

Worship in its Myriad Ways

By A. Jeyaraj

Ipoh Echo had published cover stories on major religions and their places of worship in past issues and in this issue we are covering less known religions and spiritual organisations, in order that we can do justice to the myriad ways in which Ipohites choose to worship. Some groups refused to grant us interviews preferring to remain in the background while others were forthcoming and welcomed our questions and visits.

Continued on page 2



BK Charlie speaker



SJK(T) Methodist, Buntong, Ipoh – students raising their Kundalini & giving themselves a bandhan during SR Programme



Happy Mothers Day...



Adris
jewellers

*Quality, Integrity, Service
since 1935*

12D, Persiaran Greentown 1, Greentown Business Centre, 30450 Ipoh. Website : www.adris.com.my
Tel : 05-254 0984, 05-241 4992 (Please Call For Parking) Business Hours :10.30am - 6.00pm



FMM INSTITUTE PERAK

(475427-W)

We train, You gain!



Looking to enhance your knowledge and skills?
Looking to maximise your employees' performance through skills and knowledge upgrading?

FMM INSTITUTE PERAK OFFERS PUBLIC, IN-HOUSE, CERTIFICATES

In July 2017, we will be organising the following programmes:

- ✓ Certificate in Safety and Health Officer
- ✓ Executive Certificate in Human Resource Management
- ✓ Certificate in Boilerman
- ✓ Certificate in Purchasing and Inventory Management

Bring out the best in your workforce!

No. 1, Lorong Raja Dihilir, 30350 Ipoh, Perak. Tel: **05-5488660** or email: fmmperak@FMM.ORG.MY

Practices may vary but all share in service to humanity and leading moral and spiritual lives.

Jainism

Shree Cintamani Parshvanath Jinalaya Temple in First Garden is the only Jain Temple in Southeast Asia. Bharath Jassani, Trustee of the temple, informed that there are about 10 Jain families in Ipoh and about 200 families in Malaysia. The Jain population in Ipoh is about 50. The temple was built in 2002.

Jainism is an ancient religion from India that teaches the way to liberation and bliss is to live a life of harmlessness and renunciation. The aim of a Jain life is to achieve liberation of the soul.

The main festival of the temple is *Paryushana* which is celebrated for nine days during August/September. *Paryushana* means "abiding and coming together". It is a time when *sravakas* or lay people take on vows of study and fasting. They pray and meditate to increase their level of spiritual intensity. There are no set rules, and followers are encouraged to practise according to their ability and desires. The festival ends with the celebration of *Kshamavani* or forgiveness day, where everyone asks for forgiveness from each other.

The temple celebrated its 15th anniversary grandly during February and about 500 devotees participated in the two-day event. Shree Siddha Chakra Maha Poojan and Shree Siddha Chakra Yantra, two of the most auspicious pujas or prayers were conducted.

The temple is normally closed and devotees inform Bharath of their visit and the temple will then be opened for them.

Address: 15 Persiaran Bekor 4, First Garden, 30100 Ipoh.

Contact: Bharat, 016 557 4007.



Shree Cintamani Parshvanath Jinalaya

International Society for Krishna Consciousness

The International Society for Krishna Consciousness (ISKCON), also known as 'the Hare Krishna' movement, was founded in 1966 in New York City by A.C. Bhaktivedanta Swami Prabhupada. It is classified as a new religious movement and its core philosophy is based on scriptures such as the Bhagavad-Gita and Srimad Bhagavatam, both of which date back more than two millennia.

Non-sectarian in its ideals, ISKCON was formed to spread the practice of 'Bhakti yoga' (Yoga of Devotion); wherein aspirant devotees dedicate their thoughts and actions towards pleasing Supreme Lord, Krishna.

Para Brahma Das, Temple Chairman Ipoh Branch, said that about 40 families actively participate in the celebrations of the temple. The core activity is to teach, train and disseminate philosophy as presented in Bhagavad-gita. Classes are conducted every Sunday for children and adults and about 40 people attend.

Once a month devotees visit schools and give talks on morality and spirituality and provide meals.

The main festival is *Jaganath Ratha Yathra* celebrated in September. The festival includes Bharartha Natyam (cultural dance), *bajans* (religious songs), talks and exhibition. At night there is a chariot procession.

ISKCON runs Hare Krishna Food for Life Centre in Buntong. Free vegetarian lunch is served daily except on Sundays.

Address: 15H, Jalan Lang, Rifle Range, 30000 Ipoh.

Contact: Para Brahma Das, 019 982 6720.



International Society for Krishna Consciousness



Bahai New Year

Baha'i Faith

The Baha'i Faith is a monotheistic religion which emphasises the spiritual unity of all humankind. Three core principles form the basis for Baha'i teachings and doctrine: the unity of God which states that there is only one God who is the source of all creation; the unity of religion, that all religions have the same spiritual source

and come from the same God; and the unity of humanity, that all humans have been created equal, coupled with the unity in diversity. According to the Baha'i Faith's teachings, the human purpose is to learn to know and to love God through such methods as prayer, reflection, and being of service to humanity. The Baha'i Faith was founded by Bahá'u'lláh in 19th-century Persia.

V. Vijayasekaran, Chairman of Spiritual Assembly, said that Baha'ism has a nine-member council at national and state levels. In Ipoh there are about 300 followers of the faith. They do not have a temple in Ipoh and meet at Baha'i centres.

Their main event is a three-day Winter School programme normally held in December. Last year more than a thousand participants attended the programme held at Poi Lam School. During this event followers come together to pray, listen to religious and motivational talks and share their experiences.

The Baha'i calendar, called the Badi' calendar (*badi'* means wondrous or unique), is a solar calendar with years composed of 19 months of 19 days each (361 days) plus an extra period of "intercalary days" (inserted in the calendar to make the calendar year correspond to the solar year)

The Nineteen-Day Fast is a nineteen-day period of the year, during which members of the Baha'i Faith adhere to a sunrise-to-sunset fast. The fasting is done during the month of February and their new year *Naw-Ruz* or New Day is celebrated in March after the fast.

For further information call Vijaya Segaran, 012 523 6097.



Bahai New Year Malay dance

... Continued on page 6





IT'S GETTING COSTLIER BY THE DAY

The weekly adjustment in petrol prices is not making things any easier.



I was at my favourite *mee goreng* (fried noodles) stall along Jalan Yang Kalsom recently and, as I always do, ordered a plate of *mee goreng*.

And as a form of goodwill I placed an order for a packet of mee rebus, packed the usual way. I have been patronising the stall since 1988 when I was posted to Ipoh upon assuming command of the Ranger battalion at Camp Syed Putra.

A huge fan of wok-fired *mee goreng* and *mee rebus* (the Mamak variety), I had, until then, been frequenting a particular stall at Padang Browne in Penang to have my fix. This came to a halt when my wife introduced me to Ibrahim, the owner of Cathay Mee Stall, at the *kopitiam* opposite the Jalan Yang Kalsom traffic lights. Ibrahim bowled me over and I have been his *numero uno* fan ever since.

Today, Ibrahim's son has taken over the running of the stall from his ailing father. Business is unusually brisk. The stall opens at noon and closes at around 8pm when everything on the shelves is sold. If you come around lunchtime don't dream of getting your *mee goreng* on time. A heavy-set lady assistant, who doubles as a cook, will politely tell you to wait if you insist on your plate of *mee goreng* at double-quick time. "Sorry Pak Cik, mee goreng kena tunggu satu jam. Mee rebus dan rojak okay" (Sorry, uncle. You've to wait an hour for *mee goreng* but *mee rebus* and *rojak* okay).

Niceties aside, the objective of my introduction to fried noodles is to highlight the escalating cost of living and how it has impacted Malaysians in a big way. Reality has a way of hitting you squarely in the face when you least expect.

The bill for my late afternoon lunch came to RM11. That was the cost of two plates for noodles, one eaten on the spot and the other *ta-pau* (packed). Back in 1988 a plate cost only RM1.50 now it is RM5.50. Coughing out RM11 may not mean anything to some but to a daily-rated labourer or a lowly-paid clerk, down on his luck, the amount is considered astronomical. He or she may skip eating *Mamak mee* altogether. Even the

popular Maggi instant noodles now costs RM1 a packet from its erstwhile price of 30 sen. Things are definitely not cheap anymore.

Let's take Ibrahim's *mee goreng* for example. It cost RM4.80 a plate in December 2016 but it is RM5.50 today, an increase of 70 sen barely four months into the New Year. You may think it is ridiculous but it is the same scenario at all food courts in the city. Cost of cooked food has gone up by at least 20 per cent, across the board.

And what contributes to this imbalance? There are a number of reasons. The oft-quoted ones by stall or restaurant owners are: the imposition of GST (Goods and Services Tax), depreciating value of the ringgit, business too competitive and prices of ingredients have spiralled out of control. Some have even pinned the blame on an insensitive government which is more biased towards corporations and big businesses while ignoring the plight of the ordinary folks in the streets.

The weekly adjustment in petrol prices is not making things any easier. Since the new pricing system took effect on Thursday, March 30, prices of goods and services are going up in tandem with the price change. This caused many to question the methodology used in determining the price adjustment. When crude oil price is heading south, petrol and diesel prices are going up. There is something wrong with the pricing mechanism.

Price change is not confined to food alone. My other favourite stop is the DIY (Do It Yourself) shop on the way to my house. I stopped by the shop recently to buy an LED bulb. It cost me RM14 a piece. A week later I stopped by the same shop and bought a similar bulb. It cost me RM15.50 this time around. I asked why the sudden change and the answer I got was a dead ringer, "The bulb is an imported item." How is one going to know whether the item he or she buys is imported or made locally? Unless you ask. And how many of us bother to question the seller's wisdom other than to swallow everything – hook, line and sinker.

A recent survey by a media agency ascertained the declining value of our battered ringgit vis-à-vis the Singapore dollar. Fifty Singapore Dollar (S\$50) spent at a Johore Baru supermarket got the buyer some 17 household items while Fifty Malaysian Ringgit (RM50) spent at the same supermarket got the buyer only nine items. Says plenty about the worth of our ringgit.

Community

Live-firing Practices

The 2nd Malaysian Infantry Brigade organised a goodwill programme with the media featuring live-firing practices on Tuesday, April 25 at the Camp Syed Putra rifle range located below the iconic Gunung Panjang.

Attended by over 30 members of the media, everyone received a goody bag containing a brown camouflage T-shirt and a military bulletin each.

"This being my first programme after taking command of the brigade in February, I am honoured by the turnout. We'll make it a memorable occasion. Perhaps next year we can organise 'A Day with 2nd Infantry Brigade'. Programmes can be jointly organised, as our way of reaching out to the people," said Brig-Gen Datuk Mohd Nizam bin Hj Jaffar, the brigade commander.

"Even though we've been here for quite some time but we seem to be on our own. It's time for us to reach out to you guys. We can meet at a common point which will be beneficial for both of us. Today, we'll share the experience of using our firearms," the 51-year-old brigadier added.

"For your information, our ongoing community programmes include repairing dilapidated homes, offering free health checks for rural residents, assisting governmental agencies in flood relief operations and conducting search and rescue," he remarked.

Army humvees and snipers in ghillie suits in action during the opening gimmick became instant favourites for Instagram-worthy selfies. The army battle cry was equally admirable.

