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Going Green in a Food Heaven

By Tan Mei Kuan

Living in a food paradise touted as the culinary capital by many, one might be oblivious to the fact that the food and beverage industry has a big carbon footprint in view of the high demand. Ipoh Echo zooms in on takeaway packaging in which plastic and polystyrene are so prolifically utilised – how to minimise use or omit it altogether? Plus, the switch to eco-food and drinks packaging and utensils whether it is biodegradable or reusable. What about food waste? Pioneers of green initiatives in the field encompassing local NGOs, F&B establishments and authorities share their thoughts. Let's all eat our way to a better world!

FULL STORY ON PAGES 2 & 6



CM ECO's booth at Ipoh Food Fest

Pangkor Airport Reopens

Pangkor Airport will reopen for operation on **Tuesday, October 1** with direct flights from Sultan Abdul Aziz Shah Airport, Subang and Sultan Azlan Shah Airport, Ipoh. The flight, using Twin Otter planes, is managed by SKS Airways Sdn Bhd. The aircraft can take 19 passengers.

For a start, SKS Airways provides daily service of one flight to and from Subang and Pangkor Island and two flights a day between Subang and Sultan Azlan Shah Airport in Ipoh.

Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture said that the flight will enable visitors to reach Pangkor in an hour approximately while the Subang-Ipoh route will take only 15 minutes.

"The runway at the Pangkor Airport is 732m long which is ideal for a Twin Otter plane. If the response is good, the state government welcomes additional flights here," he told reporters during a working visit to Pangkor Island on Wednesday, May 22.

Headquartered in Johor Bahru, SKS Airways Sdn Bhd has flight hubs in Subang and Langkawi, among others.

Built in 1993, Pangkor Airport was operational till February 2014 before it was used for private planes.

According to Kar Hing, the decision to revive the airport is in tandem with the declaration of Pangkor Island as a tax-free island effective January 1 next year.



by Rosli Mansor Ahmad Razali

"We start the flight operations beforehand so promotional efforts for Pangkor Island can be done earlier. The state government wish to thank Malaysia Airports Holdings Berhad and SKS Airways for their cooperation in making the flight service a reality," he expressed.

He added that facilities at the airport are adequate and safe for use.

"In the coming months, we'll continue to upgrade the airport so it'll be ready come October 1," he reiterated.

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Organisations

Established in 2018, **CM ECO** is an entity which distributes, among others, sugarcane-based food packaging which is biodegradable and compostable, and starch-based and wooden-based cutlery which is biodegradable.

The sugarcane-based food packaging is 100% natural, harmless if consumed by animals, becomes fertiliser after degrading, microwave and freezer safe, can withstand heat up to 140°C and cooling down to -5°C, water and oil resistant.

Both the sugarcane and starch-based/wood-based products degrade completely into the ground from 180 days and below, varying depending on the size of the product, from lunchboxes to straws.

Plus, CM ECO carries stainless steel reusable straws as part of their reusable range of products and is constantly looking for other biodegradable products to be added to their current portfolio.



Vernon Foo Wui Cheon



Vernon Foo Wui Cheon, Founder cum Chief Executive Officer of CM ECO explained, "Not long ago, it was the one picture that everyone knows, the turtle with the straw stuck in its nose. Recently, a sperm whale was found dead in Italy with traces of plastic waste in its stomach. It becomes quite apparent that plastic not only affects our environment but also our food chain. Take microplastics, for example, traces of microplastics are found in baby fishes, who within the food chain get eaten by bigger fishes, and subsequently, are captured and served onto the human diet. It is a full circle that impacts us directly."

"Being on the frontline with my team this past couple of months, you tend to meet two types of customers. One that is aware of the environmental impacts and is aware of the available products but will only change when there is a governmental requirement or official communication on the required changes. There have been some who are open to trying out. On the other hand, we have customers who have never seen nor heard of these products in the market but may be aware of the need for change. However, they are completely unaware of the products and its accessibility," he told Ipoh Echo.

CM ECO caters to both business clients (caterers, restaurants, cafes and even street market vendors) and end users (common folk) for personal use at home and for parties. "Our prices are average, a simple comparison would be the plastic compartmentalised lunchbox, which sells for about RM1 per piece, whereas our sugarcane-based compartmentalised lunch box is about half that of its plastic counterpart," Vernon pointed out.

"We are open to collaborate with other entities that are already in line with doing more for our environment. At the moment, we are primarily based in Selangor/Kuala Lumpur and a small growing presence in Ipoh, Terengganu and soon Penang. We participated and had a great time at the recent Ipoh Food Fest and Coffee Festival. I feel Ipoh is a great market to build and we are looking forward to more events in the state that we can be a part of," he enthused.

According to him, everyone can play a part, no matter big or small, in bringing about an inevitable change that is coming. "Why not ride high with the wave and come out ahead. Our neighbour like Indonesia have chosen to focus on paper-based packaging over a decade ago and is now a zero-waste hub, which also includes Singapore," he added.

For more details, swing by their Facebook (**CM ECO MY**) or Instagram (**@cm.eco**) or email to contact.chunkymonkeys@gmail.com.

Dr Kamaruddin Yaakob Chairman of **KOHIJAU** (Koperasi Alam Hijau Perak Berhad) and Head of Postgraduate Department of Sultan Azlan Shah University said, "KOHIJAU encourages the use of eco-food and drink packaging and avoids the use of plastic. We suggest that the government should provide subsidy to the producers of eco products so that its price can be further reduced which in turn encourage the community to make the switch. Besides that, mass recycling campaigns should be intensified



Dr Kamaruddin

monthly in collaboration with the major malls in Ipoh to increase the community awareness on the use of eco utensils and not let the rubbish bins overflow with plastic food containers. There should be more recycling billboards which the bigger companies should sponsor. Education should start at home by parents and then nurture in school."

Major malls with recycling programmes in the pipeline are encouraged to contact the NGO as it provides recycling bins to be placed in the mall and collects when full. KOHIJAU also participates in the Ipoh Car Free Day every month with an informative booth. For inquiries, check out its Facebook page of the same name or contact Dr Kamaruddin at **013 525 5972**.

Meanwhile, **SESO** is an NGO with the main goal of fighting against food waste and food poverty.

Nadia, Operations Director of SESO highlighted, "Food waste happens everywhere from your home, local grocery stores and also major supermarkets. It is when we buy, cook and order more than we need all the time. Also, when shops store more than they need and F&B outlets throw out a lot of food."

It also helps to build communities, in particular amongst people who are suffering from social isolation, through serving communal meals in a dignified and welcoming environment via SESO pop up community café on KL streets twice a month.

"We take surplus food in the community and share it with the malnourished and underprivileged population. We are looking to do that in Ipoh too. We have been running in KL for about a year plus now. We partner up with cooperatives and universities as well as run campaigns to create awareness on the impact of wasting food," Nadia stated.

SESO is looking to expand in the next couple of months with a hub to be set up in Ipoh! It will be looking for volunteers in the near future and interested readers can visit its website (www.sesomy.com), Instagram (**@seso_my**) and Facebook (**SESO Malaysia**).



SESO Team L-R Siying (marketing director), Nadia and Shi Wen (founder)



SESO pop up community cafe

Authorities

When asked on the state's initiatives in encouraging the eco switch, **Dr Abdul Aziz Bari, Executive Councillor for Education, Science, Environment, Green Technology and Information** (pic) explained, "Most of the concrete policies have to be decided together with PBT (Local Councils) like MBI and so on. This has to be the way as enforcement power rests with them. I have for years reduced the amount of plastic bags I use and decline the plastic given at the counter. At the moment we have to be streetwise. We cannot afford to impose too many new rules on the public, more so when we have yet to put the economy right. In fact, environment portfolio is dependent on the federal budget through agencies like the Department of Environment. The sad part is, while the environment is a matter under state jurisdiction, all the agencies are federally funded."



F&B establishments

Ipoh Echo spoke to Jason Chai, the proprietor of **Makan Nyonya Café** which is the pioneer in abandoning plastic straws usage in his café and the first to initiate the change, way before the voice for the adaptation and switch.

He said, "We had switched after merely six months in business. The main environmental concern is that far too many plastics are used in the F&B business, be it the carry plastic bags, one time use plastic spoons or styrofoam takeout boxes. Here,

Continued on page 6

CASH IS KING

Cash is not king when it is stolen from others or from public funds placed under your trust. That is stealing, pure and simple.



The allure of easy money caused by former Prime Minister Najib Razak's "Cash is King" mantra came into focus and ridicule in the run-up to the 14th General Election.

In all his speeches prior to the election, Dr Mahathir never failed to mention Najib's propensity to dish out cold hard cash to the rakyat. "Cash is King," said Najib when Mahathir asked him why he was giving out cash handouts, in so many forms, so freely.

His intended message to his listeners was that the then Prime Minister was using this tactic to "buy" votes. The recipients will be grateful to the man who dishes out cash. Whether those receiving it deserved it or not, did not matter, everyone wanted money and most care less where it comes from.

Money and power worked like a firewall around Najib and his cohorts. They were under the illusion that cash was indeed king, as they unabashedly went about looting the nation's coffers without an iota of guilt.

It has been established, during Najib's ongoing corruption trial involving the alleged siphoning of funds from SRC International Sdn Bhd that money was freely distributed to acquire political support, patronage and reverence, among others.

Mahathir's assertion was direct and simple. He insisted that it was the rakyat's money that was being given out, and the campaign strategy worked. It showed that anti-corruption is an easy sell and proved that most Malaysian voters, on the whole, did care about ethics and corruption was one.

It is a fact that many of the beneficiaries of Najib's largesse had voted against Barisan Nasional while some became turncoats shamelessly, leaving the flagging party. It is like mice abandoning a sinking ship in mid-stream.

But one year after dismantling the "Cash is King" gobbledygook, it somehow appears to make a comeback to bite Tun Mahathir and the Pakatan Harapan leadership. The new mantra in Malaysia Baru (New Malaysia) today is that they don't seem to have enough money all the time.

True, the cost of living never came down even after the abolition of the GST (Goods and Services Tax), but it did lower shopping bills in places like hypermarkets as there was no SST (Sales and Services Tax) levied at such outlets.

RON 95, the preferred fuel of most motorists, is capped at RM2.08 a litre. This is about 40 sen lower than the actual price would have been if the old managed float system, based on global crude oil prices, was used.

This may sound incomprehensible for the average Malaysian, right? Do they appreciate the benefits they are gaining as a result of several new policies and taxes? Nope! Malaysians, unfortunately, are not prepared to ask what they can do for the country. The only question in their mind is what the country must do for them. This selfish attitude does not bode well for us.

Most people I have spoken to have only this to say: Nothing has come down. All prices have remained the same while some have only gone up. Pakatan Harapan has not fulfilled its manifesto and its campaign promises.

Strangely enough, those providing certain home services like courier and telecommunication openly claim that times were better under Barisan Nasional as they had more money to spend.

