



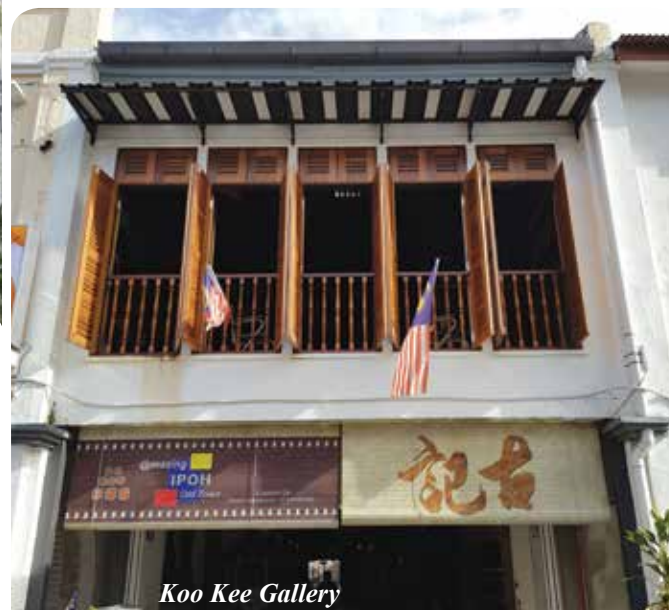
# What's Trending in Ipoh

By Nabilah Hamudin, Tan Mei Kuan, Ili Aqilah and Khaleeja Suhaimi

Just as we always enter the new year with new resolutions, the same goes for our beloved city and its people. Every year, the preferences of Ipohites grow, change and evolve with the trends – from lifestyle to food and fashion.

Another year, another time to bring inspiration into fruition! Let's see what trends will most likely take over Ipoh this year!

*Continued on page 2*



Han Chin Pet Soo

Koo Kee Gallery

Miniature Wonders Art Gallery



## Current and Upcoming Trends

### Food...Home Restaurants

As more homes are being turned into restaurants and cafes, we figured that this trend is going to continue evolving in the long run. Therefore, we interviewed a few of these restaurant owners to find out what made them choose a house instead. Is it the vibe, or the affordable rent, or even the space? Let's see!

"Laksa Leaf is Nyonya style. When you think of the Nyonya culture, you'd imagine coming home to your grandmother's cooking. That's what happened to me when I was a kid, I came home to eat her homemade preparations. So that's what **Laksa Leaf** is all about. It's meant to make you feel at home," explained Head Chef, Ooi Yan Sheng.

In this case, we (customers) are the kids coming home to Laksa Leaf for comfort food. Ooi believes that this trend started off in Ipoh and Penang before picking up in a lot of other places. He mentions that the wide variety of historical landmarks play a role in shaping this trend. When a tourist visits these home-based restaurants, the familiarity and nostalgia evoked makes them feel warm and welcome.

"The only challenge is getting noticed. And the limited parking. As we were previously operating in a shopping mall, we feel the vast difference. Operating in a house lets us focus more on the freshness of food. The lighting is good too. Now who doesn't fancy natural lighting in cafes?" Ooi remarked.

Owner of **De Bois Cafe**, Ashraf Hissan believes turning a home into a restaurant set customers at their comfort zone and makes them feel as if they are dining at their own homes. Their goal at De Bois is to treat their customers as guests, the same way we get invited over by a friend for tea.

"We emphasise a lot on the team's relationship with our guests. We treat them with respect, love and passion in order to make them feel closer to us and the cafe itself. Our concept focuses more on the peaceful environment and the space," Ashraf explained.

Ashraf's biggest challenge at De Bois is to coordinate the team's various skills and bring it to a satisfactory level. He constantly keeps up with the trends of other cafes to shape a good management and ensure that De Bois has their own identity. For him, home restaurants and cafes are only just beginning to bloom in Ipoh. Therefore, he puts himself at the start of a racing line.

For well-known Italian restaurant owner, Dato' Dr Wenddi Anne Chong, having **Marianis@7** as a home restaurant was a blessing in disguise. The property came unexpectedly through a business deal. When they decided to move out of De Garden, the property was being commercialised by the government so they took the chance and moved **Marianis@7** there.

"We never really gave much thought to a home restaurant but after moving, we figured that the layout of the bungalow was really convenient. It enables us to have private rooms and corners that we didn't have before," she said.

The cosy and warm setup are sure to give customers a true 'trattoria' vibe. Wenddi feels that home restaurants are definitely the in thing at the moment and people prefer the ambience and environment of a home restaurant rather than the usual one.

Apart from restaurant and cafe owners, we also probed public opinion on this trend. Ipohite Arravin Asokan who is currently working in Penang says that it saves a lot of space and rent. Also, people like the idea of dining in a vintage kind of environment, full of atmosphere.

For student Amira Hanis, the concept itself is an attraction for locals and tourists. It would interest people more if the interior had more antique elements to it.

"The feeling of walking into a grand restaurant and a home restaurant are two whole different emotions. When you step foot into a fancy restaurant, it feels more upmarket or grand. You even have to dress accordingly sometimes. However, when you walk into a home restaurant, it's like coming back home after a long day no matter where you're from," Amira continued.

"I think it's a good way of saving cost. A lot of people like this concept because it gives a very cosy ambience. People also enjoy it because the space is limited and you don't have to eat at a place too crowded. It leaves you feeling laid back too," shared Yew Pei Qi.

Other home restaurants and cafes in Ipoh include **Opëam** (upmarket), **Purple Moon Lover**, **Petit Mary Patisserie**, **Momofugu**, **Thumbs Cafe**, **Karat**, **Olijasca**, **STG Tea House**, **Indulgence** (grand), **The Secret Garden** and more.



### Sports...SUKMA and Sultan Azlan Shah Cup

This year will see Perak, Ipoh in particular, hosting two major sports events; the 27th Sultan Azlan Shah Cup: Men's International Hockey Tournament (SAS 2018) and the 19th Sukan Malaysia (SUKMA).

The **19th (XIX) SUKMA** is scheduled from September 12 to 22. Sports categories in the tournament will include Weight-Lifting, Aquatic, Badminton, Cycling, Football, Gymnastic, Hockey, Karate, Lawn Bowls, Archery, Sailing, Squash, Silat, Taekwondo, Tenpin Bowling, Wushu and more.

This will be the second time for Perak to host SUKMA, the first was in 1994. For SUKMA XIX the venues will be located all around the 10 districts: Hulu Perak, Kuala Kangsar, Kinta, Kampar, Batang Padang, Muallim, Hilir Perak, Perak Tengah, Manjung, Larut, Matang, Selama and Kerian.

In Ipoh alone, there will be fourteen different sports categories such as athletics, aquatic, badminton, gymnastics (and gymrama), cycling, field hockey, sepak takraw, squash, lawn bowls, tenpin bowling, rugby, shooting, basketball and cricket.

With an almost RM1.7 billion budget allocated for the new and re-constructions of venues, this has got to be an event not to be missed by anyone especially when it becomes a mission of Menteri Besar Dato' Seri DiRaja Dr Zambry Abdul Kadir to popularise sports among Perakeans.

In conjunction with SUKMA XIX, Ministry of Sports has also budgeted a total of RM11 Million to repair the damage to the timber track at Velodrome Rakyat that will be the venue for track cycling during SUKMA XIX.

As for **SAS 2018**, this year we will be seeing seven countries including host, Malaysia, competing against one another. The other six participating countries include last year's runner up Australia, Argentina, England, India, Pakistan and Ireland. The tournament is scheduled to be held from March 2 to 10. Last tournament saw Malaysia placed fifth out of six after beating Japan.

The Speedy Tigers team have had its up and downs since the last SAS Cup in 2017, however, the boys have done well with several tournaments especially when they won the fourth spot in the semi-final in the World Hockey League (WHL) in London where they have automatically secured a place to compete in the 2018's Men Hockey World Cup held from November 28 till December 16 at Bhubaneswar India.

However, will the Speedy Tigers be able to give their best with one star player missing? Last month saw the shocking news that broke the hearts of many Malaysian hockey fans when goalkeeper S. Kumar failed his doping test. Kumar, who has been representing the country for 295 times in the last 18 years will provisionally be suspended for two years. He was found with traces of Sibutramine, an appetite suppressant that is used as an adjunct of treatment of obesity along with diet and exercise. The substance has been banned by the World Anti-Doping Agency.

While the case is still in hearing, hopefully this will not affect the Malaysia Men Hockey team to perform their best in the SAS 2018 Cup.



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# SAVING THE BEST FOR LAST

*So what is in stock for us in 2018? There are five official long weekends and 11 public holidays to contend with.*



Like everyone else I looked forward to some welcoming news ahead of 2018, as I am a true believer that good things only happen at the end of the show. But it was one disappointment after another as 2017 came to a close. Topping my list of disappointments was the unravelling of the scandal behind Felda's Jalan Semerak land deal. It was clearly a fraud committed by those responsible for the wellbeing of the many settlers of the once-promising land development scheme. Today Felda (Federal Land Development Authority) is fast becoming a farce with billions of the rakyat's hard-earned money being siphoned off by crooked officials and politicians.

The scandal involves the transfer of four pieces of prime land belonging to the agency, located in the heart of Kuala Lumpur, by the appointed developer to an entity which the developer has an interest in. The current market value of the land is in excess of RM2 billion. However, it was "sold" for RM270 million, a fraction of what it is on the market. Felda, unfortunately, did not receive a single sen from the transaction although it was finalised in December 2015.

Incidentally, scandal-ridden Felda is embroiled in many other financial fiascos that have surfaced over the last few years. What many find puzzling is the silence on the part of the Prime Minister's Department who is responsible for the agency's management. Was there complicity or perhaps a hidden hand behind the numerous "dubious dealings" that had incurred considerable loss to the government and the settlers? Obviously, those entrusted to manage and administer the agency are not what they are but wolves in sheep's clothing. To pacify the settlers they, from time to time, are given handouts worth pittance in exchange for their loyalty, patience and trust. This sucks.

Newly-appointed Felda chairman, Sharir Samad, is at a loss trying to untangle the mystery. Although the Police and the anti-corruption commission are hard on the heels of the culprits, a solution is impossible with the present hierarchy. Meanwhile, the crooks are spending their ill-gotten gains without an iota of guilt. The country's pride and credibility are being badly affected by these irresponsible people.

