



## SUKMA XIX CLOSES WITH A BANG

By Ili Aqilah Yus Amirul and Tan Mei Kuan

The 19th SUKMA (Sukan Malaysia) Games bade farewell after 15 days of competition. Terengganu rose to the occasion and emerged overall champion once more, winning 56 gold, 51 silver and 53 bronze medals defeating 13 other states including guest, Brunei. This is their fifth win following success in 2008 (Terengganu), 2010 (Malacca), 2011 (Kuala Lumpur) and 2012 (Pahang).

Complementing the victory, three Terengganu athletes established new Games records. Azreen Nabila returned a record-shattering 11.81s in the Women's 100m dash surpassing the 11.82s by Siti Fatimah Mohamad in SUKMA 2008. Muhamad Najmi lifted 164kg in the Men's 69kg Clean and Jerk category outdoing Mohd Mansor's aggregate of 163kg in SUKMA 2014 while shooter Muhammad Qamarul collected 541 points in the Men's 50m Pistol beating Jasmi Mohammad Zin and Mutahir Johari joint record of 540 points.

*Continued on page 2*



## Trick O Thrill at MAPS

Movie Animation Park Studios (MAPS), Asia's first animation theme park, unveils its latest attraction – Trick O Thrill Zone. The MAPS Gravity Tower, the highest in Malaysia, features a 52m vertical drop in three seconds as the ultimate bravery test.

Plus, try the MAPS Dark Ride, an indoor roller coaster ride with interactive lasers, a favourite for families.

Then savour the day's adventures at "Caveteria" for dishes by Chef Md Zulkarnai Md Elias who has over 21 years of culinary experience. Recreating the cave ambience, the cafe serves Malay contemporary and Italian cuisines. Among the popular ones are rendang tok, kari kambing, gulai batang pisang, masak lemak ikan masin and ayam masak merah among others.

Plus, there are specially crafted à la carte pizzas and pastas such as aglio olio, penne arrabiata and carbonara. Meanwhile, the 12-inch pizza encompasses meat and loaf, double decker meat mania, chicken and pineapple, seafood galore and tandoori pizza.

Don't miss the fun at the MAPS Theatre by catching the 35-minute musical show titled "Magic of Dream" complete with strobe lighting and pyro effects.

The fun never ends as one could opt for five other equally exciting zones of attraction: Animation Square, Blast off Zone, Live Action Zone, Fantasy Forest Zone and Lakeside Zone.



By: Rosli Mansor Ahmad Razali

Stunning Imperial Jadeite pieces  
by Adris Jewellers

Adris  
jewellers







## Despite Problems and Fake News, SUKMA was a Great Success

**T**erengganu's chef de mission who is also mayor of Kuala Terengganu is mighty proud of his team's performance. He thanked everyone involved, especially the athletes and officials who had worked hard to achieve success.

Archer Lo Foh Soon from Sabah and Terengganu's sprinter, Azreen Nabilah Alias were named Sportsman and Sportswoman of SUKMA XIX during the closing ceremony on Saturday, September 22 at Stadium Perak.

Lo secured three gold medals for Sabah when he came out top in the 70m, 50m and 30m individual compound events and a silver in a the group category. The teenager even broke the 30m Compound Men Individual national record held by Khambeswaran (Penang). He is the new record holder in the 70m and 50m individual compound events.

Sprinter Azreen bagged three gold medals in Women's 100m, 200m and 4x100m relay. The 18-year-old is preparing for the upcoming 2019 SEA Games. This was her first time to ever win gold since participating actively in 2014.

### Perak's Performances

Host Perak has certainly improved compared to its achievement at the 18th SUKMA Games in Sarawak (2016). With a total of 37 gold, 50 silver and 56 bronze, the home team finished in fifth spot on the medal tally.

Shooting contributed the most number of gold medals, seven in all, along with four silver and three bronze. The winning events were Men's 10m Air Pistol (Siau Zianyi), Men's 10m Air Rifle (Ahmad Khusyairi), Men's 10m Air Rifle Team (Ahmad Khusyairi, Loo Jie Rien and Muhammad Aiman), Women's 10m Air Rifle Team (Nur Fatin), Nurul Athirah and Sharifah Noor Ellyana), Men's 50m Pistol Team (Ilmi Azri, Muhd Amir and Siau Zianyi), Men's 50m Rifle 3 Positions (Loo Jie Ren), Men's 50m Rifle 3 Position Team (Ahmad Khusyairi, Loo Jie Ren and Muhammad Aiman).

Twenty one medals from Athletics namely, 6 gold, 8 silver and 7 bronze. The winners were Mior Muhammad (Men's 10km and 20km Walk), Juriani Mat Rodzi (Women's 100m Hurdles), Shereen Samson Vallabouy (Women's 400m), Ngu Jia Xin (Women's High Jump) and Kirthana Ramasamy (Women's Triple Jump).

The state's archery team garnered a total of 4 gold, 3 silver and 1 bronze. Perak's archers secured gold in the 50m Recurve Women Individual, 70m Recurve Women Individual, Compound Women Individual and Recurve Women Team. Four gold medals were secured via Muay Thai, three from Pencak Silat while Judo, Karate, Petanque and Handball acquired two gold each. And one gold from Gymnastic Artistic, Sailing, Sepak Takraw and Weightlifting.

Perak was the soccer champion beating Kedah 2-1 in a bruising match at Stadium Perak on Wednesday, September 19.

Compared to SUKMA 2016 when it won 12 gold, 26 silver and 34 bronze, host Perak has definitely improved although it fell short of the 50 gold medals target.



Perak's shooting team with their gold medals

### Controversies and issues

Despite Perak's stellar performance as host and participant, the Games' Secretariat had to face several problems throughout the 15 days sporting event.

Among the first problem the management encountered was that related to accommodation. It was first raised on September 8 by shuttlers from Penang, Selangor and Negeri Sembilan. It was regarding poor accommodation blocks at Izzuddin Shah School, Ipoh, where only one out of the five blocks was fit for occupation. Executive Councillor for Sports and Youth Development, Howard Lee and his team managed to resolve the problem, post haste.

The school was chosen due to last-minute withdrawal by Ipoh Vocational College. The affected athletes were supposed to be billeted at University Technology Mara (UiTM), Tapah but the order was rescinded due to distance.

The second issue was the dissemination of fake news when several photos showing the poor condition of rooms were leaked by a news portal. Howard told reporters that the report was a complete fabrication.

"Issues raised were stained mattresses, broken lockers and rundown bathrooms.



Lo Foh Soon crowned as SUKMA Sportsman



Azreen Nabila crowned as SUKMA Sportswoman

However, based on our investigation, it was revealed that both coaches and athletes are generally satisfied with the facilities available," said Howard. The venue was located at the Industrial Training Institute (ILP) and those affected were shuttlers from Kelantan, Sabah, Sarawak, Perlis and Pahang.

ILP was originally earmarked for shooters. They were supposed to check in on September 13. However, due to the closure of Izzuddin Shah School, Ipoh, those affected were billeted at ILP instead of UiTM Tapah. Distance being the major consideration.

Two mumps cases were also reported during the Games; one from Sabah-futsal and another from Negeri Sembilan. The first case was reported at Manjung on September 7. The patient was quarantined. Further examinations found 11 more athletes with similar symptoms. Sabah team had to withdraw its female futsal team from participating in the Games to avoid the virus from spreading.

A later case was confirmed by the Perak State Health Department on September 13 where one lawn bowler from Negeri Sembilan was down with mumps. The 19-year old player was exposed to her sister who was docked by the disease back home. She reported to the medical officer on September 10. After a brief meeting between the Games Secretariat and Negeri Sembilan games officials the affected athlete was bundled home.

### E-Sports in SUKMA

Electronic sport or E-sports, featured in SUKMA XIX on Friday, September 21 at Indera Mulia Stadium. It was a joint effort by the state government, Perak Youth Aspiration Centre, Perak State Sports Council and the Games Secretariat.

It encompassed three types of consoles (computer, Playstation 4 and smartphone) in six games (DotA 2, Counter Strike Global Offensive, FiFA 18, Pro Evolution Soccer, Mobile Legend and Players Unknown Battle Ground). The public had the opportunity to witness top-notch E-sportsmen such as AirAsia Saiyan, TGC Team, Amato, Shige, InFamous9, Nia Adyana, Haikal, Keron and Honor MyA, among others.

### Farewell to Games

The 19th edition of SUKMA Games ended with a bang on Saturday, September 22 at Perak Stadium. The venue was lit up by the colour of light sticks and flashlight of phones from the cheering spectators, forming a giant ocean of glitter. Meanwhile, the centre stage was accentuated by an ever-changing, multi-hued spotlight.

*Continued on page 6*





By Fathol Zaman Bukhari

# MAKING SENSE OF CHILD MARRIAGES

*The continued inaction by the government over marriages involving minors is making Malaysia a haven for paedophiles*

It all began in June when a 41-year-old rubber tapper in Kelantan decided to marry the girl of his dreams, an 11-year-old and barely pubescent Thai Muslim child without the approval of the state's shariah court. A month later in July another 44-year-old father of two who took the hand of a 15-year-old child to be his lawful-wedded third wife. This guy, however, was a bit smarter he sought the permission of the religious court. The former but less enlightened man was fined RM1800 for his dalliance with shariah requirement.

The two incidences, though not the only ones, set the backdrop for the ongoing debate about child marriage and the laws governing it.

Under local laws both Muslim and non-Muslim children are allowed to marry. For non-Muslims, the minimum marriage age for boys and girls is 18, but non-Muslim girls aged 16 can get married with prior approval of the state's head of government namely, the Menteri Besar or Chief Minister.

Under state Islamic laws the marriageable age is 18 for boys and 16 for girls but shariah courts have the authority to give consent to those below the permitted age to be betrothed. There is no minimum marriage age for Muslims. The reason, which is so often alluded to when such an arrangement takes place is, if Prophet Muhammad (pbuh) could marry Ayesha who was only nine and the Prophet was 53, there is no reason why other Muslims could not do so.

But that was almost 1400 years ago. Things were definitely different then than they are today. Malaysia is no barren and sandy land like Saudi Arabia. We are not dependent on camels, mules and horses to be mobile. We don't use swords and scimitars to ward off our enemies. I am not questioning religious tenets and traditions (Hadiths). Modernity has its differences. It is how we interpret things that matter, not downright submission to laws and obligations. Blind loyalty has its pitfalls.

