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**IPOH echo** wishes our readers a Happy & Prosperous Chinese New Year

# Ipoh is a Chinese Town

By Ian Anderson

As the Spring Festival (Chinese New Year) approaches our thoughts turn to the Chinese population of Ipoh and the Kinta Valley. Ipoh is a Chinese town or, to be politically correct, Ipoh is a Malaysian Chinese Town, although certain members of the community would not agree with either of these statements. Nonetheless, it is true, for the bulk of both Old Town and New Town were built by the Chinese. They built streets of shophouses, Clan Association, Hospitals and Schools and history reveals that in the great majority of these were Chinese miners, initially simple coolies, who made their fortunes here, becoming multi-millionaires, in the process. We call them the Pioneers.

*Continued on page 2*



*Perak Hakka Association*



圖全校學德明設附暨字館有原館會本

*Kah Yin Association and Min Tet School*



*Present-day Ka Yin Association*



*Perak Community Specialist Hospital (formerly Perak Chinese Maternity Hospital)*



# Tin Brought Fortune Hunters

## Dialect Groups

But who were these Chinese and where did they come from? The best way to answer that is to consider them in dialect groups, distinguished by pronunciation, grammar, or vocabulary, for a Chinese is not just a Chinese, but a proud member of one of the famous ethnic groups, and many still think of themselves that way. Thus there are Hakka, Hokkien, Cantonese, Teochew, Hainanese and the Foochow, to name just a few. Even then it is not that simple as each dialect group also pays allegiance to a specific region. Thus, for example, we get Kah Yin Hakka who originate from an area known as the five counties in Guangdong and see themselves as distinct from others.

## Fortunes to be Made

But why did so many Chinese flock to Ipoh? Tin! It was the lure of money to be made from tin mining that brought the Chinese to Ipoh in huge numbers. It was the dream of them all, to come to Nanyang, the Southern Seas, make their fortune from tin, and return to their villages as rich men. Sadly, very few made it as life was tough here in those early days and many died here, while others just did not gather the riches they expected, and made their lives here rather than returning to a home with so many problems. However, there were many, particularly the Hakka that did achieve those vast fortunes and lived their lives of millionaires so different to the days when they had started out as coolies in the mines.

## Towkay Leong Fee

One of the earliest of these was a penniless young man, a Hakka, named Leong Fee. He came to Ipoh in 1876, he was 19 years old. Surprisingly, he brought his family tablets with him and founded the Paloh (God of Prosperity) Temple to keep them in. There seems no doubt that he planned to stay! A successful miner who became exceptionally rich, he became very friendly with another young coolie, Yau Tet Shin and, as they prospered, joined with him on several projects to improve Ipoh.

With four wives, two concubines and his dancing girls in his private club, Han Chin Pet Soo, he obviously enjoyed the girls. But it seems that these were not enough for him, as after he passed away, a three-year-old boy appeared at his first wife's doorstep. The man who accompanied the child said that the child was the product of Leong Fee's liaison with a "Mystery" lady but the lady had recently passed away. Mdm. Cheah took the child into her household. They named him Lincoln Leong Yee Khean (Liang Yi Chuan).



Leong Fee



God of Prosperity Temple

## Towkay Yau Tet Shin

Born as a Hakka in 1859 in Guangdong, he started in Malaya as a mining coolie. He hated it and became a street hawker instead. He saved hard and started his own grocery shop in Ipoh eventually leasing mining land from the government. A successful miner, he then branched out into a variety of money-making schemes that included administering taxes for liquor, owning pawnshops and becoming the government contractor for opium dens, brothels and gambling houses.

Incredibly successful he gave Ipoh its first theatre in 1891, a beautiful garden by the river (The People's Park), a new market, a Mandarin School and in 1909 built the first 300 houses of Ipoh New Town. In addition, he was the one who donated great sums of money to build the



Yau Tet Shin

Perak Kah Yin Association, The Perak Chinese Chamber of Commerce, the Perak Chinese Tin Miners Association and Min Tet Primary School

With three wives and 14 sons, it is said that the legend of the three Concubine Lanes came about as he gave one to each wife and in Chinese, they became known as First Wife's Lane, Second Wife's Lane, etc. The amazing thing about this man is that when he came to Malaya, he could neither read nor write!

## Towkay Leong Sin Nam

Following on from these Hakka 'Pioneers' came Leong Sin Nam, (LSN) born in 1880. He first arrived in Malaya when he was three years old, but returned to Guangdong, with his mother, in 1896 with his dead father's remains. On the way, his mother also passed away and our 16-year-old had to take responsibility for the remains of them both! He remained in his village for the next two years, where it is recorded that he lived the high life and took up opium smoking.

Recognising the dangers of his way of life, he returned to Malaya and Ipoh where he took up employment, initially as a mining coolie and then a clerk. Soon he was into mining on his own account and then expanded into other business interests, including plantations.

As his business interests grew, so did his philanthropy. He took on major business and social projects far too many to list here, but we cannot forget his huge input into education and many schools, both Chinese and English have much to thank him for. One outstanding example of his support for education is that he even lent his bungalow in Gopeng Road to the Perak Girls' School when he heard they were short of classrooms. But he never forgot his homeland. He was a great supporter of the revolutionary Dr Sun Yat Sen and while living in Ipoh, held several government posts in China. Locally, in 1937, he was the Chairman of the Perak Overseas Chinese Disaster Relief Fund and personally made huge donations to this and other funds to support the Chinese people.

In 1939, when his health was failing, his doctor suggested opium, but he declined as he remembered that the drug almost ruined his life when he was just 16 years old. He passed away in 1940.



Leong Sin Nam



Leong Sin Nam Bungalow School

## Chinese Occupations

But let us not misunderstand the situation; apart from the Hakka, the Jews of Asia, who over the past 1000 years had migrated from Northern China and known to be hardworking subsistence-farmers, there were very few Chinese in the mines; other groups preferring to support the tin ore fields in countless other ways. They became street barbers, rickshaw pullers, cooks or servants; opened coffee shops, brothels and opium dens; were tradesmen like goldsmiths, clog makers, tinsmiths; or professionals, engineers, insurance and banking. Cantonese women, however, formed the great bulk of Amahs for the Europeans and rich Chinese.

It is from those early days that Ipoh still celebrates Hakka Noodles and Yong Tau Foo, Teochew porridge and Bak Kut Teh, Cantonese Yee Mee, Hainanese Chicken Rice – Ipoh has them all!

## The Early Towkays or Pioneers

But who were these Chinese immigrants that built Ipoh, the Towkays? Whatever dialect they spoke, they were entrepreneurs and philanthropists who cared for the people, their health and their education.



First Perak Chinese Hospital



Perak Chinese Chamber of Commerce, now



The Original Perak Chinese Chamber of Commerce

## Towkay Dato' Seri Lau Pak Khuan

Born in 1894, again in Guangdong, young Lau came to Malaya in 1912, taking up employment as a "pushcart" boy in the mines. From this humble beginning, he rose to become one of the most important businessmen in Malaya with 20 mines to his name. Chronologically later than Leong Sin Nam, he followed on many of the good works of his senior, while creating his own. For example at the age of 26, he joined the Perak Chinese



Dato' Seri Lau Pak Khuan (1894-1971)

Dato' Seri Lau Pak Khuan

Chamber of Commerce where LSN was the second President, becoming President himself in 1947. He held the post for 33 years and as LSN aged, Lau Pak Khuan

Continued on page 6





# PAY OR WE'LL CUT SUPPLY

*Judging from the "altercation" the long-cherished marketing adage about customers being the king does not feature in TNB's scheme of things.*



**W**ell, this is nothing new. When one is vested with so much power it tends to get into one's head. We see this happening with the former ruling coalition which was in power for over 61 years until a 93-year old man forced it out into the cold. That is poetic justice, so to speak.

My rambling today has nothing to do with Barisan Nasional or Najib or his corpulent wife. It has nothing to do with how Perak is being administered or why Pakatan Harapan lost in the Cameron Highlands by-election. It is about a mundane matter which affects you, me and the people around us. It is about a public utility company using its might to brow-beat or more appropriately, bully its customers. We have been on the receiving end of government service providers for far too long. All of us have our own story to relate. And the punchline is almost identical – "pay or we'll come down hard on you". Being powerless and without recourse to react meaningfully what options have we but to comply.

This was the dilemma faced by the management of Meru Valley EcoVillage, which is located within the Meru Valley Resort in suburban Ipoh. The upscale residential property consisted of villas, townhouses and apartments of varying sizes and specifications. Some 166 have been taken up by both locals and foreigners who are drawn by the resort-like ambience of the property.

In mid-January national power provider, Tenaga Nasional Berhad (TNB) alleged that the management had tampered with the power supply to the residential complex. This was made following an inspection of the TNB substation by its staff. A letter to the effect was sent to the management requiring them to settle the matter with TNB's northern region office in Bukit Mertajam. Getting an appointment with the Bukit Mertajam office was a hassle in itself, but met them they did. However, the encounter was not pleasant, as the desk officers insisted that a penalty be imposed contingent to TNB Act. And based on the Act any tampering of meters, offenders will be slapped with a penalty amounting to five years back payment.

How could it be five years when Meru EcoVillage was only in existence for barely three years? Upon checking, the figure was reduced to one year but the amount was still staggering – RM70,000. Although TNB is still owing the property developer RM43,000 in excess payment, an offer to deduct the said sum from the charged amount was rejected. Meru EcoVillage has to pay the said amount, regardless of the difference.

They were damned rigid. No acceptance of early payment plus a reconnection fee by the client. The utility company insisted on cutting the electricity supply the following day and Meru EcoVillage must go through the hassle of getting a bill for payment. And once this was done only then would a receipt be issued for purpose of reconnection. The reason was obvious – to inconvenience the end-user. Period.

