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30 SEN FOR DELIVERY TO YOUR DOORSTEP -
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ISSUE

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A FIERY SITUATION

By Ili Aqilah and Khaleeja Suhaimi

The whole nation was in shock when 24 people, mostly teenagers, were killed by fire as they were trapped behind a blocked exit and barred windows of their school dormitory. While a few students and teachers were rescued, officials raised concerns over the lack of safety and Ipoh Echo took the initiative to explore further.

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ROYAL BELUM – GATEWAY TO NATURE'S TREASURES

Did you know that Perak has a 130-million-year-old tropical rainforest? It is the oldest in the world, much older than the Amazon jungle in Brazil.

On July 31, 2003, the Belum Rainforest was officially named the Royal Belum State Park by the late Sultan Azlan Shah. The facility is being managed by the Perak State Parks Corporation.

The park encompasses an area of 117,500 ha, which is almost 90 per cent of the Belum Forest Reserve (132,000 ha). History dictates that the name "Belum" originated from the sound emitted by the stick insect which sounds like "belummm...belummm".

Besides boasting a huge array of flora

and fauna, Belum is home to the biggest parasitic flowering plant in the world, the **Rafflesia**. Three of the 28 species of the plant found here are *R. Kerrii*, *R. Cantelyi* and *R. Azlani* (named after Sultan Azlan Shah).

PerakStateParks Corporation offers four comfortable

camping sites namely, Sungai Kenarong Camp, Jenut Papan Camp, Sungai Tiang Tiang Camp and Sungai Kejar Camp.

Sungai Tiang Camp offers both breathtaking sunset view and exciting fishing experience. It is located beside Lake Temenggor, the second largest lake in Peninsular Malaysia.

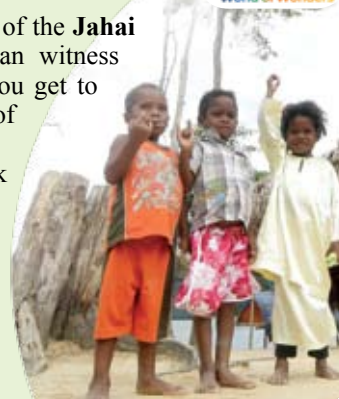
Between July and September, visitors stand a chance of seeing over 10 species of hornbills migrating from Hulu Muda Kedah and Thailand looking for food and a mate at Royal Belum.

Experience the cool and refreshing waters of the **Kooi River** waterfall, considered as among the most beautiful shower waterfalls in Asia. Equally spectacular is the waterfall at **Sungai Rouk Fish Sanctuary** where freshwater fishes of various species, endemic to the area, are found.

Remember to drop by the Orang Asli settlement of the **Jahai tribe** at Kampung Aman Damai. Here, visitors can witness first-hand their unique culture and tradition. Plus, you get to purchase some forest herbs and handicrafts made of rattan to bring home.

To access Royal Belum, one has to contact Perak State Parks Corporation for an entry permit. Your sojourn to this natural frontier will be supervised by a forest ranger whose duty is to ensure that your presence does not endanger the ecosystem herein.

Contact the Perak State Parks Corporation at +605 791 4543 or visit its website <http://www.royalbelum.my> for more information.



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Under Fire – Get Out, Stay Out

Providing a Safer Place

With the recent concern on fire safety, Ipoh Echo investigated fire safety requirements in public places such as hospitals, shopping malls and hotels. Fire safety refers to the set of practices proposed to avoid damage caused by fire.

What most Malaysians are still unaware of is that all public buildings need to get a Fire Certificate (FC). FC is issued by the Fire and Rescue Department under the Fire Services Act 1988 (Act 341), ensuring that the buildings are following proper fire safety guidelines and are equipped with adequate fire-fighting equipment.

The equipment needed in a building are usually the fire extinguisher, fire hose reel, smoke detector, smoke control, fire sprinkler and exit door hardware. A fire extinguisher is mandatory in every building (schools, shopping malls, hospitals, hotels, office buildings), lorries, buses, all public transportation and all vehicles shipping goods. A fire hose reel can be placed indoors, where it is attached to a building's standpipe or plumbing system or outdoors, attached to a fire hydrant.

According to the Fire Protection Association of Malaysia Berhad (FPAM), the majority of the shopping malls in Malaysia are not properly exposed to fire safety guidelines and they do not manage the equipment well. Some enduring problems are sprinkler systems not working over a period of time, sprinkler pumps are always switched off, damaged pump panels and more. Hence, high-value fire protection is not put to proper use.

Apart from that, some of the other problems encountered in fire safety management are outdated fire safety technology, combustible material used for buildings, locked exit doors for security reasons, lack of fire measures installation and blocking of fire safety systems.

In addition, most of the people in charge of the fire safety section are not committed. They do not practise constant monitoring and take their responsibilities lightly. Regular fire drills must be encouraged to educate the public that a fire can occur at any time of the day. Emergency routes and exits should also be unlocked most times for emergency reasons.

Based on the information taken from the Fire and Rescue Department of Malaysia's website, there are a few steps that can be taken to avoid fire. Firstly, identify all exits in a building. When a building has already caught fire and there is too much smoke, start crawling and make sure your head is 30cm to 60cm above floor level as the air at that level would be clean. Also, try to cover any holes with blankets or cloths to avoid more smoke coming in.

If smoke is accessible through windows, close the window. A smoke detector is advised to be put on every level of a building, including the bedroom and living room. It has been proven that buildings with smoke detectors can save 50% more lives than buildings which do not have them. Another reminder for smokers is to not smoke while sleepy, drunk or if one has consumed medicine causing drowsiness. And definitely do not smoke in bed.

Avoid overusing electrical circuits and place matches or lighters at a high place so children cannot reach them. Non-combustible building materials need to be used to avoid the access or spread of fire. Plan and practise using emergency exits so one will not panic in the actual situation.

Public Opinions

"When our centre was opened, it never struck us that we needed a fire extinguisher in here until the recent tahrif case happened. It really shocked us and brought us awareness," said Datin Normah Hanum Dato' Ibrahim, President of Pertubuhan Wanita Prihatin Perak (PWPP).

"The Fire and Rescue Department should monitor centres that are run by NGOs or private bodies more often because we don't know what needs to be done. They don't need to be called to come, they should take the initiative themselves. Maybe send us a letter to constantly remind us about fire safety. That would suffice," she expressed.

Capt. K. Balasupramaniam, founder and chairman of Malaysian Volunteer Fire and Rescue Association (MVFRA) suggested that the public should be taught how to audit fire safety at home. This will educate them and keep them aware of what to do, even if they are not at home.

For Iris Cheong Kwei Foong, 57, a mother of four, decided to take the initiative to make sure she understands more about fire safety.

"I attended a talk organized by a fire-fighting equipment company a few years ago. From the talk, I gained new knowledge about fire safety and even bought mask, fire extinguisher and smoke detector from them and that probably averted a minor disaster in my home just a couple of weeks back," said Iris to Ipoh Echo.

She later added that as a parent, she made sure that all her children have basic information about how and what to do when a fire emergency occurs.

"I told them the basics. For example, in the case of fire, your hair will be the first to get burnt, so try to wet a piece of cloth or blanket to cover your head. Next is to turn on all taps in the house and look for an escape route. They also know that they need to cover their nose with a wet towel to prevent smoke inhalation," said Iris.

Her children, aged from 17 to 32, are also taught to keep all the keys in a fixed place as during a fire, one tends to get disoriented. Iris also hopes that schools will start teaching students about fire safety to avoid any bad circumstances later.

"As a teacher, I haven't taught my students explicitly about fire safety in class. But I was once in charge of the 3K Unit in school where we focus on the three matters: cleanliness (*Kebersihan*), health (*Kesihatan*) and safety (*Keselamatan*). One of the programmes conducted by us was the fire drill. The 3K unit briefed everyone in the school compound about the long bell sound that indicates a fire emergency. We also printed the fire escape plan complete with fire drill and put them in each class," said Nurul



Ain Jamalludin Al Amini, 28, who is currently teaching English at SK Manjoi Satu, Ipoh.

According to Ain, there is currently no specific chapter dedicated for fire safety in the primary school English syllabus. However, there is a topic on safety, focusing on road safety, home safety, and how to handle natural disasters. When asked if she thinks there should be a chapter dedicated just for fire-safety, Ain believes that it doesn't necessarily have to be in the syllabus. She suggested that more campaigns, talks and demonstrations by the fire department and organised by the school are some of the great ways to teach pupils on fire safety.

Regarding the recent case where fire killed 24 people in Dato Keramat, "It honestly broke my heart. The incident happened at night, while everyone was in deep sleep. Even if there was an emergency exit, it doesn't guarantee that everyone will make it out alive. In my personal point of view, we need to identify the root cause that led to the fire itself," added Ain who was shocked when she found out about the seven youths who were arrested as suspects in the case. Ain also added that family also plays a significant role to monitor the children's routines and activities including the people they befriended.

It is Better to Educate Before It's Too Late

Not only must parents and teachers make sure that their children and students know what to do in a fire emergency, the public must also get familiarized with fire drills. Getting ourselves familiar with procedures is as vital as making sure our surrounding is safe!



Capt. K. Balasupramaniam Datin Normah Hanum Dato' Ibrahim



By Fathol Zaman Bukhari

EXPRESSWAY UP FOR GRABS

If his bid is successful Sahid promises to not only widen but light up the whole stretch of the expressway.



I was pretty excited when Tan Sri Abu Sahid Mohamed, the group executive chairman of Maju Holdings Sdn Bhd, offered to buy the North-South Expressway (PLUS Expressway). The owner of Maju Expressway (MEX) connecting Putrajaya/Cyberjaya to Kuala Lumpur made a whopping RM40 billion bid for all five highways belonging to PLUS Malaysia Berhad (PMB), the largest public-listed toll expressway operator in South East Asia and the eighth largest in the world. To make the offer more tempting, Sahid dangled a carrot – no toll hike for 20 years until the end of the concession period in 2038. He spoke to The Malaysian Insight, an online news portal on September 25.

The five highways belonging to PMB are the North-South Expressway, Expressway Lingkar Tengah (ELITE), Expressway Linkedua (LINKEDUA), Seremban-Port Dickson Highway (SPDH) and Lebuhraya Butterworth-Kulim (KLBK). The Penang Bridge highway belongs to PMB but, surprisingly, it is not part of the deal.

Before we go berserk over the privateer's offer, let us examine some bare facts about PLUS Expressway. This 772-km highway stretches from Bukit Kayu Hitam, at the Kedah-Thailand border, in the north to Johor Bahru in the south. The road links many major cities and towns in western Peninsular Malaysia and forms the "backbone" of the west coast of the peninsula.

