

# URBAN POOR IN IPOH

Urban poor, whether in Ipoh or other major cities in the country are finding it harder to get by as the rising cost of living threatens to further erode their spending power. However, as classified by the state government, urban poor in Ipoh is not considered a serious phenomenon.

According to Perak Implementation Unit (ICU), as of October 15, Perak has recorded a total of 155 urban poor, while 29 people are reported as hardcore poverty (in Ipoh). It makes a total of 184 families.

In this issue, Ipoh Echo talked to authorities, and charity groups that have been a lifeline for the city's underprivileged who are grappling to survive in the city.

*Continued on page 2*

By Nabilah Hamudin, Tan Mei Kuan and Ili Aqilah



## Lubuk Timah Hot Springs

Your visit to Lubuk Timah waterfall, with its green backdrop, is incomplete without taking a dip in its main attraction – the hot springs.

According to naturalists from Japan and Indonesia, the hot springs contain minerals originating from inside the earth. These minerals have properties that are good for the skin. In fact, they are considered the perfect antidotes for certain skin ailments.

Located about six kilometres from Simpang Pulai, along the Simpang Pulai - Cameron Highlands highway, the Lubuk Timah Hot Springs Recreational Centre was established some four years ago.

Running on an environmental-friendly concept, this recreational spot receives over two thousand visitors a month. The crowd is exceptionally huge during weekends and public holidays.

The Lubuk Timah waterfall was originally a dam built during the British colonial era. It was a mini hydro dam to generate electricity for the nearby tin mines. When mining activities slowed down, the site was abandoned. Its remoteness made it a suitable location for communist



terrorists to operate from.

If you wish to stay overnight, there are seven chalets, featuring traditional Malay architecture, to choose from. The cool night air filled with chirping crickets and cicadas plus sounds from the flowing Sungai Chinju will help put your mind to rest and ensure a good night's sleep.

Cafes, washrooms, gazebos, a futsal field and a karaoke room are available to satisfy your every whim.

A stone's throw away is the Prelut Adventure Camp which organises extreme and team-building activities, including the very exhilarating flying fox, and jungle trekking.

For more information, visit the Pusat Rekreasi Lubuk Timah Facebook page or call: 019 244 9056. It is definitely worth your time, energy and money.



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## NGOs are providing the main support

### WHAT DO THE AUTHORITIES SAY?

**P**erak Exco and Committee Chairman of Rural Development, Agriculture, Plantation, Information and Human Capital Development, Dato' Saarani Mohamad shared his views with Ipoh Echo on the current situation of urban poor in Ipoh.

In Ipoh, people who earn between RM500 to RM1501 are considered urban poor. He told Ipoh Echo that urban poor in Ipoh, when compared to other major cities, is not classified as a bad phenomenon.

Based on statistics, 147 families (out of 184) are Malays, followed by Indian (30), Chinese (2) and others (5).

"Most of the urban poor in Ipoh earn RM1001 to RM1500 monthly," he said, adding that most of them are aged between 41 and 50. Out of 184 families, 52 of them earned income below RM500. He disclosed that the groups of urban poor in Ipoh are paid employees, self-employed, housewives, and some were non-productive.

The state government is aware of this issue, and despite it not being as bad as in Kuala Lumpur have in fact, taken various actions and measures.

Among the programmes initiated to eradicate the urban poor in Ipoh are 'Program Baik Pulih Rumah Daif di Bandar', 'Program Azam Bandar' and Food Basket Programme to help the underprivileged.

For 'Program Baik Pulih Rumah Daif di Bandar', urban poor can apply maximum of RM12,000 to either repair their dilapidated houses or build a new house. It depends on the condition of the house. Urban poor can apply it at [www.rurallink.gov.my](http://www.rurallink.gov.my).

For those who earn RM1000 and below, they can get business assistance up to RM10,000. The government will provide the business capital as well as guidance. They can apply it through <https://ekasih.icu.gov.my>.

'Food Basket Programme' is a Ministry of Health initiative aimed at overcoming the problem of malnutrition among young children from hardcore poor households. It includes the provision of food supplements, nutrition assessment and monitoring of the target child, nutrition education and counselling of the parent or caregivers to ensure that the target child achieves and maintains satisfactory nutritional status. State Social Welfare Departments will identify the target child in each state.

Meanwhile, according to Ipoh City Council Secretary Zakuan Zakaria, several factors are involved. Based on research conducted by Ipoh City Council, Zakuan revealed that one of the factors is due to the increasing cost of living.

"The cost of living is increasing each day, and we're aware of it, especially involving basic necessities such as food, education, and property which has diminished the purchasing power of Ipohites," said Zakuan.

Zakuan added that another factor in creating the urban poor is the economic crisis, leading to inflation, retrenchment and unemployment. Added to this is the influx of foreign workers in Ipoh," he added.

He said that the current situation in Ipoh is still under control as the number categorised as urban poor and hardcore poor is low in percentage terms compared to the population in Ipoh of about 700,000 people.

### NGOs to the Rescue

Aid programmes by charity organisations are more than a refuge for the urban poor. Initiatives such as soup kitchens and free medical check-ups by charity groups have been platforms to empower the urban poor to stretch their earnings in Ipoh.

### Pertubuhan MEMPertinggi Akhlak (PMA) Chan Meng Khor

Pertubuhan MEMPertinggi Akhlak (PMA) Chan Meng Khor is an NGO which was established in 1985 to provide financial support to genuine poor in Bercham and its surrounding community regardless of ethnicity.

It houses two charity clinics (Chinese traditional and western/modern medicine) and a kindergarten. Meanwhile, a PMA Chan Meng Khor – MAA Medicare charity dialysis centre was established in 2007 with a mission to make affordable dialysis treatment accessible to underprivileged Malaysians by subsidising the treatment cost.

Dr Cheng Wei Yee, who has been volunteering as the resident doctor at the modern medicine clinic and dialysis centre since August 2004 explained about his patients, "A lot of them are pensioners with no income at all. When they were younger, they did not have the financial planning for their golden age. When they couldn't work anymore, their kids would have left them for greener pastures. Left alone with a little bit of allowance from their children, they get poorer as days go by as things are getting more expensive."

"Made up of 90% elderly patients, some are in their 70s and still taking care of their parents who are in their 90s. Some are disabled while some have children who have run away from home," Dr Cheng added. He treats about 40 patients in every two-hour session.

"Prevention begins with education on the importance of planning for your retirement. Your final pension may be enough for you in your 50s but the same amount will not be sufficient when you reach 60s, 70s and 80s. Now, the average lifespan for female is 87 while for male it's 84. As we live longer, eventually you'll become the urban poor if you don't save enough money," he highlighted.

Wong Fooi, the president of PMA Chan Meng Khor stated, "We need monetary donations and volunteers (with or without medical background) in order to help more people coming in as far as Sungai Siput, Simpang Pulai, Chemor and Cameron Highlands." He has been volunteering here for 20 years.



Dato' Saarani Mohamad



Zakuan Zakaria



Dr Cheng Wei Yee



"I've been coming here for five years now to treat my breathing difficulty and weak leg joints. It's convenient as it's located near my house. The clinic has lessened my financial burden. The volunteers are friendly and polite while the doctors are very attentive in examining patients," 82-year-old Lam shared with Ipoh Echo. All you need is an IC for you to get free medical checkup and medicine.

The traditional medicine clinic opens every Sunday from 12pm to 2pm while the modern medicine clinic opens on the first Sunday of the month (12pm to 2pm) and second Thursday of the month (8pm to 9pm). There is also a charity wound clinic every third Sunday of the month from 11am to 1pm. There will be health talks and seminars occasionally.

**Pertubuhan MEMPertinggi Akhlak Chan Meng Khor is located at 10037, Lorong Bercham 1, Bercham, 31400 Ipoh. Readers who would like to contribute, volunteer or find out more, do call 05 542 1347.**

### Kechara Soup Kitchen

Ipoh Echo also spoke to Justin Cheah, the project director of the Kechara Soup Kitchen that runs a food bank programme to serve the urban poor and underprivileged community in Ipoh.

Every day, the soup kitchen delivers fresh provisions and dry grocery collected from mainly Tesco and surplus food donors to welfare homes and poor families that are registered under the Kechara food bank. Besides Ipoh, the food bank also serves in Taiping, Bandar Seri Iskandar, Kampar, Manjung and others.

"Our recipients are of all ethnicities and are mostly breadwinners who are unable to work or with really low income," the Kampar-born Justin, who has been volunteering for 10 years, said.

He defined urban poor as those who are unable to find a job or earn a lower income that doesn't match the higher cost of living. "It can be due to inflation and influx of foreigners. Plus, there are people who cannot keep pace with society and thus are being left out. Then, they are also lacking in family planning," he pointed out.

According to him, urban poverty will lead to social issues such as illegal drug trade, robbery and a lack of access to education for the younger ones. "To address the issue, I would like to build the Ipoh food bank into a bigger one with more contributing partners to channel to the urban poor. It has to start with education too especially for those who drop out of school due to financial constraints," he suggested.

"We need more volunteers to identify more poor people so that we can help," he concluded. Those who would like to contribute (monetary or food) and volunteer, **please call Yee Mun at 012 522 3200. Visit their Facebook page for more updates: Kechara Ipoh Study Group.**



Continued on page 6





# THERE'S STILL HOPE

*This unprecedented tragedy had brought both good and bad out of ordinary folks*



Penang was lashed by the tail-end of Typhoon Damrey that hit Vietnam in early November. Although the intensity was nothing compared to what was experienced on the Indo-Chinese shores, it caused enough damage to warrant the evacuation of victims from inundated areas.

Incessant rain right from Saturday, November 4 to Sunday, November 5 blighted many areas on the island and the neighbouring mainland. Kedah and parts of Northern Perak were not spared either.

My brother, who lives in Bayan Baru, texted, saying that his porch was under water. Another hour of deluge would see him and his family of two scurrying upstairs for dear life. Luckily, it did not happen. Removing the carpets and his precious collection of silverwares and knick-knacks, acquired during his 10-year stint abroad, would be uppermost in his mind, and at his advanced age it is almost impossible. We heaved a sigh of relief upon learning of his escape.

Although many harboured thoughts that the DAP-led state government would collapse under pressure following the October 21 landslide in Tanjung Bungah which killed 11 construction workers, Chief Minister Lee Guan Eng took everything in his stride. He was in the thick of action visiting one stricken area after another.

Seeing the futility of the situation he called Deputy Minister, Zahid Hamidi in the wee hours of Sunday morning, November 5 and sought his help to deploy the army for relief efforts. Troops from the Malay battalion at Sungai Ara Camp were first on the scene assisted by soldiers from the state Territorial Regiment located at Peel Avenue. Personnel from the 6th Royal Armour Regiment in Sungai Petani joined in much later. The arrival of troops on the scene provided a much-needed relief to an anxious Guan Eng who had spent a sleepless night trying to manage things.