The amount was duly paid on the day the utility company threatened to cut supply to the complex. But payment was made under protest and was objected by the utility company. They insisted that, since payment was made, Meru EcoVillage was culpable and was complicit in the commitment of tampering. An offer to show video footage taken from the developer's closed-circuit television was dismissed, as it was of no relevance to the issue. As the customer had made a payment it was proof that they had tampered with the meter.

Meru EcoVillage felt cheated. They were forced to fork out RM70,000 through no fault of theirs. Add the RM43,000 that they had overpaid TNB, a sum of RM113,000 has been unwittingly paid due to the action of some overzealous officers of the utility company.

And to rub salt to wound, the officer told Meru EcoVillage to use an alternative source of power supply if disconnected. They suggested a mobile generator. Fancy

using such a contraption in a placid surrounding like the EcoVillage. It is not only ridiculous but out-rightly immoral.

Judging from the "altercation" the long-cherished marketing adage about customers being the king does not feature in TNB's scheme of things. To them, as with other service providers, this well-tried threat looms large and menacing in the background. And it always works since minions like you and I do not want to tangle with a behemoth for obvious reasons. So, we meekly pay up and withdraw to a corner to cry. End of story.

Incidentally, Tenaga Nasional Berhad is the only electric utility company in Peninsular Malaysia. It is the largest publicly-listed power company in Southeast Asia with almost

RM100 billion worth of assets. It serves nearly nine million customers in Peninsular Malaysia, including corporate clients like Meru EcoVillage. The states of Sabah and Sarawak have their own utility companies.

TNB's core activities are in the generation, transmission and distribution of electricity. Hopefully, they can exercise a little flexibility when dealing with their customers, especially those who pay big money, on time and with minimum fuss.

## EYE HEALTH – BLURRED VISION DUE TO STRESS

**Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about stress-related eye problems.**

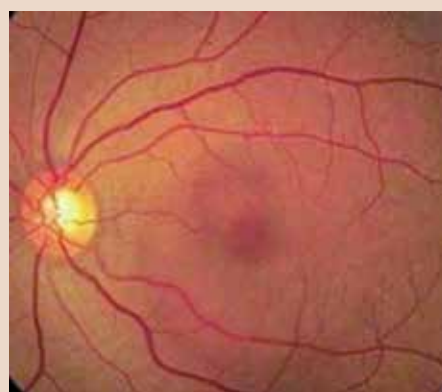
**T**oo much stress may result in health problems like depression, agitation, sleep disorders, heart disease and eating disorders. It may also lead to an eye condition like Central Serous Retinopathy (CSR). Such an eye condition usually occurs when one is living with consistently high levels of stress.

Central Serous Retinopathy (CSR) is a condition when there is a collection of fluid in the central part of the back of the eye (*macula area*). This swelling at the back of the eye (*macula area*) affects vision.

### FEATURES

A person who suffers from CSR may have several different types of visual disturbances as follows:

- **Central blurring** vision or dull vision in the centre of the visual field.
- Seeing **wavy or distorted lines** – where straight lines may appear crooked.
- Seeing **images bigger or smaller** than they actually are.
- **Colours** may appear "washed-out" or dull.



A dilated pupil examination will easily show the swelling in the back part of the eye (see adjacent picture). An OCT (*Optical Coherence Tomography*) Scan done, will confirm the swollen macula (*central part of the back of the eye*).

### TREATMENT

The patients are usually advised to de-stress although this may be difficult for many. Learning how to set aside time to relax, exercising regularly, eating a healthy diet and getting sufficient rest will help. When the CSR is prolonged showing no sign of resolution, argon

laser photocoagulation treatment may be given to reduce the fluid leakage or swelling of the macula (back of the eye).

### PROGNOSIS

In most cases, CSR will generally clear in a few weeks to a month and the patient recovers fully without any permanent loss of vision. In some patients, there may be residual loss of contrast sensitivity making the night vision somewhat affected. In rare instances, however, the condition may be prolonged up to even one year or the patient may suffer repeated episodes of swelling of the macula. Such repeated episodes almost always leave some permanent loss of vision or contrast sensitivity.

### SOME POINTERS

Learning how to handle the stresses of life can be more important than most of us would think. If you are undergoing undue stress, learn to recognise it and take measures to handle it. Always seek professional help if you are unable to de-stress effectively.



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

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| • Perak Royal Golf Club          | • Haven Resort Hotel               |
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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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05-2451500 (District)

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05-208 5000

993 (emergency)

Ipoh Fire Brigade

05-547 4444/994

(emergency)

Perak Immigration Dept

05-5017100

Perak Water Board

05-254 6161

1800-88-7788

Ipoh City Council

Hotline: 05-255 1515

General: 05-208 3333

Whatsapp: 019-5503083

Perak Anti-Corruption

Agency: 05-526 7000

State Secretariat

05-253 1957

Railway Station

05-254 7910

Airport: 05-318 8202

Registration Department

05-528 8805

Tenaga Nasional Berhad

05-208 8000

Directory Service: 103

Perak Women for Women

Society

05-546 9715 (office)

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019-574 3572

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### To Advertise / Collaborate

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Your Voice In The Community Since 2008



**Vivien Lian**

**014 3323859**

## The PWW Shop

*Psst.....here's my secret....How to pick up a bargain and dress like a princess!*

So, you want to dress like a princess, and kit yourself out in designer accessories, but spend just a fraction of what they normally cost! No problem! I have the solution.

Tucked away in a little corner of Ipoh's Old Town, is a charity shop called "The PWW Shop".

"The PWW Shop" is run by the Perak Women for Women NGO. It is an Aladdin's cave for people who have a keen eye for a bargain. Designer clothes, vintage and cosmetic jewellery, glassware, electrical gadgets for the cook, fine china, shoes, books, handbags and the odd-looking ornament. You never know what you might find!

In Europe, charity shops, especially those located in affluent areas are well patronised. You never know what you can pick up for a fraction of the original cost. Chanel dresses. Louis Vuitton handbags. Edinburgh crystal. Victorian silver jewellery. Leather trousers and jacket. First edition books.

Before I set off on holiday, I buy a selection of books from the charity shops. They are cheap and I leave them at my destination so that someone else can read the books. Upscaling!

Once, when I was on holiday in England, I picked up a Samsonite, hard shell suitcase for three hundred ringgits, instead of the four thousand ringgits, when new. The suitcase was perfect with hardly a dent, just a few scratches on the wheels.

Some Malaysians may turn their noses up at second-hand goods, but one friend, whose daughter is at university in England, told me that her daughter has saved thousands of ringgits buying shoes, boots, and warm clothing at charity shops. Even sporting gear was easily available. Her daughter managed to buy skiing boots, skis, gloves, and salopettes at a fraction of the normal price. On her visits to see her daughter, my friend has also purchased many gadgets for the kitchen as well as stoneware to complement her crockery set.

"The PWW Shop" is no different. Like its many patrons, I love to trawl through the shop when I am in town. The trick is to be patient and keep your eyes peeled for the things that take your fancy. It is sometimes difficult to limit my purchases, as I keep reminding myself that someone else may snap up the item.

If a dress is too long, all I have to do is shorten the hem. If it does not fit, it has not cost me an arm and a leg, and I may give the dress away or donate it back to the shop. It is all about raising money for charity.

On my last visit to the shop, I picked up a beautiful cheongsam, which I will be wearing at this year's Chinese New Year party. The fabric was free of stains, snags or rips. The workmanship was superb. (See photo). At the same time, I spotted a perfect be-jewelled hair clasp, which I will also wear for my CNY party. The variety of earrings and brooches was so plentiful, that I just grabbed a handful of them. I was spoilt for choice. The difficulty was limiting myself to just a few purchases. Then again, I may not be able to locate such choice items again.

The proceeds from "The PWW Shop" are meant to empower women. It is managed, staffed and stocked entirely by women. The smallest and oldest of the volunteers is Mai, who is also the toughest but is the one whom everyone depends on for help. She is our 'go to' person.

Mai can do a lot of things including fixing a lot of stuff in the shop. On the whole, each volunteer has their own strengths, and do what they can.

"The PWW Shop" has attracted the interest of the people, residents, office workers, salespeople, and tourists around the area. According to the volunteers, a few of the regular customers drop in at least once, if not twice, a day, to see what new things the shop has acquired. They have also bought a lot of very nice, expensive and branded items, for a song.

The volunteers speak very fondly of the many dedicated regulars.

One lady comes in every lunchtime to help "The PWW Shop" weave ribbons for their one million stars project, and she has now become a friend.

Another lady comes every day, buys a few trinkets and donates some of her own trinkets - 'a widow's mite.'

Another one will buy some stuff, to sell to her colleagues at a small profit, and she donates the profit to "The PWW Shop". She said, "Buying things from the



shop has brought me luck."

As she has been making small amounts of money from gambling on 4-digit numbers, "The PWW Shop" also gains as she makes a small donation from her gambling wins.

"The PWW Shop" has been well received. Friends and patrons donate their pre-loved things for the shop to sell.

The volunteers are eager to acquire more things, especially costume jewellery, crockery, flatware, pottery and books. One volunteer said, "Clothes are a bit more difficult to sell, but what we can't sell, we donate to the homeless".

Her colleague added, "Donations to 'The PWW Shop' are most welcome. Clothes should be clean, with no rips or tears. Zips and buttons should be in working condition. Please bring the items to the shop.

"Sometimes people donate things in error. If they phone us, we will return the item, providing it hasn't been sold. Fast moving items are good costume jewellery and household items."

SuWin, one of the volunteers said, "Thanks to Siew Keen, one would never think that the shop sells mainly donated items, old and new. It is a veritable magpie's nest. Going in, you never know what bargains you might find. Right now, we have Jimmy Choos and Louboutins!"