Participants got the opportunity to handle and fire the American-made Colt M4 5.56mm Carbine, a standard-issue assault rifle currently in use by the Malaysian Armed Forces. The live-firing practices began with snap shooting of 11/59 targets at a distance of a hundred metres within one minute. This was followed by falling plate and balloon shooting competitions.

Ipoh Echo's team of soldier-wannabes, Emily, Leanne, Luqman, Mei Kuan, Nabilah, Ong and Rosli took up the challenge firing on cue from a prone position. Their luck was mixed. However, Emily and Luqman were part of the winning falling plate team. They won a hamper for their stellar effort in shooting down all upright plates within the shortest time possible.

The morning outing ended with a game of Frisbee and a guided tour of the camp's survival village located nearby. Drinks and food, consisting mainly of army composite rations, were eagerly consumed by the hungry participants.

Mei Kuan



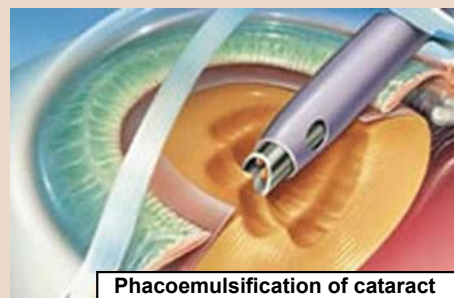
EYE HEALTH — The Day of Surgery

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about what happens on the day of cataract surgery.

On the day of the cataract surgery at the hospital, do ensure that you **do not** have any facial **makeup, eyeliners, cosmetics or powders** of any kind. Have a **thorough hair-wash** and shower on the morning of surgery. The **face especially should be washed well** with a mild soap. Similar proper hygiene will have to be practised even during the healing phase after the surgery.

The first thing that will be done when you enter the hospital is **instillation of eye drops to dilate the pupil**. In the operation theatre, the area around your eye will be cleansed with a mild **antiseptic** followed by draping of the area surrounding the eye to be operated. In Malaysia, just as in the United States and the UK, the majority of cataract surgeries are performed by the phacoemulsification technique. The entire operation usually takes about 15 to 20 minutes and is relatively painless although a mild discomfort may sometimes be felt. You may choose to stay awake during surgery (**local anaesthesia**), while some others may request not to be awake during surgery (**general anaesthesia**). Either way, the surgical technique is the same. You will not have to worry about holding your eyelids open during the eye surgery because an instrument (**eyelid speculum**) will keep your eyelids open. Patients undergoing eye surgery under local anaesthesia will be able to see a bright light from the operating microscope that is used and movement of instruments during surgery.

Cataract removal and IOL implantation



Phacoemulsification of cataract

are then **sucked out** through the probe.

An artificial lens (**intraocular lens or IOL**) is then implanted into the eye. The IOL is a soft lens and will unfold in the eye as shown in the (*photo on the right*). After the operation, an **eye pad** and or eye shield will be placed over your eye and you will rest for a while before proceeding home.

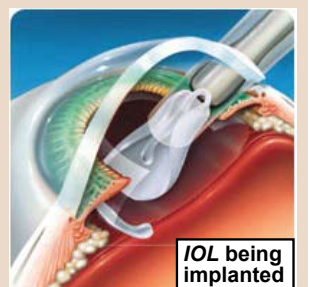
Since you will not be able to drive, make sure you make arrangements for someone else to drive you home. The eye pad will be removed the following day. Remember **not to wet the eye**. If you are put on an eye shield instead of an eye pad, you may be asked to instil eye drops regularly on the same day after cataract operation. Remember to follow all instructions given to you after the operation.



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

The cataract surgery procedure is called phacoemulsification. It was introduced in 1967 by Charles D. Kelman, an American ophthalmologist (1930-2004).

During the surgery, a **very tiny incision** of 2.2mm to 2.75mm (depending upon surgeon's preference) is made on the surface of the eye between the cornea (clear transparent part) and the sclera (white part of the eye). A thin **phaco probe** is inserted into the eye to break up the clouded cataract lens (*photo on left*). The tiny cataract pieces



IOL being implanted

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

PUBLISHER

Ipoh Echo Sdn Bhd
(Regd No 687483 T)

153 Jalan Dato Lau Pak
Khuan, Ipoh Garden, 31400
Ipoh, Perak Darul Ridzuan.
Tel: (605) 543 9726
Fax: (605) 545 0350
Email: editorial@ipohecho.com.my

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION MANAGER

Deanna Lim

REPORTERS

Ili Aqilah Yus Amirul
Tan Mei Kuan
Nabilah Hamudin
Leanne Tan

PERMISSION AND RE-PRINTS

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

PRINTER

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

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):

05 2451 072 (CCC)

05-2451500 (District)

05 2451 222 (Operator)
999 (emergency)

Ipoh General Hospital:

05-208 5000

993 (emergency)

Ipoh Fire Brigade

05-547 4444/994

(emergency)

Perak Immigration Dept

05-5017100

Perak Water Board

05-254 6161

1800-88-7788

Ipoh City Council

Hotline: 05-255 1515

General: 05-208 3333

Perak Anti-Corruption

Agency: 05-526 7000

State Secretariat

05-253 1957

Railway Station

05-254 7910

Airport: 05-318 8202

Registration Department

05-528 8805

Tenaga Nasional Berhad

05-208 8000

Directory Service: 103

Perak Women for Women

Society

05-546 9715 (office)

AA Ipoh

019-574 3572

017-350 8361

To Advertise

IPoHecho



Deanna Lim

016 501 7339

Do not take health and safety for granted

On April 17, two workers died inside a manhole in front of the Angsana Mall Shopping Centre, in Jalan Hospital, Ipoh. It is alleged that one worker descended into the hole to retrieve his equipment, and fell unconscious because of a lack of oxygen. When his partner saw that he had fallen down the hole, he quickly descended into the manhole, in an attempt to rescue his friend, but he too, fell unconscious. It was a tragedy that was entirely preventable.

Did these young men die because they were careless and failed to adhere to health and safety rules? Or did the company not have health and safety guidelines for working in confined spaces?

Poisonous gas can be odourless, colourless and in most cases, invisible. In the oil and gas industry, workers who have to clean up storage tanks, enter confined spaces, or work in an area which may be filled with gas, have to be properly suited with breathing apparatus and other protective equipment, to ensure that they do not inhale noxious fumes or suffer the effects of gas poisoning.

The same health and safety precautions are also observed outside of oil and gas, by those who work in the sewers, sewage treatment facilities, septic tanks, water works, sanitation industries, or farms with manure storage tanks.

Any company which carries out work in these fields, must have proper safety procedures for its staff. Failure to follow the rules, will result in serious injury, and in some cases, death.

It is not good enough to have a manual sitting in the room of the operations manager, or the site supervisor. Have the workers been adequately trained for working in confined spaces? Has the company a safety plan for working in such areas?

It was reported that one of the victims, 27-year-old Mohamad Nur Syafiq Mohamad Naser, from Taiping, was working part-time for the company, and had been called out because of a staff shortage.

As he was only a part-time worker, had he been trained? Or was training restricted to full time workers? This is something which Mohamad Nur Syafiq's family will have to find out, from the company.

Investigators, who have to lodge an official report with the department which handles accidents at work, must identify whether the company had been negligent, or the workers had been lax.

The investigators will have to ascertain if the company had identified and posted the possible confined space hazards, how to test for dangerous levels of gas, how to don breathing apparatus and protective gear, confidently use the gas monitors, as well as be given detailed instructions on what to do if one worker passes out and has to be rescued. In addition, the investigators must also find out if there is a refresher programme for the supervisors and long-term staff at the firm.

In Malaysia, we take health and safety at work for granted. It is not our problem. People tend to switch-off at the mention of health and safety. They lose interest and only become concerned when a loved one has died, or their company is being scrutinised.

It happens in our everyday lives, even in the most mundane circumstances. When a pavement is being repaired, there must be adequate signs to warn pedestrians of potential trip hazards, or that workmen are in the area.

If scaffolding has been erected on a building for remedial work, do the contractors build a covered walkway so that pedestrians can walk along the pavement safely, without risk of tools or debris falling on their heads? Is there netting around the scaffolding to ensure that loose items do not fall onto passing vehicles or people?

If the construction area is beside a road, has the nearest lane to the site, been blocked off, to protect the vehicles which drive past?

Do you recall the tragedies in other parts of Malaysia, involving cranes or metal parts which fell from a crane, onto cars and crushed its occupants? Were the safety procedures of securing the crane properly adhered to, or had shoddy equipment been used, which subsequently



THINKING ALLOWED

by Mariam Mokhtar

failed and caused the accident? Did the supervisor, or site manager, ensure strict adherence to the rules?

When will Malaysians change their mindset about safety at work? It is the same with Malaysians and hygiene. They patronise dirty restaurants because the food is good and cheap.

They ignore the dirt and the unsafe practices, like workers failing to wash their hands after going to the toilet, workers

washing vegetables and dirty dishes near the toilets and workers cooking and handling food, even if they have a cut or diarrhoea.

Malaysians only act once they have fallen ill. Likewise, we only seem to consider health and safety at work, once someone has been seriously injured, or has died. Will our mindset ever change? Or will it take several more deaths to make us come to our senses?

CHILD HEALTH

Dr Shan Narayanan

Consultant General Paediatrician, Hospital Fatimah

AUTISM SPECTRUM DISORDER (ASD)

The month of April is Autism Awareness Month. Thus it is only appropriate to discuss this condition that continues to be a puzzle.

What is ASD

Autism Spectrum Disorder (ASD) is characterised by:

- Persistent deficits in social communication and social interaction across multiple contexts;
- Restricted, repetitive patterns of behavior, interests, or activities;
- Symptoms must be present in the early developmental period usually recognised in the first two years of life;
- Symptoms cause clinically significant impairment in social, occupational, or other important areas of current functioning.

What are the signs and symptoms of ASD?

Symptoms of ASD vary from one child to the next, but in general, they fall into two areas:

- Social impairment, including difficulties with social communication
- Repetitive and stereotyped behaviours.

Children with ASD do not follow typical patterns when developing social and communication skills. Parents are usually the first to notice unusual behaviours in their child. Often, certain behaviours become more noticeable when comparing children of the same age. They may also have associated sensory issues, sleep problems and seizures.

What is the cause of ASD?

Scientists don't know the exact causes of ASD, but research suggests that both genes and environment play important roles. In USA it is estimated that 1 in 68 (March 2014) children have ASD. In Malaysia, the prevalence is about 1 in 625 children.

How is ASD diagnosed?

ASD is diagnosed in two stages:

Stage 1

Screening for Autism at 18 months and 3 years during well child check up. Children who are suspected of having ASD are referred to the paediatrician for further assessment.

Stage 2

A comprehensive assessment by a child development team that includes a paediatrician, speech therapist, occupational therapist and a psychologist. A diagnosis is then made.

How to help the child with ASD?

ASD is a disorder and not a disease thus there is no cure. However it can be managed well. As soon as a diagnosis is made, the child is sent for Early Intervention. Early Intervention involves speech therapy, occupational therapy and teaching activities at the proper developmental level for the child in a small group. The teaching is reinforced repeatedly. Parents are also trained on how to deal with their child. During school years an appropriate school based programme is used. Some of the children with ASD can school in mainstream schools.

When the child is taught appropriately, it reduces ASD symptoms and increases their ability to grow and learn skills.

What is the long term?