"It's difficult now, we've less money to spend compared to last time when BN was in power. Pakatan Harapan is not keeping its promises," said the security guy in my 'taman' when he came to collect his monthly fee.

I tend to take surveys by certain bodies, especially Merdeka Centre, with a pinch of salt as the respondents do not necessarily reflect the general feelings on the ground. I feel better to speak with people on the streets in order to gauge their feelings.

What I notice is that while people may be a little sympathetic when I tell them they have to give PH extra time due to prevailing circumstances, generally, they are unhappy.

The reason for their unhappiness is the lack of cash. They are receiving less money from the government today compared to previous, notwithstanding the fact that what they were enjoying in the past was stolen or borrowed money.

This group of people don't seem to be outraged at past leaders who had abused their positions to rob the nation's coffers, a fact which has emerged or is being exposed in many key institutions.

They claim that the BR1M (Bantuan Rakyat Malaysia) payments are much lower now. Many recipients have also been removed from the list as they do not qualify under

the minimum household income requirement. What is wrong with that? Why do you want money you don't deserve?

Bantuan Sara Hidup (BSH, as BR1M is now called) has been reduced by RM200 to RM1000 but PH has made sure that only needy Malaysians get such welfare aid. It had been greatly abused in the past.

Malaysia has thrived because of a culture of opportunity that encourages hard work in the private sector. Of course, the social re-engineering policy, which was aimed at giving a headstart to sons of the soil (bumiputras) played a role.

But this should not go on forever, the number must reduce eventually as those benefiting should finally be able to help their families to overcome this dependency.

The growth of this form of welfare state funded by projected or borrowed income – or worse still, by funds siphoned from government coffers – is turning Malaysia into a land where many expect, and consider it perfectly okay to receive money from political leaders.

I find this a dangerous trend when undeserving Malaysians sit back idly and wait for these cash handouts as an entitlement instead of a privilege. And what's more distressing is to see politicians feeding this cancer as a way of remaining in power.

Cash is not king when it is stolen from others or from public funds placed under your trust. That is stealing, pure and simple.

To better illustrate the extent of the disease allow me to allude to an incident of which I was a party. While waiting to be treated at the army hospital in Wangsa Maju recently, a fellow patient bemoaned the depleting amount of 'duit raya' he gets when attending buka puasa at the Ministry of Defence mosque. "Those years when Hishamuddin was defence minister he would give us RM200 each as *duit raya*. Now Mat Sabu, the new minister, hardly gives us anything," he lamented.

EYE HEALTH – WORLD 'NO TOBACCO' DAY

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about the ocular effects of cigarettes in conjunction with World No Tobacco Day 2019.



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

Malaysia has taken greater measures to discourage smoking in public places. In January this year, the Ministry of Health banned smoking in all open-air eateries, restaurants, coffee shops and hawker centres nationwide. Those caught smoking in prohibited areas could face a fine of up to RM10,000 or two years' jail.

All smokers are only permitted to smoke 3m away from the establishment. Eateries too face the law if they allow customers

to smoke on their premises with fines of up to RM2500. The smoking ban extends to include vape and shisha with nicotine too.

Eateries are expected to prominently display posters of at least 40cm x 50cm with the words "No Smoking" at their premises. Facilities for smokers such as smoking rooms and ashtrays are also no longer allowed. The public has also been advised to lodge complaints about any offenders to the ministry via its hotline 03 8892 4530.

These measures have been taken because the damaging effects of smoking on health cannot be taken lightly. Be aware that cigarette smoke contains thousands of ingredients including cancer-causing substances (*carcinogens*) and agents that cause inflammation.

Apart from eye effects (discussed in the previous issue), here are two other effects of smoking on our eyes.

AGE-RELATED MACULAR DEGENERATION

The macula of the eye is the most sensitive part of the back of the eye (nerve), The macula is responsible for the fine vision required for the many daily activities of the day. When the macula gets affected by this condition called Age-Related Macular Degeneration (AMD), it can result in a serious loss of central vision. This condition which was more common among Caucasians in the past is slowly becoming more prevalent among Asians too.

UVEITIS

Smoking is known to cause inflammation to occur in the pigmented part of the eye called uvea (uveitis). The risk of such inflammation is approximately two times more with its problematic symptoms of glare, photophobia, eye redness, tearing and blurring vision. Uveitis is also difficult to treat and may become chronic.



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

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Heartless Demolishing of OA Ancestral Lands

How would you feel, if a group of people barged into your garden, trashed it, wrecked your house and damaged the plumbing? Would you sit by and allow it to happen?

What if the vegetable patch was trampled on, the fruit trees felled, the chickens butchered and the fish pond poisoned. Your family's source of food is gone.

How would you react when you find that the people who enforce the law and should be taking care of your interests, are the ones who betrayed you?

This is not a screenplay for a film or a synopsis for a book. It has been happening to the Temiars of Kampung Cunex in northern Perak, since February this year.

When the villagers found that indiscriminate logging had been conducted without their approval or knowledge, they erected barricades to prevent timber lorries from removing the felled trees.

On April 29, loggers, in a convoy of lorries, dismantled their blockade, so the Orang Asli (OA) resisted. Violence ensued and the OA were assaulted by the loggers. The loggers also issued the threat, "You had better watch your back when you next visit Sungai Siput or Grik. We'll be waiting for you."

The police should act to prevent a breach of the peace, by the loggers.

The villagers lodged a police report, but the police denied receiving it and no action was taken.

On May 16, another blockade, to stop further encroachment, was demolished. This time, the loggers had the help of the police to help dismantle the blockade. The loggers triumphantly removed their cache of cut timber.

A few months ago, MB Ahmad Faizal's statement about logging being vital for Perak, acted like a burst dam, which prompted the logging business to forge ahead, without any regard for the rights of the OA.

The MB appears to have dismissed the OA's assertion that the land they live in, is customary territory and they were merely protecting their ancestral land, which has been passed down for millennia.

Malaysia signed the "United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) 2007," and the Pakatan Harapan government has said it will enforce this declaration.

Reluctant to fight against the authorities, and be branded as law-breakers, the OA of Cunex had little choice, but to stand by helplessly, as both the police and the loggers smirked at them.

If only there was a more creative team with vision, instead of the usual Umno-Baru minded mentality, who could devise ways to make the state prosper and progress, in the long-run, instead of resorting to short-term, desperate measures.

When Malaysians criticised the actions of the police, Ahmad Faizal claimed that the blockade and logging activities had been conducted on state land and that the loggers had fulfilled all of the requirements pertaining to their activities.

The director the Orang Asli Development Department (JAKOA), Juli Edo, said, "The community (erected the barricade) because of their pride and ethnohistory, which links them as direct descendants of the Perak Man who lived 13,000 years ago.

"They don't want to lose their native land, that they have inherited for thousands of years.

"This action was not to oppose development planned by the state government, but was an effort to protect their rights and heritage."

The OA are the original inhabitants of the land, but successive governments have done very little to protect their rights.

They need forests, in order to be self-sustaining and to preserve their way of life. It is their culture and we should respect them, but instead, we send in people to proselytise them and to resettle them in small airless, prefabricated homes in settlements, located on barren land. The promises of safe potable water, electricity, schools or clinics, are not always fulfilled.

When logging companies cut down the trees, they also destroy the source of food, medicine and materials which the OA need to survive. The animals which live in the forests also need the forests to survive. The wild boar, deer and other animals are the OA's source of protein.

When the trees are cut, the water leaches from the land, and the water runoff turns clear rivers muddy. When chemicals are dumped into the water and the fish die, the polluted waters irritate the skin of the OA.

The Cunex story is a tragedy that has been repeated

throughout the forests of both east and west Malaysia and on the east and west coast of the peninsula. The OA are slowly being hounded by those who should be protecting them. The state government.

The OA has demanded for the state government to approve customary rights over 12,456 hectares of forest. The customary land is part of the Air Chepam Forest Reserve in Hulu Perak, Piah Forest Reserve (Kuala Kangsar) and Government Land in Mukim Kenering, Hulu Perak District.

The MB claimed that the state government had been very lenient towards the OA, whom he said were illegally occupying the land.

He said, "This is not a cowboy country, we have laws. So if there are people freely encroaching on government land without regard to law provisions, we need to take appropriate action.

"The government must be fair to everyone. Regardless who they are (sic), we have to take action (against those illegally encroaching on the land) but we will not demolish the Orang Asli houses immediately."

How is it possible for a state government to demolish the OA homes in their own ancestral lands.

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iSpeak

By A. Jeyaraj

Performance of the Perak Government

All these years, ratepayers have been complaining about poor services provided by MBI and the councillors, but now people are talking about non-performance of the MB, Exco members and assembly persons whom they had elected for a change. MBs actions are contrary to PH's manifesto and principles.

Lady luck was with me when I went to the reading room of the Information Department at UTC on a Sunday morning for the first time. I saw a copy of the Executive Summary of Mid-term Review of the Eleventh Malaysia Plan 2016-2020.

In his Foreword, Tun M wrote, "The principles of good governance, strong institutions as well as integrity and accountability will be reinforced throughout the administration of the new Government to prevent corruption, leakages, misappropriation and abuse of power."

In his preface, Mohamed Azmin Ali, Minister of Economic Affairs wrote "The Mid-Term Review outlines six pillars to support inclusive growth and sustainable development. The first pillar is to reform governance towards greater transparency and enhance the efficiency of public services. The fifth pillar focuses on enhancing environmental sustainability through green growth".

Former MB Dato' Seri Diraja Dr Zambry is an educationist, reads a lot and speaks fluent English which is an asset. I doubt whether the present MB reads because what he is practising is against the policies of what the PH government proclaims. His advisors should explain PH policies to him.

MB is adamant in destroying our forests which took millions of years to form. He does not know that once the forest is gone, it is gone forever. He is a stern believer that development can only come by destroying our forests. What is the high profile Perak Economic Advisory Council doing? What are their recommendations? We have not heard anything from them. Are their recommendations under OSA?

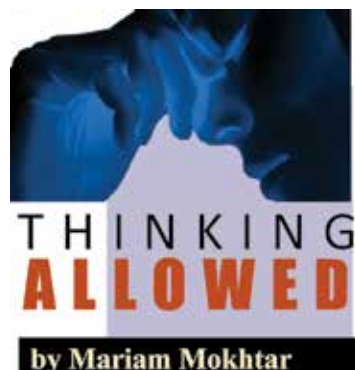
The public is upset over the way the government handled the illegal clearing of Kledang Hill. It is only after the outcry from the public did the MB reluctantly take action. What all residents in Ipoh could see, MB and his enforcement officers could not. The MBs lackadaisical approach led the people to come up with many conspiracy theories. There is a saying "hath eyes and seeth not". Till now no one knows who the perpetrators are.

I often receive complaints that it is difficult to meet the ExcOs and assembly persons. I remember that sometime back on Tuesday mornings, ExcOs met the public at SUK building to listen to their problems. This practice should be reintroduced. Give the ExcOs an opportunity to come out of their office and talk to the people who voted for them and learn about the reality on the ground.

