



Forget Cooking, Have it Delivered

By S.H. ONG



What do you do if you work and do not have the time to cook, especially when you have school-going children or just are too tied down with other chores in the house? The answer is to have food delivered to your house on a daily basis. It's a convenient way of putting food on the table.

A quick survey of Ipoh Garden and Canning Garden reveals that a good number of households subscribe to a home food delivery service.

FULL STORY ON PAGE 2

Felda Residence Hot Spring - A Perfect Wellness Hideaway



If you are looking for an exclusive wellness retreat with a Balinese makeover, look no further than Residence Hot Spring (FRHS) in Sungkai. It is located about 92km south of Ipoh.

Covering an area of approximately 6.5 hectares, FRHS has 250 sources of natural hot springs with healing properties to relieve skin conditions, stress, body aches and muscle sores, among others.

There are a total of 64 hotel rooms of varying types and 19 private villas with jacuzzis.

Enjoy the enduring beauty of the natural landscape when walking on the 200m boardwalk. Feel the warmth of the vapour rising from the hot springs below, as they envelop you.

Experience the curative miracle of algae (green moss), formed from sulphur content in the hot spring water, oozing out from the cracks in the granite rocks. The algae could be used as a scrub to brighten and soften one's face.

Visitors can try, firsthand, boiling eggs in the small pools with the temperature hovering between 30 and 100 degree Celsius. All it takes is a good seven minutes to get the eggs hardened the natural way.

Equally fun is taking a ride on the All-Terrain Vehicle along an off-road track that passes by an Orang Asli settlement beside a meandering river bank and within sight of a cascading waterfall.

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Facebook: **feldatravel**

GPS Coordinates: **N 3° 59' 48.33816"**
E 101° 23' 33.34704"

Cooked Meals at your Doorstep

The caterer usually delivers the food on a motorcycle in tiffin carriers which is the ubiquitous lunch box widely used in Malaysia and other parts of Asia to carry meals from restaurants for consumption at home. Food is delivered to your doorstep at around 11am to 1pm and 4pm to 6pm daily, just in time for those going to school and for dinner.

A typical meal usually consists of three dishes; a soup or two vegetables and a meat or fish dish. The caterer will vary the dishes on alternate days so that you will have a variety of food instead of eating the same old stuff every day. The average minimum cost for a meal for one person is RM200 to RM220 per month and for a couple, about RM350 to RM380, depending on your choice of food and frequency of deliveries. Usually, the food provided is enough for more than two pax. The charges will vary depending on whether you prefer two meat dishes and one vegetable dish over the normal one offered and whether you want food delivered from Mondays to Fridays or from Mondays to Saturdays. The choice is yours, and the caterer is ever willing to negotiate.

There are quite a few home food caterers in town and the rates are more or less the same, offering the same three-dish menus. For those who fancy some exotic food, there are even caterers offering hot and spicy Indian dishes. Here you will get your usual curry dishes all for the same price, as mentioned above or as prearranged.

In India

This method of delivering food to the homes or offices is very popular in India, especially in Mumbai. The trend there has developed into a complex and efficient way of delivering hot lunches/dinners packed in *dabbas* (tiffin carriers) to office workers and homes from food caterers. The 'Dabbawallas' or food caterers will send the packed food via all modes of transportation namely, bicycles, trishaws, motorcycles and even trains to their customers!



Dabbawalla of India

In spite of the huge demand for food delivery services there, the number of food wrongly delivered to customers is surprisingly negligible. This shows the effectiveness and efficiency of this service in India.

Convenient and Cost-effective

Mrs Lai, a housewife, who lives with her son in Canning Garden has two school-going grandchildren who come in after school to spend the rest of the day. She caters food for the family, including her daughter and son-in-law who come back from work to pick up the children. "It's such a hassle to cook these days, as I am getting on in years. My days of going to the market and coming home to cook for my now five grown-up children every day during their early years is in the past. With the cooking taken care of by someone else I can now spend more time serving my church, tending to my garden and looking after my three 'adopted' children (dogs)," says the affable lady.

