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30 SEN FOR DELIVERY TO YOUR DOORSTEP - ASK YOUR NEWSVENDOR

ISSUE **266**

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How Safe are You ONLINE?

By Nabilah Hamudin and Ili Aqilah

According to police, advances in technology have resulted in an increase in cybercrime cases. However, are people aware of the many pitfalls they are exposed to while they are on the internet, browsing from one website to another, doing their online shopping and making online banking transactions?

Do you know how vulnerable we are when we are on the internet, providing information required for online shopping, purchasing air tickets and while transferring money from our account to the account of our family members?

In this issue, Ipoh Echo examines some common cybercrimes impacting Malaysians on the whole and seeks advice from the authorities.

Continued on page 2



Using the ATM



Online shopping

Kampar: An Education Hub

Kampar came into prominence in the 1880s largely due to tin mining activities and its proximity to the iconic Kinta Valley. The bustling town developed rapidly but went into a slump in 1980s following a fall in demand and price of the metal worldwide.

Since the establishment of Universiti Tunku Abdul Rahman (UTAR) in 2002, Kampar has regained its former glory and today it is often dubbed the education hub of Perak. Other educational institutions have taken root in Kampar following in the footsteps of this premier institution of higher learning which is ranked top 120 in Times Higher Education Asia University Rankings 2017.

Besides it being an education hub, Kampar is also known for its numerous touristic landmarks, which are rather exclusive to its populace. The timely exposure of these spots to visitors will enhance the marketability of Kampar, per se.

A shining example is **Green Ridge** the site of the Battle of the opening days of the Japanese Occupation (1941 to 1945). Over the trenches are still visible. The the firefight between the invading Imperial Army and troops of the was legendary. The ridge defenders Indians, Sikhs and Gurkhas from a composite British brigade. They managed to withhold the Japanese advance for four bloody days before retreating southwards.

The **Kinta Tin Mining (Gravel Pump) Museum** is a must visit for history buffs. Besides showcasing documents, it has a visual display of both rudimentary and modern tin-mining techniques and tin smelting. Records detailing the entry of Chinese indentured workers into the Kampar mining fields make good reference materials. Plans on current land reclamation exercises are also available for inspection.



Agacia Kampar City, located near UTAR and the Westlake International School is a crowd favourite due to its unique Disneyland-styled shoplots. Take a breather at cafes offering a variety of menus named after Disney cartoon characters such as Alice, Beauty and the Beast, Maleficent, Snow White and others.

Have a taste of **Laksa Sanggul** introduced in the early 1970s. The mouth-watering dish is available at the main market every morning between 7am and 12pm. The sauce is made from the flesh of wolf herrings, which is filtered manually. The fleshy noodles (laksa) are homemade from rice and wheat flour.

The **Batu Berangkai Waterfalls** is a perfect site for a family-oriented picnic on weekends. Enjoy the cool and invigorating mountain water cascading down Bujang Melaka, which stands 1233m (4045ft) above sea level.

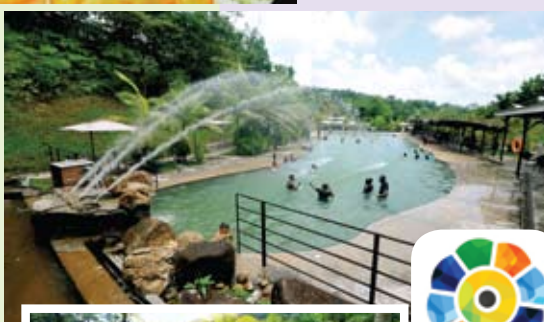
Escape the hustle and bustle of the city for a well-deserved holiday at **Refarm**, a 26-acre recreational farm located just 4km from Kampar.

Here you get to see deer, rabbits, peacocks, ostriches and chickens ambling amongst the fresh and organically-grown tropical greens.

The farm's two pools, with cool clean water sourced from the mountains, are available for swimming and various water sports making it a perfect outing for your family.

Refarm too offers comfortable and luxurious accommodation with multiple concepts. The farm's most delectable dishes namely, **Talapia Goreng Sos Batong**, **Ayam Lemon** and **Sayur Goreng Belacan** will help stimulate your appetite after a gruelling day in the sun.

Let's make a beeline to Kampar.



Pictures by Rosli Mansor

Phishing, Scams and e-Commerce Fraud

According to the Royal Malaysian Police, the top three online crimes in the country are e-commerce fraud involving online purchases, parcel scam and Voice over Internet Protocol (VoIP) scam. This may change from time to time, depending on prevailing trends.

Internet Banking – Phishing

Internet banking services have been around in Malaysia since 2001. Beginning in 2003, a spike in fraudulent activities, pertaining to internet banking or better known as “phishing”, was observed.

According to an Ipoh Maybank officer (who prefers to remain anonymous), the modus operandi of the fraudster(s) is to use spoofing techniques to gain names and passwords of account holders.

“Most of the victims were deceived into accessing fake websites, where their usernames and passwords were sourced and later used for the perpetrators’ benefits. This fraudulent activity is not limited to Perak or the country’s banks alone, it has become a worldwide problem,” he told Ipoh Echo.

He added that that is why banks now require those wishing to do online banking to provide the Transaction Authorisation Code (TAC) that is sent via SMS to their mobile phones. Maybank observes this ruling.

“Never use public Wi-Fi for online banking and credit card transactions,” he warned.

Following this, Maybank has been running a public awareness campaign to educate people on online security, generally, and internet banking safety, specifically.

Maybank has also collaborated with CyberSecurity Malaysia, an agency under the Ministry of Science, Technology, and Innovation (Mosti).

“It’s therefore safe to do online transactions with us, unless the device or machine used has been compromised, such as when you’re using public Wi-Fi. Thus, when something illegal happens, the account holder will automatically be logged out from the website preventing him from completing the transaction. This is to protect the user’s account,” he explained.

So, be wary when you do online transactions.

ATMs

He revealed that besides online transactions, the public can also be exposed to crime cases when they are withdrawing money from an Automated Teller Machine (ATM). While the usage of ATMs has increased significantly over the past 10 years, fraudsters have become more sophisticated in their methods of trying to steal money from bank accounts.

However, the bank officer advised that the threat of unscrupulous behaviour from the perpetrators should not put you off from using ATMs but it is always wise to adopt a safety-conscious approach when making any kind of cash withdrawal.

“First, if you can, check the machine before using it. Many ATM fraudsters use tactics such as placing false fronts over the card slot to copy, or skim your details. Only use ATMs situated in well-lit and busy areas, particularly after nightfall. Preferably, use an ATM located indoors, in a bank or building and monitored by close-circuit television (CCTV),” he advised.

He added that the ATMs users should stay focused while doing their transaction or withdrawing money and do not entertain anyone who are trying to divert your attentions.

“Also, never accept or ask help from strangers. It doesn’t matter how inoffensive or friendly someone may appear, never ask help from strangers when you need help to use the ATMs. Always take a friend or someone with you,” he warned.

While putting your Personal Identification Number (PIN), always place your hand over the keypad to act as shield. Avoid inputting your PIN if there are people too close to you, and never reveal your PIN to anyone, not even to a bank staff.

“Also, never write down your PIN as a note in your wallet or handbag. Doing so will provide thieves with your cards and PIN in one fell swoop, and they can access your account straightaway,” he said.

Scams

According to Perak Commercial Crime Investigation Department (CCID) chief Superintendent Md Razif Alang Mat Jaya, anyone who is an active computer user could either be a potential cyber crime victim or a perpetrator himself. He added that the younger generation is the most vulnerable.

“Almost 70 per cent of commercial crime cases today are cybercrimes,” said Md Razif Alang. When asked which are the most popular scams in Perak, he said “Macau Scam” tops the list. Despite numerous warnings, since 2009, many have been conned

SECURITY WARNING

HELPLINE
03-7626 8899

If someone has instructed you to **register** or **change** your mobile number, it’s a **SCAM!**

Bank Negara Malaysia (BNM), the Police, the Bank or Call Centre will **NEVER** call you unexpectedly to:

- Register or update your TAC mobile number
- Transfer money to another account
- Reveal your bank card number, PIN, username or password

If you do any of the above, **you could lose your money!**

SCAM ALERT



into divulging information to the crooks, who claim they are from Bank Negara or from the victims’ banks.

They trick people into revealing their confidential banking information or to divulge their personal details, before they transfer money into the scammers’ accounts. They will call the victims and inform them of an outstanding amount which needs to be settled. They will also get details from the victims, saying they need to verify it against their records.

If the victim says that he/she does not have an account, they will say that someone has used their particulars to open an account and performed transactions, which need to be settled.

This will instil fear in victims who think that someone is using their particulars to launder money, or has opened an account and were using their credit cards.

Scammers, he said, normally use a technology called Voice over Internet Protocol (VoIP) to replicate the telephone numbers of genuine organisations, including the police and Bank Negara Malaysia, to trick the victims.

E-commerce Fraud Online Purchase

The e-commerce sector continues to top the list of complaints by Malaysian consumers. The National Consumer Complaints Centre (NCCC) finds that an increasing number of Malaysians are falling victim to unscrupulous online merchants.

In the case of online scams, NCCC legal and policy executive, Shabana Naser Ahmad, said scammers will set up fake websites offering goods and services.

“They usually advertise their products on social media and instant messaging service. They claim to be legitimate online sellers and dupe consumers into making payments into personal bank accounts in order to receive the products and services offered. Once payments are made, the scammers disappear without a trace. Even the websites and phone numbers are no longer available,” she said.

Besides being victims of online scams, she said many consumers were given the runaround and empty promises when it comes to product delivery, with some products taking over a month to arrive or not arriving at all.

Other Scams

Personal Loans

Meanwhile, Perak Barisan Nasional Public Service and Complaints Centre chief, Mohd Rawi Abdullah, said a housewife from Bercham was cheated of RM1288 after receiving a call, offering her a personal loan of RM50,000. The caller told the lady to send snapshots of her MyKad and her bank account number. The amount she paid was the legal fee according to the scammer.



Mohd Rawi Abdullah

Continued on page 6



From The
Editor's Desk

By Fathol Zaman Bukhari

The success of the recently-concluded South East Asian (SEA) Games 2017 has certainly raised many eyebrows. Claims of cheating and bias are aplenty, especially from our contending neighbours namely, Thailand, Vietnam, Indonesia, Philippines and Singapore. Obviously, coming second or third best is not what they anticipated in events where they are the hot favourites.

Contact sports such as taekwondo, silat, wushu, boxing, and to a lesser extent, diving, where judging is based on sight, the inclination for judges to favour participants from the host nation is great. And having been a judge and an umpire I can vouch for their actions. It is no joy sitting with your back facing a vociferous home crowd who could turn ugly if their countryman loses. The tendency to go soft on your host nation is only expected, as your body and limbs are at risk of being maimed at a drop of a hat. I have seen this happen and, therefore, am not surprised if the judgment becomes a wee bit off-tangent.

Malaysia's eventual haul of 145 gold, 92 silver and 86 bronze, a total of 323 medals overall, is by far the largest in the history of the regional games. The games was inaugurated in 1959 with Bangkok being the first host city. It was then known as South East Asia Peninsular Games or SEAP Games. The participating nations were Burma (Myanmar), Cambodia, Thailand, Laos, Vietnam and Malaya (Malaysia). Timor Leste was inducted into the games federation in 2003 and participated in the games hosted by Vietnam. From the original six it has increased to 11 nations. At the 29th edition of the games in Kuala Lumpur, a total of 4646 athletes partook in 404 events in 38 sports spread over a two-week period.

And being the host nation we are never short of controversies, the most glaring being the upside-down Indonesian flag printed in the souvenir programme. The outcome of the boxing match between Carlo Paalam of Philippines and Muhamad Fuad of Malaysia was roundly criticised when the latter was declared the winner despite being out-boxed by the Filipino boxer.

Indonesia accused Malaysia of cheating in pencak silat when its exponent won the gold. The Malaysian women walker ran the last few metres to the finish line to win gold and two Malaysian gymnasts were awarded gold for the same event.

Transportation was problematic too. A bus driver ferrying the Myanmar women's football team was caught stealing and not having a valid driving licence. These glitches, however, did little to hamper the smooth flow of the games. On the whole it was wonderfully executed and I credit Khairy Jamaluddin, the Sports Minister, for being the prime mover. Age definitely has its advantages. Hopefully, our aging leaders learn a thing or two from this and make a timely exit when it matters.

The downside of the games is that host nations are permitted to introduce locally-conceived sports into the programme thus they stand to gain over their rivals. Philippines will play host in 2019 in Manila. I wonder what indigenous sports they will introduce. The cheating streak is in every participating nation, and this is a fact.