The long haul is with the parents and the family. Parents need support and training on how to deal with a child with Autism. It can be physically and emotionally exhaustive thus support groups play an important role.

The long term outcome of the child depends on the severity of the ASD and the training and support the child receives.

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





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

SeeFoon Challenges Chinese Held Belief on Pork

Pictures by Tan Mei Kuan

Chinese Foodies of my acquaintance have generally clung to the belief that pork-free restaurants are somehow lagging behind in the taste department when compared to their pork-serving counterparts and that a Chinese meal without pork is like cooking without soya sauce.

Well here in Ipoh, the Yuk Sou Hin at the Weil Hotel has consistently proven them wrong and now with the new Chef **Chong Chee Yee** at the helm of the revamped Chinese restaurant at the **Kinta Riverfront Hotel**, renamed **Zui Xin Lao Seafood Restaurant**, the myth of pork-free Chinese not being good enough will be shattered even further.

Chef Chong Chee Yee who hails from that 'altar' of Chinese gastronomy in Ipoh, Overseas Restaurant in Greentown, will soon be winning over pork-free naysayers (as well as our Muslim friends) and have them flocking to Zui Xin Lao for his delectable cuisine.

On entering the restaurant, one is immediately struck by the bank of fish tanks on the right, an aquarium of blue, each housing its captive catch, 'tualang' prawns or Udang Galah, medium sized abalone, medium sized Turbot flounder, Dragon tiger Garupa or Loong Fu Pan, large Patin fish, Tilapia and Canadian oysters. The variety of fish changes regularly depending on availability but they are all live.

I went on two separate occasions and had the opportunity to sample their signature dishes the most notable of which were two which I will describe first.

The **Baked Tilapia** arrived encrusted in its thick blanket of salt and the crust cracked open at the table. Because the Tilapia had been sitting in its own tank of clean oxygenated water for a few days, there was nary a taste of muddiness to the fish and the fish was baked to just the right degree of 'doneness'. The only thing I would have asked for would have been some virgin olive oil to drizzle over the fish (as I had in years past when eating this same dish in Italy) but as it's not the Chinese custom to use virgin olive oil, I desisted! Our Tilapia for 10 people was **RM132**.

The next two claypot specials are also signature dishes, with the only difference being the choice of meat. On one occasion I had the **Lamb Brisket Clay Pot**, a brimming simmering claypot chockful of lamb chunks, bean sheets and water chestnuts, and served with the most well-blended *Fu Yu* sauce. Now there is *Fu Yu* (preserved Chinese white bean curd or what some call Chinese cheese because of its distinctive fragrance and texture) and there is *Fu Yu* and the one used here is obviously top quality. Mixed with garlic, scallions, sesame oil and whatever else the Chef puts in, the sauce lifts the broth and the meat chunks to superlative heights, without which the claypot would be just plain mutton soup. Another option is to have the chicken and duck meat combination in the same umami broth. Tong Hou or Chinese Chrysanthemum greens are served raw for cooking in the broth after the meat has been fished out. **RM45** for a small claypot enough for 5.

The **Hakka Siew Chao** was light and had good 'wok hei' (wok spirit), a diced mix of *Tsoi Po* or preserved Daikon radish, long beans, slivered almonds, firm tofu, mushrooms, chilli and dried prawns, served with lettuce cups – **RM39**.

The **Yin Yang Fried Rice** deserves praise as it is an interesting departure from the usual run-of-the-mill fried rice which I usually avoid. Here, the Chef mixes his own 'Fan Chiew'; just as my grandmother would inadvertently produce when the rice which had been cooked over fire (none of your modern day rice cookers then) for just a bit too long and the bottom of the rice pot would have a slightly baked crispy layer, with fresh cooked rice and fries up a storm with the usual garnitures. The surprise crunch of the crispy bits of rice juxtaposed amongst the moist fluffy grains was interesting and delectable to boot – **RM39**.

Their **Kwai Fah Meen** was unusual. Thin egg vermicelli was stir fried with salted egg yolks, fresh egg, slivered carrots, bean sprouts and crab meat in the style of the famous *Kwai Fah Tse* (sharksfin which is no longer politically correct PC to order) and served with lettuce cups for wrapping – **RM44**.

Stewed **soft bean curd squares** served in a thickened soya based sauce with Chinese marrow and shimeji mushrooms was beautifully umami. **RM3 each** with a minimum order of 4 pieces.



The **Garoupa Fish Head** in clay pot is worth coming here for in addition to all the other temptations. Thick chunks of very fresh Garoupa fish head, first deep fried and braised in a dark soya sauce with scallions and ginger till caramelized and each piece with its thick umami coating was heaven on the tongue – **RM40**.

We were then persuaded to try the **Live Udang Galah or River prawns**. The Chef's special recipe called for grilling the prawns which were in the shell, butterflied, topped with a cheese and tomato sauce with Shimeji mushrooms, broccoli and cauliflower florets; which I had initially felt to be too 'wannabe' western but which to my surprise turned out to be delectable. **RM121** for 4 medium/large prawns.

I was told that they could do the same for the **oysters from Canada** at **RM17 per piece**.

As for Chinese desserts, I usually avoid them, not having ever developed a sweet tooth but here at Zui Xin Lao, I have to admit to a new found passion for three of them: their **coconut custard cream** served in a whole coconut where you get to scoop out the young coconut meat **RM13**; their **purple sweet potato balls** coated in fresh grated coconut with a pandan lotus paste filling. **RM2 each ball**. And their **steamed Almond and Egg white custard**, velvety smooth almond custard, that glides down your gullet faster than ice cream – **RM9**.

I will certainly recommend Zui Xin Lao to my prejudiced friends to take a new look at pork free dining. Call the amiable Restaurant Manager Cheng Choy Peng for any other recommendations.

Starting with a new promotion to introduce the restaurant, they are offering lunch sets at RM138 nett for 4; RM268 nett for 7 and RM380 nett for 10 from 11.30am till 2.30pm from April 25 to June 24. So gather your friends and take advantage of this offer. A lot of the dishes I have described here are also listed on the lunch menus. An added bonus is the Live River Prawns which are available at RM15.90 nett for a minimum order of 4 when ordering any of the above set lunches.

Zui Xin Lao Seafood Restaurant (Pork Free)

Kinta Riverfront Hotel and Suites

Jalan Lim Bo Seng

Tel: 05 245 8888 (hunting line) 05 245 8818

Manager Cheng Choy Peng: 017 780 1207

Worship in its Myriad Ways . . . continued from page 2



BK Charlie talk

Brahma Kumaris

The aim of Brahma Kumaris is to serve the public by teaching meditation and to impart moral and ethical knowledge. Their commitment is to help individuals transform their perspective of the world from material to spiritual. It supports the cultivation of a deep collective consciousness of peace and the individual dignity of each soul. Brahma Kumaris is the largest spiritual organisation in the world led by women.

It was founded in 1937 in India by Brahma Baba, formerly known as Dada Lekhraj Kripalani, who had a series of visions depicting world transformation.

Brahma Kumaris Malaysia was established in 1981 and courses on meditation and living skills are offered free of charge as a service to the community. They regularly organise lectures, exhibitions, workshops and seminars on topics related to self-development, positive thinking, stress management, values education, self-management and leadership training.

V. Revathy, Centre Co-ordinator, said that about a hundred people attend their functions regularly. They conduct a seven-day preliminary introductory course about their teachings for those interested in joining the group.

Public talks are organised when local and foreign speakers are available. Many people have benefited in terms of building character, regaining peace of mind, increasing concentration power and enhancing self-confidence.

Their next event, 'Simple Living High Thinking', will be held on May 2 from 6.30pm to 9pm at Tower Regency Hotel (see the announcement on page 12).

Address: 1 Persiaran Kin Mee, Taman Kin Mee, 31400 Ipoh.

Contact: Revathy, 017 557 5770.

Sahaja Yoga

Sahaja Yoga is a method of meditation which brings a breakthrough in the evolution of human awareness. It was created by Shri Mataji Nirmala Devi in 1970 and has since spread all around the world.

In Shri Mataji's own words: "Global unity of mankind can be achieved through this awakening that can occur within each human being, so that transformation takes place within us. By this process a person becomes moral, united, integrated and balanced. 'Know thyself' is the main theme of all the scriptures – it becomes evident and one reaches the absolute understanding of oneself."

Sahaja Yoga is not only the name of the movement, but also the technique the movement teaches and the state of awareness achieved by the technique. The movement teaches the belief that self-realisation through *kundalini* awakening is a transformation which can be experienced in the central nervous system and results in a more moral, united, integrated and balanced personality.

Lau Kai Leong, spokesman for Sahaja Yoga said that the group was started in Ipoh during the mid-nineties and there are about 30 members.

Lau said that they conduct free yoga meditation classes on Sundays for newcomers. The course runs for 18 Sundays. Upon completion of the course, members can attend collective meditation practice every Saturday.

Lau said that last year they gave self-realisation (SR) talks to students in Tamil Schools and this year are planning to give talks to students in Chinese schools. They set up booths during Wesak and Thaipusam and inform visitors of their practice.

Address: 58A, Lebuhr Bercham Selatan, Taman Desa Bercham, 31400 Ipoh.

Contact: Ms Christine, 016 565 9998.



SR Programme at SJK(T) Mahathma Gandhi, Sg Siput

News

The 69th Courts in Malaysia



One of the leading companies for electrical goods and furniture has expanded its branches when the 69th Courts was open for business on March 30 at Jelapang Square.

According to Dolf Posthumus, the chief executive officer for Courts, the recently-opened branch is a testament that Courts will keep on expanding its network all over the country including in Sabah and Sarawak.

"This the 69th Courts in Malaysia and the 6th store in Perak. We are looking forward to opening more branches in Perak including in Teluk Intan, Kamunting, Sitiawan and Kuala Kangsar," said Posthumus.

He added that over 1500 products are on display at the new branch where visitors will get to enjoy good promotions and discounts. Aside from purchasing items at Courts, customers are also provided with a special cleaning service on certain purchased products such as sofas, carpets and mattresses.

Representing Team Keris Berhad (TKB), the official developer of Jelapang Square is its Sales and Marketing Director, Chong Sook Fun.

"Aside from Courts, we also have a few other brands coming in to open their stores here such as, Magicboo, Old Town White Coffee and Starbucks coffee; complete with a drive-through. This Starbucks outlet will be the second in Ipoh to offer a drive-through service," added Sook Fun.

Luqman Hakim

Blood Donation Campaign



In conjunction with the 210th Police Day, the Lions Club of Ipoh Host, Federal Reserve Unit (FRU) 5 Ipoh, Blood Bank Hospital Raja Permaisuri Bainun and Kinta Medical Centre jointly organised a blood donation campaign at the FRU hall in Sungai Senam on Tuesday, April 4.

The objective of the campaign, according to the President of the Lions Club of Ipoh Host, Emily Kong Phooi Lai, was to raise awareness on the importance of blood donation, and with the fasting month fast approaching, there will be blood shortages at hospitals.

Apart from the campaign, the club also paid a visit to Tadika Kemas FRU 5. Educational materials were donated to the kindergarten, and goody bags were distributed to the children.

Due to overwhelming response, the blood donation campaign will be held annually.

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



Lifestyle

Glitz and Glam for Birthday Bash



When Ipoh's leading fashionista has a birthday bash, you can bet your sweet soul that it'll be scintillating, sassy and sumptuous.