Another subscriber to this service Ms Lam, a retiree from Ipoh Garden South says, "I've been having catered food for almost 23 years. It started way back during my parents' time in 1996. Since we were all working and didn't have time to cook, what better way than to come home with your meal all cooked and ready to eat. My parents have since passed on, but I am continuing to have catering for my dinner and have been with the same caterer for the past nine years now. I have few complaints and am quite happy with the food that is supplied."

A local doctor also has catered food for his live-in maid for the day, as both he and his wife are working. However, she cooks dinner herself for the family when she returns from work in the evening. The maid is more than happy with this service as she has more time to concentrate on household chores.

Many people resort to this service nowadays because both husbands and wives are at work in the day, which leaves very little time for cooking in the evening. Furthermore, one has to go to the market to buy the raw materials, prepare the ingredients then cook the food. After that, there is the big clean-up before you even sit down to eat. Don't forget there's another round of cleaning after the meal is done. With busy lifestyles these days, people find it more convenient to cater than cook for themselves. And with the ever-rising cost of food and ingredients, it would seem that this is a more cost-effective way of having your meals at home.



An alternative for Young Adults

The latest trend among the new generation is ordering food online and having them delivered to your homes or offices. This method is just as convenient as one only has to place an order by telephone or e-mail and eat in the comfort of one's own home. Although there is a service charge involved in this service, it seems to be catching on and the extra cost is negligible and still affordable, say the youngsters. FoodPanda and Runnermyrun in Ipoh seem to be doing very well in this trade and you can see their motorcycles zooming all over town delivering food to their customers.

Looks like the trend for this fast-food delivery services started by KFC, McDonald's, Dominos, Pizza Hut, Marry Brown and others is fast catching on with our new generation. Will this new trend of home food-delivery services pose a threat to the traditional tiffin carrier business or is it a threat at all?

DO IT AT OWN PERIL

The authorities should recognise Orang Asli as the natives of the land with rights. Tijah wondered how the MB could make such an assumption without alluding to facts.

From The Editor's Desk

By Fathol Zaman Bukhari



This may be an old tale but retelling it is timely in view of recent events. It has to do with the Perak government's refusal to recognise the Orang Asli's (OA) right to their customary land. And it was uttered by none other than the Menteri Besar himself. Although Faizal had withdrawn his statement and apologised, it is puzzling how he made such a conclusion.

Tijah Yok Chopil, an OA activist, felt that the MB was ill-advised and, perhaps, was unaware of the existence of customary land which the OA had been passing down from generation to generation, a custom practised since time immemorial. Even the British colonists were respectful of the indigenous people's rights.

During the Malayan Emergency (1948 to 1960) security posts were established in the OA heartland to keep Communist insurgents from influencing the people. It was also to ensure that their settlements were adequately developed and protected.

The practice was continued in the 1970s and 1980s. The responsibility was taken over by the Malaysian Army. I can attest to this as I was stationed at Pos Poi, Pos Brooke and Pos Telanok in Cameron Highlands in the mid-1970s. Our task was to secure the jungle "forts" and protect the inhabitants. It was not an arduous task but something we soldiers liked. And that was how I came to respect these 'jungle people' for their honesty, naivety and simplicity, qualities which we city folks are lacking.

The authorities, Tijah insisted, should recognise OA as the natives of the land with rights. She wondered how the MB could have made such an assumption without alluding to facts. "It's easier to deny that customary land exists and not include this fact in the state constitution," she posited.

According to Tijah, customary land in Perak is divided into 21 zones and a member of an Orang Asli community would not encroach into an area belonging to another community. This ruling was so strictly observed that if a marriage between persons of different areas were to end in a divorce, neither the woman nor the man could claim any right to the other's customary land.

Each of the 21 zones is divided into three areas: a residential area, an area where food is sourced and an area of the forest which is allowed to heal after years of exploitation as a food source. Since independence, said Tijah, the government had not included the Orang Asli in its development plans, resulting in them being regarded as squatters on their own land.

For the record, the Orang Asli had made numerous attempts, in the past, to speak to the Barisan Nasional government over land issues but were ignored. Tijah felt that there should be political will from the current Pakatan Harapan government. But, sadly, there is none. However, there was a brief respite in 2008 when logging activity in Orang Asli customary land near Gopeng was halted after representation was made to then Menteri Besar, Nizar Jamaluddin, by an NGO.