Granted my late mother got hitched when she was 15. She gave birth to my eldest brother when she was 16 and yours truly when she was 18. She married my father a few months before the Japanese surrender in August 1945. The uncertainty following the end of hostilities saw many families going broke. Civil unrest was the order of the day engineered by the fighting elements of the outlawed Malayan Communist Party (MCP) culminating with the declaration of a state of Emergency on June 16, 1948. This lasted for 12 long years until July 12, 1960. However, remnants of the party continued to give our security forces many anxious moments until the Hatyai peace accord signed between the MCP and the Malaysian Government on December 2, 1989.

Now back to child marriage, per se. Lawyers for Liberty and other rights groups are of the opinion that continued inaction by the government over marriages involving minors is making Malaysia a haven for paedophiles. They unanimously rejected Deputy Prime Minister Dr Wan Azizah's insistence that the union between the 15-year-old bride and a man 30 years her senior was "consensual". They termed it "breathtakingly irresponsible". Latheefa Koya, director of Lawyers for Liberty, called upon the Inspector General of Police to take action against perverted sex predators who use marriage as a licence to have sex with children.

I cannot, in my wildest dreams, imagine my 14-year-old granddaughter or her slightly older niece being married off to some dirty old men who have nothing much in mind but the fulfilment of their sexual fantasies. It's downright disgusting.

Poverty is no reason to give away your underage children to some strangers so they could live a better life. The parents of the 11-year-old Thai Muslim girl have 13 kids. Makes me wonder why poverty is always associated with ignorance and religion. The more pious the family is, the more children they will sire. Perhaps it is in the teaching. Family planning and birth control are two taboo subjects in Islam and among Catholics. No offence meant.

I was at Clare Rewcastle Brown's book launch at Tower Regency Hotel, Ipoh on Saturday, September 22. One glaring thing that stood out like a sore thumb was the conspicuous absence of Malays among the 300-odd crowd. There were barely a handful of them, yours truly included. The most highly publicised thievery cum larceny in the world and yet so few Malays were present to hear what a brave lady from London had to say.

And mind you, the grand theft was committed by a Malay who became Prime Minister by default. A high-living Malay politician who felt he had every right to do what



Latheefa Koya



he did. What activist Hishamuddin Rais said about the Malay minds being "bonsai-fied" (indoctrinated) is true. The scene is similar at all gatherings be it social or academic, the number of Malays is so few sometimes hardly a handful.

During a talk by Mariam Mokhtar recently a member of the audience asked why Malays seldom attend talks and seminars, especially when they are conducted in English. Lawyer and social activist Haris Ibrahim, who was in attendance, challenged everyone present to bring five Malay friends each to his talk to be conducted in Bahasa Malaysia. There were no takers, as they all knew it was extremely difficult.

This is the real Malaysia and it will remain as such for so long as the majority wish to remain non-committal, indifferent and aloof preferring to be the anointed master race without any visible clout. Need I say more?

## EYE HEALTH — ULTRAVIOLET RAYS

***Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about THE EFFECTS OF ULTRAVIOLET RAYS.***

**B**e aware of the dangers that ultraviolet (UV) light emitted by the sun can pose to our eyes. Harmful UV radiation from the sun can damage various parts of the eyes including conjunctiva, lens and also the macular (nerve).

Long-term exposure to sunlight increases the risk of cataract formation and also pterygia (a growth on the surface of the eye). It is important therefore to take adequate precautions to protect your eyes from too much UV rays.



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

Ways to reduce UV Exposure:

### SUNGLASSES:

- Choose a pair of sunglasses that either has a CE mark, a label that says 100% UV protection from UVA and UVB rays, or has a UV400 tag.
- Brand, price or how dark the sunglass lenses do not matter.
- If you are outdoors most of the time, then it is preferable to choose a pair of sunglasses that wraps all around to the side of your face, as it prevents strong sunlight from passing through the unprotected sides.
- Be careful during peak times when the sun is strongest, between 10am and 2pm.

### HATS

- Broad brimmed hats, in addition to a good pair of sunglasses, work great together in protecting your eyes, not to mention make you look dashing!
- A cap is an alternative for the men but may have a limited protection since it covers the front of the face. Nevertheless, something is better than nothing.



### AVOID LOOKING AT THE SUN

- This can cause serious eye problems like solar retinopathy which can damage the retina (the nerve behind the eye). In fact, it can even lead to blindness.
- Never view a solar eclipse directly through a camera, telescope, binoculars or photographic film or even sunglasses. This is very dangerous.
- The safest way to view a solar eclipse is on the television, via live camera web-viewing on the internet or through specially manufactured solar filters.
- Take all the necessary precautions to ensure that you do not succumb to eye problems that can be prevented.

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



## PUBLISHER

Ipoh Echo Sdn Bhd  
(Regd No 687483 T)

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

## EDITORIAL

Fathol Zaman Bukhari  
G. Sivapragasam

## GRAPHIC DESIGN

Rosli Mansor Ahd Razali  
Luqman Hakim Md Radzi

## MARKETING &amp; DISTRIBUTION MANAGER

Deanna Lim

## REPORTERS

Ili Aqilah Yus Amirul  
Tan Mei Kuan  
Qistina Izfarina

## PERMISSION AND REPRINTS

Materials in Ipoh Echo may not be reproduced in any form without the written permission of the publisher.

## PRINTER

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

## USEFUL CONTACTS

**Ibu Pejabat Polis Daerah (IPD):**  
05 2451 072 (CCC)  
05-2451500 (District)  
05 2451 222 (Operator)  
999 (emergency)  
**Ipoh General Hospital:**  
05-208 5000  
993 (emergency)  
**Ipoh Fire Brigade**  
05-547 4444/994 (emergency)  
**Perak Immigration Dept**  
05-5017100  
**Perak Water Board**  
05-254 6161  
1800-88-7788  
**Ipoh City Council**  
Hotline: 05-255 1515  
General: 05-208 3333  
Whatsapp: 019-5503083  
**Perak Anti-Corruption Agency:** 05-526 7000  
**State Secretariat**  
05-253 1957  
**Railway Station**  
05-254 7910  
**Airport:** 05-318 8202  
**Registration Department**  
05-528 8805  
**Tenaga Nasional Berhad**  
05-208 8000  
**Directory Service:** 103  
**Perak Women for Women Society**  
05-546 9715 (office)  
**AA Ipoh**  
019-574 3572  
017-350 8361

## To Advertise



Deanna Lim

016 501 7339

## The good, the bad and the ugly in Ipoh and KK

Malaysians are not very good at making official complaints. They may make the initial protestations, but their follow through is poor. They may be loud in the coffee shop or amongst family members and friends, but few will put pen to paper, text, phone or see the customer services officer (CSO) of a company or government department. It is understandable.

When companies ask for documents or extra information, the complainant does not respond because, in many cases, they claim they cannot be bothered to gather all the information.

When the CSO wants exact details like name of a rude employee, or the time and place of an incident, few are able to recall the information. In most cases, they neglected to record this information, in the heat of the moment, or perhaps they waited too long after the incident and have forgotten some of the details.

Telekom Malaysia is one company, that has over the years, received many complaints about poor service. I recall a time, soon after privatisation, when we kept having to replace the overhead lines from the telephone pole, to the house.

Each time we reported bad reception on the phone line, Telekom would send their contractor to have a look. It cost a minimum of RM40 for the call out plus the cost of the repairs. As they were contacted a few times each month, the bill would naturally mount up. Each time we asked for an explanation, we were told, "termites".

We called the pest company and they told us, "No. You do not have termites." So, were households like us being fleeced?

A few weeks ago, the house was being painted and as I was allergic to paint, I stayed at a friend's house in Jalan Tambun. My host was horrified to find that there was something wrong with the modem and phone line, as he knew that the internet is essential in my writing.

He phoned Telekom and they were very good. They spent about an hour trying to repair the line, by remote control from their head office but it was unsuccessful. The line was no good. The clerk promised to send an operative the following morning and true to his word, a Telekom employee, and a trainee, arrived around 10am.

They laid their instruments out by the phone, and tried to mend the line. It did not help that my friend had forgotten the password for his WiFi, but that was quickly rectified. They were in communication with their head office, but the problem persisted.

The more senior employee then played around with his set of tools, and after fiddling around for half an hour, managed to get the line working again. Sighs of relief all round.

We were very pleased with their service. The men were quick, efficient, and very polite. They quietly went about their work, and resolved our problem in a short time. I could resume my surfing on the net, and my friend could continue with his online purchases. Thank you Telekom Malaysia!

Later, fed up with waiting for the paint to dry at home, my friend and I decided to drive to Kuala Kangsar and visit the market by the river's edge. We decided to stop by the Ubudiah mosque to take some photos. There were some stalls in the car-park and we decided to have a look at their wares.

Thinking that the hawkers would sell local snacks, or Malay kueh, we were surprised when we found that there were frankfurters, burgers and chicken nuggets on sale. Perhaps the hawkers thought that the many western tourists who visit the mosque, wish to eat food that is familiar to them. Surely, during Visit Malaysia Year, the hawkers should be encouraged to promote local food items. Nothing beats a good *pisang goreng*, *cempedak goreng*, or the mini murtabak, which the pasar at the river's edge has made popular. Good, wholesome snacks are preferable to processed foods like nuggets and frankfurters.

At the rest and recreation service area just along the Kuala Kangsar highway, on the way to Taiping, we were impressed with the neat, landscaped exterior of the service area, but some things never change, in Malaysia. We could smell the ammonia coming from the toilets, and the floor was flooded. Is teaching Malaysians the art of keeping their toilets clean and dry an impossibility?

Back in Ipoh, we decided to wander to the Old Ipoh Post Office beside the Town Hall. The grand building is in a terrible state of decay. Didn't it undergo a major renovation a few years ago at the cost of a few million ringgit?

The normal *rakyat* is bad about making complaints; but officials and politicians, are bad at keeping promises. We were told that the Old Ipoh Post Office would be converted to an art gallery.

In October 2014, the National Visual Arts Development Board director-general, Haned Masjak, told reporters at the Program Pior Perak, 1Malaysia Contemporary Arts Tourism, (IMCAT) that the art gallery would provide a higher level of recognition and appreciation to all local artists. He said that



the new gallery would be housed in the Old Post Office building, and would open its doors to the public by mid-2015.

It is now almost the end of 2018 and the building is in a state of decay.

Malaysians *mudah lupa* (easily forget). In 2016, the Perak Tourism chairman, Mohamad Kamil Shafie, repeated the line that Ipoh needed a gallery to showcase artwork by local artists to tourists.

He said, "We need a place for visitors to stop a while to look at the artwork created by our local artists. It is our plan to make Ipoh a creativity hub for art, music, poem and dance."