The road network was built in stages beginning in 1981 and was completed in 1994. The northern route (Bukit Kayu Hitam-Kuala Lumpur) is 460km long while the southern route (Kuala Lumpur-Johor Bahru) is 312km. These two routes and the Klang Valley Expressway are the ones that affect Malaysian motorists most. Love or loathe it, as Malaysians, we use the PLUS Expressway, some frequently, some sparingly, and are well aware of its shortcomings.

I am most familiar with the Ipoh-Kuala Lumpur stretch and I believe many Ipohites are. On Saturday, October 7, my wife and I were on the road navigating our way to a wedding reception at Westin Hotel, Kuala Lumpur. The weather was bad. It rained cats and dogs almost all the way. You could barely see the road, especially along the Tapah-Tanjong Malim stretch. I wanted to turn back had it not been for my wife's insistence, as she had spent a small fortune at the hair salon.

We came across two nasty accidents involving a sport utility vehicle and a sedan. Both cars came to grief in the ravine by the side of the highway. I wonder how the vehicles faced north when they were both heading south. Obviously, the drivers were speeding oblivious of the pouring rain and the poor visibility. Maintenance is below par and when a massive resurfacing works are in progress more than half of the road is closed to vehicles making travelling not only difficult but also hazardous.

During the interview Sahid made some startling revelations. He questioned the concessionaire's calculation of operating expenditure (opex) which is fixed at 42 per cent. "Where is there a business with an opex of more than 40 per cent? They are mad," said Sahid. PLUS Expressway is owned by UEM (United Engineering Malaysia) and EPF (Employees' Provident Fund) which has 51 per cent and 49 per cent, respectively. UEM is wholly owned by Khazanah Nasional Berhad, thus the government has a golden share in PLUS. EPF gets RM400 million in dividends annually that works to RM27.50 sen per contributor (EPF has 14.5 million contributors).

The tycoon questioned the operator's reluctance to widen the highway to make travelling less stressful for users when they are getting more than enough money from motorists. During festive seasons it can take over 12 hours to travel from one end to the other. "There is a difference between resurfacing and patching-up roads," said Sahid. He was referring to the poor patch works done on parts of the highway.

If his bid is successful Sahid promises to not only widen but light up the whole stretch of the expressway. Over the past five years UEM and EPF have got RM3.6 billion in dividends when their capital outlay was only RM3.4 billion. They got back their capital plus a RM200-million profit. Why the necessity to increase toll anymore? The agreement between the government and the concessionaire is lopsided. Toll needs to be revised every five years failing which the government has to compensate the operator. This is most unfair, as money collected from highway users is sufficient to maintain the facility. Perhaps there is no economies of scale judging from the 42 per cent annual operational expenditure. The reason could be poor financial management or too much spending on non-essentials.

But letting go a cash cow is the least on the minds of the owners. Stakeholders UEM and EPF have a commitment to their investors and will not accede easily. The ones to bear the brunt are the long-suffering *rakyat* who not only have to pay but to endure the many inconveniences and inconsistencies along the expressway. The end of the concession is 20 years away, some of us here may not last that long. And this is happening when prices

of goods and services are spiraling out of control, value of the ringgit is plummeting, unemployment rate is escalating and workers are losing their jobs. Against this backdrop, an oppressive regime harbours hopes of clinging on to power for eternity.

On the issue of religion, I am pleased that the Malay rulers have endorsed the decision by the Johor Sultan and Perlis Raja Muda to forbid Muslim-only laundrettes in their respective states. The statement coming from the heads of Islam is like music to our ears. Sane and clear-thinking Malaysians should shun religious bigotry. They should never be intimidated by the vocal minority whose only agenda is the perpetuation of their narrow-minded idealism. This bountiful country belongs to everyone.

EYE HEALTH — WORLD SIGHT DAY 2017



In conjunction with WORLD SIGHT DAY on October 12, Ipoh Echo talks to Consultant Ophthalmologist Dr S.S. GILL on prevention of visual impairment.



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

Being visually impaired can be frightening, especially when it affects those who once had good vision. **Visual impairment** is any kind of vision loss to the extent that even with conventional forms of correction or treatment, the person's vision remains poor.

World Health Organization facts:

- About 285 million people are visually impaired worldwide:
 - 39 million are blind and
 - 246 million have low vision (severe or moderate visual impairment)
- Preventable causes are as high as 80% of the total global visual impairment burden.
- About 90% of the world's visually impaired people live in developing countries.
- An estimated 19 million children are visually impaired worldwide.
- Globally, uncorrected refractive errors are the main cause of visual impairment.
- Cataracts are the leading cause of blindness.
- 65% of visually impaired and 82% of blind people are over 50 years of age, although this age group comprises only 20% of the world population.



What Causes Visual Impairment?

CATARACT is the clouding of the lens preventing light from passing through to the retina causing blur vision. Cataracts usually affect people in their 50s, 60s and 70s, but may appear earlier too. Many of my patients who present early are golfers and sports people who do not **always wear good sunglasses** when they are out in the sun.

DIABETIC RETINOPATHY is another notorious cause that contributes to vision problems. If you have **diabetes mellitus**, make sure you are screened regularly for this eye complication – a condition where the tiny blood vessels in the retina (inside of eye) are damaged due to diabetes. **No blurring vision does not mean he or she has no diabetic eye problems.** By the time blurring vision occurs, the eye condition is often serious.

GLAUCOMA is another blinding condition where an increase in eye pressure damages the **optic nerve**. **Early detection** by screening is crucial or the vision will gradually deteriorate over time to a **small tunnel vision**, and eventually blindness. **INJURY** is another common cause for vision loss. Apart from windscreen injuries, accidents like getting hit with a **hockey ball** or a **shuttlecock**, or a child's eye pierced with **sharp toy** are common. **Macular degeneration** is another serious eye problem that causes progressive loss of central vision causing difficulty in reading or watching TV with vision becoming distorted.

ACTION TO TAKE

"If you have underlying health problems like diabetes and hypertension, do get your eyes examined regularly and comply with prescription medication to prevent vision loss" says Dr Gill. Diseases like glaucoma also **need to be detected early** and treated or the damage is irreversible.

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



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Cheap Publicity Stunt or Clever Election Ploy?

Last month, when Perak MB, Dr Zambry Abdul Kadir, was spotted driving a dustcart in the Malim Nawar area, he denied reports that he was performing a "cheap publicity stunt" to garner votes. He was quoted, in Berita Harian, saying, "This (collecting) rubbish is not a question of cheap publicity. So I want to reprimand the opposition...enough. The people can think for themselves which is good and bad."

Is he aware that ordinary people, and not just the Opposition are thinking that driving the dustcart shows that the general election is close and that it is indeed an attempt to influence public thinking? Why was it necessary to have the media circus in on the act?

There is one other important question which was overlooked by many people when they saw a photo of Dr Zambry behind the wheel of the dustcart.

Was he qualified to drive the dustcart? If he did not have a licence to drive one, the MB was breaking the law. If he did break the law, will the Road Transport Department (RTD) or the police take him to court?

Rubbish is a useful and effective tool which is used by our politicians, to whip-up support, especially in the lead to an election. Why are we so easily manipulated by their empty promises? When the election is over, none of their promises will be kept.

One housewife was asked what she thought of the MB clearing rubbish. She said, "If he, the mayor, and other high ranking officials are seen to be clearing-up rubbish, it suggests that the people who are supposed to do these jobs, are not performing. What are the supervisors doing? Have the management found out why they are ineffective?"

Another person living in Tanjung Rambutan, who regularly travels to the Ipoh city centre said, "Some months ago, I sent pictures to the papers to highlight the rubbish situation in and around Ipoh, but I maintain that nothing has changed."

On the day he drove the dustcart Dr Zambry also said, "What is important is to continue sowing in the minds of the people regarding the importance of preserving cleanliness."

If he was genuine in his concern about a "clean" Perak, why did he not address our dirty public toilets? Despite documentaries and commercials about the importance of keeping our toilets clean, and the health issues associated with dirty toilets, we are still unable to get the cooperation of the public to address this issue.

Perakeans are not fools. In August, the Urban Well-being, Housing and Local Government Minister, Noh Omar, announced that Ipoh had been chosen as the cleanest city in Malaysia for 2016. Many members of the public were surprised.

One former contractor said, "If Ipoh is the cleanest city in all of Malaysia, then the others must be pig sties. What were the criteria used?"

A teacher, who works in Bercham but lives near Canning Garden said, "What about the fly-tippers? I see piles of rubbish on my way to work, everyday. Nothing has changed. When I take my mother shopping at the weekend, we notice that the drains are foul smelling and often blocked. There have been times, when we see workers sweeping the rubbish from the streets, into the drains."

Another resident who lives off Tiger Lane said, "I have stopped phoning the City Council to complain about rubbish. The people who take my complaints are not friendly, nor do they want to know about my problem."

A businessman, whose office is in the city centre said, "Ipoh city centre is probably cleaner than before, but many residential areas are still filthy."

One lawyer said, "If Zambry is an example of the kind of dustmen we have to rely upon, no wonder, the



THINKING ALLOWED

by Mariam Mokhtar

streets of Ipoh are such a mess. Can he decide whether he wants to be an MB or a dustman? If it is the latter, he is Malaysia's most overpaid dustman!"

Peter, who is a retired town planner said, "What are the criteria used to rank Ipoh as the cleanest city in Malaysia? Perhaps, the other towns and cities can learn from the ranking and try to improve their own areas."

"It would be good to see how other towns and cities fared when compared with Ipoh. This way we will learn from the areas in which we excel and those we need to improve. If the results are not shown to the public, Malaysians will be wary about believing them. Transparency is vital in issues like this."

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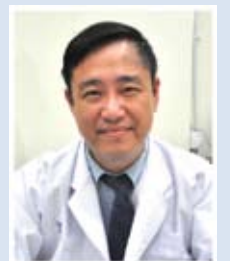
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ABOUT LASIK

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

How Long Does FemtoLASIK Last? Permanent?



In most cases the improved vision from Femto LASIK surgery provides is permanent.

But in a limited number of cases — usually due to changes that can occur in the lens inside the eye(can caused by cataract or other eye pathologies as well), with or without LASIK surgery — some nearsightedness, farsightedness and/or astigmatism can return over time, causing blurry vision. If a regression of this sort occurs and becomes bothersome, a follow-up procedure called a LASIK enhancement usually can be performed to restore clear vision or treat the underlying pathologies.