And so it was when Calvin Li threw a party for his wife Kwong Yue Chen's birthday, at Citrus Wine and Dine recently.

Mellifluous music from a 4-person live ensemble captivated me as I entered and I was immediately enthralled by the sight of an exotic fantasy in this top floor private room of Citrus.

Mix brilliant blooms flown in specially from S. Africa and chosen by Yue Chen; life-like faux birds in multicoloured hues perched on table arrangements; delicate bird cages scattered in calculated random intervals; gold gilded chairs with flower bouquets attached; gold sequined table cloths and a veritable tableaux of Arabian Nights cum tropical jungle awaited a select group of guests.

The birthday girl herself, Yue Chen, dressed in Roksanda Ilincic (a Serbian designer based in London) looked positively radiant as she welcomed friends and relatives. Radiating her theme of 'Foxy Forties' Yue Chen said of the choice of theme, "I feel it's a time when a woman is at her sexiest."

The buffet spread, curated by Ipoh's own 'Molecular' Chef Simon Lee and served by wife Erica Kok and her team, was superlative as usual and included fresh shucked oysters (which as everyone knows, are renowned for their aphrodisiac qualities!)

As the wine flowed and the music provided by De Fusion Band a 4-member group consisting of keyboardist Alex Oong; Saxophonist Foo Cheong Lin; Violinist/Erhu Ng Sue We and Double bass/Cello Liew Soon Yee played, guests actually got up to dance led by Dr Chakr Nagara and his wife Lisa followed by Dr Tan Chin Yong and his wife Lim Pui San, the four of whom I hear on the grapevine, have been taking ballroom dancing lessons in the gym at the newly-opened Meru Suites in Meru Valley Resort. And a creditable performance they gave too I might add.

All in all a wonderful evening.

SFCK



Wellness

By Nabilah Hamudin

The Bane of the Modern Woman: Endometriosis, the Perplexing Disease



DR. USHA DEVY
MD (UKM), MOG (UKM), FRCOG (LOND)
CONSULTANT OBSTETRICIAN
& GYNAECOLOGIST

Dr Usha Devy Athithan, a Consultant Obstetrician and Gynaecologist and no stranger to Ipoh, has worked as an O&G Specialist in KPJ Ipoh Specialist Hospital since 1994. Dr Usha was previously attached to several hospitals including Pulau Pinang Hospital, Kuala Lumpur Hospital, UKM, Leicester Royal Infirmary in the United Kingdom and Hospital Raja Permaisuri Bainun in Ipoh. She wants more women to be aware and be informed about Endometriosis, the condition she refers to as the bane of the modern woman.

She views the trend in the disease being increasingly detected in younger age groups worrying and says "Endometriosis used to be commonly detected in women aged between late 20s and 40s but now the patients diagnosed with endometriosis are younger. In fact, I recently had a patient aged 15 with the condition", she shared.

While many Malaysian women are unaware of this condition, Dr Usha explained that Endometriosis is one of the most common gynaecological problems. "It occurs when endometrial tissue that normally lines the uterus, is found outside the womb. The common sites are the ovaries, fallopian tubes and the ligaments that support the uterus and other possible sites, such as the bladder, bowel and vagina," she clarified.

When asked for the causes of the disease, she acknowledged that Endometriosis is one of the most puzzling diseases, often referred to as a "disease of theories". Amongst the speculated theories, and most commonly accepted, are retrograde menstruation (when some menstrual fluid flows backward into the fallopian tubes rather than into the vagina), presence of ectopic endometrial tissue at birth or a combination of both theories, she emphasised.

She revealed that about 10 to 20 percent of the female population are actually affected and the common symptoms are severe pain before and during menstruation, pain during sexual intercourse, heavy and irregular bleeding, intensified cramps during bowel movements (especially during menses) and infertility.

"This is why it's the bane of the modern woman because nowadays, women are getting married later and having children later too and Endometriosis is a very common cause of female infertility," she said. In fact many a time endometriosis is diagnosed when the patient comes seeking treatment for infertility.

How do you diagnose Endometriosis? The answer is through a procedure called laparoscopy (key hole surgery). Laparoscopy must be done to confirm when the clinical index of suspicion is high. Once it is confirmed, treatment will be administered and it can be through surgery, hormonal or anti hormonal therapy.

The hallmark of treatment would be to provide pain relief, halt the progression of disease, restoring fertility and preserving reproductive function for the future.

The approach to treatment would be determined by the patient's age, her desire to conceive and stage of the disease. There are medical and surgical treatment options. Surgical options are conservative or non conservative.

The mainstay of medical treatment is to stop menstruation i.e. to create a pseudo pregnancy or pseudo menopause state. These include the use of oral contraceptive pills, progestogen choices, Danazol and injections which are GnRh analogues. These are not without side effects amongst which are weight gain, hirsutism, acne, voice change and osteoporosis of the bones.

"Conservative surgery is designed to preserve the ability of a woman to become pregnant and bear children in future. It focuses on removing individual foci of Endometriosis and clearance of adhesions which the gynaecologist accomplishes through the use of laparoscopy."

"Non-conservative surgery provides sustained relief for Endometriosis where it includes removal of the uterus and both fallopian tubes and ovaries (total hysterectomy with bilateral salpingo oophorectomy). These methods may prevent the recurrence of Endometriosis, but they also leave the patient unable to bear children and in a permanent state of menopause. However, this measure is undertaken only to relieve a woman of severe pain after all other options have failed, and she is beyond child bearing age," Dr. Usha clarified.

Dr Usha stressed that the best decision is an informed decision as endometriosis affects different women differently. "A woman must know what she wants and the options available to her. She can then make her choice with the advice from her gynaecologist."

To those women wishing to conceive and who do not get pregnant after six months of trying and have symptoms of endometriosis, Dr Usha advises them to seek gynaecological attention early.

"Please don't think it's normal to have painful periods, and the other symptoms stated above. Don't just dismiss it and accept it. The strange thing about Endometriosis is that the severity of the disease is not an indication of fertility. Age is an important factor. Since the biological clock is ticking away, women must seek consultation early. Addressing the problem earlier will ensure a higher chance of pregnancy," she advised.

Dr Usha Devy Athithan Consultant Obstetrician & Gynaecologist
Suite No 1-15 KPJ Ipoh Specialist Hospital
Jalan Raja DiHilir, 30350 Ipoh, Perak
+605 240 8777 ext 8515/8516 +605 255 8515

www.ipohecho.com.my

IPOHecho
WE HAVE MOVED TO:

153 Jalan Dato Lau Pak Khuan,
Ipoh Garden, 31400 Ipoh,
Perak Darul Ridzuan.

Tel.: 05 543 9726

Fax: 05 545 0350

Community

Fund Raising for Mother Teresa's Reading Shelter

Want to have a little bit of Country, a little bit of Rock n Roll or perhaps a little bit of Jazz n Soul? Look no further and mosey on over to Denis Jazz Bistro where everybody knows your name.

Tucked away in a nondescript corner of Ipoh Garden, Denis Jazz Bistro held a fundraising 'rock concert' of sorts in aid of *Mother Teresa's Reading Shelter* (MTRS) on Sunday April 9 which lasted from 2pm to 10pm. It was an informal affair where everyone was free to come and go as they pleased with a simple lunch FOC (free of charge), courtesy of Denis. Talented musicians and even novices from home ground, Taiping and KL were invited to take centre stage and play various musical instruments provided or sing to their hearts content. The event kicked off with the impromptu band belting out songs from CCR, Santana, Deep Purple and many others to get the ball rolling. Even Broadway was not left out when one brave lass took over the mic and sang a couple of oldies to the applause of patrons. A donation box was placed in front of the band and during the course of the day people were seen dropping their gifts into the box. During intermissions when band members took a breather, auctions of various wines and liquor, donated by well-wishers, were sold to the highest bidder. All in all more than a thousand ringgit was collected that night, which was handed over to MTRS.

According to Denis, due to the success of this event they intend to hold one function every second week of each month in aid of various charities to be announced at a later date. So all you generous music lovers do wait for the next announcement and drop in for some fun and entertainment while contributing to a good cause.

Denis Jazz Bistro is located at: 26 Pesara Ipoh 1, Ipoh Garden, 31400 Ipoh. For enquiries, call: Antho, 017 548 0789 or Denis C. Isaac, 016 484 1403.

SH Ong



PPCS Charity Food Fair



Although it was a scorching hot day, over a thousand people made their way to the Charity Food Fair organised by Perak Palliative Care Society (PPCS) on Saturday, April 22.

As early as 7am, committee members, volunteers and sellers were all ready for action. They were busy setting up their stalls and preparing themselves for this annual event.

Traders were eager to sell their best home-cooked food providing the PPCS compound with an ebullient atmosphere. There was a splendid array of mouth-watering dishes, both local and foreign such as nasi lemak, fried kuey teow, satay, kimchi, rice dumpling, ice cream, baked macaroni cheese, cendol and others.

No sooner was the fair opened, hundreds of visitors, young and old, thronged the society's compound at Jalan Sultan Azlan Shah where the event was held.

Visitors purchased items using coupons, which they bought earlier or at the fair itself. Proceeds from the sale will help maintain the society's upkeep.

PPCS Volunteer Coordinator Cheong Sau Yen told Ipoh Echo, "Our society is committed to providing palliative care via home visits to those who need such care. Our services are provided free. Most of our funding is sourced from public donations and well-wishers. Thus, public support is essential for the continuation of our services to the community."

A fried kuey teow seller, who wished to be known as Din, said response was overwhelming.

"When the organisers approached me I didn't think twice. After all, it's for a good cause. Most of the visitors are generous, they don't mind spending," he said. Din is well known in Ipoh for his fried kuey teow. He has been operating a stall at the Perak Stadium food court for over 20 years.

Madam Khor, a retired teacher, said she wanted to contribute something to the community and the fair provided her with the opportunity.

"I don't mind waking up early to prepare 200 packs of nasi lemak. It's tiring but the returns are good. I came to know about the fair from my daughter who is a volunteer. It's only 10am but half of my nasi lemak is gone," said one of the traders.

Dr Wendy Wong, who is also a medical consultant was there to savour the many delicacies on offer. She came to know about the event from the hospital staff.

"The organisers and visitors are doing their part for the community. I hope more events like this are held in the future. A non-profit organisation that provides palliative care to those in need has my support and blessing," she exclaimed.

Nabilah Hamudin

'Riders App' – The First of Its Kind in Asia



"Riders App", an application designed specially for motorcyclists, is the brainchild of Tiga Anak Jati Perak from Apps Bikers. The application was developed by Apps Quest Sdn Bhd on February 18, and made available on the Google Play Store on February 19.

President of Apps Bikers, Azhar Sulaiman, said that "Riders App" is the first of its kind in Asia, and can be purchased by both iOS and Android users.

According to Azhar, "Riders App" can be used as a platform to sell, rent and buy motorcycles. It provides road safety guidelines and allows users to call for help during emergencies.

"With 'Riders App', users will be able to obtain help within the shortest time when in crisis.

"Users who wish to advertise motorcycles for sale or for rent can do so by uploading some details and photos of them. The app provides navigation sites such as Google Maps and Waze, and national and international bike week schedules," said Azhar.

"Riders App" was launched by the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications, Dato' Nolee Ashilin Mohammed Radzi on Saturday, April 8 at Masjid Al-Ansar in Meru, Ipoh.

