

**SUNWAY**  
COLLEGE Ipoh  
**OPEN DAY**  
17 & 18 DECEMBER 2016  
10.00 am - 4.00 pm

Open on Workdays & Weekends (throughout December 2016)  
Mondays - Fridays 8.30 am - 5.30 pm  
Saturdays & selected Sundays 10.00 am - 4.00 pm

☎ 05.545.4398 f SunwayCollegeIpoh sunway.edu.my/ipoh  
infoipoh@sunway.edu.my @sunwaycol\_ipoh sunwaycollegeipoh

www.ipohecho.com.my

# IPOHecho

FREE COPY

Your Voice In The Community Since 2006

Nov 16 - 30, 2016

PP 14252/10/2012(031136)

30 SEN FOR DELIVERY TO YOUR DOORSTEP -  
ASK YOUR NEWSVENDOR

ISSUE **247**

100,000 print readers ★ 1,399,972 online hits in October (verifiable)

# Saving Perak's Forests

• By Khaleeja Suhaimi & Ili Aqilah

The once pristine and "impregnable" tropical jungles of Perak are slowly but surely dwindling in size and numbers. These wooded areas, stretching from Belum in the north to Tanjong Malim in the south, are a God-given treasure to Perakeans to behold. They are homes to the some of the country's endemic flora and fauna.

However, due to human encroachment and insatiable greed these forests are being systematically destroyed on a horrendous scale. And unless there is a will to arrest the decline we will lose this treasure for good.

*Continued on page 2*



Teluk Senangin



Encroachment in Teluk Senangin



Encroachment in Teluk Muroh

**KPJ IPH FEMTO LASIK Extra**

**FEMTO LASER TO CORRECT MYOPIA, HYPERMETROPIA, ASTIGMATISM AND PRESBYOPIA**

Myopia Up To -14.00D Power  
Astigmatism Up to -4.00D Power

**100 % Bladeless Laser Eye Surgery**

from **RM 2750** per eye

**FREE** LASIK Screening For Fit Candidate, 5 X Follow Up, 0 % For Easy Payment Scheme

Nett Price Including:  
ISH Femto Lasik Centre  
26, Jalan Raja Dihilir, 30350 Ipoh, Perak.  
Tel: 05-240 8777 ext : 8530 / 05-254 4388 (Direct Line)  
Email: lasik\_ish@yahoo.com / ishfemtolasik@gmail.com

**Adris jewellers**

**YEAR END SALE**

Time : 10.30am - 6.00pm  
Date : 11 Nov - 10 Dec 2016  
(open on Sundays during Sale)

Special price mark downs on GIA certified Diamonds & selected jewellery.

12D, Persiaran Greentown 1, Greentown Business Centre, 30450 Ipoh, Perak Darul Ridzuan, Malaysia. | Website : www.adris.com.my | Contact : 05 - 254 0984 , 05 - 241 4992

# Inculcate awareness of sustainable and clean environment in public mind

Last year the Malaysian Anti-Corruption Commission and the Forestry Department conducted a joint-operation to assess the extent of illegal logging in the Temenggor region. The authorities, including Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir, were shocked by the outcome. They discovered three hidden spots where stolen logs were stored for disposal.

According to a 2015 report on illegal logging in Malaysia by London-based institute, Chatham House, our anti-corruption commission has been working hard to stop the carnage. It includes negotiating a Voluntary Partnership Agreement, a legally-binding trade agreement between European Union (EU) and timber-producing countries outside the Union, initiated in 2007. It is, however, difficult to stop the illicit practice due to the high demand for tropical hardwood and its by-products worldwide.



*Encroachment in Teluk Senangin*

## Destroying Jungles and Animal Habitats

Not only do jungles suffer from deforestation, human activities impact the ecological systems. Tracks and trails made to extract timber cause water levels to subside and catchment areas to disappear. Unmitigated human activities not only destroy the jungles but animal habitations as well.

A case in point is the Belum Forest Reserve above the East-West Highway. This thickly wooded area was virtually untouched until the signing of the peace accord between our security forces and the outlawed Malayan Communist Party in December 1989. Following the momentous event that saw the end of communist terrorism in Peninsular Malaysia, the floodgate was opened. Once opened it is difficult to close.

Today the Belum forest is no longer what it was before. Where tigers, deer and tapirs once roamed these wild animals are no longer seen or spotted. The rivers and streams in the area were stocked with freshwater fish such as *kelah*, *tengas*, *patin*, *baung* and *seberau*. Today the same streams and rivers are empty. Poaching for the much-valued kayu garharu (agarwood) is also a contributing factor.

One pertinent question now remains. How much longer must our trees and animals suffer? Ipoh Echo sends its team out to source for answers. And this is what we found.

## What is Illegal Logging?

Illegal logging is a term that is difficult to prove. As the activity is rather widespread, the right term to use is "encroachment". There are two types of encroachment, one is selective while the other is converting forest reserves into lands for agriculture and housing.

These activities have been going on for a while in Perak but they are not an issue, as they are considered legal insofar as policies and laws are concerned. To find out more, our team interviewed two staunch environmentalists. They are Hafizuddin Nasaruddin the president of Persatuan Aktivis Sahabat Alam (KUASA) and Mat Saman Kati an old hand with non-governmental organisations dealing with the environment.

"Isn't this odd? My suggestions to the Perak State Forestry Department for the establishment of plant nurseries are summarily dismissed while applications for logging are approved within two weeks," said Hafizudin.

Mat Saman's involvement began with Vale Malaysia Minerals Sdn Bhd's jetty project in Lumut. It started with two nature-lovers who were monitoring developments



*Teluk Senangin encroachment*



*Encroachment in Teluk Muroh*

within Perak's forested regions. While hiking in Teluk Rubiah, Lumut one day the duo was stopped from entering the area, a golf course owned by the naval base nearby. They later found out that the land had been sold to Vale, a tin-ore producing conglomerate based in Brazil.

It was too late for KUASA to say anything, as an agreement between the state government and Brazilian company had been duly signed. They initiated a "Save Teluk Rubiah" campaign instead to create public awareness despite knowing it would not matter much. People will only take notice when something bad happens. When the area was developed accidents did occur and the public's attention was diverted.

"Our approach at that time was rather radical, we refused to negotiate. We worked with Sahabat Alam Malaysia (SAM) who did the negotiating," said Mat Saman.

KUASA, an environmental non-governmental organisation, was formed in 2012 and is based in Manjung. There were many environmental issues to contend with. They held seminars and roadshows in the district but response was poor.

## Why Does Encroachment Occur?

Encroachments in Teluk Muroh and Segari in Lumut started in 2011. The proposed steel factory and a liquefied natural gas plant would affect the turtle sanctuary nearby.

RM4.2 billion was invested in the projects. Incidentally, an area within the Bukit Merah forest reserve near Papan has been earmarked for a goat farm. They fear Rotavirus, a contagious disease which affects children would spread if these projects were to proceed. Unhygienic conditions are the causes for the proliferation of these viruses.

Big-time contractors and farmers would burn or leave logs to rot so as not to get into trouble with the Forestry Department. Some would resort to the primitive slash and burn method of land clearing for cultivation, as seen in Cameron Highlands.

According to provisions by United Nations, every member country must have at least 50 per cent of its land covered with trees. However, in the Malaysian context, oil palm and rubber plantations are considered as forests.

Thus Malaysia has an aggregate area of about 68 per cent covered with wood when in actual fact less than 40 per cent are forested.

Mat Saman and Hafizudin stressed the importance of the UN classification and the need to redefine it. The state government insists that lands need to be cleared for housing and developments. That is the underlying reason for opening up lands, therefore, forest reserves are fair game.

"What about empty lands or places without forests? Why can't they develop them instead?" asked Hafizudin.



*Mat Saman Kati*

*Hafizudin Nasarudin*



*Teluk Senangin*

IPOHecho

From the Editor's Desk  
By Fathol Zaman Bukhari

The saying, "desperate times call for desperate measures" is not without substance. People in desperation would react differently to overcome their problems. The problems are myriad and differ with people. Loss of pride may also force some to do the unthinkable.

In times of economic uncertainty, when day-to-day living becomes difficult, a seemingly simple problem may send some over the edge. And if it means taking one's life as a way out, so be it.

This was what happened to Mohd Shukri Saad (pic left), 38, a petty trader from Tasek Gelugor, Butterworth who was caught selling contraband cigarettes. He was charged and was supposed to appear at the Seberang Perai court on Wednesday, October 26 for sentencing. Fearing imprisonment and a loss of face, Shukri skipped the trial and ended his life by jumping from the Sultan Abdul Halim Muadzam Bridge, Penang's second bridge. His body was recovered the following day, Thursday, October 27.

What was most disturbing was the message he left on his Facebook account written in Malay. It is a sad reflection of life in the country following the introduction of GST and the recent hike in petrol and cooking oil prices. This was what he wrote:

"Ya, aku mengaku perkara ini salah....tapi hukumannya tak setimpal dengan pengarah yang mencuri jutaan ringgit tetapi kemudiannya dibebaskan dengan jaminan". (I admit that my act is deplorable but it's nothing compared to the director who stole millions but was freed on bail).

He went on to say: "Celaka punya pimpinan kerajaan sekarang...berniaga kedai runcit kampung je bukan untung besar margin cukup nipis dibebani dengan cukai GST lagi. Memang kerajaan sekarang zalim". (Our current leaders are demons. I am just a small-time trader my profit margin is small and is burdened by taxes such as GST. The government is cruel).

The object of Shukri's displeasure was obvious. The "pengarah" he referred to was Gen (Rtd) Tan Sri Aziz Zainal, chairman of Bank Rakyat who is being indicted for CBT (criminal breach of trust) amounting to RM15 million (Ipoh Echo editorial Issue 243).

Islam forbids its followers to commit suicide. It is considered sinful. But Shukri felt otherwise. He deemed it fit to end his miserable life by throwing himself off the

# IN MEMORIAM

Islam forbids its followers to commit suicide. It is considered sinful. But Shukri felt otherwise...



Image sourced from Google

longest bridge in South East Asia. Does it sound ironic? Or perhaps the fate of the working class has become irrelevant to our leaders.

The high cost of living has impacted Malaysians in no small way. *Roti canai, nasi lemak, mee rebus, kway teow goreng, kopi and teh tarik*, staple foods of most Malaysians, cost much more today than a year ago. A family treat for four at "Hollywood" or "Vegas", two popular food courts in Ipoh can be an expensive affair, as prices have gone up

by almost 20 per cent following the recent hike in cooking oil price.

