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ISSUE

**255**

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Perak Crime Prevention and Community Safety Department Chief SAC T. Selven meet the public



Tourists at Concubine Lane



Fogging at dengue hotspot

## IS IPOH SAFE THESE DAYS?

By Nabilah Hamudin, Rosli Mansor and Leanne Tan

As one of the most popular holiday destinations in Malaysia, Ipoh lures around 300,000 to 400,000 foreign travellers on average every year, thanks to Ipoh's heritage township and relaxed pace of life. But a series of recent safety and health issues including the popular tourist area, is likely to cast a shadow over its safety credentials.



The recent snatch-theft case where a Swiss tourist was injured after he was attacked at Jalan Raja Ikram on February 16 combined with an influenza-like illness (ILI) outbreak which affected 512 students of several schools in Ipoh, plus the rise in dengue cases for the first two months, may raise concerns to locals and tourists to the city. Add to this, the issue of parking touts disturbing visitors near the popular night cum flea market 'Gerbang Malam' have brought a negative image to the outsiders who come to Ipoh for the first time.

*Continued on page 2*

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## Safety and health issues can be prevented if every agency proactively play their roles



*The omnipresence of police*

With all these things being highlighted, the first question that will come to one's mind is: what actions are being taken by the relevant authorities?

Checks by Ipoh Echo to several tourist hotspots around the old town and new town area, as well as residential areas have garnered various reactions from the members of the public, local and foreign visitors.

An engineer, Ahmad Razli Muhammad Ismail, 50, said he still takes precautionary measures despite no new ILI cases being reported. "I was shocked that Ipoh was struck by an ILI outbreak. Since then, I always bring face masks wherever I go and wear it. I always remind my children to always wear face masks if they have outdoor activities," he told Ipoh Echo.

A tourist from the United States, James Alcott Liam, said he and his family feel safe while traveling around Ipoh and never experienced any criminal activity. "I feel safe walking around the heritage buildings with my wife and daughter. We also noticed the police presence at every corner of the streets," said Alcott who came to Ipoh for the first time.

It was different for Shahrul Razi Muhammad Azli, 25, who was requested to give money by a stranger at the Ipoh Railway Station parking lot. "I was sending my friend to the railway station and a stranger approached us and demanded money. At that time, we just went out of the car. We just gave him as we were scared that he would do something to the car," he said.

However, all the safety and health issues can be prevented if every agency proactively play their roles.

### Menteri Besar

Despite the current crime and health issues, the state government has given assurance that tourists' safety, regardless whether crime or health issues, is their top priority when they visit Perak especially during Visit Perak Year 2017.

It was said by Perak Menteri Besar Dato' Seri DiRaja Dr Zambry Abdul Kadir when he stressed that the state government and other relevant authorities have made much effort and taken measures to ensure the safety of locals and tourists, especially in Ipoh.

"I have received several complaints regarding the extortion and snatch theft cases involving tourists and I take these issues very seriously. We don't want Ipoh tainted by these immoral acts, thus, we have sought assistance from the police," he said.

He added that several policemen have been stationed at every corner of the popular tourist spots in Ipoh, especially in the old town area to monitor public safety with a concept of 'omnipresence'.

So please don't be scared to come to Ipoh!

### Police

Perak Crime Prevention and Community Safety Department Chief Senior Assistant Commissioner T. Selven said Ipoh is definitely a safe place to visit and stay as it has recorded a decrease of crime index since 2015.

"In 2015, a total of 2426 cases were recorded as compared to 2206 cases last year. It showed a drop of 220 cases," he told Ipoh Echo.

Despite the decrease, police still beefed up the security in Ipoh through many community policing programmes including conducting an operation codenamed 'Ops Payung' by setting up observation posts at popular tourist areas in town – Ipoh's old town and new town area in conjunction with Visit Perak Year 2017.

Based on police analysis, he said most of the crimes in Ipoh happened between 3am to 6am and 6pm to 9pm and the popular days are on Friday, Saturday, Sunday, Monday and Tuesday. He advised the public to always be careful when they go out during this time.

"Perak and Ipoh is a safe place. No matter how safe the place is, it still needs self-



*Tourism Perak and MOTAC joint-operation*

consciousness from the public to always care for their safety. We're not always everywhere. We need the public to be with us to fight crime," he said.

He also revealed three most popular crimes in Ipoh from January to February this year are motorcycle theft, robbery and house break-ins.

"For parking touts, we advise the public not to comply with their request for money. Don't pay them and don't be afraid as they are illegal. Come and report to us if you experience this situation. Investigations can be done if there's a report. We cannot do anything if there's no report lodged," he said.



*L-R: Dato' Nolee Ashilin Mohammed Radzi and Perak Motac director Mohd Hizaz Mohd Ibrahim*

### Tourism

Meanwhile, Perak Tourism, Arts, Culture, Multimedia and Communications exco Dato' Nolee Ashilin Mohammed Radzi has guaranteed that the ILI outbreak which happened in Ipoh and Perak, last month (March) will not affect the tourism industry or decrease the number of visitors to Ipoh throughout this year.

"We believe that the outbreak would not bring negative impact to the number of tourists in conjunction with Visit Perak Year 2017. The graph of the number of tourists visiting Ipoh is rising but the figures can only be released in April.

"So far, we notice that the famous tourist spots in Ipoh are still flooded with local and foreign tourists since ILI only affected schools and not the tourist spots. There are no reports of tourists affected by the ILI. So my message to all tourists is: don't be scared to come to Ipoh as Ipoh is definitely a safe place," she said, adding that Perak can achieve its target of 6.5 million tourists for Perak this year.

In order to vamp up safety in Ipoh, she said the Tourism Perak launched a joint operation with Ministry of Tourism and Culture (MOTAC) to ensure the public and tourists' safety on March 18.



*Perak Menteri Besar Dato' Seri DiRaja Dr Zambry Abdul Kadir*



*Foreigners without passports*

*... Continued on page 6*





By Fathol Zaman Bukhari

Lately, reports of corruption have been hitting the headlines of the national dailies, radio and television stations. Online news portals have been busy as well, churning out stories of government servants being nabbed by the nation's graft buster, the Malaysian Anti-Corruption Commission or MACC.

Are these an indication that corruption in high places and involving politicians and senior civil servants is on the mend? Or are they being stage-managed to divert people's attention from the mother of all corruption scandals, the 1MDB fiasco. The burning question on everyone's lips is whether the dubious financial entity ever existed?

The notoriety of the scandal, which began in 2015, has earned a detailed entry in Wikipedia, a free online encyclopedia managed by volunteers around the world. The popularity of Wikipedia has reached an all-time high, as prominent personalities such as President Donald Trump are using it as a guide and a reference other than the omnipotent WikiLeaks.

Besides two major cases, one involving a Johor state executive councillor and the other the Sabah state water department, which resulted in the confiscation of over RM100 million in cash, the rest are minor in comparison.

Thirteen enforcement officers in Selangor, a fire chief in Kedah and 12 immigration officers from Sarawak were nabbed. Four policemen were also caught for soliciting protection money from errant lorry drivers and *ketum* leave traders. Two were arrested in Kulim, one in Raub and the other in Penang. Their rank ranged from Inspector to corporal.

It is always the case of the small fry getting tangled in the dragnet while the shark, the crocodile and the whale easily swim away returning with a vengeance another day.

A recent survey by MACC revealed that half of Malaysian civil servants found guilty of graft are under the age of 40. The reason, according to Deputy Chief Commissioner (Prevention) Datuk Shamshun Baharin, is today's demanding lifestyle and the high cost

# GRAFT IN THE CIVIL SERVICE

A recent survey by MACC revealed that half of Malaysian civil servants found guilty of graft are under the age of 40.



of living, especially in cities such as Kuala Lumpur, Penang, Johor Bahru and Kota Kinabalu. Surprisingly, Ipoh is spared.

Between 2014 and 2016 of the 2329 people apprehended for graft, 1267 were aged 40 and below. Out of that number, 635 or 50 per cent were civil servants.

I had, on a number of occasions, witnessed the dealings with my own eyes and marvelled how sleek the perpetrators had been, bordering on the incredulous at times. There is always the giver and the taker, as no corrupt deal can happen without one giving and the other taking. That is how things work regardless of one's position and standing. I guess the higher up the social ladder the more sophisticated the process will be. The level of sophistication, however, is contingent upon one's stature and status. Just look at the 1MDB farce, it is simply mind-boggling.

On returning from a two-year course in Bandung, Indonesia, I was posted to the Army Logistics Division of the Ministry of Defence, Kuala Lumpur. This was in 1986. I was a couple of years shy of 40, within the age limit defined by the Deputy Commissioner of MACC. Although incidences of corruption in the military were few then (I don't know now), the Logistics Division was the place to be if you were looking for some fun and illicit money. Opportunities for corruption were aplenty and all you need to do was to avail yourself.

I was responsible for drafting specifications for hand-held weapons, armoured and soft-skin vehicles and general equipment that the army planned to acquire. We would source for pamphlets and brochures of such items and work on the ideal specifications required for their use in the army. We were highly sought after by arms and equipment manufacturers and their local agents and were accosted everywhere we went, in the ministry and in town.

The things they promised and gave us were unbelievable – dinner at fancy restaurants, golf at upscale clubs, expensive gifts and if a deal was coming through, expense-paid trips to Bangkok or Jakarta or Bali. A trip to London was dangled in front of me once. It was simply too tempting.

This was in the 1980s, the situation now can be much worse and more enticing, perhaps. If your resolve is weak and you are easily swayed by money and material things, you will go down the slippery road in double-quick time.

I remained resolute and never gave in however tempting the offers were. But I could not say the same of a friend whose office was next to mine. His phone would ring like one at a stock exchange. After joining us barely a year he got a brand new Honda Accord and had his house in Taman Melawati rebuilt and refurbished.

Unfortunately, he met an untimely death years later succumbing to a heart attack while playing on the links of an exclusive golf club in Jakarta. Could it be karma? Or perhaps, time had finally caught up with him.

