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ISSUE **289**

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Exploring Teluk Intan: Hidden and Go-to Gems

By Tan Mei Kuan and Ili Aqilah Yus Amirul

Discover and rediscover Teluk Intan as we unveil the attractions ranging from the newest, the hidden as well as the go-to spots that you (photography aficionado, food enthusiast, nature lover, history buff or adventure seeker) must visit.

The town of Teluk Intan is located on the west coast of Peninsular Malaysia (4°N and 101°E) at the south of Perak where the Perak River meets the Bidor River.

Originally called Teluk Mak Intan after a merchant from Sumatra who founded the town in the 19th century, it was later changed to Teluk Anson after General Archibald Anson who was the English governor. Effective January 1982, it was called Teluk Intan.

Let the journey begin!

Continued on page 2



Leaning Tower



Sunset at Blue Sky Island



Anson Bali Living & Cafe

Teluk Intan – On and Off the Tourist Trail

Teluk Intan River Cruise

Chan Shi Lin (fondly known as Ah Loon), who is all about preserving the history and ecosystem of his hometown, started the first ever river cruise in Teluk Intan as his part-time hobby.

“When I first started from scratch, I ate instant noodles every day in order to afford more boats for the river cruise. A lot of tourists and even locals don’t realise that Teluk Intan has more than just good food and a leaning clock tower. Thus I founded this river cruise,” Ah Loon shared.

A member and national coach (for boating) of Blue Sky Rescue who volunteers in disaster relief, rescue and humanitarian assistance, he is a mechanic by profession, fixing 60 per cent of the boat engines in Teluk Intan for over 20 years.

Well-versed yet humble, Ah Loon has the detailed explanations by heart as the river cruise swings by Blue Sky Island, shipyards, historic marine structures, fish farms and stilt houses. In the late evening, one would be able to see trees full of fireflies, stunning sunsets and over 35,000 birds of various species returning to their nests in flocks in a V-formation. For instance, the trees will be alive with egrets, dotting it till it resembles large cotton trees.

“If we are lucky, we can spot the water hyacinth flower (pic) which blooms only once in its lifetime,” the amiable Ah Loon added.

Each tour lasts for three hours and 40 minutes from 5pm, it is priced at RM40 (for adults) and RM20 (kids) with a minimum of eight people.

For booking, contact Ah Loon at 012 506 6576 or Ally at 012 469 1801.



Ah Loon



One of the many shipyards



Birds flocking to Blue Sky Island

Sin Joo Heong Confectionery

“My father, the late Lee Cheng Hoon, founded the tiger head brand biscuits. Our signature since 1962 is the sesame heong peah (crunchy sesame crust biscuit with maltose fillings) and we could produce up to 10,000 pieces in a day. We export to Singapore too,” Lee Joo Heng, owner of Sin Joo Heong Confectionery told Ipoh Echo.

How does one define a quality heong peah? “You have to use good quality maltose or molasses and sesame. Our dough has more layers yet each layer is separated thus you can feel the difference. Plus, we use more onion in the oil to make it more fragrant,” Lee explained.

Other best selling products include tau sa biscuit (mung bean pastry), durian heong peah, pineapple tart, soft peanut candy, yam mooncake and kuih kapit (wafer thin cookies) for Chinese New Year.

“It’s preservative free, colouring free and halal,” Lee added.

Sin Joo Heong Confectionery is located at 830-D, Jalan Mak Intan, 36000 Teluk Intan, and opens from 8am to 7pm every day. For more details, call 05 622 2472.



Anson Bali Cafe

While there are many new hotels and restaurants scattered around Teluk Intan, Anson Bali Living caught our attention, thanks to its Bali-like exterior. There too nestled its own café called the Anson Bali Café.

According to Lim Seok Bee, the person in charge of the hotel, the accommodation just had its opening during Chinese New Year. With its unique interior and exterior, Anson Bali Living is a one-of-a-kind hotel in Teluk Intan.

The cafe is located next to their lobby and can house over 100 guests (indoor and outdoor). Their menu ranges from western, fusion and even local favourites to cater to the needs of every hungry foodie.

Among their must try dishes are Grilled Chicken Chop at RM19.90 with black pepper or mushroom sauce and served with a side of steamed vegetables and tater tots. According to the person in charge of the cafe, Kenny Ng, the pasta recipes are created by him and the one that received the warmest feedback is his Truffle White Sauce Seafood Pasta that comes with a generous amount of prawns, squid and mussels (RM29.90). He also recommends his Aglio Olio (RM29.90).

“At the cake counter, we have over 21 different types of cakes on display. In total we have about 30 kinds of cakes. We also have an assortment of special drinks such as Super Berries Sparkler, Blue Ocean Sparkler, Pomegranate Fizz and Green Apple Fizz priced at RM10.90 per glass,” said Kenny.

Do try the special char-grilled Striploin with Ravifruit (frozen puree) Glaze priced at RM29.90 that comes with a side of vegetables and tater tots or the delicious grilled BBQ Chicken Burger at RM22.90 that is served with sunny side eggs and French fries.

The pork-free cafe also hosts parties and accepts advanced bookings. Anson Bali Cafe opens everyday from 8am to midnight. For cafe and hotel bookings, readers can Whatsapp 011 2629 1861 or call 05 620 5291 or visit their facebook page at www.facebook.com/AnsonBaliLiving.

Location: 1861, Jalan Manggis, 36000 Teluk Intan.



Continued on page 6



ANWAR'S DUBIOUS PD MOVE

The decision for Danyal to vacate his PD seat was orchestrated by some people with vested interest within PKR.



I first heard the news of a pending Port Dickson Move by Anwar Ibrahim on Monday, September 10. Not giving it much credence, I dismissed it as rumour mongering by one of the many factions within Parti Keadilan Rakyat (People's Justice Party) helmed and founded by former Deputy Prime Minister Datuk Seri Anwar Ibrahim. Why the Port Dickson parliamentary constituency is of significance to me? Here are my reasons:

Foremost, Port Dickson is, by all accounts, a military garrison. The first experimental Royal Malay Regiment Company was started in Port Dickson in 1933. The seaside town has a military bearing to its name. It was in Port Dickson that I got inducted into the army way back in 1968 upon completion of my secondary education. The Recruit Training Centre better known as RTC Port Dickson at the 5th mile Port Dickson-Linggi Road holds sway. It was then just a collection of a few run-down dixon huts (open-air zinc-type barracks) and a sizeable tarred square where trainees were drilled and taught basic military skills. Marching in unison is synonymous with the army and this is a fact.

The Port Dickson parliamentary constituency was renamed Telok Kemang Constituency as part of Najib Razak's grandiose gerrymandering exercise pre-14th General Election (GE14). It was enlarged to include neighbouring kampongs in order to offset the numerically inferior Malay population thus giving the Barisan Nasional candidate a perceived edge over his rivals. But the unexpected happened. This historic defeat of BN and, by extension, UMNO in GE 14 is well documented and will remain etched within living memory. It is a classic clash of titans reminiscent of the biblical David-Goliath duel. After over six decades of a one-party rule, the incumbent was finally brought to its knees.

Now back to the contentious Port Dickson parliamentary constituency. Rear Admiral Dato' Danyal Balagopal Abdullah (Rtd) was picked to contest as Pakatan Harapan's candidate during GE 14. Danyal Balagopal (Danyal) was my college mate, as we were once students at the Malaysian Armed Forces Staff College (MAFSC), Haigate, Kuala Lumpur in 1982. Senior military officers have to undergo this one-year mandatory staff course if they aspire for further promotions up the slippery career ladder. I underwent two such courses, one at Haigate and the other at Sekolah Komando Angkatan Darat Bandung, Indonesia in 1985/1986. The objective was to prepare me for an instructor's post at MAFSC upon my return.

That, unfortunately, did not happen. In 1988 I was sent to command a Ranger battalion at Tambun instead. That was how I landed in Ipoh. But that is another story for yet another episode, hopefully.

Danyal is of my vintage, perhaps a year younger. He has an illustrious career in the Royal Malaysian Navy (RMN) rising through the ranks from a midshipman to a rear admiral (laksamana muda) all within the span of his 36-year service to King and Country. Like most naval officers of yore, he was trained at the Britannia Royal Naval College, better known as Dartmouth, located at the seaside town of Devon, Britain.

Danyal has been active in sports and was a committee member of the Malaysian Olympics Council. He was chef de mission of our national team on a few occasions before and after he retired from service. We keep an active chat (Whatsapp) group consisting of 43 members from the Staff College Class of 1982 and it is administered by a retired naval captain. Our meetings or teh-tarik sessions are held occasionally whenever time permits or when one beckons. Danyal has never missed one so far.

We were pleasantly surprised when he was courted by Rafizi Ramli, the now estranged Vice President of Parti Keadilan Rakyat (PKR) and was offered the Pakatan Harapan's seat in Port Dickson in GE 14. We did not think much about his chances at the poll but gave our tacit approval nonetheless. Some of us, including yours truly, did some very subtle campaigning on his behalf on the ground and on social media. Military veterans lent their support, especially members of the National Patriot's Association led by Brig-Gen Datuk Arshad Raji (Rtd). Some even donated money. Danyal garnered a massive 36,225 votes defeating his BN and Pas rivals, respectively. We were overjoyed. But that is where it ends. When word reached us that he was to vacate his seat to make way for Anwar's return to active politics, we were aghast.

The reaction was mixed. Some were supportive but most were against it. "It's a betrayal of trust," said one retired officer. I took to social media to air my feelings. In response to a Star online article on the move I had categorically stated that the decision

by Danyal to vacate his PD seat was orchestrated by some people with vested interest within PKR. Anwar's wife and daughter are active politicians in their own right. Dr Wan Azizah is MP for Pandan while Nurul Izzah is MP for Permatang Pauh. And there are a horde of other serving parliamentarians who are prepared to give up their seats for Anwar. Why pick on Danyal, the only veteran in parliament? Military veterans have lost a voice in the august house.

Granted having Anwar in Danyal's place is good for residents of Port Dickson, as he is the Prime Minister-in-waiting, but is this how a new Malaysia works? We want someone who speaks for us veterans since we have little in common with ordinary Malaysians. We are equally marginalised as any Ahmad, Ah Chong and Muthu. We want to be heard. Bread crumbs and handouts don't mean much to us anymore.