Recently, following criticism of logging activities said to have been carried out in areas that the Orang Asli regard as customary land, Perak Menteri Besar Ahmad Faizal Azumu said the state constitution did not recognise any land as customary land for Orang Asli or any other group.

The Malaysian Bar Council voiced disappointment over the Perak government's decision to demolish a blockade set up by the Kampung Tasik Cunex Gerik Orang Asli community to protect land claimed to be within its customary territory against the encroachment of loggers.

Juli Udo, the director-general of the Federal Department of Orang Asli Development, defended the blockade, saying it was "not to oppose development planned by the state government" but to "defend ancestral land, which has been passed down for millennia."

Following Faizal's statement, DAP legal bureau chairman Ramkarpal Singh responded that the Orang Asli had both common law and statutory proprietary rights, under the Aborigines Peoples Act, working in their favour. I feel this is what that prompted Faizal to backtrack and make a U-turn. A legal wrangle would have ensued if he had persisted.

The PH state government would be better served if it acts in the interest of all, not just the privileged few. I am certain, as many had insisted that there were many Orang Asli in Faizal's state constituency of Chenderiang who had voted for him in GE 14. Incidentally, Faizal won the seat by a razor-thin majority of 39. He is his party's only representative in the state. He should take heed of this.

Wanton Slaughter of Cattle and Goats

Hari Raya Haji or Eid Adha which fell on Sunday, August 11 had come and gone. In the process, I believe, thousands of cattle and goats were being summarily slaughtered in the name of religion. Though the festivity is of significance to Muslims the world over, the killing of innocent animals is not. I have said this before and will continue to say the same.

And to make matters worse is the excitement that comes with the event. I received numerous videos, besides the colourful virtual Raya cards, depicting the 'insane' slaughter. And all of these videos were accompanied with either a thumbs-up or a smiling emoji as if to glorify the carnage.

On my way to town on Saturday, August 10, I chanced upon a mini lorry carrying two skinny cows. They were tied to the lorry frame in the rear. They looked so forlorn. Sadness was written all over their faces. It looked as if they knew what fate awaited them at the end of the journey.

If the 'slaughter' is done in a humane way, it is fine. But that is not the case. The poor animals are stressed out before being butchered for their meat which will then be



distributed to the poor and those who have contributed.

Religion aside, my question is – is there a need when beef and mutton can be obtained from other sources other than via some crude, inhumane and unhygienic methods? There is still dignity in death, come what may.

EYE HEALTH – SURFER'S EYE

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about SURFER'S EYE.

Surfer's eye is a condition where the transparent conjunctiva that normally covers the white of the eye, forms a triangular wedge-shaped pinkish overgrowth covering the cornea. This wedge-shaped conjunctival tissue is also called pterygium (pronounced with the "p" silent). It may involve one or both eyes. It may remain small or may grow large enough to interfere with vision. When someone has a pterygium, it will be clearly visible to others and is seen as a fleshy, reddish growth seen commonly affecting the inner corner of the eye.



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

CAUSES

The cause is not really known but there some observations. Pterygium occurs more often in people who are excessively exposed to sunlight and wind like those who go for regular surfing. It is therefore seen most often in those individuals who spend a great deal of time outdoors, especially those who work in sunny climates. It is thought to be due to the chronic exposure to high ultraviolet-light, low humidity, dusty and smoky conditions. Patients who suffer from underlying dry eyes may also be more prone to developing a pterygium. It is therefore also seen commonly amongst farmers, fishermen, and in those people living near the equator. Golfers who play golf without protective sunglasses may also be more prone to develop pterygium. Pterygium is rarely seen in children.

SYMPTOMS

Pterygium often has no symptoms. A fleshy growth commonly on the inner aspect of the eye will be seen. It is painless except when it gets inflamed. When this happens, it becomes red and swollen due to the dilated blood vessels in the pterygium. It may then result in a foreign body "scratchy" feeling in the eye. In some patients, itchiness of the eye or a dry sensation may occur. An increasing need to change spectacle powers may also occur when the pterygium grows large because it has a tendency to induce astigmatism resulting in blurry vision. In advanced cases, the pterygium can grow over the clear part of the front of the eye (cornea). When this happens it obscures the optical centre of the clear part of the eye (cornea) resulting in a significant loss of vision.



