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PERAK'S NEW POLITICAL LINEUP



Pic courtesy of The Star



By Ili Aqilah

Following the unexpected results of the 14th General Elections on May 9, the eventual lineup of Perak's state government was duly announced. Pakatan Harapan state chief, Ahmad Faizal Azumu, took on the mantle of the 12th Menteri Besar replacing Dato' Seri DiRaja Dr Zambry Abd Kadir officially on May 12. He was sworn in by Sultan Nazrin Muizzuddin Shah at Istana Iskandariah, Kuala Kangsar. The executive councillors, ten in all, took their oath of office on May 19 at the same venue.

Executive councillors are equivalent to ministers at the federal level. Each state is allowed to nominate between six and 10 executive councillors and this is specified in the state constitution. They are given specific portfolios and the number may vary from councillor to councillor. The ones responsible for finance, local government, environment, foreign investments and sports (not necessarily in that order) have a heavy burden to shoulder considering the significance of these portfolios.

Continued on page 2

IPOH, An Historic City

During the 1880s, Ipoh wasn't just known as the city of tin mining. In fact, it held various historical artefacts, remains and evidence of human civilisation, thousands of years old.

Tambun Cave is a limestone cave, situated about 4km away from the main town centre of Ipoh. It holds evidence of people from the olden days, dating back to 9000 years ago in the form of primitive drawings.

The drawings are formed on the walls of the cave, some as high as 15m. Figures of humans, animals, lines and dots forming abstract shapes are visible. These drawings are said to picture the prehistoric life and environment of people from that era.

Some of the interesting figures include animals in shapes of wild boars, tapir, tigers, mermaids and an unborn fawn inside its mother.

In addition to a visit to the cave, do drop by the Geology Museum, situated at Jalan Sultan Azlan Shah. You are welcome to explore a variety of hidden geological treasures of the earth. Some of the collections that you can witness are the specimens of rocks, minerals, fossils and gemstones which were mostly sourced from our country itself.

The museum also exhibits a few samples of tin ore and the ways and process of tin mining which were done in Kinta Valley back then.

Another museum to visit is the Darul Ridzuan Museum, located at Jalan Panglima Bukit Gantang Wahab. Built in 1926, it is also a historical building in itself. This



museum showcases works by agencies and individuals. Currently, the museum is showcasing an exhibition on financial headlines by well-known cartoonist, Dato' Mohammad Nor Muhammad Khalid, or better known as Lat. The exhibition which opened in March, will end in July.

GPS: Tambun Cave – N 4° 036' 8.99352" E 101° 07' 50.64348"; Geology Museum – N 4° 035' 51.20592" E 101° 7' 11.23356"; Darul Ridzuan Museum – N 4° 036' 16.32564" E 101° 04' 41.05344".

by Rosli Mansor Ahd. Razali

"We're here to serve the people. Everyone is welcome to meet us...." – Faizal

Here is the composition of Perak's 12th State Executive Council:

Pictures courtesy of China Press

Ahmad Faizal Azumu

Menteri Besar Perak, Chairman for Finance, Security, Land, Natural Resources and Economic Planning

Holding the most important portfolios, Ahmad Faizal will be responsible for managing the state's finance, economy, security, natural resources and related matters. When asked about the issue of Orang Asli and their rights, he said that he had no information regarding the matter. However, he was prepared to resolve lingering issues in order to fulfil Pakatan Harapan's manifesto.

"We're here to serve the people. Everyone is welcome to meet us and talk about their problems. This includes environmental NGOs such as KUASA, PEKA and others," said Faizal to reporters after chairing his first Executive Council meeting on Wednesday, May 23.

One other matter he needs to attend to is the de-gazetted forest reserve land raised by Sitiawan Assemblyman, Ngeh Koo Ham. Ngeh demanded answers from the previous government about the fate of 3847 hectares of forest reserve land. Perak's stature as the state with the largest amount of forest reserve in the peninsula is at risk of being toppled. This issue is of significance to the new MB.



Dr Abdul Aziz Bari

Education, Science, Environment, Green Technology and Information

With newly-minted Education Minister Dr Maszlee Malik at the helm, State assemblymen for Tebing Tinggi, Dr Abdul Aziz Bari hopes there will be changes in the much-battered education system. Among Aziz's priorities are providing non-academic options for students, a balanced education programme and ensuring equal education opportunities to poor and disadvantaged students.



Wong May Ing

Community Care, Human Capital Development and Women & Family Development

The only woman in the executive line-up, Wong May Ing is the DAP state Assemblyman for Pantai Remis.

"After a meeting with LPPKKN (Lembaga Penduduk dan Pembangunan Keluarga Negara) Perak, I discovered that due to budget constraints the board has to discontinue free mammogram check-ups for women. I plan to meet the Minister of Women, Family and Community Development to discuss this shortcoming. I'll focus on spreading awareness about breast cancer, especially in rural areas in Perak," said Wong.

She will liaise with NGOs dealing with women issues such as domestic violence to create more awareness.

"There is only one 'safe house' in Perak. We'd love to have more. However, this is being budgeted by the federal government. Hopefully, something fruitful will come from my meeting with the ministry soon."



Asmuni Awi

Islamic Affairs, Islamic Education, Rural Development and Human Capital Development

Amnah state chief of Perak, Asmuni Awi is in-charge of four important portfolios namely, Islamic Affairs, Islamic Education, Rural Development and Human Capital. It will be a challenge for Asmuni as he is also the assemblymen for Manjoi, one of the least developed constituencies in Ipoh. Asmuni needs also look at other rural areas such as Behrang, Beruas, Bagan Tiang and Titi Serong in order to bring development to these backwaters.



Yong Choo Kiong

Housing and Local Government, Public Transport, Non-Muslim Affairs and New Villages

State assemblymen for Tronoh, Yong Choo Kiong will be holding other portfolios such as Non-Muslim Affairs, New Villages and Public Transportation that was previously held by MCA State Perak Chief, Dato' Dr Mah Hang Soon. Being the person responsible for local government he will be the one to watch insofar as the well-being of Ipoh is concerned.

Perakeans look forward to seeing improvements in public transport in urban and rural areas of the state. In March, former Menteri Besar launched the Manjung Bus Rapid and had stated that similar service will be introduced in Teluk Intan and Bagan Datuk. Will Yong fulfil this promise or does he have other plans?



Tan Kar Hing

Tourism, Arts and Culture

Simpang Pulai state assemblyman, Tan Kar Hing holds three portfolios which were previously held by Dato' Nolee Ashilin. For three consecutive years Perak has been receiving the highest number of domestic tourists, so what has Tan in mind?

"I'm having a word with all tourism players and tourist agencies. It's about rebranding Perak tourism, per se. The Perak State Parks Corporation and Perak Museum will be my focus as these entities have immense potential."

Tan will meet stakeholders to fully appreciate the touristic position in Perak. Hopefully, this will bring changes in the Perak's tourism scene.



Abdul Yunus Jamahri

Public Utilities, Infrastructure, Agriculture and Plantation

Yunus is the representative for Kuala Kurau. In 2016 Kampung Senawar in Kuala Kangsar received some RM46 million worth of equipment to treat 23 million litres of water for Kuala Kangsar residents daily. Along with two other plants it was part of the previous administration's long-term plan to supply 66 million litres of treated water daily to the local community. What improvements does the new state government have in mind forthwith? What about other districts? Will the same benefit be extended?

Will Perak follow the example set by Selangor in providing residents free access to clean water?



Howard Lee Chuan How

Youth, Sports and Character Building

State Assemblyman for Pasir Pinji, Howard Lee from DAP is also president of the International Union of Socialist Youth. His immediate concern is the upcoming SUKMA XIX scheduled in September. Perak is hosting this biennial games.

"I've met those involved with SUKMA to discuss the latest developments. I too have visited the games venues to check on progress," said Howard.



ONE DAY IN MAY

Former Prime Minister, Najib Razak, was constantly in denial, not wanting to accept reports by the Police Special Branch as they were not in his favour.



Although it is over three weeks since the 14th General Election on Wednesday, May 9, Malaysians on the whole, are still in awe with the unexpected outcome. Many are still in a state of disbelief, shock would be a better word. The celebrations, in fact, have not abated, as the joy of a “second Merdeka” has engulfed the whole nation. For those who witnessed the raising of the national flag at the stroke of midnight on August 31, 1957 at the Selangor Club Padang would recall, it was simply ecstatic.

The end of six decades of one party rule may come as a surprise to some but to me it is a dream come true. And the only similarity I can allude to was the defeat of the Indian Congress Party in 1977 after 30 years of monolithic rule following independence from Great Britain in 1947.

I have been waiting for this miracle to happen since I first voted in the 6th General Election of 1982. Being in the army, postal voting was the norm then and still is today. Whether my vote had made an impact I am in no position to ascertain as postal vote, as is generally known, is not only flawed but is highly contentious.

I was in command of a territorial regiment based in Seremban when the 9th General Election was held in 1995. Representations were made by the officials from Barisan Nasional, the ruling coalition, requesting permission for certain politicians to deliver ceramah in the camp. I had to accede as this was sanctioned by the Ministry of Defence. It was a one-way flow of information as soldiers did not hear anything from the opposite side.

Well, that was then. But with Pakatan Harapan now at the helm the narrative is set to change. Perhaps it is time to ban postal voting in its entirety, as it is very often abused by the ruling party. I doubted whether my ballot paper reached its destination. In all probability it was replaced along the way by a very compliant Election Commission staff.

The success of a military operation depends much on the kind of intelligence acquired. In all four phases of war, intelligence is the key factor and is the chief determinant. It is widely believed that faulty intelligence and blind arrogance were the major causes of Barisan Nasional's defeat in the recently-concluded 14th General Election. Intelligence sources are varied. They can come from people on the ground, the Police Special Branch and the military.

It was obvious that Umno supporters voted against the party and the coalition. In three-cornered fights, the Islamist party, PAS got the bulk of the Malay votes over non-Umno component parties. That explained why Kelantan and Terengganu fell to PAS.

Former Prime Minister, Najib Razak, was constantly in denial not wanting to accept reports by the Police Special Branch as they were not in his favour. His arrogance stemmed from the belief that nothing could go wrong for the incumbent, as things were stacked in his favour. The “tacit” support by a pliant Election Commission and the many goodies he had promised potential voters, in the lead to the election, had inadvertently lulled Najib into a false sense of security much at his behest.

The man from Pekan, Pahang had underestimated the pulling power of Tun Mahathir. The old fox, at 92 years of age, is still a force to reckon with. Najib had made snide remarks at his former mentor which backfired on him.

In a short span of two years Tun Mahathir has turned the informal Pakatan Harapan pact from a rag-tag band into true giant killers defeating Barisan Nasional that he helped shaped and – until Wednesday, May 9, 2018 – was invincible. The party that had never tasted defeat at federal level in all the years since Merdeka, for the very first time, is now on the outside looking in. Accompanying Umno into uncharted waters are its complementary partners, MCA, MIC and Gerakan. They were soundly beaten and recovery, to my mind, is next to impossible.