So, if you still want to dress like a princess for CNY, head for "The PWW Shop"! (With special thanks to the volunteers, Mai, SuWin and Siew Keen)

**Location: 5 Market Street, 30000 Ipoh. Tel: 05 246 9715**

**Opening hours: Mon-Tue – 10am-1pm; Wed-Sun – 10am-4pm**

### COACHING CORNER BY ABLE COACH

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

Having 30 years of experience in the medical field at various levels including management. I have now ventured into the novel area of coaching in the healthcare industry.

After having worked with young doctors, which I wrote in my article "Coaching Youth", we have now moved to Coaching Nurses.

Coaching can be of benefit at all levels of nursing.

Coaches facilitate the integration of coaching competencies into any area of nursing practice to bring about a process of change that leads to actualising their potential in work and personal life.

To be more specific, coaching can be of benefit to nurses in the following situations:

- 1. Nurses beginning their career.**  
Coaching helps in:
  - navigating the work environment
  - clarifying their priorities
  - learning how to adapt to new situations.
- 2. Nurse leaders.**  
Coaching helps in:
  - Leadership
  - Managing difficult situations, colleagues and junior staff
  - Achieving role-specific professional goals.
- 3. Nurses not performing.**  
Coaching helps in:
  - Creating awareness that they are not performing
  - Eliciting understanding why they are not performing
  - Enlightening strategies to perform better.
- 4. Nurses experiencing stress in their career/ life**  
Coaching helps in:
  - Understanding the causes of stress.
  - Facilitating a discussion in helping them to move forward.



Coach Dr. Shan with the nurses going through the reasons why they chose to be nurses.



Coaches with the Director of Nursing, Hospital Fatimah and participating junior nurses.

On 5 January 2019, ABLE COACH together with the Malaysian Association of Certified Coaches conducted a half-day coaching session for 40 junior nurses at Hospital Fatimah, Ipoh. The session was conducted by ABLE COACH and 10 other Certified Coaches from the Malaysian Association of Certified Coaches. The lead Coaches were Dr. Shan and Ms. Helen Teh.

The objectives of the session were:

1. To discover the purpose of your job.
2. To become aware of habits required to achieve that purpose.

We started with a fun ice-breaking session. The participants were then taken through a sharing session why they chose to be nurses and what they wanted to achieve as a nurse.

Almost 85 per cent wanted to be nurses, as they wanted to care for and help others. We emphasised to the participants having different reasons to do what they do, is their right.

Having gone through "Why am I doing what I do" we then had a fun activity to emphasize the importance of purpose.

All participants had to move from point A to Point B, however, they cannot follow the same movement as other participants. We saw from Catwalk to Monkey jumping.... Lots of Laughter and cheering ..... emphasising the point when you have a purpose, you will work out a way.

This was followed by a breakout session with individual coaches for coaching on habits required to achieve the purpose.

One of the nurses said, "Thanks for the opportunity that made me think and open up to realise my strength and areas I need to improve to achieve my purpose"....that was really heartwarming for the coaches.

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



*SeeFoon is taking a culinary break this issue and giving her gnashers a rest.*

## Hawker Food

By Vivien Lian

### Popiah

One of the best Popiah in Ipoh. The father used to sell in a stall by the road along Jalan Keliling, Canning Garden. After his passing, the son inherited the legacy of selling this famous Canning Garden Popiah. Savour the crisp texture and flavours all in one bite which are wrapped firmly in a roll.



Yee Lock, 44 Jalan Raja Musa Aziz, Kampung Jawa, 30300 Ipoh. 6.30pm-9.30pm.



## Upcoming Event

### 'Ongsome' Lunar Celebration @ Meru Valley Resort

Looking for the best venue to usher in the Chinese New Year? Look no further. Meru Valley Resort invites you to experience a vibrant lunar year celebration with a host of activities, entertainment, promotions and giveaway. Visitors can look forward to free-to-public and family-friendly events to add to the excitement.

#### Golf of Prosperity

Tee-off to a prosperous New Year at Meru Valley Resort from February 1 to 15 and receive a 50% Weekday Green Fee Prosperity Voucher (T & C applies).

#### Prosperity Comes in Red Wallet

Dine in at the Dome Restaurant from February 4 to 10 and collect your elegant ang pow wallet with every RM188 spent in a single receipt. Hurry while stock lasts.

#### Chinese New Year Celebration

This Lunar New Year Meru Valley Resort presents to you one of the best lion dance teams in Perak, the Persatuan Tarian Naga & Singa Chiau Hooi Bee hailing from Kuala

Kangsar. Get ready to be blown away by stunning live performances of Northern Lion Dance and LED Dragon Dance. Plus, the God of Prosperity will make a special appearance at the resort together with 'Fu', 'Lu' and 'Shou', the Chinese Three Star Gods of happiness, prosperity, and longevity.

Members and guests are invited to experience it firsthand on **Thursday, February 7** at Meru Valley Resort's clubhouse lobby starting from 7pm. Photo opportunities are available.

For more details and information, swing by [www.meruvally.com.my](http://www.meruvally.com.my) or call us at **05 529 3300**.



## Top 5 Old-Fashioned Budget Hotels in Ipoh

### Embassy Hotel

Facilities: TV, air-conditioned (AC), indoor car park  
Provided: towels, soap, hot and cold shower  
Rates: RM38-66 for 2-4 people  
Address: 33-37, Jalan C.M. Yusuff, (opp. Old Majestic Theatre), Ipoh. Tel: 05 254 9496/9497.



### Hotel Shanghai

Facilities: Wi-Fi, AC, car park  
Provided: floor mats, towels  
Rates: RM40-70 for 2-4 people  
Address: 85, Jalan Mustapha Al-Bakri, Taman Jubilee, 30300, Ipoh. Tel: 05 241 2070.



### Hong Hin Hotel

Facilities: TV, Wi-Fi, water filter, heater (some rooms only), AC  
Provided: towels, floor mats, soap  
Rates: RM45-90 for 2-5 people  
Address: 13-15, 1st Floor, Jalan Toh Puan Chah, 30300 Ipoh. Tel: 05 254 8249.



### Tokyo Hotel

Facilities: TV, Wi-Fi, AC, water filter  
Provided: towels, soap  
Rates: RM45-70 for 2-3 people  
Address: 159-161, Jalan Raja Musa Aziz (Anderson Road), 30300 Ipoh. Tel: 05 254 2005/2006.



### Hotel Merloon

Facilities: Wi-Fi, CCTV, TV, car park, AC  
Provided: floor mats, hot and cold shower, soap, towels  
Rates: RM53-90 nett  
Address: 92 Jalan Mustapha Al-Bakri 30300 Ipoh. Tel: 05 254 1363 or 012 521 7775.



*Note: facilities provided commensurate with price.*



**Ipoh is a Chinese Town . . . Continued From Page 2**

took on many of the former's projects and positions at home and in China.

Such was his reputation, he was well known to the Japanese and as they invaded he had to flee the country, aided by the British Government, for to stay would have led to torture and execution. His family went into hiding close to Papan.

After the Japanese surrender, he returned to Ipoh and continued with his many many branches as well as taking government posts. Then in 1952, he was instrumental in forming Kinta Valley Home Guard as protectors of the tin mines. The first Chinese to be awarded Dato' Seri in Malaya, he was also bestowed the Order of the British Empire (OBE) by Her Majesty the Queen and made Justice of the Peace by the Sultan of Perak.

Lau Pak Khuan was an amazing man who did so much good for the people at home and abroad and it is impossible to single out any one aspect of his life although it is recorded that it was pressure from him that brought an integrated sewerage system to Ipoh and you cannot get much more important than that!

**Towkay Foong Seong**

Foong Seong was again born in Guangdong in 1897 with a Cantonese father. He came to Ipoh in 1912 and started working for his uncle, repairing bicycles. Once he had some savings he set up Foong Hup Seong Foundry in Lahat Road, Ipoh. An enthusiastic engineer, he designed a 120 horsepower diesel pump to solve the flooding problems, which also became a much sought-after device for other gravel pumps across Malaya.

Although never a mining coolie, like his Hakka associates, he went into mine ownership and by 1930 owned many mines in the Kinta Valley and in due course used his wealth for the good of the people. He also founded the Cheng Shan Primary School, was appointed

*Foong Seong**Foong Seong Building*

the President of the Perak Ku Kong Chow Association and Vice President of the Perak Chinese Maternity Hospital. He was also awarded Justice of Peace.

Today, the Foong Seong Villa stands as a tribute to the man who built it and which at one time had a hall to encourage an interest in one of his hobbies, Chinese opera. An artistic man who spent his leisure hours with Chinese calligraphy and poetry, he passed away at the age of 100.

**Dato' Peh Seng Koon**

A Hokkien, born in China in 1900, Seng Koon migrated to Singapore and took employment as a clerk. From this humble beginning, he was eventually appointed General Manager of the same company in Ipoh. He started his first rubber plantation in 1934 and went from strength to strength in the industry.

He was one of the founder members of the Malayan Chinese Association (MCA) in 1949, serving the MCA for 30 years becoming Director on its Board. Besides, Perak MCA Chairman and a Central

*Dato' Peh Seng Koon*

Committee Member. A well-known philanthropist, being the President of Poi Lam High School, Deputy Chairman of the Yuk Choy High School and the Perak Girls High School, forming the Society for Poetry Appreciation.

But his philanthropy did not stop there but spread, like others, into hospitals, trade and industry. He is well remembered for his post-war work to improve the welfare of the Hokkien people in Malaya and China. With an eye to a new school, in 1928 the Association, under the guidance of Peh Seng Koon, purchased 12 acres of rubber estate along Tambun Road. However, this was judged to be unsuitable, as it was too far away from town and up a hill. How times have changed!

**Our Apologies**

For those Chinese whose ancestors are not mentioned here we apologise, there is just insufficient space to feature them all even if they played a part in building up the "Town that Tin Built".