## EYE HEALTH — Multifocal Intraocular Lenses

*Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about MULTIFOCAL IOL implants during cataract surgery.*



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

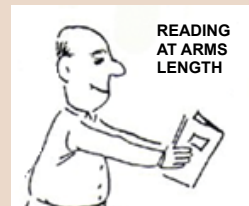
An intraocular lens (IOL) is an artificial lens that is implanted in the eye during cataract surgery as highlighted in the previous issue of the Ipoh Echo. There are many varieties of intraocular lenses in the market today.

In this issue, Dr Gill discusses on **MULTIFOCAL IOLs**. In order to understand what a multifocal IOL is, you will need to understand a condition called **PRESBYOPIA**. What is this presbyopia? The word "presbyopia" comes from the Greek word "presbys" meaning "old man" and the Neolatin suffix "opia" meaning "sightedness". It is the **loss of the eye's ability** to change focus to see near objects usually starting around 40 years of age. This loss of power of accommodation **to see near objects** worsens with age. No one is really spared from this.

### READING AT ARMS LENGTH

The first sign is often the need to **hold reading material farther away** in order to read a book. You can liken it to a 'menopause' of the eye!

Previously, after a person undergoes cataract surgery, he or she would have to wear spectacles to read a book unless he is deliberately made short-sighted in which case the distant vision becomes compromised.



### MULTIFOCAL IOL

Now, with the advancement in IOL technology, we have presbyopia-correcting IOLs or multifocal IOLs. This would generally help a person **see both far and near without glasses**, therefore providing the comfort of "**spectacle-freedom**" most of the time or at least close to spectacle freedom for the daily chores.

Multifocal IOLs are high-tech marvels. Most individuals have a good level of satisfaction when implanted with these IOLs. However, even though there is a **high level of satisfaction**, it is important to note that these IOLs **may not** produce ABSOLUTELY crisp vision at multiple distances at ALL times and in ALL patients! Even though the **majority** of people may not need any **spectacle correction** and enjoy spectacle-freedom, a **small number** may still require **some spectacle help** to read fine print. If you cannot accept this fact, then you are not a candidate for a multifocal IOL choice.

Another phenomenon with multifocal IOLs that you may have to be prepared for is the possibility of at least some **glare and haloes** around light sources at night. This may occur especially immediately after surgery. Nevertheless, these haloes and glare rarely prohibit night driving. They gradually **reduce with time** and most individuals do not see any haloes or glare by the end of 6 months if not all by the end of 1 year. Generally, if you do not have any other eye diseases, most people are satisfied with their vision by the end of 6 to 8 months.

Not everyone is suitable for a multifocal IOL implantation and so a suitability assessment by your doctor is essential before making any decision.





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# Ipoh's Station Hotel to be given a new lease of life

In response to Ipoh Echo's article, "Why can't Malaysians appreciate their local heritage?" in Issue 254, two companies have contacted the state government to develop the Ipoh Station Hotel, as part of a bigger, visionary project, which they hope will inject new life into this part of the city.

This is what happens when a community paper publishes a story about an unwanted building, which no one appears to want to develop, and which the authorities are reluctant to demolish, because it is an integral part of Ipoh's heritage.

A spokesman from the Mentri Besar's office, on condition of anonymity, said that they had received a positive response from overseas corporations, to help develop Ipoh's century-old structure.

He said, "The Ipoh Echo has done a marvellous job in promoting Perak, and although we disagreed with the author, who claimed that we had not done enough to find a developer for the Station Hotel, the article did generate a lot of interest from different parts of the world."

"One company is from the east, the other from the west. Once again, Ipoh becomes a focal point for east-west international cooperation. We have shortlisted two companies, to draw up a masterplan for the regeneration of this part of Ipoh city. A press conference will be called once we have finalised the details."

According to construction insiders, the People's Republic of China's construction giant, Asia Foreign Overseas Project (ASIA FOP) and the British firm LORDLY Holdings, founded by Lord P. Ranks, will undertake the development of the entire project.

The joint venture consortium, ASIA FOP - LORDLY, will be responsible for the project known as "Bandar Ipoh Multi-Air-Land-Interlinks", or just Bandar Ipoh-M.

According to civil engineer, Datuk Yu Lai-Er, the unofficial spokesman for this consortium, the developers want to tap into the major Bangkok to KL high speed rail link project, which was successfully negotiated by the Prime minister, Najib Abdul Razak, and PRC companies, during his visit to Beijing.

In Perak, ASIA FOP - LORDLY plans to turn Ipoh into the region's central transport hub. It will become the terminus for the rail link between Ipoh Sentral and the port at Lumut, and the Kamunting Industrial Corridor.

Other rail links, that will pass through Ipoh, include the upcoming MRT lines between Ipoh and the surrounding suburbs, and the Ipoh Airport network, which will be called the "Express Rail-to-Air Link".

Ipoh Echo has been shown plans for the proposed links from the city, and sources have said that the consortium has bought a 70 per cent stake in the project, for RM1.47 billion, the remaining 30 per cent stake, was bought by the investment fund, 1MDB.

In the first phase, a third of the land parcel will be overseen by a local developer. The second phase will involve the uplifting and regeneration of the Ipoh Station Hotel. The second phase, is estimated to have a gross development value of RM15 billion, over a 15- to 25-year period.

Datuk Lai-Er said that the Ipoh Station Hotel will be just the tip of the iceberg, because a two level underground city, which is fashioned after Montreal's Underground City, will be built below the entire plot of land which surrounds the current Station Hotel.

Down south, a similar underground city called Bandar Malaysia, has also been proposed for the KL terminus of the KL to Singapore high-speed rail link.

In the Ipoh development, there will be shopping malls, commercial outlets, food and beverage shops, a library, a mini-theme park, and residential facilities, based along man-made canals in this underground city.

Datuk, who is an Ipoh boy, told the Ipoh Echo, that people have often complained to him about Ipoh being too wet, or too hot, or too boring. "This time, they will have nothing to complain about. It can rain all it wants, but in the underground city, we will not be drenched. It can be very hot, above land, but again, in the underground city, we will not suffer heatstroke."

"We can continue to shop or be entertained, by the many facilities on offer. This is the beauty of Project Ipoh-M."

"The pièce de résistance of the former Station Hotel, will be a state-of-the-art space centre, to educate, inspire and evoke curiosity about the wonders of the Universe,

the planets and outer space. The nation's largest planetarium will be under the dome of the Station Hotel. We will also install a large telescope, to watch the stars at night.

"Didn't we once have visions of making Ipoh a space centre? The most important thing is that the ASIA FOP - LORDLY consortium will give a new lease of life to the Ipoh Station Hotel."



## CHILD HEALTH

Dr Shan Narayanan  
Consultant General Paediatrician, Hospital Fatimah

WORLD  
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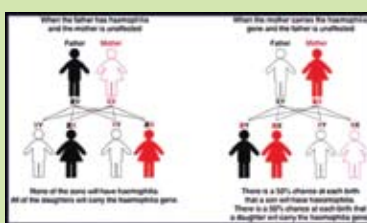
## Haemophilia The Royal Disease

April 17 is World Haemophilia Day. It is a day observed internationally since 1989 to increase awareness and understanding of haemophilia and other bleeding disorders.

Most of us would have heard of haemophilia due to its royal connections. Queen Victoria's son, Prince Leopold, Duke of Albany had haemophilia. Although only two of her daughters passed the mutation to various royal houses in Europe, it is not surprising that haemophilia was called 'the royal disease'. So, what is haemophilia?

Haemophilia is an **inherited lifelong bleeding disorder**. It is due to absence or deficiency of clotting factor VIII or IX in the blood of the individual. The individual lacking clotting factor VIII is said to have **Haemophilia A** and those lacking clotting factor IX is said to have **Haemophilia B**.

This is a rare disorder; about one in 10,000 are born with Haemophilia A and 1 in 50,000 with Haemophilia B.



The haemophilia gene is passed down from a parent to a child. The genes for Haemophilia A and B are on the X chromosome. The X and Y chromosomes determine the sex of the child. Thus, the inheritance of haemophilia is sex-linked and to be specific X-linked.

Men have one X chromosome thus if they inherit the affected X from their mother they will have haemophilia. Women have two X chromosomes, if they inherit the affected X chromosome from their mother or a father with haemophilia, the effect is balanced by the normal X chromosome. However, as they have an affected X chromosome they become a carrier and can pass it on to the child.

When the mother is a carrier and the father is normal, there is 50% chance of their son having haemophilia and 50% chance of their daughter being carriers.

In individuals with haemophilia, due to the lack of clotting protein VIII or IX, depending on the severity, the process of blood clotting is very slow or does not occur. Thus they have prolonged bleeding following trauma, pulling teeth or surgery. Those with severe haemophilia have spontaneous bleeds and profuse bleeding following minor trauma. Spontaneous bleeding occurs mainly in the joints and muscle. It can also happen in the brain and other organs. Severe complications can arise from repeated spontaneous bleeding.

A diagnosis of haemophilia is made from a history (of prolonged bleeding and spontaneous bleeding including family history of bleeding disorder) examination of the child and specific blood tests.

Bleeding episodes are treated with Factor Concentrates (Factor VIII or Factor IX). In joint and muscle bleed, along with the Factor replacement, the child is advised to **Rest, apply Ice Compression and Elevate the affected limb (R.I.C.E.)**. Once the bleeding has settled they need physiotherapy to improve the function of the joint/muscle. In serious bleeds such as intracranial bleed they will require hospitalisation and treatment.

Factor Concentrate, traditionally has been human plasma derived. In the recent years, it is being replaced with the safer recombinant factor concentrate. Older children with haemophilia and parents of younger children with haemophilia are trained to self infuse the factor concentrate.

Children with haemophilia can exercise and participate in sports. Exercise prevents bleed. Strong muscles protect the joints and prevent spontaneous bleed into the joints. These children can safely participate in walking, swimming, cycling and badminton. Contact sports are not encouraged.

