

# What's Good in Kampar?

By Ili Aqilah and Tan Mei Kuan

Located just 38 kilometres away from Ipoh, it is believed that Kampar was founded in 1886 by Imam Prang Jabor at Keranji River. When tin-mining was booming, miners from China came to Kampar as it sits on the tin-rich area of Kinta River. Additionally, the Chinese community in Kampar calls it 'Kam Pou' that is translated as 'precious gold' in Cantonese.

Ipoh Echo sent its duo to visit to Kampar to discover its famous spots.  
So, what is good in Kampar?

*Continued on page 2*



*Kampar Food Court @ Kampar Public Market*



*Attractions at Refarm such as mini zoo, organic vegetable farm and leisure park among others*



*Kinta Tin Mining (Gravel Pump) Museum*



*Batu Berangkai Waterfall*

## A Cornucopia of Entertainment and Gourmet Delights

### Kampar Food Court @ Kampar Public Market

Fuel your day's adventure by having breakfast at the Kampar Food Court located right next to the Kampar Public Market. With a myriad of food available, especially look out for stall number 7 named Haji Abdul Ghaffoor. It is the only stall selling the local delicacy, *laksa sanggul* (spicy, soup-based noodle dish). Established in 1970, the noodle, named after the shape of a bun (*sanggul*) is handmade in-house daily without any preservatives used. About 5kg of noodle is made for weekdays and 10kg for weekends and public holidays. A bowl of *laksa sanggul* costs just RM3, (RM4 for a bigger portion and RM5.50 for double the portion). The family business opens every day from 7am to 11.30am except Monday.



### Kinta Tin Mining (Gravel Pump) Museum

Drop by the Kinta Tin Mining (Gravel Pump) Museum to learn all about open cast mining, from the discovery of rich tin deposit, arrival of labourers, to the modernization of the tin mining industry. Discover mine owners cum philanthropists such as Yap Ah Loy, Chung Keng Quee, Leong Pi Joo, Loke Yew, Leong Sin Nam, Eu Tong Sen, Yau Tet Shin and Foo Choo Choon among others.

The display in the double storey building also features detailed statistics and original copies of the mining lease, contract and permits from the era.

Open daily from 9am to 5pm, it is located at Lot 126026, Jalan Batu Karang, Taman Bandar Baru, 31900 Kampar. Admission rates are priced at RM5 for adult, RM2 for youth and free for child.



### A&C Espresso Cafe

Established in December 2014, A&C Espresso Café is a casual space for you and your furry buddies to chill. In the evening, you will be greeted by a cute in-house Schnauzer named Cuppo.

"Our specialty is our coffee. We try to serve the best coffee in town. The roasting company customized a special mixed blend only for us made up of beans from various countries in order to get the taste that we want. It's a medium roast which is not too light or dark. It is also seasonal, if we get a single origin coffee bean, we will announce it in Facebook for those who like hand brewed coffee," Cindy Chong, co-owner explained to Ipoh Echo. She runs the café together with Joey Chow who formerly worked as a barista cum bar leader in Melbourne.

Equally memorable are My Valentine (hot chocolate with vanilla ice cream), Vero Amour (vanilla ice cream, espresso, whipped cream and caramel sauce), Joey (blended with fresh strawberry and blackcurrant with salt on the rim of the glass) and Cindy (lime and mint combination with sweet and sour note). All priced at RM10.90 each.

"Everything, including our waffles and cakes are made in-house too. Our matcha tiramisu cake was sold out in just one hour, to my surprise. We always create new dessert. A lot of customers pre-order whole cakes from us too," the amiable Cindy, an Ipoh girl, added.

For the signature Belgian waffles, one can opt for mini waffle (RM9.90), greedy mixy (RM15.90) and espresso amour (RM15.90).



According to Cindy, this is the only cafe in Kampar where you can get customizable brunch at RM8.90 for three items, RM13.90 for five items and RM15.90 for seven items. The menu features new additions from time to time. For instance, it is now serving chocolate churro at RM13.90.

The pet-friendly, pork-free café with warm hospitality is located at 2234, Jalan Batu Sinar, Taman Bandar Baru, 31900 Kampar. Just remember to stick to the pet's rules and regulations. All pets must be legally licensed and vaccinated.

There is a mini function room upstairs for private events for up to 70 guests.

Open seven days a week from 1pm to 2am (opens at 2pm during university semester break and slightly earlier during long weekends and public holidays). For updates and bookings, call Cindy at **012 551 1433** or swing by the café's Facebook page: **A&C Espresso**.

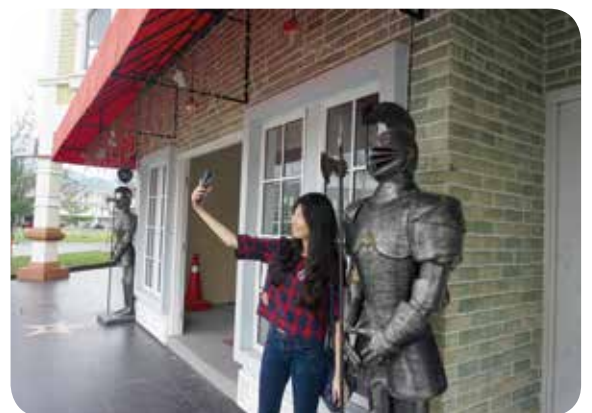


### University Square

For Instagram-worthy shots, one must-go spot is University Square by Agacia Land which has a multi-hued western layout as its architectural aesthetics.

There is even a Agacia Castle in the pipeline! Rising high in the sky near University Square, a fairy tale-like castle will soon be materializing, welcoming you to a magical world. Boasting soaring spires, ornate turrets and regal royal-blue rooftops, the castle will invoke both the magic and mystery of real-world castles. Stay tuned!

University Square is located at Castle Avenue, 31900 Kampar.



*Continued on page 6*



By Fathol Zaman Bukhari

# HEALTHCARE FOR VETERANS

*The project would be a public-private partnership with the army providing the land and the private entity, the finance.*

I was elated to hear that plans were afoot to build a specialist hospital for armed forces veterans in Ipoh. The news was leaked to me by my former student who is now a senior staff officer at the Ministry of Defence in Kuala Lumpur. This was sometime in October last year.

"A dedicated hospital for veterans? Wow! That's something," I told myself. It was not only appropriate but timely considering the hassle many of us, former servicemen who had served King and Country, had to undergo to get quality medical treatment. The nearest military hospital in Ipoh is the one at the Royal Malaysian Navy Base in Lumut. It is over 50 miles away and the journey can be a little tedious, as traffic is rather heavy most of the time.

And when your hearing is a bit difficult and eyesight a little blurry due to cataracts, negotiating the many bends and turns along the Ipoh-Lumut highway can be a little tricky unless you are accompanied by someone younger, a son or perhaps a daughter. But such luxury is not available and far between for many in my position.

The Ipoh General Hospital is not on my radar screen, as it is packed to the brim and breathing space is sorely restricted. The service is bearable says a friend but depending on one's ailment the waiting time can be as long as eight hours. The inconvenience will deter you however gung-ho you maybe. I am not prepared to wait in a room filled with gloomy-looking people whose patience is near breaking point.

What about the many private clinics and hospitals in the city then? Well, if you do not mind paying an arm and a leg and is blessed with deep pockets, than by all means make a beeline to one near you. How you are being treated is dependent upon what you are willing to part with. If you are insured you are very welcome.

I have seen this many a time. The moment I flash my medical card, the receptionist at the front desk smiles and is extra polite. But there again, how many of us are so blessed and are adequately protected by a trustworthy insurance coverage? There will always be a clause in the policy which will place you on the receiving end. Enough on insurance and its accompanying woes. Back to the veteran hospital.

On Friday, February 2 former Defence Minister, Hishammuddin Hussein visited the proposed site at Camp Syed Putra in Tambun and proudly proclaimed, amidst much fanfare, that the hospital would be a reality in five years' time. He estimated the cost to be between RM500 and RM600 million. The project would be a public-private partnership with the army providing the land and the private entity, the finance.

It looks pretty suspicious to me. Such dubious undertaking has been the norm in the past. Large tract of army land has been "sold" to private entities and they have been transformed into high-end housing projects and shopping malls. The former air force base in Sungai Besi, Kuala Lumpur is a fine example. The land, where the Penang-based Headquarters 2nd Infantry Division was once, is another.

The scenario is almost identical. Land is sold to the highest bidder at a profit to both seller and buyer. How much money exchanged hands under the table will never be known, as such deals are never transparent and above board.

Fortunately, the corrupt Barisan Nasional government was booted out during the historic 14th General Elections on May 9 otherwise the fate of Camp Syed Putra will never be known. The camp, where a Malay and a Ranger battalion are now bivouac, was part of a larger camp that once housed a Gurkha battalion and some ancillary units during the Malayan Emergency period (1948-1960).

In September 1963 the camp, then known as Sulva Lines, was handed over to the Malaysian Army. It was renamed Camp Syed Putra in honour of the then Raja of Perlis, Raja Syed Harun Putra ibni Almarhum Syed Hassan Jamalullail, who was the Colonel-in-Chief of the Ranger Corps. Two pioneering Ranger battalions traced their origins to the camp. Presently, the facility is home to the 2nd Battalion Royal Ranger Battalion.

As mentioned, in an earlier episode, I was in command of a Ranger battalion (1988-1990) and was based there once. Even then rumours were abound that the 65-acre campsite would be sold to a privateer and we would be relocated to a site somewhere along the Simpang Pulai-Cameron Highlands road, away from the madding crowd, so to speak. The North-South Expressway was realigned to avoid damaging the rifle range at the southern tip of the camp.

Camp Syed Putra, like the Sungai Besi Air Force Base, has plenty to contribute to our local history. Over a hundred Gurkha soldiers and their family members are interred in a purpose-built cemetery in the camp. The cemetery is being maintained by the Commonwealth War Graves Commission. Billets, quarters and buildings are one of a kind no longer seen in modern army bases today. Any developments will affect these old structures and will invariably impact the camp's originality. And being an old soldier, I do not cherish such a thought. I am, therefore, prepared to forego the veteran hospital however enticing it may be.

