



www.ipohecho.com.my

IPOHecho

Your Voice In The Community Since 2006

FREE COPY

(Reg. No. 687483T)

Dec 16, 2017 - 15 Jan, 2018

PP 14252/10/2012(031136)

30 SEN FOR DELIVERY TO YOUR DOORSTEP -
ASK YOUR NEWSVENDOR

ISSUE

272

100,000 print readers ★ 1,082,800 online hits in November (verifiable)

Bringing Back Soul to Old Town

By SeeFoon Chan-Koppen

Thanks to private philanthropists who care enough about Ipoh and its history, the heart of Ipoh's Old Town is slowly being restored and while not to its former glory, heritage conservation efforts are gaining momentum to preserve the historical richness of the "City that Tin Built".

The latest to join the preservation boom is **22 Hale Street**, two adjoining buildings located in the oldest section of Ipoh. Both buildings would most likely have been torn down given the condition if not for the passionate conservation spirit of **Puan Sri, Dato' Sandra Lee** who, supported by her husband **Tan Sri Lee Oi Hian** and a team of passionate conservationists, worked tirelessly over a period of three and a half years to bring back the spirit of the place and give to Ipoh, the **Hale Street Gallery**.

Continued on page 2



20-page Bumper Issue

Adris
jewellers

Gifts in Diamonds

12D, Persiaran Greentown I, Greentown Business Centre, 30450 Ipoh. Tel : 05-254 0984, 05-241 4992 Website : www.adris.com.my

KINTA NATURE PARK — A HAVEN FOR BIRDS, FISH AND MAMMALS

Did you know that *Kinta Nature Park* is a bird paradise visited by thousands of avid bird watchers and tourists from in and out of Malaysia?

Covering over 900 hectares of disused mining land, the park is located in Kampung Pisang, Batu Gajah. This wildlife sanctuary is the third gazetted park after Royal Belum and Pulau Sembilan. It is being managed by the Perak State Parks Corporation.

There are 1381 aquatic birds belonging to 150 species living in complete harmony with the greenery that fills the scene. When tin ore was extracted from the earth the area was a hive of activity, especially from the tin-mining community of Kinta District.

Kinta Nature Park has been acclaimed as one of the largest heronries in Malaysia. Five species of herons and egrets breed, namely, grey heron, black-crowned night heron and cattle egret.

The grey heron migrates from Africa, India, China, Philippines and Sudan. It is interesting to note that the purple heron, initially a migratory bird, is now a resident species thanks to the conducive conditions prevalent in the park.

Other bird species that have made the park their home include black and red broadbill, blue throated bee-eater, lesser coucal, olive backed sunbird, orange bellied flowerpecker, thick billed green pigeon, yellow eared spiderhunter, kingfisher, woodpecker and stock.

A four-level bird observation tower has been built for convenience of bird watchers.

The park is a shared home to mammals, reptiles, amphibians, fishes and butterflies. This explains why it has become a haven for fishing enthusiasts although fishing is prohibited.

A popular wild orchid, *Vanda hookeriana*, is endemic to the park. A hybrid of this plant, incidentally, is the national flower of Singapore.

Kinta Nature Park is open daily between 8am and 6pm. Admission is free-of-charge for the time being.

GPS Coordinates: **N 04° 25.444' E101° 03.567'.**



by Rosli Mansor Ahmad Razali



The purpose and intention of conservation is to retain the *spirit of place*, the soul of the building



Then



And Now

The History and Stories

The buildings reflect two different designs of two different decades each with its own unique stories. No. 22 is the only one on Hale St which is still true to its original 1900 design. This was **Ali Pitchay's townhouse**, the Chief Sanitary Inspector of Kinta in the 1940s. It was home to as many as 70 people at one time. It subsequently acted as office for Lloyd's insurance, architecture firm, signboard maker, etc., until it became derelict.

No. 24 was **Kam Kong Hotel**, the last surviving hotel on this street, then known by its Chinese name of 'Hak Chan Kai' (Hotel Street) at the time of its closure. Some of its rooms were still there with original furniture when they began conservation work. They found beds and wardrobes used by hotels in that era and they plan to recreate some of these rooms used by traveling salesmen and traders who did business with the tin miners then. This is planned for completion in 2018.

Leading Conservation Architect

According to **Laurence Loh**, the architect who is recognised as a leading conservation architect and cultural heritage expert in Malaysia and the Asia-Pacific region, whose best exemplar of his work is the restoration and adaptive reuse of the world-renowned

Cheong Fatt Tze Mansion in Penang (2000 UNESCO Asia-Pacific Heritage Awards, Most Excellent Project) and who was invited by Dato' Sandra to spearhead the Hale Street conservation work, said that the first prerequisite in conservation work is to:

"start by respecting the building that we are entrusted to conserve, its beauty, its intangible value as a symbol of history and heritage and its place in time as a repository of memory and knowledge."

"We acknowledge our debt to the master builders and craftsmen whose traditions and skills are reflected in the built forms they have created over the centuries. These forms resonate with the retelling of myths and stories cast in iron, frozen in decorative stucco and carved into timber and stone."

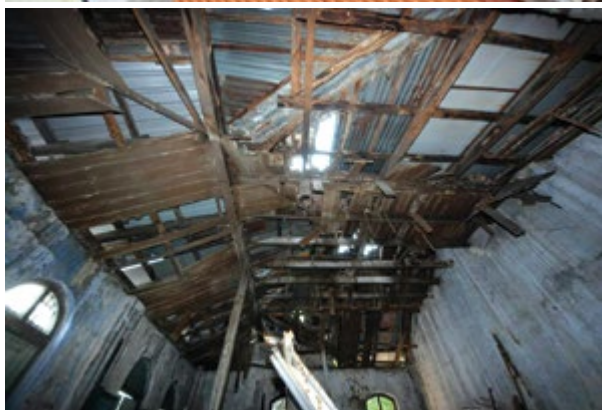
"They define the roots of our being, embedded in an architectural culture that conveys the spirit of place. And we learn to put trust in their craft."

Spirit of Place

"The purpose and intention of conservation is to retain the spirit of place, the soul of the site or building. We ask ourselves the question 'How is the spirit of place conveyed?' We allow the traces of time embedded in its walls to speak to us and examine how they will tell the stories of its past lives. We look at the changes and try to retain as many layers of history as much as possible, always deferring to the underlying principle of maximum retention and minimum intervention."



Whole new roof



Men at work



Heritage ambiance; traditional dishes

New Life and Continuity

"Conservation is not a denial of the need to breathe new life into a building. In fact, it tries to celebrate and enhance the building's future by revealing its past, through interpretation and through new uses that are compatible and complementary, configured in such a manner that the recipient within the space can read the lines of history and the intention of the creator."

Labour of Love

It was a labour of love for Dato' Sandra, from acquiring the two buildings, finding an architect, to putting a team together. "Not many contractors in Ipoh are experienced with conservation work but many were willing to learn and try new things. Most of them are local Ipohites – construction workers and craftsmen and occasionally sometimes from Penang. I really was intent on preserving the spirit of old town rather than to give way to a modern building that lacks soul," she added.

It wasn't just about retaining the facade and building new inside which is what is done in a lot of restorations but a meticulous process of addressing the major issues of stabilizing the foundation through cement grouting, reinforcing the existing structural systems and roof systems as well as arresting the decay of timber floor structure.

Meticulous Work

They had to replace the entire roof and roof structure which had been destroyed by white ants; fix major structural weaknesses like external arches which had to be reinforced with steel beams and re-plastered to hide; replacing supporting beams; salvaging whatever was reusable; recycling old timber; rebuilding the first floor; treat the walls using the old methods such as lime wash, lime plaster; finding Terra-cotta V-tiles; carpentry for the original No. 24 staircase and restore windows and doors to reflect original designs. The timber flooring was recycled from an old rice mill in Kedah which they purchased and brought the wood here.

The only new elements were new wiring, plumbing, fire deterrents and new additions were the toilets, kitchen, fire escape and a small lift.



Dato' Sandra Lee in the 'Unfinished' courtyard

Continued on page 6

RETURN OF ENGLISH-MEDIUM SCHOOLS

The revival of English-medium schools will not go down well with nationalists who insist that Bahasa Malaysia be the medium of instruction in the country

The call by the Sultan of Johor for the return of English-medium schools is not only timely but appropriate considering the decline in the standard of spoken and written English among Malaysians. By and large a good percentage of Malaysians have a very poor grasp of the language and this includes senior government officers who are supposed to be able to write and converse in English. Back in the good old days it was a prerequisite as job interviews were conducted in English and, in my case, I was required to not only speak but write English as well. By a stroke of luck the subject I got was Olympics Games – its origins and developments.

It was at the tail end of 1967. The Tokyo Olympics of 1964 was still fresh in my mind. It was the first of such games to be held on Asian soil and Japan disappointed her critics who were out to lampoon her should she falter.

Mexico was the next host, and although the games was a year away, I summed up by saying that the Mexicans were prepared for the worse, as an emerging nation they had plenty to learn. The fact that the rarified Mexico City air, high up in the clouds, would have an impact on athletes' performance, did little to deter the Mexicans from putting their best foot forward.

The interviewers, a panel consisting of commissioned officers headed by a colonel, were much impressed by what I wrote and articulated. I got selected to join the Royal Military College as an officer cadet. And the rest, like they say, is history.

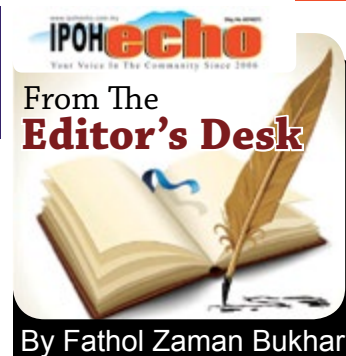
Now having being in Ipoh Echo for over 12 years, I can say with much certainty that the standard of spoken and written English among my staff is nothing to shout about. It is mediocre at best. Who are we to blame for the falling standards? I will apportion the blame on the government of the day for having allowed it to happen. The government has made too many changes to the education system and every minister in charge of the education portfolio interprets, defines and delivers his own policies without consulting parents and experts. So here we are languishing at the bottom of the pit, not really knowing what has hit us. It is most distressing indeed.

The call for a revival of English-medium schools will not go down well with nationalists who insist that Bahasa Malaysia be the medium of instruction in the country. They have been at this game since the country gained its Independence in August 1957. And I can attest to that, being a product of that period in time. The good part was my late father had the foresight to re-enrol me in a mission school although I had spent almost a year in a Malay school.

And to rub salt to wound, former Umno bigwig who was once a Menteri Besar and a minister in Tun Mahathir's cabinet had the audacity to suggest that Bahasa Malaysia be the language of choice in South East Asia. Wonder what had gotten into him when he made that pronouncement?

It was the time of the year when we packed our bags for our annual family holidays abroad. Our pick this year was Osaka, Japan. The reason was obvious, Universal Studios and the shopping malls of Dotonbori in the district of Shinsaibashi, two distinct features that appeal to our senses, especially that of my wife, son, daughter-in-law and granddaughter. We were billeted at the APA Hotel in Namba-Shinsaibashi, a popular hotel chain in Japan with branches in America and Canada. Although the rooms were small the facilities were superb.

It was smack in the winter season, however, the chill did not deter us from venturing out in



the open. The Japanese, in spite of their technological advancements, are not too proficient in English language and it got us to the wrong spots a couple of times. But when it comes to announcements and promotions, English is being widely used. Announcements over the public address system on aircraft, trains and at Kansai International Airport are crisp and clear. Trains and buses run on schedule without any hiccups.

That is Japanese for you. They still regard English as an integral part of their business dealings. The Japanese working culture is next to none.

Reality hits you hard upon arrival at KLIA. The inefficiency is so obvious. We arrived along with plane loads of pilgrims on *umrah* and getting past immigration was a real hassle when one smart aleck directed us to the under-manned foreign passport-holder counters. And to top it all Arabic is now being freely used over the public-address system at KLIA. I doubt the *pak ciks* and *mak ciks* know what is being uttered. For a moment I thought I had landed in Riyadh, Saudi Arabia.

EYE HEALTH — MEIBOMIAN GLAND DYSFUNCTION

In our continuing series on Eye Health, Consultant Eye Surgeon Dr S. S. GILL talks to us about MEIBOMIAN GLAND DYSFUNCTION (MGD) and DRY EYES.

Our eyes are bathed with a tear film layer. The TEAR FILM has three basic functions. Firstly, it bathes and **protects** our eyes. Secondly, it also contains proteins and nutrients which provide **nourishment** to the eye. Thirdly, tears help refract light to **keep vision nice and sharp**.

The TEAR FILM comprises of three layers – the **FATTY** (lipid) layer, **WATERY** (aqueous) layer, and the **MUCIN** layer. The **outer FATTY layer** works by **keeping our tears from evaporating** or drying-up too soon. This layer is produced by our **eyelid glands**, so if you have unhealthy eyelids, a defective fatty layer would result. In this condition, **tears could dry up very fast**. The **middle AQUEOUS layer** is the main **WATERY** part of your tears, while the **inner MUCIN layer** is the “glue” layer needed to keep the whole tear film **well spread on the eye surface**. A defect in any one of these three layers of the tear film will cause inadequate or poor quality tears.

MEIBOMIAN GLAND DYSFUNCTION

The meibomian glands form a row on the inside margin of the eyelids. These **MEIBOMIAN GLANDS** produce the **outer oily/fatty layer** of the tears which essentially **prevents the watery layer of the tears from drying out**.

When there is MGD, this results in the tear film drying out fast, thus contributing to **DRY EYES**. MGD is not a serious condition, but it can cause significant discomfort and sometimes blurring vision.