The **current trend** is for children to be on prophylaxis factor concentrate as this reduces the episodes of bleed and allows them to lead a near normal life.

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



THINKING  
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**ON IPOH  
FOOD**



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

# SeeFoon Enjoys an Elusive Delicacy

Pics by Ginla Chew

Ipo is known for many special dishes and people come in busloads for them but in all the years I've lived here I have never had a roast goose. It's been aeons since I had roast goose, harking back to my Hong Kong days when we'd flock to Sham Tseng or go terribly upmarket and go to Yung Kee. I have since then been searching for roast goose here in Ipoh but to no avail.

Finally, I have to hand it to my *foodie kaki* Ginla Chew to be one of the first to discover the newly-opened **Goose Incense Pavilion** where the **Cantonese-style roast goose** can just about hold its own against its Hong Kong counterparts.

We were a table of ten and one whole goose was ample for us. The goose arrived complete with the head and served with a separate sauce. The goose was not too fatty, with a layer of fat that allows for the meat to remain succulent and tender, which it was. The skin which is the prized *pièce de résistance* of the whole dish was nice and crispy and will likely earn this restaurant a place in Ipoh foodies 'must try' list – **RM268** for a whole goose. To be ordered the day before.

Next to arrive was a whole **Pig's Trotter** deep fried and then braised, the fat having been rendered partially by the deep frying and the long slow braising produced a trotter with meat that fell off the bone and the fat mixed with the tendon was gelatinous, gliding down my throat with velvety smoothness. Sandwiched in a **Man Tou** steamed bun, it was 'Chinese Hamburger' at its tastiest – **RM70**.

This was followed by the **Snakehead or Haruan fish** (*Sang Yue* in Chinese) prepared two ways which is a change from the usual style served in most other restaurants. The first saw the fish sliced and steamed with garlic and soya sauce followed by a soup made from the fish bones and head which were first deep fried and then cooked in the soup which contained goji berries, wood ear fungus, scallions and other Chinese herbs, redolent with a generous helping of Chinese rice wine. **RM78** for the **steamed fish** and **RM60** for the **soup**.

The roasted **Kampung Chicken or Choi Yuen Kai** was tender and juicy, served with spiced salt – **RM55**. We ended with the bean thread noodles or **Tung Hoon** fried with dried prawns, carrots and scallions. Hearty and robust – **RM36**.

Not content with the 'grand' dishes I tasted I had to go back to taste a few more of their 'ordinary' dishes. Which I promptly did a few days later. We had four dishes, each one a taste treat in itself. The **Nam Yu Fah Lam**, marinated pork belly in fermented red bean curd, was deep fried and delectable – **RM22**. Followed by the **Deep Fried Homemade Tofu** brick on a bed of velvety steamed egg and topped with yumilicious pork lardons, fried garlic and shallots. Divine – **RM16**.

Next we tried their **Yin Yang Wat Dan Hor**, a combination of hor fun and egg



noodles deep fried to a crispy consistency and topped with a wat dan sauce, a rich umami sauce thickened with egg white. I particularly liked the fried hor fun which has a chewy texture – **RM14**.

The final dish was the **Tsing Loong Choi**, a type of hybrid chive sauteed with bacon, carrots and garlic, the bacon lending a new nuance to the dish. I loved anything with bacon and this was such a good idea – **RM22**.

The Restaurant is offering a **set dinner** of eight courses for 10 persons at **RM698 nett**. While that may sound a bit pricey, but if you consider there is Braised Abalone with Goose Webs, Deep Fried Sea Prawn and Scallops on the menu, which are all high priced items, then it is a set worth coming for.

There is also an economy set lunch with a choice from six categories of Tilapia fish, seafood dishes, chicken dishes, meat dishes, bean curd and egg dishes and vegetable dishes. Within each category are six different styles of preparation. **Set A** is for 2-4 persons for three dishes plus daily soup at **RM68**. **Set B** is for 5-7 persons with five dishes plus daily soup at **RM128** and **Set C** is for 8-10 persons for six dishes plus daily soup at **RM178**.

**Goose Incense Pavilion Restoran Sdn Bhd**  
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... continued from page 2

During the operation, Perak Motac director Mohd Hizaz Mohd Ibrahim said a total of six buses were issued summonses after they were found operating without a valid permit with unlicensed tour guides. "They were also found providing tour services to tourists with no valid travel documents. If convicted, they can be fined RM2000," he said.

The operation was joined by other agencies such as the Land Public Transport Commission (SPAD), Road Transport Department, Police, Immigration, National Registration Department, National Anti-Drugs Agency (AADK) and Department of Environment.

#### Health Department

State Health Department acting director Dato' Dr Rahimi Goon has also guaranteed that Ipoh is safe despite the ILI outbreak and the rising dengue cases.

"Tourists and locals should not be worried as there were no new ILI cases reported in the state since it was last reported on March 16. However, we're still monitoring the condition of these students and others as well," he told Ipoh Echo.

For dengue cases, Rahimi disclosed that the department has identified 15 dengue hotspots in Ipoh and Kinta district. In Ipoh, the hotspot areas are: Taman Shatin, Taman Sri Tanjung, Taman Intan, Kampung Baru Buntong, Kampung Bercham, Kampung Baru Kuala Kuang, Taman Maju Rapat, Taman Ipoh Jaya, Taman Cempaka, Taman Lapangan Terbang, Taman Pertama and Pekan Razaki. While in Kinta, they are: Taman Chepor Jaya and Kampung Tersusun Sentang. So, if you are staying in these areas, please be aware and keep your surroundings clean!

Dengue control activities in Ipoh are initiated by Kinta District Health Office and Ipoh City Council (MBI). "The activities carried out include premise and environmental inspection for aedes mosquito breeding, fogging with insecticides, health education activities with the community, gotong-royong, enforcement activities where notices and fines are imposed on owners of premises found to be breeding aedes mosquitoes.

"Our main activity for dengue prevention and control is to make sure the environment is free from Aedes Mosquito breeding. Fogging is done once there is an outbreak or dengue cases being reported as it's not advisable to carry out fogging indiscriminately. Fogging only kills the adult mosquito and does not get rid of mosquito larvae or eggs," Rahimi added.

He revealed that from January 1 to March 18, a total of 124,803 premises were inspected with 2758 premises found positive for aedes breeding and 750 fines worth RM375,000 were issued under the Destruction of Disease Bearing Insects Act 1975 (DDBIA).

"In 2016, a total of 522,964 premises were inspected by the Perak Health Department in the whole state, out of which 7285 premises were found to have aedes breeding and 1915 fines worth RM957,500 were issued under the same Act," he said.

Apart from issuing fines, the Health Department also issues stop work orders and cleaning instructions to certain premises such as construction sites and factories. Court proceedings are also initiated in certain circumstances.

Rahimi said Perak Health Department will conduct inspections and carry out control activities once there is a dengue case or outbreak notification.

"In case of a sporadic case being reported, weekly cycles of control activities are



Health Department inspect residential area



Checking for Aedes mosquitoes

done twice, whereas in outbreaks, weekly control cycle is carried out until the outbreak is declared over. We also carry out scheduled preventive activities in public areas, high risk localities and previous outbreak areas. However, these preventive activities are subject to case burden and availability of resources on any given day," he said.

## Nosh News

By Rosli Mansor

### A New Hipster Cafe

Have you tasted roasted meat done in a ceramic oven using traditional grilling methods of North-East Kazakhstan?

This is the unique selling point of *BBQ Lamb Ipoh – Roasted & Grill*, the first hipster cafe in Ipoh to present various roasted meat done Asian-style.

"We retain the freshness of the meat roasting in the ceramic oven for two to three hours. In that time, the meat texture will soften as the fats will drip away," said cafe manager, Ahmad Noradi, better known as Pak Adi.

According to Pak Adi, the roasted meat can be enjoyed by the health-conscious.

"Many of the diners here are elderly. They can enjoy the dishes without much hesitation. This is due to our traditional grilling methods which reduces the cholesterol level of the meat.

"I use anise, soy sauce, oyster sauce and herbs imported from Eastern countries. I don't use marinade ingredients of the West like rosemary, parsley, oregano and others. This is what differentiated us as we prioritise the Asian tastebuds," he said.

Located in Ampang, Ipoh, the cafe runs on the casual seaside concept. The combination of ideas with Pak Adi's friend from Russia makes the place comfortable and attractive from every angle.

Among the must-try healthy drinks are Papaya Shake, Kelapa Shake, Dragon Shake dan Ambra Asam Boi.

Beef Tenderloin, Back Ribs and Smoked Duck are the popular dishes accompanied with fried potatoes, salad and homemade sauce without any instant ingredients.

Try their Overdose Chicken and Lamb Soup dipped with toasted bread and a drink of Kopi Abah Kaw created by Pak Adi.

Their Lamb Ribs, Smokey Duck, Lamb Rack, Back Ribs Beef, In House Lamb Shank and Beef Tenderloin will not disappoint.

**BBQ Lamb Ipoh – Roasted & Grill is located at Jalan Ampang Baru 6, Ipoh. Business hours: 6pm-11pm. Closed on Mondays and Tuesdays. GPS: 4.5880330, 101.1377020.**





# Affordable Healthcare For All



**P**erak Community Specialist Hospital (PCSH) is a non-profit hospital with a mission to provide affordable healthcare for the community. Since its establishment in 1904, the hospital has come a long way in fulfilling its commitment to serve the community through the provision of its healthcare facilities and services.

## Wellness Centre

Health screening has become an important aspect of taking care of oneself. At the screening, one will go through tests, physical examinations or other procedures to detect any early signs of health hazards for those who may otherwise look or feel well. This is different from diagnostic tests which are done when someone is already showing signs and/or symptoms of a disease.

Health screening helps to find out if a person has a particular disease or condition, even if one may feel or look perfectly well. Early detection, followed by treatment and good control of the condition can result in better outcomes, and lowers the risk of serious complications. It is therefore important to get screened even if someone is feeling perfectly healthy.