I thought Felda's problem would be the finale of a tumultuous 2017 only to be jolted by another shocker nearer home. The notice on the door of Ipoh City Council's Perak Tourism Information Centre adjacent to iconic Ipoh Padang had many in stitches. The centre was closed on New Year's Eve and on New Year's Day. Its closure on a significant public holiday was not the issue here but the hastily written notice in English was. The Menteri Besar had attributed the blooper to oversight and had faulted the writer for having used the popular online application Google Translate to create his "masterpiece". The notice was full of grammatical and spelling mistakes. It would make any sane visitor to the centre that day squeamish.

In 2012 when the first Visit Perak Year was introduced I dropped by the centre to have a first-hand look at things on display there. I was told that captions of posters and written illustrations were poorly worded. This would reflect badly on Ipoh City Council. I offered to correct the mistakes, pro bono, thus saving the Council money and time. My well-meaning gesture was never taken seriously, as those responsible persisted in doing what they felt was right. So whatever happened came as no surprise to me. But the fact that the glitch had gone viral on social media had everyone, from mayor to Menteri Besar, on their toes, speaks volumes of the importance of the English language.

If we want foreign tourists to continue coming Ipoh's way, good spoken and written English is a must. In this instance, the fault lies with the department head not the poor counter staff who took it upon himself to write something which he is ill-trained for.

However, on hindsight, the capacity of senior government officers is also suspect. How many of them can write and converse in English? I have come across many who simply cannot string a simple sentence in English let alone write anything legible. Our education system has degenerated to what it is today thanks to the many nationalistic leaders who insist that English is the language of the *penjajah* (colonials).

Notwithstanding the gloom, there was one event that helped brighten the tail end of 2017. It happened at Ipoh's airport on Thursday, December 28. A young man went out of his way to win the hands of his beau. His elaborate marriage proposal plan cost him a whopping RM10,000 to execute but it was worth every sen. He got the girl of his dreams and the couple walked happily into the aircraft that took them to Singapore and back.

So what is in stock for us in 2018? There are five official long weekends (one has already gone) and 11 public holidays to contend with. The icing is of course the much-anticipated GE 14. No definite dates are in the offing yet but, rest assured, the mother of all elections is set to rock the nation to its foundation. I am not making any predictions but remain optimistic of an upset given the current political climate.



## EYE HEALTH — Pink Eye

*In our series on Eye Health, Consultant Eye Surgeon Dr S.S. GILL talks to us about Conjunctivitis or Pink Eye.*

Almost everyone would have suffered from a pink eye at some stage. You rub your eyes, but they won't stop feeling uncomfortable and appear **red** as well as **puffy**. Your eyes don't hurt, but the **discomfort** is annoying as it feels like you have an eyelash or a speck of sand in your eye. Later in the day you start developing **yellow discharge**. These symptoms may likely be due to a common eye problem called **conjunctivitis**, or better known as **pink eye**.



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



### What is Conjunctivitis?

Conjunctivitis, also known as **pink eye**, is the **inflammation of the conjunctiva** which is the clear tissue that lies over the white part of the eye and insides of the eyelids. It is one of the most **common eye infections**, causing redness, discomfort, swelling, and more than usual eye discharge collecting in the eyes. Conjunctivitis may start in one eye and then **spread to the other eye**. It usually

lasts for about a week but there are some varieties of conjunctivitis that may be **prolonged** and certain **specialised treatment** may need to be given.

Conjunctivitis can also be caused by **irritants** such as shampoos (causing **chemical conjunctivitis**), as well as **pollen and dust (allergic conjunctivitis)** or improper prolonged **contact lens wear (contact lens induced conjunctivitis)**.

### Types of Conjunctivitis

Pink eye is usually caused by a **bacterial** or **viral infection**. These types of **conjunctivitis** are **contagious** and you can get infected **by contact** – simply by touching the hand of a friend who has just touched his or her infected eyes. If you then touch your eyes, the infection can spread to you. The other way it can spread is by touching **contaminated articles** like door handles, armrests of chairs, and the sharing of towels with anyone who has conjunctivitis. And no, it **does not spread by looking** at a person with conjunctivitis.

### The symptoms of pinkeye may include some or all of the following:

- Redness in the white of the eye or inner eyelids (conjunctiva).
- Increased amount of tears (lacrimation) / discharge.
- Thick discharge that has dried over the eyelashes, especially in the mornings after sleep.
- Itchy and/or burning eyes.
- Blurred vision.
- Increased sensitivity to light (photophobia).

### Treating Conjunctivitis

As there are various types of causes for conjunctivitis, you should visit your doctor to determine the cause and appropriate treatment.

*Dr Gill will share more on conjunctivitis in the next issue of Ipoh Echo.*

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





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# When will the Ipoh Mayor take responsibility?

Over the years, the Ipoh Echo has visited some tourist sites, including the Perak Tourism Information Centre, to highlight various shortcomings in these attractions and failures in the operation of the centre.

After the latest photo, of a notice on the door of the centre went viral, the Ipoh Echo wonders how many exposés the management of the centre wants, before it will undertake it's responsibilities seriously? The photo which was uploaded onto the internet, showed a pitiful English translation of the reasons for the closure of the centre, over the weekend before the New Year.

(Two of the links are:

1. <http://www.ipohecho.com.my/v2/2011/10/01/perak%E2%80%99s-best-kept-secret-visit-perak-year-2012/>

2. <https://www.ipohecho.com.my/v4/article/2017/02/01/will-ipoh-city-council-ever-learn>

Has the management not learnt any lessons from previous reports and exposés? The centre is probably the first port of call for both foreign and local tourists visiting Ipoh, and those who plan to visit other areas in Perak. Shouldn't the job specifications for prospective employees, include a requirement to be fluent in languages?

Not every tourist speaks the local language and compared with Thailand and the Philippines, our grasp of foreign languages is very poor.

In other popular tourist destinations in the region, such as Bali, the tourist centres, employ staff who are well versed in seven languages. English. Japanese. Chinese. German. Dutch. French. Spanish. We can barely manage broken English, how can we expect to compete with our neighbours? Communication is vital if we are to inform, engage and educate.

A notice, written in English had been placed on the centre's main entrance. It said that the centre had been forced to close for two days. The public was not riled by the closure, but by the appalling grammar, accident and syntax of the notice. One person said, "It was not Manglish, but just pure garbage."

The notice read, "Sorry for the complementary, we are closing for the temporary, Saturday 30/12/17 & Sunday 31/12/17 because we had an unexpected problem within with our networking and air-conditioner issue. We are sure that we are been operated on 2nd January 2018. TQ."

How did this message get past the manager or supervisor? Who would normally be responsible for issuing notices? Is proofreading not a requirement in this centre?

Perhaps, one crucial requirement for prospective employees of the centre should be a good command of spoken, and written English. We can't always blame such poor writing, on the national education system; however, in order to address poor spoken and written English in our schools, the mayor and the Menteri Besar should interact with the Ministry of Education, to resolve this issue.

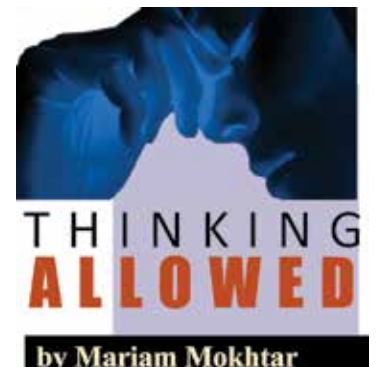
If the system needs to be revamped, they should start now. It is time that educators were in charge of the Ministry of Education, and not politicians. It is a massive problem which will take many years to rectify.

As soon as news, that the notice had gone viral, reached the mayor of the Ipoh City Council (ICC), Zamri Man, he said that the ICC would conduct an investigation and seek a detailed explanation of how the mistake had occurred.

A show cause letter would be sent to the employee who was responsible, if the investigation revealed that he had been negligent and had failed to understand the consequence of his action. Zamri said, "The person will also be given a warning letter and advice, so that such issues will not be repeated in future."

Most people would disagree. In the first instance, the mistake did not occur because of negligence. It happened because of incompetence. Did the system stipulate, that only a person who was fluent in English, could issue notices in English? Perhaps, there was no such requirement. It is also unfair to expect a person, who is not fluent in English, to realise the impact of his incomprehensible notice.

After each of the Ipoh Echo's disparaging reports,



into the workings of the Tourism Centre, the mayor should have ordered a revamp of the centre's communication channels and not allowed this be delegated to a junior supervisor. Has Zamri heard of the expression, "The buck stops here!" Perhaps, he should have realised the consequence of not taking

responsibility.

When the photo went viral, it dragged the Perak Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir, into the debate. He said that any notice or announcement should have been reviewed and scrutinised to prevent mistakes. He warned against making a direct translation, from any language, into English, or using internet translation engines.

One would have thought that adequate precautions would have been taken, after the translation debacle, by the Ministry of Defence, a few years ago!

Zambry urged all government employees to learn their lesson from this particular incident, and prevent similar mistakes from recurring.

Despite claiming that the mistake was minor, Zambry said that the ridicule of the notice by the general public, had badly reflected on the centre, as it had failed to treat official statements or instructions, in a businesslike manner.

Extraordinarily, the MB claimed that the incident "would remind everyone, both at the senior or lower levels, that in official government matters, announcements must be made in Bahasa Malaysia".

Does the MB think that every tourist understands Malay? Is he not being a bit overambitious and over optimistic? If he were to visit Moscow, would he have a sufficient grasp of written and spoken Russian?

## ABOUT LASIK

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

### Femtosecond Laser reduce LASIK Fears:

Bladeless LASIK has been available in the United States since 2001, when a company called IntraLase gained FDA approval of its first femtosecond laser designed for use in LASIK surgery. However we started Femtosecond laser in Malaysia since 2009 with VisuMax (Carl Zeiss Meditec AG).

Brand names like IntraLase LASIK and IntraLASIK were soon being used to differentiate bladeless LASIK from conventional LASIK that required a bladed microkeratome to create the corneal flap.

By 2006 – VisuMax, a relatively young product was on its way to becoming a new standard in refractive surgery: the VisuMax® femtosecond laser, whose light pulses are so short, and yet so intensive, that they do not heat or damage the surrounding tissue during the incision.

Surgeons have been successfully using this system since 2006 for procedures to correct visual acuity by means of a laser.

