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# IS IPOH PEDESTRIAN-FRIENDLY?

By Nabilah Hamudin

Receiving accolades and attention internationally is no reason for Ipoh to stop recognising its flaws and shortcomings. Plenty more can be done by the authorities and Ipohites alike to improve living conditions of the city's citizens. In this issue of Ipoh Echo we shall focus on pedestrian-friendly facilities and amenities available for all and sundry.

*Continued on page 2*



*Pedestrians reluctant to use overhead bridge*



*Students endanger themselves crossing the road*



*3D pedestrian crossing near Medan Kidd*

## MASCOT DESIGN CONTEST

In conjunction with Visit Malaysia Year 2020, Tourism Perak is organising a WOW PERAK mascot design contest beginning July 15 till August 15 this year.

Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture believes that Perakeans are not only talented but also creative and are able to produce ideas for contests like this.

"We welcome everyone to take part in the competition because we believe Perakeans are an innovative lot capable of creating a unique and pretty mascot for Perak."

The selected design would become the state tourism icon and be used in official programmes of the state government.

The new mascot is hoped to create a new image and as a breath of fresh air for the Perak tourism industry," he explained.

"The co-sponsors for the competition are Movie Animation Park Studios (MAPS), Menteri Besar Incorporated (MB Inc), Syeun Hotel, Kellie's Castle and Bukit Merah Resort," he added.

The contest is open to all Malaysians above 18 years of age. The entry form and contest terms can be downloaded from the Tourism Perak website.

The grand prize of RM5000 and a certificate of appreciation, as well as five consolation cash prizes of RM1000 await the chosen winners.

Submit the completed form by email to [wow@tourismperakmalaysia.com](mailto:wow@tourismperakmalaysia.com) or to the following address:

**Tourism Perak Management Berhad (Unit Acara)**  
22, 22A & 22B, Jalan Teh Hawa, 30000 Ipoh, Perak Darul Ridzuan, Malaysia.  
Tel: 05-249 9966  
Fax: 05-242 3388



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WOW PERAK!**  
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**15/08/2018**  
30/08/2018

Tempat pertandingan: SAGUHI (3 HADIAH) RM 10000.00 + 50.00 PENGHARGAAN

Penaja: MAPS, MB INC, SYEUN HOTEL, KELLIE'S CASTLE, BUKIT MERAH RESORT



## Poorly-designed infrastructures and their placements add to pedestrians' woes



*Pedestrians dash across Jalan Sultan Abdul Jalil*

**T**ry taking a walk from Greentown Avenue to Bangunan Persekutuan in Jalan Dato' Seri Ahmad Said and you'll find it's dangerous, one due to the absence of walkways and overhead bridges. It has become a norm for the public to amble across roads and intersections, at the risk of bodily harm, during lunch hours.

Like all transit hubs in Ipoh, Medan Kidd Bus Station, Amanjaya and Ipoh Railway Station, the paved sidewalks from the stations end prematurely without a designated crossing into the business centres on the other side. Pedestrians have to dash across the road causing much distress to passing motorists.

One fine example is in front of Ipoh's most popular shopping mall, Ipoh Parade. People simply dash across the main road (Jalan Sultan Abdul Jalil) from the City Council building to get to the mall although there is a pedestrian crossing further down the road.

Poorly-designed infrastructures and their placements add to pedestrians' woes, over and above what they have to endure daily.

### Pedestrians' Perspectives

This scribe walked around the town to check on facilities and spoke to some pedestrians to appreciate their problems.

Thirty-year-old engineer, Ahmad Nazrul Rizal Abdullah, said more crossings and pedestrian bridges need to be built in the city. Such facilities are lacking, especially in business centres.

"The purpose is to provide a safe and comfortable walking experience for those in high pedestrian traffic zones such as Greentown Business Centre. We have trouble crossing roads during lunch hour. There are no connections between buildings, and to make matters worse, there is not even a pedestrian bridge. It's become a regular sight to see people working here, dashing across the roads to get to the other side.

"Once, I was nearly knocked down by a speeding motorcyclist," he lamented.

Student Nur Shariza, 20, who walks frequently to get to places, feels it would be a big relief if City Council builds covered walkways for people like her.

"I don't mind walking on dry days but when it rains, I've to seek shelter at bus stops or at shop lots or along corridors before continuing to my destinations. Some pavements are uneven and broken. These cause water puddles to form, making it not only slippery but dangerous. As a student, walking is my only way of going places," she said.

Nur Farhana Mohd Fairuz, 36, said Ipoh should have more pedestrian crossings and pedestrian bridges to cross roads. She can count the number of pedestrian bridges in the city.

"I've only seen one in front of Hospital Raja Permaisuri Bainun and in front of schools. There aren't many in the city centre, where they're supposed to be. It's something that City Council should build because Ipoh is surrounded by pre-colonial buildings and shops. Most of these places don't have dedicated parking lots. We end up having to park at private parking lots that are located far away. From there we walk all the way to our respective destination," said the college lecturer.



*Damaged and missing tiles*

### Disabled even more "Dis-Abled"

The difficulties caused by the lack of the pedestrian facilities are also felt by the disabled, especially those who are visually impaired.

The Society of the Blind in Malaysia (Perak) chairman Idris Hashim, said Ipoh is supposedly the main public transportation hub in the state but it is so difficult for members to go from one place to another.

"Most of us rely on public transport. We normally board the inter-city buses and hail taxis from Medan Kidd, as it's the most active point in Ipoh.

"Sadly, there are no tactile pavements or disabled-friendly and modified traffic lights around the area and in Ipoh. It's very difficult to cross the road with speeding vehicles in Medan Kidd," he said.

He said blind people often fall into drains and holes when walking around Ipoh. "One of my friends fell into a hole and he ended up in the hospital for treatment. It's definitely not the first case of such nature," he lamented.

He urged City Council to erect sign boards or large screens by the roadside to warn motorists to slow down when people are crossing the road.



*Tactile paving in UTC*



*Pavement without textured surfaces underfoot*

"Motorists like to speed. They tend to forget people like us, who are differently abled. The signboards and roadside screens can play their role to educate and remind these recalcitrant motorists," he said.

Idris added that the roadside screen can also play videos on how members of the public can help visually-impaired people cross roads.

"Most of them don't know how to help us. They pull our clothes, some even pull our cane making it more difficult for us to walk. The screen is necessary. It isn't really about us, it's about educating the public," he said.

He said that sometimes, they (the visually impaired) carry their own signboards everywhere and flash it when they want to cross the road. "We usually write a message that notifies readers that we want to cross the road and we're visually impaired. We hold it while crossing the road here in Ipoh," he said.

Khairuddin Mazli, 26, who lost his ability to see six years ago, suggested that City Council instal traffic lights in Ipoh with sound.

"I stayed in Kuala Lumpur for several years and it was easier to travel on foot, compared to Ipoh. In KL, trains used to be my main mode of transportation. Most of the traffic lights there are built with sounds, hence making it easier for us to know when to cross. Here, there's no sound, and we don't know when to cross.

"I've also fallen into drains several times in Ipoh but never in KL. It's normal for me here," he said.

Ramli Ahmad, 71, said he always asks strangers for help when he crosses roads in Medan Kidd area. "I'm scared to cross the roads at Medan Kidd but that's the only place where I can get public transportation such as transit buses and taxis. If proper facilities are put in place for us, we no longer have to depend on the public or the kindness of strangers," he said.

### Solutions by Authorities?

Police statistics revealed there were 5472 pedestrians killed between 2007 and 2016. In 2016, 511 pedestrian deaths were recorded in the country with an increase of 29 deaths from the previous year.

While the common solution to curb pedestrian deaths is to have better infrastructure, local authorities struggle with providing relevant infrastructure for reason of low usage.

*Continued on page 6*



*Tactile paving ends abruptly*





# LET'S GET TO WORK

*What Perakeans found most discomforting is the constant bickering over posts and appointments. When will Faizal and his merry men settle down to work?*



There is this uneasy feeling among Ipohites that newly-minted Menteri Besar Ahmad Faizal Azumu is not the dashing young man most have expected him to be. He seems reserved and prefers the company of his peers rather than the *rakyat*. I may be wrong but since assuming the most coveted political post in Perak on Saturday, May 12 there's been very few "earth-shattering" news coming from his office at the State Secretariat Building.

The little that we heard did not warrant much attention, as they were rather insignificant and inconsequential. He has yet to move into his official residence citing plumbing problems as the cause. He plies between his house near Hotel Seri Malaysia and his office on a daily basis and prefers to remain incognito unless required. This does not go well with Ipohites, what more Perakeans. A leader must be visible and be in the thick of the action.

Faizal's less-than-inspiring response to the actions of some overzealous Pas Youth members who forced a convenience shop in Manjoi to stop selling beers, speaks volumes of his character. Is he forceful or perhaps resolute in his dealing with people around him? Or does he have what it takes to be a good administrator? Events unfolding towards the tail end of the promised 100 days of Pakatan Harapan's rule will determine whether Faizal is cut out for the job.

Nonetheless, his decisions made at the weekly executive councillor meeting on Wednesday, July 26 provided an interesting insight of things coming our way. These decisions, though made collectively among the 10 councillors, show he has what it takes to navigate the state through turbulent waters.

Foremost, is resolving the controversial Unified Examination Certificate (UEC) issue which has riled many individuals, especially the Mufti of Perak, Harussani Zakaria. The mufti is under no illusion that accepting UEC would have a negative impact on the integrity of the education system. There is this lingering fear among Malay nationalists that recognising UEC is akin to opening a floodgate allowing non-Malays to compete for places in public universities and government jobs. The cap, presently imposed on competitiveness in the education system and job market, they argued, should be maintained for the betterment of the nation.

This is not the approach to adopt post May 9 and in the context of a born-again Malaysia. The negative ways of the previous Barisan Nasional administration should be avoided if the nation wishes to move forward.

The mufti's assertion is definitely in poor taste and runs contrary to current trends. But the fact that Faizal is prepared to challenge the cleric's insistence is indicative of his resolve, however insignificant it may be. Previous chief executives seldom stood up to the clergyman and he had his way with words and innuendoes, much to Perakeans' chagrin.

Nevertheless Faizal's assurance that logging activities in the vicinity of Pos Kemar will not affect the livelihood of Orang Asli villagers is rather vague and premature. The approval to extract timber in the jungle of Pos Kemar was given by the Zambry administration. Reasons given are the same as in other targeted areas – clearing land for habitation and the cultivation of rubber.

To legitimise logging activities RISDA (Rubber Industry Smallholders' Development Authority) is unwittingly dragged in. I can't blame the state government as timber is about the few sources of revenue available for the state government, since land and water are state matters. But how things are done raise doubts in the *rakyat*. The preference of one logging company over another, the issuance of permit, poor supervision and non-transparency in revenue-collection methodology are questions that have remained, and will remain unanswered, till now.

