going kids know better. Those holier-than-thou and skullcap-wearing mullahs profess not to know. How naïve can they be?

Next was the snake-in-the-pit incident which took place at the Civil Defence Department compound in Kuala Kangsar on October 16. A group of primary school students were made to wade through a waterlogged ditch as part of a team-building exercise. The incident, however, was recorded by one of the instructors and was uploaded on social media. Within hours the recording went viral garnering enough viewing to warrant an investigation. The nation was shocked by the action of one overzealous instructor who threw a metre-long snake into the pit and another who sprayed water on the girls. The victims were petrified, some becoming hysterical.

I can imagine their fear as I had undergone such training at the military college in my heydays. But ours was a controlled environment and our instructors were trained professionals who never dared go overboard with their teaching methods.

Years later when I was in command of a territorial regiment based in Seremban, I oversaw the training of recruits from among students and grown-ups. I made it a point to be present during trainings, be it on the drill square, the rifle range or the obstacle course. My presence was enough to make the notorious ones toe the line.

What was obviously lacking during the Kuala Kangsar caper was supervision. There was no supervision from a responsible senior. Things can go wrong if you allow some sadistic blokes to have a freehand. And that was what happened at the Kuala Kangsar Civil Defence Department boot camp.

Last, but not necessarily the least, is the ongoing battle over the issue of name. Many have joined in the fray, including parties from both sides of the political divide, to pressure the Malaysian Islamic Development (Jakim) not to “dominate, impose and control others” following the widely-publicised “hot dog controversy”.

Malaysia made international headlines after Jakim asked pretzel food chain Auntie Anne's to change the name of its “Pretzel Dog” to “Pretzel Sausage” in order to receive halal certification.

MCA Religious Harmony Bureau chairman Datuk Seri Ti Lian Ker raised the question about the country's secularism stance. “The much avowed promise that Islamic laws will not affect non-Muslims in a multi-racial society is meaningless when many are still unable to uphold the true teachings of religion in a correct perspective,” he said in a statement.

To add humour to the whole episode Malaysians had come up with an array of names for consideration by Jakim. “Catfish” should be renamed as it may confuse Muslims into thinking that the fish is a cat. “Mata Kucing” to be banned because it may confuse Malaysians that the fruits contain cat's eyes. “Barbie Dolls” should also be renamed as it may confuse Muslims into thinking that their children are playing with “Pig Dolls”.



With all these “problems” hanging over our heads I just wonder where Malaysians are heading. Notwithstanding these glitches, October is not a bad month after all. For those short on cash there is the BRIM (Bantuan Rakyat Malaysia) handouts to consider. The amount has been revised and announced during the October 21 budget speech by Prime Minister Najib Razak.

## EYE HEALTH



**In conjunction with WORLD SIGHT DAY, Ipoh Echo talks to Consultant Eye Surgeon Dr S.S. GILL on Eye Care Tips – Part 2.**

The World Health Organization (WHO) estimates that 285 million people are visually impaired worldwide. It is unfortunate that of the 285 million people, almost 80% of them could have been avoided or prevented. In this second part in conjunction with World Sight Day, Dr Gill shares some **tips for Eye Care:**



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

### 1. EYE CHECK

If you are 40 years and above, you should get your eyes thoroughly checked once a year. Getting the eyes checked for your glasses prescription is not enough. A full eye examination that includes a vision check, eye pressure testing and a full dilated pupil eye examination is required. Just like your annual medical examination and blood testing, the eye examination is equally important. All adults between 18 to 40 years should get their eyes checked every three years, those 40-50 years should get an eye check every two years and those above 50 years should get an eye check annually.

### 2. LIVE HEALTHY

**Good Nutrition:** Your diet should be rich in green leafy vegetables and fruits that contain vitamins and carotenoids lutein and zeaxanthin, along with meats like fish that are rich in Omega 3 Fatty Acids.

**Exercise:** Beneficial effect on glaucoma, macular degeneration & diabetic eye diseases.

**Avoid Smoking:** The effects of smoking should not be taken lightly as it hastens cataract formation, macular degeneration and also nerve problems.

**Medical Conditions:** Keep all medical conditions such as Diabetes Mellitus and hypertension well controlled. These illnesses have profound effects on the eyes.

**Avoid Obesity:** Keep your weight in check. Obese people are more prone for health as well as eye problems.

### 3. MINIMISE UV-LIGHT EXPOSURE

Wearing sunglasses that cut off ultraviolet light rays from the sun is a must. Look for a reasonably good pair with the CE marking that filters off UVA & UVB rays. Polarized ones are a bonus. Cutting UV radiation helps prevent cataract formation and macular degeneration.

### 4. USE ELECTRONIC DEVICES CORRECTLY

Placing your computer screen at an ideal viewing angle of roughly 10 to 20 degrees below the eye level is important because a screen placed too high can lead to dry irritated eyes as it forces us to constantly keep our eyes wide open and also invariably blink less. Practise the 20-20-20 rule of taking a break every 20 minutes, by looking away into the distance of 20m for at least 20 seconds.

### 5. WEAR GOGGLES

Always wear a pair of protective of safety goggles whenever you do any chores like gardening, mowing the lawn or when handling chemicals. Remember, eye injuries cost a lifetime of problems to an individual, to their families and to healthcare.

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



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## PUBLISHER

Ipo Echo Sdn Bhd  
(Regd No 687483 T)

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## PRINTER

Ultimate Print Sdn. Bhd.,  
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Off Persiaran Selangor,  
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# Is Teenage Pregnancy a Lifestyle Choice?

On October 12, the state government was alarmed by the report of 615 cases of teenage students becoming pregnant in 2015. The State Health Committee chairman, Dr Mah Hang Soon claimed that these pregnancies represented 78 per cent of the 787 cases recorded at government clinics. He said that stern action would be taken to address the situation.

Records showed that 411 teenagers, who were married, had become pregnant whilst still at school. Another 204 teenagers became pregnant and decided to continue their schooling, but did not want to get married.

Although 120 of the pregnant teenagers decided that they would marry, they also opted to stop going to school. Finally, 52 pregnant teenage girls simply stopped schooling altogether, despite not marrying.

When the State Health Committee decided that the teen pregnancy issue had to be addressed, they did not explain the action they would take.

Will they conduct a media blitz and advise teenagers to practise safe sex? This move may attract criticism from the conservative elements in our society and from many parents.

Will the committee make the morning-after-contraceptive pill, easily available, at pharmacies? This pill stops girls from getting pregnant, provided they take it within 24 hours of having sex.

Will the committee request the Ministry of Education to implement sex education in schools?

The people who want sex education to be taught in schools, face a major problem because many teachers have already intimated that they are reluctant to teach the subject, for a variety of reasons.

Some say that it is because of their religious faith. Others feel awkward and inadequate answering questions from teenagers, whose knowledge of sex, probably gleaned from the internet, is greater than theirs. A few feel that they may be under attack from parents who feel that their children are being taught how to have sex.

So, what are the measures which the State Health committee will adopt to tackle this problem?

Dr Mah said that the data came from government clinics; however, it is possible that some pregnant teenagers may have gone to private clinics. There will be an unknown number of pregnant teenagers who would not have sought any treatment from either government or the private clinic, and would have opted to seek assistance from traditional healers.

So, what is the true overall figure for the number of teenage pregnancies amongst students at school? Is it much higher than the figure reported?

The records must have revealed the ages of the teenager. Are they mostly in the early or late teens? Did the clinics find out how and why the unmarried girls were impregnated? Was the sex consensual? Had they been raped? Were they aware of what their male partners were doing to them?

The report said that 615 cases of students becoming pregnant had been reported. The incidence of teenage pregnancies, whilst at school, is not a new phenomenon. Was the committee alarmed because the figure of 615 represents a large increase? What was the number of teenage pregnancies last year? What was it over the past decade? What is the trend? If there were any dips or peaks in the statistics, could the committee find a cause for the phenomenon?

Did the report state whether the pregnant teenagers came from urban or rural schools? Broken down further, were they from national schools, religious schools, boarding schools or vernacular schools?

It would be interesting to know the races of the 787 pregnant teenagers.