I am certain my good friend and college mate, Danyal Balagopal, has been arm-twisted to vacate his Port Dickson seat "voluntarily". What has been promised him, Heaven knows. Although Danyal had denied complicity in the "charade", military veterans and members of MAFSC Class of 1982 are doubtful whether it was done fairly, transparently and in accordance with democratic ethics.

So brace yourself for a fourth by-election sometimes in late October or early November. A date has yet to be fixed by the Election Commission although it has accepted Danyal's resignation as the Member of Parliament for Port Dickson (Telok Kemang) on Tuesday, September 12.

I rest my case.

EYE HEALTH — GARDENING INJURIES

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about PREVENTION FROM EYE INJURIES WHILE GARDENING.

While rearranging some plants the other day, Mr Jamil (*not his real name*) had his right eye struck by a leaf as he stooped down to carry a flower pot. He shared, "after all these years of gardening, this was the last thing I expected".

So many individuals have been injured in the eye by a leaf or branch. We are all exposed to the dangers of eye injury and often times they occur in the most unexpected situations while gardening and especially while pruning.

One other contributing factor is the false sense of safety when one is doing stuff at home but yet almost 20 to 30 per cent of all eye injuries occur in and around the home. Not surprisingly of course is the fact that other major causes of preventable ocular injuries that occur in Malaysia are either work-related trauma or motor vehicle accidents.

Any injury to the eye especially if severe, runs the risk of permanent visual loss or blindness and more so if left untreated or treated improperly. Fortunately, 90 per cent of all eye injuries can be prevented. Prevention is a matter of learning the common causes of injury and how to protect your eyes – whether in the garden, at work or at play.

EYE INJURIES MAY OCCUR DUE TO SEVERAL REASONS:

1. Poisonous chemicals like weed killers are being sprayed.
2. Foreign bodies including dirt, grass and ants which may enter when pruning or cutting grass.
3. Gardening tools like cutters that are used above our heads when cutting a branch may slip and injure the eyes and face.
4. Rarely, bees that may have been disturbed when pruning a tree.
5. And of course, the sun's rays are also not good for the eyes.

PREVENTION METHODS:

Wearing protective goggles made of ultra-strong polycarbonate which is impact and scratch resistant is important. Polycarbonate is unlike regular plastic or glass sunglasses used because it is 10 times more impact resistant. It has the capacity to protect the eyes from high velocity projectiles as well.

If you are fond of gardening when the sun is shining bright, it would be wise to invest in polycarbonate safety sunglasses. These would also protect you from 100 per cent ultraviolet rays emitted by the sun.

Should you suffer from an eye injury, be sure to seek medical attention early in order to prevent any permanent visual loss. Take all precautions seriously – don't become a statistic of eye injury.



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



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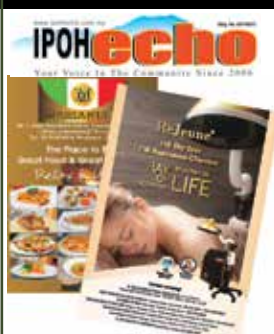
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The Riverfront Park looks more like an abandoned graveyard

On one Sunday morning, the playground was quiet. One would normally expect children to be squealing with delight, as they played with the swings and the slides; but the only sound was that of discarded styrofoam packets and empty plastic bags rustling in the wind.

Two grown men were sitting on the climbing frame, enjoying a quiet smoke. On the far side of the playground, a young couple were taking pictures of one another.

This was the Ipoh Riverfront Park. A place one would associate with parents taking their children out to play and elderly people enjoying a stroll.

Residents of Ipoh are familiar with the former People's Park, which underwent a RM4.4 million facelift, in the early 2000s, and was renamed the Ipoh Riverfront Park. The site is located beside the Sungai Kinta, in old town, and it is on the left side of Hugh Low Street, just past the Hugh Low bridge.

The park was once used as a car park, and then a Sunday craft market. During its heyday, in the early 20th Century, a bandstand was built in the landscaped gardens, amongst the flowering shrubs and ornamental trees. It was a place where Ipoh residents could relax in calm surroundings, and be close to nature and the river.

Today, the Malaysian addiction to concrete and false grandeur has overtaken common sense. The Riverfront Park has gained an emphasis on Islamic architecture and motifs, and has more paving stones on the ground, than grass. Its paddling pools have fountains which do not work, and act as a dustbin. Elsewhere, fancy plinths and flower pots have been abandoned.

The millions of ringgits spent on the facelift must have made a crony contractor rich.

Did the authorities who approved this fancy makeover, think about maintenance? Tiles and paving slabs have been dislodged, and as they are elaborately designed, will prove expensive to replace.

Pipework for fountains has to be regularly inspected. Drainage for the pools, to prevent stagnant water, cleaning to maintain the water quality and prevention of mould and algae all cost money. It is doubtful if the Ipoh City Council considered the importance of maintenance.

On the day that I walked around the park, with Bobby Yin, I could not help but ask if the man we elected as mayor, lacked integrity, or vision, or both?

The tree which mayor, Zamri Man, planted in 2017, had died a natural death. Anyone reading about his well publicised gotong royong, when he said that the tree would provide shade when it matured, will know that the tree has not provided shade, but has become manure for the other plants.

Zamri promised to return the park to its role as a family park for Ipoh residents. He said that the council would find ways to attract more visitors to the park.

He should have known that building a park which has more concrete arches, paving slabs and plinths, than greenery and open areas, cannot be defined as a park.

He said he would build an entrance that was welcoming to visitors.

When will people in authority gain a grain of common sense, and realise that a grand entrance is very low on our list of priorities?

Behind the grand entrance, litter was abundant, the grand structures were falling apart, tiles and holes in the ground were trip hazards, the pots for plants were empty and crammed with litter. Pools of stagnant water became breeding places for mosquitoes.

Others allege that, at night, people were soliciting for sex for as little as RM35, and that it was also a haven for drug addicts.

Zamri's plan to place signboards to entice people to the park have failed. His promise of a paddling pool for the children, and his claim that the council was working hard to upgrade the facilities were just empty promises.

I noticed that the children's playground was a safety hazard. Some of the structures on the slide, had sharp protruding edges. A child could easily hurt himself.

Roots of trees had dislodged some of the paving stones, and the uneven surface was a trip hazard. Holes in the ground were just waiting to trip someone.

The fountain needed maintenance. The fancy mosaic work/tiles needed replacement, where people have hacked them off, presumably to cart home as souvenirs. There was litter everywhere and someone had started a bonfire, on the grounds. Near the restaurant, wires trailed across the ground and acted as another trip hazard.

How often does the park superintendent, mayor or city council officials, visit this park to see if the place needs attention?

A bund which protects the park from flooding, if the water level of the river rises, runs from Gunung Cheroh to Kampung Paloh.

Yin suggested that the height of the bund be reduced by half, and the soil pushed towards the river, to create a gentle



THINKING
ALLOWED

by Mariam Mokhtar

gradient, so that visitors to the park could appreciate the beauty of the river bank. Currently, the bund blocks the view of the river.

If the river was cleaned of pollution, more people could appreciate the riverbank. Its potential as a tourist attraction could be enhanced because on the opposite bank, historical sites, like

the Panglima Kinta mosque and quaint Ipoh streets with their equally interesting traditional shops, and street graffiti, could entice tourists to the area.

The entrance which mayor Zamri referred to lies alongside the busy Hugh Low Street. Visitors to the park, cannot easily cross this street and have to walk 100m in either direction, towards the junction with Little India, or just before the bridge, in New Town, before they are able to find a pelican crossing to safely cross this busy road.

If the area under Hugh Low bridge was cleaned up and beautified, and a path constructed under the bridge, visitors who have just come from Concubine Lane, or the banking area of Ipoh, could easily walk along the path, enjoy the river and rest in the park.

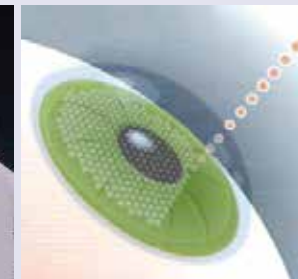
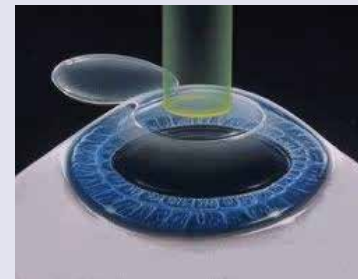
As it is, the Riverfront Park is dead. Perhaps, a concerted effort could be made, to invite the market traders who were relocated to a side street, to set up a craft market, and inject life into this park again. Instead of the BBQ lamb stall, a variety of food vendors and artisan traders, could be invited to sell their wares.

Will the Riverfront Park continue to be an important, but underutilised landmark and an ongoing eyesore? Perhaps the mayor and his team might consider some of these constructive criticisms.

ABOUT LASIK

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

Brief History of refractive surgery



The first refractive surgeries are thought to have been performed in ancient Greece. These crude surgeries involved removal of cataracts — the clouding of the lens in the eyes. In the 1850s, the first refractive lensectomy was performed. During this procedure, the lens of the eye was removed to correct myopia, commonly known as near-sightedness.

In the 1970s, Dr Fyodorov saw a young myopic boy with corneal injuries caused by glass fragments. After the injury healed, Fyodorov found the boy's vision was actually better than before the injury. He theorized the radial cuts flattened the cornea. Although a Japanese surgeon had already attempted refractive surgery (RK) by making incisions from within the eye, Fyodorov developed radial keratotomy by calculating how to make radial incisions on the anterior surface of the cornea to change its shape.

In the 1980s, a new type of laser, called the excimer laser, was developed. Though originally used to etch computer chips, ophthalmologists began using the excimer laser successfully in refractive surgery techniques to remove very precise amounts of tissue from the eye's surface. Excimer lasers revolutionized refractive surgery by providing a degree of safety and precision that was previously unattainable with other techniques. Nearly all lasers used today are excimer lasers.

In 1987, Dr Stephen Trokel, was the first user for The Excimer Laser on the Cornea, then he introduced Photorefractive Keratectomy (PRK). He also patented the Excimer laser for vision correction and performed the first laser surgery on a patient's eyes in 1987. However PRK (Photorefractive Keratectomy) only approved by FDA in 1995.

PRK, was the first kind of corrective eye surgery to use a laser rather than a blade to remove corneal tissue like Dr Fyodorov. Although the excimer laser was developed in the early 1970s and modified for ophthalmic use in the early 1980s, the Food and Drug Administration did not approve its use for PRK corrective eye surgery until 1995. However LASIK was approved by the FDA in 1996.