*Perak Chinese Mining Association***Tourism****Octagon – Cultural and Tourism Hub**

The first ever Octagon Chinese New Year Festival 2019 is organised by the Perak Chinese Chamber of Commerce and Industry (PCCCI) in collaboration with Ipoh City Council and Ipoh East Parliamentary Office. It began on Saturday, January 19 and will end on Sunday, February 3 held around the building.



"The aim of setting up and promoting Octagon Ipoh CNY Festival is to create some activity in the area surrounding Octagon. We need to enhance this area as the very objective of building the Octagon is to promote the mobility of people and tourism," said Dato' Liew Sew Yee, president of PCCCI during the opening ceremony on Wednesday, January 23.

According to him, Octagon is sitting on the site formerly known as the Yau Tet Shin Market hailing from the 1950s. It was a prominent landmark where people shop and eat. However, with the coming up of newer shopping complexes like Super Kinta and Perak Emporium, Yau Tet Shin Market lost its glamour and was subsequently demolished.

"PCCCI initiated the project to build Octagon with the vision to revive past glory. We want to ensure that the surrounding areas connecting Jalan Theatre, Jalan Mustapha Al-Bakri, Gerbang Malam and the famous Tong Sui Kai (Dessert Street) next to Sam Tet Primary School will turn into a hub for visitors to experience the Ipoh culture of various races," Dato' Liew added.

To sustain the concept of cultural and tourism hub in Octagon, he hopes the state government and city council will give the necessary support, especially in eradicating parking touts, cleaning of drains, maintaining street lights, collecting rubbish daily and curbing illegal parking.

"We've submitted the proposal to Ipoh City Council for more pedestrian-friendly walkways to make Ipoh a green city. We propose a walkway be built along Jalan Sultan Idris Shah to link the tourism hub in the New Town from Octagon area to Old Town where we have another tourism hub in Concubine Lane," he stressed.

Present at the ceremony was Executive Councillor for Housing, Local Government, Public Transport, Non-Islamic Affairs and New Villages, Paul Yong Choo Kiong representing Menteri Besar Dato' Seri Ahmad Faizal Azumu.

PCCCI is one of the largest and most active NGOs in Perak with 1700 members and 10,000 indirect members from five branches, two affiliated chambers and 50 associated trade associations in the state.

Mei Kuan

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

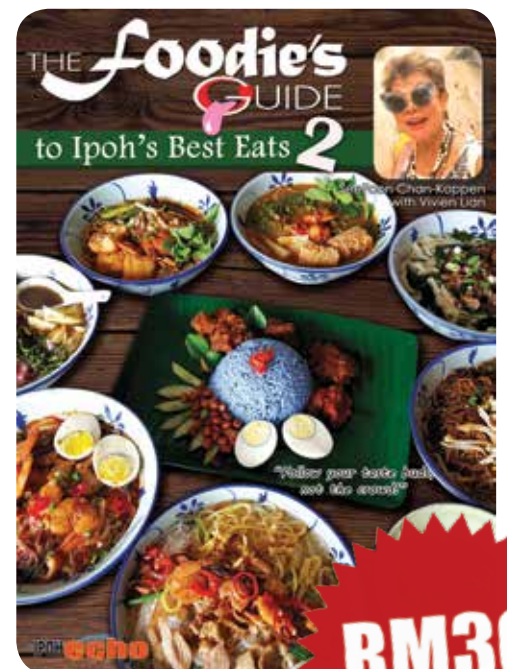
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## SUBARU IPOH

Over the years, Ipoh Auto City Sdn. Bhd. was given their due credits. In October 2018, Mr. PR Chandhran, the CEO of Ipoh Auto City Sdn. Bhd. was awarded the "2018 SME ICONS" by the Malaysian Service Providers Confederation in recognition for his outstanding contributions towards innovative, articulate and motivative talents that lead the industry and placing Malaysia on the world map. The award was presented by the YAB Menteri Besar Perak, Datuk Seri Ahmad Faizal Azumu.



Among other awards received are as follows:

In 2016, they were awarded the Industry Excellence / Category Award by the Malaysian Indian Entrepreneurs Cooperatives. As the year progress, Ipoh Auto City Sdn. Bhd. were awarded "Service Excellence Award" by Tan Chong International Ltd in Bangkok, Thailand.

The following year, in February 2017, another accolade and this time was the "Sales Excellence Award" by Tan Chong International Ltd in Singapore.

Ipoh Auto City Sdn. Bhd. has been making efforts to withstand the downturn in the industry such as diversifying into workshop services. Aided by strengthening market sentiments and upward trends under spinning the growth of the motor vehicle industry, the company has benefited from stronger asset base which will put them in a better position to face the imminent liberalization of the automotive sector for year 2019.





## Psychological Wellness

### Be Grateful To Be Happy

Research in positive psychology has shown that grateful thinking generates happiness and prevents stress. Below are three simple ways to be grateful and appreciate life:

#### 1. Be grateful for something that has gone RIGHT.

These are our wishes that have come to be, especially those that we have worked hard for (e.g., proper education, a meaningful career, a comfortable house, professional recognition, a good marriage). Rejoice the successes as if they happened just yesterday. Getting what we want is happiness. Rejoicing every day in what we have is the art of multiplying happiness.

#### 2. Be grateful for something that is OK but taken for granted.

We may take some things for granted (e.g., our good health, enough food to eat, the proper place to stay, caring and supportive family members). Many others are suffering from diseases, physical disabilities, wars, poverty, and lack of basic human needs. Do not miss someone or something only when we lose them. Cherish them here-and-now.

#### 3. Be grateful for something that went WRONG for a purpose.

Some things appear unpleasant but come with valuable lessons. This includes being sick in the hospital, but appreciating life more on recovery; failing in an exam, but becoming more knowledgeable in the next attempt. Everything in life happens for some good purpose. Some things go wrong but could have been worse (e.g., having nose allergy vs. nose cancer; losing a handphone vs. losing a family member; receiving treatment for depression, with social support and sharing of experience from those with depression vs. suffering alone).

Here is another simple and effective way to remind us to practice grateful thinking. It is called 'Google-WWW-Yahoo.' It means repeatedly trying to 'Google' (search) for 3 WWW's (What Went Well?) every day, and 'Yahoo' (rejoice) on the WWW's. In other words, deliberately try to pay attention to things that went well in life – success, blessings and other positive events. For example:

1. Went for a holiday,
2. Finished reading a book,
3. Received a compliment from the boss.

Do this regularly (e.g., before sleep) to happify your life.



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



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



## Pongal Celebration

On Thursday, January 17, the Perak Society for the Promotion of Mental Health at Ulu Kinta, Perak, held a Pongal event which was officiated by its President, Dato' Dr M. Majumder and participated by the 75 residents, exco members, staff and guests.

Pongal is the Tamil Harvest Festival. The event began with the 'silver pot' (replacing the earthen pot) placed over a small wood fire pit, a ritual to mark Pongal. The boiling of the milk until it overflows is done as a form of thanksgiving to God for a bountiful harvest and healthy crops. Rice grains, sugar and other condiments were added into the pot for the cooking of pongal soru (sweetened rice). When it was overflowing, all present took turns to pray and helped themselves to this delicacy.

Society president offered prayers and thanked all present after which everyone present adjourned to savour the sweetened rice along with drinks. It is the tradition of the society to hold this important event every year without fail.

Apart from the members and friends, two AFS (American Field Service) students from Germany, Annika Alma Neumann and Lily Kalies, participated in the event.

K. Letchimanan

## Community

### Happy Birthday Dato' Seri Selvamany



Former students of Dato' Seri Selvamany (Tokoh Guru Kebangsaan 1996) from Anderson School Arts 66/67 gathered on Sunday, January 20 to celebrate their Economics teacher's 93rd birthday at the Old Andersonian Club and Cafeteria.

While some came in a chartered bus from Kuala Lumpur others drove down from other states to join in the lunch hosted by the birthday boy himself. Present was his wife, Poovayee, a former teacher from Ipoh Convent School who is 92 years old. A few of her former students were among those present that day.

The event was graced by some very senior Andersonians, Selvamany's former students themselves, such as Tengku Razaleigh Hamzah, Tan Sri Nuraizah Hamid, Dr Selvaratnam and prominent Ipoh lawyer, Ng Yook Woon.

In his speech, Tengku Razaleigh mentioned how the couple had endeared themselves to their former students. They are welcome to drop in on them whenever they are in Ipoh. He reiterated that Selvamany is more than a teacher, which was the title of a book "Selvamany, More Than A Teacher" written by one of his students a few years ago.

In his emotional reply, Selvamany expressed how blessed he was to have attained 93 years of age. It has enabled him to see his students' progress long after they had left school. The ex-teacher always expounded the beauty of a multiracial and a multicultural Malaysia during his teaching days as is evidenced during the gathering.

As he had insisted on a "no-present and no-flowers policy" for his birthday, his students presented him with an "angpow" which he could donate to his chosen charities. He duly responded by naming four charities where the money could be distributed – a mosque, a church, a Buddhist temple and a children's home.

The ceremony ended with a photo session followed by a tearful send-off for a revered teacher. His 70-something students looked on with some trepidation, as their 93-year-old teacher drove his family home in his 38-year-old Volvo. "The car, if it could speak, would tell many tales," Selvamany enjoined.

The sentiment of the crowd is best summed by this excerpt from a birthday card sent to him. It reads, "You're my Econs teacher, my hockey coach and advisor to the Students' Benefit Society in ASI (1966/67). I'll always remember you as a very caring mentor with great wisdom and tireless effort, who always inspired his wards to strive for their utmost best. Most of all I'll always cherish memories of your undying compassion for the poor and the needy".

