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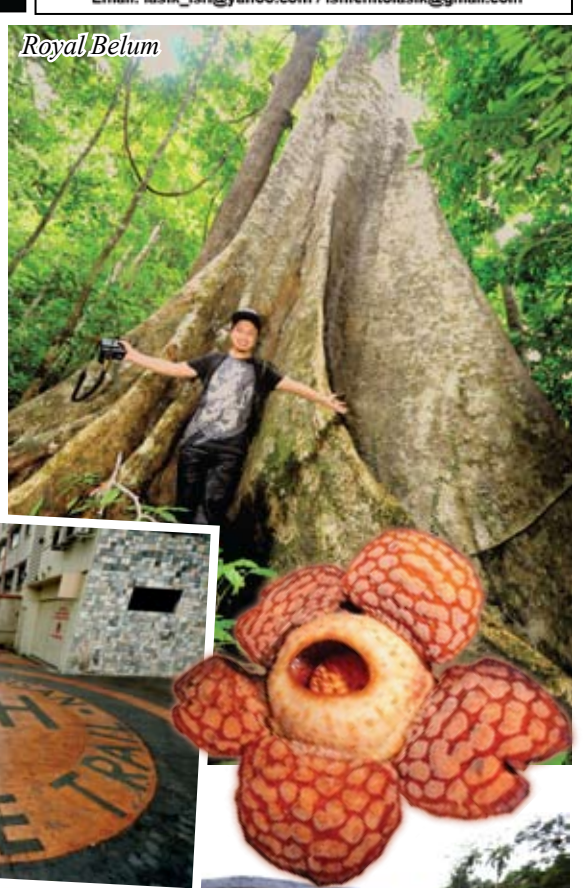
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## TRIPPING PERAK



Taman Tasik Taiping



Royal Belum

• By Ili Aqilah Yus Amirul and Khaleeja Suhaimi

What is it that makes Perak the place to visit in 2017? Is it the untouched forest of Royal Belum? Is it the now buzzing town of Ipoh or is it the history of Perak Man that draws visitors both domestic and international to keep coming and looking for more?

The Visit Perak 2017 year was launched on January 1 by state exco for Art, Culture, Communication and Multimedia, Dato' Nolee Ashilin and it seems that both the public and private sectors are eager to make Visit Perak 2017 a successful project. As the current and only community newspaper in Perak, Ipoh Echo took the initiative to list out the interesting places and hidden gems around Perak waiting to be discovered by you!

Continued on page 2



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## IPOH

Starting with the capital city of Perak, Ipoh is located about 200km from Kuala Lumpur and it is becoming easier to get to the city. Aside from driving or taking the buses and executive coaches, tourists now can choose to come by train or those from Johor, Singapore or Indonesia, can also fly directly to Sultan Azlan Shah Airport.

### What's Good

You're spoilt for choice in Ipoh. From food to fabulous attractions, Ipoh has something to offer everyone. Local temptations like the famous Taugeh Ayam (Nga Choi Kai) – Steamed Chicken with Beansprouts served with chicken-flavoured rice or velvety smooth rice noodles in soup; tangy Curry Mee; salt baked chicken jostle for attention with authentic Malay Rendang Tok (Meat or Chicken cooked with coconut milk and herbs), Indian Roti Canai and banana leaf curry; and not to forget, Ipoh is home to some great restaurants. Just take a look at SeeFoon's Musings page and our nosh news section (also available on our website, [www.ipohecho.com.my](http://www.ipohecho.com.my)) and get ready to be in for a gastronomic trip of epic proportions.

Ipoh also boasts a few historical attractions located around the city and tourists can explore the attractions by themselves by using the historical map available at Ipoh World website ([www.ipohworld.org](http://www.ipohworld.org)). Among must-visit places on the list are the Railway Station, War Memorial, Town Hall, Old Post Office and more.

There is Han Chin Pet Soo, Malaysia's very first Hakka Tin Mining Museum, located at Jalan Bijeh Timah in Old Town. The museum was recently placed first out of 47 things to do in Ipoh. Accompanied with a tour guide, a visit to



Lost World of Tambun



Mural at Kampung Kuchai

the museum will give an insight into how Hakka tin miners lived and relaxed back in 1893. Tourists are also encouraged to go to Ho Yan Hor, located next to Han Chin Pet Soo and discover a thing or two about the history of their famous herbal tea.

Other attractions in Ipoh includes Gunung Lang a most scenic public park; Kek Lok Tong cave temple; Lost World Of Tambun, a water theme park; Tambun Cave and more.

And to spur on the activities both gustatorial and touristic, **Uber** is now formally established in Ipoh and is a gift from the gods for tourists arriving here.

Ipoh is also home for many unique and one-of-a-kind murals scattered around the city. It can be found at Jalan Sultan Iskandar, Kong Heng Square and more (Check out Ipoh Echo Facebook page for more detailed photos and locations).

## TAIPING

As the wettest town in Peninsular Malaysia, Taiping has always been known for its heritage buildings and historical vignettes. It is a mere hour away from Ipoh.

Food lovers can head to Larut Matang Food Court for its wide variety of local delicacies. The satay and popiah there will leave you craving for more.

To enjoy a relaxing time, Lake Gardens is the ideal spot. Shaded under the trees, accompanied by a splendid view of the lake, there's nowhere else you'd want to spend your evening.

Surrounded by colonial bungalows and a chilly temperature, Bukit Larut (Maxwell Hill) is perfect for sightseeing. There are two options to go up: on foot or in the prepared Land Rovers. Visitors can enjoy a humble paradise with a cup of coffee at the newly opened cafe.

Leaving Taiping Zoo off the list would be impossible. It is the oldest zoo in Malaysia and is also known for its night safari. With the latest attraction of the Mergastua restaurant, why else wouldn't you drop by?

Antong Coffee is the oldest coffee mill in the country. Visitors get to witness the coffee beans being roasted using the traditional way. Some of their known coffee includes the durian white coffee.



Taiping's Wet Market



Taman Tasik Taiping



Gaharu Tea Valley

## GOPENG

Before the tin mining empire crumbled in the 1980s, Gopeng used to be one of the pillars of the industry. Located about 20 km from Ipoh, the town is still well-maintained due to the number of attractions it has to offer.

As one of the longest and largest natural limestone cave in Peninsular Malaysia, **Gua Tempurung** is perfect for the active and adventurous ones. It consists of five large domes which is said to be more than 10,000 years old. Visitors can select their tours depending on the difficulty and length.

Adrenaline junkies can look for **Radak Adventure**, which provides outdoor activities such as waterfall abseiling, jungle trekking and sunset hiking to name a few.

For anyone interested in the history of Gopeng's glory days, **Gopeng Heritage House** is the place. It is famous for its display of items from 100 years ago. It began after the opening of the Gopeng museum.

To witness the magnificent view of **Agarwood trees**, **Gaharu Tea Valley** is the place to be. Around 200,000 trees sit on a 300 acre land. The tree is known for its aromatic fragrance and medicinal values.

Situated among the lush green of virgin forests and verdant hills, **Sahom Valley and Adeline Guest House** are the resorts to head to for a relaxing time and an escape from the hustle and bustle. Outdoor activities are available for guests.



IPOH **echo**

• From the Editor's Desk  
By Fathol Zaman Bukhari

# A BRIGHT 2017?

*What we are seeing today is a dual economy taking place similar to what happened in Indonesia during the economic downturn of the 1980s.*

Many had wanted to start the New Year with a measure of optimism in spite of the many uncertainties and the still unresolved, and by now infamous, 1 MDB financial scandal only to recoil in horror over a last-minute pronouncement. A 20-sen hike in petrol price effective Sunday, January 1, 2017 destroyed what little joy was left in those who looked forward to a brighter New Year. No amount of fireworks that lit the midnight sky could enliven the depressed mood prevalent at that moment in time. Sensing the hopelessness of things I decided, against the wishes of my wife, to tuck in as soon as the din began to subside.

So what is this narrative indicative of? It is crystal clear that Year 2017, like many have predicted, will not be a bright and sunny one. Topping the list of public woes, besides the damning Goods and Services Tax (GST), rationalisation of subsidies and price hikes, is the ever shrinking ringgit that has gained a dubious distinction as the worst-performing currency in Asia. And to further aggravate the situation, news and photos that went viral on social media of the "first family" holidaying in the Gold Coast and Perth and jetting about without a care in the world, compounded the gloom.

Over in Ipoh a false-sense of bravado unfolded when eight youngsters, with enough testosterone in reserve, decided to scale an outcrop of Gunung Lang, where the whitish letters "IPOH" stand and posed for pictures. Their exploits, recorded on video, went viral and soon the whole country was abuzz with the news, prompting wannabes to do their own but less daring stunts. A couple of days later a lone wolf, wanting to outdo his compatriots, gingerly climbed the 150-foot unattended crane within the compound of the unfinished Ipoh Convention Centre, in between Syeun Hotel and Ipoh City Council, and uploaded his video on YouTube. And the rest is history.

The nine youths had their five minutes of fame as no sooner as they got back on firmer ground they were summoned by the Police. They were let off with a stern warning not to repeat. In spite of the many negative comments, I feel youthful zest should not be curtailed. We were young once. I must admit I was no angel myself.

