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ISSUE **279**

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Home-sharing Hospitality

By Tan Mei Kuan and Ili Aqilah Yus Amirul

In view of the increasing popularity of home-sharing hospitality especially within Ipoh, we spoke to both owners and guests to obtain their perspectives on how this new service works as well as to share their experience. Also, an insight into how home-sharing platforms such as Airbnb have taken the hospitality industry by storm.

Continued on page 2



Pool at Octagon



Octagon Snoopy Homestay



Guests at EDM Space

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An Overview of the Hosts, Amenities, Locations and Reviews

Homestays at Octagon

Octagon Snoopy Homestay

Nico became an Airbnb host in June 2017 running her Octagon Snoopy Homestay strategically located in the heart of the city where most of Ipoh's famous eateries are within walking distance.

When asked on her reasons for renting out her space, she replied, "As an opportunity to meet up with new friends and also share my Snoopy collection with those who love the iconic character."

Her one-bedroom unit of 713 square feet accommodates up to six guests with access to condominium facilities such as free indoor parking, swimming pool and jogging track. The unit itself is air-conditioned and furnished with double beds, sofa beds, wifi, TV, hot tub, water heater, hair dryer, board game and swimming floats. It is complete with basic kitchen utensils like fridge, kettle, cutlery sets and plates.

Nico also places copies of the Ipoh Echo in her space for guests to learn more about Ipoh. The house rules are no smoking, pets, parties, cooking and shoes in the unit.

She recommends others to get into the home-sharing business because it allows one to experience different life challenges.

"To ensure that guests have a pleasant stay, I will put myself in their shoes to figure out what is most important to them during a stay," Nico added. She filters her guests by communicating well with them before approving them for stay and by looking at their past reviews from other Airbnb hosts.

A guest who stayed there in April commented, "Nico is very responsive and helpful. The house is very clean and well-organised with required amenities. It's a sweet and stylish home. We will come back again!"

Thus, it is no wonder she is rated as a Superhost on Airbnb. Superhosts are experienced, highly rated hosts who are committed to providing great stays for guests.

Interested readers can swing by its Facebook page ([octagonsnoopyhomestay](https://www.facebook.com/octagonsnoopyhomestay)) or its Airbnb page: <https://www.airbnb.com/rooms/19296667?s=51>



Octagon Ipoh Homestay

Leong is an Airbnb host for two units of apartments at One Octagon along Jalan Theatre, Ipoh. With a choice of either a one-bedroom unit or a two-bedroom unit, both are about 790 square feet each and can occupy up to six pax.

Started around May 2017, the air-conditioned homestay is surrounded by Ipoh's delicious nosh with the famous *Tong Sui Kai* (Dessert Street) close by.

Plus, it provides free parking, swimming pool and gym as well as other essential amenities like WiFi, TV, fridge, towels, hair dryer and toiletries.

"Guests can expect a clean unit with basic needs and facilities. Our concept is simple, clean and tidy. I also provide quick response and am on standby to assist during their stay. I'm happy when guests are satisfied with our units and give good reviews," the amiable Leong elaborated.

Jen described her stay there back in March, "Being someone who is particular about cleanliness, Leong's place has given me satisfaction as it is dirt free. The beautiful scenery day and night definitely adds value to the stay!"

"I think the home-sharing business does affect the hotel industry but competition brings improvements," Leong pointed out.

Readers can contact Leong at **012 5203588 / 012 5191866** or find the homestay via Airbnb.



Erica Underwood Homestay

Located on the first floor of the shophouse along Concubine Lane, Erica Underwood Homestay consists of two loft-style units of approximately 900 square feet each. The first can accommodate up to 11 pax while the second unit can fit up to seven pax.

Surrounded by murals and heritage buildings built before World War II, the air-conditioned homestay has a spacious living room with a 50" LED TV for online movie or drama streaming and provides other essential amenities like WiFi, towels, dryers, hangers, kettles, soap and toilet paper.

"To ensure safety, guests have to pass through a main entrance to get to the first floor before entering their units. The main entrance is a heavy metal door equipped with keyless smart lock. PIN code is required every time a guest passes through. As for the unit entrance, the door is equipped with the same digital lock. The PIN codes would be changed once the guests have checked out in order to guarantee the safety of the next guest," Lim Phei Hern, owner of Erica Underwood Homestay, told Ipoh Echo.

CCTVs are installed at strategic places like the main entrance and staircase for added security.

Lim who became an Airbnb host since August 2017 explained, "The biggest motive is to earn side revenue besides doing my full-time job. Secondly, the first floor was long vacant since no one would like to rent it for office purpose at a tourist hotspot. Thus, transforming it into a homestay makes full use of it."

"The unique name of the space originated from the on-campus accommodation of my university in Perth where I studied," he said.

Being rated as a Superhost, how does he ensure that guests have a pleasant stay? "Setting realistic expectations is crucial in the service industry. In my case, I always let my potential customers know that getting parking nearby during the day is challenging. I also let my guests know that the noise from the Concubine Lane early in the morning is inevitable," he highlighted.



"Besides that, I always show up personally upon guests' check-in to brief them about what they should know. Face-to-face communication gives perception that the guests are highly valued. Also, it is easy to communicate about the guests' needs this way. Managing the time is another important element. For instance, deliver the units in clean and good condition on time. Plus, show up punctually during the check-in time," he added.

Jane, who stayed there in January, enthused, "My family and I had a pleasant stay. It's simple, clean and nice, just like a home. We thank the host for reserving a parking spot for us and for sparing some toys in the house for my kid when we didn't get to go out as it was raining the whole day."

Lim feels that the home-sharing business is not really affecting the hotel industry: "There is still plenty of demand for 2-pax rooms, no matter whether peak period or non-peak season. Friends and family only travel in large groups during school holidays, public holidays or weekends."

For more info, find the homestay via Airbnb or visit its Facebook page: **Erica Underwood Homestay**.

EDM Space & Vacation House

Located at Jalan Raja Musa Aziz, EDM Space is owned by husband and wife, Marcus Love Chiang and Esther Liew Sook Ching. Started three years ago, they turned a 2-storey corner house in Tambun into a homestay called the EDM Vacation House. EDM stands for Esther (E), the initials of their children (D) and Marcus (M). At the time, there were barely two pages of rentals in Ipoh on Airbnb. From there, Marcus realised the potential they had in gaining more guests to book their place.

"Currently the house is going through a little revamp to turn into a vacation house where we will add several game facilities such as beer pong, table tennis and board games. The living area will be filled with bean bags and the house comes complete with wireless music players, projector TV, BBQ station and the perks of a corner house; a huge parking space," said Marcus.

EDM Space started as a fun project for the couple. "We love traveling but we couldn't travel all the time so instead of going out to see the world, we figured why not we bring the world to us? EDM Space is the place where strangers become friends!" added Marcus.

When asked about his unforgettable memory of hosting, Marcus talked about a German family who loves their place so much, they have stayed four times.



"They were here in Malaysia for 11 days and spent six days in our place. It wasn't because of our price that made them stay but because of the way we treated them. It made them feel warm and welcome, something that you won't get in hotels. I believe that if you treat your guests like your best friends, they will somehow take great care of your place. Aside from the German family, we also had a few Taiwanese, Singaporeans and even Malaysians who would come back and stay a few times with us," said Marcus.

As a frequent traveler himself, he also chooses to opt for Airbnb from time to time, saying, "Airbnb is definitely a game changer in the hotel industry. I don't really think it affects the hotels but more in affecting the way travel agents modify their ways of marketing to the end users."

On their Airbnb profile, Sylvia from Sungai Petani thanked Marcus and Esther for their warm treatment, "EDM Space is a really good place where strangers could become friends. Thanks for the great hospitality!"

When it comes to filtering guests, after nearly two years of running EDM Space, they haven't encountered any issues.

"Most of the guests provide us with simple background details. For example, where they are from, why are they in town, etc. We believe that if we treat them genuinely, they will do the same," added Marcus.

EDM Space is located at 97A, Jalan Raja Musa Aziz, Kampung Jawa, 30300 Ipoh. Readers can also visit their Airbnb profile at <https://bit.ly/2uYom5V> or contact Marcus at **012 889 3797**.

Continued on page 7

ANTI-FAKE NEWS BILL 2018

The Bill does not specify what amounts to fake news since the illustrations listed in it are narrow and not exhaustive.



The highly contentious Anti-Fake News Bill 2018 was passed by parliament on Monday, April 2 with two minor amendments. It was passed with 123 in favour while 64 opposed it. The two amendments made were replacing the word “knowingly” with “maliciously” in clause four and reducing the punishment from the maximum 10 years to six years in clause five. However, the maximum fine of RM500, 000 remains. The punishments are by all means excessive as the objective is to deter people from peddling and creating fake news that, in the opinion of the legislators (government), would undermine national security and, perhaps, cause tension and uncertainty in the country.

Interestingly, the term “fake news” was made popular by President Donald Trump in his run-up to the 2016 Presidential elections soon after winning his Republican Party presidential primaries. Multi-billionaire businessman and one-time reality TV star, Donald Trump had “erroneously” identified news and statements that portrayed him in a poor light as fake news and had threatened lawsuits against those who propagated them. It is news that demonise him that is termed as fake news rather than the true essence of the term.

Incidentally, fake news is defined as a “type of yellow journalism or propaganda that consists of deliberate misinformation or hoaxes spread via traditional print and broadcast news media or online social media. Fake news is written and published with the intent to mislead in order to damage an agency, entity, or person, and or gain financially or politically often using sensationalist, dishonest, or outright fabricated headlines to increase readership, online sharing, and Internet click revenue.”

Interestingly enough, the American Congress did not go overboard by legislating fake news as a law unto itself like its Malaysian counterpart has done. Prime Minister Narendra Modi of India ordered the withdrawal of rules punishing journalists held responsible for distributing fake news, giving no reasons for the change, less than 24 hours after announcing it.

The nation’s legal fraternity has questioned the function of the Anti-Fake News Bill 2018 saying that some of the clauses are similar to existing laws. It feels that issues can be addressed by civil litigation rather than having a dedicated law for it.

Some of the clauses of the Bill, they argued, overlapped with Section 8A of the Printing Press and Publications Act (PPPA) 1984. Malice can be rebutted if there are reasonable steps taken to verify the truth of the news. This is the only icing on the cake as the pre-amended bill insisted on knowledge as the mantra. The definition of knowledge is rather restrictive and is also subjective leaving very little room for manoeuvring. Although PPPA 1984 was passed to regulate the media industry, the Anti-Fake News Bill 2018 will affect the media’s freedom of speech or worse, our freedom of speech as enshrined in the Constitution.

The Bill does not specify what amounts to fake news since the illustrations listed in it are narrow and not exhaustive. The concern is primarily on who decides what fake news is before he or she is being hauled to court.