Another problem that seems to plague Faizal's administration is the issue of advisor. Siti Aishah, a PKR stalwart who was earmarked for the post of legislative assembly speaker was bypassed by a candidate from DAP, Ngeh Koo Ham. Obviously, age and experience were factors not in her favour and not sex. But what most Perakeans found discomforting is the constant bickering over posts and appointments. When will Faizal and his merry men settle down to work or will they ever settle down?

A reader wrote in recently, requesting that Ipoh Echo be more "aggressive" in combating the "ah long" (loan shark) menace that is pervasive not only in Perak but throughout the country. The complainant is on a one-woman mission to rid Ipoh Garden of unsightly ah long banners, posters and stickers. She has succeeded, to an extent. She implored that we join in the fight by being more visible in our actions. I just wonder how aggressive she wants us to be. If it is short of taking out machetes and knives to do battle then we have done our part.

Ipohites have to be realistic about things. Media's role is limited to creating awareness through our writings. We do not have executive powers like the police and the local authority. They are the ones who have the physical clout to do justice.

Another issue relating to cleanliness that was highlighted by a friend was regarding Sports Minister, Syed Saddiq. His spontaneity in filling a plastic bag with rubbish at the VIP gallery of the Shah Alam stadium after a football match was exemplary. However, his action did not go well with some who felt it was undignified of Saddiq to get his hands dirty. He could have gotten his aides to help out rather than doing it himself. He

was on an ego trip, they insisted. A young VIP going round collecting rubbish after a game of football is commendable. Malaysians, young and old, should emulate this twenty-something guy who feels it is perfectly alright to be oneself regardless of one's station in life. It is leadership by example, dummy. If the Japanese can do it so can we, Malaysians.

## EYE HEALTH — SMOKE GETS IN YOUR EYES

*Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about the effects of smoking.*

The Platters have a lovely song titled "Smoke Gets in Your Eyes" which was recorded in 1958 and became a number one hit in the U.S. and the U.K. The chorus reflects the loss of a lovely flame described as that "tearful feeling when smoke gets in the eyes". The song was a classic! On a more serious note, smoking does more than just cause teary eyes. Several serious eye disorders have been linked to smoking.

Passive smoking is the smoke that is inhaled by the people who sit around a smoker. It is common knowledge that this is more dangerous than the smoke inhaled by the smoker. Cigarette smoke contains thousands of ingredients including cancer-causing substances (carcinogens) and numerous agents that cause inflammation. There is mounting evidence that it has serious negative effects on the eyes.



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

Here is a brief review of the effects of smoking on our eyes.

### "PASSIVE SMOKE" EFFECTS ON CHILDREN

Children who are exposed to the smoke from their cigarette smoking parents (*passive smokers*) are more prone to **eye allergies**. The conjunctiva of the eyes become inflamed (*swollen*) due to the exposure to cigarette smoke which is an irritant. Many parents who smoke do not take this seriously.



### AGE RELATED MACULAR DEGENERATION

The macula of the eye is the most sensitive part of the back of the eye (*nerve*). The macula is responsible for the fine vision required for the many daily activities of the day. When the macula gets affected by this condition, known as Age Related Macular Degeneration (AMD), it can result in serious loss of central vision.

### CATARACT FORMATION

Smoking increases the risk of cataract formation. A cataract is a condition whereby the crystalline lens in the eye becomes cloudy and causes poor vision. The risk of cataract formation is 3-4 times more in an individual who is a smoker. Smoking releases a substance known as free radicals. These free radicals cause damage to the cells of the body including the eyes and lens, hence the cataract formation.

### UVEITIS

Smoking is known to cause inflammation to occur in the pigmented part of the eye called uvea (*uveitis*). The risk of such inflammation is approximately two times more with its problematic symptoms of glare, photophobia, eye redness, tearing and blurring vision. Uveitis is also difficult to treat and may become chronic.

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



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Perak Immigration Dept

05-5017100

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# Terror Threat Comes Closer to Home

Perak has always had a history of terror attacks. In September 1945, the British Military Administration (BMA) urged the Malayan People's Anti-Japanese Army (MPAJA) to surrender their weapons, but by 1948, the BMA faced an increasing threat of strikes by the labour unions, exacerbated by the infiltration of communist agents. The Malayan Emergency began when three European planters at Sungai Siput were murdered, in June 1948, and the murders were considered an act of terror.

In July 2000, an Islamic militant group, the Al-Ma'unah, stole weapons from a Malaysian Army camp, in an attempt to overthrow the government of Malaysia. There was a five-day stand-off against the army and the police forces, who had tracked the militants to a village in Sauk, Perak. The siege ended when the army's Grup Gerak Khas (22nd GGK) and police VAT69 Pasukan Gerakan Khas, stormed the militant's camp, in what was known as Operation Dawn.

A security expert, HM Khen, said, "The problem with the public perception of terrorism stems from the fact that there is no universal agreement on the term 'terrorism'.

"It falls back to political interests and bias, which basically depends on whose side you are on.

"Western bias often leads to Islamophobic elements rather than the real issue, but it is not a new issue and terrorism certainly did not begin after September 11."

Over the past few years, the authorities have arrested hundreds of people for suspected links to militant groups, for planning terror raids, and for spreading their ideology.

When the militant group, Islamic State, in Iraq and Syria (ISIS), launched several attacks in Jakarta, in January 2016, the security services of both Indonesia and its neighbouring countries, were placed on high alert, to foil further attacks by ISIS.

In February 2017, a Malaysian factory supervisor, Mohamad Awang, 42, was arrested at KLIA, and prevented from flying to Syria, via Tehran. He was stopped before he could commit any acts of terrorism.

Eleven months later, two men with suspected ISIS links, were arrested before they could wreak their violence on the public. One, a 23-year-old Indonesian, had planned to attack and kill Buddhist monks in Kuala Lumpur, he later claimed that this was in retaliation for the violence suffered by Rohingya Muslims, in Myanmar. He had also planned to attack Travers police station and the police headquarters in Bukit Aman.

The other man was a 25-year-old Malaysian teacher, from a private religious school, who was arrested before he could attack entertainment outlets, rob, kidnap or kill non-Muslims.

This teacher had previously been jailed under Malaysia's anti-terror law. He had managed to maintain contact with former members of known terror groups, used his Facebook to promote ISIS ideology, and recruit new members.

If he had been jailed before, this means that the punishment did not serve as a deterrent, because he was able to resume where he left off, after his first arrest.

As he was a religious teacher, have the authorities found out how much of his ideology was passed on to his students. Have any of them been radicalised? What about their parents? Do they have no issues with what he was teaching their children? Have they noticed any change in their children's behaviour?

Does it also mean, that the previous government's de-radicalisation programme is not effective, or was he just a one-off failure of the rehabilitation programme for terrorists?

If he also managed to maintain contact, then it begs the question, how far into his communication was he arrested? What about the people he recruited or contacted? Have they also been arrested? Why was he allowed to communicate with former members of known terror groups, unless the authorities allowed this so they could monitor his conversations and know the extent of his circle of contacts?

Perhaps, we need to question the effectiveness of the government's de-radicalisation program. What measures do they use to gauge its effectiveness? The teacher appeared to be unphased, or perhaps he pretended that he had been deradicalised, so that he could be released from prison.

In August 2017, the China Press reported that the Perak Police Chief, Hasnan Hassan, had warned Malaysians, that the ISIS were targeting public areas, such as banks and places of worship. The police were taking the necessary precautions and increased their patrols, especially as ISIS had attacked the Movida Club in Puchong.

When 15 terrorist suspects were arrested from some

parts of Malaysia this month, we have to ask if we are doing enough to curb the threat from the terrorists in our midst?

On July 14, a 42-year-old factory worker was arrested in Ipoh. He enjoyed close ties with an Indonesian jihadist, who had been involved in a violent three-day siege of a police headquarters in West Java Indonesia, the previous May.

Does an increase in arrests indicate that the security services are more vigilant?

How would you recognise a terrorist? Previous reports have shown that known terrorists are like your average neighbour. Your neighbour might be religious, but what is wrong with that? He may seem eccentric, but he is polite and helps you when you are in need. He may seem a loner, but then so is your uncle.

How will the authorities force technology companies to do more to tackle extremist messages that have been posted online?

Will the terror suspects be more closely monitored, than present?

Will anyone who is suspected of planning terror attacks be fast-tracked to jail, and will their passports be revoked? Will those who are in close and constant contact with these suspects also be monitored?

Will convicted terrorists be given longer prison sentences? How safe are we?

## Sources:

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## COACHING CORNER BY ABLE COACH

Dr Shan Narayanan  
Consultant General Paediatrician, Hospital Fatimah

### Welcome everyone to the Coaching Corner

Many a times when I have discussed or spoken about Coaching, I am asked "What sports are you coaching". I deal with this question with a smile and reply....well, coaching is an integral part of sports, however there is another aspect to coaching....coaching to make meaningful improvement in performance in personal and professional life.

In sports there is clear line between coach and players, there is a winner and a loser and the sports/games have a set time period. Whereas in Coaching to improve performance, the coach and the coachee are equal partners. The belief is the coachee has the answers to their own limitations within them. The coach does not instruct but facilitate through a conversation to unlock the potential of the coachee.

The coach does not claim to be the expert in solving the coachee's issue; rather is focused very much on the coachee and what their views are on the issue at hand. The key skill of coaching is asking the right questions to help the coachee work through their own issues. Coaching is a process that aims to improve performance and focuses on "here and now" rather than the distant past or future. The coachee is thus supported to learn.

Sir John Henry Douglas Whitmore, 2nd Baronet (16 October 1937 – 28 April 2017), an author and British racing driver said, "Coaching is unlocking a person's potential to maximise their own performance. It is helping them to learn rather than teaching them"

The biggest obstacle to improved performance is one's own self-limiting belief or one's own inner dialogue. In coaching, the coach, through asking the appropriate questions, creates awareness in the coachee of his self-limiting belief/negative inner dialogues. This awareness in turn creates a paradigm shift in the coachee's perspective of his issue. The new perspective gives the zest to the coachee to bring out the best in himself.