An infantry battalion is equipped for flood relief operation as this is part and parcel of its role during peacetime. The battalion's assault pioneer platoon has the resources to do just that. Based on the equipment table we had then (it hasn't changed much today), the platoon has eight assault boats and eight 45-horsepower outboard motors.

The rugged flat-bottom lightweight aluminum-cast boat can take ten fully equipped soldiers and travel over water easily. This mode of transportation was popular during riverine operations in Sarawak, especially around Sibu, Sarikei, Binatang, Kanowit and Katibas along the Rejang River. During my time in the service I was directly involved in flood-relief operations in Sabah and Sarawak. I am quite familiar with how they are organised and executed. But they were nothing of the scale experienced in Penang Island early this month.

The fact that leaders, on both sides of the political divide, were prepared to set aside their differences for a common cause was commendable. This goes to show that working hand-in-hand is never difficult if the end results are for the common good of the *rakyat*. It is the few black sheep that is giving the country a bad name. The notoriety of Jamal Yunos (Jamal Jamban) is well known to all. This Umno kingpin from Sekinchan, Selangor, the self-appointed leader of the infamous Red Shirts, a band of hooligans whose only mission is to create trouble for the opposition parties, is a case in point.

One former soldier who goes by the moniker "Ali Tinju" is another of these ruffians. Mohd Ali Baharom claimed himself to be the president of the Armed Forces Veterans Association, a dubious organisation without much substance and depth. Ali Tinju's butt-dancing routine in front of social activist Ambiga's house on May 18, 2012 was condemned by many. Not much of Ali Tinju is heard of these days. Perhaps he has run out of ideas on how to annoy those who oppose the government.

This unprecedented tragedy had brought both good and bad out of ordinary folks. The action of one Sapno Tukijo, the *bilal* (muezzin) of the *surau* (prayer house) in Taman Free School is worthy of mention here. He accommodated over 70 flood victims, mostly Chinese, who were displaced by flood waters in the surau hall. This was something unexpected given the nature of race-relationship at this moment in time.

And, of course, there were those who condemned the man for allowing this to happen. One of them, who went on record to register his objection, was Zamihan Mat Zin, the ustaz who was rebuked by the Sultan of Johor for his inflammatory sermons.

State governments had rallied behind Guan Eng and had donated in kind for relief efforts to take effect. A donation drive, launched following the tragedy, garnered over RM2 million in just a couple of days. Selangor gave RM1 million while less-endowed Kelantan gave RM50,000. Perak set aside RM100,000 to buy equipment and goods needed for the clean-up operation. Volunteers, led by Perak Menteri Besar and the Ipoh mayor, were in Tasek Gelugor, Penang on Wednesday, November 10 to supervise relief efforts.

The Metrological Department should shoulder part of the blame for not issuing warning of an impending disaster. According to Guan Eng, a red alert was only announced at 9.30 pm on Saturday, November 4 when the situation was already precarious. The catastrophe was totally unexpected and authorities were caught off-guard.

All said and done, there is still hope for this racially-divided nation to come to terms with reality. All it needs is some level-headed leaders to take the lead. A calamity of this magnitude has brought Malaysians together, something unthinkable a few weeks ago. Hopefully, this will translate to a non-rationally polarised Malaysia in the near future.



Perak MB and Ipoh Mayor

## EYE HEALTH — WORLD DIABETES DAY 2017

In conjunction with **WORLD DIABETES DAY** on **NOVEMBER 14**, Ipoh Echo talks to Consultant Ophthalmologist **Dr S.S. GILL** on effects of diabetes mellitus on the eye.



**DIABETIC RETINOPATHY** is notorious eye complication of diabetes mellitus that contributes to vision problems including blindness. It is estimated that 1.4 million Malaysian diabetics are walking around unaware that they have diabetic **retinopathy** that can lead to total blindness. A lot of times this is because of poor awareness of the complications of diabetes mellitus.



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

Often, those who have diabetes mellitus think that just because they have good blood glucose control and have no blurring vision, they do not need to get their eyes checked. This is not advisable because **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. The key to this problem is to avoid blurring vision through early detection.

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. **Almost all people with type 1 diabetes and more than 70% of people with type 2 diabetes will experience some degree of diabetic retinopathy. Take note that no blurring vision does not mean that there is no diabetic eye problems.** By the time blurring vision occurs, the eye condition is often serious.

**The risk of vision loss from diabetic eye disease increases the longer a person has diabetes.**

### WHO IS AT THE MOST RISK FOR DIABETIC RETINOPATHY?

Obviously, patients with fluctuating blood sugar levels (*poor control*) and those with long-term (*duration*) diabetes. Essentially, people who have uncontrolled blood glucose levels and those who have had diabetes mellitus for more than five years are especially at risk. Good control of diabetes mellitus is of course important to slowing down the complications of diabetes mellitus in the eye as well as to other organs. The best way to know whether your blood glucose control is good is to measure your blood glucose levels frequently at home with a glucose monitoring machine called a glucometer.

**High blood pressure (hypertension) can also contribute to damage of blood vessels in the eye (retina)** and enhance the progress of diabetic retinopathy. Research shows that keeping blood pressure as close to normal as possible can help prevent the onset and progression of retinal damage.

### TAKE HOME MESSAGE

"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."

For more information, please call Gill Eye Specialist Centre, Hospital Fatimah **05-5455582** or email [gillyecentre@dr.com](mailto:gillyecentre@dr.com)



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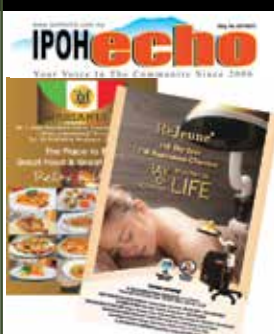
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## Did Charles mention climate change when he toured the provinces?

Charles, the Prince of Wales and Camilla, the Duchess of Cornwall, were on a seven-day tour of Malaysia, in November. Their itinerary included visits to Kuala Lumpur, Perak, Penang and Sarawak.

The heir to the British throne is usually very vocal about his pet subjects, like architecture, climate change and the environment. Some people call him the "Meddling prince"; others say he is just concerned about the world we will leave behind for future generations.

He is one of the authors of a Ladybird book on "Climate Change", which he launched last January. He warned us that we should act on climate change to avoid "potentially devastating consequences". The aim of the book was to raise public awareness and guide us on this "very pressing issue". Charles is also a fierce critic of climate change deniers.

On their arrival in Malaysia, Charles and Camilla attended a dinner to celebrate 60 years of UK-Malaysian diplomatic relations. He spoke about overpopulation in cities, the threat to the world's oceans and the role of the Commonwealth. He said, "For the resolution of all these issues, the Commonwealth should, and does, have a pivotal role to play."

"Representing a third of the world's population and a fifth of its land-mass, it can draw on a uniquely wide range of national contexts, experiences, traditions and, above all, professional associations - something, of course, which makes the Commonwealth unlike anything else in the world - for the solutions that we all so desperately need now."

When Charles visited Perak, he made a trip to the Royal Belum State Park, where he saw first hand the natural beauty of the protected forest. He was also briefed on the steps the state government would take, to make the park a nationally important tiger conservation site.

One wonders if anyone briefed the Prince about the "encroachment" of Orang Asli (OA) in the Royal Belum State Park. Development and progress has turned thousands of acres of jungle, the natural habitat of the OA, into oil palm plantations, and mines. There is also extensive illegal logging.

Some pockets may have been turned into protected forest spaces, meaning, that the OA and wildlife, have to fight for their existence and survival.

Two years ago, at the Paris climate change summit, Charles said that the rights of the indigenous peoples have to be recognised, as part of the effort to tackle climate change. He stressed that forests should be restored and the tribal peoples' land rights respected. He called on the government ministers and indigenous leaders present at the summit, to "properly safeguard their reserves, traditions and culture."

Was Charles aware that our OA face intense pressure on their way of life? Charles has stressed that indigenous peoples are the natural guardians of the forest and that "their lives are more intimately intertwined with the forests than our own".

His words should have made an impact when he visited Sarawak the day after his tour of Royal Belum, Taiping and Kuala Kangsar.

The indigenous tribes in Sarawak, like the OA in peninsular Malaysia, have been turfed out of their lands by logging, oil palm plantations and the building of dams. Their hunting grounds have been destroyed, their rivers polluted and their ancestral lands desecrated. With their drinking water contaminated by chemicals or silting, with water sources for farming drying up, the survival of the indigenous people is at stake.

With large areas of the jungle destroyed, the local tribes people cannot preserve their way of life. The people who issue the permits to log, to open up plantations or build dams, neither care nor realise the impact of greenhouse gases and global warming.

We have already seen the effects of extremes of climate, with prolonged and regular periods of drought and flooding, and more extreme weather patterns. With mangrove swamps being cleared to make way for prawn farming or development, coastal areas are more prone to flooding and changes in sea level. If Prince Charles had toured coastal areas near Taiping, he may have seen how development is encroaching into our estuaries.

When their tour of Sarawak was over, the royal couple flew to Penang, where some areas have been devastated by floods. What must the Prince think of the

flooding? The things he is passionate about, were obvious during his tour.

One wonders if the Prince had a chance to advise his provincial hosts about excessive building on the coastline and hill-slopes, land reclamation, and the cutting down of trees which may be 500 years old and which protect the fertility of our soils and rivers.

Was the Prince able to convince Malaysians about the importance of tackling climate change, or was he advised to keep quiet and not upset his hosts, because of the probability that a new arms deal is about to be signed between Malaysia and Britain?

Source: <https://www.princeofwales.gov.uk/media/speeches/speech-hrh-the-prince-of-wales-gala-dinner-kuala-lumpur-malaysia>



### ABOUT LASIK

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

### FEMTOLASIK AND DIABETIC MELLITUS



Diabetes is a relatively common disease, affecting almost 14.0% in a 2006 survey for adult Malaysians aged 18 years and above, 17.5 per cent of its citizens aged 18 years based on National Health and Morbidity Survey 2015 and its prevalence is expected to increase in correlation with rising obesity rates by years 2020. As this segment of the population continues to grow, more diabetic patients are requesting Femto-laser vision correction.

The US FDA considers diabetes a relative contraindication for LASIK surgery; however when this recommendation was issued, there was very limited data on the safety and efficacy of LASIK in these patients. The recommendation was therefore based on theoretical, rather than actual, risk.

The link between diabetes and ocular complications is well established, and there was concern that the corneal abnormalities often seen in diabetic patients may increase operative and postoperative complications, and limit successful outcomes. There was also concern that diabetic patients might be at a higher risk for postoperative infections.

Recent research on the outcomes of laser refractive surgery in this patient population is mixed; however there is a growing body of evidence that indicates laser refractive surgery may be safely performed in diabetic patients with tight glycemic control and no systemic or ocular complications.