For this cause, the Wellness Centre in PCSH was set up to provide quality health screening packages at affordable mass-market prices for everyone. The packages available range from basic to comprehensive services, and can be customised to fit every patient's needs and resources.

Packages with detailed tests are available for almost any medical condition, this includes blood test, urine test and chest X-ray. There are also special packages for female, cardiac packages, and cancer screening packages which include cancer marker, CT scan,



ultrasound, Oesophago-Gastric-Duodeno-Scopy procedures, etc. Customers who sign up for a health screening package would be guided throughout the whole process from registration to reviewing of health report by a medical officer or consultant.

## Physiotherapy Centre

In PCSH, the Physiotherapy Centre was established since 2010 to extend help to restore movement and function of patients who are affected by injury, illness or disability.

The centre provides a quality-based patient-centred care treatment.

The range of physiotherapy services includes: Musculoskeletal Management, Cardiorespiratory Management in Paediatric and Adults, Neurological Rehabilitation and Sports Rehabilitation. The treatments here are concentrated more on pain relief using manual therapy and electrical modalities such as: Ultrasound, Infrared Therapy, Interferential Therapy and Traction for Cervical and Lumbar.

There are currently 3 resident Physiotherapists at the centre to work with patients on their rehabilitation programme. Their key responsibility is to maintain health for patients of all ages, assisting them to manage pain and prevent further injury. They encourage development and facilitate recovery, enabling patients to go back to work while assisting them to boost their physical independence.



Perak Community Specialist Hospital is located at 277, Jalan Raja Permaisuri Bainun (Jalan Kampar), 30250 Ipoh, Perak Darul Ridzuan. Call them at 05-2419000 or visit [www.pesh.com.my](http://www.pesh.com.my) for more info.

## 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.

## Childhood Drowning – The Malaysian Epidemic

Amar-Singh HSS, Pui-San Tan, Lina Hashim. Childhood drowning in Malaysia. International Journal of Injury Control and Safety Promotion. Volume 21, 2014 - Issue 1



**Key Message:**  
Children should not attempt to save other children who are drowning but call for help

**CRC**  
Research that matters to patients

Dato' Dr Amar-Singh HSS  
Head Clinical Research Centre Perak

**S**even boys aged 10 to 12 years drowned at Bukit Beruntung on March 17. This could have been prevented.

The Perak Clinical Research Centre had conducted extensive research on drowning in children over many years.

### The key facts are:

- 500 children drown every year in Malaysia.
- This is the second commonest cause of death in children aged 1 to 18.
- Half of these deaths are due to children trying to save other children.

Over the years we have communicated our data, reports and publications to the relevant government agencies, NGOs, media and tried to bring it to the attention of all parents.

See: <http://www.tandfonline.com/doi/abs/10.1080/17457300.2013.792284?journalCode=nics20>

Our data and efforts have helped to advocate for the set up of a National Drowning Safety Council and recently the establishment of a National Childhood Drowning Registry (at our CRC). However, these messages have yet to reach our public. Every parent needs to know the size of this problem and more importantly this key message needs to be communicated to all children:

- No child should attempt to save any other child who is drowning.
- You are not a hero if you try and save someone who is drowning.

- You are not a villain or a failure if you did not try to save someone who is drowning.
- If you see someone who is drowning, you should call for an adult to help; don't jump in yourself.

We could possibly reduce by half all childhood drowning in the country and save 250 children a year just with this message. It is important that all government agencies, schools, the media and parents disseminate this important message to all children. The media in particular must also refrain from praising a child as hero for saving another child who is drowning; it is a dangerous act for any child to do.

The loss of these children is a tragedy caused by all of us. We as a society are responsible for failing these children. Approximately 100 children have drowned so far this year; let's not fail the 400 more children who are going to drown this year. Let every parent speak to their children about this important cause of death and the key message of getting help and not jumping in.

Full report and publication available at:

[http://www.worldconferenceondrowningprevention2011.org/SiteMedia/w3svc1092/Uploads/Documents/WCDP2011\\_LMIC\\_HSS\\_p79\\_Abstract.pdf](http://www.worldconferenceondrowningprevention2011.org/SiteMedia/w3svc1092/Uploads/Documents/WCDP2011_LMIC_HSS_p79_Abstract.pdf)

**Dato' Dr Amar-Singh HSS**

**Senior Consultant Paediatrician**

**Head Paediatric Department, Hospital RPB Ipoh, Perak**

**Head Clinical Research Centre Perak**

## Malaysians Don't Appreciate Local Heritage

**R**e Mariam Mokhtar's article, "Why Can't Malaysians Appreciate Their Local Heritage?"

I keep asking myself over and over again. I am still stumped because I feel the pain of our recent history gradually wiped off the landscape or altered beyond recognition of its origins. I think the blame lies squarely with the legislators, who hold the ultimate power whether a building remains or what can or cannot be done to it. In fast expanding Ipoh, that consideration is as always, not worth a bother. Most folk do not seem to have a culture of preserving heritage.

**C.O. Ngai**



## News

# Earth Hour @ Meru Valley Resort



**M**eru Valley Resort joined the millions of people, businesses and landmarks around the world to shine a light on climate action by hosting a series of Earth Hour events at the resort throughout the month of March.

Leading up to the big day were a sale of scented candles with its proceeds channeled to the World Wildlife Fund Malaysia and a pledge campaign with the Earth Hour Pledge Board placed inside the Dome Restaurant.

Over 40 members and residents of Meru Valley Resort kickstarted Saturday, March 25, with a 5km Earth Hour morning walk. Roaring "Save the planet!" along the route, the vanguards of Mother Nature from all ages were equipped with whistles and flags to give visibility to the campaign as they walked around the tranquil sanctuary.

"This is an exciting family-oriented activity as we can gather and walk around. I'll be glad to participate again next year!" Mrs Soo, a member of the Meru Valley Resort, shared with Ipoh Echo. She came with her husband and two children.

"I'm having fun! I have lived here for over 20 years and I have been supporting all of Meru Valley Resort's activities including the candlelit dinner tonight," Miko, a retiree and an avid reader of the Ipoh Echo enthused. "Sure, if I'm around!" she said when asked if she would join similar activities like this again.

Each of them brought back a certificate of participation and plenty of memories.

"The reason why we do this is because Earth Hour has been celebrated for ten years and I am the one who initiated it in Malaysia ten years ago, in Kuala Lumpur. I even went as far as going to switch off the KLCC Twin Towers. All that was initiated at that time. So I have now brought this, because it's the 10th year anniversary, to Meru. As an activity for all our community of Meru, we have now implemented this here so that our residents and members can join in such a worldwide activity," Christian Bock, Director of Meru Valley Resort explained to Ipoh Echo.

"The response is overwhelming and well-received by everybody, and I think the whole of Malaysia is actually catching up to this so Meru is no exception. So we are part of the biggest world environmental event," he added.

Will this be an annual event from now on? "It's going to be an annual one. Every year the same and every year we will have bigger and better activities," the amiable Bock



concluded.

The Saturday night was equally lively as the Meru community joined the countdown to the symbolic lights-off. Two thousand candles lighted up the Clubhouse with the path of light culminating in a "60+" logo at the swimming pool area to signify the 60 minutes and beyond to protect the planet.

Complemented by a starry sky, it was a heartwarming sight as the candles' glimmer warmed the faces that it shone on, including the guests of Meru Valley who were spotted lighting the candles together with the staff.

A sensory culinary adventure awaited diners of the fully-booked Dome Restaurant as they enjoyed a candlelit three-course dinner featuring tantalising nosh that can hold its own at any of the gourmet restaurants in Ipoh. Acoustic musicians were mingling with the guests to further heighten the ambience. It's no wonder the guests were capturing the moment with Instagram-worthy shots!

For more updates, do swing by the **Meru Valley Resort Facebook page**.

**Mei Kuan**

## University College Fairview UCF champions teachers' professional development for 21st century education in Malaysia

Kuala Lumpur: University College Fairview UCF, fresh from conducting its maiden 21st century education professional development programme at SJKC Sam Chai and SJKC Bercham, Ipoh, will soon be training selected affiliated schools of UCF across Malaysia for the next 8 months under a structured programme schedule.

SJKC Sam Chai and SJKC Bercham are among the first in Malaysia to benefit from this public and private collaborative initiative. In addition to the structured programmes for all their teachers, the collaboration also includes engagement with parents and students of the Affiliated Schools via Parent Forums and 21st Century Science and Math SAM Club.

UCF is one of the three institutions of higher learning in Asia that is recognised by International Baccalaureate Organization IBO to offer professional development programmes that leads to IB certificates in teaching and learning. Moreover, UCF is among 35 universities worldwide that has such recognition from The University of Melbourne in Australia, University of Bath in U.K., UCLA in United States, University of British Columbia in Canada and University of Hong Kong in China.

UCF is a member of Fairview Education Group that owns 4 IB World Schools located in Kuala Lumpur, Subang Jaya, Johor Bahru, Penang and one IB candidate school in Ipoh.

Fairview International School Kuala Lumpur, is the country's first and largest International Baccalaureate IB World School that offers all the three IB programmes with the Primary Years Programme, the Middle Years Programme, and the IB Diploma Programme under one roof.

With the trust and confidence of IBO, Fairview International School is more than just another IB World School. It is a network of IB World Schools with an ability to develop professional IB teachers for not only IB World Schools globally but also for other schools and educational institutions. Fairview will continue to champion these best practices of 21st Century Education for schools in Malaysia and regionally as part of its corporate vision.





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## News

# A Place to Chill and Relax

Running on the theme “Dine with Nature”, *Kafe Jun Chillax* at Bandar Baru Medan offers affordably-priced home-cooked food. It is just the place for those who have no time to cook and who cannot decide on an appropriate meal that suits their pockets.

The pleasant yet cosy cafe is a heart-warming family-run entity with colourful nature-themed illustrations adorning the walls. Potted plants are strategically located for impact with the intention of providing a green and friendly ambience.