Tun M advocates transparency, but there is hardly any feedback from the government on what is going on in Perak. Discussions are held behind closed doors and the government is secretive. We voted for change which has not happened.

Public perception is that nothing is happening in Perak compared to other states. From the richest state, we are now number two from the bottom. Ipoh used to be the trendsetter for the country, but now it is one of the many cities in the country. The way things are going we may achieve the status of number one from the bottom.

It is going to be a year since the government took office and it is time for us to assess their performance. With input from my friend, I have come up with a simple questionnaire to assess the performance of the Perak government. The electorate can evaluate the performance of our government.





Terry Ngan holding Ikan Kelah Merah (top) and Ikan Tapah Kuning (below)



Kerai Putih



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

SeeFoon goes fishing in Vivo Square

I am often asked by my readers, where I find all these restaurants that I write about. My stock reply is, "When you have different groups of friends who are all Foodies, each group will have their own preferences and naturally gravitate to discovering their particular type of cuisine. And I am the lucky beneficiary of their explorations."

The latest discovery was made by **Francis Raj** a fellow Foodie Kaki of **Ginla Chew**, my intrepid explorer friend of all good things culinary.

Only two months old, the restaurant called **GLK Restaurant** is located in the newly-opened **Vivo Square** on Jalan Kuala Kangsar. Although relatively small inside, the open space outside facing into the square is ample.

Proprietor Mr Foong Ngei Jee explained his main reason for opening the restaurant. "I supply frozen wild caught river fish to many restaurants, some of them hard to come by and all caught by Orang Asli. The fish is immediately frozen and delivered to my regular restaurant clients. However, I have been toying with the idea that I can do a better job at cooking and serving up some of this fish in my own kitchen and my own restaurant. Hence, I took the plunge and opened GLK restaurant," he declared.

Although Foong still supplies his fish to restaurants, he hopes that he can entice new individual customers to come and try his delectable wild-caught river fish at his restaurant.

Of course, other Chinese dishes are also on the menu like Free Range Chicken cooked in rice wine and ample slivers of ginger with the usual accompaniments of wood-ear fungus in a sweet broth, redolent of ginger and wine. **RM38** for a half chicken and his 3-Cup chicken, made with sweet soy and oyster sauce **RM22 (small)**. And for me the 'offally' good pigs fallopian tubes fried with dried prawns; **RM22**.

But let me get to the fish as this is really a speciality fish restaurant. Their homemade **Saito Fish (Wolf Herring)** fish balls were bouncy and firm to the bite (the way fish balls are meant to be) and at **RM1.20** per piece, was a good way to start the meal.

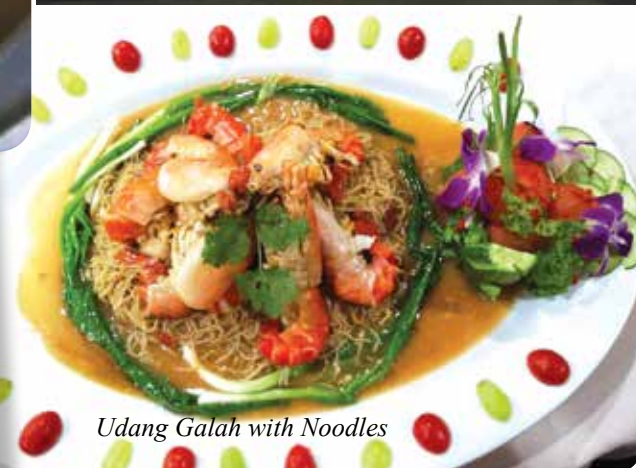
We followed this with another fish dish the **Hong Mei Mao** in cubes, braised in a clay pot. This fish had no bones, very tender to the bite and one of my favourites of



Hong Mei Mao



Pig Fallopian Tubes



Udang Galah with Noodles

the evening. Locally known as **Bawang Merah**; **RM7 for 100g**.

The whole steamed fish complete with its scales which can be eaten or deep fried was the **Kerai Putih from Pahang** at **RM12 for 100g**. This fish had smooth and sweet flesh but one had to be careful of the bones.

It would certainly be interesting to come back and ask for the scales to be fried. That would certainly be a new taste sensation for me – the ever curious foodie.

We then had the **Saito Belly** steamed with a sweetish, assamy, spicy sauce (but you can choose whichever style you'd like it cooked) which I found a tad too sweet but the fish was fresh to my taste buds; **RM60**.

We had a lesson in wild-caught river fish. From his freezer, Foong took out two humongous fish. The smaller of the two was a **Tapah Kuning**, a giant catfish-like fish which sells for **RM120 per kg**. And the next was this giant **Hoong Kat Loh or Kelah Merah** which sells for **RM250 per kg**. The Ikan Kelah Merah or **Red Mahseer** has been crowned the "king" of the Malaysian river not for no reason – the expensive and elusive fish is the dream catch of any angler or the sought-after dish of any gourmet.



Saito Fish Balls



GLK RESTAURANT

Vivo Square, 1 Jalan Lang Jaya 2,
Pusat Komersial Jaya, 30010 Ipoh.
Tel: 011 1193 6038
GPS: 4.634458, 101.089710
Opening hours: 11.30am-9.30pm

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

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

Going Green in a Food Heaven. . . Continued from Page 2



Steel straw (Makan Nyonya)

we ferment our fruit skin waste to turn into enzymes for cleaning purposes and manage to cut down on dishwashing liquid by half. We installed a multi-layered oil trap and recycle the waste for garden compost. That includes free coffee ground for anyone who wants it and tea leaf being sent to garden nurseries for them to repurpose as compost for planting soil.”

He recalled the initial negative feedback when the cafe initiated the ban from using plastic straws with options of daily disinfected surgical steel straws or no straws at all. “As for all takeaway, we impose a hefty surcharge of RM0.50 for every single usage plastics, be it the bag, container and cutlery. The reason simply being, our consumers are now relying far too much on plastic. We see that other states can stop relying on single usage of plastic products and there is no reason why our state

cannot,” he added.

“We initiated the ban by not giving paper options either because what we believe is that be it plastics or other environmental friendly take away options, it still ends up as waste products. By not giving any options, consumers will need to think on their feet to solve their own take-out options. Of course initially, our business dropped tremendously yet now we are seeing consumer acceptance as we genuinely care for the environment. We gladly say it’s all paid off,” Jason concluded.

Siau Hooi, proprietor of **Morel Restaurant** elaborated, “We use metal straws. In addition, we are using a paperless machine for credit card transactions and sending e-receipt to our guests unless they need a paper receipt. We hope this small action of ours can remind our guests who dine here to save the environment too as it is everyone’s responsibility. We are still finding better solutions for takeaway. We do not advise our guests to do takeaway and for those who order nearby, we will deliver to their doorstep using our own metal cutlery and plate. Certain decorations in our restaurant were DIY instead of purchase, like our vase and two of the chairs by reusing wine bottles and pallet rack.”

Be in the Forefront

Living in a food heaven, we are in the best position to be in the forefront of eating greener in order to mitigate the environmental impact.



Upcoming charity food fair by three NGOs

For instance, the first ever **Ipoh Food Fest By The River** at the Kinta Riverwalk in April which was a joint effort of three Executive Councillor offices (Howard Lee Chuan How, Wong May Ing and Tan Kar Hing) saw no use of polystyrene. An **upcoming charity food fair** to be held on Sunday, August 18 by three NGOs (Kiwanis Club of Bandaraya Ipoh, Persatuan Kebajikan Dialysis Neesum Ipoh and Kiko Food Bank) at Tow Boh Keong Temple is also set to be a polystyrene-free event and visitors are encouraged to bring their own recyclable bags, etc. Details on fair in the announcement column.

Perhaps one potential market to adopt the eco switch is the handcrafted tea, better known as bubble tea which is all the rage now, as its packaging (cup, sealing film, lid and straw) is mostly plastic.

Nicole Loh, owner of **Tea Bubble Ipoh**, a handcrafted tea shop launched in December, shared with Ipoh Echo, “We are now in the works of creating reusable tumblers that customers can wash at home and each time they bring it here they will get to enjoy discounts on their beverage. We have been selling metal straws too. Previously, we tried using glass bottles but unfortunately, it received negative feedbacks from customers as being too heavy for to-go. We are continuously doing research for better solutions to go green.”

Got an awesome eco-eating or eco-drinking tip to share? Write to us!

Politics

A Challenging Year

By Rosli Mansor

Menteri Besar Dato’ Seri Ahmad Faizal Azumu said that the state Pakatan Harapan government under him will not repeat the mistakes of the previous Barisan Nasional government, as Perakeans today are more discerning.

He reflected on the one year of leading the state government as being a very challenging one that was laced with many bittersweet experiences.

However, the span of time enabled him to do a SWOT (Strength, Weakness, Opportunity and Threat) analysis for the betterment of the future.

One bitter experience, according to Faizal, was when some of his comrades lost track of what they were supposed to fight for after successfully forming the government.

“When we collectively established Parti Pribumi Bersatu Malaysia (Bersatu), our aim was to fight a kleptocratic government led by Najib. When we succeeded some leaders got distracted and strayed.

“When the Almighty gave a little reward as we succeeded in forming a government, they forgot our mission and vision.

“We don’t want to repeat the mistakes of the previous government. I won the parliamentary seat of Tambun and the state seat of Chenderiang not because I was popular.

“No one knew me at that time but I succeeded because the people rejected the attitude of leaders of the previous government. Let’s not repeat the same mistakes. But when some did, I was devastated,” he lamented.

Faizal said this during a special media session commemorating the first anniversary of the Perak Pakatan Harapan government at his official residence on Sunday, May 12.

Perakeans, he said were blessed to have a Sultan who is empathetic towards citizens.

He is proud to have received constructive advice from Sultan Nazrin Muizzuddin Shah which he deemed as timely and priceless.

“As a MB without much experience, the Sultan would always advise me during our weekly meetings to discuss state matters.

“The Sultan, to my mind, is a great leader and I’m certain Perakeans too feel the same,” he enthused.



Technology

Digital Perak

By Luqman Hakim

Knowledge Perak or K-Perak was rebranded and renamed, Digital Perak Corporation Holdings or Digital Perak.

Menteri Besar Dato’ Seri Ahmad Faizal Azumu said that the rebranding was aimed at ensuring that the company would remain competitive in the global market in view of the fourth industrial revolution (IR 4.0) which sees the application of Internet of Things (IoT) in all aspects of life.

“As a state with a population of 2.8 million, we don’t want to be left behind in this competition. If this latest technological challenge is not given due diligence, the state and even the nation will be left behind globally nullifying our efforts to make Malaysia the Asian Tiger, especially economically. Thus the state government is committed to achieving a certain level of digital culture by the people,” he said during the launch of Digital Perak Corporation Holdings at Perak Techno Trade Centre (PTTC) on Thursday, May 16.