The atmosphere in Kuala Lumpur, following May 13, 1969, was tense. The situation went on for a few years. One morning in early 1971 a group of us, in two cars and armed with machetes, wooden spears and two 9mm Brownie pistols (loaded with blanks), staged a mock fight in front of the Pudu bus station. People, fearing that a racial clash was in the offing, fled helter skelter. In the midst of the mayhem, we slipped away and watched the fun from afar. The police, realising that it was the action of some overzealous army officers from Wardieburn Camp, did not nab us or file a complaint with the Ministry of Defence. Had they done so we would have been court martialled and penalised. We were young then and doing foolish things was to be expected. Need I say more?

Prime Minister Najib wanting to assuage the rakyat's fear of a shrinking ringgit expressed confidence that measures taken by Bank Negara would stabilise the local currency again. He pointed out that of 149 world currencies, 123 declined in value vis-



à-vis the US dollar. "Three factors influenced the ringgit's value namely, excessive speculation in offshore currency markets, fall of oil prices and the rise in US interest rates," he insisted. But he said nothing about the much-touted "crisis of confidence" attributed to his management of the country's finance.

Deputy Finance Minister, Datuk Othman Aziz was more optimistic. He agreed with most bankers that the ringgit would recover to a fair value of RM4.1 to a US dollar in the third quarter of 2017 (July to September). At the time of reporting the Greenback is trading at RM4.48 to a dollar. I don't see the inevitable happening any sooner as the price of oil is falling. Iran is selling its oil reserves despite Opec's assurance of a clampdown.

My prediction is simple – prices of goods and services will go up and no amount of assurances, subtle or otherwise, will halt the surge. With

Chinese New Year around the corner the plight of the poor will be more pronounced. What we see today is a dual economy taking place similar to what happened in Indonesia during the economic downturn of the 1980s. The upper class spends without a care in the world while the working class wallows in sorrow due to their poor purchasing power. The absence of shoppers at the Gunung Rapat wet market is an indication.

Which made me wonder when I read the prime minister's reminder to civil servants during his New Year Speech at Putrajaya recently that "they should not deny the rakyat their entitlements". What entitlements?

## EYE HEALTH — HERPES KERATITIS

**Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about HERPES of the eye.**

Herpes of the eye is a viral infection of the eye caused by the Herpes Simplex Virus (HSV). It is a common infection. There are two kinds of herpes simplex viruses.

### TYPES

It can be divided into:

**Type I Herpes** – most common type. It mainly infects the face/lips and results in the "cold sore" formation.

**Type II Herpes** – less common. This is the sexually transmitted variety. The primary infection is in the genitals.

The eye can be infected by both types. However, most of the time it is the type 1 variety that infects the eye. The Type I variety of herpes is very contagious. It can be by skin contact with someone who has the virus. It is estimated that almost 90% of the population would have suffered from the type 1 variety during childhood.

### SPREAD OF HERPES INFECTION

The herpes virus spreads very easily. The eye commonly gets infected when an infected person touches an active sore or blister, after which he or she touches his eyes. It may be transmitted by the infected person himself into his or her own eye or from one person to another.

### FEATURES

Symptoms may either be a painful sore over the eyelid or a painful red, and watery eye with blurring vision in some instances especially if it infects the clear transparent part of the eye called the cornea. In severe cases, it may also infect the inside of the inside of the eyeball although this is not as common as the former. Photophobia or sensitivity to light may also occur. The ophthalmologist will instil a fluorescein stain into the affected eye to detect the infection using a special blue cobalt light (see adjacent pic).

### TRIGGERS OF A HERPES SIMPLEX EYE INFECTION

After the first infection, the virus remains dormant or inactive for months or even years until such time there may be an exposure to some trigger factor such as the following:

- A prolonged illness or an injury
- Steroid consumption for another illness
- Usage of steroid eyedrops (without supervision)
- A high fever (unrelated to the eye)
- Prolonged exposure to stress
- A weak immune system
- Those receiving chemotherapy or radiotherapy for a malignancy.

### HOW SERIOUS IS THIS?

If the eye infection is detected early and the virus infection is infecting the cornea (clear transparent area) superficially only, it often heals well. However, if the cornea is involved more deeply, the infection may lead to scarring of the cornea, loss of vision and sometimes even blindness.

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



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



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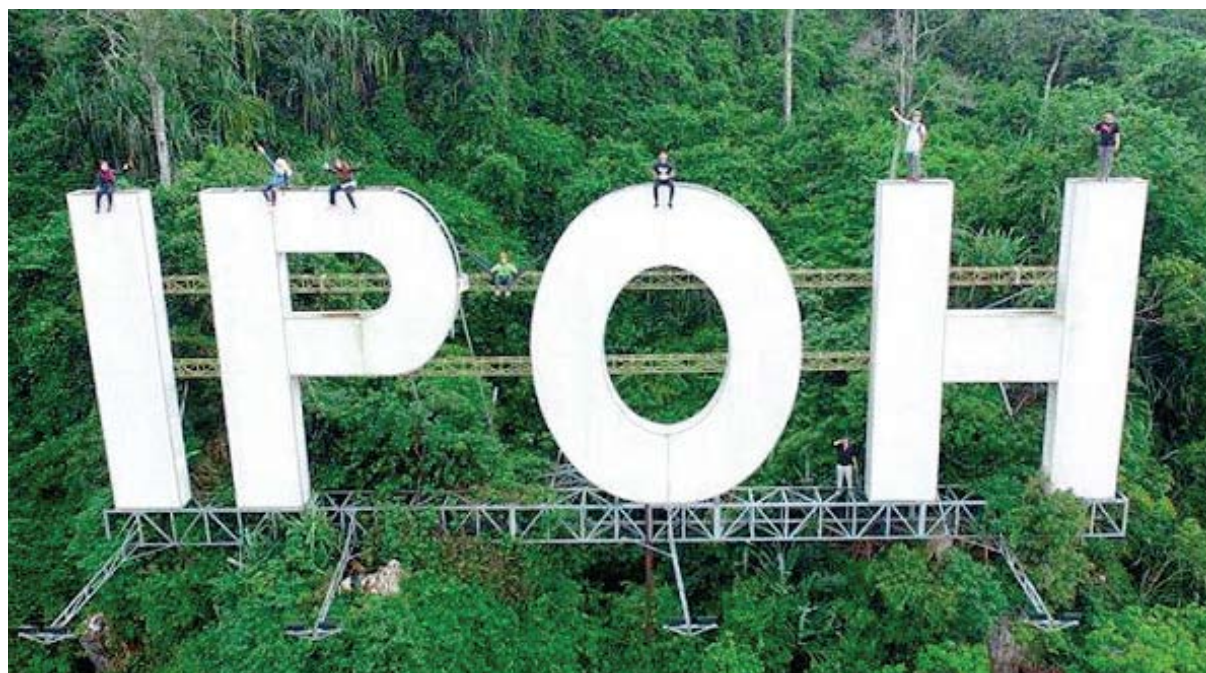
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# Cunning Stunt or Fitting Start to Visit Perak Year 2017?



Who says that our young men and women lack creativity? Earlier this month, three women and five men climbed the 20m high "IPOH" signboard, in Jalan Kuala Kangsar, and provided much publicity to Tourism Perak Malaysia's "Visit Perak Year (VPY) 2017".

The group of eight posted footage of their climb online and the video has become a social media sensation. One girl who climbed the sign was seen resting in a hammock which the group had tied to the signposts. They may have been fuelled by adrenalin, but their activity has been condemned by the authorities. The group may have thought that the view from the "IPOH" sign was beautiful, but the authorities have viewed their actions dimly.

Their recklessness is now being investigated under Section 336 of the Penal Code. The police said that they had committed "an act which could endanger their personal safety and that of others," but the group almost certainly disagree. In their opinion, they probably think that they put Ipoh on the tourist map. They have definitely helped to promote VPY.

If they are found guilty, they face a possible jail-term of three months and could also be fined RM500.

Soon after the climb, the eight, whose ages ranged from 20 to 24, were called to the Kampung Tawas police station, for their statements to be recorded.

An air of suspicion surrounds this climb. The group claimed that they had submitted an application to climb the sign board, but the Ipoh Mayor, Zamri Man, denied that the Ipoh City Council (MBI) had received the application.

The mayor said, "I've checked, no approval was granted by any department heads, including MBI. (sic) Even if there was such an application, we would not allow it."

Citing safety issues, he confirmed that only contractors were allowed near the signboard and said, "Even for contractors, who perform maintenance work, we make sure they adhere to security protocols by wearing safety belts, in addition to using a crane."

The mayor said that attaching hammocks to posts of the signboard could be construed as an act of vandalism. He said, "The signage's poles could give way and hit road users because it is not a structure erected to take up additional load such as the weight of individuals."

The group's stunt has not gone unnoticed by the mufti



**THINKING  
ALLOWED**

by Mariam Mokhtar

of Perlis, Dr Mohd Asri Zainul Abidin, who has invited the daring group, to his office for a chat.

He said, "I could see that they have courage and a certain capability. Perhaps, I can discuss with them more useful activities that they could engage in Perlis. People like them could put their capabilities and courage to good use that could benefit all of us."

So, was the group's claim that they had received permission from MBI true? Had a junior official approved the climb, but because of the public furore surrounding the incident, been forced to backtrack?

Are the authorities fearful that more daredevil teenagers may make copy-cat climbs on other tall structures around the city?