A study published in the Journal of Cataract & Refractive Surgery evaluated the long-term stability of Lasik.

Researchers in the UK monitored the vision of 46 patients for a period of 18 years. Prior to surgery, all patients were myopic, with an average eyeglass prescription of -4.86 D (range: -2.75 to -7.37 D).

Patients who were under age 40 at the time of their LASIK procedure had an average regression of -0.54 D during the 18-year follow-up period. Those who were over age 40 when they underwent LASIK had an average regression of only -0.05 D.

There also was a significant difference when patients were sorted by sex. Women experienced an average regression of -0.40 D over the 18-year follow-up period; men experienced an average regression of -0.08 D.

In all cases, the laser procedure was safe, with no long-term complications.

Another long-term study of the stability of laser vision correction published in the American Journal of Ophthalmology several years earlier found that among patients who underwent LASIK surgery for the correction of up to -10.0 D of myopia, approximately only 6 % of patient chose to undergo a LASIK enhancement within 10 years due to myopic regression.

In many cases, people who experience minor refractive changes after LASIK aren't bothered by the change and don't feel a need for additional vision correction. Others choose to wear prescription eyeglasses only for specific activities (driving at night, for example).

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

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



**ON IPOH
FOOD**



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

SeeFoon Goes Bananas over Banana Leaf in Cool Comfort

Pics by Vivien Lian

The problem with most Banana Leaf places is that no matter how superlative the food, most of the time, you are eating hot stuff in a hot place! With tears streaming, sweat pouring, and nose sniffing, the entire Banana Leaf eating experience is often diminished.

Now a new Banana Leaf experience is conveniently located in Meru Raya, near where I live, where I can savour all my favourite fiery South Indian delectables in cool comfort.

Called **Daun Pisang**, the restaurant's specialty is Claypot Fish Curry with a wide choice of other dishes cooked in the inimitable South Indian tradition. This is a restaurant that specialises in fish and chicken prepared in a wide variety of styles.

Aside from their **Claypot Fish Curry** with a choice of **Red Snapper** (*Ikan Merah*), **Tenggiri** (local mackerel) **Pomfret** (*Bawal Hitam*) in sizes small, medium and large, (**S: RM12; M: RM22; L: RM38**) they also offer the same with chicken cooked and served in claypot at (**S: RM8.50; M: RM16; L: RM30**).

Their Claypot Fish Curry is tangy, with just the right sour notes, spicy enough though not searing and cooked with ladies fingers, brinjals and tomatoes.

Fish head too can be ordered and, as they use Red Snapper head, is priced according to market price, ranging from **RM48-RM60**

depending on the size. Do ask before ordering or better still, order a day ahead to ensure they keep one for you. Red Snapper fish head is becoming scarce and hard to find these days so having it available at Daun Pisang is a boon.

Because they specialise in serving primarily chicken and fish means that the chef has more time to focus on the quality, getting the freshest fish available. Both the fish in the fish curry as well as the different fried fish which I tried were all ocean fresh and well selected.

In the Fried category, their special marination of the fish for 24 hours and served with crispy fried onion rings and curry leaves, lifts the dish from the ordinary to the very special. The choice of fish for frying which is done a'la minute as you select, ranges from **Tenggiri RM8; Kembong** (a smaller type of local mackerel) **RM7; Senangin** (also known as local salmon), **Bawal Hitam** (black pomfret) both at **RM8 per 100g**; and **Ikan Bulus** or Chinese *Sar Chui Yu* at **RM2 per piece**. And when freshly available, they also have fried *sotong* (squid).

Another fried dish is their **Chicken Berempah** which is well marinated for at least 24 hours, fried a'la minute as you select your piece, arriving at the table piping hot, crispy at the edges, juicy and tender inside and encrusted with bits of the spices used in the marinade. Totally yummilicious at **RM5-S and RM8-M**.

Wet dishes include their **Chicken Varuval** and **Paratal** or Spicy chicken priced at **RM8.50** per portion while their **Chicken Rendang** is priced at **RM9.50**.

All well spiced, not too chili hot and well coated with sauce. Occasionally mutton is available and usually served in the Varuval style.

There is a large selection of vegetables and accompaniments of Indian mouthwatering pickles and interesting tidbits. Their spiced **green banana** coin shaped **chips** are made fresh, rubbed with dried spices and fried crisp. Wonderful to nibble on while waiting for the rest of the food or to take home and served with cocktails. Their **crispy fried chillies**



which I love, were eye-wateringly spicy but little bites in between provided for me the tantalising scorch on the tongue that I crave for. Their **vegetarian banana leaf spread** consisting of 3 vegetables, **papadam**, pickle, **rasam** (a sourish soup that is reputed to settle digestion and also to clear the palate), **sambar** (thin lentil gruel with mixed vegetables) and dried chilli fritters. **RM8.80**.

As they also open for breakfast, their breakfast fare include **Thosai**, **Appam**, **Murtabak**, **Roti Canai** and a whole host of other Indian specialties ranging in price from **RM1.50** for plain Roti Canai to **RM5** for a chicken Murtabak. Of special note are their chutneys that come with their range of Thosai. Every Thosai is served with three chutneys, and these are all made fresh every day, as are their Thosai. The Thosai I loved the best was their **Rawa Thosai**, a thin crispy pancake with holes and laced with hints of fennel, and other Indian spices – **RM2.80**. These breakfast items are served from early morning until 11am when the lunch service begins and resume again at 3pm.



Daun Pisang Restaurant Claypot Fish Curry
(Pork Free; Halal certification coming soon)

#93, A-G, Jalan Meru Bestari B2

Medan Meru Bestari, Bandar Meru Raya

Tel: +6014 921 6889 Prem Kumar Manager 05 525 3995

Business hours: 8am-10pm. Closed Sundays.

Fashion

By Tan Mei Kuan
Photos by Jack FooIIFW'17: Of
Charity, Chic
and Culture

Lauren Campbell



VIP table

Charity, chic and culture dominated the runway of the inaugural International Ipoh Fashion Week 2017 (IIFW'17) featuring an exclusive line-up of fashion designers, models, celebrity guests, performers and exhibition stands of both local and international stature.

As a prelude to a grand fashion week event for 2018, it was held from October 6 to 8 in conjunction with Visit Perak 2017 World of Wonders campaign. Set to be an annual key event in Perak, the lively weekend brought together Ipoh's elites, trendsetters and culture lovers.

IIFW '17 served as a platform to generate funds for the benefit of Paediatric Cancer Care Unit of the general hospital with a targeted amount of RM80,000. Day one kicked off with a charity gala dinner running on the theme, "Night of Glamour and Glitter" at the Syeun Hotel grand ballroom complete with a red carpet and a giant star arch at the entrance.

Notable guests included **Dato' Seri Raja Azureen binti Almarhum Sultan Azlan Muhibbuddin Shah Al-Maghfur-lah**; **Dato' Nolee Ashilin Mohammed Radzi**, the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications; **Louis Sebastian**, Founder and CEO of IIFW; **Adeline Khan**, COO of IIFW; **Dato' Dr Amar-Singh HSS**, Senior Consultant Paediatrician and Head of Paediatric Department of the general hospital; and **Mona Shroff**, Hong Kong-based designer of Mona Shroff Jewellery.

A cheque worth RM40,000 was presented to the Paediatric Cancer Care Unit of the general hospital. Next, there was a video presentation depicting the IIFW team's heart-warming visit to the above-mentioned unit.

Another highlight was the 18-22k gold-plated handmade necklace studded with semi precious stones from Brazil and Madagascar crafted by Mona Shroff Jewellery which was auctioned off at RM7000. The one and only necklace was once worn by supermodel Gigi Hadid.

The evening was spiced up with performances from **Lauren Campbell**, junior international model from Singapore; **Hilton Ho**, latin American dancer; **Vic Teo**, singer and music producer; **Star G aka Gul Muhammad**, international singer and songwriter from Pakistan; and siblings **Yeap Yen Chin** and **Derek Yeap** of World Dance Council.

Ipoh Echo had an exclusive one-on-one with Christie P'ng, Lester Yim and Deviyah Daranee, three Ipoh-born talents who participated in the marquee fashion event.

Christie P'ng, the designer of Chic 'N' Sleek elaborated on her collection, "The collection was solely designed in line with the themes of 'glamour & glitter' and 'haute couture' that exude elegance. The materials used were mainly 3D lace, organza, organdy and satin in midst of many others. In terms of colours, I incorporated a variety of shades ranging from warm tone colours to pastel."



Donors and VIPs on stage

Showcasing a total of 11 designs, it took her approximately two months to complete. "Started designing since the year 1983, it has been more than thirty years since I have been in the fashion industry. I have been passionate about fashion since my early age and am mostly interested in designing couture ensembles," she shared.

"I have plenty of experience in designing for beauty pageants as well as being involved in many beauty projects. A recent example was designing an eco-dress entirely made from recycled materials. Instead of using the usual recycled materials like paper and plastics, I thought of using cockles instead. And from there the fun began," Christie enthused. She usually gets her inspirations from the many different textile patterns, designs and colours during fabric shopping.

Interested readers can visit Christie's boutique at Ipoh Garden or email her at chicnsleek.my@gmail.com

Lester Yim, the designer of Lester Yim Couture, explained, "Inspired by various movies,

my vintage collection, consisting of 19 handmade garments, has old-world elements from the 17th century. The colour palette comprises black, white and nude with materials such as feather, leather and lace. A lot of high collars, it is perfect for ladies looking for something unique." This collection of his will be showcased in the Malaysia Fashion Week in KL this month too.

Swing by Lester's Dressense Boutique located at No. 8, Tingkat Taman Ipoh 12, Taman Ipoh Selatan, 31400 Ipoh, Perak to find out more.

Deviyah Daranee, Miss Malaysia Earth 2012, stated, "I felt honoured to be walking for the first ever IIFW debut. The local and international designers alike, worked hard to bring their best creation to the local community for the prelude. Among them were the creative UiTM designing students, Lester Yim Couture, Siss On Bare (Australia) and Rina whom I particularly walked for. I could not pick my favourite as they were all unique in their own identity of style!" Together with the rest, she hoped that this would be a breakthrough for a greater event week next year.

The second day saw the fashion showcase being opened to the public. Also held at the Syeun Hotel, brands such as Martini-G, Connie.Johnny Made To Measure, Martini Suarsa, QueenMark (Singapore) and Suhara Jewel Art took centre stage with their Islamic and modern cultural fashion.

