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ISSUE **248**

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Hot, Hotter, Hottest: Five Hottest Cafes In Ipoh

•By Ili Aqilah & Tan Mei Kuan

Ipoh's star was shining brightly when we became the only city in Malaysia to be listed 6th in the exclusive 'Best Asian Destination to visit in 2016' by Lonely Planet alongside with Hokkaido, Shanghai, Jeonju and more. Add to this recognition, Perak being named as the 9th top region to visit (in the world!) in 2017 shortly after, by the same extremely popular global advocate on travel, and next year's 'Visit Perak Year 2017' is going to see Ipoh reaching a pinnacle in brightness not seen since its glory days of tin mining.

While Ipohites have always treasured Ipoh, it was the renewed vibrancy of 'Old Town' with a fresh buzz including new hotels, craft shops, museums, restaurants and cafes that produced the Lonely Planet listing, creating sudden fame for Ipoh - a fame that Ipoh Echo can proudly take credit for contributing towards. After all, Ipoh Echo has for the past years, been diligently scouring the city and reporting on all the happenings, and written hundreds of articles on the myriad of activities, sights and sounds of this awakening city as well as the larger Perak state. Not to mention discovering and exploring little known tourist sights, eateries, restaurants and cafes.

Continued on page 2



Burps & Giggles' rustic interior



The Happy Eight

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Xmas Turkey

Pan-Seared Norwegian Salmon

"The spark is finally returning to the time-worn neighbourhoods of Ipoh" – Lonely Planet

Contributing to the renaissance of Ipoh are the cafes, hotels, eateries making a visit to 'Old Town' an exciting exploration. Currently there are more than 50 local cafes with their own quirky vibes and specialties that are bringing both domestic and international tourists to the area. Although decisions were difficult at first, the Ipoh Echo Team managed to track down the five hottest cafes in town that offered more than just good food and drinks but also a great ambiance.

Burps & Giggles

Pioneering the blooming café scene in Old Town is Burps & Giggles, a socially vibrant space that has always been more than just a coffee shop. "We began in September 2012. What has kept people coming back since we started were our burgers as tourists and locals love them. We still maintain our staple drinks of coffee and juices. From time to time, we'll shake things up a bit by introducing pizzas and pastas," Dexter Song, the owner told Ipoh Echo.

Rustic, eclectic and quirky, the café's design came about from his family's many travels where recyclable items were re-purposed with flair.



Cheeky Mushy Pizza

"Our focus these days is increasing the awareness of Old Town and of what we can contribute to the town. Together with Tourism Perak and Quest University, we are organising a massive recycling project called 'Green for Ipoh' where local artists are invited to use recyclables to create murals, art landscape and ornaments. The four-weekend affair begins Saturday, November 26. Free of

charge, it features crafters, arts workshops for kids, green promoters to educate the public on the environmental movement, poetry reading and busking," the amiable Dexter explained.

Prior to this, they have hosted flea markets and fundraisers. "With only cafes, it is not enough to kick-start Ipoh again. We need to kick it up with arts and go beyond retail. There needs to be an educational side to things. Hopefully, there will be other young entrepreneurs out there to continue the momentum," he added.

The food style here has a Western lean with noteworthy mentions of Jammy (a sweet, juicy Angus cut burger – RM19); Poulet (grilled paprika chicken burger – RM19), Greeko (lamb burger with red pepper sauce – RM19) and Cheeky Mushy Pizza (baguette-style pizza with roasted chicken and trio mushrooms – RM17).

Burps & Giggles seats 50 comfortably with private sections available. Pork-free.

Operating days and hours: Every day except Tuesdays. (Weekdays 10am-6pm, weekends 9.30am-7pm)

Address: (Behind Kong Heng) 93 & 95 Jalan Sultan Yussuf, 30000 Ipoh, Perak.

Contact no: 05 242 6188 **Instagram:** @burps.and.giggles



Jammy



Cafe interior

The Happy Eight Retreat

Begun in August 2013, this one-of-a-kind boutique hotel offers accommodation upstairs and an Instagram-worthy café downstairs.

Brewed coffee beans are sourced from Taiwan and given the final touch in house, inspired by coffee culture of countries all over the world. The all-time favourites are Vietnamese Coffee (RM15.50 hot, RM16.50 cold), Iced Water Drip Coffee (RM23.50 cold) and Manual Drip Coffee (RM16.50).

"You cannot find these types of coffees in major coffee chains and other average cafes. Skills and mood determine the taste of our coffee. The most enjoyable moment for our guests is that first sip of coffee the moment they wake up," Tan Kai Lek, the director, highlighted. For their juices and smoothies, they are made with freshly blended fruit with no sugar added.

The Ipoh Echo team absolutely adores their delicate Taiwanese Dumplings bursting with juicy chicken, prawn and vegetable filling (RM17.50 for 8 pieces). Their breakfast Flatbread Wrap (RM20.50), Spaghetti Chicken Chop Special set lunch (RM25.50) and Lemongrass Chicken Chop Rice (RM29.50) are equally worth a review. Pork free. If you're one with a sweet tooth, the Black Forest (RM14.90 per slice) and Moist Chocolate (RM13.90) will have you weak at the knees.

Tan upcycles discarded materials like wood, stone, glass, plastic, straw, metal and others into beautiful art pieces which become the major highlights of the cafe. Among the pieces we spotted exuding old charm and character are the unique three-legged chairs, a creation of Tan's.

Opening hours: Opens daily (Sunday to Thursday, 9am to 10pm, Fridays & Saturdays, 9am to 11pm)

Address: No. 46, Market Street, 30000 Ipoh, Perak.

Contact no: 05 2438388 / 241 8288

Facebook: facebook.com/thehappy8cafe



Taiwanese Dumplings

Lim Ko Pi

Serving a real treat of Nanyang comfort food, the tall and red building Lim Ko Pi is located at Jalan Sultan Iskandar (Hugh Low Street) next to Sarang Paloh Boutique Hotel. What started as a restoration project, the idea for the cafe came out of the blue from Lee Yoke Chee, known to many as Mrs Lim.

"It was my eldest daughter, Betsy Lim Bay Sie who started it all. She asked me how are we going to let the public see the old buildings we have restored. A foodie myself, I suggested the idea to open up the first Lim Ko Pi," said Mrs Lim.

Established in 2011, visitors who come to Lim Ko Pi definitely need to try their signature Triple Meat Curry Noodle; a combination of barbecue pork, roasted pork and shredded chicken meat, priced at RM6.80. Not a fan of Yellow Mee? Lim Ko Pi also provides a selection of different noodles to cater to your needs such as Bee Hoon, Hor Fun, Lai Fun, Thick Wantan Noodle, Glass Noodle and many more. There are also options for sauces to go with the noodles such as Curry, Dry Curry, Soup and Black Sauce. There are also options for vegetarians such as Vegetarian Mee Curry (RM8.80) that comes with tau fu, aubergine and long beans.

While sitting in the historical building that was built back in 1930, sipping on a cup of Lim Ko Pi's Coffee 98 priced at RM3.50 (Hot), RM3.90 (Cold) while enjoying their wide selection of homemade pao such as Black Sesame 'O' Pao (RM2.50), Pumpkin Creamy Custard Pao (RM2.50), Plain Mantao (RM2.80), Wholemeal Savory Mantao



Coffee 98 and Kopi O



Triple Meat Curry Noodle

(RM3.10) is a step into nostalgia.

Almost everything at Lim Ko Pi are homemade including roast pork, whole meal bread and curry. Another must try menu at Lim Ko Pi is their signature Ice Kacang (shaved ice served with sweet sides) priced at RM5 which comes together with home made jelly, cincau (grass jelly), corns, peanuts, cendol (green jelly) and gula melaka syrup.

Lim Ko Pi opens **every Tuesday till Sunday from 8:30am to 5:30pm**. The restaurant also has lunch set menus and the air-well sections are available for booking to cater up to 60 to 80 people.

Lim Ko Pi is located at **10, Jalan Sultan Iskandar, 30000, Ipoh Perak** and can be contacted at **05-2532898** (non-halal)

• From the Editor's Desk
By Fathol Zaman Bukhari

IT'S VISIT PERAK YEAR ALL OVER AGAIN

Although Lonely Planet did not venture beyond the obvious in describing the attributes of Ipoh and Perak, their inclusion is enough to rekindle interest in the city and the state..

For the uninformed or rather the misinformed, next year, 2017, has been designated as Visit Perak Year 2017. If you are unaware I don't blame you as there are no visible indicators to show that it is another year of gaiety, pomp and perhaps pageantry. There ought to be a reason but I prefer not to dwell on it as it may open a Pandora's Box. Suffice for me to say that Visit Perak Year 2017 is just a month away.

Incidentally, Ipoh and Perak are among Lonely Planet's list of preferred destinations for 2016 and 2017. It is indeed an honour for us, Ipohites and Perakeans, to be given such prominence by a world-renowned travel guide book. The distinction has been used by those concerned as a convenient promotional tool to attract visitors to the state. The influx of tourists, both local and foreign, bears testimony to this statement.

Although Lonely Planet did not venture beyond the obvious in describing the attributes of Ipoh and Perak, their inclusion is enough to rekindle interest in the city and the state. So with such substantive backing we should be reaping what we sow and what is needed is a little push to get us past the finish line unscathed.

Somehow in both listings Ipoh's Old Town is mentioned. The magic of Old Town holds sway for it has provided the impetus to charm the scores of visitors that descend on Ipoh each weekend.

There is definitely more to see than just old colonial buildings and back lanes which were once homes to Chinese migrants working in the tin mines. Perak has plenty to offer other than quaint old towns and shanties. Some of these attractions are within striking distance of Ipoh and they are must-see destinations.

Gua Tempurong, Herbal Garden, Kellie's Castle, Tanjong Tualang Tin Dredge and Kinta Nature Park are just a short distance away from downtown Ipoh. These places can be considered as value-added attractions for those who want more out of their outings. I am pretty sure maintenance and up-grading works are underway at these places to prepare them for the big day.

Ipoh Echo team conducted a cursory survey of four of the five locations and had this to report. Generally they look fine but more can be done to bring it up to a worthy standard.

