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ISSUE

**251**

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## Temple Hopping in Ipoh: Hidden Gems

By Tan Mei Kuan, Ili Aqilah Yus Amirul and Khaleeja Suhaimi

From Buddhism to Taoism, there are many lesser known temples in Ipoh, outside of most tourist itineraries. They may be relatively smaller in size but their rich history and distinctive style are no less spectacular than other iconic temples. Plus, it provides a more relaxed visit than the more popular temples in Ipoh. Let the off-the-beaten-track journey begin!

*Continued on page 2*



Sui Yuet Goong



Green Tara (surrounded by 21 Tara)



Watt Siribunya Maggarama

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## Far from the Madding Crowd: Ipoh's Lesser Known Temples

### Long Tow Ngan Temple

Taoist priest, Lee Sooi Fong, is generous and amiable to every visitor of the Long Tow Ngan (Dragon Head Cave) Temple. Located in the north of Ipoh, the Taoist temple was founded in 1854, making it one of the oldest temples in Perak. Dignitaries who have supported the temple include the late Lam Look Ing, the late Dato' Lau Pak Khuan and Tun Dr Ling Liong Sik.



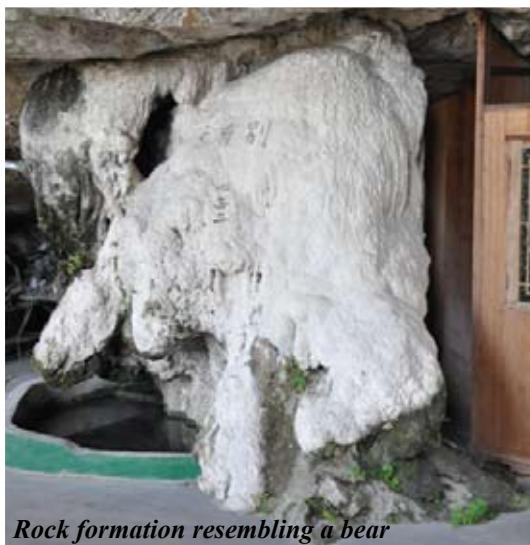
*Palace of Great Emperor of Jade to be completed*

The name of the temple is derived from its geographical structure. Located at the end of the long Gunung Lang mountain range, the temple site resembles a dragon head chasing a pearl while facing north, the pearl being the solitary limestone outcrop located adjacent to the range. Just imagine how scenic it is!

The limestone cave in which the temple resides in Gunung Lang, opens up into a giant space where the main prayer hall is located, under a canopy of red lanterns with golden tassels. It then branches off into hidden recesses. Following the principles of feng shui, the picturesque temple harmonises perfectly with the surrounding environment, hence it is brimming with wonders of nature such as centuries-old mature trees and natural rock formations resembling animals, humans and even deities.

"The space accommodating the main prayer hall opens up naturally, it has not been excavated and artificially created. The temple began with just this space. Visitors usually come for the scenic view, to pray for wellbeing and to be enlightened. With Guan Di Ye (God of War) and Tai Shang Lao Jun (God of Longevity) as the presiding deities, believers also pray to, among others, Great Emperor of Jade, Three Pure Ones, Tai Sui Yeh (Grand Duke Jupiter), Man Cheong Dai Di (God of Literature) and Tai Pak Koong (God of blessing and ethics)," Lee explained to Ipoh Echo. He is the fifth generation priest here, having taken over from his father in 1999.

"The four major events here are the Tai Shang Lao Jun Festival during February 15, Man Cheong Festival on the third day of Chinese New Year, Kuan Yin Festival on



*Rock formation resembling a bear*



*Main prayer hall*

February 19 and Kong Zi Festival on August 27. We have prayers during these days. For Chinese New Year Eve, we have lighting of the first incense of the year, welcoming the God of Prosperity and lighting of the 9-lamps for wellbeing. During the busiest day, we have received over 40 tour buses. Visitors love to visit during the Chinese New Year, public holidays and weekends," Lee said.

"Over 20 natural rock formations appear in pairs, like the *yin* and *yang* in Taoism. For instance, one resembling a fist signifying stinginess and another resembling an open palm signifying extravagance. One must learn to achieve a balance between the two. Equally interesting is one resembling a tiger. Standing from one perspective, it looks like it is fast asleep but from another angle, the animal looks alert," Lee added.

The temple is currently in need of funds for the refurbishment of the existing building and the completion of a new 5-storey complex to be named Palace of Great Emperor of Jade. Readers who would like to donate can channel the funds to **Affin Bank, 1011 1000 5917 (Loong Thow Ngam Temple)**. The temple welcomes volunteers too.

**Address: Jalan Kuala Kangsar, Long Tow Ngan Temple, 30010 Ipoh, Perak.**

**Contact: 012 375 1111 (Lee Sooi Fong)**

**Opening hours: 8am to 5pm daily.**

### Thrangu Dharma Retreat Centre

The history of the cave temple dates back to the mid nineteenth century. In 1895, the temple was exempted from registration by order of the British Resident. Previously a Taoist temple under the name of "Persatuan Penganut Nan Yang Koo Miao", it has been converted into a Buddhist centre in May 2005 which follows the Vajrayana tradition of Buddhism. In January 2008, the Registry of Societies Malaysia approved the new name of the temple as "Thrangu Dharma Retreat Centre".

The temple has remained unchanged for many years in terms of its facade and cave layout. Situated close to the lively Tambun town, it is nestled amidst lush greenery, exuding the charm and serenity of a retreat. The oasis of peace conducts retreats and prayers under the guidance of its 40-year-old resident Lama, Lama Sangye from Nepal who entered the monkhood at the age of 15.

Among the latest additions to the presiding statues of the centre are the Green Tara (surrounded by 21 Tara), Mahakala (Protector) and The Three Buddhas (4-Arms Chenrezig, Sakyamuni and Guru Rinpoche). The 11-foot Maitreya Buddha (the Buddha of the Future) statue, the first in Malaysia, was built in 2014.



*Temple facade*

In the cave, elaborate altars in the alcoves are illuminated with gentle golden lights and flickering candles, providing a soothing tranquillity for the holy place. In addition, the natural limestone formations and aroma of incense lends the cave a special atmosphere. The centre is planning to build a residence for the monks and a canteen on the site. Readers



*Cave interior*

who would like to donate towards the maintenance and construction can call the centre at the numbers listed below.

The four-storey centre currently conducts a weekly Sunday practice on Medicine Buddha and 4-Arm Chenrezig. The Green Tara Puja is held on the first week of every month. To welcome the Chinese New Year, the centre usually organises a three-day Mahakala

Puja and light offering. Meanwhile, retreats are held upon request and necessity. Each retreat can accommodate up to 50 devotees and can last from one to three days. Interested readers may contact the centre for more information on upcoming activities.

Last year, the centre organised a 5-day Fire / Auspicious Tara / Sutra of Golden Rays Puja from Friday, October 28. Conducted by Lama Yonten from Nepal, Lama Lodro Thaye from PJ Centre and other monks, the special event aimed to remove obstacles, improve health and benefit all sentient beings.

**Address: 7.5 Miles, Jalan Tambun / Tg Rambutan, Tambun 31400 Ipoh, Perak.**

**Contact: 017 5750755 (Madam Tan Ai Kheng), 012 590 3525 (Mr Tan Peng Seng), 012 420 7379 (Mr Cheong)**

**Opening hours: 9am to 5pm daily (do call prior to arrival).**



# LOOKING BEYOND THE NORMS

*One should not consider aesthetics and convenience as basis for holding an event as momentous as a car-free day...*

For the record, Ipoh's car-free day, held on the fourth Sunday of every month, is now into its third year. It began with much fanfare on Sunday, October 18, 2015 and, on conclusion of the first of such event this year, a total of 15 car free days had taken place.