Meanwhile, ready-to-wear collections were presented at the closing runway at Movie Animation Park Studios (MAPS).

Caroline Wong, the amiable ambassador of IIFW told Ipoh Echo, "I'm very honoured to be invited by Louis to become their first ever ambassador. We are so proud to bring in international designers and models, thus putting Ipoh on the map. Not only is Ipoh best known for its food, caves and white coffee, it now encompasses both fashion and charity."

She wore glamorous tailor-made creations of Christie P'ng of Chic 'N' Sleek (first and final day) and saree by Maya Malar of Maya's from India (day two).



Caroline Wong in Chic 'N' Sleek creation



One of Martini-G's creations

Wellness

By SeeFoon Chan-Koppen

Breast Cancer and Importance of Early Detection

In a recent Economist Intelligence Study on Breast Cancer across 10 Asia Pacific countries, Malaysia came in **4th with a low 38.7 incidence** per 100,000 after China, India and Thailand with Australia topping the list at 86. Surprisingly the tables are **reversed** when it comes to **5-year survival rates** with **Malaysia coming in the lowest at 49%** while Korea had 92%.

This was revealed by **Dr. Kirubakaran Malapan**, Sessional Consultant at KPJ Ipoh Specialist Hospital who is also Consultant General and Breast, Endocrine and Bariatric Surgeon at Hospital Raja Permaisuri Bainun, Ipoh. A man wearing many hats, Dr. Kirubakaran is also **Chairman, Malaysian Medical Association (Perak Branch) 2017-18** and **Chairman, Hospital Raja Permaisuri Bainun Bariatric Support Group**.

"So why are the 5-year survival rates for Breast Cancer in Malaysia so low?" I asked. "Especially with Breast Cancer having the highest percentage at 17.1% of all cancers in Perak according to a 2014 study" I added.

"That is because 33% of breast cancer patients in Perak are seen only when their cancers are at Stage 3 and 4", lamented Dr. Kirubakaran.

"There are many reasons for this, with the primary cause being a lack of awareness on breast cancer screening. Also the taboo around having your breasts examined both for religious and modesty reasons. Plus women here tend to look for alternative treatments whether through herbalists, Traditional Chinese Medicine (TCM) or even their **Bomoh** and by the time they come to a western medical doctor, the cancer has progressed past the easily treatable stage 1 or 2. Which makes my job as a surgeon a more difficult one", he added.

That is why a specialist like Dr. Kirubakaran is so keen to stress on

the importance of **early breast cancer screening**.

The standard recommendation is for women over 50 to have a mammogram followed by one every two to three years till they reach their mid 70s. Also to learn **Breast Self Examination (BSE)** which women can do often while they shower.

Breast ultrasound and breast Magnetic Resonance Imaging (MRI) are frequently used as adjuncts to mammography in treatment planning and staging and NOT routinely for screening, although some women may opt for these methods.

For women with a **family history of Breast Cancer**, they may begin to have mammography screening earlier, go for regular clinical breast examinations or if they can afford it, they can opt for a test to detect if they carry the **defective BRCA 1&2 gene** as made famous by superstar Angelina Jolie, with the choice for voluntary mastectomy an individual one after genetic counselling.

"The earlier the cancer is detected, the higher the chances of a cure. The size of a breast cancer and how far it has spread are important factors in predicting the prognosis (survival outlook). If the **tumour** or lesion is a **small one**, or can only be detected by mammography, then perhaps **only surgical removal** (lumpectomy) and **axillary clearance** (removal of axillary lymph nodes) termed as **Breast Conserving Surgery** will take care of the problem. However if the **tumour is large**, it may have already metastasized to other organs and involving the lymph nodes.

In this case, a more **aggressive approach** is called for which may involve a **mastectomy** and **axillary clearance** followed by either chemotherapy, radiotherapy, hormonal therapy or targeted therapy based on the lab results following surgery.

There is no sure way to prevent breast cancer, but there are things all women can do that might reduce their risk and help increase the odds if they do get breast cancer. Breast Cancer awareness is the most critical first step.

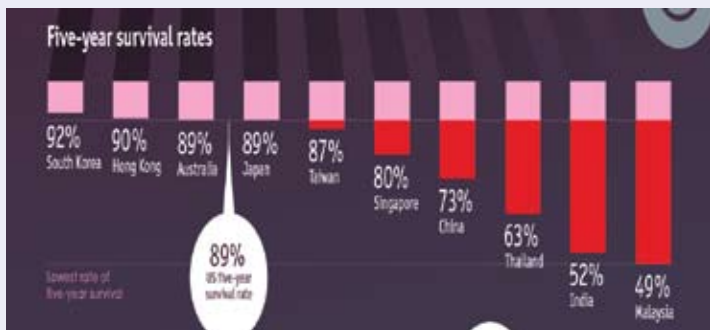
"My wish is to see a **program instituted in schools** where teenage girls are **taught BSE** or breast self-examination which they will keep as a lifetime habit. This will help towards increasing our current 5-year survival rates for breast cancer as we in the medical profession can treat the cancers at the early stages where the success rate is high. According to a study, Malaysia is expected to see a 49% increase of Breast Cancer from now till year 2025. It is high time we be proactive and make Breast Cancer Awareness a top priority for women's health." Dr. Kirubakaran emphasised.

KPJ Ipoh Specialist is holding a Breast Cancer Awareness Day on **October 28** where Dr. Kirubakaran will be giving a talk entitled: **Doctor I have a Breast Lump! What Shall I do?** From 10-11am at Dewan Anugerah, 5th Floor.

Dr. Kirubakaran Malapan
Suite 2-23, KPJ Ipoh Specialist Hospital,
26, Jalan Raja Dihilir, 30350 Ipoh. Tel: 05 240 8777 Ext. 8202
Every Tuesday: 5-8PM



Dr. Kirubakaran Malapan
Consultant General and Breast, Endocrine & Bariatric Surgeon
MBBS(India) M.Med. Surgery (Malaysia)
CMIA(NIOSH)
A.M.(Mal)



Community

Cycling for a Good Cause



The Perak Recreational Club Ipoh Society (Kelab Rekreasi Sahabat Ipoh Perak) organised the 'Sentuhan Kasih Kayuhan Amal' (Charity Cycling) on August 27 at Meru Raya recently to collect funds for Muhammad Adam Haikal, an 11-year-old who is suffering from a severe brain disease. Adam is currently receiving his treatment at the National Cancer Institute at Putrajaya where the bills have piled-up to almost RM50,000 and counting.

According to the president of the club, Dato' Azizul Kama Aziz, when he received the news about Adam, his team quickly gathered some ideas to raise funds and help the family to pay for Adam's cost of treatments.

"This charity cycling is not just to collect donations to pay for Adam's medical bills but also to raise awareness among the public about the disease," said Azizul.

Adam grew up like a normal kid but started showing symptoms such as feeling nauseated and would faint regularly. The doctor confirmed that he must undergo treatment as soon as possible.

Together with Azizul supporting the event were ADUN for Ulu Kinta, Dato' Aminuddin Hanafiah. ADUN for Manjoi, Ziad B Haji Dato' Zainal Abidin flagged off the cyclists for the 20km ride that began and finished at Bulatan Amanjaya at Meru Raya.

The public who wish to help out Adam and his family can do so by donating via Adam Haikal's BSN account, 08100-29000-437633.

Ili Aqilah



Charity Dinner Raises RM10K

Rotaract Club of Universiti Teknologi Petronas (UTP) ended Children Provision Charity 2017, the biggest charity event in UTP, with a concert on Friday, September 29. A sum of RM10,000 was raised in a bid to improve the lives of underprivileged children.

Besides organising two fund-raising events, namely Child-Pro Charity Run and Child-Pro Charity Night, the organisers too sought sponsorships and donations from corporations and well-wishers.

The money raised was donated to five children's homes in Ipoh namely, Vision Home, Pertubuhan Jagaan Kanak-Kanak Cacat Setia, Pusat Jagaan Anak-Anak Yatim dan Miskin Nurul Iman, Pusat Harian Kanak-Kanak Spastik Ipoh and Precious Gift Home. Each home received RM2000.

The charity run was held on Saturday, September 23, where approximately 80, consisting of students and staff of UTP and the public, participated in a 7km run around the campus.

The charity concert, held at D Hotel Grand Ballroom in Seri Iskandar, was the finale. The audience consisted of over 400 attendees and some 90 children from the respective homes. Mock cheques for the mentioned amount were presented to the recipients at the end of the show.

"We're connecting those who are in need with those who have the means to give. There is no shortage of organisations, corporations and individuals who are willing to lend a hand. We feel this approach is more sustainable and meaningful in the long run," said manager of UTP student support services department, Mohd Zairee Shah bin Mohamed Shah.

Present were assistant supervisor of Anjung Singgah Yayasan Kebajikan Negeri Perak, Rohaizad bin Wahab; Arthur Yeong, advisor of UTP Rotaract Club and advisor of Children Provision Charity 2017, Zulkarnan bin Abdul.

Ed



Midface Lift (Cheek Lift)

Dr. Leow Aik Ming

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

The midface is an essential component of an attractive face. With the aging process, fat tissue that normally drapes over the cheekbones begins to droop with gravity. Due to the laxity of the skin and lack of subcutaneous supports of the midface, the fat of the lower eyelid and upper cheek begins to droop. The result is less prominent cheek volume, hollowness under the eye (tear trough area), redundant skin and excess fat at lower eyelids and prominent folds between the cheek and nose (nasolabial fold). Sagging cheek fat can also alter the appearance of the lower cheek. In addition to these changes, there is also volume loss from the cheek with aging resulting in loss of cheek fat and muscle.

Midface lift (cheek lift) is a cosmetic surgical procedure that is performed either alone or in combination with other procedures to rejuvenate the areas around the cheek and lower eyelids. The goal is to reposition the sagging fat of the cheek over the cheekbone and to restore the cheek volume. The droopy cheek tissue can be lifted up over the cheekbone restoring the more prominent youthful contour, improving the lower eyelid-cheek junction including tear trough area and softening the undesirable cheek fold.

Depending upon severity of the condition, midface lift can be performed in several ways, including endoscopically via incisions hidden behind the hairline in the scalp, directly through a standard facelift incision (in front of the ear), directly through a lower eyelid incision or fat grafting to restore and augment the cheek volume. Often midface lift can also be combined with additional cosmetic surgical procedures such as upper eyelid blepharoplasty or browlift in order to achieve desirable aesthetic outcome. Thus, the outcome of midface lift alone or in combination with additional procedures help to transform into a more youthful and fuller appearance, reduction of tear trough deformity and excess skin under the eyes, and softening of the nasolabial folds.