TREATMENT

In the early stages, no surgical treatment is needed. A person is usually advised to wear protective sunglasses whenever exposed to sunlight or windy conditions. Any underlying dry eyes will need to be treated properly in order to prevent progression of the pterygium.

In cases where the pterygium grows to the extent that it blocks vision or develops symptoms of inflammation that are hard to control, then it should be surgically removed. Should surgery be done, the surgical outcome is usually good in most patients. However, a pterygium may return after it is removed. Wearing protective sunglasses and a broad hat to prevent the exposure to sunlight is advised.

For more information, call Gill Eye Specialist Centre at Hospital Fatimah (05-5455582) or email gilleyecentre@dr.com

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Smart Politicians and Clever Developers

They do things differently in other parts of the world. Many foreign developers lack our expertise and financial ability. They are not good at seizing opportunities for creating personal wealth. Moreover, none of these nations are led by a politician with extraordinary business acumen and brilliant communication skills.

Take our natural resources. Our developers can turn something as simple as rock, into money. They could sell sand to the Arabs.

In our vast back garden, cutting down a few logs, will not harm anyone. Our industrialists and politicians know that trees grow quickly in the tropics. We have plenty of sun and rain, to stimulate plant growth. The overseas anti-logging activists do not know our climate.

Last year, in Vietnam, around 15 million tourists visited the breathtakingly scenic country. One favourite destination is Ha Long Bay, which is nothing more than limestone hills and rock formations. It is probably the most beautiful bay in the world.

The views of the 1600 islets and islands, at Ha Long, are stunning. Mists shroud the hills in the early morning. From afar, the limestone cliffs resemble those in and around Ipoh and you would be forgiven for thinking you were somewhere in the Kinta Valley.

If you are an intrepid adventurer and have seen the limestone cliffs of Vietnam and the karst hills of Guilin in China, you will agree that our Kinta Valley has some equally beautiful, interesting rock formations.

Caves, in these hills, have stalagmites and stalactites, which present a visual record of the age of the hills. Some of them have paintings which detail the presence of human activity from thousands of years ago. Fossils are another good indicator of human and animal life. Tools like flint axes have survived from the time when man first settled in the area.

In other parts of the world, these would be carefully collected, studied, catalogued and presented to the world so that others can learn about the past. However, we don't really see a need for this.

Our capitalist roots make us very pragmatic. We can turn rock into cement. What use are the hills around Ipoh? They block our view. They stop wide-bodied planes from landing at Ipoh airport. If we had to have towering structures, we might as well have skyscrapers. At least they house people.

Our developers blast the hills and make them into cement for the construction industry, or turn them into slabs of marble for the overseas market. At least the rich foreigners will enjoy Perak marble, which graces their kitchen floors and bathroom walls.

We can mine sand. We take it from our rivers and seas. After all, sand is just weathered rock. What is taken from one spot to be dumped in another place, should not be harmful to the environment. The fish, prawns and turtles, can just relocate to another part of the sea. The ocean is a vast place and can accommodate all of them.

If truth be told, we could probably stake our claim on parts of Singapore, which has been the subject of a massive reclamation exercise, over the last few decades. A large quantity of sand from Perak was probably used to enlarge Singapore's landmass. So, again, our developers and sand mining companies, are forward-thinking. They are responsible for the newly expanded Singapore. Perak is huge. We need not worry about sharing our land so that other nations can prosper.

In Ipoh, our developers excel. The old buildings in Ipoh, and several other towns, like Taiping, and Papan, may be rich in history, but what use is history? Someone will have to do much research and compile a list of the important events and people that were associated with these places.

The British may think they are clever enough to hang on to their old buildings, and charge tourists a lot of money, to explore them. These are places like Buckingham Palace or the ruined monasteries. Just think of the maintenance costs. We don't do maintenance in Malaysia. We would rather replace things when they break down. The British even charge a lot of money for viewing piles of rocks, like those at Stonehenge. We are smarter. We would have smashed the rocks for use in construction.

Our developers see beyond the old buildings, the Neolithic rocks or ancient graves. They know that the land is the most valuable commodity. The building may



THINKING
ALLOWED

by Mariam Mokhtar

as well be demolished to make way for a new shopping mall. At least, thousands of Ipohites will enjoy searching for bargains.