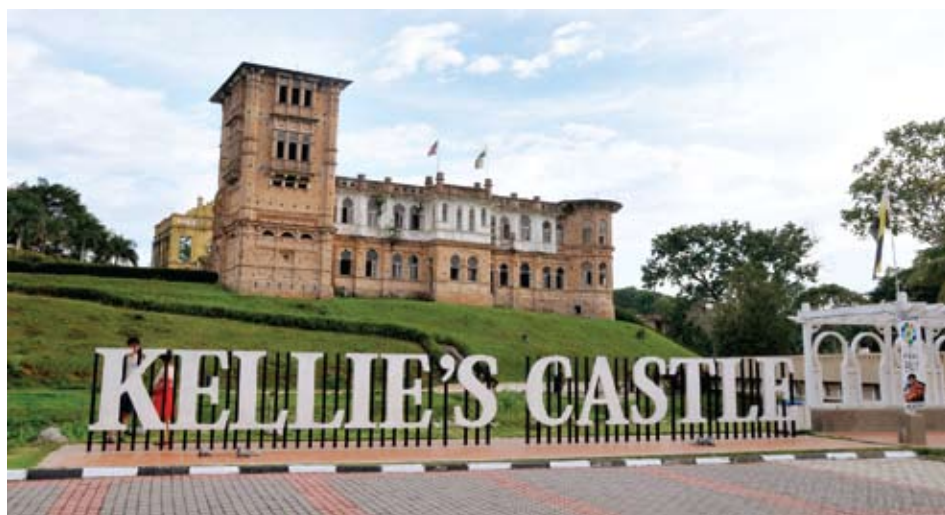
The herbal garden along the Batu Gajah-Gopeng road is well maintained but its toilets are in a poor state. This will be a big letdown for visitors. Repair works are underway at the time of reporting.

Kellie's Castle looks fine too but the minders are planning to erect more benches around the facility for the convenience of visitors. The castle's lighting system is under repair too as some of the lights have been out for a while now.

The iconic tin dredge along the Batu Gajah – Tanjong Tualang road is still closed to the public as repairs works are underway. The pontoon supporting the dredge leaks and works to patch up the holes are underway. Repairs works are expected to complete by January 2017.

Kinta Nature Park, the former tin mining land along the Batu Gajah-Tanjong Tualang road, has much to offer to nature buffs. However, years of neglect has almost transformed it into a wasteland. Following Visit Perak Year 2012 the park witnessed a hive of activities aimed at making it into Perak's one and only nature park rivalling the best in the country. But lethargy and inconsistency have reduced the facility to what it is today. The road leading into the park is in a state of disrepair caused by lorries carting away sand for construction purposes.

With all these shortcomings, is the state ready for another gala year come Year 2017? Your guess is as good as mine. I don't wish to make any assumptions but like the saying goes, "seeing is believing". You have to see things for yourself and make your own judgment.



EYE HEALTH — DRY EYES

In our continuing series on Eye Health, Consultant Ophthalmologist Dr. S. S. GILL talks to us about dry eyes.



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

Most people do not realise that a normal tear production is required for clear vision. About 5 to 10 percent of individuals in their 40's and 15 to 20 percent of those above 50 years suffer from inadequate tear production resulting in dry eyes. This is most common amongst women, especially those who are postmenopausal.

Dry eyes is a condition due to the **reduction in the quantity or altered quality** of the tears. Tears are necessary for the **lubrication** of our eyes and to wash away particles which can cause infection. You can imagine the eyes to be like "a fish without water" when they lack tears! If you have dry eyes, you may feel a **burning, stinging sensation**. You may also experience, **redness, tired eyes** after reading, even for short periods of time. If you wear **contact lenses**, they may feel uncomfortable or **scratchy** to the eyes.

WHAT CAUSES DRY EYE?

Dry Eye Syndrome is most common in adults age 40 and older. As you **age**, your eye's tear glands produce less of this fluid, making your tear film break. This causes most dry eye sufferers to feel painful eye irritation and experience vision loss. Some causes include:

- **Aging** or menopause.
- Constant **exposure** to air-conditioners, wind and sun.
- **Smoking** or second-hand smoke exposure.
- Previous **eye surgery** such as Lasik (*usually temporary*).
- **Eye injury**, facial paralysis, poor lid closure.
- Certain **medications** like antihistamines.
- In conjunction with some **diseases**.

WHY ARE TEARS IMPORTANT?

The **TEAR FILM** has 3 basic functions. Firstly, it bathes and **protects** our eyes. Secondly, it also contains proteins and nutrients which provide **nourishment** to the eye. Thirdly, tears help refract light to **keep vision nice and sharp**.

Tears are not just simple watery fluid but actually comprise of 3 layers - the **FATTY** (lipid) layer, **WATERY** (aqueous) layer, and the **MUCIN** layer. The **outer FATTY layer** works by **keeping our tears from evaporating** or drying-up too soon. This layer is produced by our **eyelid** glands, so if you have unhealthy eyelids, a defective fatty layer would result. In this condition, **tears could dry up very fast**. The **middle AQUEOUS layer** is the main WATERY part of your tears, while the **inner MUCIN layer** is the "glue" layer needed to keep the whole tear film **well spread on the eye surface**. A defect in any one of these 3 layers of the tear film will cause inadequate or poor quality tears. If you have Dry Eyes, you may try the following:

- Use preservative-free **artificial tears**, available as either drops or ointment.
- **Don't smoke**. Avoid direct wind, and **air conditioning** as much as possible.
- Use a **humidifier**, especially if you are constantly in an air-conditioned room.
- Purposefully **blink more often and rest your eyes** when you feel strained.

If after trying the above self-care steps and your dry eyes do not improve within a few days, see an eye doctor.



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

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Contracting a Difficult Business

There are more than 30, 000 registered contractors in Malaysia. This ratio is likely to be amongst the highest in the world.

Contracting is a very difficult business yet it is so easy to register as a contractor.

Firstly, to register as a Class F contractor, one has only to show that he has RM5,000 capital. He does not even require a pass in SPM. But it will take at least 10 years to learn how to overcome all the inherent difficulties and become a competitive and efficient contractor.

Secondly, studies have shown that there are more failures and bankruptcies in contracting than in any other business, and also almost all construction projects are NOT completed within the original scheduled time.

The delay will cost the contractor more and that is why you can often see uncompleted buildings and abandoned projects which have been undertaken by inefficient contractors. There are many reasons for this peculiar phenomenon.

1. Open Tender

Although this system is the best way to ensure completion of any project/contract at the lowest price, it is the most difficult obstacle any contractor has to face in the real competitive world. He must know his business well and be ready to face competition. He has to be aware of the market conditions and his competitors.

There is the saying, "a cheap thing is not good and a good thing is not cheap". But contractors always have to produce good work at the cheapest price.

In order to submit the cheapest tender, the contractor must be very optimistic in all his assumptions to get the cheapest rates. He must assume that he will not encounter any cash flow difficulties and that he will always get his progress payments on time to pay his creditors.

He must not encounter difficulties in getting the required materials on time to avoid any delay and also that there are ample workers for him to pick and choose from.

Furthermore, he must also assume that the weather is kind to him and will not impact his work. Invariably, many of these assumptions are proven wrong and thus completion delayed, and his contracted price is not sufficient to complete the contract.

2. Teamwork

Teamwork is important in all business endeavours. It is more so in the contracting business. Every contractor must realise that his success is not going to be determined by his own knowledge, talent or abilities. It is going to be determined by his ability to develop a great team. Those who are closest to him will help determine the level of his success.

Every efficient contractor must have a reliable team comprising managers, sub-contractors, material suppliers, foremen and skilled workers. All the team players must cooperate with one another, bearing in mind that the main contractor's survival depends on their contribution. Their main goal must be saving cost. If they cannot complete the contract within the tender price, all of them will also be affected.

3. Pricing

There is no material price escalation clause in the conditions of contract. Invariably most materiel will go up in price, especially now due to the introduction of GST. Every contractor tries to undercut his competitors to secure the contract.

Materials would increase in price due to inflation and other reasons. Contractors require many years of experience to be able to anticipate price changes and to make provisions whilst not overpricing their tenders and losing the bid.

4. No contract is the same

No two high-rise buildings are the same.

Construction of a building, a bridge or a stadium is always akin to making a prototype. The process is much more difficult than manufacturing any product where there is repetition. For example in making cars, the first prototype and the initial few cars may be more difficult to make but once everyone gets used to the routine, the manufacturing process will proceed smoothly.

In the construction of buildings or any civil engineering works, there is very little repetitive work. Every construction site is different and most of the people involved have never worked together before.

On top of this, there may also be inexperienced supervisory staff that can create a lot of difficulties for the contractors. Invariably, by the time all parties get used to the routine, the scheduled time is over.

5. Financing

Most contractors do not have sufficient capital to finance their undertakings.

Contractors generally do not have fixed assets like

most manufacturers. They usually do not have land and buildings but, instead, they have construction equipment. Unfortunately, banks do not accept these moving assets as collateral for a loan.

6. How to succeed?

There are other factors why some of the most successful tycoons associated with the building or construction industry have managed to get where they are.

Firstly, the majority of listed companies were started by Chinese merchants most of whom incidentally did not have tertiary education. For example, Lim Goh Tong of Genting began his working career as a scrap iron dealer and a contractor; and Yeoh Tiong Lay of YTL Corp. started as a small contractor.

After being one of the founders of Mudajaya, Gumuda and IJM, I can tell you that companies must not just depend on contracting, which is an extremely difficult business. They must diversify into property developments, toll roads, oil palm plantations etc to ensure sustainable profits.

**CHILD HEALTH**

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

Bronchitis in Children**WHAT IS BRONCHITIS?**

The large air passages to the lung are called bronchi. When the child has a cold or sore throat, the virus that causes it can spread to the bronchi. When the virus gets to the bronchi, it causes swelling, inflammation and the mucus formed partly blocks the bronchi.

WHAT CAUSES BRONCHITIS?

Viral infection is the most common cause of bronchitis. Bronchitis can also be caused by bacterial infections, allergies, and irritants such as cigarette smoke, fumes and dust.