Presenting a fusion of Western and Eastern dishes, among the must-haves are Siamese laksa, Hainanese chicken rice, Hainan chicken curry & bread, ulam fried rice, fried chicken wings, deep fried inchi kabin, mixed fruits rojak, sago melaka, bubur cha cha and cendol. Lunch and dinner sets are available while catering services are in the pipeline.

With a capacity of 40, *Kafe Jun Chillax* gives you a taste of home thanks to its menu which changes daily. One plus point is parking. There is ample space for harried customers.

Ipo Echo had an exclusive one-on-one with owner, Angela, during its soft launch on Sunday, March 19.

Regarding the cafe's name, she explained, “Jun is the month I was born while ‘Chillax’ is an amalgam of the words ‘chill’ and ‘relax’.” She hopes Jun Chillax will be the choice place for diners to unwind.

“I like meeting people and having lots of friends. Here, I get to meet people and talk to them. Most of my friends know that I love the people who love me, tenfold,” said the lithesome fortyish Angela. Incidentally, she is an active member of the Perak Women for Women Society.

**Kafe Jun Chillax is pork and liquor free.**

**Address: No. 9, Jalan Medan Baru, Bandar Baru Medan, 31400 Ipoh.**

**Contact: 016 511 5441**

**Opening hours: 11am-2.30pm, 5.30pm-10pm (closed on Tuesdays)**

Mei Kuan



## 22 Hale Street

Located in the heart of Old Town, *22 Hale Street*, a project initiated by Puan Sri Dato' Sandra Lee Wei Feng, is an upcoming heritage gallery that aims to tell the story of Ipoh through the eyes of the locals and to promote arts as a collaborative culture.

The gallery houses various antiques such as traditional Peranakan tiffin carriers, Chinese classic furniture, treadle sewing machines, a typewriter, a classic turntable record player and an AMi Continental 2 Jukebox that is still functional.

Aside from the antiques, visitors can get hold of homemade titbits and handicrafts at relatively reasonable prices. The handicrafts, ranging from aprons, key chains and toiletry sets to tote bags and soft toys for the little ones, were lovingly handcrafted by the disabled trainees and staff from Persatuan DAYBREAK, a non-governmental organisation (NGO).

“We want to raise awareness in Ipohites about the NGO that creates opportunities for people with disabilities to pick up skills such as sewing, cleaning and gardening so that they can be independent, self-reliant and integrated members of society,” said Lim Yi Wen, the project executive of *22 Hale Street*.

According to Yi Wen, a cafe and an event space will also be launched in the near future.

“At *22 Hale Street*, not only do we want to tell the story of Ipoh in an exciting and unconventional way, we also hope to provide space for arts to flourish right here in our town. What better way than to engage with our very own Malaysian talents?” she added.

*22 Hale Street* is hiring part-timers and food and beverage staff. Readers who are interested can email their résumé to [halestreetipoh@gmail.com](mailto:halestreetipoh@gmail.com).

**Address: 22-24 Jalan Tun Sambanthan, 30000 Ipoh**

**Operating hours: Thursday to Saturday, 10am to 6pm**

**Contact no.: 05 241 3991**

**Facebook page: <https://www.facebook.com/22HaleStreet/>**

Leanne Tan & Nabilah Hamudin





## News

# GrabCar Service Now Available in Ipoh

Southeast Asia's leading ride hailing and multiservice platform, Grab, is now expanding its GrabCar service to four other major cities, Ipoh, Kuantan, Kuching and Seremban, including the districts of Nilai and Port Dickson. Effective March 15, commuters in these cities can consider the private hire car hailing service as an alternative mode of transportation.

The expansion is in line with Grab's key mission to make transportation more accessible to everyone, especially in its home-country, and continue to play a part in solving local transportation issues by offering fixed fare rides that are safe, convenient and comfortable.

"Since the introduction of GrabCar in Klang Valley as a complementary service to taxis, the service has quickly risen to be one of the preferred alternative mode of transportation. In 2016 alone, we expanded to cities such as Penang, Johor Bahru, Malacca and Kota Kinabalu. As a Malaysian homegrown company, we understand local nuances and consumer needs, therefore we are able to work alongside the government to address the transport issues in the country," said Sean Goh, Country Head of Grab Malaysia.

## Commitment to Improving Safety and the Ride Experience

The GrabCar service in the new cities will continue to leverage on the same safety aspects, including all the newly introduced features.

**Stringent background checks:** GrabCar drivers are required to go through stringent background checks and also training with a strict code of conduct to comply with.

**Customer service and emergency hotline:** Both passengers and drivers can contact the 24/7 customer hotline and use the PDRM button that connects them to the nearest police department in case of emergencies.

**Share-My-Ride:** Passengers can share their ride with their friends and family so they can keep track of their journey in real-time.



**Insurance Policy:** Both passengers and drivers are covered by a Group Accident Insurance that allows claims up to USD10K per person from the Great American Insurance Company.

**Dual Payment Option:** Customers can opt to pay via cash or use GrabPay for cashless payments, therefore expanding their convenience without having to fumble for cash or wait for change.

**Fixed Fare Rides:** Passengers can know their fare upfront and not worry about price fluctuation especially when travelling through traffic jams.

**GrabChat:** An in-app chat feature that allows both drivers and passengers to communicate efficiently for free without having to leave the app.

**GrabRewards:** Passengers can earn points and exchange it for exclusive discounts and promotions, so in essence, the more passengers ride, the more rewards they can collect.

## Job Opportunities and Additional Income

With the presence of GrabCar in these cities, this also means that the locals have opportunities to consider GrabCar as a viable source of income. Grab has various types of incentives and bonus packages for drivers who drive various hours. He also went on to share that Grab has recently introduced reward schemes to remunerate top performing drivers, such as the Grab's Ambassador Programme.

He went on to add that they are still on a lookout for drivers. "We welcome all who are interested to help us expand our network of drivers, in fact these cities are just the beginning of our plan to extend our services to other parts of Malaysia!" said Grab Malaysia's country head.

For those who are interested to be drivers, can log onto [my.grabcar.com/signup](http://my.grabcar.com/signup) for more details.

To start using Grab, passengers can:

1. Go to either the Google Playstore or Apple Appstore and download the Grab App.
2. Register your debit\*/credit card as a payment option in GrabPay for greater convenience.
3. Key-in the respective pick-up and drop-off locations and also promo code if any.
4. Click Book.

For more details about GrabCar and the HIGRAB5 promotion, click <http://grb.to/HIGRAB5>.

# Battle of Kampar Site

The Battle of Kampar site is an upcoming heritage and tourism spot in the state.

Minister of Tourism and Culture, Datuk Seri Mohamed Nazri Abdul Aziz said that the historical location is valuable and the 16-acre land has to be gazetted as a heritage site for purpose of conservation.

He visited the site which consisted of defence and communication trenches dating back to the Japanese invasion of Malaya in December 1941.

Present was Dato' Nolee Ashilin Mohammed Radzi, the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications.

"The Ministry of Tourism and Culture Malaysia views this site as the latest attraction in Perak considering its historical value.

"Plus, the site has a significant role in history. It's here where the bravery of the Commonwealth troops were tested. They halted the advancing Japanese Imperial Army. The defenders on the iconic ridge were from the 11th Indian Infantry Division consisting of 1st Leicestershire Regiment, 2nd East Surreys and a mixed Jat-Punjab regiment. They were being supported by the 88th Field Artillery Regiment. The opposing troops were from the Japanese 5th Division," Nazri said during a media conference following the visit.

According to Nazri, the location fulfills the three major criteria for it to be gazetted a heritage site.

"The 16-acre land has more than 10 fire trenches which are of interest to tourists. They can also be a source of inspiration for the younger generation to appreciate those who fought and died for our country," he stated.

He added that his trip to India with the Prime Minister from Wednesday, March 29 to Tuesday, April 4 will be the opportunity for him to learn more regarding the suggestion to build a war memorial by the government of India that was postponed before this.

"I'll discuss the progress of the Indian government's application, as it involves fallen Punjabi soldiers from India," he added.

"We appreciate the British and Indian servicemen for their fighting spirit. They come from afar to protect our country. It's a big sacrifice," he exclaimed.

Nazri hoped that measures to gazette the site as a heritage and tourist spot can be hastened because it is being visited annually by former servicemen and their families.

The defended position, popularly known as Green Ridge, witnessed an intense firefight between the Japanese and the Commonwealth troops that lasted for four days from December 30, 1941 to January 2, 1942. Some 500 Japanese and 150 British soldiers perished in the battle.

Rosli Mansor



# MBI Lucky Draw

The number of assessment ratepayers who paid their annual dues in full for Year 2017 had increased by 15 per cent compared to the same period last year.

Mayor Dato' Zamri Man said out of the total 290,000 bills issued, 75,600 paid their bills in full by end of February this year.

"Last year the number was 60,000. This year there's an increase of 15,000 people," the mayor told reporters after picking the lucky winners at the foyer of the council building on Monday, March 20.

Zamri disclosed that about 35,000 people settled their assessment bills in full as early as the first week of January.

"I hope this attitude will remain and increase each passing year. This is a positive sign indeed," said Zamri.

The mayor along with city councillors, village heads and media practitioners picked 30 coupons with names of the lucky winners. The lucky 30 stand a chance to win the grand prize, a brand new Proton Saga and 500 other attractive prizes worth RM200,000.

"We'll have another round of draws in early April. This is to determine the winners of the 30 grand prizes. We want it to be as transparent as possible," he added.

The objective of the annual lucky draw, which has been around for over 10 years, is to encourage property owners to pay their assessment bills in full and on time.

"About 35,000 fridge magnets were given to early birds. The stock was exhausted as early as January. I wish to thank those who made an effort to pay early," he said.

Besides the Proton Saga, the other 30 grand prizes are two Modenas MR1 motorcycles, two Demak EX90 motorcycles, six LED televisions, five bicycles, a sofa set, a dining table set, a washing machine, two microwave ovens and 10 electrical appliances.