Present at the ceremony was KPerak Inc Chief Executive Officer, Mohd Nazaruddin Mohd Yusof, Director of Perak Road Transport Department, Zawawi Zakaria and Director, Ministry of Tourism and Culture Malaysia, Perak, Mohd Hizaz Mohd Ibrahim.

Over 500 bikers from 18 clubs all over Perak were present at the launch. They had a chance to watch some super bike stunts.

Nolee said that the launch of 'Riders App' will show how capable Perak youths are, and further boost the state's reputation in the international arena. She hoped that the new invention will be the beginning of many other applications to come.

"Times are changing fast and we're heading towards the digital era. Everything can be done online now. We don't even have to go to the mall to buy the things we want, we can just buy them with a few simple clicks.

"By inventing applications such as this, youngsters will be able to earn more. I hope young people in Perak will seize the opportunity," said the executive councillor.

Nolee will officiate the Perak International Bike Week 2017 Volume 1, which will be held from November 3 to 5. The objective of the event is to gather motorcycle enthusiasts in Perak in conjunction with Visit Perak Year 2017.

The application can be downloaded from either the Google Play Store or the App Store.

Luqman Hakim

Business

Celebrating Ban Hoe Seng (Auto)

A celebratory dinner was held by Ban Hoe Seng (Auto) Sdn Bhd, now a subsidiary of Bonanza Venture Holdings Sdn Bhd (BVH), to honour the even bigger team of one of Malaysia's oldest Honda dealers.

"This is a chance to bring everybody together from Ban Hoe Seng (Auto) to meet with other members of the Bonanza group. We hope we can build on the legacy that the Chews have left us," Dato' Lim Si Boon, the chairman of BVH said. Also present was Ignatius Chew, Ban Hoe Seng founder's grandson who remains as the director to integrate the old team with the new.

Attended by over 130, the lively affair was held on Friday, April 21 featuring a buffet dinner crafted by the Dome Restaurant of Meru Valley Resort.

One of the highlights of the dinner was the staff achievement award in which eight team members of the 60-year-old dealership were recognised by Honda for their dedication in the following categories: Sales Manager Top Achiever Challenge (Annie Ho), Sales Advisor Top Achiever Challenge (Fiona Chen, Chee Ping Yoong, Andrew John a/l Anthonisamy, Ng Yen Phin) and Technician Top Achiever Challenge (Yeap Kar Guan, Chandran Subramaniam, Chong Ping Loon).

Party mood at its peak, staff bonded over classics by the Riverwalk Buskers, soulful vocals of 28-year-old Jamie and the wit of the master of ceremonies, K.T. Pillai. Paired with heartwarming hospitality, tantalising nosh from the Dome such as roasted Australian beef, prawn mee and assorted mousse became instant favourites. Did I mention the free flow of wine, cocktail and mocktail too?

Culminating in two lucky draws, ecstatic winners brought home Honda merchandise, Jusco vouchers and Calvin Klein perfumes with the grand prizes being a Samsung Soundbar and a Huawei P10 Lite phone.

Thus, the night ended with plenty of cheers and precious memories.

Mei Kuan



Personality

Jonathan Thong Jia Ren

What is the expression when you are doing the thing you love for a living? The dream job! And that is what Jonathan Thong Jia Ren, 29, gets to do daily. Currently working as a Fitness Professional at Meru Valley Golf & Country Club, it has been a dream of his to pursue a career in fitness and golfing.

"It was my father who encouraged me to pursue golf. I played several sports before but nothing felt the same as swinging the golf clubs. It became a lot more fun especially when my brother joined in," said Jonathan.

The love he has for golf was the reason why he pursued his studies in Bond University, Australia and earned his Bachelor in Sports Science. On his return three years ago, he started the Tenby Golf CCA (Co-Curricular Activities) for Tenby School students held at Meru Valley Resort and now runs it with coach Jeyakaran, the resident golf professional there. The programme emphasizes Long Term Athletic Development (LTAD), as compared to other golf programmes which only emphasize on golf technique.

When he joined the newly-opened Meru Suites HUR gym as fitness instructor, in late 2016, Jonathan saw another opportunity to hone his skills picked up during his university training. "In the world today where you can find everything on the internet, it is common to see people claiming themselves to be gym instructors without any certification. While that might be okay for some, I believe that it is important to educate yourself properly and get certified to be a gym instructor. There is always the risk of injury to the client which can be avoided when the instructor is trained," explained Jonathan, who later added that the HUR gym in Meru Suites has some unique factors to guarantee safety. For example, unlike other gyms that use conventional plates for weight, the gym opts for air resistance instead.

There are many advantages in using air resistance as it is more suitable for gym goers who have a history of muscle or joint problems, because the machines create less dramatic load on muscle, unlike the traditional weight machines.

While it may be obvious that his passion is in golfing, Jonathan is also passionate in taking care of himself. His daily routine is to hit the gym for a workout and he encourages more people to invest in themselves by going to gyms with good equipment and good professional guidance.

"The machines at Meru Suites HUR gym can be used by anyone, especially older folks or younger ones who are just starting out. The best part is, the HUR machines allow gym goers to speed train unlike any other conventional gyms," added Jonathan.

With his vast experience in the field of golf, including participating in the World Golf Fitness Summit in 2012 in Florida, Jonathan has also worked as a Titleist Performance Institute (TPI) trainer for Junior Programme for Westlake International School and Tenby Schools Ipoh.

"Starting on any gym regime is naturally challenging and it is going to take some time to get used to it. Come and check out the relatively painless way we do it here in the Meru Suites HUR gym. The most important thing is to start slowly but never quit!," said Jonathan.

For more information call: Jonathan Thong, **012 532 2504**; Meru Suites Reception, **05 525 3628** or **012 668 8579**.

Ili Aqilah



Upcoming Events

Upcoming PCCCI Sports Events



The Perak Chinese Chamber of Commerce and Industry (PCCCI) is kicking off their 110th anniversary celebration this year with two upcoming major sports events: **Tour De Perak 3 Days Cycling and Menglembu Kledang Hill 10km Jungle Trail Race**. To be held in conjunction with the Visit Perak Year 2017 to promote Perak as a brand, these two will be the first few of a series of events for the year.

"To ensure a successful 110th anniversary celebration, various ideas are conceptualised since this committee was installed in 2015," Dato' Liew Sew Yee, president cum chairman of PCCCI said during a press conference on Saturday, April 15 at the PCCCI office.

A brainchild of Dato' Liew, each pit stop of the Tour De Perak 3 Days Cycling route featuring refreshments and charity projects will be hosted by one PCCCI branch to get all the Perak branches involved in the big celebration besides building a stronger rapport. It will be held from **June 10 to 12**.

"Each day we will cycle around 150km. The response is overwhelming, hence registration is already closed. The main pit stops in order are Batu Gajah, Bidor, Tanjung Malim for the first day, Teluk Intan and Seri Manjung for the second day, Kuala Kangsar, Sungai Siput and WEIL Hotel for the third day. It will culminate in a celebratory dinner at the WEIL Hotel," Lee Yeong Wai, chairman of the sports committee explained. Over 30 registered cyclists made up of PCCCI members and members of the public will participate in the non-competition long distance cycling with a noble mission.

Meanwhile, the Menglembu Kledang Hill 10km Jungle Trail Race is still open for registration. Targeting 1000 participants, sports enthusiasts will embark on a scenic path brimming with century-old trees which is not trodden by many. To be held on **July 9** at 7am, SJKC Wan Hwa 2 is the designated flag off and finishing point. There are a total of 11 categories competed (four age groups for women and seven age groups for men) with an average of 10 trophies allocated for each.

For early birds who register by May 31, the fees are RM50 (general) and RM40 (for school students and senior citizens). Each participant will receive a vibrant Second Skin T-shirt, personalised race number and specially-designed finishing medal. Plus, chipsets will be used for accurate timing. There will be lucky draws and goodies too.

Entries will be closed on June 25 as thereafter it will be considered as late entries with a fee of RM100 for all. For online registration, log on to www.checkpointspot.asia. Entry forms also can be downloaded from www.kbb.net.my and submitted by hand at the PCCCI office located at 35-37, 3rd Floor, Jalan Tun Sambanthan, 30000 Ipoh.

For more information, readers can call **012 528 6383** (Lee Yeong Wai) or **012 518 9888** (Foo En Lin). Participations from CCCI of other states are welcomed as well.

Another huge event, Ipoh International Food and Beverage Fairs, is expected to be held next year.

Mei Kuan

MBI Round - up

Nabilah Hamudin

MBI Lucky Draw

Ariffin Abdullah, 81, won the grand prize, a brand new Proton Saga, at the annual Council's Assessment Rates Lucky Draw on Tuesday, April 18. For someone who can't drive or ride a motorcycle, it was a dream come true.

"My bicycle is the only mode of transportation I have. My neighbour drove me here today. I never expect to own or win a car at my age. This is the first time I won a contest. I'm extremely happy," said the Malayan Railway retiree.

Ariffin hails from Kampong Tasek. He cycles from place to place and takes a taxi if he wants to go further.

"I never missed paying my assessment rate in full since I bought my house. I'll give this car to my third son who drives an old Proton Saga. He lives in Desa Tasek Bakti, Ipoh. My other children are staying outside Ipoh," said the father of five.

It was different for second-prize winner, Ang Ah Bah, 69, who won a Modenas MR1 motorcycle.

He drives a car but does not ride a motorcycle.

For third-placed winner, Ahmad Munar Md Dom, 68, who also won a motorcycle, it was a joyous moment too. He never expected to win in the first place.

The remaining 27 winners walked away with bicycles, furniture, a two-door fridge, a washing machine, a microwave, a sofa set, dining set, LED televisions and other electrical appliances.

Mayor Dato' Zamri Man, who picked the winners, hoped the annual draw, which has been around for over 10 years, would encourage property owners to pay their assessment bills in full and on time.



"Out of the 280,000 ratepayers, some 30 per cent paid their dues in full by end of February this year. Revenue from property assessments increased by RM1.97 million this year," he added.

Illegal Dumps

Residents claimed that illegal rubbish dumps in Ipoh are increasing. Mayor Dato' Zamri Man at the Council's full-board meeting on Tuesday, April 18 said that City Council had collected a total of 506 tons of rubbish all over Ipoh between January 1 and April 18.

Zamri said the Council had issued 870 compounds amounting to RM176,300 to those caught dumping rubbish at illegal dumpsites and to property owners who had violated the law.

He added that litterbugs would be slapped with a RM250 to RM500 compound under the Council's by-laws.

Ipoh 29th Anniversary

Ipoh City turns 29 years old in May this year. The Council has arranged 29 activities for Ipohites to celebrate during City Day this year.

Among the activities, said the mayor, are fishing competitions, colouring and cooking contests, treasure hunts, football tournament, carnival and a busking competition.

Carpooling

Finding a parking space in Old Town is problematic for both visitors and Ipohites. It is extremely difficult, especially on weekends. The solution, according to the mayor, was to either car-pool or to use public transport.

The matter was raised during the full-board meeting by one of the councillors. Zamri urged Ipohites to make carpooling a way of life.

"I advise the public and those working in Old Town to start carpooling, as this will help reduce traffic congestion. Carpooling helps bridge the gap between colleagues. It's a good culture to start with," he said.