The idea of combining previously proven flap technology and reshaping the cornea with the excimer laser occurred in the early 1990s and the dawn of LASIK surgery began. LASIK surgery was initially performed throughout the 1990s in the US as an "off-label" use of the excimer laser. The initial clinical trials for LASIK began in 1996.

2001 - Evolution of Femtosecond Laser in Refractive Surgery

In 1997, Dr Tibor Juhasz, a biomedical engineer familiar with earlier femtosecond research began pondering over medical applications. The first femtosecond laser approved for bladeless LASIK in the United States was the IntraLase laser, which gained FDA approval in 2001. IntraLase Inc. later introduced several new models of this laser with advanced features.

For more information, readers can call Lee Eye Specialist 05 254 4388 or email at ishkpj@gmail.com. Also visit their Facebook page: LASIK Services at KPJ Ipoh Specialist Hospital.
Opening hours: 8.30am-5pm (Mondays to Fridays), 8.30am-1pm (Saturdays).

SeeFoon goes “Balik Kampung” in Meru Raya

Pics by Vivien Lian


**ON IPOH
FOOD**

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


A traditional Malay house, all wood, with an upstairs seating area in addition to the downstairs open area, a warm welcoming staff, including Nan himself with his daughter, his son, and his other family members and you will have all the trappings of being in a typical kampung. Except that this place **Tok Nan** is in Meru Raya, amidst the shophouses and ‘busyness’ of the area. The food is exquisitely, authentically ‘kampung’ Malay, all the sambals, dips, and garnitures fresh made, the spices freshly ground and the fish freshly caught from the river.

This is food that you only get when you have the privilege of dining at a Malay home, and it certainly felt like that when I had a meal there, with Nan’s daughter in the kitchen and his son taking orders.

Because it is all wood, the upstairs sitting area is cool even in the hot afternoon sun. While the roof itself is not attap, the skirting is fully carved and the inside ceiling is woven matting, and fans and many open windows provide for extra cooling. There is ample parking and the whole compound is gravelled, allowing for outdoor seating and extra tents to cater for big occasions like weddings.

And the **Food!** I had one meal there and am hankering for more. Like the ulam or fresh local herbs like *Ulam Rajah* or King’s Salad which research has shown to be good for diabetics, *Daun Pegaga* or Pennywort (good for circulation, respiratory, asthma and anxiety issues). A mixture, often with blanched ladies fingers, depending on availability, is served with three or four separate dips, namely, *sambal belacan*, *air asam* (a tangy, tart and fiery dip), *tempoyak* or fermented durian.

An interesting side dish which is good for dipping into the sauces is their pickled Stinky Bean or *petai*.

Top of the list for me is their **Curry Mee with udang galah**, a robust soup/gravy, rich in fragrant coconut, chock full of prawns, fish paste slices, bean sprouts, mint and served with *limau kasturi* which is totally yummilicious, **RM11.90**.

Do order the **Patin Tempoyak**, a fresh caught river patin cooked with *tempoyak* (fermented durian paste), *daun kesum* (Laksa leaf) and *bunga kantan* (torch ginger). Usually I avoid river fish as they are generally muddy in taste but this patin was very fresh, **RM4** per portion and **RM19.90** for a large plate for 5.

The **Udang Galah Masak Lemak**, medium-sized river prawns cooked in coconut milk, the sauce thick and redolent with well blended spices is delicious even if you have to physically remove the shells, **RM18**.

Rendang Daging Hitam was perfect for my palate not being too sweet and having enough of the thick gravy to put on my rice, **RM5** for 1 person and **RM24** for 5; while the **Daging Kawah** (or big kwali beef) was tender and robust, **RM4.50** for 1 person and **RM20** for 5.

There is a choice of sets ranging from RM35 to RM131 including fresh fruit juices which are enough for 3/5/8 people. You can drop in for a fried noodle or fried rice and any of their main dishes and from 4pm onwards, **Chicken and Beef Satay at RM1 per stick** is available and even Western dishes like Fish and Chips (RM17.90), Chicken chops (RM15.90) or Lamb chops (RM19.90).

The lingering memories of the authentic tastes still linger, long after my first visit there and I have promised to return. And may I wish Tok Nan continuing success in garnering fans of his restaurant.

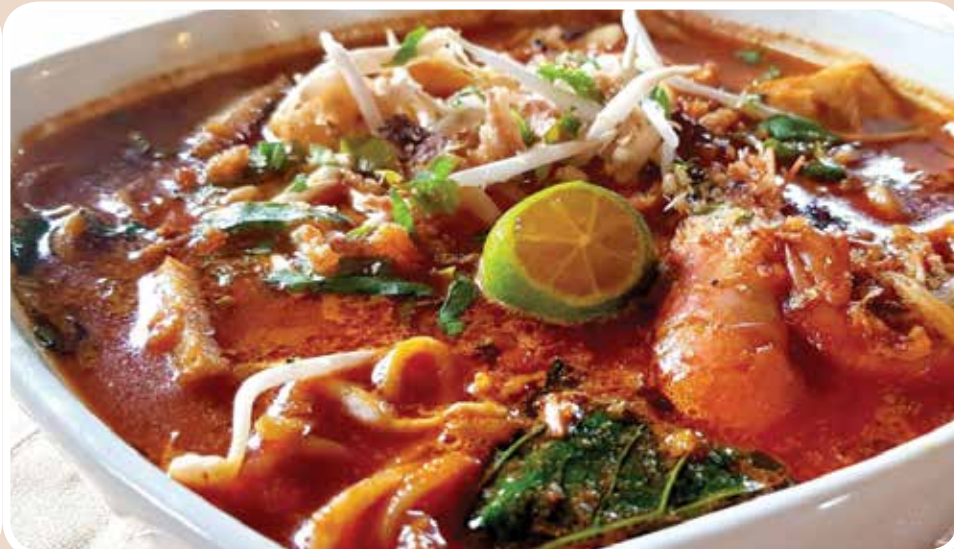
Restoran Tok Nan

Circle Meru Raya, Bandar Meru Raya, 30020 Ipoh.

Tel: 014 948 6872

Business hours: 3pm-12am

No day off



Exploring Teluk Intan: Hidden and Go-to Gems . . continued from page 2

Hawaii (No. 1 Lo Han Kuo)

“My late father, Kim Yong, was selling the *lo han kuo* (natural herbal drink made of monk fruit) on the three-wheeler cycle along this street, Jalan Sekolah 37 years ago,” Janet Tang, owner of Hawaii recalled.

“Our *lo han kuo* is cooked for up to 12 hours and made of only natural ingredients without any preservative,” she highlighted.

“I opened this physical store seven years ago and expanded the menu. I named the place ‘Hawaii’ because coincidentally I created a very colourful shaved ice dessert made of fruits at the time. Other than *lo han kuo*, the signatures here are the *ice kacang* (shaved ice dessert), *asam laksa* (spicy and sour fish noodle) and *mee rebus* (noodle soup dish),” the amiable Janet elaborated.

There are 28 types of shaved ice desserts to choose from priced at either RM3.50 or RM4.20.

Located along 1063 Jalan Sekolah, it opens from 11.30am till 6.30pm. For enquiry, call **019 573 2023**.



Janet Tang

Leaning Tower

Teluk Intan's iconic monument has got to be the Leaning Tower that was built in 1885 by contractor Leong Choon Chong. The pagoda-shaped building was also used as a water tank supply to the town and reserve during drought and fire.

What's special about the tower is that although it may look like it is eight storeys but it is actually only three storeys high. Made out of brick and wood, the leaning historical building now serves as a clock tower where the clock was purchased all the way from London and designed by J.W. Benson-Ludgathy back in 1894.

Similar to its distant sibling, the Leaning Tower of Teluk Intan also slants leftward much like the Leaning Tower of Pisa. Standing at 25.5m tall, visitors can come inside the tower where there is a picture gallery showcasing the tower and its surrounding over the years. At night, colourful mesmerizing lights will gleam from the tower every day.

Visitors can get souvenirs such as the miniatures of tower, decorative magnets, notebooks, mugs, keychains and more.

Visitors can visit the tower for free everyday from 8am to 5pm for weekdays and 9am till 6am for weekends and public holidays.



Leaning Tower at night



East Sea Dragon King Temple

This new, grand temple which pays tribute to the East Sea Dragon King is a burst of rainbow colours that leap out facing the river.

It is usually packed during the 15th night of the seventh month. Laced with red lanterns, the architecture of the single storey building is entwined with dragons from the roof ridge, pillar to its hall.

It opens from 8.30am till 6.30pm for weekends and 5.30pm for weekdays. Devotees and visitors are required to remove their shoes before entrance. There is ample parking space and a seafood restaurant just at the river bank.

Located at Lot 244, Imperia Central Business Park, Jalan Maharaja Lela, 36000 Teluk Intan, interested readers can call **05 621 0320** or visit the website: <http://nagatunghai.gbs2u.com>.

Bumbung Biru

Located right in front of the Leaning Tower, sits a famous food court called Medan Selera Menara Condong (Menara Condong Food Court), commonly known as the ‘Bumbung Biru’ (blue roof). A variety of food is offered throughout the day from morning till night. Visitors will be spoiled with options from cheap mixed rice, traditional cakes, noodles and western food. Upon our visit during the lunch hour, the area was packed with locals enjoying their meals despite the scorching hot weather.

We managed to try the signature *mee kondo* (noodles drenched with soy-sauce) good at RM3 and the butter-prawn rice at RM8 that comes with eight butter-fried prawns, rice and a bowl of soup. Visitors can also try the spring rolls, Gado-Gado, satay and *mee rebus* (noodles served in thick spicy gravy with hard boiled eggs, noodles and beansprouts). There are over 20 stalls and they open almost every day.

The food court is located at Jalan Pasar, Pekan Teluk Intan, 36000 Teluk Intan.



Continued on page 7

Exploring Teluk Intan: Hidden and Go-to Gems . . continued from page 6

Gulam Rasul Nasi Kandar

While there are many mamak (Indian-Muslim) eateries in Teluk Intan, one can't simply complete the tour in Teluk Intan without paying a visit to Gulam Rasul. One of the earliest established *mamak* restaurants, this shop is said to have the one of the best nasi kandar (mixed rice with curry) in town.

