

Against Abuse in Ipoh



Perak Women for Women Society



By Tan Mei Kuan, Nabilah Hamudin and Khaleeja Suhaimi

The term “abuse” as defined by the Oxford dictionary is to “treat with cruelty or violence, especially regularly or repeatedly”. Ipoh Echo spoke to the leading governmental departments and NGOs dedicated to the fight against abuse, especially domestic violence, in Perak, to explore their advocacy works and services as well as obtain the latest statistics and legislations.

According to the police and Ministry of Women, Family and Community Development, Malaysia recorded 5796 domestic violence cases in 2016. It is an increase of 782 cases compared to 2015 where 5014 cases were reported.

Continued on page 2

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Leading Domestic Violence Advocates and Service Providers in Perak

Pertubuhan Wanita Prihatin Perak (PWPP)

“It started around two years ago, when the Rohingya refugees’ case was brought to our attention. There were six of us who went to Kedah to see the victims and donated books, stationeries, clothes, food and toys. It was so heartbreaking to see,” said the **President of Pertubuhan Wanita Prihatin Perak (PWPP), Datin Normah Hanum Dato’ Ibrahim.**

What started off as mere realisation and the need to do something has led them to greater things. Established in 2015, PWPP has been donating basic needs to the less fortunate all over Perak. They call it ‘free market’ and the response, thus far, has been encouraging. Living up to the term “prihatin” which means to be “concerned”, they also help the homeless and the abused.

Last year, a group calling itself “Belanja Makan Ipoh” who has been providing food to the homeless, approached Datin Normah. She followed the group a few times until it dawned on her to open a dedicated place for the homeless and abused around town. In November, they managed to get a shophouse along Jalan Dato Onn Jaafar and named it Teduhan Kelana (Kelana Shelter).

Teduhan Kelana is a shelter catering for homeless and abused victims. It can accommodate up to 30 people. There are seven NGOs participating in Teduhan Kelana. They take turns, on alternate days, to organise activities at night. PWPP’s session takes place every Monday night. Meals are being sponsored by Hotel Casuarina @ Meru as part of its charity work.

The majority of the abuse cases involve married couples. Usually, the cause of it are husbands who do drugs, have lost their jobs, under a lot of stress or in the midst of waiting for a divorce. While they are caught in the maelstrom, the only ones they can vent their anger on are their wives and children.

However, most women who are caught in such situations only seek help when things get worse. They do not voice out the moment they get beaten up, as they are afraid how their husbands would react. The victims’ ages usually range from 35 onwards. So far, Teduhan Kelana has taken under their wing seven spousal abuse victims.

While Teduhan Kelana is a resource for the homeless and abused to lead a normal life, Datin Normah also wants to promote volunteerism among youths. She has invited students from Universiti Teknologi PETRONAS (UTP), Universiti Teknologi MARA (UiTM), UniKL and others to take part. Activities involving a lot of cheerful people is one way to boost the victims’ self esteem.

The centre is being protected by two security guards. It is open to anyone who needs a shelter, unless a person is suspected to be drunk or high on drugs. Those who opt to stay at the centre are given three months to change and find a job. If they fail to do so, PWPP will help them find one. Within one year, a total of eight persons have gotten jobs as gardeners, security guards and cleaners.



Datin Normah Hanum



PWPP donating basic needs to the needy.

According to Datin Normah, one important reminder to prevent abuse is to identify problems at the start of a marriage. If one of them is going through stress, immediately seek counselling or attend stress and anger management classes. As the saying goes, “prevention is better than cure” and she lives by this principle.

Being a teacher, Datin Normah feels that the education system needs a change. Students are not taught to voice out and have different views on things so, subconsciously, it becomes a habit. When they grow up, they tend to bottle up their emotions and do not vocalise them.

“The awareness just isn’t there yet. But it can be changed if people around start saying something. Everybody in our community, regardless of age, position or race, needs to start playing a role. We need our caring society back. We need one another,” said Normah.

“If you hear a cry or suspect someone in the neighbourhood is being abused, go over, knock on the door and ask what’s wrong. Who knows, sometimes a simple act like this could change or even save a person’s life,” she remarked.

Facebook page: https://web.facebook.com/pwppk/?_rdc=1&_rdr

Address and opening hours: Rumah Teduhan Kelana, 8&9B, Jalan Dato Onn Jaafar, Kampung Jawa, 30300 Ipoh Perak. Opens every day from 7am till 7pm.

Perak Women for Women Society (PWW)

Perak Women for Women Society (PWW) is a registered, apolitical, non-profit NGO set up in 2003 to enhance the status and the lives of women in Perak regardless of race, religion or social background. Their work is to provide all means of assistance and support for women and children in the community who are victims of violence and discrimination. They also advocate mutual respect and promote gender equality in the society.

Services provided by PWW are free and confidential. They include assisting in placement of temporary shelter for women and their children in crisis through their support network of NGOs that offer home shelters; assisting victims of domestic violence and rape to seek medical, police and welfare assistance; empowering women through various skills training that could be useful for socio-economic changes; and assisting women in getting legal advice on matters concerning the rights of women and children.

In addition, PWW provides counselling (face-to-face or telephone by counsellors) and a support group for women who are single parents, victims of domestic violence and rape survivors.

To empower women to be financially independent without compromising on the care of their children, PWW organises a series of skills training workshops in sewing and handicrafts to help women earn some extra income while working from home. PWW too helps to market their products locally and through internet marketing.



(Right) Yip Siew Keen at a talk on cyber crime at SMK Ave Maria

Besides organising a series of seminars every year, PWW also holds a series of personal safety workshops and conducts the ‘OK TAK OK’ – Prevention of Child Sexual Abuse programmes to school children. Plus, there are workshops on Syariah and Civil laws pertaining to family law matters such as divorce, alimony, maintenance and child custody issues.

Yip Siew Keen, the co-founder of PWW lists the signs and symptoms of abuse: withdrawn, depressed, fear of partner or fear of talking to another person, feeling emotionally numb and helpless, feeling they can’t do anything right for partner, having no confidence, etc.

“There have been many cases where women withdraw their report due to fear. Women must empower themselves with the knowledge of what to do should one be in any abusive relationship, be it physical, emotional, mental, bullying or even cyber bullying. Report suspected abuse to the police, welfare officer, village head, teachers, etc. Tell someone,” Yip pointed out.

Halida Mohd Ali, the former president of PWW (2014/15) said, “Other than physical, domestic violence also comes in psychological form where the abuser calls you degrading names, deny you financial support and abuse you sexually. Some abusers even make their children hate their mother. There is also intimate-partner violence, which happens in boyfriend-girlfriend relationships (unmarried couples) which currently falls under the Penal Code. Thus JAG (Joint Action Group), which comprises of 12 women organisations in Malaysia is recommending the inclusion of intimate-partner violence as part of domestic violence.”

Passionate in matters relating to human rights and women’s issues, Halida joined PWW in 2008 after retirement and remained active till 2015. “Don’t keep silent. Don’t be ashamed. It’s your right. You can make a report and make sure to go to the general hospital and not a private hospital or clinic, as it is not recognised,” she insisted.

“Domestic violence is a chain/cycle where the guy will beat you up, feeling remorse, he’ll be nice to you and then beat you up again. The children will be misled into thinking that it’s normal to treat a partner that way. You’ve got to break that chain/cycle. It could happen to anyone, anywhere, in all social classes, races and professions, all over the world,” Halida added.



Halida Mohd Ali

Contact PWW’s Service & Information Centre for Women at the following details:
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Email: perakwomenforwomen@gmail.com

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Website: www.pww.org.my



THE PRACTICALITY OF TAHFIZ SCHOOLS

*Why are such schools so popular with the Malay Muslim community?
I'll offer an answer, it has much to do with religion*



I am never good at speculating things and my speculations are seldom correct. But events in the past weeks have got me guessing. Are we destined to undergo this or is it merely our damn luck? Is God testing our resolve or has he unleashed his fury upon us? Not a day passes without some tragedy or something uncanny, bordering on the incredible, happening on our social landscape.

The most unfortunate, of course, was the fiery death of 21 students and two teachers of a religious school, Pusat Tahfiz Darul Quran Ittifaqiyah, at Kampong Datuk Keramat Kuala Lumpur in a dawn fire on Thursday, September 14. Arson was suspected and seven teenagers are presently being investigated by the Police for their involvement in the tragedy.

Based on statistics there are over 200 fires involving religious schools over the past years and, till today, no clear guidelines are available as to their establishment. In short, you and I can start a tahfiz school anywhere at whim without much prodding and lobbying, as with other business ventures.

It is no idle boast as I have seen this happening within my circle. A piece of land belonging to a relative in Kampong Manjoi, Ipoh was sold to one influential ustaz who wasted no time to build a religious school on it. His popularity and fame helped overcome obstacles and soon his school was oversubscribed. But fate dealt an untimely blow, the operations of the institution have been put on hold due to a sexual abuse case involving a student and a staff member.

That brings me to one pertinent question. Why are such schools so popular with the Malay Muslim community? I'll offer an answer, it has much to do with religion. It is the wish of every Muslim parent to instil as much religious value as possible to their offspring. And they do not bother how it is being done.

A religious man or woman is being looked upon with awe and he or she is highly respected in society. What more if he or she runs a tahfiz school where religious training is provided *pro bono* or with a nominal fee. After all, God beckons all his subjects to Heaven, so long as they perform their obligations without question. In Islam if you question a religious dictate you are immediately branded a *munafiq* (disbeliever). So simple.

This was drummed into me when I was young, but having enrolled in a mission school, I was spared the inconvenience. However, my two sons were less fortunate as they underwent some ugly experiences with their *guru agama* (religious teacher) in school and at Quranic classes. After having their bottoms and bellies pinched blue black and their knuckles thwacked senselessly, they quit for good. Till today we never questioned their decision for leaving. It was a blessing in disguise.

I have always insisted that religion is personal. It is in your heart. You need not go out of your way to demonstrate your reverence and fear for God. But that is what is

News

A First in Asia

The recently-concluded Festival of Ideas was about the sharing of ideas and innovations aimed at boosting the economy of the state.

Menteri Besar, Dato' Seri DiRaja Zambry Abdul Kadir said that the auspicious event, the first in Asia, was in line with the state's vision to 'internationalise' Perak.

"Over 25 activities are being held around Ipoh involving people from all walks of life and in various fields of expertise such as entrepreneurship, education, arts and culture.

"Perak has the potential to reach international level, as we'd envisioned. This is one of our strategies besides celebrating Visit Perak Year 2017," said Zambry in his opening remarks at the start of the 5-day festival held at Kinta Riverfront Hotel.

Festival of Ideas was held from September 6 to 10 involving NGOs, institutes of higher learning and local entrepreneurs. A related event was also held at Bulatan Aman Jaya, Meru.

Dato' Nolee Ashilin Mohammed Radzi, the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications stated that the festival could spice up the state tourism industry in conjunction with Visit Perak Year 2017.

"Besides making Perak the centre for various programmes and activities, it also serves as a convenient meeting point for thinkers to formulate ideas for the betterment of the state.

"The festival creates opportunities for art enthusiasts to showcase their talents to visitors, both in and out of the state," she added.

Rosli Mansor



happening today and it cuts across all religions. I shall leave it at that so as not to elicit unwarranted comments. I am, by reckoning, a liberal Muslim, so be it.