There are five military hospitals in the country and we, ex-servicemen, are at liberty to use any of them. The Tuanku Mizan Military Hospital in Wangsa Maju, Kuala Lumpur is my choice. My wife and I are being treated here. The facilities available are superb and serve our needs. The most patronised outpatient ward is the orthopaedic ward. I guess the kind of training we had undergone explains why this ward is oversubscribed. I get to meet many of my old friends here, some of whom I have not met for years. Most



are afflicted with arthritis.

On an average about a hundred patients are attended to daily by three orthopaedic surgeons on duty. Veterans are allocated two days in a week for consultation – Tuesday and Thursday. My next appointment is on Thursday, November 1.

## EYE HEALTH — WORLD SIGHT DAY 2018

*In conjunction with WORLD SIGHT DAY in October, Ipoh Echo talks to Consultant Ophthalmologist Dr S.S. GILL on prevention of visual impairment.*



The theme of World Sight Day 2018 (WSD18) is Universal Eye Health. This year World Sight Day fell on October 11 to focus attention on the global issue of avoidable blindness and visual impairment.

**Avoidable blindness** is defined as blindness which could be either treated or prevented by known means.

**Visual impairment** is any kind of vision loss to the extent that even with conventional forms of correction or treatment, the person's vision remains poor. Being visually impaired can be frightening, especially when it affects those who once had good vision.



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

### World Health Organization facts:

- About 253 million people are visually impaired worldwide:
  - 36 million are blind and
  - 217 million have low vision (*severe or moderate visual impairment*)
- Preventable causes are as high as 80% of the total global visual impairment burden.
- 89% of vision-impaired people live in low and middle-income countries.
- 55% of moderate or severely vision-impaired people are women.
- An estimated 19 million children are visually impaired worldwide.
- Globally, uncorrected refractive errors are the main cause of visual impairment.
- Cataracts are still the leading cause of blindness.
- 1 billion people with near-vision impairment.
- The prevalence of blindness and vision impairment combined has dropped from 4.58% in 1990 to 3.37% in 2015.

**CATARACT** is the clouding of the lens preventing light from passing through to the retina causing blur vision. Cataracts usually affect people in their 50s, 60s and 70s, but may appear earlier too. Many of my patients who present early are golfers and sports people who do not **always wear good sunglasses** when they are out in the sun.

**DIABETIC RETINOPATHY** is another notorious cause that contributes to vision problems. If you have **diabetes mellitus**, make sure you are screened regularly for this eye complication – a condition where the tiny blood vessels in the retina (inside of eye) are damaged due to diabetes. **No blurring vision does not mean he or she has no diabetic eye problems. By the time blurring vision occurs, the eye condition is often serious.**

**GLAUCOMA** is another blinding condition where an increase in eye pressure **damages the optic nerve. Early detection** by screening is crucial.

World Sight Day IAPB picture, courtesy of International Agency for the Prevention of Blindness (IAPB), Registered Charity No: 1100559, Company Limited by Guarantee No: 4620869.



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

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## "90's Classic" young entrepreneur wants to share his secret with you

As soon as you enter "90's Classic", a sign on the wall greets you with, "Happiness is not a destination. It is a way of life". Posters like these give a hint to the nature and character of the business owner, and this sign did not disappoint.

I was there to find out the secret behind the "90's Classic" barbershop. We are often told that , many young Perakians have deserted Ipoh and the other towns, to work in Kuala Lumpur, Penang, Singapore or further; however, one young man, 27-year-old Clement Kong, has done the opposite. He has returned to Ipoh and is part of the young crowd which wants to contribute to the state, and make Ipoh a vibrant city again.

On the day I entered Clement's barber shop, he was busy clipping away at the back of his client's head. His face was deep in concentration and his eyes were fixed on the tuft of hair in between his fingers. The tattoos on his arms and legs, appeared to come alive, with the movement of his muscles. The only sounds were the snip, snip, snip of his scissors and the soft deep breathing of his client, who must have been totally relaxed and had probably fallen asleep.

I waited for him to finish attending to his client's hair, so we could talk.

You can guess from the wooden panelling, wooden floors, the wooden trunk which doubles as a seat, the wooden artefacts, and the wooden picture frames, that Clement feels close to nature.

Black and white photos of Clement at work, or of his clients, adorn the walls. Beside the glass window, T-shirts hang from a rack, and are for sale. Some are his own designs, others are imported.

Coloured, miniature glass bottles sit on the wooden shelves. By the entrance, light bulbs hang from a piece of driftwood.

Clement was born in Sungai Siput, and attended Shing Chung school. Today, he still lives with his sister and their parents in the town.

Ever since his secondary school days, young Clement has nursed a life-long ambition to become a barber. He said, "I know what I am interested in doing, but I forced myself to study at university, after secondary school, because getting a degree – the certificate, was important.

"I read banking and finance at university, but after one year of study, I realised that university was not for me. I only managed to complete the foundation course. It was not what I wanted in my life. I knew where my real interests lay."

Although he was anxious not to upset his parents, he nevertheless plucked up the courage to discuss his aspirations and convince them of his dream, which was to open his own barbershop in town.

He charted his plans and enrolled himself on a hairdressing course in Penang, which was nine months long. He then worked for one year, in a Penang salon.

By this time, Clement was ready to pursue the next stage of his life. He was ready for a new challenge and left for Taiwan, to learn some new techniques in haircutting.

Whilst working in a Taiwan salon, he expanded his knowledge and skills, by entering various hair shows, like the Asia Hair Master Associated 2104 (AHMA).

He said, "One day, I was at a hair show, when I saw some barbers from England doing techniques on the model's hair, as well as beard trimming.

"I was interested in pursuing these further, so I collected a lot of information about this barbershop culture. It took me over two years of working and learning these techniques, before I put my next plan into action.

"I decided to work as a barber in Singapore, so I could gain more experience, and also save some money. The money to finance my business, came purely from my own effort."

He walked up to the glass window and watched a crowd of people heading for Concubine Lane, which is on the Heritage Trail in Ipoh old town.

He added, "I am very focussed and my childhood ambition has always been to open my own barbershop in Ipoh.

"I want to bring this culture to the town. It has taken me a lot of time and effort, to learn new fading work, to excel in razor work and learn how to trim a big beard.

"Although I am kept very busy, I do not feel at all tired, because it is something which interests me, and is something which I love doing."

Clement returned to Ipoh last October and opened "90's Classic" on January 31. His parents have supported his ambition and contributed some useful ideas.

Recalling the inspiration for the name of his business, he said, "I named my barbershop, "90's Classic Barbershop" because I was born in the 1990s.

"Although I have only been open for business for nine months, I have been kept busy most days, at least five or six days of the week, so it is better for clients to make appointments.

"For now, I am open seven days a week, and have no days off. I may take one of two days off at the end of the month, but I always notify potential clients on Facebook or Instagram."

"90's Classic Barbershop" specialises in the Old School hairstyle (Pompadour, Executive contour). It is all about the cuts from the 50s, 60s, 70s, 80s and 90s. Clement also does the traditional shave (hot towel shave), beard trim and eyebrow trimming.

He slides his hands on the wooden panelling and said, "As you can see from the interior, that I love wood. I specified only wood for the interior, and I want people to feel as comfortable as me, when they enter this shop."

His clients are a cross section of Malaysian society. He said, "My customers are Chinese, Malay, Singhs, Indians and also Europeans. They range from young boys of four years, to middle-



not consider it a job, but it is more like a lifestyle which I think people should experience. People come here for social interaction and public discourse. "90's Classic" is more than just a barbershop. It is a place where friendships are forged and where we discuss all the men's issues."

Whilst most young people have left for other places, where they claim the opportunities are greater, Clement disagreed with this view and said, "Many people claim that Ipoh is a sleepy town, where it is very hard to earn a living and make money. They say it is a town only for old people, where the salaries are very low.

"That is just negative talk, which was common before I left for overseas, and also when I returned. Most people just want to take advantage of Ipoh, but I ignored all their negativity and asked myself, 'How can I contribute to Ipoh, so that it can become a place with more energy and vitality?'"

"That is why I have chosen to set up shop in a heritage area, because of its vintage and classic feel. Ipoh is a city that is very close to nature and is surrounded by mountains. You can breathe the fresh air, every morning, when you wake up."

Clement plans to open more branches in the future. When asked how the local council, or people in authority, could assist young entrepreneurs like him, he said, "The first priority is to improve the safety and security of Ipoh, so that people are not afraid to walk on the streets.

"Parking is another big problem. The local council should provide more parking lots, to make it easier for businesses and their clients.

"The government should organise more night-time cultural activities, in the old town. Such activities will encourage more people to visit the old town and rejuvenate the place."

Did he have a message for other young Perakians who yearn to open a business, or fulfil their ambition? He said, "Persistence is the key which will enable you to pursue your dreams and get things done. What you give, is what you get. Do not follow others. Do what you think is best!"

*Note: "90's Classic Barbershop" is at 53D, Jalan Sultan Iskandar, 30000 Ipoh.*

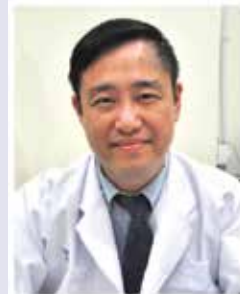
## ABOUT LASIK

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

### Is femto Lasik safe? Is the success rate high?

#### Femto-lasik: The recent innovation in laser assisted refractive surgery.

DR LEE MUN TOONG, CONSULTANT OPHTHALMOLOGIST KPJ ISH, MBBS (INDIA), MASTER IN OPHTHALMOLOGY (UM)  
PG DIPLOMA IN CATARACT & REFRACTIVE SURGERY (UK), MEMBERSHIP IN EUROPEAN SOCIETY OF CATARACT & REFRACTIVE SURGERY



FEMTO-LASIK is considered safe if compared to blade surgery. The eye has no contact with a blade. The separation of the cornea from lower layers is more accurate and safe with a laser than with a microkeratome (blade) like LASIK.

There were not many clinical studies done regarding femto-lasik. However there were a lot retrospective studies regarding Lasik success rate.

