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ISSUE **304**

Living on RM15 per day

By SH Ong

Due to the escalating cost of food and general grumbling by average wage earners, Ipoh Echo decided to tighten our belts and went on a survey to see how frugal we can be to keep ourselves fed. Initially, a sum of RM10 was proposed to cover the cost of food for one day but it was raised to RM15, which was felt to be a more realistic figure.

After a couple of days of “splurging” our findings are as follows:

FULL STORY ON PAGES 2 & 6



Roti Canai (RM1-RM1.30)



Nasi Lemak (RM1.50-RM2)



Chapati (RM1.20-RM1.50)

The declaration of Kinta Valley as a national geopark has enhanced the intrinsic value of this Perak tourism icon. Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture, said that Geopark is a geological heritage site which is being developed to conserve the state's tourism sector.

“It's not limited to geological heritage alone but encompasses elements of biodiversity, archaeology, history, arts and culture.

“Kinta Valley Geopark can be the pioneer in eco-tourism, geo-tourism, educational activities and international research which in turn will help promote Perak to the nation and the world in line with the entity's development concept as defined by UNESCO,” he said.

Kinta Valley Geopark stretches into the Kinta and Kampar districts, the administration area of Ipoh City Council, Batu Gajah District Council and Kampar District Council. It is approximately 1952 sq km in size.

There are 18 geo-sites namely, Gunung Panjang, Gua Tambun, Gunung Datok, Gunung Rapat, Lata Ulu Chepor, Gunung Kanthan, Gunung Lang, Hutan Lipur Ulu Kinta, Gunung Tasek, Mata Air Panas Lubuk Timah, Gua Naga Mas, Air Terjun Sungai Chelik, Jeram Papan, Gua Kandu, Gua Tempurung, Jeram Sungai Kampar, Air Terjun Sungai Salu, Air Terjun Batu Berangkai and Gunung Korbu.

According to Tan Kar Hing, a huge portion of the designated area has been developed as a recreational hub receiving an overwhelming response from both local and foreign tourists.

“Visitors to the park will have a good chance of seeing the uniqueness of the state's endemic flora and fauna and its ecosystem. Besides being a conserved heritage site, it's knowledge waiting to be unravelled,” he added.



Kinta Valley Geopark



Tan Kar Hing

By Rosli Mansor Ahmad Razali

The temptation to overeat and overspend is enticing

Ipoh is already known as a Food Haven and we are never short of places to eat. There are food courts and *warong* in every nook and corner of town and we have featured some of the more prominent ones here to help stretch your ringgit further.

Breakfast:

For the normal Ah Pek and Ah Soh breakfast, a cup of “*kopi-o*” (RM1.60), 2 half-boiled eggs (RM1 each) and 2 kaya toasts (RM1 each) will come to RM5.60. Other choices are: plain *chee cheong fun* RM3.50, plain noodles (*kon low mein*) RM2, plain curry noodles RM2.50 with *liew* (fritters) additional RM1 per piece or *nyonya kueh*, *yeow chow kwai*, etc., *dai kao mein* all at RM1 per piece. Down that with a combination of any of the above with a cup of “*kopi-o*” (RM1.60) or hot Chinese tea at 60 sen per glass and you may stay within the RM5 range for breakfast. Choices and preferences of food are wide and varied.

The Malaysian “must have” breakfast, *nasi lemak* is normally sold at RM1.50-RM2 per packet (depending on side-orders). Other choices available are plain fried noodles (RM2.50), *roti canai* (RM1-RM1.30), *thosay* (RM1.20-RM1.50), *idilee* (RM1-RM1.20), *Apom* RM1.20-RM1.40), *Chapati* (RM1.20-RM1.50). You then wash the food down with a cup of *teh tarik* (RM1.20-RM1.50) and your breakfast at RM5 or less is complete.

Lunch/Dinner

The most popular non-halal food for lunch and dinner is *chap fun* or economy rice. A normal serving of 2 vegs and a meat with rice is RM4 and a plate of chicken/char siew rice with some cucumber can also be had at the same price. Of course, you can also choose from a wide variety of noodles available from RM5 to RM8. Have a glass of Chinese tea or plain water to end your meal and you should be within your budget which is not only good for your pocket but your health as well!

Generally, halal food is more expensive due to the condiments, ingredients and meats used in the cooking. A plate of rice with chicken and vegetables may set you back by RM6 or more. As such, some of the breakfast dishes like *roti canai*, *chapati*, *nasi lemak*, etc. can also be eaten as a meal by itself together with some side-orders of vegetables/meats at RM3-RM5 per serving.

For the budget conscious, there are some stalls at Medan Selera Stadium offering lunch at RM3 per set only, consisting of rice and chicken curry.

Starting from our home-base Ipoh Garden, we have the Family Food Court which used to be the Woolley Centre, offering all types of mouth-watering Ipoh fare. Under the new management the centre is now open from 8am to 10pm daily, running on two shifts (each shift having its own proprietors), meaning we now have more choices of different types of food to choose from, day and night!



Family Food Court, Ipoh Garden

Next to this is Restoran Kamwan Aneka Selera or more popularly known as Gourmet Square which is open from 6pm until 11pm. There are about 45 stalls here offering 45 different types of food. Favourite here is the curry mee followed by *char kway teow*, *kai see hor fun*, *ikan bakar*, *loh bak* and a long queue is always found at the *Nasi Pandan* and *popiah* stalls. This centre was recently featured in a HK foodie production as having one of the best food in Ipoh.



Lengkok Caning, Ipoh Garden



A stone's throw away from these two eateries is the Bukit Merah Curry House, a *mamak* outlet which stays open for 24 hours. It offers a variety of reasonably good and affordable halal food viz *roti canai*, *thosay*, *chapati*, etc. as mentioned earlier.

Going further across to Ipoh Garden East, we have another *mamak* outlet offering all types of halal food. Nasi Kandar Nasmir, like most *mamak* outlets, is open 24 hours and the plus-point is that it is now air-conditioned. Surprisingly, even after its recent upgrade, their prices have remained unchanged as before. Together with their upgrade they have also included western cuisine viz Sizzling Chicken Chop, Fish n Chips and Spaghetti into their menu.



This street (pic below), Jalan Medan Ipoh in Ipoh Garden East, practically comes alive after 7pm until early morning. Anchored by its chief tenants Pusat Makanan Metro Ipoh and Kafe WK Garden East, the whole street is transformed into a food fest with the best of street food viz fried noodles, *bak kut teh*, fried chicken wings, *satay*, *ikan bakar*, *wonton mee*, *laksa* and many more. Situated right in the heart of the “watering holes” of Ipoh, this place serves as a food paradise for those “pubbers” who are out for a midnight snack after a good night out with friends.



Ipoh Garden East

Continued on page 6

A WORRYING TREND

The inability of many Malays to rise above the destructive rhetoric of old Malaysia's bumiputra politicians is the saddest thing since GE14.

The propensity to support and tolerate terrorist activities by Malay-Muslim extremists is worrying indeed. Coming in the wake of the Islamic State-inspired bombings in Sri Lanka on Easter Sunday, April 21, it does not augur well for the country.

This is despite the outcome of a recent survey stating that Muslims in Malaysia have a low tendency for violence in furthering their religious belief.

Academician Faisal S Hazis who did a joint survey on tolerance and susceptibility to extremism in Southeast Asia said 28 per cent of Malaysian Muslims exhibited "violence-receptive" tendencies, meaning that they did not reject violence.

Respondents, said Hazis, justified the use of violence in the name of Islam. However, only two per cent of the 823 respondents polled said they would participate in violent extremism.

The study by the Merdeka Centre was conducted across four Southeast Asian countries namely, Malaysia, Indonesia, Thailand and the Philippines. It included both Muslim and non-Muslim respondents.

The survey covered two areas of extremism: violent extremism and "self-sacrificial tendencies" or the willingness to sacrifice their lives to defend Islam. Malaysia and Thailand recorded the highest levels of self-sacrificial tendencies.

Merdeka Centre too found that support for global and regional terror groups was present in all four countries surveyed, the highest in Malaysia at 18.1 per cent. Support for the Islamic State was also highest in Malaysia. This is worrying indeed.

Professor Ahmad Fauzi Abdul Hamid of Universiti Sains Malaysia said the research provided compelling evidence that the Southeast Asian region, including Malaysia, demonstrated "increasing degrees of extremism" although the levels were still considered moderate. "Extremist-like behaviour in Malaysia has been creeping into the state. Part of it has encroached into the government and universities."

The research too found that those who condone violent extremism normally have little money. They believed that suicide bombing is encouraged in Islam, and felt that there was discrimination against Islam.

The research recommended an audit to determine and refine religious narratives in education and sermons to see if they breach current religious dictates.

Using former militants who had been de-radicalised and have integrated into society to educate the public and raise awareness was also an effective way to counter extremism, the research recommended.

At the tail end of the Malayan Emergency Surrendered Enemy Personnel (SEP) were extensively used to educate people on the evils of communist terrorism. Perhaps this is a way out. The other is the introduction of a multi-faith education to reduce the levels of ignorance and intolerance among Muslims towards non-Muslims.

ONE YEAR ON

On May 9 last year, Malaysians celebrated the fall of Barisan Nasional (BN) with much gusto and zeal. I was no exception. In spite of my bad leg, I made it a point to stand in line for over two hours to cast my vote at the polling centre in Bercham. Many in Ipoh did so. Our singular objective of making a change drove us on. It was a crusade, of sorts.

Many changed their social media profile pictures to Malaysian flags with all sorts of "born again" slogans. That night, Malaysians went to bed happy in the thought that they had been of service to the nation.

Cynics were silenced, and even those who were adamant that they cross nothing other than the dacing symbol on their ballot paper, joined in the celebration which many had termed as a "peaceful transition".

Malaysians voted in Pakatan Harapan (PH) for various reasons. Some were convinced that it would herald a new era of politics. Others, especially those in the urban area, were expecting a change in the nation's social, economic and even religious philosophy. And there were those who just wanted to put to pasture a "61-year-old monolith" which had outlived its usefulness.

In the days leading to the first anniversary of the new government, ministers were stepping on one another to show their glossy report cards detailing their achievements over the past year.

However, ministers in charge of the more crucial portfolios such as finance and economic affairs found it a hassle to answer questions, so they hid in their Putrajaya offices. Their action left critical but pertinent questions unanswered.

One year is not long in politics, especially for a government that has taken upon itself to clear the mess caused by decades of mismanagement by prime ministers, including one destructive kleptocrat and his meddling wife.

Most of the negativity that PH received, in regard to its performance, has to do with its insistence to change six decades of social, economic, political and judicial mess.