Nabilah Hamudin



## News

# Towards a Healthier Perak

The public, including NGOs in Perak are encouraged to take action and help out local authorities to clean up and maintain a healthier environment in Perak. State Exco for Health, Public, Transport, Non-Islamic Affairs, National Integration and New Villages, Dato' Dr Mah Hang Soon believes that to build a healthier Perak it takes two to tango.

"We are doing the hardest work to maintain the state's cleanliness. In fact, I have spoken to Perak Health Department (JKNP) that we need to expand our campaign and conduct seminars to educate everyone including the public to raise awareness," said Mah when he officiated the World Kidney Day affair at Raja Permaisuri Bainun Hospital (HRPB) on March 15.

About 512 students from eight schools in Perak who were down with an influenza-like illness (ILI) have recovered and were discharged on March 15, including two students from Slim River who were admitted due to dengue. Due to the unfortunate incident, Mah suggested schools to take charge and be more aware of their students and stressed on the importance of personal hygiene.

"If you have fever, flu or cough, don't take it lightly. Check with your doctor to avoid any serious diseases. Your health should be a priority," added Mah.

Mah also encouraged the public and NGOs to start an 'Adoption Programme' where they are in charge to maintain the cleanliness of the place to reduce breeding places for dengue mosquitoes.

"There are a few places such as Pasir Putih where the mosquitoes keep on breeding even though we have cleaned it a few times. We need everyone's help if we want to have a healthier and cleaner state," said Mah.



Soon after the launching, Mah flagged off 30 cyclists who made a pit stop on their journey from Tuanku Fauziah Hospital, Perlis heading to Botanic Garden, Putrajaya. The cyclists were part of the National Kidney Foundation (NKF) Malaysia's global awareness campaign, aimed to advocate public education on the harmful consequences of obesity and its association with kidney diseases. The 700-km journey began on March 13 and all cyclists arrived at Putrajaya on March 18.

Ili Aqilah



# Meeting After 30 Years

A group of about 85 former students and teachers of SMK Sultan Yussuf, Batu Gajah took advantage of the school holidays to meet up after a lapse of 30 years.

Those who participated in the get-together named, "Reunion Group SYS Smart Young Students" were those who attended the school within the 1974-1986 period and were born in 1967.

Ang Lee Leong, an alumnus, said after leaving school three decades ago, there was a desire to meet up and reminisce on the good old school days.

He said the meeting was cordial and harmonious although they were of different racial origins.

"Our relationships have remained strong despite the passage of time. We're now meeting at the ripe old age of 50," he said when met. The event was held at the school hall on Saturday, March 18.

According to Ang, former students live all over the country but they took time off to attend this significant event, including some from abroad.

"The programme began with a bang. Some were happy and some became emotional meeting their friends after such a long time.

"Our excitement couldn't be expressed in words. It's evident that the affinity between us is very strong. We're Malays, Chinese, Indians and Sikhs. This is the true Malaysian spirit," he exclaimed joyfully.

Some of the activities organised were team games which allowed for better interaction between the participants. The climax was the lucky draws.

The event concluded with the presentation of two 43-inch televisions to the school for educational use.

Ed

# Lunch with Mayor

During his second luncheon with the media, Mayor Dato' Zamri bin Man touched on the state government's ongoing efforts to make Ipoh a clean, green and vibrant city.

Attended by over 100 media representatives, the affable mayor greeted everyone personally upon his arrival. He took time to introduce the newly-appointed councillors to the guests.

Held at Casuarina@Meru on Tuesday, March 21, the joyous occasion saw the distribution of the much-anticipated Council parking stickers to members of the media. The sumptuous buffet lunch was accompanied by a live band singing Malay and Cantonese classic hits.

Besides partaking in the karaoke session, some guests walked away with prizes in the lucky draw. They were mainly home appliances from Panasonic, Samsung and Pensonic.

Present were Ipoh City Council Secretary, Mohamad Zakuan Hj Zakaria, Perak Media Sports and Welfare Club President, Wan Asrudi bin Wan Hasan, city councillors, media bureau chiefs and council staff.

The mayor, in his welcoming speech, touched on matters affecting the city. The presence of beggars at traffic light junctions, especially on weekends, is worrying. Some have the audacity to knock on car windows to beg. Some are also believed to be outsiders.

"We discussed this during meetings with the police and welfare department to call for immediate and drastic action. We believe the beggars are from a small syndicate who takes advantage of motorists' generosity. They usually appear on weekends as the city is filled with people. They make use of their physical disabilities for good effect. Some double as parking touts preying on unsuspecting motorists. A few bring along minors to appear more pathetic. Some beggars also crawl on the road and thus pose a danger to motorists," he explained.

"Some move from one traffic light to another. I saw one guy at the Medan Kidd traffic light and later saw him again in Old Town. They prefer tourist spots such as Old Town," he added.

Mei Kuan





## Upcoming Events

# 5th Ipoh International Waiters Race



To be held on Sunday, **May 14**, the 5th Ipoh International Waiters Race is organised by the Malaysian Association of Hotel (MAH Perak Chapter) in collaboration with Perak Tourism Association and Tourism Perak.

"Last year, we had a record-breaking number of 420 participants for this signature event. This year, we target for more, with at least 120 international participants. Kinta Riverfront, brimming with places of worship such as mosques and temples, reflects the unity of the community. It's an ideal location for the race and would help promote the surroundings," said Dato' Nolee Ashilin Mohammed Radzi, the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications during its official launch on Wednesday, March 22 at River Walk, Kinta Riverfront. There have been participations from Japan, Indonesia, Thailand, Brunei, Singapore, China and Macau.

"The Ipoh International Waiters Race is first of its kind in Malaysia. It is also listed in the national tourism calendar. In the early days, the Kinta riverfront was vibrant. Among the prominent early settlements thriving on the banks of Kinta River were Kampung Paloh, Kampung Ipoh and Kampung Masjid Lama. It was said that Ipoh was founded in the first quarter of the 16th century. The river was wide then and small ships were able to navigate upstream. River Walk @ Kinta Riverfront should bring back this vibrancy. Hence, we choose this spot as the race venue this year," said Raja Kamal Bashah bin Raja Abu Bakar, organising chairman of the 5th Ipoh International Waiters Race.

This upcoming 1.2-km race will begin at 7.30am. The route will pass by the iconic Gunung Cheroh. Open to individual men and women, it is divided into the following categories: Category A (Hotel – professional) and Category B (Open – restaurants, cafés, pubs, bistros, hospitality schools and the public). Top five individuals in Category A will take home RM2000, RM1500, RM750, RM500 and RM300, respectively. The top five



winners in Category B will win RM1500, RM1000, RM700, RM400 and RM300 each.

Present were Maggie Ong, chairman MAH Perak Chapter, Zuraida binti Md Taib, CEO Tourism Perak, Hj Mohd Odzman bin Abdul Kadir, President Perak Tourism Association, former mayor Dato' Haji Roshidi bin Hashim and members of the press.

The race was first held in 2013 at D R Seenivasagam Park. Competitors of the race have to complete the race as fast as possible (via speed walking only) while holding a tray on one hand until crossing the finishing line with as much of liquid and tray items intact. This year, the organisers are designing packages for participants to stay and visit nearby tourist destinations with M Bike giving a good rate for their Ipoh Heritage ride.

Interested readers must submit their application forms **no later than Sunday, April 30** to the secretariat at Syeun Hotel Berhad at No. 88, Jalan Sultan Abdul Jalil, Greentown, 30300 Ipoh or online via [www.ipohwaitersrace.net](http://www.ipohwaitersrace.net). Entry fee of RM50 per person must be paid together with the application form before Sunday, April 30. Payment method by cash or by cheque made to Persatuan Hotel Malaysia Cawangan Perak with account number 1033008797 (UOB Bank, United Overseas Bank Berhad).

For more information visit [www.ipohwaitersrace.net](http://www.ipohwaitersrace.net) or the Facebook page: *Ipoh International Waiters Race*. Readers also can call the secretariat office at **05 255 9310**.

Mei Kuan

## Exhibition @ 15 Clarke St

**15** Clarke Street is the blue shop house located at 15 Jalan Sultan Abdul Jalil, 30450 Ipoh. This row of shop houses was built by my grandfather Mr Leong Sin Nam. I had my early childhood at the corner lot which is now a hair salon.

This shop has been renovated to house the Leong Sin Nam Exhibition Hall at the 1st Floor. I have allowed YMCA Lahat Road to use the ground floor as its activity centre until the opportune time when they can purchase their own building on Lahat Road.

Please visit the YMCA website at [www.ymca-lahatroad.org](http://www.ymca-lahatroad.org) for more information about its vision and mission in Perak.

YMCA Lahat Road is willing to provide free space and a helping hand to any charity or non-profit organisation to showcase their causes and programmes which are of benefit to the local community.

Our first exhibition will be held in collaboration with Urban Sketchers (Ipoh Chapter). This exhibition will be the first event at 15 Clarke Street. There will be about 80 drawings by 20 artists on display during the exhibition. There are two workshops to get everyone started on sketching. There will also be sales of postcards, sketches and paintings. A portion of the sales proceeds will be donated to the Good Shepherd children's home.

The exhibition will held from **April 15 to 23**.

Dr Leong Oon Keong



When one moves into new premises, the basic services one expects is a phone line and internet facility. At least that's what Ipoh Echo expected. Paper work was in order and submitted for the transfer of all these facilities from our old office to the new, and we were assured that all could be done and so we waited in anticipation.

Two and a half months down the road, Ipoh Echo remains without phone, fax and Wi-Fi. One would ask, "How do you operate a newspaper without phone, fax and Wi-Fi?" The answer is, "With much inconvenience!" Ironically, TM bills continue to come with regularity.

We are not talking about some rural under-developed area where there is still no telephone line. No...we are talking about a populated urban housing estate which has a hospital (Fatimah), church, budget hotel, post office, Courts, numerous businesses and a spanking new hotel on the same street.

However, we are not the only ones suffering this fate. IpohWorld, Media Masters and Perak Society for Performing Arts (PSPA) are also in the same predicament as they occupy the premises next door.