The LASIK success rate – or LASIK outcomes – is well understood with literally thousands of clinical studies looking at visual acuity and patient satisfaction. The research reports show 99 percent of patients achieve better than 20/40(6/12) vision and more than 90 percent achieve 20/20 (6/6) or better. In addition, LASIK has an unprecedented 96 percent patient satisfaction rate – the highest of any elective procedure. 1

The success rate is considered high .The latest peer-reviewed meta-analysis of worldwide scientific literature for LASIK shows the satisfaction rate for the procedure is up to 98% and nearly 90% of patients achieve vision around 20/20 (6/6).2

Several studies have shown the efficacy of LASIK on improved vision outcomes, The PROWL-1 study showed 97.5% of patients achieved 20/20 vision or better, while the PROWL-2 study showed 91.5% of patients achieved 20/20 vision or better.3

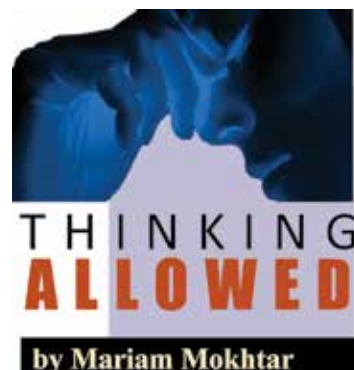
Hence, LASIK outcomes have been overwhelmingly positive. According to one study, only one in 112,500 patients required medical disability retirement due to complications from laser vision correction during an eight-year period.4 However According to the JPJ data, Malaysia registered death rate from motor vehicle accidents of about 23 per 100,000 population per annum.5

In short, I think basically femto-lasik is considered safer than motor vehicle transportation as per data mentioned above.

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5. Malaysian Institute Road Safety Research (MIROS)

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



aged men and the elderly. My hairstyles will make a man of any age look smart.

"I am proud of what I do, because I can meet many different races and nationalities from all over the world. I do

## To Advertise



**Deanna Lim**

**016 501 7339**

# SeeFoon feels down-home comfortable with Kampar Home Cuisine

Pics by Vivian Lian



ON IPOH  
FOOD



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



Tucked away at the back of the sprawling Kampar Club is **Kampar Home Cuisine**. The restaurant has been there a long time but recently there was a change in management and under the helm of the new team and the chef, **Fong Chee Khuan**, a whole new menu, is offering superlative cuisine in air-conditioned comfort.

With a total capacity of 15 tables plus two private rooms, you will never have to jostle for a parking space and the whole of the Kampar Club's huge grounds is there for you.

Although they call themselves a home cuisine restaurant, their menu selection is huge, with everything from sea cucumber and shark's fin, fresh fish and large prawns at seasonal market price. The only item that I didn't see on their menu was suckling pig and that was because the restaurant is pork free.

I was there to have home cuisine and the items I am describing below suited my taste buds to a T. What was interesting for me is that the directors of the company have their own pepper farm in Perak which I believe is the only one in the state and although they only wholesale, the pepper is used liberally in some of their menu items. Especially fresh green pepper which I adore.

We began with the **Chicken with Green Pepper** served in a claypot, the pepper permeating all the chicken pieces and creating a small explosion in the mouth as you bite on a pod, not piercingly spicy but a mild tingle; **RM28**.

**Homemade Shanghai Tofu** stuffed with chicken meat and topped with small ikan bilis was a lovely contrast, with the crispy fish providing crunch to the soft tofu and the minced chicken lending its umami flavours; **RM15**.

**Eggplant slices braised with minced chicken** and presented as an overflowing crown topped with scallions was umami and delectable; **RM12**. As was their **Garupa fish slices** with ginger and scallions, the fish ocean fresh and firm and the ginger taking away any fishiness. Ask them to add green pepper to the dish and it should be heavenly; **RM60**.

Other dishes which really appealed to my tastebuds were the **fried sliced lotus pods** coated with salted egg yolk **RM15**; the **Yu Lo Mai Fun** or fish sauce vermicelli, topped with fried dried squid imparting that inimitable fragrance to the dish. Yummilicious **RM10**; the **large prawns with a premium sauce** that was creamy, smooth and umami; **seasonal price**. the **Asam Mixed Seafood** with large squid, prawns and ladies fingers was tangy, sweetish but not overly spicy; **RM25**.

For me the two best dishes, that I thoroughly enjoyed over two meals which I had there, are the **Chicken Soup with white peppercorns** and the **mutton ribs braised with green peppercorns**. The chicken soup was umami, and robust the white pepper permeating the soup and the chicken tender and fall-off-the-bone. Available on Saturdays



and Sundays only or by special order; **RM35/RM70 S/L**. The mutton was utterly delectable, succulent rib morsels, the green peppercorns lending its fresh bite to the meat which had been braised for long hours till tender; **RM35/70 S/L**.

Finally, I have to commend their **Fish Maw Soup**, slightly tangy, chock full of sliced fungus, mushrooms, crab meat in a rich thick broth given extra kick with black vinegar (optional); **RM13 per individual bowl**.

## Kampar Home Cuisine Restaurant

8 Jalan Windsor  
Off Jalan Gopeng, 30250 Ipoh.  
Tel: 05 249 3933  
Andy: 016 5267898  
Also ask for Yuki

Business hours: 10.30am-2.30pm; 5.30pm-10.30pm. Tuesdays closed.

*"I often receive comments from my dear readers to the effect that some of the restaurants I have reviewed were disappointing. I do need to emphasize, which I have done on quite a few occasions, that all restaurants do some dishes well and some not so well. So I suggest that you follow my recommendations on the dishes that I write about. This way, you may have a better meal."*

SeeFoon

If you would like SeeFoon to try your food, contact Vivien at **014 332 3859**.

Email: [vivienlian@ipohecho.com.my](mailto:vivienlian@ipohecho.com.my)

We do not promise a review but we're open to discovering new or interesting eating places.

## What's Good in Kampar? . . continued from page 2

### Kelapa Lelehhh Kampor Original

Established in 2016, the place boasts the best coconut ice cream in town. Beat the heat by opting for *kelapa leleh* (ice cream served in green coconut shell), coconut shake, *cendol* (dessert consisting of chilled coconut milk), ABC (crushed ice mix) or various *bingsu* (Korean shaved ice dessert).

One will be spoilt for choice as western and local dishes are available like cheesy wedges, chicken chop, cheesy meatball, fried rice, fried noodle, fritters, *pasembor* (salad) and *laksa* (spicy, soup-based noodle dish).

Operates from 2pm to 11.30pm daily except Monday. It is located at 1, Gerai Pertanian, Jalan Iskandar, 31900 Kampar. Featuring a brand new menu, find out more in its Facebook page: **kelapa lelehhh kampor original**.



### ReFarm

Nestled just 4km away from Kampar, ReFarm offers a getaway surrounded by hills and forests. The farm, located at Jalan Temoh Kampar is a 26-acre oasis that provides numerous fun activities with swimming pools and a mini zoo.

Open from 9am till 6pm, visitors can go for net fishing, cycling, honey harvesting, rubber tapping and even a dip or two in their swimming pools. Other activities include planting organic vegetables and fruits, feeding the farm animals such as fish, chicken, goats, rabbits, turtles and swans and pedal-boating. For guests who seek adventurous activities, ReFarm offers jungle trekking, photo-session at the waterfall area and diverse plants and trees at the rainforest.

For those who wish to try rubber tapping and honey harvesting, the farm offers a 45 minutes tour (RM10 per pax) complete with hands-on rubber tapping and tasting the freshly harvested raw honey. Participants will receive a certificate of attendance and a rubber seed as souvenir.

Surrounded by the luscious trees and secondary forest, ReFarm is an eco-farm that produces organic fertilizer from animal wastes. In fact, low quality vegetables and fruits are used to feed animals. This is among their efforts to ensure that thoughtless wastage is kept to a minimum.

Another must-visit spot in the farm is their time tunnel that explains the history of Kampar, tin mining and the aborigines from Kampar. ReFarm also offers unique rooms for guests who wish to spend a night or two or even few hours at the site. They are currently running a special promotion for the 4-hour stay at any of the rooms; RM50 for cave room, RM60 for cabin room and RM70 for brick room.

If you are feeling hungry after trying all the activities at the farm, do visit their ReFarm cafe that offers fresh-from-farm dining. Ingredients such as vegetables, fish and chicken are produced by the farm itself. From venison to beef to vegetarian selections, this pork-free café opens everyday except Tuesday from 9am till 6pm.

Starting from 1 November, the entrance fee for adults (13 years and above) is RM15 while for children (2-12 years old) and senior citizen (60 years old and above) is RM8. For pedal-boating, the admission rate is RM20 for 40 minutes which can



accommodate up to 4 people. The boat activity however is only open on weekends, school holidays and public holidays.

Their business hour starts from 9 am till 6pm and opens every day except Tuesday (excluding school and public holidays).

ReFarm Kampar is located at Lot 6059, Jalan Temoh Kampar, 35350 Temoh, Perak. For more information about the farm, readers can visit their website at [refarm.com.my](http://refarm.com.my) or call them at **012 502 6115**.



### Batu Berangkai Waterfall

Another attraction in Kampar is the famous Batu Berangkai Waterfall located at Kampung Batu Berangkai. Once known to the crowd for its waterfall and clean water, visitors can have their picnics at the provided area. Although the place offers a nice and large pool with a few cascades, those with small kids, senior citizens and people with disabilities are not advised to come here due to the lack of facilities.

### Kampar: a must visit!

With its strategic location offering a selection of great attractions, Kampar is a definite must-visit for those who seek for historical sites, adventurous activities and great food. What are you waiting for? Let's go to Kampar!



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## Hawker : Congee



The way Porridge or congee is still done in Ipoh is by mixing blanched pig offal with chopped fried intestines, drizzled with garlic oil. You can also order fish wings separately; it is also done the same way. Fried intestine is fresh and crunchy, and very well fried. For the squeamish ones for whom offal is anathema, they also have chicken, fish head and century egg porridge.

For more locations to eat Congee, be sure to buy the "Foodie's Guide to Ipoh's Best Eats 2" from October 20 onwards.