Present was Executive Councillor for Communications, Multimedia, NGOs and Cooperatives, Hasnul Zulkarnain.

According to Faizal, the digital culture is based on four major pillars namely, e-governance, digital economy, smart city and digital literacy.

“Herein lies the role by Digital Perak. I’m happy to state that the Perak Digital Plan has been discussed seriously to determine the direction and steps required to achieve the said objective. Plus, this is one of the ways to empower Perakeans so that they could lead better lives,” he added.

“The state is making efforts to improve service to the people besides creating opportunities for youths in the telecommunications and multimedia field. With the rebranding, it’s hoped that Digital Perak would be able to contribute meaningfully to the nation’s economy,” he concluded.



Nosh News with SeeFoon



Chillax

There are a few Asian dishes that I am always on the lookout for. One is a **Laksa** be it Siamese, Sarawakian, Singapore or from any state in Malaysia but must have coconut milk in it and the other is **Chicken Rice**. And here my tastebuds dictate that it must be white steamed chicken, well cooked through with no blood showing and the chilli sauce must not be sweet, and ginger paste must come with it.

Fussy tastebuds I may have but recently I found a cafe that suited me to a T.

This was **Chillax in Ipoh Garden East** where I have been writing about a slew of other restaurants. Situated right beside Hao Xian Wei, behind Tesco, Chillax was started by **Angela Ong** two years ago.

A quiet haven where one can chill and relax, this cafe is beautifully covered in wallpaper with nature scenes where one can imagine oneself in the midst of nature while surrounded by the concrete jungle all around.

Nobody rushes you as you take time to decide on what to order. Western dishes are on offer as well as popular Asian specialities as per the two items mentioned above.



Prices are very reasonable and a snack or meal will certainly not burn a hole in one's pocket.

Their Siamese Laksa is redolent of 'bunga kantan' (torch ginger), lemongrass and other herbs, generously brimming with fish chunks, pineapple, cucumber, onion slices and the gravy is enhanced with 'santan' or coconut milk; **RM9.50** for a big bowl. Eat this with the **Inche Kabin**, **RM17** for 6 pieces; you'll be a very happy camper.

Angela's Chicken Rice is well seasoned, the chicken nice and tender (not bloody) and the chilli sauce divine. Add the ginger paste and I can almost be back in Singapore! **RM8.90**.

And where can you get that nostalgic comfort food of yore, the **Chicken Chop**, done the way the Hainanese Chefs used to do . . . fried crispy on the edges, tender and succulent on the inside, smothered in a thick gravy and served with mixed vegetables. If you don't want the chop to go soggy tell them to put the sauce on the side; **RM15.90**.

If it's a soup and salad you're hankering for, it's here for **RM6** each. Or a **Spaghetti Bolognese** for **RM8.90**; **Nasi Ulam** for **RM8.90** and not forgetting their superlative **Nasi Kuntit served with Curry Chicken**; **RM8.90**.

But you must save some appetite for the dessert. The **Bubur Cha Cha** sweetened just right is a treat at any time **RM2.20/RM4 (S/L)** and the definitive Gula Melaka, **Sago Pearl Pudding** floating in a sea of coconut milk and gula Melaka (coconut palm sugar); **RM1.80/RM3.50 (S/L)**; divine. Many other options are available but space limits me in describing them. Do check them out yourself.

Jun Chillax Cafe (Pork Free)
9 Jalan Medan Ipoh 6, Bandar Baru Medan, Ipoh.
Tel: Angela Ong 016 511 5441
Business hours: 12.30-3pm; 5.30-10pm. Closed Tuesdays
Event bookings for 40 pax available

The Two Cs of Fine Dining

Regarded as two of the most decadent delicacies in the western culinary world, Caviar and Champagne are heading to Ipoh way on June 11. One of the most extravagant culinary events is taking place on June 11 at Jeff's Cellar Cave Restaurant where a special Kaviari Caviar & Palmer Champagne Dinner will be held.

Caviar Delight is crafted by Executive Chef Boon in collaboration with Classic Fine Food featuring a range of Kaviari Caviar with the various dishes.

Asia Euro is also joining in this promotion with a range of Palmer Champagne to be paired with each course.

In an 8-course dinner featuring delicacies like fine clare oyster topped with osetra caviar; raw Hamachi or yellowtail Japanese Kingfish topped with kristal caviar; a



Wellness

By SeeFoon Chan-Koppen

Trust Your Medical Specialist?

You could say that **Dr Stephen Jacob** is almost camera shy as Echo photographer Rosli Mansor came to take his photograph. After much protest, he relented and proceeded to give me and our readers some very useful tips on protecting our patients' rights and questions to ask your surgeon if ever faced with impending surgery.

Former Senior Consultant General Surgeon and the Head of Department of Surgery at Hospital Permaisuri Bainun, Ipoh, Dr Stephen Jacob, after serving 34 years, 24 years as a specialist with the Malaysian government, has for the first time gone into private practice, joining **KMC (formerly known as Kinta Medical Centre)** as a resident consultant general surgeon recently.

Already in the throes of enjoying his retirement bliss, Dr Stephen was persuaded to help out at KMC by **Dr Jeyakumar**, Senior Consultant, Chest and General Physician at KMC, when the then resident surgeon left.

Since this is his first assignment in private practice and even then an involuntary one, I asked why he stayed in government service for so long.

His reason was that in all his years in the various postings he's had, his main motivation for staying with government service was to inculcate good values in the young doctors and specialists under his wing.

"A specialist or subspecialist qualification may look very good on paper but it does not mean that the person will be a competent doctor. The most important value that any doctor should uphold is to not betray the patient's trust," he said.

"As surgeons, we need to realise that the patient is entrusting his/her life to you when they consent to the surgery and that is a sacred trust. Unless it's a life-threatening emergency, and before consent is given by the patient, has the surgeon explained about possible complications that may arise, and the complication rate of the particular surgery being contemplated? These are very important considerations if a surgeon is to be a competent one," Dr Stephen emphasised.

As for advice to patients contemplating surgery, Dr Stephen has this advice for them.

- **Firstly, know that you have a patient's rights and in that, you are entitled to ask questions.**
- **Ask for the diagnosis and the need for surgery.**
- **And of course for the possible complications that may occur and how common they are. Also, ask how many of these particular procedures has the surgeon performed and his own complication rate.**
- **If I don't undergo this surgery what would happen to me.**

If the surgeon does not answer your questions to your satisfaction, then try to look for a second opinion if you have a choice.

KMC Medical Centre
(Owned and managed by Yetkai Hospital Sdn Bhd)
20a Jalan Chung Thye Phin, 30250 Ipoh.
Tel: 05 242 5333
Fax: 05 255 55702
Email: info@kmc.com.my
Website: www.kmc.com.my



lavish roasted cauliflower soup with Hokkaido scallop, sevruga caviar and 23k edible gold leaf; homemade uni (sea urchin) pasta with sea urchin butter, fresh sea urchin, beluga caviar and Italian imported shaved bottarga (mullet eggs-equally rare); and even a GELÉE DE CHAMPAGNE ET CAVIAR jelly of champagne palmer brut champagne with osetra caviar.

A mere bagatelle at RM1099 per person(!), the menu paired with champagne is for one night only and seating is limited to 35 persons. After June 11, the caviar menu continues but without the wine pairing. So do book early!

Date: June 11, 2019 (Tuesday)
Time: 7pm until finish
Restaurant: Jeff's Cellar Cave Restaurant
The Banjaran Hotsprings Retreat (Kinta Sunway Resort Sdn Bhd)
Reservations: Grace Chan Pui Fun +605 210 7745 or +60 16 568 6221
Email: chanpf@sunwayhotels.com

Giving and receiving

By Cornelia Tan

How many of us give in order to receive? We often think of giving like two-way traffic, with those who give expecting some kind of benefit from the other person in return.

In actual fact, it is much better to give than to receive. And better to give without expectations of a reward or return.

Why?

In order to give, we must first be in the position of having enough of something to give.

- When you own the "I have mentality" you are living out of an abundant life. What you have will never be taken away from you, but more will be added. Because your thought, your focus and your belief is on "I have".
- Receivers on the other hand often operate from an "I lack" belief. Because of this, even what they have will quickly disappear. Remember, your thoughts, focus and beliefs shape the environment around you and your life.

Giving carries a reward with itself, when done out of good motives.

- When we give without expectations, the results are surprising and often surpass all that we could have thought of or imagined.
- You can touch lives and change people when you give selflessly.

There are many levels of giving. Which level are you on?

Giving in expectation

- You give to people or colleagues in hope of getting a benefit.
- The downside to this is that many of us often have a preconceived expectation of what the 'reward'/benefit would look like. The 'reward' seldom comes as we expect it and we risk disappointment.

Giving without expectation

- You give to people or colleagues without expecting anything in return.
- In this case, because you have not hoped for or expected anything, if there is a reward or a fruit of your action, you will be pleasantly surprised.

Giving motivated by agape (unconditional) love

- This is when you give because it would benefit others
- This carries the greatest reward, inner satisfaction, and feeds your soul. Remember, love in its purity is soul food.
- At this level, you have the power to change people and circumstances around you for the better.

The best kind of giving

When you give out of love, you inspire and touch the people around you for years and even generations to come. Just like a drop of water spreads ripples in a pond, that little drop you have given will spread and spread and touch lives, change people, bring tears to their eyes, give hope to the world.

If you have time, read this story for an example of an ordinary man who cared enough to enable a distraught young student make it home against the odds to be at his mother's death bed.

<https://www.bbc.com/news/magazine-12043294>

The power of true love is that it takes only a moment, a decision, an action, and it lasts forever. Many things come and go, they cease and pass away, but true love never fails.

May you be one of the people who will carry the light of true love out into the world to touch lives and change people. It takes only a moment, a decision, and an action.



Community

Early Aidilfitri Celebration at Ipoh Parade



Award-winning artiste Ayda Jebat turned on her charm and crooned to the enraptured crowd who gathered at the Kilauan Aidilfitri event at Ipoh Parade recently.

She belted out her number 1 trending song on YouTube, "Temberang" and another fan favourite "Pencuri Hati" which garnered cheers and applause from the crowd of family shoppers at the mall. She also serenades shoppers with traditional Hari Raya oldies and all-time favourite "Balik Kampung".

RTM deejay Odey Petra, who emceed the show, regaled the crowd with quizzes, fun giveaways and sing-along sessions, giving lucky shoppers the opportunity to walk home with prizes such as the mall's exclusive Festive Raya Plate set which comes in three sizes.

Aptly titled "Kilauan Aidilfitri", Ipoh Parade's Raya campaign kicked off with a series of celebrity performances, including popular singer Nabila Razali, with 1.5m followers on Instagram, presented her latest single VROOM VROOM; Shiekh Basser, a popular influencer with 12k fans on Instagram; Alyssa Dezek, a multi-talented child singer with 415k fans on Instagram, as well as Nana Sheme and Bea.