Still puzzled as to where this 'God-forsaken' place is? We are at 153 (& 151) Jalan Dato Lau Pak Khuan, Ipoh Garden.

So, you may wonder, why don't we have these services? Your guess is as good as ours.

This is not a case of "Malaysia boleh!" This is a case of "Dulu boleh tapi sekarang tak boleh pula!" ("Before can...now cannot!")

VWSL



## Property

# New Kid on the Block – Scientex Meru

A property developer with an established presence in Johor and Melaka is expanding its operations in Perak. Scientex proudly announced its arrival in the silver state with the launching of Scientex Meru on Saturday, March 18.

It was officiated by managing director Lim Peng Jin and witnessed by members of its board of directors. According to the company's sales and marketing manager, Killy Chong the Meru project consists of 556 units of terrace and semi-detached houses and condominiums.

"It's a gated cum guarded community with a private clubhouse still under construction. The whole project is expected to complete in 2019.

"The project's proximity to a forest reserve will help create a refreshingly green and relaxing atmosphere that'll benefit its residents," she said. The 2-storey link terrace houses are priced from RM338,800 onwards.

Visitors, mainly from Ipoh, registered as early as 9am to witness the ceremony and to get more information about the development project.

Following the launch some exciting activities and games were held for the benefit of those present. They included a lion dance performance, sand art, a cash-grab game, photo booths and clown acts.

Guests were served local food and beverages throughout the day. They were entertained by two radio deejays, Baki Zainal and Jack Lim.

Scientex presently develops two parcels of land in Ipoh. One is in Meru while the other is in Klebang. The Klebang project was officially launched in January this year.

Scientex Meru is strategically located. It is within striking distance of Tenby International School, government offices and Asia's first animation theme park, the Movie Animation Park Studios (MAPS).

The public can view Scientex Meru's show houses from 10am to 6pm daily. For additional details call 05 525 2216.

Nabilah Hamudin



## Community

# Poor Emphasis on Safety



Complaints regarding the management at the Gunung Lang Recreational Park never seem to end. At first, it was about the poor maintenance of the park, now people are grouching about the lack of safety precautions taken during boat rides.

Passengers boarding the boats to get to the main part of Gunung Lang are not told to put on the life jackets provided, which are hung idly on the boat railings. There is no briefing made on safety procedures in the event of an emergency. Although each boat ride lasts no more than three minutes, it is vital to observe these safety measures as accidents can happen in the blink of an eye.

Apart from that, overloading is another safety concern. During the mid-term school holidays in March, one boat had 22 passengers on board. The figure exceeded the boat capacity of 20 passengers.

Safety of visitors takes precedence. Hence, the authorities must take appropriate actions to prevent any mishaps from happening. In view of the recent Sabah boat tragedy which resulted in deaths, this matter should never be treated lightly.

Leanne Tan

## 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*



# 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.

**Local Herbs Day: Health, Cleanliness and Remedy.** Saturday **April 8**, 9am to 1.30pm at DDK2, Faculty of Science, UTAR Kampar Campus. Featuring talks, exhibition of local herbal plants and herbal soap making workshop. Free admission. Register online at: <https://goo.gl/KnYwub>. For more information, contact: Dr Teh Lai Kuan (tehlk@utar.edu.my), Dr Tee Chong Siang (teecs@utar.edu.my) or call: **05 468 8888 ext 4454, 4501**.

**Free Public Health Talk: Understanding Wound Care** presented by Tai Clinic. Presenter: Mr Simon Lam (Wound Specialist based in Melbourne). Saturday **April 8**, 2.30pm at YMCA Ipoh. Limited participants. Refreshments will be served. To RSVP contact Ms Wu at **05 253 5737** or Cecilia at **013 438 4388**.

**Workshop on 'Silk Thread Jewellery Making'** (earrings, bangles and necklaces) organised by The Ladies' Section of the Perak Malayalee Association on Sunday **April 9** from 9am to 5pm at the PMA Hall at 14-A, Medan Istana, (opposite Gunung Cheruh Temple) Ipoh. For details and registration, call Susila Krishnan at **012 447 6706** or Sutharani at **013 510 2419**.

**'We Love Sketching' Anniversary Exhibition & Charity Event** organised by Urban Sketchers, **April 15 to 23**, 10am-5pm at 15 Clarke St., 15 Jalan Sultan Abdul Jalil, Ipoh. **Workshop 1 – Watercolour** (in Mandarin): Wednesday **April 19**, Conducted by Phang Chew. **Workshop 2 – Sketching** (in English): Sunday **April 23**, conducted by Rene Enrique. Admission free. Bring your own stuff. A portion of the sales proceeds will be donated to the Good Shepherd children's home.

**Sultan Yusoff School Batu Gajah Class of 1967 Golden Jubilee Reunion Dinner**, Saturday, **April 29**. Former students from that class who are keen on attending please make your reservations with either one of the following personnel: Gregory Wong **012 517 2858**, Dr Bhupindar Singh **012 499 6444** or Gopalan Nair **012 450 2620**.

**Hospital Fatimah Public Forum: "Dr, Do I Have A Thyroid Disorder?"** Saturday **April 29**, 2pm-4pm at Conference Room, 4th Floor, Hospital Fatimah, Ipoh. By Dr Kirubakaran Malapan, new sessional Consultant General, Breast & Endocrine Surgeon. For more information, contact **05 545 5777 ext 214**.

**Mother Teresa's Reading Shelter (MTRS) Charity Lunch 2017**, Sunday **April 30**, 11am to 2pm at Church Hall, Church of Our Lady of Lourdes, 45 Jalan Silibin, 30100 Ipoh. Vegetarian and non-vegetarian food will be served. For further details contact MTRS office at **05 241 0751**.

**Hospital Fatimah Public Forum: 'Oculoplastic Conditions in Malaysia – Visual System More Than Visual Acuity'.** Sunday **May 7**, 2pm-4pm at Conference Room, 4th Floor, Hospital Fatimah, Ipoh. By Dr Ho Shu Fen, new sessional Consultant Ophthalmologist & Oculoplastic Surgeon. For more information, contact **05 545 5777 ext 214**.

**Calling all 1976 ACS Kamparians!** We are having a 'Back to the 70s' reunion and celebration gathering on the **July 15** at Grand Kampar Hotel, Kampar. This will be a fun-filled night of reminiscing our schooldays and showing our appreciation to our teachers besides talent time, stage games, photos from yesteryears, disco, etc. Ticket price is RM120 per pax. Those interested to attend, kindly sign up before **April 30**. For more details, contact Chow **013 360 3338**, Ng CF **016 285 5939**, Ng SC **012 614 5048**, Tham **012 253 5368** or Tan **012 250 2999**.

**Free Arts and Culture Lessons.** The Perak Department for Arts and Culture (JKN 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 JKN Perak at **05 253 7001**.

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

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

**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** or **012 550 4002** Manin Singh for registration and more details.

**Free Simplified Yoga for Beginners.** Vethathiri Maharishi Yoga. **Every Saturday, Sunday and Wednesday.** Class starts at 6.45am-8am. Place: Buntong Benevolent Fund Hall, Jalan Guntong, Buntong Ipoh, Perak. Must bring yoga mat or mat itself. Please call Sivam **016 670 4285** for free lesson appointment.



## Education

## A Fitting Convocation

Perak College of Technology's (KTP) 8th Convocation, which was held at Impiana Hotel, Ipoh on Saturday, March 18, saw a total of 998 students graduating this year.

Among them was Diploma of Computer System graduate J. Joel Jabharajasingam, 26, who was diagnosed with Cerebral Palsy (CP) since birth.

Since young he had difficulty studying but that did not deter him from obtaining his diploma scroll. He currently works as a sales assistant at a shopping mall in Ipoh and has done so for over a year. His mother, T. Cicilia, 51, said her son did not have any difficulty except taking notes during classes.

"He can read and think like a normal person but he has difficulty writing. As a CP sufferer, he will have a problem with muscle coordination. Joel has problem coordinating his right hand and left leg.

"Besides writing, he also can't speak well. He can't utter a word clearly as speech and language challenges may occur due to oral motor dysfunction," said the mother of two.

Joel, the elder of the two siblings, graduated with a Cumulative Grade Points Average (CGPA) of 3.75. His ambition is to become an Information Technology Engineer.

"It's sad to see my son being rejected at over 50 interviews. I had to accompany him during interviews to convince the interviewers to give him a chance to work for a month and they can decide whether to hire him or not later," she added.

His father J. Joshua, 51, said he was overjoyed and grateful for his son's achievement despite him not given a chance to work.

"My wife and I were worried when he entered college. But he never complained. His



Best student, Seow Si Xiang



J. Joel Jabharajasingam with his parents

lecturers and friends have been very helpful to him," he said.

Seow Si Xiang, 21, who was adjudged the best student, obtained a CGPA of 3.91 in Diploma in Computer Science. Seow said it is very important to maintain a good relationship with the lecturers.

"Apart from that, you really need to focus in class and revise all the notes given by the lecturers," he said. Seow will pursue the same course at Quest University.

The ceremony was officiated by KTP chairperson HRH Raja Dato' Seri Eleena Sultan Azlan Muhibbuddin Shah. Present was KTP Chief Executive Officer, Dr Ahmat Zamri Abdullah.

A total of 718 students graduated from Sijil Kemahiran Malaysia courses and 219 from courses offered through collaboration with Universiti Teknologi Malaysia and Universiti Teknologi MARA. The remaining were graduates of diploma courses offered by the college.

Nabilah Hamudin

## SPM Round-up



Chiang Wai Cheng with his father and brother

The announcement of Sijil Pelajaran Malaysia (SPM) results on Thursday, March 16 brought laughter and tears of joy to Perak's Best Student (Disabled Category) Chiang Wai Cheng, 19, who was diagnosed with Duchenne Muscular Dystrophy (DMD).

As a person with DMD – an incurable genetic condition that causes irreversible muscle degeneration eventually leading to heart failure – it is difficult for him to study like a normal student. But with his spirit and determination got 6As and 3B+ in his SPM.