Restoran Kar Heng  
15, Jalan C. M. Yusuff,  
Taman Jubilee, 30300 Ipoh.  
4°35'26.9"N 101°04'56.7"E  
12.30pm - 6.00pm, Sunday closed



## Don't know where and what to eat in Ipoh?



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Read 'The Foodie's Guide to Ipoh's Best Eats 2' by SeeFoon Chan-Koppen and Vivien Lian

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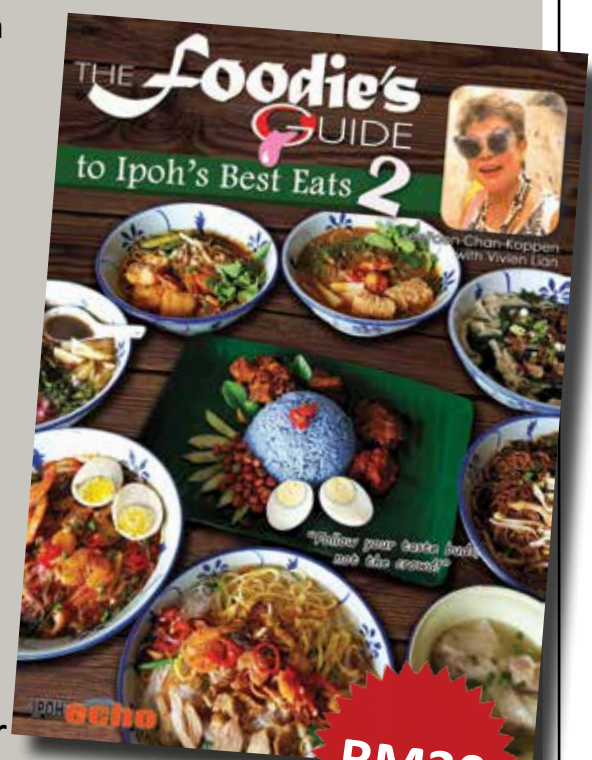
Know where to eat, get it for RM30 after 20th October.

Available at Ipoh Echo's office:

153, Jalan Dato Lau Pak Khuan, Taman Ipoh, 31400 Ipoh.

Tel: 05 543 9726

Available in MPH, Popular, Times, Borders, Kinokuniya in November 2018.



**RM30**

## Chin Surgery (Genioplasty)

**Dr. Leow Aik Ming**

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

The chin, also known as the mentum, has a significant effect on the facial appearance of a person. By undergoing a genioplasty, patients can alter the overall profile and symmetry of their face. Chin surgery or genioplasty is a cosmetic surgical procedure to improve the shape and appearance of the chin. Surgical goals include creating an aesthetically pleasing lower facial contour and establishing proportionate facial height. This may entail augmentation of a poorly projected chin or reduction of a prominent chin depending upon the clinical conditions. Conditions of chin deficiency which can be improved with augmentation genioplasty include: retrogenia, microgenia, retruded chin, hypoplastic mentum, and horizontal mandibular hypoplasia. Likewise, reduction genioplasty can be performed for overprojected or prominent chin, eg, prognathia or protruded chin. In some cases, genioplasty may be performed with other facial plastic surgical procedures such as rhinoplasty, facial contouring surgery or facelift in order to achieve desirable facial proportion.

### Types of Genioplasty:

- 1. Augmentation genioplasty:** This surgical procedure commonly uses alloplastic chin implant such as silicone, polytetrafluoroethylene or polyester mesh. Alloplastic chin implants, in general, are easy to place and are less time consuming, but their application is limited to the mild to moderately retruded chin. Autografts such as bone graft from iliac crest and rib cartilage graft have also been used.
- 2. Sliding genioplasty:** This procedure is reserved for more complex chin deformities, such as those caused by genetics, trauma or disease. The procedure involves cutting a horseshoe-shaped piece of bone from the lower border of the mandible known as an osteotomy. For chin augmentation, the piece of bone is advanced forward to increase to projection of the chin. The piece can also be recessed backward or removed for a chin reduction. The new position is held in place with a titanium step plate using titanium screws.
- 3. Osseous genioplasty:** It is performed either horizontally, vertically, or a combination of both. A horizontal genioplasty is ideal for chins that protrude outwards, while a vertical genioplasty is appropriate for removing or adding bone tissue to either increase or decrease chin length. In some cases, however, both horizontal and vertical changes are required to achieve the patient's desired results. Fixation of the bone is done with pre-bent titanium plates and screws.

Genioplasty can be performed through an incision inside the lower lip or below the chin. The choice of anaesthesia depending upon complexity of the procedure, for example augmentation genioplasty with alloplastic chin implant can be comfortably performed under local anaesthesia with intravenous sedation whereas more complex genioplasty such as sliding or osseous genioplasty usually requires general anaesthesia.

### Preoperative assessments for genioplasty include:

- Discussion about patients' expectations and desired outcome
- Medical conditions, drug allergies and previous medical or surgical treatment
- Use of current medications, vitamins, herbal supplements, alcohol, tobacco and drugs
- Previous surgeries
- Examination of the face, oral cavity and dentition
- Radiological assessment
- Discussion of types of anaesthesia
- Photography for preoperative and postoperative evaluation

### Postoperative expectations:

During the initial healing phase, patient may experience discomfort, numbness, bruises and swelling around the chin. These symptoms are temporary; usually last about 2-3 weeks. Most of the genioplasty are performed through incision in the mouth. Hence there is no need for stitch removal. However, if this surgery is done through incision made below the chin, the stitches are removed on the 7-10 days after the surgery. Oral antibiotics and analgesics will be prescribed to reduce the risk of infection and postoperative pain respectively.



*Jalan Matahari &  
Lebuh Bulan intersection,  
Taman Westpool*

## Uncollected Rubbish



*First Garden flats*

## Nosh News with SeeFoon

### Sun Lee How Fook

**"Die Die Must Try" dishes for serious foodies**



The latest "hot" item to hit the Foodie market which you will find in many of the top Chinese restaurants in Ipoh is the Common Ice Plant or *Mesembryanthemum crystallinum*.

When it first arrived on the table, I was taken aback wondering why we're getting raw greens on a plate in Sun Lee How Fook, a top-rated Chinese restaurant. Served with a sesame dip, the greens were delectable. Crispy and cold, it looked to be frozen, yet I was told that they were fresh. I couldn't get enough of it!

Refreshingly crunchy, apparently this perennial succulent has medicinal properties and is now making waves among the gourmet crowd. Do check it out at Sun Lee How Fook and Crab House but ask for the price first; RM20 per plate.

And while at Sun Lee How Fook do order their Truffle Fried Rice. This is one of those "Die Die, Must Try" dishes. Rice fried with real black truffles, topped with dried fried scallops, and embellished with pine nuts, this is one dish that has become a must-have dish here; RM50/RM100 S/L.

### Sun Lee How Fook

96 Jalan Raja Permaisuri Bainun, Taman Gopeng, 30250 Ipoh.

Opening hours: 11.45am-2.30pm; 5.45pm-10.30pm

Tel. no.: 05 253 3268

## Entertainment

### Zombies on the Loose

Brace yourself for some frightful moments as zombies are on the loose, in and around the Lost World of Tambun, throughout the month of October.

According to General Manager, Nurul Nuzairi Mohd Azahari, the spoof which features creepy zombie characters was aimed at complementing Halloween celebrated worldwide in October.

"A number of eventful zombie-related activities are planned for visitors. Among them are the Z-Corner, Shoot the Zombie, Spooky Stories: Zombie Outbreak and, the all-time favourite, Trick or Treat.

"Visitors can watch an exclusive performance at Monkey Valley which amplifies the scary tale of zombie outbreak at the theme park. Visitors stand a chance of winning mystery prizes just by clicking the hashtag (#SUPERSKARED) for photos in the Z Corner to their social media.

"Children will be entertained to 'Trick or Treat' games at the Luminous Forest. Candies and toys are ripe for the picking," Nurul added.



**Rosli Mansor**

## The Emptiness of All Matter

The world appears to be filled with things that are solid. Mountains, earth, buildings, cars, tables, cups, people, animals, trees and so on are all apparently solid things. People have been contemplating what all things are made of since the beginning of civilization. Modern science has determined that everything is made of atoms arranged in different ways. Further investigations have revealed that these atoms are made of even smaller constituents such as electrons, protons and neutrons, which are composed of even smaller constituents called quarks.

Atoms are tiny-winy particles made up of electrons circling around a nucleus made of protons and neutrons. If you imagine the nucleus to be the size of a marble, then the space taken up by the electrons would be the size of a football stadium. Furthermore, according to quantum mechanics, instead of a like marbles whizzing around the nucleus in fixed orbits, electrons behave more like a cloud within this stadium space. In effect, almost the entire volume occupied by an atom is literally empty.

Zooming further into the electrons, protons and neutrons, they are made up of quarks which are in turn either thought of as point particles (no volume) or unimaginably tiny vibrating energy waves (strings) as postulated by String Theory. Either way there is nothing solid and is totally just empty space! Our perception of solidity comes from the way the particles' energy fields interact with each other causing obstructions to each other. Those particles that do not interact simply pass straight through like light passing through glass or the billions of neutrinos from deep space passing right through us and the earth without anyone the wiser.

It has been established that 95% of the universe is made up of dark matter and dark energy which has almost no interaction whatsoever with the 5% visible matter that we can see in the whole of the universe in the form of galaxies, stars and planets.

Our perception of things being solid is but an illusion and we would be well served to remember that from time to time. As the Heart Sutra says, emptiness is form and form is emptiness!



By Dr Tan Chin Yong



## Connexion

By Joachim Ng

### Climate change and the hot news in Pasir Salak



Cool rainy days are likely to make you forget that just two months back Ipoh registered 36°C one sizzling afternoon, and 35°C for a total of eight days. It wasn't the first time this year that Ipoh hit 36°C. It did so in March, also for one day, and was soon forgotten as April temperatures dipped slightly. Few want to remember Ipoh hitting 37°C in year 2014 and again in 2016.

But old scouts would remember the 1950s and 60s when houses and cars were not air-conditioned and campers slept in canvas tents near Tiger Lane. No sweat off their brows. Today, motorists switch on high cool the moment they start up. The next few years may see new highs, as long-term charts indicate a sustained uptrend. If 40°C rings in, it will be a silver medal for Perak. Most cities around the world have either hit 40°C already or are, like Ipoh, inching towards that landmark figure. Karachi saw 80 people die of heatstroke, when temperatures went slightly higher than 40°C in August. India has already soared into uncharted territory with Rajasthan state hitting 51°C.

