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Waking Up to Ipoh Coffee

By Tan Mei Kuan, Ili Aqilah Yus Amirul and Joshua Jacob

Ipoh was recently listed as Asia's top three best coffee cities, together with Chiang Mai and Tokyo, by the world's largest travel guidebook publisher, *Lonely Planet*. In view of that, Ipoh Echo spoke to various all-time favourite coffee spots, both old and new, to find out their respective interpretations of our iconic Ipoh coffee.

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Rebranding the Idea of Ipoh

“First things first, we need to identify our identity. Ipoh is a whole lot more than just a scrumptious plate of chicken bean sprouts and a good cup of white coffee,” remarked Executive Councillor for Tourism, Arts and Culture, Tan Kar Hing.

Coming up with a long-term tourism master plan requires holistic planning. With all the established products and international recognitions Ipoh itself has gotten by *Lonely Planet*, *NY Times* and more, it becomes more of a reason for tourists to make their way here. Tan believes that two strengths: heritage and ecotourism.

building over 50

“There's always a story behind a and that makes Ipoh interesting. Also, with waterfalls and limestones that have

been around for more than millions of years, hopefully we'll get the second national geopark recognition after Langkawi. We have splendid beaches, iconic railway stations and hills, we just need to focus more on these advantages and figure out ways to utilise them,” he continued.

Thus, the plan is to rebrand the whole idea of Ipoh, that it is not just another stop for food trails and sightseeing. People need to stay for a few nights to experience the whole laid back vibe Ipoh has to offer. Tan is also planning an iconic annual programme to represent Perakeans for its blend of culture and stories.



“For a start, our people need to be aware of the places we have here so they can spread the word. As to promote our state internationally, we'll be

needing a strong team onboard to focus on social media to produce good photos, videos and write ups by well-known writers. We also want to produce multilingual flyers to cater to tourists from all over,” Tan said.

His hopes include having the tourism industry to generate income to the locals and getting more tourists to visit Ipoh. As museums and libraries will be one of his core focus, he looks at Sabah as our benchmark.



by Rosli Mansor Ahd. Razali

Coffee – From Ipoh's Best Kept Secret to Global Fame

Chang Jiang White Coffee (signature outlet)

Ipoh Echo spoke to husband and wife duo, **Kong Kin Loong** and **Foong Choa Mun** who run Chang Jiang White Coffee signature outlet.

Kong grew up helping out in his father's coffee shop named Chang Jiang Coffee Shop back in the 70s along Jalan Pasir Putih, Ipoh. Then, the family moved on to become a coffee bean supplier to coffee shops, cafes and kopitiams before establishing this signature outlet in 2015.

"Chang Jiang refers to a river in China besides Jiang being a homonym of Kong's surname. We obtain our coffee beans from Klang (liberica) then mix it with beans from Indonesia (robusta) and Vietnam (arabica). It is added with margarine then later a little sugar and salt to balance the acidity of the coffee accordingly," Foong, general manager, explained.

"To make aromatic white coffee, the water temperature must be 100 degree Celsius. It should be aromatic yet won't tire out the palate, smooth and with a bit of fragrant aftertaste. The layer of foam is created to increase the smoothness and thickness," Kong, director, enthused.

"We want our signature outlet to have a homely and comfy atmosphere akin to going back to your grandparent's place," Foong said.

The amiable duo highlighted that they offer free-of-charge training for those interested to learn to make white coffee, especially aspiring cafe/coffee shop owners. "Besides making new friends, we can promote quality white coffee as we do not want the traditional art to disappear. We have educated and shared knowledge with people from as far as Taiwan and China," she added.

Their white coffee (with condensed milk and evaporated milk) is priced at RM4.20 (hot) and RM4.50 (cold) per cup.

Meanwhile, pre-packed 3-in-1 white coffee (40g x 15 sachets) is available at the outlet at RM15 per pack as the ideal souvenir. It is also on sale in convenience stores and herbal shops.

The signature outlet is located at No. 7 Jalan Windsor, 30250 Ipoh. It is pork free and opens every day from 8am to 6pm except during Chinese New Year week.

Check out their Facebook page (Chang Jiang White Coffee) or call **05 253 8896**. For inquiries on training, call **05 3232 702**.



Sun Taii Heng

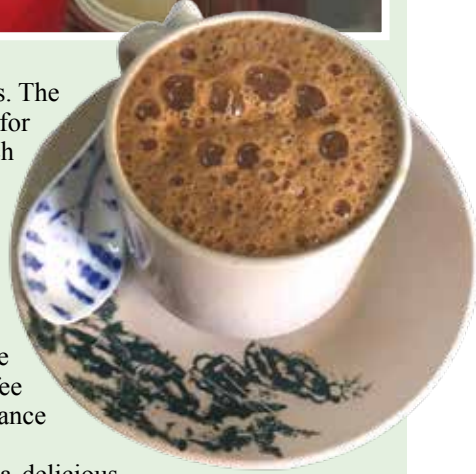
Sun Taii Heng is a name known by most Ipohites. The well-known coffee shop has been operating for over 30 years attracting customers with their rich and mouth-watering white coffee.

Current owner, **Peggy Hooi** has been running the place for seven years after taking over from her mother. She takes much pride in carrying the family business which was started by her grandmother.

"Some coffees can be too sweet, while some might be too bitter. That is why Ipoh white coffee is loved by all coffee-lovers. It has the perfect balance between sweet and bitter," said Peggy.

However, a lot of work goes into preparing a delicious cup of coffee. It is not as simple as pouring hot water into a cup of coffee powder.

"The key is to *tarik* (pull) the coffee. A longer *tarik* (pull) gives a smoother coffee. You also have to look out for the colour of the coffee. The colour has to be light," she emphasised as she demonstrated how she prepares her aromatic coffee. Available for an incredibly reasonable price of RM1.90, it is no surprise that customers flock here for their morning 'cuppa'. Head over to Sun Taii Heng located at **No. 11 Jalan Dato Onn Jaafar, Kampung Jawa**, to get your coffee!



Yee Kong Coffee & Food Manufacturing Sdn Bhd

Established since 1974, Yee Kong Coffee & Food Manufacturing Sdn Bhd is an iconic spot at Pasar Besar Ipoh (central market) selling various coffee beans for brewing.

An employee would scoop the beans out of tins according to your preference and then blend the coffee mixture on the spot before sealing it in a bag. Using the sea lion as a brand/symbol, the white coffee (liberica) is sold at RM20 (1kg) and RM10 (half kg).

"For white coffee, the beans are roasted with margarine while for black coffee, the beans are roasted with sugar. White coffee is lighter in both colour and taste than the black one. Some customers request us to



prepare a mixture of both beans for them to brew at home. We source our white coffee beans from Ipoh and roast it in-house in our factory in Pusing. Many coffee shops get their beans from us," **Tan Pit Tiew**, an employee at Yee Kong told Ipoh Echo.

"Usually university students and office workers would buy the pre-packed, instant ones as it does not require filtering the coffee grounds during brewing," Tan stated. Instant 3-in-1 packs (15 sachets x 40g) are available at RM13 each.

Located at C60 & C61, Pasar Besar, Jalan Laxamana, 30300 Ipoh, it opens from 8am to 4pm (closed on Monday). Readers can call **05 253 2442**.



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FAIZAL'S CHALLENGES AHEAD

Faizal is relatively unknown in Perak. Being the underdog he is at a disadvantage but he is young, time is surely on his side.

The excitement over Pakatan Harapan's victory in the hotly-contested 14th General Elections has died down. For the victors, trumpeting their success was never easy as they had never expected to come out on top. For the vanquished, coming to terms with their defeat was never easy either. Former Prime Minister Najib Razak was dumbfounded with the results and wondered what made Malaysians hate him so much.

A post-election study conducted by Selangor think-tank, Institut Darul Ehsan showed that Pakatan Harapan (PH) did not win the 14th General Elections (GE 14) because of its strength or the charisma of its leaders. It won because of the overwhelming hatred of Malaysian voters towards Najib Razak. The report also found that the "total support" of non-Malays for PH was what led the coalition to Putrajaya while a majority of Malay voters still had their sights trained on Umno/BN and, surprisingly, Pas. That was why Kelantan and Terengganu went the Islamist party's way.

Hatred towards Najib by the Chinese community hurt BN's component parties MCA and Gerakan badly. Gerakan has since left Barisan Nasional leaving Umno, MCA and MIC to carry on the fight.

Pakatan Harapan's victory in Perak was also driven by massive support for the predominantly Chinese Democratic Action Party (DAP) among Perakeans. And this leads to this rather numbing conclusion. For PH to safely retain its place in Putrajaya in the next elections, the coalition must do more to enhance its Malay support base.

Over in Perak Perakeans had not forgotten Najib's role in ousting Menteri Besar Mohd Nizar Jamaluddin on February 9, 2009. The "political coup" was cunningly executed with the connivance of those with vested interests – financially and politically. The three "frogs" were amply rewarded for crossing the floor when it mattered and the resultant change of government left many disenchanted (angry is a better word) with Zambry and his cohorts.

Zambry remained in power for nine years before he too was eased out in GE14. His delayed departure from the MB's official residence was highlighted by political commentator and Ipoh Echo's columnist, Mariam Mokhtar. Mariam's video went viral.

Although denied vehemently by the Perak Umno division deputy chief, the truth behind Zambry's reluctance was his belief that the PH government would fall should the three Pas assemblymen tip-toe across the state assembly floor. But this did not happen. Instead two of Zambry's henchmen did the inevitable by crossing over to the PH's bench. A repeat of the February 9, 2009 fiasco was thus averted and Ahmad Faizal Azumu was left to consolidate his position as the 12th Menteri Besar of Perak.

Being a newbie, Faizal had his share of uncertainty. The loyalty of the two who crossed over was questioned at length by members of PH. Their fear was not unfounded. Being Umno stalwarts the duo might end up being a torn in the coalition's flesh. Moreover, one of them, a former state executive councillor in Zambry's government, was made Faizal's advisor with similar perks he had enjoyed previously. However, Faizal's insistence that he remained his advisor was for a good reason – the integrity of the PH government. It will not bode well for him if the two were summarily rejected as it would subject PH to a "wheeling-dealing" by Umno and Pas. The possibilities are there despite the fact that Najib is now reduced to a mere spectator.

Finance is a major issue with any state government and Perak is no exception. Many have questioned the manner state-linked companies are managed by the previous government. Money spent by agencies such as Menteri Besar Incorporated (MB Inc), State Secretary Incorporated (SSI), Yayasan Bina Upaya (YBU), Perak Corporation and to an extent, the onerous State Economic Development Corporation (SEDC), are never properly controlled. Their accounts have been in the red for most of the time.

Perak Corporation Berhad incurred a net loss of RM340.6 million in a single year (2017). According to auditor Ernst and Young, the group's liabilities exceeded its current assets of RM158.5 million. The loss is the biggest in the group's history with debts outstripping assets. While this happened, the chairman and members of the directorial board were being paid handsomely for their "services". Something no sane people would condone.

The chairman has since resigned while the directors had their services terminated. This is the most decisive action Faizal has taken thus far to put his house in order. Obviously, the previous government had not been too strict in its dealings.

It is a fallacy for a state government to be directly involved in business. They should not dabble in business in the first place. Leave commerce to the privateers as they are more suited for it. A government's function is to govern, not to compete in the open market for commercial benefits.