Was the group's claim, falsely, that they had been given full authority to climb the signboard, simply to get out of their predicament?

Whatever the case, publicity from the video has been good for both Ipoh and VPY 2017.

## Dr Saravana K.

Consultant Physician, Gastroenterologist & Hepatologist

## Digestive Health

## Abdominal Pain

Abdominal pain has many potential causes. The most common causes — such as gas pains, indigestion or a pulled muscle — usually aren't serious. Other conditions may require more urgent medical attention.

While the location and pattern of abdominal pain can provide important clues, its time course is particularly useful when determining its cause.

Acute abdominal pain develops, and often resolves, over a few hours to a few days. Chronic abdominal pain may be intermittent, or episodic, meaning it may come and go. This type of pain may be present for weeks to months, or even years. Some conditions cause progressive pain, which steadily gets worse over time.

## Acute

The various conditions that cause acute abdominal pain are usually accompanied by other symptoms and develop over hours to days. Causes can range from minor conditions that resolve without any treatment to serious medical emergencies, including:

- Abdominal aortic aneurysm • Appendicitis • Cholangitis (bile duct inflammation)
- Cholecystitis (gallbladder inflammation) • Cystitis (bladder inflammation) • Diabetic ketoacidosis (high levels of ketones in the blood) • Diverticulitis • Duodenitis (inflammation of the initial portion of the small intestine) • Ectopic pregnancy • Fecal impaction (hardened stool that can't be eliminated) • Heart attack • Injury • Intussusception (in children) • Kidney infection • Kidney stones • Liver abscess (pus-filled pocket in the liver)
- Mesenteric ischemia (decreased blood flow to the intestines) • Mesenteric lymphadenitis (swollen lymph nodes in the folds of membrane that hold the abdominal organs in place)
- Mesenteric thrombosis (blood clot in a vein carrying blood away from your intestines)
- Pancreatitis (pancreas inflammation) • Pericarditis (inflammation of the tissue around the heart) • Peritonitis (infection of the abdominal lining) • Pleurisy (inflammation of the membrane surrounding the lungs) • Pneumonia • Pulmonary infarction (loss of blood flow to the lungs) • Ruptured spleen • Salpingitis (inflammation of the fallopian tubes)
- Shingles • Splenic abscess (pus-filled pocket in the spleen) • Torn colon • Urinary tract infection (UTI) • Viral gastroenteritis (stomach flu).

## Chronic (intermittent or episodic)

The specific cause of chronic abdominal pain is often difficult to determine. Symptoms may range from mild to severe, coming and going but not necessarily worsening over time. Conditions that may cause chronic abdominal pain include:

- Angina (reduced blood flow to the heart) • Endometriosis
- Gallstones • Gastritis (inflammation of the stomach lining) • GERD (gastroesophageal reflux disease) • Hiatal hernia • Inguinal hernia • Enlarged spleen (splenomegaly)
- Mittelschmerz (pain associated with ovulation) • Nonulcer stomach pain • Ovarian cysts • Pelvic inflammatory disease (PID) — infection of the female reproductive organs • Peptic ulcer • Sickle cell anemia • Strained or pulled abdominal muscle • Ulcerative colitis.

## Progressive

Abdominal pain that steadily worsens over time, often accompanied by the development of other symptoms, is usually serious. Causes of progressive abdominal pain include:

- Cancer • Crohn's disease • Enlarged spleen (splenomegaly) • Gallbladder cancer
- Hepatitis (liver inflammation) • Kidney cancer • Lead poisoning • Liver cancer • Non-Hodgkin's lymphoma • Pancreatic cancer • Stomach cancer • Tubo-ovarian abscess (pus-filled pocket involving a fallopian tube and an ovary) • Uremia (buildup of waste products in your blood).



## 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)



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).



## ON IPOH FOOD

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



## SeeFoon Goes to H(e)laven

Well it feels a bit like going to heaven (not that I have ever been and chances are, I may not make it!) what with the guard at the gate acting like St Peter (who, in the Christian tradition, guards the pearly gates to Heaven) but the fact is that you cannot get into The Haven unless you're a resident, a guest in their Suites or a friend who is resident or one of the staff has invited you. So tight is their security that eating at their **Cuisines Poolside Restaurant** can be a tad challenging.

But it'll be all worth the effort especially in the evening when you can sit under the stars by the poolside; gaze at the majestic 280 million-year-old rock, from the Paleozoic period, before the time of the dinosaurs, soaring 14 storeys high and rising mysteriously from the depths of the natural lake surrounded by pristine virgin jungle; sip your glass of red or white (outside on the terrace only as inside is strictly Halal) and enjoy your meal one dish at a time.

Such is the ambiance of the Haven that it might even be worth spending a night or two to enjoy all the facilities that this resort has to offer. Make it an escape from the hustle and bustle of city life (which is actually not so far away as Ipoh town is but a 10-minute drive).

The Haven has managed to create a cocoon of serenity far from the madding crowd and Chairman Peter Chan has worked incessantly hard at bringing the menu at Cuisines Restaurant to a level of quality worthy of praise.

There is only one word to describe the menu at Cuisines: and that is **eclectic**, which the Merriam-Webster dictionary defines as: selecting what appears to be best in various doctrines, methods or styles.

The Cuisines menu is eclectic in that it has selected items to suit every taste, palate and fancy, from Western to Chinese to Indian and local. And the Chefs (each ethnic cuisine having its own chef) have worked very hard to achieve standards comparable to some of the better versions outside, in some cases even topping those considered top of the heap.

A case in point is their Hainanese Chicken Rice which on their menu is called the **Haven Chicken Rice**. The chicken used here is no ordinary chicken but a 'woo so' chicken which is known for having firm tastier meat served with plump crunchy bean sprouts and a delectable double boiled chicken soup which was umami and fragrant. I normally never touch the soup when I eat chicken rice for fear of the usual MSG reaction to which I'm highly prone, but in this case because Cuisines Restaurant has a strict no MSG policy I could finish all of the soup with carefree impunity. And because chicken rice for me is mainly about the chilli sauce and the ginger sauce, the serving with both sauces done the way I'm partial to was h(e)avenly – **RM24**.

The **Chicken Soup** which has added chicken chunks and vegetables can also be had as a starter or a light meal with white rice – **RM20**. The Crab Meat Soup seasoned with dried scallops was umami, has the right consistency with just the right amount of thickening and egg white and very generous amounts of fresh crab meat – **RM28**.

I also tried the **Rasam**, an Indian herbal soup, on a separate occasion (I have eaten there on quite a few occasions) and found it tasty, umami and had just the right degree of spiciness and tartness – **RM16**.

Other items on the menu that I would recommend include the **Pesto Penne** which was al dente and the pesto sauce was robust. The addition of olives and tomato lifted the sauce and gave it the zest that was needed – **RM28**. Another pasta dish that was excellent was the **Seafood Pasta with pesto**. The prawns were firm and fresh but remember to ask for the spaghetti al dente – **RM34**.

I did mention that the menu was eclectic so it was a pleasant surprise to find some middle eastern dishes on the menu like their trio of **Mezze** dishes consisting of **Hummus** (chickpea puree with olive oil, garlic, tahini and lemon juice); **Moutabal** (roasted eggplant puree with same recipe) and **Lebanese Tabbouleh**, a chopped parsley salad



with tomato, couscous, olive oil, spices and lemon juice. All three served with pita bread. I particularly liked the Tabbouleh which was most refreshing and one of the best I've had – **RM14** each.

Other middle eastern dishes also included **Chicken (RM26)** and **Beef Shawarma (RM44)** with NZ beef; and the **Chicken Shish Tawook** (on skewers), all marinated and all three served with a tasty garlic mayonnaise, french fries and grilled cherry tomatoes.

For snacks or as appetizer I can highly recommend their **Beef Fingers**, strips of NZ Beef battered and deep fried, served with a Thai Chilli sauce – **RM18** and their **Fungi Fritters**, crispy morsels of oyster mushroom served with a mint mayonnaise dip – **RM15**. Lastly their **Buffalo Wings**, well marinated Texas-style deep-fried chicken wings served with their homemade chilli sauce and mint mayo – **RM18**. They also have a very tasty **chicken or beef pepperoni pizza** oozing with cheese but I found the base too soft for my liking – **RM12**.

One item that I consider 'must have' on their menu is their **Wat Dan Hor** a soupy (wet gravy not soup) Cantonese style wok fried flat rice noodles with fresh prawns chicken, squid, fish cake and greens served in a slurp worthy thick and creamy egg gravy. It promises on the menu to be naturally flavoured with no additives or artificial flavourings. And they keep their promises as I could eat every mouthful of it without allergic consequences – **RM28**.

I could go on and on but due to space constraints (and I haven't even touched on their main western dishes of grilled lamb chops, steaks, grilled catch of the day, hamburgers etc. etc. – it's all here on the menu), I will only mention the last dish that I feel is worth driving there for and that is their **Singapore Laksa**. This is thick smooth rice noodles (**Lai Fun**) in a coconut fish-based soup that is mildly spicy garnished with fresh prawns, tofu puffs, shredded chicken and hard-boiled egg. There is even a challenge on the menu daring Singapore to compete with them on this dish – **RM24**.

And don't forget dessert (the **Lava Cake** is yumilicious) – **RM12**.