Fans who turned up rushed forward to have their Ipoh Parade's Raya brochures for the artists to sign their autographs on. The session lasted more than half an hour.

Shoppers were also treated to an early Hari Raya celebration with the performance of songs, games and traditional Malay Dances by the Ajak Art Dancers.

Ipoh Parade Advertising and Promotion Assistant Manager Lim Huey Tyng said that this year's Hari Raya festivities was different from the previous years' thanks to the appearance of popular Instagramers which attracted many fans to turn up in droves.

This year, Ipoh Parade pulled out all the stops to extol the beauty of Islamic architecture through its décor that spreads out like a regal courtyard on the Ground Floor, featuring towering minarets, spellbinding geometrical patterns, and structures resembling intricate ornamental muqarnas.

Additionally, shoppers who spend over RM168 in a single receipt will be entitled to redeem a Festive Raya Plate from now till June 13. The plate is available in three different sizes, so those wishing to complete the collection will need to return each week to redeem the remaining plates.



Furniture for the Needy

By Luqman Hakim

Ipoh Bus Stand Kid Association launched a Ramadan campaign to gather furniture for the underprivileged named, "Let's Decorate the House of the Needy".

Association President, Amiruddin Mohd Daud explained that the programme was started four years ago to collect pre-loved furniture and electrical appliances for the needy around Kinta Valley.

The initiative was created when he observed that the needy could not afford to buy furniture or replace spoiled electrical appliances.

"Some of us like to get new furniture each time during Raya and the used furniture which is still in good condition gets discarded just like that. Thus, we make use of it by giving it to the needy. Usually, we will collect the donated furniture and send it to the selected homes of the needy ourselves," he said.



"To date, some contributed refrigerators, washing machines, cupboards, fans, mattresses and others," he added.

His team will check the condition of the contributions before presenting to the needy.

Donors also can send their furniture directly to **BigBro Home at No. 65, Jalan Hassan, Lim Garden** for collection.

"Pieces of furniture that do not require repair will be sent straight to the needy without any charge. We just hope that donors will ensure their items are still functional. We welcome those who wish to contribute pre-loved curtains as we have yet to receive any," he stated.

According to him, a total of 28 houses around Kampar, Simpang Pulai, Manjoi and Batu Gajah benefitted from this programme last year.

Readers who would like to help can contact him at **019 590 0077** or visit the BigBro Home.

Community



Transmission Tower Raises Concern

by Rosli Mansor

On Wednesday, May 15 over 500 residents of Taman Pusat Bercham protested against the erection of a telecommunication tower at Jalan 74 Hala Tasek Timur 1. The tower is less than 30m away from their houses.

Residents were concerned that the 30-metre-tall tower would impact public health due to radiation.

Chung Yee How, 39, was puzzled how approval was given to the telco company to erect the tower when guidelines were never followed?

The construction of roof-top communication towers, said Chung, is banned according to the Perak Telecommunication Structure Permit Renewal and Building Guideline 2017.

"We're worried for our health, especially that of our children. We seek an explanation from the responsible party, as the building owner refuses to say anything," Chung told Ipoh Echo.

Halina Abdul Rahman, 70, shared her concern. Three of her neighbours passed away a few years ago due to cancer.

"This is the third tower. The previous two had already been built on top of a building at Jalan 54 Hala Tasek Timur 1. My house is just 20 metres behind the shop lot. The death of my three neighbours raises concern," she lamented.

Earlier, about 30 residents from the area held a peaceful protest requesting the authorities to take necessary actions.

Meanwhile, Perak MCA Complaint Bureau and Public Service Chief, Low Guo Nan said that a letter highlighting residents' fears had been sent to Menteri Besar Dato' Seri Ahmad Faizal Azumu.

"I urge the assemblyman for Bercham, Ong Boon Piow, to listen to his constituents' complaints," said Low.

Connexion

By Joachim Ng

Reformist way to end deadly scourge

Which household pet is responsible for 2800 people falling gravely ill per week on average? Victims crowd hospital wards seeking treatment, with 20 deaths a month. Just one bite from this pet and you may be put on the drip.

The best way to describe the Aedes mosquito is to call it a household pet or neighbourhood stray. It's not a wild creature but a domesticated insect that humans breed. While the dog takes you for a walk in the park, the mosquito brings you to hospital or the cemetery.

In the 1960s no one in Perak ever heard of dengue fever. Junior scouts of that era would camp in the school field and never heard a buzz. Today's juniors go camping in the same field armed with mosquito coil, repellent sprays and battery-operated UV light traps. The alarming rise of dengue since the 1970s is one indicator pointing to the steadily eroding hygiene standards in Malaysia over the past 40 years. Perak has its fair share of cases including deaths, with Kinta district as a top breeder.

There is a 50:50 chance that you are rearing this pet in your home. Quite smartly the larvae don't float on the surface of stagnant water as they can be swept away, but they grow to maturity at the bottom of your water container in the kitchen, bathroom, or garden. Be very thorough in your weekly cleaning.

The Aedes mosquito is also a neighbourhood stray in that the litter and rubbish you discard on the playground, walkway, grass patch, or into the drain quickly turn into breeding grounds. It's easy to eliminate this deadly scourge, but year after year all that the Health Ministry can say is: "Oh, dengue is a disease which is difficult to eradicate in a short time." How can 40 years be said to be a short time?

The Aedes mosquito's limited flying range confines it to your home or neighbourhood. Hence, the solution is obviously via collective residents action. Amend the Local Government and Housing Act to establish ratepayer committees that will govern their neighbourhoods with funds drawn from the property assessment taxes. Let them hire, monitor, and fire the cleaning service contractors to ensure 4-star hygiene standards in all public areas. As for private dwellings, empower the committees to impose deterrent fines during quarterly anti-mosquito inspections of house gardens accompanied by city health officials.

Without reforming our stagnant political system to encourage non-partisan democratic neighbourhood governance, Malaysians will increasingly be feeling the deadly bite.



To Advertise /Collaborate



Vivien Lian

014 3323859

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@ipoecho.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

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**.

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).

PSPA SINGERS: THE 7TH NIGHT OF JULY. JULY 7 (Sunday), 8pm-10pm at SMK Methodist (A.C.S) Auditorium Hall, Ipoh. Free entry. Entry pass holders are encouraged to donate, as printed on the recommended donation list by the organiser and bring to the school hall during the concert day. All donations in kind received from the public will be distributed to Lighthouse Hope Society for charity purposes. Limited seats. Pre-book your entry passes now from <https://www.pspaipoh.org/events-booking> or call PSPA Office at **05 545 0350**. Visit our website www.pspaipoh.org for more details.

CHARITY FOOD FAIR BY THREE NGOS, AUGUST 18 (Sunday), 8am-2pm at Tow Boh Keong Temple hall. By Kiwanis Club of Bandaraya Ipoh, Persatuan Kebajikan Dialysis Neesum Ipoh and Kiko Food Bank. Bring your own recyclable bag as it is a polystyrene-free event. Calling for more stall operators. Sponsorship and donation are also welcome. Fair coupons are on sale at RM10 per booklet. For details contact **05 546 8386**.

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.

Ramadan Round-up

An Evening with the Underprivileged

Senior officers of Ipoh City Council along with Abu Bakar Foundation, Eonsave and Perak Media Sports and Welfare Club held a breaking-of-fast dinner at Impiana Hotel, Ipoh for the benefit of orphans from the Darussalam Welfare Home and single mothers on Thursday, May 9.

Prior to dinner, the children were taken on a shopping spree at Eonsave supermarket. During dinner, the guests were entertained to a live Ghazal performance before being presented with 'duit raya'.

Impiana Hotel contributed a ringgit from every Ramadan Buffet voucher sold to the Perak Media Sports and Welfare Club's fund for disbursement to orphans and the underprivileged in Perak.

"It's an Impiana's way of helping the underprivileged, especially orphans, in the hope that they all can have a meaningful Ramadan and Hari Raya," said general manager Gerard Sta Maria to reporters.



By Tan Mei Kuan

Photos by Rosli Mansor

Cheering up the Children

Excelsior Hotel, Pertubuhan Anak Perak and Kompas International College hosted a breaking-of-fast dinner for over 60 children from the Yayasan Amanah An Nur Maisarah Orphanage on Monday, May 13. The event was held at Excelsior Hotel.

After a sumptuous dinner, goodies bag and 'duit raya' were distributed.

Present were guest of honour Muhamad Arafat bin Mahamad, state assemblyman for Hulu Kinta and Ron Low, general manager of Excelsior Hotel.



Breaking fast with Hasnul

In collaboration with the Department of Information (Perak), an exclusive breaking-of-fast with the Executive Councillor for Communications, Multimedia, NGOs and Cooperatives, Hasnul Zulkarnain was held at MH Hotel on Tuesday, May 14. Over 80 media practitioners were in attendance.

Rosli Mansor, President of Perak Media Sport and Welfare Club was in attendance.

"Malaysians, in general, are easily swayed by fake news circulated via social media. Therefore, it's the media's role to help counter this unhealthy trend. I wish to express my appreciation to the media for their support and cooperation in propagating the state government's programmes," said Hasnul in his opening remarks.

The evening ended with a group photo session.

Tourism Perak Reaches Out

Tourism Perak hosted media members and orphans from a Gopeng orphanage to a breaking-of-fast dinner at Simpang Tiga Restaurant on Thursday, May 16.

Among the guests were Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture, Zuraida Md Taib, Tourism Perak CEO and Maggie Ong, Malaysian Association of Hotels (Perak Chapter) Chairperson.

In conjunction with the joyful occasion, Tan announced the five strategic partners of the Ipoh Hop-On Hop-Off (HOHO) bus project. They are Blueblue Playland, Chang Jiang White Coffee, BookXcess, CycleDios and Perak WOW Merchandise Shop. Ticket holders of HOHO bus will enjoy discount and goodies in these spots.

He too expressed the state government's commitment to increasing air connectivity to get more domestic and international tourists to come to Perak.



Celebration of All Things Malaysian

Sunway Lost World of Tambun breaking-of-fast dinner held on Monday, May 20 saw a celebration of all things Malaysian. It too heralded the launch of Kuang Raya conservation programme, the first of its kind in the country.

Kuang Raya or Great Argus is a pheasant species native to Southeast Asia. It is a very colourful bird with brown plumage, blue head and neck, black hair-like feathers on its crown and nape, and red legs.

Present were Dato' Abdul Kadir bin Abu Hashim, Director General of Wildlife and National Parks Department, Nurul Nuzairi Mohd Azahari, General Manager of Sunway Lost World of Tambun and Ramesh, Assistant General Manager for Operation of Sunway Lost World of Tambun.

Ramadan Round-up

Evening of Appreciation

Perak Medical Centre Group organised a breaking-of-fast dinner on Friday, May 24 at the Royal Ipoh Club exclusively for its clients, corporate staff, government officials and media representatives. This was the group's first public function held as a form of appreciation for its clients and others for the support given to the company. Pantai Medical Centre operates four clinics namely in Ipoh, Batu Gajah and Kampar with 60 staff members and eight doctors.