Khadijah Shaari

## Blood Donation at St Michael's Institution

In conjunction with the 300th anniversary of John Baptist De La Salle, St Michael's Institution, Ipoh organised a blood donation campaign at the school hall. The event was held on Wednesday, January 23 with the collaboration of Hospital Raja Permaisuri Bainun, Ipoh. Some 53 Ipohites donated their blood. The event, according to Principal Sit Wai Yin, was part of the Lasallian core values practised by teachers and students in their effort to build an inclusive and caring community.





## Community



## Sickly Child Needs Help

“We accept our fate and persevere despite slim hopes of seeing our baby recover,” said Mohd Salihan, 33, father of one-year-old Nur Jannah Mohd Salihan who suffers from six debilitating illnesses since birth.

Nur Jannah is the third child of Mohd Salihan and his wife, Haniza Mat Rathi, 38, from Malim Nawar. The baby was diagnosed by doctors in General Hospital, Ipoh with six complications, namely punctures in her backbone, no tract for defecation, fluid in the brain, leg length discrepancy, a kidney failure and paralysis from waist to feet.

According to Mohd Salihan, his child underwent surgery to create a tract for defecation in her intestine when she was barely two days old. She had another surgery to remove fluid from her brain.

“Excretion is via a tube. My wife has to stop working to take care of household matters with the help of her mother, Halimatun Saadiah Abd Rani, 71.

“Nur Jannah is being treated at the Kampar Hospital and General Hospital, Ipoh. She’s categorised as a “special case” thus all treatments and surgeries are covered by the hospital.

“However, monthly medical expenses are estimated at over RM400. We’ve to prepare the medical tools, as well. My monthly income is insufficient to cover the daily expenses of my family. Fortunately, the state social welfare department has recently approved a monthly aid of RM350,” he told Ipoh Echo at his house in Kampung Tualang Sekah, Malim Nawar on Saturday, January 19.

“I hope Ipohites would provide us some financial aid to help cover my child’s medical expenses. We’re rather desperate at the moment,” he implored.

Readers wishing to contribute can deposit your money into Haniza’s Maybank account: **158042787944** or visit the couple’s home at Kampung Tualang Sekah, 31700 Malim Nawar to see the situation for yourselves.

Rosli Mansor

## Use Our Newspaper

Ipoh Echo has always been an advocate for English education. We are offering free distribution to schools to use our newspaper as teaching material for students, not only for English learning but also to educate the young generations on the happenings around Perak, covering travel, art and culture, personalities, workshops, health, community, sport, opinions, heritage and also history.

If you’re keen, kindly contact us at **05 543 9726** or [editorial@ipophecho.com.my](mailto:editorial@ipophecho.com.my)

## Connexion

By Joachim Ng

## Malaysia Needs 3 Choy Sun Yeh



Do you greet friends with Xin Nian Kuaile or Gong Xi Fa Cai for the 15 days of Chinese New Year? Xin Nian Kuaile is a simple Happy New Year or Selamat Tahun Baru greeting. However, Gong Xi Fa Cai or Wishing You Prosperity expresses the vision of shared prosperity.

When you give an ang pow, accompanied by Gong Xi Fa Cai or Kung Hee Fatt Choy (in Cantonese, which is the dominant language among Ipoh’s Chinese), you remind yourself of the reasons for this tradition of giving cash. The ang pow began 2,200 years ago in China and its perennial message stays relevant in Malaysia.

The ang pow was intended for three main categories of recipients — the young, the unmarried, the old — for these reasons:

1. the young, because they needed money for education;
2. the unmarried, because they were too poor to afford a wedding;
3. the old, because they had lost their ability to earn income.

You can find all three categories in a modern form today, throughout Malaysia. They are:

1. students with poor thinking skills and lacking in social ethics;
2. low-income graduates who can’t afford to repay their student loans;
3. retired employees with falling savings and rising blood pressure.

More than 2000 years after the first ang pows were handed out, the vision of shared prosperity is still a distant unfulfilled dream. Malaysia needs three choy sun yeh (heavenly princes of prosperity) to inspire our jaded economists, puzzled educationists, and battle-fatigued politicians.



The first heavenly prince is needed to revamp our public school system and orientate it towards science learning, social ethics and practical skills training. We should engage a Japanese consultant, as Japan revamped its educational system in the 1950s and 60s by introducing quality circle methodology to weed out all inferior practices in school.

The second prince should investigate why the purchasing power of our wages and currency keeps on falling, to the point that some countries that were behind us in the past have now overtaken us. We should engage a Nobel economics laureate to tell us where we are tumbling as a nation and as individual consumers, and how to set a disciplined course.

The last choy sun yeh is needed to stroke his flowing beard and innovate a post-retirement income plus medical insurance scheme for private sector oldies to keep them working.

Their EPF savings won’t take them far. Pushing out the aged is like cramming old stuff into a small cupboard with flimsy doors. The problem will spill out one day.

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**We train,  
You gain!**



## Community

# Celebrating Yet Another Successful Year

The Dome Restaurant and its terrace were decked out with a rainbow of colours as the Kinta Properties annual dinner unfolded on Saturday, January 26 at Meru Valley Resort.

From a specially crafted food street, a sumptuous buffet featuring live cooking stations to free-flowing bubbly, guests who were dressed to the nines were spoilt for choice. Notable emcee, KT Pillai was there to hype up the atmosphere accompanied by multiple live bands. Another crowd favourite was the photo booth with fun props.

After the presentation of long-service awards, a new year's toast and mass prosperity toss followed.

"Tonight I am pleased to report another year of positive performance. A year that was filled with both challenges and victories. Despite the ever challenging economy, we have adapted, diversified, collaborated and innovated," Dato' Lim Si Boon, Director of Kinta Properties enthused.

"For our sister company, Ban Hoe Seng Auto, Kinta Properties is ahead of its target to complete the first car showroom in Malaysia certified gold in the Green Building Index. This new 41,000 sq ft building is a shining example of sustainability," he highlighted.

"We continue to build our sense of community with LABpark, now drawing a total of more than 109,000 visitors since its inception three years ago. Beyond property development, it is no secret that the umbrella company, Bonanza Venture Holdings is back in the education market," he added.

Another highlight was the lucky draw with the top prize being a Samsung S8 Plus smartphone. A firework display concluded the lively affair.

Mei Kuan



## Open for Entries

# Tin Alley Cultural Creative Awards 2019

Calling young entrepreneurs, time to put your ideas to the test in the Tin Alley Cultural Creative Awards 2019, now open for entries.

"The objective of the award is to attract young, passionate entrepreneurs to realise their business via cultural creativity, enabling tourists and local visitors to explore Ipoh in-depth," Tan Kai Lek, the organiser of the Tin Alley Cultural Creative Awards 2019 explained during a press conference held on Thursday, January 24 at No. 1, Lorong Bijeh Timah (Tin Alley), 30000 Ipoh.

According to Tan, Ipoh has become a popular tourist destination after being recommended by international media consecutively as the best place to visit in Asia. "The creative tourism seems to be booming during these years but lack the innovation and creativity needed to satisfy tourists' needs. The trendy integration of travel, lifestyle, culture and legacy has gradually changed the tourism quality. With its geographically strategic location, No. 1 and No. 3 lot at Tin Alley shall be turned into the creative base in Ipoh," he pointed out.

Interested creatives (either solo or in a team) under the age of 45 (local or overseas) can participate by tendering their business proposal of not more than five pages of powerpoint or PDF file describing their commodity, service, style, selling point, marketing strategy among others to the organiser, Ipoh Tin Valley Sdn Bhd. It shall



## BENEFITS OF BREASTFEEDING

Most mothers, at one point in life, would experience this dilemma – deciding either to breastfeed or to use infant formula for their babies. Some refuse to breastfeed, as it is a hassle, thus forcing them to use formula instead. Nonetheless, let me remind women who are pregnant and in the postnatal stage the benefits of breastfeeding



### TO THE BABY:

1. Protects your baby from infection. By breastfeeding the mother's antibodies are passed on to the baby. Antibodies help fight virus and bacteria. They protect the baby from illness such as asthma, diarrhoea, vomiting, leukaemia, ear infection and other ailments.
2. Breast milk helps in digestion and causes no abdominal colic.
3. It is ideal nutrition, as it a complete food in itself. Breast milk contains carbohydrates, protein, fat, vitamins plus nutrition that are required for the baby's growth.
4. Babies will gain accordingly. They take the amount that is required. Once full, they will refuse to take any more.
5. Higher scores in later life. According to research findings, breastfed babies perform much better in schools.

### TO THE MOTHER:

1. Increases bonding between mother and child.
2. Prevents bleeding in the uterus during the beginning of the postpartum stage.
3. Burns stored-up fats gained during pregnancy. Helps in weight reduction.
4. Helps prevent breast and ovarian cancer.
5. Prevents new pregnancy.

### TO THE FATHER: Do you know how much money you can save from breastfeeding?

**Fabin Nagapushnam is a certified breastfeeding counsellor, staff midwife and staff nurse with 30 years of experience. For a free consultation, call: 016 797 8248. For more information on breastfeeding, visit Facebook : Breastfedbabies**

## Nostalgia

By Ian Anderson

# It's "Lucky Money" Time Again



Almost before the New Year's Eve celebrations had died down, commercial institutions were thrusting packets of red envelopes, perfectly sized to take unfolded RM50 notes, in their Chinese customers' hands. This annual frenzy of giving empty ang pow packets, with golden Chinese characters depicting good wishes for the New Year is, of course, nothing more than an advertising ploy, as each packet is emblazoned with the company name on the reverse. Nonetheless, they are welcomed by young and old alike for they play an important part of the New Year celebrations when they take up the role of a monetary gift, often considered to be "Lucky Money".