Other femtosecond laser platforms that are FDA approved for blade-free LASIK procedures performed include:

VisuMax (Carl Zeiss Meditec AG)

Femto LDV (Ziemer Ophthalmic Systems)

Technolas (Technolas Perfect Vision GmbH)

Victus (Technolas Perfect Vision GmbH and Bausch + Lomb)

Each of these systems has its own features and benefits, and all systems produce comparable outcome.

#### Good Candidates

Mild/moderate/High myopia, hyperopia and/or astigmatism, adequate corneal thickness, healthy eye & systemic condition.

Procedure time: about 10 minutes per eye

Typical results: 6/6 vision without glasses or contact lenses

Recovery time: a few days to several weeks for vision to stabilize

#### Advantages Of Femtosecond Laser LASIK

In addition to putting patients at greater ease (knowing that no blade will be used on their eye) advantages of bladeless, femtosecond laser LASIK include:

More predictable corneal flap thickness

Decreased risk of corneal abrasions during surgery

Decreased risk of induced astigmatism after LASIK

Also, in some cases, a femtosecond laser may make it possible to create a thinner corneal flap, which could enable the surgeon to safely correct higher amounts of nearsightedness.

The femtosecond laser also gives the LASIK surgeon more options in flap size, shape, and orientation, for a more customized LASIK procedure for each patient's needs.

Finally, a femtosecond laser can create a corneal flap that has edges that enable the flap to fit more securely in place after the LASIK procedure, potentially reducing healing time and decreasing the risk of dislocation of the flap after surgery.

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





**ON IPOH  
FOOD**



By **SeeFoon Chan-Koppen**  
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## SeeFoon continues to be dazzled by the infinite range and nuances in Chinese cuisine

As a Foodie and food critic, I am often asked which is my favourite cuisine and inevitably my reply is “wherever my taste yearnings take me”. However if I’m ever to sustain my insatiable craving for variety and nuances in the myriad ways the Chinese prepare food, then Chinese cuisine is my first choice.

There is just no end to the subtleties and results achieved from region to region in China as they use similar ingredients in a myriad of ways, each one resulting in dishes that tempt, tease or torment (as in fiery Szechuan). Teochew cuisine, also known as Chiuchow cuisine, Chaozhou cuisine or Chaoshan cuisine, originated from the Chaoshan region in the eastern part of China's Guangdong Province. Teochew cuisine bears more similarities to that of Fujian cuisine, with which it shares some dishes. However, Teochew cuisine is also influenced by Cantonese cuisine in its style and technique.

Teochew cuisine is also known for serving congee or mue, in addition to steamed rice or noodles with meals.

The Teochew mue is rather different from the Cantonese counterpart, being very watery with the rice sitting loosely at the bottom of the bowl, while the Cantonese dish is more a thin gruel.

At **Hock Kee Teochew Porridge Restaurant**, in addition to the plain porridge which is served with various dishes which you order, they also do a superlative **Garupa Fish Slice and Prawn porridge** which comes in a tureen bubbling with invitation. Both the fish slices and prawns were very fresh with nary a fish smell in between. **RM23 (small) and RM45 (large).**

**Steamed Clams or Lala** were large, extremely fresh and yumilicious at **RM15/25 S/L**, followed by that traditional Teochew signature dish, the slow simmered, soaked-in-soya-sauce pork, **tofu and eggs**. I would have liked to have seen more pork bits like ears, head and innards but alas all they serve is pork belly tofu and eggs all of which were well seasoned and the pork tender – **RM17/32 S/L**.

A dish which I found myself returning to here at Hock Kee was their **Chives Pancake**, a very thin beancurd skin rolled around chopped green chives and minced pork, bound with some egg and pan-fried. Umami, a tinge crispy around the edges and good to the last bite. **RM12** served with their special sambal and chilli sauce.



As to choice of fish, I find myself quite jaded with the usual pomfrets, tilapia and garupa so I opted instead for the **Ikan Pari** a local flounder or skate fish which arrived smothered in a spectacular mound of chopped garlic, black beans, Tsoi Po (preserved daikon) and other aromatic ingredients, topped with scallions and coriander leaves. Slightly tangy, the aromatics crisp and the skate super fresh. It was such a delight to scrape the meat off from the cartilage beneath and heaping on the topping for an unforgettable mouthful. **Market price.**

Next came a **claypot tofu** topped with a raw egg which when mixed in gave a velvety smoothness to the bean curd – **RM12/18 S/L**, followed by **crunchy long beans** sauteed with minced pork. Superlative at **RM13/19 S/L**.

Black Bean or **Dao Si Gai Signature Chicken** with black bean at **RM15/25** was excellent, with curry leaves lending an added nuance to the dish, while the well coated **stir fried pork belly slices** which was a tad too sweet for my taste buds were well received – **RM18/18 S/L**.

Hock Kee is the perfect spot for simple family lunches or dinners, where the food is wholesome and the prices reasonable. Their egg menu alone is irresistible with all manner of egg preparation from steamed with ingredients to plain and if simplicity is what you're after, order just their salted egg **RM1.80**, preserved egg **RM2** and eat with your plain porridge to your heart's content.

Having just got my juices flowing writing about all these dishes, I have just made arrangements to go back with a group of friends next week! See you there!



**Hock Kee Teochew Porridge Restaurant**  
21 Jalan Medan Ipoh 8, Bandar Baru Medan Ipoh, 31400 Ipoh.  
Tel: 05 546 3321  
Business hours: 11.30am-2.30pm, 4.30pm-11pm  
Tuesdays off



## What's Trending in Ipoh . . . continued from page 2

### Heritage Conservation...Private Museums

Today we are witnessing the popping up of private museums as a form of heritage preservation, each with its own unique collections to stir the interest of the present generations. Here is the rundown of the private museum boom, from the latest galleries to the earlier ones.

#### Miniature Wonders Art Gallery

The latest arrival to the scene is the Miniature Wonders Art Gallery which houses dough figurine sculptures depicting Chinese history, folklore and legend. Operational since November 2017, everything is handmade by Ipohite **Phoon Lek Kuin**, the curator of the space, and his father-in-law. It took them five years to complete and prior to that another two years of research. The Ipoh boy believes that his gallery is the first of its kind in the country.



One of the astounding masterpieces is inspired by the well-known painting of Zhang Zeduan, an artist of the Song Dynasty titled 'Along the River during the Qingming Festival' which vividly captures the thriving lives of the people in the said dynasty in the capital city of Bianjing. It is brought to life in a three-dimensional, 17-metre display encompassing 547 dough figurines, 64 houses, 82 trees, 23 boats, 18 trolleys, 57 animals and over 3000 props.

Another must-see is 'The Monkey King Caused Havoc in Heavenly Palace' in which 100 tiny figurines were painstakingly crafted within only half a walnut shell. Equally detailed are the pieces telling the story of making 'Terracotta Warriors and Horses' and 'Tang Dynasty Royal Banquet' showcasing the golden age of cosmopolitan culture.

When asked on the objectives of his gallery, he shared, "First of all, handmade arts and crafts are dying. Secondly, we hope that visitors will learn about history via art." According to Phoon, more miniatures will be made to reflect the Middle East, Western and Malaysian history.

At RM5 for admission per person, it is open from 8.30am to 6pm daily. More elaboration on this art gallery and Phoon's passion in the next issue, stay tuned!

**Address: 49 Jalan Market, 30000 Ipoh.**

**Facebook: Miniature Wonders Art Gallery**

#### Koo Kee Gallery

Ipoh Echo also spoke to Ipoh-born **See Kok Shan**, the curator of Koo Kee Gallery which displays lifestyle-related relics that he has collected over 10 years.

Open since May, the response has been great with many outstation visitors of all ages swinging by. With artefacts hailing all the way from the 50s to 80s, there are sections showcasing the history of Old Town, Ipoh and tin mining. Upcoming ones will feature history of World War 2, Japanese Occupation and Merdeka (independence).

Musical oldies playing in the background evoke nostalgic memories as you browse through the collection of cassettes, vinyl records, film cameras, transport tickets, black-and-white photographs, calendars, kitchenware, toys, trinkets, money boxes, banknotes and coins.

See gave Ipoh Echo a sneak peek at a tailor corner which was part of the living room concept in the 60s and 70s. "My vision is to make every space look as real as possible with plenty of photo opportunities," he explained, citing the print advertisements from the different eras as his favourite.

The private gallery is 80% completed, thus entrance is currently free. It opens from 9am to 4.30pm (closed on Tuesdays). Looking forward to its official launch!

**Address: 23 Jalan Panglima, 30000 Ipoh (at the second floor plus a half storey)**

**Facebook: Koo Kee Old Town**



### Tourism...Airbnb

The phenomena of offering a property for short-term stay has caught on like wildfire in the past few years, in Ipoh. Back in the day, Ipoh used to have only hotels and homestay owners renting out their homes to vacationers and travellers just so they could appreciate some good sun and food in the town that tin built.

This time however, property owners and holidaymakers have technology on their side! Advertising your homes has been made so much easier as home-sharing services like Airbnb has become a hit among Malaysians and even Ipohites. People can now simply advertise their homes so strangers too can find as much comfort as we do in our own homes.

In 2016, the hotel industry had claimed that five to 15 percent of their business is being diverted to their home sharing rivals – Airbnb.

Let's see what Ipohites and the Airbnb owners in Ipoh have to say about this:

For Nurul Amirah Razak, 29, who prefers to stay in Airbnb while travelling, found that with Airbnb, she can get cheaper rates from the owners, as compared to hotels.

"It's true as their operating costs are smaller, compared to hotels. And for Airbnb, they have fixed rates whether its peak season like school holidays or not."

#### 22 Hale Street

In our previous cover story (IE272), we wrote on 22 Hale Street, two adjoining buildings located in the heart of Ipoh's Old Town. The buildings reflect two different designs of two different decades, one formerly the townhouse of Ali Pitchay, the Chief Sanitary Inspector of Kinta in the 1940s and the other used to be Kam Kong Hotel, the last surviving hotel on this street.