When MB Inc decided to venture into the housing business it clashed with the private sector. But being part of the government it had the upper hand. It is unfair competition. The business model MB Inc employs is always lopsided. It is an Ali-Baba venture, short and simple. Ali's investment is very minimal while Baba's contributions are huge. This unfair advantage has exposed the agency to corruption and cronyism – appendages of the decadent Umno/BN.

I hope Faizal will not repeat the mistakes made by Zambry by being overly confident of himself. The temptations are great but in this era of openness there ought to be accountability and transparency in the manner the state is being administered. The inherent qualities of good governance should be upheld no matter what.

What is uppermost in Perakeans' minds is the functionality and sustainability of



the current state government. Whether PH will weather the raging storm is for the MB and his team to figure out. The vulnerabilities and challenges are immense. But with fortitude and a never-say-die attitude the state's chief executive officer will survive and, perhaps, make a name for himself. Nonetheless, these unanswered questions may impact his credibility. Foremost, is his academic credentials and secondly, his holding of the state Hari Raya open house at MAPS, the financially-troubled theme park.

A sizeable number of Perkeans, incidentally, prefer Mohd Nizar Jamaluddin to be the MB, as the state assemblyman for Sungai Rapat is not only articulate but is charismatic and also charming. Faizal is relatively unknown in Perak. Being the underdog he is at a disadvantage but he is young, time is surely on his side. However, if he falters or succumbs to greed and human weaknesses, it will spell the end of the coalition.

EYE HEALTH – GLUE INJURIES

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about EYE CARE when glue gets into the eye.

Glue (Cyanoacrylate Glue) is commonly found in most households. Instances of glue, splashing into the eye is not as uncommon as most people think. When it does occur, it results in significant short-term ocular morbidity.

WHY DOES THIS OCCUR?

Glue eye injuries occur most often when there is careless handling of the glue. Secondly, they occur in people with poor vision who may mistake the glue bottle for an eye drop bottle and thirdly in children who play with glue bottles. Most of these injuries are preventable if proper precautions are taken.

WHAT HAPPENS TO THE EYE

Fortunately, glue accidentally getting splashed into the eye usually causes short-term eye problems most of the time.

Injuries to the eyes include:

- eyelashes and eyelids getting glued together,
- eyelid abrasions especially when glue is forcefully removed,
- inflammation of conjunctiva (*chemical conjunctivitis*),
- corneal inflammation (*punctate keratitis*),
- corneal abrasions,
- blurring vision, and temporary complete loss of vision for mechanical reasons (unable to open eyelids).

Regardless of what the glue injury is, there is much distress when it happens especially when it occurs to a child.

WHAT DO YOU DO?

While this is easier said than done, it is important not to panic as this may cause you to treat yourself rashly and cause further eye injury. Glue removal must always be done **with care** to avoid unnecessary eye problems.

Firstly, run copious amounts of warm water for 20 minutes into the eye to dislodge any glue that has not already bonded. Keep washing out several times a day until you can get to a doctor. **Never force** glue off by scraping it. This only abrades the eye. If you are still not able to get medical help, continue washing the eye out several times a day and the glue will eventually loosen up and separate over 2-3 days.

Acetone (*present in nail varnish*) may be used to remove glue stuck onto the **eyelid SKIN ONLY**. Make sure the acetone does **NOT** trickle into the eye. If unsure, do **NOT** even attempt to use it. Always seek professional help if you are unable to get things sorted out.

In summary, to prevent any form of eye injury by chemicals, **ALWAYS WEAR PROTECTIVE GOGGLES** even for seemingly innocent household chores that involve the handling of any form of chemicals. Prevention is always better than cure. Should any chemical accidentally get into your eyes, **immediately flush them continuously for at least 20 minutes with running water and seek immediate medical attention without delay! Keep all harmful chemicals away from a child's reach.**



Dr S.S. Gill
Resident Consultant
Ophthalmologist,
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Burning Money to Save a White Elephant



The success of the Movie Animation Park Studios (MAPS), is a hotly contested topic.

If you approached the management, everything is fine. It is slow during the week, but things pick up at the weekend.

Whilst some members of the public claim that MAPS is a good place to bring the family, others disagree. Comments range from, "The place is expensive, with few rides open", "It is poor value for money," "Despite many promises, Dream Zone, is still closed. Renovations and building work continues and my annual pass will expire soon," and "There are more restaurants than rides, or attractions."

When you visit the website for MAPS, <http://www.mapspark.com/>, online ticket sales are RM80 per adult. Children (4 to 12 years old) and senior citizens are charged RM70 each. A couple and their two children must fork out RM300 for a two-day pass. It is not a cheap day out.

Those who depend on public transport, may find that the journey to MAPS is a nightmare.

In the last edition of Ipoh Echo (IE), Perak DAP chairman, Nga Kor Ming said that the Perak Corporation Bhd (PCB) is a subsidiary of the state development agency, PKNP) and demanded that the board should resign and take full responsibility for the RM340.6 million loss, from running MAPS. He also alleged that a loss of RM280 million had already been registered in the 2017 financial year.

Claiming that PCB's loss is among the biggest in the group's history, Nga said their debt was bigger than their assets, and he urged the MACC to investigate MAPS urgently. When will the new Perak administration do this?

Like Nga, many people question the role of the previous state government and their eagerness to manage and run a theme park, especially as the business of the state, is to govern Perak, properly and efficiently, instead of focusing on things which are best left to the experts.

The management of MAPS would be shocked at the findings of the survey conducted by IE, in which the majority of readers expressed their disappointment, with the theme park and would like to see it closed for good. This is to prevent more state money haemorrhaging into the propping-up of this white elephant.

Despite the poor ticket sales, expensive tickets, unopened attractions, low turnout, and the more serious issues of infringement of intellectual property rights, the MAPS management deny any problems. What else can they say?

PCB owns 51% of the shares in MAPS, and 34% are owned by co-developer, RCG MAPS Sdn Bhd. The remainder is owned by an individual, whose identity has not been made known. So, who is he, or she? Perakeans have a right to know as their money has been used to fund this failed project.

In the run-up to GE-14, when Pakatan Harapan was the Opposition, it was alleged that low visitor numbers contributed to MAPS losing over RM24 million in 2016, and was projected to perform similarly badly, in the future.

The state government then, which was led by Umno-Baru's Dr Zambry Abdul Kadir, dismissed this allegation, and claimed that the 2016 losses were pre-operational ones, and that they were confident of recouping this money from ticket sales. They also dismissed the low turnout.

In April 2018, the MAPS CEO, Mohd Farid Abdul Aziz, claimed that since its opening, in June 2017, the theme park had attracted 222,750 visitors and recorded around 1,077 people daily.

Three weeks ago, exco member, Dr Nizar Jamaluddin, said that a swift decision was needed about whether to revive, reform, or sell-off MAPS because his own portfolio and role in the state administration were affected.

Dr Nizar, who is in charge of Perak investment, said that the issues plaguing MAPS were undermining the confidence of would-be investors, because of the involvement of the state government.

The policy of involving the state in private business, like theme parks, dates from the previous Umno-Baru/BN government. Instead of focussing on running the state, its involvement in the entertainment business and its mismanagement of MAPS, has bathed the state's administration, in a negative light.

Dr Nizar has demanded an early intervention to stem further losses, and discover the root causes of the theme park's losses.

A civil engineer by training, who has run his own company for years, before his involvement in politics, Dr Nizar maintains that the technical problems with the project must first be resolved and where possible, improvements, made. He has also said that

the option to close the project would only be taken as a last measure, after all attempts to stem the losses and reform the project had been explored.

Last month, the new Menteri Besar, Ahmad Faizal Azumu, decided to hold the state's Hari Raya Aidilfitri open house at MAPS. Perakeans wonder why the state is propping-up and condoning a failed Umno-Baru/BN project.

The open house is a particularly Malaysian cultural adaptation, where people of different faiths, throw open the doors of their homes, to friends and family.

The open house has a religious side but the host and visitors are able to meet, greet and celebrate one another's company and partake in celebratory foods, like lemang and rendang.

Open houses foster national unity, and an understanding of other cultures. They promote a deeper respect for one another's faith and cultural norms. They build bridges between the communities, and enhance community relations. People interact, and engage, with one another at a personal level.

So how does offering free tickets, free makan, and a mad scramble for free rides and entertainment, foster racial interaction and a deeper understanding of one another's faith and culture?

Have our morals been corrupted by freebies? This theme park freebie is a cheap political stunt. It is no better than bussing coach-loads of villagers to attend an Umno-Baru ceramah, by enticing the poor with a free-return bus ride, free makan and RM30 pocket money.

By all means, throw open MAPS on Merdeka Day, the Sultan's birthday or any other noteworthy day. Surely not, on Hari Raya, a day which ended the month long Ramadan, which should encourage charity, compassion, spiritual empowerment and empathy with the poor.

Sources:

<https://www.malaymail.com/s/1602017/maps-theme-park-doing-fine-says-management>

<https://www.malaymail.com/s/1621986/stop-spreading-your-confusion-about-perak-animation-park-dap-rep-told>

COACHING CORNER BY ABLE COACH

Dr Shan Narayanan

Consultant General Paediatrician, Hospital Fatimah

COACHING

Hello all, I have been writing on Child Health issues for the past four years. "Change is the only constant in life," as the saying goes, I will now be penning about Coaching. Coaching in itself helps one to bring changes for the better in their personal and professional lives.

Our life is a journey. At times the path is straight and clear. At other times it can be winding with bumps and potholes. As my journey progressed, I wanted meaning and more out of my life.

As my mind was filled with thoughts about change and moving forward, my path crossed with Dr Roopleen, a Motivational Counsellor in Google. Two of her sayings had a significant impact on me.

The first quote: "If you have a dream, don't just sit there. Gather courage to believe that you can succeed and leave no stone unturned to make it a reality."

The second quote: "Don't let mental blocks control you. Set yourself free. Confront your fear and turn the mental blocks into building blocks."

It appears I have seen the light at the end of the tunnel. I realised it was important to have courage, to confront fear and a paradigm shift in perspective to achieve what I wanted.

The light I had seen diminished as I was clogged with the thoughts of how to develop the skills that Dr Roopleen was talking about.

Well where do we go for answers? Of course.... Mr/Dr Google. Mr/Dr Google searches came out with Counselling, Mentoring, Consultation and finally Coaching.

I searched further about each modality. Counselling looked very much into the past. Mentoring was sharing experience and Consultation was an opinion based on facts.

Coaching was defined as, "A deep learning partnership with systematic steps to empower a person to gain courage, capability and commitment to achieve their goals in the most fulfilling way".

The words that caught my attention were "partnership", "empower" and "most fulfilling way".

This meant to me coaching : takes my view into account, works on my inner self to remove my self limiting belief and hence empowers me to achieve satisfying and fulfilling success.

I knew immediately, this is what I needed to find meaning and more out of my life. Instead of finding a coach, I went a step ahead and certified myself as a Coach. I then self-coached myself.

I acquired my Certificate of Professional Coach under the pupilship with Master Coach Dr Michael Heah, of Corporate Coach Academy, Kuala Lumpur. I am taking further certification with the International Coaching Federation.