## A More Peaceful Passing

On Deepavali Day, Saturday, October 29 I received a rather distressing call from Ipoh Club saying that my good friend, Rajeindram Suppiah, had passed away. Rajeindram or Raj was the nephew of lawyer cum hotelier, G. Sivapragasam, co-founder of Ipoh Echo. This rather unassuming but affable gentleman volunteered to distribute Ipoh Echo and provide counselling, *pro bono*. That was in 2005 when we just got started while based at Syeun Hotel, Ipoh.

Raj was prepared to walk the extra mile to help his friends. Ipoh Club members can attest to that. His forte was in human resources management for he had been a *pukka* consultant. His fee was minimal, and at times was dispensed free in exchange for food and drinks. We were rather close that some in the club thought we were classmates. Incidentally, Raj was a Michaellean like many other Ipohites.

Rajeidram, 71, passed away peacefully while watching TV in his mother's house in Ipoh Garden on the morning of Deepavali. I had called him earlier to extend my greetings but received no answer. His body was cremated on Monday, October 31 at the Bercham crematorium. Raj is survived by his Melbourne-based daughter and two grandkids.

Rest in peace, my dear friend. We will miss you.

## EYE HEALTH — PRESBYOPIA

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

Presbyopia is a gradual loss of eye accommodation. The remarkable ability of the eye to accommodate allows the eyes to view objects at different distances. When our eyes lose the ability of the eye to see objects at near distances, it is called presbyopia. This slow deterioration in accommodation occurs gradually starting usually from the age of 40 years. It may start at an earlier age in some people or later in some others. Metabolic diseases like diabetes mellitus may accelerate presbyopia to start earlier.

### SYMPTOMS

The inability to read near print is the first to occur which means one will have difficulty in reading the newspapers, books or magazines. When it first starts, most people unknowingly hold the reading material at arm's length in comparison to the usual 14-16 cms. Those who thread needles often notice the onset of presbyopia early for obvious reasons.

### PRESBYOPIA CORRECTION

The commonest correction is a pair of readers or near reading glasses. It is not uncommon for people to purchase the readers at a pharmacy or a store without a prescription. This is fine in most cases. If you are short-sighted to start with, and if you do not mind having to remove your short-sighted correcting spectacles to read near print, that is fine too. However, if you do not fancy the hassle of having to keep removing your short-sighted correcting spectacles to read near print, then you would need to get bifocals or multifocal spectacles.

Short-sighted individuals comfortable with contact lenses may consider multifocal contact lenses. There is also the option of Monovision correction where only one is given a prescription for distance and the other eye under-corrected so that it is used for near reading. The preference is usually personal. While some individuals adapt to this well, others are unable to tolerate it.

Surgical options include a procedure called Conductive Keratoplasty which uses radio waves to treat the cornea. Here again, the procedure is only on one eye. However, the procedure often compromises distant vision. Presbylasik using the excimer laser is the other option to create a multifocal surface on the cornea, but this has limitations and has not been perfected fully. LASIK is the other option but again here, the option is to create monovision. One eye is corrected fully for distance while the other eye is under-corrected to allow for near vision reading. Cataract patients undergoing eye surgery can opt for either multifocal intraocular lenses or opt for the same principle as a monovision correction where one intraocular lens implant is corrected for distance and the other under-corrected for near reading.

Under-correction in all of the above descriptions, mean that distance vision is partly compromised to allow for the eye to see near clearly. The visual expectations and requirements vary from individual to individual and so whatever decisions taken to get your presbyopia treated are personal.



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



# TURNING PASSION INTO OPPORTUNITY

Eye Level  
I am the key.

Dream to be an entrepreneur with passion for children and education

Franchise Available!

016 2622 767

eyelevelfranchise.com

MATH  
ENGLISH  
HAPPY TALK  
PLAY MATH  
CHINESE

Financial assistance available

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

## PUBLISHER

Ipo Echo Sdn Bhd  
(Regd No 687483 T)

A-G-1, No. 1 Persiaran  
Greentown 2, Greentown  
Business Centre, 30450  
Ipoh Perak Darul Ridzuan.  
Tel: (605) 249 5936  
Fax: (605) 255 2181  
Email: [editorial@ipohecho.com.my](mailto:editorial@ipohecho.com.my)

## EDITORIAL

Fathol Zaman Bukhari  
G. Sivapragasam

## GRAPHIC DESIGN

Rosli Mansor Ahd Razali  
Luqman Hakim Md Radzi

## MARKETING &amp; DISTRIBUTION MANAGER

Deanna Lim

## REPORTERS

Ili Aqilah Yus Amirul  
Tan Mei Kuan  
Khaleeja Suhaimi

## PERMISSION AND RE-PRINTS

Materials in Ipoh Echo may not be reproduced in any form without the written permission of the publisher.

## PRINTER

Ultimate Print Sdn. Bhd.,  
Lot 2, Jalan Sepana 15/3,  
Off Persiaran Selangor,  
Seksyen 15, 40200 Shah Alam, Selangor.

## USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):

05 2451 072 (CCC)  
05 2451 222 (Operator)  
999 (emergency)

Ipoh General Hospital:  
05-208 5000

Ipoh Ambulance:

05-522 2506  
993 (emergency)

Ipoh Fire Brigade

05-547 4444/994  
(emergency)

Perak Immigration Dept  
05-5017100

Perak Water Board  
05-254 6161

Ipoh City Council  
Hotline: 05-255 1515

General: 05-208 3333

Perak Anti-Corruption  
Agency: 05-526 7000

State Secretariat  
05-253 1957

Railway Station  
05-254 7910

Airport: 05-318 8202  
Registration Department

05-528 8805

Tenaga Nasional Berhad  
05-208 8000

Lembaga Air Perak  
1800-88-7788

Directory Service: 103  
Perak Women for Women Society

05-546 9715 (office)

AA Ipoh  
019-574 3572

017-350 8361

## To Advertise

IPoHecho



05-2495936  
Deanna Lim

016 501 7339

## A Record-breaking Sofa, or a Record-breaking Waste of Time?

In the last week of October, a Sarawak firm was thrilled to cook the largest bowl of Sarawak laksa. The organisers used around 100kg of Sarawak laksa paste, 225kg of rice noodles, 90kg of prawns, 1008 eggs, 90kg of bean sprouts and 80kg of chicken.

Ironically, the organisers probably achieved a record for the most insults on social media for their futile publicity-seeking-record-chasing exercise. After all the effort at a local Kuching shopping mall, which involved celebrity chef Wan, the super-sized dish, which would have amounted to around 1500 servings, had to be ditched.

The odour from the dish was making people retch and there was a chance that people who ate the food would get food poisoning. So much for publicising Sarawak laksa. Food poisoning is the last thing that Sarawakians want to be associated with their famous dish.

In September, Malaysia's longest sofa was put on display, for a few days, at the Aeon Klebang shopping complex, for Ipohites to admire and try.

At 52.5 metres long, the sofa was registered as the longest sofa in Malaysia, and it successfully entered the Malaysian Book of Records. It had taken six months to complete and after being displayed for a few days in Ipoh, was taken on a tour of Malaysia.

The report said that the denim used to cover the sofa had been donated by 1000 people, who took part in the programme.

According to the Malaysia Creative Sewing Art Association (PSJK) coordinator, Asmassura Tokiman, 40 inmates of the Seberang Perai prison also had a hand in creating the sofa. The programme was called "Be Part of the Breakthrough and Make Someone's Dreams Come True". The project was a joint effort with the Epal Handicraft Training Centre.

Asmassura said, "Among those who joined the initiative included civil servants, NGO members, as well as schoolchildren. They also donated their pre-loved jeans to make the longest sofa, which can seat up to 140 adults."

Their objective was to create more opportunities for the public to donate items, including used objects.

Some Ipohites have voiced their criticism. One graduate, who has just returned from overseas said, "I cannot understand the Malaysian penchant for the greatest this, the heaviest that, the longest whatever and the smallest heaven-knows-what! What is the purpose of the exercise? After the longest sofa, or biggest Sarawak laksa, is made, then what?"

"Do we wait for the next pointless record breaking



feat? When I was studying, I used to work as a volunteer at a charity shop. People would donate their still good, but unwanted items for the shop to sell to the public.

"Apart from the manager who is a salaried worker, the shop is manned by volunteers. The proceeds can then be donated to a deserving charity."

Another person said, "Instead of this gimmicky stunt, why not get people to donate their time, to help at a used clothes collection centre. People leave their clothes for distribution to the needy, an orphanage, or to a flood relief centre."

"Volunteers help to sort out the usable clothes from the damaged ones. Naturally, someone, or some organisation would have to create a collection centre."

One housewife was opposed to the idea of donating clothes and said, "The last time I collected unused second-hand clothes, for a jumble sale, people gave their torn, smelly and dirty clothing."

"The used clothing was not fit for sale or to be given away. I think these people were too lazy to get rid of their worn clothes, and just dumped them with me."

"I would rather people donated their time, to visit prisons, or an old folks home where they could comfort the elderly, many of whom have been abandoned. Alternatively, they can help at an orphanage. "I would not want to be known as a pointless, record-breaking, publicity seeker."

Source: <http://www.nst.com.my/news/2016/09/176140/get-comfy-malaysias-longest-sofa-ipoh>

## Dr Saravana K.

Consultant Physician, Gastroenterologist & Hepatologist

## Digestive Health

## Gastrointestinal Bleed Part 2

Bleeding from the first part of the small intestine (duodenum)

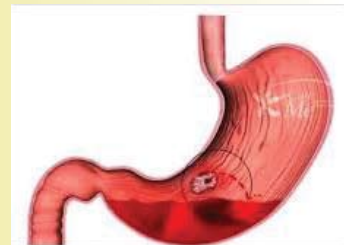
Causes include:

- **Duodenal ulcer.** An ulcer may bleed, sometimes heavily. Like stomach ulcers, a duodenal ulcer is usually caused by an infection with the bacteria called *H. pylori*. This can usually be treated quite easily. Anti-inflammatory medicines and aspirin, which are common causes of stomach ulcers, are uncommon causes of duodenal ulcers.
- **Inflammation of the duodenum lining** (duodenitis) has similar causes to duodenal ulcers.

## Rare causes from any part of the upper gut

Include:

- Radiation poisoning.
- Uncommon infections of the gut.
- Injury.
- No cause identified. Even after tests, in some cases the cause cannot be found.