While on the subject of religion I allude to another ballyhoo. This is about the banning of Better Beer Fest 2017, the largest craft beer festival scheduled for on October 6 and 7 at Publika Mall, Sri Hartamas, Kuala Lumpur. It is an upscale shopping mall specifically designed for the expatriate community staying in the locality. As a rule of thumb, the fest is to coincide with the much-anticipated Oktoberfest celebrated annually in Munich, Germany and all over the world. The beer festival normally begins in mid or late September ending on the first weekend in October.

The two-day event at Publika Mall, I believe, will be a tame version of the many I have attended abroad, the last was at Sang Kuriang Club up in the Bandung highlands, Indonesia. Some 250 brands of beer from 43 independent breweries, across 12 countries, will be available for tasting at the Publika Mall do.

But this will not happen as KL City Hall has withdrawn the permit citing a possible militant attack. According to newly-minted Inspector-General of Police, Tan Sri Mohamad Fuzi Harun, the Police had received intelligence that "a few parties planned to cause trouble during the event and it might turn into a serious security matter". In fact, the one who strongly opposed the holding of the social function was Pas, the Islamist party that has gained traction with Barisan Nasional of late. We lose out on tourist dollars, what a tragedy?

Tahfiz schools and free beer aside, Ipoh was buzzed with news of dead dogs around Lembah Perpaduan Permai on the morning of Thursday, September 14. Residents of this peripheral housing estate, close to the Haven Resort Hotel, were up in arms over stray dogs causing a ruckus in their neighbourhood. Failing to get a response from Ipoh City Hall they decided to take matters in their own hands and resorted to poisoning the poor animals. When the dust settled down, ten pitiful God-created creatures paid the ultimate price for being what they were – strays.

Humans can be cruel at times. Empathy and compassion, the inherent qualities of any God-fearing man, go out of the window when anger takes control of one's mental faculty. It is sad and at the same time, cruel. There are many strays in my *taman* too but if you treat them humanely they will repay you in kind. That is the mantra. Their incessant barking warns residents of an impending danger. You cannot beat these disenfranchised mongrels at their own game. Period.

EYE HEALTH — Autoimmune Diseases, Part 2

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

Some of the eye complications of autoimmune diseases like dry eye syndrome and uveitis have been highlighted in the last issue of the Ipoh Echo. As discussed, eye problems associated with such autoimmune diseases may range from mild to serious. Here are more eye presentations, one of which such as glaucoma may be serious.



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

GLAUCOMA

This may result in blindness if left untreated. The inflammation in the eye can be so prolonged and severe that it causes the drainage angles in the eye to become blocked. This prevents the fluid in the eye (*aqueous*) from draining easily thereby causing the eye pressure to increase over time. High eye pressure causes blurring vision, haloes around lights and glare.

With the prolonged eye pressure, it eventually results in optic nerve damage. Vision-wise, the patient starts losing vision from the periphery and this is often referred to as "tunnel vision". The peripheral vision loss can be determined by a perimetry or visual field test. Should the condition be left untreated, the visual outcome may be disastrous leading to dreaded blindness.

SCLERITIS

This is the inflammation of the white part of the eye. The white part becomes inflamed and the eye looks red. The patient experiences pain, blurred vision and becomes sensitive to light (*photophobia*).



This condition can be mistaken for conjunctivitis and a patient may often start using some antibiotic eye drops only to find out later that the problem does not become better and may have even become worse.

The scleritis is identified based on the area of the sclera (*white of the eye*) affected.

WHAT TO DO IF YOU SUFFER FROM AN AUTOIMMUNE DISEASE LIKE RHEUMATOID ARTHRITIS?

Get your eyes checked annually. Be aware of eye problems that can occur because of your underlying arthritis. Watch out for them and seek professional help soon if they occur.

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

PUBLISHER

Ipo Echo Sdn Bhd
(Regd No 687483 T)

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

Ultimate Print Sdn. Bhd.,
Lot 2, Jalan Sepana 15/3,
Off Persiaran Selangor,
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Genuine concern for safety cannot be mistaken for mockery

Some European friends, who came to stay with a Malaysian family were alarmed when the household retired for the night, and the host locked the iron grille at the top of the two storey house. The visitors panicked and asked the host if they were being caged. The host replied, "It is for our safety."

The host put the key in a safe place and said, "We do not want any thieves to get in and harm us." It did not reassure the visitors. Their thoughts were on how to escape if the house were to catch fire.

Many parents have contacted me about the deadly, early-morning fire, which engulfed the Darul Quran Ittifaqiyah tahfiz school in Kuala Lumpur, and killed 21 pupils and two teachers. They wanted tougher laws to protect children and stop the physical and psychological mistreatment of children in hostels and boarding schools.

Parents expressed genuine concern, especially as they had barely recovered from the shock of the death in April, of 11-year-old Mohamad Thaqif Amin Mohd Gaddafi, who died after being beaten by an assistant warden, but whose death was attributed to leptospirosis, a disease caused by exposure to rat urine.

Some parents wanted the schools to be shut, and only reopened after a thorough investigation has been conducted. They were keen that a standardised format for running these schools should be agreed upon by teachers, headmasters, parents, the Ministry of Education, the associated bodies such as the Fire Department and the religious authorities.

A few of these parents wanted heads to roll, because too many incidents had occurred. The general consensus of those who expressed their feelings, was of anger and disappointment. No-one wanted a repeat of this tragedy, or of the other tragedies which occurred in tahfiz schools.

Some parents expressed disgust, when the Perak mufti, Harussani Zakaria urged Malaysians not to "mock" the deadly tahfiz school fire at the Darul Quran Ittifaqiyah tahfiz. His statement is disingenuous.

Most Malaysians have shown genuine concern for the well-being of the tahfiz school students. No-one is mocking the schools, but many are questioning the management, safety considerations, the welfare of the students and how the children can become productive Malaysians, and contribute towards nation building.

Harussani said that the people who mocked tahfiz schools, were both ignorant and prejudicial towards others. He concluded that these people would go to hell.

Using the analogy of durian and petai eating, he said, "If like to eat durian, but eating a lot of durian can cause diabetes. So we forbid eating durian. Can it be so? We forbid eating petai because it smells, but now petai can treat diabetes." (sic)

To the people who wanted the schools to be shut, he said, "It is the same with the issue of tahfiz centres, for me, it is the thought that comes from someone who is shallow-minded."

Running a school, in which scores of young children are housed, cannot be compared to stuffing oneself with Malaysia's favourite fruit, the durian.

Perhaps, Harussani has a point in using the analogy of eating durians and diabetes.

Diabetes, both type 1 and type 2 must be taken seriously. People with type 1 diabetes are likely to live 20 years less than the average person. Once diagnosed, a patient must inject themselves daily, with insulin, for the rest of their lives.

Diabetes requires round-the-clock monitoring, every day, but many people do not take their insulin as they should, and this leads to potentially fatal consequences. If people ignore the doctor's recommendation, they are only harming themselves.

Running a boarding school requires round the clock attention and dedication. The Urban Wellbeing, Housing and Local Government Minister, Noh Omar, admitted that the tahfiz school that burned did not have a permit from the fire and rescue department. The building should not have been occupied. There were no fire escapes, fire sprinklers, or fire alarms.

The person who knows he has diabetes, and continues to gorge himself on durians and other sugary foods, has only himself to blame, if his condition worsens. This is the analogy with the school fire. The school ignored the fire department's safety recommendations. Why?

Fire is a serious matter. We have failed to make tahfiz



schools accountable. The headmaster, the warden and the owner knew that the school was operating illegally. We close one eye to the abuses, the neglect and incompetence. We deflect criticism by claiming the children are "going to heaven".

Why did enforcement fail?

To make matters worse, Noh said that action may not be taken against the school as "they have suffered enough". Try telling that to the parents. If fire regulations and other safety considerations had not been ignored, the tragedy may have been avoided.

Parents entrust the care, and future of their own flesh and blood to the school. The school owner and management owe them a duty of responsibility to look after their children properly.

The parents want good supervision and guidance from the staff. They want a school that is run smoothly, thrives on mutual respect and is friendly. More importantly, they value the safety and welfare of their children. The school has a responsibility and a duty of care towards the parents and the children.

When parents decide to send their young child to a boarding school, they give their child to a stranger, and entrust him to take care and protect their child. The child's safety and welfare is in that stranger's hands. Whilst the child will not receive parental love, he should be happy at school. More importantly, could the parents live with themselves, if their child were to come home in a box?

Source: www.themalaymailonline.com

CHILD HEALTH

Dr Shan Narayanan

Consultant General Paediatrician, Hospital Fatimah

Genetics

The articles on Down Syndrome and Haemophilia spurred a lot of interest. This has given me the motivation to write more about birth defects.

Any abnormality of structure, function or body metabolism present at birth are classified as birth defects. Some are obvious at birth, others become apparent as the child grows.

These defects can be caused by genetic, environment or unknown factors. Many a time it is a combination of genetic and environmental factors and thus called multifactorial.

M. Gregor Mendel is known as the father of Genetics which can be confusing for the uninitiated. Thus the first two articles will focus on the basics of genetics, namely, the various terminologies.

Genetics, Heredity, Trait

Genetics is the branch of biology that deals with heredity and variation in organism. Heredity is the transmission of characteristics, that is, traits from parents to offsprings. Trait is a feature or quality in a person. We have different combination of traits that makes us unique. These traits are inherited from our parents. There are physical traits, behavioural traits and predisposition to medical condition.

Physical traits are hair colour, eye colour, height, etc. Behavioural traits are the way one acts and Predisposition to medical condition refers to the increased risk of getting a certain type of disease, like the inherited trait of Haemophilia (Ipoh Echo 1-15 April 2014) which is an example of such a disease.

Cells, Chromosomes, DNA, Genes, Proteins

A cell is the smallest structural and functional unit of a living organism. It consists of cytoplasm (fluid that fills the cell) and a nucleus. The hereditary material, is in the nucleus.

We are made up of millions of cells. Each organism has a unique number of chromosomes, a thread like structure found in the nucleus of most living things. It looks like a ball of wool consisting of DNA or Deoxyribonucleic acid. Human beings have 46 chromosomes in the nucleus in pairs, with 22 non sex chromosome (autosome) and 1 pair of sex chromosome that decides the sex of the baby.

DNA is Deoxyribonucleic acid. It is in a double helix form within the chromosome. It consists of a string of nitrogen atoms containing nucleobases called Guanine, Adenine, Thymine and Cytosine – in short **G,A,T,C**. Adenine always pairs with Thymine (AT) and Cytosine always pairs with Guanine (CG). One strand of DNA contains numerous genes

Stretches of DNA are called *Genes*. They are the instruction manual (blueprint) for our body. They provide the direction for building all protein that makes our body function.

Proteins make our body function. Every cell in the body contains many different proteins. These proteins work together to make the cell function. These proteins are like different parts of a car engine. The parts look different and they do separate jobs to make the engine run

Putting the different elements of the above together and using the ear as an example: The cells in the inner ear support hearing and not the beating of the heart, yet the cells in the inner ear knows it is function. That is because the inner ear cells contain chromosomes which contain Deoxyribonucleic acid or DNA.