On Friday, September 1, an elderly man was gored to death by a cow that was prepared for the annual Hari Raya Haji (Aidladha) sacrifice in a village near Kuala Krai, Kelantan. Hari Raya Haji is also known as Hari Raya Korban. Cows, goats, sheep and camels are slaughtered to commemorate the auspicious day as part of a ritualistic belief. The deceased, Kamaruddin Mamat, owned five cows and 10 goats. The cattle that was chosen for the slaughter was aggressive and had ran loose before. Kamaruddin was stomped on the chest and succumbed to his injuries while on the way to the village

Lugman & Noraiza Tie the Knot

Congratulations to our stunning newlyweds, Muhammad Lugman Hakim and Noraiza Fitri, on their wedding. Lugman is Ipoh Echo's photographer cum graphic designer while his wife is a junior executive at an electrical company.

Over a thousand guests, including the entire Ipoh Echo crew, attended the tradition-rich ceremony with a cream-and-white colour theme.

The wedding reception was held at the Sungai Siput Municipal Council Hall on Saturday, September 2. The highlight of the afternoon was the *bersanding* ceremony where guests offered their blessings to the bride and bridegroom.

Best wishes to Lugman and Noraiza on your blissful journey in life.

Mei Kuan



LET'S BE AN HONEST HOST

Being the host nation we are never short of controversies, the most glaring being the upside-down Indonesian flag printed in the souvenir programme.



clinic. The unfortunate animal, undoubtedly, ended as fodder for the hungry villagers. Could this be karma?

I am among the few Muslims who abhor the slaughter of animals purely on religious grounds. I don't see the logic of snuffing a life to appease God. I believe many share my concern and, being what I am, I don't particularly enjoy being a party to the Hari Raya Korban "frenzy" when cows and goats are being killed (slaughter is a better word). These poor animals deserve to live like we do. Have them for food by all means but do it in a more humane way. After all cows and goats are God's gifts to humankind aren't they?

And to rub salt into the wound, over in KL someone donated a camel, convinced that he would gain extra brownie points in the hereafter. The poor camel was in poor health. It would have made better sense to have it treated and rehabilitated rather than be killed to satisfy the believers.

Out of curiosity I attended the Fruit, Flower and Food Fiesta at the Regional Transformation Centre (RTC) in Gopeng recently. It was the tail end of the four-day event which was touted as a fitting tribute to Visit Perak Year 2017. I came expecting to see something more than the usual stuff but I was terribly disappointed. It was another Sunday market look-alike you so often see around the country. The absence of non-Malay traders was simply baffling. I wonder why FAMA (Federal Agricultural and Marketing Authority), the organiser, had allowed this to happen when the hype about oneness is so deafening.

Twittering-crazy Khalid Abu Bakar, the former Inspector General of Police, retired on September 4 upon reaching the age of 60. He planned on taking cooking classes to satisfy his pet love but got something better in exchange. Khalid was appointed chairman of Prasarana Malaysia Berhad barely a day after his retirement. It caught Malaysians by surprise. Many questioned his appointment citing the many human rights violations allegedly perpetrated during his tenure as the nation's top cop.

The propensity of the government to appoint retiring civil servants and politicians to head GLCs (Government-linked Companies) is fast becoming a joke. We have yet to recover from the evils committed by Isa Samad, the disgraced chairman of Felda Global Ventures Holdings and now this. Where is this bountiful nation heading to? To Timbuktu, perhaps.

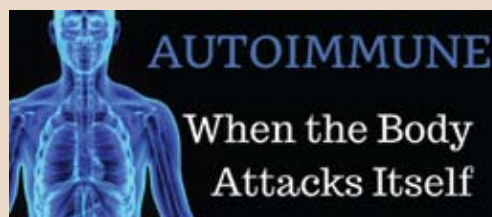
EYE HEALTH — Autoimmune Diseases

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about AUTOIMMUNE DISEASES affecting the EYES.

What is an autoimmune disease? It is a condition where the body's own immune system attacks various organs including the eyes resulting in inflammation, which may be sometimes misdiagnosed as an eye infection. Some of the common autoimmune diseases that may affect the eyes are Juvenile Rheumatoid Arthritis, Systemic Lupus Erythematosus (SLE), Multiple Sclerosis (MS), Sjogren's Syndrome (Keratoconjunctivitis Sicca or Dry Eye Syndrome), Graves' Disease (Thyroid related eye disease) and Psoriasis. As a matter of fact, autoimmunity may affect any organ in the body.



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



A problem such as psoriasis for instance, although presenting as a skin condition does not just affect the skin but also the eyes, joints, blood vessels and heart. Of course, psoriasis being a skin condition may not only affect the skin around the eyes but also the eyes leading to impaired vision and even blindness.

EYE PROBLEMS IN AN AUTOIMMUNE CONDITION

Many autoimmune diseases that can cause eye problems. They are:

- Uveitis: Inflammation of the uveal tissue (*brown/pigmented part*) in the eye
- Keratoconjunctivitis Sicca: Dry Eyes & Conjunctival (clear part of eye) inflammation
- Scleritis: Inflammation of the white of the eye.
- Glaucoma: High eye pressure resulting that can cause blindness if uncontrolled.

UVEITIS

This is the inflammation of the brown or pigmented part of the eye. The eye becomes red, painful, sensitive to light (photophobia), with tearing and blurring vision to a lesser or greater extent. The uveitis will need to be treated correctly as it can lead to loss of vision due to scarring of the eye. The condition will need to be checked by an eye doctor as uveitis can only be diagnosed using special eye examination equipment.

DRY EYE SYNDROME (Keratoconjunctivitis Sicca)

Dryness affects a fair number of people with Rheumatoid Arthritis. The conjunctiva (*the clear part of the eye covering the white part of the eye*) becomes inflamed. The tear glands of the eyes become affected and do not produce enough tears. Hence the patient suffers from symptoms of dry eyes like grittiness, itchiness, burning sensation and reflex tearing.

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

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Deanna Lim

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Is Concubine Lane just an emporium of Chinese tat?

When tin was king, Perak was one of the richest, if not the richest state in the Malayan peninsula. It had a large number of mansions, gambling outlets, and opium dens. It had many Mercedes Benz cars, had the largest consumption of one brand of brandy and large numbers of the concubines of taikos and expatriates.

Then came Maminco, the international tin scandal which sealed Ipoh's fate. From prosperity, Ipoh became a virtual ghost-town. The streets were littered with garbage, unlike its heyday, when Ipoh was called The Garden City, and the roads were carpeted with flower petals, from the many trees and shrubs growing beside them.

With their fortunes changed, those in the tin trade had a choice. Stay poor, or re-invent themselves. Finally, after years as a backwater city, Ipoh was hailed, by Lonely Planet, as one of the cities one should visit, in 2016.

The efforts of various people finally came to fruition, but as one looks around the city today, one question springs to mind. At what cost?

Ipoh is known for its architectural, cultural and historical heritage but many buildings have been torn down, and replaced by skyscrapers. Many roads have been re-named, and fail to reflect their historical importance. Even our precious limestone cliffs have been destroyed for cement, or are obscured from view by ugly tower-blocks.

In some countries, the tourist boom is a main factor in the destruction of the country's landscape (think Phuket) and lifestyle (Ibiza). Accidental or criminal acts, like defacing ancient structures (graffiti on the Egyptian pyramids), and ignoring local laws, like removing coral, (Perhentian Islands) have damaged the environment.

Tourists are responsible for most of these acts, but who would have thought that in Concubine Lane, the locals were destroying their own heritage? Concubine Lane, is also called Panglima Lane and was once known as Yee Lai Hong, where rich Chinese tycoons and British expats kept their mistresses in the town houses.

Concubine Lane's re-branding may have stopped it from being turned into a car-park or another characterless modern development, but what is being done to preserve its cultural identity?

This quaint little lane is over-commercialised with traders trying to make a quick buck. Others complain that there is no desire to inform tourists about Concubine Lane's significance and precious little is being done to maintain its architectural heritage.

The lane is turning into an outlet for cheap souvenir items from the People's Republic of China. Art historians complain that hawker stalls and umbrellas are hiding the features that once gave the lane its unique character.

One person disagrees with this assessment of Concubine Lane's failure, and said, "If the lane looked the same as it once was, I doubt if anyone would want to wander along it.

"I think it is praiseworthy that many interested individuals have boosted the area, and it does not cost any money to visit Concubine Lane, unless you buy something, eat at a restaurant or stay in one of its boutique hotels."

Comparing the effort of the individuals who have re-kindled life in Concubine Lane and another landmark near Batu Gajah, he said, "Look at Kellie's Castle. The government ploughed in around RM200,000 to make the ruins look good. It is supposed to be an unfinished mansion of an eccentric Scotsman, so why is the government completing what is supposed to be a ruin?

"Why make the ruins look modern? It defeats the purpose of the whole historical exercise. You don't rebuild Stonehenge because the druids did not finish whatever they were supposed to be constructing.

"The entrance fee for Kellie's Castle is over RM10. The state tourism board promotes one white man's dream of living in a castle, but Concubine Lane affected the lives of so many people, the economy and the future generations of Ipoh. What did the state government do to help preserve it?"

On the flip side, there is a firm chorus of Ipohites who are voicing their concern over the rapid and unchecked pace of development, in Perak, and the lack of checks on those who abuse our cultural and historical heritage, for profit.

A former businessman wonders if Ipohites should demand that City Hall safeguards the identities of places like Concubine Lane. He wants to know if the mayor and the state tourism board have plans to preserve Ipoh Old Town.

Urging the authorities to act quickly, before the

disappearance of our local heritage, he cited the mounting litter, the polluted Kinta River, which he said is a potential asset, the quarrying and the thoughtless development around limestone cliffs outside the city. He said, "The area around and including Concubine Lane, is turning into a bazaar for cheap souvenirs from China."

A social worker said, "The shops should promote local crafts like rattan weaving, wooden clogs, and bamboo fans, rather than selling clothes, canned drinks or cheap souvenirs."

Another Ipohite delivered perhaps the most critical assessment of Concubine Lane which he said, had been transformed from "a charming pedestrian-only historical precinct, to a crowded, crass commercial tourist haunt".

He said, "The only resident there, Mr Loh, is overjoyed. His brother and sister-in-law have set up a shop in their house, selling nondescript items deemed desirable to tourists, and he is happily, showing-off photos taken on his smart-phone, with foreign tourists, in particular young, white women.

"The old buildings have been done up with complete disregard for the original facade and detail. The tenants are only interested in attracting business, by selling food and drinks, tourist wares, without caring about its history."

He condemned the city planners for closing one eye to heritage preservation and said, "The new buildings erected on the two empty lots, by a city councillor, are a disgraceful abuse of city planning laws, but then who is surprised by this?"

He reserved praise for one boutique hotel and said, "The sole positive is the guesthouse managed by "Big John", which is in keeping with the lane's cultural and historical heritage. Of course, the established Chinese restaurant, Ko Kee, continues to draw in regular customers."

Perhaps, we should ask why Concubine Lane has ended up as a "cheap place for the sale of tat". In the past, the mistresses caused much angst, and today, the lane continues to court controversy, about heritage tourism.

So, should tourism take precedence over heritage? Perhaps, the president of the Perak Heritage Society (PHS) has a view on this?

ABOUT LASIK

Consultant Eye Specialist Surgeon KPJ Ipoh Specialist Hospital

Dr Lee Mun Toong

The risks of laser surgery

10. Technical supervision

Before FemtoLasik® is performed, a total of 14 mathematical values are taken of the eye. In order to avoid mistakes, a technician is present during the operation who monitors the laser technique and related equipment, ensuring that the mathematical values measured from the patient during the preliminary exam are correctly inputted into the laser's computer. The technician operates and supervises the devices, thereby allowing the physician to personally concentrate on the operation and patient. Before surgery, the physician and technician will further confirm the values inputted.



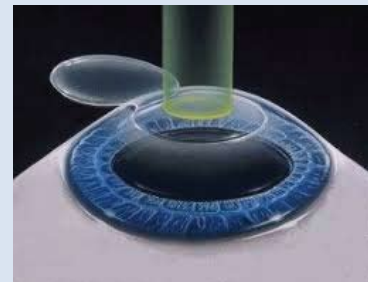
Dos and Don'ts after FEMTO LASIK Surgery

What to Do After FEMTO- LASIK

- Do have a driver arranged to bring you home after your surgery.
- Do go home and rest. It is suggested that you darken your room and lie down to nap for several hours, if possible.
- Do expect to have some discomfort after your procedure. Your surgeon may suggest some EYE REST OR PAIN KILLER to take the edge off any discomfort.
- Do plan to remain at home resting for the remainder of the day.
- Do follow all the post-operative instructions set by your surgeon regarding the use of moisture drops, antibiotic drops and other medications for the next several days.
- Do keep all of your post-operative follow up appointments with your doctor. It is important that you are monitored as you heal from your surgery. Although you may not notice any issues or feel any discomfort, your doctor may notice something which might become an issue in the future. Although rare, it is always best to treat any possible complications early.