Sea levels are rising, including the waters at Melaka Straits, and Sungei Perak may one day overflow its banks affecting riverine towns like Pasir Salak near Teluk Intan. Of course, we didn't just wake up to news that there is global warming. If you are below 50 years of age, you belong to the climate change generation. You didn't know life before climate change, but you probably know that today's climate change is human induced. This means it should be reversible. So, why aren't we making efforts to reverse it?

Pasir Salak could have served as an ideal platform to launch Perak on the road to climate recovery. There, 10,000 people gathered in September just days after the August sizzle to hear speeches about coming danger. However, the clamour was about threats to Islam and Malay institutions. Rallies calling for "protection of race and religion" are a growing phenomenon in America, Europe, Africa, Australia, and most of Asia as influential politicians rouse fears of danger posed by ethno-religious minorities.

With our minds fixated on threats from other human groups, there is no political focus on climate change. Instead, divisive politics is widening the cleavage between minorities and the majority — smack in the face of warnings by scientists that we have only till 2020 to avert runaway climate change.



## Education

### Leo Service Centre

The Leo Club of Idris Shah Secondary School (SIS), Gopeng created history when they set up a service centre in their school.

The opening ceremony for the centre was held on October 5 where Past District Governor District 308B2, PDG Oon Peng Lam did the honours. It began with the school assembly attended by students, teachers, PIBG members and the Lions Club of Ipoh Host who are the sponsors of the SIS Leo Club.

In his speech, the guest of honour congratulated the Leos for opening the service centre which is a first of its kind in the region.

According to the Organising Chairperson Leo Dawson Chong, the centre will serve the students in the school where needy students can put in the request for assistance in the "aid box" set up at the centre.

The aid can be either financial or in kind. The receiver most probably would be a student and the Leo Club would interview the student and the teacher to see whether the student is eligible. Recently they got a pair of spectacles for a poor student.

The Leo Club has become a "niche" club whereby the district Education Department will follow up with the club on its activities and be a role model for other clubs in the district.



### Young Talents

Over a thousand kindergarten students and family members attended the Chung Shan Kindergarten Annual Concert 2018 on Sunday, September 30. The auspicious event was held at the Poi Lam Secondary School, with students aged between four to six years old being the main performers.

The show began with the singing of Negaraku, followed by school song. Then, a 300-student choir sang two songs entitled, "Setia" and "A little Love".

The highlight of the concert was when the non-Chinese, namely African, Indian and Malay pupils delivered speeches in Mandarin. They were representatives from graduating classes. Awards were given to the children of graduating classes for their achievements.

The event was conducted by the students themselves. The master of ceremonies spoke Mandarin, English and Malay fluently.

Parames, 42, who works as an administrator at a company in Ipoh spoke of her 6-year-old daughter's achievement at the Chung Shan Kindergarten.

"I've a nephew, aged 4, and a niece, aged 5, studying here. It's crucial to learn languages. My daughter can speak four languages (Tamil, Mandarin, Malay and English). The kindergarten gets parents involved in all their activities. That way, I get to spend time with my daughter," she said.

Qistina Izfarina

## News



### United Kingdom Aids RM323K to Perak

Three hundred and twenty three thousand ringgit will be donated by the United Kingdom (UK) to Perak in an effort to save and maintain the ecosystem of flora and fauna in Royal Belum national park.

According to Menteri Besar, Ahmad Faizal Azumu this is among the efforts taken to help the national park which houses many endangered species like the Malayan tiger and elephant.

"After his brief visit, the British Minister of State for Asia and the Pacific, Mark Field and his delegation agrees that this aid will help to maintain the forest as well as raising awareness to the public about Royal Belum," said Faizal.

The meeting was also attended by several state councillors where they discussed the chances of the UK and Perak working together in other fields such as education, health and technology.

"This gesture will be a start to help the endangered species in Royal Belum as well as create stronger bonds with Perak," said Mark Field.

The discussion also marked Mark's first visit to Perak ever since he was appointed in June last year.

Luqman Hakim

## Community

# RM1.3 Million to Upgrade Library

Ipo Echo's report on malfunctioning air-conditioners at the state library, posted online on Wednesday, September 5, received a lot of negative feedback from Ipoites. Nevertheless, there is light at the end of the tunnel now.

On Saturday, September 22, our reporter dropped by the library to check on the state of the air conditioners. Unfortunately, after waiting for almost half an hour, none were switched on. There was a steady stream of visitors coming into the library some with their children tagging along.

Ipoites are aware of the importance of reading and acquiring knowledge via books. It is disappointing that the state library, in spite of its imposing stature, could not provide the kind of comfort anticipated by the public.

The air in the library was not only stifling but tepid. There were very few portable air coolers and stand fans around. Our scribe alerted the library minders in the hope that they could provide her with answers. But sadly none were forthcoming.

Ipo Echo contacted Tan Kar Hing, the Executive Councillor for Tourism, Arts and Culture under whose purview the library comes under. But the politician was away in Bangkok for a meeting. Fortunately, a press conference was held on Thursday, September 27 at the state library to shed light on the anomaly.

According to Tan, he had discussed the matter with the director of the Perak State Library, Hj Mohammad Nazari bin Hj Abd Hamid.



"We've detected the glitch affecting the air conditioners and had informed the Public Works Department (JKR) accordingly. The 24-year-old chiller and cooling tower system needs to be replaced," said Tan.

"Thankfully, Menteri Besar, through the State Financial Officer, has agreed to allocate RM1.3 million to fix this problem. For the time being, 26 portable air coolers will be deployed in the state library for the convenience of visitors," he added.

"This cooling tower system will be ready by first quarter of 2019. Upon completion, the 26 portable air coolers will be distributed to other libraries in the state," he told reporters during the press conference.

According to records, some 12,320 people visited the state library in August. The figure was an increase compared to July with only 10,736 visitors. Tan hoped more visitors would drop by once the air-condition problem is fixed.

Donations, according to Tan are most welcome. They are indicative of people's support for the establishment.

"All donations are tax-exempted," he posited. "We don't only seek cash but books too."

Readers keen to contribute can do so by contacting the library at **05 249 1888** for details.

**Qistina Izfarina**

## PCSH Raises Funds for New Block

Perak Community Specialist Hospital (PCSH) held a dinner recently to raise funds for expansion plans which include the construction of a new 6-storey block, a new Imaging Centre, a new Catheterization Lab and purchase of new equipments – all of which would cost around RM65 million.

Since July till September this year, several organisations and business houses have carried out fundraising projects and successfully raised about RM400,000 towards the building project.

Dr Lee Boon Chye remarked at the dinner that as a not-for-profit hospital, PCSH played a major role in helping to lighten the government's burden of dealing with overcrowded government hospitals.

He said that due to the sluggish economy and spiraling costs of living, many people especially those from the lower income group, were flocking to government hospitals which were unable to cope with such increasing demands nor could they provide fast and effective services like private hospitals. This is why the Health Ministry welcomes and fully supports not-for-profit hospitals like PCSH whose mission is to provide affordable yet quality healthcare to the sick and needy.

The Deputy Health Minister said PCSH started out as a humble maternity hospital giving free maternity services to Chinese families of the tin-mining community in Perak. In 1923, The Perak Chinese Maternity Association was established and in 1939, the hospital shifted to its present locality.

During the Japanese Occupation, the hospital's operations were stopped for five years. In 1969, when the government withdrew its funding to the hospital, PCSH was unable to provide free healthcare services to the community. Despite the odds, the hospital continued to grow and flourish, expanding its services to cover not only maternity but also a diversity of medical disciplines when new consultants were added. The hospital then changed its name to the present Perak Community Specialist Hospital.

Those present at the dinner included Dato' Lee Hau Hian, President of The Perak Chinese Maternity Hospital; Dato' Dr Y.C. Lee, PCSH's Medical Superintendent; Dato' Ooi Foh Sing, President of the Ipoh Chinese Chin Woo Athletic Association; Mr Woo Chee Wai, Fundraising Dinner Organizing Chairman; Mr Gary Cheah, President of Lions Club Ipoh Mandarin; and Mr David Low, President of Lions Club Ipoh Tin Valley.

Earlier, President of The Perak Chinese Maternity Association Dato' Lee Hau Hian said that PCSH had always stayed true to its mission as a not-for-profit hospital, providing affordable yet quality healthcare especially to the sick and needy from lower income groups. PCSH became a very essential health provider alternative to the community who could not afford to be on the long waiting lists at government hospitals.

PCSH which has a history dating back 114 years was established by a group of philanthropists, doctors and caring members of the community. From its humble beginnings as a 6-bedded hospital rendering maternity services to Chinese families in the tin-mining community in Perak, it has grown to become a multi-disciplinary specialist hospital.

Dato' Lee said whether or not PCSH can continue to be a relevant part of the community depends solely on the continued support of the community. As such he appealed to the people at large to donate generously and support the hospital's "Brick For Brick" campaign for the construction of its new building and facilities, to fulfill its dream of providing quality, effective but most of all affordable healthcare to the community.



## Park Welcomes Baby Zebra

Lost World of Tambun welcomes a new addition to its popular petting zoo. It is Zuzu, the zebra foal and it is a male so we call it a colt just like its cousin, the horse.

ZuZu weighed 30kg at birth. He was born on Tuesday, September 11 at around 10.54pm. ZuZu's proud parents are Zack (father) and Zoey (mother), the first pair of zebras acquired by the park in 2016 from South Africa.

The colt is placed in a special enclosure to keep it away from other occupants namely, the ostrich, camels and a giraffe found within the exhibition area.

A cake-cutting ceremony to officially welcome ZuZu was organised by park staff on Thursday, October 4 in conjunction with World Animal Day, celebrated annually on October 4.

Guests attending the ceremony got to create a do-it-yourself terrarium plants using recycled materials. The objective of the programme was to instil in the participants a go-green spirit in line with sustainable development goals.

**Rosli Mansor**



In an earlier speech Dato' Ooi Foh Sing, President of the Ipoh Chinese Chin Woo Athletic Association, said the poor and needy would usually opt for treatment at government hospitals once they encounter any health issues, thereby contributing to the overcrowding of such institutions. This is where not-for-profit hospitals like PCSH comes in like a beacon of light for those amongst the lower income groups, giving them the hope of accessibility to alternative affordable, effective and quality healthcare.