Why my sudden interest in this not-too-significant an event has much to do with its organisation, programming and venue. Of the three "inconsistencies", venue seems to be the most glaring, for one reason or the other.

For the past 15 months, the supposedly family-orientated event has been held at one single venue – the 1.5km stretch of road between the Jalan Hospital roundabout along Jalan Raja DiHilir, on one end, and the roundabout near the MB's residence, on the other end. This seems to be the only venue available to the organiser – Ipoh City Council. Whether the conduct of an auspicious occasion such as this requires a single and irrevocable venue is debatable. Or is it the only venue available to the Council?

Without the benefit of any reliable facts and figures, I can only make an assumption.

I feel that the 1.5km stretch of road is the most convenient locality for a trouble-free car-free day in Ipoh. I can't think of any other reasons than this. I have enquired with the Council's public relations officer but he has yet to respond. If I am puzzled, what about the rest in the city? They too must be wondering why.

Incidentally, Shah Alam held its very first car-free day on Sunday, January 22, the same day as Ipoh's. Over 1000 people attended the inaugural event which began at 7am and ended at 10am, much alike Ipoh's. The length of the route, however, was longer – 5km to be exact. It was held at the Merdeka Square, Shah Alam. Residents came prepared for the occasion. Some cycled, some skated while others either walked or jogged. The route provides a good view of Shah Alam minus vehicular traffic.

Metropolitan Kuala Lumpur has its fair share of car-free days. The federal capital has been observing a car-free morning since 2014. Its venue is more scenic and challenging stretching from Dataran Merdeka, opposite Selangor Club to the iconic Petronas Twin Tower in Jalan Ampang, a distance of about 8km. The reason is obvious – optimising the occasion to the very maximum.

Will a 1.5km stretch, located not within but at the inner-most fringe of the city, be the right choice? Ipoh and Perak came into prominence when both were listed among the best tourist destinations in Asia for 2016 and 2017 by Lonely Planet, the world's largest travel guide book.



The listings were made possible by virtue of Ipoh's old world charm and its hipster cafes found within Old Town. As for the state of Perak, the sea and the sandy beaches of Pangkor Island were the deciding factors.

One should not consider aesthetics and convenience as basis for holding an event as momentous as a car-free day. Besides the much-touted carbon-free environment and the desire to encourage people to exercise, the question of business profitability comes into play.

Imagine having Ipoh's car-free day either in Old Town or Greentown Business Centre or perhaps the route from Polo Ground to Old Town. The benefits are tremendous. It will definitely appeal to tourists from far and wide, as they get to witness the city's greens, architectural charm and visit the many hipster cafes. It will be a business coup of sorts that is eagerly welcomed by the business community, not just the privileged few.

I feel it is about time those responsible for the event to reconsider their strategy. Let's look beyond the norms and make amends before the whole event becomes redundant and irrelevant. It's the New Year and a change in outlook and perception is not only desirable but timely.

## SITUATION VACANT

**A full-time swimming instructor is immediately required by a Kuala Kangsar-based educational establishment. The person they are looking for must be someone qualified to teach/train both beginners and advanced swimmers between 13 to 17 years old. He will be based in Kuala Kangsar. An attractive remuneration package, including housing, awaits the successful candidate. Those keen on applying please call Faiz: 012 279 8574 for details or email your credentials/résumé to him: [fhussin@yahoo.com](mailto:fhussin@yahoo.com).**

## Community

### Chinese New Year with the Deserving

The Lions Club of Ipoh Host, the Lioness Club of Ipoh together with the Kinta Riverfront Hotel & Suites organised a Chinese New Year celebration for the children from Rumah Harapan Baru, Pasir Pinji and the Salvation Army Ipoh Children's Home, Jalan Kampar, Ipoh on 14th January, 2017 at the Kampar Hall at Kinta Riverfront Hotel & Suites.

The children were entertained with games conducted by games masters Lions PP Peter Lip and Eugene Ong. The children were then presented with goodie bags and ang-pows.

The children later adjourned to the Palong Coffee House for a sumptuous high tea.

It was indeed a very happy occasion for the 45 children present some as young as three years old who also participated in the games.

This joyous occasion was also witnessed by many Lions and Lionesses led by their representative presidents, Lion Emily Kong Phooi Lai and Lioness K. Sakuntala.



## EYE HEALTH — THE CLOUDY LENS

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

The lens in our eyes plays a crucial role in vision. This lens is transparent, crystalline and focuses light on the back of the eye (retina). When this crystalline lens becomes **cloudy**, it is called a **cataract** and this is most often seen in the aging population.

When the lens becomes a cataract, it affects vision in some way or the other, either in the loss of **clarity** or **quality** of vision. This is because cataracts **block and distort the light** that has to pass through the lens, causing visual symptoms.

According to the **World Health Organization (WHO)**, cataract due to aging is responsible for **48% of world blindness**, which represents about 18 million people worldwide. The reason people go blind is because there are third-world countries which have no proper facilities to treat them.

In **Malaysia**, cataract is the **leading cause of poor vision** in patients above the age of 55 years. Cataracts usually occur very gradually although there are instances it may occur rapidly. Quite often, people may be **unaware** that they have cataracts because the changes in their vision have been gradual. Cataracts commonly affect both eyes, but it is not uncommon for cataracts to advance more rapidly in one eye.

### What are some common causes of cataract?

Contrary to popular belief, cataract is not caused by reading or eye strain. Among the common causes are:

**Aging:** This is the commonest cause for cataracts developing. Almost every person will develop a cataract at some stage of life because everyone is constantly aging. Most individuals would have cataracts by the time they reach their seventies.

**Secondary cataracts.** These occur due to medical conditions, like diabetes, or due to exposure certain drugs like corticosteroids or diuretics, radiation and ultraviolet exposure. Heavy alcohol consumption is another.

**Traumatic cataracts.** These form as a result of an eye injury. At times the injury may have occurred much earlier and you may have even forgotten about it. If you do remember any history of trauma, it should be highlighted to your eye doctor as special precautions during surgery will need to be taken during surgery.

**Congenital cataracts.** Babies are sometimes born with cataracts as a result of an infection, injury, or poor development. They may also develop during childhood – Will need **URGENT** treatment to avoid permanent vision loss.

Most cataracts develop slowly and don't disturb your eyesight initially but with time, these cataracts eventually interfere with vision. In the initial treatment of cataracts in adults, stronger lighting and stronger powered spectacles may be able to help you deal with cataracts. But if the impaired vision interferes with your usual activities, you will need cataract surgery.



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





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# Will Ipoh City Council Ever Learn?

Come on, MBI, you have the potential to improve and make a success of Visit Perak Year (VPY) 2017!

All it takes is leadership, political willpower, lots of elbow grease and stopping officials from making loads of excuses. You must listen to the general public, who are concerned, and acknowledge journalists who are merely doing their jobs, when they report shoddy work practices.

On January 1, a few visitors to the Gunung Lang recreational park, in Jalan Kuala Kangsar, Ipoh, wrote to the mainstream papers expressing their disappointment at the park's facilities.

As anyone who has visited Gunung Lang knows, the area is extremely beautiful and is accessible by a short, inexpensive boat ride, which enables them to admire the limestone hills and emerald green waters, at close range.

The holiday trippers, who wrote to the papers, said that very little had been done to improve the park in recent months and it was reported that poor maintenance left visitors reeling with anger.