What Not to Do After LASIK

- Do not drive on the day of your surgery
- Do not go into smoky or dusty environments. Although you may feel terrific the next day, do not decide to clean out your basement or garage. Likewise, wait a week or two to work outside raking leaves or doing work in the yard. The dirt and debris in the air can interfere with healing. If you have a job that requires working in such environments, discuss this with your OCC LASIK doctor.
- Do not go into a hot tub or swim right away. Your doctor will suggest a specific date when you can enjoy these activities again.
- Do not rub or scratch your eyes while you are healing.
- LASIK has become one of the most popular elective surgeries for a reason. The recovery time is amazingly quick and there is virtually almost no pain or discomfort during surgery. It is the solution for those wanting to be free of their glasses or contacts.



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
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SeeFoon finds invocation to **COme** for **MOre**

The genius Leonardo da Vinci received inspiration on Lake Como, that breathtakingly beautiful part of northern Italy that also inspired writers like Goethe and Longfellow to make the name Como evocative of all that is artistic and creative. Now Ipoh has its Como Cafe, where proprietors **Ally Loke** and **Johnny Liew**, young Ipohites who have come home to roost after studying and working in Australia, are showcasing their own brand of creative food and beverage with an eclectic cuisine, mixing traditional with off beat to woo diners' hearts.

Located in the lobby area of the newly-opened **Palm Hotel** in Falim, Como is a cafe cum restaurant cum cocktail lounge barely three months old. The cafe is modern with minimalist decor while the cocktail lounge named **La Rouge** is surprisingly retro, complete with red plush upholstery and a long bar where an interesting range of cocktails are served with a special brand of 'mixology' from 6pm onwards, by none other than the proprietor Johnny Liew himself.

Craft Beers and Fresh Juices and cocktails like **Eat 8 Hold Up** (vodka, aperol, pineapple and citrus) **RM28**, **Negroni**, (Gin, Campari and Sweet Vermouth) **RM28** which on the menu is described as "Sweetness always comes after Bitterness". And that it certainly is, the Campari which is very bitter, tempered with its own sugar and the vermouth, mediated by the Gin, makes this a drink perfect for the melancholic.

While Johnny looks after the drinks department, Ally looks after the food. A passionate patissier and baker, Ally who comes from a totally non F&B background and tired of the pharmaceutical industry where she worked as a lab chemist, began pursuing her love of patisserie when she came home to Ipoh. Surrounded and encouraged by family who themselves love cooking, Ally devoted her time and energy to creating the menu at Como. Together with a young chef with many years of experience in Singapore, Ally has created an eclectic menu that is still a work-in-progress with items changing on a regular basis as she tunes in to the desires of her patrons.

The menu items are innovative, each one with its own unique twist on the traditional presentation, resulting in an interesting fusion, some of which achieve a certain panache while others may require a little tweaking.

Dishes which I enjoyed include the **Como Benny Egg**, poached egg served on a crispy crab cake and toast drizzled with homemade Hollandaise, a lovely diversion from the traditional Eggs Benedict – **RM18.90**.

By the way, the **croissants** are wonderful here, buttery, flaky, crispy and ordered with the Louisiana Soup (a hearty tomato-ey, paprika-ey mixed vegetable soup redolent with Cajun spices) or their superb Wild Mushroom soup (creamy, fragrant), can be a light meal or snack on its own. **Both soups RM9.90**.

Another delightful dish is their **Crab cakes with Quail Eggs**, served with **Ebiko Mayo**, a trio of crab cakes that actually had generous chunks of fresh crab meat, crisped at the edges and topped with a delicately poached Quail egg, which on the first bite, coats the crab cake with its velvety yolk which is still runny – **RM 14.90**.

The **Spider Burger**, fried



soft shell crab, sandwiched in a lightly toasted burger bun, topped with **sriracha mayo**, on a bed of lettuce and gherkins and served with fries was a yumilicious departure from the usual beef patty which they also carry on the menu. **Spider burger, RM25.90; Beef burger, RM24.90**.

Another must-have item on the menu is the **Wild Mushroom Risotto**, creamy **Arborio Rice** cooked the Italian way with mixed **Imoji** and **King Oyster** mushrooms. The rice was perfectly done, still slightly al dente (a teeny lingering bite to each grain – which to some Chinese may be totally abhorrent) with the mushroom fragrance permeating the whole dish – **RM21.90**.

The **Cajun Chicken** is another dish deserving of mention. Chicken marinated with Cajun spices served on a bed of great mash potatoes, and served with salad and mixed vegetables and an interesting fried ball that revealed oozy cheese. Very delectable – **RM21.90**.

The Salted Egg Popcorn Chicken listed under Nibbles, which I was urged to try from friends who had been there, was an interesting appetizer. Obviously for diners with a sweet tooth, these would have been delightful but as my readers will know by now, I am averse to sugar in my food other than where it rightfully belongs – in desserts! When added to pasta, listed under Mains as **Gold Nuggets Spaghetti**, the sugar was overpowering, and while the pasta was done just right (al dente) the sugar of the Popcorn Chicken overpowered the savoury intentions of the rest of the dish. Great for those with a sweet tooth which alas, is what the average Malaysian palate has slowly been programmed to crave. As for me, both as an appetizer and main, this could have been enjoyable without the sugar. But don't let me stop you readers who like things sweet. **RM12** for appetizer and **RM17.90** as main.

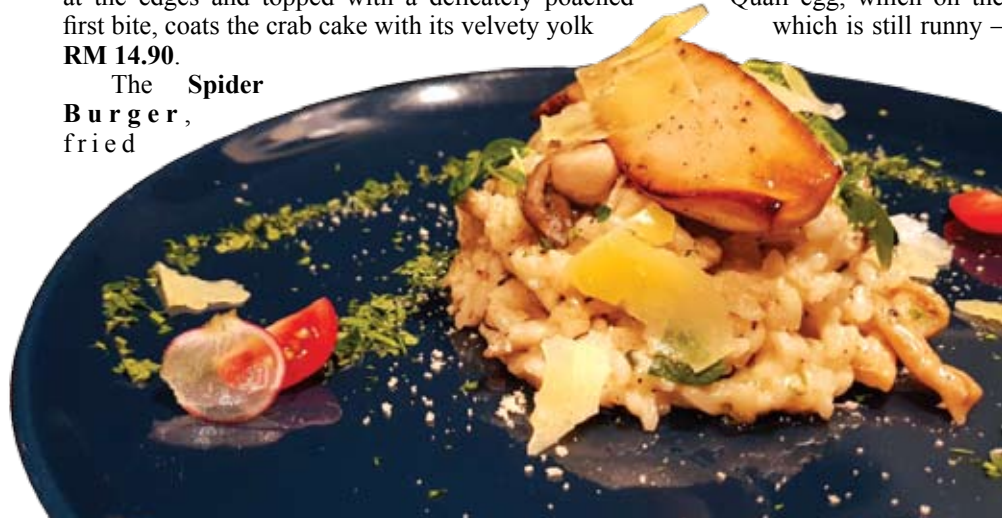
Now for the desserts which are Ally's domain as the passionate patissiere, the ones worth trying are the **Im-Passion-Ator**, passion fruit cream with an oozy chocolate centre. Listed as "a passionfruit but not a fruit and has a liquid chocolate centre but not a lava cake" – **RM14.90**.

And **Chocolate Garden**, an edible garden with homemade raspberry sorbet, chocolate sponge, mini brownie, soil and berry compote – **RM14.90**.

And finally, order the **Tiramisu**, yumilicious sweetness of cream, liqueur, coffee flavours and served in a large wine glass – **RM 9.90**.

Como offers a 3-course Lunch Menu from noon till 3pm for **RM17.90**.

Consisting of a **Light Bite Mini** pastry or fruit and a choice of four Mains which changes regularly which on the day I was there included the **Hornbill** which was Cajun fried chicken, hard boiled egg, roasted peanuts sambal served with lemon grass pandan rice (similar to nasi lemak but toned down) and the **Japanese Crane** which was Ramen with smoked duck, ebi, soft boiled egg, pickled daikon, nori and miso broth.



Como Cafe and Dessert Bar (inside Palm Hotel)

5 Persiaran Menglembu Suria

Pusat Perniagaan Menglembu Suria, 30200 Ipoh.

Tel: 05 281 0998; 012 550 1103

Business hours: Wed-Sat noon-10pm; Sunday 10.30am-10pm

Email: comocafeipoh@gmail.com

How Safe are You ONLINE . . . continued from page 2



Dato' Seri Michael Chong

The 23-year-old housewife wanted to surprise her husband who longed for a car to go to work. She thought that the personal loan could make her husband's dream come true. After paying the requested amount, she was asked to pay another RM5000 as a deposit. Since she could not pay the 'deposit', the loan was cancelled and with it went her 'legal fee'.

Death Threats

Daniel Wa Wai How, Perak MCA Youth secretary was a victim too. According to him, he was tricked into paying money by a rather chilling scam. This time death threats were used to extort money from intended victims.

The unsuspecting victim will get a message or call from the so-called hitman purportedly hired to kill him. He has to pay the hitman if he wants to live. "The caller addressed me by my name. He claimed to know my house and the time I come home daily," he said.

Perak MCA Public Service and Complaints Bureau Chief Jimmy Loh shared his experience when dealing with similar cases. "Most of the victims who come to our office are in their 40s. They're really desperate for money to pay off their debts, or to run their businesses. They're not well educated and, thus, are easily duped into parting with their money," he said.

Mohd Rawi advised members of the public to not give money to unknown people, especially when it involves huge amounts.

"These scams are hard to resolve. The police are working hard to apprehend the perpetrators but information is hard to come by. Without information, it's difficult to track the culprits."

Love Scams

MCA Public Services and Complaints Department Head, Dato' Seri Michael Chong, commented on the numerous love scams. He said, the majority of the victims, who lodged reports at his office, were single mothers.

"Most of them were lonely. They claimed they're blinded and overwhelmed by emotions triggered by Facebook or WhatsApp messages," he said. Chong said many did not lodge reports because they were ashamed of their actions. "I've known of one suicide and two attempted suicides arising from love scams," he revealed.



Nosh News

By Ili Aqilah

22 Hale Street



While Ipoh Old Town is now overflowing with fusion and western eating establishments, one cafe has set itself apart from the flock, selling local dishes and drinks instead. The new kid on the block and Ipoh's hottest tourist attraction, 22 Hale Street is offering not only food but also merchandise, a heritage gallery and space for private events.

"We were officially launched on August 31 and decided to provide local food options for tourists and the locals in the area. We are currently running a special lunch promotion where customers can order one of our main dishes together with our dessert for a cheaper price," said Lim Yi Wen, the Project Executive for the Hale Street Project.

The cafe has several must try menus such as the **Nasi Kerabu** with Chicken Rendang (RM16.80); rice cooked with butterfly-pea flowers extract together with lemongrass and coconut milk, served with chicken rendang, pickles, salted duck egg and sambal. Yi Wen also recommends the **Black Pepper Fried Rice**: Fried Rice with coarse ground black pepper, eggs, capsicum and guests can choose to have it either with seafood or chicken – RM14.80.

The cafe also has four noodles on the menu and visitors are welcome to try the **Fried Prawn Noodles**, a combination between thick vermicelli and thin yellow wheat noodle with prawns, squid, fish cake slices, eggs and bean sprout, RM14.80; the **Nyonya Fried Glass Noodle (Tung Hoon)**, glass noodles with prawn, squid, sliced fish cake and bean sprout stir fried with homemade Nyonya spice paste and served with sambal belacan and fresh lime (RM14.80).



Ipoh's signature drink, **Ipoh White Coffee** is also available at the eatery where customers can choose to have White Coffee (black coffee, condensed milk and evaporated milk), White Coffee C (black coffee, evaporated milk and sugar), White Coffee C Kosong (black coffee and evaporated milk), White Coffee O (black coffee and sugar) or White Coffee O Kosong (black coffee). They are served both hot and cold, with prices ranging from **RM3.80 to RM4.50 per cup**.

Another interesting feature in the cafe has got to be the merchandise sold there because they are made by people with disabilities from Daybreak Society. Among items sold at the cafe are bags, tea-towels, dresses for kids and more. All at incredibly reasonable prices.