It would have been better if they had told the rakyat that their objective was to bring down BN and teach its leaders, and their wives, the meaning of people power. It was not to undo the social and cultural engineering that had unwittingly shaped and defined the nation.

BN's fall marks the destruction of a major psychological barrier among Malaysian voters, particularly when seen in the context of UMNO's hold on the Malays.

The inability of many Malays to rise above the destructive rhetoric of old Malaysia's bumiputra politicians is the saddest thing since GE14. This is the end result of decades of brainwashing and scaremongering during the tenure of the BN-led government. Today, a hapless Malay community is the biggest stumbling block to Malaysia Baru, as the country tries to forge ahead.

MCA and MIC are also guilty of duping their supporters. But the cumulative effect of their actions on Chinese and Indians is nothing compared to the devastation Malays have suffered from the aftereffects of 3 Rs (Race, Religion and Royalty). UMNO has



perfected this mantra into an art to ensure continued support from the "economically-disadvantaged Malays".

One year since rebirth Pakatan Harapan's promises remain a pipe-dream. The real enemies of Malaysia's ethnic majority are not DAP and Lim Guan Eng but Umno and PAS. Both parties have been lying through their teeth. Because lying is their only means of survival.

EYE HEALTH – TOBACCO

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about the effects of cigarettes on the eyes.



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

The World Health Organization (WHO) and its global partners celebrate **World No Tobacco Day (WNTD)** on the 31st May 2019 and thus it would be good to look at the various effects of cigarette smoking on the eyes.

It is only recently that stricter laws have been implemented against smokers. Still, I feel that the effects of smoking have not been publicised enough in Malaysia. Most people tend to think that smoking only causes harm to the lungs only. Well, this is a myth because smoking harms nearly every organ in the body including the eyes. There is mounting evidence showing eye disorders that are linked to smoking.

There are two types of smoke generated from tobacco. Firstly there is the more dangerous sidestream smoke, meaning to say that it is more toxic than the smoke inhaled by the smoker. This is the smoke that is inhaled by the people who sit around a smoker and they are commonly referred to as passive smokers. Of course, there is also the mainstream smoke that is inhaled and exhaled by the smoker.

Be aware that cigarette smoke contains thousands of ingredients including cancer-causing substances (carcinogens) and agents that cause inflammation. Here is a brief review of the effects of smoking on our eyes.

EFFECTS ON CHILDREN

Children who are exposed to the smoke from their cigarette smoking parents (passive smokers) are more prone to eye allergies. The conjunctiva of the eyes become inflamed (swollen) due to the exposure to cigarette smoke which is an irritant. Many parents who smoke do not realise these effects and may not take this seriously.

CATARACT FORMATION

Smoking increases the risk of cataract formation. A cataract is a condition whereby the crystalline lens in the eye becomes cloudy and causing poor vision. The risk of cataract formation is 3-4 times more in an individual who is a smoker.

Smokers generally develop cataracts earlier than non-smokers because smoking reduces antioxidant supply to the eyes. Smoking releases a substance known as free radicals. These free radicals cause damage to the cells of the body including the eyes and lens, hence the cataract formation.



More on smoking in the next issue of Ipoh Echo.

For more information, call **05-5455582** at Hospital Fatimah or email gillleyecentre@dr.com

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After one year, how would you rate the Perak MB?

The Prime Minister, Dr Mahathir Mohamad, may have rated his cabinet “five out of 10”, almost a year after the Pakatan Harapan (PH) coalition came to power.

If you had the chance to rate the performance of the Perak Menteri Besar, Dato’ Seri Ahmad Faizal Azumu, what would it be?

One Ipoh resident is pleased that Umno-Baru/BN was kicked out, but he is less than impressed with PH, under Ahmad Faizal. He said, “Nothing has changed under the clueless MB who has no idea of the role of an MB. He thinks his role is to maintain his “hansem” face and moustache for promoting MAPS, for video recording, and for launching rocket centres.”

Another said, “His call for a brand new airport in the Manjung area is nothing but a hare-brained scheme which even his partners in PH are against. What was he thinking? Perak is poor as hell and can’t even provide proper services (look at how dirty Ipoh is) and our roads are patched-up rather than properly resurfaced, and our MB wants a new airport.”

Someone who wants to remain anonymous said, “When will this MB look into the allegations of illegal sand mining in Sungai Perak? The sand mining may not have involved MB Inc., but it is alleged that one of former MB, Zambry Ahmad’s cronies, who is possibly still in MB Inc. is involved.

It is alleged that more licences have been approved. Sand mining disrupts the performance of the water intake plants, causes river bank erosion and will make some species, like water terrapins, extinct.

A retired civil servant who voted to get rid of Umno-Baru/BN, which he called domineering and whose leaders were known for their land grabs said, “We want to see PH coalition partners in Perak speak out. This MB is less than competent. Why’re they silent?”

On April 23, the MB said that any company with interests in forest farm development projects would need a minimum capital of RM200,000. The irony is that months earlier, he approved a company with a RM2 paid-up capital. He even dragged the Malaysian Timber Industry Board (MTIB) into the scandal, but Wong Tack, its chairman, denied its involvement. Already, this MB has failed several integrity tests.

Ipoh, with or without a mayor, suffers from the usual problems. How on earth did the city council not realise that the mayor had gone AWOL?

When the issues with the mayor were highlighted, the MB said that a new mayor had been appointed and would start work before May. It is now the first week of May and he quickly issued a statement to say that the new mayor would start work before Raya. He said that the new mayor will not be a political appointee. Why even mention that? The MB tried to impress us by saying the new mayor could speak Japanese. Being fluent in Japanese is the least of our concerns because Ipoh suffers from many problems which have not been satisfactorily tackled.

The residents of Ipoh Garden (primarily from Bulatan/Lebuh, Persiaran/Lengkong/Hala/Regat Ipoh, Jalan Potter and Jalan Yin Choo Han) have been consistent in raising complaints about Majlis Bandaraya Ipoh (MBI) and the Ipoh Mayor since the days of BN (under MB Zambry).

In an email they said, “Our main problem with MBI is the lack of services. Despite paying hefty assessments, which are larger than those for houses of similar sizes on Penang Island, our drains are dirty, clogged up and have not been cleaned for years.

“The grass has overgrown its confines and is creeping onto the roads, narrowing the usable width of the tarred roads. Tarred roads are becoming more like cobbled alleys because our roads have not been re-tarred for almost 40 years.

“Only half of Jalan Potter was re-tarred for Sukma. Grass is haphazardly cut and left on the road, instead of being swept-up for disposal.

“The lack of rubbish collection has created a health hazard. In the morning, workers collect rubbish and place it in bags which are then left in the back lanes, piled up at different intersections, waiting for disposal.

“The rubbish is collected between 12. 30 pm and 5 pm, but in the meantime, stray dogs and cats claw through the rubbish bags and leave a mess.

“The rubbish collectors place the bags into the lorries, but they leave behind the mess which has spilled from the torn rubbish bags, making the area more dirty and unhygienic.

“We’ve written to the Pengarah Kesihatan Negeri Perak, urging her to take action against MBI. We’re forced to do this, because Jabatan Kesihatan threatens to fine the residents, for creating the conditions which could cause a dengue outbreak. Then, they fog our houses, instead of dealing with the clogged drains which are under the jurisdiction of the MBI.”

When the residents contacted their state assemblywoman, she was unable to tell them the reason for failing to terminate the contracts of incompetent contractors, nor could she tell them why the MBI cannot do efficient work.

The disgruntled residents said, “Despite raising all these problems with PH, nothing has changed. Yes our state assemblywoman does listen, but it’s for the sake of listening, but only to gain ammunition for the next GE.”

More importantly, will the MB deal with the allegation that the maintenance contract for Ipoh was awarded to a company from Johor that has no manpower, at all. The company has allegedly set up an office in Falim, behind the Shell station, and is known as “Bujang Holdings Sdn Bhd”.

A company with no manpower has no experience, and its owners will cut corners, to reap the maximum profit.

They will probably offer the work to the cheapest sub-contractor, who will be forced to do shoddy work, in order to make a meagre profit. Will PH investigate this allegation?

Of special interest is the plight of the Orang Asli (OA). Does the MB merely pay lip service to their various problems? As a result of his approval of the logging in Perak, logging workers and 20 timber lorry drivers breached the blockade at Kampung Cunex.

A fleet of santai-wong (‘king of the forest’ lorries- the tough workhorses of the loggers) entered the matau (log-yard), where the cut timber is stored, and removed the timber.

The police have been informed by the Centre for Orang Asli Concerns (COAC), but the investigating officer claimed that no report had been made. The OA have set up their blockade again, but will the MB intervene and protect their rights.

So, how would you rate this MB?

Sources:

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ABOUT LASIK

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

BRIEF HISTORY OF REFRACTIVE SURGERY

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

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

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

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

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

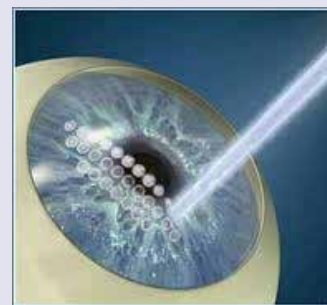
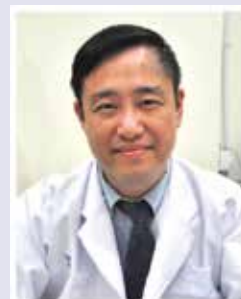
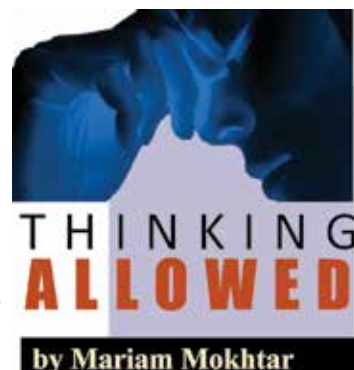
The idea of combining previously proven flap technology and reshaping the cornea with the excimer laser occurred in the early 1990s and the dawn of LASIK surgery began. LASIK surgery was initially performed throughout the 1990s in the US as an "off-label" use of the excimer laser. The initial clinical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

2001 - Evolution of Femtosecond Laser in Refractive Surgery

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

For more information, readers can call Lee Eye Specialist **05 254 4388** or email at ishkjpj@gmail.com. Also visit their Facebook page: **LASIK Services at KPJ Ipoh Specialist Hospital.**

Opening hours: 8.30am-5pm (Mondays to Fridays), 8.30am-1pm (Saturdays).



SeeFoon gets news on her two Favourite Eateries

Tamara's

Firstly that Tamara's has discontinued serving breakfasts. I noted this with a sigh as I was looking forward to bringing my son to sample their choice of **Apom**, both sweet and savoury.

Harish Kumar, amiable chef and proprietor was bemoaning the fact that the breakfasts were so popular that without more help, he simply couldn't cope and therefore had to stop the breakfast for the time being.