Najib has since relinquished the presidency of Umno accepting full responsibility for the election defeat. Without the largesse to keep members content, party leadership can expect a stormy reception at the party election on June 30. There are already calls for all top positions in the party to be contested. And suggestions have been made to open Umno to all races, something unheard of a few weeks ago.

Barisan Nasional's defeat in Perak, although narrow, unravelled some interesting episodes. Islamist party, PAS, with its three elected representatives hoped to be the power broker but was left high and dry when two BN assemblymen crossed the floor to join Pakatan Harapan. Having undergone a painful experience, a repeat of the February 2009 debacle was averted. Pakatan Harapan with a four-seat majority in the state assembly will be in charge for the next five years. Former Menteri Besar Zambray Abd Kadir will be the Opposition Leader forthwith.

Ahmad Faizal Azumu, the sole representative from Mahathir's Parti Pribumi, was sworn in as Menteri Besar along with 10 executive councillors at Istana Iskandariah, Kuala Kangsar on Saturday, May 19 and Monday, May 21, respectively.

Faizal has an unenviable task to perform. High on his list of priorities is to improve Perak's economy which has been languishing at the bottom of the table for a period of time. The state is the second poorest in the peninsula behind Kelantan. There is a string of financial scandals attributed to the previous administration. The accounts of state-linked entities such as MB Incorporated, SS Incorporated and state foundation, Yayasan Bina Upaya need to be audited and their past performance re-evaluated. According to an inside source money acquired by these companies was “fair game for the corrupt”.

Another irritant is MAPS (Movie Animation Park Studios) in Meru. Built at an

estimated cost of RM500 million the theme park barely makes RM1 million in ticket sales a month. With such meagre income servicing the loan will be problematic in the months to come. Perak Corporation Berhad (PCB), a subsidiary of the Perak State Economic Development Corporation (SEDC) incurred a loss of RM 340.6 million in 2017, the biggest in the group's history. Theme park, MAPS, is among its liabilities. Those responsible should be penalised.

Faizal, in his maiden executive council meeting on Wednesday, May 23, mandated that all local councillors would have their service terminated with immediate effect. Termination of service of village chiefs would be effective on June 30. New councillors and village heads will be appointed. The position of Ipoh's current mayor, Dato' Zamri Man and Council Secretary, Mohd Zakuan Zakaria is not known as yet. Being federal appointees the continuation of their service rests with the Menteri Besar. He exercises the option.

To get the best out of Ipoh City Council may I suggest a return to the much-vaunted local council elections last held in 1963. That is the only way to make the Council answerable to long-suffering Ipohites. Pakatan Harapan's victory on May 9 provides hopes of a vibrant Ipoh City Council with an elected mayor and councillors at the forefront.

EYE HEALTH – DERMATOCHALASIS

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about DROOPY EYELIDS IN OLD AGE.

DERMATOCHALASIS is a common kind of droopy eyelid seen in old age. No one is really spared from this as they age and becomes most noticeable as a person advances into their seventies and eighties. In dermatochalasis the eyelids appear to sag with excess “baggy” skin surrounding them which contributes to the typical droopy eyelid in old age. Dermatochalasis will almost definitely affect a person's appearance, making a person look “sleepy”. Droopy eyelids are generally referred to as **Ptosis** (pronounced “toe-sis”) and this was discussed in the last issue.



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

OUR SKIN

Our skin naturally tends to sag with age losing its elasticity. Skin is made up of components called elastin and collagen. The **COLLAGEN** is a structural protein that functions by giving the skin turgor, support or form. The **ELASTIN** works by allowing the skin to stretch and contract to its original state. This stretching and contracting of eyelid skin occurs every time we blink our eyes. With aging there is an **OVERALL LOSS IN AMOUNT AND QUALITY OF THIS COLLAGEN AND ELASTIN** in the eyelids, making them sag or droop. **GRAVITY** of course hastens the process of eyelid sagging along with genetics, weight changes, and exposure to the sun.

SYMPTOMS

Apart from the cosmetic appearance, a patient may complain of some visual difficulties. These visual difficulties may present as loss of vision in the upper part of the field of vision, reading difficulties and loss of peripheral vision when driving if the sagging eyelids overhang the side of the eyes. When the vision compromise occurs, the condition should be treated. Some patients compensate unconsciously by using the muscles of the eyebrows to lift the affected eyelids up. This effort may cause frequent headaches.



TREATMENT

Maybe divided into **SURGICAL** and **NON-SURGICAL**. Surgical treatment is of course a more permanent solution to the problem.

• Non-surgical options

The non-surgical options are of course great for patients who would like to address this problem but aren't quite ready for surgery. Some of the common non-surgical options are:

- The age old remedy of avoiding salty food, drinking plenty of water and getting enough sleep still holds good to this day. A good moisturizer may help in hydrating the eyelid skin to reduce the sagging effect.
- **BOTOX®** injections can be injected into the eyebrows which will elevate them and therefore relax the eyebrow depressors, so that the unopposed muscles in the forehead will raise the position of the eyebrows.

• Surgical option

This is the gold standard in the treatment of dermatochalasis. The surgery is called **blepharoplasty**.

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

PUBLISHER

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

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION MANAGER

Deanna Lim

REPORTERS

Ili Aqilah Yus Amirul
Tan Mei Kuan
Nabilah Hamudin
Amy Chan
Joshua
Khaleeja

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PRINTER

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

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):
05-254 2222 (Hotline)
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Ipoh General Hospital:
05-208 5000
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Perak Anti-Corruption
Agency: 05-526 7000

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The disbelievers, the dishonest and those in denial



With a new government, in Putrajaya, and a new Pakatan Harapan administration in Perak, will the MB of Perak and his exco members, ensure that the procurement system for government departments is scrutinised with a fine tooth comb?

Will the new state government also investigate the various allegations made against the previous administration? How much more of the state's coffers should end up in the hands of a few? Why do we waste our resources making some people rich, when the money could be used to uplift the lives of Perakians?

Tongues should wag, when people who held middle ranking jobs within the government service lead the lifestyles of the rich and famous. The signs were there. The expensive properties. The designer watches. The expensive cars. The Rosmah Mansor inspired handbags. The foreign holidays. Perhaps, if one were to visit their homes, one would be hit by the ostentatious, vulgar furniture, like the Louis Farouk imitation antiques.

Some of you may recall the corruption scandal in the Royal Malaysian Navy (RMN), which occurred in 2015. It involved personnel from the purchasing department at the Depot Bekalan Armada (Fleet supply depot), in Lumut.

The warning about unscrupulous staff manipulating the system had previously been made, by the Retired First Admiral, Mohamad Imran Abdul Hamid. He warned his superiors of the possibility that the purchasing department, which operated a three-tier procurement system, could be open to abuse.

Civilian suppliers were allowed to fraternise and become too familiar, with the purchasing officers. Naval staff were open to influence from their superiors. Unscrupulous naval staff could manipulate the system, because of the length of time, they had occupied their positions and been able to study the procurement process, and devise methods for milking the system.

Imran suggested a tightening of the procedures for the purchase of goods and the transfer of staff on a regular basis, to prevent any abuse of the system.

Goods were marked-up, by, at least six times and the auditor-general questioned the high cost of goods in his annual report. Something worth only RM30,000 was being sold to the navy for RM180,000.

An unnamed MACC employee had already warned that staff had been milking the system for five to ten years. How many other government departments suffer in the same way?

The following year, the Ipoh Sessions Court fined former RMN officer, Lieutenant Commander Khairul Izwan Mohd Khir, RM100,000, and seized his property, which was valued at RM1.6 million. When he visited Kuala Lumpur, he had accepted a RM19,000 Bell & Ross watch, for his help in facilitating a supply deal, to the navy.

Khairul had the previous year, pleaded not guilty to the six corruption charges levelled against him, involving the supply of RM1.5 million of goods to the navy, but he later changed his plea, to guilty.

The signs of the accumulation of wealth had been noticeable for some time. Why wasn't he jailed as well? Why charge him in a civilian court, initially at the Kuala Lumpur Sessions Court, and then at the Ipoh Sessions Court? Why was he not court martialled?

The Lumut scandal was alleged to have come to light only after rival navy personnel were envious of the activities and multi million ringgit perks, of the syndicate. What happened to their loyalty to king and country? They must have seen that this was wrong, but only reported the activities because they were envious of the lifestyles of the cheats.

Are they not aware that these men were thieves and taking duit rakyat? The money saved could have been used to uplift the lives of the navy families, especially the failing lift systems in the Lumut navy flats.

The same lack of morals was recently exhibited by some supporters of the disgraced former PM, Najib Abdul Razak, in Kuala Lumpur.

Naziilah Idris, who is the chief of the NGO Gabungan Gerakan Selangor, claimed that there was nothing wrong with the haul of 72 bags of cash, in a variety of currencies, jewellery, 284 boxes of high-end designer handbags and possibly gold bars, from two condominium units, in Kuala Lumpur, linked to Najib.

She dismissed the haul of money and goods, because Najib is the son of a former prime minister, a blueblood, and has been well-off before he became a Menteri Besar.

She must do more reading about the lives of our past PMs. Najib's father, Razak was frugal. Nazri, who is Najib's younger brother said that when they were young children, he and his siblings had asked their father if a swimming pool, could be built at Seri Taman, the PM's residence.

Razak gave them an earful, for wanting to waste public money, and said that he would not allow a frivolous thing to be built with money that could be used to benefit the rakyat.

If Puan Nazzilah were a bit more aware of her surroundings, she would realise that not all bluebloods are rich. There are many who are poor, and a good number who live very well, because of the rakyat.

Najib became an MP soon after his father died. He returned home and won a by-election. Some allege that he never finished his course at university. He may have had a stint in Petronas, but he could not have become rich during that time. Puan Nazzilah said he was an MB. Yes, he could have made some of his money from that time.

There are allegations that MBs make money through the sale of state land and the issuance of timber and mining leases. That is something the MACC will have to dig up, from Najib's past, and the more recent, and current, MBs, from Perak, Pahang and Johor.

Is Naziilah impressionable, or in denial? Perhaps, she lives in a bubble, or is trapped under her tempurung (shell)?

The people must be willing to report the civil servants, who live like kings and queens, to the authorities, for a through investigation.

Source:

<https://www.malaymail.com/s/860725/navy-scandal-could-involve-more-than-rm48m>

<https://www.malaysiakini.com/news/425596>

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



SeeFoon gets starry eyed at Star Mansion

There are so many old mansions dotted around Ipoh that would really make lovely restaurants (case in point is Indulgence, Secret Garden and STG) and the latest addition to the restaurant scene in Ipoh is no different.

I have noticed that people in Ipoh particularly the young and trendy choose restaurants more for their ambience and unusual food and drinks menus than oldies like myself who dine out strictly for the food with ambience playing a secondary role.

Star Mansion has certainly got what it takes to satisfy those looking for glitz while still appeasing picky taste buds like mine.

Tucked in a quiet corner of Jalan Sultan Abdul Jalil directly opposite the Chinese temple and next to Sculpt Fitness, Star Mansion certainly lives up to its name with lit stars in all colours of the rainbow adorning every nook and cranny of this very spacious mansion. It is also the ideal venue for celebrations with multi hued flowers, balloons adorning the space and if you book the whole restaurant, your imagination is all that's required to create the function of your dreams.