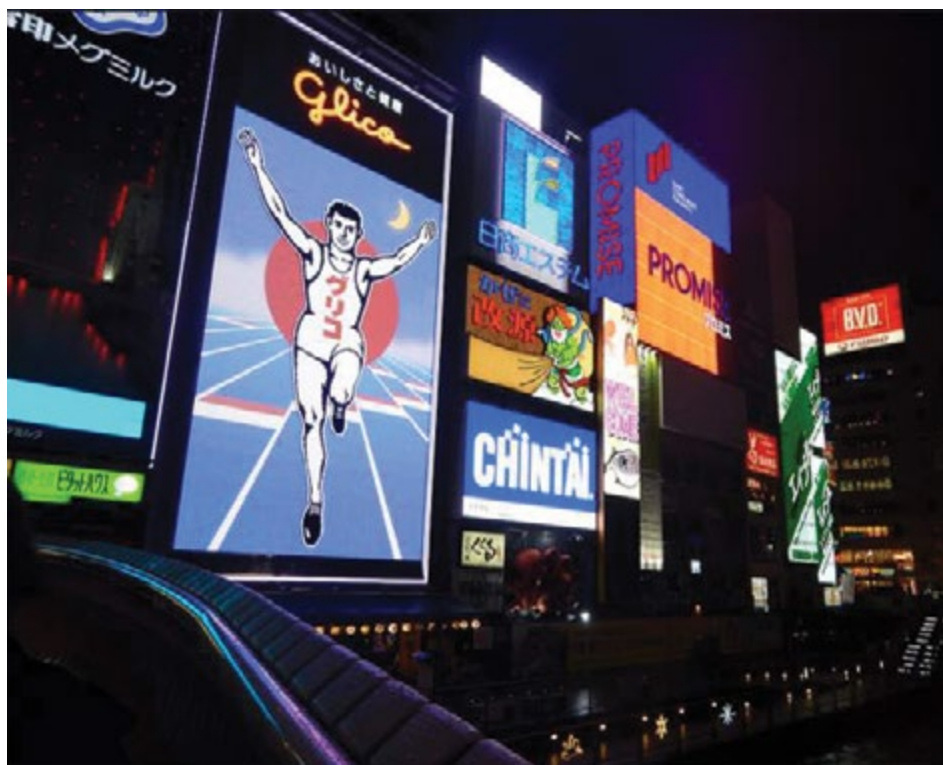
SYMPTOMS:

- Redness in the affected eyelid.
- Burning sensation.
- Itchiness of the eyelids or eyes.
- Foreign body feeling as if there is a grain of sand in the eye.
- Watery eyes.
- Sensitivity to light.
- Moments of blurring vision.
- Symptoms worsening when in an air-conditioned room or when using PC.

TREATMENT:

WARM COMPRESSES increase the oil produced by the glands and also softens it thus helps to dislodge hard crusted oil that blocks the meibomian glands. **EYELID SCRUBS** removes the oil and debris blocking the meibomian glands. A cotton bud or Q-tip dipped in a **diluted** baby shampoo can be used to clean off the excess oils. Alternatively, lid-care wipes that can be bought over the counter in most pharmacies can be used. Consuming **OMEGA 3** fatty acids has been known to increase the production of healthier oil by the meibomian glands of the eyelid margins. **MASSAGING** using gentle pressure with the fingertips to the lid margin generally helps clear the glands. However, this must be done carefully without causing any injury to the eye. If the problem persists, then you will need to seek proper professional help.

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



PUBLISHER

Ipo Echo Sdn Bhd
(Regd No 687483 T)

153 Jalan Dato Lau Pak
Khuang, Ipoh Garden, 31400
Ipoh, Perak Darul Ridzuan.
Tel: (605) 543 9726
Fax: (605) 543 9411
Email: editorial@ipohecho.com.my

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION MANAGER

Deanna Lim

REPORTERS

Ili Aqilah Yus Amirul
Tan Mei Kuan
Nabilah Hamudin

PERMISSION AND REPRINTS

Materials in Ipoh Echo may not be reproduced in any form without the written permission of the publisher.

PRINTER

Ultimate Print Sdn. Bhd.,
Lot 2, Jalan Sepana 15/3,
Off Persiaran Selangor,
Seksyen 15, 40200 Shah Alam, Selangor.

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):
05 2451 072 (CCC)
05-2451500 (District)
05 2451 222 (Operator)
999 (emergency)

Ipoh General Hospital:
05-208 5000
993 (emergency)
Ipoh Fire Brigade
05-547 4444/994
(emergency)

Perak Immigration Dept
05-5017100
Perak Water Board
05-254 6161
1800-88-7788

Ipoh City Council
Hotline: 05-255 1515
General: 05-208 3333
Whatsapp: 019-5503083

Perak Anti-Corruption Agency: 05-526 7000
State Secretariat
05-253 1957

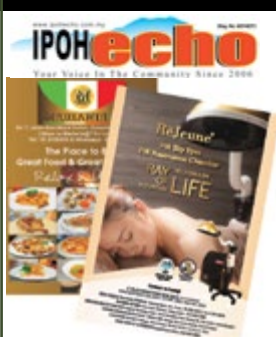
Railway Station
05-254 7910

Airport: 05-318 8202
Registration Department
05-528 8805

Tenaga Nasional Berhad
05-208 8000

Directory Service: 103
Perak Women for Women Society
05-546 9715 (office)
AA Ipoh
019-574 3572
017-350 8361

To Advertise



Deanna Lim

016 501 7339

Being Cross About the Batu Gajah Cross

Why does the cross evoke such high emotions and passion in many Malaysians? The cross is a symbol of Christianity, but why should it make many Malays feel insecure or threatened? What has become of us, where the words, which begin with C, such as Chinese, cross, Christians and communists can make some of us behave irrationally?

In late October, some workmen turned up at St Bernadette's Convent in Batu Gajah and were seen trying to remove a cross which was on the outer wall of the school. They tried to hang the school badge, to cover the cross, but that did not work. Why cover the cross at all?

The workmen at St Bernadette's tried to put a white strip over the cross, but that only made it look terrible.

By this time, a crowd had gathered, some of whom happened to be former pupils of St Bernadette's. They rang the school to complain about workers defacing the school cross and the wall. The police were also called, to report the vandalism. Parents and former pupils wanted the original wall to be restored.

Such was their fury that the school administrators were forced to tell the workmen to stop work until a solution was found. In the meantime, the police and officials from the Department of Education arrived.

One Batu Gajah resident, on condition of anonymity said, "Why did the assistant head call the workmen to deface the wall? Why can't the cross be on the wall? It is a convent and the badge looks a mess. Were the Parents Teachers Association unaware of the work on the wall?"

Today, the wall has been restored to its original state. As one convent old girl said, "So why was this an attempt to remove the cross? Is this bureaucracy gone mad? Why can't they leave the mission schools alone?"

In 2015, the Kedah housing Exco, Tajul Urus Mat Zain, demanded that a property housing developer, on Langkawi island modify the design of the roofs and air-wells, because they resembled a row of crosses.

He claimed that the problem was a "sensitive issue of a religious nature"; others claimed that the crosses were a covert attempt at proselytisation. Why are these people allowing their paranoia to overcome common sense?

For decades, generations and countless thousands of Malay Muslim children attended mission schools, sang carols and hymns, quietly stood to attention whilst their Christian peers said the Lord's Prayer, during morning assembly.

These Malay children would have seen the crucifix on a daily basis. The crucifix was hung in classrooms, in chapel and around the nuns' and the brothers' necks. Mission school badges had the cross incorporated in the badge design, but in the 80s, the crosses were removed.

Today, the Muslims who attended mission schools, are still Muslims. Their close proximity to the cross, in their youth, had not made them yearn to be Christians. The children of many Sultans also enrolled at mission schools.

On the other hand, are the Malay Muslims of today, so weak and their aqidah (faith) so fragile, that they imagine that looking at a cross will make them become Christians? Or is the fear of the cross, a politically manufactured scare tactic?

Could the fear of the cross, be a reason why many Malay children performed badly at arithmetic, because they are afraid of the addition (+) and multiplication (x) symbols?

If one looks at the keris, the sheath resembles a cross. Should the Malays alter the design of the keris and its shaft?

From above, aeroplanes resemble a cross.

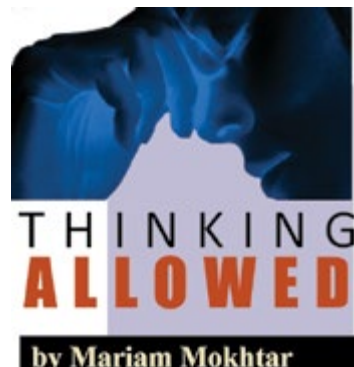
Should the Civil Works Department contact the Ministry of Transport to redesign all the crossroads in Malaysia?

What will the thousands of elderly Malay women, who have taken up cross-stitch as a hobby, do? Will they have to abandon their favourite past-time?

Does this mean, that Malaysians cannot savour hot cross buns? Apart from being linked with Easter, the cross, made of shortcrust pastry, which is baked on top of the bun, will cause the most damage to Muslims, once it is ingested.

Many electricity pylons will have to be dismantled, as well as BMW motor cars.

In English, English literature and mathematics, all words and symbols which contain a cross, will have to



be banned.

There would be a seismic shift in learning and in education, when fields like engineering, language, science (hybridisation as in cross-breeding), religion, plumbing (pipe-fittings), astronomy (The Southern Cross), sports (boxing) and law (cross-examination), have to be revamped.

A few years ago, the Perak Mufti, Harussani, banned Malays

from wearing Barcelona football jerseys, because of the cross symbol. His suggestion was met with outrage. The Malays love their football. Harussani back-pedaled and said that it was merely a "suggestion" when faced with their wrath.

The precedent of banning the cross or defacing surfaces which contain the cross, as happened at St Bernadette's Convent, sets an unhealthy precedent.

Prohibiting the use of the cross, or trying to obliterate it from public view, will only stifle creativity and imagination. Why should we fear the cross? The cross does not proselytise. Claiming that the Muslim faith is weak, and that we could become proselytised, by seeing the cross, is preposterous.

Once the cross is banned, there will be a slew of other items, which the bigots will soon demand, to be removed from the public sphere.

In the end, it is not Muslim sensitivities which we are protecting, but the power of a few, who manipulate how we think, and act. It is all about control.

NB: Merry Christmas & a Happy New Year. Best Wishes for 2018.

ABOUT LASIK

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

Femtolasik & presbyopia (Rabun baca)

As we get older, most of us need eyeglasses at least for reading. Already by the end of our 30s, the lens of the eye begins to lose resiliency and the capability to focus at a close distance. On average, this starts to cause some difficulty in seeing at close distances soon after the age of 40. Presbyopia or 'aging eye' affects almost everyone whether or not they have worn glasses when young. Presbyopia increases until the age of about 40-60.

Can presbyopia be corrected?

The flexibility of the eye's inner lens cannot be restored, but the problem of presbyopia or 'aging eye' can be corrected by means of FemtoLasik® laser surgery through bringing monovision to the eyes. In this case, one eye is operated on to see far and the other one a short distance.

The elimination of presbyopia must be handled through the monovision solution, since if both eyes are operated to see at a close distance, distance vision suffers. If, on the other hand, both eyes are operated to see far, reading becomes unsuccessful. It takes a while for the brain to get used to monovision, but with time it adjusts to the new situation, since the brain learns to use only the leading eye for seeing distance. The adjustment period for monovision varies from one individual to another – from a few days to a few months.

Since 'aging eye' undergoes a gradual increase until about the age of 40, it is possible that the eye used for reading should be corrected on several occasions as time goes on. The required close-vision strength should be increased at the time, quite like stronger reading glasses should otherwise be obtained.

Single binocular vision does not disappear as a result of monovision, since it is not based on sight precision. The eye focused on a short-distance object is still capable of seeing far, though not sharply. For this reason, single binocular vision is possible. At first, reading may feel troublesome, but the brain soon learns to use the eye for reading for that particular purpose. Monovision is an excellent solution to the problem of 'aging eye', or presbyopia.

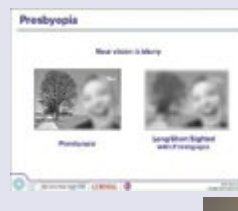
What sort of results have been obtained from monovision?

The majority of those who have chosen the monovision solution are highly satisfied with the visual proficiency achieved. They should, however, remember that presbyopia ('aging eye') does not disappear with surgery or eyeglass correction – nor can the vision of a very young person ever be regained.

Monovision represents a compromise, just as varifocals do. It is not possible to see all distances and in all circumstances well. It is a good idea to discuss with a physician what the best solution is, taking one's work and hobbies into account. It is also quite possible to repair only your distance vision and use reading glasses as required.

It is highly individual how long getting used to the monovision solution takes. With some, only a few days are required; with others a few months may be needed before they are satisfied with the new circumstances. The speed of getting accustomed to the situation is also greatly affected by the amount of lens power required.

For more information, readers can call Lee Eye Specialist 05 254 4388 or email at ishkpi@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 Jack Foo

Boom! There goes the sound of your taste-buds exploding to the pervasive aroma of grilled meat whilst at the same time basking in an elegant dining experience that is second to none. You wouldn't expect to find this here in humble Ampang Baru, so it might surprise you a little but that doesn't even compare to the taste you are going to be indulging in.

Sourcing his expertise in cookery by travelling to various European countries (such as France) to master his craft, chef Chai Wee Khun and his team are offering a unique and exclusive range of free-range meats, homemade breads and freshly-brewed soups to spoil the public. The restaurant follows a rotational menu that changes on a weekly basis.

The restaurant's signature dish is undoubtedly their 'Dry Aged' Angus Rib-Eye, which is prepared very unconventionally and it's so distinct to the point where calling it exotic would be an understatement. Why? It is because of dry-aging, where the meat (only high-grade meat can be dry-aged) is hung or placed on a rack for several weeks. This involves considerable effort as they must be stored to near-freezing temperatures which means constant monitoring of temperatures. (Fun fact: There are only three known restaurants in the whole of Malaysia to offer this method of preparation!)

"There are a few ways to prepare the meat," said Wee Khun, the owner chef of the cafe. "We dry age it for a few weeks, sometimes even several months, to make it more tender and delicious."

He added that this method of cooking is considered 'primal' in the sense that cavemen used to bury their meat, lift it up, remove the mould formed on the exterior – which actually aids in adding tenderness and flavour – and roast it for safe consumption. "Most are aged for 120 days in -4 degrees celsius, and kept in a humidity of 75-85%."

The exclusive Angus beef hails from Australia and it uses its own natural enzymes to break down some of the connective tissue in the meat, enhancing its tenderness. The ultimate effect of dry-aging beef is to concentrate and saturate the flavours of the beef, as well as to make it a lot more tender.

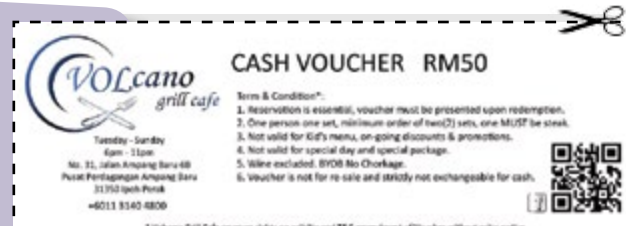
Freshly baked homemade bread on offer will be their walnut and raisin wholemeal bread, amongst many others which changes daily. Make no mistake as their bread is extremely soft, non-sweet and warm. This is paired with their soup-of-the-day, such as their Watercress Soup, which caps off the appetizer section of the menu.

Other signature and much recommended dishes include their BBQ Pork Ribs, marinated with smoky barbecue sauce and with a hint of citrus; their Iberico Collar, made from pigs native to the Iberian Peninsula and cooked without a lot of marinating to retain the pure flavour of this pork species – both dishes accompanied with steamed, creamy sweet potatoes that literally melts on your tongue and sauces such as their homemade Thousand Island and a mint sauce that's made with cream and supplemented with a slight hint of vinegar to titillate the senses; leaving nothing but a good impression as you leave the cafe.



"Our loyal customers love our food," said Wee Khun. "But most of them eventually get bored so we have to change our menu often and keep surprising them!" he laughed.