The cafe opens everyday (except Monday) from 8am till 5pm. Readers who are interested to know more about 22, Hale Street can do so by visiting their website at www.22halestreet.com, or email at halestreetipoh@gmail.com or contact them at 05 241 3991.



Medical Treatments At Affordable Cost

The Perak Community Specialist Hospital (PCSH) has been offering quality medical services and accessible healthcare to the community since its inception in 1904. We are a not-for-profit hospital that benefits everyone in the community by offering superior medical services through a network of Resident Consultants and backed by teams of paramedics and modernised facilities in different departments.

GENERAL PHYSICIAN (INTERNAL MEDICINE)

Whether you are healthy and would like to maintain your overall wellness or you have a chronic condition to manage, you want a doctor on your side to help you meet whatever health goals you wish to achieve.

In helping you meet this objective, we have three Resident Physicians namely, Dr Loo Chin Sum, Dr Koh Chan Sing, and the newly joined Dr Muhd Mikhail Joseph to attend to patients with such needs. Generally, the types of health conditions that they treat include:

- Uncontrolled diabetes with complications
- Obesity and metabolic syndromes
- Thyrotoxicosis and hypothyroidism
- Dengue and infectious diseases
- Uncontrolled hypertension
- Asthma and respiratory disease
- Other general medical disorders

NEPHROLOGY SERVICES

Given the special role of our kidneys to our overall health, any disease or damage that affects them can have long-term, serious effects on our health, ranging from severe high blood pressure to kidney failure. Resident Nephrologist at PCSH, Dr Loo Chin Sum, is renowned for providing meticulous care for kidney patients that are both evidence-based and innovative. He offers appropriate advanced treatments for kidney disease, using a personalized approach to medicine.



Common kidney problems being treated here include hypertension, chronic kidney disease and end stage kidney disease/failure. Apart from that, Dr Loo also handles patients with System Lupus Erythematosus (SLE). For kidney patients who need to undergo dialysis, PCSH houses a Dialysis Centre with a total of 18 dialysis stations including 1 in the Intensive Care Unit (ICU) and 1 each for Hepatitis B and Hepatitis C patients. The centre is well supported by a team of experienced staff nurses.

CARDIOLOGY SERVICES

Coronary artery disease, vascular heart disease and heart failure are among the most common heart problems faced by Malaysians. Some common symptoms of heart problems include:

- Discomfort, pressure, heaviness, or pain in the chest, arm, or below the breastbone
- Discomfort radiating to the back, jaw, throat, or arm
- Fullness, indigestion, or choking feeling (may feel like heartburn)
- Sweating, nausea, vomiting, or dizziness
- Extreme weakness, anxiety, or shortness of breath

For patients who are having any health issues with the heart, they can visit the PCSH Resident Cardiologist, Dr Koh Chan Sing, at his clinic. A few simple tests such as the treadmill stress test and echocardiogram will be carried out to better diagnose the heart condition before appropriate medical treatments are presented.



Treadmill Stress Test



Echocardiogram

At PCSH, we design our services to promote health, prevent and reduce illness, and to ensure that our community have access to good and affordable healthcare.

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.

Wandering with Jack

By Jack Foo

Vandalism a Growing Menace



Vandalism, as defined in the dictionary, is an action involving the deliberate destruction of public or private property by individuals or a group. This has been the bane of society since time immemorial.

Vandalism is a crime and, therefore, should be taken seriously. It is akin to getting robbed on the streets, as the action of damaging a historical building is similar to stealing the building's identity, something which the community abhors. There are laws against vandalism and perpetrators can be prosecuted.

Old colonial-era buildings, which are synonymous with Ipoh's global identity, are slowly withering away as they are being defaced with irrelevant spray-painted caricatures, fonts, images and cartoons; an eyesore to visitors that inundate our proud capital city. The carnage, however, does not stop at public buildings alone, even private restaurants, eateries and retail outlets are being vandalised too.

As a society blessed with these eminent landmarks found nowhere else, we should strive to preserve our heritage through collective social responsibility. We can do this with heightened public awareness and police involvement.

If you see someone committing acts of vandalism, from spray-painting to destroying properties, report such actions to the nearest police station.

May's Dog Shelter

Pet adoption is the process of taking over ownership and responsibility of a pet that a previous owner has abandoned or released to a local shelter. This, however, is not a common practice amongst Ipohites, as yet. Many prefer to buy them from pet shops or acquire them from friends or pick them from the streets.

May, an independent caretaker for homeless dogs, operates a shelter in the vicinity of the tourist hotspot of Concubine Lane, Old Town. She feeds and nourishes these strays through generous donations by passers-by. Her makeshift shelter has an impressive array of dogs for adoption – gratis (free of charge).

"I found these dogs, sickly, un-vaccinated and weak, on the streets. These poor mongrels are in such deplorable conditions either because their owners had abandoned them or they were born in the alleyways," said May. She had them treated and dewormed with a local veterinarian.

When prompted with a question on the ultimate solution, she responded, "These dogs shouldn't be abused and abandoned, as so many are killed every day. It's, therefore, up to us to give them a life they truly deserve. After all, that's the most humane thing to do."

For any enquiries, please contact May at 012 511 8212.



Brow Lift

Dr. Leow Aik Ming

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

A youthful brow at rest is positioned above the orbital rim, with a gradual arch laterally, and the lateral end or 'tail' of the brow located higher than the medial end. As one ages, it is common for the brow to assume a flat or horizontal position. If a sagging brow inhibits your facial expression, a brow lift is a time-tested method for rejuvenating the upper third of your face.

A brow lift or forehead lift reverses the effects of gravity and tightens the soft tissues of the forehead to restore a more youthful contour to your forehead skin, upper eyelids and eyebrows. Common reasons for a brow lift include: (1) drooping or lower eyebrow position that creates a tired, sad or grumpy appearance, (2) presence of deep horizontal creases across the forehead, (3) prominent frown lines or furrows between the eyebrows or across the top of your nose resulting in angry expression and (4) excess skin or fatty tissue hanging over the eyes resulting in difficulties in applying makeup for upper eyelid which is commonly seen in females.

Brow lift procedures have evolved from open techniques to more complex short incision or endoscopic techniques. A brow lift usually involves incisions in the hair-bearing scalp, but sometimes incisions are made in the forehead and/or the upper eyelids. The selection of brow lift is based on the facial features and aesthetic preferences. The aesthetic goal is to achieve the most beautiful and natural-looking results, as well as to make the recovery as easy and comfortable as possible.

Various types of brow lift procedures:

Open (coronal) technique: The incision is across the top of the scalp, beginning above the ears and hidden within the hair.

Short or Limited incision technique: The incisions are hidden in the temporal hairline (temples). If the brow lift is done in conjunction with an upper blepharoplasty, upper eyelid incisions will be used to complete the brow lift by treating 'frown' lines between the eyebrows and raising the inside part of the eyebrows.

Endoscopic brow lift: The incisions may include three short incisions along the top of the scalp and a temple incision on each side. These incisions will be totally hidden within the hair.



Postoperative expectations

After the surgery, compressive dressing may be applied to the forehead to minimize swelling and bruising. If tubes are inserted to drain out fluid or blood from the operative field, they will be removed on first or second day after the surgery. During the first 1-2 weeks after the surgery, patient may experience swelling, numbness, discomfort, bruises and discoloration around the forehead and periorbital regions. During the healing phase, patient may also experience itchiness on the forehead or scalp for a period of time. These symptoms mentioned are usually transient and will disappear with time. Oral antibiotics and analgesics will be prescribed to reduce the risk of infection and post-operative pain respectively. The stitches will be removed 7-10 days after the surgery.

Postoperative care

- Follow the postoperative instructions given carefully.
- Head elevation especially when sleeping for 1-2 weeks.
- Take the prescribed medications as instructed.
- Compressive bandage or garment over the forehead may be necessary for 3-5 days after the surgery.
- Ice compression on the forehead for 3-5 days.
- Regular wound cleaning with antiseptic solution and antibiotic ointment.
- Allow gentle hair washing from second day post surgery.
- Avoid strenuous physical activities for 3-4 weeks.
- Make up to cover the bruises and discoloration may be allowed from third day post surgery.
- Regular use of sunscreen for 3-6 months after the surgery.

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 : +0126235458

Elegant Plastic Surgical Centre, **Pantai Hospital Manjung**,
Tel: +605 6898624 (Receptionist) or +605 6898697 (Direct Line).

Book Review

Tan Mei Kuan

Manek Mischiefs Completes Trilogy

After “Kebaya Tales: Of Matriarchs, Maidens, Mistresses and Matchmakers” and “Sarong Secrets: Of Love, Loss and Longing”, comes “**Manek Mischiefs: Of Patriarchs, Playboys and Paramours**” by **Dr Lee Su Kim** which completes her fiction trilogy centering on the multi-hued world of the Peranakans.

Though each book can stand alone, you would not want to miss out as each showcases the different insights into the heritage culture and community.

The Babas take centre stage in the eight-chapter *Manek Mischiefs*. Available in bookstores in May, Ipohites were given a sneak peak into the third collection of stories in July last year when Dr Lee graced the Sharpened Word session. The word “manek” is used to describe the minuscule glass beads from Bohemia and Czechoslovakia, brought over to this region by traders.

Manek Mischiefs starts off with a bang thanks to its first chapter titled “The Bride Who Refused to Strip” which has a surprise ending element.

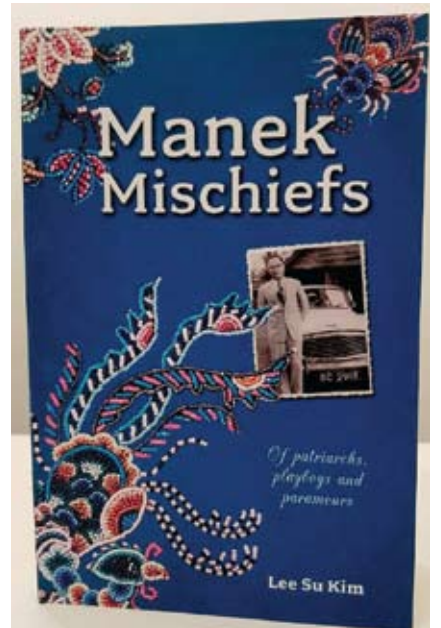
Each chapter is well-researched and well-crafted with descriptive words to flood readers’ senses. It is one of those rare examples of a book that can make you happy, sad and also passionately longing for “soft boiled eggs laced with divine Sarawak pepper”, “pulut tai tai, a gorgeous blue kuih served with kaya, a delicious coconut-egg jam”, “assam laksa, a delicious spicy-hot-sour fish soup served with noodles, garnished with onions, pineapple, mint and other veggies” and many more.

It becomes more vivid as every chapter concludes with photographs of exquisite beadwork, bejewelled adornments, vintage fabrics, gilded artefacts from private collections, personal belongings of the babas and *manek*-encrusted accessories.

I especially like how each story ends with a saying that resonates to reinforce the lesson learnt.

A sixth generation Nyonya with roots in both Penang and Malacca Peranakan communities, Dr Lee is the founder and first woman president of the Peranakan Baba Nyonya Association of Kuala Lumpur and Selangor. Currently, she is a full-time writer, educationist and language consultant.

Manek Mischiefs (paperback) is available in MPH and Popular bookstores at RM49.90. For more updates, visit Lee’s Facebook page at: [LeesKimAuthor](https://www.facebook.com/LeesKimAuthor).



Railway Station Ordeal

A reader told Ipoh Echo about her recent ordeal at the Ipoh railway station. She has been commuting between Ipoh and Kuala Lumpur by the ETS (Electric Train Service) since 2010. On Sunday, August 27, her Ipoh to Kepong Sentral train, which was supposed to depart at 3.30pm, was postponed to 5.45pm without prior notice.

“I waited from 3pm but there was no announcement made. We asked the guard at the entrance gate but he too was in the dark. At about 3.40pm we were told to wait for the 5.45pm train. That’s over two hours delay,” she lamented.

A train came at 3.30pm but it was for passengers who missed the 1pm train instead. Similarly, those who bought the 5.45pm tickets were confused when those holding the 3.30pm tickets boarded their train. Such a tardy arrangement caused a snowballing effect.

If able-bodied commuters were confused just imagine the elderly and the disabled. The station was so packed that the crowd spilled over to the taxi-waiting area. Plus, it was hot and stuffy inside.

“I’m certain, those who were going to KL Sentral to catch the KLIA Express train to the airport must have missed their flights,” she added.

