

SUNWAY
COLLEGE Ipoh

**ENROLMENT
IN-PROGRESS
MAY
INTAKE**

EXTENDED COUNSELLING
■ SATURDAYS throughout MAY

☎ 05-5454398 ☎ 019-3681096

www.ipohecho.com.my

IPOHecho (Reg. No. 687483T)

Your Voice In The Community Since 2006

MAY 1 - 15, 2019 PP 14252/10/2012(031136) 30 SEN FOR DELIVERY TO YOUR DOORSTEP – ASK YOUR NEWSVENDOR

NEW BRANCH → → **OPEN FOR REGISTRATION**

BIG APPLE MERU
Dimiliki oleh: Todika Inoon Gemilang (002913490 - 01)

Open Day Date: 11th May Time: 9am - 3pm

☎ 05 525 3506 f bigapplemeru
No. 1, Jalan Meru Mutiara 24, Meru Mutiara, 31400 Ipoh, Perak.

100,000 print readers ★ Bimonthly ★ 1,168,363 online hits (Mar) – verifiable

ISSUE **303**

Road Trip: Town-hopping in Manjung

By Tan Mei Kuan

Get swept up with the energy in this jam-packed, town-hopping itinerary which showcases the best of Ayer Tawar, Sitiawan and Lumut in the Manjung District without breaking the bank. It's all about eating and food shopping with a few sights thrown in. From must-eats (some spots even visited by Martin Yan, a certified Master Chef and popular television host), hidden gems, major attractions, cultural delights, insider tips to recommended accommodation, Ipoh Echo has got it all covered either for a solo trip or a family vacation. When was the last time you explored your own backyard? Better start packing now!

FULL STORY ON PAGES 2 & 6



Siew Hua Biscuit



Kim Hock Bakery



Ngo Kie Siong Trading Company (Chilli Sauce)

Hop-On Hop-Off Bus

"It's exhilarating to be able to see so many touristic spots in Ipoh by just taking this bus," said one excited passenger of the recently-introduced Ipoh Hop-On Hop-Off (HOHO) bus.

Ever since its launch in March, the bus has become a major attraction, and also an option, for tourists to further explore the city that tin built.

The bus operates every Saturday and Sunday between 8.30am and 9.30pm. It has 13 stops starting from Meru Terminal to Old Town and then to New Town.

Your adventure starts by taking a feeder bus at Meru Terminal to Ipoh High Court and upon arrival you will switch to the HOHO bus.

You can opt for any stops for souvenir shopping and then hop on again, according to the route schedule. The feeder bus is a temporary replacement for the additional two HOHO buses which are being refurbished. They will be operational effective May.

Tickets are available at five locations namely, Tourism Perak Office, Tourism Perak Information Kiosk @ Sultan Azlan Shah Airport, Tourism Perak Information Kiosk @ Ipoh Railway Station, WOW Merchandise Shop and Ipoh Tourist Information Centre. Tickets are also sold on the bus.

For MyKad holders, the tickets are priced at RM20 (adult) and RM10 (children). For non-MyKad holders, they are priced at RM55 (adult) and RM20 (children), respectively.

The bus will travel along the iconic Ipoh Heritage Trail in Old Town. You get to see all the historical buildings along the trail. This trip is done twice, one at 8am and the other at 4pm.

For more details, visit www.tourismperakmalaysia.com or call 05 249 9966. Packages are available at www.lokalocal.com.

By Rosli Mansor Ahmad Razali





Ting Residence



Exploring Your Own Backyard

Ayer Tawar

Kick-start your morning with a bowl of *kampua* noodle (Fuzhou wanton mee) at an unassuming wooden corner shop (number 8) with SJK (C) Ayer Tawar as a neighbouring landmark. Open from 6.15am till 10.30am from 1996, its *kampua* noodle, laksa (rice noodle served in hot soup) and *loh mee* (noodle in a thick and savoury broth with bamboo shoots) are priced at just RM3.50 per bowl. Yek Ai Sin, the owner explained to Ipoh Echo in what would be her first interview with the media, "My *kampua* noodle has *char siaw* (barbecued pork) and the noodle sauce is made of lard and dark soy sauce. These are made fresh by me every day at 4am."

You will not miss the nasi lemak roadside stall at Ayer Tawar Wet Market with its constant long queue for its RM1.50 nasi lemak consisting of fragrant rice and *sambal* (chilli paste). Run by a Malay uncle named Anis who speaks fluent Mandarin, it opens from 8.15am till 10.30am (closed on Wednesdays).

After breakfast, drop by these two old-school bakeries: Siew Hua Biscuit (since 1944) and Kim Hock Bakery (since 1942).



Anis' nasi lemak



Uncle's Biscuit

Biscuits

Siew Hua Biscuit is famed for its steamed layer bun which resembles a fluffy pillow (available in *kaya* (coconut jam), peanut paste or bean paste), *gong pian* (traditional savoury Fuzhou biscuit created using either lean meat or fatty meat), seasonal pastries and Chinese wedding biscuits which go through a charcoal-fired oven.

Kevin Yak, the third generation running Siew Hua Biscuit, said, "Charcoal-fired

oven produces more aromatic biscuits and pastries. We use all natural ingredients without any preservatives. Meanwhile, a quality *gong pian* should be made as thin as possible as it is crispier and lasts longer. The main ingredients are onions and minced pork."

One interesting find is the *jiu jiu* biscuit which literally translates as "Uncle's Biscuit". It is a round, palm-sized soft biscuit filled with sesame seeds to be gifted to one's uncle when distributing the wedding invite. "The bigger the biscuit, your uncle will return the favour by buying a bigger gold chain for your wedding," Kevin enthused. Open from 10am, the products are made at 488 Kg Baru, 32400 Ayer Tawar and then sold at a shop just down the road at 181 Jalan Sri Sentosa 1.

Martin Yan was here

On the other hand, Kim Hock Bakery has been featured in the "Taste of Malaysia with Martin Yan" series in 2015. "We use rubber tree wood to fire the oven, just like in the past when there was no electric oven, which produces a different texture. We only use natural ingredients, using my father's recipe. The all-time favourite is our Hainanese bread which is best eaten with *kaya*, sought after by local residents and coffee shops," 70-year-old Hwa Kia Hwa, the second generation running the place shared.

Opens daily except Sunday from 2.30pm, the bakery is located at No. 1, New Village. Pork-free.

Another spot highlighted by Martin Yan is Lang Hua Mee Trading which crafts chemical-free Fuzhou wanton mee, yellow mee, wonton skin and dry wonton skin, another Fuzhou speciality here used in the making of soup. Lee Shi Hao, the fourth generation running the place pointed out, "We are the oldest noodle maker here. We make over 300kg of noodles every day." Open from 5am to 12noon daily, it is located at Lot 1043, Jalan Ling Sing Hang. Most of the stalls in Ayer Tawar get their noodle supply from here such as Nga Coffee Shop at Lot 11361 (No. 16) along Jalan Kilang Kelapa Sawit.

Heritage House

Next destination is the Ayer Tawar Heritage House started in December 2016 by the Manjung Kutien Association. It tells the culture of the Kutien community with artefacts dating as far back as the 1920s. Entrance is free and by appointment only. For more, contact 019 558 2543 (Ling Size Hing, president) or 012 577 7227 (Tian Chin Thai, vice president).



Tian (L) and Ling (R) at heritage house

More Ayer Tawar Eats

A shout-out to Ling for providing us with insider tips on more awesome eats in Ayer Tawar. It included Shuan Fu Fuzhou Pau at Lot 1014, Jalan Ling Sing Hang for its steamed layer bun and *fat gao* (Chinese steamed cake), shaved ice dessert at Ah Choo ABC at No 438, Ayer Tawar New Village, Pantai Remis *rojak* (salad dish served in hot sauce) from the roadside stall next to SMJK Ayer Tawar, Ing Hua Restaurant (for its red wine *mee sua*, fish maw, sweet and sour fish fillet and mixed vegetable with scorpion fish) in Taman Seri Indah and hand-kneaded *pau* (steamed bun) and fragrant peanut soup from Hock Chuan Coffee Shop at No 129, Jalan Besar available from noon.

Sun Hon Siong Restaurant, beloved by generations, offers red wine noodle too at No. 142, Main Road.

For dinner, dine under the stars at the roadside stall which has been operating for over 20 years right next to Ayer Tawar Heritage House for its fried Fujian mee, handmade *pan mee* soup, fried curry mee, fried meehoon with *lala* (clam), prawn crackers and fried chicken. Opens every day from 6pm to 11.30pm except Tuesday, the amiable owner, Liang Choo Khing will be glad to serve you.

Ayer Tawar Stay

Check out the Ting Residence which opened its doors in 2014. With rooms that feel like home, colours and lighting make a fashionable statement at the accommodation. Amenities like Wi-Fi access, air conditioning and intercom telephone are provided. Parking lots behind enclosed gates are guarded by CCTV. It is located at Lot 1122, Jalan Ling Sing Hang 2. For more, visit www.tingresidence.com or call 05 672 9196.

Sitiawan

Heard of Fuzhou *ting bian hu*, which literally translates to "wok-side paste"? To prepare, a very thin layer of rice milk is poured onto the side of the hot wok. Once it is cooked, the paste is scrapped down into the centre of the wok which is already filled with broth. Due to the painstaking skill needed to make this traditional dish, it is limited and the only place serving it in peninsular Malaysia is Come To Eat Coffee Shop here.

Lee Hee Long, the owner said, "It is a vanishing art. I learnt by observing my grandmother making it. You need to grind the rice milk to produce smooth *ting bian hu*. Another dish that you cannot find anywhere else but in Sitiawan is Fuzhou *long yen*, knife-cut noodle." It opens at 7am till 2pm at No. 5, Jalan Raja Omar in Taman Arasu. From 2pm onwards, Lee's self-made Fuzhou thousand layer cake and various *paus* are sold.

Alternatively, get yourself a bowl of authentic *loh mee* with its broth heavily flavoured with dried cuttlefish and bamboo shoots at Lee Chuo Restaurant (since 1983) next to Kampung Koh Wet Market. Open from 5am till 5pm, *kampua* noodle and handmade *pan mee* are also available. A nameless stall next to Petronas petrol station in Kg Koh from 6am serves the best *loh la* (loh mee plus laksa) and self-made *sambal*.

Speaking of Kg Koh, search for the famed Kg Koh Chilli Sauce at Ngo Kie Siong Trading Company which started in 1972. It is currently run by Ngo Kia Bing, the second generation, who explained that it is sheer hard work as the ingredients are prepared from scratch and one has to face the inevitable, constant chilli sting in eyes and nose. Open from 8am till 5pm daily at 220, New Village, Kg Koh.

Kg Koh is also home to Wat Sitawanaram, a Thai-Buddhist temple with a towering sitting Buddha.

Seeking an educational experience? First, visit Mr Honey Bees Farm to see first-hand the harvest of 100% pure, untreated, mature honey made by Apis mellifera bees (Italian bees) which takes place every Sunday at 10am. Swing by its website: www.bee.my. Entrance is free. Equally enlightening is Saloma Vineyard and Nursery which grows and sells a variety of grapes, figs, herbs and others. More info on its website: www.salomavineyard.com.

Next is the Sitiawan Settlement Museum, the first Christian museum in Malaysia that records the



Steamed layer bun



Fuzhou ting bian hu



Mr Honey Bees Farm

From The Editor's Desk

By Fathol Zaman Bukhari



NOW YOU SEE, NOW YOU DON'T

Perak needs someone who can take the state to greater heights. Jesters, dodgers and pretenders are certainly not on the list.