Volcano Grill Cafe
31 Jalan Ampang Baru 6b,
Kampung Ampang Baru,
31350 Ipoh.
Tel: 011 3140 4800
Open: 6pm-11pm
Closes on Mondays.



Nosh News

Purple Moon Lover

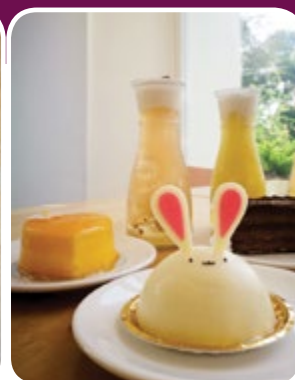
Located at Taman Canning, Ipoh, Purple Moon Lover offers a combination of Japanese meals, bakery and good desserts.

Among must-try(s) at the cafe are their special sets that come with special ciders, miso soup, two desserts and a main dish. Among sets available are the Curry Chicken Katsu (RM26.90), Teriyaki Salmon Set (RM35.90), Curry Chicken Karaage Set (RM26.90) and more.

The cafe also serves a variety of ramen such as the Chicken Soup Ramen (RM15.90), Salmon Ramen (RM29.90), Chicken Katsu Ramen (RM18.90) and Karaage Chicken Ramen (RM18.90). Visitors are also welcome to try their Udon menu like the Stir-Fried Kimchi Udon with Chicken (RM19.90), Salmon Curry Udon (RM28.90), Karaage Chicken Curry Udon (RM17.90) and Shrimp Tempura Curry Udon (RM22.90).

Aside for the wide variety of set meals available, the cafe also offers a few special drinks such as the Chizu Flower Teas, Rose with Lychee, Gui Hua with Honey, Yuzu Green Tea and Lemongrass with Lemon. Good at RM13.90 per glass.

Assorted fresh breads and desserts are also sold daily such as the Matcha Cream



Puff, Chocolate Cream Puff and Orange Cream Puff that are sold at RM2.50 per piece. There are also birthday cakes, spring rolls and more.

The cafe opens daily from 10am till 9pm and is situated at 53 Jalan Lee Kwee Foh, Taman Canning, 31400 Ipoh.

Ili Aqilah

Bringing Back Soul to Old Town . . . continued from page 2

The 'Unfinished' Finishing

"We kept some of the exposed beams exposed, to retain the historical perspective and we did not plaster and paint over the walls, having painstakingly used old ways to treat them.

People have commented on why we left bits 'unfinished' and 'did we run out of money?' but what they don't realise is that it cost a whole lot more to restore everything in the old traditional way, finding the craftsmen who still had the know-how and taking the time to meticulously tackle each task.

"It would have been much cheaper to plaster and build new inside. As it is, the restoration took longer than anticipated because of the painstaking work involved."

Inculcating Appreciation for Old Architecture

Sandra went on to express the hope that this 22 Hale Street restoration, will help to inculcate a deeper sense of appreciation of old architecture and encourage architecture students to come and study the work and the process she and her team took.

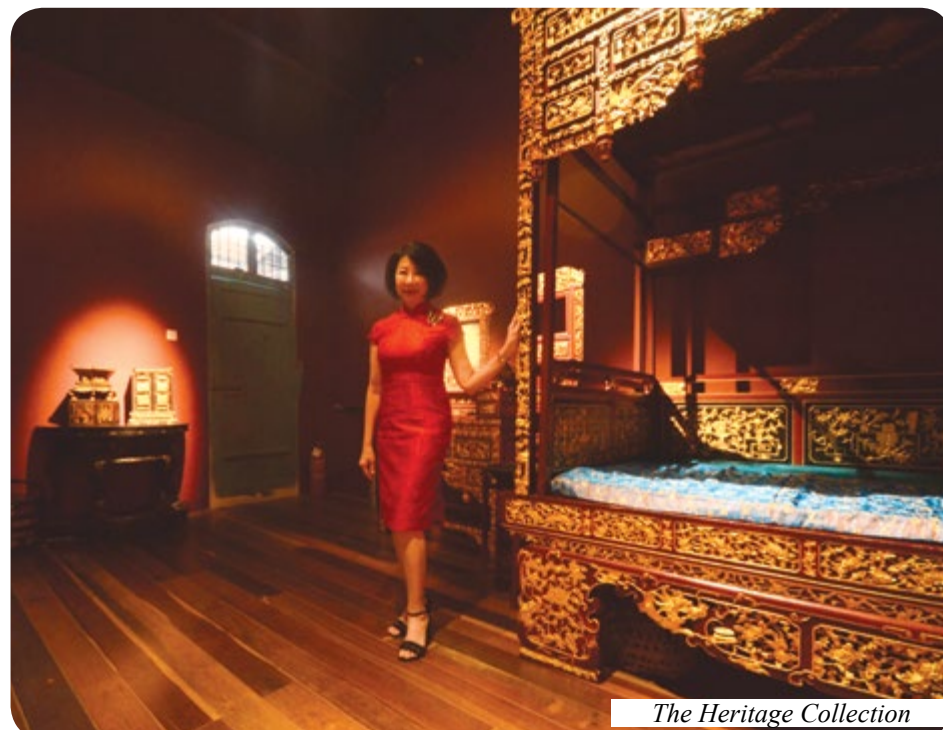
Heritage Gallery

"We are also in the process of setting up a heritage gallery to tell the story of Ipoh Old Town and the many stories of its buildings, people and their lives. There is already upstairs, a 'museum' where artefacts, furniture and heritage pieces which have been collected by me and my husband's family, are on display.

"22 Hale Street is not some musty old museum basking in the past. We want it to be alive, vibrant, telling the stories of the past yet rejoicing in the present with food, camaraderie, communion, linking past, present and future, serving as a community space to meet, to share and celebrate." she enthused.

Preservation Leadership

Hale Street is already establishing a reputation as the 'go-to' place for fellow conservationists and private philanthropists to come and learn from their example. Sandra offered to share everything they've learnt and revealed that Dato' Chin Lean Choong brought his architect in to follow their restoration method for the Tin Miners Association down the road. She hopes it will be a catalyst for more restoration rather than rebuilding.



The Heritage Collection

Community Space cum Cafe

"Meanwhile, I'm thrilled that 22 Hale Street is becoming a community space, a place where people come together, where the products from Daybreak, an NGO I started 25 years ago to help people with disabilities, can be showcased and purchased.

"I have also unwittingly become a cafe proprietor as people associate food with culture and heritage and we now have quite a following who come for our local food and enjoy dining in an ambiance steeped in history and heritage. Although I have absolutely no background in Food and Beverage I have a wonderful, young and enthusiastic team who are willing to roll up their sleeves and pull together to deliver the best service they can muster whether it be an event, a meeting, a celebration or even a wedding." she concluded with a self-deprecating smile.

Ipoh is certainly undergoing a renaissance and we at Ipoh Echo certainly hope that other Ipohites will follow the Hale Street example and jump on the conservation bandwagon.



Daybreak gift sets



Romantic photo opportunities



Weddings



Delectable Local Dishes



Meeting and buffet

Holly Jolly Christmas EVE DINNER

24 Dec 2017 (Sunday) 7:00pm onwards

Highlights

- * Christmas Carols from St. Andrew Community Church
- * Christmas Eve Special Menu
- * Lucky Draw
- * Santa Claus Special Appearance

Sweet Delights

Treat yourself to 15 & more Delish Christmas Desserts



Christmas Eve Dinner Tickets

Adult: RM 148.00 Nett

Children: RM 48.00 Nett
(12 Years Old & Below)

(Prices above are inclusive 6% GST)

**GREAT DEALS. GREAT MEALS. AT THE
DOME RESTAURANT, MERU VALLEY RESORT**

BOOK YOUR RESERVATION TODAY! CALL 05 529 3300 / 05 529 3333

GLITTER, GLAMOUR & ADVENTURE BLACK TIE: BOND NEW YEAR'S EVE PARTY

TOP SECRET INVITATION

31 Dec 2017 (Sunday) 7:30pm onwards



008

skyball tickets

Adult : RM 180.00 NETT

Child : RM 100.00 NETT
(12 years old & below)

martini bar

Open Bar

dress code

Black Tie

Bond Girl Red / Black Dress

Licensed to kill

Music & Entertainment





Meru Valley Resort
IPOH - MALAYSIA

Meru Valley Resort Berhad (137970-D)

Jalan Bukit Meru, 30020 Ipoh Perak Darul Ridzuan, Malaysia

Website: www.meruvally.com.my E-mail: info@meruvally.com.my

Follow Us On



LE CHATEAU - Luxury and Exclusivity in the Heart of the City

Tucked amid Chateau Garden and three minutes away from downtown Ipoh, Excebuild Sdn Bhd is poised to woo Ipoh folk to its new premium semi-detached house project - Le Chateau.

Prime locations and desirable lifestyle propositions are distinctive hallmarks of Le Chateau. Located adjacent to Gopeng Road and Kampar Road, Le Chateau has the perfect location in Ipoh. A quiet pocket yet a stone's throw to the city centre lets the residents easily find a peaceful spot to rest in privacy and exclusivity.

Comprising only 4 exclusive units, and set on 1.2 acres of land on a cul-de-sac, this limited modern semi-detached offers five bedrooms and five bathrooms with an indoor courtyard to ensure a good flow of fresh air that regulates interior temperatures and provides a comfortable thermal balance all day long.

Each unit comes with a smart home system where buyers can control their property from a single device, no matter where they are. Everything from lighting to heating and even switching on your television can be at your fingertips, just half an hour before you reach your house. They can also control the home appliances via hand-held devices.

Priced from RM1.98 million - RM2.08 million, this gated and guarded development was built on 4,600 square feet land size, for each unit.

Targeting only the few who know how to appreciate a luxury lifestyle in a smarthome, Le Chateau is open for viewing

The whole project is expected to be completed in February 2018 and those interested can contact 012-501 8990 (Alan) / 019-512 2289 (Eric) / 012-518 6808 (John) / 012-501 7277 (Sam) to book this luxury lifestyle smarthome. The four units are available for viewing on appointment basis.

Nabilah Hamudin



Neck Lift

Dr. Leow Aik Ming

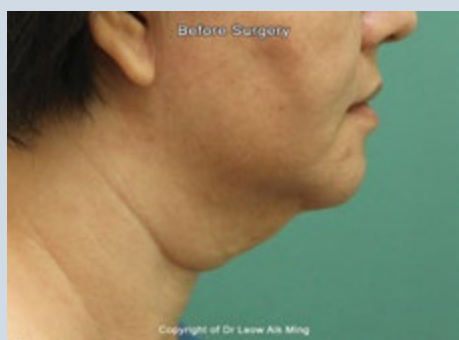
Consultant Plastic and Reconstructive Surgeon
Pantai Hospital Ipoh and Pantai Hospital Manjung

The most common signs of an aging neck are the development of vertical muscle bands, sagging skin and excess fat deposits. Muscle bands (platysmal bands) occur due to the regular use of the platysma muscle, with the vertical lines representing the muscle edges. Excess fat is also a common issue, and can be considered age-related or due to weight problems, because in many cases the development of these fat deposits is the result of hormonal changes in the body.

A neck lift, addresses wrinkles and sagging skin on the neck caused by aging or weight loss. The objective of neck lift is to remove excess skin, tighten underlying muscles, and improve the contour of the jawline. Neck lift is typically performed in conjunction with a facelift, but it can be done as a stand-alone treatment. A neck lift could also be called

neck rejuvenation that comprises of variety of invasive or non-invasive procedures to improve the visible signs of aging in the jawline and neck. The best way to treat the signs of aging in the neck is through a custom-tailored, individualized treatment plan depending upon the presenting problems and desirable outcome. These procedures include:

- **Cervicoplasty** is the cosmetic surgical procedure used to removes excess skin and subcutaneous fat tissue to redefine the neck and jaw for more taut appearance; the skin is then re-draped over neck muscles. The suture line is hidden in the hair-bearing skin and natural folds of the face.



- **Platysmaplasty** is a surgical procedure that removes or alters neck muscles (platysma muscles) by bringing the muscle edges toward each other, and suturing them together.
- **Liposuction** can be performed either on a standalone basis, or as part of a neck lift. During neck liposuction, the excess fat is physically removed from the area with the use of a cannula and tumescent fluid. If vertical muscle bands are not an issue and if the skin is sufficiently elastic, a neck lift may not be needed during this procedure.
- **Thread lift** is gaining popular as a "minimally invasive procedure" for the face, neck, or jowls. Patient who seeks improvement in the contour of the neck without undergoing invasive surgery may opt for thread lift. These threads, which have small cones/hooks on them, are passed under the skin via a large needle. The cones/hooks then anchor the skin from the under surface and pull to re-suspend the skin in a lifted, more youthful position.
- **Botox injection** is a non-invasive procedure to relax parts of the platysma muscle that are responsible for the "band" appearance or fullness look around the neck.
- **Kybella injection** is the first FDA approved injectable for removing a double chin. The active ingredient in Kybella is synthetic deoxycholic acid that will destroy fat cells once injected into the fat beneath the chin. Once these fats cells are destroyed, they will be removed by the lymphatic system.

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

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

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

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

Connexion

By Joachim Ng

3 Wise Gifts for Christmas

Run to the stores if you haven't bought your gifts yet! This is the season to be merry and spread Yuletide cheer. It's good for the economy, and good for the nation's social health as well.

Amidst the jingle bells, carolling and feasting, you may remember the story of three wise men bearing gifts for the newborn Jesus. The three gifts —myrrh, gold, and frankincense —carry symbolic meanings that can be made locally relevant. Myrrh can be interpreted to signify the winter solstice, celebrated as Tangyuan or Tong Yuen Festival by the Chinese (Dec 22); gold is for Christmas (Dec 25); and frankincense marks the eve of new year (Dec 31).

Some explanation about winter solstice: Dec 22 (often Dec 21) has been a crucial date to farmers in northern countries as it marks the year's longest night and the abyss of dark winter. In freezing cold, farmers celebrate the deep end of a year and hope for the lengthening of daylight time so that they can begin replanting.

The Chinese people were traditionally farmers — just like the Malays and Indians. So, to this day, Chinese Malaysians celebrate the winter solstice by eating a special farm dish of sweetened round glutinous rice dumplings (*tangyuan* or *tongyuen*) cooked in ginger soup (also known as *tang* or *tong*). This is why it is called Tangyuan Festival.

In North European traditions, all three occasions are celebrated jointly in a delightful stretch embracing the solstice or winter's longest night, the nativity or birth of Jesus in a farm setting; and the joyous new year eve. These three occasions falling in rapid succession on Dec 22, 25 and 31 present opportunities for Malaysians to bear three wise gifts for one another. Do share these three wise gifts:

Gift of a smile. The art of saying "Merry Christmas" is to do it with a big smile. A smile lights up your face with gladness and spreads happiness to the other person at no cost. Hence, the most pleasing gift you can make is a smile. An alternative greeting is "Happy Yearend" or "Selamat Akhir Tahun" said with a broad smile to wish for that person happy times in the last remaining days of the year.