In my subsequent articles, I will be focusing on "What is Coaching", it's benefits and the important role it plays in personal, professional and leadership development.



Dr. Shan with Master Coach Dr. Michael Heah on his graduation as a Coach

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

SeeFoon Goes “Nesting” in Old Town

It's easy to miss *V-Nest* as you drive along Jalan Bijeh Timah on the way to **Sin Yoon Loong** or Nam Heong, the two ‘temples’ of white coffee. Yet this double shop lot with its understated signage actually stands out in this busy street amidst the plethora of loud coffee shops and eating places; its discreet hauteur and natural interiors of wood, plants, koi pond and even a tree, a stark contrast to the hustle and bustle outside.

Director Hooi Mei Mei welcomed us and showed us around the very large interior which has an airwell, with a pond filled with Koi and a tree growing in the centre, a welcome respite from the concrete cacophony outside. The tables and chairs or stools are all natural wood with old bricks lining the walls, creating an ambiance of peace and serenity and a gentle setting for enjoying the bird's nest which is V-Nest's pride and joy.

Not only is bird's nest available for sale but it's also the star feature in all their dishes which are amazingly innovative in presentation and preparation. As most of us who have eaten bird's nest know, the nest in itself is like a jelly in consistency when cooked and is bland in taste, taking on the flavours of whatever dish it is paired with.

Modern studies have shown that bird's nest is rich in epidermal growth factor (EGF). This substance is responsible for skin and tissue repair. According to Eu Yan Sang, “From a biological standpoint, Bird's Nest contains proteins, amino acids and minerals that are essential for healthy development. In TCM, regular consumption of Bird's Nest helps prevent colds and flus. By improving the function of the Lungs and Kidneys, Bird's Nest helps boost the body's immune system and increase resistance to external environmental factors.”

The only negative point about bird's nest is its cost, with prices ranging from RM188-1388 for 100g depending on the size of the actual nest. Now, with the opening of V-Nest, we can indulge in bird's nest occasionally without breaking the bank. Of course, some of the dishes will be hard on the pocket but it is possible to have a bird's nest meal by ordering judiciously and still get all the benefits.

Madam Hooi explained that bird's nest rearing was her husband's family business originating in Teluk Intan where swiftlets (the bird's that produce these nests) abound. However, with increasing development and consequent pollution, new locations had to be found and they now have bird houses in Pengkalan, Kampar, Taiping and even further afield in Kelantan, with their own factories, each employing more than 20 people who clean the nests, picking out the feathers by hand while some are dedicated to cleaning the houses with wood vinegar.

While the nest production business is more than 20 years old, the cafe/restaurant is new, having been operating for only a year plus. Reasonably priced items for a taste of bird's nest include **butter kaya toast with bird's nest, RM16.80; papaya and passion fruit with bird's nest, RM19; accompanied by a cup of bird's nest coffee, RM20.80.**

And when I say bird's nest I am referring to the real McCoy....not the few strands of jelly that some restaurants pass off as bird's nest. When an item on the menu says with bird's nest, you can be assured that you're getting the real thing.

China Pear Bird's Nest comes at **RM38** and from here the prices begin its steep climb. With **wild honey** from Sabah and Sarawak, a bowl costs **RM88**; with **Korean Panax Ginseng, RM98**; while the **concentrated one** with rock sugar hits the **RM138** mark, in line with the **cordyceps** at the same price. Mind you when they say concentrated, I can vouch that it really is so...a thick bowlful you could almost stand a small spoon in.

Fancy a bird's nest breakfast, then head over and have their **crab roe bird's nest congee**. Umami rice porridge with real crab roe and topped with a dollop of bird's nest. All you need for a nourishing start of the day for a steal at **RM16.80**. And if **western breakfast** is your hankering, then their luxury breakfast of sautéed mushroom with scrambled egg topped with (of course) bird's nest and served with sausage will be just the thing at **RM29.90**. Or something lighter like the **bird's nest croissant with jam and**



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seefoon@ipohecho.com.my



butter at **RM21.80**.

Of course, for those unwilling to break the bank for a meal, there are many choices of non-bird's nest dishes to choose from. Like the **rendang chicken, RM16.80; grilled chicken RM12.80; braised udon with smoked duck RM18.80; different types of pasta starting at RM9.90** for vegetarian and going up to **RM25.80** for smoked duck carbonara and many others. Treat yourself afterwards to a selection of tarts topped with what else? bird's nest, either singly or blow the budget and order the **Bird's Nest Indulgence** with 4 mixed tarts topped with bird's nest and 1 osmanthus jelly also topped.

So what are you waiting for? Go get yourself some epidermal growth factor (EGF), get your skin glowing and repair your internal tissues at the same time.



V-Nest Healthy and Wellness Cafe
No. 27 and 29, Jalan Bandar Timah, 30000 Ipoh.
4°35'37.0"N 101°04'37.7"E
Tel: 05 243 9118
Opening hours: 9am-6pm; Wednesday closed

Waking Up to Ipoh Coffee. . continued from page 2



22 Hale Street

22 Hale Street opened in September 2017. Despite its late entry, the eatery has been a hotspot not only for its admirable collection of antiques, its large selection of lovely handicrafts made by persons with disabilities from Persatuan Daybreak but also for its tasty variety of food.

According to the project executive of 22 Hale Street, **Lim Yi Wen**, there is one item that is a must on the menu – that is the famous Ipoh white coffee. “Go anywhere in Malaysia and you will not find coffee made like Ipoh’s. It’s a very local brew as it was originally made to suit the palate of Chinese migrants and tin miners in Ipoh,” she enthused.

When asked about what makes Ipoh white coffee different from the others, Yi Wen said that it is because Ipoh white coffee is not too bitter or acidic. “Ipoh white coffee is roasted with margarine only, giving it a lighter colour and a caramelised flavour. With so many white coffee connoisseurs in Ipoh, we ensure that every cup of coffee, hot or cold, with or without milk is consistently rich and tasty at 22 Hale Street,” she said.

Prepared with the old-fashioned coffee “sock” strainer, a delectable cup of Ipoh White Coffee is available for prices ranging from RM3.80 to RM4.50. While there, do sample their local fare and of course the iconic kaya toast. Those interested can head over to the eatery at No. 22 Jalan Tun Sambanthan or contact them at **05 241 3991**.



Nam Heong

Another must-go for Ipoh white coffee is none other than Nam Heong. While there are many Nam Heong outlets across Malaysia like in Subang, Damansara, Bukit Bintang and Ipoh Soho at Jalan Sultan Iskandar Shah, the first shop is located at Jalan Bandar Timah where it has been operating for more than 60 years.

Similar to other coffee shops, you can get their version of Ipoh white coffee in both hot (RM1.90) and iced (RM2.20). What’s special about having coffee at Nam Heong is instead of pairing it with the usual *kaya* (coconut jam) and butter toast, you are advised to try their classic egg tarts.

“A good cup of Ipoh white coffee should be smooth but customers can request for their drinks to be bitter or sweet,” said **Siew Mee Sheng**, the person-in-charge of the coffee shop.

Aside from their signature egg tarts, you can also get other meals such as char kuey teow (stir fried noodle dish), assorted noodles and also mixed rice.

The coffee shop opens every day from 6am till 5pm and only closes two days in a month. Nam Heong is located at **No. 2 Jalan Bandar Timah, 30000 Ipoh**.



Sin Yoon Loong

Nestled at Ipoh’s Little India, Sin Yoon Loong is definitely one of the must-go places for a good, thick and creamy cup of Ipoh white coffee. The coffee shop was founded back in 1937 and until today it is packed with customers from various generations.

With over 70 years of experience in serving the coffee, the shop was open by two brothers, **Wong Poh Chew** and **Wong Poh Ting**. Wong Poh Chew used to be a chef for a British man in a restaurant and after a few years of hard-earned experience and saving, the man opened his own coffee shop. At Sin Yoon Loong, you can have the coffee either hot or cold.



“Many of the customers here prefer to have our coffee hot but we can see the youngsters prefer iced coffee. Either way, the taste remains the best!” said **Wong Ming**, the current caretaker at Sin Yoon Loong.

At the coffee shop, locals and visitors can enjoy a cup of good Ipoh white coffee with the classic *kaya* (coconut jam) and butter toast, at RM2 per plate or toast with soft boiled eggs at RM4 per plate. The hot coffee goes for RM1.90 a cup and iced coffee is RM2.10 a glass.

Readers can also purchase their instant coffee, My Cofe that comes in three different flavours; Classic, Tradition and Heritage at RM13.50 (12 sticks per pack) available at the coffee shop.

Sin Yoon Loong is located at **No. 15A Jalan Bandar Timah, 30000 Ipoh**. It opens every day from 6.30am to 5pm and only closes for two days in a month.

Conclusion

With all the history of these various outlets behind it, is it any wonder that Ipoh coffee is making its presence felt globally.

Conservation

Gua Tambun in Poor State

Gua Tambun was found to be in a sorry state when the Ipoh Echo team visited the site on Monday, May 21. The gazebo area at the bottom of the stairs was strewn with a layer of dry leaves. Dead fronds and fallen branches of various lengths stuck out from the undergrowth enveloping the pathway. The roof of the pavilion had multiple holes.

The stairs leading to the wall paintings were covered with shrubs making it difficult to hold on to or even spot the handrail. The top edge of the stairs was covered in moss and slippery, posing a danger to users.

Cave archaeologist, Dr Goh Hsiao Mei from Universiti Sains Malaysia kick-started a heritage campaign called Gua Tambun Heritage Awareness Project in June 2015. According to her, Gua Tambun is a shelter that contains the earliest evidence of human habitation in Tambun, dating back to as early as approximately 10,000 years ago.

It is one of the most fascinating rock art sites found thus far in Malaysia. Eleven panels of rock art with more than 600 motifs in red, purple and white shades, Tambun Rock Art, undoubtedly, demonstrates the living testimony of the ancient man of Tambun.

This site was discovered in 1959 and the origin of these rock art can be traced back to Neolithic age, approximately 3000-4000 years ago. The rock art of Tambun Cave can be categorised into five distinct forms, namely zoo morphs (elements that have been interpreted as animal forms); anthropomorphs (human shapes); geometric features; botanic shapes and abstract shapes. Recognising its cultural significance, Gua Tambun was gazetted as a national heritage site by the Department of National Heritage Malaysia in 2010.

In April 2014, the result of Dr Goh's preliminary Heritage Impact Assessment on Gua Tambun was saddening as she observed that the wall paintings were highly exposed to sun, rain and water, causing premature deterioration and discolouration. Plus, some depictions were being vandalised by multi-hued graffiti.

Till today, the integrity of this precious archaeological site is still being compromised by the same, multiple threats. Will we win the race against time to protect Tambun's forgotten ancient rock art? Only time will tell.



YOGA? You must be joking! (Part 2)

Contrary to popular belief, Yoga is not only for young ladies who are so flexible they can touch their toes to the back of their heads. **You don't have to be flexible to do Yoga.** You do Yoga to become flexible. Yoga mostly involves doing a series of poses devised by great ancient masters, which you hold for a short duration and moving from one pose to the next in harmony with your mind and breath. Each pose normally combines the three elements of balance, strength and flexibility, and uses your own body weight to provide the resistance. Most poses also have a series of variations from basic to advance. It is for the practitioner to do what he/she feels is comfortable while constantly challenging him/herself to do better. Holding your body in a particular position using muscles you didn't know exist, without falling down, is surprisingly taxing on the cardiovascular system as well, judging by my sweat soaked towel after each session.