So he is now concentrating on his superb lunch spread and putting out more specials to add to his already wide repertoire. (See Ipoh Echo issue 285, July 16, 2018, online at ipohecho.com.my)

Adding crab to his menu is a plus point. Spicy and fully capable of making food connoisseurs swoon at the merest mention of its name, the **Jaffna Style Crab Curry** is simply a yumilicious treat. Using local mud crabs, Jaffna style is a dry curry with the paste clinging to the shell and filling the carapace, the taste is different from usual Indian style crab curry.

With a host of spices and mustard seeds, tamarind, drumstick or moringa leaves, and special Jaffna curry powder, the result is (to borrow a famous tagline) "finger licking good" . . . because you have to use your hands to enjoy this; **RM35/45/55 S/M/L**.

And if mud crab isn't your thing, try their sea crab soup for RM5 per portion.

Another new special is their **Tuna Fish Cakes**,

round balls of albacore tuna spiced and mixed with potato and deep fried; **RM2.30** each. Also, their **Shark Puttu** is highly sought after and quite an occasional treat as shark meat not so common these days. Minced shark meat mixed with shallots, chillies and a host of other spices. Eaten as an accompaniment; **RM7**.

Eat all these with **Vegetable Biryani** at **RM7** per serving. And not forgetting all their wonderful salads like **pegaga, moringa, eggplant or brinjal salad** and of course, their unforgettable **Ghee Roasts** curry of either chicken or lamb.

Most of these specials are offered interchangeably with **Crabs and Tuna Puttu** only on Saturdays. Do call ahead to find out what Harish has for specials for the day.

Tamara's
36 Persiaran Greenhill, Ipoh.
Tel: 012 642 8821
Business hours: 11.30-3.30pm;
Sundays closed.



Crab Soup



Jaffna crab



Shark Puttu

Michelle Noodles

When Michelle announced that she was closing her stall at Laluan Perajurit 1, I was worried that there was the end of my love affair with offal as Michelle's specialities revolve around innards. Not only does she offer up the cleanest, freshest pig kidneys I have ever tasted anywhere but most of the offal from a pig is here, from liver to intestines, to tripe. Given that organ meat is touted to be healthier than regular meat, Michelle's is the stall I go to when I have the urge for some innards.

This being her third move in five years, it makes me wonder what it is about landlords of coffee shops that are causing this peripatetic activity. But Michelle's fans will follow her to the ends of the earth as each bowl of noodles or congee is freshly cooked bowl-by-bowl and one can choose amongst a plethora of ingredients which are pre-prepared as is the stock which Michelle cooks fresh every day, starting from when her stall closes, for a total of six hours!

Non-offal eaters have no worries because Michelle also has **fish noodle soup, fish paste, pork and other seafood**. As well as that perennial favourite **congee with century egg and sliced pork**.

And now with the new location, she has added some **fried fresh prawn rolls** to her selection; **RM1.80** each.

Michelle's price is reasonable with bowls starting at **RM5.50** for fish paste or sliced pork and the highest at **RM11** for the **Confinement Noodle with the Special Glutinous Rice Wine**. Specials include their homemade glutinous rice wine with whole chicken thigh at **RM25** and their **Bitter Gourd Fish Head Noodles** (fried fresh) at **RM16/18 S/L**. And let's not forget their **Pig's Stomach Soup** on Wednesday and Sundays only.

I wish her good luck in her new location and hope that this is a permanent location at least for the next 10 years

Michelle Noodles
15 & 17 Lebuhraya Bercham Selatan
Taman Cahaya Tasek, 31400 Ipoh.
Tel: 016 501 3639
4°37'25.8"N 101°07'24.8"E
<https://goo.gl/maps/jR6Z3rfKmWN2>
Business hours: 7am-2pm; closed Thursdays.



If you would like SeeFoon to try your food,
contact Vivien at **014 332 3859**.
Email: vivienlian@ipohecho.com.my

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

Living on RM15 per day. . . Continued from Page 2

Other places where you can get reasonable priced and tasty halal food is the *warong* next to Angsana Mall along Jalan Hospital. There are three stalls offering Malay and Thai (tom yam) food which are quite good and inexpensive. Open for lunch until late at night. One set back is that there's no toilet facility after the mall closes at 10pm.

The road along Persiaran Greentown 2 (just opposite Dewan Bandaraya) is a haven for halal street food like its counterpart in Ipoh Garden East. Top of the list is their *sup tulang* and other Malay and Thai delicacies. Other night spots are at Merdeka Garden, renowned for its *MG Mee Kari* and *satay* and the *warong* opposite Bank Islam in Jalan Panglima Bukit Gantang Wahab, which we heard serves one of the best *Nasi Goreng Udang* in town.

For those who cannot do without rice every day, there are numerous shops selling *chap fun* all over the city besides the food courts. Places like Restaurant GT Ipoh along Jalan Sultan Abdul Jalil (behind the old Ruby Cinema), Ritz Bina in Bercham and Restaurant Yeong Wai (which, by the way, is also famous for its Roast Duck) in Taman Ipoh Jaya offer a wide variety of dishes at affordable prices.

Another gem in Ipoh is Tong Sui Kai (Desserts Street) off Jalan Sultan Idris Shah (in front of the old Odeon Cinema) which sparkles until the wee hours of the morning. Besides offering only cool, refreshing desserts like *leng chee kang*, ABC (shaved ice kacang), *chap kor sweet* (mixed fruits ice) and *rojak* as the street name suggests, foodies will also like the *chee chap chok* (pork/innards porridge), curry mee and the ever popular *ngau lam fun* (beef noodles). In the halal section, a Malay family sells burgers which is very popular, we were told.

Nestled atop a hill-lock off Jalan Sultan Iskandar, from where its name is derived, is Little Genting. With Restoran Impressive running from morning to late night and Café Hill View next door, which opens only in the evenings, this place is a hive of activity both day and night as it is strategically situated among some budget hotels in the area.

Bak kut teh, clay-pot chicken rice, *kai see hor fun*, curry mee and fried noodles are some of its better offerings.

The above list is not exhaustive and there are still many more areas which we have not covered in this article. All the food courts mentioned in this article have at least one stall selling *chap fun* which will help greatly for those with a tight wallet. The prices quoted here are estimated average prices and may defer from shop to shop as well as on where their locations are. Based on our survey we believe that it is achievable to live on RM15 per day. However, with the options of so many foods to choose from the temptation to overeat and overspend is enticing. One therefore, must practise restraint, have good discipline and be frugal in these trying times.



Next to Angsana Mall

Nostalgia

Mobile Hawkers,
Accessible and Affordable

By Ian Anderson

Ipoh has an abundance of restaurants – “too many”, some citizens would say, but restaurants are a comparatively new thing for Ipoh as, before Merdeka, all we had were coffee shops and hawkers. The latter were everywhere in and around the town, on busy streets, at road junctions, in back-lanes, outside markets, cinemas and schools. Some had permanent spots where they could always be found at set hours of the day, while others were always mobile, following their same route daily. There was no limit to what could be purchased on the streets. Alas! The mobile hawkers have gone and although we still have so-called hawkers, they are confined to permanent Hawker Centres on the grounds of hygiene and traffic congestion.



Fast Food

Mobile Hawkers, initially on foot and later on bicycles or tricycles were very common here. One of the best-known examples was the Roti Man on his bicycle. He had fresh bread, cakes and assorted ‘Gula Gula’ for the youngsters. Every morning the sound of his bell would be heard as he approached the neighbourhood and the children would wait impatiently for him to arrive.

All day there were the noodle sellers, with two baskets and a pole, who freshly cooked your order. They called them the “Tok Tok men” because of the distinctive sound he made knocking wood on bamboo to announce their presence. Following closely behind came the Chee Cheong Fun seller crying out “Chee Cheong Faaaahn” or the Malay boy with that delicious spicy soup, “Laksa Laksa”. Alerted to their arrival, housewives on the shophouse upper floor would lower down a basket containing a plate and 30 cents to secure their lunch. Once the plate was full, it would be hauled back up. That's convenience shopping!

Service with a Smile

Mid-morning was the time for fresh produce from the market. Vegetables on a bicycle and the pork butcher with fresh meat laid out in his trike. Little luxuries were not forgotten either, ice-cream, cigarettes, bottled soft drinks, the Indian milkman (who only delivered to order) and in the late 1950s, even the Milo man and candy floss would be there to cater for the children, as the “Ting Ting Man: had done for many years previously. He tempted them with hard, sweet, toffee-like candy that he broke out of the metal bowl with a metal spoon making that traditional sound.

Who these hard-working people were, we will probably never know, as they only live on as memories. Most were probably unlicensed, but nonetheless, they were a very important part of life as their food and other services were accessible and affordable for the ordinary working family.

Environment



Cease Forest Farming

By Luqman Hakim

Environmental group, Lapangan Sahabat Alam Malaysia's spokesperson, Meor Razak Meor Abdul Rahman, urged the state government to cease all forest-farming projects involving an area of 400 hectares within the Bukit Kinta Forest Reserve and the Kledang Saiong Forest Reserve.

He too pushed for the immediate restoration of the denuded 10-hectare Kledang hillside caused by illegal logging activity. The affected forest, he reasoned, should be returned to its original status.

"Residents of Menglembu, Falim and Buntong frequent the place for recreational purposes. There was a waterfall back in the 1980s, the state government then promised to turn it into a recreational spot.

He urged the state government to preserve the forested area in view of the establishment of the Kinta Valley Geopark as proclaimed by HRH Sultan Nazrin Shah last year.

He questioned plans by the authorities to lease parcels of the forest reserve for commerce.

President of Persatuan Aktivis Sahabat Alam (Kuasa), Mohamad Hafizudin Mohd Nasarudin said that the Kledang Saiong Forest Reserve supports a thriving eco-system consisting of many plants and animals endemic to the area.

He warned that the forest-development project near the Ulu Geruntum Orang Asli settlement would affect the community's livelihood as their food and water sources would be curtailed.

"These projects should be cancelled or moved to other less sensitive areas such as abandoned government lands," he told reporters during a peaceful demonstration at the entrance of the State Secretariat Building, Ipoh on Tuesday, April 30.

Present were over 100 participants made up of 19 NGOs and the Orang Asli community. A memorandum was handed over to staff from the Menteri Besar's office.



Government

By Luqman Hakim

Excellent Service Award

Some 170 staff members of Ipoh City Council received excellent service awards at Casuarina Convention Centre on Friday, May 3.

The award was presented by Executive Councillor for Housing, Local Government, Public Transport, Non-Islamic Affairs and New Villages, Paul Yong Choo Kiong.