WHAT INCREASES THE RISK FOR BRONCHITIS?

Bronchitis is usually caused by a viral infection such as a cold. It can also be caused by a bacterial infection, exposure to polluted air or cigarette smoke. The risk may also be increased if the child has medical conditions such as asthma or allergies. Babies who are premature also have a higher risk for bronchitis.

WHAT ARE THE SIGNS AND SYMPTOMS OF BRONCHITIS?

Your child has cold symptoms, like sore throat, fatigue, runny nose, chills, aches, and a slight fever. He'll develop a cough, which starts as dry then becomes productive with whitish or greenish mucus. He may vomit while coughing. He may feel short of breath and start wheezing. The bronchitis may progress for a few days, thus the symptoms may increase before settling. However, the cough may linger several weeks as the bronchi heals.

HOW DO I KNOW IF MY CHILD IS HAVING TROUBLE BREATHING?

- Your child's nostrils open wider when he breathes in.
- Your child's skin between his ribs and around his neck pulls in with each breath.
- Your child is breathing fast.

HOW IS BRONCHITIS DIAGNOSED?

Your doctor will ask you relevant questions then examine your child. He will auscultate your child to hear for the breathing sounds. The expiratory phase (breathing out) will be prolonged and there may be wheezing. Your doctor will also request for a chest x-ray to confirm the diagnosis.

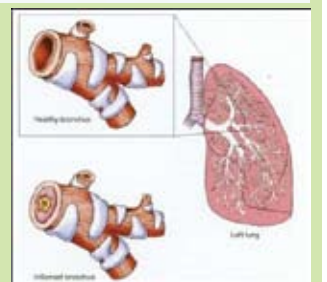
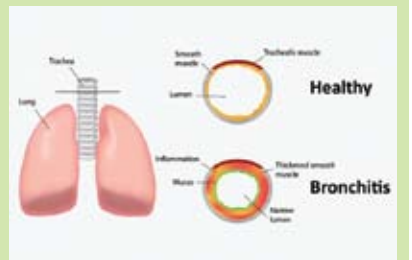
HOW IS BRONCHITIS TREATED?

Treating bronchitis depends on its severity. Those with mild bronchitis can be treated at home. Those with breathing difficulty will require to be treated in hospital. Drinking lots of fluids, with plenty of rest is encouraged. Some doctors may use symptomatic treatment for cough and cold for children above two years. The secretions have to be cleared regularly. In children with breathing difficulty, your doctor may prescribe a bronchodilator. These medications are often given through inhalers or nebulizer machines and help to relax and open the bronchial tubes and clear mucus so it's easier to breathe. As viruses are the most common cause of bronchitis, antibiotics is not usually used.

For more information, call Dr Shan's clinic at Hospital Fatimah 05 546 1345 or email shaniea02@gmail.com.



by Koon Yew Yin



ON IPOH FOOD

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



SeeFoon goes 'Off the Eaten Track' and discovers PlateCulture.

Asia has popularised the idea that now 'Everyone Can Fly'. Then came Airbnb with its 'Belong Anywhere' branding where the whole world is one huge accommodation marketplace.

Now with 'PlateCulture', everyone can entertain at home.

'At Home' in this instance is not at your home where you have to prepare, cook, serve and that most dreary of chores--washing up--but at the home of the Chef. The PlateCulture Chef is someone deeply in love with cooking and ready to show his/her cooking skills to people appreciating good food. These hosts range from professionally-trained chefs to the most passionate and practiced home cooks. PlateCulture Chefs cook and host pre-arranged dining events at their homes.

Events take place in Chef's homes. So if a Chef is different - the place will also be different. After you book, Chef confirms the booking and you make the payment.

The first Plate Culture experience to arrive in Ipoh is at the home of **Mallika and Subash**. Located at Ipoh Garden East, their home is cosy with the only other caveat for you the diner, is to be a dog lover. Three lovable and extremely friendly Shih Tsu's who will only want your love and attention, will greet you enthusiastically on arrival. But Mallika will lock them away if you're dog shy.

Mallika and Subash specialize in **Biriyani**s which they offer on Plate Culture (<https://plateculture.com/>) as the **Ashley's Biriyani Experience**. Mallika who loves to write and has a blog 'My World in Words' has this to say on their entry into the world of Plate Culture:

"My husband and I love cooking ! He picked up his culinary skills whilst studying in the UK and I was an ardent student under the tutelage of my mum and my mum-in-law .

We are also avid travellers and what we discovered during our travels was the difficulty in finding a really good, taste-bud satisfying plate of Biriyani !This prompted us to experiment and slowly but surely we derived a mouth-watering concoction of our very own version of Biriyani ! You will love it !

Besides the main course of Biriyani ,of which we have either chicken or mutton, we serve a fresh yoghurt vegetable and fruit Raita, a tangy Mint Chutney, mildly explosive Raisin Chutney and Papadam. To wash down your meal, we serve freshly squeezed limey- lemonade.

For our beloved vegetarian friends, we have a mildly spicy vegetable Biriyani,served with all the side dishes mentioned including a delectable,tingling Ginger pickle known traditionally as Injee Puli.

To us, cooking is almost a religion - at least we think so - one's heart has to be clean and the energy one transfers from one's hands to the food must flow with positive vibes -a sacred act prepared with love and care will only manifest good health.

We take the preparing of meals for our family seriously- it is a labor of Love-and most importantly,when our family sits together to enjoy a meal,we bless our food and take our time savoring each morsel. Food is sacred business,you know !

On that note, we would love to invite you all to our home to get to know you and share in our Biriyani Experience ! See you soon !"

I can certainly vouch for the Biriyani Experience as a most delightful and enjoyable one. The enthusiastic greeting from Mallika's 3 Shih Tsu's just tops Mallika's own welcome, a gracious presence complemented by Subash's more reserved one. Their sitting room is comfortable and apple juice was forthcoming almost immediately the moment we sat down.

The meal is served in their dining area adjacent to the kitchen which was spic and span. The spread was already on the table when we sat down, Fried Chicken Biriyani,

Mutton Dum Biriyani, fruit and vegetable Raita and three different chutneys, the mint, ginger and raisin, hard boiled eggs and papadam.

Fresh made lemonade was served throughout the meal and Mallika and Subash couldn't have been more thoughtful, hovering or sitting and chatting with the three of us who were there.

Of the three different Biriyani's which I tasted, my favourite was the



Mutton Dum biriyani. This style of cooking involves marinating and cooking the meat with its own delectable spice blend, then added to the rice, the pot sealed with a flour paste and left to cook in its own juices. The pot is only unsealed just before serving, stirred to distribute the flavours, topped with added fried onions and garnishes and the end result is delectable rice heaven. The other biriyani's are equally tasty albeit more toned down and probably appealing to the less fiery palates. The Mutton Dum biriyani can also be for those who don't like mutton and

be changed to Chicken Dum Biriyani the style of cooking remains the same.

We ended our meal with an Indian classical dessert, the Falooda, made with basil seeds, rose syrup, vermicelli, sweet milk and topped with crushed almonds and cashews. Indians believe that Basil seeds are 'cooling' and it was indeed a most refreshing dessert.

A typical menu on their Plate Culture website looks like this:

- A refreshing Welcome drink -Orangena or Applecious
- Chicken /Mutton Biriyani
- Vegetable/Fruit Raita
- Raisin Chutney/Mint Chutney/Papadam
- Vermicelli Pudding (Falooda)
- Free flow of freshly squeezed limey-lemonade with a hint of ginger and mint !

This is priced at RM41 per guest, with a minimum of 2 guests and a maximum of 6.

However, Mallika and Subash are happy to cater and deliver to your home at the following prices per head with a minimum order of 10 and a maximum of 20: Chicken - RM18; Mutton Dum - RM20; Vegetarian - RM16; Fried chicken - RM18. These come with mint chutney, raita, ginger chutney, papadam, hard-boiled eggs which is included in the per head price. Eat-in comes with lemonade, papadam and falooda.



Ashley's Biriyani Experience

9, Lebu Perajurit 3, Ipoh Garden East.

Mallika Madhavan-Subash and Subash Damodaran.

018 2457886 and 018 2985466.

<https://plateculture.com/where-to-eat/ashleys-biriyani-experience?city=ipoh>

Ipoh's 5 Hottest Cafes... continued from page 2

Tea.Warmer.Treat (TWT)

Feel at home in TWT, a tea café nestled away in Medan Ipoh Bistari that is perfect for family dining and friendly gatherings. Its homely touches include a faux fireplace, long flowing curtains filtering the sunlight, a shelf brimming with collectibles, hanging photo frames and warm neutral-hued walls.

Tea lovers will be spoilt for caffeine, caffeine-free and cold tea choices. The leaves are imported from England, Japan and China and blended in-house. TWT's signature caffeine-free teapot is Serene Garden (RM13.80 per pot for 2 pax), a sweet blend to boost your day with its blend of premium roses, osmanthus flowers and lavender.

Due to the overwhelming response, Serene Garden, Soothing Chamomile (a rich blend of chamomile flowers, peppermint and rose petals), Elegant Lavender Forest (black tea with floral character) and Osmanthus Black Jasmine (finest black tea blend with sweet aroma) are now available prepacked at RM36 per box for 16 silken sachets. Plus, there is a tea time promotion where every order of two pieces of desserts will come with a complimentary pot of flower tea.

An interior designer, Stephanie Chai runs the pork-free café established in 2014 together with her husband. Also featuring fusion western food infused with Japanese, Korean and Malaysian elements, their homemade must-tries are Forest Mushroom Soup (RM13.50), Korean Chic (RM24.50), King Prawn Aglio Olio (RM29.50) and Classic Meat Lover Pizza (RM30.50). Their dessert selections change daily with preorders available for custom made ones. One should not give the all-time favourite, Greentea Lava with Milk Gelato (RM15), a miss. Did we mention that there will be daily fresh-baked homemade Christmas cookies this tinsel season?



Classic Meat Lover Pizza

Dessert selections

Operating days and hours: Every day except Tuesdays, 12pm to 10pm

Address: 30 Jalan Medan Ipoh 1D, Medan Ipoh Bistari, 31400 Ipoh.