Gift package. A suitably wrapped Christmas or Yearend gift is the most appreciated because it denotes that you value the recipient. Beyond the usual gift exchange circles such as your lunch buddies or relatives, you can present wrapped gifts to persons who render basic services such as gardeners, cleaning ladies, guards and waste removers. Just guessing what's in the package stimulates joy, and they will likely reciprocate your appreciation of them by staying efficient on the job.

Gift of relationship. The Christmas tree that you see in every shopping mall and many, many homes signifies life. Plastic doesn't quite work the magic, of course. Europeans would buy a small evergreen from a tree farm, stand it in a pot filled with soil or stones and water it to ensure the tree stays alive. Decorated and candle-lit, it then becomes a focal point gathering people around.

In the mid-19th century, a biologist named Charles Darwin unearthed one of science's greatest discoveries — the tree of life. That's a metaphor to denote that all living organisms on planet earth are interlinked and related, just like parts of a tree. We are the family of Mother Nature — humans, animals, and plants. It's a deep all-inclusive web of relationships that we must learn to cherish. This is the most significant of the three wise gifts: the gift of relationship. So let's spend connection time to enlarge our circle of friends and give it a touch of the nation's multi-ethnic and cultural diversity.



Sport

UTP won MASISWA

The 2017 Kejohanan Sukan MASISWA Zon Utara saw Universiti Teknologi Petronas emerge as the champion of the cup when they bagged four gold, two silver and two bronze, defeating six other universities.

The sport tournament was held at Kolej Poly-Tech Mara (KPTM) Ipoh from November 17 till 19, and among the sports competed were chess, table tennis, badminton and netball. The annual tournament is run by the Majlis Sukan IPTS Malaysia (MASISWA) where winners will represent the northern region in the Champion of Champions (CoC).

According to the deputy president of Masiswa, Associate Professor Dr Nor Hisham, the tournament's aim is to encourage students from local private universities (IPTS) to participate in co-curricular activities and to inculcate the spirit of togetherness and sportsmanship.

"Aside from looking for representatives for CoC, this tournament will also help the Ministry of Higher Education's mission to have at least 20 per cent athletes from IPTS," said Nor Hisham

Among universities that took part were Universiti Tunku Abdul Rahman (UTAR) winning second place with two gold and two silver; second runner up was Universiti Kuala Lumpur Malaysia Spanish Institute (UNIKL MSI) with one gold, two silver and two bronze; Tunku Abdul Rahman College (TARC); Universiti Sultan Azlan Shah (UISAS); KPTM Alor Setar and host; KPTM Ipoh, with a total of three bronze placing



them as sixth in the tournament.

Attending the event together with Nor Hisham in the closing ceremony was CEO of KPTM Sdn Bhd, Abdul Rahman Mat Rawi.

Luqman Hakim

Health



Therapeutic Touch

Therapeutic touch, one of many massage modalities, is an evidence-based approach combining skilled touch with compassionate presence to enhance quality of life for those in later life stages or end of life.

This intent of this massage therapy allows for anyone undergoing treatment, a survivor of a terminal condition, recovery or beyond treatment receive therapeutic emotional support for body, mind and spirit.

Essential aspects of this therapy are based on the informed understanding of pathophysiology of cancer, non-cancer, total pain, treatments and side effects of treatments namely surgery, medications, chemotherapy and radiotherapy.

Therapeutic touch massage is known by many different terms, including alternative therapy, alternative medicine, holistic therapy and traditional medicine. This is a system of healthcare that treats the whole person, not just the symptoms of illness or specific medical condition. It incorporates elements of lymphatic drainage massage and other modalities.

"We are able to give them a sense of relief which can turn a very grumpy personality into an immediate smiling face. When their mood is improved, their appetite is improved and their relationship with their carers is strengthened too. It really helps people to sleep better and allows them a safe, sacred space where they can speak from their heart," **Chandrika P. Choo**, the complementary therapist explained to Ipoh Echo.

While it is particularly beneficial for terminal patients, otherwise healthy individuals can also benefit with a regular programme of treatments.

The symptoms that therapeutic touch addresses are physical (pain, nausea, vomiting, swelling and circulation), emotional (fatigue, insomnia, depression, anxiety and stress), social (loneliness and carer fatigue), spiritual and bereavement.

With seven years of palliative experience under the **Perak Palliative Care Society**, Chandrika now moves into independent practice at the Academy of Phytobiophysics in Ipoh Garden. She also provides home care.





CHRISTMAS & NEW YEAR'S EVE

DINNER

Cuisines @ The Haven Ipoh
7:00pm - 10:30pm

Merry Christmas
- HAPPY HOLIDAYS -

Christmas Festive Buffet

23 - 24 Dec 2017 (Sat - Sun)

Normal Rate: RM 158* *Early Bird Rate: RM 128*

New Year Celebration Buffet

30 - 31 Dec 2017 (Sat - Sun)

Normal Rate: RM 128* *Early Bird Rate: RM 108*

All product images shown are for illustration purposes only.



BOOK NOW! +605-540 0000

Jalan Haven, 31150 Ipoh, Perak, Malaysia. | www.thehavenresorts.com | reservations@thehavenpremier.com

*Early Bird Rate: For Bookings made 2 days prior. Prior 24-hour reservation required. Last minute orders subject to availability. Children aged 5 and below eat for FREE. 20% off for Children (6-12) & Senior Citizens (65 & above). Exclusively for owners, residents and guests. Subject to 6% GST. 10% Service Charge waived. Other T&C apply.



"The best part of the job is making a difference in people's lives. A person who is approaching the end of life will be going through many emotional stages. The toughest part is losing someone that you have journeyed with. The most satisfying part is getting the really difficult people to become friends," the Ipoh girl shared.

To date, she has worked with 359 patients, mostly referred by doctors and nurses, and has provided 3413 massages.

Clients will be treated with utmost respect, both physically and emotionally. The therapist will ensure that modesty of a client is respected at all times. Frequency of session will be at the need and discretion of the client.

Depending on the case, some therapeutic touch goes hand in hand with the phytobiophysics lymphatic drainage / stimulation. It is unique because muscle testing is done to check on possible energy blockages and weakness of lymphatic flow and function starting from the abdomen. "It complements the lymphatic massage," Yeap Heong Moi, practitioner of phytobiophysics healing system said. It makes use of flower formulae and a non-invasive skin technique.

Mei Kuan

Academy of Phytobiophysics Sdn Bhd
No. 22 Lengkok Canning, Ipoh Garden, 31400 Ipoh
Opens 11am to 6pm from Mondays to Saturdays
05 546 5297 (healing centre), 010 467 8250 (Chandrika)



WATERFRONT CITY

CHARITY **Fun Run '17** WALK-A-THON

Distance 7km
Venue Lahat Mines

SUNDAY 17.12.17

Registration 7am • FUN RUN 8am

CO-ORGANIZER
SJK(C) YUH HUA

For more information, please call:

1700-818-007

RUN WITH A VIEW



ALL PROCEEDS GO TO

SJK(C) YUH HUA,
SJK(C) BUKIT MERAH,
SJK(C) LAHAT PERAK

SCHOOL-BUILDING FUNDS

ANTIQUE CARS SHOW

CARNIVAL

MUSIC

Upcoming Project :



Current Projects :





The Dawn of a NEW CONCEPT in living

Area from
4,600 sqft

Priced from
RM1,980,000



4 units SEMI-DETACHED



LE CHATEAU
@ Chateau Garden

Developed by:
Excebuild Sdn Bhd

(Company Reg No: 1080170-H)

No. 127, Jalan Sultan Abdul Jalil, 30450 Ipoh, Perak Darul Ridzuan

For Enquires please contact:

Alan **012-501 8990** John **012-518 6808**
Eric **019-512 2289** Sam **012-501 7277**

BOOKS

The ASEAN Miracle: Malay Edition

The Association of Southeast Asian Nations is a miracle. Why?

In an era of growing cultural pessimism, many thoughtful individuals believe that different civilizations – especially Islam and the West – cannot live together in peace. The ten countries of ASEAN provide a thriving counter-example of civilizational coexistence. Here 625m people live together in peace. This miracle was delivered by ASEAN.

In an era of growing economic pessimism, where many young people believe that their lives will get worse in coming decades, Southeast Asia bubbles with optimism. In an era where many thinkers predict rising geopolitical competition and tension, ASEAN regularly brings together all the world's great powers.

Stories of peace are told less frequently than stories of conflict and war. ASEAN's imperfections make better headlines than its achievements. But in the hands of Kishore Mahbubani and Jeffery Sng, the good news story is also a provocation and a challenge to the rest of the world.

In conjunction with ASEAN's 50th Anniversary, the book entitled 'The ASEAN Miracle: A Catalyst for Peace' has been translated into eight ASEAN languages (Malay, Indonesian, Burmese, Khmer, Lao, Tagalog, Thai and Vietnamese). The English edition first came out in March this year published by NUS Press.

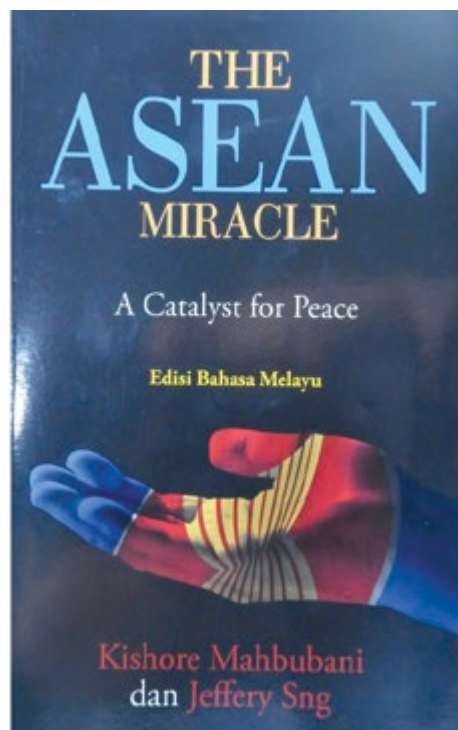
The Malay edition of the book is translated by Hidayati Kasuma Abdul Hadi. This paperback is published by Media Masters Publishing Sdn Bhd.

Kishore Mahbubani is Dean of the Lee Kuan Yew School of Public Policy, National University of Singapore, and author of 'The New Asian Hemisphere: The Irresistible Shift of Global Power to the East'.

Meanwhile, Jeffery Sng is a writer and former diplomat based in Bangkok, and co-author of 'A History of the Thai-Chinese'.

Priced at RM50, interested readers can purchase a copy at MPH, Perak Academy or Media Masters Publishing. For more info, call **05 543 9381** or email info@mediamasters.com.my.

Mei Kuan



Manek Mischiefs Tours Ipoh

Manek Mischiefs, the third in a trilogy of collection of short stories centering on the multi-hued world of the Peranakans by Dr Lee Su Kim, made Ipoh its fifth stop after earlier launches in Singapore, Kuala Lumpur, Penang and Malacca. The word "manek" is used to describe the minuscule glass beads from Bohemia and Czechoslovakia, brought over to this region by traders.

The book launch was organised by the Perak Academy on Saturday, December 9 at 22 Hale Street Heritage Gallery. Dr Lee was the first female speaker of the Perak Academy back in August 2002.

Present were Dato' Lee Hau Hian, guest of honour and Chan Kok Keong, deputy chairman of the Perak Academy. "You read and listen to short stories in English to improve your vocabulary. We are indeed indebted to Su Kim who is going to enlighten us on the attributes of Malaysian English and why our English is such. No one has dissected, observed and explored Malaysian English, the words and vocabulary as deeply and intelligently as Su Kim," Chan said.

Clad in a mint lace-trimmed floral *kebaya* (blouse) and *manek* shoes, Dr Lee explained, "It was quite a challenge when I started writing the stories because there was no precedent. Firstly there's no such culture. There were a few novels that were written but no short stories so I tried to do that. How do you convey to your reader all the wonderful, flamboyant, multicultural aspects of the culture?"

"I tried to be very true, for instance by putting in Hokkien words when I'm writing a Penang family. I put in the words and its meaning as well by giving enough cues instead of giving glossary which spoils it all," she added.

Attendees were in for a treat as she gave a performance reading of the chapter entitled, "The Merry Wives & Concubines of Patriarch Baba Gan" from her latest book.

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

Before the debut of her fiction, she penned the bestselling "Malaysian Flavours: Insights into Things Malaysian" which is now coming back into print. Printed in 1996, more than 10,000 copies have been sold.

Manek Mischiefs: Of Patriarchs, Playboys and Paramours (paperback) is available in MPH and Popular bookstores at RM49.90. For more updates, email Lee at sukim25@yahoo.com or visit her Facebook page: LeeSuKimAuthor.

Mei Kuan



What's new at Hospital Fatimah, Ipoh?

As one of the pioneer private hospitals in Ipoh, Hospital Fatimah had been quietly refurbishing and adding to their already impressive capabilities. It is now set with several new facilities that will provide additional clinical services to the community.

New Medical Centre

The hospital has just recently unveiled a new medical centre consisting of new wards, diagnostic and treatment facilities and more. Comprising of 8 floors, the basement and ground floor house the **cancer centre** that is complete with the latest **radiotherapy and brachytherapy** equipment on the basement floor. On the ground floor is a day care chemotherapy centre. The first floor of the new complex is dedicated for **cardiac catheterization** where patients with heart conditions will be managed here. The hospital's cardiologists will perform investigations and treat heart conditions here. There are also 4 additional licensed ICU beds on this floor for the use of heart patients.

Diagnostic Centre

On the second floor, which is designed for diagnostic purposes, there are endoscopy rooms as well as a non-invasive diagnostic centre. Specialists of the hospital will be performing endoscopy for upper and lower bowels and the lungs on this floor. Adjoining these endoscopy rooms are the stress-test and other diagnostic machines to diagnose heart conditions and a neurology laboratory.

Pharmacy

While the main pharmacy at the hospital's ground floor is now dedicated for out-patients, in-patients can get their medicines on the third floor of the new building. Together with the inpatient pharmacy counter is the **cytotoxic drug reconstruction facility** used to prepare drugs for cancer patients. This is done in a 'clean room' which is kept sterilised. It is a contained room where provisions are made to reduce the particulate contamination and to control other environmental parameters such as temperature, humidity and pressure. The cytotoxic drugs are prepared and packed in the **clean room** before being sent to the day care chemotherapy centre.

