

Petty Theft Near Us

By Ili Aqilah and Tan Mei Kuan
Photos by Luqman Hakim

You probably have heard of petty thefts involving your loved ones or, perhaps, experienced them firsthand. This form of crimes include break-in (house and car), snatch theft, robbery, shoplifting and related misdemeanours. Does "Home Sweet Home" ring true in your neighbourhood?

Ipoh Echo endeavours to find the causes and solutions. Hopefully, they will benefit readers, both in the short and long terms.

Continued on page 2



Parking near Woolley food court



Parking at Polo Ground



Walkway at Greentown Business Centre

KUALA KANGSAR, THE ROYAL TOWN

Kuala Kangsar, the Royal Town, has many iconic touristic landmarks preserved over the years. The town is the pride of all Perakeans, as they can relate to it.

Built in 1917, the Ubudiah Mosque is perched on top of Bukit Chandan. Symbolising the significance of the state's Islamic heritage, it possesses a Saracenic (Moorish) architectural style.

The mosque was designed by A.B. Hubback and erected under the watchful eyes of Caulfield, the state chief engineer then. Equally mesmerising is Istana Kayangan (Memorial Palace) built in 1926.

Take a stroll around the Kuala Kangsar District Office and you will spot the country's first and oldest rubber tree. The seed was brought by Henry Nicholas Ridley in 1877, all the way from Kew Gardens, London.

Stop by **Kampung Pandan Bukit Chandan**, the site of a traditional handicraft village. Craftsman cum blacksmith, Abdul Mazin Abdul Jamil, who manages the Bengkel Pandai Besi (iron workshop) is well known for his keris and sword creations. He picked up the skill at the tender age of 12.

Azizah Adam's expertise is in *seni tekak* (traditional embroidery). She has been producing exclusive souvenirs such as fan, *tepak sirih* (betel leaf container) and wedding gifts for over four decades.

A visit to the **Sultan Azlan Shah Gallery** is a must to view the private collections of the late Sultan. His legacy is enshrined in the gallery for all to see. Among them are some of the traditional regalia of the Perak Sultanate.

Witness firsthand the making of **Labu Sayong pottery** at Kampung Kepala Bendang Sayong. The pottery here has delicate carvings and the quality is simply exquisite.

Shop at **Lembah**, on the shoreline of Sayong River on Sunday. The 200-odd stalls have



Pictures by Rosli Mansor

plenty to offer. On sale are local delicacies, fruits, jungle products, clothes, pottery and others.

There are plenty more to see and do in Kuala Kangsar town itself. There are numerous shops, stalls and bazaars selling handicrafts, paintings and artworks. The famous **Yat Lai Restaurant** is noted for its delicious *pau* (meat and vegetable stuffed rice buns) which is synonymous with the Royal Town. A must-visit structure in town is the open-air food court where one can enjoy the much-sought-after *laksa* and *cendol* that are unique to Kuala Kangsar.

Your tour is incomplete without a visit to Hutan Lipur Ulu Kenas, Mariwasa Kraftangan (manufacturer of handicrafts), Meriam Mosque (Kota Lama Kanan) and the Victoria Bridge astride Perak River in Karai. These places are within striking distance of Kuala Kangsar.



How Safe is Your Neighbourhood?

Insights from Victims

Ipoh Echo spoke to five longtime residents from neighbourhoods plagued with a string of thefts around Ipoh. They share with us their harrowing ordeals as victims. They are being identified by alphabets to ensure their privacy.

A is a senior citizen who has been living in **Ipoh Garden South** for over 30 years. "One afternoon, I was walking home after buying groceries from a nearby shop. At the junction, a young motorcyclist suddenly approached me and asked for my identity card. Noticing that he wasn't in police uniform, I was on my guard. When I refused, he tried to snatch my wallet and threw a punch at my face. Luckily, I had my umbrella to defend myself. The culprit fled," **A** recalled. "My neighbour, down the road, became a victim of snatch theft when she walked home from the salon nearby," she added.

B has been a resident of **Ipoh Garden** since 1969. It all happened a year ago when she drove home one evening after work. "I got down from the car to unlock my house gate. Suddenly, two guys came up on a motorcycle. I wasn't aware as my back was towards them. They opened the passenger door of my idling car and took my handbag. I lost my mobile phone, wallet, credit cards, camera and other personal belongings," **B** explained. She made a police report soon after and cancelled one credit card purchase made by the culprits after the incident.

"There was a failed attempt to snatch my handbag outside the Ipoh Garden post office once. Using a motorcycle with a covered license plate, two thieves were tailing my bicycle then. My neighbour down the road had her bag snatched twice when she walked home from church. There have been house break-ins here too. People have to be vigilant always, especially when they are out of their houses. For example, walk facing the oncoming traffic, it helps," **B** highlighted. According to her, her car battery was stolen twice when she parked at the area around Woolley food court and the field at Greentown. It happened two weeks apart!

C, a resident of **Ipoh Garden East** for 15 years, shared, "In 2014, I was going out to work on a Saturday afternoon. While I was reversing my car, the road was clear. As I was locking my house gate, two young boys on a motorcycle appeared round the corner. Clad in bright clothes, jeans and sneakers, they opened my front passenger door, took my handbag and escaped immediately. I lost my office keys, personal pen drives, company phone and cash. I did make a police report but the police couldn't do much, as I couldn't provide them the registration number.

"I was not the only one, as my immediate neighbour also experienced a similar incident just months later. Her handbag was snatched from her at the gate," she recalled. Post-incident, **C** had her manual gate changed to an automated one. "We do have security personnel going around but not on a daily basis. Home is supposed to be our safe and comfort zone thus a residential area should be made safe by the authorities," she opined.

D is a 27-year-old avid jogger who used to jog at **Polo Ground**. "I was preparing for an upcoming competition, hence I started jogging at Polo Ground. I like the park because it has a longer jogging track compared to others," she said. In May, her belongings, placed in the boot, went missing from her parked car around 6pm.

"I lost a laptop, camera, iPod shuffle, hard disk and personal belongings such as wallet, cash, identity card and driving licence. Even my clothes and make-up set were taken. It's heartbreaking, as my hard disk and camera contained photos of my family, places I've been and some of my best work for the past two and a half years. They're all gone now," she lamented. Similar incidents had happened to her friends too.

"I'm still being haunted by the episode. I don't think I'll ever jog at Polo Ground again, unless the city council or the police improves the



A quiet walkway at the Greentown Business Centre



Parking at Polo Ground



Parking near Woolley food court

safety measures at the park. Despite the park being a popular spot with Ipohites, the police beat at the park is seldom manned and the CCTV cameras are non-functional," she bemoaned.

Ipoh Echo also talked to **E** who resides in the area of **Greentown** for over 30 years. "Break-ins are common here, especially at abandoned houses. Drug addicts will climb over the wall to steal metal to sell. Our home was broken into when I was a child. Three years ago, the thieves just walked, nonchalantly, into the compound of the adjacent house, having mistaken my neighbour, who was watering plants, as a gardener. The culprits fled on a motorcycle when the owner shouted at them," she recounted.

"Most of us here install alarm system with CCTV or keep dogs. The police used to patrol the area at night but had ceased the past two years. On the other hand, the Maybank corner at the Greentown Business Centre is a hotspot for snatch theft," **E** pointed out. She hopes the police patrols will resume.

Her car battery was stolen some time ago when she stopped by the Woolley food court.



Police patrolling neighbourhood



Snatch theft hotspot at Greentown Business Centre

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From The Editor's Desk

By Fathol Zaman Bukhari

Events unfolding the past few weeks have impacted many peace-loving Malaysians, and I am no exception. If they are an indication of the direction this country is heading then we are in for a rough ride. Issues relating to race and religion keep making headlines threatening to rip apart the fabric of our fragile relationship. Unfortunately, the ones harping on these issues are members of the ruling coalition and their cohorts. They have no love for the country and their insistence on creating disharmony among the races is for one simple reason – to remain in power indefinitely. This is the outcome of a one-party rule that has been the bane of this country for the last six decades.

The ruling party, has only one aim in mind, to extricate itself from a quagmire it has unwittingly created. In its haste to settle mounting debts brought about by fiat and thievery, it has submitted itself to a foreign power who has the money and the clout to impose itself on us. It is not something we asked for but, unwittingly, we are the beneficiaries of this imbroglio.

A national-type primary school in Hulu Langat, Selangor was reported to have labelled cups *murid Islam* (Muslim pupil) and *murid bukan Islam* (non-Muslim pupil) and had them placed in separate compartments of a dish dryer. This, I believe, was being deliberately done to segregate Muslims from non-Muslims. And the people behind this caper are teachers who are so imbued with Islamic values that they cannot separate facts from fiction.

Then there was this federal minister who proclaimed that “non-believers in Malaysia should be hunted down, as there is no place for atheism in this country”. He alluded to the Constitution which states that Islam is the official religion while others are free to practise their own faith. The Constitution, he insisted, does not mention “atheism”. He was referring to a group called “Atheist Republic” whose Kuala Lumpur chapter had held a gathering recently. The gathering had caused outrage among the Muslim community after it was highlighted on social media.

I may not agree with the views of the group but isn't the freedom to worship enshrined in the Universal Declaration of Human Rights? And this declaration should not be exclusive to non-Muslims only. “If a religion threatens to punish disbelievers by death it is certainly not a religion of peace,” said one commentator. I agree wholeheartedly. The minister should find out why the number of disbelievers is on the rise rather than make threats.

Although this next episode has little or no bearing on the foregoing incidences, it is on a lighter side. It relates to the special bond fostered between humans and animals, and the protagonists are none other than yours truly and his cat.

Kittie came into our lives in early August 2002. She was barely two weeks old when we found her meowing in front of our Bercham house one morning. There was a pair, one a tabby the other a mix of grey and white. My wife placed some milk in a saucer and left it to the pair. About an hour later only the mixed coloured kitten was around, the other had wondered off to my neighbour's house across the road. Till today I have no clue what

THREE IN ONE

I may not agree with the views of the group but isn't the freedom to worship enshrined in the Universal Declaration of Human Rights?



has become of Kittie's sibling.

My wife had an aversion for cats due to some bad experiences in the past. But Kittie's pleasant demeanour mellowed her. Over time she was the one who took care of the cuddly feline, cleaning her litter box and feeding her. Kittie was fairly well behaved and obedient. She never jumped on the dining table and would not do anything mischievous that would displease us. Her weakness was suckling. She would suckle our blanket like kittens do when hungry. The blanket was her “mother”. This went on for a while until I removed the blanket and, thus, denied her the privilege. I lived to regret my action.

