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# Enduring Restaurants in Ipoh

By SeeFoon Chan-Koppen

Pics by Vivien Lian &  
Luqman Hakim

Ipoh is beginning to edge out Penang as the food capital of Malaysia. However, with Cafes and restaurants popping up all over Ipoh, it is difficult to keep track of the comings and goings of what has opened and where. And most importantly, what type and how good is the quality of food.

I arrived in Ipoh 22 years ago, having spent most of my working life in the hotel and F&B industry and dining around the world in some of the best and (worst) places. Food has always been dear to my heart and the first irresistible item I fell in love with, here in Ipoh, were the Udang Galah or Tualang prawns – in those days at least six inches long with a huge head to boot. And the best place to have them was in Mun Choong restaurant in Pasir Puteh.

Which led to me to thinking about Ipoh's 'Enduring Restaurants', those restaurants that have stood the test of time, survived the fickle palates of their clients and continue to produce quality food. In this issue, I shall highlight some of these enduring restaurants, their special signature dishes and explore the reasons for their enduring success.

*Continued on page 2*



*Indulgence's bread table*



*Crab House –  
Indonesian crab*



*Unpretentious facade hiding  
some divine dishes*



*Citrus' divine dessert*

新年快樂

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## Quality of food above all ranks highest in ongoing success of any restaurant

### The Big 3: Food Quality, Service and Perceived Value

While ambience is a nice-to-have, many a restaurant have opened and closed despite heaps of money spent on decor and conversions.

The fine balance between the Big 3 of food quality, service and perceived value is a subtle one. While some may save up for years for that once in a lifetime taste of a Michelin-star meal, others may splurge occasionally for special occasions and celebrations. And then there is that vast majority who seek out quality meals at reasonable prices, especially in these days of rising food costs.

And here is where that magic Big 3 balance plays a big role.

### Poor Service

The food may be superb but if the service is surly and sloppy, it's guaranteed to turn customers away, even if the ambience is magnificent.

And the reception is important. I go often to Crab House for meals when entertaining my out-of-town guests because Fanny the front-of-house proprietor is always accommodating and willing to adapt dishes to my and my guests' palate. For example, one Singaporean friend wanted to eat 'kah heong choi' or country-style home cooking. With two hours notice, she managed to produce a steamed minced pork with salted fish (it's not on their menu) and a few other dishes. That is service and the reason I will always stay loyal to Crab House.

### Perceived Value

However, if ambience and service is superlative but the food itself is middle of the road and the price is high, then the 'perceived value' (it is all in the customer's perception after all) is not going to be favourable.

A customer who is accustomed to paying RM500-600 for a wild-caught steamed fish will not recoil at RM1000 meals, but for someone who eats at the stalls, RM8 for a plate of fried noodles is high. However, if the quality is superlative, then chances are, even the budget diner will acquiesce.

### Food Quality

The most enduring restaurants in my estimation maintain consistently good food quality. The operative word is consistency.....not mood- dependent on market (as in food markets) conditions nor the whims and fancies of the chef!

Customers always look for the same taste they had 'the last time' and if this is not forthcoming, as in a change of chef, then they are bound to be disappointed. Unless the new chef has some new recipes up his sleeve and service staff introduce these as 'something new'.

The biggest obstacle for *consistency* lies in hiring outside chefs who subsist on a salary and have no vested interest in the success of the restaurant. So they come and go like the weather, occasionally stormy, other times, sunny and breezy and worst of all, like when a hurricane blows and the Chef and all his kitchen helpers quit!! That is when the customer suffers!

### Survival Strategies

So what do restaurants do to survive and sustain their popularity? In this article I will be detailing some of the best strategies that restaurants in Ipoh have used to keep customers returning to them, whether to impress clients and visitors or simply for a celebratory meal.

### Sun Lee How Fook

Sun Lee How Fook is another enduring restaurant (since 1967) that has been winning loyal clients for the past 51 years purely on the quality of their food.

Their suckling pig has been wowing customers for years and those in the know will always opt for this restaurant when **Suckling Pig** is on the cards. Also their **Fatt Tiew Cheong** (Monk Jumped Over the Fence – superior broth with abalone, shark's fin, black mushroom, fish bladder and sea cucumber) or as is the case nowadays when a lot of folks are opting for not eating shark's fin, their **Fatt Sui Yuen**, same soup and broth but minus the shark's fin, is unbeatable.

Again here the balance of the Big 3 makes this one of the enduring restaurants in Ipoh.

### Sun Lee How Fook

96 Jalan Kampar, 30250 Ipoh.

GPS: 4°35'04.9"N 101°05'27.6"E

Tel: 05 253 3268, 241 3268 & 254 3551

Business hours: 11.45am-2.30pm & 5.45pm-10.30pm



Suckling pig



Tualang Prawns  
or Udang Galah



### Mun Choong

Some restaurants rely on their trusted old favourites as in Mun Choong's **Tualang Prawns** (can be done two ways: tails pan-fried and heads steamed) and their smoked chicken with garlic rice, beef soup and Patin fish in claypot. And here is where you can have the famous **Soon Hock** (marble goby) fish steamed, as well as their soya sauce baked crabs. Mun Choong has gone from being a one-level restaurant to a three-storied edifice where banquets and big celebrations can be handled with a capacity of 900.

I suspect that the reason for Mun Choong's success is that the owner, Choong Fong Keam is a chef himself and even today, when old buddies host dinner, he will personally cook. Sourcing for supplies is also their strong point as they always have good fish, crabs and prawns. Also the service is impeccable and unless you order all expensive dishes, the price is reasonable. Dodo (her nickname) gives excellent service and do offer her a glass of your favourite tippie if you happen to BYO. She loves it.

### Mun Choong

511-517 Jalan Pasir Puteh, Taman Camay, 31650 Ipoh.

GPS: 4° 34' 37.902"N 101° 4' 51.906"E

Tel: 012 529 5155 or 05 321 2815

Business hours: 11.30am-10pm daily

Continued on page 6





# DON'T GAMBLE YOUR FUTURE

Only 30 percent of the youths surveyed cared about politics. The rest are more concerned about the economy.



The mother of all elections is set to rock the nation to its very foundation. Malaysia's next general election, better known by its abbreviation GE14, has been widely predicted to take place in June probably after Hari Raya Puasa (June 15 and 16). The Prime Minister has said so in a media statement recently ending months of speculation.

The fixing of the dates is contingent upon the completion of a long-awaited re-delineation exercise involving 128 of the 222 parliamentary constituencies. It is popularly believed that the purpose of the exercise is to help the ruling coalition Barisan Nasional (BN) regain its two-third majority lost in the 2013 general election. The action to redraw electoral boundaries is also known as gerrymandering, a practice intended to give an advantage for a particular party.

The word "gerrymander" was used for the first time in the Boston Gazette on March 26, 1812. It was created in response to the redrawing of the Massachusetts state senate election districts under Governor Elbridge Gerry. The governor signed the bill that redistricted Massachusetts to benefit his Democratic-Republican Party. Thus Gerry's name is etched for posterity.

For the record, the Massachusetts house and governorship were won by Federalists by a comfortable margin and cost Gerry his job. However, the redrawn state senate district remained firmly in Democratic-Republican hands. We are witnessing the same here but the outcome has yet to be seen. The "impartial" Election Commission, the agency responsible for defining electoral boundaries, does not seem to act impartially at all. We shall discuss this at a later date.

Meanwhile, incumbents and aspirants are out campaigning since last year to win over the electorate. Having been helming the country since the introductory local council elections of 1955, BN suffered its worst result in GE13 when it lost both the popular vote and two-thirds majority in the parliament. The past few years have not been plain sailing for the ruling coalition either. The 1MDB scandal is like an albatross around the party's neck and it is difficult to shake it away despite many assurances from the Prime Minister himself. Rising cost of living caused by the imposition of the Goods and Services Tax (GST), and the diminishing value of the ringgit are bases for discontentment among the hard-pressed rakyat.

Pakatan Harapan (PH), the major contending party has picked former prime minister Tun Mahathir Mohamad as the coalition's candidate for the post of prime minister and Wan Azizah Wan Ismail, former opposition leader Anwar Ibrahim's wife, for the post of deputy prime minister.