## Bleeding which has not come from the gut

Sometimes when blood is vomited, it has not come from the gut. For example, if you have had a nosebleed and then swallowed the blood, you may vomit blood. Also sometimes it can be difficult to tell whether the blood has been vomited up from the gut, or coughed up.

## What tests may be needed?

Your doctor is likely to ask various questions about the nature of the bleeding and ask if you have any other symptoms. He or she will also examine you.

The doctor will try to find out if this blood is truly coming from the upper gut. Sometimes it is difficult to be sure. Sometimes it can be difficult to say if the blood is:

- Haemoptysis – that is, if the blood is coughed up, not vomited up.
- Coming from somewhere in your mouth or nose that tracks to the back of your throat, which you then swallow and vomit back up. For example, from a nosebleed.

The doctor will also try to make a judgement about how much blood you have lost and how serious this is. They will be able to tell this from what you tell them and also by checking your pulse and blood pressure.

If it is clear that the blood is coming from the upper gut, tests are usually done to identify the cause.

## Blood tests

Blood tests will usually be done to assess your general situation. For example, how much blood you have lost, and if you need intravenous fluid or a blood transfusion to counter any large amount of blood loss. Also, blood tests may help to assess your liver function if you have 'scarring' of the liver (cirrhosis), or to help diagnose or assess other causes of the bleeding.

## Gastroscopy

A gastroscopy (endoscopy) is an internal examination. A thin, flexible telescope is passed down the gullet (oesophagus) into the stomach and to the upper duodenum. The cause of the bleeding can often be identified by endoscopy.

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

## Han Chin Pet Soo

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



## ON IPOH FOOD

By SeeFoon Chan-Koppen

seefoon@ipohecho.com.my

Pics by Datin Siew Phaik



# SeeFoon explores Bercham and turns up Trumps (excuse the intended pun)

I am often asked how I find all these places I write about and the only answer I can give is that I'm blessed with good friends. Not only good friends but *Foodie* friends. Friends who take me to places I could never discover by myself. Like Dato' Daniel Tay and his wife Datin Siew Phaik.

Choy Delicious is a small, unpretentious fan-cooled restaurant serving some wildly delicious dishes. Ah Yoke who 'mans' the front of the house and her husband Chan Keat Choy, whose culinary skills were honed in Singapore for more than 10 years, serve up typical Chinese 'Tai Chau' dishes but like every good chef, adds his own inimitable style to turn a dish from mediocre to superlative.

Like the **Chicken with lotus pod**, chicken chunks mixed with crispy fried lotus pod slices, whole garlic pips, onions and coated with a thick mildly sweet sauce, was so good that we promptly ordered another portion – **RM20**.

Another unusual dish was the **Sizzling Bangkok prawns**, large very fresh 'Meng Har' pan fried and served on a sizzling platter with a bed of pandan leaves wafting its fragrance and permeating the prawns – **RM30**.

One of their signature dishes is the **Sek Pan Yu Tao Woh** or Garoupa Fish Head Steamboat. What I liked was their service, in an old-fashioned hot pot tureen with charcoal underneath rather than the dangerous one with the gas canister. This was *Tong Hou* or Garland Chrysanthemum leaves, *Bak Choy* and fish head chunks or if fish head is not your fancy, fish chunks, swimming in a delectable broth (I had no MSG reaction) that was seasoned to perfection. **Fish head: M/L RM40/50. Fish meat: daily price.**

Similarly delicious is their **Curry Fish Head** which was cooked with coconut milk instead of what appears to be ubiquitous these days – that dreadful evaporated milk – giving the gravy



that luscious, creamy 'coconutty' flavour and aroma complemented by curry leaves and other spices – **M/L RM45/55**.

Their **homemade Bean Curd** was deep fried and topped with a crunchy *Choy Po* (Chinese preserved radish or daikon) mince which contrasted nicely with the velvety smooth bean curd – **S/M/L RM8/12/15**. This was followed by very meaty **Spare Ribs** coated in a mildly sweet sauce and cooked to the right degree of tenderness – **S/M/L RM10/15/20**.

For their *creme deresistance*, their Indonesian crabs are done in many styles including the one I had to try, reminiscent of my days in Singapore where I grew to crave for them. This is **Black Pepper Crab**, a dish made popular in Singapore where this chef honed his skills. Ah Yoke was very honest and came to tell me that the crab she had kept for me was not as fresh as she would have liked it and that the meat had shrunk a tad (this happens to crabs when they have been kept alive for too many days...they shrink). That didn't mean that the crab was bad so I opted to try it anyway just to get a taste of the sauce; which on tasting, justified my risk. The crab was still fresh to my taste buds and yes it was true, the flesh had shrunk a bit but the sauce was everything I remember it to be in Singapore. Peppery, tangy, and 'finger-licking good' to quote a certain Colonel Sanders. **RM100 per kg** (about two smallish crabs). Worth going back for when they have new stock.

**Choy Delicious Seafood Restaurant** is tucked away in the bowels of Bercham. Once you've been there it's easy to find but some other friends had difficulty. So do use Waze or the GPS co-ordinates given here.

## Choy Delicious Seafood Restaurant

120 Lebuhraya Bercham Timur

Taman Bercham Sinar (East Eden)

Tel: Ah Yoke 012 482 2187 or 016 513 2213

GPS: E 101° 8' 11.0 N 4° 37' 46.9

Business hours: 5pm-10.30pm; Closed 3 days a month (call to check)

## Nosh News

## Cakchibow Cafe

It is hard not to recognise the rainbow-coloured shop lots at Jalan Sultan Iskandar or Hugh Low Street. Aside from Hello Elvis (featured in issue 229) there is another cafe known for its hefty meals and drinks, the Cakchibow Cafe.

Opened since December last year, Cakchibow is offering a wide selection of meals including their signature Grilled Chicken Chop (RM13) that comes together with black pepper sauce, salad with mint dressing and special curly fries (a spiral-cut fried potato served on a stick).

"I want to serve something that my team and I make from scratch. We make our own beef patties, meatballs, sauces and instead of using frozen fries, we opt to make our own kind of curly fries," said Adriz Faliq Abd Halim, the proud owner of Cakchibow Cafe. Their carbonara is particularly special as the cheese sauce is spicy, making it yumilicious.

Their special custom-made drinks are all priced at RM7; Carbomer (a mixture of apple, lemon, salt, basil, lychee and ice-cream soda), Paracetamol (Asam Boi, Mint, Salt, Lemon, Jelly and Ice Cream Soda), Ambroxol (Syrup, Lemongrass, Salt, Mint, Grass Jelly, 100 Plus and Ice Cream Soda) and Fluticasone (Pandan, Evaporated Milk, Grass Jelly, Basil, Lychee and Ice Cream Soda).



"Before Cakchibow was opened, this lot used to be a Chinese medical shop, selling herbs and other traditional medication. To honour the history, we decided to name few of our drinks with names of medicine," added Adriz.

The cafe also has a few dessert options such as Adila Hot Pan Cake (RM7), Idayu Chocolate Mug Cake (RM10), Caramel Peach Pudding (RM7), Adriz Puffy Scone (RM7) and customers' favourite, Eman Donut Ice Cream, a potato-based doughnut topped with a scoop of vanilla ice cream and garnished with cocoa powder – RM5.

Cakchibow Cafe opens every day except Thursday from 6pm to 1am and is located at 122 Jalan Sultan Iskandar, 30000 Ipoh. Readers can also visit their facebook page at [www.facebook.com/cakchibowcafe](http://www.facebook.com/cakchibowcafe), Instagram at [www.instagram.com/cakchibowcafe](http://www.instagram.com/cakchibowcafe), email at [cakchibowcafe@gmail.com](mailto:cakchibowcafe@gmail.com) or call them for reservations at **013 955 9550**.

By Ili Aqilah



... continued from page 2

### How to Prevent?

"What can we do?" Hafizudin lamented. "The only thing we can do is create awareness and educate people."

Logging can be done but with limitations. Sustainable logging is the answer. While one area is logged the barren area nearby is being progressively replanted. There are 17 mini hydroelectric projects throughout Perak and most of it are within forest reserves.

The clearing of land for logging or development should be overseen by three parties namely, the state government, NGOs with environmental knowledge and the people. For this to happen there is a need for a policy change which has to be done openly by all states, as land is a state responsibility.

"If all of us come to an agreement, then there wouldn't be a conflict. But for now, the only thing we can do is protest," said Hafizudin.

"Most of our timbers are exported to America and China where the demand is great. Why don't we use them locally and generate our economy instead of exporting?" Hafizudin reasoned.

Interestingly, a new development is taking place in Tanah Tinggi Kinta near Simpang Pulai. It will involve the clearing of another forest reserve. This is worrying but the lack of opposition is just too glaring. Could apathy be the cause? There are many inactive NGOs who show up when big issues are in the offing but disappear when the going gets tough.

The problem with the authorities is that they do not think in the long term. Short-term gains seem to be the mantra. However, it is good that the younger generation is



Encroachment: Teluk Muroh



Encroachment: Teluk Senangin

beginning to realise the benefits of a clean environment. As they immerse themselves in nature, they begin to appreciate its significance and take stock of their surroundings.

Topping KUASA's agenda presently is to start a camp to inculcate awareness in the public. If this gets going, their next project is to establish a school of environment. The reason is obvious – to make the teaching of sustainable and clean environment a fixture.

### When Will It Stop?

This famous Native American saying has much relevance: "When the last tree is cut down, the last fish eaten and the last stream poisoned, you will realise that you cannot eat money."

Does it ever dawn on us that the encroachment of our forests is nothing but a total destruction of nature? Although the need to develop is paramount, perhaps it is time to slow down the pace and leave Mother Nature alone.

Although the concrete jungle is what drives aspirations, trees and animals should remain the core ingredients not buildings.

Let us save the forests, including the people and animals who dwell in them.



iSpeak

A. Jeyaraj

## Parking Nightmare in Old Town

Parking is a problem throughout Ipoh including the suburbs. It has gone from bad, worse to acute in Old Town especially during weekends. Recently, a reader who came to Ipoh by electric train during a weekend wrote in NST "To my surprise, Old Town, which is just across the road from the famed colonial era train station, was a hive of activity. It was the middle of the month. There were local and foreign tourists all over Old Town."

After being listed in Lonely Planet as the 6th best city to visit, more tourists are coming to Ipoh and going to old town to see the vintage cafes, street art and taste the delicious food. The narrow Panglima Lane or Concubine Lane is congested with tourists and most of them need a place to park their vehicles.