It was officially launched on August 31. Retaining the spirit of place via meticulous conservation, it has quickly become a favourite community space thanks to a cafe offering delectable local specialties on the ground floor and a hall upstairs which is hired out for exclusive events. It is also in the process of setting up a heritage gallery to tell the story of Ipoh Old Town. Check out issue 272 for more details! Or visit: <https://www.ipohecho.com.my/v4/article/2017/12/16/bringing-back-soul-to-old-town>

**Address: 22 Jalan Tun Sambanthan, 30000 Ipoh.**

**Facebook: 22 Hale Street**

#### Han Chin Pet Soo

Han Chin Pet Soo, the Hakka Miners' Club Museum has been voted as being in the top 1% of world attractions alongside Malaysia's heavies, the Islamic Museum and Melaka's Peranakan House. Managed by Ipoh World Sdn Bhd (**ipohWorld**) and opened in February 2015, after extensive restoration, the museum tells the story of the miners' club, founded by philanthropic tin miner Leong Fee in 1893.



The new museum quickly gained international fame, appearing on an Australian travel website after only two months of operation and becoming Ipoh's number one 'Things to do' on TripAdvisor just three months later.

**Commander Ian Anderson** has put his heart and soul into the conservation and refurbishment of the museum, leaving no stone unturned in his search in every nook and cranny all over Perak for just the right artifact and the perfect accoutrement for setting a scene or finding skilled craftsmen to restore period pieces.

The museum is open from Tuesday to Sunday with up to eight sessions per day which can be conducted in Mandarin, Cantonese, Malay or English. Book your preferred time slot at [www.ipohworld.org/reservation](http://www.ipohworld.org/reservation).

**Address: 3 Jalan Bijeh Timah (Traacher Street), 30100 Ipoh.**

**Facebook: ipohWorld**

Another Ipohite, Ahmad Fikiri, 26, said he will definitely opt for Airbnb for travelling. "My family is big and Airbnb has eased our problems when travelling. My mother can cook too to save costs," he said.

However, according to **Sam Cheah**, President of Malaysian Association of Hotels, the growing popularity of such home-sharing platforms like Airbnb are a threat to the hotel industry.

An Airbnb owner in Ipoh, who only wanted to be named as **Amelia** told Ipoh Echo that the response from the locals and foreigners are encouraging.

Started the business in 2015, she said that she had customers who rented apartments worldwide. "It feels so multicultural and while they are enjoying their stay here, they also share with me some insights of their home lives," she said.

Most of her customers said that her apartment is clean and the location is convenient to famous eateries in Ipoh.

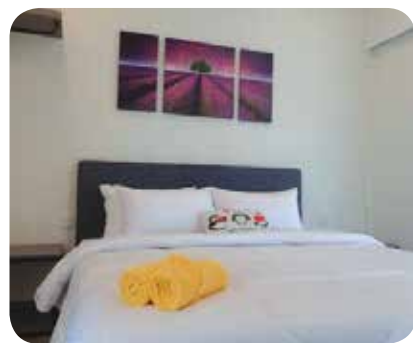
The reason that led to her exploring this less conventional income source was due to purchasing an apartment of her own whilst still living with her parents. Instead of leaving it idle, Amelia decided to earn extra income out of it.

"This was actually a temporary situation as I was more interested in long-term rentals. Unfortunately, property rental hasn't been doing too well in Ipoh, so this was an amazing alternative.

It would be normal for homeowners to worry as to whether the guests staying over would leave their homes in a bad condition; fortunately for Amelia, her experience so far has been great. She shared how most times, her place is left nearly spotless as she believes her guests treat her apartment as they would their own.

As new trends pop up and Ipoh finds itself flowing and following, it is wise to pay heed to the following quote:

**"Popularity is no boast. From politics to fashion, history has shown popularity is, too often, just a loud celebration of a common ignorance." — Kerry Cue, Forgotten Wisdom**





# Nosh News

Nabilah Hamudin

## O'Days – Grandma's Tastes



If you're looking for home-made quality Nyonya kuih and delights, head to O'Days for traditional kuih satisfaction.

Located at Taman Canning, Ipoh, O'Days offers a combination of kopitiam-style meals and Nyonya delights. Established in 2016, O'Days has a simple kopitiam interior with an array of colourful Nyonya kuih that is beautifully arranged on its front counter, the first thing people will see once they enter the restaurant.

Only wished to be known as Ong, the owner who runs the space with his wife and family members, said, "Many of our loyal customers would attest that our Nyonya kuih, dessert and meals carry the great authentic taste of the past, the taste of their childhood."

For instance, their Asam Laksa (RM8.80) and Chicken Hor Fun (RM7.50) are their family's secret recipe which makes a world of difference. Nyonya kuih, which are made fresh every night, sell from RM1 to RM4 per piece or per pack.

"All the Nyonya kuih are produced at a specific time, after we close the shop. So it will look good in the morning, as it has to be at the perfect temperature and cold enough to be cut. We want to achieve consistency in taste and good quality control," Ong explained.

Among their famous Nyonya kuih are Kuih Talam, Kuih Lapis, Ondeh-Ondeh, Pulut Tai Tai, Bingka Ubi Kayu, Pulut Inti, Pulut Panggang and Angkoo Kuih.

Highly recommended are their Fried Kuey Teow (RM7.50), Nasi Kuning with Curry Chicken (RM9.80), Dry Curry Mee (RM7.80) Nasi Lemak with Fried Chicken (RM9.80) and White Rice with Kuning Curry Chicken (RM8.80), all brimming with traditional flavours that will remind you of your grandmother's cooking.

Pre-order, tailored to your budget and taste, is available for all Nyonya kuih for small parties and weddings.

O'Days is located at No. 21, Lorong Cecil Rae, Canning Garden, 31400 Ipoh. Opens from 9am to 6pm (closed on Mondays). Interested readers can call 05 545 6186 to find out more. It is pork free.



鴻運聚寶盆

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## Fat Grafting (Lipofilling)

Dr. Leow Aik Ming

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

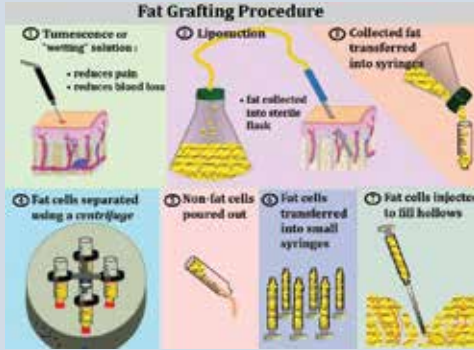
A fat grafting or lipofilling is a procedure that involves transferring fat from the areas of excess fat or undesirable areas, such as abdomen or outer thighs, and injecting it into areas that may be lacking in volume, such as face, hands, breasts or buttocks of the same individual. Fat grafting can also be performed as a complement to traditional lifting techniques. Fat grafting alone is not sufficient to remediate the ageing process of the face.

Aesthetic indications for small volume fat grafting can be applied for facial areas that appear creased and hollowed such as sunken cheeks, temporal regions or upper eyelids, deep grooves between the nose and the corners of the mouth (nasolabial fold) or lower eyelids. It is also one of the most common methods used for lip enhancement. In addition, fat grafting can also be used to smooth out all types of irregularities such as those resulting from poorly performed liposuction or injuries. On the other hand, large volume fat grafting can be used for hands rejuvenation and breasts or buttocks augmentation.

Depending upon the volume of fat harvested, treatment for target areas and patient's preference, fat grafting can be performed either under local or general anaesthesia. Fat grafting involves three main stages:

- **Harvesting the fat.** Small incisions are made in the skin and a thin cannula is used to suck out the fat (similar to liposuction). The incisions are then closed with stitches and a small dressing placed over them.
- **Preparing the fat.** Special equipment (centrifuge) is used to quickly spin the fat, to separate it from any blood and other fluids.
- **Injecting the fat.** A needle and syringe are used to inject small amounts of fat into the treatment area. Fine needles are usually used to inject the fat, hence stitches aren't usually needed.

Advantages of fat grafting include using your own fat cells rather than a foreign body injectable, the transferred fat will last longer than injectable fillers, besides improving the volume it also enhances blood circulation to the treated areas and produces natural looking aesthetic results.



## Connexion

### Value of Yee Sang

By Joachim Ng

The FOG Diet is clogging up our body's internal drainage systems. Fat, Oil, and Grease. Excessive intake of fatty meats, recycled cooking oil favoured by many eateries, and frying pan grease is one reason for your tummy bulge and the frequent ailments besetting you.

Do a yearly flush, and the season for it has begun. With excitement building up towards Chinese New Year, many restaurants have already put on display the famous therapeutic dish — Yee Sang.

The celebration gets off to an early start in Perak as legend has it that this cleansing raw fish salad (yee sang means raw fish) platter in its modern form has a local Cantonese origin. The stamp of Ipoh is clearly on this heritage dish, as will be seen later when we discuss a fruity ingredient.

Why is yee sang therapeutic?

The fish is either salmon or jellyfish. Salmon has only 13% fat content and jellyfish is even better at just 1.4% fat content. As the fish

is eaten raw, there is no cooking oil and grease. You un-FOG your body. Make sure the fish is commercially frozen and hence worm-free.

However, raw fish is a barely visible component although the dish is named after it. The bulk is taken up by a variety of nourishing plant foods, again fresh and uncooked. Yee sang's mix of vegetarian ingredients with slices of non-fatty fish makes it a natural detoxifier.

Topping the list of body-cleansing plant elements is none other than Ipoh's juicy prince of fruits, the pomelo. Light yellowish in colour, the pomelo is enriched by spring water from the limestone hills of Tambun and contains antioxidant heart-strengthening minerals in abundance such as potassium. Come to Ipoh for yee sang with pomelo right where it's grown: this is a succulent prince in waiting, as the pricey musang king goes on a rewarding extended journey overseas.

Next is a flourishing mix of colours — red carrots, green and white radish, sesame seeds and ground peanuts, pepper, and a lacing of sesame oil, peanut oil and plum sauce. It's sufficient to empty just half of these oil and sauce packets into the dish to lubricate the mixture. You may also add nangka (jackfruit).

Couldn't you have yee sang every day from the start of 2018 and throughout the 15 wonderful days of Chinese New Year? You could, if you replicate the social setting each time. Yee sang isn't just about food; it's about togetherness in health and prosperity. Yee sang is never eaten alone but traditionally in a group forming a perfect circle at a round table signifying unbroken unity. Eating a healthy meal in such a joyful circle confers another great benefit — social happiness that relieves work stress. You could in fact purchase yee sang ingredients from a supermarket, cut them up in the office pantry, and *lo hei* (toss up good fortune) amidst the laptops.