Some people claimed that Gunung Lang was an eyesore; the flower pots were full of weeds, shrubs had not been pruned, grass was allowed to grow over the footpaths, some of the animal enclosures were empty, whilst the roofs of some of the buildings had been damaged.

A visitor who spent half an hour walking around the park, said that both he and his grandchildren were disappointed. He wondered why the city council had failed to maintain and upgrade the park. He said that visiting Gunung Lang was a waste of time.

Another visitor complained that the damaged structures in the park posed a safety hazard. He said that there was a lack of notices warning people to keep away from areas that were undergoing repair or construction. Metal and wood, which he believed were from ongoing construction works, were strewn about and posed a danger to visitors, especially children.

The New Straits Times Actionline reported that Zamri Man, the mayor of Ipoh, had said that the park was being upgraded in stages. He said, "We are constantly upgrading the recreational park. We need proper planning to carry out the process."

"I know it is our responsibility to ensure the park is in a good condition, to attract local and foreign tourists."

So, why does the City Council find it difficult to keep the park in good order? Is it a lack of funds, a lack of direction, a lack of knowledge, a lack of skilled labour or simply a lack of initiative?

Over the years, Ipoh Echo has highlighted the lack of maintenance at Gunung Lang (see [http://www.ipohecho.com.my/v3/photo/pdf/1836\\_20150828105747\\_uqzbe.pdf](http://www.ipohecho.com.my/v3/photo/pdf/1836_20150828105747_uqzbe.pdf) and <http://www.ipohecho.com.my/v4/article/2016/04/01/potential-of-gunung-lang-park-not-tapped>).

In Ipoh Echo's Issue 219, published in September 2015, editorial consultant, Jerry Francis asked why the Ipoh City Council neglected Gunung Lang and other parks in the city. He complained that the council had allowed Ipoh's four parks to deteriorate through lack of maintenance, and fall into disrepair.

Jerry wondered if the workers did not understand the meaning of "maintenance" and misunderstood the meaning of "repair". He strongly asserted that the staff, who are tasked with keeping the parks in good order, lack dedication. He did not think that a lack of manpower or resources had contributed to the terrible conditions at Gunung Lang.

We cannot blame the junior staff, who are directed to maintain the place. Blame should also be apportioned to the top, principally their bosses and the mayor. The stories of unkempt parks have plagued Ipohites since the parks were opened.

Where is the leadership? What happened to accountability and responsibility? Many senior staff have been sent abroad on study trips, but they seem to have learnt nothing on these expensive so-called-educational visits to other places. These trips are a waste of taxpayers' money.

I, too, have complained about Gunung Lang. In August 2011, I brought a large party of local and foreign visitors to visit this green lung of Ipoh, and it was a shameful experience, having boasted to my friends about the beauty of the place.

Rubbish was strewn everywhere. The animals were dehydrated, so my visitors felt compelled to find a hose pipe and put water into the animals' troughs. Some of the



guess if the letter(s) were published, or if the council made any improvements to the park.

In 2011 I said, "Why has the mayor allowed such terrible practices to continue? Is he not aware that Visit Perak Year (VPY) 2012 is just around the corner? If improvements are not made, the foreign visitors will say that Malaysia is a nation which ill-treats its animals."

In 2017, it seems that history has repeated itself. VPY 2017 has started and we have a new mayor, but the terrible practices continue.

So, will the Ipoh City Council learn its lesson? Will it listen to the people, who only want the council to be a bit more responsible? Will the mayor stop making excuses and start acting responsibly?

## CHILD HEALTH

**Dr Shan Narayanan**  
Consultant General Paediatrician, Hospital Fatimah

### Adenotonsillitis in Children

#### What are Adenoids and Tonsils?

An adenoid is a lymphoid tissue between the back of the nose and the throat. Tonsils are two small masses of lymphoid tissue one on each side of the root of the tongue.

#### What is Adenotonsillitis?

Adenotonsillitis is the inflammation of the tonsils and adenoids.

#### What Causes Adenotonsillitis?

Adenotonsillitis is caused by a viral or bacterial infection. Adenovirus, Influenza Virus, Parainfluenza and Streptococcus species of bacteria are the commonest organisms involved.

#### How is Adenotonsillitis Spread to Other People?

The virus and bacteria that cause Adenotonsillitis are airborne and thus easily spread to other individuals.

#### What are the Signs and Symptoms of Adenotonsillitis?

The symptoms are fever, sore throat, swollen tonsils that are red and may have white spots on them. This is associated with coughing, headache, and swollen lymph nodes. At times children may have nausea, vomiting, hoarseness, and bad breath.

If there is adenoiditis as well, children have blocked nose, nasal discharge, snoring and mouth breathing.

In the event the tonsils and adenoids are very large and obstruct (block) the airway, the child may have a sudden difficulty to breathe while she is asleep. This suddenly awakens her. This phenomenon is called *Obstructive Sleep Apnoea*.

#### How is Adenotonsillitis Diagnosed?

Your child's doctor will ask her symptoms and examine her to make a diagnosis.

#### How is Adenotonsillitis Treated?

Taking paracetamol or ibuprofen helps to reduce fever and pain. Gargle and/or lozenges help to reduce pain in older children. Encourage her to drink plenty of fluids and rest. At times symptomatic treatment for cough, blocked nose and nasal discharge may be needed.

If bacterial infection is suspected, a course of antibiotics is given. If this treatment does not settle the fever and sore throat than the child will need to be admitted into hospital for intravenous antibiotics.

Most of the time, adenotonsillitis gets better within a week. However, a small number of children have tonsillitis for longer, or it keeps returning. Thus surgical treatment may be needed.

In this situation your doctor will refer you to an Ear Nose and Throat Specialist.

#### What are the Complications of Adenotonsillitis?

Sometimes complications arise as a result of adenotonsillitis and it is mainly after a bacterial infection.

The possible complications are:

- Middle ear infection known as Otitis Media where the fluid between the eardrum and inner ear becomes infected by bacteria.
- A collection of pus develops between one of the tonsils and the wall of the throat. This is called peritonsillar abscess or Quinsy.

Rarer complications are:

- Obstructive sleep apnoea (as explained earlier)
- Glomerulonephritis 10 to 14 days after streptococcal tonsillitis. This occurs as a result of the body's immune system's reaction to the infection.

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

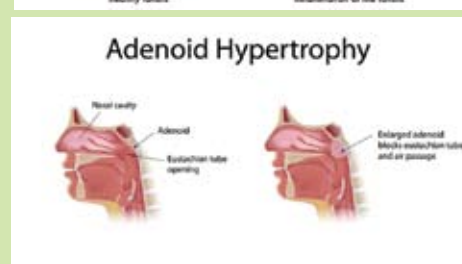
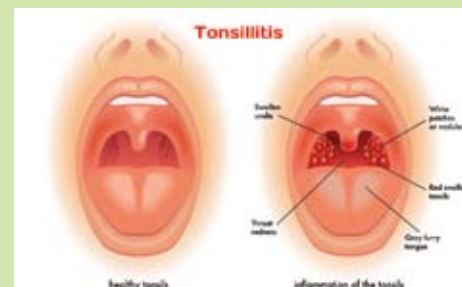


**THINKING  
ALLOWED**

by Mariam Mokhtar

rabbits were very diseased and appeared to be on their last legs. Their fur was falling off, some were panting in the heat and the rabbit enclosure was covered in a one inch layer of rabbit pellets.