He is right. We are often given some song and dance about delays in various projects.

Mohamad Kamil, who represented the then Tourism Committee chairman, Nolee Ashilin Mohd Radzi, was pleased with the growing local art scene. He said, "We will have more art exhibitions to showcase their work. We are also worried that art lovers who come here have nothing to see if we don't have more art galleries."

Successive tourism representatives have failed us. They spent money on projects, including this art gallery, only to claim that complications and technical issues have delayed the opening. What technical issues?

We went to inspect the Old Post Office, and found trees growing from the floor of the corridor on the ground floor. As we looked up, we could see that in places, the ceiling was crumbling, presumably where a leak in the roof tiles had allowed water to seep in and rot the wood.

We tried to enter to see if the interior was badly damaged but the front gate was securely padlocked.

So what is the Ipoh City Council going to do with this beautiful building?

Why should we waste more of the taxpayers' money on projects which are half completed? Which crony company benefited from this pointless renovation exercise? Why was the plan to endow Ipoh with an art gallery ditched? What has the mayor to say about this?

## COACHING CORNER BY ABLE COACH

**Dr Shan Narayanan**  
Consultant General Paediatrician, Hospital Fatimah

## COACHING YOUTH: "FINDING YOUR PURPOSE"

Hi ALL it is time for Coaching.....

Times have changed! Young people of today are from an entirely different generation. They think and work differently. Most if not all young people of today are "care free".

In a newspaper article in March 2017, Ministry of health of Malaysia said that at least 20% to 30% of junior doctors fail to complete the two years of houseman training due to work challenges and stress.

The Malaysian Medical Association, Perak Branch, under the

guidance of the visionary, late Dr. R.P Japaraj started the "House Officers Survival Skills Course" 7 years ago. This year the branch, rebranded the workshop as "House Officers Essential Skills Course" which included a half a

day session on understanding the houseman's perspective of the situation.

The session was called "Perspectives". The primary aim being to evoke an awareness within the young doctors, it is their perspective of a situation that has a major role in the outcome.

Being a doctor and a certified coach, I was invited to conduct this session. I conducted this session along with 3 other coaches from the Malaysian Association of Certified Coaches.

What did we do..... What was the outcome?

This is how the session went.....

## Journaling:

Writing things down helps one to express their thoughts and feelings they find difficult to put into words.

Through the journaling session we understood that 85% of those who attended, chose medicine as a career due to a family decision. They were uncertain of their purpose in their job.

This explains the lack of motivation and the contributing factor for their inability to cope with the system.

## Group Discussion:

This session provided the opportunity to express themselves. The coaches listened to their views without being judgemental. There was a huge outpour of the highly hierarchical and structured system in their hospital.

The coaches facilitated a discussion in their respective groups on what the young doctors could do to manage in the system other than feel resentment.

## ACTIVITY.

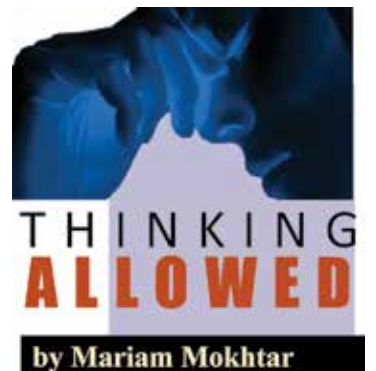
It is time for fun..... we moved on to the Hula Hoop Pass Activity. The youngsters were divided into two groups. Each group was to pass a hula hoop from one end to another as quickly as possible without breaking handholds. They were timed. They then repeated the activity to beat their first timing. This was a fun and energetic activity.

This activity enlightened them about the importance of a positive mind-set, setting goals, strategizing, communicating and supporting each other in order to complete a task.

By the end of the session, the young doctors became aware that they need to find a purpose in their job and change their perspective of the system to cope.

As we ended the day, one of them came up to us and said, I was at the verge of giving up, however, after attending this session, "I am motivated and am going to go all the way till I become a Paediatric Cardiologist".....a mission accomplished!

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



by Mariam Mokhtar



House officers at the coaching session in the "House Officers essential skills workshop"





Chicken Claypot Biryani

ON IPOH  
FOODBy SeeFoon Chan-Koppen  
seefoon@ipohecho.com.my

## SeeFoon Eschews Curry and Discovers Masalas

Kolkata-born Chef Gaggan whose eponymous restaurant in Bangkok has won the top spot in Asia's 50 Best Restaurants for three consecutive years since 2015, says that there is no such thing as a curry in India. And I concur.

A curry is a word to describe the sauce of a dish in India, usually an amalgamation of various spices with some liquid added. These mixtures of spices are called Masalas and the better Indian restaurants always grind and prepare their own. Curry powder is a western invention and it doesn't exist in India. Recipe-specific spice mixes are more common.

The newly-opened **Biryani King** next to the Yik Foong building, opposite UTC, has a chef hailing from Hyderabad who grinds and makes his masalas fresh with spices imported from there. There is such a difference in taste when fresh roasted and fresh ground masalas are used in Indian cuisine and at Biryani King, that difference is palpable.

Their **Chicken Claypot Biryani**, with fluffy long-grain Basmati rice fragrant with a masala exuding a heady mix of spices, too many to list, is cooked over charcoal and served in the claypot in which it was cooked. One order is enough for 2-3 people, **RM28**.

They have a choice of chicken, mutton, beef, seafood and vegetarian biryani as well as a **Dhum Biryani (RM13.90)** which is cooked in a sealed pot for an even richer taste.

**Kali Merch Mutton**, a speciality from Hyderabad, has been marinated for two days and looks innocently mild and pale on the plate but it can sure pack a punch on the palate. The mutton is melt-in-the-mouth tender and the sauce peppery rather than chilli hot, **RM16**.

The Tandoori selection is wide, all cooked in their clay tandoor oven. Recommended is their **Prawn Tikka** which came on the shell and was very well marinated and spicy **RM18**; Chicken which can be ordered in parts or whole **RM10.50** quarter, half **RM21**, whole **RM42**; and the really divine dish is their **Veg Hara Bhara Kebab**, a vegetarian kebab topped with cashews **RM13**.

The Masala paste for their **Crab Curry** is second to none, thick, creamy and chock full of ginger, **RM24**, and do experience their **Squid Masala**, medium sized squid, very fresh, cut in chunks and cooked with a special masala mix, **RM19**.

And then to the **Curry Fish Head**, a dish that is getting harder to find these days, at least the ones with the right kind of fish. This the Garupa head, and not the other varieties more commonly available and not as tasty. Here the fish head comes in various sizes ranging in price from **RM68-RM98**. We had the small one which was adequate for our group of 4. The sauce was tangy without being overly spiced and had the usual



Kali Merch Mutton



garnishing of ladies fingers and brinjal.

We ate all of the above with their **Rumala Roti** (paper thin whole wheat flatbread) or their most unusual **Mozzarella Cheese Naan**, almost like a pizza and oozing with cheese (see pic). Be careful with the last item as it can be very filling. I had one slice and had to stop mid way to make room for other goodies.

They have a promotion where you get one Mozzarella Cheese Naan with one piece of Tandoori chicken accompanied by iced lemon tea. All for **RM16.90** which is a bargain. Also their Biryani promotions are very good value, starting at **RM28 for 2 pax** and you even get to take the Claypot home with you!

All in all, Biryani King, the 'new kid on the block' has a very extensive menu and their opening till 10.30pm means one can go for a leisurely dinner and the added attraction is their space occupying two shop lots with one side air conditioned.



Squid Masala



Veg Hara Bhara Kebab



Mozzarella Naan

### Biryani King

#57-59 Jalan Laxamana, 30300 Ipoh, (opposite UTC building)

Tel: 05 246 0525

WhatsApp and Hotline: 6011 3330 1008;

Ask for Operations Supervisor Malik

Business hours: Monday-Sunday 10.30am-10.30pm

Fridays: Closed for prayers Between 1pm-2pm

Pork Free (Halal certification in process)



**SUKMA XIX Closes With A Bang . . continued from page 2***Perak's football team celebrates their win*

Present were guest-of-honour, Deputy Prime Minister Dr Wan Azizah Wan Ismail, Menteri Besar Ahmad Faizal Azumu, Minister of Youth and Sports Syed Saddiq bin Syed Abdul Rahman, Human Resources Minister M. Kulasegaran and other dignitaries.

After the parade of athletes, Lo Foh Soon and Azreen Nabila were crowned the Games' Sportsman and Sportswoman, respectively. The SUKMA flame was extinguished and the championship flag was lowered. Both the torch and the flag were passed to Johor, host of the 20th SUKMA Games in 2020. The handover was done by Ahmad Faizal Azumu to Datuk Osman Sopian, Menteri Besar Johor and witnessed by Dr Wan Azizah and Syed Saddiq.

"SUKMA 2018 is acknowledged as among the best organised ones in history. Congratulations to Howard Lee, the Executive Councillor for Sports and Youth Development, Dato' Ghazali Jalal and Tuan Musa Don for their hard work in making sure the Games ran smoothly," Ahmad Faizal Azumu enthused.

"The 19th SUKMA Games created history when Perak becomes the first host to introduce the Media Awards for print, electronic and photography categories to appreciate the media in promoting the games. Huge congratulations to the Perak football team for being the defending champion with a gold medal, a hat trick achievement," he said.

"I am glad to announce that the state government will take steps to make Ipoh into a Sports City, a sports hub for mainstream events, extreme sports and e-Games," he concluded.

"Perak now has international standard sports facilities which are on par, if not better, with other states such as the Tuanku Zara Aquatic Centre, Darul Ridzuan Shooting Complex, and the first rugby stadium in Malaysia," Dr Wan Azizah highlighted.

*Howard Lee**Terengganu is the overall SUKMA XIX champion**Perak's men's high jump athlete, Fawwaz Muhd Ilmi Mahamad Afif*

Among the performance highlights were colour guard, drumline, mass formations by over 1600 on stage, cultural performance, firework and songs by well-known crooners, Dato' Jamal Abdillah and Dato' Awie.