In the interior, our jungles serve no purpose. The trees can

be logged and sold. The area can be cleared and oil palm planted. Tigers are dangerous animals and will not harm us when they retreat further into the jungle. The Orang Asli (OA) can be resettled into designated kampongs and the government, with the aid of tourist agencies, can exhibit them as traditional indigenous villages. The OA can offer blowpipe demonstrations and rattan-weaving classes. Everyone will be happy, although no one seems to know which oil palm plantations have good stocks of rattan.

Pangkor will start its duty-free status in the New Year. The influx of visitors will be good because the government may finally be persuaded to think about a master plan to improve the sewage system, the supply of water, waste disposal, environmental pollution control, and island infrastructure. People will still be able to enjoy the seafood, the beach and the hornbills, even if the corals have been destroyed. The tourists can venture to Indonesia, for the luxury activity of scuba diving, to see fish and coral.

So you see, it is not just Penang or Singapore that can be a developer's paradise. Perak has many treasures which can be converted into ready cash.



iSpeak

By A. Jeyaraj

KTM's Perennial Problems

There was a recent complaint from one of our readers about the problems faced by passengers using the subway at Ipoh Railway Station. It is poorly lit and only four of the 10 fluorescent lamps fitted along the wall are working. The overhead lights are never on. The floor is always wet with stagnant water. The CCTV camera is missing and there is no security personnel on duty. When I visited the place I noticed that, except for stagnant water, the other problems were there.

I enquired with Amer, the station manager. He was busy but took time to speak to me. I showed him the photos taken on my phone. He asked me to forward them to him. He tried to contact the person responsible for maintenance but was not able to reach him. He had no time to listen to the other problems. I forwarded the photos to him.

There is a notice on the wall of the subway stating the door would be closed from 7pm to 7am. The first train from Ipoh to KL is at 5am and the last train arrives after 11pm. The door should be opened based on those timings.

There are passengers who use the back entrance regularly to avoid traffic jams in front of the station. I have also seen workers using the subway. KTM should encourage passengers to use the rear entrance to reduce traffic congestion at the front entrance.

Ipoh Echo's editorial in Issue 309 (Aug 1-15) was about delays of ETS trains. Very often staff at the station are unable to provide any information on what's going on.

Complaining to the station manager is a waste of time as action is hardly taken. These problems are not new. I had raised the matter with the previous station manager over a year ago. He listened and told me about his other problems.

KTM should set up a dedicated department for customer relations. There should be a mechanism to monitor these complaints and complainants should be informed once the problems are resolved.

ETS is the preferred mode of public transport. People expect a high standard of customer service from KTM.

Update

I met the Station Manager on August 2 and revisited the place on August 10. No action has been taken. Two men were sitting on the steps and smoking. Since I went with two friends, I was brave to go down and have a look. Passengers have to use the subway at their own risk.



SeeFoon is taking a culinary break this issue

Opinion

Closing Down Vernacular Schools is the Wrong Policy

Almost all Malay politicians will campaign for the protection of Malay rights especially during the general election or even during a by-election to win more votes.

Almost every other week, we also read wannabe politicians from UMNO, PAS and even some Pakatan Malay parties, looking for publicity and popularity, call for the closing down of vernacular or mother-tongue schools, especially SRJK Cina, as part of their Malay rights campaign.

The latest, but not last, attack against these schools – treated by policymakers as stepchildren of the national educational system – now comes from Muslimat PAS, the women's wing of the party. At the party's 65th muktamar, the vice-chief, Salamiah Md Nor called for an end to vernacular schools. "Dewan Muslimat has one hope – we are unwilling for Mandarin to become a second language. We want the second language to be that of the Quran and Sunnah which have been neglected for generations, causing some Muslims to become ignorant about the Quran."

While vernacular school bashing has been par for the course for Malay aspiring political leaders, it should be pointed out that *sekolah kebangsaan* (SK) have also come for their share of criticism as breeding grounds of racial intolerance.

Are vernacular schools a source of national disunity?

Although Chinese- and Tamil-medium schools are protected by the Constitution, one of the favourite tactics of these politicians is to claim that vernacular schools are one of the main sources – if not the main source – of national disunity. This is a ridiculous claim with no evidence provided to back it!