So dear followers of this column, if a wide selection of tasty dishes is up your alley, consider taking advantage of their promotional rates and spend a night (or two) at the Haven and enjoy all the facilities and eat to your heart's content without having to drive anywhere. Be Indian at lunch, Chinese at breakfast and Western for dinner. Or throw caution to the wind and eat eclectically!

Current suite promotion (January-March 2017) rates start from **RM380+** for a one bedroom suite (900 sq.ft.), and from **RM600+** for a 2 and 3 bedroom suite (From 1000 sq.ft. - 2000 sq.ft.).





... continued from page 2

## TANJUNG MALIM

Also less than two hours away from Ipoh, Tanjung Malim is an interesting town located in the Mualim District, Perak.

Foodies can indulge at one of the oldest restaurants in town, Yik Mun, widely known for its *pau*. The *pau* comes in four fillings, which are curry chicken, curry beef, red bean and kaya.

Art enthusiasts can head to Sarang Art Hub for its good food and unique setup. One of the co-founders of the place is film director, Mamat Khalid. The artwork at the place is done by students of UPSI and local artists.

Every town has its own adventure trail and here in Tanjung Malim, Ulu Slim is popular for water activities like water-rafting and waterfall abseiling. While doing that, visitors also get the opportunity to experience the Orang Asli lifestyle.

A recreational spot for locals, Proton Embayu Lake City is an artificial lake garden. It is equipped with amenities like grocery, clinic, mosque and stalls around. Visitors can go there for the view or rather, to relax.

Another highlight of Tanjung Malim is the National Education Museum located at Sultan Idris University of Education (UPSI). The museum exhibits artworks and treasures from the olden days to mark the achievement of the country's education system.



*Yik Mun's signature pau*

## ROYAL BELUM

Dating back over 130 million years ago, Royal Belum is another place not be missed when visiting Perak. Despite not being an official National park, Royal Belum is the world's oldest rainforest and has the potential to be Malaysia's premier eco-tourism destination.

Royal Belum is located on the northern side of Perak and near to Lenggong. There are currently resorts as well as adventure camps awaiting those who want to get in touch with the nature with stunning views of Banding Island.



*Kem Sungai Papan*



*Orang Asli Sungai Kejar*



*Perak Man's Skeleton*

## LENGGONG

Home of PerakMan, Lenggong is Perak's smallest district and located about 80 kilometres from Ipoh. Surrounded by lush greens and prehistoric monuments, Lenggong was named a World Heritage Site by UNESCO in 2012 after the discovery of Perak Man, the oldest and most complete human skeleton found in South Asia by a research team from Malaysia Science University (USM) back in 1990.

The discovery has led to much tourism potential, making Lenggong one of the must-visit places when touring around Perak. The skeleton was previously placed at the national museum in Kuala Lumpur and has now been returned back to Lenggong and is available for viewing at one of the biggest attractions in Lenggong, the Lenggong Archaeological Museum. Beside the main display, tourists can also learn about other prehistoric displays at the museum.

Another attraction is the Lata Kekabu Waterfall, a recreational water park with a clean river and is the perfect spot for picnics.

### Lenggong Archaeological Museum

Address: Galeri Arkeologi Lenggong, Jabatan Warisan Negara, Kota Tampan Lenggong, 33400 Perak Darul Ridzuan. Contact number: 05 767 9700

Visiting Hours: Monday - Saturday: 9am - 5pm Friday: 9am - 12pm, 3pm - 5pm

Admission free.

GPS Coordinates: N 05°03'20.7" E 100°57'45.1"

Email: [info@heritage.gov.my](mailto:info@heritage.gov.my)



*Lenggong Archaeological Museum*



*Lata Kekabu*

## More Than Meets the Eye

Perak has numerous attractions to suit all interests and ages. From the coolest cafes and street murals, to historical sites, adrenalin-packed tours and more. So what are you waiting for? Pack your bags and start exploring Perak!

Don't forget to grab a copy of the **Ipoh Echo** newspaper when you're next in Ipoh!



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## Property



## A Touch of Manhattan

**M**anhattan Condominium, the first of its kind in the country, is the brainchild of Ting Chee Ming who studied in Manhattan, New York. His affection for that part of the Big Apple was so immense that he decided to create something similar in Ipoh.

Located along Jalan Pasir Puteh, it is the first water-park condominium in Malaysia developed by Miclebina Properties Sdn Bhd. What makes it more special is the replica of the Statue of Liberty standing proudly within the property's compound.

In conjunction with the recent Christmas celebrations, a lighting-up ceremony of the statue was held on the evening of Saturday, December 17. The event was accentuated by artificial snow and a fireworks display.

Visitors were thrilled to be part of the show, as they took turns to capture their moments with the iconic statue. They were then served with local delicacies while being entertained to music, songs and lucky draws.

Apart from that, they too had the opportunity to take a peek at show units and experience the water park for themselves.

"The condominium is expected to be fully completed in June 2018. It's a mixed development consisting of a business centre, condos, semi-detached homes, a hotel and Miclebina's office," said Fu Kuan Thye, Miclebina Properties' Sales and Marketing Manager.

While Block C and D are sold out, Block A and B have just been launched. Thirty per cent of the units in these new blocks have already been snapped up.

The units are priced at RM219,990 for Type C (2 bedrooms + 2 bathrooms), RM309,990 for Type B (3 bedrooms + 2 bathrooms) and RM379,990 for Type A (4 bedrooms + 2 bathrooms).

"The statue was sculpted by someone we hired. It took him about two months to complete," said Fu.

With all the amenities on offer, Manhattan Condominium is going to be Ipoh's next big thing. For further enquiries, call 019 463 1293, 019 475 2318 or visit Miclebina's website [www.miclebina.com.my](http://www.miclebina.com.my).

Khaleeja





# Abundance of Prosperity @WEIL

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Usher in the prosperous  
Lunar Year of  
Rooster at WEIL Hotel.



Lion Dance  
Performance

**28<sup>th</sup> January | 10.00am**  
(first day of Chinese New Year)  
at WEIL Hotel's Lobby



**27<sup>th</sup> Jan - 5<sup>th</sup> Feb**  
**Chinese New Year Prosperity Lunch**  
RM78nett Adult | RM58nett Senior Citizen\*  
RM38nett Children\*\*

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**27<sup>th</sup> Jan - 4<sup>th</sup> Feb**  
**Chinese New Year Prosperity Dinner**  
RM98nett Adult | RM78nett Senior Citizen\*  
RM58nett Children\*\*  
*A Complimentary Yu Sheng for each table*

JAKIM (SY/22.00)  
492/2/2067-03/2015



**YUK SOU HIN'S  
Chinese New Year  
Set Menu**

Set Menu A	<b>RM 1288</b> <small>nett per table</small>
Set Menu B	<b>RM 1488</b> <small>nett per table</small>
Set Menu C	<b>RM 1888</b> <small>nett per table</small>
Set Menu D	<b>RM 588</b> <small>nett for 4 persons</small>
Set Menu E	<b>RM 2488</b> <small>nett per table</small>
Set Menu F	<b>RM 2888</b> <small>nett per table</small>

**Company  
Reunion Dinner**  
Banquet Set Menu  
starting from **RM798nett** per table  
\*Book by or before **20<sup>th</sup> Jan** and enjoy a  
**10% Discount**  
For reservations, please call **05-208 2228**

Prices quoted are inclusive of GST. | \* 60 years old & above (verification required) | \*\* 6-12 years old

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Tel: +(605) 208 2228 | E-mail: enquiries@weilhotel.com | www.weilhotel.com

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Company No.: 907947-T

## WEIL Hotel All Set to Usher in the Lunar New Year with Wishes of Prosperity and Joy

As Ipoh's home-grown lifestyle hospitality brand rings in the Year of the Rooster, it promises to be an exciting and memorable one as patrons celebrate new beginnings and round off the successful year behind. Reward your loved ones with an authentic Cantonese feast where decadent Chinese New Year and Spring Dinner temptations await.

Rejoice in a bountiful Chinese New Year at **WEIL Hotel**, where a tempting line-up of specially-crafted celebratory festive dishes are awaiting guests in **TIFFIN**, the hotel's signature all-day dining restaurant, and for those looking to get into traditional Chinese fare, they need not look further than **Yuk Sou Hin**, where the flagship restaurant has amazing menus prepared for all palates by Master Chef Chung and his team with a selection of auspicious dishes for patrons dining in.

Food plays a pivotal role in Chinese culture, and no less so than at Chinese New Year. At Yuk Sou Hin from January 10 through February 11, 2017, guests can indulge and celebrate with any of our six eight-course special Chinese menus of authentic favourites such as double boiled Chicken Soup with Cordyceps Flowers, Shark's Cartilage Pumpkin Puree Soup, Signature Smoke Duck with Lychee Wood, Braised whole South African 6-Head red Abalone and Sea Cucumber with Superior Oyster Sauce, Steamed Pearl Grouper Fish with Superior Soy Sauce, Wok Fried Prawn and Asparagus with Black Truffle, Sauteed "Kampung Chicken" with Fish Maw and Cordyceps Flowers, Pan Fried Crispy "Nian Gao" and Chilled Avocado Puree with Sago, just to name a few.

### Yuk Sou Hin features:

RM588 nett table of 4 persons

RM1288 – RM2988 nett per table of 10

Available from 10 January – 11 February, 2017, 6pm – 10pm.