The implementation of the law, the fraternity argued, could lead to an abuse of power by the government. The Bill seems to suggest that a government order, obtained via an ex parte application, cannot be set aside unlike that of an individual. In short, it is an arbitrary ruling without a recourse for an appeal.

The punishments imposed under the law are a wee bit too steep for someone who had been convicted for spreading fake news. He or she can be jailed 6 years or fined RM500,000, or both. Those persisting in spreading fake news will be further fined RM100,000 if they fail to remove such publications and a fine of RM3,000 for every day the offence is committed.

It is definitely excessive. And with such a law hanging over our heads it makes a complete mockery of living in a modern world where information technology is progressing by leaps and bounds on a daily basis.

I shall stop at that lest I am being accused of disseminating fake news.

It is now official, dates for the long-awaited General Election 14 (GE 14) have been formally announced by the Election Commission. The announcement by Tan Sri Mohd Hashim Abdullah, Chairman of the Election Commission at noon on Tuesday April 10 provided much relief for Malaysians who were eagerly waiting for the momentous moment since last year.

Wednesday, May 9 is now the official polling day. Candidates, vying for both state and parliamentary seats, have an 11-day campaign period to slug it out as they canvass in what is being popularly termed as “the father of all elections”.

Upon receiving the news Malaysians took to social media to vent their pent-up emotions. The more creative ones came up with some very interesting abbreviations linked to the day and date of the voting day. It is either for or against the BN government. The creativity of our netizens is simply marvelous. It will be a pity if their expressive minds are being curtailed by the advent of Fake News Bill 2018.



By Fathol Zaman Bukhari

Many bemoaned the choice of May 9 as the polling day but this is not the first time elections are held on a working day. Weekday elections were conducted in 1959, 1982, 1995 and 1999. Voters’ turnout does not vary much whether on weekdays or weekends. Incidentally, the highest turnout was during GE13 in 2013. It was on a weekend. Some 84.8 percent of eligible voters cast their votes throughout the country.

I took to social media too in dismissing claims that a weekday election will deter people from going to the polls. And this was what I said, and I quote:

“If you care for the well-being of your country, date and time do not matter. Bring it on. We are ready for it.”

My wife received a call from a friend following the announcement, she complained that her polling station was not on the electoral roll. This is a common complaint with voters. Have they been consistent in voting in the past? If they have not, the possibility of them being reassigned to another constituency is great.

To check your status you can either download the MySPR Semak App or check via the EC website or send a text (SMS) via your mobile phone:

Send “SPR SEMAK < IC Number without dash> to 15888 (eg “SPR SEMAK 810203011234).

EYE HEALTH - POINTERS WITH EYEDROPS

Ipoh Echo’s EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about avoiding common mistakes made when using eyedrops.

The handling of eyedrops is of paramount importance for it to work best for you. In today’s world, almost everyone has had to use some form of eyedrops sometime or the other. Here are some pointers when using eyedrops.



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

1. HANDWASHING

Always make it a point to wash your hands before handling any kind of eyedrop. This is to ensure that you do not contaminate the eyedrops or pick up any infection when handling your eyes.

2. INSTIL EYEDROPS CAREFULLY

If you are on multiple eyedrops, do not apply every eyedrop all at once as the eyes can only take one drop each time. Should you apply them all at once, they just spill out of the eye and run down the face. This is not only a waste of eyedrops but also reduces efficacy of the eyedrops as only so much can get in each time. It is best to wait at least 20 minutes in between each eyedrop instillation.



3. KNOW THE EYEDROPS THAT YOU ARE USING

Avoid purchasing over the counter (OTC) eyedrops unless they are lubricant eyedrops or artificial tears. Purchasing medicated eyedrops like those containing steroids must be avoided. In Malaysia unlike other countries, there are no stringent laws to control purchase of steroid eyedrops. This is dangerous because eyedrops like these when used indiscriminately without a prescription can cause serious problems like worsening of corneal infections, glaucoma, early cataract formation and even blindness if used long term without eye supervision. A steroid eyedrop should only be used when it has been prescribed by an eye doctor who is able to monitor your eye when you are using such steroid eyedrops.

4. DO NOT WEAR CONTACT LENSES WHEN USING EYEDROPS

Instilling eyedrops into eyes with contact lenses on should be avoided unless they are preservative-free eyedrops or eyedrops meant for contact lens wear. Contact lenses absorb eyedrops which can result in inflammation (*keratitis*) due to prolonged contact on the surface of the cornea.

5. DON’T OMIT EYEDROPS JUST BECAUSE YOU ARE SEEING THE DOCTOR

The reason you are being reviewed by the doctor is to find out whether the prescribed eyedrops are working or not. Never skip the eyedrops unless specifically instructed by the doctor.

6. INFORM YOUR DOCTOR IF THERE ARE PROBLEMS

Make it a point to inform your doctor if you get a red eye, eye pain or swelling after using eyedrops. Such symptoms may be indicative of an allergy to the eyedrops.

7. KEEP ALL EYEDROPS AWAY FROM KIDS

Remember to keep all eyedrops away from children. Eyedrops may have undesirable side effects should they be swallowed by a toddler. In fact, it can be dangerous.

For more information, please call Gill Eye Specialist Centre, Hospital Fatimah **05 545 5582** or email gillyeyecentre@dr.com

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Two Perak Women Who Make Us Proud

In February 2018, Rupa Shanmugam, received the Women In Leadership Award from the Buffalo Niagara Chapter of New York State (NYS) Women, Inc for showing leadership, enterprise and excellence in her chosen industry.

The girl who grew up in Kampar is now the President and Chief Operating Officer (COO) of an American electronics manufacturing firm, SoPark Corporation, based in Western New York.

The company was formed by Robert Stevenson, as a two-man outfit, in 1981. Today, Rupa is the majority owner of the highly technical firm, which employs 78 people. SoPark manufactures and designs medical devices and high-tech equipment. It also offers circuit board manufacturing, electro-mechanical and custom cable assembly services.

Rupa credits her father, a physics teacher at Sekolah Menengah Jenis Kebangsaan (ACS) in Kampar, for being her inspiration, and for motivating her, to pursue a career in Electrical Engineering.

Having completed her secondary schooling, Rupa enrolled for a diploma in Electronic Engineering at the Federal Institute of Technology, in Kuala Lumpur, where she recalls being the only girl in the class.

Seeking employment in Singapore, at Thomson Consumer Electronics, Western Digital, and then returning home to work in Carsem, Rupa said that she was the only woman technician in the five years of her early working career.

She then read Electrical Engineering at Tri-State University (now called Trine University) in Angola, Indiana and after graduating, Rupa continued to work in the same field at SoPark Corporation, where she scaled the corporate ladder.

She started off as the only woman engineer and later became a manager. By working hard, displaying a strong work ethic and having suitable mentors, who trusted her, she absorbed many skills. She played important roles in manufacturing, from operator, technician, engineer to manager. Her technical knowledge and international work experience served her well, as today she has become the President and COO of SoPark Corporation.

Her expertise in developing complex databases, combined with her leadership and motivational skills propelled SoPark Corporation, to obtain four ISO certification audits within four years, and made the company a financial success.

Rupa is a mentor to the employees in her organisation, and students at local universities and high schools. She is responsible for creating work experience for students, and for creating opportunities to work at SoPark. She helped to set-up the first Western New York Chapter of Engineering World Health at the University at Buffalo.

Keen on promoting Science, Technology, Engineering and Mathematics (STEM), Rupa is pleased to see that more women are studying these disciplines. Despite the increase, she acknowledges the need for more professional women in the industry, especially as leaders.

She said, "By combining science, technology, engineering and production, with a focus on people skills and quality, women have the opportunity to impact their local and national economy."

"Women make great leaders and can make significant contribution to the Manufacturing and Technology industries. My life commitment is to encourage women, to embrace manufacturing and engineering, as part of their world of opportunity."

"I hope to be able to assist in any mentorship programme that is available in Malaysia, during my visit in May, as this is something that I feel strongly about."

The other woman who makes us proud, is mother and kindergarten teacher, Indira Gandhi, whose courage and steadfastness, should be emulated by all Malaysians. Ipoh Echo, has followed the trials and tribulations she has faced since the day her personal life became public.

In March, the United States embassy in Malaysia, honoured Indira by nominating her as Malaysia's candidate for the US International Women of Courage award.

Her problems started nine years ago, when Indira divorced her husband K. Pathmanathan. He converted to Islam, and assumed the name, Muhammad Riduan Abdullah.

The details of her divorce were followed by Malaysians from the west coast to the east coast of peninsular Malaysia, and from West to East Malaysia. Her family life



Rupa Shanmugam



Indira Gandhi

was torn apart. Her career prematurely cut short. Indira's personal battles became the nation's and her plight was politicised because of religion.

When they were divorced, the court granted Indira custody of their children, but in April 2009, the revengeful Riduan kidnapped their youngest daughter, Prasana, who was only 11 months old. Without telling his former wife, or seeking her consent, he converted their three children, from Hinduism to Islam.

Indira sought legal help to reverse her children's conversion, and prompt the authorities to locate her former husband, and return her long-lost daughter. She has been in and out of court several times, but she never gave up hope.

In January, the Federal Court set aside the unilateral conversion of Indira's three children to Islam and ruled that any conversion of non-Muslim children could only be done after the consent of both parents.

The American ambassador, HE Kamala Shirin Lakhdhir, who had been in her post for 14 months, said Indira's case was widely known, around the world.

At a press conference, after a brief ceremony held at the Ambassador's resident, Lakhdhir said, "We wanted to recognise Indira's struggles. Her struggles go beyond her family. They affect all Malaysians. We are here to celebrate her effort, and those who have supported her struggle over the past eight years."

Other women, who are not as resolute, would have given-up ages ago, to lead a quiet life, but not Indira Gandhi. Unlike some of our political leaders, Indira has shown that when honour is at stake, she has both inner and external strength.

Like her, Rupa has shown Malaysian leaders, that actions, not endless talk about fulfilling quotas of women in industry or top positions, are the best way to promote women in education and the workplace.

We salute these two Perak women!

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ABOUT LASIK

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

Surgery to improve reading vision - Presbyopia Surgery

Presbyopia is the medical word used to describe the increasing difficulty with near vision as people age, like most of us will be struggling to read this without glasses if over the age of 42. Therefore Presbyopia is the irreversible loss of the accommodative ability of the eye that occurs due to aging. Accommodation refers to the ability of the eye to increase its refractive power of the crystalline lens in order to focus near objects on the retina.