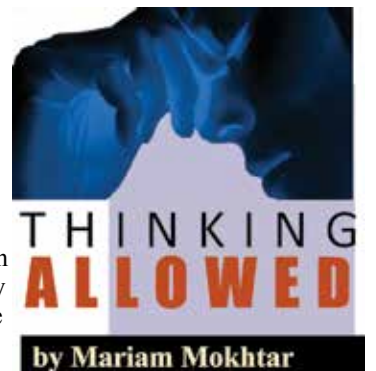
Tim Gailwey a famous coach whose long term clients are Apple, AT&T, The Coca Cola Company, and Rolls Royce, says, "biggest obstacles to success and achieving potential are internal, not external". His insight was that coaches could help individuals improve their performance by distracting them from their inner dialogue

Thus in summary, coaching is a modality where:

- The belief is the obstacles and answers to the obstacles are within the individuals.
- Through facilitation, the coach supports the individuals to find the answers.
- The awareness created brings about a paradigm shift in the perspective.

Coaching is thus about winning the "inner game". This enables the individual to make meaningful and fulfilling improvement in his performance.

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





# SeeFoon Walks Down Memory Lane

Pics by Vivien Lian



ON IPOH  
FOOD



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



In a leafy tucked-away bungalow, on Jalan Windsor, off Gopeng Road, right next to the Keris Property building, sits **Chang Jiang White Coffee**, a shady haven with an open patio (air-conditioned rooms inside) dotted with old coffee roasting utensils in memory of a time when the coffee industry was all handcrafted.

Husband and wife team Kong Kin Loong MD and Foong Choa Mun cheerfully regaled me with Chang Jiang's history, a long established one of more than 40 years. Kong's father who started the coffee shop (in a different location as the current one is only four years old) experimented with different roasting recipes, finally settling on the one which Foong claims is now supplying more than 80% of the coffee shops in town, not to mention all over Malaysia and they are eyeing the export market as well.

Claiming to be THE original white coffee, *Chang Jiang*, named for one of the great rivers of China, not only serves coffee but now, known for their innovation, they are one of the first to produce a 'Tsam', a blending of coffee and tea that coffee aficionados rave over. Called *Khaw Khaw*, this is a registered trade mark from Chang Jiang, and this delectable mixture is a "must try" here.

But Chang Jiang the restaurant is not only a place for coffee which is made in the old style traditional way...with a coffee sock to allow all the fragrant oils to ooze out from the beans and infuse the resultant coffee. Here in this spacious bungalow with small private rooms off the main dining room off Jalan Gopeng, you can eat classic dishes with its *tsing* (in Cantonese meaning clear or pure) style of simple cooking with minimal embellishments, allowing the food to speak for itself.

Childhood memories set in for me as the food was placed on the table. This is the food I grew up with!

White bread, toasted or steamed, slathered with generous chunks of butter (not margarine!) and homemade kaya (an egg and coconut cream custard, that is

spreadable and eaten like jam), twinned with a **soft-boiled egg**, even served in the old-fashioned metal cup. I had the toasted version, the crunch of biting into the crispy thin slices, the dryness of the bread ameliorated by the now melting butter and sweetened by the fragrant *kaya*, sitting there with my piping hot cup of **White Coffee**, I was lost in memory lane! And youthful nostalgia; **RM5.10**.

Their menu is a simple one with rice, soup and noodles predominating. Snack dishes can be added to or eaten on its own with the rice or noodles.

Their **Signature Noodle** is a veritable cornucopia of deliciousness. On the menu it proudly states, "*Taste of 100 years, traditional homemade style*" this dry noodle dish has a piece of all their signature snack dishes in it. One whole **chicken feet**, braised to chewy tenderness, half a soya egg, a piece of tofu, greens and minced chicken, the noodles are 'al dente' and delicious; **RM9.20**. Individual snack dishes of soya eggs, tofu and chicken feet are **RM5.20**.

Their **Signature Rice** dish is equally delectable. Stating that the recipe comes from Kong's family and created by the 4th generation, this rice is mixed and not fried, with minced chicken, mildly flavoured and topped with scallions. A very clean, pure taste and texture; **RM7.50**.

And guess what? They have **macaroni soup**, that childhood dish beloved of many children, this scribe included. Especially when I was down with a fever, my grandma would make this for me. You can have this wet or dry with minced chicken and their special '**Hometown Ball**' a blend of chicken and fish paste; **RM7.20**. Hometown Ball fried or in soup as a snack; **RM5.20**.

And of course, what Cantonese restaurant can operate without their wonton? Here they have the soup **wonton** and the fried wonton. And you can have it served with or without noodles; **RM8.20**. Wonton alone as a snack, **fried or in soup**; **RM5.20**.

Generally, the food here at Chang Jiang is very *tsing*, simple home cooked recipes with a mix and match element that one can tailor to one's taste buds and appetites for the day. Just sitting and enjoying a cup of white coffee or their 'Tsam' and nibbling on a snack or two or having a full blown meal. The choice is yours. And in very pleasant surroundings too. And while waiting for your meal or after, browse in their shop and take home some of their well packaged goodies whether it be coffee, tea, 'Tsam' or whatever takes your fancy.



**Chang Jiang White Coffee**

7 Jalan Windsor, 30250 Ipoh.

Tel: 05-2538896

GPS: 4°35'22.1"N 101°05'45.6"E

Business hours: 8am-6pm



... continued from page 2

Mayor, Dato' Zamri Man, said that building pedestrian facilities were part of the City Council's long-term plan.

"Connecting the walkways were part of the long-term plan. But, even if we build them, we're not optimistic that people would use these facilities. Ipohites are not well-educated when it comes to using pedestrian facilities. For example, many Ipohites prefer to cross the road illegally, even when there is an overhead bridge nearby," he told this scribe.

However, Zamri agreed that some of these bridges are not suitable for use by senior citizens, the physically differently-abled and parents with babies and small children.

He said another example is zebra crossing. It gives pedestrians special right of way when they are on the crossing.

However, in Malaysia, one cannot assume that cars will stop and respect the rights of pedestrians. It is much safer for one to look at both sides of the crossing before walking as there are motorists who are not law-abiding.

He added that the City Council is planning to build more differently abled-friendly facilities in Ipoh, and one of them is along Jalan Raja Ashman Shah.

"We'll build more tactile aids on the existing walkways from Klinik Kesihatan Greentown to Angsana Mall, which is about 950m long. Apart from that, we're planning to build crossings with tactility in the same area," he said.



Void of traffic lights, pedestrian crossing or overhead bridge

Zamri disclosed that to date, Ipoh is equipped with differently-abled-friendly pavements at three locations, namely UTC, along Jalan Sultan Idris Shah and near the visually-impaired centre in Gunung Rapat.

According to MDS Consultancy Group and Traffic Planners and Consultants managing director Dr Rosli Azad Khan, most cities in the country are not pedestrian-friendly. They are mainly designed for motor vehicles.

"When we talk about what is pedestrian friendly, we often forget that it incorporates everyone. We must stop building cities for those aged 30 and athletic-types only. Think of a child aged eight and an 80-year-old person, whether they would be safe if they crossed a crowded intersection.

"Older adults wouldn't want to walk in the city because there aren't enough benches along sidewalks, that allow them to rest every few blocks," he said.

### Conclusion

Pedestrians are among the most vulnerable road users, accounting for 22 percent of 1.25 million global road deaths per year, the number one killer of people aged between 15 and 29, according to the World Health Organisation.

Safety is of utmost important when walking in the city. With more cars on urban roads each passing day, crossing them can be a pedestrian's worst nightmare.

So with all these aforementioned problems, is Ipoh pedestrian-friendly? Your guess is definitely better than ours.

## 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.

## Are the Education Authorities Failing to Protect Our Children?

We read again of another teacher who has preyed on children sexually. He was known to have abused children in the past and the education department's action had been to transfer the teacher to another school where he did it again. It appears that the abuse of children in schools is often 'covered up', both in mainstream education and in tahfiz schools.

We should not treat this like an isolated incident and just 'continue the same'. Sexual abuse of children by teachers is not uncommon. I have personally been approached by a number of teachers who have been concerned about a colleague who may be sexually abusing students. Most times they are reluctant to come forward or offer us concrete details for fear of action against them by the PPD (district education officer). I would conservatively say that more than 15-20 such situations are currently known to HMs, PPDs or religious school authorities, but not adequately acted on. In the past the Education Ministry has revealed 15 such cases over a 5-year period.

Most times when it comes to light the response of the education authorities is to transfer the person and offer monitoring and counselling. It is unlikely that such individuals can change easily and should not be trusted with children. Headmasters, the PPDs and the Education Ministry should not expect the problem to just 'go away'. We may be putting more children in harm's way.

These teachers often appear to be the 'nicest'. They offer to do more for children; teachers that offer to take children for outings, extra classes, etc. Parents are led into believing they are good teachers. I recognise that suggesting this will damage the really supportive teachers, but we need to recognise the reality of what is happening (grooming).

Legislation to protect children, including school students, has been in place since 1991. Initially as the Child Protection Act 1991 and then as the Child Act 2001 (revised 2018). We however seem to fail to use it. The Child Act 2001 (revised 2018) clearly states in section 29 the duty of child care provider: "If a child care provider believes on reasonable grounds that a child is physically or emotionally injured as a result of being ill-treated, neglected, abandoned or exposed, or is sexually abused, he shall immediately inform a Social Welfare Officer." This should apply to all teachers

whether in mainstream, private, international or religious schools. Teachers may want to claim that they are not 'child care providers' but the Child Act defines this clearly as "a person who looks after one or more children for valuable consideration for any period of time".

Section 29 goes on to say that "Any child care provider who fails to comply commits an offence and shall on conviction be liable to a fine not exceeding five thousand ringgit or to imprisonment for a term not exceeding two years or to both". It is important to ask if the Child Act is actually used to protect children in Malaysia and whether our education authorities, mainstream and religious, are failing children?

We need a supportive system that encourages the protection of children, enables the reporting of suspicious behaviour and clear action when children or staff report abuse. This means not keeping it confined to the education department but involving Welfare, Health and Police.

Finally all education facilities must have mandatory safety rules on working with children in all settings. These include:

1. The 'two adult rule' - No adult should work with children on a one-on-one basis. It does not matter whether it is male to male or female to female, all work with children must have chaperones.

Institute chaperoned contact time with all children in all environments in school or extra-curricular activities.

2. 'Open door' policy - All counselling and small group activities should have an 'open door policy'. This means that there is a 'window' in the door or a side window through which others can see what is occurring.

Please let's be found committed to ensuring the best interests of our children and not be protecting the offenders.

**Dato' Dr Amar-Singh**  
Senior Consultant Paediatrician

## Ipoh a Rubbish City?

Ipoh was once the cleanest town in the country, but I can't say the same now, as rubbish is found everywhere.

Sadly, no one seems to care. Rubbish that is left in front of houses for collection is messed up by cats, dogs and scavengers. The animals look for food scraps while humans look for recyclable items for sale. And in doing so, they scatter the rubbish further.