Mei Kuan



News

Lions Go Retro



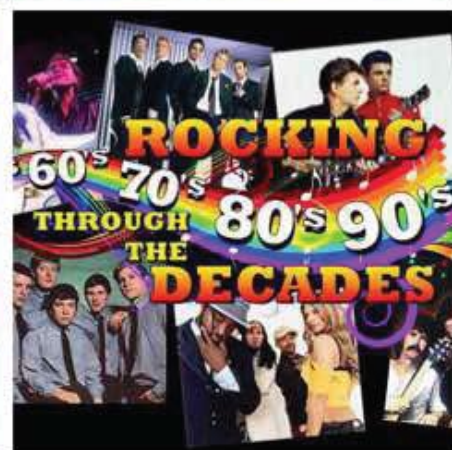
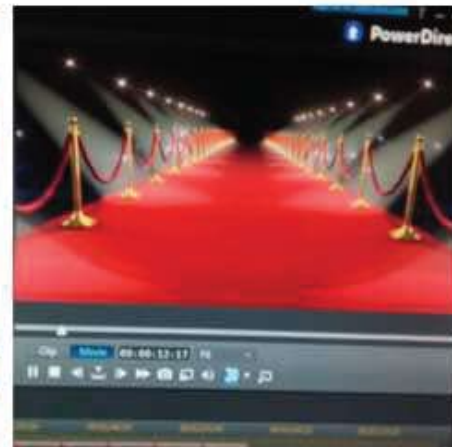
Lions Club of Ipoh Centennial held its second Induction and Installation Ceremony cum Retro Party on Friday, September 9 at MH Hotel Ipoh. The event started off with the special ceremony, meant for Lions.

District Governor Douglas Oh Aik Kim was the guest of honour for the auspicious night. Lions from Ipoh, Manjung, Bidor, Georgetown, Kampar, Ayer Tawar, Tanjung Tualang, Taiping, Batu Gajah and even Kangar took the initiative to come.

The ceremony welcomed new members of Lions as they vowed to participate and do well in upcoming events and meetings. It was then followed by the Board of Directors installation and speeches by Centennial Charter President, Dato' Dr Wenddi Anne Chong and District Governor.

"I'd like to express our sincerest gratitude to everyone present and all who had supported us. As our motto goes 'We Serve', we'll continue to guide the community and strive to help those in need," said Wenddi.

The party began around 8pm, where dinner was served while being entertained by performers. Everyone present were dressed retro, with hats and funky glasses on. Some



even had Afro wigs on as they swayed along to the music.

Entertainment Director Caroline Wong who curated the dances and the fashion show went out of the way coaching and rehearsing with her team of young dancers for almost two months before the event. Some of the performances included the Gangnam Style dance, a retro fashion show displaying styles from the different eras ranging from 1950-1978 highlighted by hit songs, the clothes co-ordinated and picked by Caroline and displayed by members of the Lions themselves. Dato' Wenddi herself stepped on stage to perform, and sang and danced to Shalala lala by Vengaboys.

As most people were familiar with the lyrics, a great time was had by all as they sang along to the songs. Songs like Mambo No. 5, Grease and La Bamba filled the ballroom, alongside nostalgia, smiles and laughter. It was indeed a memorable night for all who came.

"I'm pretty sure the songs that were played brought all of you for a stroll down memory lane. I hope they remind you of all the good memories during that era," Wenddi expressed.

Khaleeja Suhaimi

High-speed Internet Connection

WEIL Hotel is the first hotel in Ipoh to offer its guests world-class entertainment, after it secured high-speed internet connection via Telekom Malaysia Berhad (TM) Hospitality Entertainment Solution.

According to TM Perak General Manager, Badrul Hisham Bahari, the all-in-one Hospitality Entertainment Solution provides High Speed Broadband Internet access via Direct Over Metro-E (DOME) with speeds of up to 20 Mbps.

This high quality 'plug-and-play' internet access will definitely add value to the hotel's guests, as they can remain connected with their loved ones. Business guests can enjoy secure access to their corporate intranet enabling them to stay productive while they are away from their office.

The momentous signing ceremony was witnessed by State Tourism, Arts, Culture, Multimedia and Communications Committee chairman Dato' Nolee Ashilin Mohammed Radzi on Monday, Aug 14. WEIL Hotel was represented by its Executive Director Liew Yu-Wei and General Manager George King Lian Ting.

Commenting on the collaboration, Badrul Hisham said TM is excited with the collaboration, which marks the first hotel in Ipoh to secure the high speed internet via TM's Hospitality Entertainment Solution.

"We're glad and excited to join this collaboration for the provisioning of Hospitality Entertainment Solution. We'd also like to congratulate the management of WEIL hotel for their efforts to enhance their guests' stay experience," he said.

Liew in his speech said that earlier in June this year, WEIL Hotel launched a new room floor coined as 'Concept by WEIL' which is designed as a boutique hotel within a hotel.

"There are four concept designs namely Brewster, Summer Bliss, Telegraph and Miners. In order to cater to demands from travellers and the needs of a stable internet access, we've equipped each concept room with its own dedicated Wi-Fi access point. It's completed with additional 300Mbps UniFi connectivity which makes us the hotel with the highest speed and uninterrupted internet amongst the hotels in Ipoh," added Liew.

"This is what we want, the creativity of the private sector to propel further not only the name of the hotel but also the overall Perak tourism industry," said Nolee.

Nabilah Hamudin



News

Merdeka Parade 2017



Running on the theme 'Negaraku Sehati Sejiwa' ('My Country, one heart one soul') this year's Merdeka Parade was held on Thursday, August 31 along Jalan Panglima Bukit Gantang Wahab, Ipoh. Around 10,000 people crowded the sides of the street with much enthusiasm.

The event, which began around 8am, was graced by HRH Sultan Nazrin Muizzuddin Shah and HRH Tuanku Zara Salim. Raja Muda Perak, Raja Jaafar Ibni Almarhum Raja Muda Musa, Raja Puan Besar, Raja Nor Mahani and Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir.

It started off with songs by a school choir from Ipoh followed by a cultural dance performance. A total of 107 contingents partook in the parade, each showcasing their creativity and neat synchronisation. The contingents were mainly from the public sector plus institutions of higher learning and social clubs.

Ipoh Echo asked a few onlookers what the parade meant to them and their hopes for Malaysia.



"I never miss this parade. It's good to see people being passionate about being part of the parade, maybe that's one thing that keeps us united," said Karthini, 34.

"The parade signifies my love and support for Malaysia. There's nowhere else I'd rather be on a Merdeka morning. Apart from that, I hope Malaysia will get going. We've so much to catch up," said Chong Wei Lum, a retired businessman.

"I came here at 4.30am to support my friends. I joined the contingent last year and it's an indescribable experience. Just because I'm not part of it this year, it doesn't mean I won't come to support," said Gregory from SMK Anderson Ipoh.

After the parade, guests were invited for a light brunch with the VIPs at Ipoh Town Hall. While they ate they were entertained to songs and dances performed by a local dance troupe. The prize-giving ceremony by HRH Sultan Nazrin marked the end of the celebration.

SMJK Sam Tet Ipoh won first place for best marching, followed by SMJK Nan Hwa Sitiawan and Universiti Teknologi MARA (UITM) Seri Iskandar, respectively. Ipoh City Council was named best dressed contingent while the Kinta District contingent won the district marching category.

Khaleeja

Arts and Culture

Indie Band Releases First Single



Ipoh Echo delves into the nitty gritty of indie music with Shizuka Ben Aman, via a one-on-one with Faizal, guitarist, lead vocalist and songwriter of the Ipoh-based band.

Formed in 1996, the band members are working-class, self-taught musicians. Besides Faizal, there is Azam (guitarist and backing vocalist), Bahabruzzi (lead guitarist), Ijan (bass guitarist) and newbie Wakyus (drummer). They have performed all over the country and have their own fan base.

"We started as a three-piece band during our school days. We listened to all sorts of music in our childhood and that's what inspires us today," Faizal recalled. According to him, "Shizuka" is Japanese for "peace" while "Ben Aman" means "Peace Band" in Malay.

Faizal runs Dream Project Studio, a small recording studio operating at UTC Ipoh for ten years and recently took over management of Khizanat Hall from local art community, Projek Rabak. "It has become our practice and recording space. All recording, mixing and mastering of our songs are done here for the moment," said the Ipohite.

"Our best achievement is our hit song, 'Redline '95' which was released in 'Kopi Sechewen I' compilation in 2002 under Ipoh music label, 'Bodysurf Music'. It's widely accepted among the indie community then and now. Plus, it has received over 500k+ viewers on YouTube and many have done covers of the song," he added.

The group has recently released their first single, 'Jauhjauh' which is a lover's breakup song in Malay with an up-tempo music. Listeners will love the comforting vibe it exudes, perfect for healing wounded hearts.

"I fell in love with the line 'lepaskan lah hati ku... hey!' which appears in the first few seconds on the track. As a single, 'Jauhjauh' is a preview of our upcoming full album. The CDs are pro printed and priced at RM10 only. It contains three songs: 'Jauhjauh', 'Run to You' (acoustic) and 'Do You Ever See (acoustic)/Selamat Malam'," Faizal added.

It is on sale at Khizanat Ipoh, Kolek (UMNO building), V9 Yik Foong Ipoh and during their shows. Readers can contact 011 2094 7544 for posting.

Shizuka Ben Aman will be the only band from Ipoh to perform at Rocktoberfest on October 7 at Miri, Sarawak alongside others. For their next live performance, check out their Facebook / Instagram / Twitter page: [shizukabenaman](#) for details.

Faizal feels that the Ipoh indie scene is booming with bands coming in with new styles thanks to the support from the government. His one precious advice to bands just starting: "Stay true to yourself. Don't give up."

Mei Kuan

'Lorong' Wins Perak Theatre Festival 2017

A play titled 'Lorong' won the Perak Theatre Festival (PTF) 2017. Following the success, the play will be Perak's entry at the national-level competition to be held at Kuala Lumpur City Hall, next year.

Its director, Sazali Ahmad Radzi, from Perak Poet and Declamatory Club said that the win was not a personal success. "The play is derived from an opus written by renowned Malaysian theatre actress, Fauziah Nawi. It has a solid storyline and a likeable social message, hence its eligibility to compete at national level.

"A big thank you to all the actors who made the play a success. They're so committed in their roles thus making the characters come alive," said Sazali, who was crowned the best director. He received a cash award of RM200 and a certificate.

'Lorong' amplified social problems, such as drug addiction, prostitution and baby dumping that plague today's society. Besides receiving RM700 in cash for winning, 'Lorong' also won the Best Cinematography (Technique) award.

The festival was held at the Auditorium of the National Department for Arts and Culture (JKKN) Perak from August 1 to 5. A total of five plays were in contention. They were 'Lorong', 'Ramona Jalan Yang Kalsom', 'Awal dan Mira', 'Kelentong' and 'Anak'.

Rosli Mansor



Arts and Culture

Same Same But Different

The August edition of Sharpened Word was held on Saturday, August 26 at 22 Hale Street, Heritage Gallery, Ipoh. Five panelists from Singapore and Malaysia namely, Sim Piak How, Wani Ardy, Yong Shu Hoong, Paul GnanaSelvam and Bridget Eu Yoke Lin helmed the session. The talk entitled, "Same Same but Different" discussed the similarities and differences between Singaporean and Malaysian literature.

Sim Piak How was born in 1951 and graduated from Nanyang University with Honours in Economics in 1976. His first poetry anthology, "A City's Story" was shortlisted for Singapore Literature Prize 2016.

Having Chinese as his first language, Sim writes poetry in Chinese. He recited one about the daily life of a white-collar worker, entitled "A City's Story". It was written in 1981 while he was working at a bank.

He mentioned that the education in Singapore then was very different compared to now. After 1984, they made English the main language in schools. During his time, they studied everything in Chinese, including subjects like geography and literature.

"Before understanding Mandarin, I only knew Teochew. When I was about five, a Teochew opera was made into a film. It lasted for three to four months so I followed my grandfather to watch it at the cinema. I ended up watching it numerous times, I was close to memorising it," he said.

The lyrical content was what pulled him to begin exploring literature in depth. He expressed that he has not been spending too much time with Chinese literature and hopes to do so for the next 10 to 20 years. It is also his contribution to Chinese literature in Singapore.

Originally from Kuala Lumpur, Wani Ardy has been living in Ipoh since 2016. She quit her job as a lecturer to become a full-time writer. She has represented Malaysia with her band, Wani Ardy & The Guitar Polygamy, in Singapore, Australia and Indonesia.

She began writing short stories in primary school and has a collection of her own handwritten anthologies. Wani has been writing in English all her life until she reached the age of 18, when she met Abdul Ghafar Ibrahim, an icon in Malaysian literature.