Kittie grew in size and when her reproductive system was in overdrive, we had her spayed. Dr Goh, the only-known veterinarian in Ipoh then, did the honours. This was in 2003 when pet care in Ipoh was still a nascent industry. And like all growing cats, Kittie had her fair share of naughtiness. I lost count the number of times I had to climb trees, roofs and balconies to rescue her. She took off a few times and my poor wife had to go around the neighbourhood calling out her name.

Months turned to years and our relationship blossomed. Kittie was our four-legged daughter and the gem in my wife's eyes. We took her along to our new house in Simpang Pulai in 2009 and she settled in wonderfully in spite of her new surroundings.

In late July 2016 she went missing. She appeared at our doorstep four days later looking haggard and disheveled. The reason was obvious – competition. She disliked our new addition, Lucky, a loveable kitten whom my wife found while jogging one morning. Kittie's health deteriorated subsequently. Upon examining we found that her kidneys were not functioning properly, a common problem in aging cats.

On Friday, August 4 our much-loved moggy heaved her last breath at 7.50am. She was 15, rather old for a cat. We mourned her passing and had her buried under a tree in the field fronting our house. Rest in peace, Kittie. You will be sorely missed.



EYE HEALTH — Bell's Palsy

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about BELL'S Palsy or FACIAL PARALYSIS.

Bell's Palsy is the weakening or paralysis of the muscles on one side of the face. While many may not have heard of this, it is not that rare a condition. There are no Malaysian statistics on Bell's Palsy but in the United States, it is estimated to be 1 in 60 people. In 2016, Angelina Jolie revealed that she had suffered from a bout of facial palsy. The reason it is referred to as Bell's Palsy is because it was discovered by Sir Charles Bell a Scottish Surgeon and Anatomist in the 19th century. He found that when the 7th cranial nerve or facial nerve was affected, it caused the paralysis of muscles on the affected side of the face.



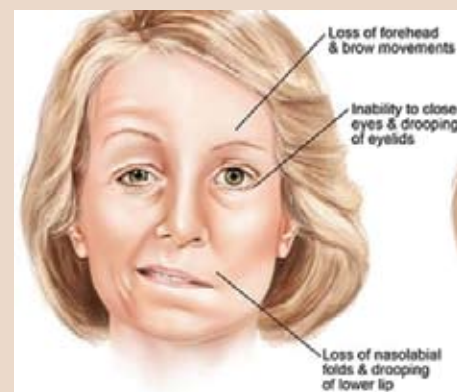
Dr. S.S. Gill
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FACIAL NERVE

The facial nerve mainly controls the muscles of expression, and picks up taste sensation from a part of the tongue. When it gets affected, half of the face appears droopy and expressionless (*please refer to adjacent illustration*).

CAUSES

Bell's Palsy occurs when the 7th cranial nerve becomes swollen within the bony canal that it passes through. The cause for this is generally unknown but research has linked it to viral infections like herpes simplex, sarcoidosis, HIV and herpes zoster.



THE PROBLEM

The affected half of the face becomes droopy as it becomes paralysed. **The eye then is unable to close properly and therefore dries out** resulting in **exposure keratitis**. This is dangerous and may lead to corneal ulcer formation and **may lead to blindness** if left untreated. *Apart from the eye*, eating too becomes difficult as there is poor mouth control on the paralysed side with speech becoming unclear especially when pronouncing words with 'P' and 'B', along with a drooling of saliva and the inability to smile properly.

DIAGNOSIS

A neurological assessment will quickly reveal the problem. An MRI needs to be done to ensure that it is not caused by a tumour pressing on the nerve. A thorough ENT examination is also a must along with some blood tests.

TREATMENT

Often, a course of oral corticosteroids with antiviral is given. If there is pain, analgesics are added. Faradic nerve stimulation physiotherapy is also beneficial to most patients. Most patients recover in three weeks. Rarely, it may be prolonged up to six months or in some instances it may never recover leaving the face permanently paralysed and surgical correction may be indicated. Do seek immediate medical treatment if you suspect you have Bell's Palsy.

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



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The death of our high street shops, like Chan Sam Lock

Who has not heard of Chan Sam Lock (CSL), Malaysia's biggest wedding and photography studio? It was the place to go, to have one's photo taken and developed.

As young children, I remember being bundled into the car, together with my siblings, and piling into the shop, for the portrait photo, the family photo, the passport photo, or the celebratory photo. Schoolgirls used to sneak into the shop, to have their photos taken with their boyfriends. In those days, only the very wealthy owned a camera.

On special days, like Hari Raya or birthdays, an elderly Mr Chan, would come to the house armed with his camera and other paraphernalia, for the photo shoot. He had the patience of a saint, as he waited for everyone to be ready, whilst we assembled for the family portrait, with children fidgeting, babies bawling, and elderly aunts falling asleep on the sofa.

If one wanted special photos, or if one wanted an old photo restored, all one had to do was sit with Mr Chan, or any of his helpful staff, and discuss one's requirements. No task seemed impossible to them.

Sadly, at the end of August, this famous Ipoh shop and landmark, with its very noticeable pastel pink building, located on Jalan Brewster, will roll down its shutters for the last time.

CSL has been in business for 71 years, has won numerous competitions and in 1992, was listed in the Malaysian Book of Records for having Malaysia's largest wedding studio.

The family-run business has been suffering for at least two years, but its studio director, Chan Mun Loong, 63, said that the decision to cease trading was made in May 2017. He manages the shop with his brother, Mun Tong, 71. CSL had incurred losses of up to RM200,000 a year for two consecutive years.

He said, "In the past, CSL could print up to 5000 pieces of photos, but today, CSL struggles to print 500 prints a day.

"The cost of running the shop per month, is about RM70,000 which includes utility costs and the salaries of 18 employees.

"We used to have 50 employees, but because of reduced profits, we had to decrease our workforce."

Chan said that CSL had been one of the most prominent wedding studios, and was a pioneer of digital imaging technology for portraits.

CSL photographers were responsible for taking countless photos of graduations, family gatherings and other social events, like the investiture of the Sultans, at the palace in Kuala Kangsar. CSL also provided fast colour print services for its customers.

Although Chan was reluctant to shut down the business, he felt that he had been left with little choice as business has been steadily declining. He claimed that technological advancements, especially in smartphone technology which are equipped with advanced camera functions, were not good for his type of business. Moreover, few people actually develop photos to keep in an album as they could share their photos using a pen drive, or directly via email or social media.

Chan also said that whilst CSL had expanded into making LED signs, the amount of work it generated was insufficient to make this a profitable undertaking.

The economy, explained Chan was also to be blamed. With less money to spend, people kept a curb on their expenses, and taking and developing photos was a luxury that they could ill afford. Chan also said that he would probably lease the building to other business tenants.

As he reminisced about the past, he said that one of his most memorable occasions was being selected to photograph the investiture ceremony of the late Sultan Azlan Shah. He recalled the Hong Kong actor, Simon Yam, who was a brand ambassador for Canon cameras, turning up at CSL, for some promotional work.

How many other types of shops, will soon go the way of CSL? Most high-street photography shops, find it difficult to remain relevant in the era of digital photography. Fewer people use retail photo shops.

Our shopping habits have changed, and in the age of the smartphone, we take more photos, than ever before, although fewer people actually print photos, to keep in an album.

We used to be a nation of small shopkeepers. The grocer has been replaced by impersonal hypermarkets.



THINKING ALLOWED

by Mariam Mokhtar

Fruiterers, shoe repair shops, sweet shops, and bakeries have died out, as have tailors and dressmakers. In their place, are hairdressers, unisex barbers, beauty salons and retail coffee chains.

When these small family run shops close down, many jobs are also lost. Many high-street shops, struggle with financial problems, until they can no longer continue. A good number have already gone bust. CSL struggled for as long as it could, before it succumbed.

Thank you, Chan Sam Lock, for years of superb service!

Footnote:

- CSL would like to remind its customers to collect their photographs, by 28 August, as they will be discarded after that date.
- Any wedding couples who have booked photo shoots, are advised to go to CSL, as soon as possible.
- Couples who are unable to come for their photo shoots, can obtain a refund from CSL.
- Various wedding dresses and gowns will be sold to bridal boutiques and anyone who is interested.
- Other items including albums and picture frames will be discounted by 40%.

Sources:

- <http://www.thestar.com.my/metro/community/2017/07/13/wedding-studio-closing-down-after-71-years-in-operation/>
- <http://www.astroawani.com/berita-malaysia/kedai-gambar-71-tahun-di-perak-bakal-ditutup-149440>

ABOUT LASIK

Dr Lee Mun Toong
Consultant Eye Specialist Surgeon KPJ Ipoh Specialist Hospital

The risks of laser surgery

8. Incomplete flap

Previously during the era of blade Lasik, one-third of all side effects caused by laser surgery resulted from the incomplete, mechanically performed shaving of the flap. If the flap was not instantly completed without problems, it was necessary to wait three to four months for a repeat operation.

blade LASIK drawback with Corneas flaps

- Incomplete or irregular corneal flaps
- Flaps that are too small or too thin
- Buttonholes (small holes or tears in the centre of the flap)
- Free caps (flaps without a hinge)

Advantages of Femtosecond laser flap creation

The femtosecond laser utilised by the FemtoLasik® method has enabled a boost in safety to a whole new level in this area as well. The process is wholly automatic and guided by a sensor. Therefore flap complication become not that common. Use of the femtosecond laser has led to a significant decrease in cornea flap complications. The precision and speed of the laser have virtually eliminated irregular cuts, overly thick flaps, and trauma induced by manipulation. The laser's speed is a major contributor to safety and patients' satisfaction.

The thickness of flap created by blade was around 150µm, however the femtolaser can create flap as thin as 90 µm. Therefore this will create more residual cornea stroma base to do more laser and to correct more power. The power with femtolaser can be done at our centre was -15.00D, of course this circumstances may be vary from individual to individual. More residual stromal bed will reduce the risk of ectasia.

9. Infection

The speed of the FemtoLasik® has minimised the risk of infection. The flap made in the eye with a femtosecond laser is open for a very short time, thereby reducing the risk of infection. The quick procedure and highly developed equipment maintenance, ensure the infection-free character of the FemtoLasik® operation. We are currently using more and more disposable surgical implements as well.

OT DESIGN:

Operation theatre (OT) FOR femtolasik is well equipped with HEPA FILTER system, however which not commonly used in some LASIK day-case centre. The High Efficiency Particulate Air (HEPA) filter provides the best protection from infection and contamination from airborne microorganisms, especially when engineered so that the filter is mounted at the terminal of the duct, commonly referred to as ceiling mounted HEPA filters or modules. These filters have a long history of providing protection against airborne diseases.