To my utter dismay, even educated Ipohites dispose rubbish, mainly garden waste, indiscriminately without a care for the environment.

To make matters worse dog owners would take their pets for a walk and allow their dogs to defecate along the way without picking up the poop. It is simply awful.

To further "decorate" Ipoh, illegal loan shark (ah long) banners and bills are pasted everywhere. The illegal activities of these loan sharks have tarnished the reputation of Ipoh. The authorities seem not to bother, as no punitive actions are taken.

I fulfil my responsibility as a good citizen by removing these posters and bills. I hope other Ipohites will do their part to keep the city clean.

Let us make Ipoh a great place to live and retire, as claimed by international travel guide book, Lonely Planet.

If all of us adopt a "tidak apa" attitude, Ipoh will soon become a notorious "Rubbish City". The ball is in your court.

Vious Tan

## Saintly MBs?

When Tun Dr M was willing to give up the finance portfolio as PM to avoid risk of conflict of interest and abuse of power he set a lofty benchmark.

Sadly, all the Pakatan Harapan (PH) MBs don't display the same level of sincerity and credibility. These MBs are zealously clasp onto the finance and two or three other posts. The notable feature of all these posts is that either they control the money strings or big money projects. The fact, the MBs jealously holding onto these portfolios, is causing, in my mind, a huge amount of doubt about their intentions and integrity. PH should instruct all their MBs to stick to their job of administration of state affairs and hand over the other posts to appropriate persons in the state exco. In this new political era there is no justification for them to hold the other offices unless there is an ulterior motive.

Peter S.H. Khaw

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## Interconnectedness of All Things

The law of conservation of matter states that matter/energy can neither be created nor destroyed. After the universe came into existence, no new matter has ever been created nor destroyed. All that we see in this universe are simply different forms of the same matter/energy. When a giant star runs out of fuel, it will explode in a supernova and in the process throws out massive amounts of matter/energy into space that becomes the basis of new stars and planets. The early universe contained only very simple elements such as Hydrogen and Helium. It was through multiple process of star births and deaths that heavier elements such as metals and carbon were formed. Eventually organic beings such as ourselves came into existence 13.8 billion years after the BIG BANG.

In truth, we are all made of star dust and intimately connected to all the stars and galaxies in the universe. Closer to home, science tells us that we are all part of the Earth's Ecosystem. Our existence is dependent on all the other plants and animals which in turn depend on other beings in a cyclical loop. When we die, we become the sustenance for other beings which eventually become part of some other beings. We exchange air, water and organic matter with the rest of the ecosystem every second of every day. In that very literal sense, we are all interconnected in this world-wide-web of existence and are interdependent on every other living and non-living thing for our life.

As with the physical processes of birth, growth and death, what we think, say and do are also intimately connected to all other beings as well as the universe. Clearly our every action affects those around us in a good or bad way. As everyone is connected to everyone else on Earth by a maximum of only six person-to-person connections, all our actions affect everyone else in this tightly connected web. Like a spider web, a vibration at any point will reverberate to all other points of the web and rebound back. The reactions from everyone else on the web will come back to us at some point in time. Perhaps this is the basis of divine justice or karma. If we want to be truly happy, we must ensure that everyone else is happy too, otherwise our happiness will only be momentary before the negative consequences come back to us with interest.



By Dr Tan Chin Yong



## Connexion

By Joachim Ng

### 3 urgent tax reforms needed

This can be a page from Ripley's Believe It Or Not: Malaysia will achieve high-income-nation status in 2020. However, 85% of the registered workforce of 15 million does not pay income tax. That's 12.7 million workers outside the connection. Half the workforce, or 7.5 million, don't pay a sen because they are earning RM2,000 or less.



Who's paying income tax? Mostly employees getting above RM2,500 monthly salaries, retirees doing small jobs, successful professionals, and dutiful entrepreneurs.

They are just 2.27 million and the previous administration kept squeezing them for more cash. The tax-exempt are 7.5 million and the taxpayers are 2.27 million. That leaves 5.2 million workers disconnected from the loop.



The new Government should establish three key reforms:

- Set an example of scrupulously honest governance that doesn't squander taxpayers' money in wastage, leakage, and overpriced government procurements. This will remove any excuse to avoid tax and instead give a push to the missing-in-action 5.2 million workers to join the loop as a patriotic duty.
- Use artificial intelligence devices to track income earned by thousands of profitable street businesses that operate on cash-only, no-receipt basis. No paper trail, no tax. Haul up the freeloaders, just as you haul up the corrupt. Sponging is unpatriotic care-for-oneself-only.
- Scrap the misleading high-income-nation goal and replace it with the challenging goal of becoming a high-median-income nation in 2023 so as to greatly widen the income tax base.

To be a high-income nation means that Malaysia will soon chalk up a high average-per-head Gross National Income — a goofy goal. If you have RM2 million and I have RM2, we are both millionaires average-per-head. But you eat Musang King durian, while I take kangkung. A true achievement is high median income. If you stretch all the incomes from lowest to highest in a line, the midpoint or middle figure is called the median income.

High-median-income status is achieved when the median salary hits RM5,000 per month plus 3 months bonus. On that salary you pay income tax of RM2,400 (reaching scaled rate of 10%) if you claim RM25,000 tax relief. Currently the median salary is only RM2,160. As mentioned a fortnight ago, 10% is a tithing prosperity number. Every worker, urban or rural, should aspire to be a taxpayer if s/he believes that the Government is honest and caring.



## Juniors Win at ITF

Shihomi Leong Li Xuan, 11, and Mohammad Adam Aqil bin Anuar, 12, represented Malaysia in the International Tennis Federation (ITF) Asian 12 & Under Team Championships (Southeast Asia Regional Qualifying Round) in Phnom Penh from June 25 to 29. Both hailing from Ipoh, Shihomi's team emerged second while Mohammad's team got third place. Way to go!



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## Psychological Wellness

### 9 Tips for Emotional Care of Cancer – Part 2

5. Stay focussed on the present. Our mind, in particular during challenging moments tend to time-travel to the past with guilt and future with excessive worries. As an antidote, try to heighten your attention to the present moment by repeatedly focusing on what you hear (e.g., birds chirping), touch (wind brushing against the skin), or see (beautiful flowers) with a sense of curiosity.

6. Use positive coping statements and imagery to transform negative thoughts. Examples of coping statements include "Every moment in every way, I'm becoming healthier and happier" and "Things may not get better, but I can always learn to cope better." As for positive imagery, it can be imagining cancer cells receiving blue healing energy during radiotherapy. Let the cancer cells transform into healthy cells. The mind has tremendous power in healing – make good use of it.

7. Get spiritual support through prayer, meditation, chanting or other practices that help you feel more at peace. You may need the guidance of a monk, pastor or other religious leaders. For a spiritual person, invoking divine powers (e.g., from Buddha, Allah, God) can be powerful in supporting mind-body healing.

8. Find meaning or purpose in cancer. It is inspiring to hear how some cancer survivors make peace with and express gratitude for their illness. There is a silver lining in everything, including cancer. These are some of the commonly reported lessons from having cancer:

- It helps me to prioritize the things I want to do
- I have learned to appreciate the simple joys of everyday life
- I am more spiritual and connected to God
- I know who are the genuine friends in my life
- I am more empathetic than before

9. Caregivers should take good care of themselves to avoid burnout. Take care of your body; make time to exercise, eat healthy foods, drink sufficient water, and get enough sleep. Avoid alcohol and smoking. Take care of your mind too; be kind to yourself, express your feelings, find time for yourself and other relationships, and get help in supporting yourself and the one you are caring for.



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](mailto:pckar39011@gmail.com)

## Tradition and Culture

### 6-Ton House Relocated Manually



Over a hundred villagers and students from Universiti Teknologi Perak (UTP) and Universiti Sultan Azlan Shah (USAS) helped carry a house from its original location in Dataran Badang. They were aided by 40 tahfiz students from Pattani, Thailand.

The house, weighing a massive six tons, was carried a total distance of 150m, to Kampung Labu Kubong, Lubuk Merbau on Saturday, July 14.

The programme, aimed at continuing the age-old tradition of lifting and carrying old houses, was the initiative of the Kampung Labu Kubong Homestay manager and members of Adventure 360 Tours.

Although 150m is a short distance, it took participants roughly four hours to move the house. They took turns to lift the house, and were met with countless obstacles, such as ditches and trenches before reaching their destination.

Organiser Meor Samsudin Abu Hassan said that the idea to revive this dying tradition, practised by his ancestors, came about after some villagers expressed their desire to preserve the tradition and prevent it from being lost with time.

"When we (the villagers) noticed this traditional house, complete with intricate features and in perfect condition, we decided to conserve it, so future generations can enjoy it just as much as we have.

"Initially, I suggested that we take the various sections of the house apart and reassemble them at the new location. But the idea of carrying the house as a whole was brought up instead," he added.

"So that's how the programme, 'Mengusung Rumah Lama' came about," he added.

Ministry of Tourism, Arts and Culture Malaysia (Perak) officer, Noor Azira Mohd Rais, said that the programme is unique, and the ministry appreciates and encourages such efforts, as it could be a potential tourist attraction.

"It's remarkable, as it helps preserve tradition, and simultaneously promotes cultures that haven't yet been exposed to both locals and tourists," she added.

Luqman Hakim

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## Nosh News with SeeFoon

Pics by Vivien Lian



### Yuk Sou Hin

New brooms sweep clean they say but that does not necessarily augur well for precious antiques. The same applies to food. New dishes are wonderful and bring new taste treats to jaded palates but perennial favourites must be maintained.

As is the case in Yuk Sou Hin in the WEIL Hotel. When Chef Chan Kong Tung joined the Weil Hotel, taking over from previous Chef Chung Ho Shi, he had big shoes to fill. Not only had Chef Chung built a huge fan club but some of the dishes were very special and unique.

As in the **Signature Smoked Duck with Lychee Wood**: I can never set foot in Yuk Sou Hin without ordering this and I know that most people feel the same. So trust me, the duck is still on the menu and is as good as ever; RM45 for half a duck.