Get ready to be spoilt with a variety of choices from rice, bread, noodles, seafood, meat, vegetables and more. Among their must-try signature dishes is the *ayam rempah* (spiced fried chicken) that goes well with their biryani rice or plain white rice with several side dishes such as the crunchy pappadam (spiced crackers), mixed curry gravy; from chicken curry to fish curry to lamb curry and more.

While nasi kandar and fried assortments are available throughout the day, their selection of roti is only available in the morning till lunch hour and 3pm onwards.

There are a few Gulam Rasul outlets in Teluk Intan and they are open every day, all day long!

Location of the main branch: 55 Jalan Changkat Jong, 36000 Teluk Intan.



Entertainment

Virtual Reality Games Park

Space Park, the first virtual reality games centre in Perak, is the latest attraction here for both Perakians and Ipohites. Running on the outer space exploration concept, the family entertainment centre is the first to use virtual reality (VR) technology in Perak in order to provide a different experience to visitors.

The centre, located in Angsana Ipoh Mall, was launched by UDA Mall Sdn Bhd, a subsidiary of UDA Holdings Berhad (UDA).

Chief of Operations, Nam Wong explained that Space Park Ipoh is suitable for both adults and children.

"For the moment, Space Park offers four VR games namely, Dark Mark 9D, Human Gyroscope, Space Track and Space Shuttle NASA," he told reporters during the pre-launch gathering recently.

Besides that, Space Park also has a game section known as Babyland for kids of 6-12 years of age.

"Tickets are reasonably priced between RM5 and RM15 for each game. That's the other attraction of Space Park," he added.

According to Nam, a custom-made section named 'Lucky Amusement Park' with over 50 token-operated arcade games will be ready by the end of the year.

Space Park Ipoh was established in January 2017 and was completed in November last year at an estimated cost of RM9 million. It covers an area of over 35,000 sq ft.

Rosli Mansor



Wellness

TALKING ABOUT THE KIDNEYS

Many Malaysians are still unclear about the role and job scope of a nephrologist. Essentially a nephrologist's role is to investigate and treat the kidneys and all conditions that may affect this important organ in the human body.

As the kidneys are often affected by various ailments, a nephrologist needs to know everything from infections, inflammatory diseases, cancers and various medications that may affect kidney health. Most kidney specialists are also highly involved in the day-to-day care of an ill patient in the Intensive Care Unit as the kidneys are one of the earliest organs to be affected by critical illness.

Main causes of kidney disease

The two main causes of progressive kidney disease in Malaysia are diabetes and high blood pressure. These two conditions account for almost 60-65% of long term kidney disease. Many people worry about the effect of kidney stones but in truth, urinary stones only account for a minute number of kidney diseases.

Symptoms of kidney disease

The prevailing idea is back pain implies ongoing kidney disease. In fact, most people with progressive, life-threatening kidney disease have little back pain. Kidney disease tend to remain silent in early to middle stages. Symptoms of declining kidney health are variable, ranging from poor appetite to leg swelling to shortness of breath and severe itchiness. By the time these symptoms appear, the organs are usually no longer recoverable.

Preventing kidney disease

The people most at risk of kidney diseases are those with diabetes, high blood pressure, gout and those with a previous history of kidney damage from any reason. Therefore, all diabetics and hypertensives should get a review with a kidney specialist before kidney disease sets in. Some conditions run within the family so anyone with a family member with kidney disease should undergo a check. People suffering from gout deserve a special mention as they tend to self-medicate with over-the-counter painkillers that may damage the kidneys in the long run.

Treating kidney disease

Treatment of any kidney disease is directed at the underlying cause. There is no one-size-fits-all magic bullet. Kidney damage that occurred within a short time and picked up early is potentially reversible, if not curable. Longstanding kidney diseases are more tricky and any medical advice should be customized to the needs of the person.

Talking about dialysis

Dialysis therapy is a life-saving treatment for people with end stage kidney disease, for whom medications are no longer sufficient to preserve health. Dialysis therapy is greatly misunderstood. More than prolonging life, dialysis started in a timely manner generally improves health and grants the person a reasonable quality of life.

What about kidney transplant?

Kidney transplant offers the best deal for most (not all) patients with end stage kidney disease. However, many patients refuse a kidney donation from their loved ones for fear that it will instead end up damaging the health of the donor. Although this risk is actually very low, people may decide to pursue commercial kidney transplants in foreign countries. There are successful as well as horror stories associated with this and it is best to discuss this with your neurologist.

Parting words

Everyone is different and requires different approaches when dealing with kidney disease. A face-to-face discussion with a kidney specialist makes more financial sense than self-medicating with a high risk of damaging one's kidneys to the extent of requiring dialysis.

Pang Medical and Kidney Specialist Clinic, Pantai Hospital Ipoh

Suite 508, Level 5,

126 Jalan Tambun, 31400 Ipoh, Perak.

Tel: 05-540 0374 / 05-540 5375 (D/L)



Dr. Pang Hoong Chee,
Consultant Physician and
Nephrologist,
MBBS (Malaya), MRCP (UK), MRCPS
(Glasgow), CMIA (NIOSH).

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Aesthetic Surgery for Lips (Cheiloplasty)

Dr. Leow Aik Ming

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

Beauty ideals and aesthetic standards vary across social perceptions and cultural preferences. In modern culture, plump and well-defined lips tend to be preferred. In general, ideal lips should have fullness and volume, a correct balance between the upper and lower lips and a well-defined vermilion border. Lips should also be harmonious with other facial features of the individual. Enlarged, full lips in a very small face will not be aesthetically pleasing as this would be out of proportion with the rest of face. Sexual dimorphism should also be kept in mind when treating lips, as men have a larger mouth width, philtrum width, total lip height, and lip volume compared to women. Despite general differences in men's lips and women's lips, it is possible to transform masculine lips to more feminine lips and vice-versa. There are various treatment modalities available to improve the appearance of the lips:



1. Upper and lower lip reduction surgery

Lip reduction surgery is a procedure for patients who have naturally large and prominent lips. The lip reduction procedure is performed under local anesthesia on out-patients basis or may be performed under general anesthesia if they are undergoing multiple procedures. A horizontal incision is made on the inner side of the lip mucosa. Excess mucosa, fat and muscle from the lips are removed. The wound is closed in layers. Lip reduction procedure can be performed on the upper and lower lips to improve the patient's appearance and balance. These wounds usually heal well without any visible scars.



2. Upper lip lifting surgery (Upper lip shortening)

The upper lip lifting surgery is for patients who present with excessively elongated upper lip. Normally, the ideal length of the upper lip to the columella of the nose is between 12-15 mm. If the length is significantly longer than the average, patients can take the advantage of the upper lip lifting or lip shortening procedure. There are two types of upper lip lifting surgery:

- **Subnasal or "Bull-horn" Lift:** An incision is made along the lower edge of the nose which is the junction between the nose and the upper lip. The excess amount of skin and a thin strip of lip muscle are removed. The upper lip is lifted by suturing the cut edges together. As a result, the upper lip is pulled upward. It is really important to close the incision in layers to prevent unsightly scars.
- **Vermillion Advancement:** In this technique, an incision is made along the vermilion border of upper lip. The segment of skin is removed from just above the vermilion border. The wound is meticulously closed in layers to minimize scarring. In that manner, the upper lip is effectively pulled upward and shortened.

3. Lip augmentation

Lip augmentation is performed by injecting a natural or synthetic biocompatible material. Proper placement of the material is important to create fuller-looking lip while reducing wrinkles that form around the outer edges of the lip. There are three common techniques used in lip augmentation:

- **Filler injection** such as hyaluronic acid fillers (eg: JUVÉDERM® and Restylane®) or smooth calcium hydroxyapatite (CaHA) microspheres (eg: Radiesse®) are few of the commonly used fillers for lip augmentation. The results of this procedure usually last approximately 9-12 months.
- **Lip implant** such as AlloDerm® consists of acellular human cadaveric dermis. It is placed through two small incisions to create fuller lips. Since all the cells from the donor tissue are removed, there is no rejection associated with the use of AlloDerm®. The results can be permanent.
- **Fat transfer** is performed by carefully harvesting fat from your abdomen or hips. The fat is then delicately processed to isolate fat cells. These fat cells are then injected into the proper plane of the lips to create a fuller appearance. Sometimes overcorrection is necessary as not all of the fat will survive. Occasionally repeated injections are required for a permanent effect.

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

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

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

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

Community

Together, We Raise Funds for PCSH

A modern European restaurant, Volcano Grill Café has decided to join forces to raise funds for Perak Community Specialist Hospital (PCSH), in conjunction with their fourth year anniversary on September 9.

Volcano has decided to donate 10 per cent out of each and every steak sold from September 1 till 30. These partial proceeds will be channelled to help upgrade the hospital's facilities and services.

"I was born in this hospital in the year of 1983 and 35 years later, my son was born there too. This makes me feel that I should lend a helping hand to expand the hospital facilities and services so that the community will be able to benefit for more generations to come," said Mr Chai Wee Khun, the founder of Volcano Grill Café.

"Besides, I will be donating a jar of 80-year-old Liu Bao Tea worth RM9000 to be auctioned off at the dinner at Kinta Riverfront Hotel on the September 23 too," he added.

To make the fundraising even merrier, Mydream Happy Kitchen will do their part by donating RM10 out of each 1kg mille crepe sold from September 1 till 30. To place an order, readers can visit Mydream Happy Kitchen Facebook page.

"We have been running the business for about two years now and it is our pleasure to participate in such a meaningful fundraising activity for the greater good," said Mr Shawn Ooi, the founder of Mydream Happy Kitchen.

Chief Executive Officer of PCSH, Mr Nicholas Chan added, "We are truly blessed that there are so many kind hearted people who would like to help the hospital. The world needs more people like them and I promise we will never let the community down."

Interested readers who would also like to lend a helping hand for PCSH can call **012 505 3851** (Kit Ting), **017 520 0028** (Christine Leow) or **012 510 0102** (Bonnie). Donations can be made to: The Perak Chinese Maternity Association CIMB Account: 8601253753. All donations are tax exempted.



Merdeka Day Celebrations

Over 15,500 Perakeans from all walks of life celebrated the nation's 61st Independence Day.

His Royal Highness Sultan Nazrin Muizzuddin Shah and Raja Permaisuri Perak, Tuanku Zara Salim along with their children, Raja Kechil Besar Perak, Raja Azlan Muzaffar Shah and Raja Nazira Safya, were present at the state-level celebration held in front of Town Hall, Ipoh on Friday, August 31.