Old Town consists of a small area and you can walk from one end to the other in about 15 minutes. It consists of three main parallel roads with side roads crisscrossing more or less at 90 degrees. The main entrance is through Little India and the roads around Standard Chartered Bank form the financial centre of Ipoh.

The buildings are compact with virtually no open space except for the Ipoh Padang which is at one end. With the introduction of one way traffic, manoeuvring around Old Town is not easy; one has to be familiar with the place.

During weekdays parking is a problem mainly due to customers going to the banks and food lovers converging along Jalan Bandar Timah or Leech Street. This street should aptly be named Food Street. The situation is aggravated during weekends. In addition to locals enjoying their regular breakfast, tourists from outstation come to Old Town, causing an influx of people into the area. Occasionally tourist buses are parked along the narrow roads causing traffic jams. The roads cannot cater for this. It is essential that tourist buses drop their passengers and park elsewhere. Lately more hawkers are doing business along the road sides. Weekend shoppers are causing traffic jams in Little India.

The roads are narrow and the situation is made worse by irresponsible motorists parking their vehicles indiscriminately. Since Sunday is a public holiday, enforcement officers do not go round summoning vehicles parked illegally. During implementation of the one-way traffic system, there were plans to build parking lots at strategic places, but this was not implemented. A multi storey car park can be built at the open space at the end of Jalan Tun Sambanthan.

I suggest that sections of Old Town be made car free on weekends so that tourists can walk around safely. Since the railway station is the gateway to Ipoh, covered walkways



should be built from the station to Old Town with proper signage to the tourist spots. If possible construct canopies over the roads to encourage people to walk under the shade like in Petaling Street in KL.

Another suggestion is to provide shuttle bus services at least during weekends, from the railway station and the old express bus terminus in Medan Kidd so that people can park their cars there and take the bus. Electric trishaws have

been introduced and they can ferry passengers from the station to Old Town; ensure the prices are reasonable to encourage tourists to use them.

People can park their cars further away and walk, which Malaysians do not like; they prefer to park right in front of the shop.

When I was working in Miri, shopkeepers used to tell the locals not to go shopping during weekends. The weekends were reserved for Bruneians to shop when prices were then hiked up. Maybe Ipohites should avoid this area during weekends.

I think these are some of the ways to ease the parking problem in Old Town. Immediate action must be taken to solve the problem. If the situation worsens, tourists may stop coming.

With Visit Perak 2017 descending on us very rapidly, it's time to put some of these suggestions into action.





**Like us on Facebook**  
Facebook : Ipoh Echo  
<https://www.facebook.com/IpohEcho>



**Follow us on Instagram**  
Instagram : ipohecho.my  
<https://instagram.com/ipohecho.my>



**FOLLOW US ON twitter**  
Twitter : ipohechomy  
<https://twitter.com/ipohechomy>

PERAK  
**aman**  
jaya

PERUMAHAN  
MAMPU-MILIK

# D'Aman

## RESIDENSI

@ BANDAR MERU RAYA

*pelaburan bijak milik anda*

480 UNIT | APARTMEN 15 TINGKAT

980 Kaki Persegi | 3 Bilik Tidur, 2 Bilik Mandi

**HAK MILIK KEKAL**

Pembiayaan  
**100%**  
oleh pihak bank\*  
kepada pembeli  
yang layak.

➤ **FASA 2C - DI BUKA SEKARANG!**

➤ **FASA 2B - 240 unit - Tinggal 30% sahaja!**

➤ **FASA 2A - HABIS!**

➤ **FASA 1 - HABIS!**

- Lokasi yang strategik.
- Bersebelahan dengan Taman Tema Animasi Antarabangsa (MAPS) yang pertama di Asia dan dijangka siap 2017.
- Komuniti berpagar & berpengawal 24 jam.
- Tempat letak kenderaan yang mencukupi.
- Dewan serbaguna.
- Surau.
- Modal pelaburan yang rendah.
- Peluang peningkatan nilai yang tinggi.

Pelan Lokasi

Gambaran Pelukis Sahaja

Pemaju : **D'AMAN RESIDENCES SDN BHD** (10990000-X)

Pejabat Jualan : 4 Jalan Meru Bestari B2, Medan Meru Bestari, 30020 Ipoh, Perak, MALAYSIA. Faks : 605-5252 999

Untuk keterangan lebih lanjut, sila hubungi

605-5299 880, 016-7950 005

• Emel : d.amanresidensi@gmail.com

No Lesen Pemaju: 13991-2/09-2016/0711(L) Tempoh Sah: 09/09/2016 hingga 08/09/2018 No Permit Iklan: 13991-2/09-2016/0711(P) Tempoh Sah: 09/09/2016 hingga 08/09/2018 Pajakan Tanah: Hakmilik Kekal Tarikh Di Jangka Siap: Disember 2019 Bebanan Tanah: Malayan Banking Berhad No Pelan Bangunan: B1 (11) MBI LB01/0001053/000715/F00/P00/L00 Nama Pihak yang Meluluskan Petan: Majlis Bandarnya Ipoh Jumlah unit: Blok G - 240 unit (980 kaki persegi) & Blok H - 240 unit (980 kaki persegi) Harga Min: RM209,677.46 Maks: RM247,526.92

## Wellness

# The 3Rs of Wellness: Rejuvenation, Recalibration and Recharging

**H**ealing Holiday is a health and wellness vacation programme with medical benefits incorporating both modern and traditional treatment modalities. Initiated by Dr Sakthivel Thamotharan, a medical doctor who honed his skills in the emergency department of one of the busiest hospitals in Malaysia, HTAR Klang, followed by a stint as Hospital Director in Hospital Daro in Sarawak, this three or six-day retreat programme is scheduled to be run at the Roots Eco Resort in Tanjung Rambutan, Ipoh.

Dr Sakthi, who now works in the private sector in the Klang Valley, is not only a medical professional but also a professional musician who plays with his Band "The Zen People" playing a newly blended musical genre called "Quantum Reggae". Being a doctor who balances music plus medicine, he believes that it is both one and the same. He plays all ethnic drums and hand percussions, the guitar, sings, writes lyrics, composes music and is a strong believer in the healing powers of music. Most notably this year Dr Sakthi performed, wrote and composed the official anthem for the Malaysian Cancer Council (MAKNA) titled - "You gotta Live" an incredibly positive and uplifting song.

In collaboration with the same NGO he was involved in organising the Think. ART charity event in March 2016 which presented a fusion of music+art exhibition+live paintings+health awareness, wellness and healing, the first of such an event in the country where art and health met in such experimental depth. Recently Dr Sakthi was accepted as an honorary advisor of the Sandhyamaarga Institute of Holistic Living and Natural Medicine, Malaysia.

Dr Sakthi together with his band perform their music live in 432Hz which is believed to resonate with universal nature and has healing abilities. This Dr Sakthi believes, will be medically and scientifically proven in the coming years as there is a lack of research and scientific works in this field in the current times. They are the first Malaysian band to jump into this Pythagorean tuning, in efforts to extend it to mainstream ears.

This health vacation programme incorporates mainstream medical expertise and alternative medical healers, therapists and health experts. Enrollment is limited to 10 participants to be coached and precisely designed back to pristine health. Working with 9-15 facilitators comprising

medical doctors, traditional healers and therapists of different specialities including, meditation and yoga ayurveda, siddha-varma, reiki, aromatherapy, hypnotherapy, massage and reflexology, sound healing, music therapy and other health modalities, participants will leave the retreat with their own individualised plan for ongoing wellness and strategies for coping with their individual health issues.

Their Health Designing services that comes along with the package is a new concept of tailor fitting a health and lifestyle plan or a healing and medical treatment plan for each participant in the programme. Included in the cost of the programme is a follow-up programme with individualised coaching for each participant with a personal doctor assigned for one year post programme Telemedicine consultation.

They will come away with the 3Rs: recalibrated, rejuvenated and recharged.

SFCK

**A Healing Holiday**

**ADDICTIONS**

**ANXIETY DISORDERS**

**WEIGHT LOSS**

**WEIGHT GAIN**

**HYPERACTIVITY OF THE MIND**

**ANY CHRONIC ILLNESSES**

**ON PALLIATIVE CARE WITH NO HOPE**

**EMOTIONAL DISTURBANCES**

**INSOMNIA OR LETHARGY**

**FREQUENT FLU / RESPIRATORY ILLNESSES**

**TOXIC NEGATIVE THINKING**

**LOW SELF ESTEEM**

**NO SIDE EFFECTS**

**DRUGLESS WORKSHOP**

**LET US HELP YOU HOLISTICALLY**

**-NATURAL FLU REMEDY**

**-NATURAL AESTHETICS**

**The next Healing Holiday Programme: RM5000**

(food, accommodation and all treatments)

**6 days + 5 nights vacation with medical benefits**

**November 20-25 (Sunday-Friday)**

**@ Roots Eco Resort, Ipoh, Perak, Malaysia**

**For other dates visit: [www.drakthi.com](http://www.drakthi.com) or call Dr Sakthi at +6016 776 2542.**



Dr Sakthi

## Community

# World Parkinson Congress

Malaysia sent the largest number of delegates to the 4th World Parkinson Congress held in Portland, Oregon, USA for four days in September. The 23 Malaysians consisted of Perak Parkinson's Association committee members, people with Parkinson's, caregivers, doctors, pharmacists and speech therapists. It was made possible via generous grants from Chemical Company of Malaysia Berhad and IJM Berhad.

World Parkinson Congress is the only Parkinson's conference to draw together people with Parkinson's, researchers and clinical experts. The mission of the triennial worldwide dialogue is to provide an international forum to learn about the latest scientific discoveries, medical practices, caregiver initiatives and advocacy works related to Parkinson's disease.

"Some of the new discoveries presented at the congress included the use of embryonic stem cells in the treatment of Parkinson's where clinical trials are currently ongoing," said Samuel Ng, president of Perak Parkinson's Association cum ambassador of the World Parkinson Congress during a press conference on Wednesday, November 2 at its centre.

Attended by over 4600 people from over 67 countries, the Malaysian delegates participated in the poster exhibition, roundtable session, opening and closing ceremonies of the world congress. For those who did not attend, the presentation slides of the talks from the World Parkinson Congress may be downloaded from <http://www.wpc2016.org/>.

"Attending the world congress for the first time, it's an eye opener for everyone and we learnt a lot. My future plan is to organise a congress like this but on a smaller-scale, in Malaysia next year," said Samuel.