The classical theory of accommodation proposed by Helmholtz over 150 years ago states that the lens under resting tension is held relatively flat when viewing objects at a distance. During accommodation, the ciliary muscle contracts and moves both anteriorly and inwardly. This decreases tension on zonular fibers and, in turn, causes increased curvature in the elastic lens resulting in increased focusing power. According to Helmholtz, age-related hardening of lens tissue results in decreased elasticity and thus, decreased distortion of the lens during accommodation.

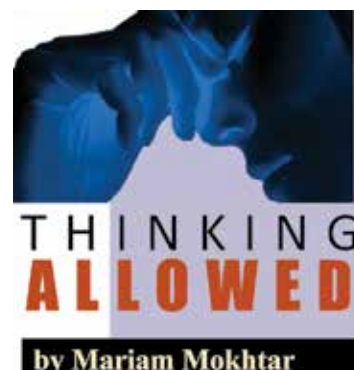
Many patients hate wearing reading glasses or bifocals, or hate that they keep having to switch between glasses for different tasks. They often don't like the fact that reading glasses make them look older than they feel! We are more active, youthful, and affluent than generations before, and have a strong desire to remain as active as possible. Unfortunately, we live in an increasingly near sighted world, where smart phones, computers and Kindles make near visual tasks increasingly common.

Technological advances in eye surgery now offer a number of effective options for people who want to be less dependent on reading glasses. There are 3 effective options for people seeking less dependence on reading glasses

1. Laser vision correction with mono-vision (Laser blended vision)
2. ICL Implant with Presbyopia lens
3. Refractive lens exchange surgery with multifocal intraocular lenses

For more information, readers can call Lee Eye Specialist 05 254 4388 or email at ishkpj@gmail.com. Also visit their Facebook page: LASIK Services at KPJ Ipoh Specialist Hospital.

Opening hours: 8.30am-5pm (Mondays to Fridays), 8.30am-1pm (Saturdays).





SeeFoon Visits an “Old Man”



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

Some of us have jaded palates. I admit to being one of them. It's not that I am ungrateful when my friends invite me for roast suckling pig, Tualang prawns or fresh crabs. I enjoy them thoroughly but often I find myself yearning for some of the dishes my Grandma used to make. Or a simple plate of *Char Siew*.

Hence when a new signboard went up in Ipoh Garden, a few doors down from my favourite Chinese grocer, *Choy Company* and a short distance from Ipoh Echo's new premises on Jalan Dato Lau Pak Khuan, I took notice and promptly went for a taste test.

From the Chinese *Lo Chiew Pai*, they have translated it into “Old Man”, an unpretentious fan-cooled restaurant serving wholesome dishes, just like Grandma used to make. I was optimistic that here I would find that ineffable taste of my childhood and I was not disappointed.

A lot of their dishes are cooked and served in clay pots; complex blends of herbs and condiments resulting in dishes that are quite compelling while some

of their other specials are classic and not often offered nowadays.

I am fussy about *Char Siew* (that ubiquitous red pork you see hanging from some stalls) and I don't often eat or buy it home unless it measures up to my specifications. Here at Old Man, it does, all homemade, succulent, tender and with enough fat to make eating *Char Siew* worthwhile. Here it is served fusion style with a small salad, **RM13**.

Next, we had the *Sek Pan* or *Garoupa* smothered with ginger chunks, *Dong Quai* or Angelica, Goji Berries and *Mook Yi* or wood ear, served wrapped in foil with a liquid fuel burner below. We were told to wait exactly 12 minutes which they time and on the dot they come over to your table and lift the foil, the liquid fuel having burnt itself out. Unusual and well timed as the fish was perfectly steamed. Market price and depending on type of fish.

I had forgotten all about this soup until it arrived, evoking memories of my childhood. **Coconut Chicken**

Soup has a quarter chicken, steamed for six hours in an old coconut with Chinese herbs like *Yuk Juk* (Solomon Seal), ginseng tails, goji berries, *Wai San* or Chinese Yam, nuances of coconut permeating the soup and blending with the rest of the herbs. Umami and delectable; **RM25**.

The *Wu So Gai* or whiskered chicken was braised in Chinese wine and chestnuts, the sauce reduced to a thick and robust coating over all the bits and pieces; **RM28**.

Yat Pun Po, the one-pot stew, with duck, pigs tail, chicken feet, intestines, pig's tripe, mushrooms and bean curd skin was a clay pot full of collagen rich goodness, the taste robust, and flavour unforgettable. Definitely worth a re-order; **RM28**.

Old Man Seafood Restaurant is definitely one of the places I will use as my ‘canteen’ whether its during or after office hours. Being so conveniently situated so close to the Ipoh Echo office gives it preferential status!



Old Man Seafood Restaurant
60 Jalan Dato Lau Pak Khuan, Ipoh Garden, 31400 Ipoh.
4° 36' 42.6996"N 101° 6' 27.3996"E
Business hours: 11am-11.30pm; Monday closed
Tel: 012 480 2759; 016 499 0905

Wellness

Creating Awareness on Cervical Cancer

Hospital Fatimah Ipoh organised a Cervical Cancer Awareness campaign on Tuesday, April 3. The aim of the campaign is to instil awareness and to encourage women to screen themselves. Cervical cancer is the second most common cancer among women in Malaysia. However, it is one that can be prevented.

Five pageant beauties from Hawaii, Mauritius, Ireland, New Zealand and India joined in to assist in the campaign. They handed out umbrellas and bookmarkers containing information on cervical cancer at Buntong Market and Bercham Market. Ninety five lucky women were given vouchers which entitled them for a free pap-smear test at Hospital Fatimah.

“The aim is to detect the condition before it becomes cancerous. If it's detected early, major and drastic treatments such as chemotherapy can be avoided. You'd be spending about RM25,000 to RM35,000 on radiation and chemotherapy if you have cancer. Not to mention the excruciating pain you have to go through. Therefore, it'd be much better to prevent it,” said Dr George Chan, the resident consultant obstetrician and gynaecologist of the hospital.



He stressed on the importance of HPV vaccination. The vaccine, he added, merely reduces the chances of getting the disease but does not prevent it. “Women should get screened even after they are vaccinated. Once a woman is sexually active, they need to be screened,” he said.

Despite the campaign, Dr George still thinks more needs to be done to spread awareness on cervical cancer amongst Malaysians.

“There has not been enough coverage. The government has started vaccination programmes in secondary schools. However, we still have to raise awareness on the importance of getting screened. Women in Malaysia are encouraged to go for a pap-smear test at least once every three years.”

Joshua

Nosh News

Cream of the Crop (Part 1)

By Ili Aqilah

What is the best way to fight the scorching hot weather we are having these days? A scoop (or two!) of Ice Cream of course. But where to get the good ones? We list top four must-go cafes that offer not only good ice cream but also other irresistibly good desserts that are too good to be true!

Bella Zia

Located at Jalan Sultan Iskandar, Bella Zia opened its first store in April 2017. The cafe serves over 50 different flavours of gelato an Italian-style ice cream that is said to be better than your usual ice cream. Gelato is made with fresh ingredients, fresh milk, contains no colouring or artificial ingredients hence it is less sweet, contains less fat and cream compared to the normal ice cream in the market.

The shop has an assortment of gelato flavours but popular ones are Sicilian pistachio, sirap rose bandung, tiramisu, pineapple, cheesecake, banana, hazelnut and more!

The price for a single scoop is RM7, RM13 for double and RM18 for triple scoop.

Aside from gelato, Bella Zia also offers other desserts such as Italian style Puffs (RM12 with one scoop of gelato); Tiramisu Cup and doughnuts; and the cafe is constantly adding new desserts. Customers can try Chocolate Affogato (RM14.90), Waffle Gelato (RM12) and Gelato Lava Cake (RM14.90).

You can wash down the gelato by trying assorted drinks available at the cafe such as Cappuccino (RM8), Americano (RM7.50), Soda Espressos (RM9) or Sarsi/Sirap Rose/Orange that come in two sizes: regular (RM6) and large (RM8).

Bella Zia is located at, 23 (Ground Floor), Jalan Sultan Iskandar, 30000 Ipoh and opens daily from 11am-8pm (Sunday-Thursday) and 11am till 9pm (Friday and Saturday). For bookings and reservations, call 05 241 1702.

**Hello Elvis**

Operating since January 2016, Hello Elvis was featured in Ipoh Echo issue 229 (February 16, 2016). Now, not only do they have soft-serve ice cream, the cafe has expanded their menu to serving pasta, waffle, churros, snacks and even cakes.

Among their “must-have” ice creams are Better Than Ex (Ice cream served with marshmallow dipped in chocolate, Kinder Bueno, chocolate balls and cereal, RM12), Amazin’ Latte, Amazin’ Black Forest and their signature menu, Elvis Twist; Waffle served together with caramelised banana (RM14.50). Hello Elvis also has the famous Kulacakes Mango Cheesecake sourced from Kulacakes, a cafe located in Pahang.

The ice cream is made freshly at the cafe and customers get to enjoy their desserts while listening to 60s music. Other available food at Hello Elvis include Grilled Cheese Chicken Meatballs with cream tomato gravy and wedges (RM15.50), Hello Elvis Signature Brownies (RM7) and Dessert Platter for Two (RM26) that comes with brownies, churros, cheese crackers, pretzels, fruits and chocolate sauce: a must-try!

As there are currently no other Hello Elvis branch in Malaysia other than Ipoh, this cute eatery is a must visit for all dessert lovers.

Hello Elvis is located at 124, Jalan Sultan Iskandar, 30000 Ipoh and they are open everyday except Tuesday from 3pm-11pm (Monday, Wednesday, Thursday & Friday), 2pm-11.30pm on Saturday and 2pm-10.30pm on Sunday.

**Inside Scoop**

Started back in 2013, Inside Scoop’s first store was located in Bangsar, Kuala Lumpur. Now fans of ice cream in Ipoh can enjoy unlimited scoops of Inside Scoop in Ipoh, with a branch located at De Garden.

With over 70 different flavors of ice cream that go on rotation, Inside Scoop covers both local and international palates of ice cream fans. Using only the finest ingredients with no artificial flavourings, among the “must try” at Inside Scoop is Durian (that comes from Raub, Pahang), Cempedak, The Tarik, Cendol, Kopi Peng and Salted Gula Melaka.

Classic ice cream flavors such as vanilla bean and chocolate are also available at the shop for RM8 (single scoop), M13.50 (double) and RM18.50 (triple). They also have assorted sorbet made from fresh fruits such as coconut, mango and others.