"Writing in Malay feels like coming home. Sometimes I put in Javanese words to have a touch of my family and background. I don't think there's any difference between Singapore and Malaysia in literature," said Wani.

Yong Shu Hoong is the author of five poetry collections, including 'Frottage' (2005) and 'The Viewing Party' (2013) which won the Singapore Literature Prize in 2006 and 2014, respectively. His exposure to literature came from his grandfather who used to tell him Chinese folklore at bedtime.

He did literature in secondary school and started reading works by George Orwell and Shakespeare. However, he only began writing after completing his degree in Singapore.



When he went to the US to further his studies, poetry was his medium to document life and the things he experienced.

"Writers like Jack Kerouac and Allen Ginsberg made poetry look easy and accessible. There is a different generation of writers in Malaysia and Singapore. While our countries diverged into separate entities, the writing scene has also gone its own diverse ways," Yong said.

"I don't know enough emerging writers in Malaysia so the exchange would be very useful. I think Singaporeans are aware of Malaysian fiction writing," he continued.

Ipoh-born Paul GnanaSelvam started writing poetry at the suggestion of a friend in Siem Reap in 2013. He realised that the Hindu culture and philosophy were very evident in the Cambodian lifestyle. He grew up reading English newspapers, Reader's Digest and even Enid Blyton.

He infuses Tamil in his writings because he believes in language reflecting culture and vice versa. Literature, to Paul, is reflecting life and he finds that language is very flexible. Thus, the varieties of English like Manglish and Singlish.

"Using Tamil in my writing gives me an identity. That's where you bring a little bit of yourself in your writing," he said.

Bridget Eu Yoke Lin, an Ipohite, is a life member of the World Congress of Poets, World Academy of Arts and Culture, and the United Poets Laureate International. Her love for poetry started in high school, Main Convent Ipoh, as she was part of the literature society.

When she moved to England, she was mesmerised by the countryside which gave her a sense of humility. One of her first influence in poetry was Shakespeare.

"I've had the privilege of meeting both local and Singaporean poets and writers. I find Singaporean very modern while a lot of Malaysians can write the pantun and if it were to be translated into English, it'd lose its meaning," she exclaimed.

Khaleeja

CausewayEXchange in Ipoh

Ipoh was treated to incredible performances, slams and talks as CausewayEXchange was held in Ipoh for four days in August recently.

First held in 2010, the CausewayEXchange (CEX) started with a group of passionate Singaporeans who were keen to learn and broaden their understanding of neighbouring historical cities as well as developing or creating new audiences and opportunities for Singapore's creative fields.

According to the founder Shawn Lourdusamy, CEX aims to continuously look for cross border exchanges to enrich the understanding of how the role of the arts can be expanded to help address various conditions in society.

"CEX has chosen Ipoh this year instead of the more well-known and culturally established cities of Kuala Lumpur and Georgetown. Its rich heritage holds many learning and experiential touchpoints for Singaporeans as well as opportunities for expansion," said Shawn.

The first day of CEX saw an amazing performance called the Fusion Faction by Flame of The Forest (FOTF) and The Pandavas Fusion Band (TPFB). Formed in 1986, FOTF is the love project between two brothers Krsna and Govin Tan who inherited the band from their father Kenny Tan and sought to update the concepts and philosophies bestowed upon them by their predecessors from the 80s. During their performance on August 24, it was great to see and hear Classical Indian and Folk Music permeating their songs. The performance by TPFB was also a memorable one. Inspired by reggae, rock, blues, fusion, Indian and others, TPFB was formed in 2012 and has been travelling around the world to present their music, using both classical and modern instruments.

During the CEX festival, visitors were also given the chance



to attend workshops such as the Writing Workshop: Trends in Contemporary Poetics by poet Desmond Kon Zhicheng-Mingde and Tse Hao Guang. Participants during the workshop were given a set of published poems by award-winning authors and together with the two facilitator, they explored the limits of language, experimenting with structure and voices that will not only aid in idea generation but also help participants to gain control over their aesthetic expression.

Another highlight during the four-day festival was the CEX Slam 2017 Edition. Held on August 26 at 22 Hale Street's heritage gallery, the slam was between 10 poets coming from Singapore and Malaysia where poets recited their poems and scores were given by appointed judges. Nearly two hours later, not only Malaysia won the group category, we also scored the individual section; all thanks to Dhinesha Karthigesu where he received almost perfect scores during the battle.

The famous Teater Ekamatra from Singapore also took part in the festival where they presented four different performance entitled Projek Suitcase: A Monologue Festival held for two days on August 26 and 27 at Sarang Paloh and 22 Hale Street. Equipped with only a suitcase, four different storytellers spun their tales. Among the monologues presented were Balik by Farah Ong, Noor Effendy Ibrahim and Zulfadhli Rashid, Half A Dot by Norisman Mustafa and Khairudin Samsudin, Mama Lekas Pulang by Elnie S Mashari, Molizah Mohter and Aidlin 'Alin' Mosbit and ISTILLWANTMYPR by Shida Mahadi and The Art of Strangers.

Sketch artist, Yip Yew Chong also took part in the fest where he painted a few new murals at Jalan Panglima and Jalan Bandar Timah. Aside

from Yip's mural, the Band Of Doodlers painted doodles on the walls at PORT. Band Of Doodlers was founded in 2012 by Mas Shafreen to promote collaboration amongst doodlers through an accessible art form.

Among other events held during the fest were the exclusive screenings of Singapore Heritage Short Films at Yasmin At Kong Heng, book reviews (The Chronicler: One Man's Diary of Life and Journey of 190 Years: The Eurasian Catholic Community)

During the closing ceremony on August 27, state exco for Tourism, Arts, Culture, Communications and Multimedia, Dato' Nolee Ashilin thanked the organiser for choosing this heritage filled and historical city of Ipoh to be their host for 2017.

"Singapore, in particular has remained one of Malaysia's strongest markets in terms of tourist arrivals of 12.93 million in 2015 alone. With steady growth of 3.2 per cent annually, we are expecting the graph to go upward by next year, especially so, since we are in the midst of our biggest tourism campaign to date called the Visit Perak Year 2017," added Nolee.

As the official media partner for CEX, Ipoh Echo hopes to see them again next year!

Ili Aqilah

Arts and Culture

The Other Festival 2017 – Feast for Artists



After the first Other Festival 2015 and Bongkar fest in 2016, Kaki Seni again brought The Other Festival 2017 which was held for six days from September 5 until 10 where the fest celebrated and united all forms of the arts and were held free for the public in Ipoh's hottest tourists spots.

During the launch held at HOS at Kinta Riverwalk, head of Kaki Seni and no stranger in arts performing, Low Ngai Yuen thanked everyone who were involved especially Tourism Perak for being supportive towards all Kaki Seni's events,

"I never expected that we would still have the chance to come back every year to Ipoh and to have yet another arts festival here. For this year of The Other Fest, we are collaborating with Ipoh's arts and history community such as Projek Rabak and Ipoh World, to dare all visitors to discover a whole new side of Ipoh Old Town and Kinta Riverwalk with our exciting activities and art installation," said Low during her opening remarks.

Representing Tourism Perak at the launching was acting Chief Executive Officer, Zuraida Md Taib who welcomed all the delegates from Kuala Lumpur and participating Ipohites for The Other Festival,

"In conjunction with Visit Perak Year this year, we are happy to see The Other Festival again. For the past years, we've been receiving a huge number of both domestic and international tourists visiting Perak and hopefully with The Other Festival (TOF), we get to see more tourists visiting," added Zuraida.

Writer and performer, Wani Ardy was the curator for the literature-related events for the festival and it was an eye opener. TOF's literary gigs began with an open discussion on September 5 entitled 'Ma, I Wanna Be A Writer,' with Paul Gnanaselvam and Jack Malik. The two writers together with Wani discussed writers' dilemmas in getting approval from the ones who are close to them such as family and friends.

While Paul grew up loving the world of linguistics and literature, it was Jack Malik's story that stole the attention of the crowd.

"It took me six years of studying culinary arts to make me realise that although I love food, literature is my true calling. And I must thank my parents for understanding and being supportive of my decision to change path," added Jack who also presented his piece 'Sajak Jak Jak' before the session started.

Another interesting literary gig at TOF was the special 'Creative Writing For Kids' session with Azalia Suhaimi. Founder of Littlest Hands where she hosted a number of workshops, art classes and storytelling sessions for kids, Azalia, better known as Teacher Yaya's session is proof that despite it being tiring, the result of seeing how well the kids wrote poems was worth it. Azalia guided them on how to write poems about chocolates

and the kids seemed to really enjoy the process. Among all the literary gigs happening during TOF, this was the one that hopefully will come again next year and attracting bigger crowds!

Other events curated by Wani Ardy were writing workshops such as 'Writing Through Illustration' with Kullest Fafa and 'Blackout Poetry' by Aisyah Rais; several talks such as 'Orang Ipoh Malas Baca Buku' (Ipohites are lazy to read) by Syed Omar and Nazir Harith and 'The Viral Era' by Ista Kyra and Sukhbir Cheema, and an open mic session entitled 'Tibai: A Poetry Open Mic' hosted by Wani Ardy herself.

Curated by Mohd Jayzuan, one of the founder of Projek Rabak, TOF also catered to the needs of music fans when they held several music sessions such as Busker After Dusk and Supper Sonic Session held at Kinta Riverwalk, Yasmin at Kong Heng and KTM Square throughout the festival at 6pm and 9pm. Among musicians involved were Petak Daud, Shizuka, Hafiz Chai, Meor Hailree, Gunta Loho, Lady Sheera, Ippie Gomas, Bloody Mary, Skillzow, Radiowave and Mosca Embassy.

Ipoh World also took part in the festival with a special heritage exhibition held at Sepaloh Art Centre and conducted the Ipoh Larut Malam (Midnight's Ipoh) with Commander Ian Anderson (Rtd), the Managing Director of Ipoh World himself, who took visitors around Ipoh's old town and explained the interesting history behind each building and how Ipoh used to be.

"It was amazing to know about the history of Ipoh through Ian. Not only did my friends and I enjoy the tour, we also gained new information such as the story of Han Chin Pet Soo and Ho Yan Hor museum," said Aizad Izzudin, 28, who attended the tour on Sunday.

Kudos must also be given to Farah Hani, the sole performer for The Temporary Theater: Gadis Jalan Burmah (The Jalan Burmah's Girl) held for three consecutive days from September 7 until 9. The story, written by actor and scriptwriter, Redza Minhat, was about a lady named Kartini Shuib, a 42-year-old, who was deliberating if she should date an insurance salesman at her mother's suggestion. As the story unfolds, Kartini reminisced about her previous love stories and life. Farah Hani's amazing performance gathered a full-house during each session!

The light installation and glow in the dark murals at Kinta Riverwalk were also displayed exclusively for the festival. With no entrance-fee, TOF is yet another art festival that deserves more attention not only among the art communities but also Ipohites who crave for exciting events. Hopefully Kaki Seni will come again next year with even more interesting slots and sessions!

Ili Aqilah

Winning Shots of Ipoh Cultural Parade

Besides being recorded as the largest cultural parade in the Malaysia Book of Records, another highlight of the iconic Ipoh Cultural Parade jointly organised by the Perak Chinese Chamber of Commerce and Industry (PCCCI) and Tourism Perak was its photography competition.

Open to members of the public, a photo exhibition was held after the parade from August 31 at the Symphony Suites Hotel before culminating in a prize-giving ceremony on September 4.

There were over 500 photos submitted by photographers from as far as the Philippines. Lin Kuw Ming from Selangor emerged first and walked away with RM3000 cash. Meanwhile, Perakeans Chai Yon Pin and Leong Chee Kong were placed second and third with a cash prize of RM2000 and RM1000 respectively. The top three were also awarded one night's stay at The Haven and a certificate.

Kicked off with a 5-minute video montage of the recent parade, the ceremony also saw the presentation of prizes for 110 lucky draw winners in conjunction with the chamber's 110-year milestone.

Present were Dato' Dr Mah Hang Soon, the Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages and Dato' Liew Sew Yee, president of PCCCI.

"The Ipoh Cultural Parade has achieved its main objectives. One, promote 'Branding Perak Towards Excellence'. Two, create a new platform for the various cultural associations to display culture from all races. Three, promote cooperation between public and private sectors. Four, preserve the best record of the event through photography competition.



Lin's winning shot



Five, we have achieved more than 1500 participants to gain entry into Malaysia Book of Records," Dato' Liew highlighted.

"The parade in July has been a huge success and made Perakeans proud. Receiving an overwhelming response from the people, it has made Ipoh and Perak great again. Many have requested, if possible, that we should host this kind of event at least once in every two years," Dato' Dr Mah enthused.