There are over a thousand Parkinson sufferers in Perak. Most of them are not properly diagnosed, ill-informed and, perhaps, are unaware of it.

"There's a misconception that Parkinson's disease is due to old age. It's not. I got it at the age of 42 and the youngest patient I met is just two years old. A lot of people thought that once they got the disease, it's the end and they have to stay at home. It's not, we still have a life," Samuel added.

Parkinson's disease is incurable and unpreventable. A lot of them are young patients and the disease worsens with age. However, it can be managed and there is medication to relieve the symptoms.

"The World Parkinson Congress gave us an insight in terms of the non-medical aspect in managing people with Parkinson's. This is something lacking in our nation as we're so focused on drugs for treatment. The first-line treatment is drug but then all drugs come with complications. To have an insight of the quality of life of people with

Parkinson's, you've to go outside drug treatment as well, like exercising and yoga which has been implemented in other countries," Associate Professor Dr Halimatus Sakdiah Minhat, public health medicine specialist from Universiti Putra Malaysia remarked.

"There's no proper studies for the prevalence of Parkinson's disease in Malaysia. In the clinic, a lot of them are misdiagnosed. Out of four patients referred to us, one is misdiagnosed," Dr Hakimah Sallehuddin, internal medicine specialist from Universiti Putra Malaysia added.

Established in 2013, the Perak Parkinson's Association is dedicated to the support of people with Parkinson's disease and their caregivers. For those keen on knowing more here are the association's details:

**Addr: No 128, Jalan Hala Wah Keong, Taman Mirindy, 31400 Ipoh, Perak.**

**Tel: 05 545 5610**

**Facebook page: Perak Parkinson's Association**

**Mei Kuan**



## ImPerfection: Why Go Bald?

"ImPerfection" is an upcoming fundraising project to be held at the Ipoh Parade Shopping Mall on Sunday, **November 20** by the i-Innovative Gavel Club.

"We hope to convey the message that perfection lies within imperfections, that it's ok to be imperfect because that is what makes each and every one of us unique. As a show of embracing our own imperfections, we are going bald, to reach out to those who need our support and create a community more accepting towards imperfections. It may be a small step but I believe it's a start," 16-year-old Ng Yong Ru, the president for i-Innovative Gavel Club told Ipoh Echo.

There is no condition for participation as anyone who has decided to go bald willingly will be welcome to join in the great cause. Interested readers can find the young team stationed on the first floor of the mall at the corridor behind Legend of Tea. The event will begin at **6pm till 10pm**.

For every head shaven, it will cost RM100. For those who cannot or won't be shaven, they can donate or sponsor volunteers who would like to shave! Or if you can't make it on that day, donations can be made via bank transfer at **bank account no: 108039160445** (make sure to include your email address or telephone number so that they can send you their heartfelt acknowledgement). With a fundraising target of RM 10,000, all funds would be donated to the Rumah Kebajikan Kanak-kanak Cacat Batu Gajah. For the latest updates on the project, do swing by the i-Innovative Gavel Facebook page at: [www.facebook.com/i.innovative](http://www.facebook.com/i.innovative).

"The chosen theme – acceptance of body imperfections – is inspired by a trip to Australia last year. In the tourist spots we visited, we saw a lot of children with special needs going on field trips with their schools or having a nice day out with their families. In Malaysia, you don't see children with special needs in public places as often. A majority of them ended up in homes for children. A lot of these homes like our beneficiary unit struggle financially to get by on a daily basis, much less able to employ caretakers and provide better treatment on a daily basis for these children," she explained.

"Yet no matter how much funding these homes get, what the children with special needs truly need are love, family and the chance to experience life that they deserve no less than you and I. So this is why we decided to take the initiative to raise the acceptance of our community towards children with special needs, and ultimately any imperfections, mentally or physically, congenital or postnatal, big or small," she added.

According to her, there is also the unsettling rise of suicide and self harm in youth groups in recent years, often because of low self esteem and the devaluation of oneself.

"A lot of the people I've spoken to are really supportive towards our mission though some of them are quite afraid of going bald and have decided to just sponsor someone to go bald and donate. There are also some who have promised us to go bald. Another fun part is to convince people to go bald, which is really difficult, but it's quite funny when you get to see their reactions about us going bald, especially if you're a girl," she concluded.

All in all, being bald needs a tremendous amount of courage. It pushes us out of our comfort zone and to accept our own imperfections, thus allowing us to reach out to others who need our support.

**Mei Kuan**



WORLD  
LUXURY HOTEL  
WEDDING VENUE  
AWARDS  
2016



Family All-Inclusive Hotel



THE HAVEN  
Resort Hotel  
Ipoh, Malaysia

# Want to plan a wedding?

Our highly sought-after wedding specialists  
will go the extra mile to make your dream come true.

**BOOK NOW!**

Jalan Haven (Persiaran Lembah Perpaduan), 31150 Ipoh, Perak, Malaysia  
T +605.540.0000 H 1700.8.1700.0 E reservations@bestwesternhaven.com.my



thehavenresorts.com



thehavenresorts



thehavenresorts



thehavenasia

## Community

# Lions Gift of Light During the Festival of Light

The Lions Club of Ipoh together with the Lioness Club of Ipoh and Klinik Pakar Mata Raihan carried out an eye check-up on 71 students of Sekolah Kebangsaan Kalghidar, Buntong, Ipoh on October 14. This project was carried out in conjunction with Lions World Sight Day.

The school has a large population of poor students. During the check-up, 21 students were found to be in need of spectacles which the Lions will provide after they were checked by ophthalmologist Azizul Affendy.

It was indeed a memorable day as the Lions also celebrated Deepavali with the children. McDonald's burgers, fries and drinks were provided for the children and the children in showing their gratitude, performed classical dances to entertain their guests.

Lions present were President Emily Kong, Organising Chairperson R. Jeyasingam, PP T. Sriskanda, PP Peter Lip, Christopher Chew, Hari Singh, Johnson Teoh, Lakhmer Singh and Mohd Said@Mosa. Lioness present were President Sakunthala, Harbans Kaur and Annie Aru.



# A Royal Visit



The Lighthouse Hope Society Community Centre; the first soup kitchen to be set up in Ipoh, received a special visit from Raja Datuk Seri Elena Sultan Azlan Shah, sister of Sultan of Perak Sultan Nazrin as she graced the event on behalf of her mother, Tuanku Bainun on November 6.

"Tuanku Bainun has always been interested in our programme where we have been serving the hungry and the homeless," said Dr S.S. Gill, the current president of the club.

Started in 2006, the food was first distributed from the back of a van at UTC Perak. It was later in 2008 that the centre was established due to the large numbers. Aside from good food, the centre also provides a free shower room and free medical check-ups twice a week.

"We used to have a pop-up medical check up centre everyday, but after a while most of them got better in health, which is a good sign," said Gill.

Raja Elena herself distributed the food and even spent some time chatting with the visitors. More than 100 packs of food were donated by the generosity of Tuanku Bainun herself.

Readers who are keen on donating can do so by visiting the Lighthouse Hope Society Community Centre at 4 Jalan Koo Chong Kong Ipoh or call them at 05 546 2023 or email at [lighthousehopesociety@gmail.com](mailto:lighthousehopesociety@gmail.com).

Ili Aqilah

## Community

## Charity Food Fair

The Perak Society for the Promotion of Mental Health organised a charity food fair on the morning of Sunday, October 9 at the St John Ambulance Hall, Ipoh. Its objective was to raise funds for the society's day-care centre located in Ulu Kinta.

There were more than 20 stalls selling food, juices, books, fruits and handicrafts. Popular food trucks like Ali YehYeh and Ipoh Padang Cendol were there to add colour to the fair.

"As a non-profit organisation, we've been committed to caring and transforming the lives of women with psychosocial disabilities for over four decades," said K. Letchimanan, honorary secretary of Perak Society for the Promotion of Mental Health.

"We hope Ipohites are aware of our efforts in organising rehabilitation programmes and activities for over 100 residents," he added.

President of the society, Dato' Dr Majumder who has been leading the society for over three decades with exemplary dedication was also present.

"We painted these money boxes ourselves. I am thrilled to see people buying them. It's like they are taking home a piece of us," said Alice who was in charge of the handicraft booth.

**Khaleeja**



## Arts & Culture

## The National Choir of Malaysia @ Ipoh



With Tunku Marina Tunku Dato' Zubir as the choir director and Syafinaz Selamat as the artistic and vocal director, 19 members of The National Choir of Malaysia staged a concert entitled "Wajah" at the Perak FM auditorium on Sunday, November 6.

Paying tribute to the late Tan Sri P. Ramlee and the many characters he portrayed, the evening featured 21 classics such as "Ibu", "Antara Senyum dan Tangis", "Pujaanku", "Azizah", "Gelora", "Kelasi", "Do Re Mi", "Medley Ali Baba" and "Semerah Padi" with exciting twists. Performers in multi-hued costumes sang their hearts out in the range of soprano, mezzo-soprano, countertenor, tenor and baritone to the responsive crowd of over 400. With elements of jazz, tango, a cappella and rock, their goosebumps-inducing vocals were interweaved with video clips of the icon's works.

The man of many talents had created 401 songs and directed 66 films throughout his lifetime. He was honoured as the Best Actor Award and Most Versatile Talent at the 4th and 10th Asian Film Festival in Tokyo in 1957 and 1963 respectively.

The occasion was graced by Sultan Nazrin Shah and Raja Permaisuri Perak, Tuanku Zara Salim. Also present was Menteri Besar, Dato' Seri Diraja Dr Zambry Abd Kadir. During the interval, 11-year-old Adinda Tasya Mansor, known for her stunning performance on a reality TV singing competition, "Let's Sing Kids" in China, gave a special performance.

The National Choir of Malaysia was founded in 1991 under the then Ministry of Culture, Arts and Tourism with the view of having a choir of international standard to represent the country. To date, the group has performed throughout Malaysia and overseas. One of its greatest honour was singing in the opening and closing ceremony of the Commonwealth Games XVI in Kuala Lumpur.

**Mei Kuan**

## Upcoming Charity Bazaar @ Meru Valley Resort

The Meru Patchwork Society is organising their 9th charity bazaar on Saturday, November 26 from 9.30am to 5pm at the function room of Meru Valley Resort.

Open to public, the annual bazaar features a handicraft corner (RM5-RM3000 per item), food corner (RM5 onwards), a jumble sale corner (RM1 onwards) and a king-sized bed quilt which took a year to complete.