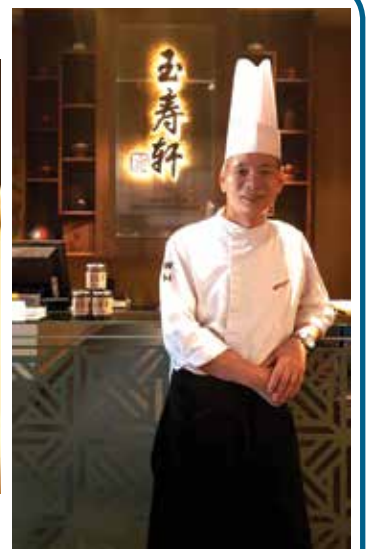
But Chef Chan who had an illustrious career in Hong Kong does have new specials up his sleeve. Like the **Crispy Bean Curd** roll with cheese and prawn, RM10 each, or the steamed **siu mai** topped with black truffle RM15. Or the deep-fried prawn paste ball stuffed with Unagi (can also order it stuffed with Foie Gras) wrapped in vermicelli, served with dollops of ebiko and finished with a flourish of a soba stick encrusted with



black sesame seed; RM30 per portion. Follow this with the **Spinach Fried Rice with Diced Chicken**, RM32 (to share), and you're in culinary heaven.

With Chef Chan helming the kitchen, Yuk Sou Hin's flag continues to fly high. The menu is extensive, the ambiance seductive and the plating of dishes, exquisite. This is Chinese pork free fine dining at its best.

**Yuk Sou Hin**  
**WEIL Hotel**  
292 Jalan Sultan Idris Shah  
Tel: 05 2082103 (Direct)



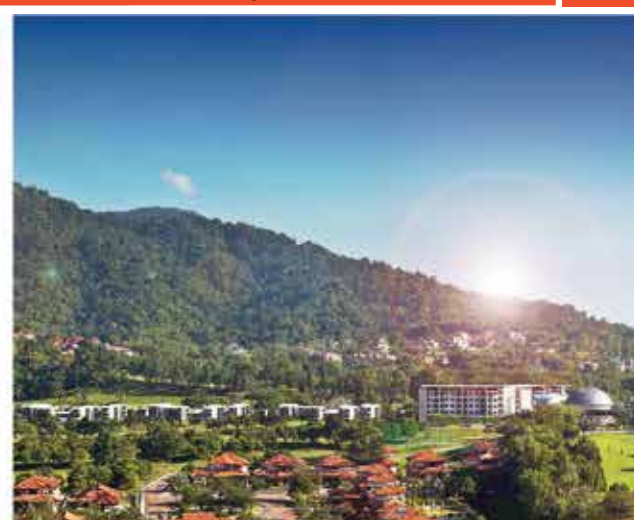




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iSpeak

By A. Jeyaraj

## Address Your Problem to The Right Person

Residents of a housing estate wanted to see their MP about the stray dogs problem in their area. I told them this is a problem for the local council to solve and the MP has nothing to do with it. Now people are very enthusiastic and want to take every issue, small or big, serious or not to their MP or assembly person.

Some time back, the management of the bus company in Medan Kidd Bus Station closed the side gate along Jalan Panglima Bukit Gantang Wahab. This caused inconvenience to the passengers who had to walk a longer distance to go to the bus terminus. The people approached their MP who met with the management, but the management refused to open the gate. Later, MBI councillor met the management and the gate was opened. This does not mean that the councillor has more power; it depends on their jurisdiction.

Our country has three tiers of government – federal, state and local, each with very separate areas of responsibility. I am summarising their functions so that the public would know whom to approach to solve their problems.

### Councillors

City Councillor or Ahli Majlis is the link between ratepayers and MBI.

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

When the new councillors are appointed, you must know the councillor for your zone and regularly engage with him/her. Your engagement with your Councillor effectively ensures a win-win situation for both of you.

### State Assembly Member (ADUN)

It is the responsibility of the ADUN to monitor issues like land use, that is, land allocated for specific uses such as police and fire station, community halls, parks and green open spaces. ADUNs should also look into land titles and the state's town planning. Abandoned projects would be another area for ADUNs to look at, turning these abandoned land into good use.

It is also the duty of the ADUN to protect the interest of the residents in his constituency in relation to state administrative functions. He should look into improving the standard of living for constituents by generating economic growth.

Having understood a little bit more of the duties of an ADUN, one can appreciate

why the ADUN is not often seen. Unless a person is involved in associations, NGOs or other lobbying groups there would be little interaction with the ADUN. As responsible citizens we must make use of the services of our ADUN and let him/her know what we want.

### Member of Parliament (MP)

One important duty of an MP is to be the voters' eyes and ears in Parliament to ensure their rights are protected. New laws or amendments to existing laws should be in the best interest of the nation instead of for the interests of individuals or specific groups of people.

An MP has to raise questions and concerns of his constituents and in some instances even to propose amendments or laws for that objective. One example would be if residents know of the opening of a highly toxic industry in their area, they will have to lobby their MP to stop that industry in their neighbourhood.

An MP should also remain in close contact with his constituents to be able to know and understand their concerns and aspirations.

Most of us have voted for the party instead of the candidate. We know little of what our elected representative stands for on important issues such as taxation, education, environment to name a few. Therefore an important duty of an MP is to be able to share his stand on important issues with his constituents through his published manifesto so that his voters can understand and continue to support him.

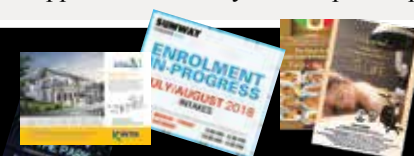
Similarly, it is the duty of the MP to submit on behalf of his constituents to the relevant ministries for infrastructure projects required in the constituency. These projects include roads, bridges, telecommunication infrastructures, public transport systems which can improve the quality of life for the constituents.

The responsibilities of Councillors, Assemblyperson and MP are different. People with problems must approach the right person to help them. Most of the problems of ratepayers are with the local councils whose policies have direct impact on them.

Now the public should know whom to approach when they have a specific problem.

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## Community

# Joining Hands for Tabung Harapan



A fundraising dinner for Tabung Harapan Malaysia was held on Sunday, July 22 by YMCA Ipoh at its main hall featuring Dewan Rakyat Deputy Speaker, Nga Kor Ming, Perak Legislative Assembly Speaker, Dato' Ngeh Koo Ham and Member of Parliament for Ipoh Timor, Wong Kah Woh as guests of honour.

Attended by over 260, one highlight of the lively evening was the pre-launch of SeeFoon's "The Foodie's Guide to Ipoh's Best Eats 2" where one-third of the pre-order proceeds on the list price of RM30 per book was channelled towards the cause.

"Today we are here to promote food. On behalf of the state government, I would like to thank SeeFoon because people like her help boost Perak tourism. I hope there are more people like her, not only promoting food but all the good things of Perak," Dato' Ngeh Koo Ham stated.

"We are fully touched by YMCA's graciousness and kindness for organising such a meaningful event tonight. YMCA is always in need of funds yet at this time it steps forward to donate to Tabung Harapan Malaysia," Nga Kor Ming highlighted.

"In Perak, I must say a big thank you to SeeFoon, you have done a wonderful job. Recently, Booking.com has listed Ipoh as the top 10 destinations to taste local food and Ipoh is number one in the world. Using my own money, I'd like to book 50 copies of the book. I plan to put the book in my deputy speaker office so that whenever there are high

commissioners and ambassadors visiting this will be the souvenir that I will give," Nga enthused.

Present were Dato' Daniel Tay, President of YMCA Ipoh, SeeFoon Chan-Koppen, author of "The Foodie's Guide to Ipoh's Best Eats 2", Vicky Law, organising chairperson of the fundraising dinner and Rueben Nagarajan, Master of Ceremonies.

"I've always been a foodie. My taste buds have been honed from living and eating around the world. Today Ipoh, for me, is home. What was special about Ipoh and why I'm settled in Ipoh? Number one, the warm people. Number two, the food is the absolute best and I want to tell the whole world about it," SeeFoon explained.

At the end of the seven-course dinner, a total of RM100,290 was raised while a sum of RM1660 was contributed from pre-orders of the book.

SeeFoon Chan-Koppen has been writing a food column called Musings on Food in the Ipoh Echo since 2009. It is widely read both in print as well as online which receives more than 1 million hits a month. Her forte is in communications, having honed her skills after graduating from the University of Singapore where she worked for the Straits Times Group and was a food critic for the New Nation. Her knowledge of food and cooking come from more than 30 years in the hotel industry based in Singapore, Tokyo, Hong Kong and subsequently Kuala Lumpur. During this time, she has travelled all over the world and eaten at the best and worst restaurants.

Priced at RM30 and set to be released in September, readers can find out more about the much-awaited, second edition of the book by calling the Ipoh Echo office at 05 543 9726.

Mei Kuan



## Unforgettable Birthday Celebrations

For people who reside in long-term care facilities, or are staying at the hospital waiting for recovery, their birthdays can be a lonely time. Not only are they feeling left out of the festivities, they are also away from familiar faces and the comforts of their home. Even so, we have the power to bring a smile to their face with just a simple and sincere act. The management team of Perak Community Specialist Hospital (PCSH) has been keeping up to celebrate their patients' birthdays in a cheerful surprise celebration.

Nicholas Chan, the Chief Executive Officer of PCSH, said "We hope that this simple act of ours would enable the patient to feel more at home and we strive to make the hospitalisation in PCSH not overshadow our patients' special events like their birthdays. We will do our best to acknowledge their birthdays in order to cheer them up during their stay here."

Loo Feh Kin, the Matron of PCSH added "Birthdays are happy occasions even though you are in a hospital. The celebration is rather a simple one but the patients are thrilled and this is what has kept us going with these surprises in our hospital."



## News

## AirAsia Coming to Ipoh

Renowned low-cost airline, AirAsia has announced the expansion of its domestic network from Johor Bahru with two new destinations, Ipoh and Alor Setar.

AirAsia Malaysia Head of Commerce, Spencer Lee said, "We're pleased to announce these two new routes from Johor Bahru."

The new routes to Ipoh and Alor Setar will be effective from Monday, October 1. The additions are AirAsia's 10th and 11th domestic routes, respectively.

Departing from Senai International Airport, the frequency is fixed at four times per week to both destinations.

"This expansion not only boosts connectivity between southern and northern peninsular Malaysia but is also an opportunity to improve the state economies of Perak, Johor, and Kedah through increased tourism," said Spencer.