Contact no: 05 541 7176

Instagram: twt.teacafe

Facebook: facebook.com/twt.teacafe



Al fresco area



Barbecue Chicken Burger

Everyday Life Shop

Shop while you dine every time you visit Everyday Life Shop; established on December 2014, the cafe offers each visitor a taste you won't find elsewhere, "All the food and desserts are made based on our very own recipes. We make and bake our own cakes and other desserts including our signature scones set," said owner Tan Boon Leong who partnered with Keatt Lee to open the cafe.

The concept in Everyday Life Shop definitely makes them different from other cafes. Not only does the cafe have food and drinks, customers can also check out their clothing, baby-wear, bags, home decorations and home fragrances; all under their brand.

Among must-try desserts at the cafe are their Lava Cake (RM16.80) that is served together with ice cream a warm dessert with gooey chocolate sauce hidden inside, Mix Berry Cheesecake (RM16.80) and scones (RM12.80) that come together with butter and special berry jam. Coffee lovers will definitely need to try their Affogato (RM16.80), vanilla ice cream served with two shots of espresso and their wide range of coffees available throughout the day.

"For our Water Drip Coffee, we have Tanzania Shiviwaka, Kenya Mugaga, Sumatra Mandheling, Ethiopia Misty Valley and Ethiopia Ammo Kacca beans that are guaranteed to blow minds," added Tan. Among other drinks recommended by Tan are the Frozen Matcha Oreo (RM18) and Frozen Lady in Pink (RM16).

The cafe also provides a few savoury options such a Barbecue Chicken Burger (RM23.80), Smoked Duck Sandwich (RM16.80) and their all new breakfast sets, Grand Breakfast (RM25) that comes with 2 turkey hams, cheese sausage, jumbo sausage, scrambled egg, baked beans, hash browns, fruity salads and croissant.

The pork-free cafe has the capacity to fit up to 25 pax inside and 10 pax open air. Although there is no private room, the cafe is able to cater to more pax by special

booking. Customers can also buy whole cheese cakes for birthdays or other events by ordering three days in advance.

Everyday Life Shop is located at No 29, Jalan Market, 30000, Ipoh Perak and can be contacted at 05 241 2197 or visit their instagram at www.instagram.com/everyday_lifeshop or their website at www.lifeshopatelier.com.



Goods on sale

Food for Thought

The Ipoh Echo team is proud of how undeniably good and tasty the food is at these cafes. Not only are they instagram-able but the fact that it is made by locals and Ipohites made us realise that there is such a big potential in the food industry in Ipoh. From local cafes, to fine dining to community food trucks, Ipoh's food is definitely a contributing factor to why tourists keep on coming!



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www.banhoeseng.com**Accord****CIVIC***Merry Christmas***THE YEAR-END SALES HAS BEGUN!****Jazz****HR-V****CITY****ODYSSEY****CR-V**

Nosh News

Eyan's Boutique Cafe



At only RM15 a meal, customers of Eyan's Boutique Cafe can get a taste of not one but four different dishes served on a tray. Established early in 2016, the cafe is a labour of love between Norazian Hamid and her siblings. According to Norazian, although they have other menu items in the shop, customers seemed to like the tray set the most.

"In the tray set, we have Chicken Chop, Meatballs, Bolognese Spaghetti and French Fries. We have received plenty of visitors and thanks to that, we are planning to expand the cafe where customers can dine-in comfortably," said Norazian.

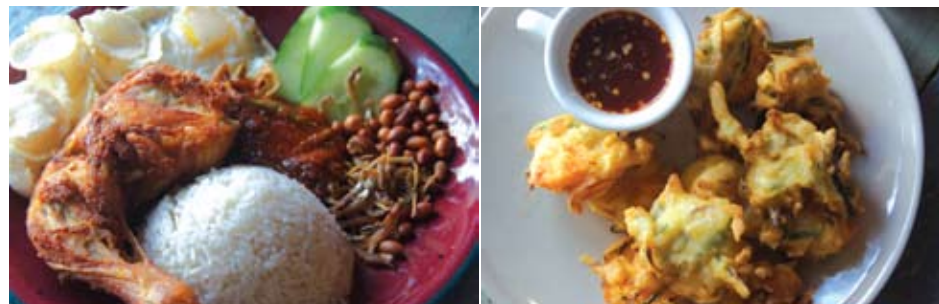
Aside from the tray set, the cafe is also known for their Chicken Chop Burger with Gravy (RM8), Chicken and Meatballs (RM6), Coloring Burger (served with either chicken or meat patties and eggs) together with Fries (RM5), Chicken Chop and Meatball Cheese (RM10), Meatball Spaghetti (RM6) and Chicken Chop (RM7).

Selling up to 100 trays a day, the cafe also provides delivery services around Chemor and Klebang. The cafe opens from Tuesday until Sunday from 12 noon to 10 pm and is located at 12A, Hala Chemor 1, Taman Chemor Mutiara, 31200 Chemor.

Readers can visit Eyan's Boutique Cafe's instagram www.instagram.com/eyans_boutique_cafe or call 019-5682156 for reservation.

Luqman Hakim

Nelli's Deli



Known to many for their signature Nasi Lemak, Nelli's Deli recently moved to a new location right in the heart of the tourist spot in Ipoh, Kong Heng Square, to cater to the needs of foodies.

The cafe, which was first established at Jalan Raja Ekram in 2011, served an array of local dishes including their famous Mee Rebus (RM10),

"Customers can now also try our new wide selection of western food such as English Breakfast Set (RM12), Aglio Olio Seafood Spaghetti (RM20), Seafood Platter (RM28), Fish & Chips (RM18) and others," said Oriza Nelli Ahmad Hatta, the owner of Nelli's Deli.

The cafe, named after their names, is also owned by Oriza's sibling; Ardina Nelli and Farina Nelli. The trio who had no experience in the F&B industry, decided to leave their jobs and open up their dream cafe.

"In 2013, we moved to Greentown Business Centre and two years later we were at Sunway City Ipoh. We've been receiving a lot of warm support from our customers and we'll definitely work hard to serve them better," added Oriza.

Customers who visit Nelli's Deli must try their Nasi Ulam with Fried Chicken (RM15) where a bowl of white rice is served with fresh ulam (local herbs), bean sprouts, salted egg, spicy sambal and crispy fried chicken. Visitor can also change their fried chicken for Percik (Marinated) Chicken for an additional RM2 (Nasi Ulam with Percik Chicken, RM17). Nelli's Deli Nasi Lemak Full Plate comes with fried chicken, calamari sambal and prawn sambal priced at RM20. Customers can also opt for either one of the main side dishes to go with their Nasi Lemak for RM13 to RM15 per plate.

Oriza also highlighted that their Prawn Cucur and Anchovies Cucur (fritters) priced at RM7 each are among the items loved by customers. The cafe also serves delicious desserts such as Churros with Chocolate Sauce (RM14), Brownies (RM8, add RM6 for ice cream) and French Toast with Ice Cream & Berries (RM19).

The cafe is located at 99, Jalan Sultan Yusuf next to Burps & Giggles. Customers can also pre-order cakes from the cafe for birthdays, anniversary and more. The cafe opens from Tuesday till Sunday from 9am to 6pm (last order at 5pm). Readers can check out their instagram at www.instagram.com/nellisdeli

Ili Aqilah

Community

Senior Citizens Club Perak

The Senior Citizens Club Perak celebrated its 39th Anniversary recently with a dinner held at Ipoh East Ocean Seafood Restaurant. The club was established in 1967 by some leading Ipohites to cater to the needs and welfare of retirees and pensioners.

The objectives of the club are to promote fellowship, respect and care for those above the age of 55 in the community. To date, it has over 300 members ranging in age from 50 to 92 years old.

"I'm pleased to see members interacting, travelling and exercising together. It prevents them from getting depressed and bored," said club president, Richard Tan Seng Wha to Ipoh Echo. Richard has been with the club since 2001.

One of the members, 91-year-old Lee, cited mountain climbing as his favourite activity. "I've been featured in The Star newspaper many times," he declared proudly.

Activities such as language classes, line and ballroom dancing, zumba, karaoke, table tennis, morning walks and indoor games are held at the club premises located at **No. 2 & 2A, Lintasan Perajurit 11B, Ipoh Garden East, Ipoh**. Every Wednesday a singalong session with the club band, 'The Merry Makers' is held around noon time. The club organises local and overseas trips from time to time.

It was heartwarming to see how close knit the members are. For instance, in one dancing session, members who lost their balance were promptly supported by many helping hands. Young-at-heart Lee pulled this scribe to the dance floor and taught me a few moves himself.

Those below the age of 55 are welcomed to join the club as associate members. Interested readers can contact the club at **05 547 0387** for details.

Mei Kuan



KOHIJAU Launched Recycling Reward Point System in Taiping

Residents of Taiping now have the opportunity to embrace the 3R culture by adopting the KOHIJAU-ICYCLE recycling reward point system as Koperasi Alam Hijau Perak Berhad (KOHIJAU) brought its programme to Taiping. It was in conjunction with the Menteri Besar's meet-the-people session for residents located in the Parliamentary constituency of Bukit Gantang and Taiping from Tuesday, November 22 to Saturday, November 26.

The seventh KOHIJAU-ICYCLE recycling reward point system was launched by Dato' Seri DiRaja Dr Zambry Abd Kadir at Dataran Kedamaian, Taiping Lake Garden on Wednesday, November 23.

KOHIJAU is a cooperative society set up by members of Ipoh City Watch (ICW), an established NGO whose vision is to help make Ipoh the most liveable city in Malaysia. It aims to promote recycling as part of our culture to create a sustainable environment through social enterprise.

KOHIJAU teams up with iCycle Malaysia to enhance its recycling business throughout Perak using the KOHIJAU-ICYCLE recycling reward point system. Those who are keen to participate in this recycling reward point must first register via <http://icycle-global.com>. Registration is open to any interested individual without any charge. Upon successful registration, KOHIJAU-ICYCLE members will be provided with bar code stickers. They can then collect their recyclables and place them in either a bag or box. The bar code sticker is then stuck to the bag or box before it is dropped into designated KOHIJAU-ICYCLE recycling bins.