In fact, these Malay politicians are doing the Malay electorate a great disservice in two ways.

One is that they are successfully distracting the Malay public from focusing on the real educational problems of the Malay school children, as pointed out by Dr Lim Teck Ghee in his recent article, *Schools a Source of Disunity* in *The Sun*.

The other is that they are ignoring the importance of Mandarin in today's world where China is rapidly becoming the engine of global economic growth.

Important to trade with China

Allow me to remind you of the importance of Mandarin. Many in this country may not be aware that China has the second biggest GDP in the world, next to the United States. In fact, China's GDP is expected to exceed that of the United States in the next few years.

China is also our largest trading partner. Without investments from China and exports to China, our economy will fall into recession and unemployment will rise.

All Malaysians, especially Malays, should learn Mandarin so that they can help the country gain entry to the huge Chinese market, as well as help themselves. Some fluency in Mandarin will go a long way to improving the career and income prospects of any Malaysian. This is a no brainer which no Malay politician seems to want to acknowledge.

I strongly believe if we trade more with China, we can achieve Tun Dr Mahathir's vision 2020. Our neighbour Singapore, Taiwan, and South Korea have already become developed nations. They do not even have timber to build their houses; whilst we were once the biggest producer of tin, rubber and palm oil in the world should become a developed nation. Moreover, we have petroleum, yet we are not classified as a developed nation. Why?

Mandarin is one of the six languages recognised by the UN

The importance of Mandarin has been recognised by the United Nations where it is one of the six official languages since the establishment of the organisation. I predict that in the near future that there will really be two dominant global languages – English and Mandarin.

Koon Yew Yin

ART – A Tool for Social and Political Change

Art in its various forms has been an instrument for social and political change in all cultures over the ages.

It's no different in Malaysia, although it must be said that its voice was never strident and never violent, unlike in some countries.

Dormant for a long time, the embers of artistic protests have sparked again; albeit on too few occasions and by too few artists.

Traditionally, protests and criticisms took the form of Pantuns.

This art form has seen a revival recently when the Tengku Mahkota Johor used Pantun to remind his subjects of their place.

TMJ posted on the net: "Don't forget an Eagle and a Sparrow do not fly at the same height. Be aware of where you stand and keep your dreams lower than the grass"

@Kylebrachon's Pantun is one of many responses.

"Helang terbang tinggi

Pipit terbang rendah

Pabila tinggal tulang dan gigi

Pakaian dan pangkat tiada faedah"

(Eagles fly high, sparrows fly low, when you are just bones and teeth, clothes and position have no meaning).

This nose-thumbing at royalty (unimaginable in the past) is an indication that the position of the royalty is not what it used to be – Malaysians are shaking off their feudalistic mentality.

While artists have used their paintings as flags of rebellion against the injustices of society. Rebellion against the exclusion of certain sections of society. Condemnation of the abuse of power. Apartheid.

In Malaysia, it is more the exception than the rule. A reputable art expert when asked could only mention two artists – Samsuddin Wahab and Noor Azizan Rahman. But who else?

The rest are just painters of "pretty pictures" as Djoko Pekik the great Indonesian artist-activist calls them. Other than the aforementioned artists work, I cannot think of a painting that even hints at protest let alone open rebellion. No cries of defiance, no pricking of our collective conscience. Where are the paintings which talk about racial, gender, religious and LGBT discriminations? The exploitation of migrant workers? The corruption by those in positions of power? Expose the charlatans who peddle religion to enrich and empower themselves?

With regards to the visual arts (paintings, sculptures); if I am allowed to say this without sounding sexist: Paintings are not just about beautiful girls – bimbos if you like – although that has its place. It must also be of girls with brains and spirit; multi-layered; darkness and light; more Sheherazade than Salome.

From Khartoum to Yangon to Jakarta and Cape Town, artists and actors and graffitists protested – each in his own way. Many of them paid a high price for their cause, but their conviction never dimmed.

What about Malaysia?

It's not just the traditional artists. Can anyone point me to a street art anywhere in Malaysia that is vaguely a protest? Oh yes, in Ipoh there is a painting of an old fogey drinking coffee who has a vague resemblance to Chin Peng. That was enough for the authorities to demand that it be painted over. Looks like our authorities have not shed their "reds-under-the-beds" mentality. Yet our government has now invited the reds into their bed to do business.