Ideal Candidates for Midface Lift:

The midface lift is often appropriate for patients who are generally looking to improve droopiness and puffiness in the cheeks or beneath the eyes or hollowing in the cheeks. For those who are not yet ready for a full facelift, this is an excellent, less invasive option which can provide a very natural, often subtle result. Patients should also be in good general health and have realistic expectations for improvement. It's important to understand that the midface lift is not a replacement for a full facelift. Some candidates may be better candidates for a traditional full facelift if they are looking to address significant excess or sagging skin on the outer face, neck and jawline.

Postoperative Expectations for Midface Lift:

Bruising and swelling are common after midface lift, both in the midface area and around the eyes. They typically resolve within seven to ten days after the surgery. Discomfort can be managed with pain medication. The smile may appear unnatural at first due to over-correction of the cheek pad, but this settles into a more natural position gradually with time. The final results are usually seen after two to three months. Most patients feel well enough to return to work and other activities after about two weeks.

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

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

Elegant Plastic Surgical Centre, **Pantai Hospital Ipoh**,
Tel: +605 5405457 (Receptionist) or +605 5405458 (Direct Line)
WhatsApp : +0126235458

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



iSpeak

By A. Jeyaraj

Why Can't We Learn from Our ASEAN Neighbours?

There have been a number of cases of pedestrians being knocked down at pedestrian crossings. Once it happens there is a hue and cry and soon the incident is forgotten, till the next one. I feel that we can learn some lessons from our neighbours on this issue.

Recently, I visited Chiang Mai with my family and we had to do a lot of walking to see the heritage temples. We were hesitant to cross the road at pedestrian crossings based on the experience we have back home, but we realised that in Chiang Mai, the motorists stop and give way to pedestrians. In a number of places the drivers stopped and waved at us to cross the road. The same is true in Brunei where I have not been for 15 years since my retirement and recently at my mother-in-law's funeral I was pleased to note that motorists do stop for pedestrians.

How is it that drivers in our neighbouring countries have been trained to give pedestrians right of way at pedestrian crossings, except those in Malaysia. Where have we gone wrong? The reason most touted is lack of enforcement. The government is talking of transformation, but we are yet to solve basic problems.

On another issue, I visited the toilet at Tesco Lotus and found it clean, dry and not smelly. Each cubicle had toilet paper and a dustbin, with signs admonishing not to throw toilet paper into the bowl. My wife informed me that the ladies toilet was also clean. The toilet at Tesco Extra, Ipoh Garden however was the usual despicable mess. Where is enforcement?

In Thailand, the toilets in the temples provide their own slippers and we have to remove our shoes and use their slippers to keep the toilet clean. In one temple they announce this in English.

When I spoke of the cleanliness of toilets during our editorial meeting, everyone agreed that toilets in Thailand are clean. It is a fact. Dirty toilets are the norm in Malaysia. Why can't we keep our toilets clean?

When it comes to the issue of smoking, in Chiang Mai, notices are pasted all over the town with "No Smoking, fine 2000 Baht". I did not notice people smoking in public places, but saw Western tourists smoking in restaurants. Back in Ipoh, a 'No Smoking' policy was implemented recently in a number of public places in Ipoh including Polo Ground. I am told that people are smoking in Polo Ground as well as in other no smoking zones. Where is enforcement? There goes our 'No Smoking' policy. Customers also smoke in restaurants with 'No Smoking' signs and when I complain to the boss, he says he does not want to lose his regular customers.

In Chiang Mai there is a moat about 6km long spanning the town. The water is stagnant and I cannot say for sure whether it is dirty or clean. There are fountains along the canal. Though the moat is in the town, I did not see any floating garbage.

In Ipoh, from my house I can see Jalan Raja bridge crossing Sungai Pari in Kampung Manjoi. Before dawn, people come in cars, pickups and bicycles and dump garbage into the river from the bridge. This is our mentality.

In Chiang Mai, the staff in the hospitality sector and traders in food courts and night markets are conversant in English and we could communicate; albeit sometimes with difficulty. If we want to attract more tourists, people in relevant businesses must be able to speak English.

The hotel I stayed provided breakfast and the staff at the reception counter were managing the breakfast section. They were cleaning the place and washing cups and plates. When I looked into the kitchen, I noticed that they were doing the cooking as well. The staff at the reception counter were multitasking.

In Malaysia we could learn from this. Instead of being choosy, our fresh graduates must realise that to be employed they must be prepared to do all types of jobs, even if they don't like it.

I have visited Siem Reap, Bali and Bangkok and the situation is similar. These countries have come a long way to give tourists a good impression.

Why can't we do the same?



Pristine moat in Chiang Mai

Nosh News with SeeFoon

Pics by Vivien Lian

Lan Heong Yuen – Hong Kong Style Noodle House

Good news for fans of Wonton Noodles and all the wonderful roast meats that usually adorn many a noodle shop front that is a familiar sight in Hong Kong. KC Tong the ex Restaurant Manager at Yuk Sou Hin in Weil Hotel has opened his own Noodle House near Station 18.

Borrowing a leaf from many Hong Kong chefs, KC and his family are doing a roaring business with his range of roast meats, wonton and other noodles and two signature items: the tea smoked duck and the special barbecued pork buns, which apparently are flying off the oven shelves as people are ordering them by the dozens with an average weekday sale of more than 150 and weekends 250 above. That's a load of freshly baked pork buns as takeaway!

What makes these pork buns, known as Suet San Pao or Snow Mountain Buns, special is not that they are baked but that they are topped with a layer of sweetened cream which melts in the oven, encrusting the bun when they emerge. The resultant pao with its 'Char Siu' filling inside is delectable with a mild crunch and a sweetish mouthfeel, unlike any regular Char Siu Pao (baked or steamed) you've ever eaten – RM2.50 per piece.

Their other signature is their Tea-smoked Duck, a delectably tender duck redolent with the smoky aroma of Pu-Er Chinese tea. You can buy the whole duck for RM59, half for RM30, quarter upper for RM16 and lower with the leg for RM20. Great for takeaway or eat in.

And while there, remember to have a bowl of their Wonton, RM3 for 5 pieces, which are fragrant, firm, fresh, served in a broth that has been simmered overnight



from bones. Nibble on their homemade Char Siu and Siew Yoke or Chinese roast pork (alone or mixed plate for RM10/15/25 S/M/L) or if alone just order the plate of dry noodles with Char Siu which comes with a bowl of soup and three wonton for RM5.

And don't forget their Baked Australian Cheese Tart for dessert, RM2 each.

Restoran Lan Heong Yuen
#103,105 Medan Stesen 19,
Stesen 18, 31650 Ipoh.
Tel: 05 321 2430/ 012 937 2822
Open: 6.30am-3pm



MBI ROUND-UP

By Nabilah Hamudin

Mayor Visits Public Toilets

Though many don't think much about public toilets, Mayor Dato' Zamri Man feels that cleanliness of public toilets is important in maintaining Ipoh's image.

Zamri and his councillors visited several public toilets in the city on Tuesday, October 10.

The visit, said Zamri, was to ensure that the safety and well-being of the public are being taken care of.

"Councillors, along with over 150 council staff, inspected similar toilets within their designated zones. "In Ipoh public toilets are divided into two categories, one is under the council's care while the other is cared for by private organisations," he added.

He said since Ipoh had been recognised as the cleanest city in the country, keeping its toilets clean becomes a necessity. The responsibility, he insisted, should not fall on the council's lap alone and everyone should shoulder it.

MBI Full Board Meeting

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

Annual Assessment Rates Updates

Mayor Zamri Man announced that deadline for the settlement of the second instalment of the annual assessment rate had ended on August 31.

The council had issued Notice E (notice of demand) to property owners who failed to settle their dues before the stipulated date.

"Full payment must be made within 15 days from the date Notice E was posted or given.

"Warrants to seal movable properties will be issued by the Council if the owners fail to pay," said Zamri.

Illegal Dumping Operation

As of September 15, the Council had organised a total of 80 gotong-royong plus the 'Perak Yang Bersih' cleanliness campaign. Some 1673 illegal dumpsites (4808 tons of rubbish) had been cleared.

"We've issued 2405 compounds, amounting to RM507,400, to those caught disposing rubbish at illegal dumpsites and to property owners who flouted the law.



Redevelopment for Waller Court Flats

The Waller Court flats will be redeveloped as planned. However, no fixed timings are forthcoming.

"We're in the midst of studying suggestions submitted. It's still in the planning stage. That's about all I can say. The redevelopment exercise is on," the mayor told reporters.

Transforming Ipoh into a Social Business City

Ipoh City Council is in the midst of setting up a Social Business Hub or Social Business Incubator at the Urban Transformation Centre (UTC), soon.

According to Zamri, the idea materialised soon after Ipoh was declared as Asean's first social business city, last year.

The objective of the plan is to ensure that all programmes and activities, related to social business city, are under one roof to create awareness among the public.

"One of our officers had been to Kyushu University's Grameen Social Business School in Fukuoka, Japan to learn about social entrepreneurship," he told reporters.

Zamri said the council and the state government are in the midst of preparing a working paper on how to transform Ipoh into a social business city.



No 17, Persiaran Kilang, Kawasan Perindustrian Jelapang
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News

GreenAcres Unveils



The first phase of the RM100 million (gross development value) GreenAcres, Malaysia's premier retirement village, was unveiled during its official opening ceremony on Saturday, October 7 by Minister of Plantation Industries and Commodities, Datuk Seri Mah Siew Keong.

The first phase of the project comprises of a RM10 million clubhouse and 26 units of resident-ready single-storey landed villas with lush linear gardens that comes with walking paths, gazebos, water features and flourishing greens.

Meanwhile, the clubhouse spans 30,000 sq ft and anchors the residents' community activities. Fronting a pristine landscape and back-dropped by emerald green hills in the distance, the clubhouse is the largest within a residential development in Ipoh.

"For their vision, I would like to applaud Total Investment for taking a leap of faith towards transforming the retirement landscape in our country. The launch of GreenAcres is the start of retirement services that prioritises the needs and sustainable lifestyles of the silver set within the country, and effectively relinquishes the stigma of 'old age' and 'old folks home'," Mah stated.

John Chong, the executive director of Total Investment Sdn Bhd said, "The first phase villas include new residents from Malaysia, Hong Kong and Canada. The official opening of GreenAcres marks the culmination of over seven years of hard work. This in itself was a learning experience for us, as this development is a pioneering initiative and there were no local reference points for us."