Located in Greentown, Ipoh, Star Mansion Cafe Restaurant doubles as a restaurant and an event space. The multi-cuisine restaurant tantalises taste buds with a spread of Western, local, Thai, and dim sum dishes. Patrons in need of private dining spaces can opt to feast at any one of the private rooms, or even book the entire mansion for celebratory events and corporate functions.

Star Mansion takes pride in their teas, some simple like the **Lanhua Xiang RM8** which promises no additives, or the **Oolong Tie Guan Yin RM6** which has slimming properties, to the spectacular **Fancy Corbeil Blooming Flower tea** (see pic above right) which starts as a dried up leaf ball, suddenly blossoming into this magnificent art in a glass after a few minutes. The bonus to this flower is the fact that it still tastes good to the 10th re-steeping!! Although who would drink that much tea in one



sitting is beyond me! **RM12.80** per bloom/pot.

And the tea list goes on and on, not to mention the shakes, juices, mocktails, and cocktails.

Now to the food. The choice of various platters is dizzying. From the **Japanese Star Platter (8 items) RM88**, the **Western Star platter** of pizza, jumbo sausage, chicken wings and nuggets (7 items) **RM68**; to the Star of the Stars, the **Lobster Star platter** consisting of a whole lobster, squid, prawns, sausage accompanied by french fries, meehoon, mixed vegetables and topped with sunny-side eggs. At **RM230 nett**, it is pricey but considering it's a whole lobster and the platter will serve from 4 to 6 people, it's a dish to impress your family or your guests. Aside from the aforementioned three platters, Star Mansion also offers a **chicken platter** and a **French Crab Platter**. In fact all the platters on offer will serve 4-6 people.

Lunch menus offer a choice of main course ranging from lamb and beef steaks, chicken chop, a selection of pastas like salmon and lamb pasta, all coming with a free drink. Price ranges from **RM16.90** for chicken to **RM29.90** for beef steaks and **RM26.90** for lamb steaks.

Signature dishes which I sampled included a **Pan Seared Foie Gras** topped with bonito flakes, served with mashed potatoes and red cabbage. This was an interesting fusion of Japanese touches to what is essentially a French dish, the bonito flakes lending its umami nuance to the fragrant foie gras; **RM88.80**.

5 Star Seafood Premium Nasi Lemak is a deluxe version of our most beloved national dish with five types of rice: *kunyit* (turmeric), blue butterfly pea, coconut, pandan and tomato served with a sweet prawn sambal, fried anchovies and peanuts for crunch and two sticks tender chicken satays; **RM24.90**.

Their **chicken satay** is a wonderful starter, five sticks of very tender and still juicy well marinated chicken breasts and served with a well blended satay sauce that had just the right balance of spiciness, sweetness, and thickness; **RM12.90**.

By the time the **Unagi rice** arrived in a claypot, we were all satiated, or more accurately, stuffed to the gills. At **RM49.90**, the **Unagi rice** is more than sufficient for two if not three persons.

For dessert, again there is a wide choice and as I only could taste a few, I recommend the excellent carrot cake, banana smoothie and tiramisu. And their homemade chocolates fascinating with different flavours including Matcha.

I spoke to the proprietor Ms Cristy Tan Lai Yee, on her choice of the name for the restaurant; she said, "Stars symbolise hope, joy and fun. I wish to make Star Mansion a fun joyous mansion for all my customers." And stars there are galore.

So here is wishing all my readers a wonderful stargazing time for Ramadan and the coming Aidilfitri. The restaurant is pork free and great for *buka puasa*.



Proprietor Ms Cristy Tan Lai Yee in front of Star Mansion

Star Mansion Cafe Restaurant (Pork Free)
161 Jalan Sultan Abdul Jalil, Greentown, 30450 Ipoh.
4°35'56.8"N 101°06'01.4"E
Tel: 018 358 1168
Opening hours: 11.30am-10.30pm (every day)
Website: www.facebook.com/starmansion2u/

. . continued from page 2

Dato' Seri Ir Mohammad Nizar Jamaluddin

Infrastructure and Corridor Development

Nizar is no stranger to the Perak political scene. His tenure as the 10th Menteri Besar between 2008 and 2009 lasted for 11 months before being unseated due to a constitutional crisis. A civil engineer by profession he is the right person for the job.

"I've met several potential investors from China, India and European countries in the past. We're in the midst of preparing several infra-spaces to provide them with reasons to invest in Perak."

This was his response when asked about the new state government:

"Perakeans want change, the kind of changes that'll benefit them. We'll work on fulfilling the promises made in our manifesto. I'll use my past experience as Menteri Besar to assist the current Menteri Besar in performing his responsibilities to the rakyat," added Nizar.

**Sivanesan Achalingam**

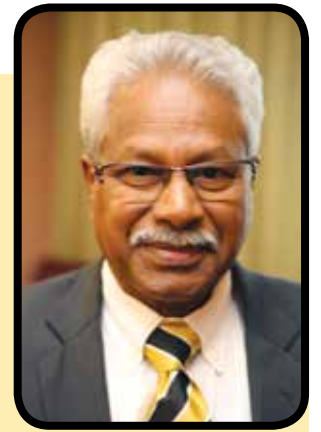
Civil Society, Consumer Affairs, National Integration, Human Resources and Health

State assemblyman for Sungkai, Sivanesan Achalingam has five crucial portfolios under his belt.

"There are currently 15 public hospitals in Perak. Out of this only five have a cardiology centre. The oldest hospital in Perak, Hospital Raja Permaisuri Bainun has just started its own centre. This is one of my main focuses, to build more cardiology and dialysis centres," said Sivanesan.

The shortage of medical assistants and nurses at local clinics is his immediate concern.

"The service provided by local hospitals has improved over the years. However, it's clear that the current staff are overworked. Instead of spending more on health budget, the previous government has cut the budget leaving the public with little choice but to purchase much-needed medicines as they are no longer available at government hospitals," added Sivanesan.



With a rich mix of both experienced and youthful councillors Perak is set to surge ahead in good time. Will there be a repeat of the old cumbersome and feudalistic system set in place by a crumbling and decadent political party? Only time will tell.

But judging from the looks of this new but untested lineup, Perak looks like it is in good hands; for the next five years, at the very least.

**Hasnul Zulkarnain Abd Munaim**

Communications, Multimedia, NGOs and Cooperatives

At the time of reporting little is available on the Parti Amanah Adun for Titi Serong, Hasnul Zulkarnain.

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**Arts and Culture****Working as a Paintings Conservator in Malaysia**

Kristin Rattke, one of the few paintings conservators in the nation, gave her first talk in Ipoh on Saturday, May 19 at So-mn to over 30 art enthusiasts.

Ipoh Echo had an exclusive one-on-one with the amiable Kristin who hails from Germany. She earned a bachelor's degree in cultural heritage and conservation studies in 2012 from University of Oslo, Norway and a master's degree in paintings conservation in 2014, also from the same university.

She had been working with medieval church art in Norway and Denmark and restored large-scale paintings in the Netherlands before joining the Islamic Arts Museum Malaysia in Kuala Lumpur in 2017.

Specialising in easel paintings and painted surfaces (paintings on canvas, wood, metal, etc.), she explained what keeps her doing what she is doing, "Being able to work with amazing art every day and learning about materials as well as artist techniques. It's also a lot about the people because you get to meet so many different people like



curators, owners, the public and the artists themselves who all care about art. I think that's very exciting!"

According to her, the code of ethics states that the conservator-restorer shall not remove material from cultural heritage unless this is indispensable for its preservation or it substantially interferes with the historic and aesthetic value of the cultural heritage. Materials, which are removed, should be conserved, if possible, and the procedure fully documented.

When asked on one memorable piece that she has worked on in her career, she enthused, "The Menagerie of Prince Willem V by Aart Schouman was a special project because the paintings were so big, so I learnt how to work in a team, talk to the public and carry out a treatment over several months."

What's a typical day like for her in the museum? "At the moment I am preparing paintings for an exhibition, which will take place in the British Museum in London in 2019. So I have to check the condition of the paintings, write treatment proposals and carry out treatments if necessary," Kristin said to Ipoh Echo.

"In Malaysia, one challenge was having to import the necessary equipment and solvents from Europe. Also, I miss having discussions with other paintings conservators, but of course, I keep in touch with my colleagues back in Europe so that helps a lot," she recalled.

"I'm happy to give more talks," she concluded.

Readers who would like to find out more about paintings conservation can email her at kristin@iamm.org.my

Mei Kuan

Learning from the Expert

The UCSI Symphony Orchestra visited Tenby Schools Ipoh on the afternoon of Saturday May 12. The visit was the first stop of their concert tour which also includes trips to Bukit Mertajam and Penang. Many were present to watch the orchestral performance, including students from Tenby and St Michael's Institution.

The show started with individual performances from four members of the orchestra who entertained the audience with their virtuosity. The performance was very informative as the orchestra members explained the history and anatomy of their respective instrument after each performance. It was not a conventional show by any means but it was definitely one the audience enjoyed, as they learned a lot, including how to make a horn with a hose and a funnel.

The UCSI Symphony orchestra performance then followed. The ensemble consisted of 37 musicians led by Cheryl Mah, the resident conductor and music director of the Kuala Lumpur Performing Arts Centre Symphonic Band. The audience was entertained to a number of classical pieces.

At the end of the show, two students from Tenby were given a masterclass by violin maestro Dr Goh Chia Chien, an Associate Professor of Music at UCSI University. Dr Jeffrey Rowlands, the director of music at Tenby said that it was a treat for the students, as they rarely get the chance to learn from a professional.

"It's not only educational but entertaining as well. I hope the students learned a thing or two from Goh," said Jeffrey.

Joshua Jacob



Lifestyle

First Maison Berger Paris Outlet

Featuring high-end home fragrance, Maison Berger Paris very first stand alone outlet was launched at the lobby of WEIL Hotel on Wednesday, May 23.

Founded originally in 1898 in Normandy in France, Lampe Berger Paris now becomes Maison Berger Paris on the occasion of its 120th anniversary this year. As the umbrella/parent brand, Maison Berger Paris conveys the full extent of the range.

Ipo Echo spoke to Olivier Sillion, CEO of Maison Berger Paris worldwide and Dato' Julie Lim, the head of Jubilant Prestige Sdn Bhd which is the official sole distributor for Lampe Berger Paris since 2012 in Malaysia.

"Since the name change, this is the first outlet under the identity of Maison Berger Paris not only in Malaysia but in the world! This is a new addition. The next one will be in the biggest mall in JB by October. We are also looking at Imago Mall in Kota Kinabalu," Dato' Julie, who hails from Kuala Lumpur, highlighted.

What do people love most about the products from the premium brand? "In terms of efficiency, our catalytic lamp is the most efficient means to perfume well your home and to kill all bad odour as well as indoor bacteria. Moreover, when we create a new fragrance, it is with a lot of complexity and we concern ourselves with its effect on behavior just like aromatherapy with its calming and uplifting effects," the amiable Olivier added.