The visitors wrote to the papers, independently of my input to the online media. It is anyone's





## ON IPOH FOOD

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



# SeeFoon seeks out auspicious food for Chinese New Year

This is the season for that delightful Chinese tradition of welcoming the new year with “*Loh Hei*” or the Prosperity Toss, the tossing of various ingredients symbolic of auspicious qualities that we pray will come our way. Not only is the ritual a wonderful form of fellowship as friends and families stand around the table lifting the ingredients with their chopsticks (Chinese salad tossing!) but as they voice the various chants of ‘good business’ ‘good health’ ‘smooth sailing’ ‘good results’, the camaraderie and ambiance generated are wonderfully uplifting.

And this is a dish that allows for a huge amount of creativity as to the ingredients. As long as there is the raw fish, *Yu Sang* (representing growth, abundance), other ingredients can be as interesting as the chef wishes it to be. The ritual is to toss the mixed ingredients high in the air with a shout of “*Loh Hei*” which literally means to “move upwards”. It is symbolic of the wish for our fortunes to rise and expand during the forthcoming year.

I recently had the pleasure to enjoy my first prosperity toss in anticipation of Chinese New Year at one of my favourite restaurants, **Crab House** in Ipoh Garden East. Fanny who is my ‘go-to’ person whenever I make a booking at Crab House, and her partner Ah Sing who helms the kitchen, are very creative and diligent about coming out with new dishes to tempt the jaded palates of their regulars.



For this coming celebratory season their *Yu Sang* has an added ingredient: fried fish skin. Together with the raw salmon and added pomelo, plus all the other must-haves like julienned carrots, white and green radish, sesame seeds, crushed peanuts, fried crisps and plum sauce, the resultant ‘salad’ has a taste and texture that is utterly yumilicious with the fish skin adding the extra crunch. **RM48 small; RM68 large with salmon and fish skin; RM38 with salmon only.**

Aside from all the usual goodies on offer at Crab House, (written about in issues 152 and 222) while you’re there, make a note to order another new dish which is their **salted-egg-yolk-encrusted fish skin** served with a mayo mixed salad of carrots and jicama. Crunchy, crispy and crackling.

**Crab House will be open throughout the CNY celebrations.**

**32 Laluan Perajurit 1, Taman Ipoh Timur**

**Tel: Fanny Chan, 012-565 7723; W.S. Wang, 014-940 8500**

**GPS: N 4° 616 733, E 101° 125117**

**Open 7 days a week, 11am-2.30pm & 5.30pm-11pm**

Continuing my search for auspicious foods for Chinese New Year, I went in search of fresh steamed fish which as we all know, can be exorbitant in most restaurants especially at this time of the year. In Chinese, fish “*Yú*” sounds like ‘surplus’ and to have a surplus augurs well for the rest of the year. Hence the wish for “*nyen-nyen yo yoo*” meaning “May you always have more than you need” is a familiar greeting during this period. And most people dining out during this season will always insist on fish.

At a price.

So still



for a change of price and pace, yet attracting all auspiciousness for the coming year, do go to **Restaurant 226** in Chemor and have their **Steamed Chili Fish**. It is a ramshackle coffee shop about 300m from the traffic light intersection at Jalan Jelapang and Jalan Chemor. Their Steamed Chili Fish is worth the drive as is their price.

Known as the *Fei Tsao Yu* (African fish) this stall stocks live black Tilapia most of which are at least 2kg in size. At **RM20 per kg**, plus a cooking fee added, we had a 2kg-plus fish recently



that was steamed to perfection. This was butterflied, and done *yin yang* style with one side topped with ginger and the other side with the addition of black beans (*Dao Tse*). Amy, the young lady who served us, explained that their ginger topping is not blended but rather chopped fine which makes a big difference in taste. Plus their use of *Bentong* ginger lends another dimension of flavour. Despite its size, the fish was tender and steamed to just the right degree of doneness. **RM50** for a fish that was too much for five of us.

The whole purpose for coming here is for the fish but one can have accompanying vegetables with it as well as browse some of the other stalls for other nibbles. Try the braised chicken feet from a neighbouring stall selling *yeong liew*.

For me just the fish is enough “raison d’etre” for the drive.

**Restoran 226**

**Jalan Jelapang, 300m to Chemor junction.**

**Choy Kee: 012 573 9825 to reserve your fish.**

**Business hours: 11.30-4pm. Closed Thursdays.**

**GPS: E 101° 7’ 11.4” N 4° 43’ 5.5”**





... continued from page 2

## Temple by the River, Sui Yuet Goong

Built for the use of his family, a former tin miner with the surname of Soo built the Sui Yuet Goong (palace) in 1878. What is unique about this Taoist temple is that it is located near a river. In fact, the direct translation for Sui Yuet is 'Nearby the water'.

"Back in those days, most of tin miners were immigrants. To get to Tanah Melayu (Malaysia) they had to take boats. As a sign of gratitude for arriving safely, the immigrants decided to built a temple and pray," said Tang Ngan Chai, the caretaker of the temple, as the reason for its name.

Although it was for private use, more and more devotees would come by and that was when the temple was open to the public. Devotees who come would pray to the Goddess of Mercy, Guan Yin.

"In here, believers pray to Guan Yin for good luck, health and prosperity. They come to the temple and buy the prayer sticks we provide in the temple and everyone is more than welcome to donate to the temple, regardless of what amount," added Tang.

**Open everyday from 7.30am till 4pm,** Sui Yuet Goong celebrates the day Goddess



*Temple facade*



*Devotees at the main altar*

of Mercy, Guan Yin became a saint, that falls on the 19th day of the second month in the lunar calendar. During the day, devotees will come and pray to the deity. The temple will also extend their opening hours on these days to give devotees a longer time to pray.

Sui Yuet Goong is located at **Jalan Kampong Jawa, 30000 Ipoh** (opposite Seri Kinta Building).

## Watt Siribunya Maggarama

Watt Siribunya Maggarama is a well-known Thai Buddhist temple situated along Jalan Raja Dihilir. It used to be a small temple until it expanded gradually before the passing of its Chief Abbot, PhraKu Virat. Chief Abbot refers to the monk who holds the administrator position in a Buddhist monastery.

The temple is more than 120 years old though the founder of it remains a mystery. Lord Buddha's altar is placed inside the Main Shrine Hall Vihara, with a backdrop of a mural painting. The devotees who go to this temple pray to Lord Buddha.

"We receive the most visitors during Chinese New Year and every first and fifteenth of the month according to the Chinese calendar," said Teh Cheng Chai, one of the helpers at the temple.

According to beliefs, the first and fifteenth day of the lunar month are said to be auspicious days. Thus, the merits would be multiplied many fold if they were to practise good deeds. That's why devotees make great offerings and pray for their blessings and prosperity.

Recently, the temple was overwhelmed with people during the passing of Thailand's



*Lord Buddha's altar*



*One of the statues*

King Bhumibol Adulyadej. They all came to pay homage to the King as he was greatly loved by all.

**Open every day from 7am till 6pm,** everybody is welcome to visit and have a look at the majestic structures of the temple. It is situated at: **89-90, Jalan Raja Dihilir, 30350 Ipoh, Perak.**

## Paloh Khoo Miu Temple

One hidden gem that Ipoh Echo has discovered is the Paloh Khoo Miu Temple, a burst of rainbow colours that leap out right behind People's Park. The Taoist temple was built in 1872 by prominent tin miner cum philanthropist, Leong Fee and was gazetted as a place of worship in 1894 by the British Colonial Government. Thus, it is one of the oldest Chinese temples in Perak. Its name is derived from what Ipoh was fondly known back then as, "Paloh". The main feature of the single-storey holy place is dedicated to Tai Pak Koong, the God of Blessing and Ethics.