After almost nine months of uncertainty Ipohites can now rest easy. A new mayor has been identified though nothing is final as yet. The honour, as at the time of reporting, falls on Dr Ahmad Fadzil Tajuddin, acting President and Chief Executive Officer of the Malaysian Institute of Integrity.

The former mayor, Dato' Zamri Man has been missing since August 2018. The last time anyone saw this fifty-something, physically, was at a mass cycling event held one Sunday morning in the city. He was sighted coming in and out of his office a few times before disappearing completely from the radar screen.

No one, not even staff of Ipoh City Council could ascertain his whereabouts. The secrecy surrounding Zamri's "disappearance" has somewhat outstripped that of jogger Mohammad Ashraf Hassan aka Acap who, under some mysterious circumstances, went missing during an endurance run in the woods of Gua Tempurung on Saturday, March 23. He remains missing till this very day.

Numerous theories and assumptions have been made, and the most preposterous is, Acap has been abducted by "orang bunian" (fairies), popular Malay folklore beings associated with the para normal. He is around, the believers claimed but is invisible to the naked eye. After all, Bukit Batu Putih in Gopeng through which Acap had the misfortune of passing, is a noted devil's lair (*kawasan panas*). When going through such places one has to "ask for permission" from the "penunggu" (caretaker). Perhaps Mohammad did not.

Zamri's missing act had taken a new twist following an announcement by Paul Yong, the Executive Councillor for Local Government. Paul told reporters, after launching a property exhibition at a shopping mall on Saturday, April 20, that a new mayor would be appointed soon to replace Zamri.

Prior to this announcement it was rumoured that Dato' Rahim Md Ariff, President of Taiping Municipal Council, would take over as mayor but nothing came out of it. Rahim is the most suitable candidate as he was Ipoh City Council Secretary for several years before assuming the Taiping Municipal Council post.

Rahim, for reasons best known to himself, retired from active service before he could be appointed to the hot seat. Many in Taiping are still unsure where he is or what has become of him. For the record, Dato' Rahim Md Ariff, the Taiping Municipal Council President has retired for good. A replacement will be named soon.

Honestly, I am intrigued by the events surrounding these developments. Never before has such an uncertainty befallen the state. Is a crisis brewing or is it simply poor planning? The person who has the answer is the Menteri Besar. However, Menteri Besar Ahmad Faizal himself is being beset by his own problems.

Sixty one years of one-party rule has impacted the rakyat's mindset in more ways than ever. Civil servants have become so beholden to their political masters from UMNO that they could not accept bosses from another party. A non-UMNO boss is viewed with so much suspicion and contempt, especially if he or she is from DAP.

Prolonged political indoctrination has made them so subservient to "Umnoputras", that little wonder why miscreants like Najib, Zahid, Tengku Adnan, Nazri Aziz, etc. survived and are being treated like demi-gods in spite of their less-than-stellar performance. When I was serving in Kelantan in the late 1970s we were specifically told not to observe the state anthem when played at official state functions. Kelantan was administered by the Islamist party PAS then, and is still today.

Mayors and council presidents are, since the passage of the Local Government Act 1976, picked from among senior state and federal civil servants. Their appointment as mayor and president is then endorsed by the respective state government through the menteri besars or chief ministers.

Zamri was the Manjung Municipal Council president before his appointment as Ipoh Mayor. He was highly recommended by Zambray Abd Kadir, the former Menteri Besar who is also the state assemblyman for Pangkor. The two were pally until the 14th General Election on May 9, 2018, when Perak fell to Pakatan Harapan.

The fact that the errant mayor could disappear without being censured by his superiors – the State Secretary and the Menteri Besar - reflects poorly on the state administration.

This brings to mind the ongoing tiff between Aziz Bari, the Executive Councillor for Higher Education and Environment and Menteri Besar, Ahmad Faizal. Aziz Bari, the Perak DAP Deputy Chairman has brazenly highlighted some of Faizal's inherent weaknesses like coming late for meetings, missing from state functions when the Sultan was around and not wanting to discuss matters openly with his executive councillors.

These allegations are not made up but substantiated by witnesses. And having met Aziz Bari personally during the recent state assembly sitting, I understand his concerns. Being the lone Malay member of a Chinese-dominated political party, the perceived fears of Malay Muslim politicians, on both sides of the political divide, are there. All guns are now trained on the poor guy, so to speak.

Will there be a repeat of the Johor Menteri Besar episode? Only time will tell. Fortunately, Sultan Nazrin Shah is unlike Sultan Ibrahim of Johor. Nazrin is more rational. He knows the difference between constitutional monarchy and absolute



monarchy. Perakeans are no pushovers. After ousting an unpopular government during GE 14, they are not going to give up easily.

Tun Dr Mahathir tends to pick the wrong people to fill top posts. And this has been proven time and again. The country has yet to recover from the misdeeds of a kleptocrat who almost bled the nation dry. We need credible leaders who can take the nation to greater heights; not wimps whose only claim to fame is singing and dancing to their masters' tune and songs.

Perak is sorely in need of someone who can take the bull by the horns. Jesters, dodgers and pretenders are certainly not on the list.

EYE HEALTH – WATCH THAT BP

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about high blood pressure effects on the eye.

High Blood Pressure, also called hypertension is a condition where the force of the blood against the walls of the blood vessels (arteries) is high for a prolonged period resulting in health problems such as heart disease, kidney disease, hardening of the arteries, strokes and eye damage. When eye symptoms occur, it generally means the hypertension is advanced. The symptoms may include blurring vision, double vision, blood headaches or even sudden loss of vision.

The World Health Organization (WHO) estimates that 40% above the age of 25 years have hypertension. Globally, more than 1 billion people suffer from hypertension, also called high blood pressure.



When there is uncontrolled hypertension, the blood vessels in the eye start to thicken and progressively become more narrow. This restricts the blood flow from reaching the nerve (retina – picture on left) making it swollen and sometimes causing eye strokes (vessel occlusion) in the eye. This is called Hypertensive Retinopathy. In the more severe and dangerous form, it is called Malignant Hypertension, where it can cause profound blurring vision or even sudden loss of vision.



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

HOW YOUR EYES ARE CHECKED

In order to have a nerve (retina) check, eye drops will be first instilled in order to dilate the pupils. Then, using an instrument called an ophthalmoscope, light is passed into the eye in order to view the back of the eye. The eye examination is painless but may cause discomfort after the eye examination, due to glare if you have forgotten to bring a pair of sunglasses. In some centres, a retinal imaging device or fundus camera is available for nerve (retina) imaging.

THE SIGNS LOOKED FOR

Doctors evaluate and grade Hypertensive Retinopathy on a scale of 1 to 4. On the lower end of the scale, hypertensive retinopathy may not have any symptoms. In the more severe stage of grade 4, the eyes have a swollen nerve (optic nerve) and serious profound vision problems. This stage is dangerous and indicates uncontrolled hypertension. People with grade 4 retinopathy have a high risk of general systemic complications.

Prompt diagnosis of hypertensive retinopathy is important in order to avoid visual and systemic morbidity such as heart disease, strokes and renal disease. If you suffer from hypertension, it is advisable to get your eyes checked at least once a year before eye symptoms appear.

More on Glaucoma in the next issue of the Ipoh Echo. For more information, call 05-5455582 at Hospital Fatimah or email gillyeyecentre@dr.com

PUBLISHER

Ipoh Echo Sdn Bhd
(Regd No 687483 T)

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

EDITORIAL

Fathol Zaman Bukhari

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION MANAGER

Vivien Lian

REPORTERS

Tan Mei Kuan

PERMISSION AND REPRINTS

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

PRINTER

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

A New Ipoh Mayor Has Been Found



The Perak Menteri Besar, Ahmad Faizal Azumu, announced on April 24, that Ipoh will have a new mayor by the end of the month, and that the person, will not be a political appointee.

According to him, the new mayor is an Ipoh local and is fluent in Japanese.

He also said that the appointment had received the consent of Perak ruler Sultan Nazrin Shah.

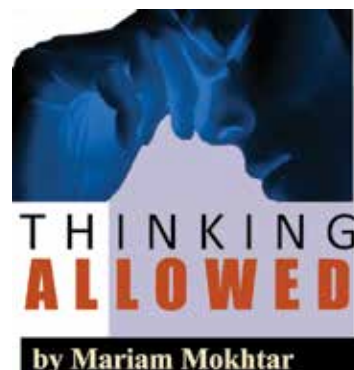
The old mayor, Zamri Man, is to be replaced because he is allegedly ill and has not been seen for many months.

A few questions for the MB

1. Why can't the people of Ipoh elect their mayor? If the law has to be amended, then do something about paving the way for electing our mayors etc.
2. How long has Zamri Man been away from office?
3. Why has it taken all this time, to tell us that he has gone.
4. Who does Zamri report to and why did his absence

not trigger concerns earlier? If people noticed, why wasn't he dealt with and why were we not told earlier?

5. How many other officials or high ranking civil servants, go AWOL and how often are they reported and dealt with?
6. Has Zamri been drawing a salary during his absence?
7. Who signed the important contracts or work related things in his absence? If he signs it despite being ill, then what happens when problems occur in the future? Who is responsible for any problems?
8. What is wrong with Zamri? The rakyat is not heartless and we can understand that sick people need to recover, but to be absent for many months and not inform anyone, especially as the *rakyat* pays his wages, is bad.
9. Is Zamri ill because he cannot bear to work with the other Excos from Pakatan Harapan (PH)? Remember that Zamri was appointed, in 2015, when the former MB, Dr Zambry Abdul Kadir of Umno-Baru/BN was in office.
10. Is Zamri ill because he is aware of the dragnet from MACC allegedly closing in on former Umno-Baru/BN officials and does he fear the worst?
11. We have had numerous unproductive mayors (and Menteri Besars). Isn't it time we had a change and opted for a Malaysian mayor who is non-Malay, perhaps a woman, but a person who has the interests of Ipoh, Perak and Malaysia at heart, and someone with vision and the ability to lead. Too many mayors have only promoted their own interests or the interests of their party.
12. The mayor can be fluent in Japanese or Double Dutch for all we care, but is he able to lead and has he vision? Will he be able to deal with the numerous problems faced by Ipohites? Will he be able to ward off the businessmen who want to destroy Ipoh and cut down the trees, blast the hills around Ipoh, build skyscrapers but they ignore the lack of green lungs in Ipoh, the public transport system, the litter, the terrible condition of the roads, the pollution, the congestion and the eyesores?



Arts and Culture

What Is Festival Kolektif All About?

By Ahmad Shaufiq
Pics by Muharos

Festival Kolektif 2019 by Gerakan Seni Ipoh (GSI) began in April with a total of nine collectives curating their programmes successfully. From film, music, theatre, art discourse, visual and youth activities, such as skateboarding, for instance, all helped to sow the seeds of a pan-cultural discourse amongst the various disciplines.

The festival itself helped to promote youth culture from different perspectives, spreading acceptance and positivity among locals on what youths are up to these days. A positive outcome of the festival is the creation of an inter-discipline audience, who are prone to usually attending one particular event. For example, a filmmaker who attends the 'Weekend Rockers'; or an event about the local history of Ipoh Metal music scene circa the era of Ipoh Metal Militant collective; or a poet who attends the 'Outerinter-X', an event on media art.