The choice of Tun Mahathir for the top post has triggered much debate among the rakyat. It is also the reason behind the emergence of a spoilt-vote campaign mainly among the media-savvy youths, and it cuts across all ethnicities. The campaign, aptly known by its hashtag #UndiRosak, is gaining momentum among youngsters. It calls for the boycotting of the upcoming GE14 or to cast spoilt ballots as a form of protest over the choice of candidates for the two top posts and the general mistrust of the political system. Using online platforms such as Twitter and Facebook they are spreading the message, far and wide.

The trend is causing concerns among PH leaders, civil society groups and individuals who are championing a clean and fair election, something which we as Malaysians are missing. Given the unfair advantage enjoyed by the ruling coalition, the UndiRosak campaign will affect PH's chances in many parliamentary and state seats. This is due to entrenched support and better machinery on the side of BN.

"Boycotting an election may send a message where the elections are clean and fair. Where the elections are not as in our country, boycotting only helps those in power and works against those who are trying to change the rotten system," said Ambiga Sreenevasan former Chairperson of Bersih, a coalition for clean and fair elections.

Closer home, my son, daughter-in-law and a niece are keen supporters of this effervescent movement. Their complaint is the absence of quality leadership in both camps. They pine for someone in the shape of Emmanuel Macron, the youthful French President or Justin Trudeau, the youngish Canadian Prime Minister. Macron is 40 while Trudeau is 46. The two are of their vintage thus explaining the affinity.

The only reason why these two developed democracies could afford such leaders is because their people are politically and mentally mature. They are not easily swayed by

sentiments and money like ours. In the kampongs, RM50 and a sarong mean plenty to the *pak ciks* and *mak ciks*. A bag of BN-logoed goodies may mean a sumptuous meal to a hungry Indian family in the estates or a Chinese family in a new village. That is the underlying problem with our voters. They cannot see beyond the end of their noses. It is a crying shame.

The country's population currently stands at 30 million. Based on statistics, only about 14.8 million are registered voters, as at September 2017. Approximately 3.8 million, aged 21 and above who are eligible to vote, have yet to register themselves. Many of them are either ignorant of their civic duty or are outright indifferent. It was found that only 30 percent of the youths surveyed cared about politics. The rest are more concerned about the economy.

I am in favour of a two-party system, a privilege that has eluded us for six long decades.

To see this happen a good voters' turnout is desirable. Spoiling or absenting yourself from voting is not a wise thing to do. Do not gamble your future purely for reasons of selfishness.

I feel the aging but sprightly nonagenarian has plenty of fuel left in his tank. He has owned up to his past mistakes and is ready to make amends. This old coot is prepared to give Mahathir a chance before his time is up. Cheers.

## EYE HEALTH — Steroid Eye Drops

*IpoH Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about the dangers of STEROID EYE DROPS bought "over-the-counter" (OTC).*



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

Sometime ago, I had a phone call from a pharmacist friend of mine who sounded distressed because a customer of his who had purchased eye drops from his pharmacy was complaining that it had made him lose his eyesight! The customer was essentially blaming the pharmacist friend for the visual loss.



Ask any pharmacist about how Malaysians tend to self-medicate and they will have many stories to share. It is common for people to purchase eye drops alongside their regular monthly vitamins.

In Malaysia, there are no proper regulatory laws controlling the purchase of prescription eye drops like in the EU or USA where one would require a doctor's prescription before medication can be dispensed.

Indiscriminate unsupervised usage of steroid eye drops that are available so easily in Malaysia can be detrimental to eye health. Here are some things to note.

### GLAUCOMA AND CATARACT FORMATION

Some eye drops that contain steroids may make a person feel comfortable in the eyes but when used long term can cause cataract formation and also cause a potentially blinding condition called glaucoma. All such eyedrops must only be instilled under supervision by a medical eye professional.

### MASKING OF SERIOUS EYE INFECTIONS

Steroid eye drops may get the red out of sore eyes which are infected but this is because of their anti-inflammatory effect. The eye infection will continue to thrive without the person realising it. Infections affecting the cornea have often resulted in serious corneal ulcers that can potentially blind a person.

Overall, steroid eye drops reduce the resistance of the eye to bacterial, viral and fungal infections. Hence, it is very important not to use steroid eye drops without supervision from an eye professional.

### TAKE HOME POINTS

Avoid purchase of un-prescribed OTC eye drops as they may cause more harm than you may realise. Always seek professional help taking note that most eye drops require proper medical supervision when you are on them. Do not continue using un-prescribed eye drops indefinitely without proper eye monitoring.

For more information, please call Gill Eye Specialist Centre, Hospital Fatimah 05 545 5582 or email [gilleyecentre@dr.com](mailto:gilleyecentre@dr.com)

## To Advertise



Deanna Lim

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## PUBLISHER

Ipo Echo Sdn Bhd  
(Regd No 687483 T)

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

## EDITORIAL

Fathol Zaman Bukhari  
G. Sivapragasam

## GRAPHIC DESIGN

Rosli Mansor Ahd Razali  
Luqman Hakim Md Radzi

## MARKETING &amp; DISTRIBUTION MANAGER

Deanna Lim

## REPORTERS

Ili Aqilah Yus Amirul  
Tan Mei Kuan  
Nabilah Hamudin

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## PRINTER

Ultimate Print Sdn. Bhd.,  
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Seksyen 15, 40200 Shah Alam, Selangor.

## USEFUL CONTACTS

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016 501 7339

# How Safe are our Kindergartens?

Last month has not been good for teachers.

On January 24, a 14-year-old girl in Nibong Tebal tried to hang herself, after she had been accused of stealing her teacher's iPhone. Her teachers had earlier locked her in a room for five hours, to try and extract a confession from her. They had withheld food and water from her. The victim was then driven home and the accusation repeated in front of her parents.

M. Vasanthapiriya fell into a coma and never regained consciousness. She died on February 1. The phone has not been found. The teacher, who had lost the phone, was suspended from teaching and transferred to a desk job, at the Education Department, pending investigations.

Closer to home, a kindergarten pupil from Taman Lindungan Bercham Indah had been injured, allegedly after being caned by a teacher at her nursery school on January 24. A police report has been made by the child's mother, after a doctor confirmed that the injury on the child's hand had been caused by caning.

The Ipoh police chief, ACP Mohd Ali Tamby said, "On the day of the incident, at 7.45am, the victim's mother had sent the girl to the nursery in Taman Lindungan Bercham Indah. She was in good condition.

"About 6pm, the woman found that there were wounds on her daughter's right hand, before being told by two nursery teachers that the victim had been scratching her hand."

On Friday, the mother and one teacher from the nursery took the little girl to a clinic in Taman Ipoh Permai, and was told by the doctor that the child's hand had become infected as a result of caning.

The child's mother lodged a report, the following morning, at the Bercham police station. The nursery owner and supervisor had also come forward to give their statements.

It was reported that a 32-year-old nursery teacher had admitted to caning the victim on the right hand, until it became swollen.

The headmistress of the nursery school, sacked the teacher, immediately, to stop similar incidents from occurring.

ACP Ali said that the suspect would be summoned so that her statement could be recorded.

Is that it? The nursery school can continue as before. The teacher will not be punished. Life goes on as normal.

The teacher was only sacked after preliminary investigations were conducted. The headmistress did not want to attract further untoward attention and felt that sacking the teacher would suffice. The nursery school probably thought that sacking the teacher would be seen as taking sufficient action. It was not!

The headmistress must have known about the caning. Why did the teachers and headmistress attempt to cover-up the caning, by claiming that the child had scratched herself and caused an infection in her actions?

Why would a teacher, from the nursery school, accompany the child and her mother to the clinic?

The teacher was only sacked after initial investigations were made. If the child's hand had not become infected, the mother would have been none the wiser.

If the doctor had not confirmed his suspicions, the mother would not have known about the caning.

Will the Education Department investigate if the nursery school has been approved? Are the teachers in the school qualified to teach, and administer justice, even to three-year-olds?

If caning is not allowed in schools, how did this teacher get away with caning very young children? Are any other corporal punishments being dished out at this nursery school?

Why did the headmistress fail to inform the teacher of the rules which govern the establishment? Why did the most senior teacher fail to inform this teacher that caning children is not allowed? How is discipline administered in this nursery school?

After the teacher was sacked, did the headmistress imagine that this would be the end of the matter? How many other caning incidents have been reported at this school? Are the other children at risk, too?

Are the children so cowed by their sadistic teachers, that they are afraid to tell their parents? Have the children been warned not to tell their parents, if they had been caned, or if they had seen their friends being caned?