*Perak's women's long jump athlete, Kirthana a/p Ramasamy**Perak's women's archery team with their gold medals*





Kinta Properties is inviting suitably qualified individual to fill the position of :-

### Property Advisor

#### Skills :-

- Strong customer facing and presentation skills
- Able to work in a small team and on own initiative
- Good level of English (written and spoken) and additional languages
- Good telephone and conversational manners
- Good time management skill
- Positive and confident attitude
- Able to deal with all customers in a friendly, polite and professional manner

#### Requirements :-

- Sell the whole residential property portfolio
- Manage the sales process and negotiations
- Generate new sales leads
- Follow up online (email and Facebook) and telephone sales enquiries
- Provide exceptional customer service
- Assist colleagues in Sales Admin team to finalise sales
- Prepare weekly sales report
- Understand the developments target market by analysing market trends and requirements
- Be the face of the brand at roadshows and exhibitions
- Supervise the upkeep and presentation of show homes
- Meet individual sales targets and work towards company's KPI
- Other sales related duties as assigned by immediate superior

Interested candidates are invited to email detailed resume, stating work experience, current and expected salary and contact number to [recruitment@kintaproperties.com](mailto:recruitment@kintaproperties.com) or visit our website at [kintaproperties.com](http://kintaproperties.com)

## Wellness

By SeeFoon Chan-Koppen

### How to take 10 Years off Your Face (without surgery)

“Can you really do that?” I asked Dr Khoo Yan Teng, Consultant Plastic & Reconstructive Surgeon at Pantai Hospital, recently. Though trained and practicing with a Master of Surgery in Plastic Surgery degree, Dr Khoo recommends the use of various aesthetic means to achieve a youthening effect before resorting to surgery.

“Surgery is very effective and permanent of course but you will have to factor in the downtime for recovery. Many of my busy clients just don’t have the time for that so they come for the many quick fixes which are now available,” she replied.

“Like the **High Intensity Focused Ultrasound (HIFU)** treatment which takes less than an hour and within a few weeks a tightening effect will gradually increase, resulting in a firmer cheek and jawline. Hence an overall rejuvenation.”

And HIFU is not the only tool in Dr Khoo’s toolkit. Add some **Juvederm fillers** to fill out the nasolabial and marionette lines (two very distinct lines running from the corners of the mouth to either side of the chin), which by the mid-forties creep into our faces uninvited! Or use Juvederm to fill out our cheekbones, heighten our noses or plump out acne scars or hollow cheeks. The uses for this wonder filler are wide and far reaching and the results like HIFU will last close to 2 years.

If drooping and sagging is very pronounced, before considering a facelift, there is also the option for the **Thread Lift**, using serrated threads which are inserted in strategic areas that lift up sagging skin. Again, this is a procedure that will last a maximum of 2 years.



Using HIFU on a patient.

Then top off the whole rejuvenation process with some **Botox®** (to reduce fine lines and wrinkles especially those around the eyes and forehead) and you emerge a new you, refreshed, rejuvenated and all within an hour or two for the whole process. Alas, Botox injections only last about 6 months and will require topping up.

If pigmentation is your problem, Dr Khoo has the solution in the form of the **Dual Yellow Multi Wavelength Laser**, which is effective for treating and clearing Melasma. This happens by

reducing the production of melanin (the substance that creates pigmentation of the skin) at the source. From the pictures I saw, the results are startlingly effective. But a few follow up treatments are required which will be determined by the doctor.

For thin sensitive skin another treatment is the **BellaVita PDRN** (Poly deoxy ribo nucleotide) which is administered through fine needle but it contains lidocaine to reduce pain, which most people say is quite bearable. Instant improvement can be seen in five days although it is recommended to have 4 sessions to achieve desirable results which includes more moisture in the skin, more glow and skin whitening.

Of course if we are looking into regenerative medicine, as the new alternative to healthy aging, which has never hitherto been offered before, there is the MSCs or **Mesenchymal Stem Cells therapy**. Isolated from neonatal umbilical cord, these are cultured and processed, tested in compliance with Good Manufacturing Practice, having the ability to renew and differentiate into a wide range of cells. These new cells are administered into the patient where they seek and stimulate old cells, thereby promoting better health benefits for almost all the issues and cells in the body. These cells are characterized by low immunogenicity and any recipient can use it.

So with all these tools and techniques on hand, taking 10 years off your face should be easy-peasy.

Beauty with Yan- Plastic Surgery Clinic, Pantai Hospital Ipoh  
Suite 202, Level 2,  
126 Jalan Tambun, 31400 Ipoh, Perak.  
Tel: +6012 813 3721. Email: [beautywithyan@gmail.com](mailto:beautywithyan@gmail.com)

## Book Launch

# The Sarawak Report

Clare Rewcastle Brown, author of “The Sarawak Report: The Inside Story of the 1MDB Expose” dropped by Ipoh on Saturday, September 22. She was on a whirlwind book-launch tour of Peninsular Malaysia and had done so in Kuala Lumpur and Penang. The momentous event was held at Tower Regency Hotel, Ipoh and was attended by almost 300 Ipohites who were diehard fans of her.

The fifty-something British investigative journalist was born and brought up, for a short spell, in Sarawak. The Sarawak Report unraveled the stranger-than-fiction story of how the Brit uncovered the world’s biggest “heist” which, on May 9, resulted in the downfall of a renowned kleptocrat, Najib Razak and ended 61 years of an uninterrupted one-party rule of Barisan Nasional.

Investigating the deforestation of Sarawak and the dispossession of its people, Clare followed a trail of corruption that led her to the heart of Malaysian politics and to former Prime Minister Najib Razak himself. To acquire absolute proofs, Clare Brown crisscrossed the globe defying dangers and physical risks to piece together the evidence relating to the 1MDB scandal – the misappropriation of billions of ringgit from a amateurishly conceived sovereign wealth fund.

“I was not even allowed into Malaysia very soon after I spouted my word and so I relied on people contacting me, which they did. Some people right inside the government who felt greater conscience towards their country than their bosses did. They contacted me and, in some cases, there were some terrible consequences to some of those brave individuals. So every time you thank me, I want to thank you all and in the end for having that determination and courage despite the fact that so few of you thought you could win this election,” said Clare during her talk.

“Why I started writing about this? It was because I could see the effect of corruption



on people’s lives and on our environment. The reality of corruption is the difference between people having health, schools, progress, decent roofs over their heads, enough to eat, than being desperately poor, dying unnecessarily at childbirth and their children not being educated like it is in so much of Sarawak and other places,” she pointed out.

“The various threats against me were nothing compared to the real dangers that people faced showing opposition here, for instance, the many brave Malaysians who had campaigned over the years to show up corruption in the government,” she added during the question-and-answer session.

The Sarawak Report provides a jaw-dropping behind-the-scenes narrative of Malaysia’s recent turbulent political struggles, revealing as never before how government-funded cyber-warfare and fake news operate and, in an era of threadbare mainstream media demonstrating that epoch-changing investigative journalism is still possible.

Her books were sold out even before the event started. Fortunate attendees with copies of the bestselling book got

it signed by Clare.

When asked for her advice for aspiring investigative journalists, the amiable Clare told Ipoh Echo, “Get out there, we need you, you’re needed. Stick with your integrity, always double check. Don’t be differential to authority. Never call anyone Datuk/Dato’ because we’re all the same in the eyes of the investigator.”

Present at the launch was Leong Cheok Keng, the assemblyman for Malim Nawar who represented Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture.

Priced at RM80, The Sarawak Report: The Inside Story of the 1MDB Expose (528-page paperback) is available at MPH bookstores throughout Malaysia.

Mei Kuan



## Psychological Wellness

### Savouring the Present Moment with Mindful Photography

Mindfulness practice can be simple and fun. One of the ways is through Mindful Photography, whereby we cultivate mindful and curious attention while taking photos. A recent scientific study in the Journal of Personality and Social Psychology (Diehl, Zauberman, & Barasch, 2016) shows that taking photos can enhance the positive experience as it increases engagement.

#### How to apply mindfulness in photography for happiness?

1. Slow down and smell the roses. When we're not in a hurry, we'll notice more the beauty of the present moment experience. Happiness can be accessed right here, right now; only if we can slow down and appreciate the things around us.

2. Silent distraction and calm the mind. When we're in distress, we don't see things clearly. Even if we do, things usually appear unpleasant or annoying. Try to calm the mind, for example, by taking several slow, deep, and mindful breaths. With a calm mind, beauty naturally unfolds here-and-now.



3. Experience the world with a child-like curiosity (beginner's mind). As you're taking photos, try to be playful, curious, and excited like a child. See if you can communicate playfully with the objects, "Hi Flower, smile and say 'peace.' Pose for me, please. Thank You." Sometimes, by not giving a name to an object (e.g., flower), it's more fun. We get to silence the mind from preconceived ideas of a flower.

4. Smile to and appreciate what you intend to capture with your camera. Our moment with the object is a unique experience. There will not be another moment with the same feeling; even it's with the same object. It's a once-in-a-lifetime moment and that makes it more precious.

5. Scan for thoughts, memories, and feelings that arise with the images. As you're capturing the images, take in the positive and let go of the negative. Learn from the negative experience and let them go like clouds passing through the sky. Focus on the positive experience and immerse yourself in the positive feeling.



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

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

## JPS Dumps Garbage



Recently JPS, Drainage and Irrigation Department (DID) cleared the bushes, plants and grass along the fence of the retention pond in Merdeka Garden. The irony is the removed garbage was thrown along the side of the river bund facing the river. The vacant land next to the retention pond is also being cleared and the contractor has done the same.

During the rainy season when the level of water in the river rises, this garbage would be washed down and get stuck at the bridge along Jalan Raja in Kampung Manjoi. This has been identified as one of the main causes of flooding. During past floods, garbage stuck at the bridge have overflowed onto the road. There have been occasions when the water level of the river is just a few inches below the top of the bund. Seeing fast flowing water at this level is frightening.

DID is responsible for maintenance of the river and people are advised not to throw garbage into the river and DID is guilty of that. What action is DID going to take on the people who have done this?

This reminds me of the Malay proverb 'pagar makan padi' which means, "We trust the fence to protect the padi, but instead the fence destroyed the padi". The people who are supposed to be the protectors are the perpetrators.

A. Jeyaraj



## iSpeak

By A. Jeyaraj

## Suburban Wet Markets Need to be Upgraded

Most of the suburban markets around Ipoh like those in Pasir Pinji, Gunung Rapat, Buntong and others are more than 50 years old and some years ago MBI decided to rebuild the markets with the funding provided by the Federal Government.

I attended one of the meetings between MBI and the traders. MBI officers made presentation of their plan for the new market and the traders made their own presentation. The presentation of the traders was more meaningful and based on their experience. The traders emphasised that even relocating the market a few hundred metres away would drastically affect their business. With strong objections from the traders in the markets, the proposal was dropped. The state government had to return the RM36mil allocation to the Federal Government.