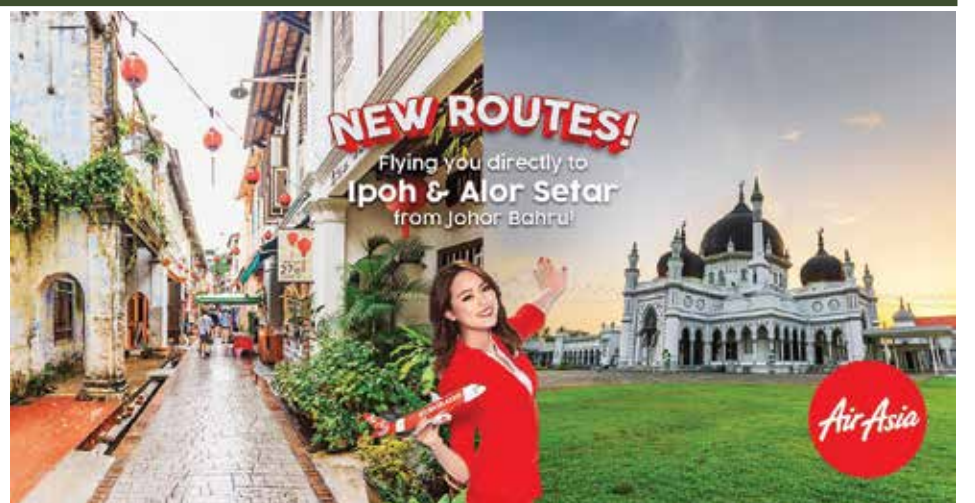
"We're particularly thrilled to start flying to Ipoh and look forward to painting the city red come October," he remarked.

The flights to Ipoh would be AirAsia's first service in Ipoh after a long interval.

The Ipoh-Johor Bahru route is a pre-existent route that was launched in early 2006 before being suspended later that year.

Incidentally, Ipoh's Sultan Azlan Shah Airport was revamped sometime between April 2011 and November 2012.

State Tourism, Arts and Culture Committee chairman, Tan Kar Hing said, "I'll meet with Malaysia Airports Holdings Berhad to look into the facilities at the airport, including



its current setting, the information centre and basic infrastructure," he said.

"This is to ensure that the airport facilities can accommodate the new flights," Tan told reporters.

Keeping in mind the favourable impact airlines have on Perak tourism, Tan said he hoped to get more airline companies to fly to Ipoh in the future.

Ipoh Echo's informal online survey on flight routes found that readers were in favour of flights to KLIA, Kota Kinabalu, Langkawi, and Penang.

Paaveetra N.



## Community

# Teenager Seeks Donor

With a perpetual smile on his face, 14-year-old Muhammad Aidil Adha Muhammad Rizal, is hopeful of recovery to continue his studies like other teenagers.

"I was diagnosed with kidney disease when I was one and a half years old which caused blurry vision, numbness, high-blood pressure and loss of appetite. Now I am taking ten types of medicine, which amounts to 20 pills a day.

"I stopped schooling in January, as I had a small surgery where a tube was inserted so that fluid could be drained from my body at home," he explained.

Aidil and his 12-year-old brother, Muhammad Irfan Hakim Muhammad Rizal, are taken care of by their mother, 39-year-old Aida Ghazali, a single mother since eight years ago. They live in a rented house located at Jalan Kledang Raya 12, Taman Malcop.

According to Aida, the rent has not been paid for two months, as she is short of money due to her business being closed for a month during the last fasting month.

"We receive monthly aid of RM400 from Baitulmal which is used for daily expenses and utility bills. My income is not fixed as I operate a stall selling food for breakfast," she stated.



She hopes a kind donor would come forward in her hour of need.

"According to the doctor, if Aidil receives a new kidney, he does not need to go for treatment once every three days anymore and will only need to take medicines daily. I hope Aidil can continue his schooling if he receives a new kidney.

"I am prepared to donate my kidney to Aidil but he objects as he is worried that I might end up sick and unable to work to support the family," she said, with tears streaming down her cheeks.

Readers keen to help can forward your donations to Aida Ghazali's BSN account: **08 10 04 1000 20 54 79**. You can also communicate direct with her at: **017 529 1521**.

**Rosli Mansor**

## AEON's CSR Fantasy

*Kidzoona*, an all-you-can-play discovery learning centre originating from Japan, visited Hospital Besar Raja Permaisuri Bainun on July 14 to provide entertainment and joy to young cancer patients. Being socially responsible, *kidzoona* works hard to contribute towards the community.

Lala mascot, the main character of AEON Fantasy's Mollyfantasy, was brought in and drew smiles on the patients' faces. The hospital was filled with laughter, as the patients were allowed to play and have fun, like ordinary kids unburdened by any predicament. In addition, balloons, goodies bags and fun hampers were given to the patients. AEON Fantasy (Malaysia) Sdn Bhd hopes that this small gesture will be cherishable moments for them and give them hope.

*kidzoona* is one of the five in-house brands of AEON Fantasy (Malaysia) Sdn Bhd other than Mollyfantasy, Wai Wai Park, FANTAZIA, PALO and FANPEKKA.

*kidzoona* provides a unique educational playing experience for children; children can participate in fun games such as the slider, air bouncer, ball-pool and paper town. *kidzoona* aims to create an environment where learning, socialising and being physically active comes naturally.

As of today, *kidzoona* has 26 outlets nationwide, including five outlets in Perak



located at AEON MALL Kinta City, AEON MALL Klebang, AEON Taiping, AEON Seri Manjung & AEON Ipoh Station 18.

This social responsibility effort is ongoing and is open for all kids in need. AEON Fantasy (Malaysia) Sdn Bhd has an allocated fund, known as Lala and Friends Fund to do this.

## Service Counter

The Ministry of Human Resources is adopting a holistic approach in implementing its new service counter with the opening of a temporary counter at the Urban Transformation Centre, Ipoh on Saturday, July 14.

"This is a pioneer project aimed at bringing people closer to departments and agencies that look into employees' welfare," said Human Resources Minister, M. Kulasegaran.

The Social Security Organisation (SOCO), Department of Occupational Safety and Health Malaysia, and Labour Department (Peninsular Malaysia) are all part of this new initiative.

"We welcome other agencies to take part in the future," said Kulasegaran.

"Besides providing information on the above agencies, the counter also caters to other employee needs. They include reporting complaints and work insurance registration, among others," he added.

Kulasegaran will discuss with Mayor Dato' Zamri Man to establish a counter at Ipoh City Council. A counter was also opened at the Bercham wet market on Sunday, July 15.

The Human Resources Minister said he had received requests from fellow MPs to open up similar counters in other states following the encouraging responses from people.

The service counter will operate from 8am to 10.30am in selected markets around Ipoh. Here is the schedule:

- Pasar Awam Kampung Tawas - August 4 and September 1
- Pasar Pagi Buntong - August 5 and September 2
- Pasar Besar Ipoh - August 11 and September 8
- Pasar Basah Bercham - August 12 and September 9
- Pasar Falim - August 18 and September 15

\*counter operating days are subject to change

Paaveetra N.





# Ipoh NGOs Forum

A total of 16 NGOs attended the meet-and-greet session organised by Yayasan Sultan Idris Shah (YSIS) held recently at the YSIS centre along Lorong Bercham 11. Besides making the centre a hub for all NGOs to gather, the function was aimed to introduce the Ipoh NGOs to the newly-appointed Wong May Ing, the Executive Councilor for Women and Family Development, Character Development, and Social Welfare.

"Great response today as many people are very happy that we are actually holding this meeting. Many of us didn't think of it before. When I took over in June, I thought we must get everybody together rather than each one doing activities on their own. We will share all the expertise and skills in various organisations so that is the main aim," Dato' Dr Ramanathan Ramiah, CEO of YSIS told Ipoh Echo.

Among the NGOs present were Ohana Autistic Centre, National Stroke Association of Malaysia, Daybreak, Ipoh Down Syndrome (KIWANIS), Sekolah Semangat Maju (Perak Association For Intellectually Disabled), Rotary Club Ipoh and Network for the Needs of Children with Disabilities.

"I urge the NGOs to present their programmes for the year and its budget to us. From there, we'll check and study on how help could be channelled. I truly appreciate the NGOs for their service to the community," Wong May Ing stated.

Both Yayasan Sultan Idris Shah (YSIS) and Persatuan Pemulihan Sultan Azlan Shah Bercham are located at Lot 158413, Lorong Bercham 11, Bercham, 31400 Ipoh. It offers physiotherapy and pain management services for the public at a minimal fee of RM30 per session. Being a non-profit community centre, any surplus of the revenues will go towards equipment upgrade. It opens from 8am till 5pm for Mondays to Fridays and 8am till 1pm on Saturdays.



Dr Ramanathan also runs a free orthopaedic consultation clinic (by telephone appointment only) at the institution in which one can opt to donate any amount to YSIS.

"The yearly running cost of the whole centre is approximately RM1.2 million. For instance, we have two hydrotherapy pools. In order to heat up the bigger pool to body temperature, we have to switch it on the day before the therapy. That alone costs us about RM180 to RM200 per session. Plus we need to maintain, clean and physically filter the pool every morning to balance its acidity and alkalinity," Dr Ramanathan explained.

"The therapy here used to be free for 26 years as the trustees refused to charge. Later it was realised, the funding became so little that we couldn't function or pay therapists who need to support their families. It was decided only in June 2016 we'll charge a minimal fee of RM30 for a full session. Outside, it's about RM150 for one hour of speech therapy and up to RM400 per hour for hydrotherapy," he added.

The centre is still expanding to include aged care for the able-bodied to be opened by December. Readers who would like to donate to YSIS can channel their contribution to CIMB account number **80-0504634-2 (Yayasan Sultan Idris Shah)**. YSIS accepts volunteers too. Call **05 548 1905** or visit [ysis.org.my](http://ysis.org.my) for more details.

Mei Kuan



## Services to Communities

"I want to help local communities who have difficulties coping with life," said dental surgeon, Dr Sumeeta Dhanoa during Rotary Club of Greentown's 25th President Installation Ceremony at Syeun Hotel, Ipoh on Saturday, July 14.

Her team has outlined 11 projects for implementation. "Endeavours", as she prefers to call them, have been planned for 2018 and 2019.

Some notable plans are a mental health seminar on children and adolescents scheduled for on November 12 and Perak FM talk shows on the second and fourth Tuesday of each month.

Sumeeta plans to introduce a dementia therapeutic garden, in collaboration with Dementia Society Perak.

Guest of honour, Dato' Seri Mohammad Nizar bin Jamaluddin, Executive Councilor for Infrastructure and Corridor Development expressed his wishes for more people to become members of Rotary Club Malaysia.

"I hope they'll join a club and use it as a platform to provide social services to local communities," he added.

As an elected people's representative, he will do his part to assist in the club's initiatives.

Loshni Nair

## Arts and Culture

# Local Arts Space Needs Help

"The place that gave birth to new wave in the arts scene in Ipoh," was what Khizanat is to its founder, Mohd Jayzuan. Established in 2013, Khizanat located at Jalan Dato Onn Jaafar, started as a creative hub for local youngsters who dreamed to enter the world of arts.

Since then, Khizanat has undergone a few changes in its management and currently the Dream Project Ipoh with its current team since 2017 has the same mission but with an additional goal: to turn it into a public hub for the local community.