Patients with diabetes who desire laser refractive surgery for elective correction of vision represent a challenging treatment dilemma. Currently, the FDA and the American Academy of Ophthalmology have a broad recommendation that includes diabetes among the relative contraindications for LASIK and PRK surgery, predominantly due to concerns that the comorbid ocular conditions associated with the disease might lead to poor refractive outcomes and significant postoperative complications. However, we can assume that in a very select group of patients with diabetes, laser refractive surgery may be safely performed as long as the surgeon undertakes a thorough preoperative assessment of the status of the patient's systemic disease and the presence of associated ocular manifestations. (Information based on a study of Laser refractive surgery in diabetic patients: a review of the literature written by Leopoldo Spadea and Maria Pia Paroli published in Clin Ophthalmol. 2012; 6: 1775-1783.)

For more information, readers can call Lee Eye Specialist 05 254 4388 or email at [ishkjpj@gmail.com](mailto: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).





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

Pics by Vivien Lian



## SeeFoon finds Nyonya Heaven and wants to stay there

I know that Ipoh is a food and foodie paradise but oftentimes, I have to trek to different places to satisfy either my or my visitors' insatiable appetites for all the iconic foods that Ipoh is renowned.

A recent discovery has settled all that for me and I can take my visitors to one restaurant and they can order and try different foods to their heart's content. And I am not speaking of a coffee shop where diverse stalls ply their specialties. Often, I find myself going to one coffee shop for a particularly famous specialty in one stall but am left high and dry for sampling other dishes because the other stalls are frightfully mediocre in their offerings.

Much to my delight, this is not so at **Makan Nyonya**, a newly-opened restaurant where the menu is extensive and the quality of each item well above average with some even superlative. Now I am talking about Ipoh's iconic foods like Curry Mee, Asam Laksa, Lum Meen and Kuih Muih and the list goes on and on. So now I won't have to run around to different places for different items. It is all under one well decked out roof.

And it all comes out of one kitchen under the watchful eye of Nyonya Chef par excellence, Jason Chai, proprietor and head chef who picked up all his cooking skills at a young age from his mother. Jason who was working in Singapore, had to come back to Ipoh to take care of his mother when she fell ill and as they say, Singapore's loss is Ipoh's gain and with this Ipoh boy come home to roost, we have gained another great eating spot.

We went with our usual troupe from the Echo office and tried as many of the dishes on offer for that day, beginning with Nyonya Vinegar Pig's Trotters (*Tsu Geok Tso*) which was beautiful – neither too sweet nor too sour, the trotters braised to a tender and succulent texture and served with fragrant Thai rice and vegetable of the day – **RM7.50**.

Next was their signature **Nasi Rendang**, fragrant rice coloured with the **Bunga Telang** or butterfly pea flower extract (which they sell in bottles for tea at home) and



served with **Chicken Rendang** and not one but two **sambals**, one ikan bilis and the other nyonya. This was different from the usual Nasi Lemak, both in presentation and taste. Excellent at **RM5**.

The menu items are almost too many to write in detail here and I will list here some of my favourites. Their Penang Nyonya Hokkien Mee, spicy prawn broth served over a selection of local noodles with prawns, *kangkong* (water spinach)



and bean sprouts and their Nyonya '**Lam Mee**' aka Penang Birthday Noodle, prawn broth base with Chinese wine served over a selection of local noodles with prawns, '**Ku Cai**' (Chinese chives) and fat Ipoh bean sprouts. **Both RM5**.

We had their Laksa, both Asam (good with kembong fish tamarind broth) and Lemak described as **Nyonya Laksa Lemak**, a coconut milk curry "**Hae Bee Hiam**" (dried prawn base) broth served over famous Gopeng Rice noodle aka thick version of "Bee Hoon" aka '**Lai Fun**' **RM5**.

Their **Char Kueh Teow** wok fried with prawn oil, **Chye Poh** (preserved Chinese radish) to perfection and served with prawns, fish cake and large eggs and their signature **Power Cili Garam**. This had good 'wok hei' and well worth the **RM5.50**.

I spied some '**Tsong**' (glutinous rice dumplings) at the counter and immediately asked for one. Apparently the type of dumpling changes day by day. On this day, it was the one with '**mei dao**' or black eyed peas mixed with glutinous rice and stuffed with a generous amount of pork, pork fat and salted egg. Well seasoned and extremely tasty – **RM7**.

The pièce de résistance came in the form of a **Kuih Muih** platter where we could taste one portion of their variety of the day. Ours arrived with **Lo Bak Ko** (white radish cake), excellent; **Rempah Udang** (glutinous rice with spicy dried prawn filling wrapped in banana leaf), also superlative; **Kuih Talam** (coconut cream on top and green glutinous rice below); red bean cake; and a host of other goodies which changes from day to day. These items are ordered separately. And their **Bubur chacha** is wonderful too!

Makan Nyonya's menu is inexhaustible. The special items change from day to day and it's worth going on different days of the week to check out these specials. This will definitely become my 'flavour of the month' for the next months to come. And the best part of all, no MSG, the bane of my culinary journey!

### Makan Nyonya

#57 Laluan Tasek Timur 3 (behind Tesco Extra in Bercham)  
Pusat Perdagangan Tasek Indra, 31400 Ipoh.  
Business hours: 7am-3pm Closed Mondays  
Tel: Jason 016 597 4848



*Urban Poor In Ipoh . . . continued from page 2***Love on the Streets**

Love On The Streets (LOTS) has been featured previously in Ipoh Echo and they are working together with Dapur Jalanan Ipoh (DJI) where they distribute secondhand clothes to the public.

"Most of our receivers, if it's during DJI's turn to serve, are senior citizens and less fortunate people," said co-founder of LOTS, Mohd Hilmi Fadzil.

"We don't ask about their background but we do have a few who would tell us stories about their lives. We have a mother who would bring two children of hers and choose clothes. She had to because according to her, clothes are getting expensive," added Fadzil.

Aside from joining DJI session, LOTS also receives calls from orphanages and others who are in need of clothes, bags, bedsheets and more.

"We are currently in need of male clothing: long pants, kids attire, shoes and also bags. As for now, we don't take any more ladies clothes especially baju kurung. All clothes donated will be inspected by our team members first before distribution," he said.

**Donations for LOTS can be made by contacting them through their facebook page at [www.facebook.com/lotsloveonthestreet](http://www.facebook.com/lotsloveonthestreet).**

**Dapur Jalanan Ipoh (DJI)**

The well-known DJI serve food and drinks for free on a bi-weekly service at Medan Selera Dato Sagor. Most of the recipients are senior citizens and also the urban poor community.

"We have many cases of families coming here with their children asking for more than just food. One that I remembered the most was, a family who came from Sitiawan. Both parents were terminated from their jobs and after years of trying, they came to Ipoh with their three children and asked if we could help out. We then directed this case to **Anjung Singgah**," said one of the members DJI Zeti shuhaila Mustafa Kamal.

Under the Yayasan Kebajikan Negara (YKN), Anjung Singgah was created with the purpose to provide accommodation and food for the homeless. In Ipoh, Anjung Singgah was opened on January 9, this year and offers not only accommodation but also counselling services for the homeless.

According to state exco for Women, Family and Community Welfare Development, Housing and Local Government, Dato' Rusnah Kassim, until April 10, there were about 50 men and 12 women who have sought help from the centre.



"The state is aware of the beggars and homeless problem in the city and Anjung Singgah is one of the many measures taken to help this community," said Rusnah.

As for DJI, with the experience of operating more than three years, Zeti and her team are still trying to push for more, such as getting more cash funding and food donations.

"We do get enquiries from corporate companies who wanted to do their Corporate Social Responsibility (CSR) Programme with us but because we aren't a registered NGO, that has made it harder for them to help. However, I am blessed and honoured that for all that we received we can still manage to cater to everyone who come seeking food," said Zeti.

**Readers who are interested to participate and join DJI can do so by visiting their Facebook page at [www.facebook.com/dapurjalananipoh](http://www.facebook.com/dapurjalananipoh) for more information. Anjung Singgah in Ipoh is located at 12 Jalan Medan Istana, Bandar Ipoh Raya, 30000 Ipoh.**

**Shirdi Sai Baba Centre Meal Service**

**Located at 22 Jalan Sultan Iskandar**, the centre is providing meals for anyone who needs them. The first meal, breakfast, is served at 7.30am until 10.30am and lunch will be served after their prayers which is after 12.15pm until 2pm. Dinner starts from 7pm until 9pm.

The centre has been practising this since 2010 and receives more than 80 receivers daily. The centre accepts anyone who needs food, regardless if they are homeless or urban poor.

"Everyone is welcome here. We won't ask about your background or any other information. Just come here and enjoy the food," said the representative of the centre Rathina Malar.

**Lighthouse Hope Society (LHS)**

Providing more than just free meals, the LHS was founded in 2006 by the Canning Garden Methodist Church where they also provide medical assistance to those in need. They also offer vocational training for the recipients in hope that they can return to mainstream society.

With strong support from the Welfare Department, Labour Department, Kuala Lumpur Kepong Berhad, Yayasan Teratai, the Sultan Azlan Shah Foundation and many other corporate and individuals donors, current president of LHS, Dr S.S. Gill hopes to help more urban poor and homeless in Ipoh.

"We also have dedicated teams who have been working hard to make all of these possible. For example, the 'Vineyard Keepers' help out with the cooking and clean the operation centre. Then there are the medical doctors, hairdressers and meal servers," he said.

**The centre is located at 4 Jalan Koo Chong Kong in Old Town and is open every day of the week. They also have pre-loved clothes and welcome anyone who wish to be the volunteers.**





## Tourism



## WET Expo 2017

The title sounds suspicious but it is not what you think. "WET" is an acronym for "World Eco-Tourism". The 3-day exposition, named WET-Expo 2017, was held at Casuarina Meru Hotel and Convention Centre, Ipoh from October 27 to 29. It was organised by Tourism Perak with the collaboration of a private entity, Exist Green Sdn Bhd.

The event showcased activities related to the tourism industry namely, cycling, adventure-related tours and hiking gear. Companies selling these items were on hand to promote their products.

The function was graced by Dato' Nolee Ashilin Dato' Mohd Radzi, Executive Councillor for Tourism, Culture and Communication and His Excellency the Governor of the State of Bauchi, Nigeria, Mohammed Abdullahi Abubakar and his entourage.

"We're trying to instil awareness" said Derrick Skelchy (pic), CEO of Exist Green Sdn Bhd. "It's sad to note that not many people know the varied cultures of our country especially that of the Orang Asli, our indigenous people."

Both Tourism Perak and Exist Green are actively involved in developing Perak into a hotspot for all things to do with its ecology – outdoor adventures, cultural shows and nature-learning programmes, etc.

"People around the world don't know what Gua Tempurung and our other caves are, or who the Orang Asli are," said Derrick to Ipoh Echo. "I feel it's time to place Ipoh and Malaysia on the world map via ecotourism with programmes concentrating on nature and the Orang Asli."