There are special rates for the collection of traditionally handmade creations which include delicate brooches (RM 5-RM7), small pouches (RM15 onwards) and handbags (RM25).

All proceeds from the charity sale will be channelled to Pertubuhan Jagaan Kanak-kanak Cacat Setia, a home for physically-challenged children located at No. 17, Lorong Silibin, Taman Grand Silibin, 30100 Ipoh.

Established 10 years ago, the 12-member team of the Meru Patchwork Society comprises Malaysian, Japanese, South African, English, Taiwanese and Iranian ladies with a passion for sewing. Members get together at the Cafe 28 of the resort every Wednesday from 10am to 12pm to craft.

Last year, the society raised a total of RM10,000 from its bazaar for Pertubuhan Jagaan kanak-kanak Cacat Setia. Together with the public, it is hoped that more can be raised this Christmas season.

**Mei Kuan**



## NASOM Charity Ride



For the sake of raising awareness and funds, a devoted cyclist, David Wu worked together with the National Autism Society of Malaysia (NASOM) and cycled from Kuala Lumpur on October 29 reaching the finishing line at Alor Setar, Kedah on November 5.

Wu who arrived in Ipoh on 30 October was in the Food and Beverage industry where he opened a restaurant in Singapore for the past 21 years. He decided to come back home to Alor Setar to help out the needy. Among his first project was the WuMah Project on May 2016 where he cycled alone from Alor Setar to China; a 4000-km expedition that took him 69 days and walked from Kuala Lumpur to Kota Bharu, Kelantan (625km) where he managed to raised a total of RM150,000. The money from the WuMah Project was then donated to fix the homes of Malaysians who were in need.

Joining Wu in the expedition was the CEO of NASOM, Razin Murat. According to Razin, due to the downturn in the economy, many companies have either reduced or stopped donating to charities, making it harder for them to help those with Autism, "We hope to receive more donations as it takes about RM5 million to maintain 20 NASOM centres that are located all over the country," added Razin.

Although NASOM and Wu aimed to collect at least RM100,000, the team only managed to raised RM2302 (when he arrived in Ipoh).

Readers who keen on donating can do so by visiting their website at [www.nasom.org.my](http://www.nasom.org.my) or visit their Facebook page at [www.facebook.com/nasomfundraising](http://www.facebook.com/nasomfundraising).

**Luqman Hakim**

## Tourism

# Free Comics for Perakeans

Comic fans can get the first edition of "Ayah Chor", a comic book by PORT (People of Remarkable Talent) featuring ten Perak cartoonists, for free beginning January 2017.

According to Dato' Nolee Ashilin Mohammed Radzi, Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications, a thousand copies will be printed and placed at the offices of Tourism Perak, Tourism Malaysia Perak and PORT for collection.

The production of the comic book, said Nolee, would provide artists from the state a favourable platform to showcase their talent.

"Hopefully, their ideas and creativity will be appreciated by their fans, in and out of the state," she said during a media conference following the launch of the comic and Cartoon Village #3: Creative Appreciation Programme at PORT. The event was held on Saturday, November 5 and was witnessed by PORT manager, Zamari Muhyi.

The 16-page comic book is being produced by Lengkuas-born Zainuddin bin Saleh and his team of 10 artists.

Speaking on Cartoon Village, Nolee stated that the third edition had received overwhelming response from the public. Workshops and exhibitions were held throughout the two-day event.

"During this economic downturn, such a programme provides opportunities for vendors and traders to earn additional income," she said.

Cartoon Village is a formal event in the state tourism calendar.

"We're looking for additional locations to host this event next year in conjunction with Visit Perak Year 2017," she added.

**Rosli Mansor**



## Announcements

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

**Sharpened Word Literary Matinee**, Saturday **November 19**, 2-5pm at Old Andersonians' Club Ipoh. Sharpened word is collaborating with Projek Rabak and ESENTRIKA to present a special literary matinee showcasing creative diversity and the spirit of solidarity. Well-known Ashikin M and writers from KL who contributed to All About Us – Readings From Readings 3 will provide us with literary insights, while Sukhbir Cheema will enlighten the audience on his special project, Esentrika. Entrance by donation. For details follow us on facebook, [www.facebook.com/sharpenedword.kinta](http://www.facebook.com/sharpenedword.kinta).

**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.

**Family Wellness Club Family Safety Workshop** in conjunction with National Family Month of November, Saturday, **November 26** from 1.30pm - 5.30pm at the Andersonian Old Boys Association Hall, Ipoh. It is open to all aged 16 years and above. This practical and informative workshop will be conducted by a team of trainers from Safer Malaysia. Participants will learn how to be alert and vigilant to everyday dangers like, snatch thefts, car break-ins and home security problems. RM10 contribution. Free for Family Wellness Club members. Places are limited, prior registration is required for all. Call **05 242 6866** to register.

**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**.

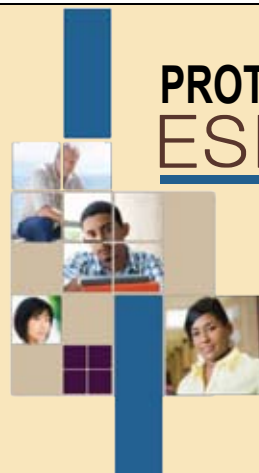
**Pantai Hospital Free Public Talk, November 26** at Dahlia Utama, Pantai Hospital Ipoh. Topics: 1) Orthodontics – The Who's, What's & Why's by Dr K. Arjunan (Consultant Orthodontist); and 2) Osteoarthritis Knee by Dr N. Supramaniam (Consultant Orthopaedic Surgeon). Registration at 1.30pm. For information and registration: Ms Renuka/Ms Geini at **05 540 5712** or **05 540 5725**.

**Gotong Royong Perdana**, Saturday **November 26**, 7am at Sekolah Kebangsaan Cator Avenue. Inviting former students, ex Catorians and the public who want to contribute and raise funds to purchase paint for 26 classrooms and related requirements. For further information, please contact Project Secretary, I Nie at **017 505 2425** or Cikgu Temiserika, Project Leader, **017 434 8187** or email [pibgskcai@gmail.com](mailto:pibgskcai@gmail.com).

**Training Workshop for Basic Counselling Skills by Perak Women for Women (PWW)**. Two 3-hour sessions, with one on Monday, **November 28** and another on Tuesday, **November 29** (7pm-10pm). The skill-based modular programme is targeted at helpers, caregivers and volunteers. Registration by donation to PWW by Sunday, November 20. To be held at the PWW centre, seats are limited. Call **05 546 9715** to register.

**Amnesty International Malaysia: 'Write for Rights!'**, Saturday **December 3**, 10am to 4pm at No. 38-40 Medan Istana, Bandar Ipoh Raya, 30000 Ipoh (above Rishi Bavan Restaurant)

## PROTOCOL ESKETINTRD3004



Have you been diagnosed with depression?

Do you continue to have depression symptoms despite taking at least two different antidepressant medications?

**Hospital Bahagia Ulu Kinta** is currently enrolling participants for a clinical research study. Researchers will look at the long-term effectiveness and safety of an investigational medication (given as a nasal spray) in patients who have not responded to prior treatment with at least two antidepressants.

To be considered for the study, you must be:

- 18 years of age or older
- Diagnosed with depression
- Experiencing depression symptoms despite having taken at least two antidepressant medications in the past
- Comfortable with using a nasal spray
- Able to provide written informed consent

The study doctor will discuss additional requirements for being in the study.

If you are eligible for this study and choose to participate, you will receive all study visits and study-related medical care at no cost to you. Compensation for your time and travel expenses may also be provided.

For more information, please call the study research staff at: **Sister Ooi Luck Koo** at **05-533 2333 Ext 5977 or 6034**

**Janssen Research & Development, LLC**

The image depicted contains models and is being used for illustrative purposes only  
ESKETINTRD3004-ENG16 INT-1

Version 1.0, 11JUN2015



Annually, Amnesty International hosts a letter writing marathon where millions of letters are written on behalf of those suffering human rights violations. This helps convince public officials to free prisoners of conscience, support human rights defenders and end other urgent cases of abuse. Contact: Hj Ahmad Darji **011 3501 4877** or K. Punniaseelan **019 336 3224**.

**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).

**Charity Concert with PSPA Singers: 'The Chimes of Love', December 15 & 16** (Thursday & Friday), 8pm to 10pm at St Andrew's Presbyterian Church, Ipoh. Free admission with Entry Pass. Prebook your entry pass at PSPA store [www.ipohcity.com/pspa](http://www.ipohcity.com/pspa), or call PSPA Office **05 242 7814**.

**Ipoh Style Run 2016, December 18**, 6am at Stadium Indera Mulia Ipoh. Cash prizes. Open to all Malaysians, and foreigners with valid visa and legal documents. For registration, go to: [www.myraceonline.com](http://www.myraceonline.com) or call **011 3627 4114**.

**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 loved ones with dementia and others are welcome to attend. These are sharing sessions. The centre also welcomes volunteers. For more details kindly call April at **05 241 1691** before 5pm.

**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.

## Sport

# Cabaran Premix Charity Golf Tournament

*Event hosted by Meru Valley Resort raised RM150,000 for the less fortunate*

Charity and golf went hand-in hand in the successful Cabaran Premix 1st Charity Golf which raised a total of RM150,000 at the Meru Valley Resort, Ipoh. The first-ever installation of this prestigious tournament saw a full field of 108 golfers in 27 flights swinging for a great cause.

The corporate social responsibility initiative was in line with Cabaran Premix's vision, which is to give back to the community it operates in and draw tremendous support from the participating golfers. The tournament was aimed at fostering a stronger network among the golfers as well as to raise funds for the local charity bodies.

Proceeds from the tournament went to 37 local charity bodies around the silver state for children, youths and aged people with special needs. Donations and sponsorship ranged from RM350 to RM30,000 per individual golfer.

Jack Chong, the president of Cabaran Premix Charity Tournament said, "It's a stepping stone for the organisation to indulge itself in corporate social responsibility projects and I'm very grateful for the tremendous support." He also thanked the golfers for the great round of golf for an excellent cause.

Each welfare organisation received a RM1000 cheque from Michael Lee, treasurer of the organising committee. The remaining contribution was donated to Perak Yuk Choy High School for their needs. The beneficiaries expressed their gratitude towards the players and the organisation for their generosity.

