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April 1- 15, 2018

PP 14252/10/2012(031136)

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ISSUE

**278**

100,000 print readers ★ 952,280 online hits in February (verifiable)

# Is there Hiking in Ipoh?

By Ili Aqilah

Perak is blessed with many hills and mountains that attract hikers and adventure seekers. Even intrepid foreigners come here to try their luck at navigating our "treacherous" terrain. Incidentally, many 2000m-plus peaks are found along the Main Range (Banjaran Titiwangsa) which forms the backbone of the peninsula. Gunung Korbu is the highest peak in Perak and is visible from downtown Ipoh forming a stupendous backdrop to the capital city. In this issue of Ipoh Echo we endeavour to find out what prompts these "outdoor junkies" to trek and hike?

Continued on page 2



## Silveritage Galleria Medan Gopeng

**D**o you wish to shop and dine in a comfortable and relaxed atmosphere? It would be ideal if the said place is somewhere within the city but minus the freneticism that city life entails. There is one such place here in Ipoh and that place is Silveritage Galleria at Medan Gopeng. It provides the kind of ambience you long for.

After undergoing a massive facelift, courtesy of the state government, Silveritage Galleria is now open to the public. The two-storey contemporary building, evident from its minimalistic design, stresses on freshness and greenery. The aesthetic of the building is a major attraction to visitors who go there either for leisure or to simply while away their time.

Silveritage Galleria is located at Medan Gopeng along Jalan Raja Dr Nazrin Shah (formerly Jalan Gopeng). It is, technically, at the centre of Ipoh, minutes away from iconic Old Town.

A mini stage on the ground floor provides space for entertainment whenever the occasion demands. The food court is adjacent to it. Over 20 stalls fill the space selling a mixed melange of food for breakfast, lunch and dinner. Make a beeline to the trendy cafe nearby to enjoy *laksa sarang telur* a recently-concocted dish favoured by Ipohites.

Café Labu Sayong, on the mezzanine floor, is for those who pine for traditional Perak

By: Rosli Mansor Ahmad Razali



cuisines. Here, one can savour authentic Malay dishes and desserts such as *ikan tongkol pindang daun kunyit* and *tepek pisang*, to name a few.

For shoppers, there are boutiques and outlets selling clothing and traditional Malay handicrafts. The selection is varied, you will be spoilt for choice. If you are on a souvenir-hunting trip this is the place for you.

The facility is open daily from 10am till 10pm. A covered parking lot, under the watchful eyes of security guards, provides free parking for visitors. Come and experience, first-hand, the friendly goodness of Silveritage Galleria.



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# Malaysians are Beginning to Love the Outdoors

**G**unung Korbu, at 7164ft, is only 12ft lower than Gunung Tahan, the highest peak in the peninsula. Korbu is quite a challenge for novice mountaineers like you and I but is a breeze to seasoned climbers. It is a member of the "Group of 7 Club" or G7, the figure "7" represents seven mountains which tower over 7000ft.

The remaining six in the august club include Gunung Tahan (Pahang), Gunung Yong Belar (Kelantan-Perak border), Gunung Gayong (Perak), Gunung Chamah (Kelantan),

Gunung Yong Yap (Kelantan-Perak border) and Gunung Ulu Sepat (Kelantan-Perak border).

Hiking and trekking are as old as time itself. However, of late they have become a hobby among Malaysians along with rock climbing, rappelling, white-water rafting and others. The craze cuts across sex, age and race. No one sex, race or age group can claim the majority. Malaysians are beginning to love the outdoors and this is encouraging.

## Silver State Hiker (SSH)

**Mohamad Alif Ahmad** formed Silver State Hiker (SSH) in September 2016. This group is unique because members not only get to climb hills and mountains but learn to appreciate nature at the same time.

"I love hiking because of the challenge. You get to see the beautiful flora and fauna along the route. But I felt bored because besides scaling the hills and mountains there is little to learn. After a while I thought that perhaps I should form a group of like-minded people who share the same interests," said Alif.

According to him, SSH is now focused on teaching members, especially the new ones, the basics of hiking and caring for the environment. "I love what Mother Nature has given us and preserving this treasure trove has now become an obsession, of sorts."

The most challenging hike organised by his group is the 3D/2N up **Gunung Korbu and Gunung Gayong**. Both are located next to each other along the same ridge. Climbers often complete the two in one trip. He recalled one memorable hike up the two mountains.

"On the second day we're drenched to the skin by a heavy downpour. Since the weather was bad, we had to slow down our pace. It took us 25 hours to get from Seroja, the base camp, to the summits of Korbu and Gayong and back. When we arrived our campsite was a complete mess," said Alif.

Scaling Korbu and Gayong is the hardest because the track is narrow, treacherous and far from water points. Climbers need to ration their food and water if they want to arrive in one piece.

Readers keen on joining SSH hiking trips can do so by contacting the group via Instagram: [www.instagram.com/silverstate.hiker](https://www.instagram.com/silverstate.hiker) or contact Alif directly on Facebook: [www.facebook.com/mohamadalf](https://www.facebook.com/mohamadalf)



## Geng Gunung Kuala Kangsar (G2K2)

**E**stablished in 2014, G2K2 was founded by eight friends who share the same passion; recreational sports especially hiking. Their first trip these youngsters had was in 2009 up **Gunung Bubu** at the tip of Bintang Range near Kuala Kangsar. It was after this outing, plus a few more, that prompted them to establish the group.

"There are many reasons why people hike. But for us, hiking is a form of challenge. It's a chance to be up close and personal with God's creations namely, the flora and fauna. We hope more youths would hike rather than spending time at shopping malls and on the streets," said **Mohd Ikhquwan**, 28, a founding member of G2K2.

"My one simple advice to those wishing to hike, prepare yourselves physically and mentally before embarking on your journey. Make sure you bring a first-aid box filled with essential stuff inside. You need to know some basic living skills such as how to make a fire and how to erect a tent. And most importantly, how to work as a team and not to be selfish," said Ikhquwan.

The most memorable hike by the group was one crossing the Bintang Range via Gunung Inas and Bukit Hijau. The trip was difficult because there were no proper tracks to follow.

Geng Gunung Kuala Kangsar can be reached via Facebook: [www.facebook.com/genggunungkualakangsar](https://www.facebook.com/genggunungkualakangsar)

## Anak Perak Hikers (APH)

**F**ounded by two ladies, Anak Perak Hikers was established in 2016 by **Nor Liyana Mohd Nor (Ron)**, 28 and **Masyitah Abdullah**, 34.

"I was looking through a Facebook page for a hiking group to join in Perak. There was none so I made an online inquiry. I received many replies for fellow Perakeans who were looking for one too. We then decided to create our own group. That's how Anak Perak Hikers was formed. It wasn't easy but the challenges were the catalysts that pushed us forward," said Ron.

Ron was an overweight 126 kg when they first started. She could not climb Bukit Kledang via the tar road. But that did not stop her from trying and coupled with her determination to lose weight hiking soon became an obsession. She hiked and explored more.

"When hiking, you're closer to Nature. You get to appreciate the beauty from a different perspective, something you won't get anywhere else," said Ron.



When asked what the best moment she had with APH was, she replied it was when they successfully managed to get heavier hikers to the summit.

"It is important for hikers to know that they never hike alone. Always find someone who walks the same pace as you and don't leave anyone behind. The most crucial step is to have proper training before hiking. Brisk walking or jogging could help shape you up."

Readers keen on joining APH to realise their hiking dreams can do so by contacting Ron via her Facebook: [Nor Liyana Mohd Noor](https://www.facebook.com/NorLiyanaMohdNoor) or call: **010 550 2515**.



*Continued on page 6*





# WORKING ILLEGALLY ABROAD

*Why do they go to South Korea to look for jobs?  
Is it because of the pay factor or are jobs becoming scarce in Malaysia?*

I am shocked to learn that some 5000 Malaysians are working illegally in South Korea with the more desperate ones living like refugees always on the run from the authorities. What forced these able-bodied men and women to seek their fortunes in the Korean peninsula of all places? This is a question that requires definitive answers to appease the inquisitive mind.

South Korea was languishing at the bottom of the economic pile following the debilitating Korean War (1950 to 1953) that divided the Korean peninsula into Communist North Korea and a democratised South Korea.

The war began on June 25, 1950 when North Korea invaded South Korea after a series of clashes along the border. The United Nations, with the United States as the principal force, came to the rescue of South Korea while China, and later the Soviet Union, were on the side of North Korea.

The fighting ended on July 27, 1953, when an armistice was signed. The agreement created the Korean Demilitarized Zone to separate North and South Korea, and allowed the return of prisoners. However, no peace treaty has been signed. The two Koreas are "technically still at war" till today.

The Gross Domestic Product (GDP) of South Korea in the 1950s was a miserly USD500, less than half of what pre-independent Malaya was enjoying. Incidentally GDP is defined as "the total value of everything produced by all the people and companies in the country". It is the best way to measure a country's wealth. And based on GDP alone South Korea today is the fourth wealthiest country in Asia and the 11th in the world.

Its transformation from one of the poorest to one of the most developed high-income countries in just one generation is nothing short of a miracle. South Korea is a member of OECD (Organisation for Economic Co-operation and Development) and thus gets invited to be part of G20 (Group of 20 developed nations). Malaysia trails far behind as we are still trapped in the middle-income country bracket and has yet to rid itself of its disenchanting Third World image.

Now back to the unfortunate 5000. They are part of an estimated 251,000 illegal foreign workers in the country, as reported by The Korean Herald. Their problems, as highlighted by the Korean news portal, ranged from permanent disability after workplace accidents to being left broke after being fired by their employers.

One such person known only as Farhan said he and two of his friends have been living on the streets after being sacked from a seaweed processing company. They have been working for just a week. He was told to leave after coming down with fever and had to rely on friends for food and money. On weekends they would sleep at the Seoul Central Mosque while on weekdays at a friend's house.

Another Malaysian, a woman, shared a tiny house with 18 others. She works on an onion and sweet potato farm. Life is not a bed of roses as many would want to believe. According to her the house is so overcrowded that some had to sleep in front of the toilet or on the kitchen floor. She said there were cases of Malaysians being physically abused for not working fast enough. And because of their illegal status they are often exploited, made to work long hours without rest and barred from talking to their friends.

The risk of accidents is great as they are seldom given briefings or provided with safety equipment. And to add salt to their wounds, their labour sometimes goes unrewarded because their employers take advantage of their illegal status by holding back their pay believing that they would not dare to report to the authorities.

These reports sound familiar don't they? Well, illegals in Malaysia are similarly treated by unscrupulous employers. But to hear our fellow Malaysians being given a hard time is not something pleasant to our ears. Winter is harsh, especially in parts of central South Korea. I just wonder how these unfortunate beings fared while working in the fields and on farms where living conditions are never favourable to those from the tropics.

The question that begs to be answered is why do they go to South Korea to look for jobs? Is it because of the pay factor or are jobs becoming scarce in Malaysia? I believe it is the combination of both evils. Pay, I feel, is just a secondary reason. The scarcity of good-paying jobs that complement one's ability is the main reason. At last count nearly 400,000 university graduates are without jobs as at end last year and the number is growing.

Most of these graduates are not employable for a number of reasons. Their inability to converse in English is the nagging factor and I vouch for this. Our institutions of higher learning, public and private, are mass-producing graduates who are ill equipped for the job market, thus the glut.