While our painters have failed, others of the Arts fraternity have had some measure of success.

Usman Awang's seminal poem "Sahabat Ku" was a full-blooded attack on bumiputeraism – the racial wedge that has divided our people. It spoke of the shattered dreams of a Bangsa Malaysia . . . and more.

Yet how many Malaysians know the work of this poet laureate, novelist, playwright, rebel, maverick, activist, true Malaysian Patriot?

Usman's work is probably kept from our school children in case they are corrupted by liberal thinking.

And I suspect many Malays are embarrassed by the truth of his writing for which they have no credible counter-argument.

Zuna's caricatures have caught the imagination of the nation. Unfortunately, they also caught the attention of the authorities who obviously don't like his protests.

Yasmin Ahmad's films (e.g. Sepet) have always pushed the idea of a multi-racial Malaysia.

The millennials were not to be left out. Namewee, rapper, hip hop artist, composer, filmmaker and actor did his part to expose racism in the country.

The side-splitting duo of Alan Pereira and Indi Nadarajah in Comedy Court take the mickey out of everyone – politicians, religionists, Chinamen, Kelings, Melayus; no one is spared. They eviscerate that e-system and get away with it.

Before you crucify me for using inappropriate words – let me say I do not subscribe to political correctness for its own sake. We have used Chinaman, Keling and Melayu for a long long time without anyone taking offence. That was before this generation grew thin-skinned. Despite that, we got on better than this generation with its political correctness. So there!

They have all contributed but we need more – especially from our painters. As they say; a picture is worth a thousand words.

If everyone chips a bit at the rotten socio-political edifice it will fall.

To be frank, we are a timid lot compared to the Indonesians or South Africans or for that matter anyone else I can think of except the Singaporeans.

Most painters struggle to survive, yet they remain true to themselves and their art. Djoko Pekik had to clean sewers for 17 years to support his family and his calling. Budi Siagan a Medan artist lives from hand dreams to mouth but his defiance burns as fiercely as ever.

Michael Malaapo had his house burned down for his paintings depicting the evils of racism.

In the Arts community, it is our painters who are most timid. I think this has something to do with being government-sponsored (most received government scholarships); many still depend on government patronage or that of corporations like Petronas and other GLCs. Maybe that's why they are timid.

I once asked my friend Koay Soo Kau, curator of the Galerie Seni Mutiara in Penang, to have an exhibition of protest art (paintings); his answer was "where will I get the paintings?"

Say no more.

Artists (all disciplines) are more powerful and influential than they realise. Through their art, the corrupt are exposed. The powerful brought down. Religious charlatans unfrocked. The marginalised and disenfranchised can be heard and seen.

Art is a slow-burning fuel which once ignited, shed light on issues governments cannot ignore and are not able to extinguish.

Artists are indispensable to rebuilding Malaysia; they only need to light the fuse for change.

Yin

The Man from TR

Business

Yi Chef Ultimate Knife

By Mei Kuan

Chef Chai Wee Khun, the founder of Volcano Grill Restaurant, launched his own knife brand named, Yi Chef Ultimate Knife on Sunday, August 4.

The first-ever outlet has expansion plans in the pipeline to be located in Singapore, Indonesia, Philippines, Vietnam and Hong Kong.

"With a very long history, the knife is made of hard Damascus steel of more than 126 layers and punched more than 1000 times. Thus the steel lasts longer and is sharper. It is suitable for use by both professional chef and housewife or house-husband. For me, it is a collection," Chef Chai explained to Ipoh Echo.

"With formula from Japan, the steel is sourced from China. Every knife needs sharpening and care. For instance, if you cook only a few times a month, the sharpness could last for up to three years. If the knife is sharp enough, you would not break excess tissue while cutting meat which in turn retains the meat's tenderness and juice," he added.

When asked on the inspiration behind the brand name, he told Ipoh Echo, "Yi symbolises the number one. The Yi Chinese character that I use has two components which depict mouth and knife to reflect that one cannot dine without a knife."

With a price range of RM350 to RM3000, there are over 120 types of knives available categorised by cuisines (Japanese, Western and Chinese among others).