On the context of the culture itself, the festival had envisioned that Ipoh has its own core culture and served as an inception to spark further revolution. It could be art, sports, or industrial townships but keeping the context within Ipoh, the collectives or any organised body are encouraged to express itself through their own curated programmes and activities.

On the forum of 'Ipoh Bandaraya Kreatif' curated by S.O. Hussain, a discussion on creative art revealed that there are seven disciplines which have been recognised by UNESCO. These include music, literature, gastronomy, design, new media, traditional art & handicraft and film



which was presented by Asri Ahmad from Reka Negara.

During the forum, there was a rather 'intense' discussion between fellow panellists and the audience, on which of these disciplines Ipoh leans to, to form its own unique creative culture.

A few of them like Dr Kamal Sabran, a panellist himself, shared his own perspective with an insistence that Ipoh is a town of music since literally the history of music such as 'Negaraku' has a similar rhythm to Perak's State anthem. He also cited the power pop band from Ipoh, Couple, awarded Ipoh's Heritage Band during the UNESCO day celebrations in October 2018.

If you missed out on the festival, fret not, as the festival is still on until June. For further details about GSI, you may check out their Instagram and Facebook and mark your calendar for the upcoming programmes.

Instagram: [gerakanseniipoh](https://www.instagram.com/gerakanseniipoh). Facebook: Gerakan Seni Ipoh

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):
05 2451 072 (CCC)
05-2451500 (District)
05 2451 222 (Operator)
999 (emergency)

Ipoh General Hospital:
05-208 5000
993 (emergency)

Ipoh Fire Brigade
05-547 4444/994
(emergency)

Perak Immigration Dept
05-5017100

Perak Water Board
05-254 6161
1800-88-7788

Ipoh City Council
Hotline: 05-255 1515
General: 05-208 3333

Whatsapp: 019-5503083

Perak Anti-Corruption
Agency: 05-526 7000

State Secretariat
05-253 1957

Railway Station
05-254 7910

Airport: 05-318 8202

Registration Department
05-528 8805

Tenaga Nasional Berhad
05-208 8000

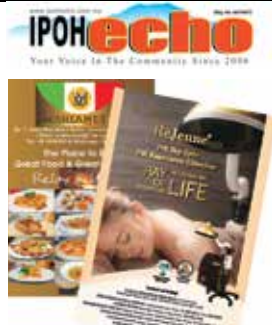
Directory Service: 103

Perak Women for Women
Society

05-246 9715 (office)

AA Ipoh
019-574 3572
017-350 8361

To Advertise / Collaborate



Vivien Lian

014 3323859



To Advertise /Collaborate



Vivien Lian

014 3323859

SeeFoon Tucks in with “Soul”

Bubur Cha Cha



ON IPOH
FOOD



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

It is not often that one gets to tuck into yumilicious food in an ambience exuding nostalgic memories from a bygone era. An experience of Ipoh’s Old Town “Soul”.

And now there is 22 Hale Street; and **Dong Cafe @ 22 Hale St.**

It is the ultimate oasis from the heat of Old Town Ipoh and the crowds on weekends. The space is a stunning eclectic mix of old Ipoh and a trendy Cafe Bar, and the food is even more arresting.

Drop any ideas of a quick hamburger with french fries, a milkshake and a sandwich here at Dong Cafe. Here you will find authentic **Peranakan** dishes, old style Ipoh iconic snacks and of course the inimitable **Ipoh White Coffee**.

As you sit soak in this atmosphere reminiscent of halcyon days of yore, browse the menu and leisurely order your snack or a meal. Mouldy Oldies play in the background and you’re trying to decide if you’re having a coffee or a beer. Even a glass or bottle of wine if the hankering is there. A choice is available.

Having bought your ticket for the self-guided tour or the guided tour which is conducted at 11am, 2pm or 4pm daily, you sit back, place your orders and wait for the food and drinks to arrive.

This happens very promptly and the gourmandizing begins.

As an appetizer, the **Pie Tee** (or local nickname: Top Hats) is a rare treat. Small cups of fried batter looking like top hats and hence the nickname, is served accompanied by a portion of hand sliced local turnip or sengkung with slivers of carrots and medium shrimps. These are placed inside the pie-tee shells, topped with a dollop of their special chilli sauce and the whole piece popped into the mouth. This dish is so seldom offered in menus nowadays because the casings are so labour intensive and difficult to keep crisp. Eating it here at Dong Cafe was for me to relive the carefree days when labour was cheap and no amount of effort was considered tedious. The chilli sauce, far from coming out of a bottle, is freshly made and had



Blue Rice with Nyonya Chicken Rendang



Sea Tiger Prawn Runny Egg Noodle

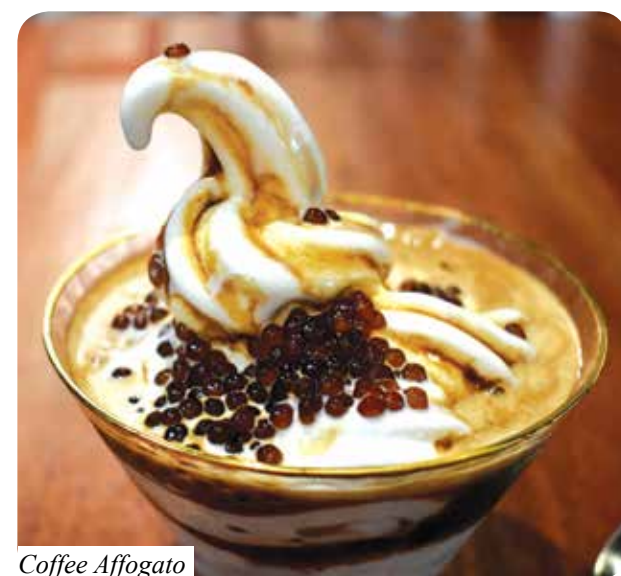
just the right tangy consistency; **RM16.**

And this was just the beginning. **Blue rice** (coloured with the blue butterfly pea flower...all natural...) with **Nyonya Chicken Rendang** served with half a salted egg, two types of their own homemade pickles were, as usual, delectable, the chicken juicily tender, smothered in a thick gravy redolent with herbs; **RM22.**

We were five of us so we could order to our heart's content and shared the dishes. Next came the **Nyonya Fried Rice with Ayam Rempah** or fried spiced chicken, served with homemade sambal belacan and sliced pickled shallots. The chicken was tender and well marinated with tendrils of spices clinging to the skin; **RM22.**

I wanted to try their **Sea Tiger Prawn Runny Egg Noodle** which arrived with four very fresh giant prawns, ‘Lai Fun’ rice noodles stir-fried with bean sprouts, fish cake and egg, reminiscent of the Fried Hokkien Noodle I used to eat in Singapore; **RM28.** They also served the same noodle with squid for **RM18.** This dish came with a different chilli sauce which complemented the dish.

Grilled Saba Fish with Cantonese Fried Rice was perfect for the non-chilli eaters at the table, the Saba fish grilled to perfection and served



Coffee Affogato

with half a salted egg, pickled shallots and cut chillies and soya sauce; **RM19.**

Then came the **Nyonya Laksa Noodle**, one of the signature dishes of Dong Cafe. The broth was umami, with fish flakes providing the base and layered by herbs like bunga kantan or torch ginger flower and a host of other spices. Raw sliced cucumber, pineapple, shallots provided the crunch against the smooth Lai Fun. **RM18** for a bowl of wholesome goodness.

Even children are catered for at Dong Cafe with a bowl of the umami **macaroni, beef bacon and potato soup**, served adult size for sharing at **RM14.**

Then came the delectable desserts. For the traditionalists, there is always the **Kaya Toast** made with dollops of real butter (unlike margarine in other cafes) crisp, buttery and not too sweet with kaya provided by an “Uncle” who makes it at home; **RM5.** This is one of my favourites unless I consider the **Bubur Cha Cha**, the very traditional Nyonya dessert made with coconut milk, coconut palm sugar, taro and sweet potato; **RM6.**

And then came what I consider the “Temptations”. **Salted Egg Croissant** at **RM16**, a crispy croissant oozing with salted egg cream filling which just sends you into ecstasy and the **Coffee Affogato**, that is topped with soft serve ice cream and caramelized sago pearls. Heaven in a spoonful **RM12.** Vegetarians and vegans are catered for here. Just tell the wait staff.

DONG CAFE @ 22 HALE ST. 22

Jalan Tun Sambanthan, Ipoh.

Business hours: 11am-6pm daily.

Closed: Wednesdays

Reservations: 05 241 3991



Pie Tee

For the Gallery upstairs: A special summer promotion of **RM5** per ticket self-guided tour and **RM10** guided tour 11am, 2pm and 4pm in English, Mandarin or Cantonese.

Road Trip: Town-hopping in Manjung. . . *Continued from Page 2*



Seng Jee Chan's red wine mee sua



Villa Seafood's four heavenly kings

history of Fuzhou settlers who migrated south to Sitiawan. Entry by donation.

Grab lunch at Seng Jee Chan by ordering a bowl of authentic Fuzhou red wine *mee sua* (wheat vermicelli also known as longevity noodle). Seng Jee Chan has been brewing red wine and producing yeast that helps with the fermentation of the red rice since 1940.

You can opt for King Yew Restaurant which offers traditional Fuzhou dishes such as mixed vegetable, red wine *mee sua*, sweet and sour fish, oyster omelette and fish maw. For more, contact **05 691 6621**.

Two cool hangout spots which popped up in Sitiawan are The Farm Café and School of Animals. For instance, School of Animals is a quirky and unique space which serves an extensive range of crafted beer, homemade kefir drinks and good food such as cheesy chicken sloppy joe, all day Iberico sausage breakfast, Japanese egg pizza and Japanese curry rice. Other spots worth checking out are The Baker's Hut and Iwan Grill Place. Iwan Grill Place is a cosy spot serving both Western and Asian cuisine.



School of Animals

Your trip will not be complete without packing home some 100 per cent hand-pulled *mee sua* from Lucky Food Enterprise (behind Simpang Lima's only petrol station), *gong pian* from Sitiawan Cheong Cia Gong Pian (No. 12, Jalan Tok Perdana) and mung bean biscuit from San Yew Chay Biscuit Shop (193, Lorong Belakang, Kampung Koh).



Lucky Food Enterprise's hand-pulled mee sua

One powerhouse in the seafood restaurant scene is pork-free Villa Seafood Restaurant at No. 384, Kg Cina. Established for over 20 years, highly recommended are the four heavenly kings made up of four types of seafood, oyster omelette, marmite crab and fried mee hoon with crab. Open from 11am till 10pm. Closed on Wednesday.

One hidden gem is Nan Leong Crockery Shop which has been around for about 50 years and is filled to the brim with every old-school household item one can imagine from enamel crockery, poultry waterer, biscuit mould, wooden clogs, bamboo steamer basket to paper umbrella. Located along Jalan Lumut, it is open from 10am to 6.30pm (close on Sunday).

Sitiawan Stay

A stone's throw away from Sitiawan Cheong Cia Gong Pian and other attractions is the Mornington Hotel (Sitiawan branch) which makes it an ideal stay for its location alone. Offering heart-warming hospitality and value-added service, Mornington is devoted to pampering you like a family member in an oasis of comfort. Room type ranges from standard queen, deluxe twin, standard family, deluxe suite to two-bedroom suite. For details, call **05 692 8181**.



Nan Leong Crockery



Mornington Hotel (Sitiawan branch)



Teluk Senangin Beach

Lumut

For morning exercise, an adventurous option will be a morning trek up the 331.4m Engku Busu Hill while a family-friendly option will be a stroll at the Mangrove Park teeming with tiny blue crabs and mudskippers. Both are self-guided.