The population census for 2000 showed that out of the 11,400 children who were married and below 15 years old, 6800 were girls. This group comprised of 2450 (36%) Muslims and 4350 non-Muslims. In this latter group, there were 1550 (22.8%) Bumiputeras, 1600 (23.2%) Chinese, 600 (9%) Indians, and 600 (9%) children of other races. Malaysia's syariah court goes against the civil court



THINKING  
ALLOWED

by Mariam Mokhtar

ruling. Under Section 376 of the Penal Code, sex with a minor is statutory rape. This means that sexual intercourse with a girl under the age of 16 is a crime, with or without her consent.

A 16-year-old Muslim teenager can marry, with the consent of the syariah court. Exemptions are allowed for girls below 16. The permission to marry can be obtained from the

Chief Minister or Menteri Besar. Why would normal, responsible parents allow the state to make decisions about their child?

A teenage girl who becomes pregnant and drops out of school, is denied an education and she will have neither social nor technical skills. She is tied to children, poverty and pain, during and after her marriage.

For this reason, the need for sex education, in our schools, for both boys and girls is all the more pressing. The ulama and conservative parents should understand that sex education is not a licence for free sex. Sex education will teach teenagers about their responsibilities and about forming healthy relationships.

## CHILD HEALTH

Dr Shan Narayanan

Consultant General Paediatrician, Hospital Fatimah

### PHARYNGITIS IN CHILDREN

#### WHAT IS THE PHARYNX?

The pharynx is the passage that leads from the cavities of the nose and mouth to the larynx (voice box) and esophagus. Air passes through the pharynx on the way to the lungs, and food enters the esophagus from the pharynx.

#### WHAT IS PHARYNGITIS?

Pharyngitis is the inflammation (redness and swelling) of the pharynx that causes sore throat. Pharyngitis is common in children.

#### WHAT CAUSES PHARYNGITIS?

Pharyngitis is most commonly caused by a viral or bacterial infection. Virus such as the cold or flu virus causes viral pharyngitis. The influenza virus causes the most common form of viral pharyngitis. The most common type of bacteria that causes pharyngitis is group A streptococcus (strep throat).

#### HOW IS PHARYNGITIS SPREAD TO OTHER PEOPLE?

Pharyngitis is contagious and can be passed on by touch or by using personal items of the infected person.

Pharyngitis can spread when an infected person coughs or sneezes. Pharyngitis can also be spread if the person shares food and drinks. A carrier can also spread pharyngitis. A carrier is a person who has the bacteria in his throat but does not have symptoms. Germs are easily spread in schools, day care centres, work and at home.

#### WHAT ARE THE SIGNS AND SYMPTOMS OF PHARYNGITIS?

The main symptom of both conditions is a sore throat. Your child may also have the following:

- Hoarseness
- Cough, runny or stuffy nose, itchy or watery eyes
- A rash on his body
- Fever and headache
- Whitish-yellow patches on the back of his throat
- Tender, swollen lumps on the sides of his neck (enlarged lymph nodes)
- Nausea, vomiting, diarrhoea, or stomach pain

#### HOW IS PHARYNGITIS DIAGNOSED?

Your child's doctor will ask his symptoms and examine him. He will look into the throat and feel the side of the neck and jaw. Sometimes a throat swab (wipe) is taken for tests to determine which germ is causing your child's sore throat. A blood test may be done if indicated.

#### HOW IS PHARYNGITIS TREATED?

Give your child paracetamol or ibuprofen for fever and to ease the pain. Do not use ibuprofen in children younger than 6 months of age. Give your child cool liquids to drink.

Have your child gargle with warm saltwater if it helps relieve pain. A throat numbing spray may also help. Older children can be given throat lozenges.

Your doctor may decide to add an antibiotic and other medications such as cough and cold syrup, if indicated.

#### HOW CAN I HELP PREVENT THE SPREAD OF PHARYNGITIS?

Wash your hands and your child's hands often. Keep your child away from other people while he is still contagious. The typical contagious period for pharyngitis is 48 to 72 hours. Do not let your child share food or drinks. Do not let your child share toys or pacifiers. Wash these items with soap and hot water.

The way to judge whether the infectious period has passed is by waiting for certain symptoms to ease. When the fever settles or the person gets relief from the pain, the infection is likely settling.

#### WHEN SHOULD MY CHILD RETURN TO SCHOOL OR DAYCARE?

Your child may return to daycare or school when his/her symptoms go away.

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





## ON IPOH FOOD

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

Photos by Tan Mei Kuan



# SeeFoon Goes Pubbing at Lunch Time

I have never been much of a pub person and if there is one pub in Ipoh that I have been to most often would be **Healy Mac's** in Greentown. And the reason is not because it's across the road from the Echo office but because their pub food is among the tastiest and creative in town.

I recently had the pleasure to taste the latest offerings in their new lunch promotion beginning on November 1. And escorted by a coterie of staff from the office, we descended on Healy Mac's to sample and gorge our way through 10 new items on the **lunch promotion menu**.

Priced very reasonably from **RM11.90-RM16** per meal depending on which main course is ordered, the lunch set comes with a **complimentary mushroom soup** as starter and iced lemon tea to go with the meal.

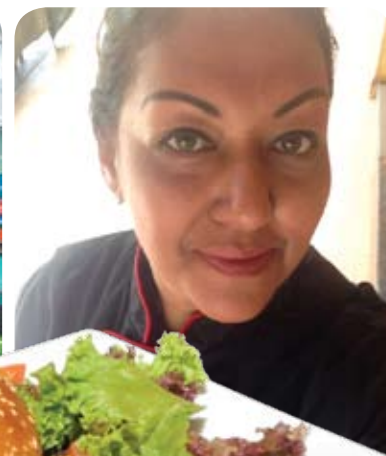
Chef Litha Letchumanan came out from the kitchen after the meal to update me on menu items and the latest news on Healy Mac's. Currently the Assistant Manager and Chef at Healy Mac's Ipoh, I congratulated her on her new promotion which will see her travelling around the country as Executive Head Chef for all the Healy Mac's pub in Malaysia; a 'heady' job indeed and with loads of responsibility.

We started with the **Smoked Duck Quesadilla**, a Mexican derivative consisting of sliced smoked duck with cheese, spread on a flour tortilla, and grilled till the cheese melts, the tortilla slightly charred and the cheese oozing around the edges. Served with a mint and sour cream sauce, it was yumilicious at **RM16**.

Who doesn't like **Bacon and Eggs** but the next dish came with a twist as a burger with the egg and bacon served on a crispy sesame bun. I loved the crunch of the lettuce and the bun contrasting with the softness of the fried egg, the mild sweetness of the fried onion and the bacon which lent its umami saltiness to the whole combination. Served with French Fries and salad. This is not for the genteel fork and knife nibbling crowd but for the "lets-roll-up-sleeves-and-eat-with-your-hands" sector. In other words...foodies like me. Real comfort food – **RM14**.

The **Penne with Salmon and lemon** was creamy, the Penne al dente and the portion was generous. Served with garlic bread and salad – **RM16.50**. This was followed by my favourite comfort food, an **omelette**, this one **with Ham, cheese and onion**. Wholesome and heartwarming. And this too was served with garlic bread and salad – **RM13**.

Even though we were nine of us, we were all starting to feel full as the portions were all very generous. And we still had a few more dishes to sample. The **Fish and Chips** served with a homemade red cabbage slaw (loved this one) and homemade tarter sauce was crispy and fresh – **RM15**, and the **Chicken Chop** served with a choice of three sauces was a departure from the norm. This arrived with the chicken nicely charred and the choice of sauces are the Black Pepper, robust with enough pepper for heat; the Hainanese, slight sweet and sour and which brought back for me the nostalgia of good old Hainanese cooking with its liberal use of Worcestershire sauce which this had; and the fresh button mushroom cream sauce – **RM16**.



This was followed by Litha's famous **Nasi Lemak** which came with a fried egg, *ikan bilis* and peanuts, cucumber, lovely vegetarian sambal and well-cooked coconut rice. So for the vegetarian, all you have to do is to ask for them not to serve the *ikan bilis*. And no egg if you're vegan – **RM13**.

Just as we were groaning with surfeit a final dish showed up which were the **barbecued spare ribs**, tender fall-off-the-bone pork ribs glistening with barbecue sauce that were hard to resist. Served with mashed potatoes – **RM16**.