Moreover, the design of Ipoh Old Town, which was built according to the traffic flow of the 1960s, does not accommodate current trends.

Alternatively, City Council is looking into the possibility of building a multi-storey car park like the one near the general hospital.

"We'll build one if a suitable site is found in the area," Zamri told reporters.

Traffic congestion is also caused by the migration of people to Ipoh, especially the youths. "It's a good sign, as it's indicative that the city's economy is picking up," he said.



Entertainment

MAPS to Open in June

The much awaited Asia's first animation theme park, Movie Animation Park Studio (MAPS) will finally open to public on June 26 this year.

During the exclusive media visit, MAPS Board of Director, Ramelle Ramli officially announced that the park is at the tail end of its development with 96 per cent of the park completed.

"We acknowledge that there have been shortcomings to the development but it was all for the best. We've increased the number of entertainment units to add value upon opening. Visitors will get to enjoy more than 40 attractions in six themed zones," said Ramelle.

The RM520 million mega project is developed by Animation Theme Park Sdn Bhd and houses not only international Intellectual Properties (IPs) such as DreamWorks characters and The Smurfs but also homegrown IPs: The Home of BoBoiBoy. Visitors will also get to enjoy the experience of additional attractions like the HyperSpin, Asteroid Attack, WormHole Technologies and more.

Within the 52 acres of land will also reside Megamind Megadrop, Malaysia's Tallest Drop Tower and will also become the first theme park in South-East Asia with live car and bike stunt shows.

"The theme park will act as a catalyst for the State's tourism industry and economy. Seventy three per cent of our human resources are local Perakeans," explained Ramelle.

While tickets are now available for purchase, Ramelle thanked all current pass holders for their understanding and patience waiting for the opening.

"For those who have purchased the tickets earlier, they can be assured that the validity will commence upon the opening date and will be applicable for the 12 months after, for the Annual and Perak Passes. Single Day Passes, will be valid for three months after opening," added Ramelle.

The prices for MAPS's tickets range from RM117 to RM190 and readers can enjoy discounts if tickets are purchased online at www.mapsparak.com/. According to MAPS, tickets can also be purchased via several points of sale including the MAPS Roadshows, which will be announced on the theme park's social media platform.

Ili Aqilah



LETTERS

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

"Ability to swim does not confer absolute protection against drowning"

We refer to the recent interest in the prevention of drowning after the unfortunate incident in Bukit Beruntung. Many suggestions have been offered by the public (with good intentions) including the universal teaching of swimming.

The purpose of this letter is to emphasise that multiple interventions across many sectors are required to prevent drowning. We summarise the current recommendations by the World Health Organisation on the status of swimming lessons in the prevention of drowning as mentioned in its Global Report on Drowning (2014). The report recommends "teaching school-age children basic swimming, water safety and safe rescue skills".

The recommendation goes on to describe a structured safety-tested curriculum, a safe training environment, trained instructors and appropriate student-instructor ratios as requirements. The recommendation clearly warns that "training children to swim is an inherently dangerous process, and swim skills should be approached as a public health intervention – where safety should be demonstrated and constantly monitored".

The WHO report states that swimming instructions, water safety and safe rescue skills form part of a multifaceted approach to drowning prevention which should include installing barriers controlling access to water bodies (such as fences, covering

wells), providing safe places for preschool children with capable child care, training bystanders in safe rescue and resuscitation and many other measures.

All the above information is mentioned to emphasise that learning to swim does not provide an "absolute" protection against drowning. Those who learn to swim may be more likely to endanger themselves (in entering water, going to deeper levels, or trying to save others) than those who don't know swimming. In summary then, swimming lessons are a part of a multipronged approach to drowning prevention.

Dr Krishnan Rajam

Professor and Head, Family Medicine Department, Penang Medical College
Member, National Water Activity Safety Council

Dato' Dr Amar-Singh HSS

Senior Consultant Paediatrician
Head Paediatric Department, Hospital RPB Ipoh, Perak
Head Clinical Research Centre Perak

Arts and Culture

Cultural Diversity in Malaysian Literature

In conjunction with UNESCO's (United Nations Educational, Scientific and Cultural Organisation) World Book and Copyright Day, four guest panelists from various ethnic backgrounds were invited to speak at the April edition of Sharpened Word held at the Old Andersonians' Club on Saturday, April 15. They were Elly Van Dalen, Malim Ghazali PK, Peggy Tan Pek Tao and Paul Gnana Selvam.



Elly Fazaniza @ Elly Van Dalen is a journalist and author. She published her first sci-fi novel entitled "Almost Human: The Rebellion" in 2015.

According to Elly, writing was not a calling. She started off reading all kinds of materials, ranging from magazines to encyclopaedias and Greek mythologies. As time went by, she started writing short stories.

"Science fiction is just a platform I'm very comfortable with. For me, writing is a hobby. I find it very spiritual and therapeutic. Instead of spending a thousand bucks to see a therapist, I can write all day long," remarked Elly.

Elly's advice for young aspiring writers is this, "Don't be afraid of that pen or pencil and that piece of paper. Don't worry about what others say. Learn from the styles of other writers and expand on them."

Malim Ghazali PK, or Haji Mohamed Ghazali Haji Abdul Rashid, is a Perakian bilingual writer. To date, he has written about 100 short stories and has garnered multiple awards such as the Southeast Asian Writers Award in 2013.

Malim admits to being rather undisciplined when it comes to writing, as he only writes when he wishes to.

"I try to find a different topic every time I write a novel. When I was in Europe and Canada, I wrote short stories based on my experiences," said Malim.

Malim's works have been translated into different languages. His short story, "Sepanjang Lorong Mimpiku", was translated to English and Mandarin.

A lecturer by day, a writer by night, and a scuba diver and mountain climber on weekends, Peggy Tan Pek Tao hails from Penang. Her book, "Life: The Malaysian Style" won first prize in the non-fiction category of The Star Readers' Choice Award 2010.

Peggy's books revolve mainly around Malaysian culture and Malaysian English or "Manglish", for short.

Peggy alluded to how creative Malaysians are when it comes to creating new phrases and acronyms. Example, Permanent Head Damage (PhD) and Married but Available (MBA).

Peggy recalled how her mother made her drink burnt heaven incense paper during her university days.

"I hated it, but I had to drink the ashes so that I could study and graduate," she said.

Ipoh-born Paul Gnana Selvam is a lecturer at Universiti Tunku Abdul Rahman (UTAR) in Kampar. He was a Sharpened Word panel speaker in November 2015. His works include "Latha's Christmas & Other Stories".

"Malaysia is a potpourri of cultures. We've a symbiotic relationship where everyone celebrates everybody's cultures," Paul remarked.

Cultural diversity is very beautiful and interesting. This is what makes Malaysia a popular holiday destination for tourists, and a liveable country for Malaysians.

"The fact that we celebrate each other's idiosyncrasies and differences, solidifies our identity as a multicultural society. "It's very important to retain a part of our indigenous culture to retain a part of our identity in our multi-faceted society," Paul added.

Paul believes that stories are universal because the human psyche is the same for everyone.

"Stories play a vital role in uniting Westerners, Asians, and others. They bring culture to the centre stage. Whatever our identities are, we exchange and move within them. And I believe this is how literature heals the world," Paul concluded.

Leanne Tan

Hands in Ipoh

It was a mesmerising evening as Hands Percussion, a Malaysian percussion ensemble, put on a solid 120-minute performance at the National Department for Culture and Arts auditorium on Saturday, April 15. Among those present were the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications, Dato' Nolee Ashilin Mohammed Radzi and Tourism Perak Chief Executive Officer, Zuraida Md Taib.

The synchronised lighting, special stage effects, amazing choreography, and most important of all, the rhythmic drum beats, sent the audience's hearts racing as they sat in their seats and watched with rapt attention, not wanting to miss a single moment of what seemed to be a never before seen and a one of a kind performance.

The event kick-started with a performance by the 24 Festive Drums group of Hua Lian High School in Taiping, which is under the tutelage of Hands Percussion. This was followed by the Hands Percussion Group. Their compositions included 'Rhythm Ride', 'Owned', 'Bare Hand Drums' and 'In the Name of Celebration'.

Hands Percussion was established 20 years ago in 1997, with the 24 Festive Drums as their main focus. Twenty years on, apart from the drums, the ensemble incorporates the gamelan, djembe, kompang, gendang, timpani and marimba in its repertoire.



Hands Percussion has travelled far and wide, bringing its enchanting rhythms to people near and far, and often collaborating with local and foreign artists. Currently, they have nine full-time performers, 11 part-timers and 10 trainees.

Despite being an internationally-renowned ensemble, it is only now that Hands Percussion is embarking on a nationwide tour. Ipoh was fortunate to be one of the stops. The group performed in Johor and

Penang in April and will be on stage in Kuantan on May 6.

Artistic Director of Hands Percussion, Bernard Goh, hopes to showcase the uniqueness of Malaysians and their culture in his repertoire and compositions.

When asked why it was only after 20 years that Hands Percussion was embarking on a nationwide tour, Goh replied, "We haven't received local invitations, but it's always my desire to embark on a tour in Malaysia. And I think it's never too late to do so."

"I totally loved the show. It was just awesome!" exclaimed Nolee.

Nolee hoped that the performance would help towards building an arts and culture hub in Ipoh.

Leanne Tan





iSpeak

Building a Green Economy in the State



Policy Notes “Building a Green Economy in the State of Perak” was launched by Dato’ Seri DiRaja Dr Zambry Abd Kadir, Menteri Besar, Perak, during the 4th IDR Annual Research Seminar held at Impiana Hotel.

The Policy Notes, in line with Transforming our World: “the 2030 Agenda for Sustainable Development” including its 17 Sustainable Development Goals (SDGs),

was adopted on September 25, 2015 by Heads of State and Government at a special UN summit. The agenda is a commitment to eradicate poverty and achieve sustainable development by 2030 worldwide, ensuring that no one is left behind. The adoption of the 2030 Agenda was a landmark achievement, providing for a shared global vision towards sustainable development for all.

Institut Darul Ridzuan (IDR) did the study and came up with the Policy Notes. Dr Mazalan Kamis, IDR CEO, informed that the study finds the various state development plans in Perak already contain elements that are in line with the green economic growth principles, so the State is now moving towards that direction. But reaping further benefits from the green agenda would require the State to move away from a “business-as-usual” development practice. The study suggests that doing so will require a six-point transformation agenda that will ensure the convergence of social, environmental and economic pillars of development.

The theme of the 4th Annual Research Seminar was Mobilising Research Findings into Policy Development for Impactful Actions.

A number of research papers were presented under the following categories namely, Economy and Business, Politics, Governance and Public Service, Social and Well Being and Tourism, Environment and Sustainability.

The following papers are interesting and should be given more publicity:

- Financing Affordable Housing: Moving towards Inclusive Development
- Costs of Living and Coping Strategies Among Households in Perak
- A Profiling Study on Socio Gap Analysis of Cottage Industry in Perak
- Big Data: What and Why it Matters
- Connecting Perak MPs and the Public Online

Money and time has been spent on these studies and I wonder what happened to the previous studies? Are the findings and recommendations put into practice?

Doing research for the sake of research is a waste of money and time.