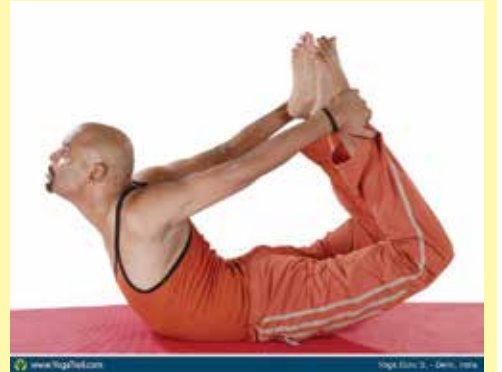
Through regular practice, our joints will loosen, especially the big ones like our hips and shoulders. Our ligaments and tendons will become more elastic and stronger giving us a larger range of motions. All our muscles from the head to the core, arms, legs, hands and feet will become stronger. Our balance, which depends to a large extent on our core strength, will improve. The net effect is that our stamina improves, we become stronger, more agile and won't fall quite so easily. This will counter many of the major risks of aging, such as loss of muscle mass, physical injuries and decrease in heart and lung functions.

Yoga naturally forces you to pay full attention on your body as you try to hold the poses correctly and stay in balance while remembering to breathe and not fall over. This is in fact meditation in motion where you keep your attention on only one thing exclusively. You will experience a natural sense of calm when your mind is not whizzing around with a thousand thoughts. Of course, the best part is the cooling down period where you rest in Savasana (dead man) pose and feel the total relaxation and satisfaction after a challenging work out.

Namaste!



By Dr Tan Chin Yong



Community



RE2 Raises Funds for PCSH

The RE2 International Computer School, the first school with a well-developed ICT curriculum for Primary School and Secondary school students in Malaysia, joined forces to help raise funds for Perak Community Specialist Hospital (PCSH) to help upgrade its facilities and services.

"Our teachers and students are coming together to raise funds so that this 114-year-old, a not-for-profit hospital is able to continue providing affordable quality healthcare to the community. We hope that there will be more support from the public for this meaningful act," said Catherine Teh, the RE2 International Computer School CEO.

"As the old saying goes, 'many hands make light work', and that's certainly true for fundraising of any kind," Catherine added.

Interested readers who would like to lend a helping hand for donations can call **012 505 3851** (Kit Ting) or **017 520 0028** (Christine Leow). Donations contributed to the **Perak Chinese Maternity Association CIMB Account: 8601253753** is tax exempted as well.

Psychological Wellness

9 Tips for Emotional Care of Cancer – Part 1

Effective treatment of cancer is more than just the physical aspects – surgery, radiotherapy, and chemotherapy. The emerging field of psycho-oncology has reviewed that the psychosocial factors of cancer could influence the treatment outcome. Here are nine ways you could manage your emotional health while battling cancer:

Find ways to express your feelings, for example, talking to someone, writing in a journal, blogging, and painting. You may write about your journey, confusion, concerns, and expectations. Besides the calming effect, ventilating our thoughts and feelings help us to be more aware of our fears and needs.

1. Bring a family member or friend along during clinic appointments. They can be helpful in several ways: help to ask questions, remember advice, and give you support. Feel free to ask any questions related to your illness. Do not feel shy or that you will offend your doctor. It is part of his or her professional practice to attend to your questions with patience and kindness.
2. Join a support group in your local community or online. Find out what helped other patients and families cope with cancer. Talk with other people diagnosed with the same type of cancer. It can help to talk with others and know that you are not alone. However, it is also important to remember that each person's experience (for example, with treatment plans and side effects) may be different from yours. Do not confuse and scare yourself unnecessarily – stay calm.
3. Try relaxation techniques, such as deep breathing, music therapy, pleasant imagery, yoga, qigong, and meditation, which can help to reduce anxiety. When you are less anxious, you can focus better and make more wise decisions with regards to treatment.
4. Be aware of clinical depression which is characterized by feeling down, depressed, or sad; having little interest in doing things; and feeling hopeless. Depression is more common in people with cancer than those in the general population. It worsens the outcome of cancer treatment and a person's quality of life. Contact and discuss with your doctor if you think you have depression.



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

Community

Helping the Needy

All media representatives are encouraged to give support to agencies, NGOs and individuals to organise charity programmes. This is to ensure that the relationship between the unfortunate are bonded. It would also be an eye-opener for people to appreciate things better.

President of Perak State Welfare and Sports Club (KSKMP), Rosli Mansor Ahmad Razali said that the media plays a fundamental role in spreading and providing details regarding the needy as it is the only way to reach out to a vast audience.

"The public holds an important part too in contributing to the poor and disabled. With just a simple spread of word from the public, the media are willing to give a helping hand for any crisis. As long as it lessens their burden, we'd be more than glad to help," Rosli continued.

Rosli is a reporter who has been serving for over 10 years. He was appointed as the president on June 11 this year to replace the president, Harian Metro's bureau chief, Wan Hassan. Wan Asrudi was transferred to the New main office in April.

"This year, KSKMP will be holding as many corporate social responsibility (CSR) programmes as we can. Apart from the poor, our focus is also on the homeless, senior citizens who are not cared for and seeking justice for the Rohingya refugees in this state," he remarked.

"We've been approached by a few private agencies and NGOs for all sorts of charity programmes. It will all be set to take part in August. I welcome participation from any agencies or individuals who'd like to contribute their part. We have to be united for a genuine effort like this to become a reality," concluded Rosli.

For anyone interested in working together with KSKMP, do contact Rosli at 017 565 5689.

Khaleeja



Nosh News with SeeFoon

Endless Variety. Old Style Dim Sum. See...Pick...Eat



Gao, Siew Mai, Char Siew Pau and Wu Kok are here and are top notch but its the specials which I found exciting. Like the large **Phoenix Balls**, redolent with 5-spice powder, and generously lardy for a smooth mouthfeel, **RM5**; **ginger chicken pao** which was excellent at **RM2.50 each**; **Tsang Fah Gao** or meatball rolled in rice krispies and deep fried, **RM4**; **Gai Woh** (Chicken Nest) Pao with glutinous rice, black mushrooms, carrots and chicken **RM5**; excellent **fish balls** at **RM4.50 for two**; **Steamed Minced Pork topped with century egg** **RM5**; **charcoal custard swans with a yam crust**, **RM2**; **Bamboo Charcoal Pao** filled with oozy salted egg yolk and milk, **RM2.50 each**. And the list goes on and on. Each one as good as the one preceding. Changing daily.

And finally for many the pièce de résistance, and I admit to not being a fan but I was converted: the "**Malai Gao**" a 4-layered steamed sponge cake that was wobbly, light and fluffy and one of the best I have eaten. The **Tseen Tsang Gao** (1000 layer cake) with salted egg yolk and dessicated coconut is one level down in taste and texture but nevertheless excellent, **RM4 each**.

Zui Le Xuan Dim Sum
28 Jalan Ng Seong Teik,
Taman Pertama, 30100 Ipoh.
(First Garden next to GP Food Court)
N 4° 36.262, E 101° 3.368
7am-2pm, Tuesday closed



I have always believed that eye-appeal is as important as taste and if looking at pictures of food makes the mouth water, then seeing the real thing is even more tantalising. It is rare these days to find the old style Dim Sum restaurant where the items are pushed around in a trolley and you pick the dishes which appeal, usually when they are fresh out from the kitchen. **Zui Le Xuan** is one of these.

It is also rare to find one where they make their own Dim Sum rather than steam or fry up prepared ones from the factory. **Zui Le Xuan** is one of these. And Dim Sum is hard to make, what with the variety of items, the need for freshness and the delicacy of the various fillings, pastries and wraps. But this is all a snap for the owner **Chan Kam** of **Zui Le Xuan** as he comes from years of experience in Dim Sum making having worked as #1 chef at **Foh San** for many years.

Now with his wife **Lam May Foong** (Ah Foong) and a partner **Cheong Chee Loon**, to whom he's imparted the techniques, they have been running **Zui Le Xuan** very successfully for more than five years.

The variety here is endless with items changing every day. All the classics of **Har**

Community

Newborns for Hari Raya

For some, this Hari Raya Aidilfitri was extra special as they celebrated with their offspring for the first time.

Perak Community Specialist Hospital (PCSH) welcomed four Raya babies on the first day of Hari Raya Aidilfitri; three baby girls and one baby boy.

"My wife was admitted to the hospital at 8am on the eve of Hari Raya Aidilfitri but my baby girl only arrived at 12.15am on the first day of Raya weighing 2.5kg, and my family could not be happier with her arrival," said Liew Yet Chi. "She is our first baby and we are truly thankful for this blessing," said his wife Low Yi Yi.

On the same day, another 'Raya mum', Chow Choh Han delivered a baby girl naturally at 1.21am weighing 3.18kg. "Thankfully we had prepared everything so there wasn't any panic. None of my family members were born on a special and meaningful day like Hari Raya," said the father, Lee Chee Hoe.

Meanwhile, Pantai Hospital Ipoh welcomed two newborn babies on June 16. Twenty-four-year-old couple, Nurul Atiqah binti Ismil and Muhamad Izzani Izzuddin bin Marzuki had a baby boy weighing 3.6kg at 11.43am. Another pair, 32-year-old Mar Syaidatul Izma binti Abd Rahman and 44-year-old Megat Ayop bin Megat Arifin had a baby girl weighing 3.2kg at 1.30pm.



Chow Choh Han & Lee Chee Hoe with their Raya baby girl



Raya Mummy, Low Yi Yi with her baby girl

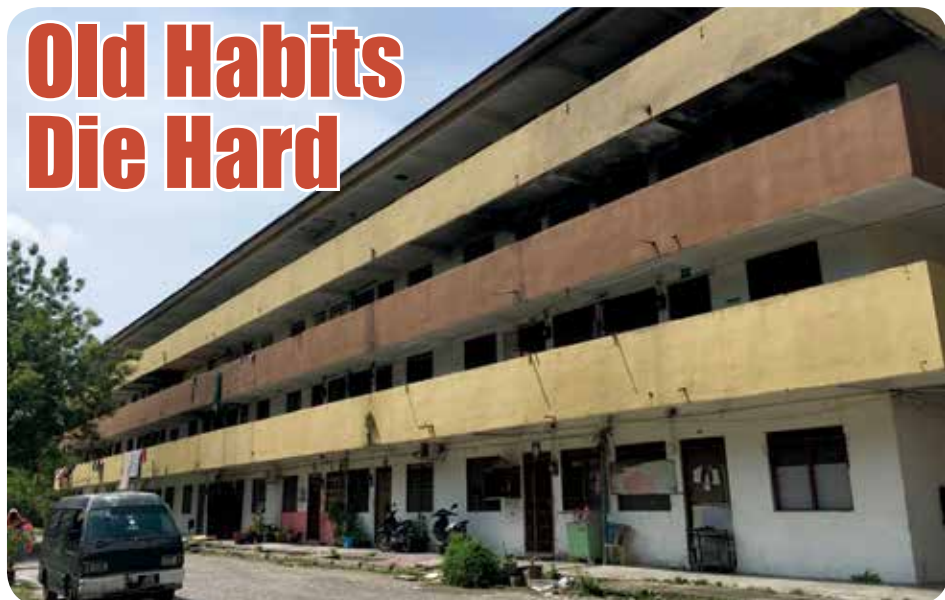


Mar Syaidatul and Megat Ayop



Nurul Atiqah and Muhamad Izzani

Old Habits Die Hard



If you drove or walked past First Garden Ipoh years ago, you would have gasped at the sight of giant piles of rubbish around the residential low-cost flats.