The recyclables will then be collected, scanned and then updated into the member's respective account. Members can check their point online and decide if they want to exchange it with cash or coupons to buy household goods from TESCO or AEON. They can also choose to donate to charity organisations.

Since its launch on October 15, over 300 people have registered and contributed over 4000kg of recyclables. Currently there are seven KOHIJAU-ICYCLE recycling bins located in Jelapang Tambahan, SMK Raja Chulan Ipoh, Loyal Garden, Jln Sultan Nazrin Shah Ipoh, Desa Tambun Indah, Kuala Sepetang, GP Food Court in Buntong and now in Taiping. More locations will be set up soon for the convenience of members.

A portion of the profits generated through KOHIJAU will then be ploughed back to the society including NGOs to help keep the environment clean. This is very much in line with the concept of Social Business City recently adopted by the city council, making Ipoh the fifth city in the world to do so. We are glad that KOHIJAU has become among the first organisation to kickstart the Social Business City concept in solving social problems.

KOHIJAU has projected to sign up with at least 10 corporate members, 20 schools and 500 individuals to be part of KOHIJAU-ICYCLE project. These members are expected to contribute 10,000kg recyclables per month. With recycling points being given out as incentives in exchange for cash or products, this system can help create a sustainable recycling community.

Taking the current population of Perak at 2.4 million, it is estimated that each month a total of 16,000,000kg of garbage being generated per month. By 2020, if nothing is done, Perak will have a total of 768,000,000kg of garbage which will end up in the landfills, illegal dumpsites or ocean.

KOHIJAU-ICYCLE system is expected to help increase the recycling rate in Perak from the current rate of 5% to at least 30% by 2020 with some communities reaching as high as 60% once KOHIJAU introduces organic waste composting in the near future. The national recycling rate is 10% at the moment and has been targeted to reach 20% by 2020. KOHIJAU will work with Perak SWCorp, local councils, other government agencies such as Rukun Tetangga and NGOs to help promote recycling in the state.

For further information, please contact Associate Professor Dr Richard Ng, Chairman of Koperasi Alam Hijau Perak Berhad at: **012 525 6252**.



Noah's Ark Successful Fund Raiser

Noah's Ark Ipoh Animal Welfare presented an evening of fun, food, entertainment and surprises for their guests recently at Kinta Riverfront. The theme was Rock n Roll and guests arrived dressed in gear of that era. It started with opening numbers from the musical Grease performed by Mr Andrew Ong and Ms Kanna Jeyaratnam, a charismatic and multitalented duo. Besides dance performances by d Aritz and PSPA, the guests were serenaded over dinner by a four-piece ladies band called Summer Bee. They played the flute, cello, violin and keyboard. There were some surprise performances from the founder of NAI Dr Ranjit, the members of Soroptimist International Ipoh and Perak



Women for Women. The event was executed with perfection by Ms Jeya Jeyaratnam, the organising chairperson.

The star was Harith Iskander, "the Godfather of comedy", who had the 900 over guests in stitches with his jokes.

This event was organised by Noah's Ark Ipoh Animal Welfare to raise funds for their non-profit registered organisation whose main aim is to reduce the stray population in Ipoh. They have a trap/neuter/adopt or release and manage programme.

The event highlighted the problem of strays in our community and created awareness to the public on responsible pet ownership. This was highlighted in a serious and moving speech by NAI president, Malika Ramiah Oates.

Community

Going Bald for a Cause

Running on the theme, acceptance of body imperfections, "ImPerfection" was an initiative of the i-Innovative Gavel Club where every head shaven cost RM100 with the long locks of more than 6 inches long donated to Locks of Hope as wigs for patients who have lost their hair. It was aimed to raise the community acceptance towards children with disabilities and promote body positivity.



Ng Yong Ru with her mother

16-year-old Ng Yong Ru was joined by her parents to have their heads shaved on Sunday, November 20 for the fundraising project held at Ipoh Parade Shopping Mall, the venue sponsor.

"Actually, it doesn't feel real but it's nice! The sense of mission in me motivates the bold move. My father went bald before but it is a first for my mother and I," Yong Ru, also the club president, told Ipoh Echo after her brave act. Holding the placard that says "Imperfectly perfect", every courageous individual was cheered on by the crowd during their head-shaving session before getting their head hand drawn with colourful paint.

"Plus, the response this evening was more than I expected," she added. To date, over RM17000 has been raised.

"The project was full of surprises, one being how supportive the public was. Our school fully supported us. There were doctors who wrote in to us highlighting ways to improve our project and educating us more on children with special needs. We got to meet the senior regional manager of Sin Chew Daily and Ipoh Echo gave us a pre-event write up," she said in her speech earlier. She also credited the club mentors, Pak Peter and Daniel.

"This is my first time going bald. Initially I was nervous but I feel good now. My parents are very supportive of this," 16-year-old Goh Wai Cheng said. He was the treasurer of the organising team.

"I am very joyful because my family supports me after finding out about this project via Facebook. I have ticked off one item on my bucket list now! My husband is present too as I go bald for the first time," 43-year-old Voon Ming shared.

All funds would be channelled to Rumah Kebajikan Kanak-kanak Cacat Batu Gajah and Special Needs Children Class SJKC Pasir Pinji 2, Ipoh.

Mei Kuan



Voon Ming getting her head painted



(From Left) Jacky Chong, Pak Peter and Daniel Ng

Wellness

By Dr Dev Teo (Consultant Geriatrician)

Mild Cognitive Impairment and Early Alzheimer's Disease

Mild Cognitive Impairment (MCI) is a medical condition in which an individual has mild but measurable decline in thinking abilities and memory. These changes are serious enough to be noticed by the individuals experiencing them or to their family and friends, but not severe enough to warrant a diagnosis of dementia. People with MCI find that their impairment in cognitive abilities do not interfere with their ability to perform daily activities.

A person may start to forget important information that he or she would previously have recalled easily such as appointments, conversation or recent events. This form of MCI which primarily affects memory is known as "amnesic MCI". Frequently repeating questions and misplacing items would be the symptoms.

MCI that affects thinking skills other than memory is known as "non-amnesic MCI". Here the ability to make sound decisions, judge time or forgetting the sequence of steps in completing a task is affected. Examples of these would be cooking, operating household appliances, managing their finances. They may experience difficulty in driving where they may get lost and perhaps become involved in a minor or major accident. They may also experience a change in attention, in language skills or visual-spatial skills. Studies report that 10% to 15% of people with MCI progress to dementia per year.

MCI is a clinical diagnosis. The investigation would include a thorough medical history, assessment of the patient's physical, functional and mental status. A family member or a close friend's observation is also needed. Laboratory tests and a brain scan would be performed.

As many individuals with MCI are likely to have early dementia, utilisation of therapies for Alzheimer's disease may be applicable with medication (pharmacological) and non-pharmacological. There is some preliminary evidence that the cholinesterase inhibitor drugs used to treat Alzheimer's disease might delay the progression from MCI to dementia. Non-pharmacological therapy has an important role which includes physical, leisure and mental activities. Other non-pharmacological interventions include reducing stress, improving the quality of sleep and rationalising medications. The risk of developing dementia may be reduced with healthy eating, exercise and cessation of cigarette smoking. Controlling high blood pressure and managing diabetes would be important.

The implications for detecting MCI can be viewed as mostly positive. Many people with MCI are very aware of and concerned about their cognitive problems. Knowing that they have MCI confirms to them that their concerns are valid and there is a medical reason for their symptoms. They can put strategies in place to manage the problems they have and access support services that can help. Steps can be taken to establish a healthy, active lifestyle, which might help delay the cognitive decline.

People with MCI are more prone to developing problems, such as depression and anxiety, and also developing sleep disorders. They may also experience heightened stress and changes in personality and behaviour. While these things may not happen to everyone with MCI, it is important to treat them appropriately if they do occur.

Regular monitoring is critical since the course of cognitive changes with MCI will vary from each individual. Detection and monitoring of MCI allows dementia to be identified at an early stage if it does develop. This is important given that current treatments for dementia are most effective in the early stages of the condition. As new treatments for dementia become available, it is likely that the detection of MCI will become even more important. In addition, approaches to prevent dementia can be expected to be potentially helpful to those with MCI.



Dr. Dev Teo Cin Nee
Consultant Geriatrician
And Physician

For further enquiries, appointments with Dr. Dev Teo Cin Nee can be made at 05 240 8777 Ext: 191/190 or visit KPJ Ipoh Specialist at Suite No L1-03, Jalan Raja Dihilir, 30350 Ipoh, Perak Darul Ridzuan.

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News

Perak to Build First Motor Sport-Theme Development

To be located at Gopeng, Perak is currently in the process of building the first ever motor sport-theme modern integrated township development in Malaysia called the T-City; a joint project between Goodland Group Limited and Citrine Capital Pte Ltd.

The RM15.1 billion project encompasses a total of 456 acres and once completed, T-City will have a few main key elements which include motor sport facilities, entertainment hub, an automotive centre, retail and F&B outlets, hotels including service apartments and condominiums, a land transport terminal, a school, parks and a hospital.

According to Menteri Besar, Dato' Seri DiRaja Dr Zambry Abdul Kadir, the project will help Perak to capture growth opportunities and meet the rising expectations of the tourism market.

"For three consecutive years, Perak has recorded the highest arrival of domestic tourists compared to other states. The recent accolade that Lonely Planet gave Perak by listing it in their 'Must Visit Region 2017', it will hopefully boost up the number of international tourists too," said Zambry during the groundbreaking ceremony of T-City recently in Gopeng.

During the ceremony, Executive Chairman for Goodland Group Limited, Tan Chee Heng believed that T-City will generate economic multipliers to boost the socio economic prosperity of the state and national economy.

"While the motor-sport facilities will be the catalyst of T-City, the main business driver for the implementation of Phase 1 will be the automotive centre which will be positioned as Malaysia's largest business venue for new and pre-owned cars, auto parts and service centres," said Tan.

The event also saw Goodland Group Limited donate RM50,000 to Yayasan Bina Upaya Darul Ridzuan (YBU).