In the interim, South Korea, Australia and New Zealand will remain as favourites with job-deprived Malaysians who believe that opportunities are still aplenty in these foreign shores. The government has yet to formulate a plan to create enough good-paying jobs for our youths and this is indeed a tragedy.



I attended the last session of Sharpened Word held at Institut Darul Ridzuan, Ipoh on Saturday, March 17. I was there more out of curiosity as I wanted to hear Dina Zaman, one of the three speakers slated for that month's programme. Dina, in her infinite moment and wisdom, broached the subject of divide and rule, as was practised by the British in pre-independent Malaya.

Divide and rule is a favourite term with the bourgeoisie (upper class) Malays of today. They would allude to it whenever they are unsure how to describe the bullying their forefathers had suffered under the British during yesteryears. Sadly, those who uttered the word have never seen a British colonial master, let alone experience the injustice. It is all a conjecture aimed at drawing sympathy from their listeners.

A member of the audience, in response to Dina's allusion to the phrase, expounded on it in graphic terms. She got a little emotional too.

Come on, the British had granted us independence sixty years ago, is divide and rule still relevant today?

Look at the bigger picture. Who is dividing and who is ruling the country today? If you have the answer then you know what I mean.

## EYE HEALTH



**World Glaucoma Week**  
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**In Conjunction with World Glaucoma Week 2018, Ipoh Echo Talks to Consultant Eye Surgeon Dr S. S. Gill**

Worldwide, too many people are unaware of the effects of irreversible blindness due to glaucoma. Without receiving the appropriate treatment this "silent" disease will continue to cause vision loss. Early detection and treatment are the keys to preventing blindness.



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

### The Silent Thief of Sight

The World Glaucoma Association (WGA) and the World Glaucoma Patient Association (WGPA) have merged in its efforts to increase global awareness of this "Sneak Thief of Sight" by starting on the 'B-I-G – Beat Invisible Glaucoma' campaign between March 11 to 17.

**Glaucoma** is a group of eye diseases that result in progressive damage of the optic nerve (the "main cable" that carries visual information from the eye to the brain). If glaucoma is not treated, it **permanently damages vision** in the affected eye(s) and results in **blindness**. Glaucoma has been nicknamed the "silent thief of sight" because the vision loss normally occurs gradually over a long period of time **without significant symptoms** until you eventually lose vision. In other words, it means that one **will only notice poor vision when the disease is serious** and the **damage to the optic nerve** is advanced.

#### NORMAL VISION

Worldwide, glaucoma is the **second leading cause of blindness** after cataracts. Glaucoma affects **one in 200 people aged fifty and younger**, and one in 10 over the age of eighty. As many as **6 million people are blind** in both eyes from glaucoma today. Most of these people were once **unaware** they had this disease until they lost **significant vision** in one or both eyes.

#### ADVANCED GLAUCOMA

A person **may not realise** that he or she is losing vision because the gradual vision loss involves the **peripheral part** of a person's vision which often **goes unnoticed until the very late stage** when the **central vision starts being affected**. Rarely, in some patients there may be symptoms of slight eye discomfort, mild headache and haloes around lights. Everyone who is 40 years and above should go for **glaucoma screening**, especially if you have a **family history of glaucoma**. Don't wait for vision problems before you do. It may be too late.



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



## 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  
Amy Chan  
Joshua  
Khaleeja

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## PRINTER

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

## USEFUL CONTACTS

**Ibu Pejabat Polis Daerah (IPD):**  
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**Perak Water Board**  
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1800-88-7788

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Hotline: 05-255 1515  
General: 05-208 3333

Whatsapp: 019-5503083

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**State Secretariat**  
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**Registration Department**  
05-528 8805

**Tenaga Nasional Berhad**  
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## Ipoh lecturer has been selected to join a 5-woman Malaysian expedition to the South Pole

The names of the four Malaysian female academics selected to join the expedition to the South Pole, were revealed, by the 53-year-old explorer Datin Paduka Sharifah Mazlina Syed Abdul Kadir, at a press conference in Putrajaya, on March 14.

When the name, Professor Aidylla S.O., was announced, shouts of jubilation accompanied by the waving of the Perak flag broke the quiet of the convention arena. The 37-year-old professor's full name is Professor Aidylla Syed Omar, but she prefers to be called Professor Aidylla SO. She lectures in nutrition and dietetics, at the Universiti Sultan Azlan Shah, in Kuala Kangsar.

The five participants of this All Women Expedition to Antarctica (AWETA) Challenge 2018 have already been dubbed the Ice Maidens, by reporters covering the event.

In November, Sharifah will lead them, as they trek across the icy wilderness to plant a new National Transformation (TN50) time capsule, and conduct various experiments at the South Pole.

The Women Minister, Rohani Abdul Karim, who officiated at the event and presented trophies to the five women said, "These women are an inspiration to the nation. The new TN50 capsule incorporates the aspirations of various Malaysian women, including those from East Malaysia.

"Most important, is the message from the Prime Minister, Najib Abdul Razak, detailing Malaysia's economic progress and scientific achievements in this millennium.

"The old time capsule which was planted in 2004, also by Sharifah, will be taken back to Malaysia and presented to the PM."

Sharifah, who is a mentor for AWETA explained that the selection process had been especially difficult, as there were many worthy candidates from all over Malaysia, many of whom were brilliant, both physically and mentally.

A jubilant Professor Aidylla SO, who comes from Taman Meru in Ipoh, said, "Trials began last August and each participant had to pass every test. We were graded on our physical, mental, spiritual, emotional and social strength.

"We were warned that Antarctica is a challenging environment, and we will travel up to 27 miles a day, navigating crevasse fields, strong winds and must endure temperatures as low as minus 40°C. Sharifah said that we may spend five weeks on the ice continent, until we arrive at Hercules Inlet, on the western edge of Antarctica."

Professor Aidylla SO added, "I was among the 30 who made the shortlist, from 1000 applicants who passed the test. We had to undergo 20 challenges, including 10 physical tests.

"One of the tests was to submerge our hands and feet in ice for 25 minutes, to learn to appreciate the freezing temperatures in Antarctica, that can fall to minus 68 degrees Celsius."

Sharifah told reporters that her team would be monitored throughout the expedition to the South Pole, and that planting the TN50 capsule would take place in December.

She said, "The biggest challenge will be to unearth the old capsule."

When asked if there would be any difficulty in locating the old capsule, she dismissed the reporter's concerns and said, "I hope the capsule will be found, but if the capsule is damaged or cannot be found, I have a replica of the capsule, and only I know the message contained within it. The message was penned by the erstwhile prime minister, Abdullah Ahmad Badawi."

To cope with the adverse weather in Antarctica, Sharifah confirmed that a new TN50 capsule would have to be designed, with features that would withstand the extreme cold. She hinted that the Education Ministry would soon announce a competition to design the new South Pole TN50 capsule, and that the name of the winning designer would be engraved on it.

Sharifah is a former sports psychology lecturer at the Faculty of Sports Science and Recreation, Universiti Teknologi Mara (UiTM), Shah Alam, and was the first Asian woman to reach both poles. She reached the South Pole in January 2004 and traversed the arctic north to arrive at the North Pole on April 17, 2007.

According to the Malaysian Book of Records, 2007, Sharifah is also the first Asian woman to successfully ski the Last Degree to the North Pole.

An excited Professor Aidylla SO said, "To prepare for her trek to the South Pole, Sharifah trained under a Norwegian coach, Ronnie Finnas, and underwent 10 days of intensive training, in Norway. The brutal regime meant that she had to rise at 6am, and complete endurance tests, risky rescue exercises, first-aid training and equipment familiarisation.

"She had to satisfy her coach that she was well

prepared and confident of completing all the tasks. Often, she had only five hours of sleep per day and was pushed to her limits.

"AWETA will be sent to Norway, to train, and I hope that I will be as good, or even better, than Sharifah."

Professor Aidylla SO added, "I look forward to the rescue training, on the glaciers, as I have never been on ice, before. I also hope that our team members will meet other polar explorers, like Liv Anersen, who was the first woman to trek solo from the edge of Antarctica to the South Pole, in 1994."

The AWETA Ice Maidens will start their endurance training in April, with daily three-hour sessions at a gym before they leave for Santiago, Chile, in late October. From there, they will proceed to the base camp, in Patriot Hills, where they will be flown to their starting point.

An excited Professor Aidylla SO said that she was looking forward to conducting some of the experiments that she had suggested as part of the selection process.

She said, "Antarctica is the coldest, driest and iciest of the continents. We will conduct an experiment on the effect of the magnetic poles on the making of roti canai and teh tarik at the South Pole.

"We will see if the cold and the earth's magnetic forces affect the amount of froth produced in the teh tarik and the stretchability of the roti canai dough.

"I hope the experiments are successful because we will be cold and hungry by the time we reach the South Pole."

Source:

<http://www.freemalaysiatoday.com/category/nation/2018/03/14/5-woman-malaysian-team-heads-for-south-pole-in-november/>

<https://www.facebook.com/aweta2018/>

## CHILD HEALTH

**Dr Shan Narayanan**  
Consultant General Paediatrician, Hospital Fatimah

### Adenotonsillitis in Children

#### What are Adenoids and Tonsils?

An adenoid is a lymphoid tissue between the back of the nose and the throat. Tonsils are two small masses of lymphoid tissue one on each side of the root of the tongue.

#### What is Adenotonsillitis?

Adenotonsillitis is the inflammation of the tonsils and adenoids.

#### What Causes Adenotonsillitis?

Adenotonsillitis is caused by a viral or bacterial infection. Adenovirus, Influenza Virus, Parainfluenza and Streptococcus species of bacteria are the commonest organisms involved.

#### How is Adenotonsillitis Spread to Other People?

The virus and bacteria that cause Adenotonsillitis are airborne and thus easily spread to other individuals.

#### What are the Signs and Symptoms of Adenotonsillitis?

The symptoms are fever, sore throat, swollen tonsils that are red and may have white spots on them. This is associated with coughing, headache, and swollen lymph nodes. At times children may have nausea, vomiting, hoarseness, and bad breath.

If there is adenoiditis as well, children have blocked nose, nasal discharge, snoring and mouth breathing.

In the event the tonsils and adenoids are very large and obstruct (block) the airway, the child may have a sudden difficulty to breathe while she is asleep. This suddenly awakens her. This phenomenon is called *Obstructive Sleep Apnoea*.

#### How is Adenotonsillitis Diagnosed?

Your child's doctor will ask her symptoms and examine her to make a diagnosis.

#### How is Adenotonsillitis Treated?

Taking paracetamol or ibuprofen helps to reduce fever and pain. Gargle and/or lozenges help to reduce pain in older children. Encourage her to drink plenty of fluids and rest. At times symptomatic treatment for cough, blocked nose and nasal discharge may be needed.

If bacterial infection is suspected, a course of antibiotics is given. If this treatment does not settle the fever and sore throat than the child will need to be admitted into hospital for intravenous antibiotics.

Most of the time, adenotonsillitis gets better within a week. However, a small number of children have tonsillitis for longer, or it keeps returning. Thus surgical treatment may be needed.

In this situation your doctor will refer you to an Ear Nose and Throat Specialist.

#### What are the Complications of Adenotonsillitis?

Sometimes complications arise as a result of adenotonsillitis and it is mainly after a bacterial infection.