Besides being an effective insect repellent, the fragrances offered also decompose second hand smoke and improve the overall air quality, leaving one feeling refreshed and rejuvenated. It is also available as fragranced bouquets and vegan certified candles.

Present were Brice Genin, export director, Tay Mun Iee, director of Sulit Prestij Pti as authorised Perak dealer and Caroline Wong as guest.

Maison Berger Paris boasts unique expertise and know-how resulting from 120 years of research in terms of catalysis, which benefits from international patents and protection. The company is also known for its incredible variety of scented pieces of art and its collection of 60 fragrances created by the top French master perfumers and validated by its in-house nose.

For more information, visit the outlet (Unit 1 – Lobby No 292) which opens everyday from 11am to 7pm (closed on Wednesday). Readers also can check out its website:

www.maisonbergerparis.my

Mei Kuan



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Psychological Wellness

Mindfulness For Stress Reduction

In the latest National Health & Morbidity Survey (2015), the prevalence of mental health problem among Malaysian adults has increased threefold from 10.7% in 1996 to 29.2% in 2015. One of the scientifically supported ways for reducing stress is through mindfulness practice.

To be mindful means paying attention to the present moment experience with curiosity and a sense of appreciation. The opposite of it is a mindless preoccupation with worries about the future and regrets over the past. The following are ways to apply mindfulness for stress reduction in daily lives:

1. Breathe mindfully. We can use the breath as an emotional anchor to cope with the challenges in life. On your next breath, gently bring your awareness to your breathing. The awareness can be in the form of noticing the rising and falling of abdomen/chest/shoulder; sensation of air flowing in and out at the nostrils or back of the throat; or the sound of breathing. As you are breathing in, smile and imagine you are a giant tree (or anything you associate with emotional stability). As you are breathing out, recite silently, "Relax..." or "Calm..." or "Peace....."

2. NOWING - Live in the present moment. Try to pay full attention to whatever we are doing and do one thing at a time. NOWING is the opposite of multi-tasking (e.g., answering the phone, checking Facebook, and eating simultaneously), or doing things mindlessly (e.g., attending a meeting while thinking about a potential holiday destination). Going about your work with undivided attention has two benefits: workload is less overwhelming, and work quality is better.

3. Pay attention to WWW (What Went Well). Mindfulness is attention training. A useful mind tool that I have developed is known as "Google-WWW-Yahoo." In this practice, we repeatedly make an effort to mentally search (Google) for and pay attention to the blessings (WWW) in life and rejoice/celebrate (Yahoo). We can do this practice like a game. Sit with friends in a circle, share your WWW, and repeat the process for several rounds. The one who shares the most 'wins' the game. This practice helps to train the mind to be positive, healthy, and happy.

For more mindfulness-based practices for stress reduction, please refer to the MINDFULGym Malaysia website <https://www.mindfulgymalaysia.com/>



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



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

Politics

Radzi and Nolee to Resign

Some 30 leaders from the Umno Kampar Division had urged UMNO Supreme Council to relieve Dato' Mohammed Radzi Manan and his daughter, Dato' Nolee Ashilin Mohammed Radzi of their positions in the party.

Kampar Division's spokesperson, Kamil Bidin stated that Dato' Nolee Ashilin's decision to support Pakatan Harapan in forming the new state government was seen as an affront to Umno's spirit.

"As branch heads, we're disappointed with her action as she is the Tualang Sekah assemblyman cum Umno Kampar Division's women chief.

"We recommend that her father, Dato' Mohammed Radzi Manan be relieved of his duty as Head of Umno Kampar Division and Chairperson of Barisan Nasional (BN) Kampar with immediate effect. The same goes for Dato' Nolee Ashilin who's the women's head of Umno Kampar Division," said Kamil during a press conference held at Changkat Tin on Sunday, May 13.

The branch heads were disappointed when two BN assemblymen, Zainol Fadzi and Nolee Ashilin, signed a declaration in support of Pakatan Harapan which was then presented to Sultan Nazrin Muizzuddin Shah as proof of their allegiance to the new state government.

When contacted recently, Kamil Bidin said that Dato' Mohammed Radzi Manan had submitted his resignation letter as Head of Umno Kampar Division and Chairperson of Barisan Nasional Kampar Division to Umno Supreme Council.

Dato' Nolee Ashilin too, he said, had submitted her resignation letter to the Supreme Council.

"We've yet to receive a definitive answer from the council regarding the matter.

"However, Umno Acting President, Datuk Seri Dr. Ahmad Zahid Hamidi has relayed that Nolee's Umno membership has been revoked," he added.

Rosli Mansor

Government



70-percent Discount

Perakeans will enjoy a 70-percent discount off for their compounds issued by any local authority within Perak. The discount is effective from May 28 till June 28.

"Many expected us to cancel all compounds issued. However, after considering the pros and cons, it's quite impossible to do so. After today's meeting with Ipoh City mayor and municipal council presidents, we've decided to give a generous discount instead," said Yong Choo Kiong, Executive Councillor for Housing and Local Government, Public Transport, Non-Muslim Affairs and New Villages.

Rural folks, Yong added, would be given special discounted rates. An announcement will be made soon. Rent of billboards and signboards will be accorded a 50-percent deduction forthwith. However, no discounts are given for advertisement and commercial billboards.

In his maiden press conference Yong intimated that parking coupons issued by local authorities in Perak will be standardised to simplify usage. Thus, coupons purchased in Ipoh can be used in other parts of the state. This will be effective beginning January 1, 2019.

On another matter, new city councillors will be nominated after June 25. Pakatan Harapan's parties will submit their candidates for consideration. They have from May 25 until June 25 to finalise the list.

"Local council elections is part of Pakatan Harapan manifesto. However, there are many things that need to be considered before implementing such elections. Our immediate goal is to serve and fulfil all of our election promises within the 5-year period," said Yong.

Ili Aqilah

Helping the Community

Fairview International School Ipoh organised a carnival recently, the second charity carnival held at their school grounds. The proceeds from the carnival will be donated to the Pan-Asia Bio-Dynamic Association.

There was plenty fun and games throughout the day, including a self-made dunk machine which drew attention from many of the students. Those hankering for a bite treated themselves to food sold at the stalls managed by students and parents.

Head of Campus, Michele Lum expressed her gratitude to parents who assisted. "They've been extremely supportive. We're thankful for their help. It is important to expose students to community service for their all-round development," she told Ipoh Echo.

The carnival was part of the students' International Baccalaureate (IB) programme where students are graded on their knowledge, conceptual thinking, skills and attitude. "It helps build character. It's important to give back to society," said Michele.

After raising money for orphanages and welfare homes, Fairview decided to explore a different area of community service. "We want the students to know that there are different aspects of community service. It's not about helping the less fortunate only. Community service can also be about helping the environment," Michele added.

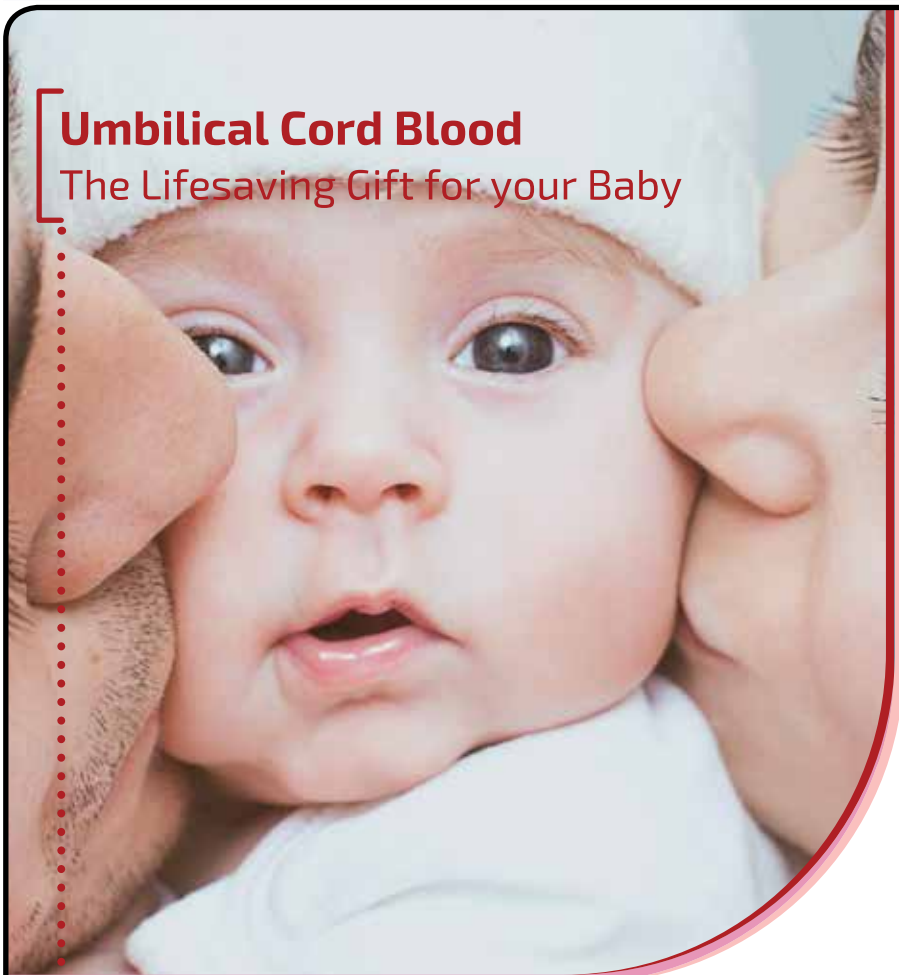
The carnival is one of the many projects by Fairview. The students have also started a mini garden at the canteen and built a hydro-farming system.

The school is hoping to raise RM10,000 to be donated to the Pan-Asia Bio-Dynamic Association. "We hope the money we raise will help the organisation. They don't get much support despite the good work they do," Michele lamented.

Joshua Jacob



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Connexion

By Joachim Ng

Mind over munch for a good month



Ramadan is a month-long opportunity to fortify social bonding — not just within the Muslim community but also between Muslims and non-Muslims who work together or dwell in the same neighbourhood. It's a time for sharing of experiences, as fasting is a body-mind discipline familiar to Indians and Chinese who follow temple practices.

The moon features prominently as a signpost in the fasting prescriptions — not just of Islam but also of Taoism and Mahayana Buddhism. New moon or full moon days are the times to go vegetarian (Cantonese: sik zaai), and the duration of fasting may be 3, 5, or 7 days. In Hinduism, the feast of Navarathri is very popular and adherents fast for 9 days during the lunar month of Ashvin that usually falls in September-October.

Religious fasting confers three immediate benefits: (a) physical detox (b) mental cleansing (c) social bonding.