At that time I spoke to traders in Buntong market about plans for a new market. Except for a few traders the majority of them were not aware of this. They were also not in favour of relocating to another site.

The failure of the proposal was mainly due to communication problems. MBI engineers drew up their plan based on their theoretical knowledge. They did not discuss with the traders, who are the clients, about their requirements. The traders know best what they want, the size and layout of the stalls. Customers do not like split-level or multi-storey buildings. A lot of the traders and customers here are old, it is not convenient for them to climb stairs. People still complain of the split level in the main market in Ipoh.

Traders in wet markets are facing stiff competition from hypermarkets and superstores which are selling the same products. More and more people are buying things online. There are night markets near most of the housing estates which is convenient for the residents to do their shopping. Parking is a major problem in suburban markets.

Most of the traders in wet markets depend on regular customers and are afraid that if they relocate, they would lose them. MBI must try to rebuild the market in phases in the same location.

Tanjung Rambutan market is one example where the old market and food court has been upgraded successfully in the same location. I visited the market during mid-morning on a week day and there were very few shoppers. Though the market was completed a few years ago, the building still looks new. The space between the stalls is wide and easy to walk. The floor is comparatively clean and dry except the area where fish is sold which is rather wet. I saw a water hose lying on the floor.



In most markets customers complain about the hygiene of the food court, but here the place was dry and clean. Only a few stalls were open.

It is common to see vendors selling vegetables and other items outside the wet markets. When enforcement officers come, the illegal traders collect their stuff and run away. However, in this market there were no vendors selling vegetables outside the market. There were traders selling mostly secondhand goods along the road.

On my return journey from Tanjung Rambutan, I visited the Bercham market. Driving along the road in front of the market tests the skill of the driver. Cars and vans are parked all over the place. The market building looks new, but there are more stalls outside the building than inside.

Ipoh is progressing and many new buildings are coming up with modern concepts. The old wet markets are an eyesore and need to be upgraded.

I think the traders have now realised that the markets must be aesthetic to appeal to the customers who go there. The environment must be similar to that of other shopping complexes.

It is time for MBI to discuss with the traders again and convince them on the need to upgrade the markets and incorporate their requirements in the design. With the new government, it should be successful. To be competitive, traders need to be forthcoming with their suggestions and ideas to upgrade the market. It is their livelihood at stake after all.



## Community



## Sick Boy's Wish Fulfilled

The wish of 12-year-old Al-Asri Ramli, who suffers from a critical heart disease, came true when he got to set foot in Ipoh's theme park, Lost World of Tambun (LWOT) with his family.

The dream of Al-Asri was realised by the *Children's Wish Society* (CWS) in collaboration with LWOT. CSW is an active NGO that deals with underprivileged kids.

General Manager of LWOT, Nurul Nuzairi Mohd Azahari said that the management has always assisted the underprivileged, especially children with chronic illnesses.

"We took time to entertain these special children. We felt touched seeing their dreams to have fun at LWOT were fulfilled.

"Al-Asri seems so joyful with his family members. They played with the animals at the petting zoo and enjoyed themselves at the water theme park. We provided accommodation for them so that they could enjoy the hot spring at night," she added.

Al-Asri is a Standard Six student from Sabah. He came with his brothers, Al-Hasir, 9, and Radzman, 4, as well as his mother, Sitti Sarha Julasbi, 32. Al-Asri was diagnosed with a heart ailment known as Complex Cyanotic Heart Disease since he was three months old.

According to his mother, Al-Asri's disease is incurable as his heart is located on the right side. He's under doctor's observation constantly.

"My son has to live like this for life. Unlike any other normal kids, his activities are restricted. He would often experience shortness of breath when he's tired. I am grateful to the sponsors for granting my son's wish to have fun at the theme park," she expressed.

Flight expenses for Al-Asri and his family were paid by the NGO while accommodation and food was provided by Lost World of Tambun.

Rosli Mansor

## Photography Contest

Dishes from Hai Yong Seafood Restaurant, Kampung Sungai Burung, Bagan Datoh took top spots at the "Ipoh Mobile Photography V.2: Food Attacked" contest held recently.

The contest was organised by People of Remarkable Talent (PORT) between August 31 and September 14. A total of 130 photos were submitted to the organisation's Facebook page for evaluation.

Kin Yue, 32, who works at Universiti Tunku Abdul Rahman (UTAR), did not expect the picture she captured would win.

"I was surprised when informed that I'd won. I am grateful to the organiser for picking my food picture," she said. "The contest provides an opportunity for Ipohites to hone their photographic skills while promoting food business," said Kin Yue who took home a cash prize of RM500 plus a certificate.

Zamari Muhyi, general manager of PORT, said the contest would be continued in view of the overwhelming response.

"It's beneficial not only to food vendors but to Tourism Perak as it helps promote food products synonymous with Ipoh," he told reporters after the prize-giving ceremony at Silveritage, Medan Gopeng on Sunday, September 16.

Rashid Petra, 37, won second place with his picture of Mee Ketam taken at Port Ikan Bakar Station 18. He received RM300 and a certificate.

Noor Habibah Yusop was placed third with her photograph depicting burger from Sumo Kitchen D Polo Café. She won RM200.

Fourth to fifteenth placed winners received a hamper and certificate each. Prizes were presented by the director of the Ministry of Tourism, Arts and Culture (Perak chapter), Mohd Hizaz bin Mohd Ibrahim.

Rosli Mansor



## Connexion

By Joachim Ng

## Cave water's power to restore minds



A cave of ancient wisdom in which restorative waters flow that can transform you into newborns... this is one of the secret treasures awaiting your discovery in Kinta Valley Geopark, a massive 2,000 sq km natural wonder stretching from Ipoh to Kampar.

A million netizens live in this geopark and several million others have followed its food trail, but there is another trail that leads you into a wondrous cavern. Deep in its recesses is a bubbling stream, and above it stalactites hang down from the dome-high ceiling like chandeliers. Follow the waters some distance upstream and you come to a hot spring spewing out steam.



Eco-tourism is stirring in the city of limestone hills, and along with the awakening we hope to see pilgrims entering the caves that have long been a source of intuitive learning. More than 1,200 species flourish in the hills, all tracing their ancestral origins to the waters of the Kinta Sea many geological aeons ago. Diversity of plant, animal, and human communities is our natural heritage. Now with the science-based multi-faith

Deep Nature Exploration retreat, you can also learn to harmonise the diversity of minds.

Soak your feet in the running water, gaze at the needle-shaped stalactites that hang down like icicles, and marvel at the hissing steam of a hot spring. Steam, ice, and water... three contrasting states of the chemical compound H<sub>2</sub>O. What if they were like humans battling for supremacy? Steam would dissolve ice, and in the process is itself dissolved in water. Blast steam continuously into water and much liquid evaporates.

Strife-torn West Asia: Judaism, Christianity, and Islam share common origins like steam, ice, and water. The ablution and baptism rituals of Muslims and Christians should remind you of their linkages. Yet Muslims and Christians — even in Malaysia — hold unfavourable stereotyped views of each other, tagging the other with the label "unbelievers". In Deep Nature Exploration you learn that water, ice, and steam originate from just one archaic fundamental element — hydrogen. The name "hydrogen" means "genesis of water". It is the first element to exist and remains present in all three states of H<sub>2</sub>O.

In like manner, a fundamental substratum unites Christianity and Islam. Some of their doctrines appear contradictory, but doctrines are mental concepts shaped by particular situations and the character of language. Early followers were more interested in the details of right living than the details of correct beliefs. But present-day communities are letting doctrinal issues pull them apart. Knowledge of underlying truth can draw them back together.

## Hope Worldwide Mid-Autumn Festival



About 40 senior citizens from Persatuan Kebajikan Love & Care Malaysia, Menglembu, were treated to a luncheon at Sun Lee How Fook Restaurant by Hope Worldwide Malaysia (HWM) in celebration of the Mid-Autumn Festival on September 21.

Besides the delicious makan-makan, guests were entertained with traditional dances performed by the Glory Creative Team and were taken back to memory lane through renditions of the good, evergreen oldies. After the function, all residents left for home with ang-pows and gifts as takeaway presents courtesy of HWM and Mr Lau Wing Fatt.

Hope Worldwide Malaysia is an international non-profit, non-religious organisation established in Malaysia in 1996. Their main areas of focus are on children, education, health, senior citizens, employment and volunteerism, with the object of improving the lifestyles of the poor and needy. HWM has since its inception, prided itself in reaching out to the underprivileged in this country regardless of race and religion. They are currently appealing for volunteers to help in the above areas and anyone who is interested is requested to contact Mr Calvin Chai at 017 200 1861.

## To Advertise

www.ipohecho.com.my  
**IPOHecho**  
Your Voice In The Community Since 2006

016 501 7339

Deanna Lim





## Producing Bean Sprouts

A long-standing, favoured addition in many local dishes, Ipoh Echo learnt all about bean sprouts from one of the farms located along Jalan Bidor in Buntong.

An exclusive one-on-one was done with 65-year-old Theen, owner of a bean-sprout farm run by three generations of the family for over 40 years. Upon entrance, rows and rows of blue bins containing about 90kg of sprouts each came in sight.

"I learnt how to grow the shoots from my father from young," Theen shared during his first interview with the media.

The germination starts off with soaking the black beans for three hours. The bad, chipped ones will float leaving the good ones behind as the beans are washed. Next, the beans are watered every five hours with water from a limestone well for six days after which it is washed to remove its roots and the hulls from the shoots. It is then ready for sale.

During our visit, the sharp-eyed Theen could single out one single bad bean from the pile of soaked beans from just one glance. "Last time, we used to use mung beans which produce bean sprouts with a sweeter taste. However, the mung beans itself don't have a long shelf life yet cost more," he recalled.

According to him, pipe water is not suitable for growing bean sprouts as the liquid contains chlorine which results in mushy vegetables.

"The younger generation is not interested to run this farm because they do not wish to be tied down by long working hours of almost 24 hours non-stop. Plus, one needs to be observant at all times for any rotten beans or shoots in the bins," he explained.

For instance, the removal of the hulls from the shoots is done in the middle of the night as clients prefer to collect it at that time, just in time for the morning crowd. The farm's production capacity is restricted as Theen is getting older and he has limited employees. Thus, Theen only deals with longstanding regular customers who have put in their orders in advance. He supplies his fresh produce within Perak by selling it to middlemen at RM1.50 to RM2 for 1kg.



How does one define quality bean sprouts? The amiable Theen replied, "It has a crunchy texture. Usually the long and thin ones are less crunchy."