DNA contains letters: E.g., TGATTAATAAGCTCATCGAGATT

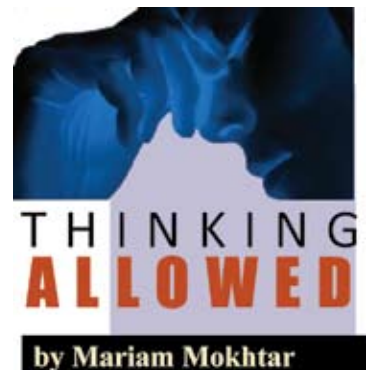
These letters make words: E.g., TGA TTA ATG AAG CTC ATC GAG ATT

The words make sentences called genes: E.g., <TGA TTA ATG AAG> <CTC ATC GAG ATT>

Thus the genes in this cell produces proteins that enable it to support hearing.

Next issue: Structure of DNA genes and chromosome.

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





**ON IPOH
FOOD**



By **SeeFoon Chan-Koppen**
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SeeFoon Gets Confused by Fusion

With a name like **Khun Mae**, I was expecting a true blue Thai restaurant with authentic Thai cuisine. I did get authentic Thai cuisine but didn't bargain for some unusual 'fusion'.

Located in the relatively new row of shophouses known as Pinji Centre Point behind the Tow Boo Keong Temple, **Khun Mae** is yet another Food and Beverage outlet opened by an Ipohite who has come home to roost. Khun Mae is operated under the name of his company **Food Renegades Sdn Bhd**, which describes the food concept to a T, by **Wilfred Spykerman** who is a man who will not be 'boxed' in. A man of many talents and ethnicity, Wilfred is married to a Thai (Nit Noy which means little in Thai and she is tiny in size) who loves to cook (in fact a large majority of chefs in Thailand are women) Wilfred decided to open Khun Mae with his wife at the helm in the Thai kitchen ably assisted by **Simon a Hainanese chef** who used to work on a ship, is the creator behind some of the fusion dishes as well as the western ones. Together the team has come up with an interesting menu with selections that vary from Thai, Western, to Fusion, with some lovely drinks to boot.

To do justice to the wide selection on the menu with new dishes being added, my team and I had to go twice to sample some of the dishes on offer. The drinks are displayed on the wall at the back of the restaurant. I opted for the *Lemongrass* tea and Veronica the *Bael* tea. We all know about the benefits of Lemongrass which is known to be purifying and Bael fruit (Wood Apple) has medicinal properties among which is its aid in digestion. Priced at **RM3.50** each, these are made ala minute and can be drunk hot or cold.

My favourite though is the *Blue Pea* or *Butterfly Pea Flower* tea which is served with a small glass of fresh squeezed Calamansi (**Limau Kasturi** in Malay) juice. Known for its antioxidant properties, this brilliant peacock-blue tea usually shocks people who are unfamiliar with it as they think the colour is artificial. Wilfred calls this his "magic" drink as when you pour in the calamansi, the colour changes to a beautiful pink colour. Blue pea flowers are also used here at Khun Mae to colour the rice which is served with some of the dishes. **RM4.30**. Hot or cold. And you can also buy a bottle of his home grown dried Blue pea flowers for your home enjoyment for **RM16**.

On to the dishes. Their **Boat Noodles** are delicious. Thai '*Sen Lek*' noodles which are brought in from Thailand, are served in a robust pork bone soup, with radish, meat, fish balls, fish cake, kangkong and oodles of yeem sai or coriander. Served with their Green Homemade chilli sauce, this is a 'come-back-for-more' dish. **RM8 per bowl**.

On the subject of their **homemade Chilli sauces**, they also sell these, both the red and green version. The red is a tad sweeter while the green sauce called "*Nam Chim*" in Thai is one of my favourites, going beautifully with all manner of seafood and anything else as far as I am concerned. **RM16 per bottle** for takeaway.

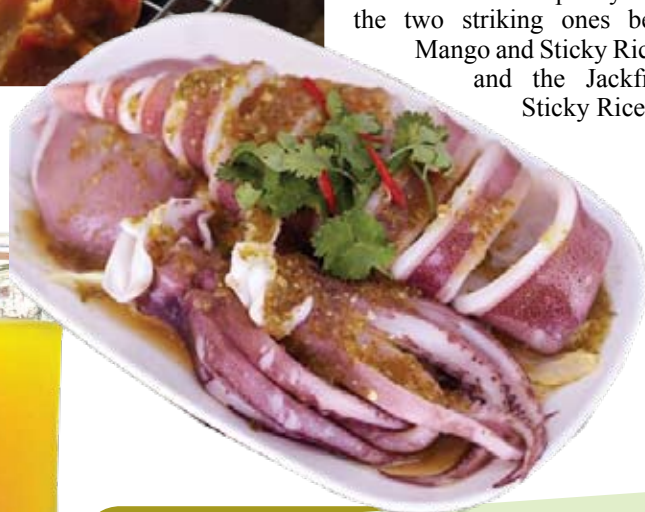
Their "*Moo Ping*" or **Thai Satay**, grilled skewers of pork coated with a choice of sauces are delectable, enough fat interspersed with the layers of lean meat to make each stick juicy. I particularly like their fusion version coated with Sambal Belacan, fragrant, with a fiery kick. They also have black pepper and barbecue flavours. Served with their Blue Pea Flower rice, I was in culinary heaven. **RM3 each with a promotional price of RM12 for 5**.

Naturally I had to sample their *Tom Yum* Seafood soup which is the one classic that everyone orders. This arrived with a generous amount of prawns and squid in a delectably umami broth redolent with lemongrass, kaffir lime leaves, galangal, and enlivened with a touch of cream. **RM22**.

On another occasion, I sampled their *Tom Zap* a clear tamarind soured soup with pork ribs cooked in the



who



Isan style which was more pungent but equally yummy. **RM19.90**.

A very typical dish which is usually only found in Thailand is *Cha-Om*, a fern like tropical member of the **acacia** family which is very popular due to its high vitamin content. Brought in specially from Thailand (as are some of their other herbs, spices and specialties) *Cha-Om* is usually made into an omelette and here at Khun Mae is served with a red chilli paste and interestingly enough, *Cincalok*, our local Malaysian preserved shrimp **RM12**.

In Thailand, the *Cha-Om* omelette is usually eaten with Gaeng Som a Thai 'Asam' style curry of vegetables and shrimp that is more spicy than usual although here at Khun Mae I suspect it has been toned down for the local palate. **RM24**.

We had the steamed **whole squid** served with their Green Chilli sauce. The squid was cooked just right, tender and the sauce complimented the ocean freshness of the squid. **RM18.90**.

The list goes on and my dear readers will have to go and sample for themselves. Two more dishes that I urge you to try are the Black Pepper spaghetti with Northern Thai sausage (there is your fusion again!), al dente pasta replete with oodles of black pepper served with these very tasty sausages which they import from Thailand **RM16.80**.

And finally, of the savouries, the pork knuckle here is a crowd favourite, a whole whopping pork knuckle deep fried and served as a set with two soups and two salads. For **RM9.00** per 100g an average sized knuckle of around 1.3kg should serve 4 people with normal appetites. The meat was tender and juicy although the crackling on the one we had was a tad too hard for me to risk my teeth on. Served with 3 different sauces, this is a feast for meat lovers.

Desserts are aplenty here with the two striking ones being the Mango and Sticky Rice **RM10** and the Jackfruit and Sticky Rice **RM8**.

Khun Mae

99 Jalan Bharu, Pinji Centre Point, 31650 Ipoh

Wilfred Spykerman : 012 234 6064

Facebook: <https://m.facebook.com/khunmae/my/>

Business Hours: 12pm-9.30pm.

Closed Wednesdays

Against Abuse in Ipoh . . . continued from page 2

Perak Welfare Department

According to **deputy director of Perak Welfare Department, Zakaria Ahmad**, many victims are afraid to tell anyone when they are faced with violence. They always think that they are alone.

"In fact, they're not alone. There are some options they can take. They have to call us or come to our office. We have our counsellors who can help them. This is the first option they can opt for. We provide advice, explore options or schedule a face-to-face consultation with the victims," he said, adding that all of the services are free and confidential.

The department provides five types of counselling programmes that suit the victims. They can choose from individual, group, married, family or e-counselling (tele-counselling).

After the counselling is done, the department will normally carry out a psychological assessment test for the victims.

The department respects the victims' rights to make decisions over their lives, and they are always there to support them, regardless of the decisions they make.

For the second option, the victims can go to **'One Stop Crisis Centre' (OSCC)** at all government hospitals, which many women are not aware of. The OSCC, according to Zakaria, is located at the emergency room of all government hospitals.

"There, the victims can make a police report and get a medical examination – all in one place. For domestic violence cases, you're not required to make a police report in order to get the medical care," he said. He added that the medical services at the OSCC are free for domestic and sexual violence.

"It is advisable to go to the OSCC as soon as an injury occurs. Just bring your IC with you," he added.

Services and assistance at the OSCC include medical treatment and examination, collection of specimens, collection of statements, counselling, shelter and legal assistance.

The third option is that the victims have to make a police report once the violence has occurred.

"If you don't want to press charges, but would like to document the incident, you can make a 'cover report' instead of an 'action report'," he explained.



When asked on the types of abuses women go through, he explained that there are two types: physical abuse and emotional abuse.

For physical abuse, it involves assaults such as beating, slapping, burning, kicking, biting or the use of weapons. "This type of abuse can result in serious injuries or worse, death. It's obviously against the law," said Zakaria.

For emotional abuse, he explained that it includes insults, threats, humiliation, criticism, or threats. "No woman deserves to be battered. To all independent women, stand up for your rights and dignity," he said.

Perak Welfare Department not only provides counselling services for domestic violence but it shelters abused children, disabled people, senior citizens, and disaster victims.

There are two shelters in Perak under the Perak Welfare Department.

Office address: Level 5, Bangunan Kerajaan Negeri Perak, Jalan Panglima Bukit Gantang Wahab, 30000 Ipoh, Perak.
Contact number: 05 254 5505

The Domestic Violence (Amendment) Act 2017

The Domestic Violence (Amendment) Act 2017 which was passed recently allows Emergency Protection Order (EPO) to protect domestic violence victims instantly without any need to lodge a police report or obtain one via a court hearing.

Issued within two hours after an application is heard by a welfare officer, it is valid for seven days. The service is 24/7 for victims who are in real danger and physically abused or threatened with grievous harm.

An EPO is like a restraining order as it prohibits the abuser from harming the victim or inciting third parties to harass the victim. It also prevents the abuser from coming near the victim at the shelter where she is seeking refuge. Those found guilty of breaching the EPO face up to six months in prison.

Besides that, courts can no longer order a victim to attend reconciliatory counselling with her abuser. The reconciliation proceedings can only be carried out with the consent of the victim.

Community

Silver Jubilee Dinner



The Mind Science Association of Malaysia (MSM) is a non-profit, non-religious and non-governmental organisation founded by Dr Clement Fernandez in 1992. The organisation promotes the exploration of the powers of the mind and how it can help you in your daily life through courses and seminars.

The dinner, held at Hotel Excelsior on September 16 was preceded by a parade to the stage by members from different states such as Penang, Pahang, Malacca, KL and more. A group photo of associate members was taken to formally commemorate the occasion – 'Silver Jubilee' of the association.

Following the group photo was a short speech by the emcee, who stressed the importance of positive thoughts and thinking in our society. Thereafter, the attendees were told to say something nice to one another at the table where they sat, some of whom were complete strangers!

"Mind Science Association began here in Ipoh," said Mr Michael Lee Khian Seng, the chairperson of MSM Perak. "It is only fitting to celebrate its 25th year Jubilee here."

The short speech was followed by a cake-cutting ceremony amongst the members of the MSM before a grace period of 15 minutes; a time meant for the attendees to socialise with one another on the table. A Chinese dinner was served soon after.