The mouth-watering yee sang has long taken on a life beyond cultural borders uniting Malaysians of all communities in a nourishing expression of friendship. Over decades yee sang has served as a culinary bond igniting team spirit, as business partners and office colleagues stand together to *lo hei*.

The yee sang longevity formula is worth remembering: a fruit-veggie meal with some raw (or steamed) fish plus loads of happiness that sprout from your web of beneficial social connections. Be sure to observe the ritual of standing together, tossing up the food in unison, and shouting out your best wishes. Together we are Malaysia, and let's keep our multicultural friendships ever fresh like the yee sang.



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

Online consultation is also available if you have any enquiries, please email: [elegantplasticsurgery@gmail.com](mailto:elegantplasticsurgery@gmail.com).

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Tel: +605 6898624 (Receptionist) or +605 6898697 (Direct Line).

## Property

### TKB Brings Green Planet Living

Nestled within a gated and guarded environment rests Team Keris Berhad (TKB)'s latest addition, called the *Green Planet Living* at Tambun Road.

The Green Planet Living by TKB comprises 18 houses that comes in 2-storey and 3-storey mansions that could fit both small and big families who wish to reside at an enviably private location, surrounded by luscious trees and hills.

Residents of the Green Planet Living also get to enjoy the exclusive access to all the facilities provided in the compound such as private swimming pool, fully equipped gym, BBQ area and outdoor kitchen. Set to be the ultimate luxury mansion development, this residence is set against the backdrop of the verdant Tambun Hills.

"These residential units are different from any other in Ipoh. Not only is it luxurious and private, the temperature in here is also cooler than outside. We have measured it and it was proven that this place is at least 1 degree Celsius lower. Residents of the Green Planet Living can also exercise and even do a small hike at the park located behind this



area," said Team Keris Berhad's director, Michael Tan.

The price for these luxurious mansions starts from RM1.9 million and above and has received the Certificate of Completion and Compliance (CCC). Readers who wish to visit their showroom and houses can contact Team Keris Berhad at **012 455 6163** (Choong Sook Fun) or **019 393 8232** (Jerri Chan).

Ili Aqilah



"Being a first timer, I was beyond shocked to see my picture sold. This inspires



**Photo credits go to Afham Suhaimi.**  
**Ili Agilah**



# Lim Garden Family Day

**ASP Shahran**, Ketua Balai Polis Sentral (Officer in charge, Central Police Station) spoke on Personal Safety and Security and informed that Lim Garden is one of the hot spots for crime. The common crimes here are house-breaking and snatch theft. While

All the children who participated in the colouring contest were given prizes. A hearty lunch was provided befitting the year-end function.

A. Jeyaraj



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## Community

## Eye Screening for the Needy



Over 350 needy residents and senior citizens from Sungai Siput participated in a free eye-screening clinic jointly organised by Lions Clubs International District 308 B2, Lions Club of Perak Silver State and the Department of Ophthalmology Hospital Raja Bainun, Ipoh.

The event was held on Saturday, November 18 at Dewan Man Tak in Sungai Siput. The organisers included Man Tak San Seah, Mee Hiong Yuen Groundnut Factory Sdn Bhd and The Riv Design.

Volunteers were from Man Tak San Seah, youths from Wong's Family, Bukit Merah and a team of 40 doctors led by eye specialist, Dr Ng Hong Kee as well as members of the Lions Club of Perak Silver State.

Aimed at creating awareness in people about caring for their eyes, the participants had their eyes tested for cataract, glaucoma, age-related macular degeneration, squint, lazy eye, droopy eyelid, floaters, diabetic retinopathy and pterygium. Those tested positive were referred to the hospital for follow-up treatment.

President of Lions Club of Perak Silver State, Kok Choy Lan explained that the eye screening was held in conjunction with Lions World Sight Day. She thanked all the volunteers, especially the team of doctors, for sacrificing their time to serve the community.

Present was organising chairperson cum CEO of The RIC Design, Wong Toong Meng.

Ed



## Kampar Community Library

The first community library was launched in Kampar on Sunday, January 7 by Dato' Nolee Ashilin binti Dato' Mohd Radzi the State Executive Councillor for Tourism, Arts, Culture, Communications and Multimedia.

The idea was mooted by a coalition of 25 NGOs from Perak, in collaboration with Yayasan Pendidikan Perak headed by Datin Normah Hanum, President of Wanita Prihatin Perak.

According to Chairman of the NGO coalition, Dr Richard Ng, Kampar was chosen because a premise is available, which has been used over the years for motivational talks for students from poor backgrounds. Henceforth, it will be managed by Yayasan Pendidikan Kampar.

This project is in line with one of the nine focused clusters set by the Perak State government to narrow the education divide. Education provides knowledge and helps improve analytical and critical thinking skills.

The library has over a thousand books contributed by various NGOs and individuals. The reading room can accommodate up to 30 people and doubles up as a hall for seminars, talks and other educational activities. A cafe and other facilities will be added later to enhance its usability.

According to Datin Normah, Yayasan Pendidikan Kampar has been conducting talks and seminars to help improve the education level of the people in Kampar, especially primary school pupils. Malaysians, in general, read only two books a year compared to Europeans who read 30 books a year.

The Social Business concept will be used to support the running of this library. Thus the establishment of a cafe is deemed practical. Membership is free, however, a nominal fee will be charged. The money generated will be used to pay wages and utilities.

Ipoh, incidentally, was declared the 5th Social Business City in the world during the

## A Club for Oldies

Most would assume that the older you get, the less active and energetic you become. However, this is not the case with the humble folks at the Senior Citizens Club of Perak, which has over 300 members, ranging in age between 50 and 92 years old.

The club organised its 40th anniversary dinner and dance at T.S. VIP Restaurant (Heritage Hotel) on Friday, December 1. There to enjoy the fun were Wong Kah Woh, Perak DAP Youth Chief and Lee, a 92-year-old retiree and Hash House Harrier member who considers mountain climbing and running as his hobbies.

Entertainment included a fine platter of dances and musical renditions by the club's own band, "The Merry Makers". The outfit rendered oldies such as "Enjoy Yourself" by Guy Lombardo and "One Day When We Were Young" by Richard Tauber.

"Tonight you'll see how active and positive living help our members to maintain their youthful vigour," said Soh Kim Yew, president of the club. "The generous financial donations and moral support from various individuals and charities come in handy. I wish to express my sincere gratitude and appreciation to them," he added.

Among the donors were the Sultan Azlan Shah Foundation, Estate of Gertrude Kathiagasu and the Perak Welfare Department.

R. Jeyarajah, a retired enforcement officer said, "The club helps senior citizens by organising activities like outings, karaoke sessions, dancing and exercise. We never get bored."

The dinner defined the extent by which one can be called an "elderly" when clearly they are still very young at heart displaying feats of youthfulness and grit reminiscent of prom nights back in the good old days.

"The club was formed with the intention of providing an avenue for senior members to socialise and partake in healthy and meaningful pursuits," said Soh Kim Yew. He insisted that with regular physical and mental stimulation, the onset of age-related diseases, such as dementia and depression, can be prevented.

Oldies wishing to enrol as members of the club can do so by calling 05 547 0387.

Jack Foo



## Master Hai Tao Visits Ipoh

Hallmark Memorial Ipoh had the opportunity to host Master Hai Tao, a well-recognised figure in the Buddhist and Taoist community, who flew from Taiwan for the second time to conduct prayers and blessings for enlightenment of departed souls, life liberation, light and food offerings.

Master Hai Tao has a whole spectrum's worth of experience under his wing, being the abbot for several temples such as the Keelung Fayan Buddhist Temple and the Kaohsiung Compassion Bodhimanda, amongst many others.

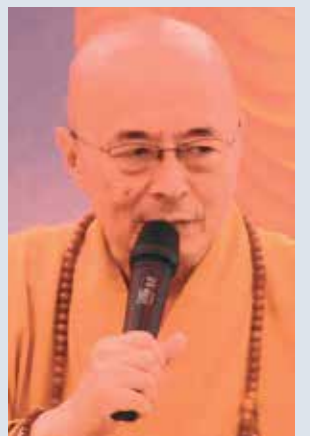
"To believe in the law of cause" said Master Hai Tao, "and effect one's fate is determined by one's mindset and behaviour." In Buddhism, cause and effect refers to the Laws of Karma where every volitional act could result in a consequence – good or bad.

Master Hai Tao continued to share some Dharma teachings, which is said to be an eternal law of the cosmos, on the meaning of the ceremony and how to develop wisdom and bring compassion for other people and oneself.

"Deeds like killing, lying and consuming alcohol will create suffering in next life and sickness in present," he said.

For more information, please contact Hallmark Memorial at 05 253 3288.

Jack Foo



Pangkor International Dialogue on September 5, 2016.

Library users will be registered as KOHIJAU-ICYCLE members, which is free. They will be given an E-card which allows them to participate in the recycling reward point system by bringing their recyclables and dropping them in the recycling bin at the centre. They can then redeem their accumulated points with cash or coupons to purchase goods from TESCO or AEON or donate to charities. Yayasan Pendidikan Kampar, which manages the library, is entitled to 30 percent of the total collection to help maintain the library.

Companies and individuals who wish to contribute used books can do so by packing the books and depositing them in any of the 60 KOHIJAU-ICYCLE bins located throughout Perak. Details can be found at [www.icycle-global.com](http://www.icycle-global.com).

Dato' Nolee Ashilin will sponsor 29 KOHIJAU-ICYCLE bins to be placed within Kampar District to help residents embrace the recycling culture. This is to instil a sense of responsibility in people to keep the environment clean and healthy.

Richard Ng



## Property

# Awards and Accolades Galore for Haven

Soon after its latest awards which The Haven Resort Hotel, Ipoh scooped up at the prestigious Malaysian Property Press Awards (MPPA) 2016/2017 in December, now hot off the press as Ipoh Echo goes to print, Haven's CEO Peter Chan received news that TripAdvisor, that global arbiter of traveller's choice, has placed Haven as one of the Top 10 Hotels for families in Malaysia for 2018.

"It is an amazing feat considering the size of investment and the breakthrough of Ipoh as a New Resort Destination. Kudos. The State Government should be very proud of this achievement, which is a tremendous boost for Ipoh. You will now be able to successfully promote Haven and Ipoh internationally," came the advice from TripAdvisor.