Physical detox. According to a Taoist proverb on longevity "there must be constant purity inside your belly" and "no faeces in your intestines." Factories use holidays to scrub their machines clean of accumulated dirt that would over time jam the clog wheels. So too must you at regular times do thorough internal cleansing. If you're new to fasting, you could start with the "break-fast" that merely requires you to stop eating for 12 hours until breakfast. This means you skip supper. Extend that to 15 hours and you have the "dinner" fast, with high tea as the last meal of the day. More rigorous is the two-meal fast: either have breakfast and lunch only, or breakfast and dinner only. Seasoned practitioners could join the Muslims for a dawn to sunset fast.

Mental cleansing. Alongside fasting, empty your mind of enervating or harmful thoughts and replace them with thoughts of kindness. Hold others in mind and recite: "May you be well and happy." Spend time during fasting to de-clutter your mind by getting close to plant life. Touch a plant and feel its calmness.

Social bonding. A fast in which everyone participates reinforces the bonds of solidarity within the faith community. Since all religions encourage fasting, Ramadan as a high-impact fasting season can serve to strengthen the bonds of national togetherness when Muslims invite their non-Muslim friends, work colleagues, and associates to berbuka Puasa in the tradition of Muhibbah.



Business

Award of Contract: The Haven Bintan



The signing ceremony for award of contract to construct The Haven Lagoi Bay Bintan resort was held on Monday, May 7 at Marriott Tang Plaza Hotel, Singapore.

The Haven Group awarded a SGD 288 million contract to China's Yunnan Construction Investment Holding Group Co. Ltd. (YCIH) and Indonesia's PT Total Bangun Persada Tbk (TOTAL).

YCIH and TOTAL will be appointed as the joint-operations main contractors of The Haven Bintan, and they will build six towers of condominium suites, a 250-room five-star hotel and a 3000-seat convention centre on The Haven Group's prime land at Lagoi Bay in four phases.

"Given The Haven Group's success with The Haven Ipoh, we have proven that we possess a rare combination of being both a high-quality developer and a successful hotel operator. The Haven Group's uncompromising insistence on luxury and quality will set The Haven Lagoi Bay Bintan apart from all other developments in the Riau Archipelago," said The Haven Group's CEO, Peter Chan.

The first phase, consisting of two towers and a majestic clubhouse complete with facilities, will be ready by the first quarter of 2021. The hotel, convention centre and remaining condominium towers in the other phases — the timing of which will depend

on need and market conditions — are expected to be completed by 2026. The gross development value of the entire development of eight phases is expected to exceed SGD 1.4 billion.

Located at Bintan's most exotic and exclusive enclave, The Haven Lagoi Bay Bintan is slated to be one of the most unique resorts in the region. It will be the only skyscraper development on the island that is conceived and designed to be an integrated resort built with the family in mind, with all-inclusive condominium suite-residences offering world-class facilities.

Many market specialists have acknowledged that the development site is rare and precious, as it is surrounded by a combination of three pristine waterfronts of sea, river and lake.

Starting with humble beginnings in Ipoh, Malaysia, The Haven Group has garnered 48 awards local and international awards. Indeed, the world has taken notice of both Ipoh and Haven and the latter has been invited to develop another of its iconic masterpiece in Bintan. This venture will be promoted internationally and will make Ipoh proud. It deserves our support, especially from Ipohites.

The signing ceremony was witnessed by Bintan Regency's Head of Investment, One-Stop Licensing Service and Manpower, Hasfarizal Handra and Abdul Wahab, group general manager of PT Bintan Resort Cakrawala which belongs to Gallant Venture, an integrated master planner for resorts in Bintan.

Hasfarizal stated, "The Haven Group's considerable investment and absolute commitment in Bintan is well-placed and most appreciated by us. The Indonesian government is appreciative and supportive of private-sector initiatives, like The Haven Group's, to accelerate the economic development of the Riau islands and in promoting Indonesia-Singapore tourism."

For more details, visit <http://www.thehavenlagoibay.com>

Mei Kuan



Nosh News with SeeFoon

Savoury Macarons at WEIL

Your daily dose of happiness is now at WEIL Hotel. Whether it's for that small bite of sweetness, Macarons have always satisfied the most discerning taste buds, that crumbly melt-in-mouth meringue with its wide range of creamy fillings.


Now for those with a penchant for the savoury, as in myself, I can now indulge in some new gustatory treats from the Bakery at WEIL as they launch their range of savoury macarons. With creative flavours like Salmon, Pistachio, Sun Dried Tomato, Wasabi, Salted Egg and Parmesan Cheese, they will provide new temptations to all macaron lovers out there. Throw caution to the wind and give in to sinful indulgence as these are the extraordinary flavours which are hard to be found anywhere else in Ipoh, created by their creative and enthusiastic chefs.

Macarons sell for RM4nett per piece, RM24nett per box (6 pieces) and they currently have an offer of 20% off for purchase of 1 box (6 pieces).

Guests can also get 2 boxes of macarons for free if they are purchasing 20 boxes and above! So what are you waiting for? Get ready for your shot of endorphins by having a bite of their savoury macarons!

For further enquiries or reservations, please call 05 208 2228.

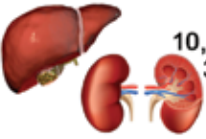




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New Menu at Dome

A new menu is wowing diners at the Dome in Meru Valley Resort. Executive Chef Desmond and his team have been burning the midnight oil in not only producing the nightly Buka Pusa spread which I'm convinced is the best in Ipoh but also in coming out with a new menu which will surely delight guests especially over the coming Raya celebrations and beyond.

Here are some of the new dishes on offer and ones I would highly recommend.

Pssst...their potato wedges are the crispiest in Ipoh!



Chicken & Prawn Burger – RM31
(member RM26)



Oriental Lamb Ribs
– RM50 (member
RM42)



Fried Seafood Japanese Rice with miso soup – RM21.50 (member RM18)

Dome Restaurant

Jalan Bukit Meru, Meru Valley Resort, Jelapang, 30020 Ipoh.

Tel.: 05 529 3300.

Business Hours:

Monday: 11am-9pm; Tuesday-Friday: 11am-10pm

Weekends & Public Holidays: 7am-11pm

Satasivam

When my driver dropped me off at Satasivam, he remarked, "Oh this one is very old", meaning that it has been around for a long time. And yet, despite it being close by, just off the Silibin roundabout, I had never set foot in it.

S. Kumaravel who works with his father said it was started in 2000 and as far as I can gather, it has been a haven for anyone looking for a good banana leaf meal away from the main town area.

Prices here are reasonable with a set meal of vegetables, one piece of chicken or fish and rice at **RM7.50** and with mutton at **RM8.50**. This is also a great place for different types of **Thosai** from paper to Rava served with bawang or onion curry, coconut chutney, onion chutney and dhal. At **RM1.30 for regular thosai** and **RM2.20 for the rava thosai**, this is a steal at today's rising food prices. I particularly loved the bawang(onion) chutney and the bawang curry. All the accompaniments to the their breads are freely available as they are passed from table to table in stainless steel containers. For Roti Canai, fish curry gravy and chicken curry gravy is also available.

The piece de resistance here is the Rava Thosai, a thin web-like pancake made with Suji flour (semolina) that is crispy and totally delicious, with coriander leaves and seeds lending their inimitable flavours to the batter. It also packs a fiery kick and can be eaten as is without any dips.

Naturally they have the usual fried fish at **RM3.50** and **RM4.50** and a good crab curry at **RM8.50-RM15** (depending on size and market price) per portion and a whole host of other choices. Of special note is their "**Sharksfin**", faux shark fin (actually strands of gelatin) mixed with grated coconut, curry leaves and egg; **RM5**. Yummilicious.

And did I mention that their Wadai, both the yellow lentil and the Urud (white



dhal) is fiery and very tasty. RM0.70-0.80 per piece.

6.30am-11.30am; 5pm-8pm: Roti Canai, Thosai, Idli, and other Indian breads. Ask for their special Appam and Ragi Idli.

12pm onwards: Usual lunch with rice and huge array of curries and vegetarian dishes

4pm onwards: Chapatis and Pooris.

Value for money and great food. The only advice I have is for them to maintain cleaner floors and toilets. Floors are so slippery that they are dangerous.

Restoran Satasivam (Halal)

21 Jalan Perempuan Mazwin, Taman Rishah, 30010 Ipoh.

Open: 6.30am-8pm Sundays closed at 2pm

Tel: 016 550 2291

Education

Are Your Teens Prepared for Their Future?



*Dr Camille Koppen
BA (Oxon), PhD (Oxon)
CEO, Brightwings Education*

Have you ever wondered what challenges your young children will be facing when they enter the workforce? A recent talk given to parents and teachers at Tenby International School helped to open their eyes to these challenges and offered some tips on how to deal with them.

Dr Camille Koppen is passionate about helping young people to bring their value to the world. Camille brings together a wealth of experience and expertise from academia, education and her corporate career, to create an effective set of courses and modules to help students to be happy and successful in their lives and careers.

Camille has a strong academic background. She achieved a 1st class and DPhil in Experimental Psychology from the University of Oxford, with six published papers. She was awarded several scholarships, including the Marlborough College Academic Exhibition (1995-2000), Modern Old Marlburian Exhibition (2001-2003) and the Oxford University Experimental Psychology Studentship (2004-2007).

Throughout her academic and corporate career, she has taught and tutored a range of students. She has taught secondary school students, she has tutored second year Oxford undergraduate Experimental Psychology students, and she delivered corporate training to Accenture new joiners. She has taught a wide range of topics from public speaking coaching, Experimental Psychology tutorials, to visual basic programming, project management and career building skills.

Camille developed her public speaking skills during her time as a member of the Oxford Speakers Club (Toastmasters International), where she won various awards and speech competitions, and the Oxford Isis Speakers Club, which she co-founded.

Over the past decade, Camille has worked as a Management Consultant. She gained valuable experience at Accenture and Navigant Consulting before forming Hapuna Consulting, where her key clients were large-scale financial services institutions. Through her experience across a broad range of strategic and large-scale business transformation programmes, working with senior stakeholders and large global teams, she has developed a strong understanding of what organisations are looking for in their people and how young people can position themselves to succeed.

In talking about the future, Camille shared that by the time her daughter, who is two, graduates, it will be 2038. Research shows that 60% of the jobs that will exist then will be completely new and our children should focus on the skills that matter regardless of Industry and on jobs that will help solve the problems of the future.

There will be increased competition as organisations have raised the bar on what they expect of new joiners. They want them to arrive job-ready with plenty of experience. She warned that many jobs are expected to give way to automation within the next decade or so which means that we and our children need to be aware

of the industry trends – when we start to move towards a particular career. Something that may have been good 10 years ago may be a dying trade in 10 years time.

Soft skills like creativity, social intelligence and the ability to collaborate across cultures are not only nice-to-have skills but essential skills.

She stressed on the importance of **employability skills** that make your children attractive to an employer. These skills like Business Awareness, Communication & Public Speaking, Creativity, Initiative, Leadership, Planning, Self-Management and Teamwork, are not currently taught in the traditional educational systems today.

Camille, who has done a lot of research in this field, says that young people are anxious and worried about the future because they don't know what it looks like and don't know what they want to do and hence get angry and frustrated when pushed by elders.