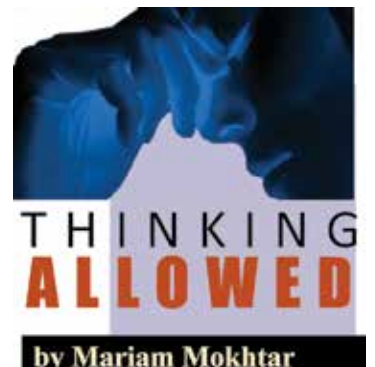
The possible complications are:

- Middle ear infection known as Otitis Media where the fluid between the eardrum and inner ear becomes infected by bacteria.
- A collection of pus develops between one of the tonsils and the wall of the throat. This is called peritonsillar abscess or Quinsy.

Rarer complications are:

- Obstructive sleep apnoea (as explained earlier)
- Glomerulonephritis 10 to 14 days after streptococcal tonsillitis. This occurs as a result of the body's immune system's reaction to the infection.

For more information, call Dr Shan's clinic at Hospital Fatimah 05-546 1345 or email [shaniea02@gmail.com](mailto:shaniea02@gmail.com).





# SeeFoon finally gets her Thosai wish fulfilled



ON IPOH  
FOOD



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

Pics by Vivien Lian



I have become one of those people who don't eat breakfast. Despite all the conventional wisdom that advocates otherwise. So what can I do about placating my yearning for Thosai as all banana leaf places only serve it for breakfast or tea time, neither of which are good times for me.

However, there is one banana leaf restaurant that serves **Thosai** and **Roti Canai** all day long and this is where I head to when the craving hits me. Despite ownership having changed hands about two years ago and the shop space having expanded into two shoplots with comfortable air conditioning, the food concept has not changed. **Ipoh Padang Curry House** still hits the right notes with their all-day Thosai, Roti Canai and **Chapati**, not to mention their huge selection of 36 different dishes which now beckon.

From a simple Vegetarian Banana Leaf meal with unlimited rice and vegetables at **RM8**, to fish, meat as in chicken and mutton; and a dazzling variety of vegetables, pickles and snacks like vadai, Ipoh Padang has it all.

I judge a Thosai by the quality of their **coconut chutney** and the one at Ipoh Padang is an excellent one. Spicy enough but not overly so, with a thickness and consistency that is perfect, (unlike some other places that are pale, bland and liquid) accompanied by two other dips that can be a choice of a very thin dhal curry or a very tasty vegetable korma or a sambal. Order with it a mutton curry **RM13**, Chicken Varuval **RM5**, a portion of beets and you're in banana leaf heaven. The **Paper Thosai** itself is crispy and crumbly and absolutely melt-in-mouth. Of course for those who prefer the soft pancake variety, these

too are available, all day long.

We're spoilt for choice at Ipoh Padang. The vegetable dishes alone, cooked in a myriad ways and in different styles, are small and affordable, averaging **RM3** per portion. Of particular note are their **Sayur Paku** (jungle fern) and their **Sayur Manis** (sweet potato leaves), **oyster mushrooms**, their **vegetable korma** and a host of others, depending on seasonality. Ask for their **pickled fried chilli** (packs a punch) which comes free as does their **Pappadum**, the Indian "cracker" made from chickpea flour.

**Black Pepper Chicken** is worthy of mention, chunks of tender chicken coated with a thick black pepper sauce, the pepper lending the predominant spice kick to the dish – **RM6**.

A variety of fish prepared in different styles from deep fried to sambal and curry **RM5+**, provides ample choice for the fishtarian as does their prawn and sotong sambals – **RM4.50**.

You could go to Ipoh Padang for a whole week and not exhaust the menu nor empty your pocket. All the chefs are from India so you'll be getting the authentic Indian taste here.

With a whole 12 hours in a day to drop in for a meal, and sitting in air-conditioned comfort, Ipoh Padang, being situated in the heart of town, is certainly THE place to drop in for breakfast, lunch tea or early dinner.



**Restoran Ipoh Padang Curry House & Catering (Halal)**

93 Jalan Raja Ekram, 30450 Ipoh.

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Ask for Mr Selva (Manager)

Business hours: 7am-7pm

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## Nosh News with SeeFoon

### Vintage Cafe

Cosy, comfortable and right in the heart of the tourist belt of Old Town. This is Vintage Cafe, a relatively new kid on the block (two years old), offering fusion fare that can hold its own with the 'big' boys.

Why Vintage Cafe? Because it is right in the middle of all the heritage restorations that the area boasts and for that reason, the cafe is decorated with interesting 'vintage' knick knacks meant to create an ambiance of old world charm. Setting foot into the cafe, one would indeed be taken back to the 1940s, when the building was constructed.

The menu is eclectic ranging from homemade waffles to crepe cakes to thin crust pizzas and mains of lamb, chicken and fish. Sounds ordinary enough but in the hands of Chef Mac, some of these dishes really sizzle. Like the **Fried Chicken Waffle Sandwich**, crispy crackling fried chicken tenders sandwiched between two slices of homemade waffle, with crisp lettuce, pickles, mayo and cheddar cheese. What's not to like....other than getting your hands greasy, and a mouth big enough to take bites – RM22.

I love their **Spicy Lamb Pizza**, crispy thin crust topped with Chef's special spicy lamb tomato sauce, red onions, rocket leaves, mozzarella and parmesan. Every mouthful a pleasure – RM28.

Their set lunches are great value at RM15.90++ served from 11am to 3pm and comes with a free drink.

And if you are looking for a classic slice of cake, try their very own **Neapolitan Crepe** cake, delicate layers of crepe slathered with a changing range of cream fillings. Sweet heaven in a mouthful. They also have an Omakase menu with an advanced booking only.

Finally sip **Siphon coffee** and enjoy their signature **Key Lime Parfait**, the base made of graham cracker, the middle is Key Lime filling topped with blueberries and cream.

**Vintage Café & Guesthouse**

21 Jalan Market (Old Town), 30000 Ipoh.

Tel: 05 241 4955



**Business hours: Tuesday to Sunday from 11am to 10pm (last call is at 9pm).**

**Open for private function booking accommodating maximum 30.**

**Email: [vintagecafeipoh@gmail.com](mailto:vintagecafeipoh@gmail.com)**

**Facebook: Vintage Café & Guesthouse**

*Vintage's exclusive Omakase (I'll leave it up to you) menu on an advanced booking only.*

.. continued from page 2

### Silver Outdoor Sports (SOS)

Sports fans should be familiar with the Silver Outdoor Sports or SOS. Established in 2000, SOS was among the first that offered hiking trips at that time. According to founder **Muzafar Mohamad**, 42, the majority of groups and companies offering such services today are managed by former members or clients of SOS.

Muzafar's first hiking exposure was up **Gunung Hijau, Bukit Larut Taiping** in 1995 after sitting for his Sijil Tinggi Persekolahan Malaysia (STPM). He chose hiking as hobby because it was something not common among teenagers at that time.

"While many might say hiking is a passing fad, I beg to differ. With the advancement of technology these days, people are getting more interested in Nature. They want to see the beautiful greens with their own eyes and not in pictures and on TV screens. Hiking is not an expensive hobby. It's easy to find the equipment and attire for hiking," said Muzafar.

With over 20 years of hiking behind him, Muzafar said the one journey he could not forget was the one up Gunung Korbu in 1999. He saw one hiker die of exhaustion while trekking up the mountain. After the tragedy, Muzafar and his friends formed the **Persatuan Malim Gunung Malaysia (PMGM)** and the **Mountain Search and Rescue Society Malaysia (MOSARS)** in 2016. The groups provide emergency services such as finding missing hikers and climbers anywhere in Malaysia.

He admitted that scaling **Gunung Inas** and **Gunung Titiwangsa** while traversing the Bintang Range in 2005 was the most challenging hike he ever undertook. His team had to crawl under bamboo clumps and had to do a three-hour detour in order to avoid a herd of wild elephants at 5000ft above sea level.

Readers keen on joining SOS hikes can contact the group at its Instagram: [www.instagram.com/silveroutdoors](http://www.instagram.com/silveroutdoors) or its Facebook: [www.facebook.com/SOSNOLB/](http://www.facebook.com/SOSNOLB/) or through their website <http://www.silveroutdoors.my/>.



### Proper hiking gear

Hiker **Mike Chu**, 28, feels that hikers should have proper gear and equipment for hiking. He therefore set up **PTT Outdoor**, selling affordable outdoor equipment in November 2016.

"Since I am a hiker too, I feel it's crucial for hikers to dress appropriately. You can't enjoy your hike if you are not properly attired. It may seem okay to wear jeans and baggy T-shirt, but jeans are inflexible and repeated knee movements during a hike will restrict movements resulting in knee pain," said Mike.

Don't know what to get for your first hike? Mike and his team are ready to assist new hikers. Readers can visit their website for queries: [pttoutdoor.com](http://pttoutdoor.com).

### Be a responsible hiker

A few months ago one of our readers, **Dave Spence**, sent us an email about an irresponsible individual dumping rubbish along the track leading to Gunung Korbu. Piqued by the guy's action, Dave asked why he was doing so as the location was frequented by visitors. "The man laughed at me dismissively. He thinks it's perfectly alright to dirty the place," Dave lamented.

Ipoh Echo called the Perak Forestry Department to check who was responsible to clear the illegal dumpsite. It took them awhile to own up. They promised that action to clean up the area would be taken soon.

A few days later this scribe went to the site and found that it was indeed cleared, as promised but a fresh pile of rubbish was visible. It is obvious that someone is making use of the place as his or her private rubbish dump. How irresponsible can such people be?

The Malayan peninsula was once a lush and beautiful country but with all the developments, much of the once pristine jungles, hills, mountains and waterways are gone. They can never be replaced no matter how hard we try. So whatever that is left should be cared for with tender loving care, as the generations after us want to enjoy them too.





## Government

# Perak State Structural Plan 2040

The Perak State Draft Structural Plan 2040 was revealed to the public on Tuesday, March 13 at the banquet hall of the State Secretariat Building, Ipoh.

The event was officiated by Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir. Present were state executive councillors, state assemblymen, departmental staff, students from institutions of higher learning and members of the public.

"We want to get the public's opinions regarding the draft plan that the government has in store to develop the state," said Zambry in his opening speech.

The draft plan covers various aspects pertaining to economic, social and housing, to name a few.

"Development must be contextualised. The stakeholders will have a better idea of what's best to be done because they're at the grass-root level," he added.

Beginning now till April 11, the public are invited to view the draft plan and make their comments known.

The draft plan is exhibited at all 15 local councils in the state. It can also be viewed at PLANMalaysia@Perak office located on the 3rd and 7th floor of the Seri Perak Building, Jalan Panglima Bukit Gantang Wahab, Ipoh.

Readers wishing for more information regarding the draft structural plan can call: 05 209 5708 or 209 780 or email: townplan@perak.gov.my or visit the PLANMalaysia@Perak office.

Upon receiving and collating feedback and comments regarding the plan, a public hearing will be organised at an appropriate time and place to be decided later.

Amy Chan



## Sport



Perak tennis junior champion, Mitzuki Leong represented Malaysia at World Junior Tennis Competition U14 qualifications. Participated by ten nations, the three-person Malaysian team which the Perakean was in emerged third overall. Well done!

## Honouring Retirees

Ipoh City Council organised a ceremony to honour its former employees on Wednesday, February 28. A total of 71 retirees, including 14 who passed away, were given awards in appreciation for their services.

Mayor Dato' Zamri Man said that current council staff should emulate their former colleagues' work ethics. "I hope you all would continue to provide us with your guidance," said Zamri in his speech.