He pointed out that Perak's bean sprout farms are concentrated in the Buntong area. "In the past, we used to have over ten farms but the number has now dwindled into half. Back then, we delivered to KL because KL didn't have their own bean-sprout farms. Last time, in the whole of Malaysia, only Buntong produced bean sprouts. Now, Johor, Bukit Mertajam, Kedah and others all have their own farms. Thus, we supply only within Perak now," he added.

**Mei Kuan**

## Ipoh as Innovative Smart City

Over 150 city councillors and the intellectually curious attended a discussion titled "Ipoh – Innovative Smart City: Accelerate a Future Smart Ipoh" on Wednesday, September 5 at the city council building with guest speaker, Koh Chye Hock.

"I would like to congratulate councillor Chan Kok Keong for putting together this session despite a short notice of less than 24 hours. The smart city concept is based on the sustainable management of resources and architecture. It is a consumer friendly concept which is becoming popular globally in this new era. Accelerated by technology development, it is aimed to increase the efficiency and productivity in the running of a city," Mohd Zakuan Hj Zakaria, Council Secretary said.

Chye's vision to accelerate Ipoh is for it to become the destination of choice for investments in innovation, start-ups and accelerators in technology and creative industry. Plus, having a new identity grounded in its roots and natural environment.

"Up to about 1980s, Ipoh was a very well known city and always had an identity – tin mining city. After we lost that edge, that identity of Ipoh also collapsed with tin. For many years, Ipoh has been trying very hard to find a new identity and image such as heritage city and tourist city. Ipoh is unique by itself but we need to find or rejuvenate an identity for Ipoh. There is no better time than now for Ipoh to brand itself as an innovative smart city," Chye explained.

Ipoh's sister city, Fukuoka is the smart city of Japan focusing on sciences and robotics technology. On the other hand, Chiang Mai focuses on design and creative arts while Hangzhou on technology. For Ipoh, Chye listed six focus areas: smart tourism; health and wellness; food technology; creative industry; education and agro-industry.

"Why I think Ipoh can be a successful innovative smart city? First of all, it is affordable and liveable. It is also easily accessible due to its geographical location. Plus, we have a low-cost structure for investments. Of course, it's very important to have a pro-investment and business friendly city, state government and citizenry. The engine for



innovative smart city is the private sector thus there are two things the government need to do: set the right policies and provide an endorsement," Chye highlighted.

A native of Ipoh, Chye studied philosophy at the University of Utah, USA. By profession, he is a lawyer. He is the author of "The Chronicler: One Man's Diary on Life". Specialising in oil and gas law and working for an American multinational oil company, he is an active leader in his community in non-profit and performing arts space.

**Mei Kuan**

## Beauty Knows No (Age) Limits

Mrs Gorgeous World 2018, held for the second year running recently at Syeun Hotel, was a pageant with a twist. Charity-based, it was aimed to highlight the irreplaceable, varied role of women, particularly married women as providers and mothers in building a strong society. A total of 24 finalists from 28 to 70 years of age vied for the title, a testament to beauty without age limits.

Amid the glitz and glamour, part of the proceeds from the pageant was donated to Tabung Harapan Malaysia (RM3000), DJY Charity Team (RM3000), Lions Club of Ipoh Centennial (RM3000), MMA Chan Meng Khor Dialysis Centre (RM3000) and Pertubuhan Cheongsam Perak (RM1000). A charity auction was held in which a pair of resplendent jade earrings worth RM16,000 received the highest bid of RM26,000.

As a platform to discover inner qualities such as confidence, the entrants came from all over the nation with one contestant hailing from Chongqing, China. Attended by over 700, the symbolic pageant was presented by EWO Events Management & Marketing Sdn Bhd.

Among the VIPs present were Toh Muda Dato' Ab Wahab bin Dato' Seri Azizul Hassan, Territorial Chief of Kinta, Dato' Ngeh Koo Ham, Perak Legislative Assembly Speaker, Charlene Mok, Mrs Malaysia World 2012, Alice Ong, Mrs International 2017 Champion, Datin Janet Yeoh, Datin Caroline Wong and Dato' Dr Wenddi Anne Chong.

Sally Tan Kim Siok, 60, was crowned winner for the diamond category while Maggie Thiong, 42, emerged top for the crystal category.

"I had bone spur which developed in the spine. After it was healed, I was really grateful to once again be able to wear high heels, dance, do the catwalk and participate in pageants. Thanks to the encouragement of my friend, this is the eighth contest I've joined in order to broaden my horizons and obtain more friends. For aspiring contestants,



*Sally Tan (far left) and Maggie Thiong (far right)*

don't give up even if you didn't get any prize. If you have faith in yourself, opportunity will be aplenty. Be the best version of yourself even while speaking, sitting, walking and standing," Sitiawan-born Sally Tan, who has a 26-year-old son and a 32-year-old daughter, shared with Ipoh Echo.

**Mei Kuan**



# Celebrating the New Malaysia



Malaysians for Malaysia, a new narrative for Malaysia written by Malaysians celebrating the country's social and religious diversity, held a Malaysia Day celebration on Saturday, September 15 at D'Polo Café. Prior to this, the same community had presented similar events in Kuala Lumpur, Penang and Johor Bahru.

Guest of honour, Wong May Ing, the Executive Councillor for Women and Family Development, Character Development and Social Welfare represented Ahmad Faizal Azumu, Menteri Besar.

Over 500 people of all ethnicities attended the meaningful celebration in multi-hued traditional attire.

"Perak Women for Women Society is very proud to be the joint organiser of this community programme together with Malaysians for Malaysia. The last general election has proved that we can still live together harmoniously and in fact, we have a greater, younger generation who has made that happen. Our get-together here today is to celebrate that harmony that we share," Sumathi Sivamany, President of Perak Women for Women Society cum head of organising committee for the celebration in Perak, stated.

"Merdeka and Malaysia Day this year are very special to us Malaysians because it's different. Merdeka, back in the day, we were liberating ourselves from colonial power. Since then, we have had to deal with this regime that has stayed on for over 60 years without much say on our part. When it came to that point where we felt we could no longer stand by, it was so heartening to see Malaysians band together and really show

that the power belongs to the people. This is really a celebration about us, regardless of colour, creed, gender, sexual orientation, whatever differences that we may have. A round of applause for ourselves for showing that change can happen without violence and bloodshed," Yana Rizal, representative of Malaysians for Malaysia (Kuala Lumpur), enthused.

"We, Malaysians for Malaysia, really are just a group of people that came together about four years ago. It has been under the leadership of Datin Paduka Marina Mahathir. What we are for is to get Malaysians to really embrace that spirit of togetherness which we sometimes lose in the heat of the moment in certain issues where we may disagree," Yana added.

"All of us, our responsibility doesn't end with casting our vote during the general election. In celebrating the New Malaysia, we can also contribute by keeping our area clean and free of disease. Plus, we can play our part in our various fields to strengthen our economy. The state government welcomes viewpoints from Perakeans and we will boost the integration between the people and the state government," Wong May Ing explained to the media.

Other activities of Malaysians for Malaysia included "A Walk in the Park", "Walls of Hope" and "Puasa4Malaysia". For more info, swing by its Facebook page: Malaysians for Malaysia

Mei Kuan

## KOHIJAU Won Best of Best Award



Koperasi Alam Hijau Perak Berhad (KOHIJAU) was honoured by Junior Chamber International Malaysia (JCIM) in collaboration with United Nation Sustainable Development Goal with two awards: The Best under the Goal # 13 – Climate Change category and the Best of the Best Award 2018.

Held for the second year by JCIM, the prestigious event was aimed to reward Malaysian companies and organisations, civil societies and NGOs for their efforts to advance the United Nations' Sustainable Development Goals.

KOHIJAU's project entitled "Social Business – From Trash to Cash: A case study on Jelapang Tambahan" caught the attention of the 5-member panel of judges headed by Professor Dato' Dr Denison Jeyasooria, Co-Chairman of the Malaysian Civil Society Organisations Alliance and Principal Research Fellow, Institute of Ethnic Research, UKM.

Associate Professor Dr Richard Ng, Chairman of KOHIJAU received the awards from Stefan Priensner, United Nations Resident Coordinator for Malaysia and UNDP Resident Representative for Malaysia, Singapore and Brunei, at the JCIM SDA 2018 award ceremony held recently in Petaling Jaya. KOHIJAU beat 38 other finalists from among the established organisations and NGOs.

Dr Richard said, "This is the mother of all awards that we have been waiting for after more than three years educating the public on recycling and reward them for their efforts. It really came as a surprise to all of us as we are such a small NGO but with passionate volunteers."

Prior to this KOHIJAU has helped four other communities to win their respective award. These included the Premier Award under the Best Innovative Project category in

## Newborns for Malaysia Day



Pantai Hospital Ipoh welcomed three newborns on Malaysia Day. Hazina, 28, and hubby Zainul Azuan, 29, had a baby boy weighing 3kg at 7.44am. Another couple, 31-year-old Siti Noriyana and 32-year-old Mohd Khairul had a baby girl weighing 2.95kg at 11.12am. The third, a baby boy, was born to Khairul Laili, 32, and Mohd Khatib, 33, weighing 2.75kg at 11.26am. Congratulations to the happy parents!

Mei Kuan

helping the Jelapang Tambahan communities to earn supplement income which was won by Rukun Tetangga Jelapang recently.

Last year KOHIJAU helped the Slim Village to obtain third placing in the national Premier Village award for cleanliness. KOHIJAU too played a part in helping SMK Raja Perempuan Ipoh to emerge as the national champion in the Toyota Eco environment project. In March, KOHIJAU helped the Selama Police District to become the national champion in recycling innovation for using the KOHIJAU recycling system.

Dr Richard added, "The big win is the first of its kind for an NGO from Perak. We are definitely very proud of this achievement, more so by beating other bigger corporations and established NGOs. We hope the win will spur more NGOs to embark on advancing the Sustainable Development Goals."



## Arts and Culture

# Cartoonists Who Inspire

The September edition and third anniversary of Sharpened Word featured two speakers namely, Sarah Joan Mokhtar and Max Loh. The event was held at 19, Jalan Tun Sambanthan on Saturday, September 15.

Sarah has a colourful career as a cartoonist, illustrator and writer. Among the awards she won were the Malaysian Digital Economy Corporation (MDEC) Comic (2007), first runner-up in Malaysian British Council "In Print" National Art Competition (2007), Napoleon Hill International Convention (2010) and Malaysia Contemporary Mural Painting (2010).