Born in the Mei Xian district in Guangdong Province of China, Leong Fee came to Ipoh by river from Penang. He brought with him the spirit of the deity with burning joss sticks from a temple in Hai Zhu Island near Penang and founded the temple alongside the Kinta River to give thanks for safe arrival. In 1894, Leong Fee and Yau Tet Shin, another famous miner, entrepreneur and pioneer of Ipoh, successfully applied to the British Colonial Government for a piece of land to build the temple at its present site.

After the Japanese Occupation, Lau Pak Khuan, later to become the first Chinese Dato' Seri, was elected as the chairman of the board of governors in charge of reviving the temple and laying the foundation of the present temple as it stands today.

Driving through a decorated archway, visitors can park in the designated lots in the temple grounds. One will be greeted by a pair of auspicious stone sentry lions guarding its main entrance. Upon entering, its sunlit main hall is flanked by the eight bronze ceremonial weaponry. Equally impressive are the century-old joss stick holders at the altar.

At the altar of Tai Pak Koong is an intricate wooden carving covered with antique gold leaf, a standing testament of how devotees have put their hearts and souls and hard earned money to honour the deity.



*Carp-filled pond*



*Temple facade*

Meanwhile, the yard houses a dragon squirting water from his wishing pond flanked by two carp-filled ponds, adding to the serenity. The ringing of the 124-year-old copper centennial bell and drum each time an offering is made together with the bubbling water create a soothing tone that encourages introspection.

Paloh Khoo Miu Temple receives the most number of visitors during Chinese New Year Eve and the birthday of Tai Pak Koong, which falls on February 16 of the lunar calendar. The latter is an annual grand affair which lasts for days and nights to thank the deity for his blessings.

**Address: 89-91, Jalan Bijih Timah, 30000 Ipoh.**

**Contact: +605 255 0407**

**Opening hours: 7am to 4pm daily.**

*Ipoh Echo wishes readers near and far a blessed Year of the Rooster! If you know of any other lesser known temples that should be in a travel list, write in to us.*



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## Illegal Dump Sites At Bandar Cyber



An illegal dump site along Persiaran Lapangan Siber 4, Bandar Cyber next to Bandar Seri Botani, Simpang Pulai is causing much headache to residents of the housing estate. It is an ugly sight, especially for first-time visitors.

Ipoh City Council has, on a number of occasions, cleared the garbage but each time a cleaning is done, more rubbish are being dumped by the irresponsible. The main culprits are contractors tasked to dispose household and garden wastes. They find it a convenient dumping ground.

The problem is compounded by the presence of industrial shop lots across the said road. There are a couple of car repair shops in the row while some lots are being converted into mini godowns for the storage of goods and products. The stench emanating from the site is affecting those living nearby.

Residents want a permanent solution to the problem. Some suggest the area be sealed off with barb wires or concrete barriers. Remedial actions by Ipoh City Council are long overdue.

Ed

## Next to Retention Pond



It looks like contractors are creating an illegal dumpsite along the river bund of Sungai Pari next to the retention pond in Merdeka Garden. Construction materials are dumped along a 20m stretch of the bund. Household furniture are also being discarded here. This is a secluded place with a big vacant area. The site can only be seen by people walking along the river bund or those going to the retention pond. Except for the security guard, no one visits the retention pond. There are signs that the dump materials are being burnt regularly. This is large scale dumping with culprits coming in lorries as there are no houses nearby for people to dump their rubbish here.

Residents who might have seen the lorries dumping the garbage would be scared to confront the drivers or complain to MBI. If they complain to MBI, their particulars would be given to the other party and they fear retribution. This is what happened to my complaint against the buffalo menace in front of my house. The contents of my letter was passed on to the owner of the buffalos. Luckily, he was a nice person and came to see me and said we could settle the problem amicably. If he had been nasty, he could have caused problems. I know of complainants who got into trouble this way.

I suggest that MBI install CCTV cameras to catch the culprits and take action. If no prompt action is taken it will become a permanent rubbish dump.

A. Jeyaraj







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W : www.teamkeris.com.my/www.ipohsouthprecinct.com

Developer: Gopeng Road Development Co. Sdn. Bhd. (Co. No. 220142-M) TKB Tower, Times Square Ipoh, A-G-1, Jalan Sultan Nazrin Shah (Jalan Gopeng), 30250 Ipoh, Perak Darul Ridzuan, Malaysia. • Developer's License: 8324-7/02-2017/01031(L) • Validity: 15/02/2016-14/02/2017 • Advertising & Sales Permit no.: 8324-7/02-2017/01031(P) • Validity: 15/02/2016-14/02/2017 • Authority Approving Building Plan: Majlis Bandaraya Ipoh • Building Plan Approval No.: MBI OSC(144-A)/L/B/1/38/670/13 (3 Storey Terrace & 3 Storey Semi-D), MBI OSC(143-A)/L/B/1/37/669/13 (3 Storey Cluster) • Architect: Sacha and Tan Architects Sdn Bhd • Civil & Structural Engineer: K.L. Chan & Associates • Total Units: 3 Storey Terrace - 155 Units, 3 Storey Semi-D - 148 Units, 3 Storey Cluster - 110 Units • Selling Price: 3 Storey Terrace - min. RM498,800.00 max. RM1,200,000.00, 3 Storey Semi-D - min. RM728,800.00 max. RM1,480,000.00, 3 Storey Cluster - min. RM625,800.00 max. RM1,480,000.00 • Land Tenure: Freehold (Free from Encumbrances) • Expected Date of Completion: Aug 2018 • Restriction of Interest: NIL

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# Mike Chu Chin Hong



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## News

# Field of Lights 2.0



The iconic Field of Lights at Bandar Baru Sri Klebang (BBSK) returns to light up Chinese New Year in Ipoh from **Monday, January 23 to Sunday, February 12**. Held at the Klebang Flora World Nursery from 7.30pm to 11.30pm, the curated light installation is now bigger and brighter!

The comeback features festive light installations, including a colourful illuminated rooster, a giant lantern tree, a canopy of red lanterns and multi-hued fairy lights. I especially adore the angel wings made of fairy lights, simply pose with it and you will have an Instagram-worthy shot!

The front field is blanketed with hundreds of illuminated shapes culminating in a beaming Fu - the Chinese character for luck and prosperity. Plus, the 19-night extravaganza is interwoven with live music, craft stalls and food trucks at the weekends. It is a one-of-a-kind family day out!

Kinta Properties' director Dato' Lim Si Boon, who is behind the event, said the success of the Field of Lights had shown the true community spirit in and around BBSK.



He stated: "We were delighted to see Ipoh's extremely enthusiastic response to Field of Lights in December. More than 15,000 people attended and many people asked us to keep the lights for Chinese New Year – so we listened, and then we made it even brighter."

"The garden of Bandar Baru Sri Klebang is the perfect backdrop, providing a stunning location for the lights. We've extended the area and have added many new touches to celebrate the year of the rooster."

With easy access from North-South Highway (just off Jalan Kuala Kangsar), Bandar Baru Sri Klebang is an integrated garden township that is close to AEON Klebang shopping mall, schools and banks. It encompasses a range of affordable and luxury home developments, from guarded link-homes through to double story detached homes.

Entrance to the Field of Lights is free. For more updates, do visit the **Kinta Properties Facebook page**.