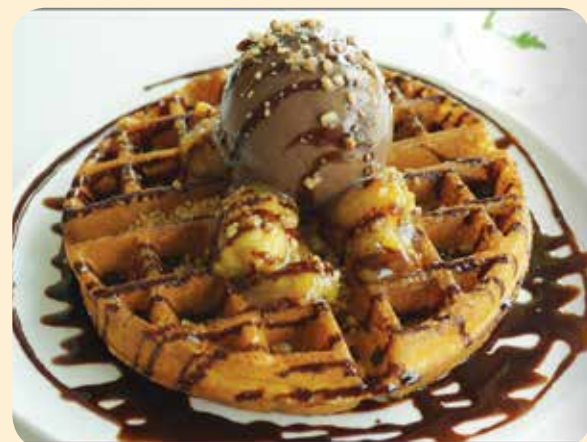
Visitors can also enjoy their ice cream with waffles. You can either choose buttermilk or charcoal waffles to go with any ice cream flavour of your choice. The price for waffles (you

can choose single/double/triple scoop) starts at RM14.50 for buttermilk and additional RM1.50 for charcoal waffle. You can also opt from their selection of waffle creations such as Nutella, Salted Egg Yolk or Banana.

The cafe also makes ice cream cakes where customers can choose any flavour they want for the cake with the 7-inch starting from RM128 and the 9-inch from RM188 or pick one of their signature cakes such as Rocher (RM128), Tiramisu (RM128) or Bombe Alaska (RM88). Customers can also organise parties at the cafe!

Those who wish to *tapau* (take home) the ice cream, can choose two sizes: 650ml (up to two flavours, RM41.50) or 400ml (1 flavour, RM30.50).

Inside Scoop Ipoh opens everyday from 1pm-11pm (Monday-Thursday), 12.30pm till midnight (Friday & Saturday) and 12.30pm-11pm on Sunday. The shop is located at DGR-5, Ground Floor, Zone D, De Garden No. 1, Persiaran Medan Ipoh, Medan Ipoh, 31400 Ipoh. Reservation and inquiry can be made by calling the branch at 05 543 9640.

**Hokkaido Ice Cream**

Instead of having your ice cream on its own, Hokkaido Ice Cream is taking it to the next level by serving it with puffs. With more than 10 branches in Malaysia, Hokkaido Ice Cream comes together with a special puff pastry shell that is crunchy and made daily at the shop.

The branch in Ipoh started its operation on September 2016 selling over ten different flavours of ice cream such as Yam, Green Tea, Mango, Vanilla Chips, Raspberry, Cookies & Cream, Coconut and more. Each scoop of ice cream will be put inside a puff and priced at RM4.30 per piece.

Thirsty while enjoying your ice cream? Sip on a variety of drinks, such as 3-Layer Wheatgrass (RM5.80), 3-Layer Wheatgrass & Durian (RM6.80), Beauty White Coffee (RM5.80) or Jumbo Ice Lemon Tea/ Lemon Cola/ Sprite priced at RM4.80 per pack.

The cafe also has a seasonal menu such as Yoghurt Puff and Musang King Puff and Boxing Fries where customers can choose different condiments to go with the fries such as mayonnaise, black pepper, BBQ, chili and tomato.

Hokkaido Ice Cream Puff is located at 34, Jalan Yau Tet Shin, Ipoh and opens every day from 11.30pm-7.30pm on weekdays and 12pm until 9pm during weekends.



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SUNWAY®**Home-sharing Hospitality . . . continued from page 2****De Café & Rest House**

Dawson from De Café & Rest House decided to put the rest house for Airbnb service a month ago.

"Here at De Café & Rest House, we offer capsule beds with reasonable price. Located right in the centre of Ipoh, our rest house is actually a 100-year-old-building," said Dawson.

Aside from providing a comfortable space for the guests to relax and recharge, Dawson and his team go the extra mile with their hospitality by helping the guests book and arrange their transportation and activities.

"I believe that Airbnb can compete and challenge the hotels. With affordable pricing that most Airbnb hosts are offering, why not go for Airbnb instead of expensive stays?" added Dawson who has also tried several Airbnbs before.

Among other facilities available at the rest house is free WiFi. Each capsule bed is equipped with basic amenities such as privacy blind, personal locker and individual power sockets that comes together with dual USB port. The place also has a common area which is the café section for guests to mingle and meet other travellers.

De Café & Rest house is located at 35, Jalan Sultan Iskandar, 30000 Ipoh and can be contacted at **05 246 1010** or readers can visit their Airbnb profile at <https://bit.ly/2H7p2Lb>

**Vintage Café and Guesthouse**

Hosting since February 2017, Davin from Vintage Café and Guesthouse believes that Airbnb is indeed the best platform to promote the stays as it comes together with secure payments which are made promptly.

"Currently we only have one property in our Airbnb profile, but it is divided into three different listings: the entire floor, the king room and the queen room," said Davin who added that Airbnb can certainly compete with hotels since the process to book the place is easy and thanks to the system, it has been a smooth sail for his side as well.

"We have many memorable stories about our guests but the best is definitely getting to know them. We meet, bond, make friends, eat together and even organise parties and trips with guests from all over the world," added Davin.

Located in the Ipoh old town area with a lot of historical buildings, Vintage Guesthouse has a vintage theme but complete with modern essentials such as free WiFi, TV, dining table, mini bar, kitchen and more.

Readers can check out their Airbnb profile at <https://bit.ly/2GLJTAc> or contact Davin at **012 668 0272** or **05 241 4955**. The place is located at 21, Jalan Market, 30000 Ipoh. Read the review on their cafe here: Ipoh Echo issue 278.

**The Traditional Hotel Experience**

So how does the mushrooming of home-sharing service such as Airbnb and homestays affect hotels' occupancy rates? Do mainstream hotels still have a competitive advantage?

Maggie Ong, chairperson of **Malaysian Association of Hotels (Perak Chapter)** expressed, "Any increase in lodgings inventory in the market will definitely affect the current players in all aspects. Anyhow this is good for the consumers and will create a bigger market. I have always believed in healthy competition and it's the way to go forward."

"Currently Airbnb and homestays are not regulated and without any guidelines which can create an unequal business environment. For the hospitality industry to thrive in a more harmonious and balanced environment everyone has to operate according to certain rule sets," Maggie added.

"Every hotel has its own selling points and characteristics. As such hotels will continue to survive among such other products," she concluded.

For Peggy Lim, the operations director of **Sarang Paloh Hotel**, she believes that

Airbnb does affect the hotel industry.

"The rising number of Airbnb places in Ipoh does affect the market because half of our customers are actually locals. A lot of them are very price sensitive and they are not necessarily looking for an experience, they are looking purely for a resting point, while our hotel is more like a retreat where people can spend quiet time," said Peggy.

However, Peggy added that thanks to their heritage building and feel-at-home service provided by the staff, Sarang Paloh constantly has many regular customers and those who were recommended by friends.

Sarang Paloh is located at 12,14,16 Jalan Sultan Iskandar, 30000 Ipoh. Readers can visit their website at www.sarangpaloh.com or contact **05 241 3926** for bookings.



Malar Augmentation

Dr. Leow Aik Ming

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

Introduction

Malar augmentation or cheek augmentation provides volume and contour to the cheek that lacks of definition. Strong and prominent cheekbones are often part of an aesthetic and well balanced face. They help highlight the midface, promote youthful appearance and beauty. Flat cheek areas are usually a result of an underlying deficient bone structure. It is important to appreciate the differences between female and male cheekbone structures and what makes them look aesthetically better. Males are usually having a higher cheekbone, whereas females have a lower and more anterior cheek fullness according to the definition of aesthetic beauty.

The main objective in malar augmentation is to create an ideal facial profile and restore facial harmony that suits individual needs and ethnicity. Depending upon the requirements, malar augmentation can be done either as a single procedure or in combination with several surgical cosmetic procedures such as facelift or chin augmentation. There are various types and shapes of cheek implant that can be used to augment the deficient cheek areas. These implants can be inserted via incision made intraoral or through the lower eyelid. Other methods of cheek augmentation include autologous fat grafting or filler injection.

Indications

- Individual who has positive outlook, realistic expectations and specific goals in mind for improvement of facial appearance
- Individual with weak cheek structure, a narrow or flat face
- Individual who has lost cheek volume or contour due to the effects of disease or aging

The risks and safety information on cheek augmentation

It is important for patients to understand that every surgical procedure has its own complications and down time. However, if a patient is assessed properly before the surgery and postoperative care is given adequately, these risks can be eliminated or reduced. The risks involved in cheek augmentation may vary depending upon the nature of the surgical procedure. In general, some of the risks involved are:

- Bleeding, Blood clot, Infection, Bruises and swelling, Poor wound healing, Persistent pain, Scarring, Injury to the surrounding nerves, blood vessels, muscles or bones, Changes in the skin sensation, Skin or bony contour irregularity, Problems associated with implants, Asymmetry, Anaesthesia risks, Possibility of revision surgery.

Postoperative expectations

During the initial healing phase, patient may experience pain, numbness, bruises and swelling around the cheeks. Occasionally, patient may experience tightness during mouth opening. These symptoms are transient; usually last about 3-4 weeks. Intraoral sutures do not have to be removed but if there are any sutures on the lower eyelid, they are usually removed about 7-10 days after the surgery. Oral antibiotics and analgesics will be prescribed to reduce the risk of infection and postoperative pain respectively.

Postoperative care

- Follow the postoperative instructions given carefully
- Head elevation especially when sleeping for 1-2 weeks
- Take the prescribed medications as instructed
- Regular application of ointments and cold compression around operated areas
- Regular mouthwash or gargle after every meal if there is any intraoral wound
- Avoid strenuous physical activities for 3-4 weeks

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

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

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

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



Business

A Day at Daybreak Centre



The Federation of Malaysian Manufacturers (FMM) Perak organised a visit to Daybreak Centre on Tuesday, April 10 as part of its Corporate Social Responsibility (CSR) programme. The visit was in conjunction with the organisation's 50th Anniversary.

Members of FMM Perak, from 26 business entities, took part in the visit. They were briefed on the training provided by the centre. They were then taken on a tour around the facility to better understand the kind of training the trainees undergo.

FMM Perak Chapter Chairman, Dato' Gan Tack Kong stressed the importance of providing people with disabilities an opportunity to live a normal life. "We strongly believe that these trainees, despite their disabilities, have the potential to be gainfully employed in industries since they had undergone vocational training at Daybreak Centre," he said when addressing those present.

Puan Sri Dato' Sandra Lee, the Executive Chairman of Daybreak, expressed her gratitude to FMM for being very supportive of her organisation by providing jobs to the trainees.

"We don't want to send them home once they've completed their training. We want them to have jobs so they're able to generate an income. Members of FMM have been providing jobs to our trainees. It's been a very rewarding partnership," said Sandra to Ipoh Echo.

Joshua

Community

JCI Kinta Youth Development Programme

Junior Chamber International (JCI) Kinta has conducted its first youth development training programme in Ipoh.