A **7-day course Teen Leadership Course for 16-18 year olds** in August to be held in the Meru Valley Resort, in Ipoh, will help them to understand themselves and their personal values, give them skills they need to be successful in their life and careers and get them to start an action plan to help them reach their goals.

During this action packed and fun-filled week, attendees will understand what success means to them individually, learn the importance of mental health and the need to break the taboo around depression and anxiety which is rising throughout the world. Children and parents need to be aware of it, be able to recognise it as a real illness and not just an attitude, in themselves and others, and if it is recognised, then they can get help.

Parents can do their bit to help their children prepare for their future by helping them to be themselves, understand their values, understand themselves, where they may add value in the world and help them to develop the skills, mindset and action plan for their future.

Registering them in the 7-day course is a step forward.

August 20-27, 2018 (Monday-Sunday)

Meru Valley Resort, Ipoh.

Fees: RM3500 Meru Promo: 20% off (Until 30 Jun 2018)

9am-5pm daily. Lunch and snacks included

www.brightwings.co.uk/ipoh

WHATSAPP: +44 7919 124 137

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

Nosh News

Sage Food

With more than ten years of experience in the F&B industry, duo Safwan Hussin and Nashril Khalid decided to open a restaurant together in 2015. Three years later, Sage Food has changed its location and is now residing at Taman Kledang Jaya.

"We decided to name this restaurant Sage Food because we love the unique smell this herb offers. In fact, some of our food, including our signature mocktails mojito has sage in it. Unlike any other mojito in the market, we are using sage instead of peppermint leaves," said Safwan.

Exclusively for this holy month of Ramadan, Sage Food has three new menus to offer for customers who seek good food for breaking their fasts.

Tempayan Chicken (tempayan is a big vase in Malay) is chicken cooked inside a vase using herbs similar to making Chicken Percik. Customers can order either half chicken (RM14) or the whole bird for RM25 and it comes with rice, vegetables and drink of the day.

Another special item is their Daging Panjat (Meat Tower) priced at RM30 for a couple set or RM60 for a family set that comes together with rice, vegetables and drink of



the day. This meat dish is a combination of beef tenderloin and sliced lamb's leg. This special menu uses Indian spices but customers can also have the usual Meat Tower priced at RM29.90 with grilled chicken, grilled lamb and beef steak, served with fries, Caesar salad, mushroom soup and sauces of your choosing.

For this Ramadan, the cafe also introduces Cheesy Chicken Karaage, deep fried chicken Korean style, wrapped with chewy cheese and served with Korean chili sauce, Gochujang, priced at RM20 per plate.

Aside from these special menus, Nashril also encourages customers to try several of their signature offerings such as Grilled Chicken Chop (RM10.50), Smoky Duck Breast (RM22.50), Chicken Roulade (RM22.50) and

Buttermilk Steak (RM17.90).

Big groups or readers who are keen on throwing parties at the cafe can do so via early bookings. The cafe also provides small catering events, western dining, menu planning and roasted whole lamb. For more information guests can call 011 1172 7852 (Wan), 011 1118 3788 (Ole) or 016 4112 390 (Sheqal), or visit Sage Food facebook at www.facebook.com/sageipoh or instagram at www.instagram.com/sagefood

Sage Food is located at No. 51, Lalan Jelapang Selatan, Taman Kledang Jaya, 30100 Ipoh.

Ili Aqilah

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.

Civic-mindedness Still Lacking

Volcanic eruptions are a potent reminder that at any moment, mother nature has the power to change everybody's plan. Similarly, last week during the 14th general elections, we witnessed how the general public can throw away a corrupt regime through their ballot boxes.

However, when it comes to certain social matters, we are yet to change. Something unpleasant happened at the D.R. Seenivasagam recreational park the other day. I noticed a little girl at the playground heading straight for the slide. She stood by and waited for her turn as a little boy played happily on the slide. His young mother was looking on beaming with pride. The little girl's family shared in her obvious delight at his antics – walking up the slide and zooming down again in glee.

But after 15 minutes the little girl began to lose her enthusiasm and patience. The little boy was obviously not going to share 'his' slide with anyone, neither was his mother. To that young mother, I have this to share.

When we blatantly condone selfishness in our children and place self-interest above concern for others, we are creating a society that is both callous and uncaring.

Children have to be taught that selfishness is no excuse for self-preservation. But I guess many of us parents have not been doing our homework.

Look around and judge for yourself. Have you ever been to Kong Heng in Ipoh Old town or the Woolley food court at Ipoh Garden or even the New Hollywood restaurant at Canning Gardens, queueing up for a table when a man coolly and conveniently reaches out and deposits his shopping bags on the table that was supposed to be yours?

Look at the people jostling and hustling as they fight along with their foreign

counterparts for a seat in the public buses at the Medan Kidd bus station. Some litter our streets as others smoke in air-conditioned coaches and restaurants despite the "No Smoking" sign.

Yellow boxes designated as parking lots are commonly found on Ipoh streets, where vehicles can be parked without obstructing traffic. While there are still many sites in Ipoh where vehicle owners park side by side and at the rear with no consideration for the other vehicle owners.

And anyone who had the misfortune of having to use a public toilet will readily agree that the common consensus seems to be: If it does not belong to you why give it a second thought?

We can be quite eloquent when we discuss problems and crises in the world and talk of the search for universal peace. But let us not get too ambitious. Let us start with being civil to one another.

When psychologists tell us that children learn to socialize, co-operate and share by the age of three, do not just sit there and think that it will happen by itself. Parental guidance has a lot to do with it too.

Everybody wants the best for his child – so, for a start let compassion begin at home. While we are glad that now, we are under a very able leadership with Tun Mahathir being the premier. Hopefully the newly-appointed Chief Minister and the Ipoh City Council would deliver their best for the benefit of the Ipoh people.

S. Sundralingam

FMM Perak Congratulates Pakatan Harapan

The chairman, Dato' Gan Tack Kong and members of the Federation of Malaysian Manufacturers (FMM) Perak branch convey our sincere congratulations to Pakatan Harapan on winning the 14th General Election and the swearing-in of Yang Amat Berhormat Ahmad Faizal Dato' Azumu as the 12th Menteri Besar of Perak.

FMM Perak looks forward to work closely with the new state government to enhance the economy and investment climate. Over the years, FMM Perak has played a key role in the affairs of the manufacturing community by way of participating actively in the various state government committees. The PEMUDAH Perak Committee and the Industrial Park Management Committee, with representations from the public and private sectors and co-chaired by FMM Perak, are two such committees that have been active in facilitating ease of doing business and improving the infrastructure facilities for industries.

FMM Perak is also pleased to note that the current ongoing Natural Gas Kinta Project pipeline from Ayer Tawar to Chemor stretching 140km and costing RM180 million, when completed in the third quarter of 2019, will not only benefit existing industries but will also encourage more investments in Perak.

To this end, FMM hopes to work closely with the new state government and its relevant agencies to attract investors to set up industries along this pipeline.

It is FMM Perak's sincere hope that the state government, under Yang Amat Berhormat Ahmad Faizal Dato' Azumu, will continue to lend its support to the business community in Perak and foster closer rapport between the public and private sectors in the true spirit of Malaysia Incorporated.

FMM Perak pledges its support and cooperation to the new state government in helping to enhance good governance and to improve the state's economy.

FMM Perak

Hope for an Inclusive Malaysia

Against all odds, Malaysia has experienced a peaceful transition of power in line with the will of the people. This is a moment that all Malaysians are proud of. The NECIC (National Early Childhood Intervention Council) would like to take this opportunity to congratulate our new seventh Prime Minister of Malaysia, YAB Tun Dr Mahathir Mohamad.

NECIC is a coalition of parents, practitioners and professionals from non-governmental organisations and governmental agencies involved in advocacy with policymakers for early childhood intervention as a right.

As we wait for the new cabinet line-up, NECIC would like to urge the new government to consider new directions on current practices and services for children and community with disabilities. Children with disabilities cut across gender, ethnics, culture, and countries. Data suggest there are 15% of them, and this figure is equal to about 1.2 million of children population less than 14 years of age in our country. All of them can be helped with quality education, in an inclusive setting.

The spirit of inclusion, in both educational and social sense, provides the fertile ground for fostering greater acceptance of diversity and creating a harmonious society. Inclusion is not solely reserved for the people with disabilities. Inclusion is universal. It is about bringing together people from all backgrounds – regardless of gender, ethnicity, faith, socio-cultural background, geographical, and disability – to learn to live and learn together.

We would like to make a few recommendations to the government, on matters regarding children with disabilities:

a. Make Education Real for All

It is vital that majority of children with disabilities should be in an inclusive education setting. For this to happen, we urge the pre-schools and kindergartens to be more open to accepting children with disabilities. Early-intervention workers can provide support and partner with these kindergartens to support such inclusion.

NECIC has a Memorandum on Inclusive Education which has many suggestions on how this can be implemented and the transitional steps that are available (<https://tinyurl.com/NECICIncMemo>). In addition, an Inclusive Education Module has been developed by NECIC with localised teaching strategies which are available for teachers to use.

The current National Achievement Key Performance Index (KPI) for schools is largely segregational and does not support our children with disabilities who can blossom in the mainstream. This needs to be changed to an Inclusion KPI where "Leave No Child Behind" must be our motto.

b. Training of Professionals

A Study of Knowledge, Attitudes, and Practices conducted by UNICEF Malaysia in 2016 showed that there are gaps in the understanding of disability in our country. This is due to limited knowledge. Currently, there is almost no teaching in the under-

graduate's courses for health and educational professionals in an area which affects up to 15% of our children. We would like to advocate for Disability Awareness training (Social Model) for all who come in contact with the care of children.

c. Empowering Families

One of the focuses of NECIC is to empower the families and recognise that parents can play a leadership role. Knowing what their children need, parents can often design services that better meet the needs of their children. The parents' voices should be heard and their ideas are taken into consideration to develop more cost-effective services.

d. Fee Schedule for Rehabilitation Services

Rehabilitation services for children with disabilities are getting more expensive in the private sector. Although these services are available in the public sector, the waiting list is long; most children cannot afford to wait. Turning to the private sector has become an enormous financial burden for these families. We urge the government to regulate these services and set up a fee schedule capping the maximum charges for these services such as speech therapy, physiotherapy, occupational therapy, clinical psychology services and early intervention.

e. Inclusion in the Community

We urge the leaders of our country and fellow Malaysians, to actively engage people and children with disabilities, and their families, in the development of our country. Not just in the areas of education, healthcare, social welfare and employment, but also in making public infrastructures, buildings and community spaces, social events, etc. more disability-inclusive. We also require greater disability representation and inclusion in the media. We would like to see the enactment of social policies and planning to intentionally include the meaningful participation of people and children with disabilities.

We sincerely hope that the ruling government will enable all Malaysians to embrace the spirit of Inclusion. It is important that we learn to listen to, understand and respond with respect and kindness to children with disabilities and their families. We need to uphold their rights as citizens and "Leave No Child Behind".

The wealth of a nation is not defined in monetary terms alone.

How we care for children with disabilities and their families will define us as a nation.