Also present was Siew Yin Leng, co-founder of Total Investment Sdn Bhd and founder of GreenAcres.



Each home is specially designed with age-friendly features such as wider doors, lower and larger switches, wider and longer handles on furnishings, bathroom grab rails, taps with lever handles, seats in the shower, ramped entryways at the main entrance, step-less bathrooms, emergency call buttons, and lever handles on all doors. Plus, the units come equipped with lights, fans, air-conditioning, grilles, mosquito netting, built-in cabinets and alarm systems.

The community management team, who will be situated in the clubhouse are first-aid trained.

In terms of facilities at the community-centric clubhouse, there is a lounge area, gym, games room, pool table room, 24-seater mini-cinema, karaoke room, TV lounge, reading room, private function rooms and community planting boxes. A cafe and dining area are in the works.

The homes are taken up using a novel lease deposit structure with amounts starting from RM300,000. This means that the lease deposits are fully-refundable once a resident leaves the village.

The 13-acre retirement village with integrated aged care facility is open to residents above the age of 55 and will be built in phases. The entire project is expected to complete by 2021.

For more information on GreenAcres or to schedule a visit, please go to <http://greenacres.com.my>. Interested readers can also call 012 521 8330 or 05 253 6555.

Mei Kuan



Palm Hotel Opens

Palm Hotel, a boutique hotel, celebrated its long-awaited grand opening on Saturday, September 30 with a traditional praying ceremony, ribbon cutting, lion dance and buffet lunch.

Johnny Liew, executive director told Ipoh Echo, "We are targeting a younger crowd who appreciates the little details like design and the quality of life. We are running on a classical design with a touch of industrial which is not a very common combination. The concept flows with our fusion-style café, Como."

Also present was Dato' Liew Chee Meng, the managing director.

Each of the 40 rooms is decorated with unique portraits hand drawn by Johnny and his team for an element of surprise. Palm Hotel also boasts having the first cocktail-focused bar in Ipoh, La Rouge, to bring a different kind of drinking experience to the Ipoh social scene.

"The idea of the whole hotel is to make it fun and laid-back," Johnny added.

Palm Hotel also showcased their latest adoption of Daikin's VRV (variable refrigerant volume) Heat Recovery Hot Water system which provides a comfortable air conditioning experience for users as well as being energy efficient in terms of supporting a hot water



heating system. Guests will get hot water just by turning on their Daikin air conditioner. This innovative VRV goes beyond the conventional system by recovering the waste heat from an air conditioner to heat up water instead of releasing it to the ambience.

Not only does it help save the hotel's annual electricity consumption, it also sets up the foundation for others to adopt this technology. Named as a "Daikin Eco Building", Palm Hotel was presented with a certificate of recognition.

The rooms are priced at the following promotional rates till November 30: deluxe king without window (2 pax) - RM98, deluxe king (2 pax) - RM108, deluxe twin (2 pax) - RM108, deluxe king with lounge (2 pax) - RM138, family room (3 pax) - RM188, family room with lounge (3 pax) - RM208, family suite (4 pax) - RM238.

Palm Hotel hosts smaller-scale informal events and is disabled-friendly to an extent with ramps and elevator.

Located at 3 Persiaran Menglembu Suria, Pusat Perniagaan Menglembu Suria, 30200 Ipoh, interested readers can call 05 281 0998 for booking or email: palmhotelpoh@gmail.com. For more surprise deals, like their Facebook page: *Palm Hotel Ipoh*.

Mei Kuan

News

Army Section Combat Skills Test

Hosted by Headquarters 2nd Malaysian Infantry Brigade, the 4-day Army Section Combat Skills Test (Ujian Kemahiran Tempur Seksyen Tentera Darat) ended on Thursday, September 28 at the Camp Syed Putra rifle range. Fourteen infantry sections, of eight members each, representing 14 infantry brigades from all over the country participated. The energy-sapping test was conducted at the training ground in Lasah, Sungai Siput.

Tenth Malaysian Infantry Brigade (Para), represented by 9th Royal Malay Regiment (Para) from Terendak Camp, Malacca emerged champion.

"This combat skills test will be an annual competition forthwith. Being the culmination of the yearly battalion training programme, its primary aim is to gauge the effectiveness of training conducted by brigades annually. The overall achievement was exemplary. Participating sections are selected randomly from battalions to determine whether training done by the brigades is all-inclusive and comprehensive," Chief of Army, General Tan Sri Zulkiple bin Hj Kassim told Ipoh Echo. The first of a similar test was done when he was the Army Corps Commander (West Malaysia) in 2015.

A brainchild of his, the test combines the elements of physical and mental fitness via three major disciplines namely, endurance march, day and night navigation, problem solving and live-firing (shooting).

The 11-km endurance march tests the section commander's fitness, leadership and signal-communications skills.

"Problem solving is mostly tactical. When the section bases up, aspects of field administration such as cleanliness, security, sentry duties and alarm system are assessed. The toughest is the second phase, the application of techniques and tactics which is continuous for four days. We'll give them a problem, the commanders have to think, prepare their plan, brief their men and execute the plan. The umpires from the Special Services Brigade (Gerup Gerak Khas) will observe and grade the participants. Their plans have to be technically and tactically right otherwise, in real life, they will falter and fail," said the army chief.

The competition ended with a live-firing exercise in a defensive and offensive scenario based on a battlefield situation.



Present were Army Corps Commander (West Malaysia), Lt-Gen Datuk Azizan bin Md Delin; Army Corps Commander (East Malaysia), Lt-Gen Dato' Wira Mohd Zaki bin Hj Mokhtar; General Officer Commanding 2nd Malaysian Infantry Division, Major-General Dato' Mohd Ramli bin Jaafar and Commander 2nd Malaysian Infantry Brigade, Brigadier-General Datuk Mohd Nizam bin Hj Jaffar.

Mei Kuan

Classic Cars on Show

Jointly organised by Ipoh Auto City Sdn Bhd and Malaysia Singapore Vintage Car Register, 'Subaru Shijo Carnival' exhibited over 60 classic cars, including personal collections of Raja Muda Perak.

The exhibition was officiated by Raja Muda Perak Raja Jaafar Ibni Almarhum Raja Muda Musa at Dataran Bandaraya Ipoh (MBI Square) on Sunday, September 10.

Raja Jaafar surprised spectators when he arrived in his immaculately-restored cream-coloured Triumph TR4. He was warmly greeted upon entering the show ground.

After the launch Raja Jaafar took part in the Gymkhana competition driving his classic Triumph TR4. This was the highlight of the show. Those taking part were mainly members of the Perak Classic Car Club whose cars were on display.

"It's a step back in time seeing these old cars, some of which are almost 50 years old," said Muhammad Hasri Shahrudin who came with his two daughters.



Attendees made the most of the opportunity presented to take photos of the old cars and selfies with the Raja Muda. The cars on display, among others, included a Jaguar E-Type, a Triumph Spitfire, a Volvo and a couple of MGAs.

Earlier in the morning a convoy of 54 Subaru Shijos left Symphony Suites Hotel for Chemor and back. After a short ride around town, the sport utility vehicles (SUVs) converged at MBI Square for the carnival. Spectators were allowed to test drive this latest Subaru model and make orders in situ.

Nabilah Hamudin

UberTRIP Comes to Perak

Uber, a company that provides transportation services similar to a taxi through a mobile application, introduces UberTRIP. It is a time-based ride-on-demand service that allows riders to explore popular tourist destinations in the comfort of an Uber-sanctioned car driven by a knowledgeable driver.

Uber Malaysia and Destination Perak hosted a media launch of UberTRIP on Wednesday, September 27 at 22 Hale Street, Ipoh. Ipoh is the first city in Malaysia to acquire this special feature. "The collaboration with Uber is crucial," said Hisham Yusof, Head of Sales and Marketing, Destination Perak. "It creates a required framework and paradigm for tourism in Perak."

Since Lonely Planet's naming of Ipoh as one of the "Top 10 destinations to visit in Asia" the local tourism industry has gone into overdrive. Tour agents are beginning to promote the city as a globetrotting haven – both domestically and internationally. "We've UNESCO World Heritage sites such as Royal Belum State Park for sightseeing, among many others," said Hisham.

Presently, there are 50 UberTRIP drivers who have undergone the intensive 2-day training programme, both in and out of the classroom, on the many landmarks of Ipoh and Perak. "We expect to have over 200 trained UberTRIP drivers soon," said Karina Ali Noor, the General Manager of Expansion for Uber.

When asked why this training was essential, Hisham responded, "There are things that foreign tourists need to know such as the whereabouts of money changers, dos and don'ts, local taboos, etc."

Hairul Fairus Mohamed Yusof, 41, a veteran Uber driver from Selangor who has clocked over a thousand rides within a span of nine months said, "The training was very good. When I first came to Ipoh and Perak, I didn't know much about the place. The training helped me understand the state a lot better."



At the moment, there are three suggested trips planned by Uber, created in collaboration with Destination Perak. They are: Ipoh-Gopeng Trip, Ipoh Heritage Trip and Ipoh Kuala Kangsar Trip. Many more will be added in the near future.

UberTRIP starts with a flat rate of RM140 for four hours and RM0.60 for every minute thereafter. This makes unravelling the wonders of Perak much more affordable than ever. For more information, please visit their website at t.uber.com/ubertripipoh.

Jack Foo

Community

Illegal Dumping in Ipoh Garden

Old clothing, rubbish-filled plastic bags, old mattresses, construction debris, wood, metals, etc. are found lumped together at a spot in almost every housing estate in the city. The city's back lanes are a favourite. A collection of these discards is known as an illegal dumpsite, a word which is synonymous with Ipoh.

Due to dampness, mosquitoes thrive. Thus the spread of mosquito-borne diseases such as dengue and malaria becomes real. Despite repeated warnings and actions by Ipoh City Council, the problem persists. Cleanliness and health campaigns do not seem to work.

Sensing the extent of the problem, Ipoh Echo sent its team on a snooping mission around Ipoh Garden. The team stopped near one "hotspot" near Jalan Carlos and observed from afar.

A motorcyclist came by and, despite the team's presence, disposed a plastic bag filled with rubbish. He seemed so brazen, dumping garbage in broad daylight.

Ipoh City Council has organised numerous "gotong royong" in and around the city but in spite of its efforts residents still prefer the illegal dumpsite nearest to their homes. It is so irresponsible of them. They neither care for the environment nor the wellbeing of their neighbourhood. That explains why the problem is rampant and difficult to eradicate.