Two musical pieces – Beauty and the Beast and Wonderful World – were performed by Song Yu followed by another musical performance by Mr Paul, who jokingly said, "I have to make sure there are no eggs on the table." (In case they were going to throw them at him for a poor performance!)

A slideshow documenting the chronology of MSM and its activities over the years, which included charity drives, help for HIV patients, drug addict rehabilitation and road safety campaigns was shown. This was followed by a moment of silence for the late founder of MSM.



Dance performances were held at the beginning all the way through till the end of the night from Let's Dance Studio, one being a Michael Jackson impersonator dancing to various classic 80's songs.

Bobby Dass, who was amongst the first few people who took part in MSM's activities when it first started, performed on stage as a guitarist and vocalist whilst his partner honed the keyboard. Most notable was their rendition of 'Can't Help Falling in Love' by Elvis Presley.

Testimonials near the end of the night by members were given with some claiming that they had the power to heal a person with chronic back-aches. The fun-filled night was drawn to a close with a raffles draw, which included hampers, discount vouchers and mystery gifts.

For those interested to attend a Mind Science course or seminar, please contact Ms Wong at **017 573 2879** and/or Mr Lee at **012 399 3809**.

Jack Foo

CORRECTION

'TKB Brings Rasa Raya to Jelapang' (Sep 1-15, 2017 issue 265). Team Keris Berhad's (TKB) group executive chairman's name is Dato' Lee Seng Hee, and the contact number should be 05 242 7000. The errors are deeply regretted.

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*Closing date: 13/10/2017

Wellness

By SeeFoon Chan-Koppen

Beware of Heavy Lifting

A hernia occurs when an organ or part of an organ pushes through an opening in the muscle or tissue that holds it in its containing compartment. Hernias are most common in the abdomen, but they can also appear in the other areas of the body.

According to **Dr. Basel Ebernesan, General Surgeon at KPJ Ipoh Specialist Hospital**, **Inguinal hernias** are the most common type of hernia, when the intestines push through a weak spot or tear in the lower abdominal wall, often in the inguinal canal, in the groin.

In men, it's the area where the spermatic cord passes from the abdomen to the scrotum. This cord holds up the testicles. In women, the inguinal canal contains a ligament that helps hold the uterus in place. This type of hernia is more common in men than women.

When asked on the cause of inguinal hernias, Dr. Basel said that people who do a lot of heavy lifting and straining like those in the construction industry or gym enthusiasts lifting heavy weights, or women carrying heavy children or even heavy pots and pans, are prone to develop hernias.

The **first sign** of a hernia is a **bulge** in the groin area both for males and females. In some men, the swelling may extend to the scrotum and may hurt. If the bulge is tender and does not go in when recumbent, this would require immediate attention. **Another sign** which requires immediate attention is **vomiting**.

"We do come across **congenital** inguinal hernias too. These are mainly evident in babies and young children. These are usually due to failure of closure of abdominal wall openings at birth. In **adult**, hernias are brought on by **weakening of the muscles** through the aging process and constant pressure on these weakened areas," said Dr. Basel.

"Anyone with even a small weakness in the abdominal wall must avoid exacerbating it with lifting and strain. **Supports** are only temporary and may even weaken the muscles further. Certainly **massage is not recommended** especially when the hernia is tender and the swelling has not reduced, as the bowels which lie below the abdominal wall may be injured or even break open, which then becomes a serious emergency requiring immediate surgical attention."

A number of patients may prefer to seek **alternative treatments**, however Dr. Basel advises **against it**.

"**Surgery is the best option**. Surgery will close the defect and we also strengthen the weakness with mesh which is placed over the defect either through an **open incision** or **laparoscopically** through a small 'keyhole'. Sometimes if the hernia is a small one and the patient comes early enough, surgery either open or laparoscopy can even be done as a day intervention without the need for overnight hospitalisation. And the earlier the surgery the quicker the recovery"

"Needless to say, the larger and more complex the hernia the duration of hospitalisation and recovery will be longer," he added.

After surgery patients are advised not to do any heavy lifting for up to 6 to 8 weeks so women who have small children will have to be especially careful in this regard. In fact any strain that will cause strain on the abdominal muscles are to be avoided. Nor are patients allowed to go to the gym or attend any strenuous aerobics classes. Brisk walking is encouraged.

While inguinal hernia is the most common type of hernia treated by Dr. Basel, there are many other different types of hernia that require surgical attention. These include **Incisional Hernia** where a previous surgery develops into a hernia along the old incision scar; **Hiatal hernia** where a portion of the stomach slips out into the chest cavity which is usually controlled with medication with occasional cases requiring surgery; and a variety of internal hernias which have to be diagnosed through clinical examination and investigations such as CT scans.

Although a relative 'new kid on the block' at KPJ Ipoh Specialist, having been there for under a year, Dr. Basel is no newcomer to the medical community in Ipoh, having worked in **Hospital Raja Permaisuri Bainun** for a total of 15 years, part of it as a General Surgeon. Receiving his **medical degree from Belfast** in Northern Ireland, and after working there for a few years, Dr. Basel returned to Malaysia in 1999, further trained in General Surgery, attaining the **Masters of Surgery from University Kebangsaan Malaysia**. He has an interest in Laparoscopic Surgery in which he developed and trained in Hospital Raja Permaisuri Bainun, Ipoh. He joined KPJ Ipoh Specialist Hospital at the end of 2016.

Dr. Basel Ebernesan

Suite 2-05, KPJ Ipoh Specialist Hospital,

26, Jalan Raja Dihilir, 30350 Ipoh. Tel: 05 240 8777 Ext. 8031/132

Mobile: 0111 888 5767

Community

Timely Assistance for Widow



An reported in Ipoh Echo 265 the article about a 65-year-old widow, Azmi Zainuddin and her 11 dependents, touched the hearts of many individuals and organisations.

Light House Society (LHS), an Ipoh-based non-governmental organisation, which has been around for nearly 13 years, made the first move by volunteering to donate food and groceries on a monthly basis.

"After reading the poor widow's plight in Echo we concluded that her problems were real. She requires continuous attention. The society will provide the family with food and groceries every month," said a senior member of the society to Ipoh Echo when met at Azmi's rented flat at Taman Bercham Aman recently.



The society donated a wheelchair, a bed and a walking stick to Azmi. The items are aimed at lightening Azmi's burden.

Econsave hypermarket Ipoh donated food and medicines to Azmi and her family.

Econsave Operation Manager (Northern 2) **Chua Yong Chiang** said that it was part of the hypermarket's Corporate Social Responsibility programme called "Econsave Care", which was initiated five years ago.

Azmi expressed her gratitude for the timely assistance her family received. "It's God-sent," she intimated.

The lady suffered injuries after the motorcycle, she and her son, Mohd Zuri Zambri, were riding, was hit by a car near their flat late last year. She has been bedridden ever since. Her condition prevented her from working as a traditional masseuse.

Her other son, Mohd Anuar, 43, who worked as a labourer, was the breadwinner, but due to recurrent swellings on his right thigh, he had to quit his job and rest. His wife, Norazian Bahari, 42, is partially blind due to surgery to remove a brain tumour.

In their times of need, the appearance of these Good Samaritans is a huge blessing in disguise. A big thank you to LHS and Econsave. You made Azmi's day.

Rosli Mansor

Health and Beauty

By SeeFoon Chan-Koppen

RëJeune Offers Detox/Slimming Package at 70% Off with Prize Money to be Won

Imagine paying RM3888 for a 21-day Detox package usually worth RM11,530 that comes with a guarantee to slim down, regain that youthful glow, and stand a chance to win **RM25,470** worth of prizes as the grand champion.

This is what Ipoh's leading **Detox/Beauty Spa, RëJeune** is offering, as it launches their 21-day challenge beginning October 16 and culminating in a grand celebration dinner on November 5 when **10 lucky winners** will walk away with **prizes worth RM47,270** of products and treatments!

With the Grand champion walking off with RM25,470, the 1st runner-up will receive RM11,580, 2nd runner-up RM4480 and the seven remaining winners will receive RM820 each.

I was certainly tempted as the offer is almost too good to resist. If readers will recall, I wrote in the **May 16 issue 258 of Ipoh Echo**, all about the **benefits of Far Infrared (FIR)** saunas and the toxin removing effect of FIR. By enrolling in this 21-day detox challenge, you get to have a **FIR session every single day** and take and use all the products that you'll be given on enrolment.

These products are all from their **aquamqi range**. The products you take home include one bottle of **aqua é** whose main component is derived from a rare shallot found



only in remote mountain regions which you're encouraged to spray onto certain meridian points to **stimulate** production of **Glutathione** which in turn protects against free radicals. You get four jars of **alpha Biologic-Balancing Crème** containing ingredients that help to improve quality of sleep, enhance immunity, reduce inflammation and edema and tightens skin. Also two boxes of **D'Tox**, sachets of powder containing Psyllium husk, Probiotics, Digestive Enzymes, Chlorella which is rich in cell growth factor and a mixture of fruits and vegetable fibre useful for cleansing the colon and maintaining good gastrointestinal health.

Then there are two bottles of **Eel Oil capsules** which are claimed to be superior to regular Fish Oil as it contains **alkoxy glycerin (AKGS)** that is two times higher than shark liver oil, in addition to the usual **EPA and DHA** which together stimulate the immune system and fights disease. Finally you're given one box of **Blood Group Nutrients** suitable for **your particular blood type** which contains probiotics, prebiotics, enzymes, chelated minerals, antioxidants, multivitamins and protein. Blood Group Nutrients not only **provide 85 essential nutrients** for our bodies but delivers them in the form that our bodies can assimilate and utilise for peak performance all according to our blood type which essentially is like having your own privately compounded supplement rather than the mass market one-size-fits-all multivitamin that one buys in drug stores or pharmacies.

These products all aid and assist in the detoxification and health maintenance of your entire physical system which is **accelerated** by the **daily FIR sessions** using the FIR Resonance Chamber.

With enrolment **closing on October 13**, interested participants need to call the organiser **E Rejuvenation Sdn Bhd** at **05 5452293** or **012 521 2293** to lock in your entry immediately as the total number of participants is set at 30. Registrations are coming in fast and furiously as many of RëJeune's current clients and those of their friends are snapping up this incredible opportunity to take advantage of the whopping 70% on the Detox package. (See page 7.)

RëJeune

1 Jalan Medan Ipoh Bistari 1b/1, Medan Ipoh Bistari, 31400 Ipoh.
Tel.: 012 502 2293 or 05 545 2293
Closed on Tuesdays.



Baha'i Bicentennial Dinner

The Baha'i faith is a religion established in Iran in 1863 by Baha'u'llah, who believed he was the prophetic fulfilment of Babism, a small religion which believes in a single, incomprehensible God; this makes the Baha'I faith a monotheistic religion.

The Spiritual Assembly of the Baha'is of Malaysia hosted a dinner at Tandoor Grill on Saturday 18th of September for invited guests, as a lead to its upcoming event, expected to be bigger and involving many, to be held later this year. This is to commemorate the 200th year birthday of its founder, a much venerated person within the Baha'I community.

"We've classes for children between the ages of five and ten, junior youth classes and study materials for adults," said Mr Vijaya Segaran, the senior head of the Baha'i community. "We look after the youths whilst educating ourselves; finding out what and why we're here on this Earth and as a result, we serve the community."