HEPA filtration in operating rooms of a healthcare facility provides the highest quality of air cleanliness, helping safeguard the life and health of the patients and the healthcare workers. These systems should be designed and installed by people knowledgeable in HEPA filters and HEPA filtration systems and should provide for scheduled periodic testing to assure HEPA system integrity.

To be continued...

For more information, readers can call Lee Eye Specialist 05 254 4388 or email at ishkjpj@gmail.com. Also visit their Facebook page: LASIK Services at KPJ Ipoh Specialist Hospital.

Opening hours: 8.30am-5pm (Mondays to Fridays), 8.30am-1pm (Saturdays).



**ON IPOH
FOOD**

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

SeeFoon is Lifted Up Up and Away

Pics by Tan Mei Kuan

My first fish head curry on arriving in Ipoh more than 20 years ago was at the **Up and Up** restaurant on Jalan Yang Kalsom. Then I used to traipse up the dingy steps or take the rickety lift to the top floor of Wisma Kinta and tuck into my two favourite dishes, the fish head curry and the petai prawns, ignoring all the while the less than salubrious surroundings.

I still do that occasionally now in an ambiance that is a much more appetising one in Ipoh Garden East. Now **Up and Up** has changed ownership and I was there recently to sample its fare. I have been to the same restaurant under the old management and found myself somewhat disappointed in the quality and so when my friend, lawyer **Angie Neoh** invited me and my Foodie Kaki **Ginla Chew**, I was not over-enthusiastic.

To my surprise who should greet me enthusiastically was **Andy Boy (Lee Yoke Kai)** hairstylist, beautician and tattoo specialist (eyes and lips) extraordinaire who together with his elder sister, has taken ownership and with a new chef, is cooking up a storm.

"**Boy**, I didn't realise you're into food," I exclaimed, "I thought only in beauty and rejuvenation." It turns out that he was very much into food, directing his artistic flair into creating exquisite, unusual and delicate drinks and desserts that are pleasing to both the eye and the palate. For example, his dried tangerine skin which he makes himself is a labour of love. Using fresh tangerine skin, he steams, then dries in the sun and repeats the process nine times and then he mixes in liquorice root powder. The resultant drink which he makes with the skin and freshly squeezed lemon was refreshing and cooling.

Let's go back to the **Fish Head Curry**, the signature dish that has made Up and Up renowned and the number one go-to choice for many in Ipoh. Here the curry is mild, tangy, neither too sweet nor too sour, laden with ladies fingers and tomatoes; the fish head market-fresh with sweet flesh. **Market price.**

Andy's chef is a different chef from the old management. **Ah Po** as he is called, has a distinctive flair as every dish that we had was superlative. We started with something that in a Nonya restaurant would be called a **Ju Hu Char**, finely julienned *sang kuang* or Mexican Yam Bean and carrots stir-fried with fine slivers of dried squid and chicken served with fresh lettuce cups and a lovely chilli paste. **RM14 small, RM21 medium, RM28 large.**



Lee Yoke Kai (Andy Boy)



The combination bitter melon and pumpkin, called in Chinese **Seen Fu Hao Teem** (meaning bitter first, finishing with sweetness) finger-size chunks coated in batter and salted egg yolk, was succulent inside and delicately crispy on the outside. **RM16 small, RM24 medium, large RM32.**

They also do a Fried Chicken in the same batter which is tender, succulent and yumilicious – **small RM20, medium RM30, large RM40.**

This was followed by the **Petai Prawns**, easily one of the best I've ever had; the thick sambal coating fragrant with belacan, the petai firm and the prawns, large, firm and ocean-fresh – **RM28 small, RM42 medium, large RM56.**

The **Si Yow Wong Gai** which is chicken chunks dry braised in dark soya sauce with garlic, onions and topped with scallions. The chicken was tender and succulent and cooked to the right degree of doneness. **RM16 small, medium RM24, large RM32.**

On another occasion I went totally porky. I was told to try the braised **Pork Belly with Chinese shiitake mushrooms**, which arrived in a thick brown gravy and best eaten with **Man Tou** (Chinese steamed buns). The pork was tender with the fat quiveringly jelly-like. Heaven in a mouthful. **RM30 small, large RM60.**

Another pork dish which is one of those 'die die, must try' dishes is the **Ham Yu Fah Lam Po** or Pork Belly with salted fish. Its one of those dishes that you almost have to eat with white rice just to soak up the sauce which is so aromatic and redolent with the salted fish flavours. **Small RM18, medium RM27 and large RM36.**

For desserts, there are two light specialties of the house. The first is their **Tao Fu Fa** or soya bean curd, a fairy light curd, smooth as silk and glides down your throat like a cloud of soothing goodness. The serving wooden tub is a delight to behold and the bean curd comes with a choice of two syrups, ginger and gula melaka (**small RM8, big RM16**).

The next is an '**Andy Boy**' special, an intriguing golden square of jelly (the collagen is extracted from two hours of stewing fish scales). It is available in two flavours, **guai fa** (made of kei chi or goji berries and flesh of longan) and lemon (made of lemon, lemon peel, **chan pei** (tangerine peel)). The guai fa jelly is best eaten on its own just like that while the lemon one is served garnished with peppermint leaves and lemon slice topped with lemon juice and some salt. Delectable and light – **RM4 per slice.**



Up and Up Restaurant
33 Jalan Medan Ipoh 10
Bandar Bahru Medan Ipoh
31400 Ipoh Perak.
Tel: 05 549 2588

Business hours: 10.30am-3pm and 5.30pm-10.30pm (closed on Tuesdays).

Petty Theft Near Us . . . continued from page 2**How to avoid?**

During an interview with Mayor Dato' Zamri Man, he assured us that the city is relatively safe, adding that the police are doing their part in maintaining law and order in Ipoh.

"Rest assured that Ipoh is one of the safest cities in Malaysia. The police have done their best. Take Bulatan Amanjaya for example. We've put lights and there are guards around the perimeter," added Zamri.

Despite such assurances, we believe that precautionary steps must be taken by everyone. And it begins with you. So what can you do?

Keep your belongings with you at all times

Be it a short visit to the store or a quick jogging session at the park, keep your personal belongings with you all the time. Never leave them unattended or in the car. The same applies for your phones, laptops, cameras and other precious items.

Get a backpack and fill all your items in it or leave all items of value at home. There have been instances where victims tried to hide their valuables in their car boot or under their car seats but they were stolen anyway. So, either you keep the items with you everywhere you go or leave them somewhere safe. Your car is definitely not the place.

Avoid carrying too many valuable items in public

The lesser the better. When going out, limit your items and leave the rest at home. For example, when going to the park, bring what is only necessary – your identification card, driving licence and some loose change for emergency. If you are wearing expensive accessories, leave or hide them. This will reduce the chances of you getting robbed or mugged.

Stay away from potentially dangerous areas

Although there are known crime-prone areas, many Ipohites believe that Ipoh is a safe place to roam.

"My only means of getting around is my two-wheeler. I've no problem riding around the city, even along dark and quiet alleys. It's never occurred to me that I'll get robbed by anyone," said Ahmad Nazmi Mansor, 28, who lives in Batu Gajah. He commutes daily to Ipoh to work. However, Nazmi feels unsafe if he were to walk along narrow alleys.

"This applies to both men and women. I think it's not safe to walk alone along quiet lanes because we never know what to expect. Instead of taking short cuts, I think it's safer to use roads where people can see you. Ipoh is safe, but we've to exercise caution, as well," warned Nazmi.

What do you need to do?

When being mugged or robbed, what must you do first?

Scream for help

If someone snatches your bag or valuable items, scream for help or shout loudly to attract



Parking near Woolley food court

the attention of passers-by. Never try to chase the culprits alone because they might harm you.

Lodge a police report

When your personal belongings are stolen, head to the nearest police station to lodge a report. This is the most important thing to do because the report will come in handy, especially when your identification card, driving licence or bank cards go missing.

According to D, the victim we interviewed, the report saved her valuable time when explaining her loss to the Registration Department of Malaysia.

"The day after I was robbed, I went to the registration department at UTC Ipoh. After showing them the police report, I was exempted from paying the mandatory fine for applying a new ID card," said D.

Better safe than sorry

Being nominated as the sixth must-visit destination in Asia by Lonely Planet and listed as the city with the highest domestic visitors for three consecutive years, safety is one factor we should never take lightly. The authorities must work hand-in-hand with the public to create a safe haven for both tourists and locals alike.

A lot depends on what is done and being done, as perception can make or break Ipoh's reputation as dominant player in the tourism industry.

**MBI Round-up**

Nabilah Hamudin

**MBI Full Board Meeting**

The monthly Ipoh City Council full-board meeting was held on Friday, July 28 at the designated conference hall. Some of the more pertinent matters discussed were:

New Methods to Pay Bills

Mayor Zamri announced that Ipohites can now pay their council bills online using the JomPAY service. Payments via post office and banks (Maybank and Bank Simpanan Nasional) are still available. The council accepts Visa, Mastercard, Amex and Maybank debit cards.

The council's payment counters are operational from Monday to Saturday effective August 1. From Monday to Friday, counters are open during normal working hours. On Saturday, operating hours are from 9am to 1pm.

IServe Counter

Ipoh City Council IServe counter, located at UTC Perak, offers 11 types of integrated services.

Beginning April 5, three government agencies namely, Immigration Department, Road Transport Department and National Registration Department, will provide their services at the counter.

Illegal Dumping Operation

As of July 15, the council has organised a total of 70 gotong-royong plus the 'Perak Yang Bersih' cleanliness campaign.

The council has collected 2,993.9 tons of rubbish all over the city.

"We have issued 2108 compounds amounting to RM422,950 to those caught dumping rubbish at illegal dumpsites and to property owners who violated the law.

"The operation, which began on January 1, is ongoing," said Zamri.

Areas covered during 'Operasi Mencari Sampah Haram' were Taman Mas Buntong, Persiaran Buntong Jaya 26, Persiaran Sungai Pari 15, Chemor, Taman Jothi and Taman Jaya Delima.

Annual Assessment Rates Revision

The council is in the midst of revising the annual assessment rates. Some 344 objections regarding the revised rates have been received.

"We're visiting the zones affected namely, Putra, Bercham, Temiang, Pinji, Pasir, Lapangan, Pengkalan and city centre to evaluate things for ourselves.

"The objections will be raised during the Council Evaluation Committee Meeting.

"We've issued 36,041 notices of amendment since July 1," said Zamri.

On a related matter, Zamri said that the council has passed the Assessment Tax Bill for the second term of 2017 in June.

He reminded property owners to update their postal addresses. This was to ensure that bills sent by the council reached their intended destinations.