But the idea of giving of the red packets (hóngbāo in Mandarin) is not new, for as with most things Chinese, there is a legend to support it. The story dates from the Song Dynasty (960 to 1279 AD) when a demon was terrorising a village. Not even the greatest warriors of the region could rid the villagers of their torment. But a young orphan, with his ancestors' magical sword, fought and killed the demon. The villagers were so happy they presented the boy with a red pouch of money, and the red packet became a traditional Chinese "Thank you".

But do not run away with the idea that red packets were always large. Many of our readers will remember very small envelopes, just large enough to take a couple of small denomination coins, for example, two 20-cent pieces; but at one time there was not even a proper envelope. In those days families made do by wrapping small coins in red paper, like the one pictured, which is not quite 5cm long. It was found in an old shophouse and contains two 10-cent coins, a princely sum for a child in Ipoh in the 1960s.

**Gong Xi Fa Cai!**

incorporate elements of Ipoh or Perak in it.

Award winners stand a chance to get up to one year of free rental to expedite business start-up. In addition, there will be further assistance from enterprise mentor, interior designer and professional promotional team in order to spice up the Ipoh tourism industry collectively.

The entry form can be obtained from the Tin Alley Facebook page and submitted together with the proposal to [tinalley.my@gmail.com](mailto:tinalley.my@gmail.com) by **March 11**.

The preliminary review result will be announced on March 13 at the Tin Alley Facebook page. Top ten candidates will be shortlisted for the final review to be held on March 24 at the Tin Alley Ipoh creative base at 10am. Finalists will be given not more than six minutes to present their business proposal and then to answer questions from enterprise mentors. One grand prize winner and two runners-up will be awarded.

Mei Kuan



# MUV Online Car-selling Platform

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MUV is an online car-selling platform established in July 2013 with the aim of providing professional car valuation services and helping customers to dispose of their vehicles.

They have car valuation hubs across the country, including their headquarters in Seri Kembangan, Butterworth, Johor Jaya and Petaling Jaya. Now consumers are provided with more convenient locations to value their used vehicle.

Due to the increasing demand for their services, MUV recently expanded to **THREE** new locations, including one in **Menglembu, Ipoh**. Other two locations are in Georgetown, Penang and Cheng, Melaka. Sharing the facilities with Tan Chong Express Auto Service (TCEAS), customers can now have a thorough and professional valuation conducted by MUV.

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2. Visit the hub at your selected time and MUV valuer will conduct the car valuation.
3. Get to know your car's selling price **INSTANTLY** and sell to MUV via Direct Sell. Or you can sell it through weekly scheduled Auction and Futures platforms.

In 30 minutes, MUV will conduct both the interior and exterior check of your car and the process also includes car bottom checking and test driving. During the process, customers can sit and wait for the results at the hub's cosy lounge, just like home. We treat each customer like we would treat a guest in our own home, by serving them with some refreshments.

MUV customers are also provided with a **FREE** Grab ride worth RM30 x 2 rides after they have done their car valuation. Promotion period is valid until February 28, 2019.

As MUV has more than 700 registered buyers nationwide, you can rest assured that there will be someone ready to buy your pre-loved car. You can choose to either sell your car directly to MUV or via the online auction platform.

For more information, please go to [www.muv-x.com](http://www.muv-x.com) or call them at **018-311 8089, 018-3618088**.

**MUV Ipoh Address: 1A, Laluan Perusahaan Menglembu 8, Kawasan Perindustrian Bandar Baru Menglembu, 31450 Ipoh, Perak.**

## Personality

# Samuel Zane, the Piano Prodigy

**B**orn in 1995, Samuel Zane started playing the piano since the age of four under the tutelage of Hin Ee Jeng, an active keyboardist and pianist for local artist and music directors. His talent was honed in UCSI with Bachelors in Contemporary Music. Besides piano, his passions toward music have drawn him to learn several other musical instruments such as the guitar, bass guitar, drum and ukulele.

His evolution as an instrumentalist has been greatly influenced by a myriad of musical genres from various eras. His inspirations include Avicii, Coldplay, Jonas Blue, Five for Fighting, Bryan McKnight, The 1975 and The Script. Samuel enjoys playing music of pop, R&B, jazz, Bossanova and dance genres.

The 24-year-old soloist spends his leisure time in a more "creative and experimental" direction through another mode of musical expression: composition. To date, he has composed many Christian worship songs which are mostly



played in churches.

As a soloist and collaborator, Samuel has performed in many special events, especially at weddings. He is constantly outdoing himself and is more than happy to take on special requests from guests, no matter how challenging it may be on the piano.

His fondest musical memories would be the graduation recital performance. In addition to performing, he devotes much of his time nurturing young talents. Samuel is currently attached to Wesley Methodist School Ipoh (International) as a music teacher. He believes that music is a journey, therefore, one should stay passionate and keep practising.

Ipohites are in for a treat as you can now unwind with live entertainment by Samuel Zane every Saturday from 8.30pm at the Dome Restaurant of Meru Valley Resort. For reservations, kindly contact **05 529 3358** or visit [www.meruvally.com.my](http://www.meruvally.com.my).

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## Education

## Evolve Your English, Evolve Your Life

**I**poh Learning and Training Institute (iLTI), the longest established English specialist school in Perak, is making diverse courses accessible – for everyone. True to its inclusive strapline, “English for Everyone”, iLTI offers English courses for any age, level or needs.

Established in 1986, iLTI has a 33-year track record of English teaching with a Cambridge English accreditation. Plus, it is the only institute in the region offering higher levels of Cambridge English, through Proficiency (CPE) examination.

Whether you want to give your young one, as young as five, a head start (Cambridge Young Learners), prepare for an exam (ESOL, IELTS, TOEFL and General English) for that coveted spot in a top university, boost your career prospects (Business English) or simply seek bespoke courses for self enhancement, iLTI has it all. The platform provides a practical and results-oriented way of learning for effective and confident communication.

Alister Bartholomew, Director of Education at iLTI explained, “We’re embellishing the range of courses here by introducing the first of its kind, Masterclasses in February, which will lift the students into a new perspective of practical experience. An opportunity for them to use the technical English they are learning in a practical environment, I will lead practical discussions, workshops, mock interviews among others to add to their confidence level before taking their next step.”



Prior to joining iLTI, Alister served in independent schools in the UK with a range of roles, from head of department to headmaster. Since 2006, the trained UK Schools Inspector has been opening British partner schools in Kazakhstan, China, Singapore and, recently, in Malaysia. He looks forward to adding to the excellence that already exists in iLTI and then making the private language school one of a kind.

“A lot of Malaysian students, who clearly have a reasonable grasp of English going through their various stages of qualifications, are reluctant to speak due to lack of confidence. If you don’t have a command of English in this increasingly sophisticated commercial world, you are seriously disadvantaged,” Alister observed.

Meanwhile, Thomas Kok, Principal of iLTI who has been teaching since 1964, pointed out that many graduates are unemployed simply because they do not have the English language proficiency.

“iLTI is a household name supported by teachers who mostly have at least 30 years of experience. For every new student, we have a placement test to ascertain the level that’s right for you before deciding on the right courses,”

Thomas added.

For enquiries or course booking, call **05 255 3067** or email [info@ilti.edu.my](mailto:info@ilti.edu.my). Visit its Facebook page (@iltiipoh) or centre located at **6 Jalan Raja Dihilir, 30350 Ipoh, Perak**.

Mei Kuan

## Leisure

## The New Club Taiping

**T**he New Club or then known as “Perak Club” was founded in 1885 in Taiping. It is the second oldest club in the country after the Royal Selangor Club, which was established a year before the “Perak Club”. The club holds the second oldest golf course in Southeast Asia. Thus, it was the centre of social life for the colonial elites.

According to A.E. Wooten, the club’s ex-secretary and a businessman, a “social crisis” took place in 1890. The then British Resident of Perak decided to limit the membership of the club. Only higher ranking army officers and miners were allowed to be members of the club.

This decision caused several senior members of the ‘Perak Club’ to resign and form a new club in 1892. The founders of the new club were Dr Shepherd, Lefroy, Mais, Gray and Aylesbury. The site of the main clubhouse was granted by Sultan Iskandar Shah, provided that “The New Club” name was retained. The original clubhouse, designed by G.A. Lefroy in 1893 consisted of a furnished reading room, a billiard room, a card room, a large dining room and five residential chambers.

“The New Club” was only open to government officials, planters, miners and expatriate businessmen. “The club was at one time the exclusive turf of the British until the late forties”, said Encik Mohd. Shafie, an ex-caddy master who had worked at the club in various capacities for nearly 60 years. Australian officers only gained access to the golf course, even then they were to take their drinks to the shed outside the club. As for locals, they were disallowed from becoming members.

Unfortunately, the club’s activities were interrupted during the Second World War.

The club reopened on November 20, 1945, under the administration of the 25th Indian Gymkhana Club with Major-General G.N. Wood, CBE, DSO, as its president. The military managed the club till December 13, 1947.

Things began to change after H.L.H. Tate became the president on January 1, 1948. The impact of modernisation, spirit and force of nationalism changed the club’s nature. Taiping Charcoal King, Lim Huan Lye was the first Malaysian member in 1948 and in 1967, YBH Dato Seri Mohd. Razak bin Akram was elected as the first Malaysian President of the club.

The main activity of the club was golf. The golf course was built within the Lake Gardens. In 1993, the Perak State Government decided to unveil the land on which the golf course was built. This marked the closure of the country’s first golf course. Although the golf course was closed down, it did not stop golfers from playing but at Taiping Golf and Country Club (TGCC), Bukit Jana. Ironically, Taiping’s only golf club, TGCC, is due to close in April 2019. Monthly competitions continue and the number of registered golfers stands at 130.

Apart from golf, swimming is also another important activity of the club. A 25m, seven-lane swimming pool was built in 1993 just behind the club. Young swimmers took part in several national, state and inter-club swimming championships. The club today has two tennis courts which were opened in 2005.