The Sultan was accompanied by Perak Menteri Besar, Ahmad Faizal Azumu, Perak State Secretary, Dato' Mohd Gazali Jalal and members of the Perak State Executive Council.

Upon arrival, Nazrin inspected an honour guard consisting of three officers and 103 Other Ranks from Kem Sangro, Taiping. Music was provided by the KD Pelandok brass band from RMN Lumut led by Lieutenant (RMN) Izuan Mat Isa.

The Sultan then took the salute as a march-past consisting of 107 contingents representing government agencies, local authorities, private institutions and non-governmental organisations trooped past the royal dais. Some 5703 participants took part in the march-past.

Later that day, the Sultan presented a certificate, trophy and mock cheque to the Ipoh City Council.

Ipoh City council emerged as champions for the marching competition in the local authorities, private institutions and non-governmental category, while the State Secretary's office won first place for the government category.

Sam Tet Chinese School secured first place for their outstanding band performance.

Ipoh City Council also took home the 'Best Overall Outfit' title.

The annual parade was joined by 150 athletes who will be taking part in the 19th edition of Sukan Malaysia (Sukma), this September.

On the night of Thursday, August 30, Perak MB officiated Kayuhan Merdeka 2018, a cycling event organised by Ipoh City Council.



The MB and state executive councillors took part in the cycling extravaganza along with over a thousand Ipohites. Mayor Dato' Zambri Man was also present.

The cycling route began at the Ipoh City Council Square and continued along Jalan Sultan Abdul Jalil, Jalan Raja DiHilir, Jalan Dato' Seri Ahmad and ended where it started – at the Ipoh City Council Square – a distance of about 5km.

Luqman Hakim

News

Meru Valley Resort Takes Home Double Win

Meru Valley Resort celebrated a double win for Best Golf Tourism Destination in Malaysia at the Asia Lifestyle Tourism Award 2018 and Best Golf Tourism Projects in South East Asia by Asia Pacific Travel and Tourism Federation (APTTF) in September.

The 27-hole course and serviced suites is becoming Malaysia's golf destination of choice, offering the ultimate play-and-stay golf trips.

Staff were praised for their warmth and personalised service, Meru Valley Resort's Executive Director, Edwin Tan Beow Aik said: "It is a proud moment to win another award recognising our five-star service. We owe our success to the staff who have crafted a wonderful experience for our customers. From the green cutters to the chef and housekeepers, we will all continue to provide our players and guests with a richer and even more enjoyable experience to create a sense of belonging and home for all."

Attracting many migrating golfers to the resort every year, Edwin said: "We have some of the finest greens and with our range of suites you needn't worry about travelling home once the final putt has been holed. In fact, people are so smitten by the relaxed pace of life, the climate and the ease of everyday that golfers flock here from all over the globe to escape their winter and make the most of their retirement."

"The fantastic course, the warm weather, the beautiful scenery and the best food in Malaysia on our doorstep means we will keep raising the bar of Malaysia's golf tourism."



Meru Valley Resort offers golfers of all standards something to enjoy with an appropriate level of challenge and three signature holes. Practice facilities include a driving range, covered bays, chipping, pitching, bunker practice, putting greens and a physiotherapy centre.

Non-golfers can enjoy the onsite spa, pool, fitness centre tennis and basketball courts, cycle routes and restaurants.

The one- and two-bedroom serviced suites feature fully equipped kitchens, with modern appliances, as well as floor-to-ceiling windows which allow for spectacular resort views and a soft light to flood the rooms.

The latest award adds another feather in the cap for Meru Valley Resort, having achieved the Leisure Development Award for Malaysia at the Asia Pacific Property Awards 2018, 5-star winner of Best Golf Development Malaysia at the CNBC International Property Awards in 2008, the Premier Award by Tourism Malaysia in 2009.

Meru Valley Resort is a residential golf resort situated just ten minutes from Ipoh city with resort homes surrounding a breathtaking international championship course.

Now is as good a time to save with the stay and play package from RM700 nett for two people, one night in a one-bedroom suite, breakfast and an 18-hole round of golf (including green fees, insurance and buggy). Call +605 529 3300 or go to www.meruvally.com.my.

Dinner with Aziz Bari

Dr Abdul Aziz Bari, Executive Councillor for Education, Science, Environment, Green Technology and Information hosted a dinner for media practitioners on Tuesday, September 4. The event was held at Impiana Hotel, Ipoh.

Attended by almost 50 media representatives, Aziz greeted the diners upon arrival. He took the time to chat with everyone present.

Aziz's intention was to establish a rapport with Ipoh-based media representatives. In his introductory speech, the state assemblyman for Tebing Tinggi highlighted the role the media play in politics and nation building. The "new Malaysia", espoused by the ruling Pakatan Harapan government allows a greater degree of openness and space for press freedom.

"Allow the media to express their thoughts freely. They're the fourth most important institution after the Legislative, Executive and Judiciary," he insisted.

One of the most significant roles of the media, he felt, was articulating issues that



are of importance to the country. This is a form of check and balance to keep the ruling government on its right path.

"Media outlets can educate people by maintaining the credibility of the news they dispense, especially if the news starts out as a rumour on social media," he added.

Aziz ended his speech with the hope that media openness would help make Pakatan Harapan more responsible, accountable and responsive.

Qistina Izfarina

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	8.00 pm - 8.30 pm	Chinese Guzhen Performance
	17-Sep-18	3.00 pm onwards
Monday	5.00 pm - 6.00 pm	Fish / Owl Lantern Coloring Workshop*
22-Sep-18	2.00 pm - 3.00 pm	Chinese Calligraphy* art to be giveaway to Customer
Saturday	5.00 pm - 6.00 pm	Face Painting for Customers*
	6.00 pm - 7.00 pm	AMOI AMOI Promo Tour Meet & Greet Session
	7.30 pm onwards	Mega Lantern Parade with AMOI AMOI
8.30 pm - 9.00 pm	Chinese Guzhen Performance	
9.00 pm onwards	Creative D.I.Y. Lantern Competition Prize Giving Ceremony	
23-Sep-18	5.00 pm - 6.00 pm	Fish / Owl Lantern Coloring Workshop*
Sunday	8.00 pm - 8.30 pm	Chinese Guzhen Performance
29-Sep-18	3.00 pm - 4.00 pm	Chinese Calligraphy* art to be giveaway to Customer
Saturday	6.00 pm - 6.30 pm	Chinese Guzhen Performance
	30-Sep-18	3.00 pm - 4.00 pm
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Connexion

By Joachim Ng

Hills with a spiritual message

Every weekend, busloads of domestic tourists jam the streets of Ipoh for that savoury taste which they can't find back home. Food adventure is Ipoh's biggest draw, and our city tops the charts for gourmet crown of glory as it has one special ingredient: limestone water.

These fresh cooling waters bring health of body and spirit. Good nutrition is for sure, but health of spirit? Yes, the limestone hills surrounding Kinta Valley provide a calming ambience for Deep Nature Exploration — an untapped source of wealth for Perak and a light of wisdom for our sometimes confused nation. Every year, thousands of Malaysians go on pilgrimage overseas to find enlightenment. But those who know come to Ipoh.

Deep Nature Exploration is envisaged as a science-based multi-faith retreat with indoor and outdoor components. It takes you into the caves away from noisy street reality into a silent deeper reality; instead of a crowd you see emptiness, and all around you is a wall of calcium carbonate. From it we get plain soft chalk for use in farmlands to raise soil pH, and lovely hard marble for your house flooring. One is plain and the other is lovely; they constitute diverse forms of calcium carbonate.

Like Nature, human societies became diverse and each independent state produced its own civilisation (this word means "living in cities"). China as a historically unified state is one civilisation with two native religions — Taoism and Confucianism, resembling chalk and marble. Taoism is the plain spiritual way, and Confucianism is the polished social way. Hosted by the same language, they complement and complete each other.

However, West Asia-Mediterranean Europe produced a large number of independent states with an equally large outcrop of civilisations over a span of 5,000 years. Islam and Christianity fostered rival civilisations speaking different languages, and they morphed into bitterly warring opponents for control of territories. To harmonise their hearts, we need to discover origins. Deep Nature Exploration will take you via multimedia 3D presentation into the awareness of Kinta as a geopark of fossilised shell animals and corals once living in a shallow Kinta sea. The Kinta hills were born in water. Remarkable isn't it? Water's creative and cleansing power has long been recognised in Christianity's rite of baptism and the Muslim ablution before prayers.

This is just a primer to stir your interest in discovering underlying connectivity, for there are deeper levels within the limestone hills of Kinta to explore in using science to gain a wiser understanding of belief systems and dissolve enmity.



OKU Job Fair a Success



Over 150 from the disabled community registered with a total of 16 employers brought in from all over Perak at the job fair for the differently abled (OKU Job Fair 2018), a joint venture of Yayasan Sultan Idris Shah (YSIS) and Persatuan DAYBREAK in collaboration with Department of Labour, Department of Social Welfare, Perak State Education Department and Federation of Malaysian Manufacturers Perak.

Held recently at YSIS, positions were offered by participating companies such as Carsem (M) Sdn Bhd, Finisar Malaysia Sdn Bhd, 7-Eleven Malaysia Sdn Bhd, M Roof Hotel & Residences, Mydin Mohamed Holding Berhad, Bukit Merah Convenience Store Sdn Bhd, Comfort Rubber Gloves Industries Sdn Bhd and Twenty4 Sdn Bhd among others.

"Why do you need to employ someone who is disabled? Statistics have shown that there is low absenteeism, better safety records, lower turnover, equal productivity, motivation to work, dedication and loyalty," Dato' Dr Ramanathan Ramiah, CEO of YSIS explained.

"What are the benefits for employers? If you pay RM1000 ringgit as salary, you are allowed another RM1000 as tax rebate for your company. There is also provision for equipment and facilities. You can spend money to renovate and buy equipment for special deserving people who work. For inland revenue, the employer is also given rebate for training programmes and so on for people with disabilities," he added.

As for a person with disability who works, he or she would get an additional allowance of RM400 from the Department of Social Welfare if his or her wage is less than RM1200 per month. Meanwhile, the Inland Revenue Board would provide



Community

Conserving a Century-old Mosque

A total of RM600,000 was allocated to build and conserve the Kampung Teluk Memali Mosque in Kampung Gajah.