### Tiffin features:

Prosperity Lunch Buffet at RM78 (Adult)/ RM58 (Senior Citizen)/ RM38 (children between the ages of 6 to 12 years old), Available from 27 January – 5th February, 2017, 12 noon – 2.30pm.

Prosperity Buffet Dinner RM98 (Adult)/ RM78 (Senior Citizen)/ RM58 (children between the ages of 6 to 12 years old). Available from 27 January – 4th February, 2017, 6pm - 10.30pm.

For reservations, please call 05-208 2228 ext. 2103 (Yuk Sou Hin) or 2021 (Tiffin).



### About The WEIL Hotel

The WEIL Hotel is managed by WEIL Resources Sdn Bhd, a member of the Thong Fook Group. The Chairman is Dato' Liew Sew Yee, whose late father started the Thong Thye Groundnut Factory under the popular Pagoda brand in 1945. WEIL Resources is spearheaded by Mr. Liew Yu-Wei, the Executive Director.

An urban retreat set in a quaint city famed for the authentic charm of its locals, WEIL Hotel keeps the Ipoh heritage of simplicity and hospitality alive, in a stylishly-designed contemporary setting.

WEIL Hotel is designed around the idea of perpetuating the simple, endearing hospitality of Ipoh's local community, delivered in the form of the WEIL signature service by highly-trained professionals – and actualised within a contemporary chic environment.

Above all, this is shaped as your perfect place for urban stay, dine, shop and play. Our address at Jalan Sultan Idris Shah (formerly known as Brewster Road) is not only situated in the heart of Ipoh, our location is made even more strategic by the adjoining Ipoh Parade, a renowned shopping destination.

Our guests may have different ideas how they plan to spend their time, but their common thread here is being spoilt for choice! You could either luxuriate all day in one of our 313 cosy rooms and suites, explore the gastronomic delights of various genres in one of our 4 signature restaurants, or rejuvenate your senses at the rooftop infinity pool.

Alternatively, retail therapy is a saunter away through our dedicated access to the mall. If you seek an urban adventure, just step out - and you're all set for a heritage excursion through the local streets and alleys.

### CONTACT:

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Email: miki.tan@weilhotel.com

Tel : +60 5 2082386 / 017 522 9621



# 110 Shades of Blue

Mei Kuan



**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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# IT'S NEW, IT'S AMAZING AND IT'S ALL FOR YOU!

## EXCITING PROMOTIONS TO TANTALISE YOUR TASTEBUDS

Lunch hour is calling, but where can you head for the best food at the best price? After a well-deserved Christmas break, the Dome Restaurant proudly offers changing menus according to the seasons, which is insanely delicious. In experimenting with flavoursome ingredients, Chef Desmond is always developing new dishes to satisfy tastes and preferences of our patrons.

Constantly drawing on wholesome culinary influences and inspirations from various regions, we have combined various spices and flavours to produce unique hearty meals for the upcoming Chinese New Year. Sateiate your hunger with the Australian Dorper Lamb, Prawn Tandoori, Saba Fish Bento and Spicy Chicken & Shrooms Arrabbiata; with soup or salad of the day and completed with the dessert of the day.

The lamb shoulder rack features succulent and tender oven-baked Australian Dorper Lamb in aromatic beef jus, served with mascarpone-mash and seasonal vegetables. The prawn tandoori is a South Indian dish with oven-roasted spiced and juicy big prawn. It is served with nasi biryani, aloo gobi, minty yoghurt and papadam. Meanwhile, the bento contains baked Japanese saba fish fillet served with Japanese rice, greens salad, mixed tropical fruits and miso soup. Last but not least, the spicy chicken & shrooms arrabbiata features squid ink pasta accompanied with homemade, aromatic and spicy tomato-scented coulis sauce with chicken chunks and mushrooms.

You can also select one of our invigorating thirst quenchers or coolers from our beverage menu to pair with your meal. From creative mocktails, fresh squeezed juices, western delights to local favourites, there is something for everyone. For the sweet tooth, don't miss our delectable homemade desserts, the banana split, chocolate brownie with ice cream, creme brulee and ice cream sundae.

The brand new set lunch is available from January – March 2017, daily from 11a.m. to 3pm. Open to all members and non-members. For reservation please contact **05-529 3358**. You can be sure that we serve only the best cuisine for your dining pleasure!



**Set A @ RM 42.00**  
• Lamb Shoulder Rack



**Set B @ RM 33.00**  
• Prawn Tandoori



**Set C @ RM 29.00**  
• Saba Fish Bento



**Set D @ RM 26.00**  
• Spicy Chicken & Shrooms Arrabbiata

### Arts & Culture

## The Chimes of Love



As the jolly season approached, the Perak Society for Performing Arts (PSPA) singers crafted a Christmas repertoire named, "The Chimes of Love". They delivered the piece on the nights of Thursday, December 15 and Friday, December 16 at St Andrew's Presbyterian Church hall.

Spreading the message of love, joy and care, the musical was also aimed at reaching out to the community. The audience donated basic needs like food, toiletries, books, clothes and cash. A sum of RM1476 was collected from those present.

Led by the music director, Marianne Poh (mezzo-soprano), others on the stage were Khoo Wu Ji (tenor), Sirikhwan Buathong (soprano), Salith Dechsangwon (tenor) and accompanists, Zhang Chi and Kang Su Kheng.

Apart from lesser-known Yuletide songs, evergreen Christmas carols resonated in the hall. The audience clapped and swayed to the tunes. Some shed tears, moved by the hauntingly melodious voice of the singers.

Tunes like "Adiemus" by Karl Jenkins, "Pregiera" by Francesco Paolo Tosti, including "Silver Bells" and "Ding Dong Merrily on High" were sung by the 44-strong PSPA singers, excluding the soloists.

"I was mesmerised by the nuance and their combined voices. I didn't understand some of the songs, as they were Italian but they resonated with me. And you do not need to understand the lyrics to feel it," said one of the audience.

Divided into two halves, the second half was in the form of a story of a couple who were separated from their child. Melancholic and captivating, the show left an indelible mark in the hearts of those present.

"The performance is like a movie. It enhances the Christmas mood. I'm glad to be here," said Jonathan, another satisfied patron.

The collected donation and basic needs were given out to five charities and three individuals in Ipoh.

**Khaleeja**

### Community

## Auxiliary Police to Guard Pinji Botanics

To ensure the safety of its residents, Pinji Botanics Sdn Bhd has set up a team of 25 auxiliary police that will secure the perimeters of Bandar Seri Botani.

During the launching held in late December, Pinji Botanics invited the director of the Department of Crime Prevention And Community Safety (JPJKK) from Bukit Aman Police Headquarters, Datuk Rusli Ahmad to officiate the affair.

"The team comprises former army, police and members of Malaysia's Civil Defense Force (APM). With their experience in the field and the training they've gone through, I believe that they are more than capable to guard the compound," said Rusli.

He also added that with the recent addition of new houses at Taman Eko, the residents could be the new target for house burglary, vandalism and other crimes.

The team underwent their training at the Malaysian Police Training Centre (PULAPOL) in Langkawi for 63 days from August 14 to October 13, 2016. The training required each member to be physically primed, deal with legal issues as well as how to handle weapons.

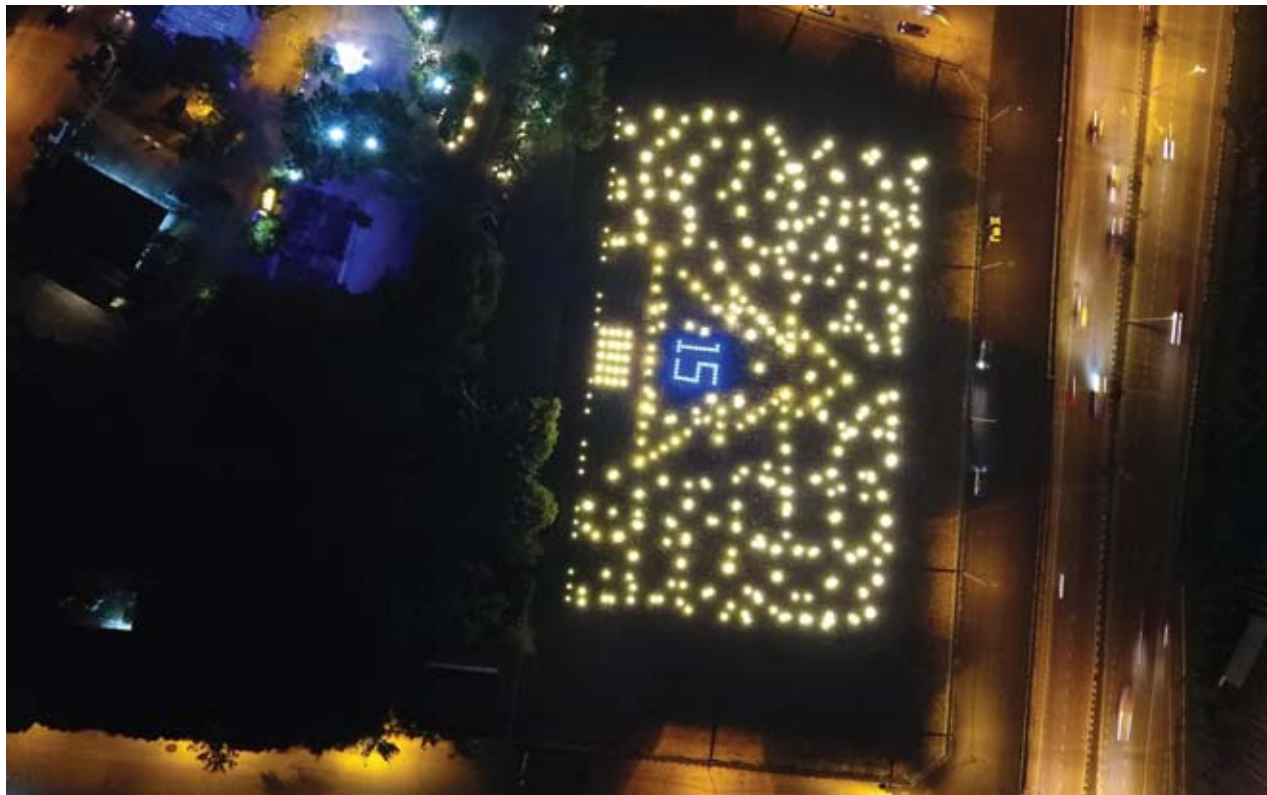
Also attending the event on the day were Perak head of crime prevention and community safety department SAC T. Selvan, Director of Pinji Botanic Sdn Bhd, Chow Siew Wai and Commercial Manager of Pinji Botanic Sdn Bhd, Lee Chaik Hian.