He added that any profit derived by the hospital is re-channelled into the purchase of new equipment or for the improvement of existing facilities provided by the hospital to the community.

## Community

# Mid Autumn Festival

Sri Joy celebrated the mid autumn festival at Tadika KinderJoy with its children, teachers and parents on Saturday, September 22. Stephanie Liu, the executive director of Sri Joy stated that the celebration was aimed to enhance the meaning of the traditional festival, promote good relationship between parents and the young ones and cultivate good connotation for the kids' future life achievement. After the buffet dinner, there were games, lantern parade and lucky draw.



## Discounted Parking Coupons and Passes

Ipoh City Council (MBI) is now promoting discounted parking coupons and passes. The coupons and passes are for periods of one month, 3 months, 6 months and 12 months. This good news was announced during the council's full-board meeting on Thursday, October 4 held at the council's conference hall.

Sale of the discounted coupons and passes has been effective since August 1 but was only being formally announced at the board meeting.

Coupons are available at all council-appointed outlets in the city. However, those wishing to purchase season passes have to download the application form from the council's website. Submit the completed form along with a photocopy of their vehicle registration card to the bill/collection counter at Ipoh City Council or its sub-office at Jalan Bandar, Ipoh.

The council's website can be accessed at [www.mbi.gov.my](http://www.mbi.gov.my).

Ili Aqilah

## Arts and Culture

## Iron-rod Puppet Show

Ipohites were in for a rare treat, as the Ipoh Fine Arts Society (IFAS) presented an iron-rod puppet theatre performed by Teochew Puppet & Opera House from Penang. The dying art was played to a crowd of over 100 on Saturday, September 29 at 19, Jalan Tun Sambanthan. It was the troupe's first-ever show in Ipoh.

Telling the tale of "The Romance of the Celestial Fox", the evening saw the tossing of puppets into the air to mimic acrobatic movements and musicians as well as puppeteers singing live at the top of their melodious voice. It was accompanied by special lighting effect and traditional instruments such as the high-pitched clapping of cymbals and the resounding striking of drums.

"Established way back in 1989, we've performed many programmes over the years from traditional Indian music and dance, Chinese symphony orchestra, Perak woodwind orchestra, a night of jazz and rock and roll to children's theatre workshop. We're a multicultural country and it's nice to showcase all kinds of traditional art forms," Shanti Lingam, president of IFAS said.

Present was patron of IFAS, Dato' R. Thambipillay.

"The puppet show came from China about 300 to 400 years ago. My great-grandmother from China was involved in the Teochew Chinese opera. Living in poverty, my mother built this troupe when she was in her 20s to feed the whole family. She's almost 70 now. Thus, we four siblings are also involved in the art," Ling Goh, director of Teochew Puppet & Opera House and 4th generation Teochew, told Ipoh Echo.

"It'll take a month to make just one puppet because the process is complicated. For example, the body is made of wood, fingers of kite paper and head of clay. Meanwhile, the costume is sewed by hand. The art is getting rare and we're building interest among the young generation for it," she added.

The Teochew Puppet & Opera House is located at 122, Armenian Street, George Town 10200 Penang. It has a museum exhibiting Teochew puppet, costumes, musical instruments and authentic hand-copied scripts, as well as a performance space for cultural talks, workshops and demonstrations. They welcome volunteers and students.

To find out more, swing by their Facebook page: [TeochewPuppetAndOpera](https://www.facebook.com/TeochewPuppetAndOpera).

Mei Kuan



## Tourism



## Ipoh Welcomes AirAsia

Internationally renowned budget airline AirAsia is painting Ipoh red with its new flight route. The inaugural flight between Johor Bahru and Ipoh landed on Monday, October 1 at Sultan Azlan Shah Airport. Ipoh is now part of the airline's extensive network.

AirAsia Flight AK6082, operated by an Airbus A320 departed Senai International Airport at 7.30am and arrived at Sultan Azlan Shah Airport at 8.40am. On board were 120 passengers cum guests of the airline. They were greeted by Menteri Besar Ahmad Faizal Azumu; Executive Councillor for Tourism, Arts and Culture, Tan Kar Hing; Tourism Perak CEO, Zuraida Md Taib; Tourism Malaysia Perak State Director, Mohd Roslan Abdullah; and AirAsia Malaysia CEO, Riad Asmat.

"The state government is pleased to welcome new visitors to Perak. I wish to applaud AirAsia for launching the route. AirAsia's four times weekly flights will further boost the number of visitors to Perak and contribute significantly to the state's economy. The state government is setting up the Perak Tourism Action Council (PTAC). Among the tasks of the council is to come up with a masterplan to drive the state's tourism sector. This includes the rebranding of the state's tourist destinations, including Ipoh, in order to attract more domestic and foreign visitors. We've full confidence in AirAsia to play its part as our strategic partner to further promote Perak," said Faizal.

"We're delighted to launch direct services to Ipoh, a long-anticipated addition to our route network. The launch of this new route is a testament to our continuous effort to extend our reach domestically. We've been aggressively expanding our network from Johor Bahru to enable more people to fly from and to this charming city. In addition to the Johor Bahru-Ipoh services, we've also commenced direct flights from Johor Bahru to Alor Setar today. We are confident both Ipoh and Alor Setar will be extremely popular destinations for business and leisure travellers," Riad Asmat told the media.

AirAsia flight was suspended in September 2006 because the airport's runway then could not take the Airbus. The airport, incidentally, has been refurbished in 2011 and 2012 and the 1789m-long runway has been extended by 200m to accommodate larger airplanes.

"The airport tarmac and open bay would be upgraded and the operations of airplanes and helicopter separated during the construction. The work will include expanding the tarmac to accommodate more aircraft stands. Open bay for passengers will be renovated to include a covered walkway to provide convenience and comfort for passengers during departures and arrivals," said Raja Azmi Raja Nazuddin, the Acting Group CEO of Malaysia Airports on the congested condition of the Ipoh airport.

According to Tan Kar Hing, this would offer Perakans a golden opportunity to showcase their arts and heritage such as labu sayong (gourd-shaped jar) and keris-making in Kuala Kangsar not only locally but worldwide.

"It'll help create jobs," he added.

Qistina Izfarina

## Community

# Ipoh's Halloween: Deviant Spirits, Ghouls and Ghosts

Halloween that spine-chilling festival that has its roots in the Irish Celts of 2000 years ago, was the night when parents locked up their children, wore gruesome masks and lit huge bonfires to keep the spirits at bay for October 31 was the eve of the transformation from light to dark (Summer to Winter).

Reminiscent of our Hungry Ghost festival, this was the Celtic Autumn festival but the downside was the wandering spirits, the souls of the departed from the other world, would return to their old haunts and would be visible to mankind.

When I was a young boy, older children would tell terrifying ghost stories of transparent, headless spectres wandering the streets, skeletons with rattling bones and blood in puddles on the streets. Sleep did not come easy that night, for with every creak of the staircase or rattle of the window frame, terror filled my very soul.

Years later it was my turn to traumatise little children and dress up in a white sheet with a powdered white face and blood dripping from the eyes and mouth. But even so, I never ventured far from home – you never know what horrors might be just around the corner!

But in Malaysia, Halloween is not a big deal. Hotels and clubs have special functions, but it is rare to find neighbourhoods where children dress up and knock on the house next door, although *ipohWorld* does have a local Halloween outfit in its collection. But if your children do wander in the Ipoh streets on this special eve, are they in danger from deviant spirits that might take them away?

They might be! For Ipoh has its share of ghosts, the headless, black-robed priest in the SMI chapel; the lonely Ustaz in long white robes that used to haunt the ladies toilet in the Sun Cinema, but now wanders Old Town; Birch's murderers that swoop around his memorial clock tower; and let us not forget the platoon of headless Japanese soldiers that march across the Padang.

If I were you, just like those Irish Celts, I would keep your children at home. It is better to be safe than sorry.

Ian Anderson



# Perak World Pharmacist Day



Bahagian Perkhidmatan Farmasi Negeri Jabatan Kesihatan Negeri Perak and the Malaysian Pharmaceutical Society Perak Area Committee jointly organised the Perak World Pharmacist Day 2018 celebrations at Ipoh Parade on September 29 and 30.

The event which was held to showcase pharmacy to the public and educate the public on medication, health and prescription related matters was attended by more than 1000 people.

The event was officiated by the Deputy Minister of Health, Dr Lee Boon Chye who in his speech said that, "In 1957, there were only 23 registered pharmacists in Malaysia. Today, in 2018, there are 16,210 registered pharmacists which brings the ratio of pharmacist to population to 1:2000. This ratio would decrease to 1:1400 by 2020 with the expected increase of registered pharmacists to 22,100".

He further stated that "The roles of pharmacists has evolved and diversified to provide a more comprehensive service to the rakyat in all aspects of pharmaceutical practice. The theme of the event, 'Pharmacists: Your Medicines Experts', correctly describes responsibility of pharmacists in providing medicine advice to patients and other healthcare professionals."

When asked by reporters on the status of the Pharmacy Bill, he explained that it would not be tabled at the next parliament seating. The Pharmacy Bill which is currently under the Official Secrets Act (OSA), has been highly anticipated by all stakeholders.

The event patron Mr Leong Weng Choy, Timbalan Pengarah Kesihatan Negeri (Farmasi) Jabatan Kesihatan Negeri Perak stated that, "This event was aimed at increasing the awareness of the roles of pharmacists as well as acknowledging the contribution of pharmacists in the healthcare system". He shared that pharmacists played an important role in increasing the Malaysian public health literacy by educating on Antibiotic Awareness, Prescription Rights and most important of all medicine knowledge via the Kenali Ubat Anda programme.

# Banning Drivers for Life

The stretch of the Plus Expressway, around the Menora Tunnel, claimed five lives Saturday, October 6. A trailer belonging to Usaha Maju Trading Sdn Bhd, an Alor Setar-based transport company, collided into several cars while heading up north.

The driver lost control of his vehicle, veered to the right lane and rammed into the cars. The collision caused a Kia Forte carrying a family of five to burst into flames, killing everyone onboard.