Chief Executive Officer of ATSA Architects, Azim A Aziz said that the overall cost included relocation, refurbishing and repairs. The mosque has received the 'Certificate of Completion and Compliance' from the local authority.

"The cooperation with Politeknik Ungku Omar (PUO) lasted almost a year in order to preserve the heritage value of the religious institution," he said after a presentation ceremony with Perak Islamic Religion and Malay Customs Council recently.

Kampung Teluk Memali Mosque is now 108 years old. It has been neglected for almost two decades. The mosque has been relocated from its original site at Teluk Memali in Kampung Gajah to its present site at a reserved land belonging to the Perak Islamic Religion and Malay Customs Council at Taman Seri Bougainvillea, Bandar Seri Botani.

According to Azim, the original design of the mosque, with the concept of a Malay traditional house hailing from approximately 1414, is retained.

"We took a long time to relocate the mosque as the structure needs to be repaired. For instance, the chengal and jati wood used were damaged. We sent the wood for repair and treatment at a company specialising in traditional woodcraft in Chemor.

"We relocated the water reservoir used for ablution by digging at the new spot. Additional facilities such as toilet and a hall were built.

"The conservation effort is in accordance to the standards stipulated by the Department of National Heritage. It's hoped that the state government would recognise it as a national heritage building," he explained.

Meanwhile, the Deputy Director (Management) of Perak Islamic Religion and Malay Customs Council, Mohd Haidi Sulaiman stated that the construction of the mosque had the approval and support of the state fatwa committee.

"The mosque, which was originally located near the Perak River was no longer in use as villagers of Kampung Teluk Memali were themselves being relocated due to frequent floods. The mosque could accommodate over a hundred worshippers at any one time.

"We choose Bandar Seri Botani because the traditional features of the mosque complement the modernity of the area and thus create a unique sight," he added.

Rosli Mansor

Dessert Street or Dirty Street?

Tong Sui Kai, literally Dessert Street, has increasingly gained popularity over the years. It is not uncommon to see flocks of people flooding the hawker stalls till wee hours of the morning.

Hawker food and Malaysians are inseparable, but at what cost?

Tong Sui Kai is located next to a main road, with a heavy flow of vehicles. Dust and exhaust smoke fill the air, while food is prepared and eaten right next to this road.

Ipoh Echo visited the site to find that unused pieces of wood were being dumped behind the stalls, and the building opposite the stalls was undergoing construction. This means tiles, cement and debris everywhere.

With the number of food poisoning cases steadily increasing over the years — where are our hygiene standards?

What has the Ipoh City Council been doing all this while?

Perhaps now is a good time to consider relocating these hawker stalls to ensure the stall owners are still able to feed their families, while simultaneously preventing traffic jams, and maintaining hygiene standards.

Our goal of a cleaner and better Ipoh feels like it is still light years away but taking one step forward is better than taking none at all.

Loshni Nair



additional personal tax deduction of RM6000.

"As of June 30, there are a total of 474,579 OKU registered with the Department of Social Welfare. From the figure, 168,051 have physical disabilities, 164,600 with learning disabilities, 42,440 with vision impairment, 39,450 with mental disabilities, 35,384 with hearing impairment, 2469 with speech disorder and 22,185 with other disabilities," stated Sivanesan Achalingam, Executive Councillor for Civil Society, Consumer Affairs, National Integration, Human Resources and Health who represented Menteri Besar, Ahmad Faizal Azumu.

Present were the M. Kulasegaran, Human Resources Minister, Howard Lee Chuan How, the Executive Councillor for Youth and Sports and Dr Ko Chung Sen, Adun for Kepayang.

"I thank the YSIS management team for making a sacrifice above the call of duty to serve these people," Kula expressed during the press conference.

"The Para Sukma Games would be held a month after the Sukma games end. We are glad to announce that a fund of RM250,000 has been approved for the training of Para Sukma athletes who are competing," Howard Lee shared.

YSIS is located at Lot 158413, Lorong Bercham 11, Bercham, 31400 Ipoh. Call 05 548 1905 or visit ysis.org.my for more details.

Mei Kuan

Community

Solar System for Orphanage

Vision Home, an orphanage in Ipoh is now equipped with a brand-new solar system, thanks to Trina Solar, the world's leading provider of integrated solar systems.

Founded in 1997, Trina Solar actively develops proprietary smart PV solutions for large power stations as well as commercial and residential solutions, energy storage systems and photovoltaic modules.



Established in 2000, Vision Home houses children ranging in age from five to 18.

Asher Amos, volunteer and manager at Vision Home said that the installation of this solar system allows them to be more self-sufficient.

"Vision Home is a public charity, which means we rely on public donations, but we also try as much as we can to be self-sustaining," he added.

Asia Pacific and Middle East senior sales director of Trina Solar, Ku Jun-Heong, said that the initiative is to help underprivileged children who may be overlooked by society. It is also in line with the ethos of Trina Solar, which is 'affordable energy for all'.

"The system was customised to suit the requirements of the orphanage. It's a 3KW rooftop-mounted system that uses 12 Trina Solar panels. Each panel has 60 polycrystalline cells," said Jun-Heong.

It is operable using a digital app, available on both the App Store and Play Store. This allows the orphanage to monitor how much electricity the solar system is producing.

Vision Home's solar system is

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connected to the electricity grid; therefore, any unused electricity is fed into the grid and the orphanage receives monies for that under Malaysia's feed-in tariff scheme.

Loshni Nair

Malaysia Yesterday, Today and Tomorrow

Sharpened Word collaborated with Sama Sama for a month of exciting activities in conjunction with Independence Day.

Themed 'Malaysia Yesterday, Today and Tomorrow', participants were given five to seven minutes to share their stories at the Perak State Library, on Sunday, August 26.

Clad in a saree, with a sarong draped over her right shoulder and a traditional Chinese fan,

Louisa Loh presented "Preserve Reserve". In a 5-minute sharing, Loh expressed her gratitude for the cultural crossover in Malaysia. However, she also revealed her disappointment over the lack of appreciation for traditional Chinese opera.

"When I went to watch a Chinese opera at my hometown in Batu Gajah, I saw a few senior citizens, from Teluk Intan, and Cameron Highlands who had travelled all the way just to watch a good opera," she said.

"It's sad that good operas are so hard to come by, and they have to travel the distance just to watch it," she added. "I vividly remember going to operas as a child, for the food, of course," she laughs.

"The sugar cane candies I used to love, are now nothing but memories. It is time we wake up and learn how to appreciate our culture. Let us keep the culture alive," she finished.

Jaspal Singh, former journalist, shared his father's story. He explained that as a journalist, he has done countless interviews.

"This interview with my 86-year-old father Pratap Singh, however, was the hardest



interview I have ever done. It took me almost three hours, because he was forgetting a lot of stuff and there were emotions coming in," Jaspal added.

Pratap Singh, was 25 years old when he was a driver with the army transport company.

In July, Pratap received orders to go to Kuala Lumpur to help with the first Merdeka Day preparation. On August 31, Pratap arrived at the Merdeka stadium at 4am. An hour later, he and his colleague were assigned to be at the gate through which VIPs would enter.

Pratap recalls representatives from Burma, Ceylon (present day Sri Lanka) and Pakistan being present.

"From where I (Pratap) was standing, I could hear chants of 'Merdeka' even before Tunku could utter the word. I distinctly remember Tunku's voice reading the proclamation of Independence, after which chants of 'Merdeka' filled the atmosphere – not in the air, but in me."

His voice breaking, Jaspal continued, quoting his father.

"After the chants ended, the Negaraku was played. I (Pratap) cannot put into words how it felt to witness the birth of a nation."

"When I think of Merdeka, I cannot think of what it means to me. Most of us are post-Merdeka children, but this guy (my father) knows it, because he was there," said Jaspal.

"I'm still trying to figure out what Merdeka means to me. I'm still trying to figure out what I can do for this country," he finished.

What does Merdeka mean to you?

Loshni Nair



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Lenggong Archeological Sites Not Permanently Closed

After receiving complaints from disappointed readers who claimed that they were not allowed access into archaeological sites, Ipoh Echo spoke to the Department of Heritage (Central Zone) to get their side of the story.

According to Department Director, Johar bin Kadis, the archaeological sites and museum are currently under the jurisdiction of the Department of Heritage. Both locations are temporarily closed, as they are in phase one of construction and maintenance.

"The archaeological sites are being repaired to reach world-class standards. Although we've been declared a World Heritage Site by UNESCO, repair works must be continually done to live up to the standards," he added.

As of now, visitors may enter sites that are declared "open-sites". However, they are barred from entering "closed-sites" for safety concerns.

Johar added that those who wish to visit the archaeological sites must submit a letter of request, directed to the Department Director, for permission. The Department is located in Kota Tampan, Lenggong.

Letters must include information about the number of visitors, and the date of visit. "This is to prevent overcrowding. Too much weight will result in the archaeological grounds being ruined. Some parts of the caves are already cracked, so it is dangerous to allow large crowds into the site," he said.

Due to financial constraints, only selected sites are being earmarked for repair. Johar added that the flow of funds for repairs has been disrupted due to the change in government.

It would be proper, he said, for the Perak Government to take over management of the sites, as it is easier for them to get the funds needed for the upkeep of the place.

For information regarding trips and visits, please call 05 767 9700 or email: tengah@heritage.gov.my.

Loshni Nair



Upcoming

Cross Country Running Festival



The Equestrian Centre at the Perak Turf Club is organising the first Cross Country Running Festival to be held at the **Perak Turf Club on November 4, 7am to 11.30am**. The Perak Turf Club is an ideal venue for the running festival, providing a beautiful track in a secluded location for runners of all ages.

The event is being organised in collaboration with a group of avid runners from Ipoh, and animal welfare charities Noah's Ark Ipoh (NAI) and Kiko Food Bank. This fun outing for the whole family will include a mixed competitive relay, a charity run/walk, a kids dash, and a fantastic local food fair. Competitors will be rewarded with cash prizes, gift hampers and trophies.

The festival is open to anyone, with our Perak-based community being the focus of registrations this year. The organisers aim to make this an annual event in the coming years, attracting runners from all over Malaysia, as well as all those wishing to enjoy the culinary delights of Ipoh.

All the proceeds from the food fair will be donated to local charities NAI and Kiko Food Bank. Both these charities are pillars of animal welfare in Ipoh and deserve the support of our community.