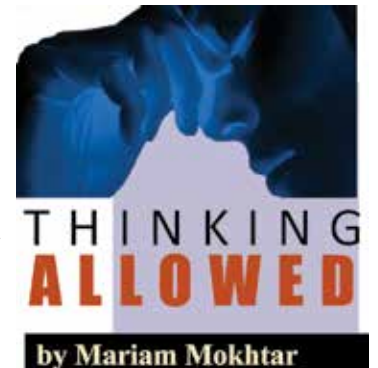
The nursery school is lucky that the child did not suffer more serious injuries. The little girl was possibly traumatised by the incident and may refuse to return to nursery school. She will grow up with a phobia of

teachers, or of schools. Are other children exhibiting signs of refusal to attend nursery school?

How often are these nursery schools inspected by the Education Department or relevant ministry? If cases of cruelty to children persist, some parents may demand that nursery schools instal CCTV to record the teachers.

If teachers are found to have broken the law, what criminal charges will be brought against them?

There will be fewer caning incidents in nursery schools if there is a sufficient deterrent.



by Mariam Mokhtar



Source: <http://www.freemalaysiatoday.com/category/nation/2018/01/28/3-year-old-caned-by-teacher-in-nursery/>

## ABOUT LASIK

Dr Lee Mun Toong

Consultant Eye Specialist Surgeon KPJ Ipoh Specialist Hospital

### The Lasik Xtra Procedure (LASIK + CROSS LINKAGE (CXL)/RIBOFLAVIN (VITAMIN B2) TREATMENT

When used in conjunction with LASIK (Lasik Xtra), the goal of CXL is to restore corneal strength without creating an additional change in refraction beyond that provided by the LASIK correction. Traditional CXL, when applied to the ectatic cornea, is known to cause a flattening of the cornea of several diopters; therefore, it is important to consider the differences between Lasik Xtra and conventional CXL.

The soak and irradiance times described above differ significantly from the conventional CXL treatment protocol for KC and ectasia, with shorter total riboflavin soaking times and lesser total UVA dose. The direct application of riboflavin to the stroma afforded by the lifted LASIK flap reduces the required time for sufficient riboflavin to diffuse into the targeted area of the corneal stroma. Similarly, while cross-linking for treatment of ectasia is intended to stiffen a pathologically weak cornea, it is plausible that less cross-linking may be required to return an otherwise healthy cornea to its native strength subsequent to LASIK.

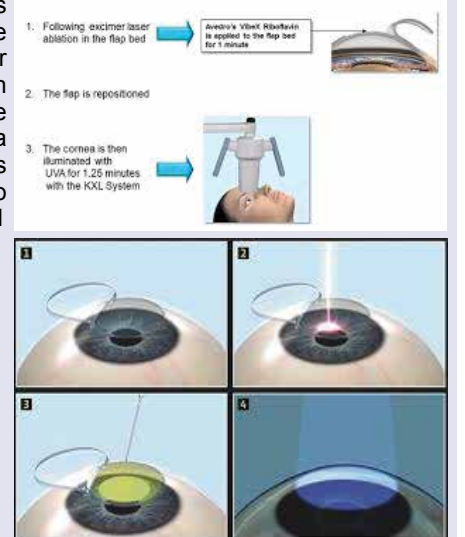
Theoretical modeling using finite element analysis by Dupps et al. at The Cleveland Clinic has demonstrated that focal weaknesses of the cornea result in the progressive topographic abnormalities observed in keratoconus, and that CXL results in dramatic flattening of corneal curvature.

This finite element analysis model was applied by the same group to evaluate the impact of Lasik Xtra on response to deformation in the residual stromal bed when intra-ocular pressure is doubled, and the effect on refractive outcome. A myopic LASIK procedure with a -4.25 D spherical correction was simulated using a wavefront optimized ablation profile with an optical zone diameter of 6.5 mm and overall treatment diameter of 9 mm. The response to deformation and refractive correction was evaluated with and without the addition of simulated CXL, modeled as an increase in stiffness of the central 9 mm of the stromal bed with an effective depth of 200  $\mu$  and a stiffening factor of 1.5 $\times$ .

The addition of CXL resulted in less displacement when IOP was increased (ie, cornea is stiffer), however, simulations demonstrated refractive equivalence between the cross-linked and uncross-linked eyes. This modeling demonstrated a theoretical basis for increasing the corneal stiffness without changing refractive outcome.

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





# SeeFoon explores Chinese New Year options

Pics by Vivien Lian

“The whole family is home, the relatives are all here and OMG what am I going to cook for the festivities?” is a typical lament that all my Chinese friends wail as they wring their hands and fret over the coming 15 days of this very auspicious period in the Chinese calendar.

As for me, as I ease myself into the TLC of my dear friend Susie in either Bangkok, Chiang Mai or Phuket, I am not deserting my dear Chinese friends in Ipoh but rather I have done my research in advance and here in today's Musings column are suggestions to ease your burden, either take the family out or order home.

These are neither your enduring restaurants as detailed in the cover article but all “new kids on the block”. Restaurants that strive to provide some fusion, some home cooking and some special recipes that Mom used to make.



ON IPOH  
FOOD



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



## Classic Dining

You cannot miss it if you drive along Fair Park Road especially at night. Living up to its name, the facade is very classically Chinese with eye-catching lanterns hanging from the tile awning making a bold statement for all to see, literally proclaiming, “Welcome, Come in, Check Us Out”. And check them out we did on a few occasions as their menu is so diverse and extensive that it was impossible to taste all their dishes.

The interior looks like a set from a Kung Fu movie, with classical Chinese motifs adorning the walls including a bank of Chinese wine urns and bronze serving and drinking goblets. Upstairs where one can host small dinners is equally elaborate with more lanterns to transport oneself into that fairytale land of the old-fashioned teahouse.

The menu is equally gargantuan, with everything from **Tong Po Yoke** (braised fatty pork served with steamed mantou); **Wu Tao Kow Yoke**, belly pork braised with taro to wonderful tsong or dumplings, to yummilicious **Kampung Chicken** from Sungkai braised in yellow Chinese wine.

The menu is too extensive to list here but if readers would like to see more, please go online to <http://www.ipohecho.com.my/v4/> to view the whole range of their dishes. In fact, if you don't want to cook at all this coming festive season, just pick up the phone and order up a storm including their pièce de résistance this Chinese New year – their **Poon Choy** or their ‘all the goodies you wish to eat’ as I call it, in one big tureen. This is a dish that will feed 10 (or more) and eaten layer by layer. Beginning from the top, you start with the large ‘Meng’ prawns and the abalone, the velvety black mushrooms,



moving downwards till you get to the more saucy bits. This **Poon Choy** at Classic Dining comes as a set with their excellent glutinous rice tureen and a ‘tong sui’ or sweet soup, the classic Chinese dessert. **RM688** for the whole set.

## Classic Dining

2-15 Jalan Kamaruddin Isa, Fair Park, 31400 Ipoh.  
GPS: 4°36'22.2"N 101°05'38.2"E  
Tel: 05 543 0153 or 018 273 0188  
Business hours: 11.30am-4pm; 6pm-10pm daily.

## Sato Kitchen

For a change of pace over the festive season and if you're getting a surfeit of ‘Lo Sang’ and Chinese food, check out Sato Kitchen, a modest Japanese restaurant that dishes out unusual fusion dishes.



Like **French Foie Gras with Smoked Duck Breast** served with mashed potatoes drizzled with truffle oil and salad – **RM49.90**. Another version is **Foie Gras and Tai Kabayaki** with an Asian Vinegar sauce – **RM38**. I found intriguing their **Sato Pizza**, listed on the menu as a crispy tortilla skin topped with fresh tuna and salmon, cherry tomatoes and a special sauce and made myself a promise to order it the next time – **RM28**.

I love fish head, any kind and when grilled Japanese style, I will always order it. Here we had the grilled **Salmon Head Shioyaki** with a smidgen of teriyaki topping which I told them to hold as I usually don't like the sweetness of teriyaki sauce. Well grilled, the salmon head was meaty and fresh tasting.