**Luqman Hakim**





# Field of Lights



**W**e were all in for a real treat when Bandar Baru Sri Klebang (BBSK) celebrated 15 years of town-building with a curated light installation, Field of Lights.

11 followed by the actual unveiling of the extravaganza on Sunday, December 18 at the Klebang Flora World Nursery.

Upon entrance, visitors were greeted by Christmas lights in the form of snowman, an eight-metre tall Christmas tree and reindeer-drawn golf buggies (not your ordinary Santa's sleigh!). The illuminations were given that extra punch with a fog machine and trimmed evergreens. Other highlights of the night included the canopy of multi-hued fairy lights and fireworks display.

However, everything paled in significance when the crowning luminosity made its debut. Against the backdrop of the township, starry sky or silhouette of the trees, it was Instagram-worthy from every angle. An instant crowd favourite, people were seen stopping by even outside the fence just for a shot. Over 400 frosted glass beacons dotted the field before culminating in an outline of a Christmas tree with a '15' to signify BBSK's anniversary right at the heart of the display. The lights were of different shapes and sizes to represent the diverse communities that already bring so much sparkle to this growing garden township.

Equally admirable was the reflected effort and attention to detail from the Kinta





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Properties team. For instance, raincoats, thoughtfully prepared beforehand, were quickly distributed to the visitors when it drizzled.

Present from Kinta Properties were director, Dato' Lim Si Boon; director, Miss Chong Wai Lin; Datin Lin Hui Yi and Dato' Lim Kheng Loy.

The one-of-a-kind family day out was interwoven with live musical performances, diverse food trucks lineup, handmade craftwork showcase, festive Christmas markets and Santa Claus appearance at the weekends. Food coupons, available at RM10 per booklet, came with free cotton candy and popcorn. Diners headed for seats underneath the clear-top tents made for unobstructed view of the stars. The young ones got balloons and embellished the wall of smiles with their message. The Meru Valley Resort was one of the more popular stalls, featuring crafted delicacies from Chef Desmond, as were Broadway favourites from SMJK Poi Lam military band and powerful vocals from a live band. Did I mention the glowing furniture too?

Held from December 18 till January 1, admission was free. To know about upcoming events, do visit the **Kinta Properties Facebook page**.

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](mailto:events@ipohworld.org)*





**BANDAR SERI BOTANI**  
原林城

# Nature in the Midst of living



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**www.bandarseribotani.com**  
**05-323 6622**



## Community



# Centenarian's Health Secrets

**A**mong Dollah Endut's secrets of staying healthy at the age of one hundred are a good diet and a healthy lifestyle.

Born on October 26, 1916 Dollah has 11 children from his second marriage with his late wife, Zan Idris, who passed away ten years ago at the age of 70.

"My diet consists of leafy greens since young, with 'kerabu pucuk mengkudu' (shoots salad) being my favourite. It is high in nutrients and antioxidants. You can also boil the mengkudu fruits and consume the water. It's healthy.

"Besides that, I pray and read the al-Quran daily. The routine gives me peace of mind," he shared during his birthday celebration cum family day at Kampung Pulau Pisang, Malim Nawar on Christmas Eve, December 24, 2016.

Fondly known as Haji Dollah, he now has 41 grandchildren, 52 great-grandchildren and four great-great-grandchildren. However, two of his children passed away a few years ago.

Dollah was enlisted as a home guard during the Malayan Emergency (1948 to 1960).

"I experienced firsthand the horrors of the Japanese Occupation (1942 to 1945) and the atrocities committed by the Communist insurgents. My family members and the people at large lived in fear and absolute misery. I still remember how able-bodied men were ordered by the Japanese to build railway tracks in return for a miserly RM1 and a cup of rice per day.



"Today, I am grateful that my great-grandchildren can live in peace and comfort in this bountiful country," he said with tears welling in his eyes.

According to Dollah's daughter, Nooraini Dollah, 54, her father has been a traditional medicine practitioner for as long as she can remember.

"Villagers always seek my father's advice for various ailments. He's a generous, loving and caring person. His birthday celebration is a meaningful occasion for the whole family. May Allah bless him and, hopefully, he'll live longer," she enthused.

**Rosli Mansor**

## A Historical Family Gathering

**S**ayed Azlan Sayed Ahmad, a scion of the Jamalullail family who had done a lot of research on his family's genealogy, decided to gather his relatives so as to be better acquainted with one another.

On Christmas Day, December 25, 2016, Ipoh Echo was invited to witness and cover this auspicious event at Kampung Temong in Enggor, Perak.

Before the reign of Sultan Muzaffar Syah (1528-1549), Tok Temong was the lady who administered the district of Temong. Her name lives on as she was one of the many who contributed towards Perak's historical well-being.

Many of us have not heard of Temong, as her exploits were not widely publicised. In recognition of Tok Temong's contributions, her tomb was reconstructed by the Department of Museums Malaysia in 1979. During the Sultan of Perak's coronation, her tomb would be among those visited, as part of the royal tradition.

Apart from Tok Temong, another iconic personality was Syed Hussain Al-Faradz Jamalullail. He was a religious scholar from Hadhramaut, Yemen who arrived in Perak in the early 19th century to spread the Islamic faith in the Malay Peninsula. Being the originator of the Jamalullail family in Perak, his descendants proliferated and live on till today.

"This is our first family gathering and I'm pleased that it's a success. We plan to make this an annual event. It's not just about the family history, it's also about promoting Temong," said Sayed Azlan, a former Public Relations Officer of Ipoh City Council.

A total of 700 family members from all parts of the country gathered to celebrate the inaugural reunion. As they chatted over ice breaking sessions, activities such as cooking competitions and tele-matches were held.

"It's so good to be here, sharing stories of our own ancestors. Hopefully, by organising this family get-together on an annual basis we can turn Temong into a touristic spot," he added.

**Khaleeja**



## New Year Babies



**P**antai Hospital Ipoh welcomed four bundles of joy at the beginning of the year on Sunday, January 1.

The first baby of the year was a girl born to Sudanese mother, Reem Mohammed, at 6.32am. This third child of hers came into the world weighing 2.7kg.

It was the wish of 28-year-old Hoi Pooi Wen to have her third child just after the clock struck midnight. Her baby girl was born at 12.07pm, weighing in at 3.3kg. Her first two children, aged 5 and 3 respectively, are boys. "Her delivery date was scheduled on the 6th but then the doctor said the baby was ready. I am overjoyed because I wished for a girl. Another child in the future would be good too!" said her husband, Yip Mun Kit, to Ipoh Echo.

"It is my daughter's great wish to have her baby delivered in January because her first two children were born in November and December respectively. Meanwhile, my daughter and her husband were born in March and February each. Now her family can celebrate their birthdays for five months consecutively!" Ann Leong, Hoi's mother added.

At 1.06pm, 34-year-old Satdiyatin binti Adib Rahim's first born, a boy weighing 3.9kg, arrived. "Initially, the mother was due on December 30. I am happy because I am having my first grandchild at this age," 55-year-old Datin Nor Hamar, the grandmother of the baby shared.

The fourth mother, 35-year-old Cheek Kay Lye, delivered her 2.95kg baby girl at 4.30pm.

**Mei Kuan**



## Community

# Retirees to the Rescue!

In its endeavour to equip the retiree community with basic First-Aid skills and provide initial support during emergencies or everyday accidents, Total Investment Sdn Bhd partnered with Pantai Hospital Ipoh (PHI) to organise a special '1-Day First Aid Orientation Course' for over 40 members of the Pusat Aktiviti Warga Emas (PAWE) UTC Perak.

Based on recent statistics by St John Ambulance of Malaysia, up to 150,000 people who die every year could have survived had they received first-aid treatment. Therefore, it is vital to educate members of the community to adopt life-saving skills. By acquiring these skills, first aiders can help build more resilience and better prepared communities when disaster strikes.

Mr John Chong, Executive Director of Total Investment Sdn Bhd, said in his speech, "As a home-grown property developer with a mission to provide quality retirement lifestyle through our latest project, GreenAcres Retirement Village, it is our responsibility to advocate this initiative for the senior community's well-being."