Dr Wong Woan Yiing

Dato' Dr Amar-Singh HSS

Professor Dr Toh Teck Hock

Ms Ng Lai Thin

National Early Childhood Intervention Council (NECIC)

LETTERS

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Open Letter to Tun Dr Mahathir

Under the leadership of Dato' Seri Anwar Ibrahim, the opposition could not defeat the BN government in the last two general elections in 2008 and 2013. If the 2018 election had been contested under Anwar's leadership, it is highly probable that Dato' Seri Najib Razak will remain as Prime Minister and BN will still be in power today.

All Malaysians are fully aware that without your heroic intervention and the tremendous amount of time and effort you put into pulling together a chaotic and disorganised opposition and taking the case against Najib and his corruption to the people, especially the Malay rakyat, Pakatan Harapan could not have won the right to form the government.

I know you are facing a lot of difficulty in the appointment of Ministers because every high-ranking politician in Pakatan Harapan now thinks he or she deserves to enjoy the fruits of power and should be considered for a leading role in the new government.

It is clear that you cannot please everybody and that only a very small number of Parliamentarians can become Ministers. As Prime Minister, you have the right to use your discretion to choose the right candidates from the list submitted by each coalition party.

I have full confidence in your judgement and ability to assemble the best possible team to lead the country out of the political wilderness that Najib and BN have led the country to.

Your Vision 2010

So please continue with exercising the power you have as Prime Minister. Make any appointment you see necessary to reform the country, repair the damage and take the country and the younger generation forward in your long-stated mission for Malaysia to become a fully developed, vibrant and progressive society and advanced economy. When you were the Prime Minister of Malaysia, you openly declared your Vision 2020. Now at 92 years old you have managed to change the corrupted BN government and to become the new Prime Minister.

Syabas!

Your ultimate aim is now likely to be to achieve your Vision 2020 to make Malaysia a full developed and successful nation, not a failed one. The task is more difficult as we have already lost 20 years as well as billions of ringgit through 1MDB and other

failed projects of the Najib regime.

My book "Malaysia: Road Map for Achieving Vision 2010"

In 2012, I published my book "Malaysia: Road Map for Achieving Vision 2020". The book analyses why and how the country has failed to make any headway in achieving the goals of 2020 and what stands in the way.

I hope you can remember that I gave you a copy of my book when you were campaigning in Padang Rengas, Perak about six months ago.

It is my humble request that you read my book to see the deep hole that BN rule has dug for the economy and society and to serve as a reminder of some of the major challenges that you and Pakatan Harapan will face in the coming years.

The Best Way Forward

For now, I wish to emphasise again the following sectors in which the new PH government needs to prioritise a meritocratic system:

1. University places should be allocated based on examination results and should not be based on race or other forms of quotas. We need the best people to manage the country.
2. Entry and promotion in civil service, police and army must similarly be based on educational qualifications and working experience. There must be no political or party interference in the civil service. We need the best people to manage the country.
3. Follow the World Bank's procurement guidelines for all contracts - major or minor. All contracts exceeding Rm 10,000 must call for an open tender and the cheapest contractor should be given the contract should he fulfil the other conditions of eligibility. You must review all those large contracts and concessions given by the BN government without open tenders. For example, the East Coast Railway contract which is the most expensive per km in the world.

Finally, but perhaps most important, the PH government must not only acknowledge that all Malaysians are equal under the law irrespective of race and religion but they must also fully practice it.

Koon Yew Yin

Perak's Tourism Can Flourish Using Online Connectivity

Congratulations to Perak's newly-appointed tourism exco Tan Kar Hing for being spot-on by planning to integrate tourism products at various popular destinations in Perak.

The traditional method of promoting a tourism product is to show a picture and as many words as possible in a given space, whether in an electronic or printed brochure, or signboards erected at various sites.

It is useful for those who wish to look for such information but do not attract or facilitate visits, as tourists could not fly there like a bird.

They need to know how to get there on their own or by public transport, and better still a package tour with inclusive accommodation and recommendations on the best local food and nearby attractions within a given time.

And all these could be accomplished by developing state-of-the-art destination apps for the various districts of Perak, which could provide all the interesting and useful information in an organised manner and easily accessible with a few clicks of the button.

Once ready, these destination apps would have global reach and attract visitors from all over the country and throughout the world. The apps would allow users to plan the most suitable options of where to go, eat, shop, play and stay.

They could also book and pay online and upon arrival, the app could be used as navigational aid without having to keep asking the locals for direction or information.

Local food stalls and restaurants featured would have a history of the founders and

their passion for cooking, particularly signature dishes. Likewise, unique local handicrafts and foods could also attract visitors who wish to learn how to make or cook them.

This would allow visitors to immerse in local traditions and culture, as many tourists are seeking experiential tourism by interacting with people, which is beyond watching so-called cultural dances which are nothing more than staged shows with dancers wearing staged costumes.

The photos and videos in the app will give the real face of tourism, by featuring residents and the community, their cultures and traditions, and flora and fauna in areas rich with wildlife.

Every town and village should have a tourism centre where the best local foods, fruits, crafts and other produce could be sold. It would attract tourists to such one-stop centres without wasting time looking high and low for them.

Every town and village have an interesting and unique story to tell regarding its early history and settlers, but most Malaysians are clueless on the contributions of their ancestors or the people named in roads and streets around the neighbourhood.

Every spot-on earth could attract tourists if the story is interesting and reached the right audience. Tan hit the nail on the head when he stressed the importance of building narratives and storylines.

Multiangled Views

By A. Jeyaraj



iSpeak

Handbook for New Councillors

Barisan Nasional councillors have been relieved of their positions and Ahmad Faizal Azumu, Menteri Besar Perak, said that new councillors will be appointed accordingly. This means most of the councillors will be from political parties and their affiliation will be to their party. They will try to please their political masters and be in their good books. Basically there will be no change in the profile of the new councillors.

Findings of "Know Your Councillor" survey organised by a number of civil societies a few years ago is still relevant. More than 90 percent of the respondents in the survey said they did not know who their councillor is. Most of the people do not even know who their elected assembly person or MP is. While voting, they put their cross against the symbol of the party without knowing the name of the candidate. If people do not know who they voted for, how would they know their appointed councillor?

When appointing new councillors, the PH government should also provide them with a handbook about their responsibilities which must be made public. Being political appointees, councillors are not aware of their duties.

Councillors from the previous government used to say that they are only answerable to their political parties. Councillors must be made accountable. They should report to the Mayor or State Exco for Local Government, then the public would know where to lodge complaints against councillors. An annual report card should be prepared for each councillor based on feedback received from the residents.

I am reproducing what I wrote sometime back of an example of what a newly elected councillor should do. When Dato' Daniel Tay Kwan Hui was appointed councillor for Zone 8 which comprises of Lim Garden, Merdeka Garden, etc., he called for a meeting with representatives of the Zone in MBI and introduced himself. He divided the zone into

four sub-divisions and visited each division with MBI officers and representatives from the area. He visited the problem areas and most of the problems were solved. Though he did not come to the zone, he was easily contactable and responded to issues raised. Newly appointed councillors should emulate him.

The councillors appointed after him did not take the initiative to introduce themselves. I did not know who my councillor was since my housing estate was listed in the Councillors' List.

A councillor's scope of duties and responsibilities would mean practically a full time job. However, this is not so, as all are appointed on a part-time basis. Residents' associations can set up WhatsApp groups with their councillor as a member and share their problems.

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

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

Councillors are not doing their job for free. They are paid, enjoy perks and privileges and go on all paid vacation at the expense of the ratepayers. What more do they want?

While in the opposition, DAP and PKR were fighting for local council elections and now they are in the ruling coalition, without further delay they must call for local council elections.

Community

PCSH Antenatal Seminar

A mother's joy begins when new life is stirring inside...when a tiny heartbeat is heard for the very first time, and a playful kick reminds her that she is never alone. The most important thing she'd learned over the years was that there was no way to be a perfect mother and a million ways to be a good one.

Perak Community Specialist Hospital (PCSH) held an antenatal seminar on

May 5 at Hotel Excelsior Ipoh. There were about 38 couples who attended and all made it to the end with a prenatal yoga session. Prenatal yoga addresses the physical challenges inherent to pregnancy, such as a shifted centre of gravity and lower back pain. These moves will help alleviate aches and build strength in your legs, back and abdominals to



prepare you for giving birth.

PCSH Obstetrician & Gynaecologist Dr Chen Yoke Chuan and Dr Pang Ay Minn and Pediatrician Dr Lo Wan-Yi, provided a wealth of information about pregnancy, childbirth and also breastfeeding to all the mothers-to-be. Bathing techniques for the newborn was demonstrated by the nurses as well.

Tower Regency Breaking Fast with Orphanages

One hundred and twenty six residents from three orphanages, Rumah Anak Yatim Budi Mulia Nurul Huda, Pertubuhan Kebajikan Anak Yatim Bait Al Amin and Pertubuhan Anak Yatim Dahikmah were treated to a scrumptious buka puasa spread by Tower Regency Hotel & Apartments on May 22 at the hotel's coffee house.

Mariana Abdul Hamid, the hotel manager expressed her gratitude to all the sponsors who contributed to the event.

"Million thanks goes to Nestle Malaysia, Massimo, Nestle Perak, Rozita Kama Enterprise, Mamayati Kitchen, Saya Sueraya Enterprise and other individuals who donated and funded this event. Thanks to them, the kids from this three homes will be receiving goodies bags and duit raya," said Mariana.

Among VIP guests at the event were, Perak Police Chief, Dato' Hasnan Hassan and wife; Deputy Perak Police Chief Dato Omar Mammah and wife; Ipoh Police Chief, Mohd Ali Tamby and wife; President of Perak Tourism Association, Dato' Odzman Kader and wife; Management Director of Tower Regency Hotel & Apartments, Simon Leong and Hotel Director of Tower Regency Hotel & Apartments, Cheong Soon Loong.

This is Tower Regency's 8th consecutive year of holding this CSR programme and they will also distribute 5000 packs of bubur lambuk to the public on June 12 at the hotel's main entrance.

Ili Aqilah



Upcoming

PCSH Fundraising Dinner



The Perak Community Specialist Hospital (PCSH) will be organising a fundraising dinner on Sunday, September 23 at the Kinta Riverfront Hotel at 7pm.

"We are raising funds to enable this 114-year-old, not-for-profit hospital to continue providing affordable quality healthcare to the community. We hope to raise at least RM300,000," Woo Chee Wai, the organising chairman said during a press conference held on Tuesday, May 22.

With a total of 100 tables (targeted), it is priced at RM100 per seat and RM1000 per table.

"The funds will be channeled towards the purchase of equipment, ambulance, dialysis machine, etc. in order to save more lives especially those with critical illnesses," Dato' Ooi Foh Sing, the advisor explained.

"Next year, we are preparing to build a catheterization laboratory (heart centre) where the equipment alone will cost about RM2.5 million as it needs to be imported from Europe and US," Woo added.

PCSH is a 69-bedded multi-disciplinary hospital served by a team of dedicated specialist doctors and caring personnel. The hospital is owned by the Perak Chinese



Maternity Association.