So if you're ever in the Greentown area and in search of a quiet place for lunch, check out Healy Mac's. Not only is the food quality high but it is great value for your money.



**Healy Mac's Irish Bar and Restaurant**  
#2 Ground Floor, Persiaran Greentown 4,  
Greentown Avenue, 30450 Ipoh.  
Tel: 05 249 3627  
Lunch Specials from 12pm till 3pm.



... continued from page 2

### Community Programmes

With its key mission to serve the community by providing affordable healthcare, the hospital also indulges in various educational and health awareness campaigns as it believes in preventive measures for public health that can result in early detection of diseases or even their prevention. The hospital conducts various events in public places such as shopping malls, community town halls, schools, corporate offices etc. The hospital also holds antenatal classes for expecting parents a few times a year to educate them about pregnancy, labour and after delivery care.

Recently for the convenience of the community, PCSH has adopted two bus stops in front of the hospital, constructed and maintained them; and now they have the first bus stops in Ipoh which are lighted at night.



Health awareness campaign



Bus stop



Therapeutic garden

### Why PCSH?

PCSH is committed to providing affordable healthcare for patients, holding true to its mission to provide comprehensive, efficient and effective services to the community. This is in line with its founding intentions which was "to provide affordable quality healthcare." and despite the current challenging environment of rising medical costs, PCSH still strives to maintain its affordability. Now isn't that a warming thought!

Interested readers who want to know more about PCSH can check out their new website at [www.pcsch.com.my](http://www.pcsch.com.my). The hospital is located at 277, Jalan Raja Permaisuri Bainun, 30250 Ipoh, Perak. They can be contacted at **05-2419000** any time of the day.



## Resident Consultants

### Orthopaedic Surgeon



**Dr. Goh Dar Wen**  
MBBS (AUST),  
M.S. ORTHO (MAL),  
AM (M'SIA)



**Dr. Ng Jin Tau**  
MD, M.S. ORTHO  
(TAIWAN),  
CCD (US)



**Dr. Janarthan Nagalingam**  
MBBS (MANIPAL),  
MS ORTHO (UM),  
CMIA (NIOH)

### General Surgeon



**Dr. Ng Seng Yew**  
MBBS (IND),  
FRCS (EDIN)

### General & Colorectal Surgeon



**Dr. N. Ravindran**  
MBBS (MYSORE), M.SURG (UKM),  
FELLOWSHIP IN COLORECTAL  
SURGERY, CMIA (NIOH)

### Nephrologist / Internal Medicine



**Dr. Loo Chin Sum**  
MBBS (MAL),  
MRCP (UK),  
M.MED (INT. MED)  
(USM), AM (M'SIA)



**Dr. Chen Yoke Chuan**  
MD (UKM),  
MOG (UKM),  
AM (M'SIA)



**Dr. Pang Ay Minn**  
MD (UKM),  
MOG (UKM)

### Paediatrician



**Dr. Lo Wan-Yi**  
MBBS,  
MRCPCH (UK),  
IBCLC

### Cardiologist / Internal Medicine



**Dr. Koh Chan Sing**  
MBBS (MAL), MRCP (UK),  
FCCP (USA), FAMM, FNHAM (MAL),  
FAsCC (ASEAN)

### Urologist



**Dr. V. Manivannan**  
MBBS (MAL),  
FRCS (GLASGOW),  
FAMM, FNHAM  
(MAL), FAsCC  
(ASEAN)

### Radiologist



**Dr. Suma Menon**  
MBBS (MANG),  
M.MED  
RADIOLOGY  
(UKM), AM (M'SIA)

### Anaesthesiologist



**Dr. Sidney Saw Lee Teng**  
MBBS (MAL),  
M.MED ANAES  
(UKM)



**Dr. Chow Kit Yin**  
MBBS (UM),  
M ANAES (UM)

## Sessional Consultants

### Rhinologist & Otolaryngologist (ENT)



**Dr. Harvinder Singh AMP**  
MBBS (MANIPAL),  
MMED ORL-HNS (USM),  
RHINOLOGY (SINGAPORE),  
AM (M'ASIA)

### Plastic, Reconstructive, Aesthetic & Hand Surgeon



**Dr. Yeoh Tze Ming**  
MB. BCh BaO LRCPS (Ireland),  
M Surgery (UM), MAPACS  
Board Certified Plastic Surgeon,  
AM, Fellowship in Plastic &  
Reconstructive Surgery  
(Adelaide, Australia)

### Psychiatrist



**Dr. Rajinder Singh**  
MBBS (Agra),  
M.Psych.Med (Malaya)

### Orthopaedic Surgeon



**Dr. John J. Anantham**  
MBBS (S'pore),  
MSc. ORTH (London)  
F.R.C.S. (Edinburgh),  
F.R.C.S. (Glasgow)



## Ipoh Watch

## Towards a Cleaner Ipoh

Residents of Desa Tambun Indah along with members of Ipoh City Watch (ICW), Lions Club of Perak Silver State and Ipoh City Council organised a joint gotong-royong recently. The event, held at the housing estate on Saturday, October 15, was aimed at promoting a clean environment via recycling, anti-littering and keeping rivers clean.

Some 150 people participated in the morning programme. They painted the rusty bridge along Jalan Perajurit over Sungai Pinji linking Ipoh Garden East and Bandar Baru Tambun, erected a signboard warning people not to throw rubbish into the river, cleared the grass along the tarred walkway and distributed leaflets and recycling bags to residents.

Among those who attended the programme was Lions Club 308B District Governor, Jennifer Kim who was given the honour to unveil the signboard. She thanked the Residents' Association and Ipoh City Watch for inviting Lions Club. "We're honoured to be given this opportunity at a time when Lions Club International is celebrating its centennial anniversary. The club will play its role in educating the people to be responsible and committed in making the environment safe and clean," she said.

Jennifer praised Ipoh City Watch for implementing the KOHIJAU (Koperasi Hijau) I-Cycle computerised recyclable-tracking system in promoting 3R (reduce, reuse and recycle). Under the system, individuals and non-governmental organisations, who have signed up with KOHIJAU I-Cycle can earn points from the recyclables they dispose.

The system, similar to the BonusLink concept, will enable contributors to checkpoints collected online and decide what they want to do with them. They can redeem with products or cash or donate their points to charity. A recycling bin is placed in Desa Tambun Indah and another along Jalan Perajurit near the shops for this purpose.

Adherents of the KOHIJAU I-Cycle system presently are residents of the Ipoh Loyal Apartment, Rukun Tetangga Jelapang and SMK Raja Chulan, Ipoh.

There is no entry fee. Members will be given a barcoded account number each, which will be stuck to their recycling bags for tracking purposes. Points collected will be updated in their accounts, which can be checked online.

A portion of the profits generated will be ploughed back to the society, including NGOs, to help keep the environment clean. This is in line with the Social Business City concept espoused by Nobel Laureate Professor Muhammad Yunus. Ipoh City Council has adopted the concept making Ipoh the fifth city in the world to do so.

Incidentally, ICW is the first NGO to incorporate the concept in resolving social problems affecting the city.

Dr Richard Ng



## Wellness

## The Diabetic Foot: How to Prevent Losing Your Leg

Diabetes Mellitus, or rather known simply as diabetes, is a common disease among Malaysians. According to the International Diabetes Federation, in 2015 alone, there were 3.3 million cases in Malaysia. Dr. Phang Hoe Fatt is an Orthopaedic Surgeon who shared a topic on The Diabetic Foot: How to Prevent Losing Your Leg. Diabetes mellitus can cause serious foot problems. These conditions include diabetic neuropathy (loss of normal nerve function) and peripheral vascular disease (loss of normal circulation). These two conditions can lead to:

- Diabetic foot ulcers
- Infections: skin infections (cellulitis), bone infections (osteomyelitis) and abscesses
- Gangrene: dead tissue resulting from complete loss of circulation
- Charcot arthropathy: fractures and dislocations that may result in severe deformities
- Amputation: partial foot or below-knee amputation

Neuropathy is associated with the metabolic abnormalities of diabetes. It presents as the loss of protective sensation. Patients may develop a blister, abrasion or wound but may not feel any pain. The problem affects about 60 to 70 percent of people with diabetes. Ulcers may be caused by external pressure or rubbing from a poorly fitting shoe, an injury from walking barefoot, or a foreign object in the shoe. Infections usually are caused by the entry of bacteria directly through a break in the skin such as an ulcer, ingrown toenail or areas of skin degeneration between the toes. Infections may start in one location and spread rapidly along tendon sheaths to the ankle. Patients with infection may have fever, chills or shock.