Ili Aqilah



Curbing Sand Theft



A sum of RM29.64 million worth of sand royalty was received by the state government through MB Incorporated (MB Inc) from 2014 till October 2016.

Dato' Dr Mah Hang Soon, the Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages, said that the amount had increased 48-fold from the amount received in 2014 which was RM479,007.

"The royalty paid to the state government rose to RM5.93 million from 2014 to 2015 and reached RM23.21 million in October. It proves that MB Inc has succeeded at reducing leakage in the management of sand mining in this state," he said at a press conference on Friday, November 18.

The Adun for Kepayang, Nga Kor Ming, had earlier claimed that there was mismanagement of sand mining by MB Inc.

According to Mah, the success of MB Inc in increasing the state's revenue had attracted the interest of a few agencies from Selangor and Pahang to adopt the sand management system.

He added that the Auditor General has also given his acknowledgement for the system.

MB Inc Chief Executive Officer, Dato' Aminudin Hashim, said that the agency had paid a total of RM4.04 million royalty for red earth to the state government. The amount was collected last year.

Speaking on the management of the two resources, he said that continuous surveillance was done with the help of drones that relay information to the operations room of the Perak Techno Trade Centre.

Rosli Mansor

WEIL's Donation Drive

Due to Hospital Raja Permaisuri Bainun's (HRPB) fund shortage, WEIL Hotel has embarked on a donation drive campaign named, "Stretch Your Ringgit to Save Lives", to lend a helping hand. It will be part of the hotel's community social responsibility programme.

The objective is to collect donations to purchase infusion pumps for terminally ill newborn babies which are in short supply at the hospital.

The campaign was initiated on Friday, November 11 by the placing of a donation box at the hotel lobby. The box will be on display till March 2017. Readers wishing to donate can either place their money in the box or pay directly via cheques to WEIL Hotel.

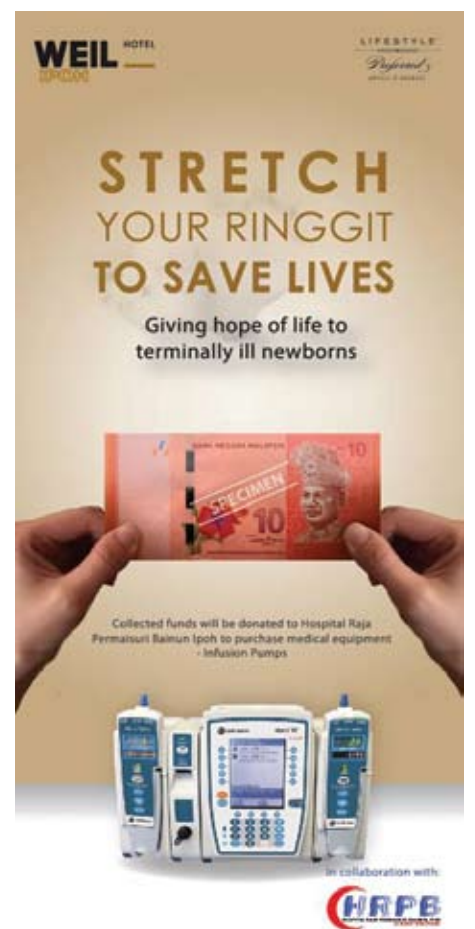
"We saw the affected babies for ourselves and I must say that they're in a poor shape," said Sharmila Rajeswaran, the PR Manager of WEIL Hotel.

Equipment cost in a paediatric ward is enormous. The incubators, warmer systems, intensive care beds and related items cost almost half a million ringgit.

"Maintaining an intensive care unit is expensive but we can't renege on our responsibilities. The Health Ministry is always fighting for a bigger budget," said Dato' Dr Amar Singh, Head of the Department of Paediatric of HRPB.

The hotel calls on well-wishers to donate for a good cause.

Khaleeja



Han Chin Pet Soo

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



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Announcements

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

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) 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).

Lecture on the "Big Five" organised by the Perak Academy together with Taiping Municipal Council on Thursday, **December 8** at 4pm at the seminar room of the Taiping Zoo. Speaker Mohd Khan Momin Khan will talk on the Javan Rhino, Malayan Elephant, Malay Tapir, Malayan Tiger and Gaur. To register, call Suraya at **05-808 6577/ 804 1809** (office hours only) or Abdul Halim Yahaya at **012-298 4061**. Seats are limited.

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, 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 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, books, antiques, vintage comics, collectibles, buskers, bundles, 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.

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11. Impiana Hotel Ipoh, Jln Raja Dr Nazrin Shah. Tel: 05-2555555
12. Ipoh Downtown Hotel, Jln Sultan Idris Shah. Tel: 05-2556766
13. D'Eastern Hotel, Jln Sultan Idris Shah. Tel: 05-2543936
14. YMCA Ipoh, Jln Raja Musa Aziz. Tel: 05-2540809/2539464
15. Meru Valley Golf Club members' desk
16. Khimzian Enterprise, 75 Jln Yang Kalsom. Tel: 05-2427381
17. Sunway College Ipoh, Psnr SCI 2/2, Sunway City Ipoh. Tel: 05-5454398
18. Break the Code, Greentown Business Centre. Tel: 05-2420484
19. Symphony Suites, Jln Lapangan Symphony. Tel: 05-3122288
20. Olympia College, 18 Jln CM Yussuff. Tel: 05-2433868
21. Ibis Styles Ipoh, 18 Jln Chung On Siew. Tel: 05-2406888
22. Daybreak, Lot 75242 Jalan Pulai, RPT Pengkalan Pegoh. Tel: 05-3235908/09
23. Banyan Beauty, 40 Jln Raja Dihilir. Tel: 05-2426866/012-5073866
24. Ipoh Echo's office

Education

Pangkor Island School Recycling Competition Winner

After five months of sorting through their school waste, SJK (C) Hwa Lian II has been crowned the winner of 2016 Pangkor Island School Recycling Competition followed by SK Seri Pangkor and SMK Seri Pangkor.

Open to all schools on Pangkor Island, the recycling competition ran from March until August and was targeted to raise awareness on the importance of coastal cleanliness and managing waste sustainably among the younger generation. A total of five schools took part in the competition which saw over 8676.5kg recyclable items collected. The top three winners received cash prizes of RM1500 for first place, RM1200 for second place and RM1000 for third place in addition to a certificate of appreciation.

"Pangkor Island School Recycling Competition is not just about winning a prize," said Dr K. Kalithasan, project manager of Community-based Waste Management Project in Pulau Pangkor and coordinator of River Care Programme in GEC. "Through this fun competition, we are providing the school communities across the island with an opportunity to learn more about the economic and environmental benefits of recycling, and inspire their families to take similar actions both at home and in their communities." He added that the competition encourages students to develop entrepreneurial thinking.

The recycling competition is part of an ongoing community-based waste management project in Pangkor Island that is currently being implemented by Global Environment Centre (GEC), funded by Vale in Malaysia and University of Queensland, Australia. The competition is supported by Perak State Education Department, Department of Irrigation and Drainage Perak & Manjung, Manjung District Council, Manjung District Education Office and SWCorp.

The event also saw the announcement of the Green Innovative Product Competition winner – a competition that encourages students to be innovative by creating useful products made from 70% of recycled or waste materials. The winner of the Green Innovative Product Competition received a cash prize of RM300.



Benefits of Vocational Training

Picture by Yob Dabai



Vocational colleges around the nation received a total of 44,850 applications since October this year. Mohd Nadzri Abd Azizi from the Technical and Vocational Education Division of the Ministry of Education, said that response from PT3 (Form 3) students this year was very encouraging.

"The unexpected number of applications shows that parents and students are aware that skills training can determine a bright future. Continuous sharpening of skills has to be done to produce marketable graduates. They made a right choice by choosing the technical and vocational stream to meet the country's aspirations," he said at a press conference on Tuesday, November 15 after launching the "Moh Masuk KV" open day at the Lebu Cator Vocational College, Ipoh (KVLC).

Present at the launch were KVLC director, Noraini Ishak and the chairman of the Council of Directors of Vocational Colleges, Perak, Ishak Sulaiman. Ten other vocational colleges in the state participated in the one-day programme which was mainly patronised by Form 3 students.

Operating since 1930, KVLC offers 7 courses at diploma level: electrical technology, electronic technology, welding technology, industrial machinery technology, construction technology, automotive technology and business management.

According to Mohd Nadzri, as of November 15, KVLC had received a total of 3535 applications from potential students.

"Besides introducing KVLC, this open day will expose parents, students and the community regarding diploma programmes available at vocational colleges in the nation," he said.

Online applications for entry are open until Tuesday, December 20 at the website: www.moe.gov.my

Rosli Mansor

Community

30th Anniversary Dinner Perak Malaysia-Japanese Friendship Society



The 30th Anniversary Dinner of Perak Malaysian-Japanese Friendship Society was held on Sunday, November 20 at the Grand Valley Ballroom of Kinta Riverfront Hotel with over 400 guests.

After the speech by Mr. Lam Kim Yeap, Society's Chairman and His Excellency, Mr. Kiyoshi Itoi, Consul-General of Japan in Penang, there were attractive performances such as the Ikebana demonstration by Mrs. Tokiwa Sasaki together with her assistants, Mrs. Hitomi Ando and Ms. Izumi Seki. Manzan, a Japanese dance, was performed by Mrs. Rumiko Shimizu. These ladies came all the way from Japan just to celebrate the society's 30th annual dinner. There were also songs sung by Ms. Fong Foong Beng and Japanese dances by the students of the society.

Besides the Ikebana demonstration on the stage with pine and willow trees, Mrs. Sasaki also created a grand arrangement with bamboos, leaves and flowers in the lobby with every guest appreciating the exquisite beauty of the art.

The dinner was a great success with wonderful performances, good food and a lucky draw with loads of prizes.



Financial Planning

Their First Child

This is Part 7 of a continuing 12-part series on financial planning. Two issues back, we read about how Adam and Aida worked out their budget and other related-matters to consider before buying a house. This week, we'll look at another huge commitment that comes with an even greater responsibility – that bundle of joy!