Mei Kuan

Han Chin Pet Soo

Impress your guests with your own private dinner party in a museum setting. Enquiries should be made to the Events Manager at 05 529 3306 or events@ipohworld.org



Education

Sunway College Ipoh Encourages Thinking Out of the Box

SMK St. Bernadette's Convent, Batu Gajah emerged champion in The Ideation Challenge: Beyond the Ordinary which was organised by Sunway College Ipoh (SCI) and held in Bulatan Amanjaya, Meru, recently. The competition, which was held in conjunction with the Perak Festival of Ideas (PFoI) drew a total of 123 students representing 41 secondary schools around Perak to compete to win attractive cash and bursary prizes.

A one of a kind event, each group of participants were given a mengkuang woven mat to be transformed and re-purposed into another product. The choice of the mengkuang woven mat was aptly chosen to symbolise one of Perak's most treasured heritage. Participants were also provided with a mystery box containing random items to help with their creation. Only 10 schools with the most unique creation advanced into the final stage whereby participants were asked to design the packaging of the products they created in the first stage for commercialisation.

Prior to each competition, participants were privileged to join two workshops relevant to the competition which were delivered by SCI's lecturers. The input received in the workshops not only helped them prepare for the competition but could also be carried throughout their lives.

Aside from the competition, participants were also given the opportunity to express their aspirations for a better Perak. They were asked to contribute ideas in four different categories, that is, family, technology, education and environment on pennants distributed to them during the event. These pennants were then submitted to the organiser of PFoI, Institut Darul Ridzuan (IDR) to be hung around the Bulatan Amanjaya.

This event marks the maiden collaboration between SCI and IDR which affirms the former's effort in supporting the Perak Menteri Besar's aspiration to be the 'State of Knowledge' where ideation becomes a culture.

Dato' Dr Muhammad Amin bin Zakaria, the Perak State Exco for Education, Science and Green Technology graced the event. He expressed his fascination over the beautiful craftworks produced by participants. With limited resources and time, participants succeeded in producing excellent creations. He even recommended some of the products to be further refined and produced as souvenirs for the next series of the Pangkor Dialogue



Event.

Overall, the event was a great success and achieved its aims to promote creative and entrepreneurial minds among Perak secondary school students. It also received overwhelming response from the participants displayed through their enthusiasm and excitement during the workshops as well as the competition. SCI's culture in delivering the best service and hospitality were evident throughout the event.

The champion walked away with SCI's bursary worth RM5000 for each participant, RM800 cash for school, a plaque, a hamper, certificates and entrance tickets to Lost World of Tambun. The 1st runner-up went to SMK Seri Intan, Ipoh. They each received SCI's bursary worth RM3000 for each participant, RM500 cash for school, a plaque, a hamper, certificates and entrance tickets to Lost World of Tambun. The 2nd runner-up was SMK Tronoh winning SCI's bursary worth RM1,000 for each participant, RM300 cash for school, a plaque, a hamper, certificates and entrance tickets to Lost World of Tambun respectively.

All prizes were presented to winners during the award giving ceremony by the Principal of SCI, Dr Tina Lim Swee Kim. Prizes were sponsored by the Perak State Exco for Education, Science and Green Technology, SCI and Lost World of Tambun.



iSpeak

By A. Jeyaraj

MBI Councillors – Good, Bad and Ugly

SENARAI ZON AHLI MAJLIS BAGI TEMPOH 1 JANUARI 2017 SEHINGGA 31 DESEMBER 2018

PARLIMEN	ADUN	ZON	AHLI MAJLIS	NO. TEL
TAMBUN	HULU KINTA	1 - KANTHAN / CHEMOR / KUALA KUANG	YBHG. CLR. EN. CHAN SOON YIP	012-512 5226
		2 - CHEPOR / KLEBANG / MERU	YBHG. CLR. EN. MUSTAFAR B. RAHADI	016-536 3663
		3 - KINDING / TG. RAMBUTAN / PUTRA	YBHG. CLR. DATO' SHAHUL HAMID BIN MYDIN SHAH	016-531 1496
		4 - PERPADUAN / ULU KINTA / TAMBUN	YBHG. CLR. EN. MAZLAN BIN ABD RAHMAN	012-536 3000
	MANJOI	5 - GUGUSAN MANJOI	YBHG. CLR. EN. MUHAMAD RIZAL BIN HUSIN	012-502 1912
IPOH BARAT	BUNTONG	6 - BUNTONG / SILIBIN	YBHG. CLR. DATO' THANGARAJAH A/L RAMAN	012-500 7400
	KEPAYANG	7 - TEMBOK / TAMAN CHERRY / TAMAN LIM	YBHG. CLR. DATO' NARANYA SINGH A/L ASA SINGH	019-557 4864
		8 - KEPAYANG / FAIR PARK / BANDAR IPOH RAYA	YBHG. CLR. DATO' SHAMSUDDIN BIN HJ. ABD GHAFAR	019-559 0039
		9 - GREENTOWN / PEKAN LAMA / MEDAN KIDD	YBHG. CLR. EN. CHOO KEAN SENG	016-521 1516
		10 - TAWAS / TASEK / IPOH GROVE	YBHG. CLR. EN. LIEW KAR TUAN	012-520 1230
IPOH TIMUR	BERCHAM	11 - BERCHAM / TASEK DERMAWAN	YBHG. CLR. EN. ONG CHEE KENG	012-532 1128
		12 - KG. SIMEE / TAMAN IPOH / TAMAN CANNING	YBHG. CLR. PN. CEYLYN TAY WEI LUNG	012-468 1818
		13 - CEMPAKA / TAMAN GOLF / LUMBA KUDA	YBHG. CLR. EN. HAIRUL ANWAR BIN MOHAMED NOOR	019-559 9910
		14 - PEKAN BARU / TEBING TINGGI / PASIR PINJI	YBHG. CLR. EN. CHEW JUNN WENG	012-521 5080
	TEBING TINGGI	15 - PASIR PUTEH / SERI KINTA / KUALA PARI	YBHG. CLR. DATO' HJ. MOHAMAD RADUAN BIN MOHD KASIM	019-512 2437
BATU GAJAH	JELAPANG	16 - JELAPANG / TAMAN PERTAMA / RISHAH	YBHG. CLR. DATO' THANGARAJAH A/L RAMAN	012-500 7400
	MENGLEMBU	17 - MENGLEMBU / FALIM	YBHG. CLR. EN. KHOO BOON CHUAN	012-507 7939
		18 - LAHAT / BUKIT MERAH	YBHG. CLR. EN. LOW GUO NAN	012-304 8755
		19 - MENGLEMBU BARAT	YBHG. CLR. EN. LEONG CHEE WAI	012-515 9508
		20 - SG. ROKAM / IPOH JAYA / AMPANG	YBHG. CLR. PN. ISFARINA BINTI MOHD BALI	019-555 9150
GOPENG	SG. RAPAT	21 - PENGKALAN PEGOH / PENGKALAN GATE	YBHG. CLR. EN. MOHAMAD ANNUAR BIN BAHARUDIN	012-451 2111
		22 - KG. SG. RAPAT / RAPAT JAYA / CHANGKAT LARANG	YBHG. CLR. DATUK HANG TUAH BIN DIN @ MOHAMED DIN	012-520 0981
		23 - GUNJUNG RAPAT / RAPAT SETIA / TAMAN SONG CHOON	YBHG. CLR. EN. LOW LEONG SIN	012-508 3677
		24 - SENGAT / CHANDAN DESA / BOTANI	YBHG. CLR. TN. HJ. MOHAMED ODMAN B. ABDUL KADIR	012-518 6070

After the massive flooding of several areas in Ipoh on May 12, I decided to write about the annual flood woes and wanted to get first-hand information from the flood victims. Since I myself am a flood victim, I wanted to share the experience. I have been receiving lots of complaints about the councillors. I thought contacting them for information on flooding would enable me to check out how accessible and knowledgeable they are about their zones. I got a copy of the Councillor's List January 1, 2017 to December 31, 2018, from MBI and started calling councillors from the affected zones as well as adjacent zones. I contacted 15 out of 23 councillors.

It is not nice to name the councillors, but I am listing their zones. The zones are Tambun, Gugusan Manjoi, Buntong, Lim Garden, Tasek, Bercham, Kg. Simee, Pasir Pinji, Pasir Puteh, Sg. Rokam, Kuala Pari, Klebang, Chemor, Tanjung Rambutan, Taman Golf and Pengkalan.

I was able to contact a few of the councillors immediately. I had to make a few calls to contact some of them and was not able to contact a couple of them and sent SMS messages. Firstly, I must say that when I was able to talk to the councillors, all of them were courteous and cooperative and spoke English. I had no communication problems.

When I informed them that I was from Ipoh Echo and my intention for calling them, not all of them were able to provide details of flood victims. This depends on the interaction of the councillors with residents.

A few of the councillors provided me with details of the person I should contact for information. One councillor was instrumental in installing pumps in her zone.

One of the councillors was not aware of flooding in his area and I thought it might be a communication problem and asked one of my colleagues to call. After a number of attempts, she said she was not able to contact him.

The councillor for a zone that gets flooded frequently was not able to provide any details. He admitted there was flooding, but was not sure of the places. In fact a letter was published in NST concerning annual flooding woes in his zone.

Another councillor agreed there was flooding and informed that he always contacted MBI and JPS (Drainage and Irrigation Department) when there was flooding. He never informed what action was taken, but flooding still takes place. He never gave details of victims.

After seven attempts, I managed to contact a councillor whose zone is identified as kawasan banjir (flooding area). When asked about flood victims, he was only able to tell the name of the road that gets flooded.

On two occasions when I called a councillor, he was in hospital getting treatment and I did not want to disturb him. When contacted later he said that he was not aware of any flooding. When I gave him particulars of a flood victim, he messaged that he wanted to meet me. He was not able to do so due to his health condition.

The councillor for the area which was badly affected by flooding during 2012, said that even after flood mitigation works, the place gets flooded. He provided particulars of the person who could provide details.

One of the councillors who informed that there was flooding in his zone said he would send particulars of the person to contact and requested me to send a WhatsApp message. I did and sent a reminder as well, but no response from him.

When I failed to contact one councillor after eight attempts, I sent an SMS message

to him as well as five others. He replied a couple of days later, saying that I should go to MBI for information. A number of housing estates in his zone were flooded. Probably he is not staying in his zone and is not aware of what is going on. If residents must go to MBI to get information, why did he agree to become a councillor?

Of the other five councillors only two replied. Three did not. If councillors do not respond to queries, how can the residents get their problems solved? These are the ugly ones. I suppose they are there to earn a living.

Many residents including myself do not know who our councillor is. My housing estate is not mentioned in the Councillors List and no one has turned up introducing himself as the councillor. The State Assemblyman and Member of Parliament are elected by the people and we know them. I know my Assemblyman and MP personally and they know me. On the other hand councillors are appointed and it is up to them to go to their zones and introduce themselves. One good example is Cllr Liew Kar Tuan who sent flyers to residents in his zone informing them that he has been appointed as a councillor for 2017/2018 and they can contact him if they have problems. Only problem is, the flyer has no contact number.

Some years ago a group of civil societies conducted a survey on councillors and the first two questions were: Do you know your councillor? Have you seen your councillor in your area within the past 12 months? More than 90 per cent of respondents replied; No. The situation is still the same. The findings were published in some newspapers.

Councillors are not doing their job for free. They are paid, enjoy perks and privileges and go on all paid vacation at the expense of the ratepayers. Shouldn't they be doing more for these perks?

In one of the companies I used to work, on pay day the Manager goes round asking the staff to think whether they deserved their pay!

Sport

Asian Taekwondo Championship 2017

Led by Khoo Bu Leong, president of the Perak Taekwondo Association, 30 participants from Malaysia competed in the Korea Open International Festival and Asian Taekwondo Championship 2017 held at Incheon, Korea from August 3 to 5.

The Malaysia team was made up of participants from Perak, Johor, Kuala Lumpur and Pulau Pinang.

The team won a total of 11 gold, 20 silver and 17 bronze medals, out of which 8 gold, 11 silver and 14 bronze medals were won by the Perak team.

According to Khoo, this is the second time Malaysia took part in the Asia Taekwondo Championship. For most this was their first overseas assignment.

Tan Li Ting bagged a gold medal in the adult female third-dan-pattern category. Meanwhile, Lim Pui Yee won a gold medal in adult female first-dan-pattern. Eleven-year-old Loh Ying Shan, the youngest, won two medals in both pattern and sparring events.

There were 550 participants from 16 countries. The opening ceremony was graced by grandmaster Choi Jung Hwa, son of International Taekwondo Federation founder.