Mei Kuan

## Flowers in Bloom

The annual dinner of Kinta Properties was held for the very first time at their iconic Field of Lights at the Klebang Flora World Nursery on Saturday, January 21. Running on the theme "Flowers in Bloom", the al fresco dining experience was part of the 15-year celebration of the garden township, Bandar Baru Sri Klebang. The theme was geared around blossoming into spring, just in time for Chinese New Year (even the hand wash in the restroom was floral scented!).

The cocktail party, the tossing of the 24-feet long *yee sang* (salad) under a canopy of red lanterns and the switching on of the curated light installation started off the lively evening. Did I mention the lion dance and dragon dance too?

Kinta Properties' director, Dato' Lim Si Boon, thanked each and every one of the staff for putting it all together.

With the accompaniment of a live band playing golden oldies, guests enjoyed the line up of food and captured the memorable moments at the themed photo booth. Among the favourite delicacy of the night were the prawn noodles featuring a half of a gigantic prawn from the Meru Valley Resort, *tau foo fa* (soybean pudding) from Ipoh's iconic Funny Mountain, freshly grilled satay and snacks from diverse food trucks.

There was no better place to be that night.

Mei Kuan





## News

# Casuarina@Meru CNY Delights

Exclusive for Chinese New Year, Casuarina@Meru has prepared yet another scrumptious menu for its guests and visitors.

To greet the Year of the Rooster, Hotel Casuarina@Meru has rolled out a few delicious set menus to help usher in a year filled with luck and prosperity. Among delicacies included for the Chinese New Year serving are Salmon Yee Sang, Five Hot and Cold Combinations, Braised Soups (Seafood/Fish Lips/Crab meat) and not to forget Sweetened Snow Fungus, Gingko Nuts and Red Dates in syrup for dessert.

"We aim to provide a cosy dining session for our guests and family at our Casuarina Room. Being a halal-certified restaurant, our chefs are making this effort to make a satisfying and memorable dining experience," said Norafiza Abu Seman, the Manager for marketing and communication of Hotel Casuarina@Meru.

There are three different set menu options available during the promotion which starts from **January 15 to February 12**. For the Opulence & Good Luck set menu,



priced at RM788/10 pax, guests will be served with nine items including Roasted Crispy Chicken, Teow Chew-style Steamed Sea bass, Fried Rice with Anchovies and desserts. Priced at RM988/10 pax, the Wealth and Fortune

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set is a combination of nine dishes including Deep Fried Boneless Chicken, Steamed Garoupa Fish, Wok Fried Fresh Water Prawns with dates and curry leaves and Hong Kong Style Seafood Fried Rice. The third set menu is the Everlasting Prosperity, priced at RM1188/10 pax, comprising 10 different dishes including Casuarina's signature Golden Crispy Chicken. Steamed Pomfret with light soya sauce, Buttered Prawns, Seafood Fried Rice wrapped with lotus leaf and only for this set, customers will get to have not only one but two desserts.

For bookings, readers can call **05 529 9999** or log in to their website at [www.casuarinahotels.com.my](http://www.casuarinahotels.com.my).

Ili Aqilah

## The First Model Car Museum in Malaysia

Malaysia's first model cars museum, the Dream Big World located at Ipoh's tourist hot spot, Concubine Lane, houses more than 500 model cars including James Dean's Porsche 550 Spyder, Back To The Future's DeLorean DMC-12 and Queen Elizabeth's Bentley Bentayga.

The owner of the museum, Elvin Chew, started his collection at the tender age of 12 after having a great time playing and assembling Japan's famous model kit, Tamiya.

"It began when I had a few Tamiya. Slowly I developed more interest to learn and that was when I decided to start my own model car collection," said Elvin who recalled it was a Mercedes-Benz model that he first brought to the collection.

Aside from displaying his precious model car collection, visitors can also enjoy reading the history and facts about cars including the story behind the name 'Mercedes-Benz' and more. Upon entering the museum, you will be greeted by a Ferrari car mural and 7kg model car of LaFerrari: The first Ferrari hybrid with 963 CV (Constant-Velocity joint).

"I do have a few models that I love and one is the F40 Ferrari. This was the last model developed by Enzo Ferrari, the man behind the brand," added Elvin as he explained the car's significant features including being a pure sports car.

Aside from model car collections, Elvin also has a few airplane models that he placed in the middle section of the museum complete with an airport-like ambiance. The third area of the museum sits models of tall buildings around the world.

"It is exciting to see visitors appreciating the information and the display I've prepared. Although this is a model car museum, it is more than just that. I want to educate and create more interest," said Elvin.



The Dream Big World is located at No.7, Level One, Lorong Panglima @ Concubine Lane, 30000 Ipoh. The museum opens every day from 10.30am to 4.30pm and reservations can be made by calling Elvin at **012 516 3924**.

Ili Aqilah

## 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.

## Are Malaysian Parents Inadvertently Supporting Paedophiles?

The recent horrific paedophile exposure in Malaysia has made some aware of the extensive nature and risk to children of these perverted individuals. Unfortunately many parents, including professionals, have made little change in their lives to protect their children. They remain blasé (unmoved) as to the threat and continue to expose their children and families to this danger. Kindly allow me to give one clear example.

Many parents happily post images of their children on social media – on Facebook and Twitter or use their child's image as a profile image on WhatsApp or WeChat, etc. This provides a rich source of images of children for paedophiles to access and use. One Australian study found that 50% of all images used by websites frequented and maintained by paedophiles came from social media sites.

### Sources:

<http://socialbarrel.com/photos-of-children-from-social-media-found-on-pedophile-sites/100121/>

<http://www.breakingnews.ie/world/paedophiles-downloading-millions-of-pictures-of-children-posted-on-social-media-698565.html>

I see a significant number of my paediatric colleagues, who should know better (having seen numerous child abuse cases), also behaving in the same unsafe way. As Malaysians we are offering paedophiles a 'supermarket' of our children's images to browse and access. Paedophiles are not just interested in pictures of naked children but also get aroused by pictures of cute children, even when dressed. These images are then re-posted on paedophile websites and shared with other perverts, some of whom will masturbate looking at our children (horrible just thinking of it). The biggest danger will of course be the hard-core individuals who will use this easy access to identify children to target for actual physical contact and sexual abuse. This is easy given the largely unlimited access many parents give to children to social media via their hand phones and easy internet access. One study we did at CRC Perak, of Malaysian 2 year olds in 2015, showed that more than 60% had unsupervised access to internet via hand phones or tablets; older children have even greater access. A large proportion of children I have met in my clinical practice also have their own Facebook accounts despite being less than 12 years of age.

Are Malaysian parents ignorant or just plain careless? This includes medical professionals. The world is rapidly changing and we need to change to support our children. This fascination with sharing our images online, especially those of our children, must stop.

### Some recommendations for us all to protect our children:

1. Do not use your child's or family photo (which includes children) as a profile image for any social media application or site.
2. Do not post images of your child online on Facebook, Twitter or other 'open' social media sites. If you need to share with family then restrict access to such images on the site or, better

still, use closed groups like the Telegram app.

3. Do not post pictures of your child in any state of undress (shorts, swimwear, etc).
4. Do not disclose your home location/address or child's school location online.
5. Discuss basic online safety rules with your children periodically.
6. Monitor your child's access and use of the internet and social media sites.
7. Limit your child's access to Facebook and other social network sites. Make sure they are mature enough before they use such sites.
8. Parents should also limit their own time on social media site and hand phone usage.

Setting an example for our children is vital. Be emotionally and spiritually in touch with your children rather than be connected electronically.

One day, when your child is an adult, they may ask you why their childhood images are being circulated and used online by dubious individuals. There is no return, no way to remove, any image shared on line once it has been re-shared or downloaded. Internet control has limitations, thus parents need to take action and play their part.