"However, those who didn't receive their bills can get copies at payment counters, including those at UTC. They can also get them online at www.mbi.gov.my," he said.

The mayor urged property owners to settle their assessment rates, for the second term, by August 31.

Surgical Procedures at Affordable Price

Health is one of the most important things in life and should not be taken lightly and for granted. And when we do fall ill as we sometimes do, we will want to look for someone or a place that offers the services which we can trust and feel comfortable with.

At Perak Community Specialist Hospital (PCSH), it strives to create an environment that helps ease your worries and places you right on the road to recovery – so that you can get back on your feet again.

Being a not-for-profit hospital, the PCSH is committed to provide the best

yet affordable healthcare for all in the community. Patients can be rest assured that their health problems will be well taken care of and will not be burdened by the hospital bill at the end of the day.

Established in 1904, the hospital has most certainly come a long way. Since evolving from being purely a maternity

hospital to what it is today – a multi-disciplinary specialist hospital well regarded by the community, patients have found that many of its services are available through a network of Resident Consultants backed by teams of paramedics and modernised facilities in different departments.

Operating Theatre & Surgical Team

At PCSH, there are two well-equipped operating theatres to cater to all kinds of surgeries and the surgeons in PCSH are highly experienced in the management of a wide range of conditions, from orthopaedic to obstetric & gynecological, urological, colorectal and general surgical cases. The two experienced Resident Anesthesiologists and a team of trained staff nurses with post basic are always present to help with surgical procedures.

Common Surgical Services Offered in PCSH include:

1. Trauma / Fractures, Joint Disorder / Disease
2. General Orthopaedic, Carpal Tunnel Release, Trigger Finger Release
3. Spine Diseases / Surgery, Sports & Ligament injuries
4. Ligament reconstruction surgery, Hallus Valgus / Bunion surgery
5. Meniscus Repair, Cartilage Procedures
6. Joints Arthroplasty (Hip / Knee Replacement)
7. Arthroscopic surgery (knee & shoulder)
8. Minimally invasive surgery (spine, gynecological, etc)
9. Caesarean Sections Deliveries
10. Thyroidectomy, Mastectomy / Breast Lump
11. Bowel Cancer / Prolapse Surgery
12. Appendectomy, All types of hernia, Hemorrhoids and Perianal Conditions
13. Removal of Lumps / Bumps
14. Gastric Cancer Surgeries
15. Ureteroscopy, Retrograde intrarenal surgery (RIRS)
16. Percutaneous nephrostolithotomy or nephrolithotomy (PCNL)
17. Transurethral resection of the prostate (TURP)

The Perak Community Specialist Hospital's management and employees are committed to provide and maintain the high standards of medical care and at reasonable costs so that your family and you can worry less and focus on living healthily, because after all, life is to be lived –and we want you to enjoy every moment of it.

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

Community

Christine Yeoh Celebrates 70th Birthday

Christine Yeoh Choo Hoon, the sister of Bond actress Tan Sri Dato' Michelle Yeoh and Managing Director of Sri Maju Group celebrated her 70th birthday recently.

Unfortunately, Tan Sri Michelle was unable to attend due to filming commitment said members of the family when enquired.

Celebrating with her on that special day was the whole family, and it was a very large family, some flying in from Singapore and Spain.

They joined Christine for dinner at the Mun Choong Restaurant Pasir Putih where she later cut her birthday cake and blew out the candles and rendered the guests two songs, 'What a wonderful world' and 'Que Sera Sera'.

Continuing with the entertainment was Datin Janet Yeoh who was invited by Christine to perform. Datin Janet gladly obliged by performing a Chinese number.

Earlier in the day Christine was hosted to a lunch by cousin Dato' Lim Si Boon at Meru Valley Resort.

James Gough



Children Provision Charity 2017



Running on the theme 'Redeeming Love', Children Provision Charity 2017 is an annual charity event organised by the Rotaract Club of PETRONAS University of Technology (UTP). They initiated a visit to Vision Home and Pusat Jagaan Anak-Anak Yatim & Miskin Nurul Iman here on July 29 and August 5, respectively.

The community service programme served as a platform for the organising committees, mainly UTP students, to interact with the underprivileged children and understand their current situations in order to tailor the upcoming donation drive to their specific needs.

At Vision Home, the volunteers guided the young ones on proper room tidying. Next, trees were planted at the backyard in an effort to create a greener living environment for the children. The joyful morning also saw them playing a variety of games such as 'Musical Chairs' and 'Simon Says'.

The next stop was at Pusat Jagaan Anak-Anak Yatim & Miskin Nurul Iman, where the students connected with the kids through various fun-filled activities. After the ice-breaking session, an educational activity named 'A Picture Tells a Thousand Words' followed. Then, the volunteers cleaned the home's surroundings. Just like at Vision Home, the children were entertained via interactive games such as 'Ball Relay' and 'Monkey in the Middle'.

At the end of the day, children of both homes listed down their wishes which will then be fulfilled during the course of the charity event.

Ed

Looking Your Best

Dr. Leow Aik Ming

Consultant Plastic and Reconstructive Surgeon
Pantai Hospital Ipoh and Pantai Hospital Manjung

Eye Lift Surgery (Blepharoplasty)

During the aging process, loss of skin elasticity and constant gravitational pull often result in excessive skin folds on the upper and lower eyelids. At the same time, the thin membrane that holds the fat in place also weakens with age causing the fat to protrude forward into the lids like a hernia. For upper eyelids, excessive skin folds and bulges that hang over the eyelashes often resulting in loss of natural fold of the upper eyelids and obstruct peripheral vision. On the other hand, the excess skin and fat on the lower eyelid may make the eyes appear puffy, tired and aged.

Eye lift surgery (blepharoplasty) is a cosmetic surgical procedure that helps to reduce puffiness from lower eyelids and removes redundant skin from the upper eyelids. This surgery is also an effective way to improve sight in older people whose sagging upper eyelids get in the way of their vision. An eye lift surgery will not eliminate dark circles under the eyes, crow's feet, or other facial wrinkles. It is often done along with other procedures such as laser resurfacing, filler injection, midface lift or forehead lift to achieve desirable aesthetic results.

The selection of the surgery varies individually, depending on the problems presented and individual needs. Some only require surgery for their upper or lower eyelids. Others may need surgery for both or additional procedures. The process involved the removal of excess skin, muscles and fat, or repositioning the fat to flatten hollow areas. **Upper eyelid blepharoplasty** uses incisions to allow for removal of skin, thin strip of muscle and fat. The skin is meticulously closed together to create natural eyelid crease. **Lower eyelid blepharoplasty** can be performed either via skin incisions directly below the lash line or an incision on the inside of the eyelid, called a transconjunctival approach. The transconjunctival approach allows for access to the lower eyelid without visible incision, thus making this technique perfect for patients who need fat removed or added. This approach can be combined with laser resurfacing of the eyelid skin to reduce lines and wrinkles.



Candidates for Eye Lift Surgery:

The best candidates for an eye lift surgery are people who are in good health and who have realistic expectations. Most are 35 years or older, but if baggy eyelids or droopy eyelids run in the family, the surgery may be required sooner. Eye lift surgery can enhance the appearance and help to build patient's confidence. Eye lift surgery can make the eyes look more youthful, as it tightens loose skin around the eyes. However, it does not result in alteration of the facial structure or changing the structure of the eyes. The results of eye lift surgery are much more subtle, resulting in more of a refreshed look than a major change. Before deciding on the surgery, think about the goals and discuss them with your surgeon.

Post operative Expectations for Eye Lift Surgery:

After the surgery there will be swelling, bruises, discomfort or irritation at the eyelids. Oral antibiotics and analgesics will be prescribed to reduce the risk of infection and postoperative pain respectively. Placing cold compresses on the eyes and keeping the head elevated as much as possible during the first few days of recovery can help to reduce swelling and bruises. During the first couple of days following the surgery, the incision sites should be treated with antibiotic ointment to keep them clean and lubricated. Occasionally, eye drops are necessary to prevent the eyes from drying out. The stitches will be removed 5-7 days after the surgery. For the first couple of weeks following the surgery, dark sunglasses are recommended to protect the eyes from irritation caused by the sun and dust. Normal and light activities can be resumed after 10 days postoperatively. Throughout the first three to four weeks after the surgery, any strenuous activities (such as heavy weight lifting, sporting activities, and even crying) that increase blood flow to the eyes should be avoided. The final outcome of surgery will appear after several weeks, but it may take up to several months for incision lines to become inconspicuous.

For more information on the procedure mentioned in this article, please visit the following website (www.elegantplasticsurgery.com).

Online consultation is also available if you have any enquiries, please email: elegantplasticsurgery@gmail.com.

Elegant Plastic Surgical Centre, **Pantai Hospital Ipoh**,

Tel: +605 5405457 (Receptionist) or +605 5405458 (Direct Line)

WhatsApp : +0163885155

Elegant Plastic Surgical Centre, **Pantai Hospital Manjung**,

Tel: +605 6898624 (Receptionist) or +605 6898697 (Direct Line).

News

Pangkor Dialogue 2017 – Soft Launch



“My dream is to turn Perak into a State of Distinction, an unrivalled state in terms of development and well-being, because I really believe Perak can outdo its past glory and be greater than it ever was.” This is the dream Dato’ Seri DiRaja Dr Zambry Abdul Kadir, Menteri Besar expressed during the soft launch of Pangkor Dialogue 2017 at WEIL Hotel.

Pangkor Dialogue is a move to elevate the state to a new plateau of development, one that is prosperous, happy and inclusive, where we chart our own course and be a model for the country and the region.

Zambry added that hosting an international conference has a wide range of benefits. It is now widely acknowledged that business events mobilise interactions and collaborations that form the foundation of innovation, economic development and societal change – all catalysts for a thriving economy and a prosperous community. It can connect businesses in Perak with Global Market and attract international investment to the state.

Last year Pangkor Dialogue attracted over 2000 participants, nine MOUs were signed and is expected to generate RM425 million in investments. Ipoh was recognised as the 5th Social Business City in the world and first in Asia.

Pangkor Dialogue 2017 themed "Making the Future: Innovative Pathways to Sustainable Development" will be for two days September 11 and 12 at Hotel Casuarina@Meru.

Sustainable Development Goals is an international effort through the United Nations to transform our world through 17 major goals. The aim of this global effort is to end poverty, protect the planet and ensure prosperity for all.

This year a new element, Perak Festival of Ideas will be introduced in conjunction with Pangkor Dialogue. It will bring artistes, entrepreneurs, food lovers, investors, innovators and sports enthusiasts to congregate at various venues mainly in Ipoh and other parts of the state. This will facilitate sharing and experiencing of intellectual, innovative and inspiring ideas from within and outside Perak. Festival of Ideas will be held concurrently from September 6 to 12.