Max Loh is a biomedical science graduate and works as a research officer while being a freelance cartoonist. He has been creating comics independently for over a decade.

Both cartoonists are co-founders of UnNamed, an online comics collective for South East Asian creators.

The session kicked off with the speakers sharing their experience publishing their first comic books.

"During Canteen Day at school, parents came to me for pictures after reading my works. It's a great experience," said Sarah. Her debut comic strip, "Awek Aspuri" was featured in a popular local comic magazine, "Ujang" when she was just 14.

"I began with comics in 2002 when I was in Form 5. There was this comic fiesta, so my friends and I decided to make a comic book. We'd only two weeks to work on it. It's a great start and inspired me to produce more comics," recalled Max.

Avid comic fans since they were teenagers, they shared their inspiration with the audience, made up mostly of youngsters.

"I was born in the 80s. Being an introvert, my hobbies included reading, drawing and watching Saturday morning television shows. In my teens, I used to read "Gila –

Gila" magazine. My father is a collector of the "Kampung Boy" series by Datuk Lat and without realising, I was hooked. Then, I got inspired by Japanese manga with my favorite being Dragon Ball by Akira Toriyama. Sailor Moon was also a huge hit then," said Sarah.

"I was so motivated to be an animator and to develop stories in comics. I love character designs and the element of life in comics," added Sarah. She has been selected to participate in the Atlantic Centre for the Arts in Florida by Craig Thompson, a famous American graphic novelist.

Max likes to recreate animated characters that he loves.

"I learnt to draw and paint from my mum. I was taught all about drawing tools in art class," said Max.

A one-on-one session was held where the two guest speakers reviewed the artworks by fine art students from UiTM Seri Iskandar and Sunway College.

Youngsters, said the speakers, should not be afraid to go out and show what they are capable of. They should participate in comic fiestas to gain experience and to make friends with those who share similar interests.

Check out Sarah's work on Instagram (@sarahjoanmokhtar) and Twitter (@sarahkartunis) as well as Max Loh's on Twitter (@Maxsterism).

Qistina Izfarina



## Environment

## 1000 Mangrove Trees for Merdeka Day



About 100 volunteers comprising of local community, school students, non-governmental organisation and government officials were treated to a mangrove tree planting event with a difference over the weekend. The event was organised to raise awareness on the importance of mangrove forests and is part of an effort to restore and conserve 100ha degraded mangrove forest located in Lekir Forest Reserve, Sitiawan. A total of 1000 mangrove saplings (*Rhizophora apiculata*) were planted in the degraded area.

Spearheaded by Friends of Lekir Sitiawan Mangrove Forest in partnership with the Perak State Forestry Department and Global Environment Centre (GEC), the event is part of the Restoration and Conservation of Mangrove Programme which began in 2014. The event was also organised in conjunction with 61st Merdeka Day celebration, themed "Sayangi Malaysiaku" and funded by Vale Minerals Malaysia.

"Mangrove forests in Malaysia not only provide benefit to local community and support livelihood but also support a wide range of ecosystem services. Therefore, it is the civic duty of every citizen to play a part in conserving and protecting our priceless natural resources," said A. Hadi Kamil Ismail, Chairman of Friends of Lekir Sitiawan Mangrove Forest.

Participants also learnt about the importance of the mangrove forest ecosystem to its surrounding areas and its link to issues such as climate change. The awareness is crucial to change, and events like these are an important avenue to educate the masses about biodiversity and sustainable development. The goal of the event is to raise awareness among the stakeholders and show them that they can contribute to mangrove protection and sustainability through simple actions in their daily lives.

"Many people are unaware of the key role mangrove forests play in supporting biodiversity and slowing down climate change. We hope that through this event, a fuller understanding of this ecosystem service and its value in both social and economic terms will assist the local community and stakeholders to protect and sustainably manage the forest," said Yahya Bin Mad Nor, ADUN for Pasir Panjang, who officiated the event.

Hadi expressed his thanks to the funder and the stakeholders for their involvement and looked forward to continuous support from many parties to restore and conserve the mangrove forest.

## Government

## Changing Mindsets

"Ours is a democratic country and this is what the people have decided. Thus, civil servants must accept the change," said Chief Secretary to the Government, Datuk Seri Dr Ismail Bakar. He stated that changes will be made within the government machinery to avoid any deceit by civil servants and displeasure from the people.

"If we don't give our best, the people will be angry. Don't let one bad apple spoil the barrel," he told a gathering of Perak civil servants at the hall of the State Secretariat Building on Thursday, September 20. Perak was the first state he visited after assuming the appointment.

The first change is the way civil servants sign off letters. The inscription, "Saya yang menurut perintah" (I who obey orders) presently used in official correspondences will be replaced with "Saya yang menjalankan amanah" (I who carry out the trust) effective September 20.

Dr Ismail Bakar said that the move was in line with the government's requirement that every civil servant should now consider orders and assignments given as a trust that must be fulfilled as best as possible.

Menteri Besar, Ahmad Faizal Azumu and State Secretary, Dato' Haji Mohd. Gazali bin Jalal were in attendance.

The new inscription, said the Menteri Besar, indicates how civil servants handle their job which is based on trust and responsibility. The former signifies blind loyalty to superiors.

According to the State Secretary there are 85,710 civil servants in the state, most of whom are teachers and members of the security forces. Out of the 13,505 state civil servants, 12,752 are on a permanent basis while 753 are contract staff.

Qistina Izfarina





## Nosh News with SeeFoon



## Take a Break VIP Lounge

Ever encountered a white laksa before? Well I just had my first encounter and I enjoyed it thoroughly. Proprietors/chefs Gillian Chin and Anna Lee, both work in the kitchen as well as manage the cafe and between them they have some interesting items on their menu. Aside from Friday Rock nights when they're open from 8pm to midnight and the beer flows as the rock live band plays, this is strictly a lunch and tea cafe with a homey feel to it.

Ona Laksa, the soup/sauce is mellow but still with a kick to it. Redolent with bunga kantan, shallots and served with their green homemade apple cider chilli sauce, this is a laksa with a difference, using soya milk instead of santan, RM6.90.

Yellow Curry Noodles topped with chopped peanuts is smooth with just enough spice to make it interesting. There is also the homemade green chilli sauce to spice up any dish, RM6.90.

Beef Noodle Soup with tender chunks of beef shin, homemade beef balls textured with the generous addition of tendon, the broth umami and the noodles using 'Lai Fun' or thick rice noodles is one of the best in the city, RM9.90.

Take a Break Curry Laksa, the traditional curry Laksa given a Nyonya veneer, RM7.90.

Tea Sets are available with fresh-made scones, Cempedak Cake, finger sandwiches and many more made fresh daily.

### Take A Break VIP Lounge

16 Tingkat Taman Ipoh 11, Ipoh Garden South.  
Gillian: 012 515 8973 or Anna: 012 541 8992  
12-5pm Closed Mondays;  
Every Friday Rock night 8pm-midnight.



## 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.

### Syabas to SUKMA 2018

Perak should be congratulated for organising SUKMA 2018 in Ipoh with great success. The participants from the 14 States including Brunei had a wonderful experience in this SUKMA Games held in Ipoh from September 5-22. The overall champion was Terengganu with 56 golds followed by FT52 and Selangor with 47 golds. Therefore, Terengganu became overall champion this time around.

Our Police personal of all ranks must be congratulated for carrying out their responsibilities with utmost care and sincerity, so much so, there were no mishaps all the way. We really admire them by the way they carried out their duty – escorting SUKMA buses with participants all over Ipoh with ease and confidence to Stadium Perak and other respective venues for the participants to arrive on time for their competition.

The Police outriders were on duty as early as 6am. Their sacrifices and commitment are commendable and I hope the authorities will reward them accordingly.

The official opening ceremony was done by no other than our beloved Sultan of Perak and the closing by Datin Sri Wan Azizah Bte Wan Ismail, Deputy Prime Minister of Malaysia. Prior to this our Perak Menteri Besar Ahmad Faizal Bin Azumu delivered an inspiring speech at the closing ceremony.

The next SUKMA Games is scheduled to be held in Johor Bahru in 2020. Our Perak Menteri Besar disclosed the formation of Ipoh Sports City Corporation as that of Bukit Jalil Sport City in Kuala Lumpur including to construct a hotel accommodation for the athletes at all level. We must congratulate all those outstanding participants in this SUKMA Games 2018 and bring glory and pride for our beloved country as a whole.

K. Letchimanan

## Education

## Helping Young People to Succeed

A total of 15 students between 14 and 18 years of age participated in the *Brightwings Teen Leadership Course* held at Meru Valley Resort. The seven-day training programme, aimed to give teenagers the mindset, skills and the action plan to successfully start their career and life after education, concluded on Sunday, August 26 with presentations and graduation session.

"It's good for teenagers because the leadership course covers a lot of topics. My son enjoyed it from day one as he learnt things which are out of the box and not acquired in school. He found out about the course through the Ipoh Echo and then I read up about it via Facebook. I would be glad to send him to similar courses like this in the future," Wendy Woo, mother of 15-year-old Bryan Chan, enthused.

"I find it very helpful especially in Ipoh where we don't get much exposure. It's good to build up children's confidence and presentation skills. I learned about the leadership course when Dr Camille spoke at a parent session in Tenby Schools where my daughter studies," Kamini, mother of 15-year-old Saasmita, shared.

Pravin Saraspathy attended the course on a Datin Teoh Phaik Lean Scholarship. "As a university student coming to this course, I actually was thinking a lot about career and employability skills. When we were in this course, we learnt why people are unemployed even though they have good degrees from good universities. For instance in communication, they taught us public speaking, spontaneous speaking, how to present ourselves in interviews and networking," he highlighted during his speech in the team presentations.

"We had a fantastic group of students who made strong efforts and made really visible improvements – whilst having a great time and a lot of fun. We were really inspired by the results," Dr Camille Koppen, CEO and co-founder of Brightwings told Ipoh Echo.



Over the past decade, Dr Camille has worked as a management consultant in London for global organisations. Prior to that, she graduated with a first class and PhD in Experimental Psychology from the University of Oxford.

Brightwings Education helps students to discover their strengths and direction and prepares them for their career and life. It runs training programmes in Singapore, Malaysia and the UK (Oxford University) for students between the ages of 14-25.

To find out more, visit the Facebook page (@BrightwingsEducation), visit the website ([www.brightwings.co.uk](http://www.brightwings.co.uk)) or email Dr Camille at [camille@brightwings.co.uk](mailto:camille@brightwings.co.uk).