The student of Sekolah Menengah Kebangsaan Tanjung Rambutan is afflicted with the condition since he was seven. His 16-year-old brother is similarly affected by the disease.

Despite being estimated to survive until his 20s, the wheelchair-bound youth makes the best out of what he has although he used to get poor results for his Mathematics.

"Maths is my weakest subject. I depended on what my teacher taught, as my movements limit me from attending tuition classes.

"I kept learning and studying from YouTube videos two hours a day and it works. I got B+ for Mathematics," Chiang told Ipoh Echo when met at his house.

His father, Chiang Wai Marn, 51, had to quit his job as a storekeeper when his wife succumbed to breast cancer two years ago.

"I quit my job, as my two sons are my top priority. No one can take good care of them except me and my wife.

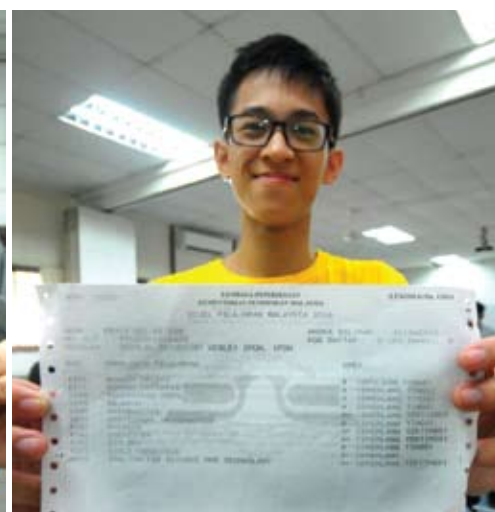
"It's not easy to raise two disabled kids at the same time. But seeing what Chiang achieved today is more than enough. I hope it'll inspire others," he said.

Chiang disclosed that besides his father, his teachers and friends were the people behind his success, as they never stopped helping him at school.

"I'm grateful to have a very supportive father who never gave up on me although I know it's difficult to handle two handicapped siblings.



Leanne Tan Li-En



Kevin Ooi Ee Zen

"Not to forget, my teachers and friends who always help me do little things like opening my lunch box and taking me to the toilet. This result is for them too," said Chiang who aspires to be an interior designer.

Chiang said he will pursue an interior design course at a local university and looks forward to the day.

Another student, Kevin Ooi Ee Zen, 18, who got 10As and considered the best student at Wesley Methodist School Ipoh (WMSI) advised SPM candidates to find suitable studying methods.

"You'll find a specific studying method on the internet, such as drawing mind maps. For some such a method might not work. It doesn't work for me either, so I do detailed notes. It works well for me. You need to find your own studying method, which is suitable for you as different people have different styles. Don't be too rigid," said Kevin who plans to do an engineering course in United States.

Leanne Tan Li-En, a top scorer with 9As in WMSI and who is currently doing an internship at Ipoh Echo, said everyone can achieve good results if they consistently do enrichment exercises and model test papers the right way.

"Besides consistently doing exercises and model test papers, I also watched educational videos and attended tuition classes. We can't do the exercises on our own, as we need someone to guide us. I get help from my teachers and friends or the internet. It works well for me.

"A big hurray to all my teachers and tutors for imparting their knowledge to me," said Leanne who is planning to further her study in the United States.

According to Perak Education Department director, Mat Lazim Idris, a total of 707 out of 32,509 candidates who sat for the SPM examination in the state scored straight As.

"There's a slight decline in the number of straight-A students in 2016, as compared to the 890 in 2015. However, there's an increase in the State Average Grade (GPN) for 2016 which is 5.17 compared to 5.22 in 2015," he announced at the Perak Education Department.

Nabilah Hamudin



## Lifestyle

By SeeFoon Chan-Koppen

# There are Gyms and Now There is the HUR Gym

Ever been to a gym and watch those buffed bodies working at the machines and felt intimidated? Ever tried hoisting a stack of weights only to have it clank down and make an embarrassing racket because it was too heavy for you? Now even the most sedentary couch potato can get to a gym and work out. At HUR gym that is.

That is exactly what I did when the HUR gym opened at the new Meru Suites in Meru Valley Resort. I am the proverbial couch potato and the prospect of struggling with most weight machines plus a shoulder injury that happened in a gym many years ago, has forever deterred me from venturing anywhere near a gym.

Now all that has changed for me and the magic word is Natural Transmission which simulates the natural function/movement of your muscles. Using pneumatic (as in air) technology and lever arms, resistance is adjusted in accordance with your muscles' natural generation of muscular force. The workload is applied more specifically to the muscles for more effective results. It mimics the natural function of the muscles.

All these favourable factors were the reasons that made me start a programme at the HUR gym. Of course, having the added incentive of being guided by resident trainer, Jonathan Thong, I discovered how easy it was to do weight training without the potential for injury and the embarrassment of making a fool of myself.

You see, every person's programme is computerised. When you arrive at the gym, you get your card out and as you work your way through the various stations you just slot in the card and the machine will adjust the resistance to your own preset limits and monitor the number of sets you need to complete. A real no-brainer. As your strength increases, Jonathan will increase the resistance and the card is recalibrated to the new limits.

HUR resistance is designed to accommodate the fact that every body is not the same. HUR's more consistent load or resistance profile reduces stress on joints and connective tissues. Start from close to zero load and increase by as little as 100g or 1kg!

The zero minimum resistance and stepless resistance adjustment of HUR machines

makes them suitable for all users. For many other brands, minimum resistance starts at several kilos (pounds) and resistance is increased in 2.5kg (5.5lbs) increments. In such cases, that all-important progression in strength training is not realised in an optimal manner and sometimes even the smallest amount of resistance can simply be too much.

I can vouch for the efficacy of the HUR equipment for making steady progress and getting strong without fear of injury. Especially for someone like me who's a walking model of age-related decline. In the three months that I have been working on the HUR equipment my strength in various muscle groups has improved significantly. There is also a very interesting station that trains your balance. For senior citizens and rehabilitation this machine is a bonus. And the wonderful part is that with all the computerisation I can track my progress regularly.

HUR equipment is particularly suited for seniors as it minimises or even totally eliminates the possibility of injury. With range limiters, it is possible to determine where a movement starts and ends, making rehabilitation safe. HUR allows older people to exercise more safely by reducing stress on joints and connective tissues

So all you couch potatoes out there, forget the weight stack machines, come to the HUR gym and get fit slowly but surely. And it's not only for senior citizens. Fitness buffs can also sculpt their bodies in a planned and deliberate way.



SeeFoon being guided by Jonathan Thong



Datin Mina Ushiana working on her abs

Improving her balance

## Arts & Culture

# A Workshop on Film Reading

On Saturday, March 18, Sharpened Word organised a film-reading workshop at the Old Andersonians' Club. The speaker was Hassan Abd Muthalib, the 'Father of Malaysian Animation'.

Hassan (Pak Hassan) is an author, a film critic and a part-time guest lecturer. He started writing at the tender age of 16 and has since published two books: "Malaysian Cinema in a Bottle: A Century (and a Bit More) of Wayang" and "From Mouse Deer to Mouse: 70 Years of Malaysian Animation". He has also acted in a number of short films and television dramas.

Despite failing his Form 5, Hassan has become successful indeed. He attributes his success to his growing years when he would read at least a book a day.

"You're a failure only if you think you are. Your success and failures are all in your hands," said Hassan.

During the workshop he engaged the audience, mainly students, in a series of mind-boggling trick questions as part of teaching them to read films.

"Go beyond what you see. This is how you understand films.

"I spent 40 years in the cinema, writing in the dark and watching lots of films. Then I discovered that Hollywood films and all those movies out there are recycling ideas. It's just that we don't realise it," said Hassan.

According to Hassan, every Hollywood film is written based on a specific format, called the six story beats. The beginning of a film depicts the world of the hero, followed by an inciting incident which spins the hero out of his normal world and the real story begins. Then complications arise, which force the hero to make choices to further raise dramatic stakes that push him even further on his journey. Then even more complications arise, which again raises the dramatic stakes and pushes the hero to a new height within the journey. Then the hero falls into a crisis, where he feels that there's no light at the end of the tunnel and that he will never be able to achieve his goals. This leads to the climax, where the hero must face the greatest obstacle in the story to reach the end of his journey.

A good film has only three criteria. First, it must entertain as everyone goes to the cinema to enjoy. Second, it must have something to say. And third, it must depict the culture of the country and the community.

"The first scene is the most important. When I watch a movie, the first shot already tells me whether the director knows what he's doing," Hassan insisted.

Charlie Chaplin and Walt Disney are acknowledged as the only two geniuses in the cinematic history. One made a film with no sound or dialogue but people would laugh and cry watching it, while another made a film with only drawings and made people laugh.



"If you want to be a writer or a director or a successful person, there are four things you must do. Number one, you must be a reader. Two, watch movies because you can learn a lot from them. Three, travel to places you don't usually go to and four, mix with people who are more intelligent than you are," said Hassan.

There are two kinds of stories found in a movie, namely, the foreground story and the background story.

Example, the movie 'Gladiator', it's not all about fighting only. The hidden message behind the movie is, there is nothing more important in the world than our family and loved ones.

To help the audience better understand the concept behind films, Hassan showed stills from the movie "The Wedding Planner" while explaining the elements of the movie.

"In the movie, there're lots of scenes shot in the park, where there're lots of trees. Then there are also scenes taken in offices and closed environments. Different environments bring different meanings," explained Hassan.

When two characters are on good terms they'll dress in same-coloured outfits.

Spirituality is represented by the colour yellow. When there's light reflected from a window on a character, it means he's spiritual.

Characters who wear dark glasses are usually the bad guys. If a character's eyeballs cannot be seen, it means he cannot be trusted.

"In the Hollywood film 'The Rock', there are five or six guys who are supposed to help the hero to kidnap people. The guy with dark glasses is the traitor," added Hassan.

When asked if the director or the script of a movie was more important, Hassan replied, "There's no film without a script. But the film is not the script, it's what the director does to the script that raises it up."

Leanne Tan





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