Beside the exposition, a talk on ecotourism and its sustainability was also held. Among the speakers were Dato' Dr Masri Muhamad, former Director-General of Malaysian Agricultural Research and Development Institute (MARDI), Dr Richard Ng, President of Ipoh City Watch, Melissa Cheong, CEO of Cycledios Berhad and Professor Dr Lawal Mohammed Marafa, Department of Geography and Resource Management, Chinese University of Hong Kong.

"Malaysia has an abundance of natural attractions ranging from the oldest rainforest in the world to animal sanctuaries. Eco-tourism is becoming the fastest growing tourism segment in Malaysia," said a message from Dato' Nolee.

Jack Foo



## Wellness

### Problems After Cataract Surgery?

Cataract surgery is a very common surgery performed by ophthalmologists all over the world. In most cases, after the cataract is removed, an artificial lens called an intraocular lens (IOL) is implanted into the capsular bag. The procedure is fast and relatively painless and most patients regain their vision within 1 week.

Dislocation of the implanted lens is uncommon but represents one of the most serious complications following cataract surgery. This may occur months or years following an uneventful cataract surgery.

The incidence is higher in patients with pseudoexfoliative syndrome (an eye disease which makes the lens unstable and also associated with



glaucoma, accounts for 50% of the cases), previous complicated cataract surgery, old age, previous eye injury, previous acute angle closure attack or uveitis, short-sightedness, diabetes mellitus and connective tissue diseases.

The IOL commonly dislocates into the back of the eye. Rarely, the IOL may dislocate into the front of the eye. Anterior (front) dislocated IOL may lead to corneal damage and persistent inflammation while posterior (back) dislocated IOL may lead to retinal detachment and swelling of the macula.

Patients usually present with fluctuation in their vision, double vision, or sudden loss of vision. Occasionally, they may present with ocular pain.

Management of such cases involve removal of the dislocated IOL via surgery. Depending on situation, different types of IOLs can be implanted into the eye either during the same surgery or in another setting. Visual acuity is usually restored back to normal after a few weeks.



Anteriorly dislocated intraocular lens



Posteriorly dislocated intraocular lens



Posteriorly dislocated intraocular lens with retinal tears and retinal detachment

**Dr. Ong Lieh Bin's clinic:**  
Suite 2-07, KPJ Ipoh Specialist Hospital,  
26, Jalan Raja Dihilir, 30350 Ipoh. Tel: 05 240 8777 (Ext 8335)

## Enhancing Ipoh's Popularity

Come 2020, Perak is expected to receive even more visitors with the few soon-to-be completed mega projects in the pipeline.

Menteri Besar, Dato' Seri Diraja Dr Zambry Abd Kadir said that among them are Ipoh's new airport and a shopping mall with 146 shopping outlets.

"If the projects materialise, they'll be a vital benchmark in boosting the tourism industry, as one of the major contributors to the state economic growth.

"Besides organising international-level events, we'll increase promotion in Japan, South Korea, China and the Middle East.

"We'll also focus on community-based tourism activities such as the food and crafts sectors. Facilities such as public transport and public toilets will also be upgraded," he said during the Perak Tourism Awards 2017 at Kinta Riverfront Hotel on Tuesday, October 31.

The event, the fourth thus far, was organised by the state government and Perak Tourism Association every two years. A total of 32 award categories were contested as a form of appreciation to the state tourism industry players.



Dato' Nolee Ashilin Mohammed Radzi, Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications said the state government would act to enhance Ipoh city's branding as places of interest were getting more popular with tourists.

"Two different approaches will be adopted. One, to continue with the Visit Perak Year campaign in coming years by highlighting touristic spots such as the Ipoh Heritage Trail, People's Park, Dato' Sagor Square, Kinta Riverside, Taman DR, Gunung Lang, Gerbang Malam and Pasar Karat.

"Two, scenes of arts and culture, hipster cafes, colonial architecture and sports will be incorporated for impact.

"The state, along with the private sector and NGOs, will be involved in the branding effort to promote Ipoh, not only as the equivalent of Kuala Lumpur

but that of Bangkok, Hong Kong and New York," she added.

The eventful evening was graced by popular local artist, Dayang Nur Faizah. Among the award winners was Ipoh Echo's stringer, Emily Lowe. She was the judge's pick in the blogger category.

Rosli Mansor



## Facelift (Rhytidectomy)

**Dr. Leow Aik Ming**

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

Facial aging reflects the dynamic, cumulative effects of time on the skin, soft tissues, and deep structural components of the face, and is a complex synergy of skin textural changes and loss of facial volume. Many of the facial manifestations of aging reflect the combined effects of gravity, progressive facial bone resorption, decreased soft tissue elasticity, and redistribution of subcutaneous fullness.

Facelift, or rhytidectomy, is a cosmetic surgical procedure that improves visible signs of aging in the face and neck. The aesthetic goal is to rejuvenate and improve facial contours and overall appearance through the tightening of facial tissue and muscles, and the repositioning of skin. This helps remove wrinkles and droopiness from the eyes, face and neck, creating a more defined facial structure and overall rejuvenated appearance. It is important to be aware that facelift does not stop the aging process.

Most facelift techniques focus on the lower facial areas, such as the jawline, jowls and cheeks. A facelift can also focus on the midface or the forehead. In some techniques, deeper facial tissues may be repositioned or tightened to restore a more youthful contour. Today, many different techniques such as **traditional facelift, limited incision facelift or MACS (Minimal Access Cranial Suspension) facelift** exist with outcomes that can be consistently reliable, safe, and durable. The selection of different types of facelift techniques will depend on the area of the face that is targeted and the amount of desirable changes.

Other procedures that might be performed in conjunction with a facelift to achieve desirable aesthetic results are brow lift and eyelid surgery to rejuvenate aging eyes or neck lift to improve the neck contour. Fat transfer or fillers may be suggested to replace the depleted fat volume in the face. Complementary treatments such as dermabrasion, peels or laser may be offered to improve the quality and texture of the skin.

Facelift surgery can only be performed surgically. Non-surgical rejuvenation treatments cannot achieve the same results as facelift, but may help delay the time at which a facelift becomes appropriate and complement the results of surgery. Some non-surgical treatments, such as stem cell facelifts, are of unproven benefit.

### Ideal Candidates for Facelift:

The best candidates for a facelift are men and women who are looking for an improvement in their appearance and have realistic expectations. A facelift can make a person look younger and fresher. It may enhance self-esteem but it won't give a totally different look, nor can it restore the health and vitality. Always remember that when a person decides to undergo any cosmetic surgery, it is for oneself and not for others. Always be ready for a recovery period of a few weeks if you want a long-lasting result.

### Postoperative Expectations for Facelift:

After surgery, the head and face will be loosely bandaged to help reduce swelling and bruising. Depending upon the situation, a drainage tube may be inserted behind the patient's ear to prevent blood and fluid from collecting under the skin. Pain medication is usually prescribed to make the patient feel as comfortable as possible following surgery. During the facelift recovery, patients should allow for adequate healing time. Expect some postoperative swelling, numbness, and bruises for about 2-3 weeks. All incisions and dressings should be kept clean and dry. For the first few days, the head should be kept elevated and immobile in order to minimize swelling. Most of the stitches will be removed in about 5-7 days.

Strenuous exercise should be avoided for at least the initial two weeks after surgery. Alcohol or hot saunas should be avoided for several weeks. During the facelift recovery period, extra rest is very important to promote proper wound healing. The outcome of face lift results will be apparent gradually once the swelling and bruises resolve.



Copyright of Dr Leow Aik Ming

Copyright of Dr Leow Aik Ming

## Tourism

# Koo Kee: A Peek at the Past



Located at Ipoh's favourite tourist spot, Ipoh Old Town, Koo Kee is a place to go if you want to see how the 70s and 80s looked like in Malaysia. Curated and managed by See Kok Shan, who has personally collected all the vintage and classic items as a hobby, he is passionately keen to exhibit it to the public.

"This is my second space. The first time-tunnel museum is in Cameron Highlands and it is also the first in Malaysia. Most of the items displayed here are the result of collecting classic pieces for 10 years," said See.

Upon arriving at Koo Kee, the first scene that greets you is the incredible wood pieces that are available for purchasing, while up on the second floor is where See's exhibition begins. Visitors will be greeted by a classic bicycle and old traffic light and then they can explore the entire floor to get a glimpse and feel of the 70s and 80s era.

One crowd favourite is the old kopitiam section where you can see what an old coffee shop looked like. Each section of the museum is carefully decorated with detailed pieces that is guaranteed to bring back nostalgic memories for those old enough to remember.

"This is my first time visiting this place. When I look at the items here, old memories flash through my mind. I smile and remember the old days, how my grandfather used to live," said Herman Iskandar Dzulkarnain, a visitor to Koo Kee.

Another highlight of the place is the alley where See placed old cassettes, vinyl records and old cameras. As an avid collector of vintage items, See is still doing some renovations to Koo Kee.

"I am currently working on the third floor which will display a living room from the old days. I really enjoy doing this and hopefully visitors like it too."

At the moment, there is no entrance fee. However, after See and his team finish with the renovation, a small ticket price will be charged on entry. Koo Kee opens every day from 9am till 4.30pm except Mondays and is located at 23 Jalan Panglima, 30000 Ipoh. Readers can visit their Facebook page at [www.facebook.com/KooKeeIpohOldTown](http://www.facebook.com/KooKeeIpohOldTown) for more details.

Ili Aqilah



## Perak International Bike Week



Perak has launched its very first Perak International Bike Week (PIBW) as an annual state event on November 3 in conjunction with HRH Sultan Nazrin's Birthday which is celebrated on the first Friday of November every year.

During the launching, state exco for Tourism, Arts Culture, Communication and Multimedia, Dato Nolee Ashilin Mohammed Radzi said PIBW has the potential to bring riders and fans of motorbikes to come and visit Ipoh.

"Take a look at the turnout today. We have riders and visitors coming from Thailand, Singapore, Brunei, Indonesia, Australia and even from United Kingdom! This will definitely contribute to the number of visitors to Perak," said Nolee after the event.

PIBW 2017 was an idea by Perak Biker Clubs (Apps Biker) where they worked together with another ten clubs with a mission to promote Perak among motorcycle riders. According to the programme chairperson, Azmi Hashim, his team and he decided to launch the programme on the same day of HRH's birthday to make it more special.

"We have 80 helmets that is written with 'Daulat Tuanku' as a sign of respect towards His Royal Highness, Sultan Nazrin," added Azmi.

The three-day event that began on November 3 to 5 saw over 25,000 visiting the affair that was held at Amanjaya square. Some of the activities held included competitions for Best Bike, Best Custom Bike, Best Kapcai and motorbike performance by the Road Transportation Department Malaysia.

Among performances happening during the event were a Chinese Dance Performance by school students and Sewang Dance by the Orang Asli community. PIBW 2017 also held a special lucky draw session where Ahmad Asrul Shaari brought home a Modenas v15 bike.