The awardees each received a Bank Simpanan Nasional Premium Savings Certificate worth RM1000, an appreciation certificate and a wristwatch.

Present was Council Secretary, Mohd Zakuan Zakaria.

According to Yong, Ipoh City Council's responsibilities are not confined to the administration of Ipoh and the provision of services to Ipohites only. It is also responsible for developing Ipoh as the state capital covering aspects such as planning, management and a reliable service provider.

The image of Ipoh is reflected in how our democratic system works. Orders are passed through the chain of command from federal to state governments and then to local councils. Ipoh City Council is the third tier in the system.

He expressed his satisfaction with the performance of the council based on three aspects namely, team cooperation, innovation and technology application and key performance indicator.

"I'd like to congratulate all staff members of Ipoh City Council, especially the award winners, for their commitment in providing the best service to Ipohites. Their efforts in ensuring quality service had enabled Ipoh City Council to be among the top city councils in Malaysia," he remarked.

"We should work with sincerity. Remember work is a responsibility entrusted upon us. Be appreciative of the opportunity given to you. It's hoped that this award would spur you to work harder and make Ipoh a clean, green and progressive city," he added.



Arts and Culture

Never Too Late or Too Old to Reach International Stardom

By Raja Yasmin Raja Yusof

The interview session with Tan Sri Dr Chan Onn Fong on April 27 was truly a revelation; not to mention humbling. As we grow older, we lose the characteristics that made us so innocent and virtuous. That childlike (not to be confused with childish) innocence. But Tan Sri exudes such innocence that I gathered has partly contributed to his quantum leap to international recognition!

He reflected how he dived into photography and how he had to learn from people half his age or went back to college to learn new stuff. He is always awe-inspired by the world around him. He looks for the extraordinary within the ordinary. As we grow, we tend to lose this sense of wonder. If we are not humble about our own being, chances are we will cease to grow any further.

He showed us, through images captured via his lenses, that there are people in this world who act with no ulterior motive and honestly do want to see humanity progress. Those who think they know everything are doomed to a life of ignorance. There is always more to know, and always room to grow.

He did capture hardship and challenges. But he also chose to depict and portray promises and hopes. When the going gets tough, look for the small victories.



Wellness

By SeeFoon Chan-Koppen



Get Your Head Examined!

Medical subspecialties are not only growing in numbers these days but are becoming more and more "specialised". Where we would go to our GP for every ailment in the past, today there is a specialist waiting to treat a specific part of your body. Soon there may even be a medical subspecialty that can take care of your little finger!

Poking fun aside, medical subspecialties are an integral part of the gigantic network of healthcare that is growing in ever finer detail to cater to a public clamouring for attention as people take better care of their wellness needs.

Facial Plastic & Reconstructive Surgery is one of these sub/sub specialities that makes a lot of sense. If you are an Ear, Nose & Throat, Head and Neck surgeon (ENT) like **Dr Tan Keng Lu, Consultant ENT at KPJ Ipoh Specialist Hospital**, then you don't only fix a hearing problem when a patient comes with a congenital ear defect but you are able to reconstruct the ear at the same time.

And when doing reconstructive work, she knows exactly what needs to occur inside for maximum results. Whether it's reconstructing or augmenting a nose (rhinoplasty), creating a new ear (auricular reconstruction) or performing a facelift, Dr Tan's subspecialty training on Facial Plastic and Reconstructive Surgery in addition to her ENT qualifications, makes her the 'go-to' doctor for nips and tucks (on the face only) or more serious medical issues concerning the inner workings of the head and throat.

And she has good advice on the serious medical issues like **Nasopharyngeal Cancer (NPC)**, one of the major afflictions occurring, particularly amongst the Chinese population here. NPC is usually first detected by an ENT specialist who then refers the patient to an oncologist for treatment which responds very well to radiotherapy.

"Often a patient who has recurrent nose bleeds, neck swelling and hearing loss should go and see an ENT specialist who can look at the back of the nose for tumours," said Dr Tan.

"If there are no tumours then we begin the process of looking at other causes and eventually treat all the symptoms, one by one" she added. "Those who have total hearing loss suddenly for more than three days must go to an ENT specialist immediately."

As for patients seeking cosmetic surgery, Dr Tan believes in giving a long consultation to determine whether their expectations can be met and also to ascertain their psychological well-being. A patient who expects to have all their self-esteem issues taken away with a cosmetic procedure is quite unrealistic and often he/she may be refused or discouraged from doing it.

For people with mild hearing loss, Dr Tan advises them to go first to an audiologist to have their hearing tested. "Hearing loss is one of those inevitable consequences of the ageing process. Usually, we lose the ability to detect the higher notes or frequencies so that a visit to the audiologist is a good move to determine the degree of loss and your current range of hearing. The prevailing medical wisdom of today advises people who have age-related hearing loss to start wearing hearing aids earlier rather than later. This is to ease the way and acclimatise the patient to wearing and using one and before the loss is so far gone that the transition becomes traumatic," Dr Tan stressed.

So do go for an audio check-up if you're past 60!

Dr Tan Keng Lu
MD (UPM) MRCS (IRE) MSORLHNS (UM)
Fellowship in Facial Plastic & Reconstructive Surgery (Korea/UK)
Consultant Ear, Nose & Throat, Head and Neck Surgeon (ENT)
KPJ Ipoh Specialist Hospital
26 Jalan Raja Dihilir, 30350 Ipoh.
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One of the images that I was particularly drawn to was titled 'Roller Coaster'. This image depicts an abandoned jetty in Port Dickson. It conveys the notion of the ups and downs of man's life journey in search of success. It won Tan Sri Chan Onn Fong a Gold Award from the UK Societies of Photographers in 2018.

This image tugged at my heart for many reasons. Life is not always rosy and easy. Some days you feel the clouds are falling on you hard and mercilessly. And on other days, the storms are wreaking unforgiving havoc with your sanity. And yet, you hold your head high and follow the light. Tan Sri's images evoke thought-provoking notions. But there is always positivity, promises and hopes embedded in each.

He has found his second calling. Not many are gifted with such an opportunity. It was truly an honour being in conversation with him.

Tan Sri Dr Fong Chan Onn was the guest speaker at **Sharpened Word on April 27 @ 22 Hale Street, Ipoh**. There was an exhibition showcasing his award-winning photos at the same venue from April 27-28. For more information log on to www.facebook.com/sharpenedword.

Lasers

Dr. Leow Aik Ming
Consultant Plastic and Reconstructive Surgeon
Pantai Hospital Ipoh and Pantai Hospital Manjung

Lasers have revolutionized the treatment of various skin conditions. The term “laser” stands for light amplification by stimulated emission of radiation. Laser light has a specific wavelength and it is produced by the stimulated emission of photons from the lasing medium. Lasers may be classified according to the lasing medium employed, the wavelength of the emitted light and the pulse duration. It is focused in a narrow beam and creates a very high-intensity light. Because lasers can focus very accurately on tiny areas, they can be used for very precise and specific treatment.

Conditions that are commonly treated by lasers include:

- Scars from acne or chickenpox
- Enlarged oil glands or large pores on the face or nose
- Warts
- Non-responsive skin after a facelift
- Fine lines or wrinkles around or under your eyes, forehead or mouth
- Aged or sun-damaged skin
- Liver spots
- Improve your complexion if you have yellowish or grayish skin tones
- Birthmarks such as linear epidermal nevi
- Removal of tattoo or unwanted hairs

**Types of Lasers Used in Plastic Surgery:****A. Laser Skin Resurfacing by (Carbon dioxide) CO2 Laser**

Laser skin resurfacing is a procedure that uses light beams to treat facial scars, wrinkles and blemishes. This technique is also known as a laser peel, laser vaporization or lasabrasion. Laser devices send short, concentrated pulsating beams of light at irregular skin. This removes unwanted, damaged skin in a very precise manner one layer at a time. This targeted approach means there are fewer problems with hypopigmentation especially when used for acne scar removal. Newer laser technologies give your plastic surgeon a new level of control in laser surfacing, permitting extreme precision, especially in delicate areas.

B. Laser Removal of Birthmarks or Pigments by NdYAG Laser (1064nm)/ Flashlamp Pumped Pulse Dye Laser (585nm)

Laser treatment for pigmented conditions have been widely used in conditions such as Becker's nevus, cafe-au-lait macules, Nevus of Ota, nevocellular nevi, lentigines, tattoos, melasma, and post-inflammatory hyperpigmentation (PIH). It works by selective photothermolysis by targeting on different tissue components namely the pigmented cells. In other words, when the laser light is absorbed by the melanin or pigment cells within the skin, it will cause overheating of the cells resulting in cellular destruction. These damaged pigment cells will eventually be removed naturally by our immune cells. The pigment appears to darken as the pigmented cells are lifted to the surface and in some cases forming a very light scab. This is then naturally shed after a few days one to two weeks and the pigmentation underneath is removed or lightened.

**C. Laser for Hair Removal**

Laser hair removal is accomplished through follicular unit destruction. The ability to remove hair without damaging the surrounding skin is based on selective photothermolysis—the theory that at a particular wavelength, pulse duration, and fluence, thermal injury is confined to a target that contains a light-absorbing molecule called a chromophore. Laser-assisted hair removal is the most efficient method of long-term hair removal currently available. Several hair removal systems have been shown to be effective include: ruby laser (694 nm), alexandrite laser (755 nm), diode laser (800 nm), intense pulsed light source (590 to 1200 nm), and neodymium:yttrium-aluminum-garnet (Nd:YAG) laser (1064 nm), with or without the application of carbon suspension.

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

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

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

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

Personality

Handmade Smoking Pipe

By Rosli Mansor

Zulkarnain Mohd Saidin, who has 28 years of experience as a photographer for a local newspaper, decided on a career change recently.

The 52-year-old photojournalist ended his chosen profession in November last year while optimising his skill in crafting commercially-viable tobacco pipes.

He started making pipes in 2015 as a hobby to fill his free time. He drew his inspiration from his late father, Mohd Saidin Alang Gamat and in the process got hooked. He perfected his skill and had never looked back since.

Zulkarnain told Ipoh Echo that it was never too late to start something new although some may frown at the idea.

What mattered, he stressed, was passion and interest followed by hard work and perseverance.

“Pipe-making is similar to photography, as both are a form of art. In fact, my experience in the media industry has influenced my pipe-making.

“I didn’t have much time for myself in the past but now with the available time, I searched for a suitable activity to satisfy my creative needs,” he shared.

Without any specific knowledge in the making of smoking pipes, his first attempt, using the ubiquitous *kayu jering*, was a success.

Sport



Perak E-Sports Representatives

By Luqman Hakim

A total of 17 E-sports athletes from Perak will compete for a spot to represent Malaysia in the upcoming Southeast Asian Games 2019 in the Philippines in November.