Another comment from a TripAdvisor reader said, "The success story is remarkably appealing to many travellers who previously did not regard Ipoh as a tourist destination... The accolade compliments both Ipoh and Haven, and hopefully will catalyze further development and improve business for Malaysia. The Haven has captured the heart of Malaysians and many others who want a piece of that unique experience..."

On the other hand, it was accorded by MPPA both the 'Outstanding Achievement Award' for elevating Ipoh as a resort destination globally and the 'Best Family Hotel Resort' following on from its success back in 2015 when it was honoured with the 'Outstanding Achievement Award (Resort)' and 'Best Resort & Hotel Project'.

"We are grateful that our efforts in promoting Ipoh as a resort destination and in providing extraordinary service to our guests have been noticed and recognised," Peter Chan, The Haven's CEO stated in a statement.

Naturally framed with the beauty of limestone, forests and lakes, The Haven is an all-suite, luxury resort that offers five-star accommodation, food and service for the family. It caters to three generations – child(ren), parent(s) and grandparent(s), with the whole development designed to be disabled-friendly.



"The Haven's aim is to be the best of the best in the industry. Its focus is on the vacation needs of the entire family. These awards are a testimony that we are succeeding in our efforts," he added.

MPPA recognises outstanding achievements in the property industry annually through the granting of awards. Organised by strategic property content provider, Terra Value Sdn Bhd, it is adjudicated exclusively by senior members of the press.

In a relatively short span of time, this pioneering green developer has placed Ipoh on the world map and has garnered 45 prestigious local and international accolades thus far.

Stay tuned to its Facebook page for more exciting updates and offers: The Haven Resort Hotel Ipoh All Suites. Interested readers can also call **05 540 0000**.

Mei Kuan

## Community

# Father Seeks Help

A father's hope for the well-being of his eldest son remains strong despite the teenager having undergone seven brain surgeries.

Mohamad Shakirin Abdul Rahman, 39, father of Muhammad Aqil Khairin, 17, has come to accept his son's fate. Aqil suffers from right subdural empyema, a bacterial infection that affected his brain, six months ago.

"Doctors are unable to identify the cause of the infection. He's a cheerful and happy youngster."

"Aqil was found to suffer from the complication when he complained of a persistent headache that lasted for three weeks. One day he fainted and convulsed uncontrollably. He was rushed to Hospital Batu Gajah and then to Hospital Raja Permaisuri Bainun, Ipoh for treatment.

"It was then confirmed that Aqil has bacterial infection in his brain which causes severe damage to his nerve cells. He has undergone surgeries to remove the accumulated pus," the father told Ipoh Echo when met in his house at Halaman Pengkalan Sentosa, Lahat on Tuesday, January 2.

Aqil is a student of Sekolah Menengah Sultan Yusof, Batu Gajah and will sit for his SPM at the end of this year. He is the only boy among five siblings the youngest being Nurul Khairin Yasmin Zulaikha, 1.

According to the father, he is currently receives RM700 worth of donation from the school's parent-teacher association and Baitulmal in the form of disposable diapers and milk powder.

"I am worried about Aqil's condition, as to date there hasn't been any visible changes



in him. The medical cost is another factor. Aqil needs Ensure milk for consumption. A tin will last three days," he said.

"I hope members of the public will help out. I've just started working following three months unpaid leave to help my wife care for Aqil and the kids," he added.

**Readers wishing to help can credit money into Maybank savings account: 1582 7503 7879 in favour of Puan Fairull Hayati Khairul Anuwar (Aqil's mother). Aqil's home address: No. 15, Laluan Sentosa 3, Halaman Pengkalan Sentosa, 31500 Lahat, Perak.**

Rosli Mansor

# Car Park cum Dumpsite

Ipoh has been declared the country's cleanest city by the Minister of Urban Wellbeing, Housing and Local Government on August 14, 2017. Notwithstanding this distinction, rubbish and illegal dumps are aplenty, nullifying the beauty of the city. The attitude of Ipohites is partly to be blamed.

A car park, in between Taman D.R. Seenivasagam and Waller Court Flats, in downtown Ipoh, is slowly but surely becoming an illegal dumpsite with rubbish strewn all over the place.

If left unchecked there is a possibility that the spot will become a mosquito-breeding ground, in view of the wet season now. The uneven ground has resulted in many water puddles, a favourite target for mosquitoes.

Muhammad Farid, 38, a Waller Court Flats resident, told Ipoh Echo that the car park has been in such a deplorable state for the past six years.

"We've made several complaints to Ipoh City Council but to no avail. What worries us most is the mosquitoes."

Parents would park their cars there while waiting for their children studying at the Coronation Park primary school nearby.

Housewife Salbiah Ahmad, 40, whose children study at the school, parks her car at Taman D.R. Seenivasagam instead.

"The irresponsible finds it convenient to dispose rubbish such as garden waste, used furniture, plastic bottles and polystyrene containers over the years. City Council should clean the place. If they can conduct gotong royong at other locations why not here?"



The car park was built for the Waller Court Flats occupants. However, due to safety reasons, they prefer to park their cars elsewhere.

S. Bhavani, 45, expressed fears that the car park would become a target for the unsavoury element.

"People pass through the car park daily to get to Taman D.R. Seenivasagam. City Council should not neglect their responsibility. They should visit the area and see things for themselves," she remarked.

The council's inaction is hurting the public, especially parents who use it for the convenience of their school-going children.

Nabilah Hamudin





iSpeak

By A. Jeyaraj

# Know your Government – State Assembly Member (ADUN)

In the first part of a 3-part series, we looked at the roles of a City Councillor and in this second part we will look at the roles of a State Assembly Member (ADUN).

The number of members in each State Assembly varies between States. In Perak State Assembly there are 59 members. The Assembly sitting is managed and chaired by the Speaker who is appointed by the Assembly itself, nominated by the Menteri Besar (MB). The Assembly normally sits in session three times a year including for the tabling and debate on the annual State budget.

Each year's session is ceremoniously officiated by His Highness the Sultan whose speech spells out his aspirations on the direction forward for the state. This speech is traditionally prepared by the government in place. His Highness does not normally stray far from the prepared text although there is no rule against it.

The Assembly then debates on the content of the royal speech. Each days sitting begins with Question Time where the Executive answers questions posted by members which have been submitted prior to the sitting.

These prepared questions are then followed by supplementary related questions. This is the interesting part of the session as it tests how well informed the Executive is on State related matters. Apart from oral questions, members can also submit questions for written answers from the Executive.

The State Executive Councillors (EXCO) are appointed by His Highness upon nomination by the MB. The MB himself is picked from amongst the ADUNs who have the greatest number of support. Likewise, the MB can be removed by the ADUNs in a loss of confidence vote during the Assembly sitting.

Each EXCO chairs a working committee for a specific area of state administration including land matters, agriculture, local government, religion, tourism and others. An EXCO may chair more than one committee. The number of EXCO members in each Assembly varies between States.

What are the areas of responsibility for the State and how does it not conflict with the Federal Government?

The States jurisdiction are clearly listed out in the 9th Schedule of the Federal Constitution which also includes the list of areas for joint cooperation.

Therefore, the main duty of an ADUN is to be the check and balance of the Executive. The ADUN monitors and questions the decisions of the Executive as and when required. It is also the duty of the ADUN to protect the interest of the residents in his constituency in relation to State administration functions.

The ADUN should monitor issues like land use, that is, land allocated for specific uses such as police and fire station, community halls, parks and green open spaces, etc. ADUNs should also look into land titles and State's town planning. Abandoned projects would be another area for ADUNs to look at, turning these abandoned lands into good use.

There is an area of responsibility often neglected by ADUNs which is economic development within their constituency. The ADUN should look into improving the standard of living for constituents by generating economic growth. A good example of this is how the ADUNs of Kuala Sepetang (Perak) and Sekinjang promote Eco Tourism within their constituency. This generates new economic activity and transforms the sleepy backwater into an attraction while still maintaining its village charm.

During Assembly sittings ADUNs can also submit amendments to State laws and also propose for debate on new laws within the scope as listed in the 9th Schedule.

The other major responsibility of the ADUN is monitoring the State's spendings. This of course begins by actively participating in the budget debates and monitoring the spendings during the course of the year.

The head of the Executive, the MB in most instances is also the party leader and heads the party at the State level. The state party leader is often the decision maker for

candidate nominations during the elections. Thus he is the one person ADUNs try not to brush against making them a weak "check and balance" of the Executive.

Often ADUNs feel their areas of jurisdiction in the State administration as very limited. They feel that the Local Councillors are much closer to the electorate. This is not necessarily true. However, I agree that the results of ADUNs hard work are often slow to be realised and credit often goes to the MB or EXCO instead. Therefore, it is not uncommon to see ADUNs stepping into a local Councillors area of jurisdiction to gain publicity and to be seen.

A few ADUNs even take on Federal matters, jumping on the bandwagon of hot issues. This is a poor reflection on the party comrades in Parliament.

A. Sivasubramaniam, assemblyman for Buntong from DAP, informed that only BN assemblymen are given an allocation of RM300,000 per year to be spent for their constituency for small development projects including infrastructure upgrading and maintenance. The allocation can also be spent for welfare work amongst the constituents. He said that when the MB was asked what happens to the allocation for constituencies held by the opposition, he did not give a satisfactory answer. Sivasubramaniam does not know how the money is spent in his constituency. However, he said that all assemblymen are given RM4,000 per month to run their service centre.

It is sad to note that some of these funds are spent for programmes that does little for welfare but instead more on marketing of the ADUNs. An example of this would be the festive "open house". This unique event was traditionally a time where our private homes are open to neighbours, friends and colleagues to come together to celebrate a particular festival. However, politicians exploit this unique cultural event for political purposes using public funds on the pretext of welfare.

I believe it is the duty of the ADUNs to report on how the state allocations are spent.

I tried to contact a few BN assemblymen and their receptionists said that they would call me. When I called the office of Kampung Manjoi assemblyman, the receptionist said that I must go to their office in Meru and fill a form requesting for appointment. I explained to her that instead of travelling 10km I can provide the information over the phone and she can fill the form. She agreed. I have not received any call from BN assemblymen for appointment. Elected representatives are there to serve the people and must be easily accessible.

ADUNs are not full time positions. Many still juggle with professional jobs. However, an EXCO appointment is a full time commitment. All ADUNs both government and opposition receive similar remuneration but amount differs between States. ADUNs are also entitled to pensions after their terms of service.