Next we had the **Sapporo Sushi Roll**, filled with white tuna, avocado, spicy crab meat, salmon and tuna with ebiko and crispy bits lending texture. Beginning



at **RM25 per roll**, there is a whole selection with slightly higher prices depending on the filling. Or you can throw caution to the wind for Chinese New Year and order their **Sultan Roll** consisting of shrimp tempura, avocado and cucumber inside and topped with whole unagi, foie gras and (wait for it) gold flakes! Now doesn't that sound like a dish befitting royalty? **RM88**.

The menu at Sato Kitchen is extensive with the full complement of **sushi and sashimi** platters ranging in price according to taste and choice. Their mains range from **NZ Rib Eye Steaks RM49.90** to Australian **baby Lamb Chops RM29.90** to salmon to chicken. We had a lovely **roast chicken topped with a creamy salted egg sauce** redolent with the fragrance of curry leaves. From **RM18.90**.

Giant tiger prawns and Kuruma prawns as well as seasonal crabs can be ordered in advance. Bento boxes are also available for takeaway. And everything is pork free.

So this Chinese New Year, pick up the phone and order up a storm of the freshest sushi, sashimi and bento boxes and wow your friends and family.

## Sato Kitchen

22-22A Jalan Medan Ipoh 4, Bandar Baru Medan Ipoh, Ipoh. Tel: 05 545 0085  
GPS: 4° 37' 3.4716"N 101° 7' 11.2188"E  
Business hours: 12pm-3pm; 6pm-10pm (Mon-Fri), 12-10pm (Sat and Sun). Tue off.

Another restaurant to check out over the festive season which I can vouch for and due to space constraints I am unable to write a full review is the following:

## Moonlight Treasure

This restaurant deserves a full review and as its name implies, a real treasure trove of unusual dishes. Check out their homemade bean curd ‘Futput’ deep fried and topped with your choice of meat, squid, prawns or whatever topping suits your fancy. Or the Chef's homemade special of marinated, pickled kembong fish cooked with DaoSi. Delicious and special.

[Watch this space for full review in the next issue.]

## Moonlight Treasure

105-107 Jalan Chung Ah Ming, 31650 Ipoh.  
GPS: 4°34'51.5"N 101°04'57.8"E  
Tel: 05 242 2666 or 016 526 1517  
Business hours: 11am-2.30pm; 5.30pm-10.30pm daily.



## Enduring Restaurants in Ipoh . . . continued from page 2

### Crab House

Although a new kid on the block (since 2012), Crab House, which has been operating now for six years has joined the ranks of enduring restaurants in Ipoh. Fannie and her partner Chef Ah Seng, has worked in some of the top Chinese restaurants in Ipoh and together have produced an equally enduring restaurant that can hold its own against the 'big boys'.

Small by comparison, Fannie makes up for size in service and Chef Ah Seng in innovation, producing new dishes regularly to satisfy customers' fickle palates. Their exclusive rights to the total production of some private farm's white spinach is a case in point, as well as Fannie's zealous efforts, travelling regularly to Teluk Intan (where she sources the prawns) and Pantai Remis to source for their fresh seafood. Their crabs, most of which are from Indonesia, are some of the best around and cooked in any style to suit your palate.

### Crab House

32 Laluan Perajurit 1, Taman Ipoh Timur, Ipoh.

GPS: 4° 37' 1.7472"N 101° 7' 30.4428"E

Tel: 05 548 3668 or 012 565 7723 (Fanny Chan)

Business hours: Open 7 days a week, 11am-2.30pm & 5.30pm-11pm



*Cheesy Stuffed Prawns*



*White Spinach topped with crispy fried whitebait*

### Citrus Wine and Dine

Chef Simon Lee needs no introduction having steadfastly built Citrus into the reputable western fine dining restaurant that it is today.

Opened 13 years ago, it began as a modest one-level restaurant in Ipoh Garden East when the area was still an 'outback' and customers were asking, "Why so far Simon?" Today, customers are beating a path to his door and with wife Erica manning the front

of the house, Simon (who is a trained chef having worked for international hotel chains) has cooked and won a place in the hearts of many an Ipohite who loves good western food without having to mortgage their homes to pay for meals!!

Along the way Simon has taught himself **Molecular** cooking and has awed many including myself with his mastery of the techniques.

Here at Citrus, every dish is a treat and depending on what your budget is, there is a dish to suit all palates and pockets. All delicious.

If splurging is in the cards, order their **Wagyu Tomahawk steak, lobster pasta** and finish off with their mixed dessert.

### Citrus Wine and Dine

38-42 Laluan Ipoh Perdana, Taman Ipoh Perdana, Ipoh.

GPS: 4° 37' 14.088"N 101° 8' 6.5292"E

Tel: 05 545 1010 or 012 527 1210 (Erica)

Business hours: 11.30am-3pm & 6.30pm-11pm; closed Mondays



### Mutton Kerahi



*Tandoori Chicken*

### Pakeeza Restaurant

When a restaurant has been around for more than 30 years and still garners a faithful following of diners, then you know that it is a restaurant of note. This is Pakeeza, the one North Indian restaurant that has consistently stayed on top of the list in Ipoh for people hankering for North Indian food.

Their secret to success is vigilance over the recipes which are closely guarded secrets of proprietor Rizal's mother, bearing her imprint. Beautifully plated and presented, the dishes arrive in quick succession served by very courteous and knowledgeable waiters who can happily describe the food as they portion it out.

The pièce de résistance in Pakeeza has to be the **Tandoori Chicken**, succulent pieces of chicken marinated in their own secret mix of spices and yoghurt, and cooked in the clay oven which has pride of place in their kitchen.

The menu is extensive, with a large selection of breads coming piping hot from the Tandoor. There is also a choice of different styles of rice to go with the various dishes. From plain steamed rice to their Briyani which come plain or with vegetables, chicken, mutton or beef. Must-tries are the boneless **Buttered Chicken**, **Mutton Kerahi** and **Prawn Masala**.

### Pakeeza (Halal)

15-17 Jalan Dato Seri Ahmad Said, Ipoh.

GPS: 4° 35.996'N, 101° 5.228'E

Tel: 05 241 4243 & 05 253 0407

Business hours: 11am-3pm & 6pm-10.30pm



*Naan*

### Indulgence

Indulgence first opened in a two shop-lot unit opposite the Canning market 22 years ago and moved into its grand heritage premises some years later. As the doyenne of cuisine and fine dining, Julie Song has been instrumental in putting Ipoh on the culinary map with customers beating a path to her door, all the way from Kuala Lumpur, Singapore and further afield.

Julie creates fantasy on a plate, sometimes Japanese, occasionally Korean, add Chinese finesse, local ingredients and always, always with a Cordon Bleu touch.

Now a new Bakery Table for lunch has been launched for takeaway as well as for dine in. Tuck into mouth-watering **Charcoal Brioche** with black sesame, or **Beetroot Milk Buns** with red bean mochi, and **Salted Egg Yolk Cheese Tarts** and a host of other mouth-watering temptations.

Together with lunchtime surprise platters, Indulgence is attempting to remove the perception of it being overpriced and hence not giving value. Which will see Indulgence offering all the Big 3 of food quality, service and perceived value.

### Indulgence Restaurant and Living

14 Jalan Raja DiHilir, 30350 Ipoh.

GPS: 4° 35' 36.636"N 101° 5' 38.6556"E

Tel: 05 255 7051

Business hours: 10am-10.30pm; Monday & Tuesday closed



*Australian Lamb Tenderloin*



*Indulgence – grand heritage building*



# GREEN PLANET LIVING

## Chinese New Year *Open House*

**Free Food &**  
\*Subject to availability from vendors  
**Vibrant Performances**

**18/02/18**  
**9am - 7pm**

• All Invited •

 **waze** : Manor Born Ipoh



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Surrounded in lush flora and captivating panoramas of emerald green, be embraced by the artistry of nature's hand. Gentle wisps of morning dew welcome every morning, shade found under every rain tree, music brought to life through birdsong all under the watchful gaze of the **250-million-year-old** mountain range.

With architecture that romanticizes the unique basement concept, residents are able to enjoy an enviably private and adaptable space able to accommodate every flight of fancy whether it be a music, an entertainment space, a home office, a wine cellar etc.