Illegal dumpsites in Ipoh Garden are found mainly along Jalan Sungai Senam, Jalan Too Jee Lim and Jalan Carlos. Besides being an eyesore, they also mar the view of the area and, invariably, affects the city's attractiveness.

Who do we blame? Residents point to the lack or absence of enforcement as the underlying factor. Between January 1 and August 12 the Council had organised 74 "gotong-royong" but the problem remains. It all boils down to one single factor – attitude.

The team went further by eliciting comments from residents. Here is a sampling:

According to one homemaker who wished to be known only as "Mrs Lee", the illegal dumpsite in her "taman" is known to all.

"The problem has no happy ending. Once it's cleared by Council staff, people will start dumping rubbish again.

"It's an ongoing thing," lamented the forty-something lady.

Belinda believes it is an incurable disease afflicting the community. It only takes one person to do it and others will follow suit.



"City Council should have the area monitored. However, it's an attitude problem and, as such, it's difficult to overcome.

"Now that Ipoh has been declared the cleanest city, City Council should be more proactive and try hard to maintain the status," she insisted.

According to Mayor Dato' Zamri Man, the Council had disposed almost 3800 tons of garbage from illegal dumpsites in the city between January 1 and August 12.

Within the same period it had issued 2322 compounds worth RM489,650 to those caught dumping rubbish at illegal dumpsites.

Come on Ipohites. Do your bit. Change your attitude!

To dispose of garden refuse, etc., contact MBI: 05 254 0096 (Buntong) or 05 208 3333 (Health Department).

Nabilah Hamudin

Fun Drive to Ipoh

In conjunction with Visit Perak Year 2017, the Selangor Tourism Association initiated a 300km fun drive to Ipoh on Saturday, September 30. Running on three major themes namely, tourism awareness, road safety and appreciation for tourism products, the convoy ended its journey at the Lost World of Tambun where a prize-giving ceremony was held. The flag-off point was at the Goldcourse Hotel, Klang.

Present were Mohd Taib Wahab, the advisor of Selangor Tourism Association and Hj Mohd Odzman bin Abdul Kadir, president of Perak Tourism Association.

Mohd Taib told Ipoh Echo, "With 100 registered participants hailing from Selangor, this is the first time our fun drive ventures to Perak, as it is usually held within Selangor. Road signage is still poor. For instance, from Kampung Gajah to Tanjung Tualang, many missed the road and ended up in Seri Iskandar."

"We saw the last tin dredge here for the first time. In Selangor, we have long tried to save the dredge in Dengkil but it's gone now," he added.

The top five winners of the fun drive, interwoven with various activities, were Muhammad Adam Ariff, Mazmadi Mohd, Junaida Fatina, Nurin Afiqah Zulkifli and Tan Ching Nyap. Meanwhile, Aimi Nazimah and Hisyamudin Zakariah emerged champions in the best selfie category. The prizes comprised of plane tickets and hotel room vouchers.

Mei Kuan



Festive Fun for Charity

Organised by Society for the Management of 1Malaysia Care Centre (PPPJ1M), the 'Warmest Charity Run & Food Bazaar With Mooncake Festival 2017' managed to raise a total of RM49,577 recently. The non-profit organisation co-organised the event with TTC Resources and Zaparang as event partner and official media.

"For this year, our event objective was to collect funds for our PPPJ1M Home's yearly expenses which amounts to RM180,000 (RM15,000 per month). All funds collected from the food fair and food bazaar will be used for the benefit of our PPPJ1M children," Choong Kam Hoong, the chairman for PPPJ1M Home explained to Ipoh Echo.

The lively morning kicked off with an 8km run with over 350 participants donned in bright green shirts. It was followed by a food fair with about 70 stalls offering food, drink and game. Lines and lines of fluttering multi-hued tanglung (lantern) with handwritten wishes on it formed a festive spectacle. Plus, there were a lucky draw, performance by the PPPJ1M children, prize presentation for 'World of Colours Drawing Competition', lion dance and shows from various children singers and dancers around Ipoh.

To date, there are 25 children residing in the home, with the youngest being one year old while the eldest is 17 years old. PPPJ1M, established in March 2012, offers all children regardless of their ethnicity a 'muhibbah-styled' sanctuary that gives them protection, guidance and a chance to develop themselves to become a responsible and a healthy adult who in the future will become a valuable asset to the diverse community.

"We hope members of the public can come over to our PPPJ1M home to visit and donate to us as the funds collected during this event will not be enough to cover the yearly expenses for our PPPJ1M Home. We do have a tight budget. Members of the public can contribute cash, food items, children school items to us," the amiable Choong added.

Visit the Facebook page www.fb.com/pppj1mhome or website www.1malaysiahome.com for more updates. Readers can contact the home at 05 546 9577. Those who wish to donate or volunteer can come over to the home located at 152 Jalan Dato Lau Pak Khuan, Taman Ipoh, 31400 Ipoh, Perak.

Mei Kuan

Yayasan Sultan Idris Shah (Co No. 87717-U)
Tel: 05 - 548 1905 / 548 6750 / 548 4115
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Arts and Culture

Iranian Signature Art Gallery

Iran's everlasting heritage in arts and culture extends through millennia and will continue to do so for many generations to come, as their works are commonly showcased in many countries and cities across the globe – Ipoh being one of them.

The Iranian Signature Art Exhibition, held at Level 4 (Bonzai Hall C & D) Syeun Hotel on Friday, October 6 was officiated by Dato' Nolee Ashilin Mohd Radzi, Executive Councillor for Tourism, Art, Culture, Communication and Multimedia. The 60 art pieces and sculptures on display were crafted by artists who have had their works featured in United Kingdom, Germany, USA, France and Qatar among others.

"This inaugural signature art show is a very unique exhibition in Perak," said Nolee. "We're proud to support this event, as it'll put Perak's landscape and culture in the eyes of the Iranians through their art."

The display, handled by Mandegar Art Gallery in Tehran, was a direct result of the collaboration between the gallery and Tourism Perak. Its objective was to promote the message of peace and love through Iranian and Islamic art.

"I believe this is the first stage to expanding the bilateral, cultural and business relation between Ipoh and Tehran," said Hafez Hakami, Chairman of Iran-Malaysia Exhibition and Business Platform (IMEX). "We hope this can be repeated annually with support from our Perak friends," he added.

Five per cent of sales from the exhibition will be given to charities benefiting from the just-concluded Ipoh International Fashion Week.

"Our goal in bringing this unique show is to inspire our local talents by learning the stories and meaning behind the works displayed today," said Nolee, "It'll also expand Perak's cultural diversity and tolerance."



For those interested in knowing more about IMEX2017, please visit its website at www.imex2017.com.

Jack Foo

Reaching Out to the Community

Théâtre De La Cour originates from France. The production was the producer's idea of using the theatre to express and communicate her feelings to the community. **Ipoh Fine Arts Society** was privileged to bring the team to Ipoh for a 3-day teaching workshop beginning Friday, October 6 till Sunday, October 8.

The workshop was divided into three parts namely, the rooster scene, the wolf scene and the train scene. Each segment lasted for three hours with emphasis on mime techniques, clown work, rhythm exercises, body percussion and vocal training.

Participants had to be creative as props were minimal. Some of which were DIY masks, puppets and cardboards to build a train. Each workshop had 20 participants ranging in age from three to 24 years old.

The finale was a performance staged on Sunday night at YMCA, Ipoh main hall. Directed by Giovanna Conforto, the one-hour show, entitled 'Happy Express', was performed by Cinzia Ciaramicoli from France, Rita Superbi from Italy and Shantini Venugopal from Malaysia. The story was about three travellers from three Western-European countries who met at a railway platform. Despite their cultural and linguistic differences they managed to somehow communicate with one another.

By using mime and clown techniques to depict each character, they slowly morphed into their own animalistic behaviour much to the delight of the appreciative audience. Participants acted in several scenes they were prepared for.

"It's wonderful working with them. They understood the importance of their role, so they worked hard to perform well," said Cinzia Ciaramicoli, founder of Théâtre De La Cour.

"I lived in Malaysia between 1995 and 2008. I then moved to Melbourne and then to Lyon, France. There is where I founded Théâtre De La Cour. When I went back to Europe, everything was so different. I wanted to explore all the Eastern-European



countries. The Orient Express train, travelling from Paris to Eastern Europe, inspires me," she continued.

"We wanted to bring happiness and joy to children in the Eastern part of Europe so we came up with a performance, using no words, to reach out to those that don't speak English, French or Italian. With air pollution we found that the cleanest way to travel is by train. At the same time, we wanted people to rediscover the joy of travelling by train. A lot of love stories, encounters and sharing of food happen on trains," added Cinzia.

Cinzia's advised theatre enthusiasts to consider using it as a means to reach out to the community. "It's not about bringing a performance to the people, it's about performing together with them," she concluded.

Khaleeja



Rakuyoza Malaysian Tour

A Japanese Traditional Music Concert & Dance Performance by Rakuyoza was held on September 23, 2017 at the SUK Banquet Hall. This was organised by the Consulate-General of Japan in Penang in commemoration of the 60th anniversary of diplomatic relations between Malaysia and Japan, co-organised by Perak State Government, Perak Malaysian-Japanese Friendship Society and the Japan Club of Ipoh.

This was the first performance for Rakuyoza in Ipoh and they were all so excited to perform in Malaysia. Mr Yusuke Kenmochi, leader of the group, Shamisen (3-stringed lute) player and singer together with Ms Mikie Yamaguchi started with "Oirase", expressing the rapids and sometimes calm stream of Oirase river in Aomori with Tsugaru Shamisen. Mr Yoji Ueki, Wadaiko (Japanese drum with over 2000 year history) player fascinated the audience with his dynamic skill.

He also played "Sen" which means battle which he composed himself. Mr Daisuke Yoneya, Shakuhachi (Japanese vertical bamboo flute) player impressed the audience with his exquisite sound. This instrument is a difficult instrument to play as it takes about 10 years to master. Mr Soki Kobayashi, Minyo (Japanese folk song) dancer danced 'Kurodabushi' as a brave Samurai and also demonstrated 'Aizubandaisan' a very famous Minyo in Fukushima so that everybody could dance together.

They had one performance in Ipoh, two in Penang and left Malaysia after having mesmerized many people by their great and wonderful performances. No wonder, as all the members of Rakuyoza started singing Minyo or playing the instruments at the tender age of 1 to 10 years old! The concert was a big success reaching 13,000 people.

Sport

Lafarge Malaysia's Jom Bola

It was an amazing day for some 120 students in Kanthan who were given the opportunity to refine their football skills, under the tutelage of seasoned coaches as part of Lafarge Malaysia's Jom Bola programme.