The tournament which teed off in the afternoon concluded with a dinner and prize-giving ceremony. Winner of the tournament bagged a cash prize worth RM2000 with a crystal trophy and a Titleist golf ball set. Cabaran Premix looks forward to more charity tournaments in the near future for golfers to showcase their abilities and at the same time take their place as contributing members to society.



*From left: Christian Bock, director of Meru Valley Resort & Jack Chew, committee member of the charity tournament and current club champion of Meru Valley Resort*



*108 golfers who participated in the tournament at Meru Valley Resort*

## Education

### Expert Advisors

Quest International University Perak has appointed two industry advisors for its biotechnology programme. They are Dr Mahaletchumy Arujunan and Arni Balkish. Their appointment is in line with the university's commitment in ensuring that its programmes are industry-relevant and students are ready for the job market once they graduate.

Mahaletchumy and Arni's experiences will contribute immensely to the development of the Bachelor of Biotechnology (Hons) programme under the Faculty of Integrative Sciences and Technology. They will advise the faculty on relevant matters to stay abreast with industry practices in order to maintain the programme's practicality.

Mahaletchumy was listed as one of the 100 most influential people in the field of biotechnology by the 7th edition of "The Scientist American Worldwide View: A Global Biotechnology Perspective Journal". She is the founder of the country's first biotechnology newspaper, 'The Petri Dish'.

Mahaletchumy is well versed in biotechnology laws and regulations and is mentioned in the Biotechnology Law Report, a journal devoted to the evolving body of law and government regulation concerning biotechnology.

Arni is the Vice President of the Malaysian Bioeconomy Development Corporation, Malaysia. She has almost 10 years of experience in developing talent specifically in the biotechnology industry. Arni's areas of expertise include module development and enhancement; graduates career coaching; creative career and skills promotional initiatives; and educational product marketing.

A coaching studio, known as STUDIO 1310 and organised by the Bioeconomy



Academy is available for biotechnology and science students. The studio is specifically created to prepare participants for the biotech industry. They will be taught interview techniques and grooming skills by leading career coaches to make them more employable.

## Education

# Wesley Church School Celebrates 54 Years

Wesley Church School (better known as WCK), one of the older educational institutions in Ipoh, celebrated her 54th anniversary recently with their 2016 Graduation & Thanksgiving Celebration in Wesley Methodist Church, Ipoh, with a musical play “Honour Your Elders” followed by high tea.

Known for its affordable yet quality early childhood education WCK has kept its focus on keeping fees low while improving on quality. A measure of that is that in this year alone, four of their teachers graduated from the PTM (Persatuan Tadika Malaysia) course (a pre-school course accredited by the Jabatan Pendidikan Negara).

WCK is registered with Jabatan Pendidikan Negara (JPN), following the JPN syllabus and teaches preschoolers the 3Rs – Reading, wRiting & aRithmetic. The teaching-learning is in both English & Bahasa Malaysia and Chinese teachers are available to teach those children who want to learn the Chinese language.

What is different about WCK is their Sunbeam Programme where children are not just acquiring knowledge but Wisdom, Charity & Compassion, Kindness, the acronym for the name of the school.

Wisdom, Charity, Compassion and Kindness are all taught through stories and examples from the Bible and it is through these themed musical plays, that they hope to embed in the hearts and minds of these young children these good values to treat everybody especially the old in our society.

It is the hope of the school that these children who have been inculcated with these values will make a difference in the corner of the world where they are now and will be in the future. That this world will be a better place because children will grow in Wisdom, in Compassion and in Kindness.

Wesley Church School (WCK) is located at No. 121, Jalan Lahat, 30200 Ipoh, Tel. No.: **05 255 0167**.



# IB Learning Camp on Best Practices in Learning



Fairview International School, being one of the leading schools in running the International Baccalaureate (IB) programme, recently ran a camp to educate the public on 21st century learning.

Last 14th to 16th of August, for three days two nights, a group of 50 students attended this IB intensive camp to understand how to learn, using the inquiry concept. They were exposed to approaches to learning such as six thinking hats and mind mapping. All these concepts are taught for two subjects – math and science using the Mandarin language. Mandarin is used in line with the school's effort to provide more understanding on IB programme to the Chinese school students. This is because Chinese school students are currently being offered scholarships of up to RM5 million under the Fairview Foundation.

On the last day of this IB Learning camp on August 16, parents were invited in to view the campers' presentation. During this event named as Celebration of Learning COL, campers actively demonstrated their presentation skills by effectively communicating with their parents on how they researched and applied critical thinking to solve problems and innovate solutions.

"Learning can be fun yet effective. There are no limits to what you can achieve when you have enthusiasm to learn. Using this camp as platform, we hope more students and parents are able to discover this upon widening their perspective," said Professor Gopinathan, the Principal of Fairview Ipoh.

For more information on the camp, go to <http://fairviewiblearningcamps.wordpress.com>. The upcoming IB Learning Camp in Ipoh is scheduled on December 2 to 4 with Celebration of Learning on the 4th (Sunday). To register, call **012 223 4622** or **012 287 4560**.

## Upcoming Event

# Giselle – An Upcoming Charity Performance

The Dance Centre Ipoh and its dancers will stage a charity ballet performance entitled ‘Giselle’ on Sunday, **December 4, 7.30pm** at the Radio TV Malaysia auditorium.

With a fundraising target of RM60,000 (approximate), all proceeds will be channelled to Yuk Choy High School (Suwa) to upgrade their school's auditorium which includes its ventilation system, audio visual equipment and auditorium seats.

Present at a press conference held at the dance centre on Tuesday, November 1 were principal of Dance Centre, Chin Sun Sun, two organising chairpersons, Datin Lin Hui Yi and Goh Siew Ying, as well as committee member, May Goh.

“Yuk Choy High School (Suwa) is a non-government aided school. It relies solely on public donations to meet its daily operations and substantial project costs. Hence, we appeal to philanthropists, business entities and the general public to help with our cause. Plus, this performance allows our students to live the art and serves our purpose to reach out to the community,” Goh Siew Ying stated. The Ipoh-based Dance Centre is a ballet school with more than 20 years of history, nurturing the love for dance in the hearts of many youths. This is Goh's fourth time organising such fundraising events with the centre since 2008.

Giselle is a romantic ballet in two acts. A tale of true love between Giselle and Albrecht



that transcends death, the classical ballet will be presented by over 140 performers from 10 to 18 years of age. The rousing evening will also feature contemporary, neo classical and jazz dance styles in the variety performance before the main theme.

With 500 seats available, tickets by donation are available at RM500, RM200, RM100 and RM60. Interested readers kindly contact **05 545 9480** or Goh at **012 522 3241** to make enquiries.

Mei Kuan

# The Haven: Masterclass Brand of the Year

At The far East Business Leadership Forum & Awards



The Haven received the 'Masterclass Brand of the Year' Award at the Far East Business Leadership Forum & Awards 2016, on 10 November, in Beijing, China.



Mr Peter Chan, CEO, The Haven Resort Hotel, holds the Trophy and framed photo of the Award

**T**he Haven Resort Hotel & Residences received its 40th Award on 10 November 2016.

The Haven was honored with the 'Masterclass Brand of the Year' Award at the Far East Business Leadership Forum and Awards 2016, on 10 November. The ceremony was held in Beijing, China, at the Tangla Beijing Hotel.

Mr Peter Chan, CEO, accepted the Award on behalf of The Haven.

The Far East Business Leadership Forum & Awards, the region's "most impactful event", seeks to honor "leaders for their exemplary contributions towards global growth in economic and leadership development".

The fact that The Haven, 'born' of humble beginnings in the previously unnoticed city of Ipoh in Malaysia, has won the 'Masterclass Brand of the Year' Award is testimony to the great and successful efforts of its CEO, Mr Peter Chan, in promoting The Haven and Ipoh internationally.



## Books

### Charity Book Launch: When Journey Begins



**N**ine inspiring entrepreneurs from Ipoh of nine different industries shared their success stories in the charity book entitled, "When Journey Begins", where proceeds from sales are 100% donated to Sam Tet Secondary School and Seri Keledang Secondary School for educational purposes.

Over 100 attended the launching ceremony which was held at the Kinta Riverfront Hotel on Sunday, November 6 with Tan Sri Chang Ko Youn as the guest of honour.

The nine contributors of the book are Y.C. Nang, managing director of Bao Today; Kong Kin Loong, managing director of Chang Jiang White Coffee; Goo Kah Thart, senior agency manager of GAFS Advisory Sdn Bhd; Chong Choong Kian, managing director of Hills & Cheryl Corporate Advisory Sdn Bhd; Sam Mah, managing director of Kim House Tiling & Sanitary Sdn Bhd; Johnsen Ng, founder of Treze Purple; Naveen Sundra, founder of NL iNNOVATIONS; Christine Leow, the principal of Tadika L.E.O.W and Leon Hei, director of EIT Solutions.

The 195-page book has a hand drawn cover featuring nine icons representing each industry. Taking about nine months to compile the book together, it is hoped that the great values and knowledge gained by the local entrepreneurs in their years of entrepreneurship will inspire youths.

According to Naveen, NL iNNOVATIONS is a brainchild business started from scratch in 2010 dealing in conceptualising, designing and building residential homes and commercial premises. "The success of NL iNNOVATIONS boils down to a simple philosophy; to stay loyal to the client's needs and meet their requirements of functionality, yet at the same time, create an interior that exceeds the highest standards, whilst providing a unique and memorable experience for them," he stated.

Together with his partner, Lynn Marie Eunisius, they chose this field because their

creativity does not fit the corporate environment of nine to five. "The original motivation for this entrepreneurial undertaking was when we wanted to design our own house. After looking for many interior designers, we realised that they could not deliver what we wanted in drawing, plus the prices were too expensive," Naveen added.

To date, sales of the book have reached as far as Singapore and China. Priced at RM55, readers who would like to get the book kindly contact the coordinator, Ceylyn Tay at 012 468 1818.

Mei Kuan

## 2-day BOOK SALE

**MEDIA MASTERS PUBLISHING**

Monday 28<sup>th</sup> & Tuesday 29<sup>th</sup> November

10am to 4pm

Venue: **IPOH ECHO** office

(Same floor as Hong Leong Bank Greentown)

A-G-1, No.1 Persiaran Greentown 2,  
Greentown Business Centre, 30450 Ipoh

- ✓ Discounts of up to 80%!
- ✓ Prices between RM5 and RM90!
- ✓ All books must go!
- ✓ 2 days only!