Sate your appetite at D Warisan Restaurant (closed on Monday) from 10am till 5pm. Self-service. During the weekend, take your pick from the over 60 Malay dishes available especially its *ulam* (traditional salad) and *ikan bakar* (grilled fish). Walk off your meal at Teluk Senangin Beach right after.



D Warisan Restaurant

Lumut Stay

All rooms in The Orient Star Resort Lumut have a panoramic view of the sea and its surrounding area with modern comfort and amenities with ample parking to boot. Designed with simple elegance, the deluxe resort is located along the bank's waterfront overseeing the azure blue sea (Lot 203 & 366, Jalan Iskandar Shah, 32200 Lumut). Recreation facilities and family package are available. For reservation, call **05 683 3800** or email reservations@orientstar.com.my.



The Orient Star Resort Lumut

Not getting enough sales from Facebook advertising?

- All likes but no buy
- Too many choices for users to choose from
- Customers only spend a few seconds on your advert, too much clutter and distractions
- Your competitors copy what you're doing – business models, design, features, quality, all leads to brand confusion and poor brand positioning
- Spammers

Get yourself a free marketing consultation from us.

Consult now : **Vivien Lian 014-3323859**
vivienlian@ipohhecho.com.my

Government

State Legislative Assembly Round-up

By Alex



The second term of the Perak State Legislative Assembly began and ended with heated debates involving lawmakers from both sides of the political divide.

A week before the proceedings began, Speaker Dato' Ngeh Koo Ham warned that executive councillors would be given only eight minutes to answer questions posed to them. He wanted more questions from the floor.

"They're to use the allocated time wisely," he told reporters during a media conference at the State Secretariat Building on Monday, April 8.

The assembly session started on April 16 with HRH Sultan Nazrin Shah gracing the opening. In his royal address, he cited the shooting of Muslims in Christchurch, New Zealand as a lesson to Malaysians that instilling hatred and hostility, in the name of race and religion, was dangerous.

Praising the New Zealand Prime Minister, Jacinda Ardern's prompt reaction to the incident, the Sultan said, "Jacinda Adern is an exemplary leader," he added.

MAPS

Among several issues raised was the problematic Movie Animation Park Studios (MAPS).

According to Perak Corporation Bhd (PCB) audit committee chairman and Keranji assemblyman Chong Zhemini, the theme park operational cost is about RM3.3 million monthly.

"We can still pay our monthly operational cost but on September each year, we must pay RM30 million as principal payment," he told reporters on the sidelines of the assembly.

Chong had initially revealed that a motion to suggest the state government help relieve MAPS financial problem would be tabled on the last day of the assembly. However, on April 22, Chong announced that there was no necessity to table the motion as Menteri Besar Dato' Seri Ahmad Faizal Azumu had given his assurance that the state government would honour the payment.

Perak Politics

In the midst of the assembly, an audio clip lasting more than four minutes of a man was heard complaining about Ahmad Faizal's performance in administering the state went viral on social media.

Following the video, all ten executive councillors and Pakatan Harapan assemblymen held a press conference on April 23 to show their support for Ahmad Faizal as the Menteri Besar despite an audio clip denouncing his leadership.

State Exco members and Manjoi assemblymen Asmuni Awi said the viral video was a "divide and rule" propaganda.

"We want to declare our undivided support for Ahmad Faizal as the head of Pakatan Harapan Perak and as the Menteri Besar leading the state government," he added.

Tourism upgrades

Despite the chaos in the august house, PH lawmakers announced several upgrades in facilities for locals and tourists in Perak.

Kuala Sepetang Matang Mangrove Eco-Learning Centre will be covered with 1.2 km of pathways costing RM1.9mil.

State Tourism, Arts and culture executive councillor Tan Kar Hing said the allocation was from the Tourism, Arts and Culture Ministry and the construction is upcoming.

"Besides boardwalks, the hall and jetty in Kampung Dew; famous for its fireflies has been upgraded at a cost of RM350, 000.

"We've added water tanks and improved the landscape at Bukit Larut for those who wish to spend a night or two on the hill station," he said on April 23.

Tan also said the fossil found in Gua Naga Mas in Gopeng was some 320,200 years old and not 15, 000 years, as previously claimed.

WELL PHYSIOTHERAPY & REHABILITATION CENTRE
(1st Branch in Ipoh)

Originating from Penang in 2011, WELL, has finally opened its very first branch in Ipoh, Perak. There are a total of nine branches altogether in five different states, namely Penang, Kedah, Perak, Klang Valley and Selangor.

The type of treatment available at moment for the Ipoh branch is Physiotherapy for both senior citizens and teenagers. Speech Therapy and Occupational Therapy are available at the other eight branches. The fees range between RM70 to RM100 per session. House calls are available for those who wish to conduct the therapy at home where a fee will be charged for the distance travelled from the therapy centre.

WELL also organizes their own workshops by inviting speakers from abroad who are well versed in this field. This has helped to dispel doubts and answer questions in the public's mind about the efficacy of Physiotherapy, Occupational Therapy and Speech Therapy in rehabilitation, pain relief and assistance in a host of other physical issues.

WELL Physiotherapy & Rehabilitation Centre

36, Tingkat Taman Ipoh 12, Taman Ipoh Selatan, 31400, Ipoh, Perak.

019-2835931

Monday to Sunday 9 a.m. to 6 p.m.

Closed on Public Holidays



"The finding was taken from the latest fossil date study at the Earth Observatory of Singapore in Nanyang Technological University. We've set up a technical advisory committee, headed by Universiti Malaya geologist Dr Ros Fatimah Muhammad to study the cave.

"The report on the cave is expected to be tabled at the Conference of Global Man and Karst in Sicily, Italy in June. The fossil is very valuable. As such, more researches are needed," he said adding that the fossil site had been upgraded with the installation of tempered glass and grilled gates.

Last year in October, a 98 cm-long fossil was exposed on the cave ceiling, resulting in the closure of the cave from the public for three months.

"For purpose of tourism and education, we're considering to draw up local guides and interpretation at the site. Meetings with schools will also be held so that programmes to bring students to the site can be organised," he added.

Menteri Besar Ahmad Faizal announced that the state was in the midst of a discussion with the Finance Ministry on the list of tax-free items to be sold on Pangkor Island, which will be a duty-free island soon.

"Despite the declaration of the island as duty-free, Pangkor must continue to be a family-friendly tourist destination," he added.

During his opening speech on the first day of the assembly, Sultan Nazrin announced that Pangkor Island would get its duty-free status on January 1 next year.

On a different matter, the state government through its Industry, Investment and Corridor Development Committee chairman, Dato' Seri Ir Mohamad Nizar said they were still considering whether to build a natural gas plant at Tanjung Hantu near Teluk Senangin in Manjung.

"We're considering several issues such as the site being a turtle landing area and a tourism spot. Developers too are eyeing the area due to infrastructure and facilities available there," he told reporters on April 24.

Earlier in April, Ahmad Faizal denied claims that the state had approved the project which raised the ire of environmentalist groups.

MAPS Loan Repayment

By Luqman Hakim

Keranji assemblyman, Chong Zhemini announced that the motion in regard to a special audit report on Movie Animation Park Studios (MAPS) has been shelved.

The motion was to urge the state government to restore the financial status of the troubled theme park. Zhemini had received an assurance that the state government would restore the financial status of Perak Corporation Berhad (PCB) arising from problems caused by MAPS.

"With the assurance given by the Menteri Besar himself, there is no more worry and MAPS can continue as an entity," he told reporters during a media briefing at the State Secretariat Building on Monday, April 22.

MAPS is developed by Animation Theme Park Sdn Bhd (ATP) and shared by two

entities one of which is PCB Development Sdn Bhd (PCBD) who represents PCB.

In a previous press conference, he posed 23 questions to former Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir on the misappropriation funds involving the theme park.

"Last week, I proposed that the house debate MAPS's financial status during this assembly session. This is because of interest accumulated monthly from loans needed to be paid by ATP. The sum comes to RM3.3 million.

"Every September a payment of RM30 million needs to be paid. The outstanding balance is RM240 million. We simply don't have the money," he added.



Therapeutic Touch for Mental and Physical Wellness

Touch binds our life. We have discovered our world this way since infancy. Evidence based research shows how wide an effect this has on our psychosocial and emotional development. Although Therapeutic Touch (TT) as a massage modality is a great way to relax, this modality is more than unwinding. TT can be helpful in treating various emotional issues and improves overall well-being for both health compromised and generally well people.

TT is often a powerful element for people confronting a life limiting or terminal illness including the end of life and can help alleviate stress in an ill person. This mediation creates calmness, and increases ones comfort. Techniques are modified and varies accordingly to the physiology of a client and is directed towards reduction of pain and relief from anxiety.

In our current lifestyle, many are inflicted by emotional distress which impacts their general mental wellbeing. Stress affects almost everyone at one time or another. This may lead to a chronic outcome when it takes its toll. We see many people who are affected not only from anxiety which can lead to depression, hence putting great strain on the body both physical and emotional.

Amidst many conventional treatment options, TT may be one great way for health maintenance to promote feelings of peace, reduce tension and stress, improve energy and enhance the lymphatic system for good immune function.

TT is not a panacea for emotional problems but is great when integrated alongside conventional treatments. It's an effective complementary treatment with minimum or no negative side effects and/or contraindications. Regardless of type of massage modality one chooses, it is important to speak to the therapist about symptoms and concerns if any.



Chandrika P Choo
Complementary Therapist



Academy of Phytobiophysics Sdn Bhd (c/o Bai Hui Natural Care)

No. 22, Lengkok Canning, Ipoh Garden, 31400 IPOH, Perak Darul Ridzuan.
010 4678250 (h/p) 05 - 5465297 / 016 4158297(off)
Opening Hours: 11 am to 6 pm All sessions by appointment.

Environment

Celebrating World Earth Day



Some 200 interactors from various schools in Ipoh converged at SMK Main Convent Ipoh to partake in the Environment Awareness Camp held in conjunction with World Earth Day on Sunday, April 21. Led by the Interact Club of SMK Main Convent, the participating schools included SMK Anderson, SMK St. Michael, SMK Methodist (ACS) Ipoh, Perak Girls Secondary School and Methodist Girls School.

The guest speaker of the day was Associate Professor Dr Richard Ng, Chairman of KOHJAU and Ipoh City Watch who spoke on global warming and what we could do to save our planet.

"This can be achieved if we reduce garbage especially plastics from going to the landfill as plastics take more than 500 years to decompose. Methane gas released from plastics will cause the temperature to rise 20 times higher than CO₂, thus affecting the greenhouse gas composition which absorbs the infrared radiation and increases global warming," he explained.

His tips to reduce carbon footprint involve saying no to plastics in the form of straw, utensil, food packaging and shopping bag. Plastic bags from the shops should not be used to pack garbage and oxo-biodegradable plastic bags should be used instead which can decompose at a shorter period.

He urged everyone present to plant trees as it will absorb carbon dioxide and release oxygen to balance the greenhouse gas.

"By recycling 1,000 tonnes of papers we can help save 18 trees from being chopped down in the forest," the award-winning NGO social activist in climate change added.

After the talk, all the invited guests and interactors planted trees within the school compound followed by plogging and other upcycling activities.

World Earth Day is celebrated throughout the world in 192 countries and participated by over 1 billion people each year on April 22.