Ili Aqilah



# Nosh News with SeeFoon

Pics by Vivien Lian



## Healy Mac's

Fancy an old fashioned Irish breakfast? At any time of the day? Then head to Healy Mac's the **genuine Irish pub** in Greentown, where the beer flows and the food is robust.

You don't have to have a beer with your breakfast but if breakfast is way past your lunchtime or dinner even, then go on, spoil yourself and have a pint or two as you tuck into imported bacon and genuine Irish sausage with your eggs done any way you like it. And if beer (separate order) is not to your fancy, the breakfast comes with coffee, tea and orange juice for **RM28 net**.

If it's lunch you're after, then **Litha Letchimanan**

the head Chef and Outlet Manager for Healy Mac's, Ipoh, has a wonderful array of tempting choices for you at an unbeatable price.

Garlicky **Spare ribs** with tangy chilli padi, Thai basil, and served with white rice **RM14++**; **Chicken Romano** with al dente spaghetti **RM16++**; **Chicken Mee Goreng** **RM10.90**; **Sweet and Sour Chicken**, battered, deep fried and coated with sweet sour sauce; **Chicken Parmigiana** **RM16++**.

All lunch items come with Mushroom Soup and refillable iced lemon tea. What a great value meal.

And for me my favourite menu items at Healy Mac's are their whole Pork knuckle which is a whopping big portion and definitely a "must-share" item at RM69 for 1.3kg and RM89 for the 1.7kg knuckle; and their pizzas which only starts at 3pm when their pizza oven is heated up.

**No. 2, Ground Floor, Persiaran Greentown 4, Ipoh.**  
**Tel: 052493627**

**Business hours: 12pm till 1am Sundays to Thursday; 12pm till 2am Fridays and Saturdays.**

## Vegan Life

I usually avoid vegetarian restaurants like the plague, not because I'm an avid carnivore but because of the tendency especially in Chinese ones to use an excessive amount of MSG. So when Vivien Lian, who is assisting me in research for my new Foodie Guide (watch this space), told me about Vegan Life, I was very dubious and hesitant about going.

Well my fears were allayed as Vegan Life really truly does not use MSG and I had a delightful meal there recently. Not only do they not use MSG but as it is strictly vegan, there is no onion, no milk, no garlic, no honey, no 'fake meat', no white sugar and no white salt in their food.

The menu is quite extensive with most menu items priced between **RM9.99 to RM12.99** with a few special ones that go slightly higher, the highest being the **Claypot Mushroom** at **RM18.99**.



The **Tofu Satay** was excellent, crispy tofu chunks served with a satay sauce that was seasoned perfectly, not too sweet as most satay sauces tend to be, served with a chiffonade of cucumber – **RM12.99**. **Asam Laksa** was yumilicious with mushroom, tofu, seaweed, lettuce, torch ginger, bean sheets and topped with fried shallots. The broth was very umami, with a seaweed instead of the usual fishbase – **RM10.99**. They also

have a whole selection of soupy dishes from **Bak Kut Teh** (with mushrooms and bean sheets instead of meat), to **Tom Yum** and **Curry Mee**.

Their noodle dishes were equally delectable, having tried their **Spicy Fried Spaghetti**, which was al dente, with mixed mushroom and packs quite a bite – **RM11.99** and the **Indonesian Fried Spicy Noodles** which again was tangy and spicy using rice vermicelli (meehoon) and permeated with the fragrance of fresh *bunga kantan* or torch ginger flower – **RM9.99**.

Vegan Life is certainly one vegetarian restaurant I shall return to over and over, knowing that I will not have a MSG reaction after the meal as well as feel so virtuous!



**Vegan Life**

**25 Jalan Medan Ipoh 7, Bandar Medan Ipoh, Ipoh.**

**Tel: 012 566 6044**

**Business hours: 11.30-4pm; 6pm-9pm | Closed Wednesdays**

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## Community

## Fighting Against Cybercrime

With the growing numbers of cases reported on cybercrime, the Police Family Association (PERKEP) from Ipoh's District Police Headquarters (IPD) together with Pertubuhan Wanita Prihatin Perak (PWPP) conducted a talk on cybercrime on October 26 at Perak's Mes Pegawai Kanan Polis recently.

Officiated by the chairperson of PWPP herself, Datin Normah Hanum Ibrahim who strongly believes that it is important for the public to know about the danger of cybercrimes.

"All the sweet talks and empty promises have made women the victim of internet scam especially on social media websites," said Normah.

Together at the talk was Crime Analyst, Kamal Affendi Hashim who stated that over 80% of cybercrime victims were women which started with victims meeting the scammers on social media websites before exchanging phone numbers.

"These days, people spend more time on social media to socialise and scammers like to put interesting photos with the intention to lure potential victims. These naïve women give the scammers money and some even to the extent of borrowing cash from illegal money lenders while not having met the scammer in person," said Kamal Affendi.

There are also a few cases where victims fell in love and sent nude photos of themselves where it was then used by these criminals to blackmail the victims. These crimes are usually organised and well-planned, causing victims to not only lose their money but also breached their safety and reputations.

"We have a term for this kind of crime. It is widely known as the 'Love Scam' and is popular among Africans who usually scam victims through social media networks," added Affendi.



There are currently three types of cybercrime. One is the syndicate crime where it is conducted by a larger group and have a multi network system; another is the serial crime where there is only one scammer doing the same repetitive routine to trick different victims one at a time and the third ones are other types of individual scams of different modes.

Luqman Hakim

## A Day at MAPS



Movie Animation Park Studios (MAPS) employees played host to disabled children and orphans recently in a programme named 'MAPS Day Out'.

Jointly organised by MAPS and Kiwanis Malaysia, the event, held on Saturday, October 28, was to entertain 520 disabled children and orphans from 20 welfare homes and organisations throughout Malaysia.

The children, according to MAPS Marketing Executive, Jeffrey Hanafiah, were between the ages of 5 and 18.

The objective of the programme, said Jeffrey, was to provide an opportunity for the children to enjoy the facilities available at the theme party.

"Similar events are held simultaneously at other locations around the world. Over 60,000 Kiwanis members and children are involved.

"With popular cartoon characters such as Boboiboy and the Smurfs entertaining them, it's definitely a memorable day for them," he added.

One of the participants, Grace, 17, from Good Shepherd Family Home expressed her excitement at being able to experience the rides and to watch extreme stunts live.

"This is my first time here and I'm so excited. I enjoyed the rides so much and hope to come here again," she said. Grace made many new friends too.

Rosli Mansor

## Cycling for Charity

November 18 to 24 will witness two Ipohites, 54-year-old **Ernest Balasingam** and his 20-year-old son, **Nathanael**, embarking on a gruesome 800-km cycling journey for reason of charity. Their road journey from Chiang Rai to Chiang Mai through the Golden Triangle (Laos-Burma-Thailand) will take seven days.

"This year every ringgit we raise will go to **Yayasan Sultan Idris Shah Ipoh** which, since the mid 80s, has been providing physical and occupational rehabilitation to the underprivileged. We believe our effort and the money raised will be the first step in helping stroke sufferers to gain some mobility in respect of their activities for daily living," said Ernest to Ipoh Echo.

Since 2011, the Ipoh-based lawyer has taken part in eight charity rides in Thailand. When asked what motivates him to do so, he replied, "To live out a dream as a father to be able to cycle 800km with my son in a week. This is our third outing together. The first was in 2015 from Bangkok to Phuket and the second in 2016 from Bangkok to Phitsanulok."

"It's also to bring change and meet my friends from the four corners of the globe. It's not where we ride or when we ride but who we ride with is important," he posited.

Here is Ernest's advice for beginners: "Don't think about it, just do it. Ipoh is the best

place in the country to cycle. There is no necessity to put your two-wheelers in cars and drive 50km to cycle. You can step out of your house and the road will take you anywhere in Ipoh."

He hopes the state government will build cycling lanes and assign bicycle-friendly routes.

The duo is part of the **AWOL (A Week of Laughter)** team, a Malaysian-based cycling fraternity whose members cycle to support causes close to their hearts.

"AWOL came about because most of us have been cycling as a group since 2011. We've developed a very close synergy. Our tour has always been about fun and camaraderie. It's not a race nor is it a challenge to see who is the strongest. It's just a leisure ride while enjoying the scenery, culture and food," he explained.

Members from different nations usually cycle in Thailand during the third week of November.

"Bad days are part and parcel of the tour. You start fresh but eventually you'll have the common muscle fatigue, backaches, saddle sore, heat stroke and urinary tract infections, but we get through them somehow. As much as it's a charity tour, it's also an individual challenge with the weather, terrain and distance," said Ernest.

"You come with the heart to make a change be it at home or in Thailand. We expect our riders to contribute and serve," he concluded.

To follow Ernest and Nathanael's journey, check out the **AWOL Riders Facebook page**.

Those wishing to donate can visit [www.ysis.org.my](http://www.ysis.org.my) for details. Yayasan Sultan Idris is located at Lot 158413, Lorong Bercham 11, Ipoh. It can be reached at 05 548 1066. Donations are tax exempted. Receipts will be issued.

Mei Kuan



## ANNOUNCEMENT

### HOMEBOUND OR TOO BUSY TO SHOP?

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Friday: Aeon Big; Saturday: Frozen food market & JT Organic & Diabetic Food;  
Sunday: Wet market.

For more information, Whatsapp Kay Chong **012 588 8109**. Facebook: Kay Chong.



## Community

# Efforts to Honour Veterans

“The 74 veterans present today were injured during operations in Perak. Most are retired except for two. Many of them sustained leg injuries that required amputation,” said Brig-Gen Datuk Mohd Nizam bin Hj Jaffar, Commander 2nd Malaysian Infantry to Ipoh Echo.

The brigade-level event honouring the wounded was held on Saturday, October 28 at the commander's official residence along Thompson Road, Ipoh.

“This is part of the Warriors' Day celebration, thus we need to remind them that they're still in our minds. Without them where would we be?” he pointed out.

According to Nizam, a WhatsApp group was created

to keep them within the loop. The Department of Veterans Affairs maintain their records and contact details.

“Some of them shy away from society and we don't want that to happen. This is the objective of this outreach programme. We want them to know that they're still relevant and we're here to help them the



best we can. We help to build and repair houses for these veterans and assist in their children's education too. I hope Ipoh Echo can help to propagate this,” he added.

“Since February, we've organised numerous campaigns throughout Perak to encourage veterans to return to society. This is an on-going effort and it's my responsibility to see it through,” the commander concluded.



## VACANCIES

CPE Training and Development Centre, Ipoh, committed to helping pre-schoolers to read and communicate in English, is looking for dedicated and resourceful teachers with a good command of the English Language who are able to make learning fun and interactive.

Teachers are part-time and must have some experience in group teaching. Possessing a Diploma or a Degree in Early Childhood Education would be an advantage but not essential. Experience and talent are plus factors. Training and materials are provided. Positions to start in January 2018.