The accident happened at Km 255.3 of the expressway at 11.47am. The trailer driver escaped unhurt and is now in police custody after having tested positive for methamphetamine. Upon checking, the 41-year-old driver had 28 outstanding traffic summons to his name.

Malaysians are appalled by this untimely tragedy and are wondering why fatal accidents involving heavy vehicles continue to happen on our roads, especially along Plus Expressway and around the Menora Tunnel. Could the spot be jinxed, many asked.

Among the dead was an infant. The lorry, according to eyewitnesses, was speeding



beyond its approved limit.

"I wish to express my heartfelt sympathy to the victims' family. Justice will prevail and those guilty will be duly punished," said Abdul Yunus Jamahri, Executive Councillor for Public Amenities, Infrastructure, Agriculture and Plantation. Yunus is also Chairman of the Perak Road Safety Department. He spoke to reporters at the forensic unit of the Kuala Kangsar District Hospital on Monday, October 8.

Efforts by the Police to identify all five victims through DNA samples are ongoing at the time of reporting.

Meanwhile Minister of Transport, Anthony Loke is looking at ways to stop the carnage from recurring. He wants parliament to amend the current Road Transport Act banning drivers who cause road deaths for life.

Loke said Usaha Maju Trading Sdn Bhd, the owner of the trailer, had been suspended for two weeks. Its fleet of 28 trailers has been grounded.

"After the audit is over, the company will be issued a show-cause letter," he said. "Transport companies must be accountable for their drivers' recklessness."

The proactive stance by Loke is a welcome change from the past. Former transport ministers, for one reason or another, were too soft towards errant transport companies.

Ili Aqilah

# New President of Rotary Club of Kinta

Dr Shan Narayanan was installed as the 41st president of the Rotary Club of Kinta for 2018-2019 during a dinner held at the Syeun Hotel on Saturday, September 29. Present was Executive Councillor for Sports and Youth Development, Howard Lee Chuan How representing Menteri Besar, Ahmad Faizal Azumu.

Members and guests were treated to a dinner accompanied by performances by Interact Clubs of SMK St Michael and Methodist Girls' School. There was a special performance by the Music and Drama Society of ACS Ipoh.

The evening also saw the installation of the new board of directors namely, S. Vikneswaran (vice-president), Nigel Jones (president-elect & youth service), Gnanasagaran (secretary), Rev. Robin Arumugam (treasurer), S.R. Nadarajah (club administration), Johnny Tan (public relation), Dr S. Elangovan (service projects), Zulkarnan Abdul (international service) and Arthur Yeong (Rotary Foundation).

Shan said, "I am a 'young' Rotarian of four years. When it was first suggested to



me that I should take up the 'top job', I followed my intuition and here I am as the 41st President of the Rotary Club of Kinta. My fellow Rotarians have put implicit faith in my ability to lead them in the ensuing Rotary Year. I appreciate the confidence that they have placed in me to lead the club."

"I am aware the task is not always easy, however, it will not be impossible. The support of my family of Rotary certainly will make my task easier. Together, we will carry out our projects in all avenues of service to serve the community and we will also be consolidating our club and making it attractive to the young and ladies," the 41st President of Rotary Club of Kinta enthused.

"We will focus on developing leadership and personal development. The entertainment this evening is all by youths. Thus, the theme for the installation is 'Our Youths Inspire'," he explained.

"I thank Rotary International President and District Governor of District 3300 for their encouraging and inspirational message. My heartfelt thanks to the organising chairman, Nigel Jones and his team for a job well done. Last but certainly not least, thanks to my pillar of support, my wife Sumathi," he added.

Luqman Hakim

## Upcoming Event

# Night Light Festival Lights up Deepavali

Free pop up lights, art and music event LABpark returns to celebrate Deepavali in Bandar Baru Sri Klebang Ipoh, from November 2-6.

Everyone is invited to explore this community park of light and art styled shipping containers set in a maze of Indian lights, candles and oil lamps.

LABpark's Night Light Festival celebrates everything Deepavali/Diwali with a thrilling five nights featuring new installations, Indian food, Bhangra performances, traditional little superstars dance and live music to bring everyone together for the festival of lights.

Converted shipping containers include:

- Smiles Lab – emojiification of thousands of dots – with more furniture to stamp your smile and bright pink lighting to make you glow
- Dark Peacock – giant neon glowing Peacock Kolam
- Forever Festive Lab – limitless colourful flower lamps
- Universe Lab – dazzling universe of infinity lights and hopeful stars
- Live Lab – stage of non-stop entertainment of live music and performances that will make you shake your waist and clap your hands
- Din's Food Lab – a diner to satisfy hunger with De-Light-Ful food

The event is powered by Kinta Properties, a local property developer that has gained a reputation for organising frequent and successful community events to celebrate round the year activities in its master-planned township. More than 110,000 people have already turned out to experience this bright series of events, including Christmas, Chinese New Year, Raya Kaw Kaw and Field of Lights.

The ever-changing LABpark backs onto Kinta Properties master-planned township Bandar Baru Sri Klebang, Ipoh. With easy access from North-South Highway, close to AEON Klebang shopping mall, schools and banks.

LABpark Ipoh is a free family friendly event that starts **November 2 to 6, 7pm-11pm.**

Find out more at [labpark.com.my](http://labpark.com.my) and [kintaproperties.com](http://kintaproperties.com).



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**Tung Xuan**  
9 Lebuhr Lasam, Greentown, 30350 Ipoh.  
Tel: 05 241 1266, 05 241 3120, 012 760 0966

## Charity Show by City Ballet

Soroptimist International Ipoh (SI Ipoh), together with City Ballet Dance Academy are organising a fundraising dance show with the theme 'Being Different Being Loved', to enable them to continue to make a difference to the lives of women and children.

The show will be held on November 24 and 25 (Saturday and Sunday), 4pm and 8pm at Jabatan Kebudayaan & Kesenian Negara Perak, Jalan Caldwell, 30350 Ipoh. It will be performed by dancers from City Ballet Dance Academy.

This show will also educate the student population on one genre of performing arts, which is musical theatre. The performance will feature the award-winning Broadway musical: MATHILDA and WICKED.

Soroptimist International (SI) is a worldwide organisation for women in management and the professions working through service projects to assist underprivileged women and children. Since its inception in 2009, SI Ipoh has made great leaps in helping the underprivileged sector of society. To-date they have had several successful programmes to benefit women, children and the public.

In 2012 they opened a centre EDUFUN in Buntong, Ipoh for underprivileged children. Edufun is a safe haven for the poor children in that community whereby they can come to the centre every Monday to Friday from 2pm to 6pm. They bring along their homework and necessary guidance be it academically and morally are provided to them. To do this SI Ipoh has a full-time retired teacher and a government school teacher to help out in achieving their objective to break the poverty chain by empowering these children through education.

The running cost of this centre is RM32,000 per year including the salary of the two teachers which are fully funded by SI Ipoh. They need funds to continue running this centre smoothly and successfully for A Better Malaysia for All. Their last fundraising was in 2015 and being an NGO they are lacking funds to maintain the centre in the near future.

They appeal for support in their activities which enables them to make a difference in the lives of women and children locally or internationally. Come, be a part of this initiative and join them in their continued efforts for the betterment of humanity.

For further details, contact **Ms Jean Chai 012 588 2313** or email: [si.ipoh@yahoo.com](mailto:si.ipoh@yahoo.com).



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Tel: 05 526 1110 or 013 415 7229

## 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.

## Good English Essential in Tourism

End of last year, the Ipoh Tourist Information Centre (ITIC) was under the spotlight for placing a notice that read "Sorry for the complementary, we are closing temporary Saturday 30/12/17 and Sunday 31/12/17 because we had an unexpected problem within with our networking and air conditioner issue. We are sure that we are been operated on 2nd January 2018. TQ".

The embarrassing poor English notice revealed the standard of the English language of the Ipoh City Council staff. It's probably an open secret that the level of English among civil servants in Perak is limited. Consequently, in June, Prime Minister Tun Dr Mahathir Mohamad had reminded that all the civil servants must be competent in the English language. English language is especially important for those who have to deal with foreign tourists.

However, recently I dropped by the ITIC, there were three friendly staff, but one of the staff, Ms Johanna Sarah, who has a good command of English, was very helpful. She offered me advice and information about Ipoh city. She also updated me on upcoming events, got me a suitable tourist guide and recommended good accommodation. Obviously she enjoys her job, and it's a good choice of the Ipoh City Council to employ such a person as tourist information staff. Here, one can also get the Sun newspaper, Ipoh Echo and other tourist pamphlets, maps and brochures. I take this opportunity to thank Ms Johanna for providing assistance on tourism.

S. Sundralingam

## Seeking Contributions from our Readers

We are starting a new column for every issue with different topics. The topic for next issue is Fond Memories of Ipoh. Share with us your story, with photo if you have any.

Send to: [editorial@ipohecho.com.my](mailto:editorial@ipohecho.com.my) with not more than 500 words.

We reserve the right to publish only the ones we deem suitable.

## "Why Outsource 3D Jobs?"

I wish to draw attention to "iSpeak" column written by Mr A. Jeyaraj in Ipoh Echo issue 289 dated September 16.

Perak Consumers' Association (PCA) supports his call to employ locals to do the '3D' jobs in Ipoh.

It is high time MBI takes the necessary steps to not encourage employing foreign workers. MBI must toe the line of the new government's efforts to reduce the dependency on foreign labour.

It may be difficult but not impossible to make locals do the grass cutting, garbage collection and drain cleaning.

This function of MBI is the most critical and important aspect of its existence. Providing business opportunities to contractors is not the cardinal function of MBI.

Abd. Rahman Said Alli

President, Perak Consumers' Association

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## Heritage

# 14 Years on the Heritage Trail

The third week of September 2018 marked the fourteenth anniversary of the founding of Ipoh World Sdn Bhd (*ipohWorld*), but the occasion passed by without even a whisper. There were no fireworks, celebration dinners or long speeches. Indeed it was as if Ipoh's, education-based, Heritage Company did not exist. This was not unexpected as, despite providing support to students worldwide, assisting authors and documentary makers, providing outstandingly successful free exhibitions and building a world-beating museum, it is true to say that many Ipoh people have never heard of *ipohWorld*. Is this surprising? Absolutely not, as it is very obvious that real heritage enthusiasts in Malaysia are few and far between, although many claim that role. To them we would say "Action speaks louder than words".