After saving for almost a year, Adam and Aida finally had enough for the down payment of their dream home. They had already set eyes on a particular piece of property which is a freehold double-storey home – an old house but very well-maintained. It is located quite near to Adam’s parent’s house. There’s also a hypermarket, a school, hospital, a playground and shops nearby. The owner originally asked for RM350,000 but after much negotiation, they finally settled at RM325,000. They paid RM25,000 as down payment and took out a loan for RM300,000 for 30 years. Aida applied for her employer bank’s staff loan facility at a mere 3% p.a. with a monthly repayment of only RM1300 instead of the initial budgeted amount of RM2000. This was a huge saving!

With a home of their own comes additional expenses to contend with, like utility bills, quit rent, property assessment, home insurance, occasional maintenance and repairs. In essence they do not own the home until such time as they finish paying off the loan. Meanwhile, it would be wise for them to cover that liability with an insurance programme should something unfortunate happen to either of them. Most often, banks would recommend taking out a Mortgage Reducing Term Assurance (MRTA) which may be the most affordable option. However, we can also top up on our personal life insurance programme to cover for such liability. Adam and Aida decided to increase their personal insurance coverage by RM150,000 each as this would give them greater control and flexibility.

Bearing all this in mind, they relooked their budget:

| INCOME | | EXPENSES | |
|---|-------|--|-------|
| Take-home Pay Adam 5,000 Aida 4,000 | 9,000 | Savings | 900 |
| | | Life Insurance Premium Adam 400 Aida 300 | 700 |
| | | Repayment of PTPTN Loan | 300 |
| | | Home Instalment | 1,300 |
| | | Utility Bills | 250 |
| | | Quit Rent, Assessment & Ins. | 50 |
| | | Gift to Parents (Both) | 1,000 |
| | | Food | 1,500 |
| | | Petrol & Toll | 500 |
| | | Car Maintenance, Road Tax & Insurance | 200 |
| | | Clothing & Entertainment | 600 |
| | | Telephone Bill | 200 |
| Total Income | 9,000 | Total Expenses | 7,500 |
| | | Balance of Income | 1,500 |

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

They were pleasantly surprised that they were still able to have a surplus. Now they felt it’s time to start a family especially after much hinting from their parents. All this while, they were unsure if they could afford to start one (it costs a lot to raise a kid nowadays!) but after having reviewed their budget, they felt that they could manage.

Before you embark on your journey to parenthood, consider some of the following issues:

- Are you ready for this adventure? Your whole life will change and once decided, there’s no turning back. Take a parenting course, learn some basics of parenting via “on-the-job” learning or with some “mentoring” from your own parents. Get yourselves physically, mentally, emotionally and financially prepared.
- What are your childcare plans? Make plans for your child well before he or she is born. Consider your options: at-home care in your home, home-based childcare in another home or traditional childcare centres. Do get referrals and check out the cost. However, if one of you is planning to stay home full-time to care for your child, decide on who’s going to stay home and who’s going to bring home the money.
- Review your monthly budget. You'll see increases in grocery expenses (diapers, formula milk, napkins and laundry detergent), utility bills (more laundry to wash) and medical expenses. If you're planning to return to work, the cost of childcare can add several hundred ringgit a month to your expenses.
- Remember, any expenses can be managed with a predetermined budget and commitment to make necessary lifestyle adjustments.

Couples should discuss and plan objectively to make necessary adjustments to their lives to welcome their new family member.

Health

HearLIFE Hearing Care Centre



Launched recently, HearLIFE Hearing Care Centre is now open in Ipoh. Aimed as a one-stop centre for consultation, HearLIFE also intends to create awareness in people about hearing issues.

Some of the services they provide include hearing assessments for adults and children, hearing aids evaluation and fitting, hearing implant evaluation and fitting, as well as speech therapy.

“We feel that the cochlear implant awareness here is very low. There are two types of treatment namely, hearing aid and cochlear implant. They differ according to the degree of hearing loss,” said the audiologist, Sylvia Lee Wai Hun.

Hearing aid is only useful for certain sounds and only improve hearing to a certain degree. It can help patients hear but not understand speech.

Instead of putting in the ear and amplifying sounds like what a hearing aid does, cochlear implant stimulates directly into your cochlear. This involves teaching patients how to understand the sound and conveying it through speech.

The journey to good hearing is a long one but at the end of the day, it depends on the individual itself. Children with hearing loss, however, are encouraged to do an implant before three years old.

“The critical period of learning begins at three years old. If they decide to get an implant after that, the process will be harder. That’s why we provide pre-operation counselling for the children’s parents. Not everyone can accept it,” Sylvia added.

HearLIFE also emphasises on rehabilitation, where the patients begin to adapt and continue with speech therapy before learning to speak properly. A cochlear implant usually costs around RM70, 000, excluding the surgery, depending on the package.

For further details on HearLIFE : No. 2-12, Jalan Kamaruddin Isa, Pusat Perdagangan Kepyang, Fair Park, 31400 Ipoh or call 05 5417527.

Khaleeja

A. Jeyaraj

Dangerous T-junction



At the T-junction between Jalan Tun Abdul Razak (Maxwell Road) and Jalan Charlton, near the Shell Station, stumps were placed along the centre of Maxwell Road to direct the traffic along the left lane to go straight and the right lane was for vehicles turning right into Jalan Charlton. This was safe for vehicles queuing on the right lane to make a right turn and especially for vehicles from Jalan Charlton to turn into Maxwell Road.

The stumps have since been removed and vehicles on both lanes in Maxwell Road, especially heavy duty vehicles are going straight, making it unsafe for vehicles from Jalan Charlton to turn into Maxwell Road. As per Malaysian culture, vehicles speed up on the right lane as they pass the junction.

This is one of the accident prone areas and a number of accidents have taken place, including a few nasty ones. Since the Education and Customs Departments are here, the road is busy. Many heavy duty vehicles use this road. After filling petrol, many motorists use Jalan Charleton to turn into Maxwell Road; without the stumps this becomes dangerous.

There are a couple of other T-junctions along Maxwell Road without stumps. Stumps were installed in this junction in the first instance because this was considered an accident prone junction.

The stumps must be reinstalled before a major accident takes place.

Arts and Culture

South to North Indian Dance Presentation

It was a colourful, fast-paced, beautiful dance extravaganza! Organised in conjunction with Deepavali, Jom-Ke-Panggung was a joint venture by Greentown Indian Cultural Society, Jabatan Kebudayaan & Kesenian Negara, Perak and Narthana Fine Arts. Held at Auditorium Jabatan Kebudayaan & Kesenian Negara, Perak recently, it featured an array of dance representing the various states from the South to the North of India.

Choreographed by Master Shanker, it featured 13 talented dancers from Narthana Fine Arts who rocked the stage and wowed the audience with their graceful moves and unique, colourful outfits which incidentally was also designed and stitched by Master Shanker himself. YB Thangeswari – Speaker Dewan Negeri Perak was the guest of honour for this event. Some of the dances featured were classical Indian dances like Barathanathiyam, Kuchupuddi ; Karagatham a Village Dance; pot, stick, Peacock, Horse, Jungle dances; Kathakali dance from Kerala and Bollywood dance from North India.

According to Mr Subain Singam, President of Greentown Indian Cultural Society, who mooted this “South to North Indian Dance Presentation” idea under the Jom-Ke-Panggung banner, this gave cultural enthusiasts a chance to enjoy the rich cultural heritage of India right on their doorstep in Ipoh. He specially thanked the director of



Jabatan Kebudayaan & Kesenian Negara Perak, his team, Narthana Fine Arts and all those who made this event a beautiful one especially since it was in conjunction with Deepavali.

Urban Sketchers Ipoh

To quote one of the most famous artists of all time, Vincent Van Gogh, “If you hear a voice within you say ‘you cannot paint,’ then by all means paint, and that voice will be silenced.” Ipoh Echo had an exclusive one-on-one with Urban Sketchers Ipoh, whose members prefer the pencil over the camera anytime, to kick-start your own artistic journey or rekindle that inner fire of creativity!

Urban Sketchers Ipoh is a self-funded and non-profit NGO attached to the international Urban Sketchers. Inspired by Urban Sketchers Penang, Chin Kok Yan led the establishment of the sketching group in Ipoh in 2013. Running on the slogan, “Sketching Ipoh for Future Generations”, the drawing enthusiasts draw on location, indoor or outdoor, capturing what they see from direct observation to share with the next generation.

The family-oriented group brings their own drawing materials (basics such as pen/pencil and paper/book will do too) and meets every Sunday from 9.30am to noon. If the weather permits, the session continues till 4pm. The sketching venues are decided weekly and posted at their **Facebook page: Urban Sketchers Ipoh**.

Here is what Chin and the team enjoy the most: “We are a lively group when we draw sitting down. Young and old alike, we will laugh and chatter! Plus, passers-by will motivate us with their positive feedback.”

Besides going around Ipoh, they have been to Kuala Kangsar, Kuala Sepetang, Taiping, Pulau Pasir Hitam, Penang and Kuala Lumpur. They lean towards buildings of heritage value, especially those that are disappearing.

“I think childlike drawings are beautiful as it reflects their pure mind and perspective that is lost as we grow up. Do not be engrossed in creating pretty drawings because there will always be other prettier drawings overriding it. What’s important is for drawings to be unique so that it will leave a lasting impression,” 49-year-old Chin explained to Ipoh Echo.

“Practice makes perfect. Your strokes will get more natural over time. There are no borders to art anyway. I always advise members not to worry about what others think as long as you enjoy the drawing process,” the humble leader added.

Masters and amateurs of all age groups and ethnicities are welcomed to join the group. “Before this, the elderly artists prefer to draw at home. After spotting us outside

and browsing our Facebook page, they started to join us,” he highlighted. Learning from one another, there is no fee.

Their completed artwork is either for them to keep or showcased in exhibitions. According to Chin, what is lacking in Ipoh right now is a space or gallery for them to showcase their works.

Urban Sketchers chapters started in USA in 2007. In Malaysia, there are four chapters located in Kuala Lumpur, Ipoh, Penang and Kuching respectively. This global community of urban sketchers support one another. For instance, Chin and the team went sketching around Bangkok with host, Urban Sketchers Bangkok, in November. In 2015, the sketching session was held in Singapore.