Radiographs may show gas in the soft tissues, soft tissue swelling or defect, or changes consistent with bone infection, fracture or dislocation. Cultures of tissue are required to identify the pathogen. Vascular studies may help determine how well blood is circulating, which is important for wound healing.

There are two methods of treatment; nonsurgical and surgical. Wounds may be cleaned and treated with dressings and immobilization devices such as cast boots or total contact casts. Infections are cleaned and antibiotics are given. If infection is under control, gangrene of the toes may be treated with observation until auto-amputation or a natural separating from the foot occurs.

For surgical, severe infections such as abscesses may be treated with urgent operative removal of decaying tissue or amputation. Surgical treatment for Charcot foot may include operative stabilization (fusion) and correction of deformity. Vascular disease may be treated by vascular surgeons with arterial bypass procedures. Gangrene may be treated with partial foot amputation or below-knee amputation. Non-healing ulcers lead to amputation in 84 percent of lower extremity amputations in diabetic patients.

To avoid losing your leg, be sure to check on every part of your feet everyday. Look for puncture wounds, bruises, redness, blisters, ulcers, cuts and nail problems. Get someone to help you, or use a mirror. Examine between your toes. Darkening or loss of hair may indicate that the blood or nerve supply has decreased. Testing for any change in sensation is important. By checking your feet daily, you can see any new wounds and monitor healing areas. If you find any injury no matter how slight, don't try to treat it yourself. Go to a medical doctor right away.

Diabetics should wear more protective shoes, not sandals, to prevent any injuries to the feet and toes. The loss of vibrating and touch sensation is gradual and easy to ignore, but it is the single most important feature to identify with regard to avoiding amputation. Loss of pressure sensation can be established using the 10-g monofilament test and many studies have confirmed this screening test is highly predictive of subsequent ulceration.

The bottom line is take care of your feet, look at them daily and see a medical doctor if anything is suspicious. It is important to be evaluated by a medical doctor with an adequate breadth of training to determine an accurate diagnosis of your problem.

For further enquiries, appointments with Dr. Phang Hoe Fatt can be made at 05 240 8777 Ext: 235 or visit KPJ Ipoh Specialist at 26, Jalan Raja Dihilir, 30350 Ipoh, Perak Darul Ridzuan.



Dr Phang Hoe Fatt,  
Consultant Orthopaedic  
Surgeon

## 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.

**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](mailto:pspaipoh@gmail.com).

**Sukhavana Meditation Monastery Sanghika Dana** on Sunday November 6 at Bercham Cave, Lebu 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](mailto:admin@sukhavana.org) or refer to our Facebook page: Sukhavana Meditation Monastery, Ipoh, Perak.

**Hospital Fatimah Blood Donation Campaign: A Gift of Life,** Saturday November 19, 9am-12pm at Main Lobby, Hospital Fatimah, Ipoh. Free General Blood Screening for first 70 donors.

**Fatimah Kids' Club Workshop: Screen Addiction in Children by Dr Alex Khoo,** Consultant Paediatrician & Paediatric Neurologist. Saturday November 26, 9am-12pm. For children aged 8-12 years old. Closing date: November 19. To register please contact 05 545 5777 Ext.276.

**Little Taukeh Flea Market** is happening on the December 4 in Old Town Ipoh and we are looking for parents who would like to expose their kids to entrepreneurship and build some quality memories with their kids by being there with them and managing

a booth! For more information, please contact 016 549 5284 (Pui Yee).

**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.

**St John Ambulance Malaysia Perak is recruiting volunteers** who are interested to join the Emergency Rescue Unit, Volunteer must be 18 years to 50 years of age. Training will be provided to all volunteers. Those who are interested call up 05 254 5946/012 550 4002 Manin Singh for registration and more details.



## Community

# Charitable Visit by IRM

Children of Rumah Nur Hidayah, Kg. Cheh, Bukit Gantang, were all happy and smiling as the Islamic Relief Malaysia (IRM), UniKL Royal College of Medicine Perak RCMP and Pantai Hospital paid a visit to their home recently on October 15.

The children, aged between six to 13 years are mostly orphans or poor, were entertained by the volunteers of IRM and UniKL RCMP as they played games and quizzes. This isn't IRM's first visit to the house and they plan to keep on coming.

"Aside from playing games, we also educate the kids on taking care of their health, that is, brushing teeth, clipping nails and lice-treatment," said Mohd Syakir Mohd Sarib, Volunteer Development Officer from IRM.

The team also held a health counter for the villagers for free, courtesy of Pantai Hospital where they were given basic medical check-ups including checking their blood pressure and more. With more than 30 volunteers at the affair to help out as much as they can, one wonders what is the reason behind charity visits.

"Programmes like this will not only encourage the public to learn that there are a lot of people who are in need but also to give them a view of a harsh life. Not everyone is as lucky as you are and it is your responsible as a human being to help them out. You will get the chance to build a community that is aware of social issues and also build a network by meeting new people," said Nur Amirah Ramli, Research Assistant from UniKL RCMP.

Rumah Nur Hidayah is founded by Abdul Manaf Abd Tahir and currently houses 24 female children. The house is run by Abdul Manaf's family members and uses up to RM80,000 per annum for food, bills uniforms and school aid. Donations can be made by contacting the secretary of Persatuan Kebajikan Anak Yatim Nur Hidayah Kampung



Cheh Bukit Gantang, Perak, Mohd Yussairie Mohd Saad at **017 933 0039** or through Maybank Account at **5580-5133-3053** (Persatuan Kebajikan Anak Yatim Nur Hidayah).

Ili Aqilah

## Business

# MICCI's Anniversary Luncheon

In conjunction with its 104th anniversary, the Malaysian International Chamber of Commerce and Industry (MICCI), Ipoh chapter, hosted a luncheon at WEIL Hotel, Ipoh on Wednesday, October 19. The event was attended by about a hundred guests.

Jason Lee spoke on behalf of chairman Dato' Lim Si Boon who was away due to a prior engagement. In his speech, Jason requested that the state government set aside suitable land for industrial development.

He said that a high-speed broadband was badly needed within Ipoh's central business district. And since a lot of businesses relied on the internet it was proper that the present system be upgraded.

Former Secretary-General of the Ministry of International Trade and Industry, Tan Sri Dr Rebecca Fatima Sta Maria was the guest speaker.

She spoke on the Trans-Pacific Partnership (TPP), an agreement which was signed in February. For the signing to proceed, it had to get parliamentary approval. According to some, Malaysia was the first to rectify the agreement. This, she insisted, was not true.

"As people had their doubts, we decided to go to Parliament. It was deliberated for three days before approval was given," said Rebecca.

It would be imperative for ASEAN (Association of Southeast Asian Nations) to amend certain laws and regulations to implement the agreement. Some of these include intellectual property rights, labour laws and the customs acts.

Should the laws be revamped, Malaysia is deemed to have rectified the agreement.



Some questioned the haste in doing so when the Americans were in no hurry.

"TPP is two years in the making and 12 countries are involved. We've put in our time, money and work into it. There'll certainly be pressure on the Americans," she continued.

Moving on to ASEAN, which was identified as a community in 2015, she expressed her doubts regarding the definition of ASEAN Community 2015 or AC2015. For such an entity to operate freely, tariffs, customs excise and trade barriers must be dismantled. This is not something easy as countries within the association are reluctant to do so voluntarily. Some forms of control are still required and this will have an impact on intra-region trade.

"ASEAN is negotiating a very important agreement with China now. There are lots of challenges ahead. As the association turns 50 next year, I hope things will work in its favour," she concluded.

Khaleeja



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# Nosh News

By Ili Aqilah



## Patisserie Boutique

You may see a line up every time this humble little cafe opens. Located right in the heart of the tourist spot, Patisserie Boutique doesn't need a long explanation to introduce their scrumptious menu and desserts.