Email resume (original, not plucked out from the Internet) to [readpro79@gmail.com](mailto:readpro79@gmail.com).

Only shortlisted candidates will be contacted.

Teachers are also wanted to teach Primary and/or Secondary students Cambridge English.

Present was Captain (Rtd) Roslan bin Mohd Din, chairman of the Perak Disabled Veterans Club. “Presently, the club has 73 members (65 retirees and 8 widows). It was established in August 2009.”

The Warriors' Day celebration has been extended to schools as part of the government's effort to instil patriotism in students.

Mei Kuan

## Adventist Outreach Programme



The Seventh-day Adventist is a branch of Protestant Christianity which places great emphasis on diet, health and the holistic search for one's own identity. It considers Saturday as the seventh day of the Christian week.

The church at Jalan Raja DiHilir hosted a 3-day programme from October 27 to 29 stressing the importance of health, nutrition and fitness. It was opened to the public.

“Scientists in the US found that Adventist people live longer than the average person,” said Dennis Ng, the Co-director for Adventist Community Services. “This is because we follow this health and lifestyle programme known as **NEW START**, and it's a way of life for us.”

NEW START is actually an acronym for Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest and Trust – a vegetarian-based regime that promotes both physical and mental well-being. “These are the eight basic requirements in our daily life that could lead to optimal health,” he added.

The 3-day event highlighted and promoted this lifestyle and health in general. Health-related activities such as fitness test, vegetarian feast, CPR demonstration, pap-smear and breast examinations were held concurrently. The objective was to encourage and instil awareness in people to take charge of their own health therefore improving their own quality of life.

Besides the hands-on activities, talks by speakers from different hospitals on a broad range of health issues were also organised.

“We're known for all health-related things. Some know us for our educational works, human rights, and our liberty endeavours,” said Dennis. “People are very health-conscious these days. We believe that the best way to health is not through health insurance but prevention itself.”

Personnel from Lembaga Penduduk dan Pembangunan Negara Perak (Women and Family Affairs Development), Hope on Wheels, Batu Gajah Mobile Blood Bank Unit, Ipoh District Red Crescent Society, CK Optometry and the Adventist Community Services team were on hand to help out in the programme.

Jack Foo

## Upcoming Event

# I Have A Dream

Organised by Perak Society for Performing Arts (PSPA), Ipoh will witness its very first musical with the accompaniment of a live wind orchestra on Saturday, December 16 at 7.30pm. The venue is the RTM Auditorium, Ipoh.

At a press conference held on Saturday, November 4 media representatives were told that the show titled, “I

Have a Dream” is an ABBA-themed musical featuring stories of individual struggles and passions in the pursuit of their dreams. It is also intended to reflect a dream much closer to home – making Ipoh the city of performing arts.

It is a collaboration between the PSPA Singers and the Kinta Valley Symphony Society. Listening to ABBA would be like taking a trip down memory lane for many. In 2008, “Mamma Mia the Movie” was shown in cinemas, featuring ABBA's signature songs. This time, audiences get to see a live orchestra in action. It is a show worth watching, as the experience is something out of the ordinary.

Entry is via donation. It is divided into three categories. Category 1 (124 numbered seats) at RM250 each, Category 2 (91 numbered seats) at RM150 each and Category 3 (164 free-seating) at RM80 each. There is a 10 per cent discount for senior citizens (aged 60 and above) and a 15 per cent discount for students and the disabled (with documentary proof).

Fifty per cent of proceeds from the show will go to the National Stroke Association of Malaysia (NASAM) Ipoh, Perak.

Reservations can be made at PSPA Store: [www.ipohcity.com/pspa](http://www.ipohcity.com/pspa) or call: **05 545 0350 or 012 505 6192**. The society can be reached via email: [pspaipoh@gmail.com](mailto:pspaipoh@gmail.com) or via its website: [www.pspaipoh.org](http://www.pspaipoh.org).

Khaleeja

## 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



## Education

# Developing Youth as Environmental Ambassadors

**R**akan Saintis Sungai programme offers students first-hand learning experience on water conservation

Water is an essential element for life but many take it and wastewater management for granted. As part of its commitment to generate awareness of the importance of water conservation to protect and preserve water resources, Chemical Company of Malaysia Berhad (CCM) has launched the Rakan Saintis Sungai (RSS) CCM programme, in conjunction with the state-level National Environment Day 2017 celebration in Perak.

Led by CCM's Chemicals Division, the RSS programme is held in collaboration with the Perak Water Board and the Perak State Environment Department to equip programme participants with hands-on skills and knowledge that will empower them to take ownership of their actions toward the environment, particularly water resources.

Organised for the first time in Perak, the programme offers 80 students from secondary schools in Perak, Universiti Teknologi MARA (UiTM) Seri Iskandar and Politeknik Ungku Omar the opportunity to gain invaluable on-ground experiences in natural settings beyond classroom walls that can help them to learn about the importance of natural resources especially waterways, from different perspectives.

During the four-day RSS programme, the students will participate in various activities including conducting water quality tests at Sungai Perak, visits to the Kampung Senin water treatment plant to learn about the importance of water treatment in providing clean water to the surrounding community, team building activities that revolve around environmental issues, and talks on water management and safety particularly on sanitation and safeguarding river water quality.

En. Anuar Kasim, Chief Executive Officer of CCM Chemicals said the RSS programme is the perfect platform for the students to acquire high quality learning experiences by developing their young inquisitive minds and critical thinking skills, and improving their problem-solving abilities to make the right decision in real-world situations.

"Taking the students outside the classroom helps them to better understand everyday problems facing the water industry and address the issues by learning daily examples of thinking skills such as analysing and evaluating data, and interpreting the results to draw sound conclusions," said Anuar.

"We are confident that the RSS programme will encourage the students' interest in science and environmental conservation, and inspire them to be the new generation of environmental champions who will help young people enact change for a brighter future for our planet," he added.

Dato' Ir Mohd Yusof Mohd Isa, General Manager of the Perak Water Board said



the RSS programme provides young people with fresh insights on the importance of safeguarding rivers and motivates them to be environmental heroes in their own community.

"Our collaboration with CCM and the Perak State Environment Department proves that such a private-public partnership can help to tackle environmental issues especially river conservation by educating local communities on how crucial it is to preserve water quality of the local rivers that play a vital role in our environment, economy and livelihoods," said Dato' Ir Mohd Yusof.

"Our rivers are assets to the community. These young generation of environmental stewards can contribute to conserving the rivers and respectfully maximise their potential benefits for tourism and the economy. I hope the RSS programme will encourage the students to learn as much as possible and continue to be lifelong conservationists," he added.

Tuan Haji Abdul Razak Haji Abdul Manap, Director of the Perak State Environment Department who was also present at the launch commended CCM and the Perak Water Board for co-organising the educational programme.

CCM's RSS has involved schools across Perlis, Sabah, Negeri Sembilan, Melaka, Penang and Johor, and reached out to over 1,800 students since it first began in 2010. RSS continues to nurture the young to care for the environment and aims to increase the number of participating schools as the programme grows.

## Yayasan KLK Scholarships for Young Malaysians

**K**uala Lumpur Kepong Berhad (KLK) held its annual presentation ceremony for its scholarship programme at its Mutiara Damansara office last week.

In line with the company's corporate responsibility initiatives, KLK has been providing scholarships to deserving and outstanding Malaysians to pursue full time undergraduate studies at local private and public universities through its foundation, Yayasan KLK since 1985.

KLK is humbled by the opportunity to make a difference in the lives of young Malaysians by enabling them to pursue their academic goals and acquire their dreams. Yayasan KLK is awarding about RM370,000 in scholarships to nine deserving Malaysian students from low income families.

Amongst the recipients for the scholarship awards are Veshmen Poopathi, Ishvinderpal Kaur Raspal Singh, Hu Zhang Wei and Fu Xiao Ying who will be pursuing undergraduate studies in the field of chemical engineering, Mohammad Arif Ramly in Agriculture Science with Ku Cui Lyn in Applied Chemistry.

The scholars will also be given the opportunity to gain working experience through KLK's internship programme during the course of their studies. The internship programme aims at providing the scholars various skills to increase individual abilities to develop their marketability prior to starting a career in a more challenging business environment. Upon completion of their studies, the scholars will also be given employment opportunity under the KLK group of companies.

At the Scholarship Presentation Ceremony, KLK Group Chief Financial Officer Soon Wing Chong and Executive Director of KLK Land Sdn Bhd Dato' David Tan presented scholarships to the recipients while encouraging the young scholars to broaden their perspective and dedicate to their studies in order to become individuals who will lead the future of Malaysia.

Kuala Lumpur Kepong Berhad is committed to continue playing an active role in youth development to nurture future leaders for the organisation and the nation.



## A Learning Laboratory



**K**inderJoy Education Group signed a Memorandum of Understanding (MoU) with Wawasan Open University (WOU) on Thursday, October 26.

It was to appoint KinderJoy as a Learning Laboratory for WOU's Diploma in Early Childhood Education (DECE) programme.

Signing on behalf of KinderJoy was its Executive Director Stephanie Liu while WOU was signed by its Vice Chancellor, Professor Dato' Dr Ho Sinn Chye. It was witnessed by Professor Santhiram Raman, Dean of WOU's School of Education, Languages and Communications and C.J. Liu, Founder and Executive Director of KinderJoy.

Guest of Honour, Aznan Alias, Perak Education Department Head of Special and Private Education Sector was also present to witness the signing ceremony.

The collaboration, said Stephanie, was to satisfy the Ministry of Education's requirement for the minimum qualification of a Diploma in DECE for all preschool teachers by 2020.

"It's commendable of MOE to regularise the early childhood education industry. Educators can now be regarded as professionals rather than nannies," she said in her speech.

Professor Ho expressed his gratitude to KinderJoy for allowing the university to use the kindergarten's facilities to train their students. Wawasan Open University began the course in January 2017.

"This is a part-time programme delivered via distance-learning mode.

"The course is available at all our five centres namely, Penang, Kuala Lumpur, Johor Bahru, Kuching and Ipoh," he added.

**Nabilah Hamudin**



## Education

# International Recognition for Crew Skills



**C**rew Skills International has recently been awarded a citation, on a global scale, as a recognised quality culinary education provider by the World Association of Chefs Societies (Worldchefs).

This makes it a **first for Perak** and the fourth in Malaysia, thus putting Crew Skills International on the map and ranking it with institutions such as Taylor's, Sunway, Berjaya and KDU.

**Worldchefs** is a global network of chefs associations founded in 1928 in Paris by the venerable Auguste Escoffier who espoused global training methods for cooks.

"To be given this recognition is very significant to us because anybody, who has been trained by us and who has received the award, is going to be recognised globally.

It says that the people that we produce are competent," said **Garry Prior**, the Non-Executive Director of the institution.