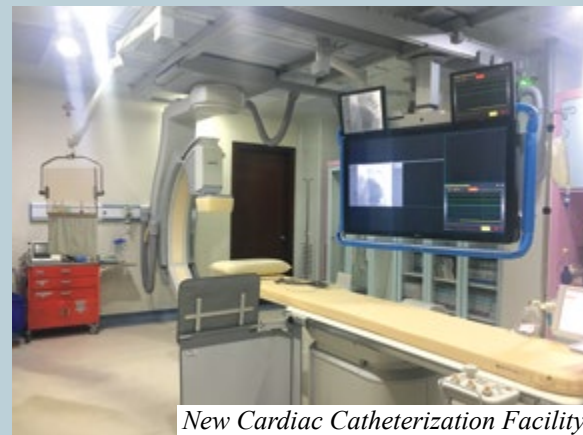
Beds

The wards on the fourth and fifth floors have a total of 39 beds to bring the total number of beds in the Hospital to **274 beds**. Both wards have single bedded rooms, double bedded rooms and four bedded rooms.

On the sixth floor of this new medical centre is a brand-new auditorium that comes with 200 seats and is used by the hospital for medical education for doctors and staff.



New Single Bedded Room



New Cardiac Catheterization Facility

The auditorium is also available to be used by the public at an affordable fee. Together with the auditorium are two meeting rooms that are used for meetings, workshops and training.

Physiotherapy

The hospital currently has 10 physiotherapists and 2 physiotherapy assistants to manage in-patients and out-patients. There are two types of therapy which set Hospital Fatimah's physiotherapy services apart, unlike other private hospitals in Ipoh. One is the **Fango Therapy** session and the other is a **hydrotherapy service** using a heated pool.

The Fango Therapy is a special physiotherapy session where the hospital uses Fango, a volcanic ash that is imported from Germany, mixed with paraffin wax and moulded to fit the patients' affected body parts. Here, the heat and the minerals in the mud will assist in the healing process. Currently Hospital Fatimah is the only one in Ipoh to have such treatment. Another unique physiotherapy session is the heated pool where patients are given hands-on treatment by the physiotherapist in the pool with the warm water providing buoyancy for patients with mobility issues.

Aside from the new medical centre and the special physiotherapy treatments, patients and visitors of Hospital Fatimah need not worry anymore about the lack of parking bays. By the end of this year, this hospital will use its **new multi-storey car park** with an additional 400 parking bays. The hospital's parking bays will be available to be used at a minimal fee.

For more information about Hospital Fatimah, readers can call them at 05-5455 777 or head to information counter at the reception at 1 Lebuhraya Chow Peng Loon, Off Jalan Dato' Lau Pak Khuan, Ipoh Garden 31400 Ipoh.

Ili Aqilah

Community

Hector's Christmas Tree Continues to Shine

In December 2009 (issue 88), we ran a story about Hector's Christmas tree. After eight years, the tree continues to be a symbol of Christmas along Jalan Perajurit, Ipoh Garden East.

"My family and I love Christmas and as part of our yearly Christmas preparation, we have been decorating this Christmas tree that we have had for years now," said Hector Netto.

"Initially, it was decorated for our family, and also friends, to enjoy whenever they visit us during the festive period. However, over the years, we have come to learn that this lighted Christmas tree is also enjoyed by people in and around our neighbourhood. Because of where its placed, it is in clear view for all to see, be it on foot or driving past," added Hector.

Over the years, Hector and his wife Juliet have received anonymous Christmas cards, thanking them for decorating the tree and telling them how much they enjoyed seeing it.

"My family and I would like to take this opportunity to thank those who have taken the time to send us such lovely cards and messages, which we truly appreciate. Now, this Christmas tree is not just for our family, but it's for everyone. We want to share the festive spirit, joy and love with all."

If you are driving along Jalan Perajurit at night, look out for Hector's beautifully lit Christmas tree.

May you continue your Christmas tradition for many years to come, Hector. Merry Christmas!



VWSL

Mega Sale Carnival Sets New Record



The second Mega Sale Carnival 2017 by the Ministry of Domestic Trade, Cooperatives and Consumerism Malaysia (KPDNKK) held at Bulatan Amanjaya from November 22 to 26 witnessed historical records made by the Festival Food Truck Malaysia (FFTM) for the longest distance food truck convoy involving over 100 food trucks all over Malaysia.

The convoy route started from 1MYC Food Truck Hotspot, UPSI Tanjung Malim to Bulatan Amanjaya with food trucks that came from Perak, Selangor, Terengganu and even Sabah. The festival was held during the Mega Sale Carnival which was visited by vast numbers of people who were eager to try all the food offered by the food trucks.

"In Perak, there are currently 35 food trucks and we are working and helping each other out. We've been operating for three years and despite the slow progress, we are definitely receiving more exposure and hopefully more trucks will open soon in Perak," said Mohd Hadi Hafiz who ran the first food truck in Ipoh, The Hut, as well as being the representative of Silver State Food Trucks, a group comprising of all the food trucks in Perak.

According to Hadi, he hopes to see more varieties of trucks selling different kinds of food, not just serving locals with what they know but also to expose the public to different types of food.

The official launching of the Mega Sale Carnival was held on November 25 where it was attended by Menteri Besar Perak, Dato' Seri DiRaja Dr Zambry Abdul Kadir, Minister at KPDNKK, Dato' Seri Hamzah Zainudin and Deputy Prime Minister, Dato' Seri Dr Ahmad Zahid Hamidi who was pleased with the attendance at the carnival.

"I've heard complaints about the unbelievable price hikes on daily groceries and more. I hope that KPDNKK will establish a special body of enforcement to monitor these items and the prices. There are people who simply charge more to gain extra profits that are affecting the public. Hopefully KPDNKK will handle this matter urgently," said Ahmad Zahid before officiating the event.

Among other activities held during the 5-day affair, were talks, buskers' performances, discussions on entrepreneurship and performances from local artists such as Dato' Nash from the band Lefthanded, Black Hanifah, Wany Hasrita, Dayang Nurfaizah and many more.

Ili Aqilah

Community

One Million Stars Officially Launches!

Following the successful response from the public, the 'One Million Stars' project is officially launched! To recap, the 'One Million Stars to End Violence' is a community-based project led by the Perak Women for Women (PWW) and Soroptimist International Ipoh that aims to combat gender-based violence across the globe.

The initiative was officially launched at 22 Hale Street, Ipoh on Saturday, November 25. The event proved to show the extent of its viral popularity amongst Ipohites as the premises was completely filled up with little to no leg-room to move around in; awareness being the by-product of this memorable and monumental occasion.

"The launch of this project today is in conjunction with the UN's 16 Days of Activism to eliminate Gender-based Violence," said Mabel Wong, president of PWW. "Children who grow up in a domestically violent family will be affected and the impact is far-reaching," she added.

This advocacy project to end violence has been hosted by several schools around the city; in fact, the organisers have managed to get the message across to 2595 students in a period of only 10 days!

Making these stars have ultimately fostered closer relationships between family members and friends, who sit together to produce them – all for the sake of contributing towards a better tomorrow. As symbols of light, courage and solidarity, these stars hope to bring the spotlight to the once shadow-casted subject of violence and abuse which continues to plague the world until today and end it in all its many forms – potentially showing that general consensus amongst the community is and will be the winning shot against this great, intangible foe.

"Courage comes when you are in a group," said Sumathi Sivamany, president of SI



(Ipoh) "I know we can achieve a lot of things when we stand together."

The stars will be on display at the AEON Klebang Mall from 10th December 2017 and will remain until International Women's Day on March 8, 2018. They hope to reach the target of one million stars by then.

"Anyone interested in helping us out in our humble cause can do so by crafting these stars," said Sumathi. "The stars can be deposited either at the PWW Centre or into the donation boxes that can be found around the million stars display at AEON Klebang Mall."

For more information, please contact them at 012 521 2480 or 012 588 2313. You can also visit their Facebook page at <https://www.facebook.com/1MillionStars/>.

Jack Foo

A Well-Meaning Dinner

Aimed at strengthening the camaraderie between military personnel and the state media practitioners, Ipoh-based 2nd Malaysian Infantry Brigade hosted a barbecue at the Officers' Mess of the 2nd Royal Ranger Regiment, Tambun on Sunday, November 26.

Present were representatives from Ipoh Echo, Harian Metro, Utusan, Berita Harian, Sinar Harian, Oriental Daily and Sin Chew Daily among others.

Brigade Commander, Brig-Gen Datuk Mohd Nizam bin Hj Jaffar, played the perfect host greeting the guests as they walked in.

The al fresco dining was followed by games, a

karaoke session and line dancing.

During an intense match of shuttlecock-kicking, the endless stunts pulled by the opposing teams, as they tapped into their foot-eye coordination, drew plenty of laughter and rapport.

Those whose birthdays fell in the months of September, October and November were treated to a cake-cutting ceremony.

The lively night concluded with the presentation of gifts. The role the media had played in promoting an erstwhile closed society like the army was appreciated by the host. The dinner was the brigade's way of saying thank you.

Mei Kuan







HOSPITAL FATIMAH

Ipoh, Perak

Strength in Purpose. Gentle in Action

Our Specialist Services

Our Facilities

- 6 fully equipped Operating Suites
- Cardiac Catheterisation Laboratory
- Cardio-pulmonary Diagnostic Services
- Critical Care Unit with full cardio-respiratory support
- Diagnostic Imaging Services
- Dietetics
- Haemodialysis Centre
- Health Screening Unit
- Neurology Lab
- Oncology Centre
- Pathology & Laboratory Services
- Physiotherapy & Hydrotherapy Services



Hydrotherapy

- Anaesthesiology
- Cardiology
- Critical Care
- Dermatology
- Ear, Nose & Throat Surgery
- Gastroenterology & Hepatology
- General Surgery
- Geriatrics
- Internal Medicine
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics & Gynaecology
- Oncology & Radiotherapy
- Ophthalmology
- Orthopaedics & Traumatology
- Paediatrics & Paediatric Neurology
- Plastic, Reconstructive & Microsurgery
- Psychiatry
- Radiology



Radiotherapy

1 LEBUH CHEW PENG LOON, OFF JALAN DATO' LAU PAK KHUAN, IPOH GARDEN, 31400 IPOH, PERAK.

enquiry@fatimah.com.my www.fatimah.com.my

TEL: 605- 5455 777 FAX: 605-5477 050

Community

Voicing Your Rights



Directed by Norhayati Kaprawi, "Diary for Prasana" is a documentary on the legal battle between Indra Gandhi and her Muslim-convert husband, K. Pathmanathan. Indra's daughter, Prasana was taken away by her husband when she was barely 11 months old. She has not seen her daughter for almost a decade now. In the process, Indra's estranged husband had arbitrarily converted Indra's two other children without their consent.

The 43-minute movie was screened at Freedom Film Festival, held both in Kuala Lumpur and Ipoh recently. It was the brainchild of Dato' Mohd Zaid Ibrahim, former Minister in the Prime Minister's Department in charge of legal affairs and judicial reform.

"I decided to do this film because it highlights the battle of an ordinary citizen whose confidence has been trivialised by an unforgiving system. For someone to stand up and make a stand for her conviction is what solidarity is about," said Norhayati.

Indira's legal battle has lasted over eight years. The documentary shows her countless trips to the Federal Court in Putrajaya and how she is being constantly badgered by delays and postponements. Son Karan Dinish and daughter Tevi Darsiny spoke in the documentary. They argued that they were denied the right to choose the religion of their choice.

"I've been following this case since it first started. It's unfair for Indira. In fact, it's unfair for all non-Muslims who are in a similar situation. You've to understand how it feels. This film is not about religion or Islam, it's about fairness. And whether the system really understands that," Zaid remarked.

According to Indira's lawyer, M. Kulasegaran, Zaid's objective was to educate the world on human rights. Zaid has insisted that the term "parent" should be plural, meaning both father and mother not just the father. He raised this issue with the Federal Court but was dismissed. He made an appeal. It was heard by five judges but till today no conclusive decision has been made.

"Films are, undeniably, a powerful instrument. The first question that popped into my mind when I was informed about it was how am I going to tell the story? I made it clear from the very beginning, the objective is to appeal to the conscience of Muslims," Norhayati told the audience.

"Before one converts, one must know what one's getting into. In this case, it's clear that Indira's husband wanted to get custody rights so it became a political issue. Muslims in this country should listen to their hearts not the ramblings by preachers and politicians," Zaid added.

"It's an eye opener for women like me. My mother and children are my pillars of strength. It's not easy to open up but I hope women will start voicing their rights. All I can say is, keep fighting. Maybe not now but, as time goes by, I'm certain we'll succeed," Indira concluded.

Khaleeja

Film Review

The Pinnacle of CGI – Coco (2017)

What a better time to write about a cartoon. As a Pixar fan since the day I first saw 'Wall-E' in the cinema, I have to say that 'Coco' represents an evolution of animation rendering it to heights unseen before. And what better time to write about a cartoon stressing on traditions than now during this festive season.

Although it may not have demonstrated any specific breakthrough in the technical side of things, it sure has demonstrated the extent computer-generated imagery (CGI) has developed over the years. The fine details in each individual pixel make the animation seems so lifelike yet unrealistic in its colour saturation – or is this too much of an oxymoronic statement?

I am no expert in the arts of cinematography, however, it does not take a graduate of Film Studies from Harvard University to appreciate the vast amounts of emotionalism that each frame represents and what it invokes in viewers. However, the real deal starts when you explore the themes and implicit aspect of things – raw.

The story is set during the Day of The Dead, a Mexican tradition whereby the bridge between life and death opens up to allow the dead to walk amongst the living – very similar to Qin Ming. A young boy named Miguel, who stars as your typical town kid who has high dreams but is often neglected by his family, makes the trip backwards and travels from the living to the dead; without dying. This may be a subtle nod to theories of the metaphysical and the spiritual which is developed gradually throughout the movie via his organic degradation from boy to bones. Believe me, this is a child-friendly movie and is highly recommended for kids.

In the physical world, he belongs to a generation of established shoemakers that operate in the Mexican village of Santa Cecilia – the family name being "Rivera", which is also their brand name. Just like any business, his family expects him to follow in their footsteps. However, this is a path he chooses not to follow, and a tradition he does not live up to.



Wellness

By SeeFoon Chan-Koppen

"Your back bone connected to your shoulder bone, Your shoulder bone connected to your neck bone, Your neck bone connected to your head bone....." from Gospel song Dem Dry Bones

Your Middle Ear is Well Connected

Just as the lyrics of the above song tell us, every part of the body is connected to one another and as Dr. Yeoh Thiam Long, Consultant ENT Head & Neck Surgeon, KPJ Ipoh Specialist Hospital emphasises, ear issues may originate from other organs, as in your nose, sinus and even the brain!

In particular with middle ear problems in children where fluid accumulates and the symptoms are not immediately apparent. As the middle ear is connected to the nose via the Eustachian tube and in children, this tube is shorter and more horizontal than in adults, children are more prone to 'Acute Otitis Media' (AOM) which is a painful type of ear infection. It occurs when the area behind the eardrum called the middle ear becomes inflamed and infected.

Symptoms which manifest may include fits of fussiness and intense crying (in infants); clutching the ear while wincing in pain (in toddlers) and complaining about a pain in the ear (in older children).