Announcements

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

‘Simple Living High Thinking’, May 2, 6.30pm-9pm at Tower Regency Hotel, Regency 3, Level 11, 6-8 Jalan Dato’ Seri Ahmad Said, Greentown, 30450 Ipoh. Organised by Brahma Kumaris Malaysia. Discover the methods to free ourselves from all situations which demands hard work and live a simple life balanced with high thinking. Free admission. Registration at 6.30pm. Enquiry: Sis. Pooba **011 2338 6188**.

Faridah Merican’s ‘People – Real Life Stories’, May 6 8.30pm at RTM Ipoh, Jalan Dairy. The 13th instalment of Life Sdn Bhd’s well-loved theatre series. One night only! Tickets at RM80 (VIP), RM45 (Regular) and RM35 (Student). Limited seats available. To book, call: Ista, **012 508 7225** or email: ista.kyra@gmail.com.

Workshop on Asthma Control, May 7 from 8.30am to noon at St John Ambulance Perak, 134 Jalan Raja Musa Aziz, Ipoh. Organised by St John Ambulance Perak in collaboration with the Perak Chest Society. Admission is free but pre-registration is required. Demos on how to use metered dose inhalers, Dry powder inhalers and Peak flow meters during the workshop. Those who are interested, call **05 254 5946** Manin Singh for registration.

‘Fiesta Amal #BeratSamaDiPikul’ (Charity Fiesta), May 7, 7am-7pm at the grounds of Jabatan Kebudayaan & Kesenian Negara, Perak, Jalan Raja Dihilir, 30350 Ipoh. The programme aims to introduce arts and culture to the underprivileged, senior citizens, people with disabilities, the homeless and the public. For further information, contact: Nyte Ramli, **018 959 3466**.

Race for a Better Planet in conjunction with World Environmental Day 2017, **May 7** at Sunway City Ipoh. Learn about responsible consumerism and environmental sustainability amidst fun and laughter. Lucky draws, fun activities, workshops, green bazaar, food trucks and performances. Registration fee: RM25. Contacts for registration: Focus Ace **016 566 8810**, PK **016 422 8868**, Eric **012 505 5526**, Cheah **016 512 0093** and Alice **012 506 8369** (bike rental). For more info, log in to Facebook: [Race for a better planet](https://www.facebook.com/raceforabetterplanet).

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**.

Coral Bay Run, May 14 at Coral Bay Resort, Pangkor Island. Scenic run, trophies, cash prizes and lucky draws. Online registration: www.event.howei.com. Contact: **016 566 8810** or **016 422 8868**.

Sekolah Semangat Maju Ipoh Fundraising Charity Dinner, Friday **May 12**, 7.30pm at Syeun Hotel Ipoh. To raise funds to run our school programmes. Sekolah Semangat Maju Ipoh is a special school for children with learning disabilities, under Perak Association for Intellectually Disabled, providing education programmes for children with learning disabilities from age 5 to 22 years. For details, contact: Pn Lai Siew Leng, **05 547 0186** or **05 545 8349**.

5th Ipoh International Waiters Race, Sunday **May 14**, 7.30am-2pm at River Walk @ Kinta Riverfront, Ipoh. In collaboration with Perak Tourism Association and supported by Tourism Perak. About 400 domestic and international participants from hotels and hospitality industries will take part in the event. Further information is available at www.ipohwaitersrace.net.

Sharpened Word May 20 Outing: Morning Session: 9am to noon, Second workshop “Reading Film” by Hassan Muthalib. Afternoon session: 2-5pm, “Art for Dummies” An introduction to Arts for a better understanding and appreciation. Saturday May 20 at Old Anderson Club, Ipoh. Entrance by donation. Follow us on Facebook, www.facebook.com/sharpenedword.kinta.

Tour De Perak (3-Day Round Cycling), June 10-12. Entry form can be downloaded from: www.kbb.net.my. Online registration: www.checkpointsport.asia. PCCCI Secretariat contact persons: Ms Liew Sheh Wen & Ms Gillian Teh **05 242 1366**. Fax: **05 254 9123**. Email: pccci@pccci.org.my. Address: 35-37, 3rd Floor, Jalan Tun Sambanthan, 30000 Ipoh.

Kelab Gunung Bakti Kledang Charity Dinner, July 8 at Hotel Casuarina@Meru Ballroom. Donations received will be used for orphanage homes and the homeless in Ipoh. Evergreen performer, Jamal Abdillah will be singing during the show. To book, call **012 501 1599** (Zulkepli Hussin) or **019 351 8854** (Syed Shaiful Nazreen).

Menglembu Kledang Hill 10-km Jungle Trail Race, July 9, 7am at Menglembu Kledang Hill, Ipoh. Entry forms can be downloaded from: www.kbb.net.my. Online registration: www.checkpointsport.asia. Contact: **019 571 0590**, **012 518 9888** or **012 528 6383**. Email: pccci@pccci.org.my.

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

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

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

St John Ambulance Malaysia Perak is recruiting volunteers who are interested to join the Emergency Rescue Unit, Volunteer must be 18 years to 50 years of age. Training will be provided to all volunteers. Those who are interested call up **05 254 5946** 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.

Young Perak

Overcoming the Odds

Ng Mei Yin of Perak Girls School (PGS) is diagnosed with Osteogenesis Imperfecta (OI), also known as brittle bone disease, but it did not stop her from acing her SPM examination.

The 18-year-old obtained 5As in the SPM examination last year, and was acknowledged during the school's excellence-award presentation ceremony at the Leong Wan Chin Hall on Friday, April 14.

Mei Yin, the youngest of three children, was born with crooked limbs and could not walk since birth. Her mother, Low Choi Sin, 52, left her job as a waitress to take care of her daughter.

Due to her handicap, Mei Yin found it rather challenging to cope at school, especially when she had to travel between floors, as there were no lifts. According to her, she was avoided by some of her schoolmates as they did not understand her condition and felt that she was too dependent on them. She even thought of quitting school once, but thanks to her mother's encouragement, she persevered to the end.

Mei Yin said that her results were totally unexpected.

"Honestly, I didn't think I'd be able to secure any As," said Mei Yin, who pleasantly surprised herself by obtaining 'A' in Science, Mathematics, Moral Studies, Principles of Accounting and Basic Economics.

Apart from her parents, Mei Yin attributed her success to a few of her close friends who helped and tutored her in Science.

"I'd also like to thank my Principles of Accounting teacher, Puan Suhaila, for encouraging and motivating me to work hard," Mei Yin told reporters.

Mei Yin has enrolled in an accounting course at Quest International University Perak. She hopes to become an established accountant one day.

PGS boasts an 86.79 per cent pass rate in the SPM examination, and a 67.49 per cent pass rate in the PT3 examination.

Leanne Tan



Arts and Culture

Sketching as an Art Form



Urban Sketchers Ipoh (USI) celebrated its first anniversary by holding a nine-day exhibition cum charity event between April 15 and April 23 at a dedicated venue named, 15 Clarke Street.

With its slogan "Sketching Ipoh for Future Generations", USI held two workshops, in between exhibitions, to encourage youths and those interested to sketch. Participants were only required to bring their own drawing kits and to explore their creativity with their new friends.

The two workshops were handled by two talented people, Pang Chew and Rene Enriquez who are also members of USI. Participants were taught the use of watercolours and the fundamentals of sketching.

Tenby International School's art teacher, Michelle Lim said she had learnt different techniques and skills and now sees art from a different perspective.

"It's different from what I teach at school. I never knew these techniques before. I really enjoyed my time here and I hope more people will take up sketching as a hobby. It's beyond art and drawing," she told Ipoh Echo.

Another participant, M. Yulaganayagee, 37, said learning from others was important despite one having the basics.

"Everyone can draw or sketch but it's important to learn a specific technique from others. Ipoh needs an official art gallery to showcase this kind of art. I had fun and made many new friends," she enthused.

About 80 drawings were displayed during the exhibition. They were drawn by over 20 talented artists who were members of USI. The pieces were for sale while some had already been sold. A portion of the proceeds will be donated to the Good Shepherd Children's Home.

Society president, Chin Kok Yan, urged more youths to join the sketching activity held every Sunday from 9.30am to noon. Sketching venue is decided weekly and is posted on the society's Facebook page: Urban Sketchers Ipoh.

The exhibition was officiated by the owner of 15 Clarke Street, Dr Leong Oon Keong, who allowed the use of his premises for free.

Nabilah Hamudin

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



Wellness

Managing Wounds

Awound, by definition, is a breakdown in the protective function of the skin, the loss of continuity of epithelium, with or without loss of underlying connective tissue following injury to the skin or underlying tissues or organs caused by surgery, a blow, a cut, chemicals, heat or cold.

A talk on wound care, especially pressure sores at nursing homes, was held on Saturday, April 8 at the YMCA hall, Ipoh.

"I started my nursing career 25 years ago in Singapore. When I returned to Malaysia later on, I was shocked by what I saw at a nursing home. The standard of care delivered was poor. The wound management practised at the home was already banned in Singapore," said Cecilia Chan.

"About three years ago, I met our speaker, Simon Lam. We're volunteers with an NGO in Ipoh. He shared his passion for aged care, especially in wound management. That's when I found out that he was one of the pioneers who started the wound care management movement in UK in 1984," she told an audience of over 70 consisting of nursing staff and health-conscious elderly.

Simon Lam and Cecilia Chan are both directors of C & S Associates Aged Care Consultancy and Training. Simon, a nurse, has presented papers in Australia and UK while Cecilia is currently doing a PhD research on ageing in place in Malaysia.

"In Singapore and other advanced countries, the wound management team, headed by a nurse practitioner, is the one who treats the wounds. Over here, it's done in a ward. When more cases are referred to me, I feel compelled to share with as many people as possible. A lot of these cases, at very advanced stage, can be prevented and should not have happened in the first place. With proper management, wounds can heal without much suffering and anxiety."

"Wound management must be an evidence-based practice. One, it must have a moist wound bed environment. Research has proven over the last 30 years moist wound healing heals faster by up till 30 per cent than dry wounds. Two, nutritional status is important. Three, the removal of dead tissues and exudates. Four, your wound site must be pH neutral. And five, it must be free of infection," Simon stated.

According to Simon, one of the extrinsic factors that affects wound healing is repetitive trauma. Hence, wound dressing need not be done every day, as it'll re-

traumatise the wound bed. Other extrinsic factors include heat, unrelieved pressure, bad care, inappropriate wound management and toxicity of antiseptics on wound.

On the principles of wound management, he had this to say, "The less we disturb a wound during dressing change, the lower the interference to healing. Cleansing should be performed in a way that minimises trauma to the wound. Wounds are best cleansed with isotonic saline. Antiseptic solutions should not be used to clean wounds routinely. Dressings must conform to wound beds and must be non-adherent."

For more information, readers can email Simon at simonlam@optusnet.com.au or Cecilia at cejosh@yahoo.com.

Mei Kuan



Education

Brainy Bunch Sports Day 2017

Brainy Bunch Preschool Perak held its sports day at the Industrial Training Institute, Ipoh field on Sunday, April 2. About 140 children, together with their parents were present.

Running on the theme "Transportation", the march-past began with kids dressed up as mascots such as motorcycle, lorry and helicopter.

Brainy Bunch Preschool has three campuses in Perak, namely, Brainy Bunch Ipoh, Brainy Bunch Seri Iskandar and Brainy Bunch Seri Manjung. It currently has an enrolment of 146 children ranging from ages two to six.

Head of Brainy Bunch Preschool in Perak, Saidah Rosli, said that in order to raise happy and intelligent children, healthy eating habits must be observed to ensure their physical and mental development.