HAPPENINGS

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

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

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

ARTS & CULTURE

EUPHRASIA – THE MUSICAL. MAY 3 & 4, 8pm at Auditorium RTM Perak, Jalan Raja Musa Mahadi, 31400 Ipoh. An audacious woman beyond her time . . . foundress of the Good Shepherd Sisters. Age limit: 7 and above. Price: RM80, RM150 & RM200. For ticketing enquiries, contact Witzi Leong at **012 508 8818**. Email: EuphrasiaTheMusical@gmail.com. Facebook: [euphrasiathemusical](https://www.facebook.com/euphrasiathemusical).

SHARPENED WORD is proud to present Jennifer Tan, a self-taught international artist painter and Tan Sri Dr Fong Chan Onn, former cabinet minister turned award-winning photographer in our April edition themed 'EXPRESSION OF A MISSION'. Join us on **APRIL 27, 2pm-5pm at 22 Hale Street**. Exhibition opens from **April 27-28, 11am to 5pm** at the same venue.

COMMUNITY

DKPJ IPOH SPECIALIST HOSPITAL ANTENATAL CLASSES 2019. MAY 18 (in Mandarin), JULY 20, SEPTEMBER 21, NOVEMBER 16 (in Mandarin) (Saturdays)

at 1pm to 5pm at 5th Floor, Dewan Anugerah, KPJ Ipoh Specialist Hospital, Ipoh. Free admission. Refreshments provided. Spouses are encouraged to attend. Goodies for participants. Contact Customer Service at **05 240 8777 ext. 8111** for enquiries.

MALAYSIAN NATURE SOCIETY SCHOOL HOLIDAY CAMP. MAY 25 & 26 at Taman Herba, Papan. Jungle trekking, bird watching, water ecology, learning about nature and recycling activities. Students between 10 and 12 years old are invited to participate. Closing date for registration: **April 30, 2019**. Contact: Lee Yuat Wah **017 577 5641** for further details. Email: leeyuatwah@gmail.com.

ST PETER'S CHURCH FOOD AND FUN FAIR. JUNE 5 (Wednesday), 9am-1pm at St Peter's Church, 1-A Jalan Foo Kuan Sze, Taman Asia, Fair Park, Ipoh. Showcasing Chinese, Indian, Sarawakian, Sabahan, Orang Asli and Indonesian dishes. Organised by St Peter's Church for the benefit of village communities and to raise funds to build a training centre for the Orang Asli. Coupons on sale at RM10 per booklet. For details call **05 546 0444**.

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 REALITY-BASED STREET DEFENSE WORKSHOP. Organised by Urban

Street Defense's Centre for all NGOs and Women's Groups in Ipoh. Workshop covers what to do when you are attacked, defend against various real life attack scenarios and more. Call **016 538 4562** to book a FREE session. Booking confirmation on a first come, first served basis.

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

Nosh News with SeeFoon



Tang Yuan Restaurant

It has been open for nearly three years and in a very popular location too: just past the highway bridge in Ipoh Garden East coming from Aeon, right smack in the middle of the first row of shophouses on the right.

Tang Yuan is run by a dynamic duo of mother Ng Kam Foong who handles the front, son, Yong Foong Fee is Chef de Cuisine in the kitchen. Foong Fee, who picked up his Dim Sum skills in Singapore and previously in Kao Lee, produces the menu items himself, all homemade, using nothing from factories.

Of course, Dim Sum is Dim Sum and most items on offer are the same. For me, rating Dim Sum can best be accomplished by looking at a few qualities. Are their prawns springy and fresh in their **Har Gau (RM6.50 for 3)** and other prawn based items? Is their Pao pastry fluffy and the Char Siew filling generous and oozing? Is their **Wu Kok (fried Yam Dum (RM5.50 for 3))** crispy on the outside and soft and smooth on the inside with



the filling oozing out the moment you break it open? And does the Siew Loong Pau hold together from basket to spoon and is the soup inside umami? And the judging criteria stretches on for us Foodies.

Tang Yuan certainly measures up to the above criteria by my books and additionally, has a few items outside of the usual run-of-mill fare to boot. Like their **Suet San Pao or Snow Mountain Buns**, whose distinction is not that they are baked but that they are topped with a layer of sweetened cream which melts in the oven, encrusting the bun when they emerge.

The resultant pao with its 'Char Siu' filling inside is delectable with a sweetish mouthfeel, unlike any regular Char Siu Pao you've ever eaten (RM2.50 each).

Another item on their menu, which I haven't encountered in other Dim Sum restaurants and which is probably considered "old-fashioned" today, is their '**Poon Tong Gao**' a ginormous dumpling served in its own bowl and pierced with a straw through the hole in the centre. The broth inside is meant to be sucked out with the straw before the rest of the dumpling is broken open to reveal abalone slices, dried scallops and a host of other goodies. This item is not on the menu as yet and needs to be ordered one day in advance (RM8 per bowl).

Other items worthy of mention are the **Har Mai (Siew Mai made with prawns)** (RM5.50 for 3); their **Fried Lo Pak Ko** or radish cake (RM6); Mak Peen Keun, deep



Connexion

By Joachim Ng

Who is more expert than you?



State governments need to get real: unless they empower local residents to manage their own neighbourhoods, Malaysia's hygiene and ecological score will stay at the bottom half of the Asia-Pacific ranking of nations. City councils should not micro-manage, as their officials have time to make only sporadic visits to your neighbourhood.

The consequence of absentee management is a litany of complaints stacked cloud high: cigarette butts everywhere, drains clogged with garbage and grease, abundant litter on grass patches, stagnant water for mosquito breeding, overflowing dustbins, broken pavements, flood-prone roads, unrepaired potholes, vandalised playgrounds. Such neglect to this day has led to financial losses, toxic poisoning, wider spread of influenza and dengue fever, as well as deaths.

Checks show that neighbourhoods with active residents associations (RAs) or diligent management committees (MCs) far outperform "tidak-apa" housing areas in maintenance, public hygiene, and care for the environment. It's a no-brainer why this is so: who are more expert at neighbourhood governance than a band of dedicated people on the ground where they live?

Another key reason for the sterling performance of most RAs and MCs is that they are politics-free without racial consideration in electing the committee. As long as you serve well, nobody cares whether you are Malay, Indian, or Chinese. However, RAs and MCs may get lethargic because they receive zero money from city councils. This is ironic because half a city's revenue comes from assessment taxes levied on ratepayers such as you.

Convince your MP/ADUN to propose amending the Local Government and Housing Act for neighbourhood zones to be formed by statute and given a maintenance budget drawn from the neighbourhood's assessment tax collection. Thus, RAs and MCs become neighbourhood committees governed by stringent financial rules for transparent and prudent spending.

"Local government" should be redefined to mean neighbourhood governance and not city governance. Cities with half a million people radiating many kilometres beyond the centre aren't local in any practical sense. "Local" means a neighbourhood of up to 15,000 people including babies. It's the size of a big kampung. Ipoh should have about 50 statutorily established neighbourhood zones.

Non-partisan democracy begins on the street where you live. Your neighbourhood committee members are the local "wakil rakyat" with a chairman who is the "ketua kampung". Only non-defaulting ratepayers are entitled to vote and the system must forbid involvement of political parties, as they will play the race card. The committee must be empowered to install surveillance devices in the neighbourhood, and to impose deterrent penalties on litterbugs and polluters.



prawn roll with mayonnaise inside (RM6 per plate); and a host of others too many to mention.

For those with a sweet tooth, you must not meet the **Lava Pao** but please please don't burn your tongue! (RM6 for 3).

Do try Tang Yuan, They have a new signboard up and you cannot miss it on the road to and from Aeon.

Tang Yuan Restaurant

25 Jalan Perajurit Ipoh Garden East

Tel: 012 354 7178; 016 564 8068

Open: 7.30am-2.30pm; closed occasional Fridays

To Advertise /Collaborate



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

Vivien Lian

014 3323859



iSpeak

Councillor's Rewarding Experience

By A. Jeyaraj

After reading a letter in the NST from a former councillor about his experience, I decided to talk to my former councillor Dato' Daniel Tay who was councillor for Lim Garden, Merdeka Garden and Taman Idris, to get his views. He agreed with the contents of the letter. Daniel Tay was modest and often said that he was not a good councillor and did not attend meetings regularly. He was a councillor for more than 10 years and started as District Councillor in Manjung District. He distributed flyers to the residents to inform them that he is their councillor. All councillors should do this because they are appointed and not elected. Ratepayers do not know who their councillors are.

A number of councillors are saying that residents must contact them and it is not their responsibility to meet residents in their zones. Daniel disagreed and said that it is the responsibility of councillors to visit their zones and see the problems. Upon being appointed as councillor for my zone Daniel visited the problem areas with officers from MBI. During his time, each councillor was assigned two MBI staff to assist them, but this is not practised now. MBI should reinstate this system to enable councillors to carry out their duties. Councillors can visit their zones with them and fix problems easily since they have the right people with them. Councillors should be familiar with their zones.

There are also complaints from councillors that they have little or no say in MBI and cannot do much. Daniel disputed this and said councillors can meet the Mayor and Secretary whenever they like to address their problems. Councillors must deliver effectively. They ought to know what they must do and can do and what they can't and

must not. Councillors should champion local issues and implement them. Councillors are the eyes and ears of the community.

He lamented that nowadays some councillors do not act accordingly. There is much to be done as the tasks are many and varied. They must be competent to do their jobs and perform to expectations of ratepayers. He knows some councillors do not perform. They must get relevant skills to do their jobs.

Councillors must deliver; if you can't, quit. They must be passionate about serving the people. Serve all Malaysians even those who do not support you.

Daniel Tay stressed that what needs to be done is to have a dedicated hotline in MBI whereby ratepayers can lodge complaints and get contact details of councillors. Details of complaints should be recorded.

His advice to political parties is they should appoint candidates who are willing to serve the people as councillors. Do not appoint councillors based on their position in the party. The performance of councillors reflects the image of the party and would influence how the public would vote. Now it is New Malaysia and much has changed since May 9 last year. Serving the people can be a rewarding experience.

(The letter of former municipal councillor Bulbir Singh "Serving as a councillor a rewarding experience" was published in NST, 21 March, 2019).

Lifestyle
First Cosplay Party

By Mei Kuan

The first cosplay party ever hosted by Ipoh Parade on Sunday, April 14 saw 29 solo cosplayers from all over Malaysia bringing to life characters from the comic book, massively multiplayer online role-playing games, Japanese animation, film and cartoon.

It attracted a huge crowd who was eager to snap pictures as participants from as young as six years old portrayed their favourite characters via intricate costumes, make-up, mannerism and body language.

Featuring Reina C, Bibi Chan and Kenjimura Chow as judges, the participants were judged in three categories: runway challenge, mall tour and talent show.

King Angel hailing from Kuala Lumpur who portrayed Ahri (K/DA version) from League of Legends was crowned champion.

"I fell in love with this character the first time I saw her at the League of Legends opening ceremony this year. She was a virtual reality star in a k-pop group. I did more research on her and then it just came together. Plus I love her dance, the first time I watched the official music video I cried because it was so good!" she enthused.

"I have been around the community for over five years. Initially, I worked as a



King Angel as Ahri from League of Legends



Top three winners with judges

maid in a maid cafe in 2015 and then I opened my own maid cafe last year named, 'Her Majesty's Mansion'. I actually got really into cosplaying in December to see how far I can push myself," she shared with Ipoh Echo. It took her a few months to prepare for this particular cosplay.