He took the opportunity to thank the retirees for their years of dedication to the council. "Your contributions will forever be remembered," he added.

Those present were treated to a sumptuous spread of local food whilst enjoying the company of their former colleagues.

Danam Supramaniam, who had served the council for 21 years, was brimming with joy when speaking to Ipoh Echo. "I really miss my work and my friends. It's nice to be able to meet them after six months," she said.

Joshua

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## Psychological Wellness

### 10 Ways To Encourage A Person With Depression To Seek Help – Part 1

**M**ajor Depression (clinical depression) is a serious medical illness that negatively affects the way we feel, think, or act. It can lead to various emotional and physical problems and impair a person's ability to function at work and home. Fortunately, depression is a treatable condition. But encouraging someone with depression to seek help can be challenging. Here are some ways to make it easier:



Dr. Phang Cheng Kar (M.D.)  
Consultant Psychiatrist  
& Mindfulness-Based Therapist,  
Sunway Medical Centre.

1. Repeatedly assure them, "Having depression doesn't mean that you are weak. It probably means that you have been strong for too long – we care for you, we want you to be happy, let us help you." Reassure them that willingness to seek help is a sign of bravery – courage is not the absence of fear; it is acting in spite of fear.



2. Having someone in the family or community whom the person respects and trusts, e.g. clergy, family doctor, a good friend to encourage them will likely make the session more successful. Repeatedly and consistently convey the message, "Depression is not weakness; it's an illness."

3. Share with them that there are many people who have depression, including many celebrities and successful people. If you have gone through depression yourself, you may also share your experience if you are comfortable with it.

4. Seek help from a general medical practitioner first. Due to social stigma, this is more acceptable than consulting a mental health professional. Seeking help from a counselor may also be more acceptable than a psychiatrist or clinical psychologist.

5. Consulting a private mental health professional may be more acceptable because you get an earlier appointment (within a day or week), a preferred day and time for consultation, and the availability of a regular doctor in each appointment.

For more information, please call Dr. Phang's Clinic,  
Sunway Medical Centre 03 7491 6505 or email: [pckar39011@gmail.com](mailto:pckar39011@gmail.com)

## Connexion

By Joachim Ng

### Neighbourhood self-governance (cont'd)



**T**he country needs a Neighbourhood Management Act to empower ratepayers. All owners pay a yearly property assessment tax to finance the construction, maintenance and upgrading of public infrastructure within the local authority area — and they are the biggest segment of contributors to a town or city's income.

The Act should ensure that a high percentage of the income is disbursed to each neighbourhood as a common fund. To oversee its usage, the Act should require the formation of a management committee made up of ratepayer representatives and public servants. Why public servants? It's because neighbourhood common areas are designated as public property, and this includes roads, sidewalks, drains, playgrounds and greenery.

Here's where a page from the Strata Management Act 2013 should be incorporated into a Neighbourhood Management Act 2018: the professional management team of a stratified development is based on site. So too, a team of public servants should be seconded to a neighbourhood management



office so that they get close to the problems and become more sensitive to service delivery breakdowns. You also get to meet them easily as they're no longer in far, faraway land. The connection between the public and the public servants is thus re-established.

Self-governing neighbourhoods will get better work done as service contractors find themselves under close daily scrutiny. While the contractors have to be selected from a list provided by the local authority, the neighbourhood management committee should be authorised to sign the contract of service with power of termination or non-renewal on grounds of under-performance. Have you not seen road sweepers clearing rubbish into the drains, and months-old potholes ready to swallow your tyres like black holes in space? Politicians, of course, should not be involved in neighbourhood governance, as they will inject a combative element into the down-to-earth business of clearing rubbish and keeping the roads free of potholes.

You may say: "The neighbourhood isn't that important as my focus is on the family." However, worldwide scientific research has produced consistent evidence that the environment influences behaviour: if your children grow up in a neighbourhood where the people are habitually littering, their brains will interpret such behaviour as normal and worthy of following. Hence, it is in your family's interest to participate in neighbourhood governance.

To be continued next issue

## Tourism

### A Green Initiative



**T**en tourist operators in Pangkor received two units of electric two-wheeler each. The gift is part of the green transportation initiative by the state government and the Northern Corridor Implementation Authority (NCIA) in collaboration with a local electric motor company, Roda Prestasi Sdn Bhd.

The machine, BOS 2000 can achieve speeds of 60kph, navigate a 20-percent gradient and consumes 30 percent less electricity than conventional electric scooters.

Guest of honour, Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir presented replica keys to the ten recipients.

"The primary objective of the programme is to introduce green vehicles in Pangkor to ensure sustainable development and environmental conservation for future generations,"



said Datuk Redza Rafiq, the executive chief of NCIA.

"I'll place the two units at our hotel for our guests to use for touring the island. They're available all-year round for free," Dato' Ismail bin Abdul Rahman, managing director of Uptown Beach Resort said.

"I'll include the scooters as part of our full-board package, which includes accommodation, breakfast and outdoor activities. My target guests are the youngsters. They can ride for free under the package which is very affordable. It's important to promote green technology, especially to youths as they're the ones who need to embrace the idea," said Aina Fatiha, owner of Pangkor Palm Bay Resort, to Ipoh Echo.

"This is our effort at introducing electric vehicles in order to reduce pollution caused by fossil fuels. The scooter can travel 75km before recharging. For a 14-km square island like Pangkor this machine is just perfect," Zambry told reporters.

Mei Kuan



## Art and Culture

## By The Light Of The Moon

Renowned Indian composer, A.R. Rahman, once said that music is all about transporting people, as it speaks a language that no language is able to articulate. Indeed, no word can describe, "By the Light of the Moon", a contemporary take on Carnatic compositions which were presented by six performers. The event, organised by Ipoh Fine Arts Society was held on Saturday, March 24 at Le View, Syeun Hotel Ipoh commencing at 8pm.

Indian classical music is known to be divine in its origin, some evolving from poems that focused on the powers of gods. These poems are known as Mahabharata and Ramayana. In the twelfth century, it evolved into Hindustani music which had notable influences from Persian, Islamic, Arabic and Carnatic music where most compositions are written to be sung and played on instruments. Carnatic music embodies composition and singing with emphasis on meaning and emotions.

The six were Chitra Poornima Sathish (vocal), Sridhar Gopalaraman (flute), Pangasaasanii Gowrisan (violin), Eliezer Enan (guitar), husband-and-wife team, Prakash Kandasamy (tabla) and Jyotsna Prakash (piano). They presented 11 mellifluous compositions, leaving the over 200-audience moonstruck. Each rendition had its own significance, as it alluded to the moon.

Some of the minimal, yet lyrical verses in the renditions include phrases like, "She who created starlight, she who created space, she who created wind, dances as the joy in our hearts", "Her eyes trembled the moon" and "No lack, no worries, as long as you are there with me". One of the renditions was about Lord Krishna, who is described as a saviour and protector of the world but still remains a little boy in the eyes of his mother.

"I've known Chitra since she was small. We all had the same guru who saw her as a



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little girl with such impeccable talent, so he sent her to India to learn with Bombay Jayashri, Academy-Award nominated Carnatic music vocalist and composer. 'Poornima' means full moon and she has definitely grown to be one. We've always wanted to work something out together, and finally managed to pull this through tonight," said pianist Jyotsna Prakash, who also directed the performance.

"We wanted to perform something that everybody could resonate with. As most people are familiar with the original pieces we performed, it was easier to improvise a little so people would notice the differences. Some pieces were really orchestrated, some were more subtle. We tried to connect everything to the moon. Most of the songs indicate longing and the Krishna factor in the songs are where the seeker looks for the ultimate," she added.

Jyotsna also remarked that they did not intend to do most songs on Lord Krishna, it so happened that the vibes they were looking for were prominent in songs based on Lord Krishna.

Formulating the show took them about a year. The process of getting songs and practising took around two to three months. Chitra's vocals combined so well with the essence of each instrument played, it was indeed a magical performance.

"They gave the credit to me but in reality, it wasn't just me, it was our hearts and souls that were in play tonight," Jyotsna concluded.

**Khaleeja**

## Personality

## Adam Jalaludin

PeaceBeUponYou (PBUY) is a known local streetwear brand among local and international fans but who is the brilliant mind behind this minimalistic brand?

Mohd Adam Jalaludin was into arts and counter-culture (opposite of mainstream culture) since he was in high school and used them as his form of expression. His passion continued to rise when he entered college where he became a freelance designer for the PopMalaya clothing line.

"PBUY started its journey in the mid 2011. It was an art/expression project of mine since I want to share with others how I express my ideas. PBUY is about promoting

positive ideas and lifestyles through designs. We opted for a minimalistic approach and each design has its own meaning behind it," said Adam.

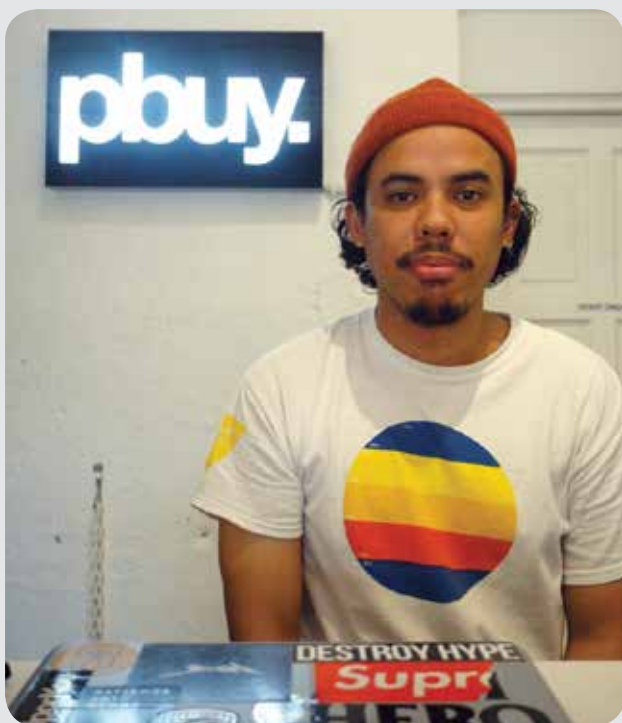
After nearly seven years of operating and selling PBUY merchandise online, Adam finally opened PBUY's first concept store at Jalan Sultan Idris Shah which was launched early this year. Together with Drinka, a local food and drinks company, the concept store not only sells PBUY items such as t-shirts, beanies, stickers and Drinka's handcrafted drinks, it is also a space and place for people to meet up, share ideas and carry out activities.

"We have a space upstairs available for rent. It is a perfect venue to hold events and workshops. Working in this field, I must say that the biggest obstacle I had to deal with was my lack of knowledge. However, I should thank my family and friends because without their encouragement and advice, I wouldn't have made it this far."

When asked what advice he would give to those who plan to venture into this field, "Whichever field you choose to pursue, pick the one that makes you happy. Passion is as important as your interest and surround yourself with people who are going to lift you up!" Adam wished nothing but success for all of them.

PeaceBeUponYou store is located at **146 Jalan Sultan Idris Shah, 30000 Ipoh**. The store opens daily from 11am till 10pm (Saturday to Thursday) and 3pm till 11pm (Friday) and readers can find out more about PBUY merchandise at [www.peacebeuponyou.co](http://www.peacebeuponyou.co).