\*Artist's impressions only

## The Greenest Living Development

### 3- storey mansion

8 rooms 8 bathrooms  
4 halls 2 kitchens

### 2- storey mansion

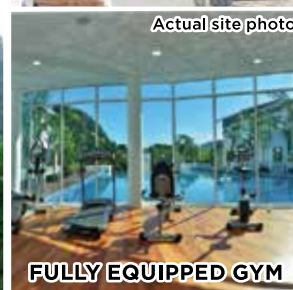
6 rooms 6 bathrooms  
3 halls 2 kitchens



Actual site photo



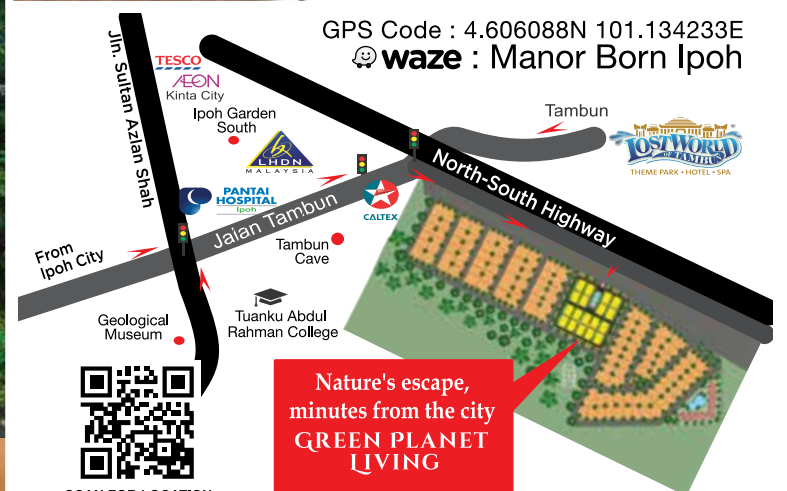
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RESORT INSPIRED POOL



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 **waze** : Manor Born Ipoh

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## Forehead Contouring Surgery (Feminization Surgery)

**Dr. Leow Aik Ming**

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

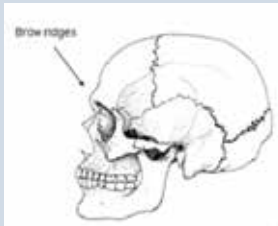
The forehead is one of several facial features that can appear more masculine or feminine depending on the shape and size. The shape of the forehead is one of the key differences between males and females. For example, masculine foreheads usually have a heavy, bony ridge, known as “brow bossing” whereas feminine foreheads are smoother and less ridged. In some ethnic groups, females may have masculine foreheads and likewise males may present with feminine foreheads.

Forehead contouring and reduction is a surgical procedure used to reduce the appearance of a prominent or masculine forehead. This procedure reduces these prominent ridges and reshapes the brow bossing, creating a softer, more feminine appearance. It is also performed on women who feel their brow and forehead appear too prominent or masculine. Forehead contouring and reduction surgery focuses on three primary areas to achieve a more feminine appearance, namely:

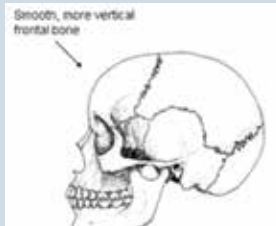
- Brow bossing
- The slope of the forehead
- The flat spot

To access the forehead area, an incision is made either right at or behind the hairline, depending on whether or not the hairline position needs to be changed. Although the exact procedure depends on the individual patient, most often the brow ridge (brow bossing) is osteotomized and reconstructed to reduce the appearance, and the orbital bones are shaped to reduce masculine characteristics.

Typically the frontal bone (between the eyebrows) is removed, shaped and then reattached so that it does not interfere with the underlying sinuses. If the forehead must be reshaped, to fill in a ridge or concavity, a synthetic material (synthetic bone graft) or alloplastic implant (forehead implant) can be used to create the desired more rounded shape. Occasionally, fat grafting can be used to create a more natural rounded appearance of the forehead. Due to the location of the incision, forehead contouring is often done in conjunction with blepharoplasty, brow lift or hairline restoration.



Male Skull



Female Skull



Before Surgery



After Surgery

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).

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

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

## Connexion

### The Angpow Story

By Joachim Ng

What do you like most about Chinese New Year? Ask a kid and the reply will be instant: angpow or hongbao. There's grace in receiving as it marks the number of connections you have... parents, grandparents, uncles, aunts, married cousins, close neighbours, and family friends. Employees get the red packet too, from their bosses and office suppliers.

Benevolent giving extends to the elderly, the needy, and also the unmarried adults as, in pre-modern times, remaining single was a sign of economic failure. If there are persons in your contact circles — especially the lowly paid — to whom you wish to express care and appreciation, the time has come to show it with an angpow. Ethnicity doesn't count as any qualified person can be a recipient.

Recognizing the convenience of giving and receiving money in pocket-sized envelopes, its adoption by non-Chinese ethnic groups has long transformed the angpow into a shared cultural practice. Muslims hand out green 'duit raya' for Aidilfitri, and purple angpows augment Deepavali celebrations. Red, green and purple — colours of diversity, colours of Malaysia.

The more the practice of giving money is shared, the more the angpow serves its filial mission — and that is, to establish a family culture of shared prosperity. Family, in its broadest Confucian sense, embraces the total human world. Hence, inclusive growth is encouraged. As said in the classical I Ching text: “It is not the private interests of the individual that create lasting fellowship among people, but rather the goals of humanity.” One of these goals is shared prosperity as signified by the angpow.

The tradition began 2,200 years ago with coins wrapped in leaf (the original paper-making ingredient) as a ritual expression of Chinese society's wealth goal: that everyone should have enough to live by. To this day, Chinese New Year begins on a prosperous note with a broadly auspicious greeting accompanying the red paper packet: Gong Xi Fa Cai or Kung Hee Fatt Choy (Hail to Rising Prosperity). The receiver is expected to save 30% of the angpow money (3 signifies life and hence your savings enable you to grow wealth tenfold). The rest you can spend on buying fresh necessities.

Custom dictates that everyone is both a giver and a receiver. When you are a child or single person, you receive. After you get married, you give. If you're a subordinate, you receive. When you become the boss, you give. If you are lowly paid although married you receive, but as a married person you must give to those who are dependent on you such as children, the elderly, and the sick.

There is deep meaning in the little red packet as it simulates the Confucian ideal of reciprocal giving. This isn't necessarily a straight-line interchange between two persons; reciprocity as envisaged by Confucius is a chain-link activity that binds everyone together in a wide circle of prosperity: I give you 50 ringgit today because you lost your job, and next year you give a sick elderly person 60 ringgit to buy medicine. One day some friends may present me a needed gift worth 70 ringgit.

Reciprocal wealth distribution ensures that the giver — or taxpayer in modern parlance — will continue to be prosperous. When money flows around the circle, nobody goes hungry and this provides economic stability as well as averts political unrest. To reciprocate, the tax-exempt workers must uplift their earning power and join the ranks of taxpayers. It is a salient point that, as revealed by the Prime Minister in 2014, only one out of 10 Malaysians pay income tax.

Reciprocity is, in fact, the way of nature. Scientists observing the conduct of bats have found that when the flying creatures leave their cave for night work, some fail in their hunt and return empty mouthed. However, the successful hunters share their catch so that no bat goes hungry. The practice makes economic sense as luck may go into reverse. You feed me when I'm hungry, and I or someone else will feed you when you are hungry.

That's the significance of Kung Hee Fatt Choy: Hail to Rising Prosperity for Everyone!



## Community

### SOCSCO Aid Payments

Six contributors received the Occupational Insurance System (OIS) interim aid payments from Social Security Organisation (SOCSCO). They were the first to receive such aid in Perak.

Director of Socso Perak, Noorhanita Mohamad, said that the payments were from the RM135 million allocation by the government in support of the programme and job placement under OIS in the country.

Applications from the six workers were submitted by their employers whose companies had ceased operations since December 2017.

“The six lost their jobs early this month. Under this new SOSOCO programme, those retrenched are eligible to receive RM600 as interim aid payment per month for a period of three months,” said Noorhanita to reporters after a handing-over ceremony held at PERKESO Ipoh on Sunday, January 25.

The event was officiated by the Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages, Dato' Dr Mah Hang Soon.

Mah handed the cheques to the six recipients after his opening remarks.

According to Noorhanita the OIS was initiated in early January 2018. Interim payment is provided by the state government through its allocation while waiting for the funds to mature in January 2019.

“Those wishing to apply need to get a copy of their job termination letter and hand it over to any of the six SOSOCO branch offices in the state. Applicants, if eligible, will



receive their payments within two weeks,” she added.