Former Perak Menteri Besar, Dato' Seri DiRaja Dr Zambry Abdul Kadir was quoted as saying that the garbage piles were extraordinary and had called for the setting up of a Rukun Tetangga unit to address the problem.

There were also reports that non-governmental organisations had come forward to help clean the flats but to no avail, as old habits die hard.

Ipoh Echo, keen to know how things were presently, sent its team to recce the area recently. From a distance it looked promising. But, like the saying goes, never judge a book by its cover.

Connexion

By Joachim Ng

Let Ratepayers have a 4th Vote

Eager to cast your ballot again? It's almost certain that local government elections — the third vote — will be called. But the reality is that an elected mayor or town chief will still have little time for you. On average, one town chief looks after 200,000 people. One city mayor looks after 2 million people. Can he focus on your problems?

"If you want anything done quickly and efficiently, do it yourself." These words of Richard Soo, a KL Rotarian, came to mind in March 2018 when powerful winds uprooted many trees in Petaling Jaya. A

resident who found his old car and house roof damaged couldn't get the MP or ADUN to come round, but the residents association chairman did visit. Residents associations are DIY outfits that spring from the ground and many have scored bull's eye in getting things done. Another example of grassroots democracy is the management committee that runs each strata-titled housing area, usually a condominium.

Hence our Pakatan Harapan MPs should innovate something fresh in the New Dawn: legislate for neighbourhood self-governance within these 100 days, using RAs and strata management committees as prototype models. These neighbourhood committees should consist of ratepayers elected at an AGM (the 4th vote), and professional civil servants. Instead of cloistering our public servants at city headquarters far away, these "servants of the people" ought to set up base in the neighbourhoods so they can be close to the folks they serve.

What's the primary issue faced by most neighbourhoods? Neglect of basic infrastructure and chronic lack of maintenance. The litany of complaints all around the country and over the years as highlighted by Ipoh Echo and other newspapers may be summarised as follows:

- Clogged drains resulting in water overflowing onto roads and homes
- Stagnant pools and school toilet cisterns that breed Aedes mosquitoes
- Public playgrounds with broken equipment that become danger zones
- Road potholes that get bigger and deeper with each passing month
- Abandoned cars that are home for myriad pests
- Unpainted speed bumps that make your vehicles 'fly'
- Litter almost everywhere and flagrant dumping of rubbish
- Sloppy grass cutting and garbage collection

Empower ratepayers to fix these problems in their own neighbourhoods, and give them a budget for hiring and firing contractors. It's their tax money.

(See Ipoh Echo Issues 276-279 for more details)



Upon closer inspection, this was what the team found. The flats' walls were full of graffiti and gang-related signs. The drains were clogged, filled with overgrown grass, rubbish and animal carcasses. Heaps of burnt rubbish littered the compound — a breeding ground for mosquitoes and pests.

A brief chat with one of the residents, who wished to remain anonymous, revealed plenty regarding the general health of the low-cost flats.

"People still throw and burn their rubbish around the flats. Nothing is properly managed, just look around. I'm not even sure when the grass was last cut."

There had been attempts made to clean up the place, the resident said but all had failed, as there was little or no follow up.

"Some people are already leaving the flats, as they feel it's no longer a safe place to live. We see many strangers lurking around the area after dark. They like to sit in groups, talk, and laugh loudly. Fights do sometimes occur."

The resident refused to comment on the gang-related signs on the walls or if there were any suspicious activities around the area. He felt forlorn, saying there was little hope left for this place to improve.

The rubbish heaps may just be a small part of an even bigger problem. Is there more to this than what meets the eye? We hope not.

Paaveetra N. Muthu



Community

Perak World #QuranHour

Over 2000 people took part in the World #QuranHour programme at Masjid Sultan Idris Shah II (state mosque) in Ipoh on Thursday, June 7.

The programme, held simultaneously worldwide, began at noon. The state mosque's imam was chosen to recite five verses from Surah al-Hujarat.

The auspicious event was attended by people from all walks of life, including teachers and students from several schools in the state.

The programme was jointly organised by government agencies and non-governmental organisations such as Rumah Ngaji (Perak), Perak State Library Association, Perak State Islamic Department (JAIPk), Perak Education Department and Pertubuhan Wanita Prihatin Perak (PWPP).

The participants learned the meaning of the verses and the whole *surah*. This was explained by the imam.

Present to support the event were Perak Menteri Besar's wife Dr Nomee Ashikin Mohammed Radzi and Executive Councillor for Education, Science, Environment, Green Technology and Information, Dr Abdul Aziz Bari.

This year's World #QuranHour, which fell on the 22nd day of Ramadan, was a campaign to encourage Muslims all over the world to read, understand and apply the values of the Quran in their daily lives. It is a campaign to unite the international Muslim community under the ambit of the Quran.

Similar programmes were held in 10 separate locations within the state.

Nabilah Hamudin



Five Traders Warned

In a bid to protect and empower consumers, the Trade, Cooperatives and Consumerism Ministry (Perak chapter) along with the Perak Royal Customs Department conducted a joint operation codenamed 'OpsCatut 4.0'. Their targets were businesses (small and big) and traders following the implementation of zero-rated Goods and Services Tax (GST) on June 1.

Following the operation the ministry issued five warning notices to traders in the state for failing to adhere to the latest ruling regarding GST.

The Perak Customs chief enforcement officer, Shamsul Nizam Khalil revealed that among the complaints received were traders failing to update their GST system, traders still using prices inclusive of the six per cent GST and the confusion over increasing prices due to service charges.

He added action would be taken against errant traders under the 'Enforcement of Price Control and Anti-Profiteering Act 1999' and the 'Trade Descriptions Act 2011'.

Shamsul Nizam disclosed that to date, a total of 560 operations have been conducted, under the Ops Catut 4.0.

"From the number of operations conducted, five warning notices were issued and some 29 complaints were received from consumers," said Shamsul Nizam, after inspections on hardware shops in Jelapang, involving 15 officers from the ministry and three officers from the customs on Wednesday, June 6.

According to Shamsul the majority of hardware-shop owners in Ipoh have complied with the new ruling, in terms of price tagging.

"We'll continue to monitor the traders," he added.



Since the operations were launched, Shamsul disclosed that about 7529 items were inspected throughout the state.

Members of the public can file complaints with the ministry through the Consumer Complaints line at 1800-886-800, Strategic Operations Movement Centre line at **03 8882 6088/6245** and Strategic Operations Movement Centre line at **03 8882 6088/6245**. They can also make complaints at the local consumer affairs offices.

Nabilah Hamudin

A Treat for Rohingya Kids



More than 30 children from Darul Hedayah Rohingya Academy Ipoh had a day of excitement filled with gifts from Jakel Greentown and food treats from Wing Zone restaurant.

In light with Aidilfitri on June 15, the kids were given a pair of brand new baju melayu for the boys and a pair of baju kurung for the girls. They also received duit raya.

"We thank all Perakeans especially Ipohites for the constant support we received on behalf of the company. If it wasn't for our customers' patronage, we couldn't afford to do what we did with the kids today," said Nor Azizi Hashim, the managing director for Jakel's Greentown branch.

Later on the same day, Wing Zone restaurant threw a breaking fast session for the kids and their custodians. This was also the first time Wing Zone had such an event organised by the management and they plan to do more in the future.

"We believe that in life we need to be good and kind to everyone. To see the excitement from the kids who have never been to the restaurant and see how much they appreciated the food, is very touching," said a representative from Wing Zone (Greentown).

Darul Hedayah Rohingya Academy Ipoh is a learning centre for Rohingya children who fled from Myanmar to Malaysia. The place is run by Hasan and his family together with several volunteers, located at 7-1, Persiaran Lahat, Kampung Kuala Pari Hulu, 31650 Ipoh. Readers who are keen to volunteer or to donate are advised to first visit the centre.

Ili Aqilah

Community

Charity Sale

The Perak Thalassemia Society will organise a charity sale on **Sunday, August 5**. The objective is to collect funds to treat thalassemia patients.

Yong Chen Long, President of the Perak Thalassemia Society, said that this charity sale is important as it could help up to 188 members aged between three and over 50 years old, receive proper care and treatment.

"This year, we estimate the sale will collect about RM150,000. We'll do our best to reach our target, as the treatment for thalassemia is costly.

"We actively subsidise treatment fees for our members. For example, we give up to RM15,000 for patients to undergo bone marrow transplants, provide subsidies for blood transfusion and medical check-ups. We also provide free transportation for our patients to and from hospitals.

"We encourage patients to take part in activities such as the forum between Malaysia and the International Thalassemia Association. Activities like this help them gain exposure and to better understand their illness. They get to interact with patients from across the country," he said at a press conference held at the Perak Thalassemia Society building in Jalan Masjid, on June 3.

Present at the press conference was Menglembu Assemblyman, Steven Chaw Kam Foon, who is also the society's advisor.

The charity sale will be held at Tow Boo Keong Hall between 9am and 1pm. Over a hundred stalls are up for grabs.

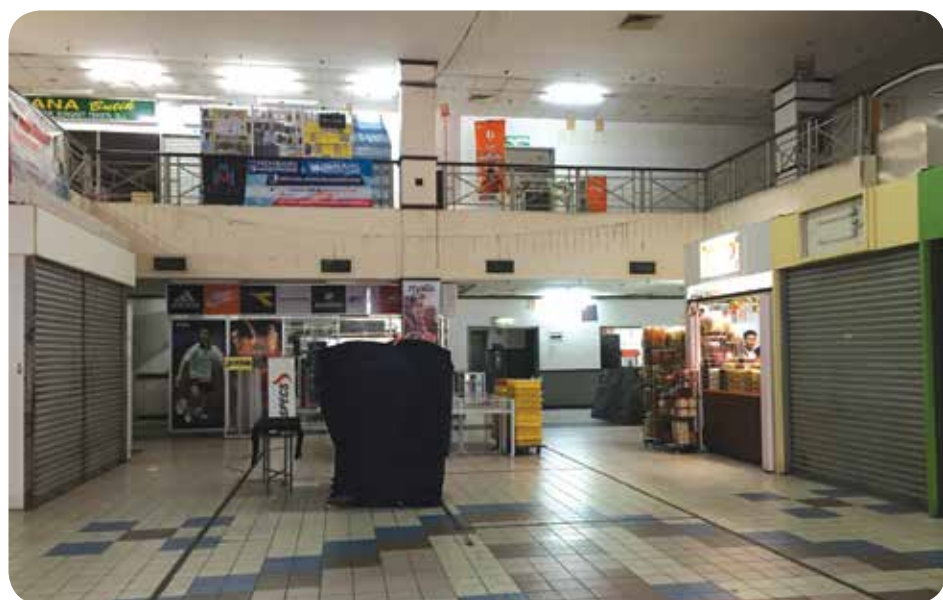
Thalassemia is a genetic blood disorder that affects red blood cells. Patients are



unable to produce a sufficient quantity of red blood cells, due to the formation of abnormal forms of haemoglobin. This happens because the gene that controls the production of haemoglobin is compromised.