Those interested in joining Urban Sketchers Ipoh just need to join their Facebook page and sketch away!

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



Arts and Culture

Exploring Arts by Kaki Seni

In conjunction with next year's The Other Fest 2017, Kakiseni organised a special preview affair entitled 'Bongkar Old Town' recently at Kong Heng Square.

The week-long event, which received a strong support from the Perak State Government and Perak Tourism, aimed to uncover and celebrate the hidden gems of Ipoh's historic art where six artists from Doodle Malaysia; Stephanie Yong, Rizal Paperbag Head, Munif Malek, Chyuan Lee, Sylvia Chin and Zhafran Tan were invited to highlight the places you should visit in Ipoh through their intricate doodle pieces.

"Ipoh has its one-of-kind gem. It seems like no matter how many times you visit Ipoh, there's always something new to discover even if you've been living in the city all your life," said Low Ngai Yuen, the president of Kakiseni.

During the opening ceremony held a few days later, Perak State Exco for Tourism, Arts, Culture, Communications and Multimedia, Dato' Nolee Ashilin Mohammed Radzi said she believes that events like Bongkar Old Town and The Other Fest will help to create opportunities to raise Perak's profile and stimulate the local economy as well,

"With Visit Perak 2017 right around the corner, this event is a great way to set the



groundwork for visitors and locals to appreciate Perak and Ipoh. This marriage of art, heritage and exploration shines a spotlight on the things that make this state and this town such a special place," added Nolee in her opening remarks.

On November 19 and 20, the final artworks featuring ten locations around Ipoh's Old Town by Doodle Malaysia artists were put on display at Kong Heng Square for public viewing.

Ili Aqilah

Sport

Chandan Mountain Bike Challenge

More than 1500 contestants from Malaysia and all over the world joined the Chandan Mountainbike Challenge Kuala Kangsar 2016 organised by Kuala Kangsar Municipal Council (MPKK) together with ADUN Bukit Chandan service centre on October 30.

The 43-km race required riders to face many obstacles including muddy paths due to the rain that took place a day before the event.

"It is a challenging ride but it also promotes a healthy life. This programme could be the pioneer of all future events in Kuala Kangsar that could encourage more tourists to visit us," said Maslin Sham Razman, the state ADUN (Members of State Legislative Assembly) for Bukit Chandan.

Officiated by the MP (Members of Parliament) of Kuala Kangsar, Datin Mastura Mohd Yazid, ADUN for Manon; Mohd Kamil Shafie, ADUN for Chenderoh; Datuk Zainun Mat Noor and YDP of MPKK; Shahrom Malik, all the contestants who finished the challenge received medals and were all celebrated as winners.

Luqman Hakim



5000 Joined Sultan Nazrin Shah Run

When it first started five years ago, the annual Sultan Nazrin Shah Run (formerly known as Sultan Azlan Shah Run) was attended by only 600 runners in 2011. The numbers have since grown to a total number of 5000 runners, recorded during this year's run, held at Jalan Tun Razak, Kuala Kangsar on November 13.

Raja Dato' Seri Yong Sofia, the sister of Sultan Nazrin Shah, a former runner herself, was the organiser of the event. She believes that not only will such activities promote a healthier lifestyle but also a chance for the public to meet and take photos with Sultan Nazrin Shah.

"It is such a great affair to see runners of all ages, races and gender today. It is amazing to see how the number of runners keeps on increasing and I hope more will join next year," said Raja Yong Sofia.

The event was attended by Sultan Nazrin Shah and his wife, Tuanku Zara Salim Davidson and their two children Raja Azlan Muzaffar Shah and Raja Nazira Safya Shah. Menteri Besar of Perak, Dato' Seri DiRaja Dr Zambry Abdul Kadir and Kuala Kangsar's member of Parliament, Datin Mastura Mohd Yazid were also present at the event where they ran about 2km together with Sultan Nazrin Shah and his family.

Among other guests who attended the event were Malaysian para-athletes: Mohammad Ridzuan Mohamad Puzi and Abdul Latif Romly who won gold medals at the 2016 Rio Paralympic.

"While we were running, there were a few locals who kept on cheering the runners. I wanted to give up but eventually finished my very first running competition. I will

definitely join again next year," said Nur Izzaihan Zahar, 27, from Ipoh who was among the runners of the day.

Muhammad Ramzan Jani Mohd Pittli from the Open Man category grabbed the first medal for the 15km section when he completed the race in just 55 minutes and 20 seconds. Ong Sue Min from the Open Women category also grabbed the first medal at the same section when she finished the race in 1 hour 7 minutes and 59 seconds.

The 10km category saw Gohkal Raj (Open Men) in first place with 39 minutes and 8 seconds followed by Shalini (Open Women) at 53 minutes 47 seconds. The last category was a run of 7km where Muhammad Syazwan Shahjahan (Men) won after completing the race at 26 minutes 5 seconds followed by Loshini (Women) at 31 minutes 13 seconds for the same category.

Ili Aqilah



Perak Community Specialist Hospital: Your Go-To Hospital in Times of Emergency



An emergency is a stressful and trying time. This is especially so when access to emergency care is few and far between. To top it off, there is a constant need for 24-hour care that is accessible and affordable.

The Perak Community Specialist Hospital (“PCSH”) is equipped with a capable 24-hour Accident and Emergency department (“A&E”). PCSH provides affordable and quality healthcare. Being a not-for-profit hospital, it is also affordable and, at the same time, accessible as it is strategically located along Jalan Raja Permaisuri Bainun (formerly Jalan Kampar). There is also ample parking space, and staff on hand to ensure that admission is prompt.

PCSH’s A&E Department has fittingly trained personnel to facilitate its 24-hour medical services. Resident medical officers, together with trained support teams are at hand to attend to patients’ needs. Resident specialist consultants are also available on-call if further medical advice is required.

The department observes the Triage Policy where patients will first be evaluated, based on their condition, to determine their priority for admission to the emergency room and subsequent treatment. This is to ensure efficiency and to treat the most critical cases first. Nurses are on standby to monitor the patient’s condition.

There is also a Wellness Centre in the A&E department which provides endoscopy services and treadmill stress test. Additionally, there are up to nine (9) different health screening packages for patients or individuals who would like to have their health condition checked. A detailed outline of the packages can be found in the hospital’s official website at www.pcsh.com.my.

Perak Community Specialist Hospital (PCSH) is located at 277, Jalan Raja Permaisuri Bainun (Jalan Kampar), 30250, Ipoh, Perak Darul Ridzuan. Call them at 05-241 9000 or visit www.pcsh.com.my for more information.

Sport

First Muay Thai Aerobics in Malaysia Held in Perak



In conjunction with Orange Day, Ring Cruiser from Taiping Martial Art Centre has organised “Muay Thai Aerobics” to teach women self-defence through a combination of Muay Thai moves and aerobic dance on Sunday, November 20. The purpose was to create awareness on the theme, “Stop Violence Against Women”.

It was a rainy Sunday morning when the event kick started at 8am at the Taiping Lake Garden. However, the continuous rain forced the instructor, Lim Tee Syan to postpone the event to 9am at the Taiping Martial Art Centre.

Muay Thai Aerobics is the first sport in Malaysia with the “first” title owned by Ring Cruiser, the organiser. The event was supported by International Federation of Muay Thai Amateur (IFMA), Persatuan Muay Thai Amateur Perak and Perak Women for Women (PWW). It was the brainchild of Muay Thai coach, Diong Chea Ying and dance instructor, Lim Tee Syan.

Diong is a full time Muay Thai coach and an international referee. The latest match she took part in was the Muay Thai World Cup Kazan held in Russia and the IFMA Youth World Championships in Thailand, both as a technical official.

Lim is a full time primary school teacher, part time fitness dance instructor and student of Diong. Together, they came out with the idea to educate women on self-defence through Muay Thai.

The event hosted 35 participants from different background, gender and age groups. All of them showed up in orange shirts and sporty gears, ready to throw some jabs and kicks! Lim, who is always in high spirits, shouted commands with full vitality and led the crowd with her expressive body language. PWW pamphlets conveying self-defence and women’s aid were available at the registration counter. Towards the end, goodies bags were distributed to the participants and group photos were taken. To have a peek on what Muay Thai Aerobics is like, please log on to our Ipoh Echo Facebook page (<https://www.facebook.com/IpohEcho/>) to watch the video.

LETTERS

We reprint some of our reader’s comments from our online paper. Go to <http://www.ipohecho.com.my/> to read more. The views expressed in these letters are not necessarily shared by the Editorial Board. We reserve the right to refuse or modify the letters we publish.

Kindest Act of All

The Perak Turf Club held the annual presentation ceremony of giving donations to 52 charitable homes and organisations on November 13 at its premises.

These presentation of donations have been going on for many years under the able leadership of the Chairman, Tan Sri Dato’ Seri V. Jeyaratnam. Although he is now 90 years of age, he was present to meet all the recipients at this very meaningful event.

As for me, this is the first occasion I was present at this ceremony, representing the Perak Society for the Promotion of Mental Health in Ulu Kinta. Along with the others, I received a cheque for RM5000 for this Society from the Deputy Chairman, Dato’ Cheah Choon King.

It is amazing to note that leaders of community service like Tan Sri Dato’ Seri V. Jeyaratnam has a golden heart for the needy and handicapped people from all walks of life. This donation will go a long way to ease some of the urgent needs of these NGOs.

As the Hon. Secretary of the Perak Society for the Promotion of Mental Health, I know how our President, Dato’ Dr M. Majumder, Exco members and staff of this organisation are so dedicated in serving the 100 over female residents of this Centre in Ulu Kinta, Perak. These residents are there for rehabilitation treatment for mental disorders.

I hope more kind-hearted people out there will come forward and help these charitable organisations in and around the city of Ipoh.

Our sincere and deepest gratitude to the Perak Turf Club and its leaders for their valuable contributions to uplift the lives of these unfortunate people around us.

The founder of the Society Tan Sri Dato’ Seri Azlanii Dr M. Mahadevan too graced the occasion.

K. Letchimanan