Howard Lee Chuan How, the Executive Councillor for Youth and Sports Development, told reporters that the state-level selection had been done. The next focus would be the final selection at national level to determine who would represent the nation in the biennial games.

“For the finals, to be held in May, they would compete with E-sports athletes from 12 states and three federal territories for a spot to represent the nation at the biggest championship in Southeast Asia.

“Five medals are up for grabs, namely, Defense of Ancients (DOTA2), Starcraft II, Mobile Legends: Bang Bang (MLBB), Arena of Valor (AOV) and Tekken 7,” he said during the closing ceremony of the selection at Movie Animation Park Studios (MAPS) on Sunday, April 14.

He highlighted that Perak was among the earliest to pioneer the development of electronic sports in the nation.

Below is the list of E-sports athletes representing Perak in their respective category:

Team Laka-Laka – Mobile Legends: Bang Bang (MLBB)

M&M Gaming – Defense of Ancients (DOTA2)

Nexplay – Arena of Valor (AOV)

Teh Mun Ben – Tekken 7

Yon Jun – Starcraft



He acquired knowledge and guidance of experts and improvised from books and the internet.

“Although it takes up to three days to craft one pipe, it’s a form of motivation for me to continue. Now, I can make a pipe in just a day,” he said.

He uses high quality wood such as *kayu arang bunga* (diospyrosspp), *kayu penawar hitam* (agarwood), *kayu kemuning emas* (murraya paniculata) and *kayu tunjuk langit* (mahogany).

The shape and size of the pipe are tailored to his client’s request. The components, such as the chamber, shank and filter, have to be done accurately to enable even burning. The right amount of tobacco burnt will give satisfaction to the smoker.

“A reasonably-crafted pipe can fetch RM120 a piece. The most expensive pipe I’ve sold is worth RM650.

“It’s not the monetary value that I am after but the appreciation of my creation is what matters to me,” he said.

To date, he has over 100 smoking pipes in his collection. He has produced over 500 pipes under his own brand name, ZK9.

Readers keen in owning Zulkarnain’s masterpieces, can contact him directly at **014 603 3066**.

Sport

ITF World Tennis Tour Juniors

By Mei Kuan

Coleman Wong from Hong Kong and Funa Kozaki from Japan were crowned champions for individual boys and girls titles in the ITF World Tennis Tour Juniors J4 Perak 2019. The tournament which was held at the Perak Tennis Arena in Ipoh from April 23 to 28 April 2019 had gathered a total of 108 players from 21 countries.

ITF World Tennis Tour Juniors J4 Perak 2019 was jointly organised by Lawn Tennis Association of Malaysia and Lawn Tennis Association of Perak.

Fazwil Wahid, the vice president of Lawn Tennis Association of Perak cum tournament director described the success of organising an international championship as a catalyst for Perak youth to join the sport just like how the state produced the number one national tennis player, Siew Yeow Meng in the era of 2006 till 2010.

Below are the full results of the finals:

Singles (Boys)

Coleman Wong (HKG) won Reese Falck (NZL): 6-2, 7-5

Doubles (Boys)

Reese Falck (NZL) / Jose Antonio (PHI) won Chun Lam (HKG) / Woobin Shin (KOR): 6-4, 6-4

Singles (Girls)

Funa Kozaki (JPN) won Salsa Aher (IND): 6-2, 6-4

Doubles (Girls)

Chanta A / Kuerum Supapitchapabial (THA) won Xinxue Hu (JPN) / Jing Yang (CHN): 6-2, 6-2



Connexion

By Joachim Ng

Vital democratic lessons from Orang Asli

Some 8,000 years ago, Perak was a region of bustling self-sustaining communities that managed a waste-free economy thriving on 100% organic biodegradable produce supplied by the virgin forests and rivers. This much about the Orang Asli lifestyle is now widely known.

Modern Perak has transited to the M-I-C political economy (Malay-Indian-Chinese). These three economic giants are really big-sized grumblers: Malays grumble about having to share the land with others, Indians grumble about being forced out of the estates, Chinese grumble about being deprived of university education.

No one gives much thought to the Orang Asli who have reason to grumble the most. In Gerik, northern Perak, the Temiars are losing their time immemorial ancestral home to loggers ravenously sawing down the forest. There goes their non-polluting livelihood. Despised by tech-savvy people, yet aboriginal tribes surviving on the fringes of global society hold the key to world peace and a better democratic future.

A little known fact is that the Orang Asli, including other primitive hunter-gatherer tribes throughout the world, practised grassroots democracy and had been doing so almost from day one of the human race. Grassroots democracy requires only three ingredients to be present in society: a sharing economy, a talkative crowd, a cooperative mindset. All three ingredients are present in every self-sustaining aboriginal society.

Athens didn't invent democracy in 500 BCE; it re-styled this ancient practice to fit an urban city-state. Britain in the 19th century didn't spread grassroots democracy; it invented party politics and gave that to the world. Not a great invention, as partisan democracy is highly divisive whereas grassroots democracy is essentially unitive.

What British anthropologists 100 years ago discovered about the Orang Asli in Perak was that every household would send a representative to the regular council meetings. Whenever there were inter-tribal dialogues on the banks of Sungei Perak, each tribe would send elected representatives. Anthropologists found identical practices among the Orang Asli in Borneo and the aboriginal tribes in South America and Australia.

Grassroots democracy, or democracy that fosters household participation in neighbourhood governance, is an integral part of natural living. As long as you can talk, you want a say in matters that you are familiar with and which concern you. Today, we have surrendered our voices to the political parties who appoint councillors to oversee your neighbourhood — candidates selected for loyalty to the party and not because they live as one of you.

A further point in favour of grassroots democracy is that it strengthens socio-political inclusiveness necessary for world peace.



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@ipohhecho.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.

COMMUNITY

KMC Medical Centre – MOTHER'S DAY AND FATHER'S DAY HEALTH SCREENING PACKAGES promotion. From May 2 to June 29 (2 months), from 8.30am-4.30pm on weekdays & 8.30am-12.30noon on Saturdays at A&E Department, KMC Medical Centre, 20A Jalan Chung Thye Phin, 30250 Ipoh. Basic blood test, tumour marker profile, stress test, mammogram, thin prep, OGDS & colonoscopy and other test at discounted prices. For further inquiries and appointment, call 05 242 5333.

WESAK DAY CELEBRATION. (1) FIRE PUJA, MAY 17, 3pm at 7.5 mile, Jalan Tambun, Tanjung Rambutan, 31250 Ipoh (conducted by Choje Lama Wangchuk from Nepal). (2) WESAK DAY, MAY 19, commencing 10am, ending with a vegetarian lunch. Those who wish to participate, kindly contact Mdm Lim 012 515 2601 or Mr Tan 012 590 3525.

KPI 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, KPI 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.

DEBUGGING MINDS. THE ROAD TO YOUR SUCCESS SERIES. MAY 25 & JUNE 1, 2pm-6pm. This series is designed to help you discover and learn what you need on your journey towards your success. It consists of 2 workshops. Get a free personal coaching session

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).

when you register for both workshops. Open for young working adults, 21 years and above. For more information and to register, contact Debugging Minds 013 734 5008.

SEXUALITY AWARENESS TALK. MAY 26, 9am-1pm at QIU's Examination Hall, on Level 3 of the Applied Sciences Building. Organised by Quest International University Perak (QIU)'s School of Early Childhood and Special Needs Education on the best ways to impart effective and impactful sexual education to young children. The talk will be delivered by Dr Wong Woan Ying, President of the National Early Childhood Intervention Council (NE-CIC) and a Consultant Paediatrician at KPJ Ipoh Specialist Hospital. It will be targeted at early childhood educators, special needs educators, and parents of young children. Door gifts will be given to all participants, while special activities will be organised for the children under the supervision of lecturers and student helpers. Children will be given some snacks during break time in between the activities. Registration fees: RM20 per adult, RM5 for children, RM30 for couples. Register at <https://tinyurl.com/SexualityAwarenessTalk> or contact Ms Aida 019 540 9139 or Ms Mei Chan 012 511 0881.

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.

NEDLEY DEPRESSION & ANXIETY RECOVERY PROGRAM™ will be run by the Ipoh Adventist Community Services to equip those who are struggling with anxiety disorder or depression, or those desiring to assist loved ones with mental health disorders. This programme can help improve EQ and help students achieve peak mental performance. For further info, WhatsApp 016 595 0829 or 016 400 0271.

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.

Community



Thank you, Ipoh Echo

By Rosli Mansor

The plight of Nurul Huda, 32, which was published in Ipoh Echo issue 298 (Feb 16-28), received the attention of many well-wishers.

Eonsave Bercham Branch Manager, Shah Effendy Rosman told this scribe that the management appreciated what Nurul Huda was undergoing upon reading her story in Ipoh Echo.

"The management, via Eonsave Prihatin fund, will contribute daily necessities worth RM1000 to Nurul. Hopefully, it'll help reduce her burden," said Shah Effendy on behalf of General Manager Northern 2, Chua Yong Chiang.

Meanwhile, a group of students from SMK Kg Pasir Putih led by Yong Soo Chin, chairperson of the school's scouts unit, visited Nurul at her house recently.

"We sympathise with the family. We gave Nurul some food and cash collected from

members and teachers.

"It's an eye-opener. We should not leave out the poor and the destitute, as they're a part of our collective responsibility," said Yong.

She expressed her gratitude and congratulations to Ipoh Echo for highlighting the needy.

"Ipoh Echo has helped publicise the Ipoh community, especially the poor and the underprivileged. I hope this will be continued as it is an effective platform for the public to seek help," she added.

Nurul and her husband thanked all those who contributed.

"Thank you Ipoh Echo for lending a hand and publicising our plight. We felt relieved knowing that our burden has been alleviated thanks to the public," she added.



SeeFoon signing books



Dining in the dark before lights off

First Food Fest Flourishes

By Mei Kuan

The first ever **Ipoh Food Fest By The River at the Kinta Riverwalk** which kicked off on Saturday, April 27 was a hive of activity with myriads of bazaar stalls, eco booths, competitions, workshops, sharing sessions and demonstrations integrated with musical entertainment and good vibes.

Jam-packed from the morning with both tourists and locals of all ethnicities, there was something for everyone to try, buy or take home at the outdoor celebration. You name it, they had it – all made from ingredients found in the Silver State and at discounted rates to boot.

"This food festival is about us, Ipohites and Perakeans, celebrating who we are and what we are and a big part of that in Ipoh is all about food. Thus, we are celebrating our culture, heritage and food. Ipoh as a city and Perak as a state, we pride ourselves on our culture, art, history and food – four fundamental elements that make up contemporary leisure life of Ipoh," **Howard Lee Chuan How, the Executive Councillor for Youth and Sports Development** enthused.