The event will be officiated by the Sultan of Perak, Sultan Nazrin Muizzuddin Shah and is expected to be attended by 1500 participants from 30 foreign countries. They consist of world thinkers and representatives from various industries, governments and academic institutions.

Among the well-known speakers who will attend this dialogue are former Ecuadorian President Jorje Jamil Mahuad Witt, grassroot innovation scholar, Anil Kumar Gupta and Oklahoma City Mayor Mick Cornett.

Dr Zambry explained that participants from abroad would make Pangkor Dialogue as a reference point and talk about it outside.

A. Jeyaraj

Community

Dementia Daycare Ground-breaking Ceremony

The Dementia Society Perak (DSP), a non-governmental organisation which provides daycare services to those afflicted with dementia, held a ground-breaking ceremony for their intended centre on Tuesday, June 8.

The site is at Jalan Lang, off Jalan Padang Tembak in Ipoh. The half-acre land was purchased and donated to the society by well-wishers.

Its chairman, Professor Dr Esther Ebenezer, who is also a Consultant Psychiatrist and Old Age Psychiatrist said the two-storey building will be equipped with research labs, conference rooms and daycare rooms.

“The present daycare centre at Jalan Foo Choong Nyit can only accommodate about 25 people and it’s very congested.

“The new centre can take up to 50 patients, and it’s large enough for patients to do their daily activities,” she told Ipoh Echo.

At the current centre patients are placed in one room. The new building, said Esther, will allow us to separate them according to the severity of the disease – mild and moderate dementia.



“Moderate dementia patients can’t do what the mild patients are capable of. We’ve to separate them and apportion activities for both,” Esther added. The new centre is estimated to cost RM2.8 million. It’ll be completed in mid-2018.

“Our daycare is totally different from nursing care. It’s advisable to send dementia patients to the dementia daycare rather than to nursing home.

“If they’re sent to nursing home, they’ll have no physical interaction, as they’ll be confined to their rooms and beds without any activities. At dementia daycare centre we’ll organise activities to keep them occupied and active before they return home.

“We charge a nominal fee of RM30 per day,” said Esther.

The DSP was established in 2010. In 2011, the society started its daycare service with the aim of providing patients a stimulating and conducive environment that is beneficial to them.

Nabilah Hamudin

Tourism

Promoting Perak In Jordan

The mission of promoting Visit Perak Year 2017 (VPY 2017) received overwhelming response at Amman, Jordan.

Khairulikwan, a 45-year-old Jordanian from Sweileh said that Malaysia is a tropical paradise noted for its beautiful beaches, friendly people and exquisite products.

"I long wished to visit Malaysia. I got to know Perak from the Internet. The state strives hard to retain its natural environment," said the easy-going Jordanian trader when met at the Ras-al-Ain Friday market.

The VPY 2017 promotional blitz was an initiative undertaken by the Perak Media Sports and Welfare Club led by its president, Wan Asrudi Wan Hassan.

A total of 27 media practitioners from Perak partook in the Malaysia-Jordan cultural exchange cum humanitarian programme conducted from July 24 to 28.

Alaq' Hanim, a 38-year-old engineer from Adoun, was pleased to receive brochures on Perak which were distributed by members of the contingent.

"I visited Ipoh in 2015 for a job assignment. I enjoyed your hospitality and the many things available in the city. Ipoh's multi-ethnic food was superb. I had a problem making choices.

"I plan on visiting Perak again next year. My destination this time is the Royal Belum Rainforest. I heard so much about the place especially its flora and fauna. You can't find them here in Jordan."

The entourage visited the Malaysian Embassy in Amman. A trip to the disputed Al Aqsa Mosque in Jerusalem was the climax of the four-day trip.

Rosli Mansor



PTA's Third Teh Tarik Session

Perak Tourism Association (PTA) held its third "Teh Tarik" session on Monday, July 31 at Symphony Suites Hotel, Ipoh. It was attended by about 50 industry players, some coming from Pangkor and Kuala Lumpur.

With all the hype coming from the newly-opened Movie Animation Park Studios (MAPS), its representative briefed on the theme park. There are more than 10 cafes, each with its own theme and are open for birthday parties, themed dinners, weddings, team-building and family-day events.

The theme park is built for people of all ages, as they have various rides and shows for people with different interests. The six zones in MAPS include the Animation Square, Dream Zone, Blast Off Zone, Live Action Zone, Fantasy Forest Zone and Lakeside Zone.

One of the subjects discussed during the meeting concerned the difficulties related to medical tourism, as direct flights to Ipoh are limited. Thus, with the plans of building a new airport, hopefully, there will be direct flights from Indonesia and other countries. This will broaden the scope of medical tourism, as Ipoh has its potentials.

Apart from that, questions on what the future holds for medical centres were also raised. With the current technology and advantages like daycare surgery, industry players asked the relevance of hospitals in the future. One of the participants replied that hospitals would still be a required necessity in the future.

Since Symphony Suites is facing a row of shops selling the famous Ipoh pomelos, Judy Ng, the hotel's general manager, suggested that the place be given an appropriate name.

"If you read blog posts on locations to buy pomelos, bloggers could only indicate the landmarks. It should be named something like Pusat Limau Bali for everyone to use. Wouldn't it be more convenient?" asked Judy.

Hoteliers complained how unregistered homestays and guest houses are encroaching into their business. They questioned the lack or absence of regulations. The authorities, they reasoned, should exercise some form of control to prevent a free-for-all.



Wellness

by SeeFoon Chan-Koppen

Having a Baby? No worries, Be Happy!

Most women worry when they are expecting, especially so if it is their first child.

According to Dr Chakr Sri Na Nagara, one of the more senior Gynaecologist and Obstetrician (and founder) of the KPJ Ipoh Specialist Hospital, there is no need for worrying if all the correct steps are taken by the soon-to-be mother as she puts herself in the hands of a qualified professional.

Dr Nagara is one of these professionals, having been trained in Singapore and the United Kingdom, receiving his MBBS (Singapore), FRCS (UK) and FRCOG (UK), and subsequently on returning to Malaysia, his FAMM (Malaysia). He remembered experiencing the use of one of the early clinical ultrasound machines when practising in the UK. Those 'ancient' machines weighed almost a ton and cost almost a million pounds.

Today these ultrasound machines have much more capability, are much smaller, costs a lot less and have become an important accoutrement in the Obstetricians' bag of tools, monitoring the progress of the unborn from early pregnancy to full term.

Ensuring a Safe Pregnancy

Dr Nagara feels strongly that a woman should attend antenatal care checkups from early in pregnancy to assess the state of foetus and monitor its eventual progress and growth over the nine months. Early assessment could detect healthy pregnancy in its early stages, diagnose threatened, or even missed miscarriages; and ectopic pregnancies (i.e. pregnancies outside the womb which is dangerous and could be fatal if missed); multiple pregnancies, and other conditions that can occur in the early stages of pregnancy.

Early ultrasound measurements can give a higher value of the exact expected due date (but of course labour can occur earlier or later by a few days and be still normal).

Ultrasonic examinations of the pregnancy at 12 weeks and 20 weeks are important to screen for foetal abnormality.

Another screening test for foetal abnormality is the **first trimester screening** at around 10 to 12 weeks when the ultrasound measurements at the foetus is checked against biochemical markers in the mother's blood. This gives around 80+% accuracy in the screening of Down's Syndrome and Patau's Syndrome.

For a 98 to 99% accuracy, maternal blood can now be examined at this stage of pregnancy for a more sophisticated testing – the NICC – **Non-Invasive Chromosomal Check**, testing an array of chromosomes of the embryo.

The gold standard test is the Amniocentesis which gives 100% accuracy but is **INVASIVE**, as the amniotic fluid of the pregnancy sac is sampled via a long needle introduced through the abdominal wall. This has a disadvantage of a 1% risk to harming the foetus and is carried out at about 16 weeks.

At 20 weeks, we often do a **full detailed scan** of the foetus to check on the anatomical structures from 'head to foot' to ascertain presence or otherwise of any organ abnormality.

Other conditions the Obstetrician look for are maternal abnormal conditions, such as anaemia, concurrent diseases such as diabetes, hypertension (which can arise during pregnancy, known as GDM (Gestational Diabetes) and PET, Pre-eclamptic Toxaemia). Vaginal infection must be detected and eradicated prior to delivery to prevent the baby from being infected during the process of labour.

Maternal diet is also important. In the context of the Malaysian pregnant patient, it is important to teach expectant mothers not only on healthy nutritious diet but also to warn them against taking TCM (traditional complementary medication) and herbs, as these have a potential of causing heavy bleeding during labour, and babies could also be exposed to a higher risk of jaundice especially if the above are consumed during the confinement period when the infant is being breastfed.

Childbirth & Labour Pain

Though childbirth is a natural process since Adam and Eve, it is nonetheless a painful event. Currently, it borders on being sadistic to allow a woman to go through the pain of labour without giving relief. There are several methods, some bordering on the esoteric, such as hypnosis and acupuncture, but the mainstay are **3 methods**. One is '**laughing gas**' - which is inhaled. Used to lessen labour pains that are of short duration.

The second is the **injection of opiate derivatives** – which give fair pain relief but has the drawback of having a depressive effect on the newborn's breathing if given too close to time of birth.

The third method, which gives **full pain relief is the Epidural** analgesia, where the analgesic drug is injected into the Epidural space of the spine. This is a safe method provided it is given by an experienced and qualified anaesthetist. It gives pain free labour, but has had bad press by the older generation who blame old age backache on Epidural analgesia- pure old wife's tales, as old men also have backache but they never have epidural or labour!!!

So, don't be worried about pregnancy and deliveries. Relax and leave the worries in the hands of your obstetrician.

Don't worry, be happy and celebrate the safe arrival of an addition to the family.

Dr Chakr Sri Na Nagara

Klinik Nagara / Teoh / Adlan, Suite 1-05,
KPJ Ipoh Specialist Hospital, 26 Jalan Raja DiHilir, 30350 Ipoh.
Clinic hours: Monday to Friday 9am – 12.30pm, 2.30pm – 4.30pm;
Saturday 9 am – 12.30pm
Tel: 05-2418350, 2408777 EXT. 243



Dr. Chakr Sri Na Nagara
Consultant Gynaecologist
and Obstetrician
MBBS (S'pore), FRCS
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FRCOG (Lond), FAMM (Mal)



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Personality

Asir, Ipoh-born Olympian

Ipoh Echo had a one-on-one with Ipoh-born athlete, Dato' Asir Victor who ran the 400m sprint in three Olympics namely, Tokyo (1964), Mexico (1968) and Munich (1972).