In 2000, an EGM was held and a decision to renovate the clubhouse was made but the heritage facade would remain unchanged.

Today, about 99 per cent of the club members are Malaysians. It is a leading social institution and a focal point for many Taipingites. The membership today is in absolute contrast to the days of yore. It reflects a harmonious blending of our multi-communal country.

While the food in the club’s restaurant is excellent, the fried tofu, inchi kabin (Nyonya fried chicken), prawn fritters and Thai fried rice are a must try. If you are a drinking gentleman then The Bar and Beer Garden, located in the clubhouse, is a must visit. This famous quote is attributed to the bar:

(To All Who Imbibe Herein)

*“This bar is dedicated  
to those  
Excellent Gentlemen  
who make  
Drinking a Pleasure  
who reach*

*Contentment before Capacity  
and who, whatever they drink  
can take it and still  
Remain Gentlemen”*



Chambers are now open to the public. During weekdays (Sunday-Thursday), it is RM85 + RM5.10 for service tax, while on weekends (Friday-Saturday), it is RM110 + RM6.60 service tax. During peak seasons, it is RM160 + RM9.60 service tax.

The New Club is planning to build “The Golf Gallery” at the site where the old caddy shed and store were. The purpose of the gallery is to honour the “Perak Golf Club” as the first golf club in the country and the only Malaysian club that was affiliated to the Royal and Ancient Golf Club in Scotland. Various Golf memorabilia, which the club has, will be on display at the gallery.



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## Environment

# River Initiative Kicks Off



The Integrated River Basin Management of Ulu Kinta Basin, a three-year project initiated by the Global Environment Centre (GEC) and funded by Yayasan Hasanah to support the Central Forest Spine initiative, had its soft launch on Wednesday, January 23 at the Kinta Riverfront Hotel.

The first programme in line to kick things off was a workshop presentation on preliminary environmental assessment of Ulu Kinta River Basin carried out from June till November last year followed by a discussion on the strategic management plan on Ulu Kinta Basin.

This was the first workshop to be organised under the project. It got related government agencies, NGOs and key stakeholders in Perak to design the strategic management of forest and water resource that will benefit approximately 660,000 indigenous and urban communities living in the Upper Kinta Basin in 2021.

“Integrated River Basin Management of Ulu Kinta Basin has two objectives. First, it is to develop forest and water resource management strategy. Ulu Kinta is a very important water catchment area as the source of drinking water for consumers in Ipoh. It also aims to create a community-oriented programme for river protection and forest management. We wish to see community involvement in the governance of the forest,” Dr K. Kalithasan, Manager of River Care Programme from GEC explained. He has over 20 years of experience in river management and environmental education.

Present were Dr Abdul Aziz Bari, Executive Councillor for Education, Science, Environment, Green Technology and Information as the guest of honour and Salfarina Mohd Sharif, Assistant Director for the Engineering Section of State Department of Irrigation and Drainage.

“Many have taken our river for granted. Instead of celebrating it, they discard rubbish into the river, as there is a lack of love for nature. Thus we welcome the effort and expertise of NGOs and corporate entities which are committed to funding NGOs. The community and the media should provide their full support to spread the awareness,” Aziz Bari advised.

GEC was established in 1998 to work on environmental issues of global importance. The centre has been supporting river protection and rehabilitation throughout Malaysia for 20 years. For more information, visit [www.gec.org.my](http://www.gec.org.my).

Mei Kuan

## Heritage

By Ian Anderson

# A Royal Day of Culture, Tradition and Heritage

Sunday, January 20, dawned dry and sunny, to all intents and purposes it was just another Sunday, but in Old Town, Ipoh it was far from normal. Gone was the double parking, illegal hawkers and traffic jams, for there was no traffic – the streets of Old Town were closed and reorganised, Sama Sama POP had arrived, providing a galaxy of colours and culture not seen in Ipoh for many years, if ever and it was courtesy of the Perak State Government who put it all together.

### 22 Hale Street

For Sama Sama POP, Sunday was the second day, but there was an added attraction that Sunday morning, for at 11am there was the grand opening of the 22 Hale Street (Jalan Tun Sambanthan) Heritage Gallery, graced by the presence of HRH Sultan Nazrin Muizzuddin Shah, Sultan of Perak and his consort, HRH Tuanku Zara Salim. For such a special occasion the guests were dressed in their best, following the lead of the Royal Couple's attire of a stunning gold batik shirt and an elegantly beautiful and traditional, light-blue, embroidered Baju. Thus the entire scene, sheltered by a gold and white canopy, was a sea of colour, heritage and culture rarely seen in Ipoh these days.

### The Exhibition Opening

The opening ceremony commenced with a short and vibrant display of Malaysian dance which was followed by a bi-lingual, introductory speech by Puan Sri Dato' Sandra Lee, owner of the building. Having lived in Ipoh for the past 38 years, she continues to be disappointed by the willful destruction to the Old Town heritage buildings that takes place in the name of development. She then reminisced on the six long years that it had taken to transform the building from dereliction to the shining example of professional restoration that it is today, paying tribute to her architect, Laurence Loh, from Penang and to her entire team that made the project a reality. Then, turning to why she took on this mammoth task, Sandra said that it was nothing less the inspiration from her late father-in-law, Tan Sri Lee Loy Seng, often known as “The Rubber Baron” that drove her on to completion of the project. Finally, she thanked the Royal couple and all her guests for their attendance and wished them all a pleasant visit.

Perak Menteri Besar Dato' Seri Ahmad Faizal Azumu gave a spirited outline of what he saw for the future of the state, primarily with relation to tourism, and mentioned several projects in the pipeline, including the long-awaited hop-on-hop-off bus. He also commented briefly on current affairs, particularly the new smoking regulations and raised a round of applause and laughter from the audience when he announced that he had managed to refrain from smoking for four months now, but that it was a very difficult thing to do.

The Royal party and VIP's then proceeded upstairs to the new gallery where the Sultan conducted the official opening.

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**Map of Ipoh Branch**

Finger & Nail Beauty Academy  
Lorong Taman Ipoh 12

新月楼点心  
Chooi Yue  
Dim Sum  
Restaurant

Hiim  
(Ipoh Garden)  
Med Skin Beauty  
& Academy

Super Ipoh  
Garden

新王发  
New Wang Fat  
Cafe & Restaurant

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Fruit Corner

Yam Tim  
Sealed  
Restaurant

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One Restaurant

Char Kue  
Restaurant

Tingkat Taman Ipoh 6

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### The Heritage Gallery

A lunch full of local flavours was then served in three different areas, as there were just too many guests to all eat together. Then followed guided tours of the gallery, which is divided into three separate stories, in three very different rooms. The first room tells the story of the Lee family which starts with Lee Hao Shen born Guangdong, in 1843 who ran away from home and sold himself as bonded labour in Nanyang and continues to the present day. There are a number of old artefacts and some wonderful photographs to provide atmosphere and support the family tale.

The second room provides fascinating information of the Peranakan (Baba-Nyonya) culture dramatically illustrated with delicately embroidered silk panels, antique furniture of outstanding quality together with very special original articles of clothing like beaded slippers and wedding headdresses. The third and final display is part of a street in Old Town as once it was and features the Kam Kong Hotel, a barber's shop, a photo studio and more.

The exhibition will be open to the public for guided tours from 11am to 6pm daily, except Wednesday. There will be an admission charge. Most importantly, there is a lift to take the elderly and disabled up to the gallery floor.



**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.

## Provide Trolleys at Amanjaya Terminal

I used the express bus for the first time from KLIA to Amanjaya Terminal. My flight arrived after midnight. The bus left at 2.30am and arrived in Ipoh at 5.30am. It was a smooth ride. Four buses arrived at the terminal at the same time and there was a bit of a crowd. The passengers had a number of bags, including boxes. My son and I had two big bags each and carry-on luggage. The roller on one of my bags was broken during handling at KLIA and I had to carry it. I noticed that others were also carrying some of their luggage.

The terminal building was not well lit and had no signage. I just followed other passengers. The lift could accommodate about two passengers and their baggage at one time. The left lane at the exit of the building was occupied by taxis, including the pickup and drop off area. People who come to pick up the passengers had to double park and, occasionally, triple park.

I visited the terminal mid-morning on Monday to appreciate the situation better. As I entered the building, I saw two men carrying a heavy bag from one end of the hall towards AirAsia office on the other end. There was no signage at the main hall. There were very few people and nearly all the ticketing counters of the buses were empty. I used to travel by express bus frequently when it was operated from Medan Kidd. The place was congested with passengers. I was there for nearly an hour and did not see anyone using the taxi.

Chairs were provided for departing passengers, but the place was not well lit. The LED screens displaying the arrival and departure of buses were not functioning. The bus drivers or agents called the people when the buses were about to depart. There are 17 platforms and there is a very small sign with arrows indicating the platform numbers on the door.

Only YoYo Bus had a waiting room for passengers travelling to KLIA. I noticed a number of bags were wrapped, tied with netting or taped. They had to be carried.

Compared to people travelling to other towns, Amanjaya serves as the main terminal for people travelling to and returning from KLIA/KLIA2. These people carry luggage, the terminal must cater to their needs. Trolleys and proper waiting rooms should be provided.

About half of the building on the first floor was not used and it was dimly lit. A banner says the library is opened every day, but a small notice on the door says the library is closed on Mondays and Tuesdays. I am interested to see what books and magazines are available.

The terminal was built to serve a certain purpose but the situation has changed. The management must make the necessary adjustments.

The government is on an austerity drive and opening hours of UTC are shortened. The state government can cut costs by making it compulsory for assemblymen, including MB and executive councillors, to use express buses to travel to KLIA when they go abroad for official duty. By using public transport lawmakers can better appreciate problems faced by the rakyat daily.