### Dato' Dr Amar-Singh HSS

Senior Consultant Paediatrician

Head Paediatric Department, Hospital RPB Ipoh, Perak

Head Clinical Research Center Perak

## KTM Ipoh Back Gate Not Supervised

I wish to highlight that the KTM Ipoh back gate or tunnel, opposite the Maha Ganapathy temple, Persiaran Tun Perak, is not being supervised by Auxiliary police. Passengers using it feel insecure as drug addicts and stray dogs hang out there despite one CCTV being present, it is doubtful if it works.



Panirchelvam  
Ex teacher of SMI, Ipoh



## News

# UMNO: Then and Now

Perak Academy kick started 2017 with a lecture entitled, “UMNO: Then and Now” as their first talk of the year. Presented by Professor Clive Kessler, it was held at Symphony Suites & Hotel on Tuesday, January 10.

The enlightening evening began with a moment's silence for the late Professor Lee Poh Ping. Lee was formerly a professor of history and international relations at the University of Malaya. One of the best known academicians in the area of international relations, he spoke on “The World after September 11” in 2002 during a lecture hosted by Perak Academy.

Clive Kessler, an Australian, is an emeritus professor of sociology and anthropology at the University of New South Wales, Sydney. He has been researching and writing about the politics of resurgent and militant Islam in Southeast Asia and globally, for half a century. Most recently, he has published a treatise titled, “UMNO: Then, Now – and Always?”

The insightful and erudite discussion, attended by over 60 people, was moderated by 66-year-old Zaira bin Tak, an UMNO stalwart and brother of the late Dato' Azumu bin Tak.

Clive spoke on the heroic exploits by UMNO formative members in 1946: the UMNO of *Hidup Melayu* and now *Ketuanan Melayu*; and the UMNO of 1951, and especially 1955 to 1957: the UMNO of constructive inter-ethnic conciliation and compromise, the UMNO of modern, inclusive, progressive democratic nation-building.

“UMNO has a continuing veto power over Malaysian politics. Do UMNO and its leaders now see it as a responsibility or some kind of a perpetual right?” asked Clive.

“So, does UMNO need to change? Yes. Can it change? Perhaps. Will it? I fear not. Does it even want to? I doubt it, not yet anyway.

“The two classic yet pertinent questions now are: one, what is to be done, and the other, what is the way forward?” he added.



In retrospect, the changing of the political party's declaration from “Hidup Melayu” to “Ketuanan Melayu” forms the basis of the party's and, perhaps, its members' mindset.

Chan Kok Keong, deputy chairman of the Perak Academy, hosted the event while Harold Kong emceed.

Mei Kuan

## Business

# SSI Tower is Ipoh's Latest Landmark

Launched by MB Inc on January 16 and scheduled to be completed by the end of this year, the new Perak's State Secretary Incorporated (SSI) will become Ipoh's new landmark.

Built on 1.512 acres, the building is part of Ipoh's Soho 2 project, run by MH Amanjaya Properties Sdn Bhd (MHAP), a joint-venture company between Amanjaya Properties Ventures Sdn Bhd (under MB Inc) and Man Hoe Properties Sdn Bhd.

Perak State secretary, Dato' Seri Abdul Puhat Mat Nayan launched the event together with MH Amanjaya Properties' Chairman cum Head Executive of MB Inc, Dato' Aminuddin Hashim; Perak state Financial Officer, Dato Haji Mohd Gazali bin Jalal and Perak state Legal Adviser, Dato' Rohana Abdul Malek.

“The SSI Tower will not only be Ipoh's landmark but also will be the headquarters for Perak's State Secretary Department. The building will also play a significant role in creating more opportunities for MB Inc and SSI to work together in the future,” said Dato' Seri Abdul Puhat.

“This 11-storey building will also provide bigger opportunities for business, investments and of course, work vacancies that will benefit everyone,” said Dato' Aminuddin Hashim.

Developed since 2014, Soho 2 is an ongoing project supported by the state government as part of their initiative to build a stronger economic platform to welcome more investors and business players to Perak.

Ili Aqilah



## Announcements

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

**Pesta Kebudayaan Tiong Hua 2017 on February 11** at SMJK Sam Tet, Ipoh from 10am-4pm at the school compound. With guest of honour Dato' Dr Mah Hang Soon, there will be performances (Chinese opera, traditional dance, Chinese orchestra, invited singers etc), exhibitions and workshops (Chinese paper cutting etc). Open to public, entrance is free. For information call the school at **05 254 5457**.

**Microsoft SMB Hyper Growth Roadshow**, Wednesday **February 15**, 12pm-6pm at WEIL Hotel Ballroom, Level 6, 292 Jalan Sultan Idris Shah, Ipoh. Theme: 'Grow Your Business with Digital Transformation'. To help SMBs to improve and transform their business through new technologies with demonstrations and hands-on experience on Microsoft and ISV products & solutions. Free admission. For more info go to: [#SMBOnCloud](https://bit.ly/2dQBKNN) or email: [SMBOnCloud@in2ideas.com](mailto:SMBOnCloud@in2ideas.com). Sign up at: <http://bit.ly/2dQBKNN>.

**Ave Maria Convent Alumni Association Ipoh (AMCAA) 35th Anniversary** – Top 10 Inspirational & Outstanding AMCian. Closing date for nomination is **February 28**. For details, email: [amcaa@outlook.com](mailto:amcaa@outlook.com) or Facebook: [AMC Alumni Association](https://www.facebook.com/AMCAlumniAssociation) or call Miss Felicia or Miss Apple at **05 241 502** or **241 2532**.

**Free Arts and Culture Lessons.** The Perak Department for Arts and Culture (JKKN Perak) is

conducting free music, dance and theatre lessons at its complex along Jalan Caldwell for enthusiasts aged 7 and above. **Traditional dance and music: Every Saturday** from 9.30am to 12pm. **Children's theatre: Every Saturday** from 3.30pm to 5.30pm. **Adult's theatre: Every Tuesday** from 8.30pm to 10.30pm. These lessons will last till the end of the year. For information call Fairus at **018 958 9049** or JKKN Perak at **05 253 7001**.

**The Dementia Day-care Centre is open daily from 9am till 5pm.** The centre also holds support group meetings every 2nd Saturday and Monday of each month. All carers who have love ones with dementia and others are welcome to attend. These are sharing sessions. The centre also welcomes volunteers. For more details kindly call April at **05 241 1691** before 5pm.

**Garden Market @ PORT Ipoh. Friday, Saturday & Sunday nights, 6pm onwards.** Food trucks, book, antiques, vintage comics, collectibles, buskers, bundle, pre-loved items, etc. Wayang Pacak on Friday and Saturday nights.

**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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## Community

### Cleanliness the Mantra



**M**enteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir's dream of a clean and cheerful state can only come true if the public cooperates.

During the launch of a competition titled, "Celebrating Visit Perak Year 2017 and My Perak Green and Clean Campaign," he was delighted to see that participation by private companies and local authorities were aplenty.

The competition, organised by Tourism Perak Sdn Bhd, was judged on the following aspects – cheerfulness and cleanliness. Open to both private and public agencies, it was held from October 25 till December 20, 2016.

"The commitment by everyone is what is needed to ensure the cleanliness of the place. I hope this effort will continue," said Zambry.

Chairman of Tourism Perak, Dato' Mohamad Kamil and its chief executive officer, Zuraidda Mohd. Talib were present during the launching.