First aid is often the crucial first step in the chain of survival, towards saving lives during accidents, disasters, or in everyday crisis. Rescuers do not necessarily have to be medical experts, but having basic first aid knowledge can certainly make a major difference.

"Our mission is that all of you here today can be equipped with life-saving skills and give assistance when needed during emergency situations. Most of us have – or will at some time – encounter a situation where first aid is needed. Saving lives is a matter of skills that can be learned by everyone – young and young-at-heart, everywhere," highlighted Mr John Chong.

Performing first aid before the ambulance arrives can often be the difference between life and death. It can also prevent more serious injuries from occurring. During the First Aid orientation course, the retiree participants were trained in basic First Aid knowledge



and skills by the medical staff of Pantai Hospital Ipoh. This practical workshop included a circuit of three stations where various First Aid demonstrations were conducted, so that retirees could administer vital first aid in case of household emergencies or accidents in the neighbourhood.

"During this initiative, our team shared with participants how to attend to emergencies such as burns, bleeding and to immobilise fractures, before medical help arrives. By adopting these skills, the First Aider can make a difference and save someone's life.

"As a dedicated and responsible healthcare provider, Pantai Hospital Ipoh will continue collaborating with caring partners like Total Investment Sdn Bhd to support various health

initiatives towards improving community awareness and well-being," shared Ms Chong Siet Fong, Chief Executive Officer of Pantai Hospital Ipoh.

This joint-effort community service for retirees was initiated by Total Investment Sdn Bhd, in keeping with the GreenAcres Retirement Village's tagline of "Life Begins at 60".

The aim is to enlighten retirees of the fact that they can look forward to a vibrant lifestyle in their golden years – with proper planning and the right mindset.

GreenAcres is the first retirement village development in Peninsular Malaysia. Located in Meru, Ipoh, the five-phase development sits on 13 acres of beautiful landscaped environment that offers elder-friendly features, purpose-built amenities and facilities including a recreational clubhouse, tailored to the needs of retirees. The clubhouse amenities will comprise a restaurant, lounge area, mini cinema, karaoke room, gym, hall, games and reading room, wellness programmes and village shuttle services. The first phase of 26 units of villas is targeted for completion by mid-2017.

For more information please contact Catherine Leonard at [catherine@perceptionmanagement.com.my](mailto:catherine@perceptionmanagement.com.my) or call **016 667 3064**.

## Education



## MGS Celebrates 120 Years

Running on the theme "Magnificent Past, Glorious Future", Methodist Girls School (MGS) celebrates 120 years of excellence with a launch on Monday, January 9 at the school field to kick-start the year-long celebration.

Primary and secondary girls entertained the crowd with a brass band followed by a flash mob to the song, "Happy" by Pharrell Williams. Then, 120 red and white balloons

were released into the air in the presence of guest of honour, Khor Hong Yin, executive director of Methodist Council of Education.

"Today is a truly exciting and historical moment. Our celebration theme was carefully chosen to reflect how MGS has sailed these past 120 years and will continue to sail on in the future. MGS remains the premier school of choice in Ipoh. We MGS-ians know, as we continue to give our utmost for the highest, MGS Ipoh will have the glorious future," Datin Clareen Choo, chairperson of 120 years celebration committee, stated.

Also present was Dr Ting Cheh Sing, chairman of MGS Board of Governors, Linda Hanim Mustaffa, vice president of MGS Old Girls Association (OGA), representatives from parent-teacher association and distinguished guests. All were dressed in maroon, the school colour.

In view of the celebration, a number of activities are lined up for the year.

Spearheaded by OGA, the "120 alumni-inspiring stories" project invites former students to share inspiring tales on their personal life journey. Do submit your write up of 100-300 words and the accompanying photographs of past and present to Stephanie Hiew at ([stephanie.puffyl@gmail.com](mailto:stephanie.puffyl@gmail.com)) or Linda Hanim Mustaffa ([linda.mustaffa@gmail.com](mailto:linda.mustaffa@gmail.com)) by Wednesday, February 15.

Do swing by the history gallery to be set up at the school by Wednesday, March 1.

The big event of the celebration will be the gala dinner to be held at Kinta Riverfront Hotel on Saturday, August 5. Tickets are now selling at RM120 per seat or RM1200 per table, available through the school or the OGA.

For the latest updates, join the **MGS Ipoh 120th Anniversary Facebook group** or call the school at **05 254 9580**.

Beginning 2015, MGS was branded a Cluster School of Excellence, producing high achievers excelling in academic and co-curriculum.

Mei Kuan

## Upcoming Event

## AMCAA's 35th Anniversary

In year 2017 Ave Maria Convent Alumni Association Ipoh (AMCAA) will be celebrating its 35th Anniversary. In conjunction with this, AMCAA is organising its first Round of Inspirational & Outstanding AMCian Award Presentation Dinner on May 20 at 7pm at Ipoh Kinta Riverfront Hotel Ballroom.

The President Moy Ooi Thye requests all AMCian, teachers, retired teachers, friends and members of the public to nominate any inspirational and outstanding AMCian that they may know. The selection for the Top 10 Inspirational & Outstanding AMCian will be done by five independent distinguished judges. Nomination is now open and the closing date is February 28.

All AMCian and friends or anyone who wish to join their Award Presentation Dinner are welcome. For reservations please contact: Miss Josephine Tan **012 555 0892** or Miss Chan Yin Kuan **012 506 3928**.

Stories of AMCian overcoming adversities and challenges will serve as exemplary inspiration to others and nominations are open also to outstanding AMCian domiciled overseas and they are encouraged to apply for this award. If selected and due to unavoidable reasons they are not able to be back in Malaysia for the award ceremony, they will be recognised through a video live telecast. Trophies will only be given to the



Top 10 who can attend the Award Presentation Night.

Please email to [amcaa@outlook.com](mailto:amcaa@outlook.com) or Facebook: *AMC Alumni Association* or telephone the following for more details or to get the nomination form: Miss Felicia or Miss Apple at **05 241 2502 or 241 2532**.



## News



## Ban Hoe Seng Welcomes Honda BR-V

Honda's latest model, the 7-seater crossover and affordable Honda BR-V was nationwide launched on January 7 at Ban Hoe Seng, Jalan Permaisuri Bainun (Jalan Kampar) recently.

During the nationwide launch, Ban Hoe Seng's CEO, Ignatius Chew and his team welcomed customers and members of the public and invited them to catch a glimpse of the car's specifications and details.

While the adults were busy checking out the car and trying their luck at a lucky draw, Ban Hoe Seng prepared a few activities for the kids including colouring tools and a playground for them to romp around. Lunch was served at the Ban Hoe Seng Museum located behind the showroom.

The new model, priced between RM85,800 to RM92,800 is a model of innovation and comfort that can fit up to seven people and comes with a few different colour options: Luna Silver Metallic, Modern Steel Metallic and Taffeta White. Complete with Reverse Camera, 539-litre cargo space and 6.1 entertainment screen, this model has been engineered to provide powerful yet energy efficient driving.

Readers are welcome to visit and see the Honda BR-V model for themselves at Ban Hoe Seng Sdn Bhd, 14-20, Jalan Raja Permaisuri Bainun (Jalan Kampar), Ipoh, Perak or call 05 241 3433.

Ili Aqilah

## Reunion Dinner Promotion @ Syeun

This Year of the Rooster, take away the trouble of food shopping and preparation with the Chinese New Year's feast packages curated by the chefs of Syeun Hotel.

The reunion dinner menus on Friday, January 27 feature traditional treasures and chicken-themed eats, including one vegetarian option. The special packages, priced at RM638 (vegetarian), RM698, RM888 and RM1488 respectively, contain nine signature dishes including a dessert, serving 10.

Among the highlights are prosperity salmon *yee sang* (salad); stewed *woo soo* chicken with eight treasure wrapped in glass film paper; steamed red rice emperor chicken; braised shark's fin soup with dry scallop, fresh scallop and seafood; steamed pomfret fish in soy sauce; pan fried *ming* prawn with quality soy sauce; braised mushroom, sea cucumber, whole abalone (10 nos) and green garden vegetables; braised stuffed cabbage, sea moss, dried oyster, mushroom and *ling zi* mushroom; fried rice with anchovies and salted fish wrapped in lotus leaf; and Chinese pastry.

For an even more fulfilling reunion at the grand ballroom, Syeun Hotel also offers the themed photo booth, Chinese acrobatic performance, God of Fortune appearance, family portrait photography, singing and dancing presentations.

Book in advance at 05 253 8889, 012 521 8339 (Rains Choong) or 012 517 9337 (Moon) to avoid disappointment. Limited to 100 tables (ten guests each table).

After the reunion dinner, the spread of abundance continues at Syeun Hotel from Sunday, January 29 till Saturday, February 11. To be held at Syeun D Hall (level 2), the promotional packages are priced at RM668, RM798 and RM1388 each.

Plus, in conjunction with the occasion, there will be a lion dance performance at the hotel lobby on Monday, January 30 at 1pm.

Mei Kuan



## Lions Charter 1st Centennial New Club

A New Centennial Lions Club comes to Ipoh for 2016/2017, District 308 B2, on January 6 where 33 charter members, men and women celebrated the Charter Night of the Lions Club of Ipoh Centennial at Syeun Hotel, Ipoh.