"Plus, we are the second school in Malaysia to offer Australian qualification (RTO) which is recognised by Australian immigration authorities for professional skills visa," Suresh Subramaniam, CEO shared with Ipoh Echo on Friday, October 13.

"For the price that we are offering, compared to most top-level schools, we are one-third their price. We don't just train you, we also place you for jobs. We've tied with top range hotels in Malaysia such as St Regis, the only 6-star hotel in Malaysia. We do have job offers all over the world for our students," Suresh added.

Crew Skills trains students as professional cooks using JPK qualifications, City & Guilds Diploma in Culinary Arts and Australian qualifications and assists candidates to get jobs. To date, Crew Skills has trained over 300 world-class chefs who are serving in industry; from 5-star hotels, resorts, fine restaurants to luxury international cruise ships.

The pool of talents at the culinary school includes Chef Bala, the Culinary Director & Senior Lecturer who has worked in many places throughout the world over the course of his career, including eight years as Principal Western Chef for Istana Brunei.

Established in 2012 at Bercham, the culinary school has intakes every month with a capacity of 25 students in a class. Fees for the combined City & Guilds diploma course (including registration, uniforms and kitchen knife set) amount to RM37,200 with monthly payments over 17 months available.

Meanwhile, course fee for the combined Australian professional chefs course is RM55,000 with progress payments available. Skills Development Fund Corporation (PTPK) loans are available for qualifying candidates of programmes covering entry level or basic training.

Crew Skills will be offering bursaries and discounts for all the programmes.

**Interested readers can contact the culinary school with the following details:**

**Address:** No. 9, Lintasan Perajurit 17G, Taman Perdagangan dan Perindustrian, 31400 Ipoh, Perak Darul Ridzuan.

**Phone:** (605)545 9800; (605) 549 2846

**Email:** [info@crewskills.edu.my](mailto:info@crewskills.edu.my)

**Web:** [www.crewskills.edu.my](http://www.crewskills.edu.my)

Mei Kuan

## MBI-Round Up

### PARKING DISCOUNT

**I**poh City Council is offering January 2018 parking passes for RM30 each. However, here is the catch – it is only applicable to the first 20,000 property owners who settle their annual assessment rates (in full) early.

To qualify for the discounted parking passes, Mayor Dato' Zamri Man said early birds must not be in arrears (no outstanding payments due).

"This is to encourage ratepayers to settle their dues early. Property owners will be duly notified in their bills," said the mayor after chairing the monthly council full-board meeting on Monday, October 30.

During the press conference, Zamri disclosed that property owners are still owing the council RM42 million in arrears for 2016.

"We'll act on those who, in spite of written warnings, still refuse to pay up by sealing their movable properties, as permitted by council laws," he said.

The council has begun its sealing action in November.

### MEET CLIENTS DAY

**T**he council has made its meet-the-client day more visible and assessable by holding it on the first Tuesday of every month. The session is now held at the Urban Transformation Centre Ipoh instead of the council building.

On Tuesday, November 7, nine counters were opened between 9am and 5pm. The session is opened to all Ipohites either to lodge complaints or to settle outstanding payments. The objective is to ensure that contact with officers and staff of City Council is made easy.

A housewife, who only wanted to be known as Mrs Lee, said she was there to register a complaint about the clogged drain in front of her Silibin house. It has been clogged for several months. "The situation is worsen by the current wet spell. It's a perfect breeding ground for mosquitoes," she lamented.

She hoped the council would act on her complaint immediately.

### ILLEGAL BANNERS AND STICKERS

**B**anners and stickers promoting illicit money-lending services by ah long (loan sharks) are found all over Ipoh. These banners and stickers are normally placed and plastered on walls, lampposts, road signage and on tree trunks.

They are very unsightly and at times obstruct the view of motorists and thus become a nuisance. Efforts to remove them are ongoing but the best of deeds by the authorities will come to nought if the menace is not addressed holistically.

The culprits are not only the errant ah long but legal money lenders too, as that is the surest way to reach their intended target – the not-too-savvy small-time businessmen who require quick cash minus the hassle.

Realising the enormity of the problem, Mayor Zamri Man conducted a two-day tour



By Nabilah Hamudin

of Bercham and Kledang to gauge the situation for himself. He was on the ground on November 7 and 8 and along with council workers began removing the offending banners and stickers. Over the two-day period some 2000 banners were destroyed.

Removing these items are done jointly by the council's licensing department, the advertisement unit and the enforcement division. From January to September this year almost 90,000 banners and stickers were removed and destroyed. Over the same period 1468 compounds, worth RM274, 215 were issued to those who flouted the council's by-laws.

Ipoh City Council By-Law on Advertisement 2013 empowers the council to compound offenders with a maximum amount of RM250.

### IPOH CAR FREE DAY

**O**ctober's edition of Ipoh Car Free Day was held on Sunday, October 22 and Deepavali was the theme.

The atmosphere along Jalan Raja Dihilir, was filled with Indian festivity songs. Some 32 booths were erected for those taking part. Over 7000 people partook in the monthly council-sponsored event targeted at making Ipoh a carbon-free city. Cycling, roller skating and hover-boarding were the order of the day.

People were everywhere, some walking, some jogging while some were simply enjoying the morning decked in traditional Indian costumes. Among the activities on the cards were aerobics, street soccer, health screening and a mass colouring contest.

Ipoh's premier property development company, Team Keris Berhad (TKB) took part for the first time. They organised some team activities such as walkathon, basketball dribbling competition, rope jumping and, as an added attraction, a lucky draw. The TKB booth was the most patronised that morning.

Ipohite Ahmad Zarul Hisham Halim, 44, told Ipoh Echo that he and his family had never missed being part of the car-free day since January this year.

"It's good to see my wife and my two kids cycling along this stretch of road early on Sunday morning," he said.

The event, which began at 7am, ended at 11am.





## 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.

## Kanthan Cave

Regarding the article on Kanthan, "Do Caves and Cement Mix?" by Jack Foo in the last issue of IE, No 269, I would like to point out a few things.

The trapdoor spider *Liphistius kanthan* is actually listed as Critically Endangered (CR) on the IUCN Red List, not Endangered. This CR status is much more serious and is the last one before extinction.

Gua Kanthan is 435m long, not 270m. I was on the original survey team in 2001 and the survey has been published in international journals, etc.

The ladders and ropes have been put in fairly recently, probably within the last 10 years.

*"Some of the future plans for Kanthan Hill will include conservation efforts where sensitive species are found, establishing a nursery for native species of the area with the objective of rehabilitating the quarry with these local species that not only includes the trapdoor spider, but also the bent-toed geckos, cave crickets and cave millipedes, amongst others."*

This paragraph can be read in different ways, but I assume the plans don't include rehabilitating the quarry by introducing the cave spiders, crickets and millipedes.....?

## Tasek Dust

Re the letter on dust from the Tasek Cement factory in IE 269, it seems this has been an ongoing problem for decades. In fact ever since the plant was built. The Straits Times on February 2, 1964, had an article "Row over cement dust fall-out for King" and that was prior to the Sultan opening the cement works on September 12, 1964.

Ipho Echo 66 also did a report January 16-31, 2009.

So it seems the locals have been suffering for a long time.

Liz Price

## Appeal for Donation of a Van

This is a sincere call to help the Perak Society for the Promotion of Mental Health in their quest to seek a kind donor for a van. This is urgently required as this society is looking after over 100 female residents who receive rehabilitation treatment in mental disorders. We have 30 staff – consisting of nurses, clerical staff and visiting doctors. These residents are required to be sent to various government hospitals including Hospital Bahagia in Tanjung Rambutan, Perak, for medical check-ups regularly. For this, the society needs a proper and reliable van to transport them for their medical treatment. At the moment, the present van is giving periodical engine trouble and the cost of repair is too stiff for the society to manage. It is therefore our hope and prayer that a kind donor will answer our prayers for a new van.

This society was established in October, 1967. A pilot project for the rehabilitation of mental patients was started under the brainchild of Tan Sri Dato' Seri Azlanii Dr M. Mahadevan who was then a consultant psychiatrist and later became the Director of Hospital Bahagia. Its motto is "Curing by Caring". The current President is Dato' Dr M. Majumder, a very dedicated individual who took the helm of this society in 1985 till now. The EXCO consists of a Vice President, Hon. Secretary, Assistant Secretary, Hon. Treasurer and eight EXCO members who are a driving force to be reckoned with.

So, in order to proceed with our sincere dedications and devotion to this society, we are appealing for a van to be donated to this society whereby the donor's name will be printed onto the van. This Society is fortunate to have a dedicated counsellor, 30 staff, drivers and well-wishers to promote a better standard of mental health socially and educationally necessary to live in the community.

Members of the public are most welcome to visit this society's centre at: Lot 18200, Batu Lapan, Tambun, 31150 Ulu Kinta, Perak.

K. Letchimanan

## Dedicated Doctors in GH

The Cover Story of Ipoh Echo Issue 269 (Nov 1-15, 2017) was on the good and bad of public hospitals and I would like to share my good experience. I have been going to the Eye Clinic in Raja Permaisuri Hospital for more than eight years. Knowing well, that in spite of the appointment time given, I have to wait for a long time, I carry books and magazines to keep myself occupied. Most of the time I see the doctor before one o'clock, the lunch break. Only rarely do I see the doctor during lunch break and this happened during my last appointment about three months ago. I saw the doctor at about one thirty. The nurses leave for lunch at 1pm and the doctors are by themselves.

When I asked the two young lady doctors how they feel about being left alone, they said it was alright with them. They added that they are dealing with people and must attend to their needs. As doctors it is their duty to look after patients which is their main priority. They added that most of the time they have only about 15 minutes for their lunch and eat junk food. I saw a bun on the table of one of the doctors. That must have been her lunch. Though the bun was wrapped in plastic, personally I would hesitate to eat food kept in that environment.

On one occasion I saw a doctor who had lost her voice and could hardly speak. She was struggling to talk. She said sorry, but I felt sorry for her. I told her she must be on MC. She said due to shortage of doctors she had to work. Duty comes first.

Few years ago when I had an appointment at SOPD (what is this??) Clinic, I had to see the doctor after 1pm. There were two young male doctors. The first thing the doctor said to me was, "Uncle, sorry to keep you waiting". I replied, "Doctor I am sorry for you and not for me." When I asked the doctors what time they started work, they

said 7.30am. They informed that they have to go to the wards after lunch. There was an opened packet of kacang putih on the table and the doctors must be munching in between seeing patients. Even at that time the doctors were cheerful and carried out their work happily.

These young promising doctors have the right frame of mind and when they took up medicine they knew what is expected of them.

On the other hand it is reported that about one thousand doctors doing housemanship had quit their job due to pressure. These people thought it was glamorous to be a doctor, but did not know what was expected of them. During the sixties I was staying with a doctor friend of mine who was doing housemanship. He would be called at midnight and return at 5am. He gets ready and goes to work as usual. This is the life of doctors who save lives.