**Ili Aqilah**



## Education

## Technology, Education and Career

Technology, Education and Career (TEC), an initiative solely by students for students, aims to bridge potential graduates and job seekers to the external working world, thus exposing one to not only local but multinational companies as well.

Since the grand launch of TEC in the year 2001, an average of 70 major companies have participated in this event with an average attendance of 5000 people per year. Notably, one of the greatest achievements, thus far, could be seen during TEC 14 as it was declared, the "Biggest Sector Focused Career Fair (SFCF) in Malaysia" by Talent Corp.

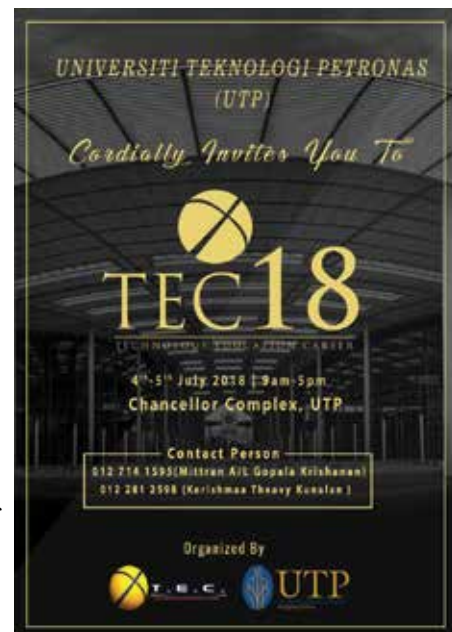
TEC 18 will be held in Universiti Teknologi PETRONAS (UTP) on July 4 and 5 from 9am onwards, to the public of all ages. Students, in courses ranging from Engineering, Geoscience, Information Technology, Business and Applied Sciences can take this golden opportunity to visit the booths set up on the main day to obtain

valuable insights on the culture of work at various companies. Located in the heart of Seri Iskandar, Perak, visitors can also access nearby hotels and shopping places, as points of attraction and convenience to all.

The major objectives of TEC are to provide exposure of corporate companies to students. TEC acts as a medium between top multinational companies and NGOs all around Malaysia to provide assistance for students, even during their academic years. With this, students will be able to submit their resume and attend walk-in interviews during the TEC Main Day itself.

For more information, visit their official website at [www.utptec.com](http://www.utptec.com) and social platforms:

Facebook: [tcutp](https://www.facebook.com/tcutp)  
Instagram: [@tcutp](https://www.instagram.com/tcutp)  
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## Community



## Hope for Two Brothers

**M**uhammad Iqbal Shah's application to extend his studies for a year was approved by his university. The extension was for a reason. Iqbal has to juggle his studies and, at the same time, take care of his younger brother who is being diagnosed with stage four lymphoma cancer. Iqbal, 29, is a third-year Product Design Engineering student at Universiti Malaysia Perlis.

The siblings now stay at their relative's house in Seri Iskandar, Perak. Since their parents have passed away, they have to fend for themselves. The first time Iqbal extended his studies was due to financial constraint. He was doing odd jobs from June last year till February but had to quit as he had to attend to his 28-year-old brother,

Muhammad Ikhwan Shah.

"I noticed the symptoms back in 2016. His glands were swollen. My relatives kept sending him to the clinic but all they did was prescribe him antibiotics. Then, it began spreading to the left and then all over his body. He was officially diagnosed last November. He called me a week before I came back to our home in Parit. When I came back, his stomach and legs were swollen. I immediately brought him to Hospital Raja Permaisuri Bainun, Ipoh," said Iqbal.

"Ikhwan began chemotherapy treatment in December last year. He was warded at the hospital for three weeks before I decided to stay in Seri Iskandar. I was given a logbook by the doctor to jot down my brother's progress after each visit. We need to bring the logbook to the hospital each time for the doctors to note down his progress too. Ikhwan has to undergo six chemotherapy cycles, each cycle consisting two sessions," he continued.

The hospital provides a daycare ward, so patients need not stay at the hospital after a chemotherapy treatment. The monthly expenditure, inclusive of traveling and food, comes to around RM200.

Before being diagnosed, Ikhwan was studying in Kuala Kangsar. He wants to be a religious teacher. His daily routine includes injecting medicine first thing in the morning, more medicines at 8am followed by supplements at 11am. He does light hand exercises. He used to be a lot weaker before but Ikhwan can now walk with a little assistance from big brother.

According to doctors, Ikhwan's cancer is curable but he requires plenty of tender loving care. The two brothers are optimistic that something good will come and this has raised their hopes.

To date donations and contributions have been coming from well-wishers but they need more to see them through.

Readers wishing to chip in are most welcome to do so. Please remit your donations to **Bank Islam Account Number: 08013023681843**. If you want to see the brothers personally drop by their place at: **No. 24, Jalan Iskandar Bestari 7, Taman Iskandar Bestari, 32610 Seri Iskandar.**

**Khaleeja**

## CSR Programme by MAPS

**A**s part of its corporate social responsibility (CSR) programme, Movie Animation Park Studios (MAPS) gave a treat to underprivileged children recently.

According to the Chief Operations Officer of MAPS, Mohd Farid Abdul Aziz, this CSR programme was synonymous with MAPS since its grand opening in June 2017. The event, "Your Colourful Holidays" was held during the recent mid-term school holidays.

A total of 500 children from 12 orphanages, schools and kindergartens around the state were invited to join the programme held at MAPS on Saturday, March 17. The invitation was also extended to children from the Paediatric Ward of the Raja Permaisuri Bainun Hospital and 15 students from Sekolah Semangat Maju, Ipoh.

The Principal of Sekolah Semangat Maju, Ipoh, Annie Margaret was grateful that her students were given the opportunity to participate in the programme sponsored by MAPS.

"It gives our students the chance to socialise and at the same time help raise public awareness about children with special needs," she said.

**Rosli Mansor**



## Heels that Purr



**I**n conjunction with International Women's Day, Sharpened Word and Institut Darul Ridzuan (IDR) dedicated a special session to women in general. It was held on Saturday, March 17 at the IDR Knowledge Centre, from 2pm till 5pm. The talk, aptly titled, "Heels that Purr" showcased three speakers of different backgrounds who subscribe to a common goal – the empowerment of women. They were Dina Zaman, Chelvi Murugiah and Nor Azian Hashim.

Award-winning writer Dina Zaman was a columnist with New Straits Times before joining online news portals Malaysiakini and The Malaysian Insider. She is the co-founder of IMAN, a movement whose objective is to connect society to religion and perception in order to strengthen community resilience. She has written two non-fiction books, including her latest, "Holy Men, Holy Women: A Journey into the Faiths of Malaysians and Other Essays" which endeavours to discuss, liberally, the different beliefs in Malaysia.

"Malaysia is a nation of believers. The Asian culture is known to be ambitious, I know a lot of powerful Muslim women but I believe it goes beyond that. Some of us want to do so much for the country but how do we contribute? Why can't we just do something simple and still make changes to the world?" Dina remarked.

Dina feels that Muslim women still have no identity and have not figured out what they want to be, politically or economically. However, when touching on the subject of

interracial harmony, she believes that the country has hopes but cannot depend solely on the authorities for guidance.

"Go out, get to know each other and have a little adventure. The country might be facing problems but there are also many things to be happy about. Instead of constantly tormenting ourselves with negativity, let's look at the happy side," she posited.

As a Business and Marketing lecturer for Sunway Education Group, Ipoh and an active member of *Perak Women for Women Society* (PWW), Chelvi Murugiah refers to herself as a lifelong learner. While her work revolves around young people, she constantly reminds them about equality, education and contribution. She is currently pursuing her doctorate in Educational Management and has written a book, "Development of 21st Century Skills for the Digital Economy in Malaysia."

"We should remove patriarchal roles in the society and let women progress. PWW is one good example of women empowering each other. We need to see more of this. There are no gender delineation in digital work. Malaysia has numerous opportunities and we need to start discussing out loud and hearing more from the non-Malays on how they feel about our policies that might affect their education. I like to look at a person as a human, rather than referring to them as a certain race or religion," Chelvi said.

Chelvi thinks that some issues we face here may distort how the newer generations think and restrict us from being inclusive. Thus, more open discussions regarding these issues should be encouraged to gain respect from each other.

She opines that a timely start to women empowerment can begin by apportioning economic value to women who are homemakers, as they contribute to nation building, per se. Tax exemption is one way to encourage this.

From a librarian to public relations and sales, Nor Azian Hashim decided to quit full-time employment and become a stay-at-home mum cum writer. She has been a freelance translator for the last 25 years and is happy with how she manages her time. Her collection of thoughts and poetry, since the age of 17, is turned into a book at the urging of her daughter. It is titled, "Solid Liquid."

"I've always been a literary person. My late father loved books and at the age of 12, I was already reading Reader's Digest and gave my shot at short stories. Every woman has the right to decide and choose what makes them happy. I've been writing for as long as I can remember and consider English as a skill," Azian exclaimed.

Being aware of diversity, she ensures her children live by the same views as she does. For her, it is important to inculcate and understand each other as we live in a diverse society. This understanding begins at home and education is the mantra.

**Khaleeja**



## Community

# Relocating a Mosque

A talk by Dr Mohd Jaki bin Mamat entitled, "Restoration Works of Kampung Teluk Memali Mosque" was held at Hotel Seri Malaysia, Ipoh on Saturday, March 17. It was recorded as the second in the series of talks under "Bicara Warisan 2018".

Mohd Jaki is currently with Universiti Sains Malaysia (USM) and is one of those involved in the relocation and restoration of the 107-year old mosque. The conservation is a joint effort by ATSA Architects together with Dato' Dr Hj Baharuddin Abu Kassim, Jurubena Bertiga International Partnership, Kuala Lumpur, the Architecture Unit of Politeknik Ungku Omar and the committee of Taman Seri Bougainvillea prayer house.

Due to frequent flooding in Kampung Gajah, the local inhabitants were relocated to a new village. Their village mosque was moved, lock stock and barrel, to Taman Seri Bougainvillea, Bandar Seri Botani, Ipoh, about 60 kilometres away from its former site near the riverbank.

The project to restore this mosque was done in three phases. In phase one, the team of volunteers measured, labelled, coded and dismantled the building.

During the second phase, the team did a dilapidation survey report and after it was completed, the components were segregated.

"It was discovered that some of the components had to be replicated with newer materials as they were hollow on the inside and could not be used anymore," Jaki mentioned.

The third and final phase was the rebuilding and reassembling of the mosque at its new site in Bandar Seri Botani. Students from UiTM Seri Iskandar were tasked to



## Missing Person



Missing since Feb 2018.  
Time: 2.30pm.  
Last seen with black T shirt  
and long black pants.  
Name: MariaRasu @ Raju  
Anyone sees this person,  
please contact HP No.  
**01133526889**

help design the landscaping for the area surrounding the mosque.

Jaki commended the volunteers from Bandar Seri Botani and students from different universities who pitched in to help in the restoration of the mosque. This mammoth effort to dismantle, construct and restore the mosque began in 2016 and was completed in March 2017.

"Currently, the mosque is being cared for by the local Muslim community. I'm very satisfied with what we've done considering that we're on a shoestring budget," he said during the talk.

However, he has one regret – the mosque could not be fully restored with all of its original components. The relocated mosque is painted in bright yellow and is now open for use by the local Muslim community.

The next session of Bicara Warisan is scheduled for April 28. For details, call Hisham at 013 424 1917.