Titled "JCI Admin Official Training", the programme was structured to educate the youth on the functions and operations of non-governmental organisations (NGOs).

More than 20 participants attended this programme with some coming from Taiping and Sitiawan.

The President of JCI Kinta, Ngai Chee Hau said, "These programmes are a way for us to develop youth understanding on the importance of NGOs in our societies. It is equally important that they acquire knowledge on how to operate the NGOs which they are in to create maximum impact in their causes".

The programme was also co-organised with JCI Taiping and JCI Sitiawan.



CORRECTION

With reference to "By the Light of the Moon" (issue 278, April 1-15), it should be noted that from the 12th century, Indian classical music began to diverge into two distinct styles. Hindustani music (which had Persian and Arabic influences in Northern India) and Carnatic music which remained unaffected by these influences. In fact, Carnatic music flourished in Southern India under the patronage of the southern kings, and is taught and learned through compositions.

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Math education. With his vast experience and educational background (Graduated in Mathematics and Statistics from University of Warwick), through special methods by Mathnasium, your children will receive both instruction provided directly by instructors who are rigorously trained and also practice by doing highly prescriptive worksheets under direct supervision.

Parents can send their children from 6 years old onwards to Mathnasium, they have a program from pre-school children up to higher secondary school. However, it is encouraged for parents to send their children early because Mathnasium aims to help students to develop number sense while building their numeral fluency in preparing them to face challenges for the future.

Mathnasium Ipoh Garden is located at 26A, First Floor, Lorong Taman Ipoh 1, Taman Ipoh Selatan, 31400 Ipoh (located behind Ipoh Garden Square and above ABC Pets). Readers who can also contact 016 550 6284 (Math) or email at ipohgdn@mathnasium.com.my or visit their website www.mathnasium.edu.my. The centre is open on Monday till Wednesday (5pm til 9pm) and Sunday on (1pm till 5pm)

Ili Aqilah



Mathematics is usually a tough subject to love among students; either we love it or we don't. However, we cannot deny the importance of mathematics.

Many parents wish for their children to excel in this subject but it can be hard for the children to do well if they don't love the subject in the first place. How do you encourage your kids to love mathematics? Is there a way to nudge them along?

Parents in Ipoh can now breathe a sigh of relief as a new branch of Mathnasium opened in Ipoh recently in conjunction with Pi Day (March 14th or 3.14 that mathematical constant, the ratio of the circumference of a circle to its diameter) . With six outlets in Klang Valley, this latest addition will bring the Mathnasium formula to Ipoh.

So what is the Mathnasium formula? It incorporates fun into the process of learning that is going to make your kids love mathematics! With this unique approach that focuses on the fun in mathematics, your kids will be eager to learn math!

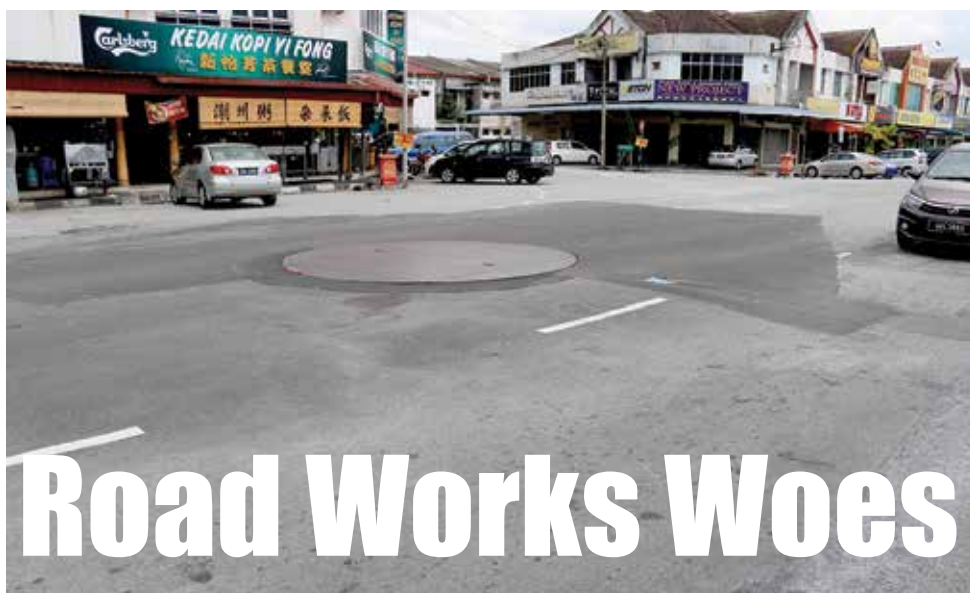
Upon enrollment, students will undergo an assessment to determine their strengths and weaknesses after which a customised learning plan will be designed for your child. At Mathnasium, it is common to see lots of one-on-one sessions because attention to individual students is emphasised.

Mathnasium uses a special method that has been developed over the past 30 years by its founder, Larry Martinek who has more than 35 years of teaching experience. Based on his experience and research, Martinek devised a curriculum that covers counting, numbers, measurement, algebra, statistics, problem solving and reasoning that is designed specifically to develop children's genuine "number sense" and a true understanding of how numbers work together.

Students will be guided by qualified instructors who use guided practice and engaging students at every level and endow them with a deep understanding and love of mathematics. At Mathnasium the goal is to ensure that every child is equipped with number sense, math vocabulary and perception of numbers; this will help them to understand the problem to be solved before attempting to solve it.

At Mathnasium Ipoh Garden, the team of instructors is led by Centre Director Lau Kian Hui, a private math tutor with over 10 years of experience. Lau is familiar with the Mathnasium method and found that the method is similar to his principles in

Community



Road Works Woes

If one takes a tour around Ipoh, he or she gets to enjoy the sights of people, nature and heritage architecture, reminiscent of yesteryears.

However, one may be left baffled by the staggering amount of white-red plastic barriers creating bottlenecks at roundabouts and roads around the city.

These barriers are covers for unsightly sewage upgrading works currently in progress in various parts of Ipoh. Though one may experience some inconveniences while passing these sites, it is, as the authorities have insisted, for the betterment of the city.

The sewage upgrading works, on the whole, have raised eyebrows and are a serious concern for residents.

Round metal covers are being placed over holes dug in the roads and are being paved over. The paving-over jobs are, at best, shoddy. Motorists fear going over them as some look flimsy and in poor condition.

"We appreciate the authorities' efforts to improve the city's archaic sewage system but the roads are not being adequately repaired upon completion of a spot," lamented Kat Wong who lives in Ipoh Garden. Residents, from different housing estates who are affected by this problem, are concerned for their safety when driving past the affected areas.

One of their biggest concerns is the danger these roads pose.

"We're not aware if any accident has ever happened but it's just a matter of time," said Eric, who lives in Tambun. The plastic barriers, according to him, take much of the

road space that two lanes have become one. Most motorists become unduly cautious upon seeing a car from the opposite side.

What happens when two cars do not want to give way? A head-on collision is the result.

"I've seen cars avoiding the manhole covers. Accidents can happen anytime if drivers are not careful," sighed Paul, another Ipoh Garden resident.

The one lingering fear most residents have is the possibility of the manhole caving in.

Jack, who lives in Bercham, said that he had a bad experience with regards to the manhole covers. One of his car tyres was punctured after going over one such manhole cover in Bercham.

"Jack was lucky that only his car tyre was punctured. Can the covers stand the weight of heavier vehicles that ply along the roads?" asked Eric.

The Tambun resident revealed that there were instances when the manhole covers were not placed properly. Some were even left slightly ajar. A tragedy is waiting to happen and when it happens, fingers will point in all directions.

Looi, another concerned resident from Gunung Rapat, cautioned that areas where motorists should exercise care when driving, are along roads in Bercham, Pasir Pinji, Fair Park and areas around the stadium. Major road works are concentrated here.

It is hoped that contractors responsible for the upgrading works will ensure adequate measures are taken to safeguard road users.

Amy Chan

A BRIEF STORY OF STEM CELLS

We have known about stem cells for a long time. We knew they are the building blocks of life even as far back as the 19th century. There are almost 40 trillion and 200 different types of them in our small body. They are unique from other cells in the sense that they are unspecialised, can proliferate and renew and can differentiate into any specialised cells.

Many discoveries relating to stem cells have been made since our first awareness of their existence eg. the first bone marrow transplant in the 1960s; discovery of their presence in human cord blood in the 1970s; the first stem cell line developed in the laboratory from mice and from a hamster in the 1980s; and in the 1990s, the first stem cell line from a primate; a cloned lamb from stem cells; development of the first embryonic stem cell lines and from foetal gonads, and in 2000, the production of different cell types from mice stem cells.

There are three types of stem cells. Embryonic stem cells from embryos can differentiate into almost any specialised cells. Adult stem cells are present in bone marrow, brain and blood, and the third type are derived from cord blood and has the most potential in the treatment of diseases.

Stem cells have been used to treat leukemia via marrow transplant. They may also be helpful in the treatment of stroke, spinal cord injuries, diabetes, heart disease, Parkinson's and Alzheimer's diseases and many other ailments.

Babies' umbilical cord and placenta are rich in stem cells which have life-saving potential. These cells can now be stored in stem cell banks which can be used to treat many diseases for the child and family, now and in future. More than 35,000 cord blood transplants are done globally and the potential is enormous.

Stem cell research is progressing rapidly with new discoveries annually. There is increasing potential of new uses of stem cells therapy which will benefit mankind in years to come.

This article is contributed by Stemlife Berhad.

Written by:

PROF. DR. HASHIM MD. TAHIR

Professor in O & G

MBBS (University of Queensland, Australia) 1980

MRCOG (London) 1987

AM (Malaysia) 1995

Tender Loving Care

The Love and Care Christian Community Service Ipoh visited Kampung Ulu Jelintoh on Saturday, March 31. They were there for a noble reason – to provide assistance to the Orang Asli villagers.

Kampung Ulu Jelintoh is located about 6km from Gopeng. The whole village, amounting to over 300 personnel, turned up for the event.

The society hopes to reach out to the Orang Asli community by organising such programmes.

"We're glad to interact with the villagers of Kampung Ulu Jelintoh. They've been eagerly waiting for our visit," said Jenny Ding, a committee member.

Ding said that it was not food and financial aid that the villagers sought, but love and tender loving care, especially the children.

According to her, the Orang Asli community needed more assistance from the authorities, especially from the state government. Their dilapidated houses were in dire need of repairs. They find it difficult to manage their lives properly while confronted with these lingering problems.

Ding urged other non-governmental organisations, with similar interests, to lend a hand in resolving health and hygiene issues faced by the community.

Rosli Mansor



Community

Class of '68 Reunion

Sam Tet Secondary School's Class of '68 held their 50th anniversary reunion at Kinta Riverfront Hotel on Friday, March 30. Approximately 70 students and seven teachers were present. Attendees were given stickers with their names and their classes.