Mei Kuan



# Condolences

*With Deepest Sympathy and Heartfelt Condolences  
to the Family of the Late*



**MR SIVAPRAGASAM GOVINDASAMY**

**who passed away on  
Tuesday 25th September 2018**

*From:*

**KINTA PROPERTIES SDN BHD**

**MERU VALLEY RESORT BHD**

**IPOH WORLD SDN BHD**

**MEDIA MASTERS PUBLISHING SDN BHD**

**IPOH ECHO SDN BHD**



# TRIBUTE

I came to know Sivapragasam (Siva to his friends) in mid-2002 when we met to chart the course of a non-governmental organisation, appropriately named Ipoh City Watch. As the name suggested, the outfit was formed by like-minded individuals who had the interest of Ipoh in their hearts.

There were barely 10 of us and all of us were nominated to be in the working committee. Siva was among the two who paid the full subscription of RM100 to be a life member.

Siva was pretty quiet throughout the meeting. That was by nature his character. He spoke only when it was necessary and whenever he said something others would crank their necks to hear him out. Siva was a rational man who brooked no nonsense, articulating his views with clarity and conviction. That I guessed was what gravitated many to him.

When we decided to transform Ipoh City Watch’s newsletter into a broadsheet in order to reach out to a bigger audience, Siva asked me to look around for samples. I got a few from Melbourne and the rest, like they say, is history.

With Siva’s passing it leaves a huge void in me and in Ipoh Echo. It is a fact that without Siva and the late Dato’ KK Lim, Ipoh’s only community newspaper will remain just a figment of our imagination.

I mourn the passing of a great friend who had been a source of inspiration for the many who knew him.

Adieu, Siva.

**Fathol Zaman Bukhari**

I met Siva for the first time in 1967. The next time we met up again was in 1997. We carried on from where we left off despite not having kept in touch. That is a measure of the man – open and welcoming.

One of the things Siva likes to say is “Throw a stone, see what happens”. And that he did many times.

Together with the late Fan Yew Teng we started the Thursday Club where people could gather to discuss matters of public concern especially concerning Ipoh. Siva provided space at the Syuen Hotel and also refreshments. The club did not last long because people were apathetic and many who came were more interested in the refreshments.

But that did not discourage him.

He threw another stone and Ipoh Echo was born.

He wanted to give voice to the voiceless, to keep the authorities on their toes but also to contribute positively with ideas to make Ipoh better.

Ipoh has always been in his heart – I have told him many times he should have been the Mayor. He would have made a great Mayor!

A man of conviction; he stuck to his principles but he also sought compromise and common cause – not through deal-making but persuasion, friendship and humour. His arguments never became personal.

Siva was also a kind and generous person. Always looking for ways to add another rung of opportunity on the ladder for those who want it.

He has talked of starting a reading room in a poor area of Ipoh so that residents can have a place to read. He was an avid reader and very well informed.

On one of his visits to Medan he donated generously to the work of Father James to help give education to orphans; never mind that he was not a Catholic and the orphans were Muslims. Race and religion did not matter to him.

There’s a metaphysical saying that the guru comes when the student is ready. And the guru leaves when the student has learned his lesson. Similarly, friends come into each other’s lives when we have most to give and receive from each other. But it’s always too soon when a friend leaves. I will miss him.

**Bobby Yin**

He was a man who simply wanted to make Ipoh a better place to live. He cared about Ipoh and would help anyone who thought the same way.

**Ian Anderson**

G. Sivapragasam and I both finished off Form Five in year 1960 as classmates at St Michael Institution, Ipoh.

Thereafter Siva continued to pursue his tertiary education overseas. Humble and unassuming, he acquitted himself well and was socially likeable among his fellow classmates and friends.

Endowed with a spirit of camaraderie and a disposition with no traces of racial discrimination, he is flushed with empathy, openness and compassion for others. His absence among friendly gatherings is a notable miss.

Indeed, grace and generosity are endearing traits in him when the occasion arises. His active participation whenever he could, at social events, manifest a warm and charming personality when friends and classmates meet routinely for coffee chats, occasional lunches, dinners, as well as the ritual annual Alma Mater alumni bashes.

I am glad to have Siva as an exemplary buddy. Thank you Siva for being with us especially as a fellow Michaelian.

**Hoy Soon Yeong (Henry)**

A Man worth his salt  
He is Siva Pragasam s/o Govindasamy  
He spurred tourism with passion  
A dialogue with him stirred ideas  
Indicting manuscripts he fashioned tourism  
Making it his foremost concern  
As Vice President of Perak Tourism Association,  
a place in Greentown Square office, he gave at no cost at all  
Tourism development in Perak was his interest  
Heritage Ipoh Old Town was his heartbeat  
He encouraged and moved us forward to excellence  
Perak Tourism Association is deprived of a distinguished personality  
We suffer the loss of a true friend.  
In his demise we bid him farewell

**Datuk Hj Mohd Odzman bin Abdul Kadir**

Mr G. Sivapragasam was an Advocate & Solicitor practising in the firm of Thevin, Siva & Chong before turning to the business world.

I got to know him closely when we formed the Malaysian Karst Society in 2003 of which he was vice-president for 5 years. He had said that the limestone hills in Ipoh is our icon. Sadly today the destruction of our limestone hills are more extensive. Just look at the hills around Ipoh.

It is with great sadness that I hear of his passing away and I extend my deepest condolences to his family.

**C.K. Leong**

Siva my school mate was my legal adviser and confidante. His integrity and services have enabled me to move successfully in the business circle. My company and staff all respected Siva greatly. I am grateful and thankful to him for his selfless service. Sivapragasam’s principle and philosophy “Remain calm. Carry on and know when to pick your battles” will always be my guide. I am truly indebted to him. A sincere dedicated and loyal friend never will be forgotten.

**Soon Cheong**

Siva and I shared many happy memories together during our early schooldays at St Michael Ipoh and later our legal studies in London. Always the life and soul at parties with forensic intellect and wit in social discourse, ever ready to right a wrong and above all not forgetting his renowned generosity to a fault. It’s definitely the passing of an era, he’ll be sorely missed by many and rest in peace, my friend.

**Jio Lim**



# 2018 Asia Pacific Masters Games

Thomas Kok, principal of Ipoh Learning & Training Institute, Ipoh, competed in the 70-74 age-group, winning three gold medals in 1500m, 3000m and 5000m race walk events at the 2018 Penang Asia Pacific Masters Games (APMG) recently. Another outstanding Malaysian master

athlete (Ipohite) was Rita Thong (45-49 age-group) also won three gold medals in triple jump, 80m hurdles, 4x100m and a sliver in long jump.



In the medal tally, India emerged champions with 76 gold; second Malaysia – 67 gold; third Russia – 50 gold; fourth Japan – 31 gold; and fifth Hong Kong – 28 gold medals.

Penang was the first country in the world to organise the multi-sport APMG, featuring 21 sports played in various venues over nine days involving more than 5564 athletes from 64 countries.

The organisation of APMG was similar to the World Masters Games (WMG), which is held once every four years. It is a festival of sports for participants aged 30 and above, with no qualifying or selection process involved. Athletes compete in their own age groups and categories – competitive, recreation and fun. In essence, MG is for everyone – regardless if you are a serious competitor or joining for fun. The tagline of APMG 2018 was “Beyond the Games” – the 2017 Auckland WMG was “Sports for All”.

The Master Games provide a platform and an avenue for master athletes an opportunity to foster friendship, goodwill and a chance to challenge themselves to either improve or maintain their performances as they age.

The next World Masters Games will be held in Kansai in 2021.

## Mini Tennis Tournament



In conjunction with the SUKMA games, Perak Lawn Tennis Association jointly organised a mini tennis tournament with Perak Education Department from September 12 to 13 at the Perak Tennis Arena.

For kids of nine years of age and under, a total of 88 players participated out of which 71 were from Perak, 13 from Selangor and five from Negeri Sembilan.

For the boys category, Aditha from Tenby Ipoh emerged top while Ahmad Ahyar from SJKC Poi Lam came in second. In the girls category, Putri Qistina Kaisara from SK Methodist ACS Lumut was crowned champion while Nik Ariana Aleesya from the same school won second placing.

Mei Kuan



## HAPPENINGS

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

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

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

### COMMUNITY

**SALVATION ARMY OPEN DAY. OCTOBER 6 from 9am to 1pm at Ipoh Boys' Home, Jalan Tambun.** Coupons can be used to buy food, drinks, etc. Coupons are sold at RM20 per book. The public may also support by sponsoring stalls. All funds raised will go towards the operation of their centres in Ipoh. To purchase coupons or sponsor a stall, kindly contact: Ipoh Boys' Home: 05 545 7819; Ipoh Children's Home: 05 254 9767; or Perak Home for the Aged: 05 526 2108.

**WORKSHOP: 'POLIS & HAK ANDA'. OCTOBER 13 (Saturday), 10am-1pm at The Andersonians' Club Ipoh, 932 Jalan Raja Ashman Shah (Jalan Hospital), 30450 Ipoh.** Organised by Amnesty International (Malaysia). Admission free. Know more about your rights when interacting with law enforcement. Light refreshments will be served. Contact: Sebastiyen 016 517 6863 or Haji Darji 011 3501 4877.

**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.howe.com/event/hospice-run-2018>.

**PWW TALK: 'CHILD MARRIAGE & JUVENILE DELINQUENCY'. OCTOBER 14, 3pm-5.30pm at Hibiscus Hall, Level 3, Kinta Riverfront Hotel & Suites.** Please call 05 246 9715 to register.

**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](https://facebook.com/labparkipoh).

**SANGHIKA DANA. NOVEMBER 11 commencing at 7.15am at Sukhavana Meditation Monastery, a Buddhist monastery located at Bercham, Perak, after the rains vassa.** All are welcome to this auspicious event (for Non-Muslims only). For a programme of events and enquiries, contact Ong 010 383 4362, Swee Lian 016 536 4301 or Jean 012 515 8488.

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

**Kechara Earth Project. LET'S RECYCLE FOR GREENER EARTH. EVERY 4TH SUNDAY of the month, 9.30am-11.30am in front of Ipoh Garden Post Office, Jalan Dato Lau Pak Khuan, Ipoh Garden, 31400 Ipoh.** Carton boxes, paper, metal/aluminium, electronic equipment, plastics, light bulbs, batteries and used clothes. Funds are channeled towards Kechara Food Bank that serves the urban poor and underprivileged community in Ipoh. For more details, contact: 016 532 8309 (Mr So) or 012 522 3200 (Ms Yee Mun).

### EDUCATION

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

### IMPORTANT

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