"Ever since we managed Khizanat, we've been adding more new events for the public such as workshops, forums, book launchings while still organizing music gigs for local and international acts. Apart from that, non-profit events can come to us and have their affair for free," said Muhammad Faizal Ramli or Pyan as he is known, a representative from Dream Project Ipoh.

Pyan and his team plan to upgrade the facilities in Khizanat to provide a more comfortable experience for the visitors. Since they rely solely on events, the team set up a 'Go Fund Me' account where the public can make their donations to help Dream Project Ipoh to maintain

and sustain the legendary place.

"We have both international and local performers coming here, so we often receive visitors from all over the world. The donations will be used to upgrade the facilities in this space as well as paying for classes and workshops held here."

Go Fund Me is an online fundraising platform that allows anyone to raise money for a variety of events such as celebrations and graduations and for charitable purposes such as accidents, illness and community purposes. The site has received over USD5 billion dollars since it was established in 2010 by Brad Dampousse and Andrew Ballester.

Pyan also plans to open an internet radio station where musicians and entrepreneurs from Ipoh can come and promote their talents and products. Readers who are keen on helping Khizanat can do so by donating to their Go Fund Me page at <https://bit.ly/2mFTh06> or directly to their Maybank account at 5580 2420 2302 (PC Blossom). You can also contact Pyan at **017 3917518** or **0112 0947544** (Khizanat Hall).

Ili Aqilah





## Community

# How to Open Your Third Eye

*"To see things with the right vision, that is third eye, is to ensure that I am not blind to the opportunities that life offers"*

This was the message given by Yogesh Sharda, Personal Development Trainer, during his talk on "How to Open Your Third Eye" which was organised by Brahma Kumaris and held at Tower Regency Hotel.

He went on, "Wisdom is to see what is not seen. When I only see what is visible to the two eyes, I miss out important details. To open the third eye of wisdom and see through to the reality of things is to create opportunities for oneself. Wisdom is to see benefit, positive and opportunity in everything."

"With the third eye opened I will look at things differently. When something happens to me that I am uncomfortable with, I will see what positivity there is, hidden in the situation. Negativity remains even after a situation is over, when I think negative about someone, myself or something. So I will make sure I change my thinking to positive in these three aspects. Third Eye is beyond physical, it gives new clarity by seeing things completely in different dimensions."

People grow physically as they age, but does character grow, he asked. We learn from our parents first and our behaviour is deep rooted from the time we are young. We get angry and jealous easily and say it is animal nature, but forget that there is also divine nature. We have to unlearn most of the things we have learnt. Our third eye is closed.

"Third Eye is the eye of the mind. We get a user manual for all the gadgets we buy. What about our mind? We need a user manual for our mind," he challenged.

What we see is what we think. Peace and happiness is owned by us. We must be



clear of what happens outside and inside. Events that happen are outside our control, but what is important is the meaning and importance we give to them.

The meaning we give to events creates emotions and illusions. We must give higher meaning to events and when we face problems and obstacles, we must turn them into opportunities.

All of us want peace and happiness and to achieve them we have to practise self-awareness meditation. Yogesh concluded his talk with a meditation session. For further information on meditation, call Pooba 011 2338 6188.

A. Jeyaraj

## CSR with a Twist – In Aid of the PWW Shop



Many are now familiar with CSR (Corporate Social Responsibility) where a large corporation undertakes an activity or donation to "give back" to society. We have recently seen corporations generously donating to Tabung Harapan in aid of our beloved country.

What if you are an individual, like me? Well... we could always undertake our own CSR, that is, Citizen Social Responsibility.

Which is what I have done, in support of the Perak Women for Women Society

(PWW) who have recently launched their PWW Shop. The shop is an empowerment project that sells new and pre-loved items donated by people like you and me. The funds raised help the PWW Society continue their work in aid of Perak women who need assistance.

My donation is my natural handmade soap, a hobby I have been mastering for three years now. My primary motivation for making bath soap is to make something that is safe and simple for my family's daily use.

It started at a time when we learned of several friends, only in their early 40s, who were stricken with cancer. My husband and I talked about healthy living, genetics and our lifestyle products. That pushed me towards researching about soap and I made my first batch in December 2015. We have not bought any commercial brand of bath soap since. I have made soaps for friends and acquaintances who are struggling with cancer or other illnesses and who want to reduce their chemical exposure.

My soaps are completely handmade using plant based oils and natural ingredients such as my own homegrown pandan, turmeric, lemongrass, aloe vera and blue pea flowers. They contain no synthetic chemicals or preservatives. My oils of choice are coconut oil, sunflower oil, palm oil, olive oil and canola oil.

For me, my handmade soaps fulfil another CSR – Cleansing, Safe and Real. In addition, every time we bathe, there is runoff of our bath water into drains and into our environment. I take delight in knowing that I am also reducing chemical runoff into our waterways using chemical-free bath soap made from natural ingredients.

Do come and check out the PWW Shop where you can find my CSR handmade soaps, for a limited time. There's no LUSH (fresh handmade cosmetics) in Ipoh but there is no shortage of quality, handcrafted body care products made right here in Ipoh by Ipohites!

**Support local enterprise, support local charity, support Malaysia.**

(You may also see my creations at <https://www.facebook.com/judynatsoap/>)

**The PWW Shop opens from 10am to 4pm (closed on Tuesday) at 15, Market Street (next door to Market Place Waffle Café). Tel: 05 246 9715.**

Judy Lam

## First Health H.A.T. Run

Under the acronym of H.A.T. (Happy, Active and Temperance), Pantai Hospital Ipoh (PHI) organised the first ever 5km hat run on Sunday, July 22.

Sporting fancy hats of all hues, the 700 eager participants were flagged off at the hospital's new carpark by Howard Lee Chuan How, the Executive Councillor for Youth, Sports and Character Building, Dr Shuba Srinivasan, Acting Senior Operations Manager of PHI and Yang Kar Ming, Group Chairman of PruOne Agency, Prudential.

Led by Howard Lee, more than half of the hospital's resident consultants and avid runners from as far as Kenya completed the health run with a fun element.

Howard Lee shared the first two key messages of health – happy and active. "The answer is easy, stay active to have a good mood and positive thinking. We are a very forward-leaning society – we drive forward, lean forward, slouch over our desks all day and a lot of time craning your neck over your smartphone too. These are the small little things which we have overlooked and cause pain and stress. Then you started to skip your workout to save energy but end up always feeling tired," he explained.

"In a University of Georgia study, sedentary but otherwise healthy adults who began exercising lightly three days a week for as little as 20 minutes at a time reported feeling less fatigued and more energised after six weeks," he pointed out.

"This is not just a run, we hope to remind you of the three simple health tips namely happy, active and temperance. Temperance is the control of your own behaviour. We need to be mindful of our health. PHI proudly attributes our success to temperance in all things. Bravo to each of you who consistently exercise and adopt a healthy lifestyle," stated Dr Shuba Srinivasan, representing Chong Siet Fong, CEO of PHI.

Present was M.S. Thas, Member of the Board of Management of PHI.

Mei Kuan





## Arts and Culture

# Shringara & Arpana

Greentown Indian Cultural Society's latest offering delighted dance lovers in Ipoh. Shringara was a pure thematic Bharatanatyam masterpiece by a group of six dancers: namely, PT Narendran, Nidheesh Kumar, Sreelatha Vinod, Indu Nidheesh including choreographers Shijith Nambiar and Parvathy Menon, an alumni of Kalashetra, Chennai, India. This fabulous performance was held at the Nattukottai Chettiar Temple Hall. The dancers presented the original style of Bharatanatyam with professional touches in the dance.

The other dance presentation was titled "Arpana" which was an emotive offering of the dance essence of Guru Debaprasad to commemorate his 90th birth anniversary by Guru Gajendra Panda and his 13 member group from Orissa, India held at the Sanatan Dharam Sabha Ipoh. Guru Gajendra and his students presented a very unique odyssey performance that showcased the original dance of Orissa and the folk dance synonymous with Orissa.

Despite both programmes being held one after the other, dance lovers fully supported both events and thoroughly enjoyed both performances. Both venues were fully packed. Greentown Indian Cultural Society President, Subain Singam, said that it was a wonderful experience to have two different kinds of dance from two different areas of India to be presented in our city within a short time span.

Both events were jointly organised by Nethaji Subash Chandra Bose, Indian Cultural Centre, High Commission of India and Majlis Kebudayaan Negeri.



## Passionate about Art

“Art is increasingly being commercialised. It's used as a tool for entertainment purposes and that degrades its value,” said Jayanthi Nalaiya, Global Art arts educator, during the monthly literary forum, Sharpened Word held at Institut Darul Ridzuan on Saturday, July 21.

Her comment received the backing of Hwa Kean, also known as Jiu, an Ipoh-based independent visual and installation artist.

“If it's up to me, I would ban kids colouring competitions. When you pick a winner and a loser, you're telling a child that their artwork isn't good enough. We shouldn't de-motivate our children as such,” he insisted.

Jayanthi said that most colouring competitions are organised by frontrunners of business enterprises, as a form of publicity.

“These people usually don't understand art. They organise competitions like this to occupy the children's time, while they promote their products and services to the adults,” she added.

“Instead of competitions, we should have exhibitions. We've to focus on encouraging kids to pursue their passion, instead of instilling the “not-good-enough mentality” in them at such a young age. That's very discouraging,” Jiu continued.

Jayanthi who has worked with children for 10 years, added that art is a form of self-expression.

“We remote control our children. We tell them what's wrong, what's right, what they can do and what they can't do. How're they supposed to express their feelings if we fail to provide them with an outlet?” she questioned.

A Malaysian Institute of Arts graduate, she shared the struggles she faced to pursue her dreams.

“My father was not happy at all. My high school teachers personally came to my house to convince him, and even then he was not happy. He finally allowed me to go, half-heartedly. There was so much tension and dissatisfaction, I could only complete my 3-year diploma programme after six years,” she said.

Husin Hourmain, contemporary abstract expressionist artist, told a different story.

“I was fortunate to have a father who supported my passion. I knew at a very young age that I was not made for academics, I wanted to build myself a future in the arts,” he mused.

Having worked in the advertising industry for ten years before finally deciding to follow his dreams, he said that his journey was not easy.

“I was earning up to RM10,000 a month. It was a drastic change, from corporate to art. Until six years ago, I was selling nasi lemak to buy art supplies and fund myself. My



## Nritya Kalanjali Dance Academy's Salangai Poojai



Nritya Kalanjali Dance Academy organised *Salangai Poojai*, which is the first performance of a dancer on stage at Kinta Indian Association, for six of its students.