What keeps her doing what she is doing? "I like making people happy in general with the maid cafe, my cosplay and everything. I feel happy that everyone's happy, simple goal!" the amiable girl added.

Here's her precious advice for those who are new in the cosplay community: "Keep practising even the small details. Always do your costest, maybe a few more times if you are not confident. Be in the moment and mood. You are the character, you choose them for a reason, embrace it."

For updates on King Angel, visit her Facebook or Instagram of the name, **ALLHAILKINGANGEL**.

King Rusydi as Kamen Rider Faiz won second placing while Hayate as Elsa from Frozen was placed third.

Government

RM31.9 Million Collected

By Luqman Hakim

Ipoh City Council collected RM31.9 million from assessment tax for the Year 2019.

Council Secretary, Mohd Zakuan Zakaria said the amount was paid by 129,702 ratepayers who settled their annual assessment tax in one payment not twice, as is usually practised.

"It's a positive sign. Residents are responding well to the council's initiative. The lucky draw is a huge attraction," he said in his speech during a prize-giving ceremony held at the Council foyer on Friday, April 12.

According to Zakuan, 230 lucky numbers were picked in a pre-draw on March 27 to determine the eventual winners.

"This year a Proton Saga 1.3 MT is up for grabs. This is besides the motorcycles, smartphones, bicycles, electrical items and others," he added.

The car was won by Yeoh Teik Guan, a teacher with SMK Sri Keledang.

"I'm surprised to be picked as the major winner. I'm very grateful to Ipoh City Council for organising the draw," she said.

Yeoh hoped ratepayers would continue paying their dues in time and in one lump sum each year.



Nostalgia

The Foochows of Sitiawan

By Ian Anderson

In the National Census of 1901, the British Colonial Government recorded a dramatic increase in the population compared to the previous census just 10 years earlier. In Perak, the state with the largest population, the number of Chinese had leaped by more than 60% to 150,239 and was increasing daily. Perak was running out of rice!

In early 1903, in an effort to feed the ever-increasing numbers of Chinese coolies, the government contracted the Methodist Episcopal Mission in Singapore to set up an agricultural colony, of 10,000 Foochows, in Sitiawan.

In May 1903, Reverend Ling Ching Mi was directed to join Dr H.L.E. Luring in Perak. They were to prepare themselves for a trip to Fujian, China, to recruit Foochow Christian settlers willing to migrate to Sitiawan. He was the best man available, having worked in the Foochow church in Singapore and having first-hand experience in the pioneering works in Sibiu. Probably the most important asset of all, he was a Foochow himself.

Just three months later, bribed with the promise of six acres of land in Malaya, on September 9, 1903 (known locally as “double nine day”, an auspicious day for local Foochows), 303 Christian immigrants landed at a jetty on the Sitiawan River with 60 more arriving one week later. They were to grow rice in the fields around the river. The scheme was a failure as no more volunteers followed the first 363.

True to form, the new immigrants’ plots of land were not ready and there was only a handful of longhouses to house the 363 men, women and children. Nonetheless, the settlers started work, cutting their plots out of the jungle and building their new homes. Six months later, thanks to the missionaries and their colleagues, there was a church, a school, a courthouse and an orphanage, all conducted in the Foochow dialect. The plots were three to four miles from the landing jetty. Kampung Sitiawan had arrived.



The Original, abandoned, Courthouse, in 2003



The Rev. Ling Ching Mi

However, the British never did their homework well enough, for with only three acres of non-fertile land (rather than the promised six acres), the rice harvest was far from abundant and the plan suffered its second failure. The settlers were devoid of their promised livelihood. Consequently, 57 ran away to the tin mines in Kinta Valley (less than 50 miles away) while the remainder struggled on. Fortunately, for the suffering immigrants, this was the beginning of the growth of rubber plantations in Malaya and the remaining families transferred their attention to this new crop with great success.

Today, more than 100 years later, the descendants of those original settlers have made the town of Sitiawan, Foochow territory with a church, a museum and delightful restaurants.

Behind the church is an unusual cemetery serving both Christians and non-Christians. Here the Reverend Ling Ching Mi is buried.

Photographs courtesy of www.ipohworld.org

Community

Media Club Raising Funds

By Rosli Mansor

RM1 may not be a big amount for most people but when it is accumulated, these RM1 notes can make a huge difference to those in need.

Impiana Hotel Ipoh General Manager, Gerard Sta Maria said, “Every year, the hotel will come up with a special theme for the Ramadan buffet. This year we’re glad to assist the Perak Media Sport and Welfare Club to fulfil their corporate social responsibility (CSR) during the holy month of Ramadan.

“The hotel will contribute RM1 from every Ramadan buffet sold to the club for its Tabung Kebajikan Anak Yatim dan Asnaf Perak (Fund for the Welfare of Orphans and the Needy in Perak),” he explained.

President of Perak Media Sport and Welfare Club, Rosli Mansor Ahmad Razali told Ipoh Echo that the club is now actively involved in community-based social activity to



help the poor in the state.

Tabung Kebajikan Anak Yatim dan Asnaf Perak was launched on Thursday, April 18 to augment the fundraising efforts of the media club.

Speak Up Because You Matter

Perak Palliative Care Society (PPCS), a charitable non-governmental organisation established since 1995, provides domiciliary palliative care to life-limiting cancer patients. Often, those who come to register with PPCS are those who have exhausted their financial resources to a reasonable degree in their attempts to find a cure. To-date, they have provided, and are still providing, much-needed palliative care to more than 5000 patients who need their services, irrespective of race, religion or political leanings.

This year, PPCS, in collaboration with Hospis Malaysia, will be promoting the initiative to inspire patients to speak up – because they matter. The Theme is SpeakUp. #becauseimatter.

“We believe that by giving space and time for a patient to speak up, we are engaging in advocacy to raise awareness on a patient’s right to dignified care and compassion, resulting in acceptance within the family or community thus minimising segregation and loneliness. It is also my personal ethos that we should strive to shift our paradigm from ‘service-centred’ to more ‘person-centred’,” says SY Cheong, Volunteer Coordinator.

“In this manner, we will be able to work with the patient as a person with thoughts and feelings rather than just a patient. Moreover, when we are properly grounded in our focus, our work becomes a powerful reiteration of Dame Cicely Saunders’ adage of modern palliative support – ‘You matter because you are you, and you matter to the end of your life...’,” she stated.

PPCS operates beyond the city of Ipoh reaching circumferential outlying towns/



villages 50km away. Their staff, comprising an office administrator, a medical director, four palliative-trained nurses, volunteer coordinator, a trained spiritual care and volunteer coordinator, incurs quite a sizeable overhead of approximately RM600K annually.

Weekly home visits are made by their nurses, in vehicles provided by PPCS. As part of their service, they also provide on-loan equipment (wheelchair, commode, hospital bed, etc.) to patients who may need them to maintain independence and dignity.

PPCS depends on public donations and government subvention. Due to heavy overheads, they frequently need to generate funds via public awareness and advocacy, as well as fund-raising activities. PPCS held a ‘Celebrating Life Day’ on April 28 at their premises: 54 Jalan Sultan Azlan Shah, 31400 Ipoh, marking the culmination of the month of Palliative Care Awareness. This raised awareness on community palliative care and support at PPCS under an atmosphere of gaiety and celebration. After all, palliative care is all about life.

A 7-foot fibreglass elephant sculpture was displayed at the carnival. A well-known local talent, Yusof Gajah, was commissioned by Hospis Malaysia to sculpture nine elephants in different postures, all of which have been bought by different corporations. One of the elephant sculptures which is yellow in colour, duly named Cik Kuning (meaning yellow in Malay), was donated by one of the corporations for ‘permanent residence’ at their premises.

More information about PPCS may be obtained from their website: <http://www.ppcs.org.my>. Tel/Fax: 05 546 4732.

Community

A Statewide Campaign

By Rosli Mansor

The state government encourages all, especially non-governmental organisations (NGO), to collectively support the smoke-free campaign initiated by Menteri Besar Dato' Seri Ahmad Faizal Azumu.

Executive Councillor for Communications, Multimedia, NGOs and Cooperatives, Hasnul Zulkarnain Abd Munaim said that this was a follow up to the one organised by government departments and agencies recently to ensure a smoke-free environment.

"The effort by the national religious body, IKRAM, to promote a statewide campaign is welcomed. The campaign focuses not on youths alone but adults too. The response has been overwhelming with various activities organised. It's hoped that this will continue," he said after launching the campaign at Mydin Meru Raya on Saturday, April 13.

According to Hasnul, although smoking is a sensitive issue for certain quarters, it does not deter a continuous campaign from being conducted state wide.

"The month of Ramadan offers the best opportunity for Muslims to quit smoking. Make use of the holy month to get rid of the smoking habit for good," he advised.



Toastmasters Annual Conference



Toastmasters International District 51 Annual Conference was held from April 12 to 14 at Impiana Hotel, Ipoh. The occasion was graced by Toastmasters International President, Lark Doley from Texas, USA. District 51 consists of over 150 clubs from the Northern and Central parts of Peninsular Malaysia. Membership is in excess of 3000.

Among the activities conducted were:

- Exhibition to commemorate late Gerald Green's work in the formation of District 51.
- Keynote address by Lark Doley.
- Speech contest with the winner proceeding to the quarterfinals of the World Public Speaking Championship.

The occasion ended with a gala night to recognise the achievements of clubs and members, and the installation of district officers for 2019/2020 session.

Readers keen to know more about Toastmasters, please call Roshan Dhaliwal at 010 209 0949 or email: roshan071189@outlook.com.



E-Hailing Regulations Too Harsh

By Alex

E-hailing taxi drivers in Perak want the government to reconsider regulations for e-hailing services in the country.

On March 27, Road Transport Department announced that e-hailing taxi drivers need to apply for Public Service Vehicle (PSV) licence effective April 1. Action will be taken against those who have no licence after July 12.

According to Mohd Fazli Rami, 41, who has been driving for about six years, the insurance premium for an e-hailing car is over RM400 a year. Another RM200 is required for the PSV licence.

"We support the government's effort in regulating the industry but we wish they would reconsider requirements such as plastering stickers on our cars.

"Most are privately owned. Once our vehicles are tagged, only registered drivers can drive them," he told reporters at Stadium Indera Mulia, Ipoh on Friday, April 19.

"It would not be fair for us because we want our family members to use the cars, as well. Our cars are not used for commercial purposes only," he insisted.

Fazli hoped the government could subsidise the insurance premium and reduce the PSV course fee to below RM100.

"I am told in KL it's only RM80. On average, we earn between RM40 and RM80 a day.

"Some of the drivers here are not proficient in Bahasa Malaysia. The government should consider conducting bilingual courses as the current one is only in Bahasa Malaysia," he added.

Driver R. Chenchi said that the regulations were too restrictive.

"What happens if I failed to get the PSV license? It'd be a waste of money and time. I hope the government will review its plan. Try not to impose so much restriction, as e-hailing is our livelihood," he said.



Ipoh Echo in Education

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

Used by: SMK Pasir Puteh, Ametis International School, St George's Institution, SMK Convent, Westlake International School

Kindly contact us at 05 543 9726 or editorial@ipohecho.com.my
You can also find out more about English language activities from Sharpened Word. Email to sharpenedword.kinta@gmail.com

Community

Why Replace Safety Guard Rail?



By A. Jeyaraj

Some years ago MBI installed guard rails next to pedestrian walkways along some roads to prevent snatch thieves from snatching bags from pedestrians. I noticed that the guard rail along one side of the road next to Medan Kidd Roundabout has been replaced. The new railing is more like fencing. There was nothing wrong with the old one. Why replace only on one side?