Amy Chan

## Converting Trash to Cash

A gotong-royong was held at the Tanjong Rambutan playing field on Friday, February 23. The event was officiated by Dato' Hajah Rusnah binti Kassim, Executive Councillor for Women and Family Development, Social Welfare, Housing and Local Government.

"Perak is the second cleanest state in Malaysia," she said in her welcoming speech, "We don't want to be second. We want to be the first."

Participants in the gotong-royong session were divided into five teams with each being assigned to a designated area. The five areas were the playing field, the wet market, Jalan Muhibbah (left and right sides) and North Ward.

Before the commencement of the gotong-royong the Koperasi Hijau (KOHIAU) point-reward system was launched. The system enables the co-operative members to convert their trash into cash.

Every point collected is worth 5 sen. The amount of points collected will vary according to the recyclable trash – its grade and quality. The better the grade and quality, the more points are earned.

Members can redeem and donate the points the following ways. First, redeem them in cash. Next, in the form of coupons. Those keen in donating their shares, the money redeemed, can be donated to the charity of their choice.

Visit this website [www.icycle-global.com](http://www.icycle-global.com) for details.

Amy Chan



## Volunteers Dispatched

Some 4000 volunteers from the National Welfare Foundation (NWF) have been dispatched to all parts of the country to seek out those requiring assistance.

Board of Trustees Chairperson, Tan Sri Shahrizat Abdul Jalil said that the foundation is ready to help the needy be it in education, welfare or health.

"NWF functions as the support for other agencies under the Ministry of Women, Family and Community Development. These agencies have a workable monitoring system, nevertheless there are bound to be those whom we missed.

"Therefore, these volunteers will be our eyes and ears in identifying cases which need immediate attention in districts, villages and remote areas," she explained.

Shahrizat told reporters this after presenting hampers and gifts to 20 recipients courtesy of the "Selami Kasih 2018" programme at Taman Chandan Desa, Simpang Pulai on Sunday, March 18.

She insisted that the foundation-sponsored programme is not done to placate rural voters in view of the upcoming GE14. It is an ongoing programme that has been around for 35 years following the establishment of NWF. Its primary objective is to reduce the burden of the populace.

"We want to make sure that the welfare of the underprivileged is taken care of at all times," she added.

Rosli Mansor



## WANTED TO RENT

Ground floor stand-alone room at Meru Terrace Townhouse in Meru Valley Resort.  
To be used as storeroom.

Contact: 012 200 7243 or 012 583 3904



# One Million Stars Celebrates Women

The peace-filled community project to end all forms of violence, **One Million Stars To End Violence**, held a special celebration in conjunction with International Women's Day on Saturday, March 24 at Aeon Mall Ipoh Klebang. It was jointly organised by **Perak Women for Women Society (PWW)** and **Soroptimist International (SI Ipoh)** in cooperation with **Pantai Hospital**.

Various booths were set up offering free health screening accompanied with performances from the drummers, flash mobbers and dancers.

"Women have done and achieved a lot in society on their own even without any

support or encouragement. Just to have a day to celebrate is not sufficient; women should be celebrated every day!" **Sumathi Sivamany, chairman of PWW** enthused.

"Since its establishment 22 years ago, many activities under Pantai Hospital Ipoh (PHI) revolve around women. Each year, PHI sets new targets to increase awareness and address specific breast cancer related issues as well as collaborating with Pink Champions Perak Society. Through Khazanah, we have, to date, over 120 women who are beneficiaries of its fund. Meanwhile, a joint initiative with National Cancer Society Malaysia has seen 125 women in the last eight months benefitting through free mammogram screening," **Chong Siet Fong, the CEO of PHI** explained.

Guest of honour, **Olivia Constance Nicholas, Miss Malaysia International 2016** spoke on violence against women. "According to a recent study by the United Nations, it is estimated that one out of every three women in the world have experienced violence, in one form or the other, at some point in their life. Isn't that just horrifying! The lucky ones, live to tell the tale, that is if anyone is listening. Some unfortunately die as a result of this violence, be it domestic or otherwise," she highlighted.

"Movements have begun around the world to rally around and expose the sheer magnitude of sexual harassment and other forms of violence that women suffer on a daily basis," she added.

Present was **Doreen Kam, president of SI Ipoh**.

One Million Stars to End Violence is a global weaving movement and the figure is targeted because it demonstrates how monumental the work of creating a safe and peaceful space for women and children is, be it here in our community or around the world.

Launched in November 2017, the One Million Stars project is ongoing until the target figure is reached. Interested readers who would like to join the effort can visit the project's Facebook page at: <https://www.facebook.com/1MillionStars/>. Please send your stars to PWW Centre at No. 52 Jalan Sultan Azlan Shah, 31400 Ipoh, or call 012 508 2480.

Mei Kuan



## In Need of a Better Home

A feeling of empathy and sympathy overwhelmed us as we made our entrance into the Islam Titian Abadi Old Folks Welfare Home (Pekita) in Lahat, Perak on Friday, March 9.

Twenty five senior citizens were eagerly waiting to welcome us since morning.

According to the Chairman of Pekita, Ahmad Wanchik, this welfare home was established eight years ago to provide shelter and care for the elderly.

"Despite receiving RM30,000 a year from the Social Welfare Department, the money is insufficient to cover their monthly expenditure and in times of emergency," Ahmad told Ipoh Echo.

As a result, Pekita could only afford a small four-bedroom rented premise with two attached bathrooms costing RM800 a month. Having to accommodate 12 male and 13 female residents, the house is simply too cramped and uncomfortable.

Ahmad hopes to raise extra funds to build a bigger house at Ara Payung, Sungai Terap, Kampung Gajah that is more spacious and comfortable for the residents.

In response to Ahmad's plea, 40 students from the Finance and Islamic Banking Diploma Club of Ungku Omar Polytechnic did a donation drive from among students and staff of the polytechnic. They too helped clean the home.

The other departments which reached out to help included the Perak State Islamic Department (JAIPK) and the Menglembu Health Department.

Readers keen to chip in can do so by remitting your donations to **Pekita's Bank**



**Muamalat account number: 0804 0003 0587 15.**

For more information, please call Hj Ahmad: 013 479 3223 or Puan Zurina: 017 551 9570.

Luqman Hakim

## Rapid Manjung Begins Operation

**R**apid Manjung, the public bus service operator for Manjung District, was officially launched on Friday, March 16 by Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir. The launching ceremony was held at Lumut Maritime Square.

The initiative, an integral part of the National Blue Ocean Strategy blueprint, was made possible by the state government with the collaboration of the Northern Corridor Implementation Authority, Prasarana Malaysia Berhad and Manjung Municipal Council.

There are ten shuttles in the first phase covering two specific routes, averaging 45 minutes each way. The routes are: Manjung to TLDM Lumut (22km) and Manjung City Loop (31km). The Manjung City Loop covers schools, market, hospital, government buildings, recreational spots and residential areas.

Operating since the beginning of March, members of the public got to ride the buses for free during the first month.

"We believe an efficient, conducive and comfortable transportation system would help promote socio-economic growth in the district," said Mohd Azam Omar, the chief executive officer of Rapid Bus Sdn Bhd.



"The Rapid programme was first introduced about three years ago in Kamunting, Larut, Matang and Selama District and Manjung is the second district in Perak to have it. In Ipoh, we've Perak Transit. We plan to provide more of such systematic and efficient transportation services in other densely-populated towns, such as Bagan Datuk and Teluk Intan," Zambry told reporters.

Mei Kuan



## HERITAGE

# Spreading His Passion in Heritage

Recently appointed as adjunct lecturer to UTP, Ian Anderson, founder and Managing Director of ipohWorld gave his inaugural lecture to a mixed audience of staff and students on Wednesday, March 7. The venue was the magnificent library of the astonishingly beautiful campus at Universiti Teknologi Petronas.

Ian's subject was "Ipoh and the Kinta valley: Heritage Lost" and the session was divided into three parts, a brief history of the valley from Teluk Intan to Tanjung Rambutan; a look at what is heritage and why is it important; and a review of the state of heritage preservation as it exists today on a town-by-town basis.

Ian spoke in his own lively and passionate way and the audience were thrilled with his portrayal of the Kinta Valley's fascinating history and his non-stop account of why history is interesting.

After asking the audience what is heritage and not receiving a reply, he reminded them that: "Heritage is everything that was here when you were born, as well as the things you leave behind for your children's children" and why the younger generation today should care for their heritage before it is too late. "Heritage belongs to everybody!" he stressed.

The 55-minute session ended with a, straight from the shoulder, description of the terrible state of many of the old historic buildings across the valley and the suggestion that many of them could be saved to improve the quality of life for the people where much needed cultural and community activities are not available. Ian concluded with an appeal to the audience to take more interest and action to safeguard their heritage for future generations.

A lively question time followed with questions like "Young people don't like to preserve their own heritage, how do we encourage them to do so?" Ian replied in depth



and at one stage there was much discussion about the school history book and the way history is taught.

A lucky draw marked the end of the talk where two students of UTP; one from Senegal and the other Malaysian received a copy of Ian's book, "Ipoh, My Hometown" as the prize.

Surprisingly, rather than leaving the venue at the end the audience swarmed Ian with more questions, photographs and even a video interview for the university magazine.

Chris Chong

## Stink over Roaming Buffaloes

By A. Jeyaraj

The above was a complaint in Finding solutions section of NST (Friday March 9, 2018). Residents from several housing estates in Ipoh complained about unsupervised buffaloes and cows in their area. (In fact stray cattle can be seen in many parts of the city. Ipoh can aptly be named a cowboy town).

I quote the reply from Actionline in the paper:

"Ipoh Mayor Datuk Zamri Man had recently said the respective farmers were warned to supervise their livestock or risk being fined or the animals seized and auctioned off."

There used to be a "cowboy squad" in MBI to round up stray cattle. What happened to this squad? I have spoken to enforcement staff in MBI and they explained that catching buffaloes is dangerous and their staff have been hurt.

Some time back, the state government had directed that no cattle or goat rearing be allowed within the city centre. Judging from the existing stray cattle problem, this directive appears to be no longer effective and the cattle farmers have not been relocated.

The state government must allocate suitable land outside the city to cattle breeders and ask them to move out. We can breed cattle on a commercial scale and instead of importing beef we can export beef.

Why is the Mayor not taking any action?



## Upcoming

## Family Day Food Fair

Make your way to the **Home for the Aged (CWS) Simee, Ipoh** for its biannual **Family Day Food Fair** to be held on **Sunday, April 29 from 8.30am till 1pm at Block B**. Featuring a total of 40 sponsored stalls, visitors can expect a cornucopia of food.

Established in 1952, there are currently 48 elderly residents in the home ranging in age from 65 to 101 years old. The home is a non-profit organisation that provides shelter for homeless and abandoned elderly folks free of charge.

"The operational cost of the home amounts to RM35,000 a month which goes to maintenance of both buildings and vehicles as well as utility bills among others. The home is planning to expand its services by providing free convalescence services. Our target is to raise RM250,000," Vincent Lee, chairman of the board of management for the home explained.

"Home for the Aged Simee is one of the best run and managed homes in Ipoh. It is run by a team of volunteers thus this charitable body depends on donations from the public to cover its expenses. I believe our country needs more of such welfare homes because Malaysia is expected to be an aged nation approaching 2035 where 15% of the population exceeds 65 years old due to falling birth rates and higher life expectancy," added **Tan Sri Chang Ko Youn, patron** of the home during a press conference held on Tuesday, March 13.