The eustachian tube can become swollen or blocked for several reasons such as allergies, a cold, the flu, a sinus infection, infected or enlarged adenoids, cigarette smoke, drinking while lying down as in infants fed from a bottle.

In cases where symptoms are not so obvious, parents need to be vigilant for signs that their children has fluid and infection in the middle ear; such as when they are not hearing properly or their motor speech or language development appears slow or when there are repeated ear infections which can lead to permanent hearing loss. It is important that they check with an ENT specialist if children show any signs of the above.

All AOM infections must be dealt with thoroughly to ensure there is no lingering inflammation and all fluid removed. When medical treatment fails, only then is minor surgery required to drain the remaining fluid.

In the case of adults showing up with ear infections, tinnitus (ringing in ears), blockages or pain in the ears, the ENT specialist will always first eliminate the possibility of Nasopharyngeal cancer which is quite prevalent. Various tools are used for the various tests including an otoscopy which looks at the fluid behind the eardrum, a nasal endoscopy to determine if there is a nasal infection or tumour and occasionally a tympanometry to assess the middle ear function. Only in extreme cases is surgery considered.

"When a child is crying excessively and the child is pre-verbal, and when all other signs are normal, it is wise to bring the child in for a consultation to eliminate the possibility of a middle ear infection", said Dr. Yeoh, "because a middle ear infection if left untreated can have serious consequences as evidenced by the problems detailed earlier", he stressed.



Dr. Yeoh Thiam Long
Consultant ENT Head & Neck Surgeon
MD (UKM), MS(ENT, HEAD & NECK) (UKM) FAAO (USA)

Dr. Yeoh Thiam Long

Yeoh Ear, Nose, Throat Specialist Clinic
Suite 2-11, KPJ Ipoh Specialist Hospital,
26, Jalan Raja Dihilir, 30350 Ipoh.

Tel: 05 254 3188 (Direct Line) 05-240 8777 ext 8523 / 8522

As an aspiring musician, his story begins as a tug-of-war between two belligerents: a long generational-ban on music by his family due to a sour history and his ambition to be like his idol, Ernesto De La Cruz, an accomplished musician and local hero.

The deliberate cultural overtone of the movie is mainly based on Mexican traditions that seem almost completely esoteric in nature, if you're not of Mexican descent, however, trust me, it is exclusive as it is inclusive. If you look at it in a bigger picture (you're meant to be), you'll realise that this will strike you in a personal and, perhaps, even psychological level.

The screenplay highlights the struggle we had and still have as growing youngsters and adults to wrestle against the ideals that our parents and those before them have set upon us – the ones which we may oppose like, you know, early bedtimes!

This is the beauty of the animation that cleverly represents the importance of family and its rules and traditions against the backdrop of an ever-increasing youth resistance – one which may end with only good or bad circumstances.

The reason for the curbing of this musical endeavour that stretches over four generations by his family is due to the wrongful doings of the man that represented the face of music and unfortunately, toxic masculinity – Ernesto De La Cruz – a highly successful musician and actor who turned out to be a liar and murderer.

What is really saddening is the fact that Hector, the lonely and forgotten ghost whom Miguel met (eventually revealed as his great-great-grandfather) was wrongly accused of something he did not, at least not intentionally, do. What ties him with Ernesto De La Cruz is a lifetime (or deadtime) of conspiracy, murder and betrayal of two best friends that, ultimately, led to Hector's dire consequence and untimely demise via poisoning – both representing the yin-and-yang in which Miguel must pursue to understand and acknowledge for his own self-actualisation.

Surprisingly, the movie's title 'Coco' is actually the name of Miguel's great-grandmother; whom each character essentially revolves around. As an old and crippled wheelchair-bound lady, battling both dementia and age, she was nothing more but a vegetable. She is brought to life when Miguel plays 'Remember Me', a song specially composed by Hector himself for her just before he left on that fateful day. This phenomenon became the left high-kick that knocked the family's tradition that bans musical expression out of existence.

'Coco' may not be at the pinnacle of animations nor the magnum opus of Pixar, but it still connects us and stirs up a pot of emotions in us. It is indeed relevant in our lives and beyond.

I grade it a 10/10 and I urge all families to go see it with your kids.

Jack Foo

Community

Family Safety Workshop



In conjunction with National Family Month in November, Family Wellness Club organised a workshop on Saturday, November 25. The workshop, conducted by crime safety specialist, Shamir Rajadurai, focused on crime prevention. It was held at the Old Andersonians Club, Ipoh.

The event was officiated by Chairman of Malaysia Crime Prevention Foundation (Perak), Dato' Abd Wahab Dato' Seri Azizul Hassan. In attendance were police officers and members of non-governmental organisations. The subject discussed pertained to common crimes such as snatch theft, car-jacking and break-in.

Shamir described the modus operandi and ways to overcome them. In carjacking the culprit will deliberately bump the rear of your car. What you need to do is to stop at the

roadside with your engine running. Do not get down. Note down the car's number plate and proceed to the nearest police station. You only discuss matters in the presence of the police and not on your own.

If you notice someone throwing something at your windscreen, you are the target of carjacking. Do not activate the wiper, just continue driving. Make a police report if your number plates go missing. This is to prevent undesirable elements from using them to commit crimes.

"Most people aren't aware that when you're stopped by someone claiming to be a police officer, you've the right to ask for his authorisation card. If he refuses to show, you've the right to drive off or record it," said Shamir on bogus police officers.

The reason why mobile phones are not allowed in banks, especially during ATM transactions, is because there have been cases where criminals take photos of victims and the amount of money withdrawn so they can follow-up on their targets.

On banking scams he has this to say. "Remember, a bank will never call and ask for your card details. A real bank website will have a Secure Sockets Layer (SSL) bar in green at the top left side of the link.

"During festive seasons or if you are leaving the house for a holiday, head to the nearest police station and make your intention known. The police will include your house in their patrol route.

"Having a dog or a goose at home is the best form of security, as dogs and geese only recognise their owners. If you happen to witness a crime, remember the details. Recording with your mobile phone is advisable."

According to Shamir, housing areas with the lowest crime rates are ones with good neighbourhood relationship. Thus, getting to know your neighbours and building genuine friendship is desirable.

"Shamir makes it so simple yet informative. There wasn't any jargon that was confusing for the audience to understand. Using visual aids is most effective. Overall, it's an eye opener," said P. Mangaleswary, President of Family Wellness Club.

Readers can call Bukit Aman hotline at 03 2266 3333 to make a report or call Shamir himself at 014 905 3442.

Khaleeja

IIFW '17 Hands Equipment to General Hospital

Acting as a platform to raise funds for the Paediatric Cancer Care Unit of Hospital Raja Permaisuri Bainun (HRPB), International Ipoh Fashion Week 2017 (IIFW '17) managed to collect RM50,000 for the above-mentioned unit, through their three-day showcase held recently in Ipoh.

Five pieces of specialised equipment were handed over during a ceremony that was held at Ambulatory Care Centre (Day Care Centre) of HRPB on Tuesday, December 5.

According to IIFW founder Louis Sebastian, the appeal for support from all parties as part of the ticket table sales and personal donations, contributed during the IIFW '17, has certainly enabled his team to make a valuable contribution to the hospital.

"To ensure that we ourselves are above board and guarantee that the amount we've collected in donations is unquestionably for Paediatric Cancer Care Unit, we've gone ahead with the advice from hospital to purchase the exact equipment required for them," he said in his speech.

The equipment includes a unit of Four Channel Patient Monitor that can help to closely observe critically ill patients as well as free nurses to do more nursing care, two units of Syringe Perfusors that can assist in delivering precise, small volumes of chemotherapy drugs in a controlled fashion and two Volumetric Perfusors that accurately deliver drugs and fluids over a longer period of time.

Senior Consultant Paediatrician, Head Paediatric Department of HRPB and Head Clinical Research Center Perak, Dato' Dr Amar Singh HSS, who was also present during the ceremony, said all this equipment amounting to RM50,000 will enhance the services and improve care delivered to children with cancer.

"Although treatment costs to patients are minimal, with the majority covered by the government, families and their work is disrupted and there's a need for much travel.

"In the first year of treatment, the care, treatment and visits are intense. This requires close monitoring and appropriate and adequate equipment such as Volumetric



Perfusors, Syringe Perfusors, 4-6 Channel Monitors and Automated Blood Analysers are needed," he added.

Nabilah Hamudin

New Home for Hope Haemodialysis

The Hope Haemodialysis Society Ipoh, recently moved from Jalan Lasam in Greentown to No. 6 Persiaran Asrama, Taman Canning, 31400 Ipoh. The dedication service and opening ceremony of this new centre was officiated by Tan Sri Lee Oi Hian, Chairman of the Board of Trustees, on December 3.

The centre is run on a non-profit service to help poor patients, irrespective of race and religion. Commitment, Care and Compassion is the mission statement of Hope Haemodialysis Society. "It is our Commitment to provide high quality haemodialysis treatment, holistic health Care with Compassion for human life" expounded Dr Su Too Kiat (pic right) its president. He acknowledged and thanked everyone for their help, prayers, contributions and encouragement especially to the Pastor and leaders of Canning Garden Methodist Church, Tan Sri Lee Loy Seng Foundation, Lotus Foundation and individuals who have rendered their support in one way or another.

The function ended with a prayer for the success of the centre by Rev. Thomas Chin and a buffet lunch for all present.

SH Ong



Nosh News with SeeFoon

Laksa Leaf Cafe

I have always loved Laksa, in all its various manifestations be it Asam (tamarind), Lemak (coconut) or even Fried, as offered in the newly-opened Laksa Leaf Cafe in Jalan Canning Estate.

"Fried Laksa?" I exclaimed as I looked at the menu, "of course we must have some." And have some we did, including Lemak, Penang (Asam) and just about everything else on the menu!

The **Penang Asam Laksa** was tasty, the gravy with enough of a fish base to make it robust and the garnitures of mint, shallots, cucumber, very crisp and fresh – regular RM7; large RM9. The **Fried Laksa** was a variation on the soupy one, fried with the same base spices RM8, and very attractively garnished with a topping of fried bean-curd roll, Fu Pei (which can be ordered separately RM1 a piece).

I loved the **Laksa Lemak** which is more of a Nyonya laksa, the soup base very 'lemak' (coconut-ty) and served with generous slices of fried fish paste, slivered chicken, bean sprouts, cucumber and two large prawns – RM10/15 R/L.

Blue (from butterfly pea flower) **Nasi Lemak** was unusual served with pan fried chicken satay instead of the usual rendang, a generous helping of fried ikan bilis and peanuts and a thick not too spicy onion sambal – RM10.

Desserts deserving of praise are aplenty including a yumilicious **Cendol** where the coconut milk was not watered down, the Cendol (real vs the plasticky stuff one finds) RM5; **Ais Kacang** with red lima beans, cincau (grass jelly), sweet corn, peanuts and sweetened with Gula Melaka (coconut palm sugar) which is my favourite; RM5 and add RM1.50 for ice cream. **Yuzu Aiyu Ping** is a jelly made from the gel from the seeds of a variety of fig called Wan Tau Long and flavoured with Yuzu Japanese citrus fruit with its own special piquant taste. This was delectably refreshing and a wonderful end to the 'lemak' richness of the other menu items – RM5.



Drinks were interesting with names like Explosion (Blue butterfly pea flower, Lemon juice), Grape Blast and Peach Sunrise at RM7.

Do go to Laksa Leaf, for breakfast, lunch, early dinner or pop in for a snack. They also do **Kaya Toast** the traditional way, complete with two soft boiled kampong eggs which is many Ipohites' favourite breakfast.



Laksa Leaf Cafe

43 Jalan Canning Estate, Canning Garden,
31400 Ipoh.

Tel: 05 549 2818

Business hours: 9am-6pm. Closed Tuesday and Wednesday.

Accidental Bakers – Divine Coincidences!

Cousins Paul and Fong started a home-based baking company 18 years ago when home baking was not the norm. In fact, they stumbled onto baking quite by accident.

Fong was working in accounts, while Paul is a trained musician and a musical theatre enthusiast and actor when 18 years ago both stumbled onto baking. Paul was taking a break from music and church ministry and decided to start baking from home to support himself. Fong had left her job and was looking for something else to do. They decided to team up and take the ladle by its handle and give baking a go! And the rest as they say, "...is history!"

They started a successful home-based cake supply business during the "Ipoh cafe boom" period during the 1999-2001 and were supplying to six different cafes in Ipoh. Specialising then in classic cakes like Chocolate Moist, Carrot Walnut, Banoffee and eight different cheesecake flavours. Their cakes became really popular with the cake and dessert loving population of Ipoh. Then in 2001, Paul moved to Singapore to take up a music director position with a church while Fong moved the cake business to Kuala Lumpur. There Fong continued to grow, master and perfect the art of sugar paste novelty cakes while tasting and sampling cakes and more cakes in her travels. Paul, on the other hand, had his hands full with music and the arts but in his private time continued to indulge his passion for cakes by tasting and collecting and amassing a huge collection of about 700-over cake recipes from Singapore and also his travels around the world.

Fast forward 18 years to the present, Paul and Fong return to Ipoh, the town that they love and has a special place in their hearts, to care for their aging parents. Having travelled and lived overseas gave Paul and Fong the opportunity to savour new and exciting cake flavours. Coming back to Ipoh they realised that it was not easy to find the rich decadent European and the creatively exciting Australian inspired style cakes that they both love so much.

So by a "divine coincidence" the cousins decided to renew their partnership and collaborate again to offer to Ipoh their creations culled from their travels and their love for experimenting with flavours. They continue to offer their well loved favourite classic flavours, while introducing new and innovative flavours like chocolate peanut butter and banana cake called – "The Elvis", Ondeh Ondeh Cupcakes – imitating



the flavours of the classic Asian dessert, chocolate cream cheese with salted Caramel, Dynasty-Espresso and rum-soaked cake sandwiching a cheese mousse, speckled with chocolate shavings...and encrusted in a bejewelled Almond Praline coating.

The duo hosted an introductory and launch party recently featuring their classic cake flavours and a wide array of the new flavours attended by friends, socialites and industry partners. Held in their pristine white baking house, the guests had a tummy-filling time of the cake and dessert buffet.

The cousins have exciting ideas for this facility as they plan to offer baking and cake decorating classes and workshops for different skill levels. They also have in the pipeline a food arm (**Divine Fine Foods**) that offers private dining and supper club concept dining, for friends to come together to savour food and celebrate friendship at their premises. While Ipoh has great hawker fare, this concept of supper clubs, that is so popular in Hong Kong, is hardly available here, prompting the cousins to bring a slice and sampling of their travels and food experience back to their beloved hometown Ipoh.