Thalassemia has been identified as an inherited or genetic disease, in which the thalassemia gene is passed down from parent to child.

Luqman Hakim



Megoplex is not Closed

If you drive past McDonald's Gunung Rapat, you will notice a rather tall, run-down building otherwise known as Megoplex. It is a shopping mall built during a time when shopping complexes were the in-thing in the country, thus the name. The cost of the building must have been pretty huge considering its size and location.

The proximity of the mall to a predominantly Malay area – Gunung Rapat – was obvious. It was to provide space for Malay entrepreneurs to conduct retail businesses in a conducive atmosphere.

The project was undertaken by the Perak State Economic Development Corporation (SEDC), the forerunner of present Perbadanan Kemajuan Negeri Perak (PKNP). Megoplex began its operations on July 4, 1999.

Ipo Echo visited the place recently to find out about its status following rumours that it would be shut soon largely due to profitability reasons.

At 5pm, Megoplex was empty. Two stalls were open while the rest of the place was dark and deserted.

Rosli and his wife, Hazizah binti Idim spoke to this scribe and revealed a story of betrayal, mistrust and courage.

According to Rosli, six months ago, tenants received an evacuation notice, and were told to vacate the building within a month and a half. They were told to move their business to Silveritage Ipoh, and were given some money, and a shop lot each.

When inquired about the poor state of the building, Rosli revealed that the building was under the care of PKNP and, technically, is under direct control of the Menteri Besar's office.

The state corporation had intended on selling the building.

"When you rent your house, you only earn between RM500 and RM600 a month. When you sell it, you get more. That's the premise," he reasoned.

Rosli added that when the Zambry government refused to help them, he approached the opposition. After successfully rallying the opposition's support, the government relented and allowed them to stay but on one condition – they had to survive with whatever they already had. No extras and no additional funding.

"They took away the chairs from the food court. They warned tenants that business would fizzle out and staying there was pointless. Many of the traders took heed and left.

"Having no other place to move to, I stayed on. I shoulder the responsibilities of maintaining this place, as there is no one here to help me. Some days, I become the cleaner too," he said.

Rosli and his wife held a meeting with the other tenants, hoping they would stay on and provide the support he needed.

"We met four times but it was futile. They wanted out."

Currently, most of the shops are empty. Those who have moved out use their stores as storage rooms.

Rosli said tenants doubted his ability to put up a fight, as he is a retiree and is no longer in the best of health.

"But age is not an excuse, Tun M is 93, just look at him."

After months of running up and down to meet various state assemblymen, Rosli succeeded. He showed a file filled with written applications for tenancy in the food court.

"We only have 19 stalls, but I've 40 applications. I managed to narrow them down, but we'll see how things go," he said, beaming with pride.

Business should be up and running by next month, according to him. His wife, Hazizah added that they are waiting for PKNP to hand over the keys.

Loshni Nair

Yesterday Once More

Saturday, March 24 was "Yesterday Once More" for 13 former students of the Government English School (GES), Gopeng. Eleven of the participants were in Primary One in 1955, during British-ruled Malaya.

They were Simon, the organiser, YK Tang, Siva, Angeline, George, Peter, Veronica, BM Leong, Sook Mee, Irene, Elizabeth, SF Cheong and Dino. Simon, BM Leong and George brought their spouses with them.

Peter suggested the idea of the gathering when he visited YK Tang and Simon in Kuala Lumpur last year. Although some had not communicated with one another for over 50 years, everyone remembered each other.

After a few suggestions, it was unanimously decided that they meet up for lunch in Ipoh, as it was centrally located and convenient for those in the north and south.

After weeks of planning and a numerous phone calls, the day finally arrived. The joy on their faces was truly priceless. Everyone was transformed, almost magically, into that era. A floodgate, of pent-up emotions of 50 years was released.

It was indeed "Yesterday Once More" for the Gopeng GES classmates of 1955 to 1960.

*Get-togethers should be widely encouraged. Life is short; meeting old friends and reminiscing about the good old days is good for the heart and soul. The next old students of GES Gopeng get together will be on the **March 24, 2019**. Please contact simonair2002@yahoo.com for further information.*

Simon Nair

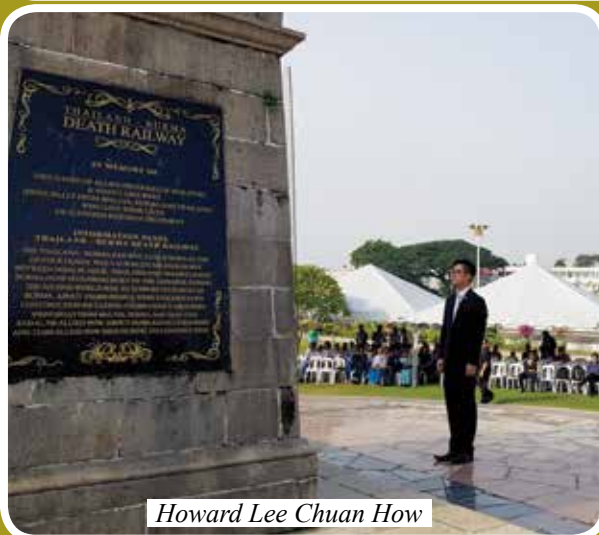


Remembrance Week 2018



Kamunting Road Christian Cemetery

Ipoh Cenotaph



Howard Lee Chuan How



Malayan Emergency Monument & Gallery



Colonel A. Tony Hall OBE (Rtd)



The annual remembrance week in June brings with it real-life tales of courage and inspiration from the veterans and their families for us to reflect upon. Ipoh Echo discovers what motivated them to join the armed forces and how those who remain find the strength in facing the future.

The commemoration service, held between June 7 and 9, kicked off with a service at the Kamunting Road Christian Cemetery at Taiping. Organised by the National Malaya & Borneo Veterans Association of Australia (NMBVAA), Colonel A. Tony Hall OBE (Rtd) addressed the attendees before they placed red poppies on the gravestones of the dearly departed.

The 86-year-old retired colonel served with the Australian Army for 40 years from 1949 to 1988. "I was in Ipoh from September 1955 to September 1956. I commanded the Australian Transport Battalion based in Ipoh. At one stage, a British army soldier died and the British army didn't understand how to conduct a military funeral. My platoon buried him in the Kamunting Road Christian Cemetery. We did the whole military funeral in traditional form. This is the first time I've been back here," he said.

"One grandfather was the chief of personnel of the Australian army and he formed the first Australian Imperial Force then went overseas to fight in Greece and France. My other grandfather was a colonel in the Australian Dental Corps in 1916. My father, my daughter and I were graduates of the Royal Military College, Duntroon. Three uncles were in the navy as officers," Tony, who resides in Canberra, revealed.

Here's his advice for those wishing to join the military: "It's a very good life, you do lots of different jobs, you become well-educated, you see a lot of the world and you have a marvellous time serving with honourable people. I certainly enjoyed my time."

When asked if he'll drop by again next year, he replied in jest, "I'm 86, who knows? I can't make too many plans!"

Present were Ken McNeill, international liaison officer of NMBVAA and Ian Holthouse, the state president of Naval Association of Australia (Western Australia Section).

Then, the entourage of 15 NMBVAA members visited the Malayan Emergency Monument & Gallery at Sungai Siput Estate. Built by the Malaysian Palm Oil Association (MPOA), on display were a Ford Lynx Ferret Scout Car designed in 1941 and a GMC Armoured Personnel C15TA, complete with bullet marks.

Dearly missed was the late Darrel Fragall, a Private in 1st Battalion, Royal Australian

Regiment (1 RAR) based at Sungai Siput from 1959 to 1961.

"He was in transport so he used to take the ambulance to Taiping and Kuala Kangsar. He was also stationed in Gerik, up near the Thai border and Malacca. He was 18 when he enlisted in 1958," said Sylvia, 73, Darrel's wife.

"We came together here last year. We are from Western Australia. I just wanted to sign the visitor's book for him. I hope to return every year, God willing. Good for me to come back," she stated. Darrel passed away last December.

What kept him doing what he was doing? "Well, he didn't have a job at 18. He had been a naughty boy so it was either going to jail or joining the army. A recruitment drive was making its round in the countryside. He decided then and there to be a soldier. That's what 18-year-old boys do, get into trouble!" said Sylvia to Ipoh Echo, holding back tears.

Time is catching up on those who have contributed to the memorial efforts and the sight of the elderly veterans staggering over the valley under the blazing sun to the gallery brought admiration from anyone.

"We're going to start our project of creating a much bigger, concrete gallery to house an audio visual room and library as well as accommodate more artefacts, original books, journals and operational manuals of military operations," Harchand Singh Bedi, local historian cum curator of the gallery elaborated.

Readers who wish to donate towards the project or visit the gallery can call 012 454 1918 (Miss Peng, secretary of MPOA Perak) or visit MPOA Perak office at 69A, Jalan Sri Cempaka, Taman Cempaka, 31400 Ipoh.

Friday, June 8 witnessed the Ipoh Annual Remembrance Day at the cenotaph in front of the railway station. The guest of honour was Howard Lee Chuan How, the Executive Councillor for Youth, Sports and Character Building. It was organised by Warriors' Association Malaysia led by Dato' Thambipillay, the association's founder president and patron. Other dignitaries included Her Excellency Vicki Treadell, British High Commissioner, His Excellency Andrew Goledzinowski, Australian High Commissioner and His Excellency Mridul Kumar, Indian High Commissioner.

Meanwhile, the Malaysian Palm Oil Association held a commemorative ceremony at God's Little Acre in Batu Gajah on Saturday, June 9. The same day a simplified remembrance ceremony was held at the Gurkha cemetery in Syed Putra Camp. It was organised by the Warriors' Association Malaysia.

Mei Kuan

My Say

By Jerry Francis



Is Cruelty to Rodents Acceptable?

We have seen and heard of various cases of cruelty to animals in the country, particularly small ones. Some offenders were even found guilty and severely punished under the Animal Welfare Act.

This shows there is certainly a lack of providing better protection for all creatures in the country, irrespective of big or small.

Many pets are known to suffer at the hands of owners who either don't care or don't know how to care for their animals.

The biggest victims of animal cruelty and abuse are dogs, some of which lead a precarious existence in our society. Among the cases brought before the courts were scalding a stray dog with boiling water, starving a pet dog, and hitting a dog with a crash helmet.

And most recently, a man was fined RM2000 under Section 44 (1)(a) of the Animal Welfare Act by a magistrate court in Kuala Lumpur for throwing a shoe at a stray cat.

Yet, cases of horrendous treatment such as, pouring boiling water on trapped rodents, or letting them suffer and die of dehydration, have been ignored.

Is it okay to be cruel to rodents, which are considered pests and bearers of disease. Do we classify which animals can be subjected to cruelty and which should not?

If not, where are the animal welfare activists who had even claimed that the punishment meted out to the man for throwing a shoe at a stray cat was insufficient? They feel that a more severe punishment should have been given.