Coupons are **on sale now at RM20 per booklet**. It is available for purchase at the home located along Jalan Kompleks Sukan, Simee, 31400 Ipoh. There will be a ribbon cutting ceremony on the day of the fair in which those who sponsor RM1000 and above will be invited to participate. For more information, readers can call **05 547 3252 or 545 2449**.

Mei Kuan



## MGS Band Fundraising Dinner

Join the Methodist Girls Secondary School Ipoh for a night of fun, frolicking and fabulous dinner featuring performances by the school band, **Eximius Regiment Percussion and Guards from UiTM Perak, Ipoh Saxophones Ensemble and Ipoh Trombone Trio** on **Saturday, April 28**.

To be held at the **grand ballroom of Syeun Hotel**, it aims to raise about RM40,000 to upgrade its aging musical instruments, many which are beyond repair, and fund its charitable initiative, "Taking It To The Streets".

The MGS band is in its 54th year of existence. Besides performing for major school functions, the band has also been actively involved in Ipoh's annual Merdeka celebrations parade. Last year, the band girls added to the festivity of the food and fun fair of the Yayasan Sultan Idris Shah in Bercham.

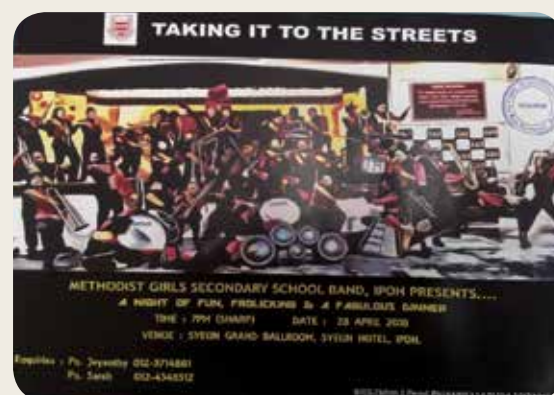
This year the band is practising hard to fulfil their aspirations to serve the community via "Taking It To The Streets" project which will see the girls performing at aged care homes, among others, to bring joy to the residents and obtaining a vital learning experience in return. It is a multi-faceted initiative to instil social awareness, responsibility, care and understanding within our society. Plus, the girls will learn to take on responsibilities, organise an event, take on leadership and management roles besides cultivating a sense of ownership of their band.

The evening will commence from 6.30pm with pre-dinner drinks and nibbles before moving into the grand ballroom at 7pm sharp for a sumptuous seven-course dinner.

A table of ten is priced at RM1000 while individual tickets are available for RM100 each. Donations can be made by cheque, issued to **PIBG SMK (P) METHODIST IPOH with the account number: 100321116667**.

For more info, contact Jeyanthi a/p Thangaiah (senior assistant of co-curricular activities) at **012 571 4881** or Sarah Florence (teacher advisor of the band) at **012 434 8512**.

Mei Kuan





## Education

# Netherlands Exchange Programme

In October 2017, three Malaysian students had the opportunity to take part in the first student exchange programme to Groningen, Netherlands.

Bryan Chin from Tenby International School, Ipoh, Zhi Yen Yow from SMJK Ave Maria Convent, Ipoh, and Ji Hong Lok who is home-schooled made history when they embarked on their journey to the Netherlands.

The Netherlands Student Exchange Programme is a collaboration between Direct Academia International (DAI) and design thinking lab, InnovativeLab in Groningen.

The Groningen InnovativeLab functions as an incubator which supports organisations and entrepreneurs in the design process. Their projects include providing business solutions to city councils and design-thinking training for corporate companies.

While in the Netherlands, the three students underwent ten days of lab experience where they were exposed first-hand to local entrepreneurship and human-centred design. They visited an algae production plant, a vertical farming site and even volunteered their services at a soup kitchen.

At the end of the programme, the Malaysian trio presented an impressive business plan in the form of a shopping mall.

"The shopping mall focuses on environmental issues and is capable of keeping



produce fresh," Bryan explained. "It's self-sustaining and the supermarket even has a farm in it, not to mention a gigantic fish tank!" Lok added.

Managing Director of DAI, Shannon Lee shares that the programme is one of its initiative to redefine education by encouraging students to create meaningful local solutions to global problems such as food shortage.

Audrey Kwan, the Arts and Learning Director added that design thinking is a vital element in professional practices. It brings technology and business closer to the people's needs, creating more values in entrepreneurship.

"We're more than proud to work with InnovativeLab Groningen to develop the next generation of Malaysian entrepreneurs who'll be capable of tackling global issues," Managing Director of DAI, Shannon Lee, commented.

DAI currently offers two student exchange programmes – one in the United Kingdom and the other in the Netherlands. They are now interviewing students for the 2018 exchange programme.

For more information, please contact Audrey at 017 228 2304 or email [audrey@dainternational.co.uk](mailto:audrey@dainternational.co.uk).

Amy Chan

## SPM 2017 – Results

Thursday, March 15 was a day of tears and joy for those who sat for the Sijil Peperiksaan Malaysia (SPM) in 2017. For Syed Hazwan Hakim bin Syed Khairul Amali, he and his parents were overjoyed on receiving his results slip at SMK Raja Permaisuri Bainun.

"I honestly never expected to get full A's. My weakest subject was English but I'm glad all my efforts have paid off," he exclaimed.

The secret of his success? Hazwan told Ipoh Echo he wrote an essay every day. He consulted his English teacher daily regarding his essay and, in the process, improved his writing skills.

Syed Hazwan said that the thought of wanting to support his parents and family was what motivated him to succeed. His father, Syed Khairul Amali bin Syed Abdul Hamid, is an auxiliary policeman while his mother, Maiziah binti Mohd Rashed, is a homemaker.

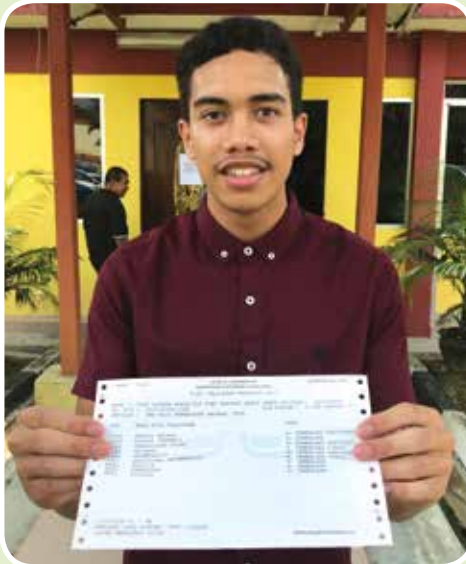
Anis Syahirah binti Mohd Johari, another one of the nine excellent students of SMK Seri Permaisuri Bainun, reminded others to never give up.

"Once you give up, that's the beginning of the end. I live by this maxim. Perseverance is the key to scoring A's," she told Ipoh Echo. During her trial exam, she scored 7As, 1B and 1C. Her SPM results were far better than she had expected.

"Don't be shy to ask your teachers when you are in need of help. They're there to help you," Anis, the second child of three siblings added.

Another student, Muhammad Wafiq Firdaus bin Wahid, the third of six siblings disclosed that a vital attribute of his success was staying focused at all times.

"After classes, I return to my dorm to revise what has been taught in class and I am always close to my teachers," he insisted.



Muhammad Wafiq who has been a high-achiever since his Ujian Penilaian Sekolah Rendah (UPSR) days, expressed his delight upon receiving his results. He plans to enroll for the engineering course in Universiti Malaya (UM).

The Director of Perak Education Department, Dato' Haji Mat Lazim bin Idris announced that 734 out of 32,963 students in the state scored straight A's.

"The Perak State Average Grade (GPN) for 2017 is by far the best out of the five most recent years. We've achieved a GPN of 4.98 in 2017 as compared to 5.17 in 2016," he told reporters during the media conference.

The conference was held at SMK Kg. Dato' Ahmad Said due to the school's outstanding achievement. The school's Average Grade (GPS) declined from 6.42 in 2016 to 4.73 in 2017.

Some 443,883 candidates nationwide had registered for the SPM examination in 2017 while only 434,535 candidates were registered in 2016. The National Grade Point Average (NGPA) in 2017 was 4.90, outperforming the 5.05 NGPA obtained in 2016.

Amy Chan

## Edu Fest 2018

Tertiary Education and Skills Festival (Edu Fest) 2018 was held for two days from February 24 to 25 at RTC Gopeng. This event drew a crowd of approximately 2000 people.

Organised in collaboration with the Federal Agricultural and Marketing Authority (FAMA) and the Ministry of Rural and Regional Development, this event was officiated by the Executive Councillor for Rural Development, Agriculture, Plantation, Information and Human Capital Development, Dato' Saraani Mohamad.

During his opening speech, Saraani said that it was good timing to hold such an event as students who had sat for their SPM examination last year are currently waiting for their results to be released. Through Edu Fest 2018, they could seek advice based on their academic achievements.

He stressed that participating institutions should not only provide information on the requirements to enter universities but inform visitors how to employ their skills and knowledge acquired for the future.

"Knowledge is given by the Almighty and can be used in more ways than one," he said in his speech.

Agencies and educational institutions who took part in this year's festival were Universiti Teknologi MARA (UiTM), Universiti Pendidikan Sultan Idris (UPSI), community colleges and Institut Latihan Perindustrian (ILP).

Edu Fest 2018 was simultaneously held in three other RTCs nationwide, namely RTC Napoh, RTC Melaka and RTC Pahang.

Luqman Hakim





## 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.

## "Customer Service Every Ipohite Deserves"

So, what were your team's conclusions? I read a lot about how businesses boasted that they ensured customer satisfaction through staff induction and training. Did it really translate to happy customers' experiences? From my recent experiences, I would say some staff tried their best whilst others did not bother.

I had three bad encounters at Ipoh Parade, all within a period of two weeks. First, I lost the parking ticket and had to pay 20 ringgit 'fine'. I made a complaint but did not get a response besides a far from helpful staff in handling my frustrations. Second, I bought a pack of Jasmine Rice that was riddled with rice beetles when I was about to cook it. Third, the freezer in the frozen section was faulty and frozen food was thawing. I showed a pack of thawing vegetables to a staff member, who instead of thanking me for reporting the problem, apologising for the inconvenience, put the pack back into the faulty freezer and walked away.

Hey, there was a health and safety issue here. The whole affected lot was unsaleable

and ought to have been thrown into the bin. It really put me off from buying frozen stuff at Jaya and especially cheese because I lost confidence in the store's quality control procedure. Although Jaya had a fairly wide selection of cheese, I was always iffy about its handling and temperature control from source to display and sale. Food poisoning bacteria multiplies quickly above 2 degrees centigrade for cheese.

I single out Aeon at Ipoh Garden for praise because I found the staff tried their best, even Poh Kong at Aeon. However, ACE at Ipoh Parade provided consistently excellent customer service each time I visited the store. I cannot keep count of the number of times I had been there. Village shops also tend to provide a slightly better service in general. I happened to use a hardware shop and a local telco agent in Kg Simee, which provided me with good and reliable service.

Chee

## Restricted Parking Zones

Nowadays, many commercial areas are situated right beside housing estates, but the sad part is, these areas are now designated as restricted parking zones.

I am a frequent shopper at the commercial areas at Silibin and Taman Pertama. I just drop by to purchase my essential goods for my daily consumption. All is completed within four to six minutes, but I am issued a summons by the Ipoh City Council for parking my car at the parking bay. Doesn't it sound ridiculous?