Divine Fine Foods have prepared a range of Christmas offerings ranging from Butter Herb Roasted Turkey to rich fruitcakes and mini Christmas Puddings for the coming Christmas season. They will supply to private parties or to restaurants. Do check out their FB page at [divinecakez2017](https://www.facebook.com/divinecakez2017) for more details. **Enquiries: Fong 012 227 2187 or Paul 010 240 8879.**



FMM INSTITUTE PERAK

(475427-W)

Looking to enhance your knowledge and skills?
Looking to maximise your employees' performance through skills
and knowledge upgrading?

FMM Institute Perak offers Public, In-House, Certificate and Executive Diploma.

In 2018, we will be organising the following programmes:

- ✓ Certificate in Safety and Health Officer
- ✓ Executive Certificate in Human Resource Management
- ✓ Certificate in Boilerman
- ✓ Certificate in Purchasing and Inventory Management

Bring out the best in your workforce!

No. 1, Lorong Raja Dihilir, 30350 Ipoh, Perak. Tel: 05-5488660 or email: fmmperak@FMM.ORG.MY

**We train,
You gain!**

Arts and Culture

Down Memory Lane

As The Carpenters put it in their song, "It's yesterday once more", Ipohites were taken down memory lane on Tuesday, November 28 during a concert entitled, "My Memory". The musical extravaganza was organised by Kuala Lumpur Pop Orchestra in aid of the Dementia Society Perak. It was held at the Grand Ballroom of Syeun Hotel, Ipoh.

The night began with an orchestra performance of "Old Day Love", followed by a rendition by ten singers. The first half consisted of songs such as The Last Waltz, Perhaps Love, Na Ge Bu Duo Qing and more by Eddie Yu, Alan Low, Janet Lim, Consio Chey, Irene Chuo, Diana Chow, Jane Chong, Mimi Koo and violin soloist, Kitty Cheung who played "Buliao Qing" and "Copacabana".

The 500-odd audience were mesmerised by two 12-year-olds, Andrew Kuik (piano soloist) who worked wonders on the keyboard playing, "Love Story" and "Viva La Vida" and Rebecca Lim (flute soloist) who played "Smoke Gets In Your Eyes" in the second half. Estee Pook sang songs by The Carpenters and "Memory" (Cats). The last singer was the evergreen Sean Ghazi. He sang "Unforgettable", "Hujan Ditengah Hari" and "Sway". The accompanying orchestra was led by Eugene Pook.

"I was the judge at a music competition recently. That's when I discovered Andrew and Rebecca. I am truly impressed by their talents. So I invited them here tonight. They'll go far," said Eugene Pook.

"Out of Ipoh's 700,000 population, an estimated 45,000 are above 65 years old. Of this number, around 3000 are diagnosed with dementia. Our dream is to have a model care centre for dementia, as a benchmark for our nation. It'll incorporate day care, home care, support group, clinic, dementia specific residential care and therapeutic garden," said Chairman of Dementia Society Perak, Dr Esther Ebenezer.

"Presently, a dementia day care building is under construction at Jalan Lang, off



Padang Tembak, Ipoh. All proceeds tonight will go towards the development of a better tomorrow," she concluded.

The night ended with a bouquet presentation to every performer and the handing over of a mock cheque to the society which came to a total of RM40,200, collected.

A worthy effort indeed.

Khaleeja

Artist to Watch: Khairul Amri

Oil painting on canvas is the forte of 21-year-old Khairul Amri bin Ibrahim. "First of all, what I can see is that art is universal. My artwork is my self-expression and it delivers a clear objective message. It leans towards contemporary art as it is unlimited," he explained.

According to him, art is a powerful medium capable of changing people's perception of things and thus is very important for the community.

"The artwork that I am most proud of is my painting titled 'Dirty Soul', because that was my first painting to be showcased in the HOM Art Trans Gallery in 2016 and also my first to be sold," the Ipoh boy enthused.

He remembers vividly what the collector had said then which was, "One day when you have become an artist, I hope you'll remember that I have your first painting in my house."

His interest in art dated back to his primary school days. With a diploma in fine art from UiTM Seri Iskandar and a degree in the same field from UiTM Shah Alam, artists who have continued to inspire him are Suhaidi Razi and Ruzzeki Harris.

His creation, 'The Myth of Humans' was shortlisted in the fine art category of the Nando's Art Initiative this year, a first-time participation that marked his first step into the art scene in Malaysia.

When asked for his thoughts on the Perak art scene, he stated, "It needs deeper exposure". He is proud of the historical heritage and culture of his hometown.

"Next, I wish to join Art for AIDS. One creative medium that I have yet to pursue is the combination of sculpture and painting," he concluded.

Interested readers who would like to find out more can contact him at **017 522 5416**



or email at amri.ibrahim96@gmail.com. Also, check out his Instagram: @khairvlamri

Next issue, we will be concluding the exclusive interview series of Perakian artists from the Nando's Art Initiative with a feature on Lukman Hakim bin Mohd Bahari who turned his passion in fine art from hobby to career. Watch this space!

Mei Kuan



A Teh-lented Artist!

Whether you're a hardcore, professional artist who draws psychedelic backgrounds for Anime movies, or the average recreational hobbyist who enjoys painting by the park just opposite your home, you'll be surprised to see the amazing works of this one particular artist.

Meet Mr Teh Siew Joo, an 87-year-old Ipohite artist who has held numerous solo art exhibitions in Malaysia, Singapore and Australia. He is a graduate from the China Central Academy of Fine Arts in Beijing in 1954 and has held several art-related positions in Shanghai and Hong Kong, including animation art designer, publisher of children's art

books, commercial artist and many others.

To add to the richness of his career, he has also worked as an interior designer in Malaysia for well over 20 years and was appointed by His Majesty the Yang di-Pertuan Agong to design the interior of the Pekan Palace.

After eight long years, Teh Siew Joo finally returns to his hometown of Ipoh to showcase paintings in the theme "Fleeting Age, Blooming Flowers" at SOMN Tea House from December 9 to 12. Many of his well-known paintings in watercolour were on display as well as his poetic Chinese ink wash paintings.

"I fell in love with painting by being in awe of the drawings found in children's books when I was a very young boy," said Teh, "I always looked at cartoon books at Concubine Lane here in Ipoh."

As a young kid, he used to be very intrigued by the drawings in the Chinese novel, 'Journey to the West', and would recreate the drawings of Sun Wukong in his spare time. (Fun fact: He started off drawing sceneries!)

He says that he has been trained under some of China's finest and most respected artists at the time such as Qi Bai Shi and Wu Guan Zhong whom he still looks up to until today.

Alternatively, during his stint as an interior designer, he has worked with various hoteliers, rich men and restaurant owners in Malaysia such as the Mandarin Hotel in Kuala Lumpur and the French Hotel in Ipoh to design their premises.

When prompted with a question on whether there are any rising prospects from Ipoh, he responded, "There is a shortage of artists here, and there's nobody to carry on the work which is quite saddening to see."

"University Tunku Abdul Rahman (UTAR) has offered me to work and lecture for them," said Siew Joo, "But I'm still considering whether I should go."

At this tender age, he is still extremely confident and skilful in his craft which has earned him the title of one of Malaysia's premier painters and water-colourists, and of course as an honourable son of Ipoh.

You can view his art pieces at Teh Siew Joo Fine Art at 20A Pesara Ipoh Satu, Taman Ipoh, 31400 Ipoh, or contact him at 012 583 4420.

Jack Foo

Arts and Culture

Ni Art @ School

After their inaugural art week last year, Ni Art Week brought another contemporary art exhibition to the Ipoh community, held for three days from Friday to Sunday, December 8 to 10.

This year, Ni Art Week decided to go to school and was honoured to have support from the students of SMJK Yuk Choy with its theme Ni Art @ School.

With its aim to provide a platform for local artists to showcase their art pieces to the public, there were six featured artists altogether, who were CK Choe, Lee Chin Chee, Loh Yi Chuen, Chen Chun Yao, Mah Zhim San and Hwa Kean Kok.

Each of them exhibited their art in the school main hall which was built more than a century ago and around the school compound.

According to its organiser Kok Hwa Kean, Ni Art took the initiative to interact with students this year as they wanted to instill creativity among the students.

"Creativity is important especially in the current world that we live in. Education nowadays goes beyond classroom, textbooks and exams.

"However, we feel that the importance of art in our lives, is something that has been long neglected by the society. Art is not just learning a musical instrument or drawing. It's more than that," he said.

Super Star Hair and Make-Up Academy, who participated in the exhibition, showcased their different costumes, made of recycled items and a mixed medium. Visitors could grab the chance to take a photo with the costumes.

Apart from art installations, the visitors were also entertained by live performances from Culture Shot, a group of six people from different races, united by their love for music and culture. They strummed the melodic rhythm of a Rebana coupled with gongs, and the interlocking beats of a Gendang with a splash of Chinese cymbals. A real fusion collage.

The visitors also enjoyed live acoustic performances by three other groups called Jom Kopitiam, Mijor Manor and Messenger.

The exhibition was officiated by Parent-Teacher Association president William Chan, followed by opening performances by the school's students including 24 Festive Drums and the Chinese Orchestra.

Nabilah Hamudin



Lifestyle

Meru is Most Improved Golf Course

Major makeovers and outstanding leadership have put Meru Valley Resort, Ipoh in continuous limelight this year.

The great Socrates once said that the secret of change is to focus all of your energy not on fighting the old, but on building the new. It appears that this philosophy has found its way to the resort as its locally designed course has been named the "Most Improved Courses of the Year 2017" by Golf Magazine Malaysia, the most widely read golf monthly.

"The honour is a testament to our amazing team and the work they do here every day," said Colin Coles, the Golf Course Superintendent. "An improved golf course should be a big draw for golfers," added Christian Bock, Director of the resort.

Over the past few months, the various maintenance works done included increased cultural practices throughout all main play areas of the golf course inclusive of greens, tees, fairways, bunkers and rough. Drainage works were carried out around the golf course as well.

Green speeds are now consistently maintained around 9.5ft to 10ft. In addition, the resort has increased mowing practices and height adjustments to greens, tees and fairways. Tee boxes have had their mowing perimeters re-aligned, to point more directly to the centre line of play, whilst other selected tees are being levelled and re-grassed.

The course renovations are shining examples of the investment being made at the

golf course to produce one of the state's top golf and social experiences. Meru Valley Resort is truly humbled with this recognition and is more determined now than ever to provide extraordinary services to all their members and patrons.



By A. Jeyaraj



iSpeak

Know your Government – Councillors

Electoral is around the corner and as responsible citizens, it is our duty to elect the right candidates. I think it is good to know the structure of our government to make the right decision. Our country has three tiers of government – federal, state and local, each with very separate areas of responsibility. They each complement one another to achieve a common goal: the betterment of society.

In this first part of three series, we will look at the roles of a City Councillor or Ahli Majlis who is the link between ratepayers and MBI.

Currently, this position is an appointed one by the state government. Ipoh is divided into 24 zones and each zone has a councillor. Each appointment is normally for a two-year term and is extendable. The council is headed by the Mayor.

The full board of the council sits once a month to approve the decisions made by the various committees that would have met prior to the board meeting. The committees are made up of the heads of the relevant departments plus a set number of councillors. The committee is normally chaired by the Mayor or a Councillor. The minutes are sent to the full board to be endorsed. The public can attend full board meetings.

The normal agenda of a full board council meeting begins with the chairperson's opening remarks which usually details or reports on any special activities since the previous meeting. It would also detail any State Government instructions given to the council. This is followed by the minutes of each department to be endorsed by the full board council meeting. As minutes of each department had already been made available to each Councillor prior to the sitting, this formality is normally completed quite quickly unless there are issues or questions raised.

The full board sitting normally ends with the adjournment speech where each Councillor has the opportunity to express his thoughts and ideas to be deliberated by the relevant committees in the coming month. This is important as the thought and ideas could well be endorsed as a local council by-law.

More often than not, the Councillors do not speak and if they speak it is to express or rather lodge a complaint that a resident may have voiced out. The adjournment speech is certainly not the avenue to voice complaints. The adjournment speech is normally not debated nor interrupted but contents are discussed in the committee.

It is the role of the Councillor to ensure that the decisions made at the committee

level are done properly in accordance with the legal provisions. The Councillor who is not a member of the committee can raise questions and comment or seek clarification on decisions made by the committee.

Thus for this area of responsibility, a Councillor has to be knowledgeable and hands-on to know and understand the pulse of the ratepayers. This is where the bulk of the real duties and responsibilities of a proper Councillor is measured.

Where and how would a Councillor get his feedback and understand what the local residents and ratepayers expect? Councillors normally get feedback from the Residents' Associations. For Lim Garden there is a WhatsApp group for the residents to voice their concerns and the councillor is a member of the group.

It is necessary for a Councillor to also meet up with local businesses and other social groups to ensure a sustained and improved living environment.

The Councillor's responsibility includes being able to bring together opinions and ideas from across the board and get them together. There must be continuous economic growth and development within the community so that it will not end up as a dead "cowboy" town. At the same time the quality of life for residents must be respected and protected. Similarly policies to bring in continuous income in the long term to the council cannot be set aside as the future depends on the financial strength of the council.

Therefore a Councillor's scope of duties and responsibilities would mean a practically full time job. However, this is not so, as all are appointed on a part-time basis.

The Councillor is paid a fixed monthly allowance and also an attendance allowance. He also enjoys overseas holidays.

Understanding the role and responsibility of a Councillor is necessary and important for one to get the best value for the rates we pay to MBI. Clean drains, regular rubbish collection, functioning lamp posts and traffic lights, clean, safe and peaceful environment are our basic requirements.

It is important to know who your Councillor is and to periodically engage with him/her. Your engagement with your Councillor effectively ensures a win-win situation for both of you.

Community

Tallest Christmas Tree in Perak

A giant Christmas tree was officially blessed and unveiled at the Church of Our Lady of Lourdes in Ipoh on December 3 by Assistant Priest, Rev. Fr. Simon Anand Marthamuthu with a countdown and fireworks before a large crowd of cheerful parishioners and members of the public.

The five-tier tree topped with a star, measuring a total of 55ft in height and 20ft in width and is believed to be the tallest Christmas tree ever to be erected outdoors in Perak. The tree weighs approximately 300kg and is covered with 2808ft of artificial pine Christmas garlands. A total of 1264 lights of various kinds were used to illuminate the tree. The base is covered with real tree trunks.

The key individual behind this spectacular tree is Mr Alexander Joseph, who has been planning for more than three years with the strong support of the Parish Priests, Rev. Fr. Robert Daniel Francis and Rev. Fr. Simon Anand Marthamuthu. The civil engineer who headed this project is Mr Kishore, assisted by a few other engineers. The measurements and structural plan was meticulously planned and precisely done to ensure its safety and will stand firm in any climate condition. The basic design,



electrical and decoration was engineered by Mr Alexander Joseph and was assisted by his dedicated team called the Lourdes Elf Team consisting of 13 members namely Elvin Soosay, Alexchantra, Daniel Emmanuelraj, Alexander Edwin, Stanislaus Selvam, Alfrad Raj Yasu, Jakson, Samuel Sinappan, Kevin Raj, Victor George, Vilson Albertraj, Kevin Paul and Levins Roy. They were also assisted by other volunteers who wished to remain anonymous.