Sudha Thamothiran, founder and principal of the academy said that she learned Bharatanatyam under Meera Venugopal. Sudha said she has been teaching Bharatanatyam for over 30 years and the academy has about 70 students. She added that the programme for the evening follows the Margam syllabus which incorporates a variety of dance compositions set in Bharatanatyam movement for *Salangai Poojai*. These are the standard dances performed during *Salangai Poojai*.

The students have been training between one to three years and are between the ages of seven and eighteen years. It looked like the three young girls were put on stage too early and too soon.

Most of the songs were in Tamil and the audience were able to understand the lyrics and follow the dance movements.

A. Jeyaraj

family has always been supportive, and that motivates me to keep going,” he said.

Referring to his disdain for academics, he admitted that art requires just as much research and studies.

“I do up to three years' worth of research, as my art is an expression of my spirituality and the questions I have. My inspiration to start painting was actually my attempt at understanding religion,” he posited.

“Art is not as easy as it's made to be. When you're an artist, you're your own boss. As lax as that sounds, it is a taxing concoction of hard work and discipline. Without discipline, you'll get nowhere,” said Husin.

The panel also discussed art being viewed as a ‘last-resort’ when it comes to tertiary education.

“Our schools don't emphasise on arts. Even in universities, students study art because they're left with no choice. Their results are not good enough for tougher courses, so they end up doing art,” Husin lamented.

This is a much-needed wake-up call.

Art is not a last resort.

To some, it is a passion, nights and days spent slaving in a studio. It is standing up against societal expectations and stereotypes. It is love and aspiration. It is an embodiment of blood, sweat and tears.

Loshni Nair



## Tourism

# MATTA Annual Dinner

The national-level Malaysian Association of Tour & Travel Agents (MATTA) annual dinner was held on Saturday, July 7 at WEIL Hotel with Menteri Besar, Ahmad Faizal Azumu as the guest of honour.

The lively affair featured notable emcee, KT Pillai in a flight captain garb, live band Metromob equipped with powerful vocals from Kuala Lumpur and lucky draw giving away hotel stays and flight tickets to as far as Brisbane. Beforehand, there was an exhibition outside the hall promoting Perak's iconic tourist spots, food and beverage.

Running on the colour theme of silver, the best dressed including seniors sporting silver manes proudly were honoured.

"According to the Domestic Tourism Survey by the Department of Statistics Malaysia, Perak received 20.1 million domestic tourists in 2017 compared to 16.8 million in 2016, earning the position as the second highest state with most domestic tourists in 2017," stated Faizal.

"We had 2.6 million passengers who visited Perak using the railway services from January to October in 2017, an impressive jump of about 10 per cent compared to corresponding period in 2016," he explained.

He announced that the administration has identified several heritage buildings that have the potential to be turned into new products for the heritage-tourism niche. For example, the state government is holding talks with the Railways Assets Corporation (RAC) to identify problems faced by the RAC in a bid to develop some of RAC assets as tourism destinations in the state.

"We have identified several RAC assets such as the Victoria Bridge, the Ipoh Train Station where the Majestic Hotel is located and some of its other properties could be upgraded as tourist attractions. The Majestic Hotel for example, has the potential to be turned into a tourist attraction as local and foreign visitors use the train services to come to Ipoh but it is disheartening that the building is being left in a dilapidated state," Faizal, who was born and bred in Ipoh, added.



"MATTA is the national travel association with about 3200 members specialising in the inbound promotions to Malaysia. As tour operators, we also go into outbound because we believe that tourism is a two-way flow. We are also involved in air transportation, ground transportation, research, education and training. We are establishing a MATTA Technologies Sdn Bhd which is hoped to provide better online rates for members and give some competition to foreign online booking engines," highlighted Datuk Tan Kok Liang, President of MATTA.

"For the second time in the 43-year history of MATTA, we have chosen Ipoh to be the host of the national, annual general meeting," Tan, a Taiping boy, said.

Mei Kuan

## Education

# Joint Celebration

S MJK Yuk Choy hosted a joint Teachers' Day celebration together with SJK (C) Yuk Choy, SJK (C) Perak and SMJK Perempuan Perak on Friday, July 6 at Syeun grand ballroom.

The aim was to double the joy and foster a closer relationship among the staff of the four schools.

Attended by 490, inclusive of retired teachers, it is an annual affair in which the four Chinese schools take turns to host.

"I would like to thank the teachers for encouraging the young ones to continuously outdo themselves. In this new era of education, we should prioritise innovative teaching methods as the kids are not just exposed to books but the web as well. It's never easy being a teacher nowadays," William Chan, chairman of Parent Teacher Association for SMJK Yuk Choy stated.

Running on the theme "Be Checkered", the dinner ended with the naming of the best dressed in that classic pattern.

Besides lucky draw, guests were entertained by the 24 Seasons Drums troupe, a Chinese traditional dance and night-long karaoke session.



Perak has 185 national Chinese primary schools, 17 national Chinese secondary schools and nine private Chinese secondary schools.

Mei Kuan

# 170 Receive Prestigious Cambridge Certificates

One hundred and seventy students who took the University of Cambridge ESOL Examinations at the end of last year received the prestigious Cambridge certificates during the 17th Cambridge Certificate Presentation Ceremony on July 1 at the Syeun Hotel.

Five students passed the Certificate of Proficiency English (CPE) examination, the highest level, C2, and ten students the Certificate of Advanced English (CAE), the next highest level, C1, based on the Common European Framework Reference (CEFR).

According to ILTI Principal Thomas Kok, only 52% out of 40,000 English language teachers in the country possess C2 and C1 certificates. Teachers need to achieve a minimum C1 grade to teach English whereas in the United Kingdom, all English teachers must possess the C2 qualification.

Amelia Looi Jean Shuen who passed the CPE or C2 Cambridge exam was chosen the best ILTI student for 2017. She represented the country in the International Students Forum in Singapore last year.

At the ceremony, Amelia was given the honour to represent the students to deliver a speech. She shared her experience of learning English at ILTI for six years and how she acquired the confidence to speak eloquently in public.

Amelia has made ILTI proud for representing Malaysia at the Model United Nations Contest in Singapore recently – she won the Best Commendation Award.



Principal Thomas Kok commended students for their achievements in the Cambridge exams and conveyed his best wishes on behalf of the teachers to the students on their continual success learning English diligently at ILTI.

The ceremony was graced by the Assistant Director, En Dzul Hanan bin Ghazali, representing En Aznan bin Hj Alias, the Head of the Private Schools and Special Education Unit of the State Education Department.

One of the highlights of the ceremony was the launching of "ILTI BOOK 5" by En Dzul Hanan. This was the fifth book written by Thomas Kok for ILTI students to practise English.

Apart from parents, teachers and relatives present at the ceremony was Mr Chin Yoong Kim, the founder of ILTI.





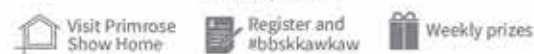
## Own your corner of the world

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The modern cluster design consists of a group of four homes in a square block, allowing each home to have a side of land with more windows to provide light and ventilation.

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Phase: SK (Primrose) Developer Licence: 8496-35/02/2020/0162(L) Licence Validity Period: 15/02/2018-14/02/2020 Advertising Permit: 8496-35/02/2020/0162(P)  
Permit Validity Period: 15/02/2018-14/02/2020 Exp. Completion Date: May 2020 Total Units: 64 Land Encumbrances: OKDC Bank (M) Berhad Land Tenure: Freehold  
Price: Min RM 503,800 Max RM 620,800 Approved Plan No.: (E01/000229/1/0004/17/F00/P00)/L00 Approving Authority: Majlis Bandaraya Ipoh  
Developer: Kinta EcoCity Sdn. Bhd. (58262-M) No. 2, Jalan Sri Klebang A/12, Bandar Baru Sri Klebang, 31200 Ipoh, Perak sales@kintaproperties.com

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PROPERTIES

## Sport

# 9th Tan Sri Lee Loy Seng Perak Chess Championship

For the 9th year running, the Tan Sri Lee Loy Seng Perak Chess Championship was organised by Persatuan Catur Negeri Perak (PCNP).

This championship is sponsored by Kuala Lumpur Kepong Berhad in memory of their founder, the late Tan Sri Lee Loy Seng.

This year, the championship is played over six legs in five different towns in five different districts in Perak. These towns are Sungai Siput, Taiping, Batu Gajah, Tapah, and Ipoh (two legs).

On Sunday, July 8, the 5th leg was played in SMK Bandar Baru Putra. A total of 109 players took part. The winner of the open category was won by National Master Fong Yit San.

Fong Yit San, representing Perak, also won the Malaysian Chess Championship 2018 which was held in Universiti Pendidikan Sultan Idris from June 28 to July 3. For this feat, Dr Yee Meng Kheong, the advisor for PCNP gave a personal reward of RM5000 to Fong. Present was Chan Swee Loon, President of PCNP.



## HAPPENINGS

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

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

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

### ARTS AND CULTURE

**RHYTHM OF DANCE – “AN EVENING OF CLASSICAL FUSION”. AUGUST 11 (Saturday), 7.30pm at Auditorium Taman Budaya (opp KPI Specialist Hospital, Ipoh).** Presented by Nriya Kalanjali Dance Academy. In aid of the Perak Association for Intellectually Disabled. For details call Gopalan Nair **012 450 2620** or Susila Nair **012 447 6706**.

**BICARA WARISAN: “MAXWELL HILL CULTURAL AND NATURAL LEGACY HERITAGE” by writer Liew Suet Fun. AUGUST 25 (Saturday), 2.30pm at Hotel Seri Malaysia.** Light refreshments provided. Admission: Free. For details and reservations call Norhisham **013 424 1917**.

### COMMUNITY

**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

**SUNWAY COLLEGE IPOH WEEKEND COUNSELLING SESSION.** Calling all SPM, STPM, O-Level & UEC school leavers. Come and learn more about various Diploma programmes ranging from Business, Information System, Entrepreneurship, Graphic design and Interior design. A pathway to own your dual degree with our Foundation in Arts programme. Fast track to earned your Professional Accounting Qualifications (CAT/ACCA) with us, ACCA Platinum Approved Learning Partner. We are open every day from Monday to Friday (8.30am-5.30pm) and every Saturday (10am-4pm). Alternatively you can email: [infoipoh@sunway.edu.my](mailto:infoipoh@sunway.edu.my) or Whatsapp us at **019 368 1096**.

### FUNDRAISING

**CHARITY DINNER AND PAGEANT COMPETITION (Kebaya Queen, Cheongsam Queen and Saree Queen). AUGUST 4 (Saturday) at Kinta Riverfront Hotel.** Dinner in aid of Sekolah Semangat Maju, Batu Gajah. For details call K. Baskaran **019 511 9494** or Gopalan Nair **012 450 2620**.

### IMPORTANT

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