The seeds of *ipohWorld* were sown, over a glass of beer, in the FMS Bar when a Star reporter asked a group of Expats what they thought about Ipoh. Inevitably the subject of heritage cropped up and the newspaper article printed one Expat's concern about Ipoh's appalling lack of interest in local heritage. Those seeds of concern germinated, with assistance from one local lady, and Ipoh World was born! There were two objectives and these remain extant today: First, to save, record and make available to the public worldwide, the accurate local history of Ipoh and the Kinta Valley and secondly to establish an Ipoh Heritage Centre.

The first objective has undoubtedly grown into a useful, searchable, database of more than 9000 articles and 14,000 scans available to everybody with a computer or smart phone (<http://db.ipohworld.org/login.php>). This has been used very successfully by University students, both local and overseas, as far away as Tasmania, USA and UK, to enhance their studies. A number of authors and film units have also made good use of the facilities, all free of charge.

An interesting growth area has also sprung up from the database which now assists with matters of Genealogy, putting friends and relations together after being separated for many years and even finding the graves of long-lost relatives. All of this through the pages of the database. This is a most rewarding task.

Recently, another offshoot of the database has flourished where *ipohWorld*'s founder has been contracted as an adjunct lecturer to UTP ((Universiti Teknologi Petronas). This in turn has led to other Universities and organisations booking him for lectures as well. This is a great way to share Ipoh's history and heritage to Malaysia's young people.

However the second objective, to establish an Ipoh Heritage Centre, has not borne



fruit. It is true that the organization has gathered a large number of artifacts that tell the story of Ipoh from the earliest days as preparation for the centre but, to date, no suitable building has yet been found for these wonderful items require far more space than a single shophouse can provide. This is a major shortcoming as these artifacts need to be seen by the public for both nostalgia, but more importantly, education and tourism.

But let us not forget *ipohWorld*'s Hakka museum, **Han Chin Pet Soo**. This alone is a major achievement as it is one of only four Hakka museums in the world. Recorded as Ipoh's top attraction, by TripAdvisor, since May 2015 it tells the story of local Tin Mining and how the richest Hakka Chinese towkays spent their leisure hours away from their several wives and concubines. With regular guided tours in several languages, it is the, "not-to-be-missed", visit in Ipoh. You may book a visit at the door or via <http://www.ipohworld.org/reservation/>.

But what about funding? The company has a staff of five full-time plus part-timers as required, an office at 151 Jalan Dato' Lau Pak Khuan and the museum, all of which require hard-earned money to survive. This is where *ipohWorld* is so fortunate, for although we do accept donations, particularly from visitors to the museum, sponsorship has been provided by Kinta Properties since 2006. Without that support there would be no *ipohWorld*! We should all be grateful for their philanthropy.

So to conclude, there is no doubt that *ipohWorld*, over the last 14 years has been very successful. It has put Ipoh on the world map, while enhancing education opportunities and improving tourist awareness of Ipoh. Nonetheless, more needs to be done and we at *ipohWorld* plan to do it somehow. Ipoh needs that Heritage Centre as well as many other quality facilities to make our city a better place to live.

**Ipoh World**

## Sport

# Yasser and Larm Clinch Champion Spots



The search for the best amateur golfer continued at Meru Valley Resort on Saturday, September 29 in the seventh qualifying round of the 21st edition of the Prudential Astro Masters (PAM) 2018.

Yasser Arafat Ahmad, 7-handicapper, swept the title with a gross score of 77 while the nett champion joining Yasser on the Malindo Air flight to the Grand Final in Phnom Penh will be Siw Tong Larm. The 13-handicapper won on countback with a nett score of 65.

A full field of 128 amateur golfers competed at Meru Valley Resort to show off their ball-striking and vie for a berth to compete at the Grand Finals in Phnom Penh, Cambodia in November to win prizes worth more than RM300,000.

"It is an honour to host the longest and most successful national amateur golf series in conjunction with its 21st anniversary," said Edwin Tan, the Executive Director of Meru Valley Resort.

"It has been a privilege to partner with Astro for the past one decade and we are excited and honoured to be part of the Astro Masters' journey in the Northern region," he added.

The A Medal title at Meru Valley Resort went to Abdul Rahim Malik, playing off a eight handicap. He signed for a nett 70. Hashim Bin Naian clinched second place on countback from Azahar Kamaruddin after both finished with 71.

Choo Kin Min (14hcp) took the B Medal honors with a nett 68, ahead of Mohd Zamri Bin Mat Din (16hcp) with a nett 70.

In the C Medal, Siva G, playing off an 18 handicap, won on countback from Abdul Muhaymin (19) after both carded 67 and 70. Zainal Abidin B. Othman (21) shot a nett 72 and also needed a countback for his third place.

The Prudential Astro Master's eighth qualifying stage moved to Kota Permai Golf



& Country Club on October 9, before the national finals at the Tropicana Golf & Country Club on October 18. The Prudential Astro Master is an amateur golf event sanctioned by the Malaysian Golf Association (MGA) and the Sports Commission which aims to celebrate sportsmanship, golfing skills and Malaysian camaraderie.

Meanwhile, Meru Valley Resort is one of the Asia Pacific's Best Golf Development and proudly the only 5- star golf resort in Perak. Strategically placed amongst the capital's prime residential suburbs and well served by major roads, the residential golf resort is surrounded by nature preserves with unique species of flora and fauna.

Mei Kuan

## Veteran Hockey Carnival



Veterans Champion: Club Aman

Club Aman firmly engraved their name on the Tandoor Grill Challenge Trophy while Universiti Pertahanan Nasional Malaysia (UPNM) won the Late Sardar Sewa Singh Challenge Trophy in the 7th Ipoh Lads International Veteran Hockey Carnival 2018.

This nine-a-side tournament was specially designed for veterans aged above 40 (veterans category) and 50 (veteran masters category) where both the teams from Kuala Lumpur showed their dominance by winning their respective categories. The carnival held at the Sultan Azlan Shah Hockey Stadium saw 18 teams participating in this year's challenge.

Ipoh Lads Deputy President, Jasbir Nannuan said, "This is the 7th successive year Ipoh Lads Hockey Club has been organising this veteran hockey carnival. Next year we are planning to organise this carnival on a larger scale as it will be our club's 10th anniversary. We hope to get the same support from all the teams and we will invite more international teams to participate."

Besides Club Aman and UPM, the other teams that took part were host Ipoh Lads HC, Sathya HC, Dragons, Sentul SC, Zenith International School, Perlis Super Seniors, Terengganu Veteran Team, Friends of Hockey Singapore, Prince of Wales IXC, 30-50 Club, Penang Sports Club, St John's, Tamilian Physical Cultural Association and Synergy HC.

## Tennis

Mitsuki Leong represented Malaysia in the International Tennis Federation Asia 14 & Under Closed Championships 2018 held in Bangkok from September 17 to 22. The 14-year-old from Poi Lam School in Klebang emerged as runner-up for both singles and doubles trophy. Congratulations!



Veteran Masters Champion: UPM

Jasbir added that Ipoh Lads will be hosting its annual junior tournament on November 3 and 4. A total of 108 teams from all over Malaysia are expected to take part in this annual tournament. It will be held at the Sultan Azlan Shah Stadium.

Mei Kuan



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**2-6 Nov 2018**  
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## HAPPENINGS

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### COMMUNITY

**KMC MEDICAL CENTRE BREAST CANCER AWARENESS MONTH. FROM OCTOBER 1-31, from 8.30am-4.30pm on weekdays and 8.30am-12.30pm on Saturdays at Imaging Department, KMC Medical Centre, 20A Jalan Chung Thye Phin, 30250 Ipoh.** Breast cancer awareness month exclusive "Pink Package": Mammogram, ultrasound of breast and pelvis; and blood test at discounted price. For further inquiries and appointment, call **05 242 5333** or **019 900 9969**.

**HALLOWEEN HAUNTED SCHOOL OF IPOH PARADE from OCTOBER 18 to NOVEMBER 4 at Ipoh Parade.**

**PERAK HYDRO/KED, LLN/TNB RETIREES BUFFET HI-TEA. OCTOBER 20, 12pm-3pm at Palong Coffee House, Kinta Riverfront Hotel, Ipoh.** For reservation contact: Mr S.K. Nair 019 575 1575, Pn Zaitoon **012 543 3214** or Ms Ong **019 236 8156**.

**DAZZLING DEEPAVALI on OCTOBER 27, 5pm at AEON Ipoh Klebang Mall, Klebang.** With the cooperation of Malaysia Kongu Welfare Association, Ipoh Branch Indian classical performances and presentation of food parcels for the underprivileged families will be the main events. For details contact: **012 553 7375**.

**Are you not getting the income you deserve? Work issues? Wishing you had more time? If so, come and learn the 7 FUNDAMENTALS TO GENERATE SOLUTIONS FOR ANY OBSTACLE. OCTOBER 27, 2pm-6pm at Ipoh, Perak.** For more information, visit [bit.ly/dmfun](http://bit.ly/dmfun) or contact **013 734 5008**. Limited seats. Register by October 21.

**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://www.facebook.com/labparkipoh).

**TIN MINING FESTIVAL 2018 – TIN STORY. NOVEMBER 3-4, 9am-5pm at Kinta Tin Mining Museum.** Guided tours, exhibitions, talks and carnival. Free admission.

**INTERNATIONAL IPOH FASHION WEEK. NOVEMBER 9-11 at Syeun Hotel and Lost World of Tambun.** A platform to generate funds for the benefit of the Neonatal Intensive Care Unit, Hospital Raja Permaisuri Bainun Ipoh. For booking enquiry, contact: **012 386 9265** or **012 508 1969**. Email: [iifw.perak@gmail.com](mailto:iifw.perak@gmail.com). Facebook and Instagram: [iifwipoh](https://www.facebook.com/iifwipoh). Website: [internationalipohfashionweek.com](http://internationalipohfashionweek.com).

**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 earn 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.