After spending almost a year as a part-time baker, former UTAR Kampar student, Nicole Gan Sea Ting decided it was time for her to set up a space to share her strong passion in baking and cooking. Three years later, Nicole's hard work has paid off as Patisserie Boutique has become one of the must-visit cafes in Ipoh listed by Tripadvisor.

"Patisserie Boutique opts for a French-Parisian theme. I've always loved to bake and it was a coveted dream of mine to set up my own place," said Nicole.

If you're wondering what makes people willing to queue for their turn to dine at Patisserie, it is Nicole's long list of cakes and desserts that keeps her customers coming back. Among the crowd-favourite is Souffle Cheese Cake (RM12), Dutch Baby Pancake,

a combination of warm soft pancake, ice cream and fruits served on a hot skillet (RM18) and Matcha Souffle Pancake, a heaping portion of the Matcha slightly bitter pancake topped with Matcha Ice Cream, Shredded Parmesan Cheese, Blueberries and Oreo bits, good at RM17. On top of that, Nicole and her team also will create special cakes available only on certain days, such as their Coconut Yam Cake (RM12).

Visitors can also enjoy a variety of pasta and sandwiches such as Seafood Aglio Olio, Spaghetti served with clams, prawns and salmon priced at RM29 and Patisserie's signature sandwich, The Four Seasons, Duck, Chicken Ham, Omelette and Smoked Salmon served on multigrain bread with salads and cherry tomatoes at RM22.

The cafe is located at 103 Jalan Sultan Yusuf (opposite Milk Cow, same row as Burps & Giggles). The cafe opens everyday except Wednesday from 11am till 6pm. The cafe also accepts reservations and customers can pre-order cakes (three days before pick up). For more information, check out their Instagram at [www.instagram.com/patisserie.boutique](http://www.instagram.com/patisserie.boutique) or Facebook at [www.facebook.com/patisserie.boutique](http://www.facebook.com/patisserie.boutique) or call at **05 241 1385**.

## Personality

## Zulfadli Lod

For this issue, Ipoh Echo meets a man who loved his toys and childhood so much, he opened a shop filled with exclusive toys and figura (model figures) for people who share the same interest with him. Meet Zulfadli Lod or known as Jojo to many, the owner of Kolek (collect).

"I am a proud of owner of so many toys and vintage items. Too many, to the point it is time to share with others," said Jojo.

Graduated with a diploma in Graphic & Design from UiTM, Jojo has ventured into different fields of business such as catering and others but Kolek is indeed something more than just a money maker for this single lad.

"Although most of the collections here are mine, I do have friends donating items and memorabilia to be sold at Kolek. Among my favourite items are the figura from the animated show Thundercats, such as Jaga, Lion-O, TYgra, Panthro and more."

Also working as the event manager for Khizanat, Jojo has many exciting plans for



Kolek, including upgrading the store, "After opening almost one and a half years, Kolek has received a lot of warm response from collectors of toys and vintage items. My dream is to open a bigger Kolek to store and display more collectibles".

Readers who are keen on seeing and buying toys and vintage items at Kolek can do so by visiting the store at 3A, Lorong Cecil Rae, Taman Canning Ipoh. Items can also be purchased by visiting Kolek's Facebook and Instagram page at [www.facebook.com/kolek](http://www.facebook.com/kolek) or [www.instagram.com/kolekipoh](http://www.instagram.com/kolekipoh).

Ili Aqilah

## Community

## Kamal in Dire Straits

If you think you having a rough day, others are even worse. Poor Kamal Ariffin Abu, 48, has a lingering heart problem which he only discovered after being admitted to Hospital Raja Permaisuri Bainun, Ipoh in August.

Kamal, from Kuala Dipang, works as a labourer. His earnings of about RM200 a month is barely sufficient to meet his daily expenses, what more in his time of need. There were times he had to go without food. Fortunately, he is still a bachelor.

"I had four heart attacks so far. The last time, I was admitted to the Kampar hospital for treatment. I'm too weak to work. It saddens me, as I don't have enough to support myself," said Kamal to Ipoh Echo.

Kamal is seeking donations from kind-hearted Ipohites for a heart-bypass operation that costs about RM15,000. Three of his arteries are blocked and require corrective surgery.

His condition is further aggravated by excessive fluid in his lungs. Due to these problems his heart does not function normally.

"I hope people will understand. Your assistance will help save my life and that's all I ask for," he pleaded.

Readers wishing to help out may do so by donating directly to Kamal at Maybank (Account Number: **158042625822**) for the purpose. Your assistance is much appreciated.

Rosli Mansor





## News

# National Horse Show 2016



Over 2000 people witnessed the National Horse Show 2016 (NHS) held at PRTC Equestrian Club at Jalan Kelab Golf recently from October 13 to 16. Organised by Perak Turf Club and PRTC Equestrian Club, the last time it was held in Ipoh

was in 2013.

The week long event was officiated by Tan Sri Dato Seri V. Jeyaratnam and the chairman of NHS 2016, Norman Tan Jin Leong.

“For the equestrian community, we have competitions over the four days in the equestrian disciplines of show jumping and dressage, as well as some mixed discipline events including a triathlon which features ground archery. The highlight of the equestrian competitions is undoubtedly the SEA Games Qualifier which will showcase the top equestrian riders of our country in competitive action,” said Norman.

As a tradition, the National Horse Show is organised yearly by one of the three Malaysian Turf Club on a rotational basis. Norman deeply hopes that the tradition of rotating will continue for many years to come, “As part of its community welfare programme initiatives, Perak Turf Club is hosting 200 underprivileged children from 10 homes as its special guest for this NHS,” added Norman.

For the general public, NHS had carnival events and entertainment shows, including a Magic Show and shows featuring a Fire-Eater and a Snake Man. Children also enjoyed Pony Rides and Carriage rides, and traditional carnival delights like popcorn, candy floss and ice cream. Other activities included sand art, caricature drawing, face tattoo & painting.

**Luqman Hakim**

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## Role of the World Bank

Perak Academy hosted a dinner talk on the role of the World Bank in education on Wednesday, October 12 at Symphony Suites Hotel, Ipoh. The enlightening session was presented by 85-year-old Dr Chai Hon Chan, who came all the way from Kuala Lumpur for the talk.

The 60-odd audience observed a minute's silence in memory of the late Tan Sri Datuk Abdullah Ahmad and Dato' Azumu bin Tak. Both were members of Perak Academy, the former a fellow, the latter an executive committee member.

Dr Chai was a teacher at ACS Ipoh for eight years before joining University Malaya in 1963 as one of the founding members of the university's faculty of education. He graduated from Harvard in 1968. In 1978 he was recruited by the World Bank and was based in Washington, DC. His responsibilities included appraising education investment projects in Bangladesh, Indonesia, Philippines,



Singapore, Thailand and South Pacific countries. Later, as senior evaluation officer, his work covered Asia, the West Indies, East Africa, the Middle East and southern Europe.

Chai related the history of The World Bank, initially named The International Bank for Reconstruction and Development. It was formed in 1944 in Bretton Woods, USA with the objective of helping to rebuild war-torn Europe in the aftermath of World War II.

The development of tertiary education in Singapore, South Korea and China illustrated the catalytic role of the institution's support for the development of human capital, as a necessary foundation for economic growth.

“Our education system is such that, it has many issues to address and one is rural poverty. The other thing is the language policy. To develop bilingualism, start young. Children learn languages very easily. According to one expert, the human brain is wired to learn any language. For example, a Chinese child can speak Malay perfectly. It's therefore nonsensical to say, you can only learn one language at a time,” Dr Chai exclaimed.

Also present at the talk were Dr Chakr Sri Na Nagara, a former student of the speaker and Chan Kok Keong, Deputy Chairman of the Perak Academy.

**Mei Kuan**

## Perak Chefs shine!

Students of Fantastic Pastry Academy and Culinary Institute, Ipoh grabbed attention at the Penang International Convention Exhibition Centre 2016: Asian Food Festival Conference when they successfully won 2 gold, 10 silver, 6 bronze 2 diploma in the 16th Battle of The Chef Competition (BOTC 2016) recently.