There is a trench beneath the new fencing which is partly filled with sand. This is not safe. It is easy for people especially senior citizens and children to put their leg into the trench while walking and get hurt. The trench must be filled to avoid accidents. Be proactive.

It looks like MBI had a budget and had to spend it. So they replaced guard railing for no apparent reason.



Megaraya Aidilfitri Bazaar

By Rosli Mansor

Visitors stand a chance to win a Proton Wira during the lucky draw in conjunction with the Megaraya Aidilfitri Bazaar.

Anson Sepakat Event Director, Mohamad Ridzuan Abd Karim said that the lucky draw will be held on Tuesday, June 4. Jewellery, electrical items and furniture sets are up for grabs too.

“Prior to the final lucky draw, there will be weekly draws offering attractive prizes,” he stated.

Mohamad Ridzuan told reporters during a media conference held at Restoran Nyaman, Jalan Dato Seri Ahmad Said on Tuesday, April 9.

The bazaar will be held at the Indera Mulia stadium compound from May 6 to June 4 beginning 10am to 12 midnight. Items such as shoes, bags, carpets, Muslim attires and more are on sale. Performances by local artists and religious talks are also on the cards.

The bazaar, according to Ridhuan, can accommodate 80 vendors or 200 stalls. The fee is between RM6, 500 to RM7000 depending on the size of the lot.

“The location of the carnival, which is next to the Ramadan bazaar, is very ideal. It’ll draw the crowd,” he reasoned.

Application for bazaar lots is still open. Those interested can call Ridhuan at: **014 941 2241**.

To Advertise /Collaborate



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

Vivien Lian
014 3323859

Acap's Family Remains Hopeful

By Rosli Mansor

“I believe Acap will find his way back home,” said his mother, Siti Maznah Khamis, 58, while holding back her tears when contacted.

Although the search for her missing son was called off temporarily on Wednesday, April 17, it was continued by villagers.

Mohammad Ashraf (Acap), 29, took part in the Gopeng Ultra Trail run which started from Gua Tempurung on Saturday, March 23 in the 25km category. He did not reach the finishing line even though he was ranked among the top 10 participants in the competition.

He, along with 485 other runners, started the run in the morning and it should have ended on the same day.

Efforts were made by all in the search and rescue mission to find Acap, who worked as a lab technologist at Maharani Health Clinic in Muar, Johor.

The search and rescue team, led by the Fire and Rescue Department of Malaysia (JBPM) and the Royal Malaysia Police (PDRM), faced a dead end.

JBPM Perak Zone 1 Chief, Mohd. Khairul Jamil explained that his team searched for the victim at all trekking routes used by over 1400 other participants in the 10km, 25km, 50km and 100km categories.

“The search scope was huge encompassing the forest, palm oil estate, the coast of Kampar River, Bukit Batu Putih, Gua Kandu and Gua Tempurung besides uncertain leads which hampered the search operation,” he said citing newspaper reports.

The search underwent two phases and both reached a dead end till it was stopped on Wednesday when no new leads were found.

The effort also made use of search and rescue dogs. The police were certain that Acap was not attacked by wild animals.

Meanwhile, Acap’s brother, Mohd. Zahiruddin Hassan, 35, said he remains hopeful.

“Now the villagers are continuing the search for my brother and hopefully it will be fruitful. They know the place better and are more experienced as this is their village. Our family remains hopeful that Acap will be found safe and sound,” he stated over the phone when contacted.



Positive Behaviour Support

By Mei Kuan

Yayasan Sultan Idris Shah (YSIS) hosted a two-day Positive Behaviour Support (PBS) Training organised by National Early Childhood Intervention Council (NECIC) from April 20 to 21.

The hands-on session was conducted by Dr Diana Wee, consultant clinical psychologist with experience in supporting adults, children and families on the spectrum, both in Malaysia and Australia.

Attended by over 50 teachers, parents and clinicians, the training was aimed to build knowledge of PBS principles, build practical skills on behaviour assessment and build confidence to support individuals with special needs and behavioural difficulties.

According to Dr Diana Wee, PBS is an applied science that uses systems change (environmental redesign) and educational methods to increase the quality of life and reduce behaviour issues.

PBS is considered the model of choice, best practice, ethically stringent and evidence-based intervention option for people with disabilities and challenging needs.

Among the common errors made are viewing a person mainly as a “diagnostic label”, viewing all behaviours of concern as “naughty or being difficult” and assuming everyone with the same diagnosis are similar.

The secret to successful behaviour support is to firstly understand the person, the needs and what is going on.

Present was Dr Wong Woan Yüing, President of NECIC cum consultant paediatrician.

“PBS is more holistic because they see behaviour as a function rather than as a problem. In old times we all see it as a problematic behaviour that we want to change when in fact it has a purpose and is trying to tell us something,” Dr Wong, who has been practising over 30 years, told Ipoh Echo.

NECIC is a national NGO set up in 2011 to advocate on early childhood intervention services and inclusive education. It works in a collaborative effort with local organisers of the hosting state to carry out the national conference once every two years. For more info, visit www.necicmalaysia.org.



Community



Child Safety Guide Book

By Luqman Hakim

A child safety guide book by the state government is in the pipeline for students in primary, secondary and religious schools.

According to the Department of Social Welfare, there were 1095 child abuse cases reported in Perak from 2015 to 2018.

Wong May Ing, the Executive Councillor for Women and Family Development, Character Development and Social Welfare explained that the book will be launched and distributed to 1100 schools in May.

"The contents include child safety plan and comic column on early prevention steps. It is available in four languages – Malay, Mandarin, Tamil and English. However, the English one is only available online," she told reporters during a media conference at the State Secretariat Building on Thursday, April 18.

A total of 540,000 books will be printed and distributed to 373,000 students in the state.

"The remainder of the books will be distributed to all state assemblymen service centres, government agencies and NGOs," she stated.

She added that via the Department of Social Welfare, an awareness campaign will be initiated in all districts involving counselling teachers on the book and self-care measures.

"For example, the Train the Trainer programme with NGOs, teachers will be enlightened on self-safety measures," she said.

Abuse, she said, has many categories. They are physical, mental, sexual, emotion, negligence and abandonment. A total of 4538 abuse cases were recorded in the whole of Malaysia last year.

"A total of 1250 cases are recorded this year," she said.

As for childcare centres, the state government urges all unregistered owners to register with the Department of Social Welfare immediately so aid can be channelled to them.

The root of the problem is caused by parents' negligence and finance.

Prihatin Perak Card

By Luqman Hakim

The state government introduced the Prihatin Perak Card to help the needy pay for necessities and medicines.

Menteri Besar Dato' Seri Ahmad Faizal Azumu said RM22 million has been set aside for 17,000 recipients from the Department of Social Welfare and Baitulmal tabling the 2019 budget.

"The state government realises that the number of eligible recipients for this programme in Perak is overwhelming. Due to financial constraint, the government can only afford to allocate RM22 million this year. We'll work harder to increase the state revenue so we can continue helping the underprivileged," he said during the press conference after launching the card at the banquet hall of the State Secretariat Building on Wednesday, April 10.

According to him, the state government will cooperate with all related departments and agencies in carrying out social enterprise initiatives involving the poor and impoverished.

"It's our hope that more Perakeans can generate income via small businesses which in turn help create job opportunities. This is a positive cycle which we can enjoy the abundance of the state and country," he added.

Wong May Ing, the Executive Councillor for Women and Family Development, Character Development and Social Welfare highlighted that out of the total allocation, RM17 million is used for essential items while RM5 million is for health purposes.

She stated that Prihatin Perak Card receiver will enjoy two benefits namely, RM80 to spend on essential items per month and RM300 to cover medical cost per year.

"With this card, a transaction can be done cashless. The state government is confident that this initiative will help the poor and needy to buy items sold in shops in Perak," she said.

A total of 169 grocery shops and 400 panel clinics are registered under the programme. Readers can visit this website (www.perakprihatin.com) to view the full list.



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.

Kledang-Saiong

Regarding the conservation of Kledang-Saiong, it should be noted that the forest still supports a healthy population of Siamang (*Symphalangus syndactylus*: IUCN status = Endangered), the largest members of the Gibbon family, whose loud whooping calls can often be heard on morning hikes. Other primate species on the hill include Long-tailed Macaques, Pig-tailed Macaques and White-thighed Langurs.

Among interesting non-mammalian fauna, there are female Butterfly Lizards (*Leiolepis triploida*) that, in the complete absence of male companionship, reproduce by cloning themselves.

With respect to flora, Kledang-Saiong is one of only two or three places where the magnificent trunked (and magnificently named) *Johannesteijsmannia perakensis* can be found. Also, FRIM has recently described a new species of Dipterocarp tree (*Vatica abdulrahmaniana*) from near the summit.

Intriguingly, but not as yet explained, some aspects of the flora and fauna of Kledang-Saiong appear to have more in common with Bukit Larut and even Penang Hill rather than with the much closer Titiwangsa Range on the eastern side of the Kinta Valley. In summary, despite being so close to Ipoh, Kledang-Saiong still retains forest with high recreational, scientific and educational values.

It would be tragic if these values and the call of the Siamang were lost to future generations by any disturbance that might be caused by the clearing of primary forest, regenerating secondary forest or perceived "wasteland".

Those wishing to hear the call of the Siamang on Kledang Hill without going on a hike can visit these links <https://www.youtube.com/watch?v=lkk6SkB6W8c> and <https://www.youtube.com/watch?v=G2bg1PFCZYI>

K. Fletcher and Donna Baylis
Ipoh My Second Homers

Safe and Efficient Parking

There is a growing need for car parks at private and public hospitals in view of the increasing number of patients, clients and visitors. Pantai Hospital Ipoh (PHI) has introduced outsourced- parking facilities to cater to the need without compromising on safety. The facilities provide for higher turnover and more parking space.

Since then, PHI is able to reduce indiscriminate and invalid parking by almost 30 per cent. Surveys, done prior and after the implementation, have shown that motorists are currently spending between one to two hours at the hospital compared to over four hours previously.

On Sundays Zone B, the parking lot behind the hospital and Zone C, the lot opposite the hospital, are free.

This initiative has received positive feedback from both patients and visitors.

A cheaper option is available on working days at a flat rate of RM2 per entry at Zone C. This option comes with a free shuttle service. For quick drop-off, motorists can drive through the hospital for free for the first 15 minutes.

In addition, the hospital has a Grab concierge service for patients who do not drive. The duty desk staff can help you book a Grab cab. This hassle-free service has helped many, especially older patients to get transport and a safe journey home.

Corporate Communication
Pantai Hospital Ipoh

To Advertise /Collaborate



Vivien Lian

014 3323859

Young Adults Dilemma

To Be, or Not to Be

By Mei Kuan

The saying “if you do what you love, you’ll never work a day in your life” by Marc Anthony did not quite ring true throughout my job search right after university. The thing was, I did not know what I would love to do in the first place.

Fortunately, to have an English language and linguistics degree under one’s belt (and first-class honours to boot), the career opportunities are extensive.

As a science stream student with an English major, I was not even aware of the publishing world, let alone the print media. I never thought I would end up writing for a community-based newspaper but wow, am I thankful to be here.