The basic steel structure arrived from the foundry in Teluk Intan in the middle of October and the work began on October 28. It took about 36 days to complete the astonishing tree which cost about RM20,000, raised through sponsors and well-wishers. It's the first time such an imposing Christmas tree was ever erected at Lourdes Ipoh.

The tree would be illuminated daily from 7.30pm until 1am unless any urgent maintenance works arises. It would be on display until middle of January 2018 before being dismantled and stored away carefully. It will be used again next year and years to come with different decorative themes or the tiers added to make it taller.

Unequivocally, this year will be a landmark Christmas for Church of Our Lady of Lourdes in years to come.

Alexandar Anthony Dars

Tambun Residents' Landslide Worry

Residents of Panorama Tambun Perdana (The Dales) urge the irresponsible individuals to stop the land clearing activities on the foothill of Gunung Panjang, which is next to their homes.

Speaking to reporters, Wong Pek Yin, 51, who represents the residents here, said any development less than 100m from the residential area is very risky and can cause death.

"It may trigger a rockfall, landslide and flash flood because of the close proximity of the housing area to the limestone hill," she said.

According to Wong, the contractor who cleared the land told the residents that he has a joint venture with the owner of the land to start a durian plantation.

"The contractor told us that he had asked permission from the Perak Islamic Affairs and Malay Customs Council who owns a Muslim Cemetery Reserve on the hill, to clear the land in 2011.

"However, the cemetery reserve is located far above the hill. The place they are clearing now is one of the Ipoh City Council's recreational area. They started to do the clearing activities on November 17," Wong told a press conference on Saturday, December 2.

According to Wong, Perak Minerals and Geoscience Department has certified that the hill is sensitive to any physical disturbances due to colluvial deposits, which consist of soil and limestone.

Another resident, Ricky Song, 43, said it is good to prevent any cases of landslides from occurring before it is too late.

"Previously, we have seen many cases of landslides in other states. Thus, it's better to prevent it," he said.

Rosli Mansor



Education

Outstanding Cambridge Learner Award 2017

Six students from Tenby International School Ipoh have received prestigious Top in the World Awards from Cambridge Assessment International Education to acknowledge their outstanding performance in the International General Certificate of Secondary Education (IGCSE) June 2017 Cambridge examination series.

Five of them were Top in the World for IGCSE Mathematics. They are Chan Ze Qi, Chang Jin Ying, Cheryl Yee Zheng Mun, Daniel Sim Chee

Chien and Kok San Jet. Meanwhile another student, Julia Elisa Haglsperger walked off with Top in the World Award for IGCSE Foreign Language German.

The Outstanding Cambridge Learner Awards programme celebrates the success of learners taking Cambridge examinations in over 10,000 schools around the world. Cambridge places learners at the centre of their international education programmes and qualifications, which are inspired by the best in educational thinking.

The Principal of Tenby Schools Ipoh, Jane Kuok said, "These awards recognised the talent, dedication and commitment of the students. The Outstanding Cambridge Learner Awards are a gold standard internationally and our students are truly deserving recipients. Their success reflects the passion and determination of the students themselves and the relentless dedication of the teachers at Tenby."

"At Tenby Schools, we continue to uphold our mission of enabling our students to



achieve academic excellence and we pay tribute too to the award winners' parents who have worked collaboratively with us to enable their children to excel. Congratulations and well done to all," Jane said.

The students received their Outstanding Cambridge Learner Awards at a ceremony on Monday November 27 at Hotel Armada Petaling Jaya, hosted by the Cambridge Assessment International Education.

Tenby Schools Malaysia welcomes this recognition with pride following the brilliant performance in the recent examination results by the Ipoh, Penang, Setia Eco Park and Miri campuses. They achieved overall 72 percent of grade A* to C in A-Levels, and 91 percent of grade A* to C in IGCSE. All the campuses look forward with confidence to more success by the students in the future.

Tenby Schools Malaysia is a rapidly expanding group of international and Malaysian private schools in Malaysia. Having started in Ipoh in 1960, there are now Tenby Schools in Penang, Setia Eco Park (Shah Alam), Miri, Setia Eco Gardens (Johor Bahru) and Setia EcoHill (Semenyih). Another new school in Tropicana Aman within Kota Kemuning (Selangor) vicinity is scheduled to commence operations in September 2018. All Tenby Schools campuses are housed in purpose-built modern facilities to meet the needs of teaching and learning in the 21st century.

Their vision is "A United World At Peace – Through Education" and is shared by all of their schools, dedicated to bringing together students from different cultures and nationalities, and to educating them to become global citizens of the future. For more information on Tenby Schools Malaysia, please visit www.tenby.edu.my

For more information please contact:

Ms Lee Siew Peng
PA to Campus Principal.
siewpeng.lee@tenby.edu.my

Mr Arief Redzuan Ahmad
Senior Marketing & Communication Executive
arief.redzuan@tenby.edu.my

Tenby Schools Ipoh
16 Persiaran Meru Utama,
Bandar Meru Raya, 30020 Ipoh,
Perak.
Tel: 05 525 2628. Fax: 05 525 2881

Upcoming Event

Dazzling Holiday Light Show is Back!

For the second year in a row, Kinta Properties is hosting a light display in its master planned township Bandar Baru Sri Klebang that promises to be bigger, better and more magical this year.

The town's nursery has been transformed into a wonderland of glowing orbs, umbrella domes, sparkling trees and shipping containers converted into colourful light laboratories for all to explore. LABpark opens on Friday, December 15 until January 7 next year. The event is free and is open every Thursday to Sunday, from 7pm to 11pm.

Around 20,000 people are expected to enjoy LABpark, which after dark, features illuminating surprises around every corner including:

- Live LAB: Open stage of live music and dance performances under bright lights
- Forever Festive LAB: A sleigh of endless reindeer and festive bling
- Limitless LAB: A dark space of LED lights and mirrors that go on forever
- Smiles LAB: Emojification of thousands of dots
- Din's food LAB: De-light-ful food and drink

From sunset until 11pm each night, visitors are

welcome to explore and experiment in a maze of shimmering tunnels, igloos and a festive tree. Other activities include glow in dark face painting, Zumba and giveaways.

The inaugural light show, Field of Lights, was held to celebrate the private garden township's 15th anniversary last year. The event attracted more than 30,000 people to see the Instagram-worthy field blanketed with hundreds of illuminated shapes culminating into a beaming Fu – the Chinese character for luck and prosperity.

LABpark will also be open on Christmas Day and New Year's Day.

The event will reopen to light up Chinese New Year with brand new installations on Thursday February 8 to Sunday March 4, 2018, on Thursday to Sundays at 7pm-11pm (closed February 15 and 16).

With easy access from North-South Highway, Bandar Baru Sri Klebang is an integrated master-planned township that is close to AEON Klebang shopping mall, schools and banks. The town is all about making the most of family life, from spacious, flexible, home designs and safe open spaces, to having everything close at hand that makes for convenient, family-friendly living.



Wandering with Jack

Mourning the Ipoh Tree



The beautiful iconic Ipoh Tree



During a storm on April 28, tragedy struck



Will we ever see another Ipoh Tree at Ipoh's gateway?

What do you think, do we need another Ipoh Tree at the railway station?

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.

MyBas Service in Medan Kidd

I am a regular user of the MyBas bus service in Medan Kidd and would like to bring forward to your attention about the wanton wastage of fuel by these buses. At any one time there are 4 or 5 buses with the engines on for at least half an hour and belching out smoke and fumes in the Medan Kidd bus station irregardless to the pollution being created to the surrounding atmosphere and the people who are generally from poor category. The buses look new and hardly used. Employees are attired in smart vests and caps but mostly seen languishing around for hours while chain smoking. I have complained several times to guys sitting in the counter but they laugh it off.

Questions: Why is Supervision so lacking.? Is there no accountability to the wastage of fuel consumption? Who is financing the whole set-up?

Concerned

Thanks

TQVM. May I take this opportunity to thank Ipoh Echo Editor and team for a fantastic community newspaper. Your features are fun and very informative. My family and friends visited Ipoh more often now, especially for the food! Best wishes for the coming year and keep up the good work!

Captain Ho Fooi

To Advertise



Deanna Lim

016 501 7339



Ipoh Needs Second Public Hospital

Recently, Dato' Seri DiRaja Dr Zambry Abdul Kadir, Menteri Besar, announced that Ipoh is getting a new airport and mall. This did not go down well with the public. The present airport is under-utilised and I wonder how many Ipohites know where it is. As for malls, I think we have one too many. It looks like our MB is out of touch with reality. Is this an election gimmick?

What Ipoh needs now urgently is a second public hospital. The present one is operating beyond its capacity and has no room for expansion. Since politicians do not go to GH, they are ignorant of the situation and even if they go, they would be taken to the doctor's room immediately and would not wait in the queue.

I am appealing to all Ipohites to write to our MB, state assemblymen and MPs on the dire need for a second hospital. It is only the politicians who can make this happen. All politicians regardless of their affiliations must support this for the benefit of all people.

A. Jeyaraj

Old Town Popularity

The downside of the popularity of old town is that it is becoming very congested. Tourist buses and cars are parked along the main roads causing traffic jams. One way of partly solving the problem is to provide a shuttle bus service from the railway station and Medan Kidd to old town. A covered walkway can be built from the railway station to old town. After sitting in the train for more than two hours, tourists may like to take a slow walk. Those driving cars, can park in Medan Kidd and take the shuttle bus. This would ease the traffic jam, especially on weekends.

Due to the high demand, traders have hiked the price of food and souvenir items. My friends from KL are saying that curry mee in Ipoh costs more than in KL. If this trend continues, tourists would skip this place and go elsewhere. Consumers do look at value for money. Traders must keep this in mind.

A. Jeyaraj

**ENLIGHTENMENT & BLESSING
FOR SENTIENT BEINGS BY
THE VENERABLE MASTER HAI TAO**

27 DECEMBER 2017. 9.00AM. @ HALLMARK MEMORIAL

Hallmark Memorial is exceptionally honoured to welcome world renowned The Venerable Master Hai Tao from Taiwan for the second time to conduct prayers & blessings for enlightenment of the departed souls, life liberation, light offerings & food offerings. The Venerable Master Hai Tao will be most heartfelt to share Dharma teachings on the meaning of this ceremony & how to developed wisdom & bring compassion for other sentient beings & ourselves.

This event is open to the public so register today! You will be creating & gaining good karma at the same time. Proceeds will be channeled to Hai Tao Life Foundation, a non-profit organization for worldwide humanitarian causes.

ICCFA
INTERNATIONAL CEMETERY, CREMATION AND FUNERAL ASSOCIATION

富恩園
HALLMARK MEMORIAL
Keeping Remembrance Alive

馬來西亞佛陀教育中心 Buddhism Education Center
海濤生命基金會
HAI TAO LIFE FOUNDATION

HALLMARK MEMORIAL BHD
No. 44 & 44A, Jalan Bendahara
31650 Ipoh, Perak Darul Ridzuan, Malaysia.
T: 605 - 253 3288; F: 605 - 242 1688
E: contact@hallmark-memorial.com
Url: hallmark-memorial.com
FB Fan Page: facebook.com/hallmarkmemorial
WeChat ID: hallmark_memorial

Rainbow Bridge Pet Memorial
Honoring your Loyal Companion

EVENT QR CODE

Map showing location: JLN CHEMOR, JLN KUALA KANGSAR, JLN TASEK, JLN BERCHAM, JLN SULTAN AZLAN SHAH, JLN KINTA CITY, JLN PERAJURIT, JLN TAMBUN, JLN TANGJUNG RAMBUTAN, SUNWAY CITY IPOH, HOSPITAL PANTAI PUTRI, TESCO EXTRA, TURN RIGHT AT THE NEXT JUNCTION AFTER BUKIT KINING RESORT FROM IPOH CITY, A13, HALLMARK MEMORIAL 富恩園, BUKIT KINING RESORT, TANJUNG RAMBUTAN, NO.1 BRAND.

News

A Magical Morning

Two hundred orphans and 30 adults from 10 welfare homes namely, Pusat Jagaan 1 Malaysia, Pertubuhan Badan Kebajikan Anak-anak Yatim Darussalam, Pusat Kebajikan Harapan Baru, Yayasan Amanah Am-Nur Maisarah, Praise Girls and Boys Home, Good Shepherd Home, Praise Emmanuel, Precious Gift Home, The Salvation Army Children's Home and Sekolah Semangat Maju, attended a magic show at the GRC Convention Centre, Gunung Rapat on the morning of Monday, November 27.

The charity show, jointly organised by SJE Resources and Ecart Sdn Bhd, Kiwanis Club of Changkat Jong and Perfect Magic Network, was aimed at providing the underprivileged children a well-deserved break during the school holidays.

The show kicked-off with the classic fire-eating and untangling-the-rings acts.

Even with popcorn and drinks in hand, plenty of eager hands shot up as each magician, who performed three acts each, asked for volunteers. Those who volunteered were rewarded with colourful balloons.

A clown made flowers and a bird appear from the handkerchief he was holding. Next, a magician's assistant convinced the audience that the tent in front of her was empty when suddenly the magician appeared inside the tent. The illusion thrilled the kids beyond description.

A mask-wearing illusionist amazed the audience by making a small table, covered by a piece of blue cloth, levitate by only holding the edges of the cloth. Music, fog and a multi-hued spotlight accentuated the visual effects.

Annie, the principal of Sekolah Semangat Maju, hoped for more entertainment of this nature for her students. "This is the only time they can come out, interact and have some fun," she told Ipoh Echo.

She brought 14 of those under her charge, ranging in age between 25 and 40 years old. They belong to her school's intellectually-disabled workshop.

The attendees had only one wish – to attend more of such shows in the future.

Shireen & Mei Kuan



HAPPENINGS

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

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

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

ARTS & CULTURE

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.

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, 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.

F&B

NINETY ONE COFFEE CUPPING. December 23, 10am-11.30pm at Ninety One (Tambun Inn), 91 Jalan Raja Dihilir, 30350 Ipoh. Admission: free. Open to public. We will cup and compare at least 10 coffees from various countries roasted by Frank Laurent Coffee Roasters. You will be able to experience coffee with different tasting notes and roasting profiles. All are welcome and no prior experience is necessary. (Avoid wearing perfume or strongly scented lotions.)

MEDICAL

KPJ IPOH SPECIALIST HOSPITAL ANTENATAL CLASSES FOR 2018. Dates: January 20, March 17, May 19 (Mandarin Class), July 21, September 29 and November 17 (Mandarin Class), 1pm-5pm at Dewan Anugerah, 5th Floor KPJ Ipoh Specialist Hospital. Contact customer service at 05 240 8777 ext. 8111 for enquiries.