The Baha'I community in Malaysia has participated in blood donation campaigns, charity drives and tree-planting activities in Ipoh. "This is in line with what we believe in," said Segaran.

The upcoming event, an auspicious Baha'I bicentenary dinner, will be held on Sunday, October 22 at the Red Crescent Hall, Ipoh. The occasion will be laced with various festivities, celebrations, dances and exhibitions that not only showcase the culture of the Baha'is, but also the many different cultures of the world.

Moreover, the President of India and the Prime Ministers of New Zealand and



Singapore had given their utmost congratulations, according to the members.

"We've invited MB Perak but have yet to receive a response," said Tan Boon Tin, the secretary of the Ipoh Baha'I community. "We hope he'll be able to grace the event."

For those interested in knowing more, please contact them at isaipoh@bahai.org.my.

Jack Foo



Hallmark Memorial (HM) is another brainchild of a group of pioneers responsible for the development of one of the biggest and most successful memorial parks in the region. HM land is officially approved by the Perak State Government.

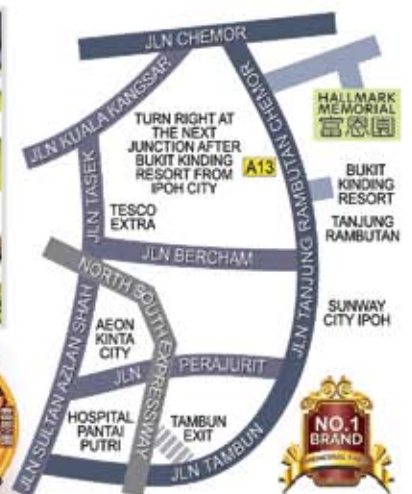
Our project "Da Ming Palace" columbaria incorporates best feng shui value with art. It is developed based on the 'actual' imperial palace complex of the Tang Dynasty and has competed in the 2013 International Cemetery, Cremations & Funeral Association (ICCFA) competition under Innovative Personalized Product Category.



GARDENS BOUTIQUE COLUMBARIA

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News

Exercise Haringaroo 68/2017

Exercise Haringaroo 68/2017 is a bilateral exercise involving troops from Malaysia and Australia. "Haringaroo" is the amalgamation of the words "harimau" and "kangaroo", national emblems of the two British Commonwealth nations. The annual exercise is an offshoot of the Malaysian-Australian Joint Defence Programme (MAJDP) under the ambit of the Five Power Defence Arrangements (FPDA).

The first Haringaroo exercise was held in 1977 and was named, 'Exercise Scorpion'. Over the years it has evolved to what it is today. The exercise scenario is usually based on a Conventional Warfare or a limited war setting with emphasis on either one or all four phases of war – advance, defence, withdrawal and attack. It could also be a mixed Conventional Warfare cum Counter-Insurgency Warfare setting, considering our expertise in jungle warfare.

The field exercise normally involves a Malaysian infantry battalion with an Australian rifle company, placed under command. Exercise control is provided by the nominated infantry brigade. The responsibility for this year's exercise falls on the Ipoh-based Second Malaysian Infantry Brigade.

The opening of the 11-day exercise was held on Tuesday, September 12 at Camp Syed Putra parade square. It was officiated by Commander First Division Australian Army, Maj-Gen Paul McLachan and witnessed by the Chief of Staff of Headquarters 2nd Malaysian Infantry Division, Colonel Mohd Adzhar Abdul Latif.

The objectives of the exercise are: to foster closer relationship and understanding between members of both countries; to extend the knowledge of each other's organisation, force capabilities, weapon systems and equipment; to train commanders, staff and troops at battalion level in field training exercise; to familiarise troops with the operational methods and procedures commonly employed by Malaysian and Australian army in the field; to practise all-arms tactics and to conduct administrative and logistic support in the field.



This year's exercise scenario was a combination of Conventional Warfare and Jungle Warfare. Maj-Gen Paul McLachan told Ipoh Echo, "That lets us to a whole lot of different skills within the soldiers which are very important. It allows soldiers from the 2nd Royal Ranger Battalion to teach us their specialty about operating in the jungle. We haven't emphasised this enough in the Australian army. So this is the opportunity that coming to Malaysia gives our soldiers. It's incredibly important that we operate in different environments."

The exercise began with cross training held within the campground from September 13 to 16. This was followed by the actual exercise in the jungle of Sungai Siput from September 17 to 21. A total of 319 officers and other ranks from both sides were involved. The climax was the dawn attack on an entrenched enemy position by the composite battalion on the morning of Thursday, September 21.

"I am extremely pleased that our armies are able to work together for the common interest of both countries. This exercise is the manifestation and expression of our intimate military ties and cooperation. The Malaysian army is indeed honoured to host this exercise," said Maj-Gen Dato' Mohd Ramli bin Jaafar, General Officer Commanding 2nd Malaysian Infantry Division in his closing address at the end of the exercise held at the attack site in Sungai Siput.

Present were Brig-Gen Chris Field, Commander 3rd Brigade Australian Army and Brig-Gen Datuk Mohd Nizam bin Hj Jaffar, Commander 2nd Malaysian Infantry Brigade.

Mei Kuan

Arts and Culture



Kumar Awes Ipohites

Kumar, one of South East Asia's most iconic performing artists, made a stop in Ipoh as part of his nationwide tour. Presented by LOL Events, it was held on Friday, September 8 at the Kinta Riverfront Hotel to a full house.

"Kumarsutra" was a personalised show that brought the audience through a story of struggle and triumph, all delivered in Kumar's trademark sense of humour.

The lively evening started off with a bang via a Bollywood dance. Kumar made his stunning entrance clad in a multihued all-over-sparkle saree that outshone the bright lights of the stage. From then on, it was a laugh a minute.

His contents had such a seamless flow from start to finish that, like a soul-baring talk with a reunited old friend, one did not want it to end. He also expressed his love for Ipoh food, citing the *nasi ganja* (various curries with rice) at Yong Suan Coffee Shop as his favourite.

The multi-talented stand-up comedian was quoted as saying, "This show is meant to remind people to celebrate life. Laughter brings people together no matter what race, religion or colour of skin. We all have our paths which involve sadness, happiness, regrets and accomplishments, let me share with you mine. You are never alone."

During the conclusion that came all too soon, he reminded all, "In life, always be happy. No one can make you feel inferior without your consent. If you have a family that loves you, a few good friends, food on your table and a roof over your head, you are richer than you think."

In the past two decades, Kumar has been entertaining millions as a comedian, TV host, actor, dancer, director and author. He will be touring seven cities in Malaysia – Ipoh, Penang, Melaka, Kuala Lumpur, Kota Kinabalu and Johor Bahru throughout September and October.

"Kumar has always delivered amazing performances and it comes from the passion of art and love for the fans. Now is the right time for Kumar to share his gift to the whole of Malaysia – that gift of connection and laughter," Rizal, CEO of LOL Events stated.

Mei Kuan



Noh Salleh visited Ipoh

Fans of Noh Salleh in Ipoh were finally given the chance to catch the singer live recently when he was in town as part of the Angin Kencang Road Tour where he performed at Gerbang Malam.

Ipoh was the fourth and final place for the tour after Johor, Melaka and Penang where he sang several songs from the newly repackaged album, Angin Kencang, released earlier in August. He was initially supposed to visit Kedah however due to the passing of Sultan of Kedah, Sultan Abdul Halim Mu'adzam Shah on September 11, Noh and his team decided to skip the state as a sign of respect.

"It is always fun to come and perform in the north of Malaysia. There is something special about the northern states that make me keep on coming and I love the crowd in Melaka and Johor as well!," said Noh. When asked about why he chose to perform in an open-air area, Noh believes in interacting with fans while performing.

"It has been a while since either Hujan (Noh's band) and I performed live. In fact this is my very first official solo tour. Ever since Hujan was founded, we always loved interacting with our fans. I wanted to break the formality and gap between me and my audience," added Noh.

The show began at 8.30pm and with over more than 300 in the audience crowding the area, Noh sang several songs from the repackaged album, such as Angin Kencang, Bunga Di Telinga, Sang Penikam and Renjana.

Although touring solo, he didn't forget about his band, Hujan. Founded in 2005, Hujan was among the 'It' indie-rock bands that were making names among both underground and mainstream fans. During the tour, Noh also performed several hits by Hujan such as Aku Skandal, Bila Aku Sudah Tiada and Pagi Yang Gelap.

"It touched me the most when I met some of the audience during the tour who came from far away just to see me perform. Even today (in Ipoh) we have fans who took a two-hour train journey from Penang just to come to the show. I cannot thank these loyal fans enough," Noh added.

Noh also hopes that he will have the chance to perform in more places and thanked Redbull and Warner Music Malaysia for sponsoring his tour.

"For this tour, I wanted to opt for a busking-session. Without the great support from Redbull that provided us with a special truck that comes complete with an awesome sound system and also Warner Music, none of this would've happened. Thank you everyone for supporting and for giving me such a great and memorable experience," said Noh.

Ili Aqilah



Ipoh Music Festival

Shakespeare immortalized music with the words, "*If music be the food of love, play on Give me excess of it.....*".

On Friday, September 15 till Sunday, September 17, Ipoh witnessed its first **Ipoh Music Festival**. It was organised by Joyous Music Center Sdn Bhd and was held at Syeun Hotel, Ipoh. The 3-day event consisted of competitions, workshops, concerts and a chance to experience Ipoh.

The opening gala concert took place on Friday night at Syeun's grand ballroom. More than 500 guests filled the ballroom. There were a total of nine performances by groups and individuals from all over the world, namely Rena Cheung (Hong Kong) on piano, piano duets couple Dennis Lee and Toh Chee Hung (Singapore), Toko Inomoto (Japan) on viola, Dr Karen Lonsdale (Australia) on flute, Leslie Tan (Singapore) on cello, Loo Bang Hean (Malaysia) on piano, Brian Larson (Canada) on violin and Dr Andrew Filmer (Malaysia) on viola.

Classical tunes like the Three Slavonic Dances by Antonin Dvorák, The All-American Hometown Band by Noona, Carmen Fantasy by Georges Bizet and more were played sophisticatedly. Such breathtaking performances left everyone in awe and speechless.

"Earlier this year, I was discussing with **Veronica Leong and Joseph Tan** (chairman and vice chairman of the festival cum owners of Joyous Music) about holding a music competition. We wanted to create an international event in Ipoh and make classical music accessible to everyone. We're proud to have organised this festival from scratch and seeing so many people coming to Ipoh for the first time," said **Executive Director, Eugene Pook**.

Ipoh Music Festival received over 200 applicants for the competition. It was divided into five categories namely, Solo Open (age 18 and above), Solo Junior (age 17 and below), Piano (age 14-25), Chamber Music and Choir.

Two workshops were held on Saturday morning till noon. The first titled,



"**Purposeful Practice: Strategies and Approaches**" was helmed by one of the adjudicators, Dr Andrew Filmer while the second, "**Fund-Seeking and the Entrepreneurial Mindset**" was presented by Eugene. The entrance fee for each workshop was RM10.

The closing gala concert was held on Saturday night and featured performances from the first prize winner of each category. **Soh Wei Qi** from Singapore, who played the piano passionately from memory,

won the **Piano Category** and was awarded RM5000. A marvellous performance by **13-year-old Low Zi Yang** from Kuala Lumpur who played the violin also from memory, won the **Solo Junior Category**. He received RM5000. His performance was accompanied by **Mireia Frutos Fernandez** on piano.