The amount of interest paid to SOSOCO Perak last year increased by 9.39 percent amounting to RM49.9 million compared to RM45.6 million the previous year.

“Most accidents, we discovered, happened in the morning when people are on their way to work and in the evening when they return home,” she said.

**Luqman Hakim**







## Community

## Way to Go Taiping!

Known for its historical sites and memorable events, Taiping held two exciting and interesting programmes last year that were not only beneficial but also fun for the public.

### Preserving Trees

First, there was the Raintree Walk, held in December 20 last year by the Taiping Municipal Council (MPT) where one public road in Taiping Lake Garden was closed permanently to vehicular traffic in an effort to save the centuries-old trees that are scattered along the 630m road.

Jalan Pekeliling housed over 31 trees, commonly known as Pukul Lima trees and were first planted back in 1898 in the era of R. Derry, the officer who was in charge of the government parks. What's interesting about these trees is that they provide a rather unique canopy cover and their branches have slowly reached over towards the lake.

During the event Datuk Abdul Rahim Md Ariff, the president of MPT said that this road will be the first in Taiping to be declared as a car-free zone.

"We have received more than 700,000 visitors to the Taiping Zoo and Night Safari every year. Since it is located near these trees, The Raintree Walk will be another attraction for them to walk around," said Rahim. He then added that the road closure will not have any effect on the traffic flow since they do have another alternative road beside Jalan Pekeliling which is Jalan Samanea Saman.

### Larut British Malaya

Another interesting event was held a week later where it received over 60,000 visitors in just five days thanks to the unique exhibition that was held in conjunction with Visit Perak Visit 2017. The Larut British Malaya was held in Taiping on December 25 and was organised by Syaeba Pictures Sdn Bhd at Cross Street No. 2, Jalan Kota.



The five-day event was filled with various activities such as the District Tourism Market, International Explorace From Taiping With Love, International Mangrove Photography and International Heritage Costume. Cross Street was decorated with props of how the 80s used to look: old shops, locals wearing traditional clothes and playing traditional games. The event director, Hilal Azman who was also an actor, decided to hold the event to showcase the life back in the 80s and let the public see beautiful cultures, fashion and more.

"Together with my team, we decided to have the event in Taiping since many great things were first started in Taiping. For example, the first railway opened in Taiping back in 1885 where it connected Taiping and Port Weld. The Taiping Prison is also the first and the oldest prison in Tanah Melayu. Taiping is also one of the oldest cities in Malaysia," said Hilal.

According to Hilal, the programme was also held as one of the closing events for Visit Perak Year, giving some sweet memories for everyone who paid a visit.

Ili Aqilah

## Sharing CNY Joy

Global fast food giant, McDonald's Malaysia Medan Gopeng outlet entertained members of Seri Bahagia Old Folks' Welfare Association, Ipoh to a pre-Chinese New Year celebration on Tuesday, January 23. The party, held at the Seri Bahagia Old Folks' Home, was part of the company's corporate social programme.

There to enjoy the morning treat were 45 elderly residents of the home. Hosting the event was the outlet's general manager, Zurina Mat Akhir. She told Ipoh Echo that 10 of her staff had spent time with the residents partaking in a number of activities.

"Every year we share the joy and warmth of the year's festivities with those who don't have the opportunity to celebrate with their families.

"This year, we're honoured to celebrate the lunar new year with our guests from Seri Bahagia Old Folks' Welfare Association, Ipoh. Events like this can instill a sense of joy and, at the same time, inspire our staff to be more compassionate with the elderly and the underprivileged," she said. Zurina added that this get-together has become a norm with McDonald's Medan Gopeng outlet and it's not limited to one festival only.

Games, a lucky draw, karaoke session and the 'Lou Sang', a tradition during Chinese New Year, were on the cards.

The residents got free haircuts and manicures courtesy of Olivia, a staff from the Hair Emotion Unisex Salon, Ipoh.

Luqman Hakim



## Meru Eco Clinic Now Operational

Led by Dr Monesh Pillai and Dr Yoges Samayana, the Meru Eco Clinic in Meru Valley Resort has begun its operation in January. The medical services offered include treatment for acute and chronic illnesses, emergency medical treatments, dermatological consultations, occupational health services, travel medicine and vaccination.

Readers can call Meru Eco Clinic reception at 05 525 3258 for appointment, consultation and medical inquiries.

### Operation Hours

Monday to Friday: 8am-5pm; Saturday: 8am-12pm

Lunch Break: 12pm-1pm

Sunday and Public Holiday: Closed

### Fitness and Wellness under One Roof

Residents and members also can go for yoga and zumba lessons at the resort with the following rates: RM75 for four lessons and RM135 for eight lessons (yoga), RM65 for four lessons and RM110 for eight lessons (zumba).

As for members of the public, they can pamper themselves at the EcoVillage Wellness Centre (spa and hair studio) which provides hair services, facial, body massage, foot reflexology, pedicure and manicure. It opens from 11am to 7pm from Tuesdays to Sundays (closed on Mondays). Interested readers can call 05 525 3628.

Mei Kuan



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# Suffering in Silence?

"Blindness cuts us from things, but deafness cuts us from people!" – Quote by Helen Keller

Hearing is an essential sense for communication and hearing loss is a hidden disability. It is not uncommon to find many people around us to have hearing loss, but it's also not uncommon for us to realize that people live with this disability without intervention. It is widely accepted that hearing loss comes with ageing. It builds frustration, withdrawals and affects family dynamic. Recent studies stated that as people age, their hearing loss intensifies and leads to many other problems, such as;

- an increased risk of accident or falling,
- Cognitive impairment or dementia,
- Social withdrawal and depression.

Hearing loss or impairment can happen at all ages. It could be congenital loss for new born babies, acquired loss due to some disease or side effect of medication. Acquired loss can also happen secondary to ear infection or of sudden onset (viral/bacteria). Another type of hearing loss, noise induced, is due to occupational hazards and the most classic type of hearing loss is presbycusis, hearing loss due to ageing.

The question is why suffer in silence?

Audiologic (Hearing) (Re)Habilitation is the process of providing training and treatment to improve hearing for those who are hearing impaired. Fitting hearing aids is just the beginning of the Audiologic Rehabilitation journey. Audiological Rehabilitation Process today is based on the foundation of a "Client-Centered Rehabilitation model that promotes successful adherence to treatment recommendations and professional accountability."

While that is all theory, the question remains why in this modern world there is a taboo around hearing aids. We all know that hearing aids are not magic-beans. As a Senior Audiologist, eighteen years in the industry, my personal conclusion is that often times people feel that hearing aids do not provide enough value. Consumers of hearing aids are not completely satisfied with the experience of using hearing aids. Their expectations exceed reality and they don't feel that they get value from the purchase. Phrases like "My hearing aids are noisy", "My hearing aids are stored in the drawer" or "I'd rather be deaf than use my hearing aids" is not uncommon. There are many reasons for this negativity.

1. Consulting untrained personnel
2. Hearing test not done up to the professional standards and wrong diagnosis made.
3. Wrong Technology
4. Proper expectations are not set



Jagjit Kaur Sidhu  
Managing Director & Consultant Audiologist  
MSc Advanced Audiology (UCL London)



The reference: Adapted from  
Adult Audiologic Rehabilitation,  
JJ Montano, Second Ed. 2011

5. Patient's story is not heard thus the fitting is not addressing patient's communication and listening needs
6. Proper hearing aid trial is not given prior purchase
7. Proper information is not given during the fitting process
8. Patient is not counselled enough during the adaptation phase

The question remains; Are you still suffering in silence despite trying various solutions? Nothing beats a professional consultation and undoubtedly fitting hearing aids is unlike fitting spectacles. Based on the foundation of Client Centered therapy, the need for human contact and dialogue is essential to foster trust, confidence and adherence. A fully qualified and experienced Audiologist is the best person to assist, handle and manage individuals and families affected with hearing loss. The way forward is to act now. Allow us at EarMed to assist you in this hearing journey.

Book in for your free hearing assessment today!

Lastly it is always tactful to say 'Deaf and Mute' and NOT 'Deaf and Dumb'

## Earned Services

2-5, Jalan Kamaruddin Isa, Pusat Perdagangan Kepayang  
31400 Ipoh, Perak.  
05-549 1525  
www.earned.com.my

## Community



## First Ever Veteran Hospital

To be built on a 95,000-sq ft land at Gua Permai Camp along Jalan Tambun, the first ever veteran hospital will be a one-stop centre consisting of a specialist hospital, care hub, rehabilitation centre, veterans' short-term residences, lakeside senior care villas, memorial park, canopy walk, military club, staff housing, central garden, training centre, research office and exhibition space.