Edmond Yap Kam-Yuan (right) managed to defeat the competitor from Korea with a nice kick



Team Malaysia

Grandmaster Sabree, founder of Malaysian Global Taekwondo Federation and grandmaster Amir, the current president of Malaysian Global Taekwondo Federation were present to support the team during the championship.

Wong Kok Hoe, one of the team leaders, vowed to return stronger and bring the country's name to greater heights.

Mei Kuan

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.

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).

Basic Teaching Course for Untrained Tutors. Modern Language Training & Consultancy Services (IPO 44 1988-D) conducts the intensive course at discounted rate for unemployed graduates, home tutors, housewives and tuition teachers who do not hold formal teaching qualifications: The basic concepts of teaching, learning, assessment, classroom management and lesson planning strategies. Explanation: BM & English. (1) For Indian participants: 1st and 3rd weeks, Sat-Sun, 2pm-8pm. Explanation: Tamil & English. Next programme: September 9/10. (2) For others: 2nd & 4th weeks, Sat-Sun, 2pm-8pm. Next programmes: **September 16-17, 23-24, 30-1/10; October 7-8, 14-15, 21-22, 28-29**. For further information, whatsapp/contact Dr Bart **0111 643 3120**. Email: anthaman90@yahoo.com.

Child-Pro Run 2017, September 23 (Saturday) at PETRONAS University of Technology (UTP) campus in Seri Iskandar, Perak. The run will commence at 7am. All funds raised will be donated to five children's homes in Ipoh. Registration fee: RM35 (non UTP-ians) and RM30 (UTP-ians and children under the age of 12). This fee is inclusive of a T-shirt, participation certificate, refreshments and souvenir. Register through Google: <https://goo.gl/forms/HqKNj8RuUZvmYPHh2>. The deadline for registration is on September 3. For enquiries, email: gnachildpro17@gmail.com or visit Facebook page: [Children Provision Universiti Teknologi Petronas](https://www.facebook.com/ChildrenProvisionUniversitiTecnologiPetronas) or contact: Ho Jia Wei **016 439 7964** or Ng Wen Ying **016 420 7998**.

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).

A Gift of Life: Blood Donation Drive, Sunday **September 24**, 9am-11am at Church of St Michael Hall, Ipoh. Please contact Hospital Fatimah Customer Service Officer **05 545 5777 Ext 214** for more information.

Child-Pro Charity Night, September 29 (Friday), 7.30pm-10.30pm at Chancellor Hall, Universiti Teknologi PETRONAS (UTP), Seri Iskandar, Perak. This concert-style night is another effort (besides Child-Pro Charity Run) by the Rotaract Club of UTP to raise funds for selected children's homes in Ipoh. For Online Ticket Booking, register via the link: https://docs.google.com/forms/d/e/1FAIpQLScX5B2xyDML9cFqDW8ZMPD2ADoWX5PoZNV5SazYQ5Mg9XUh1NA/viewform?usp=sf_link. For further enquiries, contact: **017 937 1208** (Mr Tee Yew Fook) or **016 594 0648** (Ms Au Tong Yan). Email: ticketing.childpro17@gmail.com. Check out the official Facebook page: [Children Provision Universiti Teknologi Petronas](https://www.facebook.com/ChildrenProvisionUniversitiTecnologiPetronas) for future updates and announcements.

World Heart Day Public Forum, Saturday **September 30**, 2pm at Bro. Liborius Auditorium, 6th Floor, Hospital Fatimah Ipoh. Topics: (1) 'Early Screening, Early Detection & Treatment of Peripheral Vascular Disease Save Life', (2) 'How to Identify Chest Pain from the Heart'. Entrance is free of charge. Please contact Customer Service Officer **05 545 5777 Ext 214** for more information.

World Heart Day Public Forum, Saturday **September 30**, 2.30pm at Dewan Anugerah, 5th Floor, KPJ Ipoh Specialist Hospital. Speakers: Dr Ng Theng Chun on 'How to Prevent Heart Disease?' and Dr Foong Yi Kwan on 'How to Treat Heart Disease?'. For further information, kindly contact Pn Aziera or Ms Sarah at **05 240 8777**.

Orchestra Concert. The Kinta Valley Symphonic Society will hold a concert "Earth Beat" at Dewan Leong Wan Chin, Perak Girls' School at 3pm on **October 1**, Sunday. The concert will mainly feature music inspired by Nature, performed by the Kinta Valley Wind Orchestra.

Invitations are by donations. For invitations and inquiries, call **010 307 0360** or **012 506 2313**.

1st Malaysia, China & Korea International Friendship Piano Open Competition 2017, October 2-4 at Casuarina Hotel @ Meru, Ipoh. The CEO and Director of Distinctone Sdn Bhd, Peter Chua will also sponsor a Piano Ramlee Upright Piano to the winning school for the **Essay Competition**, which is opened to all schools and students in Malaysia. Closing date for the Essay Competition is on September 15. For further information, go to: www.1stmckpiano.com. Enquiries can be directed to the organiser at: 1stmckpiano@gmail.com.

Salvation Army Open Day on Saturday **October 7**, 9am to 1pm at the Boys Home in Tambun, No. 4367 Jalan Tambun (next to Sek Tow Driving School). There will be a large variety of food and trinket stalls with the proceeds helping to fund the work of The Salvation Army welfare homes and charitable work in Ipoh. For further information call **05 545 7819** or **05 526 2108**.

Doctors' Day Celebration Public Forum: "Advocating for Your Child with Special Needs" organised jointly with Persatuan Pembangunan Pendidikan Kanak-Kanak Istimewa, Ipoh, Perak. Sunday **October 8**, 9am-1pm at Bro. Liborius Auditorium, 6th Floor, Hospital Fatimah Ipoh. Entrance is free of charge. Please contact Customer Service Officer **05 545 5777 Ext 214** for more information.

World Mental Health Day Public Forum: Your Sleep and Your Emotional Health. **October 14**, 2pm at Bro. Liborius Auditorium, 6th Floor, Hospital Fatimah Ipoh. Entrance is free of charge. Please contact Customer Service Officer **05 545 5777 Ext 214** for more information.

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**.

'I Have a Dream': The Musical, December 16, 8pm at the RTM Hall, Jalan Dairy. Entry is by donation only. Part of the donation will proceed to support the National Stroke Association of Malaysia (NASAM) work in stroke prevention and rehabilitation. Songs of the ever-popular Swedish group, ABBA. Discounts for early-bird bookings, senior citizens, students and OKU. Call PSPA Office at **05 545 0350**, **012 506 2313** or visit the website www.pspaipoh.org for more details. Email: pspaipoh@gmail.com. Facebook: <https://www.facebook.com/events/192683361245219/>.

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 loved ones with dementia and others are welcome to attend. These are sharing sessions. The centre also welcomes volunteers. For more details kindly call April at **05 241 1691** before 5pm.

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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Wellness

By SeeFoon Chan-Koppen

Heart Valve Repair or Replacement

In the last issue IE265, Ipoh Echo spoke to Dr. Lee Boon Chye, Consultant Cardiologist at KPJ Ipoh Specialist Hospital on the topic of heart attack and today we move onto another aspect of the heart : the valves, their repair or replacement.

Dr. **Ko Chung Sen**, Consultant Cardiothoracic Surgeon at KPJ Ipoh Specialist Hospital is the “go-to” person when your physician or cardiologist diagnoses you as having a problem with your heart valves or any other issues concerning the heart or lungs requiring surgical intervention.

As the only full time Cardiothoracic Surgeon in Ipoh, Dr. Ko received his medical degree from Dublin University graduating in 1992 and worked in many hospitals in the UK receiving his specialist qualification in Cardiothoracic surgery in 2001. Three years in the General Hospital in Penang then saw him moving into private practice at KPJ Ipoh in 2004 where he has been ever since. In that time, Dr. Ko has performed nearly 2,000 heart operations including bypass and valves as well as approximately 1,000 lung operations. Which makes him a true expert to talk about heart valve repair and replacement.

“The **symptoms** for heart valve problems may include **shortness of breath**, the sensation of breathlessness in the recumbent position almost like drowning (**called orthopnoea**); **palpitations**; **swelling of the ankles**; dizziness with occasional fainting spells called a **syncope attack** and in severe cases, a **stroke as a complication**,” Dr. Ko iterated.

“Anyone with such symptoms should see their cardiologist for an **ECG, chest X-ray and an Echocardiogram** which is an ultrasound of the heart showing the valves moving. Both the left and right valve can be damaged for various reasons like in degeneration from aging where the valves are calcified, weakened, thinned or loose. Of course younger people can also have problems with their heart valves although this is less common,” he added.

Once a diagnosis has been confirmed, some heart valve problems may be treated with medication initially, however, if the damage is severe, the longer surgery is put off, the less successful will be the outcome. According to Dr. Ko, once symptoms appear, it is best to operate because if the heart is too damaged, other organs will be affected.

“Heart valves can either be

repaired or replaced depending on the damage. If the valve is very stiff or calcified, then a replacement is necessary. This can be a **mechanical artificial valve** made from titanium and carbon or a biological one either **bovine** (from cows) or **porcine** (from pigs). The decision on which valve to use depends on the age of the patient with the biological one being safer (again can be replaced) but does not last as long as the mechanical one which come with its own set of drawbacks including getting jammed, infected, or with blood clotting around it. And patients with a mechanical valve will have to take **Warfarin** (a blood thinner) for life,” Dr. Ko continued.

Dr. Ko assesses the **risk/benefit** ratio with patients very carefully before recommending the right valve for each individual. For patients older than 70 years, he recommends replacing with the biological valve, while for those younger than 60, the mechanical one.

Every patient who has had a valve replacement must go for a **routine check every three months** and for those on **Warfarin, a blood test**. Warfarin users are also warned to **avoid pain killers** and some other medications as these may interfere with the warfarin or potentiate other medications. So, working with your doctor after valve surgery is critical. Another note of caution from Dr. Ko is to be very **cautious about dental procedures** as the bacteria from the mouth and gum can travel to the heart. It is therefore imperative to maintain strict dental hygiene always.

Although the idea of a heart valve operation may be fearful, Dr. Ko assures patients that **98-99% of all elective heart surgeries are successful**. He cites the case of a recent 84 year old patient who had an aortic valve replacement and who is now hale and hearty and enjoying a full life.

"I get my satisfaction from seeing patients who after 10 or more years after surgery, are living full and active lives. That is fulfilment for my work", he enthused.

Dr. Ko Chung Sen

Suite 2-01, KPJ Ipoh Specialist Hospital.

28, Jalan Raja Dihilir, 30350 Ipoh. Tel: 05-2408777, 05-2537835



Dr. Ko Chung Sen
Cardiothoracic Surgeon
MB, BCh, BAO, (Trinity, Ire),
BA, AM, FRCS(I), FRCS
(Cardiothoracic Surgery)



Medicine

Gynaecology and Surgical Laparoscopic Workshop



KPJ Ipoh Specialist Hospital organised its 5th Laparoscopic course in its series on Laparoscopic training for the medical fraternity on Saturday, August 12.

Doctors from all parts of the country presented themselves to gain and share knowledge with each other. This year, the hospital invited Dr Dipak Limbachiya, a pioneer and a leading laparoscopic surgeon from India for the two-day workshop.

While many may not be familiar with the term “laparoscopic”, Dr Divakaran T. Govindan, Consultant Obstetrician and Gynaecologist and Fetal Medicine of KPJ Ipoh Specialist Hospital explained that laparoscopic is a surgery which only requires three holes, instead of having big incisions.

He added that the advantages of laparoscopy is less painful, less bleeding, less

infection and recovery is faster.

“The biggest spot is 11mm. The holes can be from 5mm to 12mm. Thus, it’s less bleeding and painful, as the holes are small.

"It's good for the patient, as they can go back to work or do their daily activities faster. For some cases, we can even discharge on the same day," he said, adding that this technology has been introduced at the hospital for the past 15 years.

After Dr Divakaran, General Surgeon Dr Basel Ebernesan wrapped up their briefing, and began with a live operation on a 50-year-old hernia patient.

Dr Basel explained in detail while performing every action.

All the participants eagerly watched the live operation, which was telecast live on a big screen from the operation theatre. The audience were also provided with 3D glasses as the operation was done in 3D.

The audience could communicate and listen to what the doctor was saying whilst performing the surgery.

The theme for the 5th instalment of the series is "Back to Basics", as the content will be geared towards basic laparoscopic suturing and techniques.

The second day of the workshop featured laparoscopic techniques for Obstetric and Gynaecology procedures by Dr Dipak. He demonstrated the proper techniques of laparoscopic hysterectomy to about 47 surgeons.

Nabilah Hamudin





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