"The state government has a clear agenda to build on and make real an economy of tomorrow where we put human needs front and centre of it all. We coined it the human economy. Some of those sub-sectors that are going to exist regardless of whether or not robots are going to take over from humans are the food and beverage, leisure and hospitality industries. Thus the state government is heavily investing in these industries so we will survive the Fourth Industrial Revolution. That is why we are here to celebrate ourselves," he added.

Present were **Wong May Ing, the Executive Councillor for Women and Family Development, Character Development and Social Welfare** and **Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture**.

The successful Ipoh Food Fest was the joint effort of three Executive Councillor offices (Howard, May Ing and Kar Hing).

Equally admirable was how there was plenty of bins in accessible spots which in turn encouraged festival-goers to clean up after themselves and recycle accordingly. Plus, the cleaning crew was on deck for any plogging.

One highlight of the programme was the fitting launch of SeeFoon Chan-Koppen's **The Foodie's Guide to Ipoh's Best Eats 2** preceded by a question and answer session hosted by notable emcee, KT Pillai.

"It was a labour of love for Ipoh which has helped the tourism scene very much and for a year we were working flat out. We do go into the nooks and crannies of Ipoh and discover really wonderful places that even locals have not heard of," SeeFoon explained.

"Definitely its homemade quality to most of the food and nothing is pre-prepared," she pointed out when asked on what seems to make Ipoh food so special.

Priced at RM30, readers can find out more about the much-awaited book by calling the Ipoh Echo office at **05 543 9726**.

Another meaningful programme spotted during the festival was the **Dine in the Dark** in which diners were blindfolded to let them experience firsthand the challenges faced by those with vision impairment.

Community

Hairdryers for Mental Health Society



LDS Charities, the humanitarian arm of The Church of Jesus Christ of Latter-day Saints, recently provided assistance to The Perak Society for the Promotion of Mental Health, a centre for the rehabilitation of mental patients in Ipoh. LDS Charities' West Malaysia representatives Robert and Klaire Dustin visited the centre and discovered that it was in need of new hairdryers.

The centre held a ribbon-cutting ceremony on March 13 at its mini-salon to receive two hair dryers from the Dustins and Corey Yap, leader of the church's local congregation. "With the hairdryers, the staff will be able to work with more residents within a shorter period of time," said Angeline George, the centre's supervisor. After the ceremony, the 71 residents feasted on a special breakfast provided by LDS Charities and the rehabilitation centre staff.

LDS Charities provides assistance without regard to race, religion or ethnic origin. It operates both independently and in cooperation with other charitable organisations and governments in Malaysia and throughout the world.

Parents Supporting Parents

By Mei Kuan

A total of RM150,000 was raised in a charity auction dinner held by the Network For The Needs Of Children With Disabilities Perak on Saturday, May 4 at Unique Seafood Restaurant. The fund raised from the auction of art crafted by children with special needs and artists will be used for the provision of specialised therapy services, disability aids, training workshops and supporting other NGOs and community-based resource centre.

Besides seeking funds, the event was aimed to sensitise the public to the role of parents in supporting parents.

The evening of hope saw a special presentation by 18-year-old Alan Cheah Quek Lim, a Malaysian pianist who was born blind and has performed nationally and internationally including at the Trinity College London Awards & Concert in 2016 and 2018.

Another crowd favourite was the performance by the little ones from Blooming Kids, an inclusion play-school that combines typically developing children and children with special needs, all being taught together in the same setting.

Present were Dr Lee Boon Chye, the Deputy Minister of Health, Hannah Yeoh Tseow Suan, Deputy Minister for Women, Family and Community Development, Dato' Dr Ding Lay Ming, Perak State Health Director, Bernard Lee, President of Network for the Needs of Children with Disabilities Perak, Dato' Dr Amar-Singh HSS, Advisor for Network and the National Early Childhood Intervention Council (NECIC) and Dr Wong Woan Yying, Advisor for Network and President of the NECIC.

Operating since 1991, Network For The Needs Of Children With Disabilities Perak is an NGO formed by parents who have children with disabilities together with interested professionals and individuals. It encourages parents to support parents in the access to and provision of services for the disabled. It services about 750 children with disabilities and their parents each year via its full-time resource officers, community-based rehabilitation (CBR) workers and volunteer parents and professionals.

For more, readers can contact the NGO at **05 545 1878** or email networkipoh@gmail.com



Exploring What Makes Ipoh, Ipoh

By Mei Kuan

Ipoh Echo, in collaboration with ipohWorld, took tourists who registered along its first ever food and heritage trail around Ipoh, free-of-charge! It was held on Sunday, April 28 from 7.30am.

Exploring what makes Ipoh, Ipoh while making tons of new friends in between, the heritage walk passing many iconic spots was led by Commander Ian Anderson (Rtd), Director of ipohWorld.

Meanwhile, Ipoh Echo (the same team who brought you The Foodie's Guide to Ipoh's Best Eats) brought them to feast like a local at the tried and true hawker stalls and local cafes.

Pan Kwai Wah and Low Kim Kee, a couple from Gopeng, shared with Ipoh Echo, "Our daughter signed us up for this. Even though we go to Old Town all the while we did not notice the heritage buildings, its location and history until now. We find a lot of hidden and new places. I hope for more people to join this trail as most locals do not know the history of these spots. If there is another round maybe we'll join again!"

Corrin Carlson from New York, who was in Ipoh for the first time, enthused, "I signed up because I really like trying new and local foods so that was what originally interested me but it has been very special to learn more about the area. Things that I would never have learnt if I were just doing this on my own, from very knowledgeable locals on interesting tidbits about the town."

Will we see her back here anytime soon? "I hope so! I love this city, I think it's very beautiful, the food is incredible and everyone has been very, very friendly and kind. I really enjoy my time here," she added.



Ian giving interesting tidbits about iconic buildings

My Say

By Jerry Francis



After 31 Years, Ipoh has yet to Emerge as a Progressive City

Come May 27, Ipoh City will be celebrating its 31st City Day. In other words, it will be 31 years old as a city.

Ipoh, which was founded on tin mining, has evolved from a Sanitary Board in 1893, to a Town Board and then to a Municipality in 1962.

It was accorded city status on May 27, 1988 – the third largest city in Malaysia after Kuala Lumpur and Penang.

No doubt it had grown physically at a tremendous pace over the years. It now covers an area of 643 sq km and with a population of about 800,000 people.

High-rise buildings are beginning to change the skyline of the city as the Civil Aviation Department relaxed its restriction on the height of buildings in the city.

And also because of security reasons, more residents are choosing to live in guarded properties provided in the high-rise buildings.

A Mayor and 24 councillors were appointed by the Perak State Government to administrate Ipoh since it became a city. And a multi-storey City Hall complex was built at Greentown.

Since 1988, the city had seen 10 mayors. But sad to say that ever since it obtained city status, the expectation of its residents for better governance has been rather disappointing. The City Hall could not even live up to its slogan of “Bersih, Hijau dan Maju” (Clean, Green and Progressive).

Although Assessment Rates has been raised a couple of times, there has been very little progress, especially in terms of public amenities.

While internal bus transportation is making some progress, there is no metered taxi in the city. Only hired-cars, where the fares are pre-negotiated and in most cases, expensive. Only now with the introduction of Grab service, has the private transportation issue eased up.

Efforts to beautify the city seem to be lacking. Poor maintenance of recreation and tourism projects, such as the Taman D.R. Seenivasagam, Gunung Lang Recreational Park, Kinta Riverfront Park and Sultan Abdul Aziz Recreation Park.

Plans to beautify a section of the embankment of the Kinta River, which bisects the city into New and Old Town sectors, has also failed.

While clogged drains and piles of uncollected rubbish can still be seen in the city centre.

As a journalist, I have been fortunate to be able to take note of the city’s progress in the last 45 years.

Prior to Ipoh becoming a city, the People’s Progressive Party (PPP), which was then a strong opposition political party in the Kinta Valley, took control of the Municipality.

It captured 16 of the 18 elected wards in the local government elections. And one of its leaders, Datuk Seri S.P. Seenivasagam, became the first president of the Municipal Council.

Under his able and dynamic leadership, the Municipality was the envy of other local governments in the country.

It was not only known for its efficiency, but also for its caring attitude to the people.

Ipoh was acclaimed as “clear and beautiful”. Its various recreational parks were beautiful and well maintained. Taman D.R. Seenivasagam was then described as the premier family park.

It was often filled with the laughter and screams of children, particularly during weekends and public holidays.

There were various facilities; including a mini train ride, Ferris wheel, merry-go-



round, roller-skates rink and boating. Even a mini zoo, featuring the Seenivasagam brothers’ pet honey bear.

Television sets and piped music were installed at various locations around the park.

Those, who were born after Merdeka, would probably have fond memories of the childhood days with their parents in the park. My four children, who are all adults now, often talk about the fun and joys they had in Taman D.R. Seenivasagam.

Look at the Taman now. I often wonder where it is heading. Its beautiful Japanese Garden and artificial lake are not being well looked after.

I remember covering the Municipal Council, which was people friendly. Its monthly council meetings were open and transparent.

There were two municipal councillors on rostered duty daily at the council to listen to complaints and grievances from members of the public. And those complaints and grievances were immediately looked into.

Now, not only is it difficult to see a city councillor, calls to the online listed telephone numbers often go unanswered.

Most of those Mayors, who were selected from among senior government servants, had presumably served the City Hall in a government department.

There seems to be no enthusiasm to take Ipoh to the next level. Plans such as the “Rancangan Kawasan Khas Pekan Ipoh – Bandar Warisan Bijih Timah 2020” are just gathering dust in the town planners’ archive.

In the last several months, I was often stopped in the street by residents wanting to know why the city seems to be on the “stand still”.

The Mayor, Dato’ Zamri Man, has been missing since August, last year, yet no one was deputised to cover his duties or to replace him.

As ratepayers, we hope the new Mayor will be able to wake up the city from its hibernation. There is a lot to catch up as we move forward under Malaysia Baru.

Lifestyle

Fitness Centre of Many Firsts

By Mei Kuan

Fitness Rebels Studio, Ipoh’s very first personal training fitness centre, was launched on Saturday, April 27 at Persiaran Greenhill.

Running on the training philosophy of fun meets functional fitness, the space houses three pieces of equipment not found anywhere else in Ipoh: Glute Ham Developer (GHD), Air Bike and SkiErg. Plus, there is a free weights area, Rower and gymnastic area.

Keith Chung, founder of Fitness Rebels Studio is a NASM Certified Personal Trainer, Certified L1 CrossFit Trainer and ProBar Mobility Master Trainer.