Jirajet Thawornsiri from Thailand, on tenor trombone, won the **Solo Open Category** and received RM8, 000. Taking first spot for chamber music was **Treblemakers; Keng Xin Tian (violin), Stephen Tseu Tze Jie (cello) and Wong Hui Yun (piano)**. The group won RM6000. **UiTM Chamber Choir** from Shah Alam stole the hearts of the judges with their immaculate vocals and movements. The team won RM8000.

"When I was small, my grandfather said he saw a brochure on a music competition at a music store nearby. He told me to give it a go. I did but I didn't win the competition. I still remember the girl who won it played a piece from Carmen Fantasy. I had that exact piece in my head for years and was struggling with the slow lyrical melodies," **Dr Karen Lonsdale** recalled.

"And then I had to play that same piece at an audition. I managed to execute it perfectly. As musicians, we need to appreciate efforts made by creators of opportunities for musicians. On behalf of the adjudicators, I'd like to thank Ipoh Music Festival for the opportunity they have given to all these young, aspiring musicians. Let's get out there and play," she remarked.

Khaleeja

Arts and Culture

Ipoh Kreative Satellite

After the success of the previous Ipoh Kreative, Projek Rabak recently held a mini introduction of Ipoh Kreative 2017, entitled Ipoh Kreative Satellite on September 9 at Khizanat recently.

The event, which is also part of the week-long Perak Festival of Ideas (PFOI) 2017 was attended by more than 100 guests. The programme started with a talk by one of Projek Rabak's founders, Mohd Jayzuan Zainal Puit, 35, who shared his views on the 'subculture' of Ipoh's creative industry.

"Projek Rabak began with a vision. We wanted to have a well-established art collective that celebrates and unites all forms of the arts. We didn't have much funds when we first started and until today we are still working towards achieving our dreams," said Jayzuan who also acted as the festival director for the event.

"I've met a few people across Malaysia who wanted to do what Projek Rabak does but couldn't because of the lack of funds and support. It is hard but never impossible. To get donations, our team had to work hard to get our name and work known. To get sponsors you need to work hard in branding and build good rapport," added Jayzuan, who also stressed on the importance of organisation and discipline as two most important qualities that have contributed to the success of Projek Rabak.

Soon after Jayzuan's talk, the audience were entertained by three performers from Projek Rabak: LadSheer (who was featured in Echo's Personality issued 260), Jack Malik who recently performed at The Other Fest and Sefa, a mime artist. LadSheer recited five of her poems while Jack presented a new version of his signature 'Sajak Jak Jak' and also recited several new poems and Sefa's outstanding performance received applause from the audience.



The event later continued with special performances by Harmacy and Space Gambus Experiment (SGE). Founded in 2000, Harmacy is an indie rock quartet, based in Ipoh and they sang several songs including Riuh, Here to Here and Ku-Cari (I'm looking).

Recently performing at the Ipoh Experimental Music Fest, Space Gambus Experiment's performance was incredible. The avant-garde band, founded by Dr Kamal Sabran is an open-source musical project and performing group centering around the gambus (short-necked lute) played by Kamal himself. During the Ipoh Kreative day, joining Kamal was Hafiz Chai who played the saxophone and Fasyali who used rebab (a type of a bow-stringed instrument).

"I am glad that Ipoh Kreative will always be a special festival that attracts a certain kind of people. There are many arts events out there happening in Ipoh but Ipoh Kreative is offering something that isn't commercial and frankly, quite experimental. Despite our small attendance, I am glad that everyone had a great time," added Jayzuan.

For Zeti Shuhaila Mustafa Kamal, 45, she hopes to see more events like Ipoh Kreative held in Ipoh.

"From what I've seen today, as an audience, I believe Ipoh Kreative is giving a platform for young artists as well as giving exposure to young crowds on the arts collective. Most youngsters these days only indulge themselves with mainstream music. Although there is nothing wrong with that, it would be great if they are exposed to different kinds of entertainment. Since the event is free, hopefully we get to see more youngsters attend this event again," said Zeti.

Few local-based brands also took part in the event and open exclusive booths such as clothing line's Peace Be Upon You, book store's Tinta Budi, Bodysurf Music, and Kolek (displaying old classic toys).

Ili Aqilah

Cartoons, Caricature and Animation

Being part of Perak Festival of Ideas 2017, the September edition of Sharpened Word welcomed three guest panelists, **Datuk Mohammad Nor Khalid, Hassan Muthalib and Azmi Hussin**. It was held on Saturday, September 9 at the Old Andersonians' Club. For the very first time, the event was graced by **Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir**. In order to raise funds for this monthly event, Sharpened Word held its first auction of a caricature drawn by Azmi. It depicted the three speakers, along with their signatures. The starting price was RM150. The drawing was sold to Zambry who bid RM1000.

Once the excitement was over, Sharpened Word's second anniversary was celebrated with a cake-cutting ceremony before the panel discussion.

Cartoonist Datuk Mohammad Nor Khalid, better known as **Lat**, is loved by all Malaysians. He has produced over 20 volumes of cartoons. His first work was published when he was 12.

"My fondest memories were those from my primary school in Pasir Puteh. I still remember the teachers, students and how it was like. In secondary school, I already thought of leaving and working as an illustrator," said Lat.

When he worked in Kuala Lumpur in 1974, he would draw what people were associated with back then. At that time, it was the beginning of traffic jams and mini buses. He would look for people with little stories and turn them into his stories.

In 1955, when Hassan Muthalib was still in primary school, he would sit at the back of the class and enjoyed switching the on and off switch of a 16mm projector. It never occurred to him that one day he would be involved in producing films he had watched using the 16mm projector.

"Back in 1970s, there were only two to three animators so we didn't have anyone to look up to as mentors. With the advancement of digital technology, animators and



filmmakers are rather common these days," Hassan remarked.

As a self-taught animator, writer and director, Hassan's works have not been influenced by anybody. He writes a lot of satires, which many people do not understand.

Born and bred in Penang, Azmi Hussin became a full-time caricature artist out of desperation in 2013. He is a huge fan of Lat and has now produced three comic books – '**Tanjong Life**', '**The Little Mamak**' and '**Lost in Bagan**'.

"I used to draw for fun. I brought more comics rather than textbooks to school. I'd get punished for drawing caricatures of my teachers," said an amused Azmi.

Azmi attended an art college to study graphic design but could not finish the course, as the fee was too prohibitive. However, with improved digital technology, Azmi said that it is easier to learn through sites like YouTube.

His first book, '**Tanjong Life**', was published in 2015. He was delighted to have his mentor, Lat, launch his book. Azmi used to copy drawings from Lat's '**Kampung Boy**' before creating his own characters. He got tips from Lat on how to improve his future works.

"The places I grew up are now filled with high-rise buildings. I'd engage with the locals for stories to help me recall the past. When I get the ideas, the originality and nostalgia remain. So when people read my books, they'd smile to themselves because they have experienced it. If I draw situations in malls, the essence just isn't there," added Azmi.

Currently, he is working on his fourth book with caricatures to educate students and those who are interested in drawing. He wants people to know the difference between caricature and portrait.

Khaleeja

Education

KinderJoy's Graduation Night

Over a hundred kids attended the graduation night of Tadika KinderJoy, held on the September 23, along with their proud parents and guardians, who took the time off to celebrate the success of their children.

The fresh graduates of each class – both the Chinese and English medium – were given certificates as they continue their journey into primary school and beyond. KinderJoy too recognised the many achievements of its former students who are now in primary school. These achievers received awards for being the top student in the Forms to Poetry Recitation and Chinese Calligraphy champions.

"Today's graduation night is a milestone for us. We'll continue to strive hard for success and to meet any challenges head on," said Ms Looi Lee Ying, the academic director and principal of the kindergarten. "We cherish your presence here today to celebrate our success." Present were C.J. Liu, founder and director of KinderJoy and Stephanie Liu, director of KinderJoy Educare Services Sdn Bhd.

The evening continued with an array of dances, each with a different culture and theme, and songs ranging from fairy-tale themes to modern English and Chinese pop genre. The songs included 'Beauty and the Beast', 'What a Wonderful Feeling', 'Roar' and the 'Chicken Song' among many others. This was warmly received by the audience



who seemed appreciative of their kids' successes.

The event came to a close with a performance by the school's choir who sang ABBA's cover, 'I Have a Dream' and the school anthem.

Jack Foo

News

Ban Hoe Seng (Auto) Unveils New Corporate Office

Ban Hoe Seng (Auto) Sdn Bhd sparks up with a new corporate office which was unveiled on Wednesday, September 20 in an intimate gathering of its staff. With its existing salesroom and a showroom just downstairs, the latest space is located at 14 Jalan Raja Permaisuri Bainun, 30250 Ipoh.

Upon entrance, one will be greeted with a striking exposed ceiling lined with metallic accents throughout, a modern use of linear lighting fixtures and plenty of glass window panels for natural light penetration and view.

"This single floor could accommodate up to 40 people. It is built on the idea that there are hot seats (hot desking) for colleagues from our different groups that need to hold a meeting here in town. It also serves as permanent spaces for HR and accounts at the other side," **Dato' Lim Si Boon, the chairman of Bonanza Venture Holdings Sdn Bhd (BVH)** told Ipoh Echo.

When asked on the theme of the new corporate office, Lim explained, "Very industrial with an open concept, piloting along co-working spaces. An effort to breathe new life into a famous and older pretty building in Ipoh which is the Fairmont Hotel, we are making the place more hip by bringing in more light and colour."

Over 3000 square feet, among the facilities here include a pantry, a big and smaller meeting rooms.

During the launch, the space was spread out with food galore, crafted by the **Dome Restaurant of Meru Valley Resort**.

Also present was **Ignatius Chew, Ban Hoe Seng founder's grandson**.

Mei Kuan



Minerals Day 2017

In conjunction with Minerals Day 2017, Imerys Minerals Malaysia Sdn Bhd hosted a site visit by Year 6 pupils from Sekolah Kebangsaan Pos Raya. The visit was organised on Wednesday, September 20.

Apart from visiting its work site at Simpang Pulai, the 34 Orang Asli pupils were also briefed on the use of limestone in daily life and the importance of safety in quarry.

According to Mohd Yazid Mohd Dan, the Land, Mining, Environment and Public Affairs Manager, the programme is one of the company's Corporate Social Responsibility initiatives to educate the public about the environmental health standards vis-à-vis the perceived destruction of the scenic hills for the extraction of calcium carbonate (limestone).

The talk concluded on how the company draws the line between conserving the limestone hills and quarrying them.

The students were divided into three groups. While one group was taken around the plant, the other was in a room listening to the talk, the third partook in a colouring



competition. They rotated once their task was done.

Senior Assistant of the school, Raja Salehuddin Raja Soran said that the visit was a precious opportunity and experience for the students.

"It's an eye-opener for me, as I never knew that many things are made from limestone, such as paper that we use everyday.

"I've been passing by this quarry for over 14 years to go to work but never had a chance to get inside. When the company invited us for the visit, we're so excited. I appreciate the efforts taken by the company to educate the local community," he said.

One of the students, Finu Bah Muli said he had gained plenty from the visit, especially about the usefulness of limestone in our daily life.

"What I like most is the visit to the work site. It was a memorable experience for me. I hope one day I'll be gainfully employed by the company," he told Ipoh Echo.

Nabilah Hamudin

Upcoming Event

Spine-chilling Halloween at Lost World of Tambun

Festivity seekers who are celebrating Halloween can now visit Lost World of Tambun (LWOT) for a massive one-month long Halloween celebration starting October 1 until October 31, that is Halloween day itself.