Generally, I do not agree that the mere action of throwing a shoe to scare away a stray cat should be punishable with a RM2000 fine. Unless such action was intended to severely hurt the animal. Many of us will agree that at one time or other, we may have thrown a stone or some other things at a stray dog, cat or cattle for causing a nuisance.

Don't the animal welfare activists consider that rodents are also animals and should not be subjected to such cruelty?

Walking along the side and back lanes of New Town and Old Town, I have often come across rodents being left in traps in the hot sun to suffer death by dehydration. In such cases, I try to ignore and walk away. But hardly 10m away my conscience begins to prick me at the cruel way of condemning the rodents to death. And on at least two occasions I had turned back and after assuring myself that no one was watching, released the poor trapped rodents.

In another case, the trapped rodent had suffered and died of dehydration before I could release it.

Of course the shopkeepers, who had trapped the rats and left them to die of dehydration, will be very angry if they caught me releasing the rodents. Somehow I had



Rats in traps left in the hot sun along a side lane of shop-houses in Ipoh city centre

managed to avoid a confrontation with them.

I just cannot bear the thought of seeing any animal suffer and die of dehydration after witnessing a rabbit accidentally left in a cage had died within an hour. Now, even those rats caught in the traps around my house were released in the secondary jungle away from housing estates.

I hope the Veterinary Services Department can find a humane method to put down the rats and recommend to the shopkeepers so that such cruel measure adopted by them can be avoided.



iSpeak

By A. Jeyaraj

Outstanding Issues Must be Tackled by State Government

The following issues are not new. People in power did not have the willpower to take action. While in the opposition PH assemblymen did not push for action to be taken. Now being the ruling coalition there is no excuse to sit on these issues which are affecting the public. Further delay will make problems more serious. Some issues are under the jurisdiction of MBI (Ipoh City Council) which did not take any action.

Second Public Hospital

- Second public hospital for Ipoh is in the Ipoh Structural Plan 2020
- No action has been taken for construction of said hospital
- GH, Polyclinic and other clinics are operating at full capacity
- During interim period, to cope with increasing demand, extend opening hours of existing facilities to ease congestion
- Since the problem has been acknowledged, action must be taken
- Talking about providing quality health service is not enough. Do it.

Annual Flooding

- After heavy rains, Ipoh and other towns in Perak get flooded
- After the major flooding in 2012, flood mitigation projects were planned to be implemented in badly affected areas like Kampung Manjoi and Lim Garden and funds were allocated
- No action has been taken to date
- There were two flooding incidents in Lim Garden, Kampung Manjoi and surrounding areas during the month of May
- Residents live in fear of flooding whenever it rains
- Developments upstream of Sungai Pari will cause flooding downstream
- Half of Holland is below sea level and the country has no flooding. Get advice from them.

Acute Parking Problem

- Getting a parking place in any part of Ipoh is like striking a lottery
- Not possible even to get illegal parking spot
- During implementation of one way traffic flow system in the seventies, parking bays were planned to be constructed at strategic locations. This was not done
- Over the years this has aggravated the problem
- Many tourists are coming nowadays and aggravating the situation
- Businesses would lose customers
- This mess must be solved

Stray cattle problem

- Stray cattle can be seen in many places in Ipoh
- Signboards warning of cattle can be seen in housing estates
- Fatal accidents have taken place
- Residents in many housing estates have complained of the problem
- The places where cattle graze, stinks of urine and cow dung
- Ban rearing of cattle within towns and allocate places outside the towns to rear cattle
- Provide quality of life to ratepayers

Decentralise Public Transport

- Buses are for the service of the people and must go to them
- Allow express buses to operate from strategic satellite hubs as before
- This would be convenient and economical for operators and passengers
- Relook into routes of town buses which now travel with just a couple of passengers or empty
- Get feedback from public for routes
- Feeder buses may be a solution
- Minibuses would be more suitable for town routes
- Encourage people to use public transport to ease traffic jam and parking problem

Poor road maintenance

- Quality of road maintenance is not acceptable
- Pot holes are appearing very fast in newly paved roads
- Stagnant pools of water can be seen in newly paved roads
- Patching does not last long
- Roads are uneven and bumpy
- Look into specification and supervision of road maintenance
- Present condition of roads not acceptable

Pedestrian walkway/five foot path

- Ensure pedestrian walkway and five foot path are safe to use
- They must serve their purpose

It is said "new brooms sweep clean"; I hope the new government does its job.

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.

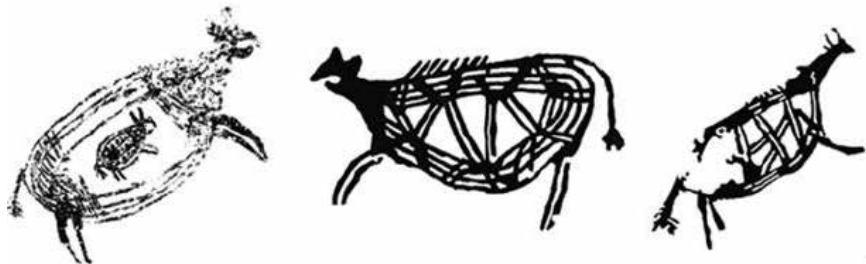
"Ipoh, an Historic City"

Re the piece "Ipoh, an historic city" on p1 of IE 282, I would like to point out that Tambun Cave is not a cave. It is a limestone cliff and it can be described as a rock shelter. There is no cave. The article suggests the drawings are up to 15m high, which is misleading. It should say that this is the height above floor level.

However, some are actually 25m above floor level, although most are at 6m above the floor.

I've never heard of there being a drawing of a mermaid, I assume the writer has misread dugong (an animal which is depicted, see photo) for duyung (mermaid). Also I'm not sure if there really is a drawing of a fawn inside the mother. The researchers have classified the X-ray drawing as being a mountain goat, as it is quite different from the paintings of deer.

Liz Price



Responsible Ownership and Well-Trained Dogs

There are a large number of dog lovers at the housing estate at Puncak Jelapang, Silibin, Taman Rishah, Ipoh Garden, Canning Garden, Kg. Simee, Taman Chateau and other areas too. Most of the houses at these areas are semi-detached and terraced houses, where owners keep their dogs.

Most dog owners take a responsible attitude towards looking after their pet and keeping it under proper control. Responsible owners are responsible for the behaviour of any pets. They must prevent their pets from causing nuisance, annoyance or danger to their neighbours. This includes fouling, noise or smell from any pets.

But keeping big dogs like Rottweilers, German Shepherd (commonly known as Alsatian), American Bulldog, Dogo Argentino, Fila Brasileiro, Japanese Tosa, Bull Terrier, Pit Bull and others are very unsuitable to be kept at a terrace housing estate.

I have owned some big dogs during my bachelor days and I would advise owners not to have dogs too big for them to control; unless they live in a big compound and know how to train and control such dogs. At terrace houses, they should confine themselves to only small- to medium-sized dogs.

Big dogs are strong dogs, and strong dogs are difficult to control and should be trained to be obedient. Unless that is done and they understand and obey commands, care must be taken that they are not let loose, especially in housing areas and public places, where the conditions are not under your control.

I have seen some small sized owners taking their big dogs for a walk in the housing area. This sort of a situation is very unpredictable and dangerous when there are others who are also walking in the housing area. Big, untrained dogs are dangerous and when their owners are weak and small, they can be a menace to others. Dogs do not have a conscience. They will do what they have been taught to do, and if mishandled or when their commands are all mixed up, they could cause damage unwittingly. This happens often, especially if the owners are themselves untrained and keep confusing their dogs through indecision and unclear commands.

Therefore, before any uncalled-for incidents take place in any of these areas, hopefully, the owners know the importance of having well trained dogs. And, I wish to emphasize, well trained dogs do not remain well trained, if the owner is not trained himself. This is to ensure better management of big dogs in housing areas.

S. Sundralingam

Retirement Benefits for Government Officials

Our 7th Prime Minister, Tun Mahathir Mohd and the government of the day had set up a trust fund for the public to contribute to ease the country's huge national debt. The 14th General Election victory by Tun Mahathir's alliance inspired many citizens local and abroad, who have expressed pride on social media about being part of a new Malaysia.

Hence, many Perakians willingly donated to the government's trust fund. But I want to find out from the Perak State Government, something concerning pensions given to retired politicians and certain serving politicians in Perak.

Perhaps the time is appropriate now, since the Government and the country is facing some serious financial situation. I should be grateful if the Perak State Government could enlighten the Ipoh Echo readers on the following:-

Is it true that our state government gives double or triple pensions to retired politicians and also serving politicians who have not attained the age of 60?

If the answer to the question is yes, then may I know whether this practice is peculiar only to Malaysia or is it practiced in any other part of the world?

Since we are now aware of the huge debts and some misappropriate practice in our past government, the Ipoh Echo readers would like to know how much the Perak State Government spends on pensions to politicians each year and what would be the financial burden on the state government if this practice is continued for another five years?

With the new state government, I believe it should be transparent. Any more clarification on this matter would be greatly appreciated.

S. Sundralingam

Good Gestures

I am so delighted to read the article "Dinner Of Hope" published in the Ipoh Echo (Issue 283, June 16), to be organised by YMCA of Ipoh. This is something great for an NGO to start the ball rolling for the Tabung Harapan Malaysia for which our beloved Prime Minister Tun Dr Mahathir Mohamad should be given the credit.

This move by YMCA of Ipoh is an eye opener for the other NGOs to follow suit. NGOs like Rotary International, Kiwanis International and Lions International, Y's Men International and other leading NGOs in and around the world can take the lead by organising this project to raise funds for this worthy cause.

On my part, as I am involved in Y's Men International with the headquarters in Geneva, Switzerland, there are over 2000 Y's Men's Clubs all over the world, with a total membership of 30,000.

In Malaysia, we have three Y's Men's Clubs; they are in KL and two others in Ipoh. In Singapore, there are two clubs. As one of the Past International Council Members (ICMs) of Y's Men International, I will take the initiative to contact all the leaders in Y's dom to help out in this worthy and meaningful project.

The YMCA of Ipoh led by its President, Dato' Daniel Tay, the Board of Directors and members must be given the credit for showing all the other NGOs about this worthy project as it will reduce the country's debt.

As other countries have come out in full support to raise funds for this Tabung Harapan Malaysia, our beloved citizens of Malaysia must take the lead. In the final analysis, it is the people here that will reap the harvest.

K. Letchimanan

To Advertise



Deanna Lim
016 501 7339



Arts and Culture

Seri Keledang's Eighth Chinese Orchestra Concert

The Alumni Association of Seri Keledang Secondary School, Menglembu in collaboration with the school Chinese Orchestra Club organised an impressive concert at Lee Loy Seng Hall, Wan Hwa 2 Chinese Primary School on the June 22.

The concert was held to nurture potential talents among students who are interested to play Chinese musical instruments such as erhu, gaohu, cello, drums, percussion and pipa. It was a successful event for the Club with collaboration and strong support from the school administrators, Parents and Teachers Association, Board of School Supporters, community leaders and private enterprises to raise funds to sustain the Chinese orchestra in buying new instruments as well as maintenance of the Chinese Orchestra Club expenses.



Shots of Ipoh's Nostalgic Past

In conjunction with the "Inaugural Leong Sin Nam Annual Lecture" by Ipoh World's Ian Anderson on June 24, the Ipoh World team was invited to set up a photo exhibition at 15 Clarke Street (at 15 Jalan Sultan Abdul Jalil). The themes on display are as follows, 'Old Ipoh', 'Transport', 'Entertainment' and 'Hawkers'.