The veteran health village will be administered by a public-private partnership with BP Healthcare Group to ensure quality healthcare on a par with veteran hospitals in America, Britain and Australia.

Besides realising the vision of healthcare from cradle to grave, it is hoped that the hospital will allow military veterans to obtain medical and health services other than those available at military and public hospitals.

"The cost is between RM500-600 million. Plans are underway to upgrade the existing five military hospitals. We'll adopt a new concept where polyclinics will be built in camps instead of hospital due to cost factor. The first of such clinics is being built in Penrissen Camp, Kuching right now. So, things are on the move," said Dato' Seri Hishammuddin Tun Hussein, Minister of Defence and Minister with Special Functions, during a media conference.

"This is the first ever veteran hospital and I want it to start on the right footing," he added. Hishammuddin was on an inspection tour of the proposed site at Gua Permai Camp on Friday, February 2. The camp is presently being occupied by 23rd Battalion Royal Malay Regiment.

Five more polyclinics will be built at Kluang, Seberang Takir, Kuantan, Sungai Petani and Kuching complete with dental services, observation ward, haemodialysis and specialist treatments, minor surgeries and others.



The upgrading of the military hospitals nationwide includes the replacement of medical equipment, renovation of buildings and the addition of pediatric, urology, geriatric and surgical services.

Present were Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir, Chief of Armed Forces, General Tan Sri Raja Mohamed Affandi bin Raja Mohamed Noor, Secretary General of Ministry of Defence, Dato' Sri Abdul Rahim bin Mohamad Radzi and Chief of Army, General Tan Sri Zulkiple bin Hj Kassim.

Under the health-enhancement agenda, the Ministry of Defence has disbursed the Special Insurgency Incentive (*Bayaran Insentif Khas Insurgensi*) as a form of gratitude to veterans wounded during the Emergency era. A sum of RM55 million was allocated last year for this payment. Since May last year some 2939 veterans and their dependents have been paid.

Meanwhile, RM33.4 million was allocated under the Medical Payment Scheme (*Skim Bayaran Perubatan*) for expenses incurred by veterans for clinical tests and purchase of medicines.

Mei Kuan





## Education



## Scholarships for Students

**R**otary Club of Ipoh gave scholarship awards to 120 deserving students from 12 secondary schools in the Kinta District.

The presentation, an annual event of the club, was held recently at Wesley Methodist School Ipoh (International).

Director of Training and Development Methodist Council of Education Phoon Yoke Ming gave away the scholarships on behalf of Rotary Club of Ipoh. The recipients were selected based on their academic performance and financial dispositions.

Club President Chan Kok Chow, in his speech, revealed that a total of RM13,000 was presented to the students this year.

"They come from different backgrounds, all are driven by a common goal – to empower themselves with a tertiary education," said Chan.

He added that the awards would not only spur them to greater academic achievements but would also serve as a reminder that in their adult years, they could reciprocate the club's kindness.

The Rotary Club of Ipoh started the Secondary School Scholarship Fund in 1971 with the aim of subsidising examination fees for needy students.

Schools picked for the scholarship programme this year were SMK Tarcisian Convent Ipoh, SMK St Michael, SMK Ave Maria, SMK Convent, SMK Methodist ACS, SMJK Perempuan Perak, SMJK Poi Lam, SMJK Yuk Choy, SMK Perempuan Methodist, SMJK Sam Tet, Sekolah Tunku Abdul Rahman and Wesley Methodist School Ipoh (International).

Nabilah Hamudin

## Making an Impact

**S**aturday, February 3 marked a glorious day for students, parents, and teachers of SMK Seri Keledang, Menglembu as it was the school's annual Speech Day. The event, along with the Parent Teacher Association (PTA) meeting, was held at the school hall.

It was officiated by Batu Gajah Barisan Nasional Division Chairman, Dato' Wira Hj Mohd Yusoff bin Kassim. Mohd Yusoff thanked the school and the parent-teacher association for their efforts in improving the quality of education of the school and urged them to continue with their good deeds.

Armed with the knowledge that they have acquired, students will be able to excel academically and, in the future, contribute to society and the country as a whole.

Principal, Sit Wai Yin, and PTA Chairman for 2017/2018 Session, Ng Ah Chye, expressed their gratitude to the guest of honour for his donation of RM10 000 to the school. They also thanked students and teachers for their passion in bringing up the name of the school.

Ipoh Echo interviewed three top students, Lim Yun Qi, 16, Chung Qiao Lin, 16, and Chee Qiao Yi, 15.

All three welcomed the recognition accorded to them. When asked what contributed to their success, they said, in unison, that their teachers played a vital role in inspiring them by organising extra classes and preparing them for their exams.

With Seri Keledang Secondary School making the headlines, it is hoped that the awards will encourage more students, teachers and parents to continue contributing to the school. Their well-meaning efforts will be long remembered.

Amy Chan



## Arts and Culture

## Of Filmmaking and Scriptwriting



"**P**roduction, generally, is challenging in Malaysia," said Bea Tanaka.

The first Sharpened Word of the year was held on Saturday, January 20 at the Old Andersonian's Club. The guest speakers were husband-and-wife Yasu and Bea Tanaka and Hassan Muthalib.

Born in Tokyo, Japan, Yasu Tanaka is a scriptwriter and analyst. He studied filmmaking in Los Angeles and is now teaching scriptwriting in Malaysia and Japan. He has his own production company, 42nd Pictures Sdn Bhd, where he writes, directs and edits his own projects. His first feature film, Nota was released in 2015.

Yasu shared and emphasised a lot on filmmaking and scriptwriting. He explained the three-act structure, which is usually used to create a story. The three-act is divided into setup, confrontation and resolution. Scientists have also proven that human beings restore their memory in three-act structures.

Being a Perakian herself, Bea Tanaka is the managing director of 42nd Pictures. She has been teaching for 18 years before venturing into the production journey with her husband. As she is well versed in Malay, she co-writes dialogues in Malay and helps Yasu out with the translations.

"It's very satisfying to see or hear people talking about what you wrote on the big screen. Teaching gives me a different kind of satisfaction. As a teacher, I've always been



interested in writing. So I learned scriptwriting with Yasu and spent over a year in Los Angeles. No one can deny that Hollywood is the centre of films," Bea shared.

Bea mentions that the potential of filmmaking in Malaysia is incredible as we are rich with locations, culture and settings to create stories. Sadly, we do not structure it well. Speaking of Ipoh itself, the million-year-old caves and limestone hills are enough to deliver a story. It is how you use a location to tell a story that matters.

"Films where you don't have to be a Malaysian to understand; I think that's how our local films should go. There are too many things in a Malaysian movie that require you to be local to understand. I found this out through Yasu. When we watch a local film together, I would laugh at certain parts while Yasu has no trace of reaction. Then I figured, he didn't understand it because he's not local," she continued.

After realising this, Bea began watching a film through what she calls the 'foreigner's eyes' and found a whole new perspective. She also figured that the most important thing the industry needs is ample time for preparation.

Currently, they are waiting to begin on their next feature film, Terbalik. Ivanhoe Pictures, a well-known Hollywood production company is going to remake the film because they believe that the story can be told through any language yet still depict the same meaning.

Hassan Muthalib, who is a regular guest on Sharpened Word has educated the public a lot on the basics of filmmaking and movie appreciation. From the basic principles of movie making to movie reviews and now screenplay or scriptwriting. Hassan has been both Yasu and Bea's inspiration for as long as they remember.

"In time, I'm sure the local film industry will flourish," Hassan said.

Khaleeja







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## Community

# Thaipusam 2018 – Closure of temples

This year, the days leading up to Thaipusam celebrations at Sri Arulmigu Subramaniyar Temple or Kallumalai Temple at Jalan Raja Musa Aziz caused anxiety for many devotees. There was much debate over whether the temple should remain open during the lunar eclipse on Thaipusam Day on January 31. The community was split on the issue.

The temple committee of Kallumalai Temple subsequently confirmed that the temple would be closed from 7.30pm to 11.30pm during the eclipse.