Kuala Kangsar Municipal Council won the best landscape. Ipoh City Council was adjudged the cleanliness and the best local authority while Belum Rainforest Resort took home the best tourism facility for the 4 to 5 star-graded hotel.

The first-placed winner won RM5000, second RM3000 and third RM2000. On the other hand, for the best local authority category, the winner won RM15,000, second RM10,000 and third RM5000.

**Rosli Mansor**

## Books

### The Real Story

**A**ward-winning investigative journalist, R. Nadeswaran (Nades for short), introduced his second book entitled "Curi-curi Malaysia" in Ipoh via a very informal book-signing session at the Royal Ipoh Club on Sunday, January 22. The book was officially launched at the Royal Selangor Club, Kuala Lumpur on Friday, January 20.

"My first book was only on one subject, the Port Klang Free Zone. The latest one has 12 chapters, twelve of the big stories I wrote," said Nades to Ipoh Echo.

He has been a journalist for 45 years, since the 1970s. Nades has worked with all the national dailies namely, Star, Malay Mail, New Straits Times, Sun and the Utusan Group.

His column, "Citizen Nades" in the Sun has a huge following among Malaysians. Nades's comments do not go down well with those on the receiving end. He has a knack for keeping them on their toes with his innuendos and revelations and was once challenged by a minister to stand for election.

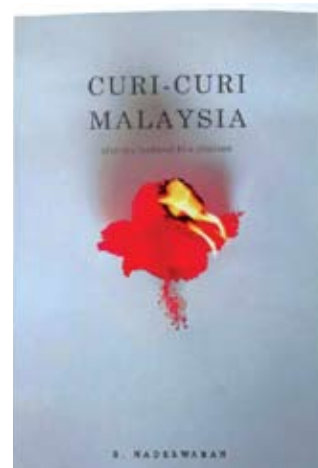
What motivates him to keep on writing? "The passion for the job. I enjoy writing and fighting for people's rights. I don't like people bullying people. And I don't like people stealing government money which is taxpayers' money. I think it's my duty as a citizen to stand up to all these wrong-doings," the affable writer said.

New to this book genre, I leafed through randomly and chanced upon a chapter featuring a "flowerly deceit". And, I am hooked. There is something reassuring about reading a book that says it as it is, without any pretensions. And this incredibly brilliant scribe does not just raise an issue, he facilitates the solution with suggestions backed with logical and conscientious reasoning.

Here is his advice for those who are new in the field of journalism: "The issue is this, a lot of people become journalists as a means to earn a living. They should look at it as a profession, rather than a source of income. You cannot get wealthy by being a journalist, but you can sleep peacefully with a clear conscience if you do your job well."

Priced at RM40 including postage, interested readers can buy the book online at [www.bookurve.com](http://www.bookurve.com). Incidentally, Royal Ipoh Club has some copies for sale. Call the club at **05 254 2212** for details.

**Mei Kuan**





## Nosh News

By Vivien Lian



# The Key Men of B&B



A young man, in his 40s, neatly dressed in a stream-lined suit, with crumpled rolled-up sleeves, gave a welcoming yet earnest smile, and it's easy to identify him as one of the key men of the *Bricks & Barrels Gastrobar*, Calvin Leow. Calvin and Kenny Leow are born and bred Ipohites and former Michaelians. Calvin was an engineer in Unisem and Kenny was a mechanical engineer in Tasek Cement and YTL, who have now joined forces and are the founders of the Black Sheep Group.

Black Sheep Group is the home for S'mores (Bangsar South), Bricks & Barrels (Ipoh and Sri Hartamas), Spitafield's Gastrobar and The Nightingale which are both located next to each other in Atria Shopping Gallery, Damansara, Petaling Jaya. The duo just relaunched their Bricks & Barrels branch in Ipoh after announcing a bar closure earlier. Rumour has it that it was closed due to financial issues, calling it "Breaks & Burials" by detractors. Bricks & Barrels quashed the rumours by making a comeback, this time with a sophisticated makeover featuring nostalgic 3D embossed Faux Tin ceiling tiles with a gothic hint, a slow spinning disco ball at the heart of the bar emitting coloured rays and each compartment carrying a customised theme of its own.

Aiming for a posh dining experience with average pricing, Bricks & Barrels is a



gastrobar, which in layman's terms, is a bar specialising in high quality food and beer. The duo, who have great passion in creativity and innovation, have committed themselves full time to the F&B industry. Their first venture, S'mores, located in Bangsar South Kuala Lumpur was successful and seven years later, they came back to Ipoh, hoping to give up the dull spirit of their hometown.

The relaunched bar is now equipped with a revised menu, which still keeps their signature items without stripping away the fusion theme. A new signature beer, the RM10 frosty beer is available from 3pm to 7pm daily.

The philosophy of the duo in venturing into the F&B industry is manifested in their brands – fresh, innovative, functional & above all, a trendsetter of the industry in many years to come. Their short-term goal for the future is to have 8 outlets of Bricks & Barrels in Malaysia and eight outlets of S'mores in Klang Valley for year 2018. The next stop for Bricks & Barrels will be Sky Avenue Mall Genting Resorts World, ready to launch after Chinese New Year. When asked about Calvin's mantra in life, he quoted from Confucius, "Be passionate, love what you do." Well, it's not hard to get the picture from their achievements.

## Sport

# Perak Dominated in Taekwon-Do Championship

A team comprising of total 26 players representing Perak participated in the National Taekwon-Do (ITF) Championship 2016 held by First City University College from December 16-18, 2016.

The opening ceremony of this national event was officiated by Dato' Seri Mohamed Azmin Bin Ali, the Chief Minister of Selangor.

Perak state players gave a highly impressive performance, dominating as the overall state champion throughout the events, and also seized both best male and best female awards in this championship. Perak state harvested a total of 27 medals, comprising eight golds, four silvers, and 15 bronzes. Among the total of eight golds, best male award winner Loo Wai Sing and best female award winner Vivian Tan won their own two golds in both individual pattern and sparring events. Poh Keng Chong who competed in male 4th Dan individual pattern, Goh Rui Min who took part in female 3rd Dan individual pattern, and Yong Chin Yip who participated in male 2nd Dan individual pattern achieved gold medals in their respective events. In addition, Perak male team comprising Poh Keng Chong, Loo Wai Sing, You Po Loon, Ooi Ling Foong and Liew Chan Siong displayed superb teamwork which delighted the crowd and they won another gold medal in the male team pattern event.

Four silvers were obtained by Yong Chin Yip in under 78kg male individual sparring, Liew Chan Siong in under 85kg male individual sparring, Perak Female team in team pattern, and male team in self-defence routine. Fifteen bronzes were won by several players in other events.

Taekwon-do prioritises perseverance and indomitable spirit, which teaches those who did not win to overcome their losses by persevering more in practising and learning



Best Female Vivian Tan



Best Male Loo Wai Sing

from mistakes. They are taught that "A trophy will dust, memories and lessons do not, and instead will churn you into a stronger person".

Perak state looks forward to the ITF World Championship which will be held in this coming September 2017 at Pyongyang, capital of North Korea.

The championship closed with a speech given by the Deputy President of International Taekwon-Do Federation Malaysia (ITFM), Master Azwan Khoo from Perak who expressed his pride in Perak state as well as fellow athletes from all over the country.

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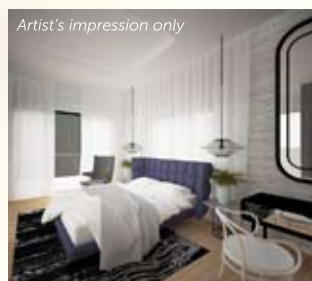
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