“Functional Fitness is very fun and simple really. You get stronger in the gym and move better as a human being out of the gym. It all goes back to our functionality as a human being,” he stated.

When asked on what keeps him doing what he is doing, Keith told Ipoh Echo, “Passion which is continuously burning in my heart.”

Yasmin Lee, co-founder of Fitness Rebels Studio, qualified Fit Malaysia personal trainer, Functional Tools Coach and ProBar Asia Trainer added, “For example, to transform a client who suffers in much pain and cannot even perform a proper squat to someone who is able to walk and lift weights. That fuels our passion every day. It’s not just about helping people to lose weight, there is more to fitness than just looking good.”

Both of them are CPR certified. They also will be coaching the clients on how to make healthier food choices.

At Fitness Rebels Studio, clients undergo transformation experience in the training sessions as all the workout programmes are specially designed to cater to each specific



individual. Since its a personalised space for individuals, there is no judgement and no reason to be self-conscious.

“We will have one client at a time. We want to keep it private that way because a lot of people feel very insecure, afraid that people might stare at them. We want this to be a safe and personal environment for them. Both of us are the only trainers for now and we would like to build a team in the future,” Yasmin explained.

For more, readers can swing by its Facebook page (**The Fitness Rebels**) or Instagram account (@**thefitnessrebels**).

LETTERS

We reprint some of our reader's comments from our online paper. Go to <http://www.ipophecho.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.

Taiping Losing Its Heritage Sites

Taiping is fast losing its historical and heritage sites, either intentionally or otherwise. If the authorities don't take the necessary actions, Taiping will not be able to live up to its name and reputation as The Heritage City (Bandar Warisan).

Based on the number of "firsts" (in Malaysia), Taiping must have been an important and prominent administrative centre during the British colonial era.

At one time there were 41 heritage sites in and around Taiping. However, since Independence, many had gone. Some disappeared by way of their dysfunctionality, neglect or being forced to make way for developments.

It is most regrettable that some of them had disappeared, otherwise, they could have been made into tourist attractions in Taiping. For instance, the first railway line in Malaysia was the Taiping – Port Weld track. Apparently, it was neglected and abandoned. Today, remains can still be seen but that stretch had made way for land developments. Whatever is left of the track had either been stolen or gone missing. Imagine its impact on tourism in Taiping today had it been maintained.

Similarly, the demolition of the regal British Resident's Residency was uncalled for. Why demolish a fine architectural structure just because we want to erase vestiges of our former colonial master? It could have been turned into another tourist attraction. There are many more sites that had been unknowingly and unwisely destroyed.

The latest is the disused Tekah Airfield – the first airfield in the country. True, it had outlived its usefulness. It is now neglected and it will be a matter of time before some "greedy" people pounce on this prime land.

Taiping community wants this historic landmark to remain. Let's not lose another heritage site. Think of ways to utilise it and make it relevant and functional.

Lt-Col Robert Rizal Abdullah PGB (Retired)

Standard Operating Procedure of the Ipoh City Council (MBI)

A grass-cutter (a worker of a private contract company, I am told) appears in our housing estate.

He is fully garbed – sunglasses, long-sleeves, sarong pants and machine – all ready to do a fine and fierce job?

He cuts the grass on the roadside and along the margins of the road. It's a very chin-chai (sloppy) job. I should know – I do my own grass-cutting in my garden.

I can see that he is in a hurry to finish it and to move on to the next road where some of his colleagues are doing the same.

The cut grass is strewn all over the road. A considerable amount falls into the drain. It's left there for days . . . weeks . . . even months at times.

The drains become clogged. After some time, the grass + leaves + drain water concoction gives a terrible stench.

The drains soon become a perfect mosquito-breeding ground. (But when there is a dengue outbreak the Health Department of MBI comes to check on your house and garden – not the drains!)

When the residents cannot take the stench any longer – they call MBI. Weeks later, a big drama takes place – a team of men and women descend on the area. They make their presence felt!

They dig up the grass, dead leaves and rubbish in the drains. Take several intermissions! Talk endlessly! They pretend to work extra hard when their mandor (overseer) suddenly appears.

They use a wheelbarrow to collect that which has clogged up the drains and they dump it by the side of the road – to be collected by a lorry which will come a few days, or even weeks, later!!!!!!

Then.... the grass-cutter will appear again – to "create jobs" for the rest of the workers in Ipoh City Council – which reminds us to pay our yearly quit rent promptly!

Ipoh – Clean? Green? Or a "Has-Been? Let's not continue to fool ourselves!

Martin Jalleh

G'day from Melbourne

We used to live in Tingkat 1, the road behind your office building until 1991 when we moved to Australia.

I regularly access your online publication and when in Ipoh, once or twice each year would collect a hard copy to peruse events in Ipoh.

The mid-April issue had an article on the Kledang Hill walking track and that sparked a memory. I used to do regular walks there and in the late 80s, some roadworks exposed road markers which had been uprooted to facilitate the road improvements.

Some of these road markers (stone/masonry?) had interesting phrases on them. I can't remember the names that preceded the phrase due to the passage of time but here are some phrases:

So and so's FOLLY

So and so's BEND

So and so's CORNER

and a few others along the same vein.

I wonder if any of them are located in some JKR depot. I have tried googling for any info but to no avail. Hope if anyone has archival material on it. It would make interesting reading.

Kind regards and keep up the good work.

Gobinathan Nair

A Return to True Spirituality (Finding God for Ourselves)

Malaysia is facing many crises – politically, socially, economically. But our greatest struggle is in the spiritual area. Religion in Malaysia is in a state of decline. As organised religion grows and as religious authorities exert themselves in greater measure, the more they reveal how far they are from God. More harm is now being done by religious authorities who, in the guise of representing God, focus on minute aspects of life rather than the major issues of loving God, helping the poor, supporting those who are struggling, extending mercy to others. The average person is made to follow dogmatic religious rules rather than assisted to find God for ourselves.

It is presumptuous for anyone to claim they can represent God or speak for Him or even defend Him. Who are we to assume to represent the will and desires of the Almighty? But many seem to know Him intimately and speak for Him all the time, and at great length. Even presuming to be able to defend Him; the folly of man knows no bounds.

While we may not know the will of God for others, we however can speak about and recognise the marks of a Godly man or woman, someone who is deeply spiritual. For example, when I went to meet Mother Teresa in 1978 I recognised immediately I was in the presence of a person who knew and loved God very deeply. Her character, demeanour and actions spoke loudly of this. She was gentle, attentive, kind, accepting, showed much love and grace and spent much energy and time supporting the poor and outcast.

So perhaps it is time to remind ourselves about the attributes of a religious person. We believe that some of the markers or traits of a deeply spiritual person are the following:

- One who is kind, forgiving, compassionate and keen to extend mercy and grace to others.
- A person who recognises that a relationship with God is a private and deeply personal matter, and cannot be regulated or imposed upon by others.
- One who respects the belief systems of others, even if they differ from our own.
- One who allows freedom of expression and of choice to others, not impose their beliefs and personal choices upon others.
- One who is willing to accept criticism and is prepared to engage in a two-way dialogue peacefully and rationally, not insist on a one-way monologue which claims my way is the only way.
- One who is prepared to admit 'I do not know' rather than claim to know everything about who God Is and Is Not.
- One who knows that our actions are as important, if not more important, than our words.
- A deeply spiritual person will be less bothered with dressing style or appearance, but be focused on development of character and making sure that life expressions are consistent with belief in God.
- One who seeks to create and build all that is good, true and beautiful, to bring healing and wholeness to a broken world. Not one who seeks to destroy anything that does not agree with one's own world view.
- One who is more concerned about God's opinion of ourselves rather than other people's opinions of us.

It is a shame that some of our religious leaders and institutions show so little true spirituality.

They are more interested in building religious buildings, than helping the poor.

More interested in external compliance to their interpretations of scripture, than expressing the love of God in their lives. More concerned with punishment, than extending mercy and grace.

If the founders of all the major religions were alive today, or if they returned, they would be appalled at how far the so-called followers and current religious leaders have strayed.

We firmly believe that religion is a private matter and no one should interfere in what and who we believe in as long as that does not harm anyone else. Religion has no place in government and legislation. To enforce any religion is not from God, as He gives us free choice.

Finding God is a life-long journey that each of us will have to travel on our own.

It is time to read our own scriptures for ourselves to look for God, and not depend on religious leaders to tell us what truth is.

A time to return to a meaningful life that focuses on supporting the poor and vulnerable and distance ourselves from the politics of religion.

A time to breathe life back into our beloved nation and offer our youth truth and reality and God.

Dato' Dr Amar-Singh
Datin Dr Lim Swee-Im

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Heritage

By Ian Anderson



The Theatre Street Stall. Lee Cheong stands on the left, c1971



Rainbow City 2007

Ipoh's Beef Noodles

This story starts in 1902 when Lee Cheong was born in Guangdong. Like many Chinese of his time, he left for Malaya when he was 14, in his case, to join his father in Kuala Lumpur. Initially, he helped his father to sell rice from a street stall, but there was just not enough customers to sustain them both and so he returned home to China. Life in China was full of hardship and so in 1922 he returned to Malaya and found work in a tin mine as a supervisor (kepala).

The world-wide depression of the 1930s hit Malaya hard. Lee Cheong lost his job and faced with returning to China and abject poverty, he decided to move to Ipoh and return to being a hawker. His chosen delicacy was beef noodles in soup. The beef noodles family heritage had begun. A heritage that has lasted 85 years and is still going strong.

There is no doubt that his new profession was a good choice as he successfully created a long-term family business, eventually moving from two baskets to a permanent evening stall in Theatre Street. He also had eight children, all born in Ipoh. The stall in Theatre Street operated nightly for more than 50 years and as each member of the family

was old enough they joined their father there in the family business. The boys attended normal school, but the girls did not as it was not the practice in working families to send their girls to school. Nonetheless, the girls were sent to the Ipoh Hawkers' evening classes.

Lee Cheong, entrepreneur, father and family man passed away in Ipoh in 1981. He was 79.

But selling beef noodles according to the founder's recipe is not just opening for business in the evening. The preparation work is critical for success.

First, the beef is bought from the market and prepared. Then the noodles have to be freshly made, as do the beef balls and their own brand of Chili sauce. Finally, secret ingredients are added to a simmering pot on the stove to make that wonderfully succulent soup. And this is all done, as it always has been, in their family home!

Eventually, they were forced by local Government legislation to move to a central hawkers area, just opposite the old Odeon Theatre, known locally as Rainbow City. They have been there for almost 30 years. The Odeon closed in 1986 and was a nightclub when they moved there. It has had many faces since then, but the Beef Noodle family remain in operation irrespective of what happens to their neighbours. They are still there today.