The explanation given for the decision was as follows:

Datuk RS Mohan Shan, President, Malaysia Hindu Sangam (MHS) said that MHS and 20 other Hindu NGOs concurred that all sacred places must be closed during the lunar eclipse. Shan added, "This is because, according to our religion, the eclipse has a negative energy which will leave a negative impact. That is why we are prohibited from conducting any form of prayer and ritual during that time. This has been practised for hundreds of years." This is the first time in living memory that a total lunar eclipse happened during Thaipusam.

Meanwhile, Tan Sri R. Nadarajah, Chairman, Sri Maha Mariamman Temple Dhevasthanam, Kuala Lumpur, said that religious ceremonies at the Sri Subramaniam



Temple in Batu Caves on Thaipusam Day would proceed during the period of the eclipse to serve the needs of thousands of devotees who have come from near and far.

I went to Kallumalai Temple at about 6.30pm on Thaipusam Day to see what was happening. The place was virtually deserted and there were few devotees. (Normally this would be the peak time and the place would be congested.) At the temple the statue of Murugan was taken round the temple ceremoniously and finally placed in the dedicated room inside the temple. At 7.30pm the stainless steel grill gate to the room was closed. One of the priests was sitting inside the room.

No more prayers were conducted. When it was said that the temple would be closed, I thought the doors of temple would be closed and no one could enter. Only the inner sanctum (inner part of the temple where prayers are conducted) was closed. Many others also thought that the temple would be out

of bounds.

This year most of the kavadis were taken on the previous day and Thaipusam celebration this year was not as festive as previous years due to the eclipse.

The consequences of keeping the temple open, if any, would only be known during the coming days, months or years.

A. Jeyaraj

## Sport



## Perakean Ladies Swooped Golf Tournament with MALGA

A total of 28 women golfers took part in a friendly 18-hole golf tournament between Perakean lady golfers and MALGA (Malaysian Ladies Golf Association) at the Meru Valley Resort on Tuesday, January 16. The match was led by MALGA's president, YAM Tunku Putri Jawahir Bt Almarhum Tuanku Ja'afar and executive director, Dato' Rabe'ah A. Abbas.

Mardianah & Sim Soon Heng (Perakean ladies) won the title with a score of 62, beating the pair of Habibah & Datin Mornila (MALGA) who won on count back and Datin Seri Rozita & Umi Ismail (MALGA). Both MALGA teams scored 59, placing them in second and third placing respectively.

Aimed at strengthening fellowship and sportsmanship among female golfers, the game was organised by MALGA in cooperation with Meru Valley Resort.

Mei Kuan

## Gearing Up for Sukma



The official logo, mascot and theme song of the 2018 Malaysia Games (Sukma) were unveiled during a lively launch on Saturday, January 20 at the Amanjaya roundabout.

The official mascot is a "seladang" (wildebeest) named "Chor" while the official theme song was created and performed live by veteran composer Datuk Wah Idris. The logo consists of two elements – human, symbolising athletes' passion and sportsmanship and the wave representing Perak River, the second longest river in Peninsular Malaysia.

Running on the slogan "WOW! Kita Hebat!" (Wow, We are the Best), the ceremony highlighted the official social media platforms of the 19th Sukma Games – Facebook: 'SUKMA PERAK 2018', Instagram: 'SUKMA\_PERAK2018' and Twitter: '@sukmaperak2018'.

"Perak is creating history as the games will be held all over the state encompassing all 12 districts. Thus, each district will be able to feel the Sukma atmosphere. To be held from September 12 to 22, the biannual event will see up to 11,000 athletes and officials participating in 369 events in 26 sports. We're expecting some 3000 volunteers," said Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir.

"Don't just be good, be the best!" he extolled, quoting Jack Ma, the founder of Alibaba. Perak hosted Sukma for the first time back in 1994.

Present were Datuk M. Saravanan, Deputy Minister of Youth and Sports; Dato' S. Thangasvari, Perak state assembly speaker; Dato' Shahrul Zaman Yahya, Executive Councillor for Human Resource, Youth and Sports; Dato' Seri Abdul Puhat Mat Nayan, the state secretary and Mayor Dato' Zamri bin Man.

Some of the activities held to enliven the occasion were a drone performance, auto show, street soccer and netball matches. The evening ended with Zambry flagging off the "WOW! Kita Hebat!" bicycle ride.

Mei Kuan

## HAPPENINGS

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## COMMUNITY

**1968 SMIK SAM TET (IPOH) ALUMNI 50TH ANNIVERSARY REUNION DINNER. MARCH 30 (Friday), 6pm at Tronoh Room, Kinta Riverfront City Hotel & Suites, Ipoh.** For details and reservations, contact Chan Kok Sun 017 579 0217, email: [chankoksun@gmail.com](mailto:chankoksun@gmail.com) or Phun Taik San: 012 507 6189, email: [tsphun1@gmail.com](mailto:tsphun1@gmail.com).

**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).

## HERITAGE

**POSTPONED: Heritage Discourse (Bicara Warisan) titled, "Post Industrial Mining Landscape as Cultural Heritage" by Pn Suriati Ahmad. From February 24 (Saturday) to APRIL 28 (Saturday), 2.30pm at Dewan Sri Banding 3, Hotel Seri Malaysia, Ipoh.** Free admission. For details and reservations call, Mohd Taib 012 5507 747.

## 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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## 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.

## “Know Your Government – Councillors”

With reference to your article, "Know Your Government-Councillors" (Ipoh Echo, December 16), I would boldly state that, almost 80% of the residents hardly know their council members. From the 24 zones in Ipoh City, few councillors visit their respective zones, while the rest are in sleeping mode.

However, my observations have caught the attention of the very active councillor of Taman Cherry and Lim Gardens. Dato' Dr Naran Singh has been going all out to help all residents in his zone and Buntong. As a resident of Buntong, I have noticed numerous times, that, he and the Ipoh City Council have helped to repair roads, damaged drains, clear bushes, collect rubbish and clear some illegal dump sites.

Recently, he even hired lorries to collect the garden refuse, hired contractors to cut grass, leaves and tree branches. Buntong is an area with many abandoned houses. These houses are breeding grounds for snakes. This situation becomes worse after rainy seasons. Dato' Dr Naran had attended to many of these complaints and overcome the problems. He truly fits the Ipoh City Council's slogan, 'Clean, Green and Developed'.

One should not forget that, local government are endowed with the power by the Local Government Act 1976 to provide goods and services to local people. Thus, it's obligatory that councillors in Ipoh play an active role to ensure that local development issues are resolved.

Hopefully, there are more councillors like Dato' Dr Naran to truly serve the people with transparency and accountability. Then, the taxpayers monies are justified.

S. Sundralingam

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## A Tribute to Vasanthapiriya

The recent death of a young school girl has shaken many of us. Words to express our pain fail us and we are in no way able to understand the anguish of her parents, relatives and friends. And yet in some way all of us hurt with them. That such a gentle, quiet soul should resort to taking her own life speaks of our collective failure. I have written a brief poem to try and articulate this internal voiceless scream.

**Vasanthapiriya**  
(Beloved and Beautiful)

*Our eyes are dry and tears will run no more.  
The grief we feel is beyond despair; there is no respite.  
There is no hope, no future, no joy, no light.  
All is darkness and ashes.  
A continual nightmare from which we cannot awake.*

*Is there no compassion in this world?  
Will no one remember our child and take action to prevent  
another gentle innocent from such a cruel travesty?  
Is everyone deaf to our pain and the loss of our child?  
Better we never ever conceived her than for her to experience  
such pain and shame.*

*God we look to You for justice when all others have failed us.  
Let not another innocent child suffer her fate.  
Let no one become a teacher who has a stone for a heart.*

*A gentle heart and spirit,  
A light in this world,  
Has been snuffed out.  
We have lost our beloved.*

While we work through our grief and anger, we also need to harness it for constructive change. We need to put in place support systems for children and adolescents; a safety net of sensitivity to these young ones that are under so much pressure these days. Those in authority need to take a hard look at the system. Education is about nurturing, understanding and encouraging. Teachers play a big role and children are very sensitive to their teacher's opinions. We ask that Vasanthapiriya's death be not in vain.

Dato' Dr Amar-Singh HSS



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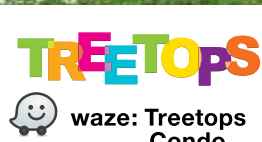
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