Prior registration is required for all runners wishing to take part. For registration and more information on the Ipoh Food Fair, visit the registration page: <https://www.ticket2u.com.my/event/11562> or call: Kanna 014 221 8715 or Sheila 012 512 2687.

Registration is open until **October 19**.



iSpeak

By A. Jeyaraj

Why Outsource 3D Jobs?

MBI is outsourcing its basic services like garbage collection, grass cutting and drain cleaning. The main reason given is that Malaysians are lazy and will not do 3D (dirty, dangerous and difficult) jobs.

The contractors who are awarded the contracts employ foreigners, not because these workers are willing to take up these jobs but because they are a form of cheap labour and to cut operation costs. Foreigners monopolise these jobs.

Local councils in Penang and Seberang Prai are employing locals to carry out these same jobs and appear to have no problem in recruiting locals. The real problem here is not that Malaysians are lazy and will not tolerate 3D jobs; rather, the problem is they are demotivated because of the low pay and the minimum wage structure, which does not allow them to afford a decent standard of living.

Locals are willing to work in local councils because it is a permanent job and they get all the benefits of a government employee. By employing locals we are not relying on foreign labour and we can reduce outflow of money from the country.

In Penang the workers get awards from the state governor for excellent service. The workers are motivated and work well. They have a sense of pride in their jobs.

It is estimated that around 600,000 Malaysians are working in Singapore in 3D sectors. If they can do such jobs across the border, they can do it here, too. The most likely reason Malaysians did not want to take up 3D jobs in their home country was the low salary package.

I spoke to an employee who has been working for more than 15 years in MBI in the Lorry Division which is responsible for garbage collection. He said the previous government sold application forms for jobs in MBI for RM2, which should be free. Thousands of people applied and many understated their qualifications when applying for menial jobs. Many applicants from other towns were employed, by-passing applicants from Ipoh. There is no shortage of workers to do 3D jobs in Ipoh.

Star Metro News, on Thursday, August 2 reported that A. Ganesan, the newly-appointed councillor for Buntong said, "There is no need to outsource work such as cutting grass, collecting rubbish, cleaning drains and felling trees as MBI can do it. We should revert to the old system because MBI can monitor the progress and quality". I hope he can convince his fellow councillors and the Mayor to make this a reality.

During the fifties when Ipoh was the cleanest town, the jobs were done by local staff. In those days the mandor or overseer was a working person and was working along with his workers and made sure work was done properly. Nowadays there are supervisors who do not know what their job is.

We must also remember that during that time D.R. Seenivasagam did not wait for feedback from his staff to know what was happening. He used to go around all over the town to see the situation himself.

In the MBI portal, Landscape Management posted the following message:

"GRASS CUTTING SERVICES WITHIN IPOH CITY COUNCIL AREA"

If you have any complaints regarding the grass cutting services, please contact the telephone number of the contractors concerned"

Since the landscape department is the contract holder, it is their responsibility to make sure the contractor does the job as specified in the contract. Payment should be made only for jobs done, or else an investigation should be conducted.

Ratepayers pay assessment to MBI and so MBI is answerable to the public. It is not the responsibility of the ratepayer to run after the contractor to get the job done.

Whenever a job is contracted out, the specification must stipulate that the contractor must employ locals and pay them the current rate of wages and comply with the Employment Act requirements.

We should educate the public to regard 3D jobs as respectable and essential jobs. These are people who work hard to take care of Ipoh's image.

If local councils in Penang can employ locals successfully, why can't MBI?

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LETTERS

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

Old Town – Ideal Heritage Zone

Starting from early evening on Fridays, Saturdays and Sundays, Lorong Panglima (Concubine Lane), the Jalan Bandar Timah (Leech Street) and the surrounding streets at Ipoh old town would be teeming with visitors and tourists.

With the latest introduction of Cycledios through cyclediapp at Ipoh old town, where the cycles are now permanently occupying the regular designated motorcycle parking lane, motorcycle riders are finding it difficult to find a parking space. Thus, the scenario along Jalan Bandar Timah (Leech Street), can be described as following.

A cendol hawker opposite Kong Heng restaurant is almost in the middle of the road, while, some on cycles jostle for space on the road jammed with cars, motorcycles and pedestrians dashing across the road.

I safely dashed across and now head to Lorong Panglima, popularly known as Concubine Lane. I remember reading that this lane has a history that goes back to 1892, when parts of Ipoh old town were rebuilt after a fire. The mining tycoon Yau Tet Shin, gave this lane to his second wife as a gift. She would then collect rent from all the shops in this lane.

Today, Concubine Lane is the most transformed lane at Ipoh old town. These pre-war shop houses are all converted into cafes, boutique hotels, souvenir shops, cacti on sale, colourful ice-ball, flower-shaped cotton candy and many more commercial items for sale. Business catering for the tourists have become a common sight at Concubine Lane.

To make matters worse, most of the shop houses are renovated and the facades have been changed with modern touches. We must remember that the streets and buildings of Ipoh old town are part of the historic character of Ipoh. Each township tells the story of

it's unique development, and gives us a sense of place, continuity and cultural identity.

It looks like the relevant authorities and the stakeholders just want to bring in tourists and turn Concubine Lane and the surroundings into a heritage theme park.

The present Pakatan Harapan state government must set the example for the people to follow. They must establish a heritage zone, like what Penang and Melaka have done – ideally with a buffer zone around it. Any public or private development within that area must be managed by the state government heritage unit, which will balance heritage concerns with those commercial in nature. Without such heritage unit, commerce will forever dominate over heritage, leaving the latter to pass into history forever.

No tourist travels thousands of kilometres to see a globalised version of what they have at home. They want to see what makes us special – the pre-war buildings, colonial buildings, cenotaphs, monuments, battlefields, shipwrecks, etc.

So we need to turn these old buildings into adaptive reuse, restoring and putting them in use while keeping them well maintained. Therefore, let us all help to galvanise action and focus attention on saving the best of the past for the future.

S. Sundralingam



The Passing of a Very Important Person

One of my friends and medical colleague passed away recently. It happened fairly suddenly and unexpectedly. He recently discovered he had a malignant brain tumour, that rapidly progressed despite surgery and chemotherapy.

But I am not here to talk about his illness or his dying. I want to talk about his living, his life.

Many people get a 'Very Important Person' (VIP) status. But few deserve it. Some get their VIP status by virtue of their birth in a family. Others by election to a position in government. Still some others by buying an award. But you don't deserve a 'Very Important Person' status unless you have earned it. Even many politicians don't deserve the VIP status, having not done much for the nation.

Dr Japaraj Robert Peter is a 'Very Important Person', but he would be the first to say he is not. He is very important not because he comes from a rich family or one with status but because he earned the standing. He is a man who dedicated his life to his family, to many who needed his expertise and to the health services. He is a keen believer in God and served from the motive that God loves him and so he should share his life with others.

He has the wholehearted support of an equally amazing wife, Jhenet, who is beautiful, strong, generous and compassionate. A wonderful woman fully devoted to her husband and three children. A woman who has stood fully beside him through all the tough times.



Many a family owe the birth of their child to Japaraj. Many a lady who had obstetric or gynaecological problems was rescued by him. He has a great reputation, not just as a senior Consultant Obstetrician and Gynaecologist, but also as an excellent Feto-Maternal Specialist and trainer. He is sought after, not just from within the country, but also from abroad – he also helped set up services in neighbouring countries. There are few who can match his energy and contributions.

As our medical profession gets diluted by volume and mediocrity he stands out as a person doing excellent work. There are not many his calibre. I could extol his many medical achievements but what marks him the most is the strength of his character. Always quick with a smile, kind and compassionate, and ever there for others in need. He is much loved by his department and colleagues from all over the country. We will miss him dearly. I miss you sorely my friend; with your passing I feel a great void, a great disturbance in the Force.

At this time we wish much blessings of peace to the family.

Our hearts are broken at his untimely demise but we know this:

*Japaraj has fought the good fight,
Japaraj has finished the race,
Japaraj has kept the faith.*
(adapted from 2 Timothy 4:7 in the Bible)

Japaraj you are worth more than many and are a true Malaysian we can be proud of. You live on in our hearts and the eternal arms of God. Till we meet again my friend in that Eternal Home.

Dato' Dr Amar-Singh

Food

The Deck Debuts New Menu

The Deck Gastrobar, nestled on the rooftop of WEIL Hotel, debuts a new menu comprising of cold starter, warm starter, soup, main entrée and desserts.

"My forte is classic Western dishes with an Asian touch. Thus we are recreating old-fashioned food intertwined with a modern wow factor. Previously I was working for a semi fine-dining restaurant. In a gastrobar, it's more challenging as we need to match the food to the drinks. The combination has to be right. For instance, the 'Ipoh Famous Prawn Cocktail' (RM25) has a little bit of brandy," newly appointed executive sous chef, Ganeswaran a/l Radha Krishnan, explained to Ipoh Echo.

Hailing from Sitiawan, his resume includes working at The Majestic Hotel Kuala Lumpur for 13 years.

One of his signatures is the wild-caught Perak Snapper (poached red snapper fish fillet with apricot and eggplant mousse served with mango Nyonya sauce), one



standout fusion dish that speaks to our melting-pot culture (RM38).

Equally memorable is the 'Bakso' French Onion Soup (RM16) featuring fine meat dumpling with local spices served with melted baguette Gruyere cheese. "When I was 21 years old, my master was an 80-year-old Austrian-Swiss who taught me the old-fashioned way of cooking. I learnt that there is no shortcut when it comes to cooking. As a chef, cooking is an art and having patience is a must," Ganeswaran enthused.

Another favourite is the Fish Cake (RM23) in which a breaded seafood cake is served with creamy spinach, truffle egg with special chutney.

Those in the mood for something fancy may order the Escargot A la Bourguignonne (herb butter snail and focaccia toasty) as a funky snack (RM35).

Accompanied by attentive staff, gorgeous view, beautiful lawn and signature cocktail, chilling on a rooftop has never been better. For reservation, call WEIL Hotel at 05 208 3131 or email to enquiries@weilhotel.com.

Mei Kuan

Business

KYM Invests RM65 Million to Modernise Plant

KYM Holdings Berhad (KYM) has invested RM65 million to modernise its Tapah plant and introduce a state-of-the-art industrial paper sack line to increase its exports throughout the Asian region.