Managing Director, Dr K. Supramaniam explained that as part of its corporate social responsibility, the company assists the community in various ways. "This event is held to thank our clients for their support and the cordial business relationship established for over three decades under the present management," he added.

About 350 guests attended the event which ended with a lucky draw.



Econsave Cares

Hamper, goodies bag, vouchers and 'duit raya' were presented to orphans and the underprivileged during a breaking-of-fast dinner jointly organised by Symphony Suites Hotel and Ampang Baru Econsave on Sunday, May 26.

Present were guest of honour Dr Lee Boon Chye, the Deputy Minister of Health, Lee Chee Meng, CEO of Symphony Suites Hotel and Chua Yong Chiang, Econsave North 2 Operations Manager.

In the morning, the Ampang Baru Econsave gave over RM3000 worth of gift vouchers to 60 invited orphans.



Tourism Players Celebrate Orphans

Perak Bumiputra Tourism Players Association (PPPBP) celebrated 44 orphans from Ikhwani Bestari, Beruas and Pertubuhan Nur Kasih, Tanjung Malim in a programme at D'Polo Cafe Lan's Catering on Friday, May 24.

It was attended by over 450 guests made up of the tourism players from various private agencies and civil servants.

PPPBP Chairman, Zamari Muhyi stated that this programme displayed the strong cooperation from all the state tourism industry players.

"Besides strengthening the camaraderie, it gives all a chance to exchange thoughts in order to boost the state tourism," he added.

Present was guest of honour Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture.

Visit the Facebook page of PPPBP for updates on state tourism activities and packages.

History

A Char Kway Teow Stall in Fair Park

By Ian Anderson

On June 16, 1948, at 8.30am, Communist sympathisers killed three British planters in Sungai Siput. This marked the start of what is known as the 'Malayan Emergency', a period of confrontation with Communist guerillas that lasted 41 years until the tripartite Peace Accord in Thailand in 1989. Although not so many years ago, there is no doubt that the general population of Malaysia has no idea of the military skills and bravery of those who fought for the safety and security of this country. So many of our Police, British and Commonwealth troops, gave their lives to combat Communism. Without their sacrifice, Malaysia would be a very different place today. In a short article like this, there is little room to cover the exploits of the thousands of men and women who took on the Communists and overcame them, but I would like to tell you a true story of our own Fair Park and a special Char Kway Teow Stall.

It was in August 1976 that the Ipoh Police, led by their Chief, the late Tan Sri Yuen Yuet Leng, discovered a Malaysian National Front (the Communists) communications centre in the heart of Fair Park. It was situated on the first floor of a shophouse, just about 60 yards from Yuen's mother-in-law's house, where he often stayed overnight. This centre, run by two men in a rented room, was very important to the Communists as it coordinated all couriers in Perak and to other states, including the many jungle camps still operational in the Northern States.

Clearly, surveillance was necessary, in the first instance, to gain as much intelligence as possible, before arresting the Communist cell. Yuen's plan was simple. The Police team set up a daytime dhoby shop in an adjacent building and commandeered the



The Late Tan Sri Yuen Yuet Leng



Composite photo courtesy of the Late Tan Sri Yuen Yuet Leng

famous "Spider's" stall, selling Char Kway Teow, set up right alongside it. Both were manned by Special Branch Officers who watched and waited until it was time to strike. The photograph is a composite from Yuen's album to demonstrate the siting of the stall.

On August 24, 1976, the police made their move. With Yuen conducting the raid, the building was sealed off and a fully armed FRU and SB team climbed the stairs. From the street, Yuen called for the communists to surrender.

When they knew that they were trapped the terrorists attempted to throw a grenade at Yuen's party, through the glass window pane. However, it bounced back into the room and killed them both, setting their bodies on fire. The Communist Terrorists were later identified as SCM (State Communist Member) Chew Yong and BCM (Branch Communist Member) Tan. Unfortunately, the main tenant's daughter had been knocking on their door when the grenade exploded and she was killed with them. Two FRU officers were injured.

Thanks to them and the thousands of others like them, we still enjoy our heritage.

Opinion

By Koon Yew Yin

How I Live a Happy and Useful Long Life

About one month ago, my old friend Dr Chakri Negara checked my blood pressure and I was pleasantly surprised to know that my blood pressure was 120/70. Since I am 86.5 years old, I think I am qualified to write this article to benefit all my readers.

I inherited hypercholesterolaemia

My mother inherited a blood disease called hypercholesterolaemia and she died at 38 years old. All my siblings who had inherited the same blood disease also died before the age of 60 years old.

The bodies of the people with hypercholesterolaemia will produce a lot more cholesterol than ordinary people.

I have also inherited hypercholesterolaemia and I had a heart by-pass surgery when I was 50 years old in 1983 in London. At that time, Mayo Clinic, USA, had just invented the heart/lung machine and only Mayo Clinic and Harley Street Clinic London could carry out heart by-pass surgery, which today can be done in almost every hospital.

After my heart by-pass surgery, my cardiologist told me that my life expectancy would be very short due to my inherited blood disease and soon my heart would be blocked again and I would die. Unless I change my lifestyle to prolong my life, I would soon die. The following is how I prolonged my life:

My diet:

When I wake up in the morning, I drink two glasses of water and eat about half a pineapple. All humans have about 27ft of intestine. I drink water and eat pineapple is similar to sending water and brushes to clean my 27ft of digestive canal.

I do not eat anything until lunch time. My diet consists of vegetables, fish, chicken, very little red meat and a very small amount of rice. I do not take sugar. I drink a lot more water than I require. As a result, I have no constipation and I urinate quite frequently.

Physical exercise:

At my age, I cannot do vigorous exercise. I just walk about for about 10 minutes, swing my hands and do a deep breathing exercise. I do this routine quite frequently throughout the day.

Mental exercise:

I watch the stock market during trading hours. Besides this, I write articles to criticise

the corrupted BN Government. Since Pakatan Harapan (PH) has won control of the government, I write more on share investment and useful pieces to benefit all my readers. My writing this piece is a good example.

Mental Attitude:

Now I have covered diet, physical and mental exercise to improve my health. Even if I have good health and a lot of money and anxiously wanting to make more and more money every day, I will not be happy. I must have the right mental attitude. I must not forget that when I die, I cannot take any money along with me. So, I must use my money to help poor people especially poor students. Up to date, I have given more than 300 scholarships to help poor students to complete their tertiary education. All my scholarships recipients are not required to return the money I spent on them. But they must remember that when they were poor, I helped them and when they are financially solvent and have some money, they should help other poor students. By this way, I believe I am creating more and more charity workers as the years go by.

This philosophy that I espouse is not merely in the way of words. I have backed it up with a record of charity and philanthropy which goes back many years and which has earned me recognition from Forbes, one of the world's leading business magazines, as one of the four heroes of Malaysian philanthropy in 2011.

According to the Forbes Citation

Koon Yew Yin, 78, co-founded one of the country's biggest construction companies, IJM Corp. donates roughly \$300,000 a year to various causes. Funds scholarships for needy students, 80 so far, at Tunku Abdul Rahman University. Learned the value of education in escaping poverty after growing up in a poor family of 12.

The citation took into account my innovative method of creating charity workers from his scholarship scheme targeted at poor but bright students unable to afford university education with their own resources.

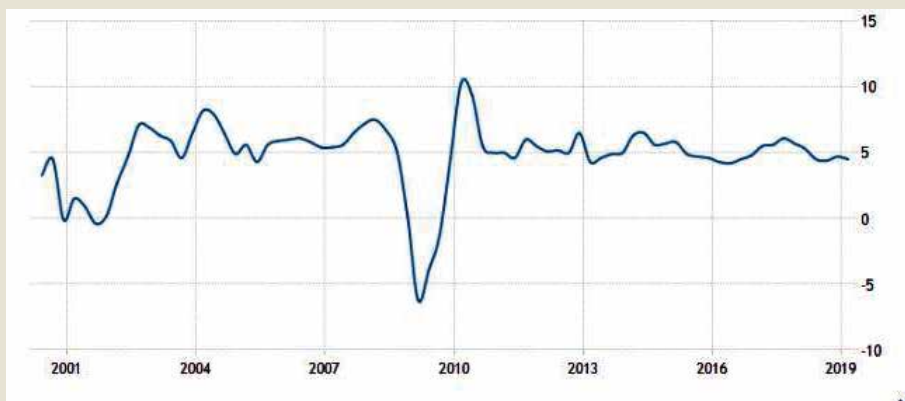
Studies have shown that education, wealth, right attitude and happiness can prolong life.



How to achieve Vision 2020?

Dr Mahathir during the tabling of the 6th Malaysia Plan in 1991, introduced Vision 2020. The vision calls for the nation to achieve a self-sufficient industrialised nation by the year 2020, encompasses all aspects of life, from economic prosperity, social well-being, educational world class, political stability, as well as psychological balance. To achieve Vision 2020, Mahathir lamented that the nation required an annual growth of 7% (in real terms) over the 30-year period 1990-2020 so that the economy would be eightfold stronger than its 1990 GDP of RM115 billion. This would translate to a GDP of RM920 billion (in 1990 Ringgit terms) in 2020.

As Dr Mahathir said that we needed to have 7% growth over 30 years, unfortunately, the average annual GDP in the last 20 years has been about 5% as shown in the following chart.



In 2012, I published my book with the title: Malaysia: Road Map for Achieving Vision 2020.

Forward: by Tengku Razaleigh Hamzah
Chapter 1 Leakages and Corruption
Chapter 2 Human Resource Development
Chapter 3 Governance Issues
Chapter 4 Religious Harmony
Chapter 5 Growing Divisiveness
Chapter 6 Conclusion: Transforming Malaysia into A Modern and Progressive Democracy.

If you Google, you can see that in 1970 when our Government introduced the New Economic Policy (NEP), our GDP per capita was about US\$1500 which was about the same as Singapore, Taiwan and South Korea. Currently, the GDP per capita of Singapore, Taiwan and South Korea are US\$65,000, US\$25,000 and 26,000 respectively. All these three countries are classified as Developed Nations despite the fact that they do not even have timber to build their houses. We were once the biggest producer of tin, rubber and palm oil in the world. Moreover, we have petroleum. Yet we are still not classified as a Developed Nation.

I am 86 years old and I have completely retired from doing business. I am not a politician. I am a patriotic Malaysian Chinese and my object of writing this article is sincere and honourable.

Ever since Merdeka the Malays has been in control of the government and almost all the ministers are Malays. Except for Public Bank, all the banks are controlled by the Malays. The government must realise that all the rules and regulations made by the government have not produced the desired result. The Government must change its strategy as soon as possible.

Our Prime Minister Tun Dr Mahathir and all the other Ministers should know what to do if they really want Malaysia to become a Developed Nation.