To date, he is the only Malaysian who has represented the country in three Olympic Games in athletics. "Considered a sprint event, 400m tests one's speed, stamina and endurance. You've to go all out, from the starting block till the finish line. It's an interesting event and people like to watch it," said Victor.

It all began in 1948 when Victor chased his mischievous friend, a school champion runner, who bolted with his pencil box while in primary school. The school headmaster, who noticed how he outran the best took him under his wing. At the age of 14, he cycled from Ipoh to Penang to partake in a 4x400m relay with his friends, reflecting his love for the sport.

"I'd a string of wins at the Perak Amateur Athletic Association Meet at Ipoh Padang. From 1955 onwards, I started competing in bigger meets. When I took part in the Olympic trial for the Rome Olympics at Ipoh Padang, I clocked 50 seconds for the 400m," said the 78-year-old, who made his debut as a national athlete in 1960. His time of 47.1 seconds remains unbroken in Perak for the past 53 years.

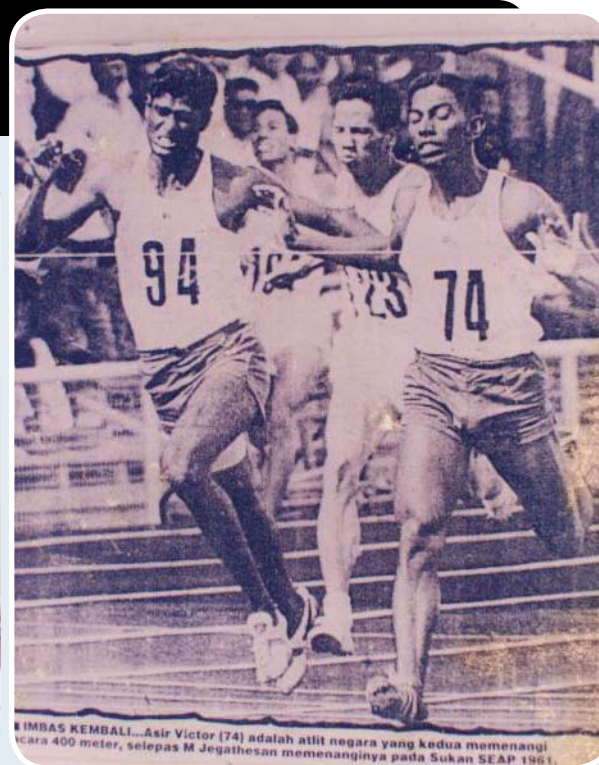
He obtained four silvers from the Asian Games held in 1962, 1966, 1970 and 1974. His other feats include winning 14 gold medals in the Sea Games for the 400m and 4x400m categories. He represented the country in the 1962 and 1966 Commonwealth Games.

"Those days, we didn't have coaches or receive financial support. I was self-taught and self-funded with guidance from my father. I ran barefoot before getting a pair of spikes," he exclaimed.

How does it feel to be in the Olympics? "It's great, as there were participants from 100 over countries. I felt nervous seeing other bigger-sized runners, as I was the shortest one then at 5 foot 5. As for the Mexico Olympics, we trained in Cameron Highlands to get used to the high altitude," Victor recalled.

"Equally memorable was the 1962 Jakarta Asian Games, my very first. I ran the 400m at 2pm. The semi-final was at 2.40pm with only a 40-minute break in between. I was still panting when the final was fixed at 3.20pm, I almost collapsed. Clocking 48.8 seconds, 48.6 seconds and 48.6 seconds respectively, the anxiety remained etched in my memory."

Asir retired in 1973 and currently is active in veteran competitions all over the world. He trains on his own at the D.R. Seenivasagam Park in the afternoon three



Asir Victor in action (number 74)

times a week.

"My dream is to win a gold medal for Malaysia in the "Z" category of the World Masters Championship. The "Z" category is meant for those in the 100-120 years old bracket. It's 22 years from now.

My favourite place to compete is Puerto Rico, as I enjoy the weather and scenery," the amiable sprinter revealed.

"My late father, Asirvatham and my mother, Syriapusham, are my biggest supporters," he added. Throughout his athletic career, he had met and exchanged pleasantries with luminaries such as the Duke of Edinburgh, Sukarno, Indira Gandhi, Nelson Mandela, Tun Abdul Razak and even Idi Amin.

"Athletes today can't take the strain of training, therefore, they can't go far. Nothing is impossible when you put your mind to it. And remember, God is always here with you," he insisted.

"No pain, no gain" that is the mantra.

Mei Kuan

Property

New Homes Promise a Bright Future at BBSK

Bandar Baru Sri Klebang (BBSK) unveils Cypress and Aspen, two double-storey link homes reflective of current trend towards modern contemporary aesthetic. It is ideal for first-time buyers seeking an affordable home and a holistic lifestyle. The guarded community comes with static and mobile guards, perimeter fencing and CCTV.



The new phase of Cypress is expected to be launched in October this year, adding 54 units to the two earlier phases launched in March and May. All units were snapped up within two months from their respective launching dates. Featuring four bedrooms, three bathrooms and a spacious backyard with a standard build-up area of 1,775 square feet, it is priced from RM328,800 onwards.

Meanwhile, Aspen is planned to launch in 2018 with 65 units. At the standard build-up area of 2,198 square feet, each unit contains four bedrooms and four bathrooms. It is priced from RM398,800 onwards. The earlier launch in February last year saw all units, with the exception of some Bumiputera lots, taken up.

With easy access from North-South Highway (just off Jalan Kuala Kangsar), Bandar Baru Sri Klebang is an integrated garden township that is close to AEON Klebang shopping mall, Poi Lam Schools and a commercial hub named Klebang Centre Point. Additional amenities, such as banks, McDonald's and petrol stations are set to enhance property value in the area.

The 650-acre master-planned township comes with its own recreation centre known as The Centro. It has a golf driving range, a 25-meter swimming pool, tennis courts, café, children's wading pool, gymnasium and children's play corner. Encompassing a range of affordable and luxury home developments, there are plenty of organised community events to help foster community spirit. The mesmerising Field of Lights is one fine example.

Situated along Jalan Kuala Kangsar in Ipoh, it is 5km away from the North-South Expressway. Not only that, the upcoming RM4.6bil Jelas Expressway, scheduled to be completed within three years (source: The Star article entitled "Work starts on RM4.6bil Jelas Expressway" dated January 20, 2017), will connect Jelapang in Ipoh to Batu Kawan in Penang.

Those interested to know more can contact Kinta Properties at **012 500 8018** for details.



Environment

Towards a Zero Waste Community



Residents of Loyal Garden Residences, Ipoh can embrace the 3R culture by adopting the KOHIJAU-ICYCLE Reward Point Recycling System, which was launched in the vicinity of the condominium by Perak State executive councillor, Dato' Rusnah Kassim on Sunday, July 23.

According to Dr Richard Ng, Chairman of KOHIJAU (Koperasi Alam Hijau Perak Berhad), Loyal Garden Residences is the first condominium to implement the recycling system.

"The management committee of the condominium will encourage all their members and residents to separate their wastes and dispose recyclables in the KOHIJAU-ICYCLE bin sponsored by Loyal Garden Residences developer, Datuk Chan Chee Seng.

"Both the management committee and contributing members will each be rewarded with 30 per cent of the sales from the recyclables collected," said Ng.

To date, some 40 KOHIJAU-ICYCLE bins are in place within the state since September last year. KOHIJAU aims to set up 100 bins throughout Perak by the end of this year. As of 30 June 2017, about 30,000kg of recyclables have been collected.

"Perak currently has a population of 2.8 million people with an average of 900,000

households. Each household generates an average of 5kg of garbage per week. If no action is taken by 2020, the entire state will be inundated with a total of 756,000 tonnes of garbage, equivalent to 1800 one-tonne lorries covering the size of a football field.

"We, at KOHIJAU, are working hard to change the mindsets of people. Cleanliness is our responsibility; the public must not think it's the government's responsibility alone," Ng insisted.

Rusnah, in her speech, said that Ipoh was once the cleanest city in the country. However, along the way, it was no longer recognised as such.

"According to Tourism Malaysia, Terengganu is the cleanest state in the country, while Perak is placed second. We don't settle for second best, as we want to be the first.

"As the saying goes, cleanliness is next to godliness, so let's work together to make Ipoh the cleanest city in the country," enthused Rusnah at the launch.

During the launch, KOHIJAU and EBM Global Recycling of Philippines signed a memorandum of understanding to introduce the KOHIJAU-ICYCLE recycling system in the city of Tay Tay, Rizal in the Philippines.

The Philippines is the third foreign country, after Kerala in India and Guang Zhou in China, to implement the recycling programme.

The KOHIJAU-ICYCLE Reward Point Recycling System enables one to recycle for a sustainable environment, and at the same time collect recycling points that can be exchanged for cash, Tesco/AEON vouchers or donated to charity. Since its inception in September 2016, the programme has garnered over 3000 members. KOHIJAU aims to recruit 10,000 members for the programme by the end of this year.

Register today at <http://icycle-global.com>. For further information, call **012 525 6252**.

Leanne Tan

www.ipohecho.com.my

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153 Jalan Dato Lau Pak Khuan,
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Perak Darul Ridzuan.

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Fax: (605) 543 9411

Arts & Culture

First Indoor Mural Experience



Calling all tourists and locals who are looking for a new attraction in Ipoh, Wisma Chye Hin at 19 Jalan Sultan Idris Shah is offering a new mural-hunting experience, thanks to its interesting murals.

Upon entering the building, visitors will quickly notice all the murals scattered around the area. Most of the murals are painted by local artist, Chin Choon Yau with his talented students and the theme chosen was Ipoh's Golden Era.

In the five-storey building, each floor will have its very own unique painting. For example, on level three, the focus is on Wisma Chye Hin's neighbour, Sun Cinema. On this floor, you can see murals of Indiana Jones, John Travolta, James Bond and more.

"When I first arrived at the building, I didn't expect it to be much. But as my friends and I reached the first floor, we were amazed. Every wall is fully painted with interesting characters and I love how they still kept the original mosaic tiles," said Afiq Raya, 28, from Chemor who stumbled upon the building while exploring Ipoh old town.

Other murals include, old shops and restaurants in Ipoh, lion dance performance and Chinese opera.