Organised in collaboration with 1MalaysiaCC (1MCC) which uses football to develop youths, this inaugural football camp or Jom Bola, is part of Lafarge's community outreach programme to nurture students from its adopted schools.

To be held in four regions with the first in Kanthan, Jom Bola is the first-of-its kind camp to incorporate a risk assessment session to ensure players' safety at all times. It will reach out to some 400 students between the ages of 10 and 17 years old across 24 schools by the end of the year.

Lafarge's Kanthan Plant Manager, Jean-Yves Clement said, "The football camp was just fantastic. It provided a fun atmosphere for kids and youths alike to pick up and sharpen their football skills."

"As an extension of our aim to build a health and safety culture in our adopted schools, the students were taught personal risk assessment to ensure personal and team safety at all times."

Muhammad Naufal bin Mohamad Shukri, 14, SMK Methodist said, "I learnt about how to stay safe before and during playing football. It is very important to know our fitness level and to remember four things: sleep well, eat well, warm up and stay hydrated."

Cheong Ming Heng, 11, SJK (C) Chung Hwa added, "I really love football and had so much fun playing with my friends. I also learnt that safety is important on and off field."

Clement also said, "It's also a great opportunity for us to get to know the kids better and to bond with them. We have been a part of the Kanthan community for decades and together, we can build a stronger and more cohesive community."

More than 20 employees from the plant took part in the day's activities, and



served as facilitators, complementing the roles of 1MCC's coaches. 1MCC is a project to improve the future of Malaysian football by educating and coaching youngsters at grassroots level.

Lafarge's community initiatives include the Lafarge Education Bursary Award, which has awarded some RM2.5 million in bursaries since 1997.

Cricket in Sukma 2018

After almost 14 years, Perak Cricket Association has succeeded in getting cricket as one of the competing sports in Malaysia Games (Sukma) 2018. This edition of the biennial games will be hosted by Perak.

Association president, Iqbal Ali Kassim Ali said the last time cricket was in Sukma 2004, and Perak was the champion.

"We lobbied many times for cricket to be in the Games, and finally we got it. It's on the right momentum, after Malaysia won a gold medal in cricket during SEA Games 2017, and eventually it's in Sukma too," he told reporters during the PCA Gala Dinner held at the Royal Ipoh Club on Saturday, September 30.

Malaysian Cricket Association President Mahinda Vallipuram, who was present at the dinner said venues have yet to be confirmed. Three places have been identified one of which is Ipoh Padang.

"It's very nice to see Ipoh Padang returned to the glory days of cricket. We're confident that Perak can host, as the state has excellent venues," he pointed out.

"I'm pleased that Perak is hosting Sukma, and getting cricket back into the games is fantastic. Sukma 2018 will give the sport a timely boost. Hopefully, it'll remain a permanent fixture in subsequent Games."

"These are our expectations. Firstly, we want to work together with Perak to ensure smoothness in execution, in terms of venue, technical services and preparedness," said Mahinda.



The dinner's objective was to raise funds for the state association.

"We need money to pay coaches and to organise tournaments. We've no choice but to raise our own funds. The association needs at least RM150,000 annually."

"Frankly speaking, we don't get much funding from the state or federal, as opposed to other sports," he lamented.

Nabilah Hamudin

LETTERS

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

Childhood Drowning: How Safe are our Swimming Pools and Theme Parks?

The Perak Clinical Research Centre of the Ministry of Health has conducted extensive research on drowning in children over many years. Five hundred children drown every year in Malaysia and this is the second commonest cause of death in Malaysian children aged 1 to 18. This year we have obtained support from MOH to establish a National Registry on Drowning in Children with a view to identify areas we can work on in terms of prevention. We would like to share one immediate area of concern that has emerged from the data.

From January to September 2017 there have been at least 31 childhood drowning events in swimming pools and theme parks. They have been reported from all over the country with larger numbers from Selangor, Kedah and Pahang. The drownings have occurred in hotel swimming pools and water theme parks. The children were aged 2-9 years, with 75% under < 5 years of age.

These drowning events could have been prevented by better vigilance and adequate safety measures. Steps that need to be taken to prevent drowning include:

1. No child should be unsupervised in or near any body of water. This rule needs to be enforced at

especially at swimming pools and theme parks. No child should be allowed into the water without an accompanying adult.

2. Adequate numbers of trained life guards must be available at all swimming pools and theme parks whenever they are operational.
3. Children under 5 years should routinely be offered life guard approved flotation devices.
4. All swimming pools should have fencing around all four sides to prevent accidental entry by a young child.
5. Finally teaching children to swim has been found to reduce drowning occurrence.

With the end of year school holidays just around the corner, we would appeal to parents, hotel managers and theme park administrators to increase their vigilance and review safety measures to prevent further drowning in children. It is tragic for a young child to lose their life or be brain damaged by drowning when involved in a recreational activity.

**Dato' Dr Amar-Singh HSS, Head
Dr Kavita Jetly, Medical Officer (Research)
Clinical Research Center Perak**

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Price : Min RM 318,800 Max RM 447,800 Approved Plan No.: OSC(211-B)/L/B/6/98/224/16 Approving Authority : Majlis Bandaraya Ipoh



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

Hallmark Memorial knows the art of decorating gardens with precision. The magnificent green surroundings entrancing Gardens Boutique Columbaria formalizes its beauty & grandeur. Some say when you increase the number of gardens, you increase the number of heavens!

Gardens Boutique Columbaria niches are made from premium quality marbles & stones. They have double-layered front panels for added security & engineered to stand the test of time. A class like no other.



HAPPENINGS

Ipoh Echo IS the ONE and ONLY medium to reach Ipohites and Perakeans for your Announcements or your Ads.

Only pay RM30 for chargeable events/seminars announcements. You get 3 media avenues for the price of one: • Print (circulation 100,000) • Website (over 1 million hits per month – verifiable) • Facebook Free public events are published FREE.

Announcements must be sent by fax: **05 543 9411**; or email: **announcements@ipohecho.com.my**, by the 9th or 23rd of every month in order to meet deadlines. Announcements by phone will not be entertained. Ipoh Echo reserves the right to verify any announcement before it is published.

ARTS & CULTURE

Sharpened Word will be collaborating with My Writers Fest. OCTOBER 21 (Saturday), 2-5pm at Old Andersonian Club, Ipoh. Where they will bring Malaysian writers to Ipoh and do a read-and-meet session with avid readers. They have the seasoned Bernice Chau, the well-travelled Marco Ferrarese, Tina Isaacs the founder of MY WRITER and the talented Tang Chi Khay. Come meet and mingle with these aspiring writers, discover and explore their writing style from their readings, get their books and get it autographed, not forgetting the routine waffles!

CHARITY

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**.

Patchwork Society of Meru Valley Resort. Tenth Charity Bazaar. NOVEMBER 18 (Saturday), 9am-5pm at Function Room, Meru Valley Resort, Ipoh. Admission: free. All proceedings from the event will be directed to Persatuan Jagaan Kanak-Kanak Cacat Silibin, Ipoh Perak.

HEALTH/MEDICAL

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), pharmacists, 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**.

Adventist Community Services (ACS). Community Health Outreach & Blood Donation Drive. OCTOBER 27-29, 7.30pm at Main Auditorium, 42 Jalan Raja DiHilir, Ipoh (directly opposite Heritage Hotel). (1) 'Lifestyle Diseases – A Raging Epidemic?' (Friday Oct 27, free vegetarian dinner will be served); (2) 'Secrets from a Kidney Doctor' (Saturday Oct 28); (3) Blood Donation Drive (Sunday Oct 29, 9am-12.30pm). Pap smear & breast exam; health screening; eye tests; CPR demo; fitness test for youths; children's programme and health counselling. For enquiries or to book your seats, call: **010 776 6083** (Dennis), **018 254 4734** (Adam) or WhatsApp **016 595 0829** (Angie) or **016 400 0271** (ACS).

KMC Medical Centre. Pink October – breast cancer awareness month exclusive 'Pink Package' from OCTOBER 2-31 from 8.30am-4.30pm on weekdays and 8.30am-12.30pm on Saturdays at Imaging Department, KMC Medical Centre, 20A Jalan Chung Thye Phin, 30250 Ipoh. Mammogram, ultrasound of breast and pelvis and blood test at discounted price. For further inquiries and appointment, call **05 242 5333** or **019 900 9969**.

Family Wellness Club. Family Safety Workshop (Part 2). NOVEMBER 25 (Saturday), 2pm-5.30pm at the Andersonians Club Hall, Jalan Hospital, Ipoh. Registration: RM20 but free for members. Early registration is advised. First come first served. Call or send SMS to **019 239 6190** (Ms Sumathy) to register.

ENTERTAINMENT

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

FELLOWSHIP DINNER

Former staff of Perak River Hydro Electric Power Co. Ltd. and Kinta Electric Distribution Co. Ltd. will be having a fellowship "PHYKED" dinner at Restoran Shabu Shabu, No.14, Jalan Raja Dr. Nazrin Shah, (Jalan Gopeng), Ipoh on Saturday, November 11. For details, call S. Arunasalam **019 570 1166**, A. Gopalan Nair **012 450 2620** or K. Bhaskaran **012 452 1006**.

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).

Financial Planning Association of Malaysia (FPAM) Perak Chapter. Networking night on financial literacy, themed: 'Enhance Workplace Productivity via Financial Wellness', OCTOBER 27 Friday, 6pm to 10pm at Olijasca Nourishment Café, 17 Jalan Raja Dr Nazrin Shah, 30250 Ipoh. Speakers: Linnet Lee & Brandon Ng. For enquiries or registration, write to: ipohchapter@fpam.org.my or call **017 301 0393**. Online registration: <https://goo.gl/forms/dRgwv28iP5Hqdkf2>.

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!

ANNOUNCEMENT

FREE DIABETES CHECK-UPS

Diabetes Malaysia Perak is now offering free check-ups to the community! Among the free services offered at its community centre are diabetes test, blood pressure test, Body Mass Index (BMI), body fat measurement, smoking test, vision test and counselling.

Patients and the public can also purchase medicine and medical equipment such as blood glucometers, strips, lancets, insulin needles, blood pressure sets, at cost price. Please spread the news to your family members & friends! All are welcome!

**46A Jalan Hussein Norudin,
Taman Kin Mee, Fair Park,
31400 Ipoh, Perak.**

**Contact number: 012-469 2765 (Mr Chandran Kanniah)
Operating hours/days: 10am to 12pm / Monday to Friday**