I humbly suggest they read my book, 'Malaysia: Road Map to Vision 2020'.

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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.

BN's Fearmongering Destabilises Our National Economy

BN leaders are already spiking the country's political landscape with alleged fears over PH's succession plans.

Ku Li, a seasoned politician, has added to the sowing of bad seeds.

In his sudden reappearance on the political fence, he claims that BN must prepare for a snap election as Tun Dr Mahathir may plan to ditch Anwar Ibrahim.

Likewise, others in the BN league – including those facing various court cases are hot on the trails, fear mongering about a possible upheaval within PH vis-a-vis the prime ministerial succession plans.

Seriously, these BN leaders seem so obsessed with returning back to power at all cost.

They, including Ku Li, have no qualms in the fact that their fearmongering in the marketplace will further undermine the economic and investor stability that PH has relentlessly been working on.

Give us a break BN.

Is your desperation to clinch back the government far more important than standing up for the nation's determination to clean up the corruption that has permeated every thread of the national fabric of good governance?

With so many of the BN elites facing various counts of court cases and with the exposes of excesses and corrupt dereliction of duties, do you in BN think that even if a snap election did take place you will have the majority votes?

It is about time that the PH government moved with great speed to turn in all the crooks of commission, omission and gravy train robbers over to the law.

It's time that right-minded citizens who care for all Malaysians including those who claim to fight for their 'own' race realized that once bitten we must be twice shy.

Let us all who respect the rule of law and only dreamt of a clean government, collude and cooperate to prove the willy nilly political hopefuls that Malaysians have politically matured.

J.D. Lovrenciear

Grass Cutting and Cleanliness

As has been the norm in previous months and years, it is necessary for residents to complain, complain and complain with regards to the cleanliness of the environment! Even after raising charges for Assessment, the MBI has not improved its services. We vote for Pakatan Harapan but neither see nor hear our local representative ADUN in our neighbourhood! How do we get better services if neither the MBI nor ADUN is visible? I enclose the pictures of the poisoned grass and improperly cut grass and rubbish strewn beside drains behind Jalan Carlos, Jalan Devadason in Taman Ipoh, Ipoh. Are the residents expected to pay to their own contractors to do the job for MBI to whom we pay, praying for efficiency in their duties!

Augustine Basnayake



Claim Inaccurate

We refer to an article published in Ipoh Echo dated May 16, 2019, by columnist Mariam Mokhtar.

The article has claimed that inter alia:-

“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.”

The claim is inaccurate and does not reflect the true situation. We have checked with the residents who brought up the issue on MBI, and Ms Simi has confirmed that they have never made such remarks implicating us.

The residents know and understand very well the position taken by us. Kindly check with Ms Simi on the same.

We are appalled by the above. The choice of words simply implicates that we only work for the next general elections. That is malicious.

We trust that Ipoh Echo will check out the facts further and undertake remedial action on the same.

YB Jenny Choy Tsi Jen

Ahli Dewan Undangan Negeri
N.25 Canning

Let Us Remember the Untiring Icon

S.M. Mohamed Idris, a well-known consumers rights hero has entered into glory. May 17 is a black day for the consumer world. The passing of a great icon has created a vacuum and it is my doubt to get the right soul to substitute him.

He was a walking dictionary in the field of consumers' rights. He advocated himself and acted without fear or favour. His heart and mind always touched and geared towards citizen rights.

Where there is social exploitation, his presence is immense. He was driven by a passion to right the wrongs in the local community, the country and the world. The 93 years old grandpa could not bear to see children going hungry when so much food was being wasted. Besides humanity, he also had a passion for animals and nature.

Through CAP he played a vital role by arresting the wrong acts of irresponsible segments of the society. By steering CAP in this direction, he opened the way for society to be on their toes.

He played his role in a legitimate manner whereby the Malaysian authorities responded and respected him.

Idris was not only a well-known figure in our own land but also a renowned world consumer rights champion.

His marvellous achievements included (before the government could implement) three areas namely anti-sugar campaign, climate change issue and the need to protect microorganisms in the soil.

On his personal look, he portrayed himself very simply by wearing a white kurta. A dedicated person who never went after name and fame and led a simple normal life.

Although nature robbed him, his good deeds still linger in our minds. As long as consumers' rights are protected, his name will be remembered in society. The day is not very far when his name will be added into the legend list and will shine forever.

James Ratnam

Educationist and social activist

After 10 Years Still Cleaning the Drain

I have been cleaning the clogged drain in front of my house at Taman Seri Dermawan for the past 10 years; only twice I saw MBI workers cleaning and that was five years ago. At present, more rubbish was dumped at the roadside. My rate for the present MB is 3/10.

Chris Tkw

Rukun Negara

I received a text message via WhatsApp highlighting a school's test paper questions (in Bahasa Malaysia) recently. One question requires the student to equate the statement, “Respect for the Country” to the principles of Rukun Negara. The question pertains to the first principle, “Kepercayaan Kepada Tuhan” (Belief in God). The choice answer, as appended is, “Menerima agama Islam sebagai agama rasmi Persekutuan” (accept Islam as the official religion of the Federation).

Sane-thinking Muslims may feel a little uneasy with the answer, as "Belief in God" does not necessarily mean a definitive God or religion. Non-Muslims may feel, given the prevailing situation, that it is an attempt to impose religious values on a multi-ethnic and multi-religious Malaysian society. Moreover, Islam has never been defined, in the Constitution, as the official religion of the country.

The philosophy behind Rukun Negara, if taken in the right perspective, has very positive and progressive values which could be the guiding light for our fractious society. We ought to thank the originators for their farsightedness.

Unfortunately, the opposite is true. We have become more religious since Rukun Negara was proclaimed on Merdeka Day, August 31, 1970. Today, materialism, greed, avarice, crave for power and wealth are the real gods of our society.

S. Sundralingam

Nostalgia

By Ian Anderson

*Public transport in New Pasir Puteh*

Remembering New Pasir Puteh

Three of ipohWorld's staunch supporters Mano, LMS and SK, lived in New Pasir Puteh in the late 1950s and early 60s. Their homes were at numbers 7, 24 and 429A respectively.

Their memories remain strong. Do yours?

There was the small sundry shop, Tong Huat opposite No. 7, while diagonally across the road was a coffee shop whose owner had a shining bald head like marble top. The elders always poured their coffee onto the saucer and blew on it to cool it as that was the only way to enjoy it! Just in front of Tong Huat, there was a man selling a round pan kueh (dai gou mian) made of flour, margarine and ground peanuts. What more could a boy ask for!

Close by Tong Huat there was this factory making Coconut Candy, but ice balls were the fashion then. Just a few steps along the road, and for only 5 cents, the lady ice-seller would roll a handful of ice with some red beans and coat the ball with sugar. Next door was the barber with his, often painful, hand clippers and terrifying razor. Next door was an Indian grocery shop and at the end of the row was a corner bungalow with a big compound occupied by a Malay family.

On the other side of Tong Huat there was an area of open land which, by default, became the unofficial local playground, where sportsmanship and sporting skills were honed. The boys from the adjacent kampung even built a badminton court on the sandy ground using jute string for the lines. Hockey was played often, using anything that resembled a hockey stick! Then, somehow, somewhere, two pairs of boxing gloves were found. So a boxing ring was assembled, again with the jute strings, this time for ropes! This was at the time that Cassius Clay became a household name.

Opposite there was a bicycle shop where local children (and often parents) watched the Black and White TV. On the July 21, 1969, adults and children alike thronged the shop for the first lunar landing and Neil Armstrong's historic steps on the moon. Very few people had TV sets of their own in those days.

On the same side on the road as the bicycle shop, there was a Kway Teow Factory and a Chinese Medical Shop. The latter was famous for its salted tidbits mixed with herbal powder and their herbs mixed with roots, certain to cure everyday ills.

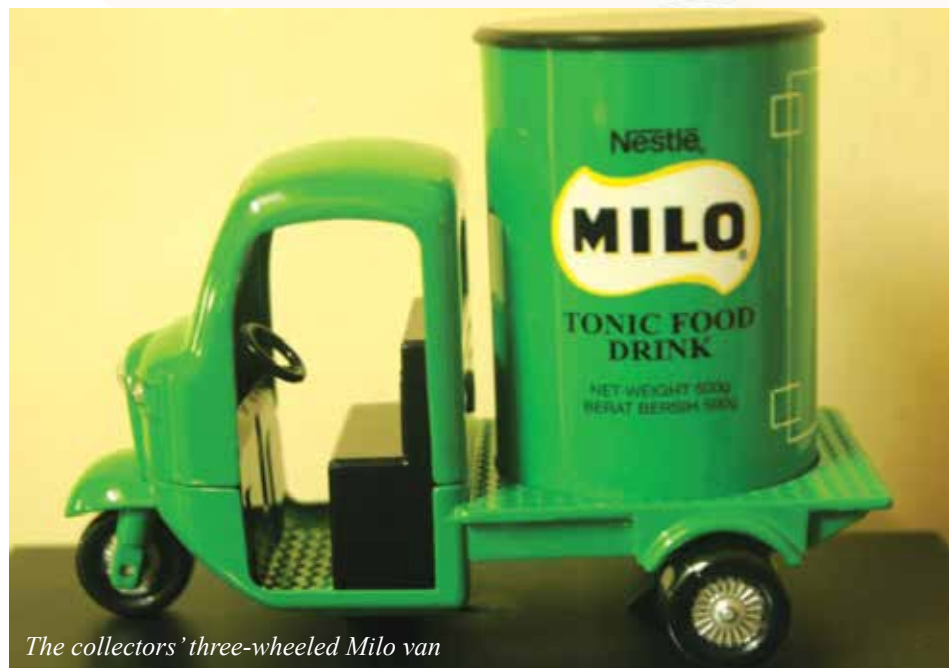
On more open land, just around the corner from the bicycle shop at election time, opposing parties would show popular movies on a portable screen to encourage the crowds to attend. Tarzan and P. Ramlee were the favourites with Cowboys and Indians always attracting the youngsters. How they would cheer when the U.S. Cavalry arrived to save the day. The organisers would show one half of the movie, break to make the election speeches, and after all the politicking was over, finish the movie. Usually, only the kids stayed to the end.

As one of our readers put it, "Yes, growing up in New Pasir Puteh in the 60s was a time when ownership of toys was only for rich kids and for the rest of us, imagination and improvisation, which provided education as well as good clean fun!"

Oh to bring back the good old days!

*Indian grocery shop, New Pasir Puteh*

Here Comes the Milo Man

*ipohWorld's Milo Tricycle**The collectors' three-wheeled Milo van*

Ipoh World Sdn Bhd was set up in 2004 to record our history, concentrating on Ipoh and the Kina Valley. There has been a lot done in the last 15 years but of course recording history is a never-ending process, nonetheless, we continue to collect information, photographs and artefacts that demonstrate our history. However, some things are just not available at any cost as they have simply disappeared off the face of the earth. Such is the case of the Milo man's tricycle!