There is no fee charged to enjoy the amazing murals at Wisma Chye Hin. For more information about the building, go to Wisma Chye Hin's Facebook at www.facebook.com/pg/wismachyehinipoholdtown

Ili Aqilah



Bharatham

In conjunction with Visit Perak 2017, Greentown Indian Cultural Society in collaboration with Nethaji Subash Chandra Bose Indian Cultural Center Kuala Lumpur, High Commission of India to Malaysia, Jabatan Kebudayaan & Kesenian Negara, Perak, Majlis Kebudayaan Negeri and powered by 10 dance schools from Perak successfully organised a bharatanatyam performance featuring Professor C.V. Chandrasegar and his 10-member team from Chennai, India.

It was a mesmerising performance based on classical bharatanatyam combined with a contemporary theme, showcasing the elegance of dance as well as music. It was no mean feat for the 82-year-old professor who not only performed but choreographed the pieces by interweaving art and science which was evident in the themes.

According to Subain Singam, the President of Greentown Indian Cultural Society, this event was the 50th successful event organised by the society which focuses on keeping the love of Indian culture of arts and music alive here in Ipoh. Being Visit Perak Year and in line with its objectives, the society also took the opportunity to appreciate the dance masters from the 10 dance schools in Perak for their hard work and dedication in keeping the art of classical dance alive.

The event, held at Auditorium Kebudayaan dan Kesenian Negara Perak on July 16, was packed to the brim with dance lovers and students alike. The event was also graced by Dato' Thangeswari, Speaker Dewan Negeri Perak.

Overall, the event was a huge success judging from the feedback received from the audience. Greentown Indian Cultural Society continues its efforts to showcase more fantastic performances for its audience for free in the near future. So do keep an eye for its next event!



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



iSpeak

A. Jeyaraj

Understanding Perak Structural Plan 2040

During the months of June and July, MBI organised a programme to publicise, and for the public to review, the Perak Structural Plan 2040. On signing the register, I noticed that I was the fourth person collecting the document. The three persons before me had not written their names and only one person wrote NGO as his designation.

It is a thick book and is not meant to be read sitting next to a receptionist's counter. It is not easy to understand and is not written for the layman. It is technical. We gave up reading and flipped through the pages and just glanced at the section on health and noticed that all the hospitals in Ipoh were listed. I am not sure whether new ones would be built. We returned the document.

Some years ago when Ipoh Structural Plan 2020 was made public, there was an exhibition at the MBI lobby. Important sections were displayed on notice boards. Quite a number of people visited the exhibition. Why not do the same for the Perak Plan?

There was little publicity and I spoke to a number of youngsters and they were not aware of the programme organised by MBI. These are the people who would be affected by the plan. The message has not reached the target group. I do not remember reading any news about the exhibition in NST, the paper I subscribe to.

Some years ago I attended a forum on local councils and one of the speakers was talking about structural plans and said that it was intentionally written in such a way to make sure that an ordinary person cannot understand. I think other than those in the field, the man in the street would not be able to understand.

This is a very important document and is going to decide our fate over the next 20 years or so. Every citizen must know what is in it and how it is going to affect him.

The state government cannot wash its hands by saying that the document was



made available to the public for comments and they did not receive any comments. The public are not in a position to comment. Public forums must be held to explain what is in it.

Since the government is not keen on explaining the document to the public, NGOs like Ipoh City Watch, Ratepayers Association and other professional bodies must take the initiative to explain the structural plan to the public.

There is public form on Perak Structure Plan 2040. Who are entitled to participate in this discussion?

Money and time have been spent to come up with this plan, but what is the point when the people who are going to be affected are not aware of it and do not know its contents.

Education

MGS: 120 Years Of Excellence



Tracy (fourth from left) with class of 1966

Running on the theme “Magnificent Past, Glorious Future”, the 120th anniversary celebration of Methodist Girls’ School Ipoh (MGS) culminated in a gala dinner on Saturday, August 5 at the Kinta Riverfront Hotel.

Attended by 1200, the reunion kicked off with an exhibition with booths selling commemorative souvenirs which were snapped up in double-quick time. The floor was abuzz with squeals of delight and clicking cameras.

The lively evening saw performances by current and former students including Judith Watabe, a renowned soprano singer based in Japan and Ezdianie Hayatie, another powerful vocalist whose rendition of “Kau Di Hatiku” (You’re In My Heart), was dedicated to the beloved teachers.

Miss Rita Thavarajah, who taught at the primary school from 1969 to 1981, related her experiences to Ipoh Echo, “My first posting was MGS. I was the youngest teacher then. We produced the best choir and netball team. Both became state champions. English and Music were my favourite teaching subjects. My years in MGS were the most precious and memorable.”

Tracy Wan Chooi Wang was the head prefect for the 1966 group. “Our teachers were very committed such as Miss Ng Poh Chan who taught us Literature and Mr Vincent Lee who taught us Physics. There was no Trinity Hall during our time. I’m proud to serve the school and represent the student body then. I’ve batch mates who flew from Australia, United Kingdom and Singapore just for tonight’s do,” the amiable Tracy, who currently resides in Singapore, enthused. She hopes that the students will continue to excel, especially in terms of character.

Mong Zhi Ying, who graduated in 2008 said, “My fondest memories include our canteen food which was cheap, filling and delicious as well as the netball session, during physical education class, conducted by the late Mr Cheang Hup Keong. MGS has given me a group of valuable friends for life.”

Another notable attendee was Dato’ Nolee Ashilin Mohammed Radzi, the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications. She is a member of the 1992 batch.

Mei Kuan

Entertainment

Rhythms of the Rainbow

On Sunday, August 6, a musical performance for the benefit of Persatuan Pembangunan Pendidikan Kanak-Kanak Istimewa Ipoh was staged by the Ipoh Fine Arts Society. The performance titled, ‘Rhythms of the Rainbow’ featured *AkashA*, a 7-piece world fusion music band. It was held at Syeun Hotel, Ipoh.

The show, which began at 8pm, was divided into two intervals, presenting a fusion of Malay, Chinese, Indian, African, Cuban jazz music and more. Over 500 guests filled the ballroom. They were mesmerised by such riveting acoustics.

“The last time we performed in Ipoh was about six years ago. It’s a whole new experience coming back here to play,” said Kumar Karthigesu.

‘AkashA’ means space, indicating physical space where dharms and phenomena exist. The band consists of seven musicians, namely, Badar Fawzi Ben Taleb (percussions), Kumar Karthigesu (sitar), Mohd Nizam Azis (various percussions), Greg Henderson (bass), Arab Saladin (composer/guitarist), Vick Ramakrishnan (percussions/tabla) and Eric Li (piano/keyboard).

“We call ourselves Malaysians because that’s who we really are. Our first performance together was at the annual Rainforest World Music Festival in Sarawak back in 2008,” continued Kumar.

One of the tunes they played was ‘Qawwali’, a form of Sufi music. It signifies love, devotion and longing. Another tune was also called ‘Ipoh Hor Fun’, a well-known local dish. The title was derived from their last trip to Ipoh.

“Our ideas and sounds are inspired by our travels. Each country has its own story. We’ve even performed at the National Arts Festival in South Africa. Coincidentally, it was held about the same time as FIFA World Cup 2010, so we got to witness the finals,” Kumar added.

AkashA has won local and international awards, making Malaysia proud. Their vibrant music, accompanied by visual backdrops, grabbed the hearts of every guest present. It was like going through a two-hour journey. It is not a surprise why they are very well-known worldwide.

Khaleeja



RPS Goes Green

In line with the Toyota Eco Youth 2017 Challenge, Sekolah Menengah Kebangsaan Raja Perempuan (RPS) recently conducted an environmental conservation programme in the vicinity of the school. The programme was held in an effort to reduce carbon footprint for the preservation and conservation of the environment.

Datin Hj Rogayah Bt Sukor, Principal of RPS, was pleased with the programme as it had helped to educate the community to manage their wastes properly.

The event was officiated by the Director of Solid Waste Management and Public Cleansing Corporation (SWCorp) Perak, Hj Fatimah bt Hj Ahmad.

Fatimah, in her opening speech, encouraged schools to set up eco-clubs such as “Kelab Kitar Semula” (recycling club) and “Kelab Rekacipta” (inventors club). Such clubs, according to her, could help reduce garbage dumps and, at the same time, generate some income for the schools.

Ed

Upcoming Event

The Ipoh Music Festival will be one of the most comprehensive classical music festivals in Southeast Asia. For the first time ever in Ipoh, this three-day international music event will attract participants around the world, including renowned performers, adjudicators, music scholars and young musicians. Its aim is to attract 2000 people to participate in this musical endeavour in the beautiful city of Ipoh, Malaysia. The music competition attracted more than 200 entries from Singapore, Thailand, and Malaysia and so far around 100 contestants have been selected to partake in the final round. The festival is a unique experience for international exchange through musical events. Its mission is to offer the opportunity for musical growth and artistic excellence while creating lasting memories.



15-17 September, 2017
Syeun Hotel, Ipoh

Objectives

- To act as a high quality platform to enhance the quality of musical activities and to further nurture the talent of musicians.
- To provide an opportunity for students, performers and educators from the international community to meet and share their experiences through musical endeavours.
- To enhance the cultural vibrancy of Ipoh through inspiring musical activities.
- To foster humanity and enhance the quality of life of the people in Ipoh and beyond Ipoh (the city).
- To put Ipoh on the world map in line with Visit Perak Year 2017.

About Ipoh Music Festival

The festival will be held from September 15 to 17, which consists of four activities: 1) competitions, 2) concerts, 3) workshops and 4) experience Ipoh. The festival is an open event, and all events are offered at the most affordable prices or free of charge in order to allow the community to experience the beauty of music.

Festival Overall Schedule and ticket prices:

15 September 2017: Competition from 10am-6.30pm for all categories.

Ticket entrance is free of charge and open for the public to watch.

Opening Gala Concert at 8pm by renown local and international artistes.

Ticket entrance is RM40/entry. Free for non-finalists.

16 September 2017: Workshops from 10am-1.30pm

Ticket entrance is RM10/entry.

Closing Gala Concert at 8pm featuring First Prize Winners of the competition.

Ticket entrance is RM40 per entry.

Free for non-finalists.

Also offered is a combo package of RM60 for attending BOTH the Opening and Closing Gala Concert.

17 September 2017: Experience Ipoh. Free shuttle buses provided by Perak Transit for all competition finalists and artistes to visit the attractions of Ipoh such as The Haven Resort, Old Town, Tin Mine Museum, and Kellie’s Castle.

Festival Venue

To enhance the experience and create lasting memories for the participants of the event, Syeun Hotel is chosen as the venue to host all activities of the festival. Located in the heart of Ipoh and surrounded by famous delicacies within walking distance, Syeun Hotel provides well-equipped facilities and adequate conference rooms to host all events including rooms for practice, workshops, competitions, concerts and meetings. Special room rates will also be offered to all the participants.