Business

Flight to Guangzhou Beginning October

By Rosli Mansor

Charter flight company, Scanda Sky signed an agreement with Malaysia Airlines Bhd (MAB) on Tuesday, May 7 to enable the Kuala Lumpur-Ipoh-Guangzhou route via Sultan Azlan Shah Airport to commence this October.

Present at the signing ceremony were Scanda Sky Executive Chairperson, Tengku Faizwa Tengku Razif and CEO of Amal by Malaysia Airlines, Hazman Hilmi Sallahuddin. It was witnessed by Menteri Besar Dato' Seri Ahmad Faizal Azumu and Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture.

In his speech, Faizal explained that the state government welcomed efforts to bring new flight destinations to the Sultan Azlan Shah Airport, as it will help spur the state's economy.

He added that the effort is continuous as acquiring more direct flights to Ipoh, whether domestic or international, is to realise the dream of making Ipoh a tourist hub and the gateway into Perak.

"The effort is fruitful, as the airport statistics show an increase in passenger traffic amounting to 315,673 people last year compared to 273,086 people the previous year.

"With this latest collaboration, it'll encourage tourists from southern China to make Ipoh their gateway into the country," said Faizal during the ceremony held at WEIL Hotel.



Green Space for Dealership

By Mei Kuan

To better serve its customers, Ban Hoe Seng Auto moved to its brand new Honda showroom and care centre at the master-planned town of Bandar Baru Sri Klebang from April 30.

In the running for gold for Green Building Index, this state-of-the-art 41,000 square foot building is a shining example of sustainability. Top-level environmental friendly features maximise resource efficiency and minimise waste, energy and water usage.

The service area boasts 21 service bays to provide quick and convenient service and can accommodate more than 3000 vehicles every month.

"This will create new jobs here," Kym Looe, executive director of Ban Hoe Seng Auto told Ipoh Echo.

Ban Hoe Seng (Auto) Sdn Bhd is a top achiever dealership which won the Honda CEO Awards 2017 (Elite Dealer) for its high standard of service for customers. With the launch of the Civic Type R in 2017, it was awarded Sports Dealership status, the only dealership in Perak to gain this accolade. Established in 1957, it is also one of the longest-running Honda car dealerships in Malaysia.

The showroom opens from 8.30am till 6pm (Monday to Saturday) and from 10am till 2pm on Sunday. Meanwhile, the service centre operates from 8.30am till 5pm (Monday to Friday) and from 8.30am till 4pm (Saturday and Sunday).

The green space is located at **2 Jalan Sri Klebang A/13, Bandar Baru Sri Klebang, 31200 Ipoh.**

A grand opening ceremony is planned for July. For more updates, check out Ban Hoe Seng Auto's Facebook page of the same name or call **05 292 7333**.

Top 5 Ipoh Hotels for *Ramadan Feast*



1. The Haven Resort Hotel

In celebration of the holy month of Ramadan, Haven Resort & Suites offers a delectable spread of authentic local delights fronted by a beautiful canvas of stunning natural landscape. As you enjoy the conversations and the great food with your loved ones, be awed by God's beautiful creation – lush green of the rainforest, tall limestone outcrops, a natural flowing lake and breezes. Iftar at The Haven is a unique experience as it offers simple yet irresistible delights. Free of MSG, artificial colouring and preservatives, enjoy the healthy spread of Ayam Masak Merah, Assam Pedas Ikan Pari, Daging Masak Kicap, Kari Kambing, Cucur Udang, Bubur Pengat Pisang and more.

The Ramadan buffet is priced at RM110 (adult) with an early-bird price of RM87 between May 10 and May 31. Children aged 5 and below eat for FREE (limited to 2 kids with minimum of 2 paying adults). For children aged 6-12 years old and senior citizens (65 years old and above), a 20% discount is given. For reservation, call 05 540 0000. *Get RM20 nett OFF with The Haven Cash Voucher* You only have to pay RM67 nett (valid till May 31) How:

1. Go to Ipoh Echo's website and share 'Top 5 Hotels For Ramadan Feast In Ipoh 2019' on your Facebook

2. Visit Ipoh Echo's office and show proof of shared article, redeem cash voucher of RM20 nett instantly.

Ipoh Echo office

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

10am-5pm, Monday-Friday

10am-1pm, Saturday



2. Syeun Hotel

A taste of 'Muhibbah' awaits diners this holy month of Ramadan, as guests break fast over an appetising buffet dinner at Syeun Hotel Ipoh. There are a total of six mouth-watering menus to be served throughout the month on rotational basis. The buffet begins with a selection of appetisers, soup of the day, main courses, desserts and beverages, plus a highlight of six action stalls every evening where live cooking is done on the spot.

The chef's main course recommendations include delicious Nasi Bukhari Ayam, Udang Sambal Petai, Ikan Asam Tempoyak, Daging Gulai Kawah Nangka Muda, Ikan Bakar Portugis, and many more. Buffet Ramadan Citarasa Muhibbah is available daily, from May 7 to June 4, from 7pm until 10pm. Price is RM50 nett (adult), RM40 nett (senior citizen) and RM35 nett (child aged 5 to 12 years). For reservation, call 05 253 8889 ext 8224 or 012 510 5330.



3. Kinta Riverfront Hotel

Head to Kinta Riverfront Hotel and Suites for its Ramadan buffet featuring over 100 authentic dishes daily with seven rotating menus to boot. Its signatures are Sup Kawah, Daging Bakar Danok, Gulai Kawah, Rendang Tok, Cambodia Ais Kacang with 40 condiments and BBQ Whole Lamb just to name a few. Accompanied by established live band "Sugar Beats", the feast will be held from the 1st till the 30th day of Ramadan from 7pm till 10.30pm.

It is priced at RM78 for adults and RM44 for kids. Corporate bodies, NGOs or individuals who would like to sponsor a specially-priced breaking of fast buffet for orphans and the underprivileged are welcomed. For reservation, call 05 245 8817 or 019 540 9449.

5. Royal Perak Golf Club

The Putrade Allsuits at RPGC proudly presents its Ramadhan buffet, "Sajian Warisan Opah" with Kampung-style dishes from May 8 until June 2. Heading the culinary team is sous chef Shafie as they prepare a variety of traditional Malay dishes. Counter stalls are offering all-time favourites such as Kambing Bakar Pak Yeop, Cucur Udang, Roti John Cik Pah, Fried Noodles Tok Wan and Laksa Chor; not forgetting the appetizing desserts such as assorted fruits, Malay Kuih and Bubur. Surau facilities equipped with Imam for Solat Tarawikh are provided at Eagle Nest as well as parking space for all guests.

The Sajian Warisan Opah Ramadan Buffet is priced at RM70 nett per adult, RM56 nett for RPGC's member and RM35 nett per child (five years above). Enjoy early bird promotion at RM65 nett per person and get a complimentary voucher when you purchase 10, available for a limited time only. For reservation, call 05 545 1981.



4. WEIL Hotel

WEIL Hotel's Ramadan promotion sees the diverse spread of Malaysia's signature dishes hailing from some of the 12 states around the country to reminisce on the sweet hometown memory. Running on the theme "Kembara Iftar" (Journey of Ramadan), it showcases two menus on a rotation basis with favourites such as the Whole Barbequed Lamb, Sup Tulang Kambing and more than 10 types of local salads, served with a selection of salted fish, crackers and sambal. The eight action stalls will feature the Gerai Shawarma, Gerai Goreng-Goreng, Gerai Popiah Basah, Gerai Ice Kacang dan Ais Krim, Gerai Nasi Ayam, Gerai Satay, Gerai Mee Sup and the Gerai Ikan Bakar.

The Kembara Iftar Ramadan buffet dinner is priced at RM88 per adult, RM78 per senior citizen and RM39 per child (five years and above). Enjoy the Early Bird promotion of RM70 per adult available until 13 May. For more information and enquiries, please call WEIL Hotel at 05 208 2228 or email enquiries@weilhotel.com.



iSpeak

Busy Politicians – What are They Busy with?

“It is not enough to be busy. The question is what are we busy about?” This is a quote from American philosopher Henry David Thoreau which I came across in a column in the NST. Some wisecracks may include “busy doing nothing”.

Residents from Lim Garden went to Service Centre of YB M. Kulasegaran, MP for Ipoh Barat to make an appointment to meet him. The staff said that he was very busy. The representatives said they can wait and asked for a date the following month or month after. They added they can wait for six months or even a year, but they wanted a date to meet him. The staff were not able to commit themselves.

However, YB Kula had time to attend a book launch function in Ipoh on May 4 to launch a book for an author from Australia but has no time to meet the people who voted for him and made it possible for him to become a minister. YB Kula must get his priorities right. This goes for all politicians.

During the AGM of Lim Garden Residents Association, V. Palani, representative of YB A. Sivasubramaniam, assemblyman for Buntong, said that Siva is too busy to meet the people. He added that the councillor for the zone is also busy. Complaints can be passed to him and he would forward them to his boss.

On April 1, I handed a letter to the office of MB and ExcOs requesting for a meeting. About two years ago I wrote a cover story in Ipoh Echo about current developments in Perak. With a new government in place, I wanted to do a follow-up. I want feedback from ExcOs on new developments/projects undertaken by the PH government. In spite of reminders, there was no response until May 8. It looks like they have nothing to report and are still learning on the job.

I did not have this problem with ExcOs of the previous government. I used to call the office of an Exco and inform the staff that I wanted to meet their boss and gave the

reason. They made the appointment. BN ExcOs knew their job and got their priorities right. In one instance, the Exco who met me said that he was on leave, but came to the office to meet me. He was a dedicated person. Are PH ExcOs committed?

A number of my friends who were members of NGOs with me became politicians. After joining politics they became busy and it was difficult to contact them. If I manage to contact them, they say “You know lah, politicians are always busy”.

I get complaints from many people that it is difficult to contact their MP, Assemblyman or councillor. They feel that the elected representatives are reluctant to meet the people because they cannot answer questions posed to them or solve their problem.

I worked for Brunei LNG where the turnover was in billions and the office door of my manager was always open and anyone can knock the door and ask “Boss can you spare a few minutes?” and speak to him. He knows how to manage his time.

I know of competitions whereby winners can spend a day with a celebrity, usually an actress or actor.

I think members of civil society should be allowed to spend a day with his/her elected representative and find out how busy they are during weekdays and at weekends. If the politicians have nothing to hide, I don't see why they cannot allow the people who voted for them to spend a day with them. The public can know how busy their representative is and would not disturb him unnecessarily.

When I joined Brunei LNG the most valuable thing I learnt from my boss was how to delegate. Just do the jobs which you must do. Pass on the rest to others and make sure they do it correctly. Many bosses do not know the art of delegating and keep themselves busy doing what they should not be doing.

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