15 Clarke Street was renovated to house the Leong Sin Nam Exhibition Hall on the first floor which also functions as the activity centre for the Lahat Road YMCA. This is open to the public from Tuesday to Sunday with the following times; Tuesdays to Saturdays, 10am to 5pm and on Sundays from 1pm to 5pm. Admission is FREE, the exhibition will be there until the end of July.

Chris Chong



The Oppressed and The Oppressor

The guest speaker for the June edition of Sharpened Word was Professor Shamsul Rahman better known as Dr Shark. The event was held at Institut Darul Ridzuan, Persiaran Greentown, Ipoh on Saturday, June 23.

A wastewater engineering graduate, he stumbled into the world of theatre by accident. His sister prompted him to audition for a play during his first year at university. That was the beginning of his foray into the theatre scene, both locally and internationally.

Shamsul and his colleagues founded the *Tronoh Theatre Shop Club* based at Universiti Teknologi Petronas (UTP) and endeavoured to bring theatre to the masses.

Themed "The World is a Stage", the focus of the 3-hour talk was theatre. The event began with Shamsul sharing his background and the local theatre scene. To date, he has written 14 long and 20 short plays.

He jokingly added that when people in positions of power say things like "if fish is expensive, eat chicken," it motivates him to write. He enjoys fusing modern elements with more traditional forms of theatre, when writing.

The 'interactive workshop' that was on the agenda turned out to be a form of theatre itself – "Theatre of the Oppressed".

"Theatre of the Oppressed" originates from Brazil and is the brainchild of Augusto Boal, who was inspired by educator and theorist, Paulo Freire.

Today, "Theatre of the Oppressed" functions as a community-based education tool that uses theatre as a means of challenging social norms. It involves two parties – the Oppressed and the Oppressor.

A 3-minute skit was acted out by four UTP students. It had a fairly simple, but satirical plot about a hot-tempered boss who wants to reject tenders, so he can accept a single tender that would provide him 20 percent of the 'profits'. He forces it upon an honest employee, Danial – who is scared and reluctant to do the job. To sway Danial,

he offers him 2.6 percent of his 'profits'. Danial is also influenced by two other employees to just do his job and take the money. At the end of the play, he agrees and does as he was told.

Here, Danial is the Oppressed while his boss and colleagues are the Oppressors. After the skit ended, Shamsul questioned the audience whether what Danial did was right.

The crowd disagreed, claiming that one should not sacrifice integrity for money. Shamsul then asked his students to repeat the skit. This time, the crowd had to yell "stop" or "cut" at scenes where they felt like Danial, the Oppressed, could have acted differently. This then, could have potentially changed the outcome of the situation, simultaneously protecting his integrity.

Attendees took turns to act Danial's part, demonstrating how they would have reacted if placed in his shoes.

Some chose to resign, Puan Aida resorted to play the crying employee who ended up getting fired. A few suggested that they would covertly record the boss and send the evidence to the media. Yasmin Yusof, the moderator, jokingly suggested that she would blackmail the boss.

The audience laughed watching one another performing his/her version of Danial. Shamsul suggested that this could be a useful tool to gauge community values. Currently, he is pushing for this form of theatre to be taught to high school counsellors.

The downside to this form of theatre is, it is only functional when catered to a small crowd. It is heavily dependent on crowd response.

"Theatre of the Oppressed" provides people with a safe space and an opportunity to independently express themselves.

The speaker wrapped-up the evening agreeing that theatre scenes in Perak are scarce, as there is not much support from the government, public and the media.

Theatre troops receive little or no funding. Most cannot afford space for rehearsals and have to resort to using their homes. This is not as effective as auditoriums.

Loshni Nair



Opinion

What is Tun Dr Mahathir's Ultimate Aim in Life?

Many people have asked me what Tun Dr Mahathir (TDM) is trying to do when he is already 92 years old. He could have retired and enjoyed the rest of his life. As I know him quite well, I know he is trying to achieve his ultimate aim in life.

All Malaysians must know without Tun Dr Mahathir, Pakatan Harapan could not have won the GE14 and the right to form the new government. Since then he has been very busy placing the right people to clean up the mess left behind by the previous BN Government during its 61 years rule.

After having lived for 92 years, like most older people, he has all the necessary experience to govern Malaysia. He was Prime Minister for 22 years before and during his tenure, he also created some of the mess caused by his Bumiputera policy. The idea was good to make Malays as rich if not richer than the Chinese. But the implementation was bad. Based on this Bumiputera policy, many mega projects and concessions were awarded without open competitive tenders. Even Members of Parliament were not allowed to question in Parliament. As a result, the contract prices were inflated to bribe the officials who had the power to award contracts.

In 1970 when the Bumiputera policy was introduced our GDP per capita was the same as that of Singapore, Taiwan and South Korea. Now after 48 years, Singapore, Taiwan and South Korea are 4 times, 3 times and 2.5 times of ours respectively.

As soon as TDM became the new Prime Minister, I saw a video interview that he admitted his past mistakes during his tenure as the PM before and he would put things right again.

In spite of the fact that he had jailed Lim Guan Eng twice before, he appointed YB Lim Guan Eng as the Finance Minister. Guan Eng was the former Chief Minister of Penang and he has an excellent track record in cleaning up the mess created by the

previous government of Penang.

TDM knows the importance of money. In spite of the fact that most of the Malays wanted a Malay to be the Finance Minister. You must remember the first Finance Minister was a Chinese Tun Sir Henry Lee Hau Shik who served soon after Merdeka in 1957 and the second Finance Minister was also a Chinese Tan Siew Sin. Both of these Chinese Finance Ministers were appointed by our first PM Tunku Abdul Rahman.

TDM recently appointed PKR Datuk Seri Azmin Ali as the Minister of Economic Affairs to assist YB Lim Guan Eng, the Finance Minister. Azmin also has an excellent track record as Selangor Menteri Besar.

Azmin will oversee Malaysia's biggest companies, including state oil giant Petronas, sovereign wealth fund Khazanah and savings manager Perbadanan Nasional Bhd, which are collectively worth more than RM one trillion.

TDM said that he would appoint ministers after consultation with all the coalition parties to fill up all the ministries by next week. I am confident that he would choose the best persons irrespective of race or religion. For example, he appointed Tommy Thomas, an Indian Christian, as the new Attorney General which is one of the most important officials in the country.

About 6 months ago when TDM was campaigning in Padang Rengas, Perak, I gave him a copy of my book, Malaysia: Road Map to Vision 2020 and I reminded him of his Vision 2020 which he declared during his tenure as the Prime Minister. I believe TDM's ultimate aim is to make Malaysia a fully developed nation.



Property

Haven's Thanksgiving Dinner

The Haven Resort Hotel Ipoh held its annual thanksgiving celebration on Saturday, June 23 at the resort. Attended by over 170, the dinner was held under specially-constructed-clear-sky tents right on the helipad.

"We've overcome a 'zero' valuation from valuers over our Permai Low Cost Apartments. It is now being sold at over RM150,000 per unit (from RM55,000 per unit)," said Peter Chan, the chief executive officer.

"We've overcome severe naysaying and undermining in this Haven Ipoh development. We thank God and we thank you for assisting us to overcome all these debilitating obstacles," he added.

The audience was in for a treat as they became among the first to hear the updates regarding the upcoming The Haven Lagoi Bay, Bintan. "It's a development that stands above all others with an unmatched combination of views, breezes, security, management and other services," Peter stated.

"Already a popular destination for sports and leisure activities, Bintan is expected to grow exponentially. Tourist arrivals are expected to increase by 30 percent per annum. It'll reach 3.5 million per year in the next four years," he remarked.

The evening proceeded with a video presentation of birthday wishes compiled by

the staff for their CEO. A number of performances followed. They included the art of mask changing, live quartet, solo guitar and dances. Among the guests was notable emcee, KT Pillai who did an impromptu rap. The finale was a cake-cutting ceremony where everyone joined in the sing-along.

The Haven Group has garnered 48 national, regional and international awards to date including The Minister's Award, Brand of the Year, Man of the Year, Property Man of the Year (CEO) and Best High Rise Residential Development (FIABCI).

Since its inception in 2002, the project developer has established itself as someone who creates exceptional value in its products. Every project in its portfolio has appreciated in value two or three folds over a period of three to five years after completion.

For more info, call 05 540 0000 (resort) or 05 546 6666 (corporate office).

Mei Kuan



HAPPENINGS

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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

SMJK POI LAM IPOH MILITARY BAND INDOOR BAND CONCERT. JULY 7 from 7pm to 10pm at Wisma Chin Woo, Jalan Hussein, 30250 Ipoh (next to The Star Ipoh Office). The theme of the concert is "Times Past, Memories Last". The aim of the concert is to raise funds to buy new musical instruments. Admission to this concert is by donation of RM50 or RM25 (students). For details, call 012 560 8724 (Pn Leong) or 016 554 8724 (Ms Tan).

TAPESTRY'S 'THE LIVING ROOM SESSIONS: SOFA SO GOOD'. JULY 28 (Saturday), 7.30pm at Sarang Paloh, Heritage Hotel, Ipoh. An evening where audiences can chill out and unwind over a specially selected blend of tunes and harmonies. The show will feature new material as well as some crowd favourites from previous productions, in a mixture of a cappella style singing and singing with instrumental accompaniment. Tickets are priced at RM45 and can be obtained online at www.wearetapestry.com.

COMMUNITY

DEMENTIA SOCIETY PERAK CAREGIVERS TRAINING. JULY 14 and 15 at KPJ Ipoh Specialist Centre. For further details please call 05 241 1691.

FREE SEMINAR: TRANSFORMING YOURSELF FOR YOUR FUTURE. JULY 14, 2pm-3.30pm at YMCA Ipoh. In this seminar, learn tips on how to transform yourself. Registration is limited to first 30 people. Register online: <http://bit.ly/dmfree1> or contact Debugging Minds at 013 734 5008.

FREE YOGA CLASSES. Wednesdays 7pm-8.15pm: meditation & talk on Vethathiri Philosophy by Dr R.M. Muthiah (Asst. Prof. in Yoga for Human Excellence); Fridays 6pm-7pm: Vethathiri simplified holistic exercises in Tamil & English; 7.15pm-8.15pm: Vethathiri Simplified holistic exercises in English; Saturdays 4.30pm-6pm: Hatha Yoga classes for children (7-15 years old) with Mr Yoganathan Periyasamy. **At R.M. YOGA & MEDITATION CENTRE, 68 Jalan Tun Abdul Razak, 30100 Ipoh.** For further enquiry, contact Ms Yoges Muthiah 016 544 6855 or Dr Muthiah 012 591 4493. Preferably via WhatsApp.

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).

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.

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MEDICAL

KPJ IPOH SPECIALIST HOSPITAL ANTENATAL CLASSES FOR 2018. Dates: JULY 21, SEPTEMBER 29 and NOVEMBER 17 (Mandarin Class), 1pm-5pm at Dewan Anugerah, 5th Floor KPJ Ipoh Specialist Hospital. Contact customer service at 05 240 8777 ext. 8111 for enquiries.

IMPORTANT

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