Having understood a little bit more of the duties of an ADUN, one can appreciate why the ADUN is not often seen. Unless a person is involved in associations, NGOs or other lobbying groups there would be little interaction with the ADUN.

However, this should not stop the ADUN from engaging with voters to listen to their grouses and opinions on current issues. Areas highlighted at these sessions can then be forwarded to the colleagues in the local Council or to the MP. When I complained that he comes to visit the people only during election time, Sivasubramaniam said that his service centre is open and people can lodge their complaints there. He is there often.

Having a little more understanding of the role of the ADUN, one should then make the effort to know who your representative is in the State Assembly. It is also important to periodically engage with him/her. Your engagement with your ADUN effectively ensures a win-win situation for both of you. I know my ADUN personally and upon my request he has visited my place to see the problems.

As responsible citizens we must make use of the services of our assembly person and let them know what we want.

## Education

# MoU to Promote Trainings and Job Openings



Junior Chamber International (JCI) Kinta successfully held its 2nd Installation & Award Luncheon at the Meru Valley Resort.

Graced by Datuk Heng Seai Kie, the Adviser in the Prime Minister's Department as the guest of honour, Heng said that the government had never overlooked the needs of the youth in Malaysia.

"In the 2018 National Budget, the Prime Minister Dato' Sri Najib had announced a total of RM61.6 billion for the purpose of training and uplifting the skills of youth in the country. One interesting fact is that our country's public expenditure on education and training are much higher than our ASEAN neighbours."

Heng also witnessed the signing of the Memorandum of Understanding between the 2018 JCI Kinta President, Matt Ngai Chee Hau, and the Director of Perak Human Capital Development Centre (PHCDC), Dr Rupa Saminathan, before pledging RM5000 as her contribution to JCI Kinta.

The Director of PHCDC, Dr Rupa said, "The MoU is to affirm PHCDC's confidence in JCI Kinta's ability to assist in developing youth employment in Perak. JCI Kinta has

been chosen as our primary partner due to their commitment and access to the youth community in Perak. Through this collaboration, JCI Kinta will promote the trainings and job openings available under the PHCDC framework of programmes.

2018 JCI Kinta President Matt Ngai further added that one of JCI Kinta's core objectives was to promote Ipoh to the youth from other states. He further announced that JCI Kinta would attempt to bid and bring the 2019 JCI Area Peninsular North Academy to Ipoh. The bidding process would be in April 2018 and if successful, more than 100 delegates from other states were expected to attend.

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## Business

# Ban Hoe Seng Auto @ BBSK

One of the oldest Honda dealerships in Malaysia is about to have one of the newest showrooms and service centres, to be the first one with a new corporate design! Ban Hoe Seng Auto held a ceremonial groundbreaking on Friday, January 5 for its Honda Showroom and Care Centre at Bandar Baru Sri Klebang with an intimate crowd.

The 40,000 square feet state-of-the-art dealership is targeting the highest-level sustainability certificate, platinum for Green Building Index, to become the first in Perak and one of the very few in Malaysia.

The Green Building Index rating system is regulated by the GBI Accreditation Panel which is an independent committee consisting of PAM (Malaysian Architect Organisation) and Association of Consulting Engineers Malaysian professionals.

Targeted to open its doors in June 2019, among the top-level environmentally friendly features of the upcoming dealership are large glass panels and skylights to optimise natural daylight; energy efficient light emitting diodes (LEDs) and motion sensors to automatically switch on and off when a person walks under it.

Plus, it will be equipped with an air conditioning capture and rainwater collection



system to self-irrigate the surrounding landscape, flush toilets and wash cars. Thus, it maximises resource efficiency, minimising waste, energy and water usage.

On-site composting allows building occupants to be involved and educated in organic waste processing and to contribute to the building's landscape sustainability. Meanwhile, a green living wall will bring a breath of fresh air to workers throughout the day while smart screens will proudly display the energy and water usage in real time to visitors.

Appointed in 1967, Ban Hoe Seng is Malaysia's oldest Honda car dealer. This year, with launch of the Civic Type R, Ban Hoe Seng Auto was awarded Sport Dealer status, the only dealership in Perak to gain this accolade.

"In December, we've broken our own record in terms of number of cars serviced and sold. With this new building, we hope to set new standards," Dato' Lim Si Boon, director of Ban Hoe Seng Auto highlighted. Present was Ignatius Chew, Ban Hoe Seng founder's grandson.

Its current showroom is located at Jalan Kampar (Jalan Raja Permaisuri Bainun) and is open on Monday to Saturday from 8.30am till 6pm while Sundays from 10.30am till 2pm. For more information, call 05 241 3433.

Mei Kuan

## Christmas & New Year Round-up

### Christmas Cheers

About 65 children from 1Malaysia Home and Vision Home were feted to a Christmas lunch at the Sunway KFC outlet in December. The party was hosted by Hope Worldwide Malaysia and Mr Lau Tuck Wing and co-sponsored by KFC Malaysia.

With the KFC mascot in tow and a live band belting out Christmas carols, the children had a gala time soaking in the festive atmosphere. All the children were encouraged to participate in the various traditional childhood games like hook-the-loop, folding and flying of paper planes, ice-cream stick etc., organised by the host and were seen to be keenly engrossed in the event. "Instead of seeing our children engaging in impersonal activities such as computer and hand-held games, we are drawing them out to be more interactive with each other through these hands-on games," enthused Mr Kevin Chai the event organiser.

Mr T.W. Lau played Santa Claus and gave out Christmas goodies and presents to all after a hearty, "finger-licking" lunch. While the band continued playing Christmas carols, the children partied on with "Silver Bells" ringing in their ears...."children laughing, people passing, meeting smiles after smiles...."

SH Ong



## 2018 Magic Countdown

Magic S Event organised a New Year's Eve party called "2018 Magic Countdown" at Lost World of Tambun, Ipoh. The show, held on December 31, lasted from 7pm till 1am the following morning.

While annual pass holders had free admission, others were required to purchase a RM40 food voucher in order to get two free tickets. With such an offer over 20,000 people from all walks of life chose Lost World as their countdown destination. Families, friends, lovers, all came to enjoy the water activities and rides available at the theme park.

Among the activities were an all-night house DJ music, amusement rides, hot springs, petting zoo, neon face painting, water gun and balloon fights, fire show by the Flaming Percussion and the not-to-be-missed fireworks display.

"I celebrated the last day of 2016 here but this year it's something else. I've never seen Lost World this packed before. Revellers parked their cars along the road and walked in the drizzle. Some shared umbrellas with strangers, as they walked. It's a refreshing sight, as it helps promote unity," said student Chan Wei Lun.

When the clock struck midnight, a breathtaking display of fireworks lit the sky. The display, lasting about three minutes, left everyone in awe. It was definitely a magical welcome to the New Year.

"Without a doubt, the highlight of the night was the fireworks. It's simply captivating as if I was witnessing a colourful painting in the sky. I've never seen something so beautiful," exclaimed Jamie, another excited visitor.

The exhilarating moment was indeed a magical way to say adieu to 2017 and to welcome 2018.

Khaleeja



Over 50,000 people had swung by LABpark, an experimental container park of lights, art and music in Bandar Baru Sri Klebang, after dark – rain or shine!

Powered by Kinta Properties, it was held during the weekends from December 15 till January 7 with free admission. The festive curation featured glowing orbs, multi-hued umbrella domes, sparkling festive trees and shipping containers converted into colourful light laboratories.

The crowd favourites were an immersive kaleidoscopic mirror tunnel (Limitless

LAB) and a vibrant dot-filled masterpiece (Smiles LAB) among others. The evenings also saw an open stage of live music (Live LAB) and delectable fare from Din's Food LAB. Plenty of photo opportunities with #nofilter needed, there was a best picture competition with RM1000 AEON vouchers up for grabs.

"We tried to do something different again this year as part of the community programme within Kinta Properties. Also running on the eco theme, it's all about learning something new and different experiences as you explore the different containers. Something different for Ipoh," explained Dato' Lim Si Boon, the chairman of Kinta Properties and Bonanza Venture Holdings Sdn Bhd said during the launch on Friday, December 15.

The park is now closed for a glittering makeover and will reopen with new installations and market place during Chinese New Year. Check out the Kinta Properties Facebook page or call 05 292 1333 for updates!

It was the second year in a row for Kinta Properties to host a light display in its master planned township, the first being the iconic Field of Lights which was held to celebrate Bandar Baru Sri Klebang's 15th anniversary in December 2016. 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.

Mei Kuan



## Tourism

# Heritage Trail Marred

Exploring Old Town, on foot, is much easier with the advent of the Heritage Trail introduced in November 2009 by Myheritage Technovation Sdn Bhd in collaboration with Kinta Heritage and Perak Academy. The availability of maps and diagrams – which can be found in Ipoh Tourist Information Centres – is a major plus point for visitors who want to have a closer look at iconic buildings and structures left behind by our British colonial masters.

The 4-mile long trail takes the visitor through Old Town providing him with a view that is second to none.

However, there are some drawbacks which may impinge on one's expectation. Topping the list is inadequate information boards. Visitors want to know the history behind the buildings and landmarks and what better way than to have them on boards. The information should be brief and precise. Accuracy and legibility are essential.

The beauty of the trail is being marred by uncollected rubbish. Empty cans and cigarette butts litter the route. This is not only unsightly but it reflects poorly on Ipohites. Property owners along the route should play their part in keeping the trail clean. Putting up rubbish bins in front of their shops is a solution. The responsibility, however, lies with stakeholder Ipoh City Council. It should play a leading role.

The drains are never clean. Grass and undergrowth grow unchecked and are hazardous in the long run as they are convenient breeding grounds for mosquitoes.

Concubine Lane is, without doubt, the most popular spot along the trail. The lane is crowded especially on weekends. However, the beauty and heritage value of the lane



and its buildings are being totally marred by the stalls selling cheap trinkets and touristy knick knacks.

Plans should be afoot to prepare for future developments when Ipoh expands and the viability of the attraction becomes untenable.

This is something for the authorities to consider.

A good example is Hoi An, a former port on Vietnam's central coast. The city's preservation encapsulates legacies left behind by Chinese, French and Japanese who once ruled the country.

Notwithstanding the flaws, Ipoh Heritage Trail is indeed one of a kind. It helps to highlight and visualises the many wonders of the town that tin built.