Interested readers who would like to purchase tickets can call **012 505 3851** (Kit Ting) or **017 520 0028** (Christine Leow). Donations can also be contributed towards the Perak Chinese Maternity Association CIMB account: **8601253753** (donors are advised to inform the association beforehand in order for the tax exemption receipt to be issued by the hospital).

Mei Kuan



Military History

by Harchand Singh Bedi and Harprabhjeet

The Battle Of Kampar

More than seventy-seven years after the start of World War Two on December, 1941, many, particularly younger generations, are largely unaware of the carnage that claimed the lives of many of their forefathers on the battlefields of Malaya.

The Kampar position was the strongest of any occupied in Malaya. The Japanese Commander Lt Gen Takuro Matsui was forced to admit defeat and General Yamashita ordered further amphibious landings to be made to the rear of the British lines. Japanese newspapers at the time claimed 500 Japanese casualties against an Allied loss of over 150. It was the first serious defeat the Japanese had experienced in the Malayan campaign.

The British Battalion D Company made two counter attacks to try to drive out the Japanese. Later a third attack was made by the company of Gujars from the Jats/Punjab Regiment, but it failed after heavy casualties.

The fourth and final attack was made by a company of Sikh sepoys under Captain John Graham and Lt Charles Douglas Lamb. As for the bravery, leadership and self-sacrifice of Captain Graham of the 1/8th Punjab Regiment at Kampar, his gallantry was an epic which must surely rank with any act of valour in the two world wars.

Shocked at such resistance, the Japanese chief planning officer, Col Masonubu Tsuji, later devoted an entire chapter of his memoirs entitled 'The Battle of Kampar Fortress' which appeared in his book, 'Singapore - The Japanese Version'.

A passage from General Percival's book about the incident at Battle of Kampar is worth quoting: "And finally, when the enemy had captured a key position and the battalion reserves were exhausted, there was a charge in the old traditional style by the Sikh Company of the 1/8th Punjab Regiment. Through a tremendous barrage of mortar and machine gun fire they went, led by their company commander, Captain Graham, until he fell mortally wounded, and then by their Subedar.

The situation was completely restored, but only thirty of this gallant company remained. The Battle of Kampar had proved that our trained troops, whether they were British or Indian, were superior man for men to the Japanese troops. Those who had fought and survived told the tales of those who died in the battle. They sacrificed their lives so that future generations can live in honour, peace and prosperity.

The following excerpts are from a letter which was sent by E. Armstrong (Major) dated 16th November, 1945 addressed to Mr David Lamb, father of late Lt Charles Douglas Lamb, of 1st Battalion, 8th Punjab Regiment.

'On the last afternoon of the Battle of Kampar the enemy seized a position in rear and flank of the British battalion, of the brigade and in view of the general withdrawal due that night its recapture was essential. A counter attack by a company of the 9th Jats failed and our 'A Company' of which your son was second-in-command was ordered to retake the area.

Their attack was magnificently carried out and in face of terrific fire at short range was a complete success. Very heavy losses were inflicted on the Japanese, mainly with the bayonet, but our company lost 70% killed and wounded and your son was shot dead, as the objectives were carried.



The Japanese tanks were held up by the damaged Kuala Dipang iron bridge and the five bridges further down the road to Kampar. The strong British artillery and the mortars kept the Japanese from repairing the dynamited bridges. For the first time in the campaign, the British artillery bombardment frustrated the Japanese advance.

"Lt-Col Peter Kemmis Betty was in command of a Gurkha rifle company. They were ordered to fall back on Kampar where he was in command of a detachment holding a vitally important bridge over the Sungai Dipang River.

The bridgehead was under heavy artillery, mortar and small arms fire. When all the troops had crossed over, the demolition charge failed to destroy the bridge. This happened again and, once more, Kemmis Betty led his detachment forward under constant fire to cover the demolition party. At the third attempt, the sappers were successful and he was able to extricate his small force. Lt-Col Peter Kemmis Betty was awarded the Military Cross for holding a vital bridge in Malaya."

In September 1941, 2nd Battalion, 2nd King Edward VII's Own Gurkha Rifles, part of 28th Indian Infantry Brigade, 11th Indian Division, moved from Secunderabad, India, to Ipoh, Malaya.

The withdrawal of the 12th and 28th Brigade Groups began at 1900 hrs on 27th December and continued throughout the night. The 12th Brigade Group, to which had been allotted the task of delaying the enemy's approach to the Kampar position north of Dipang, occupied a position south of Gopeng, while the 28th Brigade Group took up positions astride the defile road which protected the right flank of the Kampar position, with one battalion in the Tapah area.

The large bridge over the River Kampar at Dipang was destroyed after several abortive attempts. Lt-Col Peter Kemmis Betty held a vital bridge long enough for his own troops to cross, and then blew it up successfully. His Military Cross was gazetted in 1946. The citation for the award stated that "although worn out himself, his cool judgment, calm orders and cheerful bearing so inspired his exhausted men that not once did his Company fail to hold its position or withdraw until ordered to do so. Despite suffering heavy casualties, it remained an organised, disciplined fighting force right up to the surrender."

Lt-Col Peter Kemmis Betty, MC, Commandant 2/2nd Gurkha Rifles 1958-60, was born on May 9, 1916. He died on August 25, 2016, aged 100.

References:

- 1) The Family of Late Lt Charles Douglas Lamb (The photographs of Lt Charles Douglas Lamb, Telegram and Letters).
- 2) The Family of Late Lt-Col Peter Kemmis Betty MC.
- 3) Commonwealth War Graves Commission.
- 4) London Gazette ~<https://www.thegazette.co.uk/London/issue/37671/supplement/3918>
- 5) Description for the header image: Smashes Japanese Aggression .IWM PST 16915 Courtesy of Imperial War Museum. 6) The War in Malaya – Lt-Gen Arthur Ernest Percival

HAPPENINGS

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

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

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

ARTS & CULTURE

SHARPENED WORD proudly presents **STIMULATING PERFORMING ARTS**. With the prima donna of contemporary theatre, **JO KOKATHAS**, sharing the stage with her is **SHAMSHUL RAHMAN** aka **DR SHARK**. **June 23 (Saturday), 2pm-5pm at IDR Knowledge Centre, Greentown Suria** (GPS: 4.6013N / 101.0961 E). Entrance by donation. For up-dates please visit our face book page: www.facebook.com/sharpenedword.kinta.

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.

CENTRAL CHRISTIAN CHURCH FAMILY YOUTH INTERACTION. JUNE 9 (Saturday), 4pm-7pm at R&R Multipurpose Hall, YMCA. Get into physical games...Create more fun memories with your children and have better connection with them! Based on 22 childhood games. Child category = 3 to 21 years old. Free admission. Sign up with Chee Tong **012 739 5917**, Ying Jiun **011 2328 7582** and Calvin **017 200 1861**.

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**.

MEDICAL

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.

Facing a lot of problem at work or generally, in life? Learn 7 keys that can help you unlock obstacles in your life and seek out solutions. Join our workshop **KEYS TO UNLOCK OBSTACLES IN LIFE AND AT WORK** Date: 30 June 2018, Time: 2pm-6pm, Location: Ipoh, Perak. For more info, visit debuggingminds.com or contact **013 734 5008**. Registration deadline: **10 June 2018**.

HISTORY & HERITAGE

HISTORY DAY CUM REMEMBRANCE DAY. JUNE 8, 8am-2pm Wesley Methodist School Ipoh (International), 42 Jalan Silibin, 30100 Ipoh. Organised by Wesley Methodist School Ipoh (International) in collaboration with Warriors' Association Malaysia. Activities: Art Competition for students age 5-12 years old; Malaysian History Quiz for secondary students, History Exhibition. Participants: Kindergarten to Form 5 students. Attire: school uniform. Contact: **05 254 5122** or **012 500 5033**.

Inaugural Leong Sin Nam Annual Lecture: "IPOH AND THE KINTA VALLEY: HERITAGE LOST". JUNE 24 (Sunday), 3pm-4pm at '15 Clarke Street', 15 Jalan Sultan Abdul Jalil, 30450 Ipoh. Speaker: Rtd. Commander Ian Anderson. Free admission. Seat reservations before **June 20**. Contact: Ms Lily **05 241 3130** or **0111 685 5775**.

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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Sport

Best Maintained Golf Course

Meru Valley Resort had been nominated for best-maintained golf course 2017 at the Malaysian Golf Awards presented by Club Car and Tourism Malaysia. It was held on Friday, May 11 at the Acapella Suites Hotel Shah Alam, Selangor.

Organised by ParGolf Malaysia, the leading golf magazine in South East Asia in collaboration with Malaysian Golf Association, the ceremony is the nation's only industry-wide awards recognizing deserving individuals, golf clubs and companies for their achievements and contributions in the previous year.

Meru Valley Resort was nominated as the best-maintained golf course 2017 with other deserving nominees such as Horizon Hills Golf & Country Club, Palm Garden Golf Club, Royal Perak Golf Club, Sungai Long Golf & Country Club, Templer Park Country Club, The Els Club Teluk Datai, The Mines Resort & Golf Club, The Royal Selangor Golf Club, TPC Kuala Lumpur and Tropicana Golf & Country Resort.

"We are pleased that Meru Valley Resort has been nominated as the best maintained golf course. We hope to strive harder to bag the award next year," said Florence Foo, the general manager of the resort.

Colin Coles, golf course consultant of the resort explained to Ipoh Echo, "Over the past two years, all facets of maintenance pertaining to the upkeep of the golf course have been reviewed and improved. These include upgrade of irrigation system, mowing practices and schedules, the installation of sub-soil drainage in soggy areas, a balanced fertilizer regime based on soil test results, review of all watering frequencies, increased aeration and cultural practices such as topdressing."

According to Colin, both weekly and monthly work schedules are formulated in advance to ensure that all relevant tasks are completed each day in accordance with the demands of play, tournament preparations, etc. Chemical applications are applied either at or below the manufacturer's recommended rates and only on an as needed basis to help reduce costs and protect the environment.

"The two main criteria of quality maintenance are aesthetics and playability. Main playing areas such as Greens, Tees, Fairways and Bunkers must always be in good condition, with full turf coverage and presented in such a way as to be pleasing to the eye. Green speeds at Meru Valley Resort range from a minimum of 9ft up to 10.5ft pending weather and golf bookings," he highlighted.



Florence Foo General Manager Meru Valley Resort receiving award

Meru Valley Resort is a virtual oasis situated just outside of town that features the surrounding mountain range, lush jungle and picturesque valleys which the different nines wind through. There are very little to no outside noise distractions, apart from the wildlife that abounds.

"We have recently opened a (6) Hole mini Putt-Putt practice facility using actual Tifdwarf grass as the putting surface that is very unique to the Asean region," Colin added.

Interested readers can call the golf reception at **05 529 3300** or swing by the Facebook page: **Meru Valley Resort**.

Mei Kuan



Mitsuki Leong emerged champion in the 4th leg of the Tennis Malaysia Junior Tour 2018 in the singles and doubles categories for boys 16 and under. Unseeded Mitsuki beat the 1st, 2nd, 4th and 6th seed in this tournament. Congratulations!