Thanks to news diversity, I get to meet people literally from all walks of life. Think exclusive one-on-one with Professor Muhammad Yunus, Nobel Peace Prize winner, Dato’ Asir Victor, Ipoh-born Olympian, Irene Ang, actress who portrayed “Rosie Phua” from the famed Singaporean sitcom, Halim H. Berbar, multi-award winning French photojournalist, Carol Selva Rajah, international authority on food history and culinary art,



with Professor Muhammad Yunus

M. Kulasegaran, Human Resources Minister and Andrew Golezinski AM, Australia’s High Commissioner to Malaysia, just to name a few.

I use my voice to highlight the everyday people doing extraordinary things, the unsung heroes and struggling non-profit organisations especially welfare homes. Since my director-cum-editor is an ex-serviceman, I can dip my toes into writing about the military community. Plus, I can keep my scientific knowledge from school year alive by penning science-related topics from time to time. Not only that, tagging along with our established food columnist with a discerning taste equals to getting to eat at new restaurants on a regular basis from high-end to street fare and discovering the story behind the food.

As a journalist, one gets free access to much-hyped events, exclusive media previews, major conferences and enlightening talks. Did I mention I picked up the ins and outs of photography and editing along the way? Talk about multitasking!

Journalism has definitely given me a sneak peek into different career fields and an opportunity to reach out to inspirational figures – which in turn worked out the answer to my initial, big question: perhaps this was what I wanted to do with my life.

A shout out to all graduates on the job hunt who have not got their life purpose all figured out yet. Don’t lose sight of your growth, trust your process – we are people who are learning as we go. Keep your eyes on your own paper and not get caught up in the clutter of comparison especially on the internet – it’s not a race.

Editor: Any fresh graduate with an excellent command of English and wishes to write may call us at Ipoh Echo with full resume for an interview.

Education

More Classrooms Needed

By Mei Kuan

The Klebang Tamil School was established in 1914 at Klebang Estate, Chemor. The school was relocated to Jalan Kuala Kangsar near Taman Klebang Jaya in 1994 after the Klebang Estate was sold to housing developers.

Currently, the school sits on a 3.55-acre site with an enrolment of 524 students, 34 teachers and 18 classrooms. The school is facing a shortage of classrooms, as the student population has risen due to developments taking place around Klebang.

The school was visited by the Deputy Minister of Education, Teo Nie Ching recently. The future of the establishment was discussed at length.

The chairman of the school board, M. Krishnasamy said, “We’re asking for allocation to build a four-storey building consisting of 12 classrooms, a science lab, teachers’ room and canteen.

Teo appreciated the school’s needs and shortcomings. She will discuss the matter with her superior, the Education Minister and find the financial resources to



build the extension.

Interested readers who would like to donate can contact the school at **05 291 3166** or the school board chairman, M. Krishnasamy at **012 553 7375**.

Music Connects

The young and brilliant boys of the Michaelian Military Band of St Michael’s Institution recently engaged themselves in their biennial concert entitled “MUSIC•CONNECTS”. The Michaelian Military Band, Ipoh organises their concert every two years but this year’s concert was different from the years before as they hosted a Japanese band (Fudooka Wind Orchestra) for the first time, to perform in their very own concert alongside them.

A total number of 45 members from the Michaelian Military Band and 50 members from the Fudooka Wind Orchestra participated in this auspicious event. The title of the concert “MUSIC•CONNECTS” says it all. Music is a unique language that wields the power to unite people regardless of their culture, race, religion and the main objective of this concert besides to raise funds for the band is to bring the musicians together as one.

Although there might have been a language barrier, that did give the slightest chance to stop the members of the Michaelian Military Band (MMB) and the Fudooka Wind Orchestra (FWO) of Saitama, Japan to produce one of the greatest concerts in the history of MMB. All this would not have become a reality if it were not for the conductors, who played a major role in making this concert a success.

Mr Chong Wai Mun is the band director of the Michaelian Military Band. He is a former Michaelian and was in the band during his secondary school days. He has been the instructor of the Michaelian Military Band since taking over the helm of MMB in 2003.

Mr Kazuaki Kaneko is the band director of the Fudooka Wind Orchestra, who played a major role in the process of making this concert a lively and memorable



one. Without him, this concert would not even exist. Not to forget, Mr Kasaoka Tsuneyoshi from Hiroshima, Japan, and Mr Keiichi Kurokawa from Saitama, Japan, who contributed their never-ending efforts throughout the months of preparation.

During the three-day exchange programme, which took place here in Ipoh, the students got to learn and exchange a lot of knowledge in various aspects from each other. Besides that, the Japanese students were given the opportunity to experience the homestay programme.

This homestay programme was actually introduced when the Michaelian Military Band travelled to Saitama, Japan last year in June for an exchange programme with the Fudooka Wind Orchestra.

The main objective of this homestay programme is to give the Japanese students a chance to experience Malaysian culture.



Sport

ITF World Junior Tennis

By Wern Sze

The International Tennis Federation (ITF) World Junior Tour held in Perak Tennis Arena from April 21 to 28 saw top junior players from 25 countries competing in this international level tennis tournament.

The last time Ipoh played host to an ITF World Junior tournament was five years ago in 2014.

"With the completion of our recently refurbished sports complex, we hope to host many more international-level sporting events in the future," said Howard Lee Chuan How, the Executive Councillor for Youth and Sports Development.

"Hosting an international-level tennis tournament here in Ipoh gives our Perak players an opportunity to compete and mingle with the top junior players from around the world. I am pleased to see that they have given it their best shot," said Vice President of the Perak Lawn Tennis Association and Tournament Director, Fazwil Abdul Wahid.

Perak players represented in this tournament included recent gold medalist at the MSSM Tennis Under-18 open boys category Mitsuki Leong, and Malaysian Under-18 female player Hannah Yip. Qualifying the tournament's main draw were two other Perak juniors, Daniel Leong Prickett, who went as far as Round 2 (R32) in the tournament, and Pavel Liam Thadani.

Perak tennis pride Mitsuki Leong went the furthest among his compatriots, finishing at Round 3 (R16) in the singles event. This earned him his second ITF points for the year, after losing narrowly at 7-6(4) 6-3 to 7th seed Jose Antonio Tria from the Philippines. Just a week ago, he had earned his first ITF points in the KL leg with a R16 finish in doubles, partnering Tin Tran from Vietnam.



L-R Hannah, Daniel, Pavel and Mitsuki

3 Golds for MSSM

Congratulations to our Perak state 15U boys and 12U girls for bringing home the gold medal, and to Mitsuki Leong for winning the 18U boys' individual champion's title at the recent National MSSM tennis tournament in Kuala Lumpur.



Upcoming

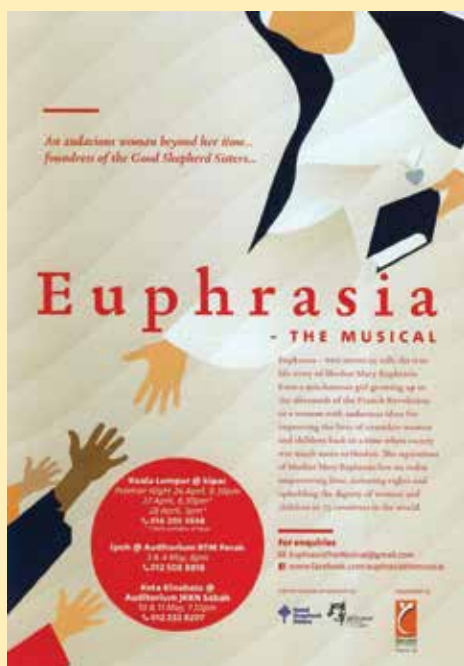
Euphrasia – The Musical will be held at the RTM Perak auditorium on **Friday, May 3 and Saturday, May 4 beginning 8pm.**

It is a joint production by Good Shepherd Sisters and the Actors' Studio and supported by the Kuala Lumpur Performing Arts Centre.

Euphrasia – The Musical relates the life story of Mother Mary Euphrasia, from a mischievous girl growing up in the aftermath of the French Revolution to a woman with audacious ideas for improving the lives of countless women and children back in a time when society was much more orthodox. She was the founder of Good Shepherd Sisters.

With a cast and crew of some 60 very talented people (including a live orchestra), Euphrasia – The Musical promises to deliver a highly entertaining, and a thought-provoking two-hour show.

For tickets, call **012 508 8818.**



BOOKS

Banking on BookXcess

BookXcess has opened its latest store in the Silver State and of all places, at a historical location in Kong Heng Square, which once housed one of the busiest banks in Ipoh. The premises has since been rejuvenated and the first floor and basement are now home to what will surely be Perak's finest attraction for book lovers and photoholics.

The bookstore compliments its neighbouring Concubine Lane with neon signs and tongue-in-cheek quotes for a modern touch while also preserving the building's original architecture. Readers can expect to find thousands of books from a wide variety of genres available consisting of novels, science-fiction, thriller, literature, young adult titles, business, cookbooks, art and design books and many other hidden gems.

The look and feel of the old bank have been maintained to provide customers with a unique experience; the basement floor will see the customers selecting books from bank safety deposit boxes and from bank vaults that have been converted into bookshelves.

Parents are also in for a treat as there is an assortment of children's books ranging from activity books, storybooks, sound books and more. Exclusively for BookXcess, parents of young ones will also find thirteen titles of Augmented Reality (AR) books available at the store. AR books create an immersive, interactive reading experience. Children will be able to read, play and learn with these AR books as it uses cutting-edge AR technology to revolutionise reading for the next generation.

"It is such an honour to be part of Ipoh's rich history and beautiful architecture. With the opening of the BookXcess Kong Heng, we hope to meet the demand for affordable books here in the Silver State. Based on our past experiences when we organised the Big Bad Wolf Book Sale in Ipoh, many of our customers requested for us to set-up a permanent store and now, here we are answering to their call," shared Andrew Yap, Founder of BookXcess and the Big Bad Wolf Book Sale.

Other than books and unique pop-art, the basement of the bookstore will also accommodate the little Yasmin at Kong Heng newseum (affectionately named to inspire new generations) which will be opened to all at BookXcess Kong Heng. Visitors can laugh, cry, love and forgive as they watch Yasmin's best Petronas festive television advertisements and films. They will also be able to dive into Yasmin's mind by going through her original Mac desktop where she typed in all her ideas. You can also read copies of her original "Sepet" and "Wasurenegusa" scripts here.

"Having 'Yasmin at Kong Heng' nestled in BookXcess is an honour as we can continue the legacy of Yasmin and tell her story to the world so that her beloved storytelling is cherished and remembered," added Yap.

BookXcess Kong Heng, Ipoh is open daily from 8am to 10pm and is located at No. 91, Jalan Sultan Yussuf (Belfield Street), 30000 Ipoh.



Facebook: <https://www.facebook.com/BookXcess/>
Instagram: @bookxcess
Website: <https://www.bookxcess.com/>

Robots for Climate Change

Technology Association of Malaysia (TAM) Perak Branch is organising the Ecobot Competition in conjunction with KEY Fiesta, Faculty of Engineering and Green Technology, UTAR.

It will be held on **June 22-23 at Dewan Tun Dr Ling Leong Sik, UTAR, Kampar, Perak.** The competition theme is Climate Change. It will raise awareness on the issue and contribute to solving its numerous issues. Contestants will build a robot that is not only environmentally friendly but be able to perform simple tasks that tackle climate change issues.

TAM is an organisation established in 1946 for all levels and disciplines of technologists, from the professionals to students and everyone whose career is technological in nature. They have been intimately concerned with the advances in technology and knowledge since then.

Currently, their focus is on the alarming issue known as Climate Change. To this, the public is cordially invited to join this event. For more information: **tamperak1946@gmail.com.**