The night started with cocktails where everyone were renewing their kinship. Small groups could be seen in every corner of the room, laughing out loud, drinking and cheering one another.

Some were trying to recall faces and names of their schoolmates. Time sure flies and it only seemed like yesterday when they left school. Who would believe that it had been 50 years since their last day at Sam Tet?

Soon it was time for the Chinese-style dinner. Everyone tucked into the yummy array of soup, chicken and prawns course by course.

As they ate, they continued with their stories, each trying to outdo the other. A video clip paid tribute to those who had departed.

The former students, now in their late sixties, were glad that they could attend their 50th anniversary reunion dinner.

Amy Chan



Baha'i Naw-Ruz

Ever heard of Naw-Ruz? It is the Bahá'í New Year celebration held after fasting for 19 days. It marks the first day of the new spring. It focuses believers on spiritual development, a time for reaffirming and strengthening commitment in one's personal transformation.

"During Naw-Ruz, the Bahá'í followers visit each other and sit down in large groups for a communal meal. Friends from other faiths are invited to join in the celebration," said Associate Professor Dr Perumal Nallagownden, the chairman of the Local Spiritual Assembly of Ipoh.

This year, Naw-Ruz started at sunset on Tuesday, March 20.

On Sunday, March 25, in the true spirit of unity and "1Malaysia" the Bahá'ís held an open house at the Royal Ipoh Club to celebrate Naw-Ruz. Over 200 people attended the dinner.

The joyous and intimate atmosphere was no less festive and significant with food, prayers and lots of fellowship. Performances for the evening included dances, skits and choral speaking.

It was, by all reckoning, a successful evening contributing to goodwill and harmony amongst the multiracial, multi-religious and multi-cultural society in Malaysia.

Amy Chan



Connexion

By Joachim Ng

Neighbourhood self-governance (Final part)

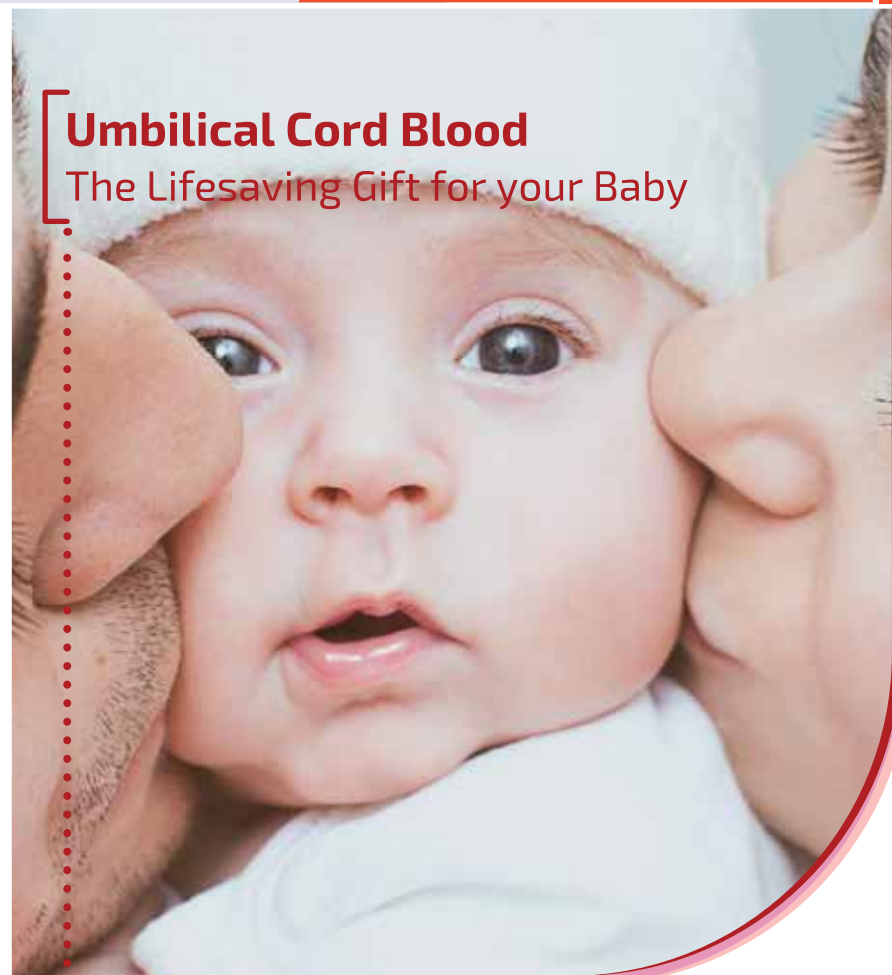
In a matter of days you will be casting your vote for people who aren't really close to you. A more familiar face would be your good neighbour. Living down the street or running a business at the corner, s/he may be a lot better suited to deliver results for your local community.

If your neighbour is a property owner duly paying the yearly assessment tax, s/he ought to have legal right as a ratepayer to participate in governing the neighbourhood. Without ratepayers contributing their hard-earned money, the local authority of a town or city would find its income halved.

Hence, there should be a Neighbourhood Management Act carving up every urban area into neighbourhoods and stipulating that all neighbourhoods must elect a management committee of perhaps 10 ratepayers to govern the locality. There must also be appointed members — public servants — perhaps five, to give advice and to execute decisions as full time professionals. A growing trend is the development of secured eco-friendly neighbourhoods. In such locales the developer should be contractually authorised to undertake the public service role in the management committee, and there should be lower assessment tax on ratepayers as the developer is absorbing the cost of public services.

Elected members of the committee — the ratepayers — could serve a two-year term with a cap of two terms. How do we ensure that the right people get elected? Ah, no way out of politics. But there is a new way: Artificial Intelligence (AI). This transformative software with deep-learning abilities can be programmed to identify ratepayers who best fulfill the criteria of socially responsible, knowledgeable, and non-partisan leadership. AI can produce a slate of qualified candidates every two years from which to elect the ratepayers. It can also be programmed to assess without any bias the performance of every committee member — elected and appointed. To ensure that all elected members serve without grouching, they should be given a small monthly allowance on condition they fulfill their duties.

Neighbourhood self-governance provides the connection between strangers, transforming them into neighbours, and binding all Malaysians together regardless of ethnicity, religion, culture, or profession in the recognition that “we” share the same common interests. We have a common identity as neighbours; we can walk the talk together in governing Malaysia better.



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LETTERS

We reprint some of our reader's comments from our online paper. Go to <http://www.ipohecho.com.my/> to read more. The views expressed in these letters are not necessarily shared by the Editorial Board. We reserve the right to refuse or modify the letters we publish.

Sleep Our Children Safe

Young children, especially those under five years of age, are ‘fragile’ and open to many risks. In recent years we have become increasingly aware that some small children die as a result of suffocation while sleeping with their parents. This is a tragic event and one that can be prevented. Parents need to watch over small children and a mother may be breastfeeding even at night; hence we do need them close to us. But sleeping with them in the same bed is hazardous. The key is room sharing, not bed sharing – children near to us but not in the same bed.

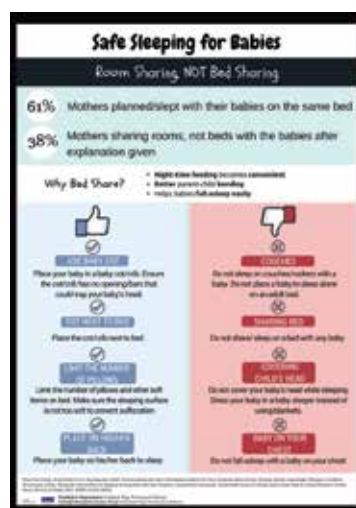
The Clinical Research Centre (CRC) at Perak conducted a study to see how common this behaviour is and if we could advice parents to change their practises. We initially followed up 95 mothers who had just given birth. One week later we called them to check their family sleeping behaviour. 61% of these parents were sleeping in the same bed as their baby.

We then followed up another group of 95 mothers who had just given birth. This time we asked them their planned sleeping behaviour before they were discharged from the hospital. Again 61% said they planned to sleep with their baby in the same bed. We then explained to them the risks of suffocation and advised on room sharing and not to bed share. We advised for the baby to be in a cot beside them, or on a separate mattress on the floor. One week later we called them to check their family sleeping behaviour. It was rewarding to note that only 38% of these parents were sleeping in the same bed as their baby. This means that a sizeable number of parents had changed their plans from bed sharing to room sharing. This was an encouraging change and showed that many parents were not previously aware of the risks of bed sharing.

In international data and studies, 15-20% of unexplained deaths in young children are attributed to bed sharing. This is easily prevented. We hope the media can help communicate this message to our public and assist in behaviour change. The key message for families with young children is “Room Share, Don't Bed Share”. We have attached an educational leaflet for parents for dissemination. We also hope all healthcare professionals who work with pregnant mothers and young children can communicate this important message.

Children are precious to all of us. The death of one child due to a parent rolling over them or accidentally smothering them is a tragedy. This simple message “Room Share, Don't Bed Share” may save a child's life. We hope you'll share it with others.

**Dato' Dr Amar-Singh HSS, Head
David Chang Chee Tao, Research Pharmacist
Clinical Research Centre Perak.**



Jelapang Government Clinic

As a regular patronizer to the Jelapang government clinic, I have some important observations to be shared with the respective authority.

Our health services at the Jelapang government clinic which were fairly satisfactory at one time are beginning to deteriorate. To illustrate certain shortcomings, firstly, the parking space in the Jelapang government clinic is very limited. Thus, it causes visitors to the clinic to double park. The security guards manning the space are normally over 60 years old and are quite ineffective. Some immediate attention needs to be given to overcome this uncalled-for double parking problems.

Secondly, some clinic staff clock in on time, but leave the premises for other matters.

Thirdly, patients waiting to see the doctors, normally, have to wait a long time. The waiting space at the foyer is limited, and it causes inconvenience to the waiting patients. I have noticed some very elderly patients standing and waiting for a seat.

Fourthly, after the health check up, we need to head to the pharmacy. Here, with limited space and more waiting, can make a patient very depressed.

But the Health Minister, Datuk S. Subramaniam, always emphasizes that the health services in Malaysia have improved with a lot of new buildings and facilities. I need to remind him that, the quality of service is not the same thing as expansion of facilities. Expansion of facilities, it is true, can lead to positive changes in certain respects but it is wrong to equate it with improved quality of service.

As an illustration, there are undoubtedly better facilities for playing badminton today (indoor courts in Meru township Ipoh), compared to the past. This has perhaps widened the reservoir of badminton potential available to us. It does not however mean that the quality of the game has also improved. Similarly, there has been tremendous physical expansions in clinics, but, within this perspective that my point about health services should be understood and improved, especially at the Jelapang government clinic.