This was the second time Fantastic had sent its students across state to participate in such a competition. Not only did they win medals, it gave the students a chance to learn from others and gain live experience. Aside from the 20 students and a teacher, Tan Kok Han who entered the challenge, over 70 students had the best time of their lives learning new tricks in the culinary world and developing fresh perspectives and current trends of the market.

Established since 2009, Fantastic Pastry Academy and Culinary Institute teaches students whose passion is in baking and cooking. The institute educates the students in both practical and theory while giving them a view of the latest trends in the industry.

**Ili Aqilah**



## Honouring the Wounded

In conjunction with Armed Forces Day, the 2nd Malaysian Infantry Brigade honoured 87 former soldiers who were wounded when in harness. The event was held at the brigade commander's residence along Thompson Road on Thursday, October 13.

Attired casually, the 200-odd invitees had lunch on the lawn with the accompaniment of music and songs from a live band. The Last Post was played signalling the start of the morning event.

“We always assist the Department of Veterans Affairs and governmental agencies who want to help retirees. However, there are many ex-servicemen who have not registered with the veteran department. Tracing them becomes difficult,” said Brig-Gen Mas'od bin Hj Muhammad, Commander 2nd Malaysian Infantry Brigade to reporters.

“We've gone on air to get them to register and via word of mouth to spread the gospel,” he added. The affable general made it a point to greet everyone at their respective seats.

Among the 87 honourees, three were from the navy while one from the air force. Some had retired since 1979 while some are still in service. Ipoh Echo spoke to a 58-year-old former air force officer, Captain (Rtd) Yusoff bin Rabaie. Yusoff lost his right hand in a grenade incident in 1978. The hand grenade exploded in his right hand during a grenade-throwing exercise at a range in Terendak Camp, Malacca. He was only 19 years old then.

“I remember the date and time clearly. It was Thursday, March 16. I was critically wounded. The doctor told me that I had only a five per cent chance of survival. I underwent 10 months of treatment with another two years of follow-up treatment. I now have 70 per cent permanent disability,” said the Taiping-born Yusoff. He resumed service in 1979 doing desk-bound jobs and retired a captain in 1991.

Yusoff's advice to all serving military personnel out there: “Serve with all your heart and do your best. Remember, if we don't defend our country, who will?”

**Mei Kuan**





## Arts &amp; Culture

# Appreciating HERArts

What does Frida Kahlo, Maria Cassatt and Georgia O'Keeffe have in common? They are all women and were strong figures in the world of art. While it may take a while for Malaysia to truly appreciate women in arts, Perak has shown its strong support by organising the first HERArt, to support and provide a platform for women whose passion is to enter the art industry.

The two-day festival on October 16 took place at one of Ipoh's best tourist spots, Kinta Riverwalk featuring 40 booths selling assorted paintings, T-shirts, henna services and more. During the official closing ceremony, state Exco for Tourism, Art and Culture, Communication and Multimedia, Dato' Nolee Ashilin Mohammed Radzi applauded HERArt's organiser, PORT's (People Of Remarkable Talent) effort to appreciate and promote women in the artistic field.

"PORT has shown great support when it comes to arts in Perak. HERArts is just one of the many events held by PORT that has been nothing but supportive towards the art community. As a fan myself, I hope that HERArt will be an annual affair for Perak," added Nolee in her closing remarks.

Among activities held during the affair was Gesture Art workshop and demonstration, Tie-Dye and Batik painting, sculpture session, Plein Air (Open Air) Challenge, Life Portrait (Perak Princess) Challenge, Live Sketch Competition, and female artiste performances. The event also witnessed the successful attempt of making 'The Longest Mural Art Gesture' (240 feet) in Perak.

Ili Aqilah



## Sharpened Word A Year Old

Sharpened Word celebrated its first anniversary on Saturday, October 15. Speakers invited for this October edition, held at Andersonian Club, were Catherine Brogan, Selina Siak Chin Yoke and Wani Ardy.

Catherine (Cat) hails from Northern Ireland. She is funded by Arts Council England and the British Council to research on spoken word education in Kuala Lumpur in collaboration with Poetry Cafe KL. She has been here since April.

"I've always been that person who loves attention and the microphone. Someone who'd crack jokes and entertain people," said Cat.

Her poems touch on issues like terrorism and her personal experiences. To her, poetry is a medium which generates questions, apart from telling someone what to feel.

"My grandfather wrote poems too and because I was living in a village there wasn't much artistic activity I could pursue. Sensing how issues affect countries, I feel a need to use my voice to raise awareness," she said.

"Poetry can take you from laughing to crying in a very short period of time. It depicts true emotions," Cat opined.

Ipohite Selina, works in London as a theoretical physicist, investment banker and trader. Her debut novel, "The Woman Who Breathed Two Worlds", scheduled to release on November 1, is among the six books of choice for the month October by Amazon's editors.

"When you're good with both numbers and the abstract, it gives you a choice to pick. I always prefer words," exclaimed Selina.

She was diagnosed with cancer in 2009 and felt the world crumbling around her. Astonishingly, as she began writing her energy returned along with her words.

Selina was inspired by her great grandmother to write her book entitled, "The Woman Who Breathed Two Worlds". Her writings depict Ipoh during the British colonial days. It took her almost two years to complete it and another two to find a publisher. Her book is a series. Selina is currently working on the second one.

"Malaysia does something to me that no country ever does. It's an incredibly long journey. To be a writer one has to be thick-skinned to endure rejections," she added.

Kuala Lumpur-born Wani Ardy, a creative writer cum singer cum songwriter, recently



moved to Ipoh. She has 14 years of experience in creative writing and performing arts.

"Writing is the only thing I know. I don't think I choose writing, probably writing chooses me," said Wani.

When she was little, her family travelled a lot and she called different countries her home. Books were her only companion. And that was how she started writing.

She wrote scripts for television but later found that poetry was her true passion. She feels she is a selfish writer because her readers are not the first thing in her mind when she writes.

"I like how my readers interpret my poetry. It's not math as there's no formula and if 10 people were to read the same poem, they'd all interpret it differently," she reasoned.

Wani's first book, "Langit Vanilla", was published in 2011 by a friend who just started a publishing company and who believed in her writings.

"I turn my poetry into songs because I want to go beyond words. Anyone who listens will feel it even if they don't understand it. That's the best part."

Khaleeja

## Kindermusik Awarded a Maestro Programme

Kindermusik with Agape has been awarded a Maestro programme by Kindermusik International, the world's leading publisher of music and movement programmes. Kindermusik with Agape is in the top five per cent of over 5000 national and international Kindermusik programmes. The Maestro Programme recognises licensed Kindermusik educators who master one or more levels in early childhood development: fast-growing programmes, outstanding community service, and teaching excellence.

The Kindermusik Maestro has a mission: helping children become better learners and helping parents understand how to help them reach their highest potential," said Michael Dougherty, CEO at Kindermusik International.

Kindermusik with Agape joins the elite company of the 300 Maestros identified as the top Educators of the over 5000 licensed educators in the world who teach Kindermusik's music and movement curricula.

Clarice was trained locally and abroad in Singapore as an early childhood educator and joined Kindermusik in 2005. Today Clarice and her teaching team teach the learning programme to over 200 families a year.

Three years ago, they have expanded from one Kindermusik studio to two.

"Seeing children growing in many aspects is my joy of teaching. You can never bring

music into a child's life too early. Children grow and learn so quickly before the age of five. Kindermusik provides an environment for cognitive and social growth, and a lot of fun! Every child loves music and movement, and that is just what we give them!" said Clarice

Kindermusik International is the world's leading publisher of music and movement curricula for parents and their children, newborn to seven years old. More than 5000 licensed educators use the Kindermusik curricula in more than 63 countries, reaching more than one million families. The award-winning books, CDs, games, and instruments are based on more than 30 years of experience creating curricula based on new and proven research in child development, designed to nurture skills in the whole child: cognitive, physical, social, emotional, language and musical.

For more information, contact: Agape Academy of Music at 1 Hala Pengkalan Timur 14, Taman Pasir Putih Selatan, 31650 Ipoh. Tel. no.: 019 572 1205.



### Han Chin Pet Soo

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## Arts & Culture

# Much Ado About Nothing

Written by Shakespeare, 'Much Ado About Nothing' is a well-known comedic play set in Sicily, circa 1598 and 1599. Making their way to Ipoh, 'The Handlebards' gave their version of the play on Wednesday, October 12 at the ACS Auditorium.