The RM20 million investment for the plant, and RM45 million for machines and equipment emphasized the company's commitment to pursue excellence, and to create more sustainable, innovative and quality packaging solutions in a cost-effective manner.

Hasrat Meranti's new plant and state-of-the-art industrial paper sack line in Tapah was officiated by Perak's Committee Chairman for Investment, Industry and Corridor Development, and State Executive Council Member, Dato' Seri Ir. Mohammad Nizar Jamaluddin.

The investment will boost KYM's wholly-owned subsidiary, Hasrat Meranti Sdn Bhd's ("Hasrat Meranti") production capacity by a further 50% to 230 million paper sacks per annum from the current 150 million.

"Our exports have increased 62% from RM18 million in 2017 to RM29 million this year. With the enhanced capability to deliver top quality products, and our collaboration with Swedish company, BillerudKornas AB, we will be able to increase our exports and penetrate new markets," said Hasrat Meranti's Managing Director, Mok Tuck Meng.

About 35% of the company's industrial sacks are exported to Thailand, Indonesia, Vietnam, Philippines, Brunei, Hong Kong, India, and Mauritius. The company's exports have registered a double digit growth in revenue year-on-year and a compounded annual



growth rate of 13.3% for the past 10 years.

Hasrat Meranti currently supplies a minimum of 80 million industrial paper sacks per annum for BillerudKorsnäs for supply throughout Asia. The two companies are also collaborating in a technical joint venture for bags innovation, capacity and marketing cooperation for cement and non-cement products.

In Malaysia, Hasrat Meranti is the dominant player in the supply of cement packaging bags, commanding a 40% market share in the Peninsular.

Mok also said, "Hasrat Meranti is committed to build a more sustainable business environment. In addition to introducing the most advanced manufacturing technology from Germany, we will continuously focus on upskilling our people and implement more socially responsible measures such as waste reduction and create a cleaner, healthier environment for everyone."

Hasrat Meranti and other manufacturing divisions contribute about 80% to KYM's revenue. The remaining 20% comes from KYM's corrugated carton boxes segment.

In line with KYM's restructuring plan under the leadership of a new dynamic management team, supported by an experienced board, the company will focus on transforming its manufacturing business into an export powerhouse for industrial bags. Non-core businesses will be divested.

Present at the event were KYM's Chairman, Dato' Seri Dr Isahak Yeop Mohamad Shah; Chief Executive Officer, Lim Tze Thean; Non-Independent Non-Executive Director, Darren Lee; BillerudKorsnäs Senior Vice-President, Packaging Paper, Johan Nellbeck; and Embassy of Sweden's Counsellor, Ola Pihlblad.

80 Million Ringgit for Sustainability

Consistent with their efforts to care for the environment and community, Lafarge Malaysia Berhad commissioned a new bag filter at the Kanthan Plant on Tuesday, August 28.

The new bag filter system was installed at Kanthan Kiln 4 (KK4) which was built in 1997 and has a production capacity of 2.2 million tonnes.

This RM20 million investment in the Kanthan Plant in Perak is part of Lafarge group's worldwide allocation, worth RM80 million, to optimise operational efficiency while controlling dust emission.

Perak State Executive Councillor for Investment, Industry and Corridor Development, Dato' Seri Ir Haji Mohammad Nizar bin Jamaluddin, was present on behalf of Perak Menteri Besar, Ahmad Faizal Azumu, for the officiating ceremony.

Nizar congratulated Lafarge on their efforts to comply with international standards, despite the sky-high costs.

"The government will support Lafarge in future expansion plans, as we strongly encourage usage of local resources," he added.

He went on to say that new set-ups and industries will help decrease the number of jobless people in Perak. He called on Lafarge to expose locals to the industry and train them. As of now, more than 90 per cent of the workforce is from Perak.

In comparison to the old electrostatic precipitator (ESP) dust system used by the Kanthan Plant, the bag system is more efficient as it captures dust particles and releases only filtered air into the environment.



Mario Gross, President and Chief Executive Officer of Lafarge Malaysia Berhad said that health, safety and environment are some of their core principles, in line with LafargeHolcim's 2030 Plan for Sustainability.

"We're fully committed to building a sustainable business and are ready to work alongside the communities, organisations and government to achieve this," he added.

A good example of their efforts towards a sustainable business is the design and implementation of their Biodiversity

Management. Currently, Lafarge is working with Flora and Fauna International (FFI) on the biodiversity management of their quarry.

The FFI, alongside stakeholders – government agencies, local community, experts and NGOs helped Lafarge design a Biodiversity Management Plan that studies the conservation and study of sensitive biodiversity at the Kanthan quarry as well as other limestone hills within the Klang Valley.

The Kanthan plant began operating in 1964, where production was done in Kanthan Kiln 1 and 2. Both kilns have since been demolished, as part of the company's need to increase production. Currently, KK4 is the only active kiln.

The plant provides full-time employment to approximately 200 people, and it is estimated that around 10,000 people depend on Lafarge activities through direct, indirect and induced employment.

Loshni Nair

Education

Top A Level and IGCSE Results

The results of May/June 2018 A Level and International General Certificate of Secondary Education (IGCSE) saw Tenby Schools Ipoh topping its previous accomplishments.

A vast improvement could be seen especially in A Level as the percentage for A* to C grades was 94%. The Year 13 students also achieved a 100% pass rate for the said examination.

The IGCSE saw the Year 11 students of Tenby Schools Ipoh achieved excellent results, both collectively and as individuals. Sixty-two per cent of all IGCSE grades achieved were at an A* or A, and 93% of all the grades were A* to C grade.

The school's STEM (Science, Technology, Engineering, Mathematics) results were particularly outstanding. Overall, 64 per cent grades achieved were A* to A grades in Mathematics, Additional Mathematics, Physics, Chemistry, Biology, Design Technology and ICT. Individually, 17 students achieved 7A* or A grades in all subjects they sat.

One of the Year 11 students, Tan Sean-Feng with 10A* grades said, "I am very happy with the result and I would like to thank all the teachers for the last two years of the Key Stage 4. Without them, I wouldn't be able to achieve this." Tan Sean-Feng has received a scholarship to study A Levels in the UK.

The Head of Schools of Tenby Schools Ipoh, Richard Davidson commented, "The outstanding IGCSE and A-Level results achieved by our students are a reflection of the quality of all round education that is provided by Tenby Schools, Ipoh. Our students are afforded a first class international education that balances both high expectations of academic performance with the development of 21st century skills. Our students are



supported and inspired by a very experienced and highly qualified faculty that enable them to exceed potential and truly excel. We are very proud of their achievements."

For more information on Tenby Schools Ipoh, visit www.tenby.edu.my/ipoh.

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* No. Lot 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760,

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)

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ARTS AND CULTURE

PUPPET PERFORMANCE 'ROMANCE OF THE CELESTIAL FOX'. SEPTEMBER 29 (Saturday), 7.30pm at 19 Jalan Tun Sambanthan, 30000 Ipoh (adjacent to Ipoh Padang). Proudly presented by Ipoh Fine Arts Society. This is a very rare form of puppetry; known as the Iron Stick Puppeteers, performed by the Teochew Puppet & Opera group, it's a dying art form rarely performed in Malaysia. Limited seats available. For further details kindly contact: **016 532 1087, 016 527 2959, 012 524 0104.**

KINTA VALLEY SYMPHONIC SOCIETY ORCHESTRA CONCERT will hold its annual concert entitled “Rendezvous” on SEPTEMBER 23, 3pm at Dewan Leong Wan Chin. Programme consists of an interesting array of music of different genres and different eras performed by the Kinta Valley Wind Orchestra. Amongst them is Cymbal Gesture which is making its debut performance in the country. Others are West Side Story Selection to celebrate the 100th birthday of Leonard Bernstein, Gabriel’s Oboe, The Girl With the Flaxen Hair and more. Entry is by donation. For details, call **017 508 1351** (Ms Yam), **017 570 7776** (Ms Lau) or visit its Facebook page.

COMMUNITY

FREE MID AUTUMN FESTIVAL PACK. SEPTEMBER 15-24, 10am-6pm at Bandar Baru Sri Klebang. Celebrate Mid Autumn Festival at Primrose Cluster show home and get a FREE Mid Autumn Festival pack. For details, contact **012 500 8018** or visit kintaproperties.com.

PUBLIC HEALTH AWARENESS CAMPAIGN by the Faculty of Pharmacy, Quest International University Perak. **SEPTEMBER 21 (Friday)** at **Central Atrium, Ground Floor, Ipoh Parade** **from 10am to 10pm**. Aimed to promote the rational use and proper storage of medicines, there would be medication review consultation (bring your medicines along!), free health screenings (blood pressure, glucose, cholesterol, body mass index etc), blood donation, compounding and game booths. First come, first served. For more details, contact **016 410 2483** (Sam) or **010 948 0087** (Chris).

MAIN CONVENT (CLASS OF 1968) 50TH REUNION DINNER. SEPTEMBER 30 (Sunday) at 22 Hale Street, Ipoh. All 1968 graduates of Main Convent Ipoh are invited. For details please contact Mai at **012 400 2313**.

HOSPICE 5KM RUN 2018. OCTOBER 14 (Sunday), 7am at the Polo Ground. Organised by Perak Palliative Care Society (PPCS) in conjunction with World Hospice and Palliative Care Day. Objective is to create awareness and raise funds for the society. Race kit can be collected from October 10-13 from 9am-5pm at PPCS Centre, 54 Jalan Sultan Azlan Shah, 31400 Ipoh; tel: **05 546 4732**. Fees: RM53 (open and junior categories) and RM42.40 per pax for family (2 open + 2 junior). Closing date for registration: **September 9**. Register at:

[https://event.howei.com/event/hospice-run-2018.](https://event.howei.com/event/hospice-run-2018)

LABPARK DEEPAVALI. NOVEMBER 2-6, 7pm-11pm at LABpark, Bandar Baru Sri Klebang. Celebrate the majestic Festival of Lights with lanterns, art and dancing. Free entry for all ages. Contact **05 292 1333** or facebook.com/labparkipoh.

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 or Whatsapp us at **019 368 1096**.

SPORT

9TH TAN SRI LEE LOY SENG GRAND FINAL CHESS CHAMPIONSHIP 2018. SEPTEMBER 23 (Sunday) at Syeun Hotel Ipoh. For more details, visit: <http://perakchess.blogspot.com/>.

IMPORTANT

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