S. Sundralingam

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News

Earth Hour 2018 @ Meru Valley Resort



Throughout the month of March, a series of events were held in honour of Earth Hour at Meru Valley Resort. Similar events were held around the world. It kick-started with the Earth Hour Pledge Campaign and towel sales from March 5 to 24. The public was encouraged to write messages on printed leaves and tie them to the pledge tree branches at the Dome Restaurant.

Face towels were on sale at all outlets of the resort at RM10 a piece. Proceeds from the sales were remitted to the World Wildlife Fund (WWF) Malaysia.

On Saturday, March 24, a number of events were lined up. The day began with a 5km Earth Hour Morning Walk at 7.30am. Over 80 members, residents and staff from associate companies of Meru Valley participated. They were in white Earth Hour T-shirts and holding miniature flags. After the walk, participants gathered to form the 60+ formation and a drone was used to take footage.



The next event was a treasure hunt for all ages. Some 20 adults and 10 children, between 7-12 years old, took part. Each contestant was given question sheets to answer. Adult participants received a 50-percent-discounted-foot-massage voucher each while the top three winners won free foot massages. The children received gift hampers.

The Earth Hour Health Day was a joint effort by Meru Eco Clinic, KPJ Ipoh Specialist Hospital and Hospital Raja Permaisuri Bainun Ipoh. A blood donation drive and free health screening were on the cards too.



Health talks by Dr Monesh Pillai from Meru Eco Clinic and Dr Lee Mun Toong from KPJ Ipoh Specialist Hospital were also organised.

March 24 also marked the Earth Hour Recycling Day and Earth Hour Golf Day. In the evening, guests were invited to partake in the lighting-up of the iconic 60+ formation at the swimming deck. The Earth Hour 60+ Countdown began at 8.29pm.

Concluding the month-long celebration was the Earth Hour Candlelight Dinner at the Dome Restaurant. Attendees enjoyed a 3-course set dinner. A 2-person acoustic stroller band was on hand to entertain the diners while they cooled themselves with hand-held paper fans.

As they sat, the lights began to dim and at 8.30pm they were switched off for an hour. It was a fitting end to this year's Earth Hour.

Amy Chan

Record-breaking Wedding Veil

Miss International Malaysia 2016, Olivia Constance Nicholas and Dr Sandeep Menon celebrated their wedding day on Saturday, April 7 – and set a new Malaysian record in the process.

The 27-year-old Ipoh girl is listed in the Malaysia Book of Records for having the longest wedding veil measuring 120.56m. Her pristine white ensemble made of duchess satin, French lace, Swarovski crystals and pearls was designed by Louisa Amy Michael Benzi from the Pretty in White Boutique in Kuala Lumpur.

"Made to measure, this is my dream wedding gown. After seeing Princess Diana getting married, I was inspired by her long veil. Meanwhile, my lacy dress is Kate Middleton-inspired which is simple yet elegant. The creation took five months to complete," Olivia, who has a legal career, explained.

So what's next for the couple? "It's careers for us after this. He will concentrate on his medical specialist examination which is coming up while I will concentrate on my new job joining the corporate sector of AIG in Kuala Lumpur," she told Ipoh Echo.

"I got to know her through social media and started with a word of 'Hi' which ended with the words of 'Will you marry me?'. She has been the most humble and has been a huge support for me," 31-year-old Sandeep from Klang shared.

"For me, he is everything I've always dreamt of in a man. He is dashing in his own way, in every aspect possible. It's beyond words, honestly!" the amiable Olivia added.

Held at The Church of Our Mother of Perpetual Help in Ipoh Garden, the church ceremony followed on the heels of a Hindu ceremony in KL. Olivia's identical twin, Olinda Josephine Nicholas, was the maid of honour. There were four other pairs of twins spotted among the groomsmen (Neal and Nigel Edwin), bridesmaids (Isabelle and Rosabelle), matrons of honour (Maxine and Claudine) and guests (Sandeep's older brother is married to a fraternal twin).

There were guests coming from far and wide from both sides of the family. In attendance among others were eight beauty queens all clad in red from Miss International 2016 pageant who joined the bridesmaid team: Guinevere Davenport (Hawaii), Jess



Tyson (New Zealand), Katherine Gannon (Ireland), Rewati Chetri (India), Huiqi Wang (Singapore), Peachy Quitugua (Northern Mariana), Shavina Hulkua (Mauritius) and Stephanie Dash Karam (Lebanon).

Together with Olivia, the girls attended a week of charitable activities here leading up to the happy occasion. "I wish all success and happiness to the both of them. Plus, it was a great pleasure to be a part of such an eventful platform which Olivia created, where we spread the awareness of cancer and the importance of women's health. Having a great time here, I'm loving the food and the people," Rewati Chetri enthused.

Jess Tyson expressed, "Olivia and Sandeep have got amazing careers ahead of them and passion to help the community so I hope the future is going to be bright for them. Having Olivia invite me here was a once in a lifetime experience and we've been travelling to some of the most amazing places. Hopefully in the future we'll get to meet up again, all of us."

Ipoh Echo wishes them the very best!

Mei Kuan



News

NAI's Bollywood Nite

On Saturday, March 31, Noah's Ark Ipoh (NAI) held its fundraising dinner at the grand ballroom of Syeun Hotel, Ipoh. Guests attended in bedazzling and colourful glamorous suits as the theme of the night was Bollywood. The seven-course Chinese dinner began around 8pm.

Over 500 guests came to join in the fun whilst contributing to a good cause. They were entertained by various performances such as upbeat dance performances by Mast Millenium, D'Artiz, Zumba performances by Pro Fit dance studio, dhol drumming by Black Baajh Bhangra and singing performances by Gul Muhammad from Pakistan. The performances were joined by members and volunteers of NAI too.

"It's really disheartening to know that animal cruelty is still happening today. The public should be aware that the laws have changed since July 2017 to protect these animals. If we witness a cat or dog chained or caged 24 hours a day, we must make an effort to report this act to the Department of Veterinary Services," remarked President of NAI, Peggy Vong.

"We must contribute our part to educate the public. The penalty of animal abuse could be either going to jail or fined more than a thousand ringgit. These steps show that the authorities are taking animal abuse in a much more serious manner and it's a good start. Next time if a stray cat or dog comes up to us, feed it and take a photo to post on social media. Who knows, it might help them find a new owner," she continued.

A video presentation of happy owners who have adopted stray animals was shown. It brought warmth and smiles to guests who attended. As guests danced and sang along to the singing performances of songs such as the popular 'Despacito' and more, it was a night to remember for all.

Khaleeja



Collaboration for Common Good

Perak Community Specialist Hospital (PCSH) will be collaborating with Universiti Kuala Lumpur Royal College of Medicine Perak (UniKL RCMP) for the common good. The collaboration shall bring together various medical students from the field of Physiotherapy, Medical Imaging, Pharmacy, Nursing and MBBS. This will be an excellent platform for the students to expose themselves to the real-world experience and at the same time enable the students to solidify their skills before stepping into the working world.

Chief Executive Officer of PCSH, Nicholas Chan (pic, 3rd from left) believes that it is critical for medical students to understand and make connections between the classroom and the real world. Not only that, Nicholas welcome these students to participate in the PCSH corporate social responsibilities programs, which will give a good opportunity to develop particular skills and exhibit their non-academic abilities as well.

Deputy Director of International, Industrial & Institutional Partnership (IIIP) Division, UniKL RCMP, Ahmad Zakuan Bin Khairuddin (pic, 4th from right) felt that the students would be able to learn about their career field from the inside and decide if this is the right field for them. He also added that the students would be able to work alongside the professionals in the chosen career area.



Business

PCCCI Media Night

Attended by over 200, the Perak Chinese Chamber of Commerce and Industry (PCCCI) held its second annual media night on Monday, April 2 at the ballroom of WEIL Hotel.

The lively evening kicked off with a video presentation introducing the commerce, industry, agriculture and tourism in the state. It was followed by a video montage on the series of events held in conjunction with the chamber's 110-year milestone especially its record-breaking Ipoh Cultural Parade and iconic anniversary dinner.

"The main objective of our media night is to express our utmost gratitude to the media for highlighting our PCCCI activities to the community throughout the year. In conjunction with the occasion, we have His Excellency Wu Jun, Consul General of the Consulate General of People's Republic of China in Penang as our guest of honour to engage in productive and meaningful dialogue with us," said Dato' Liew Sew Yee, president of PCCCI in his opening speech.

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

Accompanied by a live band, a buffet dinner ensued with a lucky draw featuring hampers and Aeon vouchers.

Mei Kuan



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Centre for Tropical Seeds

International vegetable propagating company, Enza Zaden, officially opened its Asian R&D facility at Sauk recently.

The research centre for tropical seeds was set up on a 20-hectare land at Kampung Biong with the assistance of the Northern Corridor Implementation Authority (NCIA).

The Chief Executive Officer of Enza Zaden, Jaap Mazereeuw, said that the company is ready to develop new vegetable varieties that are compatible with the South East Asian market and climate which require terraced irrigated trial fields, greenhouses for breeding activities, phytopathology research and farm support buildings.

The ceremony was officiated by Perak Executive Councillor and Committee Chairman for Rural Development, Agriculture, Plantation, Information and Human Capital Development, Dato' Saarani Mohamad.

Also present were the Regional Director of Enza Zaden Asia, Pankaj Malik and Chief Executive of NCIA, Datuk Redza Rafiq.

Jaap Mazereeuw said Enza Zaden is a leading independent family business supplying vegetable seeds for the last 80 years.

The company upholds the premise that people, anywhere in the world, should have access to healthy vegetables ranging from lettuces, sweet peppers, tomatoes, cucumbers and onions to bitter gourds and hot peppers.

Pankaj Malik said that customers in South East Asia are assured of seeds that will meet the highest international quality standards in terms of germination rate, genetic and physical purity and health.

Enza Zaden's activities in Southeast Asia, on the whole, are considered as fulfilling the state's strategy in modernising agriculture and increasing the income of local farmers.

Luqman Hakim

Arts and Culture

Symphony Under The Stars



Whether you've been married to orchestral music for decades or have just started dating the likes of Andrew Lloyd Webber, Klaus Badelt, Richard Rodgers and John Williams, there was much to love in the orchestral concert, Symphony Under The Stars on Saturday, March 24.

Organised by Ipoh-born brother and sister duo behind the Eugene Pook Orchestra Academy and Estee Pook Academy, it unfolded at The Haven Resort Hotel under specially-constructed clear sky tents right on the helipad.