With the 'Spooky Halloween' as a theme this year, visitors of LWOT will be feasted with a special House Of Dolls show that tells the story of Sebastian, a 64-year-old doll-collector who lives alone deep in the woods. One stormy night, a couple, Jack and Audrey, seek shelter in Sebastian's home after their car breaks down. All is well, with Sebastian playing the perfect host, until Jack begins to insult his dolls, who then come to life, refusing to allow the guests to leave. How does the story unfold and end? Check this out yourself this October!

LWOT has also lined up a variety of fun and games for the whole family including Tic Tac Toe tournament, Witch Broom Hook, Jack O'Scares and many more and



winners will be receiving attractive prizes to match.

The Halloween celebration at LWOT will also be completed with Halloween's must-do, the good 'ol Trick Or Treat where they have prepared goodies and candies such as Glico's Pocky and Wrigley's Eclipse chewy mints for the guests.

"LWOT will certainly take on a carnival atmosphere of sorts this October with something going on in every nook and corner of the parks, with heaps of spooky fun and entertainment for all ages. We are pulling out all the stops for this year, with a few 'tricks' up our sleeve to give our visitors a true treat they'll remember!" said Calvin Ho, the Senior General Manager of Sunway Theme Parks.

For more information on LWOT's Spooky Halloween: House of Dolls celebration, readers can visit their website at <https://sunwaylostworldoftambun.com> or call at 05 542 8888.

Book Review

Tan Mei Kuan



One Man's Diary on Life

Insightful, meditative and provocative, "The Chronicler: One Man's Diary on Life" delves into the mind of Koh Chye Hock. With 35 years of deep and purposeful contemplation on his own life as well as those of others, Chye Hock opens the window to his mind and distils what he believes constitutes a purposeful, meaningful life.

His first book contains a rich array of aphorisms on all manner of topics, from feelings and emotions to happiness and health. These succinct 225 aphorisms will leave you deep in thought for days. My favourites which resonate with me being "Of all the human values, it is the value of gratitude that I value the highest", "The right and privilege a child has is the assurance of the love of his parents" and "A man who takes no position,



espouses no cause, and lives without scruples is a man without principle and character".

The self-help cum philosophy book was launched simultaneously in Malaysia and Singapore on August 25. Ipohites were in for a treat as the big day was held at the Ritz Garden Hotel with the presence of the amiable author, his family, dignitaries and people in the arts from Malaysia as well as Singapore. Plus, they were entitled to an exclusive 10% discount during the launch.

Coming from a life shaped by extremities of experience, he grew up as an orphan in 1960s and 1970s Ipoh and studied in the United States and the United Kingdom in the 1980s. Here is his one precious advice for others sharing similar scenario who are also trying to make it: "There is no secret to success in life.

The most important thing a person must have is character. Character encompasses all the important values a decent and successful person must have: trustworthiness, diligence, dependability, competence, determination, gratitude and a noble aspiration. 'A great deal about life is how to be honest with yourself and fair to others' (entry no. 4 in the Chapter on Life). More importantly be able to connect with people who may be able to help you: 'A good person is more easily won by truth and sincerity than by falsehoods and misrepresentations' (entry no. 4 in the Chapter on Character)."

Readers will find the many issues discussed in this book not merely enlightening but practical too as you will be able to apply them in daily life.

Hailing from Ipoh, Chye Hock lives in Singapore with his wife Filona and their son Corey. Specialising in oil and gas law and working for an American multinational oil company, he continues to keep a journal as he travels half the world for his work.

Published by MPH, "The Chronicler: One Man's Diary on Life" is available in all major bookstores in Malaysia with an affordable price tag of RM29.90 for paperback.

Tourism

MM2H Dialogue

Malaysia My Second Home (MM2H) programme was initiated by the federal government in 2002 under the purview of the Ministry of Tourism. Its primary objective is to allow citizens of recognised countries to reside in Malaysia on a long-term basis of up to 10 years.

In conjunction with the **Perak Festival of Ideas**, the MM2H Dialogue was held on Thursday, September 7. It took place at the banquet hall of the State Secretariat Building, Ipoh.

Among the speakers were State Tourism, Arts, Culture, Multimedia and Communications Committee Chairman, **Dato' Nolee Ashilin Mohammed Radzi**; Chairman of Real Estate and Housing Developers' Association Malaysia (REHDA), **Tony Khoo Boon Chuan**; Managing Director of Hibiscus New Lifestyle (MM2H) Sdn Bhd, **Gloria Choong**; Ipoh City Council Town Planning Director, **Zulqarnain Mohamad** and Business Development Director of PWP Properties (N) Sdn Bhd, **Stephanie Chang**.

The dialogue focused on ways to make Ipoh as every country's first choice of destination and to overcome challenges faced. According to Dato' Nolee, with Ipoh being featured on Lonely Planet it was to Perak's advantage. She emphasised that the UNESCO World Heritage sites in the state should also be optimised.

"Malaysia being culturally diverse is already a plus factor. You come here, you witness various cultures and beliefs. To develop more international recognition, the private sector and the state government need to put their heads together. It could be in the form of property expos, roadshows and more, we have to start working as a team," she said.

Gloria emphasised that there were many shortcomings in the country. Tourists prefer convenience stores but if these places are short of products, what will their impression be?

"I think property value, in itself, is already an attraction. Perak is the only state which offers a minimum value of RM350, 000 for foreigners to purchase property here on the MM2H program. What's more to ask for? The only way is to maintain the price, instead of increasing it," said Stephanie.

"The first step is to zero in on the target group of MM2H, the retirees. There are two things a retiree looks for – a fully-furnished home and good security. If we maintain these two requirements, I'm certain the market will always be there," Tony added.

Zulqarnain remarked that the local council is doing the best they can. However, there is still room for improvement. The council will continue assisting in whatever way they can.

Another issue raised was the lack of direct flights to Ipoh. The speakers felt that having a decent airport would achieve much more.

At a recent roundtable discussion titled "Malaysian Affordable Housing: Can We Meet the Demand?", Chairman of Committee of Women, Family and Welfare Development, Housing and Local Government Development State of Perak, **Dato' Rusnah Kassim**, too, had a few things to say on property development.

"Some of the developers, who were given land by the state government, haven't constructed anything until today. That's why we now give them a grace period of six months before revoking the agreement. Developers should be more responsive," she insisted.

"I think it's about time we focus more on building homes for the Orang Asli. But currently, we only have less than RM15 million in our kitty. How many units can we build with this amount?" she lamented.

Khaleeja



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iSpeak

By A. Jeyaraj

Pangkor Dialogue 2017 – Some reflections

I have attended all the Pangkor Dialogues (PD), formerly known as Pangkor International Development Dialogue (PIDD). I attended the first one by accident. I read in the newspaper about an exhibition at Casuarina Hotel (now Impiana Hotel) and went to see. There I met a number of my NGO friends and they asked why I was not attending the conference and invited me to join them. From then on I have been attending all PDs.

Dato' Seri DiRaja Dr Zambry Abdul Kadir, Menteri Besar, said that PD is a move to elevate the state to a new plateau of development, one that is prosperous, happy and inclusive, where we chart our own course and be a model for the country and the region. Initially, I remember Zambry saying that since Perak is sandwiched between two industrialised states of Selangor and Penang, investors overlook Perak. He wanted to bring investors from all over the world to Ipoh and let them see what the state can offer. I am highlighting some of the speeches and wonder how they can elevate the state. The comments are based on feedback from participants and my views.

The programme of Pangkor Dialogue has a fixed format. There are keynote addresses by distinguished people, panel discussion, satellite and plenary sessions, signing of MOUs and exhibition. This year there was one week of Festival of Ideas celebration. The people giving keynote addresses are professional speakers and even if there is not much substance in what they say, they know how to captivate the audience.

The first keynote speech was by Dr Catherine Cady Coleman, Chemist and Former NASA Astronaut. She spoke about life in the space station which was informative. She gave her vision for future of mankind. How are we going to translate her views into action to elevate the state?

The second keynote address was by Jorje Jamil Mahuad Witt, former president of Ecuador. He spoke of his experience in solving problems and overcoming difficulty in preserving the forests. He stressed that there is no one solution for problems. He added that politicians are planning the future of tribal people without consulting them. The tribal people know what is best for them; let them lead the life they want. We have no right to judge their lifestyle.

In Perak as well as the country on the whole, we want to change the lifestyle of Orang Asli. Let the Orang Asli decide for themselves what is best for them. In the name of development, we must not destroy their habitat. The state government must preserve the whole of Belum. No logging must be allowed, even if it is supposed to be sustainable. The number of tourists must be restricted. This concept was highlighted in the Plenary Session on Environment. I visited Angkor Wat a few years ago and no one is allowed to stay on the site after sunset.

The Keynote address of Professor Dr Anil K Gupta, Founder of the HoneyBee Network, India was about innovation at grass-roots level. He displayed modified machinery made by ordinary people by improvising existing machinery to do their work. He emphasised that youngsters have creative ideas and it must be brought out. Institut Darul Ridzuan (IDR) should invite Dr Anil to conduct workshops to encourage our youth to come up with creative ideas. Our youths may have ideas, but how are they going to express them.

Mick Cornet, Mayor of Oklahoma City is the first mayor elected to serve four terms. He is a charismatic speaker and explained how he solved the obesity problem in the city.



Source: Perak Today

He rebuilt the city around the pedestrian rather than the car. A dry river in the city has been transformed and is used as training ground for Olympic athletes. He showed photos of before and after of the many projects carried out. This was achieved because the mayor is elected and not appointed. Unless we have an elected mayor for Ipoh, nothing much can be done. An appointed Mayor would be subservient to his political masters. A number of my NGO friends asked me to highlight this in Ipoh Echo.

I wonder how speeches of Dr William Tan, Neuroscientist and World Record Holder, Paralympian and Jon Jandai, Advocate of Happiness can elevate the state. They expressed their personal journey. The speech by Khairy Jamaluddin, Minister of Youth and Sports was motivational and he informed what the government was doing for the future. He emphasised that people with problems must go through the right channel, but did not say what the right channel is.

The speeches delivered at the Plenary session on Aging and Development were not relevant to the title. The moderator presented the distribution of the aging population in the country. All the speakers were from the financial sector and the first one spoke about Private Retirement Scheme (PRS) and how to contribute. I walked out of the room after his presentation. Most of the audience were middle aged and senior citizens and expected the speakers to enlighten them on the facilities that would be included for senior citizens in future development. It was more of a sales talk and the audience was disappointed.

The same could be said of the session on Nation Building. The first speaker was from the Cancer Network Society. I walked out of this as well. According to Wikipedia Nation-building is constructing or structuring a national identity using the power of the state and this is what I was expecting from the session.

The talk by Giorgio Catucci, Principal Consultant, DHL Malaysia on how he and his staff carry out their CSR programmes was interesting. He shared his experience at the Dare to be Different Plenary Session. He informed that they do not hand out charity, instead train the needy to look after themselves. The examples of projects he cited can be practised by all NGOs doing social work.

The moderator of this session was a young girl who was chewing gum which was a detraction and the lady sitting next to me commented on this. The audience expects a moderator to maintain proper decorum and chewing gum certainly isn't decorous.

I spoke to many participants, both people I know as well as strangers and all agreed that a lot of money and time had been spent in organising this conference. They were keen to know the outcome. How are the experiences and ideas presented going to be translated into action plans and implemented? Can they be applied here? A couple of businessmen who came from KL complained that there was nothing for them to learn from the conference.