**Shireen and Jack Foo**



## 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.

## "Return of English-Medium Schools"

I am a Muslim like 65% of the Malaysians BUT I am amazed that as we are going into an era of prosperity we tend to be going backwards. Why can't people see that? Islam does not mean that we have to speak Arabic OR in the same text dress like them. Islam is "A way of Life". Faith is not external. It's what is in the heart. Allah does not see that we have to dress like the Arabs OR ride camels. In a tropical country the heat and humidity is so extreme that it may lead to Alopecia and dermatitis. It says "for knowledge, even go to China" BUT we are letting our kids study Bahasa instead of English. Who are these men, these legislators who are taking us back to the cave days. Forgetting that the politicians speak Bahasa in Parliament which is at times broken into partial English. But politicians will be politicians. Having said all this, I hope that sanity prevails and the politicians realise this and we go forward to introducing English to the kids for their future. At least the Sultan of Johore has the insight to see ahead.

**Abdul Khan**

## Inclusive Education for All Children

As Paediatricians, Therapists & NGOs working with children we wish to see a fully inclusive education system which welcomes the wide diversity already existing in our society. We wish to see that every learner is given an equal chance and that all children can be provided with the necessary support to help them achieve their full potential.

For this reason, we regard the directive set out from the Director-General of Education, Datuk Dr Amin Senin and the Education Ministry that pupils in government schools will no longer be placed in classes according to their academic abilities, as a welcoming, farsighted step towards building a more caring and inclusive society in Malaysia.

Many parents and educators maybe worried that abolishing the elite system or streaming will mean leaving the fast learners behind. However, the most recent comprehensive review of research entitled "A summary of the Evidence on Inclusive Education" (Dr Thomas Hehir, et al, Professor of Practice in Learning Differences at Harvard Graduate School of Education, released 2017) has concluded that "There is clear and consistent evidence that inclusive educational settings can confer substantial short- and long-term benefits for students with and without disabilities". The report is especially valuable as it identifies the benefits of inclusive education for the students without disabilities (as evidence of benefits for students with disabilities is already widely known).

This is because improving teaching pedagogy in order to support students with disabilities will inadvertently benefit ALL students. In addition, being educated alongside a student with disability, the non-disabled students, in the inclusive classroom, will hold less prejudicial views and are more accepting of people who are different from themselves. They will be the more accepting citizens in future. In addition, peer tutoring or peer group teaching encouraged under this new ruling will give the students giving the help another learning opportunity as "teaching is the best teacher" (Farivar and Webb 1994).

This directive will take away the competitiveness among schools to get higher academic achievements. Instead they can compete on Inclusiveness or Caring as their key performance index (KPI) and teachers can really concentrate on their first passion as teachers, which is teaching.

## Tourism

# Karya (2017) – A Review



Directed by Abrov Rivai, Karya (2017) had its first screening at Rumah Karya on December 29 starring Hasnul Rahman, Pyan Habib, Nur Hanim Kamaruddin and more.

The story is about a man named Karya who was on his journey to be the greatest filmmaker. His ambition ran counter to his father's wishes, causing him to run to Kuala Lumpur to pursue his dream. A tragedy in the family caused him to return home after 10 years, giving Karya a chance to reminisce on his past.

While Hasnul Rahman is the main character of the story, it was Pyan Habib's (Karya's father) scenes that stole the show. Pyan's stellar performance shone through even without words, true to the quality of a talented actor. He used his body language to deliver the message to the audience.

During the Q&A session, director, Abrov promised to do more in the future,

"Together with Teratak Nuromar (Producer) this is our attempt to bring back the glory of independent films that was once a big wave in the Malaysian film industry," said Abrov.

However, there are a few improvements that need to occur especially in the voice-editing area. According to Abrov, although this piece is a 'no-budget' film, the editing team needs to be more thorough as some scenes were too noisy and because there were no subtitles provided, the audience was left in the dark as to what was going on.

"The message of this movie is clear and it wasn't too heavy to comprehend. But it was hard to listen to some scenes because the background noise had overshadowed the actors' voices," said Aznira Ahmad, one of the audience.

With Karya as an experimental attempt, hopefully more independent filmmakers will step up and produce more indie-movie and who knows, it might bring back the glory of independent film industry in Malaysia!

**Ili Aqilah**

With this new directive, teachers will need support in making this inclusion real. UNESCO has recognized the need and has a Teacher Education Resource pack available. (UNESCO: Changing Teaching Practices using curriculum differentiation to respond to students' diversity). The National Early Childhood Intervention Council (NECIC) has a Memorandum on Inclusive Education where there are many suggestions on how this can be implemented and the transitional steps that are available (<http://www.necicmalaysia.org/newsmaster.cfm?&menuid=6&action=view&retrieveid=5>). An Inclusive Education Module has been developed by NECIC with localized teaching strategies ready to share with teachers.

When the Education for All movement talks about 'all children' this means being cognizant of the needs of all children in the classroom where each child feels belong and can engage in meaningful learning opportunities – Let's make this REAL as a Right for All our Children.

**Dr Wong Woan Yiang**  
**Dato' Dr Amar-Singh HSS**  
**Dr Toh Teck Hock**  
**(NECIC, Consultant Paediatricians)**



## Sport

# Moses Tay Lawn Tennis Arena

A thanksgiving service on Saturday 30, December, 2017 at Sky Lounge located at the new wing of the Young Men's Christian Association (YMCA) is Ipoh was held to highlight the opening of the Moses Tay Lawn Tennis Arena named after Moses Tay, a tennis icon who represented Perak for 22 years, held the state singles title for 11 years and played for Malaysia in the Davis Cup and the then SEAP Games.



The service began with Songs of Praise by Samuel Zane – a well-recognised figure among the local Christian community – and his team followed by several speeches. Refreshments were provided by Maria's Cafe.

"The Moses Tay Lawn Tennis Arena is the only lawn and grass tennis court in Perak," said Dato' Daniel Tay, president of YMCA Ipoh and son of Moses Tay. "It's also an opportunity for me to do something for my father's name and to honour his contributions to Malaysia."

In a response to Ipoh Echo's query on the differences between playing on grass and



hard courts, Daniel Tay replied, "On grass court you can't slide to reach the ball compared to clay and hard courts."

The world's four biggest tennis tournaments are different from one another. The Australian Open and US Open are played on hard courts, French Open on clay and Wimbledon on grass.

"For people my age, it's much better to play on grass because it creates less impact on the knees and body," he added.

YMCA is a welfare movement found across the globe. It was established by George Williams in London on June 6, 1844. Malaysia have a fair number of the association's branches. YMCA Ipoh was formed over a century ago with the objective of caring for Ipoh's youths.

Readers wishing to know more about the newly-opened tennis arena can contact YMCA at **05 254 0809** or **05 253 9464**. The association is located at 211 Jalan Raja Musa Aziz, 30300 Ipoh.

Jack Foo

## Koshiki Karate Championship 2017



Karate, a highly eclectic martial art was put on its toes and on glorified display at the Malaysia Koshiki Open Championships 2017 on December 17 at SJK(C) Bercham, Ipoh. The championships were led by Shihan Neoh Then Hock, the Chief Technical Director for the Malaysian Koshiki Organisation who is a 6th Dan Black Belt holder in the discipline. The organising committee was headed by Lim Huey Shan (JKKK Kampung Bercham Chairman) with Tuan Mozakir Bin Buyong Mokhtar, the Deputy Director of Perak Department of Youth & Sports presented the prizes.

Karate is a traditional form of Japanese Martial Art that incorporates three phases of training such as the *kihon* (basic), *kata* (pattern) and *kumite* (sparring). A practitioner of Karate is known as a *Karateka*; all aiming to achieve the highest rank possible via examinations that gauge how competent they are in their training and beyond.

There were numerous international teams (7 countries) that participated in this tournament – namely, Malaysia, Australia, Indonesia, Japan, Algeria, India and Pakistan. However, this wasn't just a clash of fists amongst practitioners of Karate alone; it was a friendly scrap that involved several other martial arts that provided much challenge to each style.

"We have the strongest support from the international teams" said Then Hock, "They are willing to travel very long hours all the way to support our small organisation and tournament." As a matter of fact, not only were the fighters from all around the globe, the officials were as well; the arbitrator was from Japan, the judges were from Indonesia and the referee from Malaysia.

Some of the different martial art stylists utilized their unique, discipline-specific techniques in Tae Kwon Do, Kyokushin Karate and Muay Thai against opponents of almost completely different skill-sets.

"The Malaysian Koshiki Federation has a long, rich history of running successful regional, national and international level Koshiki tournaments," said Professor Scott A. Brown, an 8th Dan Black Belt in Shorinjiryu Karate. "Our future lies in nurturing junior competition in a safe and secure environment."

The gold medalists for each category (from Girls Under 10 to Men below 86KG) were Tee Rui Han, Soo Kai Yan, Yunis Ho Yi Nee, Cheah Siao Quen, Tadasuke Jinnouchi, Lew Jun Ye, Bryan Yong Jun Wai, Teh Ee Wen, Tri Baskoro, Sim Sang Mitchell, Mohd Azul Ezwan Bin Mohd Asri and Grant Brechney.

Our very own Perak Koshiki Karatedo Association won 6 gold medals and champion trophies by Karatekas Tee Rui Han, Soo Kai Yan, Yunis Ho Yi Nee, Lew Jun Ye, Teh Ee Wen and Sim Sang Mitchell. A further 2 silver and 5 bronze medals were won by the Perak team as well.

Jack Foo

## HAPPENINGS

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### ARTS & CULTURE

**SHARPENED WORD: 'From Penglipurlara to Storyteller, It is Inside Us'. JANUARY 20 (Saturday), 2pm-5pm at the Old Andersonians' Club, Ipoh.** "Don't know how to tell a story? Don't know how to present ideas? Don't know how to convince others? Fear not, this is a skill that can be acquired! Come and listen to Yasu & Bea Tanaka and Hassan who will show you the secrets to this." Entrance by donation. Follow us on Facebook: <https://facebook.com/sharpenedword.kinta>.

### COMMUNITY

**BLOOD DONATION CAMPAIGN @ ExcelVite (EV). JANUARY 22 (Monday), 9am-4pm at the EV Canteen, Lot 56442, 7½ Mile, Jalan Ipoh/Chemor, 31200 Chemor.** Joint collaboration with HRPB. You are advised to have a meal first before donating blood. Interested public should enquire at ExcelVite's guard house before entering the premises.

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

### 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.



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