The UK-based theatre group consists of four cycling actors, namely Liam Mansfield, Matt Maltby, Paul Hilliar and Stanton Plummer-Cambridge. They have been travelling all over the world performing Shakespearean pieces with minimal set and props since 2013.

Tickets were priced at RM60, RM75 and RM250 for a family package of four. Students from Malay College Kuala Kangsar (MCKK) were present to enjoy the show.

Much Ado About Nothing is about a gentleman soldier, Benedick who hates Beatrice, the niece of Messina's governor. Beatrice feels the same too. Benedick's friend, Count Claudio, however, is attracted to the governor's daughter, Hero.

They plan to marry in a week and while waiting, attempt into tricking Benedick and Beatrice to fall in love. And there are brothers Don Pedro and Don John. Don John, the bad one, plans to ruin the wedding.

What thrilled the crowd most was how the four actors played five to six roles each, covering the whole story. They proved that an impeccable play needs neither million-dollar props nor fancy costumes.

The other thing was how the actors interacted with the audience by inviting them to the stage. One of them was Peter Bucher of Sharpened Word. The quartet played music and urged the audience to clap along.



"It's witty and eccentric, I couldn't stop laughing. They really know how to entertain the crowd," said one spectator.

The foursome with their amusing vignettes were all it took to grab the audience's attention. Among the only props used were long strips of cloth to represent female characters and sock puppets to represent a different role.

To avoid confusion, each of the actors had a ring which produced the sounds of a bell. As they switched roles, they would press the ring indicating a character change. It was more of a novelty rather than just a performance. Well, nobody complained, as all were entertained.

**Khaleeja**

## Lifestyle

# A Wedding in H(e)laven

We grow up knowing we will get married one day. Some may have already planned their dream wedding right to the last detail. An ideal spot for such a wedding here in Ipoh is at The Haven Resort Hotel and Residences, Tambun.

On Saturday, October 22, media representatives, along with guests from Singapore, Kuala Lumpur and Penang, were invited to witness a wedding showcase at the resort. The show began at 7.30pm.

It was organised by the Spellbound Group from Singapore, which specialises in international weddings and social parties. Chief Executive Officer of Haven, Peter Chan too was present to share the moment.

"We're not just promoting Haven as a wedding spot, instead we're promoting it as a destination. With direct flights from Singapore, Haven is an ideal place to get some time off for a good respite," said general manager, Jimmy Yeo.

The setup was purpose-made for a dinner reception for 50 guests. The recreation area of the resort was prepared for the occasion with candles and fresh flowers on all tables. With the iconic Rockhaven, a 14-storey-high rock pillar hovering in the background, the setting was impeccable.

The Havenly Garden Wedding Package costs RM12,888+ for 50 pax, and RM128+ per additional pax. Besides the garden and wet weather venue rental, the package includes:

### Accommodation

One night's stay at the Lakeview Bridal Suite, inclusive of breakfast for two.

One unit of 2+1 Bedroom Lakeview Family Suite, inclusive of breakfast for five.



### Food and Beverage

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**Khaleeja**

## Education

# KinderJoy's 20th Graduation Concert



Tadika KinderJoy organised its 20th Graduation Concert on Saturday, October 15 at Dewan Leong Wan Chin in Perak Girls' School, Ipoh. It started at 3pm.

A total of a hundred parents and guardians attended to witness their children graduating from preschool. The graduation certificates were awarded by the Perak Education Department Head of Special and Private Education Sector, Aznan Haji Alias.

KinderJoy has a total number of 96 students, divided into five classes, which are named Donald Duck, Aladdin, Bambi, Tweetie and Garfield.

Apart from that, 18 former students were awarded the "High Achiever Award" for their dedication in co-curricular activities and excellence in academics.

"KinderJoy is committed to providing care and education in a safe, healthy and responsive environment. They have a team of professionally trained, dedicated and caring teachers to help the children learn to play, work and live in unison," said Aznan.

He stated that KinderJoy has gained the Perak Education Department's recognition as a Model Kindergarten and deserves to be looked up to in every aspect.

"It would have been impossible without the parents' support and cooperation. I believe that each of you have chosen the right path and I assure you that your children are in good hands," he continued.

Upon ending the ceremony, a performance entitled "Our Happy Days Through the Years" was presented by the children. They were dressed in colourful costumes, bringing smiles to their family, teachers and everyone present.

**Luqman Hakim**



## Tourism

# VPY 2017: Exciting Times Ahead



In view of the upcoming Visit Perak Year 2017 (VPY 2017), visitors are in for a treat with the following promotions and activities.

The state government, via Tourism Perak, is organising a competition with emphasis on social responsibility. Named “My Perak Green & Clean Campaign”, the contest is divided into three categories namely, local authorities, private (hotels, restaurants etc) and public best (Instagram, Facebook, YouTube and blog). To be held for a month beginning October 25 till November 25, all submitted pictures and videos (maximum 60 seconds) must be taken within the state with cleanliness, vibrancy, creativity and beauty as the themes.

Participation is free. There is no limit to number of entries sent. For the public category, contestants just need to include the hashtag #celebratingvisitperakear2017 when posting online on the aforementioned media platforms. For other categories, participation forms

can be downloaded from the Tourism Perak Facebook page. Completed forms must be sent to Tourism Perak office at No. 22, Jalan Teh Hawa, 30300 Ipoh, Perak.

Cash prizes of up to RM30,000 are earmarked for the local authorities category, RM5000 for the private sector and electronic gadgets for the public. Winners of each category will be announced during the New Year eve celebration. For further details, call Tourism Perak at **05 249 9966**.

In a separate press conference also by Tourism Perak, Dato’ Nolee Ashilin Mohammed Radzi, the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications together with the Pangkor Island Hotel and Resort Operators Association announced a 50 percent discount for selected hotels, resorts and chalets on the island for the nights of Sunday, November 13 and Monday, November 14.

Applicable to all types of rooms, the selected entities are Coral Bay Resort, Budget Beach Resort, Best Stay Hotel, Pangkor Waterfall Resort, Kejora Garden Resort, Sunset View Chalet, Puteri Bayu Resort, Pangkor Indah Resort, Nipah Guesthouse, Ombak Inn, Joe Fisherman Inn, Palma Beach Resort, Lyana Villa Chalet, The Island Hotel, Panvill Resort, MNY Hotel, Pangkor Sandy Beach Resort, Anjungan Beach Resort, Vikri Beach Resort, Mizam Beach Resort and Pangkor Rimba Kem. For instance, the low season rate of Best Stay Hotel will be reduced from RM100 to RM50 for the two nights.

“Being one of the tourism icons of the state, Pangkor Island receives no less than 300,000 tourists annually, 80 percent of whom are domestic travellers,” said Ibrahim Seddiqi, the director of Tourism Malaysia (Perak).

Present at the press conference held on Tuesday, October 25 were Mohamad Kamil Shafie, the chairman of Tourism Perak Management Berhad, Zuraida Majid, the newly-appointed CEO of Tourism Perak Management Berhad and Raghu Sreedharan, president of Pangkor Island Hotel and Resort Operators Association

Dato’ Nolee deliberated on the 7th Pulara Festival (International Poetry and Folksong Festival), to be held for four days from Thursday, December 8 at Pangkor. It will feature both foreign and local orators. One of the highlights of the annual festival is free food sampling at Arena Square on the final day.

The Pangkor Gallery, according to Nolee, is currently being upgraded for the occasion.

**Mei Kuan**

## Sport

# Jelajah Teams Visit Ipoh

Ipoh became the first pit stop for Malaysia’s oldest cycling race, Jelajah Malaysia 2016, a week-long contest that saw Iranian cyclist, Emami Rahim from Pishgaman Giant Team win the first leg of the race leaving two riders from 7 Eleven-Sava RBP Team, Lim Rustom and Nieto Edgar Nohales, as second and second runner-up.

The race that began on October 18 at Dataran Merdeka, Kuala Lumpur and ended at Ipoh, was the first out of five stages and also the longest race of them all, covering a grueling distance of 206.5km. It took Emami four hours, 44 minutes and five seconds; 18 seconds ahead from the runner-up. Malaysia’s rider, Nur Amirul Fakhruddin from Terengganu Cycling Team won fourth place after finishing the race (+1:13 seconds later than the winner).