Under the baton of two conductors, Eugene Pook and Mayya Musaeva, all-time favourites such as Nocturne, overture to The Phantom of the Opera, Edelweiss, theme from Jurassic Park, Pirates of the Caribbean and The Swan were played. The animated Eugene Pook, whose gestures and expressions reflected a universe of feeling, added to the mood of the music and was fun to watch.

Attended by 280 guests, the evening ensued with the instrumental covers of popular songs interpreted by acclaimed soprano, Tan Sin Sim and young vocalists from Estee Pook Academy.

Eugene, who is also the principal of the Eugene Pook Orchestra Academy, shared with Ipoh Echo, "The objectives of our collaborative performance held in The Haven for the first time ever are to let our community know there is hope in our musical future as there are many talented musicians and to bring more vibrancy and diversity to the community."

"Plus, in this tranquil and serene place, that is, The Haven, all that's missing is music! It's very rare to have this kind of right environment," he explained.

"The performance was fantastic and absolutely special!" Kuan Siew, whose two children performed that evening, enthused.

The showcase was the culmination of the intense music camp cum workshop that happened over the weekend. Present was Peter Chan, the chief executive officer of The Haven.

Eugene Pook Orchestra Academy is an orchestra training centre for people from all walks of life, all ages, and all levels. For more info please visit www.eugenepookacademy.com.

Mei Kuan



A Seasoned Violinist

The Greentown Indian Cultural Society organised a fusion musical entitled, "Fusion" at the Perak Culture and Arts Auditorium on Sunday, April 8. The musical was performed by Dr V.L V Sudharsan and his 5-team members from Chennai, India.

Besides being a renowned music director in Kerala and Andhra, Sudharsan is ranked second in the world for Indian Carnatic fusion performance using an electric violin.

Around 200 people, including the High Commissioner of India to Malaysia, Shri Mirdul Kumar were present to witness the violin virtuoso express his musical talent.

The audience was entertained to performances such as the Bhangra dance and the Bharatanatyam before the violinist took to the stage.

Sudharsan and his team wasted no time in captivating the audience with their distinct yet melodious tunes. The audience was enthralled by their spectacular performance.

Joshua

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Down Memory Lane – Traders Encroaching on Main Roads

By A. Jeyaraj



Traders who are required to sell their goods along Horley Street on Sunday mornings are occupying the left lanes and five-foot paths along Jalan Sultan Idris Shah and Jalan Dato Onn Jaafar. These are busy roads and traders are causing massive traffic jams and creating an unsafe situation. Vehicles are parked indiscriminately along these roads.

I remember during the late forties a handful of traders were selling their stuff at the back lane of the former Lam Looking Bazaar, now known as Sew Cheong Building, every morning. Over the years this business has grown, now named 'Down Memory Lane' and is currently enjoying a resurgence in popularity. Most of the people who come here are locals and only a few foreigners can be seen.

In cities of neighbouring countries that I have visited, the week end market is promoted as a tourist destination and is listed in the tourist itinerary. I wonder why Tourism Perak is not promoting this market which is unique. The market must be relocated to a bigger place and stalls better organised. This market must be included in the tourist destination of Ipoh to attract tourists.

Meanwhile for the time being action must be taken against errant traders.

A. Jeyaraj

Heritage

Rebranding Ipoh

An unexpected article about Ipoh in The New York Times has placed this city on the international stage. A spotlight now shines on Ipoh, making it one of the centres of attention for tourism in Malaysia.

In conjunction with this piece of good news, a brainstorming session was held on Tuesday, March 6 at WEIL Hotel on ways to enhance the city's tourism potential.

Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications Dato' Nolee Ashilin Mohammed, and Ipoh Mayor Dato' Zamri Man attended the event. Participants involved were from both non-governmental organisations and government agencies in the tourism industry in Ipoh.

"Now that Ipoh is being recognised internationally, we need to promote the city more actively. I hope that the Tourism Ministry will give us their cooperation as well," Nolee said in her speech.

As part of the efforts to attract more tourists to Ipoh, the Malindo Air Ipoh-Medan flight route was reactivated beginning Friday, March 16.

With the cooperation of MB Incorporated, a time-capsule programme was launched on Thursday, March 8 in conjunction with the 80th anniversary of the last surviving tin dredge in the country. The time capsule will remain buried for 20 years until the 100th anniversary of the tin dredge.

The ceremony was held at Tin Dredge Number 5 (TT5) at Km 9, Jalan Tanjung Tualang where the tin dredge is located. Dato' Nolee and Dato' Aminudin Hashim, CEO of MB Inc. graced the event.

"If the tin dredge could talk, I'm sure it has plenty to tell us. The time capsule will contain the stories of our people. It can be a story for yourself or other people in the future," said Aminudin in his officiating speech.

He also said that there are future plans to develop the TT5 area including the construction of warehouses, a court for traditional games and wayang pacak.

Members of the public can write and submit their stories to be buried in the time capsule. This capsule set can be purchased for RM38 per unit at the TT5 gallery or at Anjung @ TT5.

For further information, visit their Facebook page or Instagram account at [tanjungtualangno5](https://www.facebook.com/tanjungtualangno5) or call 014 904 3255.

Amy Chan



Food – Ramadan

Buffet at Impiana Hotel, Ipoh.

This special buffet is available from May 17 to June 14 at The Coffee House between 6.30pm and 10pm. It is priced at RM78nett for adult and RM55nett for children.

It will feature a variety of mouth-watering dishes such as Nasi Briyani Kambing Masala, Warisan Rendang Tok Man, Udang Sambal Petai Impiana and Kari Daging Batang Pisang – dishes synonymous with traditional Ramadan cuisine.

The Coffee House Ramadan buffet promotion will include a “live-action Bakar-

Traditionally Ramadan @ Impiana

The month of Ramadan is always associated with delicious spreads, not only for Muslims but for other foodies as well. There is no better way to kick off the ‘bulan puasa’ (fasting month) spirit than to indulge in the “Citarasa Kampung” Ramadan

Bakar Station” where barbecued meats and seafood will be served with various local condiments.

An extensive selection of cakes and traditional Malay ‘kuih-muih’ are on the menu to appease one’s appetite after a day-long fast.

To cater to overwhelming requests, Impiana will convert its ballroom as an additional venue for the breaking of fast.

Unlike The Coffee House, the buffet at the Impiana Ballroom will adopt the bazaar-style concept where food can be sourced from stalls. They will offer popular ‘buka puasa’ specialties like Sup Tulang Rawan, Bubur Lambuk Impiana and many more!

A selection of the chef’s specialties and recommended dishes will also be available. This promotion starts from now till June 14 and is priced at RM65 nett for adults and RM45 nett for children.

If you come in a big group, there is a special offer for you and your team. The 9+1 offer is up for grabs. You are entitled to one complimentary voucher when you purchase nine vouchers. However, this is only valid from now till May 15.

Private group bookings can also be made for 100 people and above.

For further information and reservations, call **05 255 5555 ext 8009**.

Amy Chan

Sport**A Century of Sports**

SMK Anderson Ipoh is a school whose origins date back to 1909 and achieving a 100-year sports anniversary is no simple task.

In conjunction with its 100th Sports Anniversary, a sports carnival was held on Friday, March 30 at the school hall. Principal of SMK Anderson Ipoh, Zahidi bin Abd Ghani along with his senior assistants and students of the school joined in to make the occasion an eventful one.

According to Zahidi, the objectives of the carnival were to raise funds to improve the school’s facilities and to set up a gallery to honour past, present and future school athletes.

Present to officiate the event was the Executive Councillor for Human Resource, Youth and Sports, Dato’ Shahrul Zaman Yahya.

“A sum of RM10,000 will be donated to the school. This may not be much but it’s

a good start, nonetheless,” said Shahrul in his opening speech.

He urged everyone to make this year’s sports carnival a grand and extraordinary one.

With a long and glorious history, it is hoped

that with the cooperation of everyone, including the stakeholders, the school’s tradition of producing world and national class sportsmen will be kept alive.

Amy Chan

**Tourism****Upgrading Taiping**

The Taiping Municipal Council (MPT) allocated over RM11 million to upgrade the city via numerous development projects.

Council President, Dato’ Abdul Rahim MD Ariff said that the huge allocation would realise the council’s mission of turning Taiping into the ultimate heritage and tourism destination.

“The council has undertaken upgrading and renovation works at Taiping Zoo and Night Safari, old bungalows, water-treatment system and signage which are essentially Taiping’s ecotourism cluster promotional materials.

“I wish to thank Tourism Perak Management Berhad, Northern Corridor Implementation Authority and the Ministry of Tourism and Culture Malaysia for being



the main fund contributors towards the development of Taiping.

“I am confident that after the completion of these upgrading works, Taiping will be able to attract more tourists from in and out of the country,” he told Ipoh Echo during the Teh Tarik Session 2018 programme at Taiping Perdana Hotel on Thursday, March 29.

According to Abdul Rahim, the council will focus on six anchor tourism products to strengthen its tourism sector.

“We received full support from various public and private agencies to collectively market the main touristic products at all levels, local and international.

“The six main products are Taiping Zoo & Night Safari, Bukit Larut, Taiping Lake Gardens, Taiping Heritage Trail, Kamunting Lake Gardens and Perak Botanical Gardens,” he said after presenting certificates of appreciation to the selected tourism agencies and players.

The tea session was organised by the council. Some 150 participants, consisting of tourism agencies and players from all over the country, were in attendance.

The Chairman of Sabah Parks, Dato’ Seri Dr Tengku Zainal Adlin Tengku Mahamood spoke eloquently about his experience in the Sabah tourism industry.

Rosli Mansor

HAPPENINGS

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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**. Website: **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

BICARA WARISAN (HERITAGE DISCOURSE) TITLED ‘POST INDUSTRIAL MINING LANDSCAPE AS CULTURAL HERITAGE’ BY PN SURAITI AHMAD (UITM PERAK). APRIL 28 (Saturday), 2.30pm at Hotel Seri Malaysia Ipoh. The talk is about how tin mining activities that transformed the landscape of an area unveiled rich cultural heritage values that warrant special protective action and management strategies. Free admission. For reservation call Norhisham **013 424 1917**.

IT

GO DIGITAL TALK. APRIL 25 (Wednesday), 9.30am-12.30pm at M ROOF HOTEL, IPOH. This event is about How Digital Marketing opens new channels for Malaysia SMEs to gain their market share and the strategies on Effective Digital Marketing. It’s FREE but seats are limited. First come first served. To register, contact: Punitha Jeyabalan **05 243 3900**, **punitha@cg.com.my** or Julianna **03 7806 2300 ext. 243**, **julianna@cg.com.my**. Pre-Register at the following Google Form http://bit.ly/godigitalipoh_FB.

MEDICAL

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**. You can also call **15999 Childline** to report bullying.



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