**BOOKS ON:**

**Malaysian Interest, World War 2, History, Art, Leisure, Children's Stories, Travel, Health, Food Guide, and more!**



For more information, please call: 05-2495938 or 016-5530500  
Email: [info@mediamasters.com.my](mailto:info@mediamasters.com.my)

## Personality

# A Self-Made Millionaire

“Success doesn’t come easy. We’ve to work hard to achieve our goals. The ingredients are positive thinking and confidence.” These are the principles 39-year-old Noor Irfan Khairi from Kuala Kangsar adhere strictly to.

“I didn’t become a millionaire overnight. It took me a long time and a lot of obstacles. In order to turn your life around, self-realisation and a clear mindset are the key determinants,” he told Ipoh Echo.

Irfan obtained his bachelor’s degree in multimedia design from Staffordshire University, United Kingdom in the early 90s and was offered a job at Netmedia, one of the largest IT firms in Birmingham, as a multimedia system designer and Internet consultant.

He was in the team that designed the Internet learning system for schools in United Kingdom named, ‘Learning Grid’. Over 5000 schools adopted the system soon after.

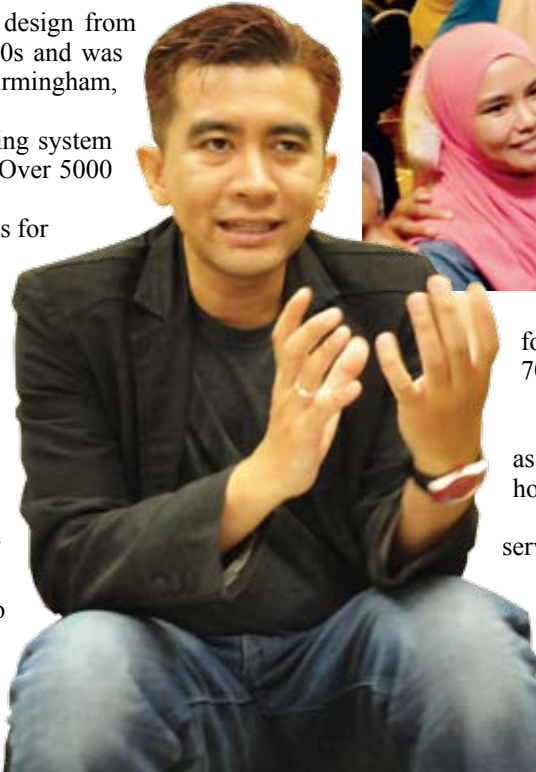
“I started my business via the Internet offering designs for book cover, website, logo, banner and others. After three years, I made RM1 million. I then decided to leave my job as a multimedia consultant of an established British IT company.

Irfan now organises seminars on online business and travels to and from Dubai to run a business academy which he started a few months ago. He also receives invitations to talk at both local and international forums here and abroad.

“With the current state of the economy, we’ve to think positive and take chances. You need to get out of your comfort zone if you want to be successful.

“Economic uncertainty is not a reason for you to give up. It’s a global phenomenon, hence it gives more promotional opportunities for your product. Moreover, online business doesn’t require a huge capital.

“Age is not a hindrance to start your business. What’s important is your passion. For example, the



founder of KFC, Col Harland Sanders became a millionaire at the age of 70 after beginning his business at the age of 65,” he exclaimed.

Online business allows one to work from home with minimal cost.

“If you run it from a shop, you’ve to consider overhead charges such as rental, utility bills etc. In online business, you need only pay for web hosting, internet usage, phone usage and electricity.

“You’ll have more time to spend with your family. As I don’t have a servant, this works very well for me,” he reasoned.

He wrote a book titled, “Rahsia Jutawan-jutawan Internet Terbongkar” (Unveiling the Secrets of Internet Millionaires) to detail how successful people use the Internet as a medium to source for income. Irfan’s book is available in all major bookstores nationwide.

“My mission now is to motivate others to find their strength and use it to earn money for their families,” he concluded.

**Rosli Mansor**

## Arts and Culture

# Lydia of Grace Art Studio

Upon entering the Grace Art Studio, one cannot help but marvel at its pristine white interior and well ventilated space, setting the perfect mood to lift the paint brush. It was at these premises that Ipoh Echo had an exclusive one-on-one with Lydia Chew Siew Ling, the owner.

Hailing from Bukit Mertajam, Penang, the 44-year-old moved to Ipoh at the age of 21 to start a family. She picked up painting skills via visits to art galleries, guidance from her mentor and self-learning on her own. Lydia named her Malaysian mentor, Dzul and a Taiwanese artist, Chien Chung Wei as her favourite artists.

Her forte is in portraiture and in both oils and watercolour. “Your look is God’s creation and everyone is unique in their own special way. Hence, I enjoy painting portraits because I can see the beauty in each person,” the amiable Lydia told Ipoh Echo recently. Sketching a portrait with pencil takes her around 25 minutes while an oil painting can take up to one month.

“I always tell my students that they must let go and relax themselves when they paint. When I teach them, I learn something from them in return. There is no right or wrong in painting. The key point is you must enjoy the painting process,” she explained. Teaching for over 20 years, her passionate students range from four to 80 years of age.

With fees starting from RM70 per month, she was teaching from home before establishing her studio in January this year. Since the last few years, she offers one-on-one home tutoring too. Whenever she has free time to spare (usually during public holidays), she runs a sketching booth at Concubine Lane. Her art studio brimming with her masterpieces, is open to the public for visits too.

When asked on the challenges she faced along the way, the mother of three replied, “I wish I could be a full-time artist but I need to take care of my family and students too. Plus, it is difficult to obtain some art supplies here.”

In the 2nd International Symposium on World Chinese Women by the World Chinese



Women’s Association in 2003, she was awarded a consolation prize for her oil painting depicting herself and her son. In October this year, she emerged champion for the Plein Air Challenge and third placing for the Portrait Challenge in HERarts, organised by PORT (People Of Remarkable Talent).

This is her major painting principle cum advice for other aspiring artists out there: “Painted in every heart is a distinctive picture that belongs only to each. Listen to the voice within you and search for it. You will then find peace and yourself. By all means, paint! Do not be afraid.” And her job is to help one to express it.

“It is by God’s grace that I got to set up the studio, hence the name of my studio,” she added.

To fix time for lessons and visits, interested readers can contact Lydia at the following:

**Studio address: 70A, Lebuhr Lapangan Siber 2, Bandar Cyber, 31350 Ipoh.**

**Facebook: lydiachew72@yahoo.com**

**Contact Numbers: 016 5937 161 or 016 5346 272**

**Mei Kuan**



## 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*



# Perak Community Specialist Hospital

## Quality and Affordable Care



**T**he Perak Community Specialist Hospital ("PCSH") is a not-for-profit hospital with a mission to provide affordable healthcare for the community.

Formerly known as the Perak Chinese Maternity Hospital, this 112-year-old hospital has come a long way from its humble beginnings. Previously only providing maternity services, it now offers multiple medical specialities, all under the same roof. PCSH now has fourteen (14) resident consultants, four (4) sessional consultants and four (4) medical officers. They cover a wide range of specialities which include orthopaedic surgery, obstetrics and gynaecology, anaesthesiology, paediatrics, general surgery, colorectal surgery, urology, cardiology, nephrology, internal medicine, radiology, rhinology, psychiatry and plastic surgery.

In addition to its specialist services, the hospital has also undergone major upgrades to better serve its patients.

PCSH is committed to provide affordable quality healthcare for its patients, holding true to its mission of service to the community.

**Perak Community Specialist Hospital is located at 277 Jalan Raja Permaisuri Bainun (Jalan Kampar), 30250 Ipoh, Perak Darul Ridzuan. Call them at 05 241 9000 or visit [www.pcsch.com.my](http://www.pcsch.com.my) for more info.**



## Tourism

# Lonely Planet – Perak in 9th Spot

**W**orld renowned travel guide book, Lonely Planet, has listed Perak as the ninth (out of ten) top region in the world to visit in 2017. This comes on the heels of its recognition of Ipoh as the sixth best place to visit in Asia in 2016.

Dato' Nolee Ashilin Mohammed Radzi, Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications, announced this during a press conference on Friday, October 28 at Lost World of Tambun. She attributed the recognition to the combined efforts of the state government, public agencies, industry players, media and Perakeans.

"Perak has been receiving the highest number of domestic tourist in Malaysia for four consecutive years. This would spur us to achieve the 7-million tourist target for 2017 in Perak," she remarked.

For the latest nomination, Lonely Planet has cited these key areas as the determinants. They are the Royal Belum State Park, Pangkor Island, Kinta Nature Park, cave temple grottos and Ipoh. For instance, guesthouse owners and tour guides on Pangkor Island organise nature walks and village tours, thanks to a mentoring scheme by NGO ECOMY (Ecotourism & Conservation Society Malaysia). The island is also home to the 5-star Pangkor Laut Resort which brims with paradisiacal vibes.

There are many internationally-recognised events in store for visitors next year. Events on the cards are Ipoh Cycle Fest, the Poetry and Folk Songs International Festival, Pangkor International Development Dialogue, Perak International Magic Festival and Perak International Drum Festival.

In conjunction with Visit Perak Year 2017, the state is offering the "Perak Cuti-Cuti 1Malaysia Dekat Je" package that comprises 65 chosen destinations in 12 travel themes: agro tourism, family and fun, island and beaches, eco adventure, homestay, angling tourism, heritage, team building, medical tourism, cycling, food and mosque trails. Besides that, the tourism board also has the World of Wonders package, homestay package and village tours set to attract both local and foreign tourists. Since Pahang and Terengganu are celebrating their visit year too, there are exclusive packages for tourists to visit all three states in a span of a few days. For further details on these packages, call Tourism Perak at 05 249 9966.



"The majority of our international tourists hail from Singapore, Japan, Indonesia, Thailand and neighbouring countries in Southeast Asia," Nolee added.

Present at the press conference were Ibrahim Seddiqi, director of Tourism Malaysia Perak, Mohd Hizaz bin Mohd Ibrahim, director of Ministry of Tourism and Culture Perak Office and Zuraida Majid, the newly-appointed CEO of Tourism Perak Management Berhad.

The nine other offbeat destinations listed by Lonely Planet are Choquequirao, Peru; Taranaki, New Zealand; The Azores, Portugal; North Wales, UK; South Australia; Aysén, Chile; The Tuamotus, French Polynesia; Coastal Georgia, USA and The Skellig Ring, Ireland.

**Mei Kuan**