The race which began on October 18 and ending on Oct 22, was attended by 120 riders from 20 teams who cycled up to 756.9km to vie for the five jerseys: Yellow (Overall winner), Blue (Sprint), Red Polka Dot (Kings of Mountains; KOM), Red (Malaysia) and White (Under-23).

Soon after the first stage, riders continued their race from Sungai Siput to Cameron Highlands where Pishgaman Giant Team secured the first three placings on October 19. The third leg took place on October 20 from Gua Musang to Pasir Puteh which saw Malaysian’s Mohd Harif Saleh from Terengganu Cycling Team win first place, while Muhamad Zawawi from NSC Mycron grabbed first place at the fourth stage at Machang to Gong Badak on October 21. The last stage which was from Kemaman to Kuala Terengganu saw Park Sung Baek from KSPO finishing first.

When the race ended at Terengganu, Pishgaman Giant Team won the best team and secured all three yellow jerseys. Nik Mohamad Azman Zulkifli from NSC Mycron won first-place in the Best Malaysia Rider alongside with Nur Amirul Fakhruddin (Terengganu Cycling Team) and Muhamad Zawawi Azman (NSC Mycron).

**Ili Aqilah**



# Perak International Sixes

Perak Cricket Association organised the third edition of the Perak International Sixes from Friday October 21 to Sunday, October 23. The game was held at the Ipoh Padang cricket pitch. Three teams from India, two from Sri Lanka and ten from Malaysia participated. All teams paid a fee to partake in the tournament – RM1500 for foreigners and RM1000 for locals.

The Freddy Ferguson Trophy was basically a dedicated tournament for cricket teams in Perak. However, beginning 2014 a change in format was instituted to enhance the scope of the competition. It became an annual tournament where some 12 to 16 local and international teams compete for mastery of the game here in Ipoh. The new format has gained not only acceptance but recognition too.

A dinner to entertain officials and participants was held at Royal Ipoh Club on Saturday October 22. President of the Malaysian Cricket Association, Mahinda Vallipuram was in attendance.

“Every year we recognise a local cricketer who has brought life to the game. In 2014, we had two and 2015 we had three. This year, we honour the late R. Letchumanan from Tanjung Rambutan,” said Mohammed Iqbal Ali, President of Perak Cricket Association.

Letchumanan was instrumental in instilling an interest in cricket among Tanjung Rambutan folks. He was the person responsible for producing a number of talented players who represented Perak and then Malaya in the 1920s and 1930s.

South Smashers ‘B’ from India was the overall champion beating Sri Lankan Army ‘B’ from Sri Lanka. In the first inning, South Smashers batted first and scored 64 runs in 5 overs. In the second inning, Sri Lanka Army scored 60 runs in 5 overs. The Sri Lankan team won by four wickets. The Royal Ipoh Club team was beaten by the Lanka Lions in the quarter-final.

“Malaysia is currently ranked 23rd in the world. I hope we’ll be in the top 20 or perhaps top 15 soon. We have the potential,” said Iqbal to Ipoh Echo.

Perak, incidentally, is the most active state in cricket and the standard of the game among its players is rising. Some 31 schools in the state have cricket as part of their sporting curriculum.

Readers keen on taking up the sport, especially those below 12 years old, can report at Ipoh Padang every Saturday at 9am for training. The Perak Cricket Junior Development programme is underway. Call SSM Andy at **016 542 7977** for details.

**Khaleeja**





## Education

# Ipoh Student Shines at Footwear Competition

It was undoubtedly a marvellous Monday for Carina Khong Dewar Manohar, the 1st Runner-Up, and her three friends, Chong Chee Yong, Jess Tang Lai Wah and Jane Thun Chooi Tien, who successfully made it to the "Top 20 Shoes Design" category at the MALAYSIA FOOTWEAR DESIGN COMPETITION (MFDC) 2016. The winners, hailing from the School of Art & Design, Sunway College Ipoh, have been selected to participate in the International Shoe Design Competition 2017 in Guangzhou, China in May 2017.

The Perak Footwear Industry Association took pride in organising the 9th Malaysia Footwear Design Competition 2016 which was held at Kinta Riverfront Hotel & Suites. The objective of the competition was to nurture the future generation of Malaysian footwear designers so that they will be able to elevate the industry to whole new heights. Seven out of 16 participants from the School of Art & Design, Sunway College Ipoh were selected to showcase their designs in the final stage.

These diligent young designers invested a couple of months to plan and design their awe-inspiring footwear. Carina, Chee Yong and Jess were overjoyed when announced as the Top Six Winners under the "Men Shoes Design" category whereas their friend, Jane was selected from the "Women Shoes Design" category.

The winners were commended by Puan Adawiah Norli, the Principal of Sunway College Ipoh, who was also present at the MFDC 2016 final judging to show support to the participants. She later extended her best wishes to the selected winners who will be competing in the International Shoe Design Competition 2017. The next Jimmy Choo is in the making, perhaps?



## 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.

## Response to Redshirts Provides Hope

The recent Malaysiakini video recording of a mob of Sungai Besar Umno chief Jamal Md Yunos's Red Shirts surrounding a defenceless Bersih supporter in Sabak Bernam, pelting him with eggs and kicking him down from his motorcycle, has received close to 400,000 views and over 1000 comments.

This, I think, may just be the incident which will bring out the true character and nature of the Malays in the country, who during my time I knew my Malay friends as "nature's gentlemen".

We can see from the Malay response to the incident that many in the community are waking up and want no more of the "samseng" Red Shirts.

One Malay reader was so disgusted by what happened. He wrote the following:

"when the jamal fella doing press conference in toilets and the red shirts kicking poor defenceless people in the back, who looks worse? I remember the interview with the makcik felda from last year who said she was just offered a free trip to kl, and had no idea what the red shit movement was about. So sad. Felt sorry for her."

Not only have the Malays condemned this band of paid hooligans but they have also criticised the police for their inaction. This angry mass response of Malays appears to have jolted the Inspector-General of Police, Khalid Abu Bakar, into taking some action against this band of UMNO members who probably have been paid quite a bit to ensure their participation in harassing the Bersih convoy. Let's see the IGP's response.

Malaysians applaud PAS vice president Idris Ahmad who said the assault was "barbaric" and backward. "We are in the new millennium. We can no longer practise politics like we did in the 1960s or be barbarians. Match argument against argument, programme against programme. Not meeting convoys with side kicks," he said in Harakah Daily.

Strangely or not is the complete silence on PAS President Abdul Hadi Awang. Hadi is president of the largest Islamic party in the country and second largest Malay party.

I hope his PAS colleagues can speak to him about the importance of honesty and integrity and about the need for him to lecture Jamal and his Red Shirts on the punishment that they will receive once hudud law comes into effect in Malaysia!

Perhaps Hadi is waiting for November 19 to make his maiden pronouncement on the Red Thugs who are disgracing the Malays and Islam. Jamal has also posted the following seditious threat in his Facebook account:

"I promise the May 13 tragedy will repeat along with flying parang if Bersih 5 is held at the time, date and place as planned on Nov 19. Long live Malays!"

While ordinary Malays have rejected and condemned the Red Shirts, we have yet to get a strong, unambiguous and no-nonsense response from UMNO leaders.

Malaysians, however, are still awaiting a statement from UMNO President, Najib Razak on Jamal and the Red Shirts.

Koon Yew Yin

## Neighbour's House Abandoned

I am writing this email in the hopes that someone could give us a solution to our problem.

The house at the back of our house is abandoned and the whereabouts of the owner is unknown for sometime. We have made many complaints to MBI on the overgrown bushes and trees over the years. MBI has come a couple of times to trim the bushes and trees but recently stopped doing it and instead started to issue notices to the owner.

We have encountered many snakes encroaching into our houses due to this condition in our neighbour's house. Cobras come inside our houses and need to be chased away at our own risks.

The address of the house is No. 121 Lorong Kilat, Taman Grand Silibin, 30100 Ipoh.

Sanjeev Kumar A/L Krishnan

*Editor's note: The writer has also sent us a screenshot of the complaints made to MBI.*



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