To purchase tickets please visit website www.ipohmusicfestival.com or call +6012 584 0621.

Sport

Football with a Twist

Table football, also known as foosball, is a tabletop version of football in which the ball is moved by manipulating rods where miniature figures of players are attached. The game is a popular pastime enjoyed by many, especially teenagers and children.

To add excitement to the game, St Andrew's Presbyterian Church, Ipoh decided to take things a level up by introducing humans to the game. It is called human-table football.

Set on a 35-by-14-foot pitch, the game is played by two teams of six players each. Each team has three midfielders, two strikers and a goalkeeper. A match usually lasts 15 minutes, with two seven-minute halves and a one-minute interval in between.

"All players, including the goalkeepers, are required to keep their hands on the bars at all times. They're only allowed to move sideways, and use their legs to kick the ball. Should a player let go of the bar, his or her team will be penalised with a foul. For every three fouls committed by a team, a point will be given to the opposing team," said church elder, Lim Hock Chang.

Lim added that players should have a minimum height of 120cm and that their shoulders should not go below the bars. Players are not allowed to keep both feet in the air at the same time.

According to Lim, the tabletop version of the game was introduced around the 1880s to 1890s, but the life-size version was invented about a decade ago.

"Human table football is quite popular in some foreign countries. It can be played both outdoors and indoors.



"When I first saw a footage of the game being played overseas on Facebook last year, I thought if others could do that, why not us?" Lim remarked, adding that the construction of the pitch, which was fully sponsored by Alfa Omega Tuition Centre, cost over RM8000.

The game is open to members of the public to try out.

"Players are to wear proper sports shoes. Food, pets and flavoured beverages are not allowed," said Lim.

Game sessions are usually held on weekends, 5pm to 7pm. Interested readers can register with the church office. Here are the details:

Address: 47, Jalan Golf Club, Ipoh

Phone: 05 5472420

Church office hours: Monday to Friday, 9am to 4pm.

Leanne Tan

HAPPENINGS

Announcements must be sent by fax: **05 543 9411**; 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.

Hospital Fatimah Public Forum: 'Difficulty In Conceiving? Learn How To Get Pregnant The Unconventional Way!', Saturday **August 19**, 2pm at Conference Room, 4th Floor, Hospital Fatimah. Entrance is free of charge. Contact Customer Service Officer **05 545 5777** ext **214** for more information.

Blood Donation Campaign organised by KPJ Ipoh Specialist Hospital on Saturday **August 19**, 9am-12.30pm at Lobby, First Floor, KPJ Ipoh Specialist Hospital.

Organ Donation Campaign organised by the Baha'i Community of Ipoh in collaboration with Hospital Raja Permaisuri Bainun, Sunday **August 20**, from 9.30am-11.30am at the Baha'i Centre, 26 Persiaran Bercham Selatan 19, Taman Bercham Jaya, 31400 Ipoh. In conjunction with bicentennial celebration of the birth of Baha'u'llah – the Prophet Founder of the Baha'i faith. Contact: Mr T. Pandian **012 710 1844**.

11th Asian Science Camp (ASC) from **August 20 to 26** at Universiti Tunku Abdul Rahman (UTAR) Kampar Campus. Organised by Kuala Lumpur Engineering Science Fair (KLESF). Members of the public are welcome to attend the free plenary sessions conducted by four Nobel Laureates as well as top scientists and technologists on August 21, 22 and 24. For participation and more information, kindly visit <http://www.asc2017.net/>.

Public Forum: 'The Profile of a Good Medical Student' & Clinical Talk: 'Cutting Edge Medicine – from Stem Cells to Cloning', **August 23**, 5.30pm to 7.30pm at 5th Floor KPJ Ipoh Specialist Hospital. Speaker: Professor Asif Ahmed. Open to doctors and the public. Limited seating. Free registration. Call: **05 240 8777** ext **8214/8215** to RSVP.

For **August**, **Sharpened Word** is proud to be collaborating and co-hosting one of the events with CausewayEXchange Singapore, SAME SAME BUT DIFFERENT a literary panel discussion between Malaysian and Singaporean writers and poets. The event will be held on Saturday **August 26**, 2pm-4pm at No. 22 Hale Street, Ipoh Old Town. For details and up-dates please visit our Facebook page: www.facebook.com/sharpenedword.kinta.

Motivational Programme for UPSR, Sunday **August 27** from 2pm-5pm at Banyan Spa, Ipoh. For students and their parents to encourage students to do well in the coming UPSR exam next month. It will be conducted in Malay by En. Salehuddin Zainan, a motivator and counsellor. It is open to all UPSR students in Perak and their parents. As places are limited, priority will be given to children of our members and to children from challenging socio-economic backgrounds. Registration is FREE. For registration, call Ms Denise (11am-7pm) **012 507 3866**. Facebook: FamilyWellnessClub.

Yuan Shi Dian Workshop (in Chinese), **September 9 and 10**, 8.30am-5.30pm at Ipoh Amitabha Buddhist Association. Collection: RM40 per person (for books, CDs, 2 lunches, 2 afternoon tea breaks, rental of venue and miscellaneous expenses). Contact: Irene Yip **012 529 1993**.

Ipoh Music Festival, **September 15 to 17** at Syeun Hotel, Ipoh. Competitions, concerts, workshops, etc. The festival is an open event, and all events are offered at the most affordable prices or free of charge in order to allow the community to experience the beauty of music. Combo package offer of RM60 for attending both the Opening

and Closing Gala Concert. For price and to purchase tickets, visit website www.ipohmusicfestival.com or call **+6012 584 0621**.

Mind Science Association of Malaysia 25th Anniversary Dinner on Saturday **September 16**, 7pm at Hotel Excelsior, Ipoh. For members and friends. Those interested to attend, kindly call **017 573 2879** (Chooi Yee) **012 399 3809** (Michael) or **012 507 6787** (Thomas).

Ipoh Memory Walk 2017 organised by the Dementia Society Perak, Sunday **September 24**, 7am at the Polo Ground, Ipoh. To increase awareness of dementia and to raise funds to run the Dementia Daycare programme. There will be lucky draws, refreshments and dementia screening/health checks. Open to adults, college and secondary students. Entry fee – RM20. Free T-shirt will be given. Contact: April Loh **019 571 2738** or Dementia Daycare **05 241 1691** (office hours).

Perak Parkinson International Symposium, October 21 & 22, Saturday (1pm-6pm) & Sunday (8am-6pm) at Kinta Riverfront Hotel, Ipoh. For specialists, general practitioners/physicians, medical officers, housemen/geriatricians, rehabilitation specialists (PT, OT, SLP), nurses, people with Parkinson's, caregivers and family members. You will be: Enlightened! Enriched! Entertained! & Empowered! Limited seats. For registration fees and registration forms, contact: Perak Parkinson's Association, Ipoh, 128 Hala Wah Keong, Taman Mirindy, 31400 Ipoh. Email: ppaipoh@gmail.com. Tel: **05 545 5610** or **011 1640 8406**.

Learn German in Ipoh. New beginners class has just started, preparing kids (and adults) for the A1 exam. You learn basic communication to get along in Germany, e.g. introducing yourself, shopping, asking directions, etc. We are still at the beginning and new students are welcome to join. We meet **every Monday 8pm** at YMCA Ipoh. Contact: Heinz Bongers. To join, please message me on Facebook, send an email to germaninipoh@arcor.de – or just come and see!

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.

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.

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Price
Approved Plan No.
Approving Authority

Phase : 5F (Aspen)
8456-32/02-2018/01/01
8456-32/02-2018/01/01
03/02/2016 - 02/02/2018
August 2018
G1
Nil
Freehold
Min RM 378,800 Max RM 333,800
MHL1801/0000693/0004/14/00/P00/1.00
Majlis Bandaraya Ipoh

Phase : 5F (Maple)
8456-31/06-2018/01/01
8456-31/06-2018/01/01
30/06/2017 - 29/06/2018
March 2019
G1
Nil
Freehold
Min RM 437,760 Max RM 565,800
MHL1801/0000168/0004/14/00/P00/1.00
Majlis Bandaraya Ipoh

Phase : 5F1 (Cypress)
8456-33/03-2019/01/01
8456-33/03-2019/01/01
08/03/2017 - 07/03/2019
Feb 2019
S4
Nil
Freehold
Min RM 318,800 Max RM 447,800
OSC 013-001/00/00/00/24/16
Majlis Bandaraya Ipoh

Developer : Kinta EcoCity Sdn. Bhd. (58562-M)

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Actual Site Photo



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Sport



Kenyan Mburu Won IIR 2017

The 22nd edition of the Ipoh International Run (IIR 2017), held on Sunday, August 6, at Dataran Bandaraya Ipoh (MBI Square), saw over 8000 participants from 14 countries competing in 11 categories. Ipoh's twin city, Nanning, China, was represented by eight runners led by its deputy mayor for the first time ever.

Consisting of the 21km, 10km, 7km and 5km categories, the annual run was flagged off by Dato' Shahrul Zaman Yahya, Executive Councillor for Human Resource, Youth and Sports. Present was Mayor Dato' Zamri bin Man, the chairperson of the central committee of IIR 2017.

The event, initially known as "Ipoh Half Marathon", began in 1985 and was organised by the Rotary Club of Ipoh. City Council took over in 1991. In view of the increase in participation, from in and out of the country, the run was renamed 'International Ipoh Run' in 2000. Subsequently, it was listed as an on-going event in Tourism Malaysia's calendar.

"Some participants have a collection of IIR t-shirts over the course of 20 years. I wish to thank the sponsors, as their contributions, not only ensure the event's success but help promote sports tourism in conjunction with Visit Perak Year 2017. This year, the council has set aside prizes worth RM106,000 for all categories," said Zamri to reporters during a press conference held prior to the run.

Mei Kuan

List of Winners

Men's Open International 21km – John Muiruri Mburu (1.06.04)
 Women's Open International 21km – Rutto Beatrice Jepkorir (1.18.41)
 Men Veteran 21km – Joseph Mwangi Ngara (1.07.36)
 Men's Open 10km – Nattawut Innum (34.00)
 Women's Open 10km – Khwania Rakkapan (42.11)
 Men Senior Veteran 10km – Vadiveelu Arumugam (37.09)
 Women Veteran 10km – Sheela a/p Samivellu (40.07)
 Men's Junior 7km – Ganeshraj a/l Selverajen (23.48)
 Women's Junior 7km – Janice Loh Yinjin (29.45)
 Men's Junior 5km – Aajitshwar a/l Ganesan (18.06)
 Women's Junior 5km – Loshini a/p Ragu (22.32.40)

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