I find it very unreasonable of the council to convert commercial areas nearby

residential areas as a restricted parking area. As it pays to be frugal, and living costs aren't going down anytime soon, is it fair for a pensioner who needs to purchase a piece of pineapple which costs him RM1.80, while he has to fork out RM20 for parking?

Councillors of these respective zones, please take note and raise these shortcomings in your monthly city council meetings.

S. Sundralingam

## Parking Nightmare

Since the opening of the 8-storey car park in Fatimah Hospital in Taman Ipoh, there has been a tremendous increase in the parking of cars at the lay-by of the roads surrounding Fatimah Hospital. Many a time the inconsiderate parking at the junction of Leboh Chew Peng Loon and Jalan Carlos causes incensed car and lorry drivers to curse and swear at the dangerous traffic congestion. The residents find it difficult to manoeuvre their cars through the double-sided parking to go in and out of their houses. The residents also find that often their pots or plants beside the roads have been damaged! Residents try to keep the place clean but many passengers of these cars throw their drink cans and packets (styrofoam) of food on the road wherever the car is parked. This is most disgusting and unfair to the residents, who are mostly retirees.

Now that Fatimah Hospital has re-engineered their traffic within their grounds, all traffic passes in front of the private homes and life is becoming noisy with a dusty

environment. Vehicles drive by churning dust over the low fence separating the Hospital road and the residences and many hoot their horn within the Hospital grounds. Isn't there a law banning honking in Hospital areas? Why do all these developments create more of a nuisance and unhappy situation rather than ease the living for people who have lived in peace and tranquillity all these years? Does anyone care to do something to alleviate these troubles for the residents nearby? Or perhaps the developers of the new construction hope to nudge the residents away from these areas so that they have the whole area to themselves?

Will MBI, Hospital Fatimah and relevant authorities get together to ease the situation for the residents surrounding the hospital?

Augustine Basnayake

## HAPPENINGS

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

### ARTS & CULTURE

**KINTA VALLEY SYMPHONIC SOCIETY CONCERT – 'VISIONS OF FLIGHT'. APRIL 22 (Sunday), 3pm at Ipoh Chin Woo Hall.** The concert, performed by the Kinta Valley Wind Orchestra will feature some of the most beautiful wind band music ever composed such as Oregon, Flashing Winds and many more. Entry by donation. For details, call **012 506 2313** or **012 523 1037**.

**ST MICHAEL'S INSTITUTION, IPOH presents 'MOANA 2018'. APRIL 27-29 (Friday to Sunday), 7.45pm at SMI Main Hall.** Fundraising for the school. Tickets: RM20 and RM50. For details, call **05 254 0418** (office hours only).

### COMMUNITY

**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).

**IPOH REMEMBRANCE WEEK – REMEMBERING JUNE 16, 1948, 'THE MALAYAN EMERGENCY LASTING FOR 12 YEARS'. JUNE 4-9: Ipoh Cenotaph Service, 0830 JUNE 8; 'God's Little Acre', 0730 JUNE 9.** Ken McNeill (for pilgrimage details). Liaison Officer, Secretary & Webmaster. Phone: **03 6383 4677**. Email: [info@nmbvaatasinc.com](mailto:info@nmbvaatasinc.com). Website: [www.nmbvaatasinc.com](http://www.nmbvaatasinc.com).

### EDUCATION

**TECHNOLOGY, EDUCATION & CAREER (TEC) 2018. JULY 4-5 at Chancellor Complex, Universiti Teknologi PETRONAS, 32610 Bandar Seri Iskandar, Perak.** TEC is a career fair that creates a perfect platform for students to participate and secure their internship with reputable companies that will be exhibiting and engaging with students through career talks and interviews. For more info, contact: Mittran **012 714 1595** or Kerishmaa **012 281 2598**.

### 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

**PUBLIC FORUM: "FALLS: A PREVENTABLE ACCIDENT IN OLDER PERSONS". APRIL 7 (Saturday) 2pm-4pm at Bro. Liborius Auditorium, 6th Floor, Hospital Fatimah, Ipoh.** Entrance is free of charge. Contact Customer Service Officer **05 545 5777 Ext 214** for more information.

**A GIFT OF LIFE: BLOOD DONATION DRIVE. MAY 26 (Saturday), 9am-12pm at Hospital Fatimah's Main Lobby, Ipoh.** Free blood test for first 60 donors. Contact Customer Service Officer **05 545 5777 Ext 214** for more information.

**KPJ IPOH SPECIALIST HOSPITAL ANTENATAL CLASSES FOR 2018. Dates: 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.

### IMPORTANT

**REPORT BULLYING.** All schools in Malaysia have an Anti-bullying Guideline. Anti-bullying hotline: Talian Aduan Disiplin **1800-88-4774** or email [adudisiplin@moe.gov.my](mailto:adudisiplin@moe.gov.my). You can also call **15999 Childline** to report bullying.

## Announcement

**Hospital Fatimah is happy to announce that they will be giving out 90 FREE \*PAP SMEAR TEST VOUCHERS on APRIL 3 (Tuesday) at 8.30am @ Buntong Market & 9.30am @ Bercham Market.**

*Six Miss International from various countries will be giving out these vouchers together with other free gifts.*



## Sport



# Subaru Cycling Day 2018

One hundred and thirty cycling enthusiasts, including Subaru XV Club members, participated in the "Subaru Cycling Day 2018" at Vivo Square on Sunday, March 11.

With cycling as one of the latest fad amongst health enthusiasts, this event aims to create awareness among the people on the importance of living a healthy lifestyle and at the same time to promote Subaru vehicles to the general public.

There to officiate and flag off the cyclists was Dato' Omar bin Hj Mammah, Perak Deputy Chief Police Officer.

The 17.5km route took off from Vivo Square, Jalan Kuala Kangsar, passing through Jalan Kamaruddin Isa, Jalan Dato' Lau Pak Khuan, Jalan Merpati and finally returning to Vivo Square. Convoying with the cyclists were 25 vehicles driven by the Subaru XV Club members.

Amy Chan

## Ultimate Frisbee

Ipoh hosted the 2018 Perak Hat at the Institut Pendidikan Guru Kampus Ipoh on February 24.

The event was organised by the Ipohbug organisation and its Ultimate Frisbee members. The theme of the event was 'Personalities'.

A total of 250 players from multiple states within the country took the time off to come together to have fun and build friendships through Ultimate Frisbee. Even Malaysia's very own Ultimate Frisbee coach Jamie Craig made the drive down to Ipoh to enjoy himself at the event.

Players were designated into numerous teams based upon the identities of famous philanthropists, sports personalities, entrepreneurs, and numerous leaders from the past and present. Personalities such as Mark Zuckerberg, Mahatma Gandhi, David Beckham, and even Albert Einstein were chosen to portray the teams' titles.

The winners for Pool A of Perak Hat was 'The Defenders' with a score of 12-6, whereas the winners for Pool B was 'The Sportsman' with a score of 9-8.

The participants had an amazing time meeting new friends and enjoying the Lost



World of Tambun during their R&R time.

It truly was an amazing event as it epitomized what Malaysia is all about, unity, racial integration, and harmony which coincides with our 1 Malaysia Spirit.

Jonathan Gough

## BUSINESS



## Sagami Celebrates New Facility

Owned by **Sagami Group (Japan)**, **Sagami Manufacturers Sdn Bhd** has two factories in the state of Perak. One is located at Silibin Industrial Park, Jelapang which carries out testing and packing of the natural rubber condoms since 1970 whilst the other is at Bemban, Batu Gajah which produces, tests and packs polyurethane condoms since 1996.

Sagami Japan is the first factory to produce natural rubber condoms in Japan and its sales extend to more than 60 countries in the world. Meanwhile, Sagami Manufacturers Sdn Bhd is the first factory to produce polyurethane condoms in the world.

In 2018, another new factory at Bemban will be operated to fulfil the demand of polyurethane condoms from the overseas market. A ribbon cutting ceremony for the new

manufacturing facility was held on Tuesday, March 13.

Attended by over 600, present were Dato' Tomiyasu Ushima; Dato' Hew Choy Khoun; Dato' Lim Si Boon, Chairman of Malaysian International Chamber of Commerce and Industry (MICCI) Perak; Hiroshi Hizawa, Managing Director of Sagami Manufacturers Sdn Bhd; Sayed Shariffuddin bin Sayed Shamsuddin, Chief Executive of Perak Investment Management Centre; Muhammad Sawaddee bin Islamuddin, Director Malaysian Investment Development Authority (MIDA) Perak and Fauziah Ibrahim, Director of Ministry of International Trade and Industry (MITI) Perak.

The new factory is located at No. 18, Lorong Bemban 3, Estet Perindustrian Bemban, Jalan Bemban, 31000 Batu Gajah, Perak.

Sagami Manufacturers Sdn Bhd commenced business at Jelapang since 1973 and was then known as "Sagami Industries". When the company started its business in Malaysia, its manager from Japan then was Dato' Tomiyasu Ushima.

A gentleman with a strong sense of community, Dato' Tomiyasu Ushima has been playing a leading role in strengthening ties between Malaysia and Japan for over four decades. Currently residing in Ipoh, he is one of the founding members of the Perak Malaysian-Japanese Friendship Society.

For more information, Sagami Manufacturers Sdn Bhd can be reached at 05 366 9018/9019.

Mei Kuan

## Perak Tax Forum 2018

Chartered Tax Institute of Malaysia (CTIM), Perak Chapter, has been organising the Perak Tax Forum once every two years since 2010. On Friday, March 16, their fifth consecutive forum, was held at WEIL Hotel, Ipoh. The subject was, "Challenges and Opportunities – A Tax Perspective."

Present were Director of Financial Market Infrastructures (FMI), Tan Sri Chang Ko Youn; President of CTIM, Seah Siew Yun; Madam Ting Suk Tin of Inland Revenue Board (IRB) Ipoh Branch; Chairman of CTIM Perak Branch, Lam Weng Keat and Deputy Chairman, Chak Kong Keong. Attendees include stakeholders, tax agents, accountants and the public.

Panel speakers were Thenesh Kannaa from TraTax, Thanneermalai Somasundaram, Managing Director of Thannees Tax Consulting Services Sdn Bhd, Chow Chee Yen, Executive Director of Advent MS Tax Consultants Sdn Bhd and S. Saravana Kumar of Lee Hishammuddin Allen and Gledhill.

Among the topics discussed were critical corporate tax issues, the effect of the changed Transfer Pricing (TP) Guidelines to the preparation of the TP documentation, tax audits and investigations and insights into recent income tax cases. It was a lively affair, especially during the question-and-answer session at the end of each talk.

"CTIM was founded in 1991. It used to be under the Malaysian Institute of Accountants. We were then known as Malaysian Institute of Taxation. Apart from acting as an agent between government and taxpayers, we ensure that CTIM promotes taxation as a profession. We also work closely with the Royal Malaysian Customs Department by conducting courses to help train auditors," said CTIM President, Seah Siew Yun.



"We assist IRB by organising roadshows to educate taxpayers on issues relating to revenues etc. It's free of charge. The first one will be held on April 5 at Wisma Hasil, Cyberjaya. The topic is on online businesses. We'll help participants to determine their income and educate them on taxation. The roadshow will be held in other states too. With the rise in the number of online businesses, people in this field actually find taxation puzzling. It'll be an interesting session," she added.

Khaleeja