Milo, created by an Australian named Thomas Mayne in 1934 was introduced to Malaysia by Nestle in 1950, as a tonic food drink. Their primary marketing efforts were intended to have the tonic drink act as an energy drink for athletes to keep going. Thus the Milo van is often seen dispensing their product at sports areas and other festival sites. The older generations will remember that the Milo van has changed shape several times, the first being on a small three-wheeled truck, popular today as a collectors' model, which was probably the ground-breaking Mazda K360 first produced in 1959.

However, as was often the case, Ipoh was ahead of the world for a vehicle, a three-wheeled Milo tricycle was a familiar sight around Ipoh's streets and particularly at the gates of local schools long before the first Milo van appeared. Yes, Ipoh had a unique way of selling Milo. The mobile Milo can was invented by an entrepreneurial Indian gentleman in the mid 1950s. We believe he lived in Bunting but kept his tricycle in a shop in Old Town. Wearing a white suit and topi, he would fill up with fresh Milo early in the morning and pedal around on a fixed route every day to catch his customers. His favourite spots were at the gates of schools during the lunch break or at canteen time, when hordes of small children would rush to the gates as he pedaled slowly towards them, clutching their few cents, and shouting out, "Here comes the Milo Man". Unfortunately nobody can remember his name, although he continued his business well into the 1960s, eventually losing out to the petrol driven vans. His Milo was served from a small brass tap at the bottom of the huge can into paper cups stored in the cupboard below the can. Sadly, after the vans took away his business, his original can was left in the backyard of a house in Old Town and simply rusted away.

The tricycle image is of a full-size replica made by ipohWorld's contractor, Y Cheng Thymes, whose Principal remembers the Milo Man outside St Michael's Institution (SMI). We also gathered descriptions and sketches from others who also remember seeing the trike and its driver. As part of the research we contacted Nestle Malaysia and their head office in Switzerland. Neither had any knowledge of such a vehicle. In addition we have searched for original photographs but so far have only found one that shows to top of the driver and a vague outline of the top of the can. Replica or not, our tricycle is certainly unique.

Do you have that photo we need?

Young Perak

Ipoh Gavel Club Triggered a YouthQuake



Wow Day

On March 23, the I-innovative Gavel Club organised a Wow Day event to raise awareness on Ipoh city to its youngsters. The event was a heritage walk in Ipoh's old town with the guidance of Commander Ian Anderson, the director of an initiative to raise awareness on the history of Ipoh.

A total of 25 participants joined this event including the executive team, family members of the club, two journalists and club members. The participants got to know the historical buildings around Ipoh and the stories from back when the British were in control of Malaysia post World War 2.

"I find the systematic and orderly setting of the buildings fascinating, and the knowledge they had given to us is very valuable. I hope that the government will pay attention to these historical buildings so that posterity can still witness the former glory of these buildings," said Gavelier Chan Hei Yann, 15.

A visit to Han Chin Pet Soo museum and 22 Hale Street gallery then ensued with lunch at the Dong Café.

Hei Yann continued, "Being the first time the committee of the club organised an event, I must say we had done a fine job. I would like to take this opportunity to thank TM Pak Peter and TM Daniel Ng, the mentor and counsellor of the club, for all their guidance and support throughout the process in the making of the event. Without their help to guide us, this event could have never be held. I would also like to convey my gratitude to Commander Ian Anderson for sparing his time to help us make this heritage walk a success.

"For me, I am glad that everything worked out fine as part of the committee of the organizing team. I learned that wonderful events do not just happen, it is made through hard work and cooperation between one another. The heritage walk was a success and I believed that we had achieved our objective in raising awareness of Ipoh's heritage to the

youngsters. I am glad that I joined Ipoh's I-innovative Gavel Club as the members grow and help each other in their communicating skills as well as leadership skills. Never have I thought that it would help me grow so much."

To view the Wow Day video, go to Vimeo link: <https://vimeo.com/335609853>

Meeting Madam President

During last month's Toastmasters International conference in Ipoh, members of the Gavel Club (Junior Toastmasters) had the golden opportunity to meet Lark Doley, the International President, and talk about their experiences.

Gavelier Mande Loong, 15, was shocked and honoured when the president came over to talk to her. "Overall I felt honoured and really enjoyed the short conversation."

"President Lark Doley is a very friendly and outgoing lady. When I first heard about meeting the president of a world organisation, an image of a strict and grumpy president immediately came to mind. However, when President Doley came in, she shook hands with everyone in the room and asked for our names. That's when I realised she is a very cheerful person.

"When she made her speech, she showed us the power of words and gestures, which deeply attracts the attention of everyone. Her speech was powerful, inspiring and funny altogether. I really enjoyed listening to her.

"It was truly a wonderful and unique experience," said Mande.

Whoever wants to find a place to start building confidence in speaking, the junior toastmasters' clubs (also known as gavel clubs) or the nearest Toastmasters club is the perfect platform for developing speaking skills.

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Reader's Choice

By Vivien Lian

Top 5 Hakka Mee in Ipoh

A l dente thick noodles, topped with minced pork in dark soya sauce, these are favoured breakfast choices to start the day.

Ipoh Echo has received various responses from our readers online, these are the places which are repeatedly nominated:

Paris Hakka Mee

190 Jalan Sultan Iskandar, Taman Jubilee,
31650 Ipoh.
7am-11.30am

Restoran Hakka Mee

139 Jalan Chung Ah Meng, Taman Hoover,
31650 Ipoh.
7am-11.30am

Restaurant Hakka

529 Jalan Pasir Puteh, Taman Camay,
31650 Ipoh.
9am-6pm, Thursday closed

Restoran Beauty Baru

97 & 101 Jalan Yang Kalsom, Taman Jubilee, 30250 Ipoh.
7am-5pm, Tuesday closed

Pusat Makanan MXII

9 Jalan Dato Tahwil Azhar, Taman Jubilee, 30300 Ipoh.
8am-11.30am



Go to page 168 in *The Foodie's Guide to Ipoh's Best Eats 2* to see our pick.

Sport

Perak Sportsman and Sportswoman

By Luqman Hakim

Triple-jumper Mohd Hakimi Ismail, 28, and bowler Sin Li Jane, 27, were crowned Perak Sportsman and Sportswoman, respectively, at the Perak Sports Award 2017/18 held at Casuarina Convention Centre recently.

The momentous event was graced by Sultan Nazrin Shah and Raja Permaisuri Perak, Tuanku Zara Salim.

Present was Howard Lee Chuan How, Executive Councillor for Youth and Sports Development, who represented Menteri Besar, Ahmad Faizal Azumu.

Mohd Hakimi performed well in 2017 and 2018 winning gold at the Malaysia Open Championship, Singapore Open Championship, SEA Games and Almaty Kazakh 2017 Championship.

He won 7 gold medals last year namely, the Kuala Lumpur All-Comers Meet, Sydney New All-Comers, Kuala Lumpur Open Championship and Naypyidaw ASEAN University Games.

Li Jane's forte is in tenpin bowling. She won 6 gold medals in 2017 including in SEA Games, ABF Tour Thailand, Lincoln PWBA Open and 48th Brunswick Ballmaster Open last year.

The Most Promising Award went to shooter Loo Jie Ren, 20, and sailor Nor Nabila Natasha Mohd Nazri, 17.

Meanwhile, former national badminton player who helped the nation secure second placing in the 1976 Thomas Cup Championship, Suffian Abu Bakar, 65, was honoured with the Special Recognition Award.

The Sports Family Award went to the family of Mohd Nazri Seman. Husband Nazri is the state sailing coach, his wife is the sailing team usher while his two children represent the state (Nur Adriana Adlyna) and nation (Nur Nabila Natasha) in the sport.

The Best Team Award was presented to the state football team which emerged



champion in the Unifi Malaysia Cup, first runner up in the Unifi Super League and Shopee FA Cup last year.

S.R. Chandran, the Vice President of Malaysia Athletics Federation who is also an international technical official for major world championships received the Sports Leadership Award.

State shooting team coach, Alais Neek Sulong, received the Best Coach Award.



A New Sprint Sensation

By Luqman Hakim

A new sprint sensation has emerged in the form of Muhammad Azeem Mohd Fahmi, 15, who is being acclaimed as the world's fastest 200m sprinter in the Under-16 category.

This is based on a statement by a member of the Association of Track and Field Statisticians, Jad Adrian Washif who described Azeem's achievement as one of the best in the world of all time.

Azeem expressed his desire to join the high-performance training programme only after completion of his SPM examination in another two years' time.

A former student of a full-boarding school, Azeem wants to remain and train in Ipoh although he has been offered the facilities in Bukit Jalil and abroad.

Azeem has no desire to change his current training schedule and environment which have helped him clock the fastest 200m for his age category.

"I don't plan to train abroad for the moment, as I want to complete my studies first. Doing well in my SPM examination is my aim. A good education will ensure a better future. Moreover, I can't be running all my life," he told Ipoh Echo when met recently.

Azeem stunned the crowd with a new record in the below-15 male 200m event at the recent Malaysia Schools Sports Council (MSSM) meet in Johor in April. He breasted the tape in 21.24 seconds. He also smashed the 100m and long jump records.

The Ipoh lad won the blue riband event at an athletics championship in the Philippines in March with a record time of 10.69 seconds.

Azeem's feats enabled him to be absorbed into the national training programme for budding athletes.

Special Olympics Bocce

By Mei Kuan

A total of 106 athletes from 53 schools participated in the Northern Kinta Special Olympics Bocce Competition held recently at the Sports Excellence Centre of State Education Department along Jalan Temenggong.

It was aimed to expose students with special needs in the bocce game and improve their gross motor skills. The game, which is similar to lawn bowling, also strengthened the friendship among special education teachers in Northern Kinta.

Mohammad Nazir Akmal, athlete leader of the special Olympics led the oath before the competition ensued.

Present were guest of honour Dato' Dr Ramanathan Ramiah, CEO of Yayasan Sultan Idris Shah; Dr Winson Ambaraj, President of Special Olympics Perak and Ramli Ahmad, Special Education Supervisor of the State Education Department.

Below are the teams who emerged champion:

- Category A Boy's Doubles – SK Sungai Rokam
- Category A Girl's Doubles – SJKC Pasir Pinji 2
- Category B Boy's Doubles (Group 1) – SK Buntong
- Category B Boy's Doubles (Group 2) – SK Seri Kepayang
- Category B Girl's Doubles (Group 1) – SK Chepor
- Category B Girl's Doubles (Group 2) – SK Jelapang Jaya
- Category C Boy's Doubles (Group 1) – SMK Seri Ampang
- Category C Boy's Doubles (Group 2) – SMK Jalan Pasir Puteh
- Category C Girl's Doubles (Group 1) – SMK Jalan Pasir Puteh
- Category C Girl's Doubles (Group 2) – SMK Tasek Damai