People who are taking driving licence for motor cycles are taken to the orthopaedic ward in hospitals to see for themselves what happens in case of accident. Likewise, students who want to do medicine must be taken to hospitals to see for themselves what is expected of them. By doing so, probably only youngsters with the right calibre would take up medicine. This would provide opportunity for deserving students to be offered medical seats.

I hope the dedicated doctors I met would progress in their careers and wish they remain in government service and not quit because of the lure of money in the private sector.

A. Jeyaraj

## Arts and Culture

## Artist to Watch: Ng Pui Jo

First in the exclusive interview series of Perakean artists from the **Nando's Art Initiative** features 21-year-old **Ng Pui Jo**.

Hailing from Menglembu, her first-time participation this year saw her work, "Death of Eden King" shortlisted in the digital art category.

She finished her diploma on illustration, movie and game art in The One Academy and is currently studying for her bachelor's degree in illustration at the University of Hertfordshire in the UK.

"I was a science stream student and only started to do art when I left my high school at 17. I appreciate my parents' support since they allowed me to follow my interests and get into what I'm really into. Although relatives said it was such a 'waste' not to choose a science subject in university, I am glad I made the right choice. Even though the journey of chasing your dream is painful, it's good to be doing what you want," Pui Jo shared with Ipoh Echo.

All she wants to share via her works is the world of imagination in her mind which can be beautiful, fancy, dangerous and even scary! She also incorporates humanity issues in her work to serve as a reminder to people and herself.

On the inspiration of her creations, she explained, "Every small thing in my life inspires me, what we need to do is to be observant and combine it with our imagination.

The easiest example, when the tree shakes, an adult will think it is caused by wind but a child will think the tree is dancing!"

Eden is a kingdom where spirits and humans live together and "Death of Eden King" depicts the death of the King due to the mistrust and betrayal from the kingdom mentor who is also his comrade in arms.

Besides the Nando's Art Initiative, she was also involved in the 6th Malaysia International Shoe Festival 2015, Esmo Batik Portrait Painting Project and Blossom Arts Festival Malaysia 2016.

She usually works with Photoshop and enjoys doing

watercolour and line art sketches. "I really like the impasto technique in painting and hope to nail it in both digital and traditional media in the future," she added.

According to her, physical tools like Wacom, line art pen and watercolour should be accompanied by a creative and mature mind as well as a good concept and story. "I am still learning and finding my way to develop my own style. Hopefully one day I can come out with a series of work in my particular style," she enthused.

Citing Zeen Chin, a Malaysian illustrator as her inspiration, she is now working on illustration comics to create more illustrations in continuous form instead of just one painting.

"I know life is tough and sometimes it might sap one's will. All I want to say is do not regret your choice and always think of the original intention of why you wanted to do art," she pointed out. Thus her advice for aspiring artists: "It is never too late to start your art journey."

**Interested readers who would like to commission a piece from her can email her at [ngpuijo@gmail.com](mailto:ngpuijo@gmail.com) or swing by: <https://www.artstation.com/miniriver>.**

After a glimpse into the world of imagination of the talented yet humble Pui Jo, next issue will feature another Perakean artist, Hug Yin Wan, the grand prize winner in the fine art category of Nando's Art Initiative 2015. Stay tuned!

Mei Kuan



Ng Pui Jo



Death of Eden King



## Obituary

By Jerry Francis

# Thomas Wong of “Tom And Jerry” Press Team RIP

Veteran press photographer, Thomas Wong Tuck Keong, and I had gone through “thick and thin” for the greater part of our careers in the press.

Therefore his passing came as a shock to me as he was an active person. Just two weeks earlier, Tuck Keong and his wife were guests at my golden wedding anniversary celebration at a local hotel. And I had ensured that he and his wife were seated around the same table with one of our former editors-in-chief and old friend, Mr P.C. Shivadas, and other veteran journalists.

When welcoming the guests, I had also mentioned his presence and briefly spoke about our experiences during the Turbulent Years in Perak. Little did I realise that it would be my last mention of our “Tom and Jerry” venture in his presence, but now I am glad that I had given him that last respect and honour that night.

Tuck Keong and I were teamed up when I was transferred from Kuantan to the New Straits Times' Ipoh Bureau in 1973. He was then a rookie photographer.

Our “Tom and Jerry” adventure during the height of the Turbulent Years in Perak from 1973 to 1989 had been both exciting and dangerous. Through those years, we were often with the troops on practically every security operation conducted in Perak and in South Thailand.

We also accompanied top military commanders on their inspections of the security forces in remote jungle outposts.

That was how we were dubbed as “Tom and Jerry” – after the popular cartoon duo, by members of the security forces and friends, as we were often seen in their midst.

Although we did not bear arms to fight for “King and Country”, we did our best to boost the morale of the troops and to bring to the general public their hardships and sacrifices through our reports and photographs.

As a dedicated press photographer, Tuck Keong would often dash back no matter how far to ensure that his rolls of film could be processed and ready for printing. If we



Tom (Tuck Keong) at a forward Royal Thai Army's artillery base in South Thailand in 1977

had to stay at a location overnight and continue to cover an incident, he would get to the nearest town where a taxi could be found to rush the rolls of film to our bureau in Ipoh.

Perhaps one of Tuck Keong's most memorable moment was to come face-to-face with the notorious Chin Peng, secretary-general of the Malayan Communist Party, who was in Betong in December, 1989, to supervise the arrangements for the Hatyai Peace Accord that ended 40 years of conflict.

“I had expected to see a fearsome terrorist leader, after hearing all about him from the time when I was in school,” he once told me. “But, all those impressions of him defused when I came face-to-face with him.

“Instead, I saw a cheerful man with a broad grin wearing a bush jacket and a cap. He appeared like a Chinese businessman,” he said.

About 10 years ago, the 64-year-old Tuck Keong underwent surgery at the National Heart Institute (IJN) and had been on medication ever since.

He was having his bath on the night of October 31 when he collapsed. Paramedics performed cardiopulmonary resuscitation (CPR) for about 30 minutes, but he did not regain consciousness and was pronounced dead.

He leaves behind wife Boey Sou Ying, 55, and two sons, Vincent, 29, and Kevin, 25.



## 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 9<sup>th</sup> or 23<sup>rd</sup> 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. Calling all talents! We want You!** You have the talent, we have the platform. All ages, genders and talents are welcome. Bring your own materials and instruments. Tell your friends. Bring down the roof. Come join us, Saturday **NOVEMBER 18, 2pm-5pm at Old Andersonian' Club**. Registration via Facebook: [www.facebook.com/sharpenedword.kinta](http://www.facebook.com/sharpenedword.kinta).

**Perak Department for Arts and Culture (JKKN Perak). FREE ARTS AND CULTURE LESSONS.** Dance and music: Every Saturday 9am-12pm. Children's theatre: Every Saturday 3.30pm-6.30pm. Adult's theatre: Every Friday 9pm-11pm. JKKN Perak is conducting free music, dance and theatre lessons at its complex along Jalan Caldwell for enthusiasts aged 7 and above. These lessons will last till the end of the year. For information call Fairus at 018 958 9049 or JKKN Perak at 05 253 7001.

### CHARITY

**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.

**Dementia Society of Perak. 'My Memory' – An Evening of Golden Hits with the Kuala Lumpur Pop Orchestra. Tuesday NOVEMBER 28, 8pm at Grand Ballroom, Syeun Hotel, Ipoh.** Come and celebrate the golden hits of the 70s and 90s with some of the most celebrated artistes. In aid of Dementia Society Perak. Entry by donation: RM150 (numbered seating), RM100 and RM50 (free seating). For more info, contact: **014 974 6885**.

### COMMUNITY

**PESTA CAHAYA DEEPAVALI 1 MALAYSIA. NOVEMBER 18, 1pm-6pm at Ipoh Town Hall.** Organised by a group of 22 NGOs and 2 government agencies. Open to the public. Free health screening and consultation such as diabetes, blood pressure, heart, breast cancer and fitness. There will be talks on crime, health, sexual harassment, domestic violence and child sexual abuse. Also a free market where used clothes, bags and other household items are given out free. Registration open for those keen to become volunteers to fight crime, protection of women and children and recycling. The first 100 children below 15 will be given a Deepavali packet. 100 food boxes will also be given out to selected senior citizens and poor families. Lucky draws will be held at the end of the programme.

**FATIMAH KIDS' CLUB WORKSHOP: Understanding Your Learning Styles (For children aged 8-12 years only). Saturday November 25, 9am-12pm at Conference Room, 4th Floor, Hospital Fatimah, Ipoh.** Please contact Customer Service Officer **05 5455 777 Ext 214** for more information.

**Kechara Earth Project. LET'S RECYCLE FOR GREENER EARTH. EVERY 4TH SUNDAY of the month, 9.30am-11.30am in front of Ipoh Garden Post Office, Jalan Dato Lau Pak Khuan, Ipoh Garden, 31400 Ipoh.** Carton boxes, paper, metal/aluminium, electronic equipment, plastics, light bulbs, batteries and used clothes. Funds are channeled towards Kechara Food Bank that serves the urban poor and underprivileged community in Ipoh. For more details, contact: **016 532 8309** (Mr So) or **012 522 3200** (Ms Yee Mun).

**LEARN GERMAN IN IPOH:** new beginners class is still open for new students to join. We are preparing kids and adults for the A1 beginners exam. You learn basic communication to get along in Germany, e.g. introducing Yourself, shopping, asking directions, etc. We meet every Monday 8pm. Contact: Heinz Bongers, email: [germaninipoh@arcor.de](mailto:germaninipoh@arcor.de), WhatsApp: **019 5432 358**.

### EDUCATION

**SUNWAY COLLEGE IPOH OPEN DAY. DECEMBER 16 & 17 (Saturday & Sunday) from 10am to 4pm.** During the Open Day, FREE hands-on workshops on Programming in C++, Sketchup, Adobe Illustrator, Personal Branding, Marketing, Ideation, Business Planning and English Language, will be conducted. If you are interested in attending any of the workshops, please email [infoipoh@sunway.edu.my](mailto:infoipoh@sunway.edu.my), call Ms Sydney at **05 5454 398** or text Ms Michelle at **012 507 5953** to reserve a place.

### ENTERTAINMENT

**Marina Island. 'Fantasy Lights of Marina' Fiesta. NOVEMBER 24, 2017 to MARCH 4, 2018 at Marina Island, Pangkor, Perak.** LED light displays and more. Early bird tickets will be available from November 1-20. For further information on the fiesta and purchase of ticket, contact ticket hotline: **016 524 9800**. Other enquiries, contact Jocelyn **012 515 2862**.

### HEALTH/MEDICAL

**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.





## Join the vibrant North Ipoh neighbourhood

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Price : Min RM 328,800 Max RM 482,800 Approved Plan No.: OSC(211-B)/L/B/6/98/224/16 Approving Authority : Majlis Bandaraya Ipoh