During last year's PD, Ipoh was declared a Social Business City (SBC), the first in the region and the mayor was given the task to implement it. One year down the road I have not seen any changes in the way business is conducted by MBI. Meanwhile, during the 4th IDR Annual Research Seminar held at Impiana Hotel in April, Zambry announced that Ipoh would be known as Knowledge City. Which is it going to be?

Instead of organising PD every year, do it once in two years. Have a follow-up meeting the year after PD to review what actions have been taken. It is no point organising PDs without knowing the actual outcome. Maybe IDR can review all the PDs and come out with a report on the achievements.

Sport

Kelantan Wins National 7's Rugby Championship

Kelantan defeated Perak 19-14, to emerge champion in the National 7-a-side Rugby Championship (National Sevens 2017) at Ipoh Padang, Ipoh on Sunday, September 17.

The win enabled the East Coast team to wrest the Ung Khek Cheow Cup securing its fifth 7's title. Kelantan was runner-up last year losing to Terengganu in the final.

Kelantan began with a fiery start and raced to a 19-0 lead at interval with three tries and two conversions.

Kelantan got its first try one minute into play by Muhammad Zulkisham Rosli.

This was followed by another two tries by Mohamad Khairul Abdillah Ramli and Muhammad Faris Che Salim, in succession. Four points were contributed by Mohamad Nazreen Fitri Nasrudin via two conversions.

However, home team Perak, with vociferous support from over 2000 spectators, never gave up. The homesters rose to the occasion in the second half to narrow the gap with two tries, a conversion and a penalty.

Unfortunately, six minutes before the game end, Kelantan's captain Zulkiflee Azmi was given a yellow card.

The distraction allowed Perak to score a penalty. They kept trying as Kelantan had only six players.

Perak were relentlessly in their assault till the end of the game. They were finally



rewarded when Muhammad Amiruddin Razali made a brilliant try at the 14th minute of the game.

Kelantan with five SEA Games 2017 players gold medallists managed to keep the score at 19-14 till the final whistle. Team captain, Zulkiflee Azmi, who was nominated the tournament's Best Player, walked away with a RM500 cash prize.

Kelantan's coach Khairul Azhar Md Noor was satisfied with his players' overall performance.

"It's very competitive this year. We almost lost to Perak in the final. They made an amazing comeback in the second half.

"However, my team did well to reclaim the title although it was a close win for us," he told reporters after the game.

Kelantan won RM5000 while Perak received RM3000. Kedah and Sabah finished in third and fourth place, respectively.

Kelantan Under-20 team was also crowned champion beating Labuan 21-7, while Selangor and Johor won third and fourth, respectively.

The annual tournament made history when it inaugurated a new category for women. Kedah etched its name in rugby history by being the first ever Malaysian Rugby Union women's National 7's champion.

Kedah downed Terengganu 15-12 in the final. Sabah won the plate championship after beating Selangor 19-5 in their final round robin match.

Nabilah Hamudin

Education



Global Perspective Debates 2/2017

Over 20 debating teams from major schools in Ipoh locked horns from Friday, September 8 to Sunday, September 10 to establish their oratorical rankings in the Kinta Valley. This fiesta of verbal duels was organised by the Sixth Form Union of Tenby Schools Ipoh.

"The Global Perspectives Debates (GPD) are a biannual event management challenge

for the Tenby Sixth Form," stated Mohd Rizdzuhan Yahya Mat Som, the student convener of the event. "It gives the Tenby Sixth Formers a great opportunity to gain organisational experience, not only in running the debates but also in customer relations, school marketing and in emceeing parts of the event."

Most important of all, debating has been a hallowed tradition in the Kinta Valley which has moulded some of the greatest international figures from Malaysia, among them the legendary Radhakrishna Ramani, Malaysia's first Ambassador to the United Nations and Dr Yeoh Ghim Seng who became President of the Republic of Singapore.

The debaters at GPD 2/2017 were appraised of the many personalities that have won international acclaim as outstanding orators produced by the schools of Ipoh. Among the honourable mentions were Professor Dr Ruth Wong, H.E. Victoria Treadell, Dr Toh Chin Chye, Dato' Panglima Bukit Gantang Abdul Wahab, Dato' Aminuddin Baki and the Seenivasagam brothers.

"This knowledge of their great forebears in the debating scene is a tremendous boost to our present-day debaters in Ipoh," adds Hannah Raj, the organising secretary of the debates. "They are imbued with a strong sense of the vital importance of the English language for Malaysians of today and tomorrow."

The schools which participated were Tenby Schools Ipoh (7 teams), SMK Sam Tet (2 teams), Poi Lam Private School (2 teams), SMK St Michael (2 teams), SMK Main Convent HIJ (1 team), SMK Ave Maria Convent (2 teams), SMK Buntong (2 teams) and Sekolah Tuanku Abdul Rahman (2 teams).

SMK Sam Tet emerged as champion while SMK St Michael, the runner-up.

Ed

Praxis Got Talent

Praxis International College, Ipoh organised its first talent show called 'Praxis Got Talent' recently. The event was officiated by Chief Executive Officer of Praxis himself, Professor Dr R. Rajakrishnan.

Among the invited guests were Ramu Velusamy from Ungku Omar Polytechnic and Johnson Savarimuthu from Institute of Teacher Education, Hulu Kinta. Designed as a platform for the students to discover their hidden talents, "Praxis Got Talent" saw a total of 45 competitors taking part, each showcasing their ability to sing, dance and more. A flash mob was held before the competition began. Apart from that, students also had the chance to display their cookery, baking and handicraft-making skills at designated booths.

"Organising a competition like this is my way of giving the students a chance to cultivate unity with one another, as they prepare their booths or form a group for the competition. I feel these activities help motivate students better," said Kanimozhi Govindasamy, Programme Coordinator and Event Director of Praxis International College.

"Praxis offers courses such as hotel management, culinary and even office administration. I'm well aware that students would like to have some fun in between classes. I'm glad to see this happening" she enthused.

The competition was divided into three categories, namely singing, dancing and



special arts. Deenishwary and Privitha who performed a duet won first place for singing. Girls Empire Group took first spot for dancing. For the special arts category, two winners were chosen based on different skills. Jegannathcharan's mimic show and Anita's jewellery making were among the shows that grabbed the judges' attention.

Anak Anak Malaysia Walk 2017

In the spirit of Merdeka (Independence Day), 100 staff and students of Sunway College Ipoh (SCI) joined thousands of Malaysians nationwide in the #AnakAnakMalaysia Walk 2017. It was held within the vicinity of Sunway City Ipoh on Friday, August 25.

The walk was led by the Principal of SCI, Dr Tina Lim Swee Kim. She was accompanied by staff and students of the college on the 5km route. They stopped at sponsors' booths along the route for lucky draw sessions.

Winners were presented with their prizes during the closing ceremony, which took place within the college premise. Participants were entertained to a brief flash mob performance by members of the Sunway College Talent Club who sang 'Tanggal 31' a song made famous by Sudirman Hj Arshad.

Aimed at promoting unity and patriotism among the college community, the event was co-sponsored by Lost World of Tambun Theme park and other well wishers.

Ed





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 • Developer's License: 8324-7/02-2018/090734J • Validity: 27/02/2017-26/02/2018 • Advertising & Sales Permit no.: 8324-7/02-2018/090734J • Validity: 27/02/2017-26/02/2018
 • Authority Approving Building Plans: Majlis Bandaraya Ipoh • Building Plans approved no.: (B) C/S 216-2/1/18/120/210/16 (2 storey Semi-D • Architect: Sacha and Tan Architects Sdn Bhd
 • Civil & Structural Engineer: K.L. Chan & Associates • Total units: 2 storey Semi-D - 48 unit • Selling Price: 2 storey Semi-D - min RM648,800 max. RM1,186,800
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ARTS AND CULTURE

Kinta Valley Symphonic Society. Kinta Valley Wind Orchestra Orchestra Concert 'Earth Beat' on OCTOBER 1 (Sunday), 3pm at Dewan Leong Wan Chin, Perak Girls' School. The concert will mainly feature music inspired by Nature. Invitations are by donations. For invitations and inquiries, call **010 307 0360** or **012 506 2313**.

Ipoh Fine Arts Society. Theatre Workshops by renowned theatre group Théâtre De La Cour from France. OCTOBER 6-8 at YMCA Ipoh. There will be three workshops consisting of 20 participants per workshop and each participant will be able to attend one only. Workshop times: Oct 6 (Fri) 3pm-6pm; Oct 7 (Sat) 10am-1pm; Oct 8 (Sun) 10am-1pm. Participants will be trained in various performing skills which will culminate in an 1-hour performance, 'Happy Express' on October 8 (Sunday) from 7pm to 8pm before an audience of parents and friends. For registration, call: **05 254 5185** (office), **016 532 1087**, **012 519 3004** or **016 506 7770**.

Taiping Heritage Society (THS) & Taiping Tourists Association (TTA). Fiesta Peranakan Baba & Nyonya on OCTOBER 7 (Saturday), 2pm-8pm (Pasar Peranakan) and 7.30pm-10.30pm (Baba Nyonya Course Dinner) at SSL Traders Hotel, Taiping. Sale of delicacies such as salt fish acar, nyonya dumplings, cooking pastes, and an exhibition of a colourful array of traditional kebaya, sarongs, batik wear and appropriate accessories. Books and VCDs will also be on sale. For reservations and further details, contact: Abdul Halim **012 298 4061**, Sharon Chan **016 547 4802**, Yeap **012 538 2743** or Kamariah **016 484 3900**.

Ipoh Toastmasters Club. How To Write 3 Minutes of Comedy In 3 Hours. OCTOBER 8 (Sunday), 10am-1pm at Old Andersonians' Club. Cost: RM30. This is a comedy writing workshop for comedians and people who aspire to be funny or people who just want to be better communicators. Facilitator: LOGI, partner of the famous Malaysian comedy duo MONTI & LOGI. Contacts: Toastmaster Jacky Chong 019 573 0823, Toastmaster Daniel Ng 012 508 6338.

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.

'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/>.

CHARITIES

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**.

Quest International University Perak (QIUP). Food & Fun Carnival on OCTOBER 8 (Sunday) from 10am to 4pm at its Applied Sciences building, Jalan Raja Permaisuri Bainun, Ipoh. This event is open to the public and charitable homes will be present. A wide variety of food and fun-filled games awaits everyone. For tickets and enquiries, contact Ms Latha Mariappan at **012 262 1980** or **05 249 0500**.

Yayasan Sultan Idris Shah. Food & Fun Fair. NOVEMBER 12 (Sunday), 8am-2pm at Lot 158413, Lorong Bercham 11, Bercham 31400 Ipoh. Horse & pony rides; horse carriage ride; food galore; carnival games; clown & dance performance; face & henna painting; health checks; etc. For coupons contact Siti **05 548 1905**.

ENTERTAINMENT

Lost World of Tambun. Spooky Halloween House of Dolls, October 1-31. More information from <https://sunwaylostworldoftambun.com/> or call **05 542 8888**.

MEDICAL TALKS

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

Hospital Fatimah. 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**.

OTHERS

Sukhavana Meditation Monastery, Bercham, Ipoh, will be holding a Sanghika Dana on OCTOBER 22 (Sunday) from 7.15am. There will be around 15-20 monks in attendance. All are welcomed (for non-Muslims only).

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!