"Education isn't all about academics. It also builds the character of children so that they'll grow to be confident and capable of handling various challenges.

"This event wouldn't have been possible without the support of parents and teachers of Brainy Bunch. Their unwavering support is the reason for our success," said Saidah.

Ben, 35, a parent, said that the sports day was a unique experience for his child.

"I chose to send my child here as English is used as a medium of instruction, which is easy for my child to comprehend," said Ben, who is from Australia.

The Australian father commented that the teachers at Brainy Bunch treat the children well, and the curriculum offered helped broaden his child's horizons.

Brainy Bunch Preschool was established in 2009. To date, it has a total of 74 branches all over the country, with an enrolment of 5725 kids from Malaysia, Australia, Palestine, Singapore and Indonesia.

Luqman Hakim



A Brilliant Performance

The Yuk Choy Chinese Orchestra wowed the audience with their intricate and detailed performance at Syeun Hotel on April 15.

"We started with a lack of funds. Back in 2007, when it was first founded, we only had one type of instrument. It was the Chinese Bamboo Flute," said Chan Hen Huan, the school principal.

Their first concert was in 2010 and this year marked their fourth amazing performance. Officiated by Dato' Seri Haji Ahmad Husni Mohamad Hanadzlah, the orchestral team which had only a few members at the start now boasts about 100 members.

"It is my sincere hope that through this team, we get to preserve the Chinese culture and encourage more students to actively participate in extracurricular activities through the Chinese orchestra," added Chan.

Chan also wished that in 10 years time, the orchestra will gain not only national recognition, but also international and become famous worldwide. Aside from playing classical Chinese songs, the orchestra also played some western compositions such as 'All About The Bass' from Meghan Trainor, the main soundtrack of Pirates of the Caribbean and more.

Ili Aqilah



Seri Keledang's Sports Day

SMK Seri Keledang, Menglembu, 27th Annual School Sport was held on the April 21. It was officiated by North Kinta Chief Education District Officer, Tuan Haji Hasni bin Hasshim. The school's sport day performance and march-past was a vibrant and a superlative one. Tuan Haji Hasni bin Hasshim in his speech, urged students to take part actively in sport in order to have an holistic education. The sport's event was attended by Mr Ng Ah Chye, PTA Chairman and his committee, Ms Kok Sin Yee, Alumni Chairman, ASP Pillay, Seri Keledang Secondary School Police School Liaison Officer and parents.



Open Day @ Fairview Ipoh

Fairview International School Ipoh, the only International Baccalaureate (IB) candidate school in Ipoh, held its open day on Saturday, April 22 at its campus.

"Today's session is meant for new and prospective parents to see what our current parents are doing to support our students in terms of learning because what makes IB different and special from traditional systems is that we address all three stakeholders (teachers, students and parents) at the same time," Natalya Krassilnikova, head of Ipoh campus told Ipoh Echo.

"Traditionally, parents are rarely involved in the process, they just come when it's time for final assessment or report cards. In IB here at Fairview Ipoh, we actually involve our parents a lot. So every five weeks we have this 'Celebration of Learning', a student-led conference where students explain to their parents what they have learnt so far. They will share about their activities, field trips, portfolios and final projects," the amiable Natalya explained.

"What they need to learn is how to learn," she emphasised.

Organised every three months, the open day which was attended by over 30 families also featured a campus tour, exhibition and presentation.

Offering primary years programme (age 4-12), middle years programme (age 11-17) and diploma programme (age 16-19), interested readers can call the school at **05 313 6888** or visit www.fairview.edu.my.

Recently, the school had sent its team to the World Scholar's Cup Regional Round with challenges such as team debate, multimedia challenges, collaborative writing and multiple choice test across multiple subjects. Held in Penang on April 14 to 15, they achieved the following results:

Hor Qin Yue:

- Silver medal - Debate Champion (Top 70)
- Gold medal - Scholar's Challenge (All subjects)
- Honour medal - Scholar's Challenge (Arts)
- Honour medal - Scholar's Challenge (History)
- Gold medal - School Top Scholar

Loke Yan Hin:

- Silver medal - Scholar's Challenge (Literature)

Isaac Chin Kay Shek:

- Gold medal - Da Vinci Scholar Honour Award (ranked no. 1)

Mei Kuan



Education

A Medium for Social Good

The Perak State Library, in collaboration with the Lincoln Corner Perak, brought the YSEALI (Young Southeast Asian Leaders Initiative) Digital Speaker Series to Perak for the very first time on Wednesday, April 12. Incepted in 2013, YSEALI is the U.S. government's signature programme to strengthen leadership development and networking in Southeast Asia.

A digital forum in the form of Google Hangout, featured Nicol Perez in the United States as the speaker with participants live streaming from Malaysia (Perak and Sarawak) and Jakarta. In Perak, it was hosted by Quest International University Perak (QIUP) with over 70 students of the campus and Institute of Teacher Education (IPG Ipoh Campus) in attendance.

Nicol Perez, a Bolivian-born marketing manager for Instagram, is the fifth U.S. youth observer to the United Nations. She shared her experiences helping underprivileged communities access needed resources and support.

In her presentation entitled, "Using Social Media 4 Social Good", she explained on the impact causes can have using Facebook and Instagram. For instance, the Syrian toddler photo has been shared 1.5 million times and engaged 25 million people. It prompted a policy change in Canada.

According to Perez, social media strategy should not be all about likes, shares and comments. It should be about reaching goals that support your mission. Goals such as raising awareness, recruiting volunteers, raising donations, collecting emails and building community.

Out of the 1.8 billion people using Facebook every month, 450 million are connected to a nonprofit page. Among the 600 million monthly active Instagram users, 75 per cent have taken action after being inspired by a post.

The presentation was followed by a question-and-answer session.

"This is an eye opener to the participants what social media can do. They may think social media is about engaging with friends or sharing news but this is about using the medium for a good cause and what are the strategies to implement," Mohammad Nazari Hj Abdul Hamid, director of Perak State Library told Ipoh Echo.

Will Perak join in the series again? "It'll be an ongoing process. A lot depends on Internet connectivity. Here in QIUP, the connection is very good hence it was clear and crisp," he said.

For more information, call the Lincoln Corner Perak at **05 241 3540**.

Present at the event was Professor Dato' Dr Raman Narayanasamy, vice chancellor of QIUP.

Mei Kuan



Medicine and Humanity

Perak Academy (PA) hosted a talk titled, 'Medicine and Humanity' presented by three soon-to-be doctors from THE University of Pittsburgh, Pennsylvania on Friday, April 14.

The two-hour talk, which is a part of PA's 'Perak Lecture Series' was held at Quest International University Perak (QIUP) and was attended by over 50 people, most of whom are QIUP's medical students.

The three young speakers were Arjun Prabhu, Benjamin Ware and Akash Goyal. They will graduate in May and will commence their residency training soon after. The trio shared their inspiring experiences while on practical training at different hospitals in the USA.

The talk began with Arjun Prabhu, 28, who did his clinical internship at a hospital in Pittsburgh and another in California.

"I did four weeks rotation at emergency in these two hospitals. Traumatic injuries and some really sad people, especially inmates from local jails, would walk into the ward. In California, I came across a lady who killed her own children when she was high on methamphetamine. It's a huge problem in California," he remarked.

Although he did not have answers for the problems his patients were battling, what he did was to listen to what they had to say. "Listening to people's problems is one way to treat patients," Arjun intimated.

As for Benjamin Ware, 25, he had a challenging experience dealing with a patient suffering from acute pancreatitis. The guy chased him out of his room each time he came on his rounds.

"As a physician, you'll meet all sorts of patients. The reality is, you're not going to get along with every single one. But despite this, you've to realise that your responsibility, as a physician, is to care for people. I forced myself to give extra time for this rude patient of mine," he said.

For Akash Goyal, 25, he believes all human beings have something valuable to contribute to the field of medicine. It does not matter at what level you are.

While on cardiology ward rotation, Akash met a 78-year-old lady who was a former English professor. He struggled to gain the lady's confidence. Patients' qualifications and credentials differ, and getting their attention may not be easy.

Akash had just finished his pre-clinical years and his medical knowledge was inadequate. The lady's disease was complicated and not knowing much, he made extra effort to research on it.

"One day her husband told me that his wife had a problem accessing her e-book library. He requested for technology support from the hospital."

Akash had a look at the gadget and found that it was low on battery. He plugged it to the wall socket and, presto, it was working again. The patient smiled.

"The husband said that this was the first time he saw his wife smiling. He thanked me profusely and said that I had done more for his wife than any other physicians had. Unfortunately, she passed away three days later.

"Connecting with your patients goes beyond medical knowledge," he concluded.

Nabilah Hamudin



Sport

Equestrian Masters



Perak Turf Club Equestrian and Training Centre hosted the *EAM Masters I* organised by the Equestrian Association of Malaysia (EAM) from April 15 to 16.

Featuring over 50 riders from top equestrian clubs in the country, it was the 4th round of the SEA Games Qualifiers in the dressage and show jumping category. The 120-130cm class for show jumping and FEI – Junior Individual class for dressage will be competed at the 2017 SEA Games to be held in Kuala Lumpur in August this year.

Ipoh Echo zoomed in on the 50-60cm class in show jumping featuring eight fences and a joker fence. Mat Kacong, representing KL Equestrian Club, took top spot with a time of 44.52 seconds and a full 44 points. Jackson Woo from the Perak Turf Club was placed second while Lt-Col Norazrin Shamsudin, from the Malaysian Armed Forces, emerged third. Both scored 44 points, the former clocked 45.91 seconds while the latter clocked 49.56 seconds.

Executive Secretary of EAM, Major Yap Mou Soon, was in attendance throughout the two-day event.

Mei Kuan





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



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

FOLLOW US ON



twitter

Twitter : ipohechomy
<https://twitter.com/ipohechomy>

新天地 *Bandar Baru*
Sri Klebang



Join the vibrant North Ipoh neighbourhood

A contemporary new development comprising of 5 bedroom homes located in an established masterplanned township that will age and grow gracefully.

Bandar Baru Sri Klebang promises a spacious and playful lifestyle with each home benefiting from a proven security model.

Enjoy green surroundings and still be close to outstanding schools, shopping mall and restaurants.



Spacious two-storey
super link homes
Lot size 24'x75'
Starting from RM 428,800



Two-storey
detached homes
Lot size 70'x90'
Starting from RM 1,003,800



View our show homes daily

012 500 8018
kintaproperties.com

A Premier Development by:

KINTA PROPERTIES™
Building Homes, Developing Communities

Developer : Kinta EcoCity Sdn. Bhd. (58562-M)
No. 2, Jalan Sri Klebang A/12,
Bandar Baru Sri Klebang, 31200 Ipoh, Perak
sales@kintaproperties.com

**5% discount for bumiputera
on bumiputera lots**

Phase : SE (Maple) Developer Licence : 8456-31/07-2017/0603(E) Advertising Permit : 8456-31/07-2017/0603(P)
Validity Period : 30/06/2015 - 29/06/2017 Exp. Completion Date : Dec 2017 Land Tenure : Freehold
Price : Min RM 437,760 Max RM 585,800 Total Units : 68 Approved Plan No.: M181/0000168/0004/14/000/000/L00
Land Encumbrances : Nil Approving Authority : Majlis Bandaraya Ipoh