During the ceremonies, Lions District Governor Jennifer Kim presented the Centennial Charter President, Dato Dr Wenddi Anne Chong and its new club members with their official charter.

Members of the Lions Club of Ipoh Mandarin who sponsored the formation of the Lions Club of Ipoh Centennial were also on hand to congratulate members of the new club.

"I am proud and warmly welcome Centennial Charter President Dato' Wenddi and all Charter Members to our District and Lion Clubs International. Ipoh will be proud to have such a fine group serving the community," said District Governor Jennifer Kim.

The Lions Club of Ipoh Centennial plans to become involved with activities that would benefit the Community with service projects that would benefit Youth, Vision, Environment and Hunger. Also some programmes like medical assistance and health-

related activities, assistance to less fortunate adults and children with disabilities and response to emergencies or disasters. The activities may also include fundraising to assist the less fortunate or projects.

The Lions Club of Ipoh Centennial will meet every second Thursday of the month in the evening.

Lions Clubs International is an international secular, non-political service organisation founded by Melvin Jones in 1917. As of April 2015, it has over 46,000 local clubs and more than 1.4 million members in over 200 countries around the world. Lions clubs are a group of men and women who identify needs within the community and work together to fulfil those needs.

Lions Clubs International is also the world's largest service club organisation. Since 1917, Lions clubs have aided the blind and visually impaired and made a strong commitment to community service and serving youth throughout the world.

Lions Club's Centennial Challenge.... For nearly 100 years, Lions have changed lives in their communities and around the world.

In celebration of Lions Centennial in 2017, apart from setting up New Centennial Lions Clubs, Lions everywhere are being challenged to serve 100 million people. You're invited to join the celebration by helping us to reach our goal! Don't miss your chance to be a part of this historic event.

For more information, donation or to be involved with the Lions Club of Ipoh Centennial, please email Dato' Dr Wenddi Anne Chong at [datowenddianne@gmail.com](mailto:datowenddianne@gmail.com). For more information about Lions Clubs International, visit the website at [www.lionsclubs.org](http://www.lionsclubs.org).



## 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)





# Field of Lights

## 2017

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### Arts & Culture

## Ni Art Week



As Pablo Picasso once said, 'Everything you can imagine is real'. Ni Art Week, being the brainchild of artist, Kok Hwa Kean was an art festival held from Sunday, December 11 till Saturday, December 17 at Abby Hotel by River Town.

There were eight featured artists altogether, who were Azhar Kamaruddin, Mohammad Fadly Sabran, Hawari Berahim, Khoo Peng Ean, Iron Loi, Kok Hwa Kean himself, Art Studio and Super Star Hair & Make Up Academy.

Each of them exhibited their art in the provided rooms situated on Level 3 of the hotel. The rooftop, however, was occupied with the art bazaar, selling crafts and food.

"I feel that art is a form of expression. Every detail can mean something and with this festival, I hope it will open the eyes of Ipohites to understanding and appreciating art," said Kok Hwa Kean.

They each had different forms of art exhibited in each room. Thus, going through their art was like having an adventure. Azhar Kamaruddin who is known as Captain Jack, had two woodcraft ships exhibited, made from scratch. The details were immaculate.

Mohammad Fadly Sabran, founder of Kapallorek Art Space in Sri Iskandar exhibited a video art installation, where audiences can enjoy the harmonic of disturbing images and chaotic sounds.

Hawari Berahim's exhibition was on politics where he decorated the room with a chess set, bed sheet of political flags and glasses of water which represented each party's

colour. All of the connections led to a message of honesty, priority and strategy.

Khoo Peng Ean, originally from Ipoh who now resides in Singapore had a different idea on the exhibition. Her art was just a hotel room, made for visitors to go in. And amidst the silence of not knowing what's going on, Khoo says that maybe we'd understand our loneliness a bit clearer.

Iron Loi is a graphic designer and illustrator from Johor Bahru. His work was a portrait of John Lennon, made up of origami.

Kok Hwa Kean's art was made of recycled carton boxes and just black and gold paint. Simple yet behind each pattern drawn on the boxes, lies a whole lot more of meaning on life itself.

Art Studio, a team of a master and his two proteges, showcased their different art media using wooden boards, charcoal, colour chalks and acrylic. One of them was a picture of a cave.

Super Star Hair & Make Up Academy showcased their different costumes each day, made of recycled items and a mixed medium. Visitors could request for a tour guide for further explanation on each art form showcased.

**Khaleeja**





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## 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.

## 2017 New Year Message from Sharpened Word

First of all, a happy new year to all, on behalf of Sharpened Word!  
The year 2016 has been a memorable first year for SW as we have managed to present quite a number of notable speakers for our monthly events. Pak Peter, the organizer, has been relentless in persuading people of great minds to grace the SW stage and share their wisdom and knowledge with the Ipoh community.

Midway through 2016, we went through a mild transformation where it was decided that SW should focus on the creative arts as its key theme, while continuing to promote English as a medium of communication.

While we had no activities for December 2016, the few of us were busy helping out with the inaugural Ni Art Week, which is believed to be the first art festival in Ipoh organised by Ipohites. We volunteered for the event because it was in sync with our motives, that is, to promote art and creativity in the state.

Yes, we are fully aware that we may be fighting a losing battle, the battle to celebrate creativity and promote English among the community. Our monthly receipts from audience donations were insufficient to cover our expenses. The Perak Society of Performing Arts (PSPA) has been our lifeline and we are indeed grateful for their generosity in continuing to support our activities. However, our panel of guest speakers are the ones that we are really indebted to. They came to the events at their own expense and expected nothing in return. Most of them were from out of town, and for them to be with us in Ipoh was indeed a blessing. The support from the local fortnightly paper, Ipoh Echo, is also something we cherish, and writer SeeFoon Chan-Koppen has even generously contributed copies of her book – "The Foodie's Guide to Ipoh's Best Eats" to invited guests as a token of appreciation.

Honestly, we do not know how long SW can hold on until funds run dry. But until that day comes, all of us in SW shall not give up and will stay committed to putting up intellectually stimulating sessions monthly. We are aware of the shortcomings and are trying our best to overcome them to improve the situation, one of which is to attract a younger and more responsive audience to our monthly gathering. We will try to address these issues come January 21 with our first event for the year. So stay tuned.

We continue to welcome ideas and suggestions from all of you on how to improve SW in all avenues. Lend us your ideas and our hearts and ears will be with you.

Lastly, despite the gloomy 'weather' ahead, no thanks to doomsayers who predict another tough year, we wish all a productive and fruitful year ahead, in pursuit of knowledge and wisdom amidst challenging times.

We are not worried if the music stops, but until the curtain drops, we vow to give 100 per cent to SW's cause. Until then, stay creative and stay sharp!

See you all on January 21!

The Team at Sharpened Word

## Facebook Group Ruining Thaipusam

The annual colourful and vibrant Hindu religious festival Thaipusam is around the corner. This festival is not only one of the major Hindu festivals in the country but it is also a major annual tourist attraction event in Selangor (Batu Caves Sri Subramaniam Temple), Penang (Waterfalls Murugan Temple) and Ipoh (Gunung Cheroh Murugan Temple) and lately Murugan temples in Sungai Petani Kedah and Johor Bharu are also getting popular among devotees and tourist alike.

As usual when the Thaipusam festival draws nearer the social media is abuzz with all kinds of news and issues that somewhat upset devotees and visitors who are planning to attend the event.

The recent warning of a Facebook group to women that they will be sprayed with paint if they are spotted "dressed inappropriately" at Thaipusam events is causing much anxiety and anger among the Hindu community. Many are of the view that the Facebook group is breaching the law and their actions if left unchecked can lead to unnecessary anxiety and may give rise to violence.

I too find it strange that a mere Facebook group which is not a registered organisation is allowed to flex its muscles and getting directly involved in the affairs of the Hindu community to a point of creating so much uneasiness and tension among the many hundreds of thousands of devotees and visitors.

The Malaysian Hindu Sangam (MHS) and the respective hindu temple committees where Thaipusam festivals have been celebrated are doing a good job over the years to educate and to create awareness among hindu devotees on the do's and don'ts to uphold the sanctity of the festival.

The Hindu public has generally been very receptive to all these advisories and guidelines issued by these bona fide Hindu bodies. However, this Facebook group appears to be throwing a spanner in the efforts of the MHS and temple committees by making provocative announcements like spray painting women "inappropriately dressed" "for the festival."

When we can tolerate hindu priests conducting the prayers in the temples half naked most of the time why make so much fuss of women in designer sarees or outfits! Even some of the idols of the deities in the temples are partially dressed.

To propose such an insulting and degrading treatment to women is unacceptable and it should not be tolerated by the community. It appears that this particular group may have other hidden motives or agenda.

I have witnessed many foreign female tourists at Thaipusam festivals in the past "inappropriately dressed". Are these people too going to be subjected to the paint spray ritual?

If this particular Facebook group is genuinely concerned in upholding the sanctity of the festival they should have worked closely with MHS and the respective temple committees and others concerned. Issuing open warnings of this nature in social media only creates unwanted speculations and tarnishes the image of the festival.

The authorities should investigate what this group is up to as it has raised concerns of the safety and security of many hundreds of thousands of devotees and tourists who will be attending the coming Thaipusam festival in the country.

S. Param