A. Jeyaraj

## Animal Deaths

I have three dogs.

I am not strictly an animal lover. I do not feed strays. I am not vegan.

Yet, headline news recently have been disturbing.

"5 dogs poisoned in Seremban" in the Star on January 5 and "Attack on dogs continue, now found butchered, burnt" on January 7.



These are not news headlines you would like to see at the start of a new year.

What has gone wrong? Are Malaysians becoming cruel? Are Malaysians having mental health issues or other frustrations that they are taking out on helpless, innocent animals? Where are the pious, kind, compassionate and humane qualities that Malaysians take pride in?

I have no answers but killing stray innocent animals is wrong.

And they became strays because people abandoned their dogs. And these dogs multiplied in numbers because they were not spayed or neutered in the first place. The fault comes back to people. Not the animals.

I implore dog owners to please, spay or neuter your pets.

I implore you, please, do not breed your dogs. I know of people who breed their own dogs because they think their dog is the greatest and they want the next generation from the same bloodline. But know this...each dog gives birth to 6-10 puppies. Are you willing and able to keep all the puppies? If the answer is No, then please do not breed your next generation of pups. Because you will end up having to look for homes for the pups or worse, abandoning them once they are no longer small and cute.

You, yes You, are contributing to the stray population and you are, indirectly, responsible for their deaths.

I would like to share the story of my friend Shirley, who is a great dog lover. She has three dogs of her own, all adopted. And she regularly fosters abandoned dogs until she can find a good home for them. And she follows up on these dogs to ensure that the new owners are being responsible towards the dogs.

For her birthday last year, and for the first time, she chose to make a difference to the life of a stray dog, in particular and to society, in general.

She chose a female stray dog in her neighbourhood. And with the advice and support

## Settle MGS Old Tree Amicably

I refer to the letter "The tragic case of the century-old MGS rain tree" (Ipoh Echo, Jan 16-31).

I wish to commend the writer for her zeal and interest to preserve the century-old tree in MGS. I guess there are many like-minded Ipohites, who would like to see our MP and wakil rakyat along with the MBI to preserve many similar old trees in Ipoh.

However, in view of rapid economic developments in Ipoh, including the construction of the new block of classrooms in MGS, it is inevitable that some of these trees have to be relocated to other sites.

Lately, I made a nostalgic journey to my alma mater, Methodist Boys' School (MBS), Kuala Lumpur and I noticed a couple of new buildings of classrooms built on sites formerly occupied by trees more than a century years old. I, regrettably, accepted the fact that these trees have to make way for the construction of classrooms for the ever increasing number of students.

Likewise, MGS Ipoh is going through this same pace of development but, unfortunately, an old tree where many old girls have fond and passionate memories of momentous events under the tree appears to cause so much friction and misunderstandings between the school Board of Governors and the writer.

Understandably, the writer like many others as well, has a lot of sentimental reasons to preserve the tree – I empathise with her – though, unfortunately, it is, supposedly, to be relocated to another site.

From my understanding of the letter, the writer's bone of contention is that the tree has not been moved to another site by the Board members in accordance with accepted guidelines.

The fact of the matter is the rightful owner of mission schools is the Methodist Council of Education. And the Board of Governors, consisting of representatives appointed by the Methodist Council of Education, Old Boys/Girls Association, Parents-Teachers Association and the public sector, is tasked to, collectively, strive to help the school authorities to run the school to fulfil the aspirations contained in the national Philosophy of Education.

Coming back to the issue of the century-old tree, I would suggest that the writer channel her grievances and suggestions to the Old Girls' Association, who in turn will discuss and settle the matter amicably with much goodwill for the sake of all the stakeholders concerned, particularly the present students who will continue to aim for the stars.

Thomas Kok

(The Alumni of Methodist Boys School, Kuala Lumpur)

## Fond Memories of Ipoh Contributions from readers on their memories of Ipoh

### The Old Raintree Near Kinta River

The Raintree in Asia has a special meaning in our lives  
Old men shelter under them for shade away from their wives!  
Taking hundreds of years to grow they are the Grandpa we know  
Beware any man who comes with a chainsaw and behaves so low!  
This solid tree with long roots has too much history to tell all  
Sadly, he can not talk but wise men understand, to ignorance a wall!  
Underneath are the long roots which for generations learn the earth's ways  
Today's modern world to destroy the 'Rain' has only time to say Goodbye to those days!



Nickolas Mallcott

from Kiko Food Bank, Shirley participated in the TRAP-NEUTER-RELEASE (TNR) project. The entire project lasted just a few days from contacting Kiko Bank to arranging for the operation with the vet, getting someone to bring the dog to and from the vet and postoperative boarding to releasing her back to the streets.

The dog, named 'Rolex' by my friend, remains a stray but is identifiable by her red collar, which indicates that she has been spayed. Rolex will not increase the stray population and Rolex should not be abused or killed.

People of Ipoh.

Do not let what happened in Seremban and Selayang happen here. Let us be better. Let us be humane.

Let Ipoh show the way.

Adopt a stray. Or, help to spay/ neuter a stray.

Have a peaceful, happy 2019 filled with love and success.

Judy Lam



## Sport

## Keeping Fit Chong's Way

Chong Him Shoong, 60, formed Kelab Roadrunners Ipoh (KRI) in 1988 and was its first president. The club has since organised numerous running and cycling events for the benefit of Perakeans.

With an enrolment of over 600 members, of all ages and ethnicities, KRI is the undisputed sports club in Perak, and Chong is still at the helm. He had, till then, taken a supportive role in organising and managing events, preferring to remain in the background, so to speak.

However, during the club's iconic Annual 10km Run held on Sunday, December 9, 2018, to commemorate KRI's 30th anniversary, Chong decided to break ranks and participated for the first time.

The course, set within Kledang-Saiong Forest Eco Park, traversed hills and vales amid stunning scenery. The best part of the event? In the president's own words, "It's to see so many happy faces, especially at the finish line. Without a doubt, our events have a way of bringing out the very best in community spirit. We're all united in our purpose to keep fit, stay healthy and be happy. Plus, I get to run for the first time," he said gleefully.

Chong managed a respectable fourth position in the Men's Senior Veteran category while his daughter, Chong Yin-Shyen, 24, was second in the Women's Open category, proving the adage, "the apple doesn't fall far from the tree" to be true.

Check out more photos and stories on Kelab Roadrunners Ipoh's Facebook page.

Lingli Tan



The Ban Hoe Seng Auto team emerged as first runner-up in the final of the 2nd Open Basketball Tournament organised by the Kinta Zone Basketball Association on Saturday, January 12 at the Menglembu Basketball Court. Congratulations and best wishes for your next match!

Mei Kuan

## Forgotten Buildings

Pictures by Vivien Lian



## Papan Shoplot

Extracted from the cover story by Jerry Francis on September 16, 2010, entitled, "Historical Papan Hangs On Tin Price".

"Although there have been numerous calls from the public to preserve Papan as a historical site and turn Istana Raja Bilah into a museum, it is sad that, despite its rich heritage, Papan has been neglected. In late 1991, the Museum and State Religious Departments stepped in to lay claim to the town's historical sites, namely, Istana Raja Bilah, the mosque and its Muslim cemetery. The Museum Department indicated in 1992 that it had plans to restore the historical sites. Since then, the buildings have become further dilapidated and filled with overgrown bushes. It is yet another project, which failed to take off in Perak. All talks of preserving the buildings have been just that, talk. Therefore, Papan remains uninteresting and unnoticed by most visitors to the state. Even the residents in Ipoh do not bother to visit the town or know where it is located."

Things have not changed since then.



## HAPPENINGS

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

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

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## COMMUNITY

**SEMINAR: TRANSFORMING YOURSELF FOR YOUR FUTURE. FEBRUARY 9, 2pm-3.30pm at YMCA Ipoh.** In this seminar, learn tips on how to transform yourself. Registration is limited to the first 20 people. Free admission and open to young working adults. Register online: <http://bit.ly/dmfree2> or contact Debugging Minds at 013 734 5008.

**KPJ IPOH SPECIALIST HOSPITAL ANTENATAL CLASSES. MARCH 16, MAY 18 (Mandarin), JULY 20, SEPTEMBER 21, NOVEMBER 16 (Mandarin), 1pm-5pm at 5th Floor, Dewan Anugerah, KPJ Ipoh Specialist Hospital.** Goodies for participants. Contact Customer Service at 05 240 8777 ext. 8111 for enquiries.

**ALPHA @ CGMC (For Non-Muslims only). FEBRUARY 24 to MAY 26, 2019 (every Sunday), 1pm-3pm at Canning Garden Methodist Church, 23 Jalan Keliling, Canning Garden, 31400 Ipoh.** An opportunity to explore the meaning of life and faith through a series of talks in an open and friendly setting. Starts with lunch. For further information, call 05 546 2023 or email: [cgmcipoh@gmail.com](mailto:cgmcipoh@gmail.com).

**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).

**FREE SEMINAR: TRANSFORMING YOURSELF FOR YOUR FUTURE. FEBRUARY 9, 2pm-3.30pm at YMCA Ipoh.** In this seminar, learn tips on how to transform yourself. Registration is limited to the first 20 people. Free admission and open for young working adults. Register online: <http://bit.ly/dmfree2> or contact Debugging Minds at 013 734 5008.

**INDIAN GENEALOGY RESEARCH SEMINAR. MARCH 2 (Saturday) from 7pm-8.30pm at 12 Lorong Cheah Cheang Lim, Greentown, 31350 Ipoh.** Organised by the Ipoh Family History

Center of the Church of Jesus Christ of Latter-day Saints conducted by Peter Bushi, Area Manager Familysearch International. Non Muslims interested in researching their Indian ancestry are welcome. For details call 016 538 0121.

## 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.

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