Present at the opening ceremony were guest of honour M. Kulasegaran, Human Resources Minister, Chef Sun of Sun Gourmet Kitchen, Chef Chern, President of Chefs Association of Malaysia and Chef Audee, President of Penang Chefs Association.

The highlight of the day was a sashimi-cutting demonstration using said knives.

The shop opens from 10am to 10pm every day except Monday. For the month of August, there are discounts of 20% to 25% for selected knives. Every three months, new



knife models and patterns will be created.

For more details, visit the Facebook page of Yi Chef Ultimate Knife. The outlet is located at No. 31 Jalan Ampang Baru 6B, Pusat Perdagangan Ampang Baru, 31350 Ipoh.

Personality

A Voice for the Voiceless

By Mei Kuan

Taiping-born Malika Devi Ramiah Oates, who was honoured with the Iron Lady Award 2019 recently, shared her commitment to animal welfare with Ipoh Echo.

Malika went to the United Kingdom in 1971 to train as a nurse and subsequently was operating theatre manager right before early retirement. Trained in London and moved to Chelmsford Essex after marriage, she is currently residing in Ipoh.

"We relocated to Malaysia from the UK in 2005. My husband, Victor Oates, found an injured puppy by the roadside and took her to Dr Ranjit, a veterinarian in Ipoh who told us all about the strays. We adopted the injured puppy and she is still with us. Then, Dr Ranjit founded Noah's Ark Ipoh in 2009 and it all started from there," she explained, citing Dr Ranjit as her mentor. Noah's Ark Ipoh (NAI) was the pioneer for TNR (Trap-Neuter-Release).

What keeps her doing what she is doing? "I feel great when a tiny abandoned puppy or kitten pulls through and finally gets adopted. Or when an injured dog or cat is able to walk and play. Disabled animals are amazing. We are showing an act of compassion and kindness which can be mirrored by all watching, especially our children," she enthused.

Like many other animal welfare groups, helping and rescuing strays are no mean feats.

"Lack of manpower and funding hold us back. Many think that we should drop everything and attend to their SOS calls without understanding that we are unpaid volunteers with daytime jobs and families. Some callers can be rude and abusive too," she added.

When asked on her thoughts on Perak's journey to animal welfare improvement, she opined, "We have so many people problems to solve before any time is given to animal welfare. We are working on the stray population in Ipoh. The key is education. Unless the public take on responsible pet ownership, we will continue to have strays on the streets. It's a human problem. People who do not neuter their pets but continue to let them roam are contributing to the stray population. A cat can reproduce every 3 months while a dog every 6 months. Owners who cannot keep the litter will abandon them and the circle continues."

"Animal welfare volunteers are forever pleading with people not to buy but adopt. We have nothing against pedigrees, but it will be wonderful if people adopt too. Most local dogs and cats are just as pretty and often highly intelligent. It's important to see past their imperfections if any, as these animals have so much to give," she highlighted.

Here's her precious advice for aspiring animal advocates: "Don't be scared to help. Making a phone call and expecting the volunteers to rescue is not enough. Donate towards the care and make it your contribution to the community. Highlight animal abuse as there are laws to protect animals."

Deeply humbled by the Iron Lady Award, the amiable Malika concluded, "Being a voice for the voiceless is hard work. We are often questioned on why we spend our energy fighting for animal rights. My answer to that is simple. They are God's creatures and have every right to share this planet as you and I. Therefore we have to speak up for them."



Wellness

Ketones for Parkinson's

By Mei Kuan



A charity lunch by Perak Parkinson's Association in collaboration with COCOLAB at Secret Garden Restaurant saw the special introduction of COCOLAB's latest product, MCT C8 Oil (caprylic triglycerides).

Held on Sunday, July 28, a total of RM500 was raised from the intimate lunch. Present were Samuel Ng, president of Perak Parkinson's Association, Alexander Khor, director (research & development) of COCOLAB and Angeline Khor, director (business development) of COCOLAB.

Manufactured in Malaysia and available internationally, MCT C8 is made of coconut oil and palm kernel oil.

MCT C8 delivers double the level of ketones compared to normal MCT (medium-chain triglycerides) oils. Ketones are small enough to be an alternative energy that fuels the brain and is known to aid brain disorders such as Parkinson's, Alzheimer's, dementia and autism.

A substitute for glucose, ketones alleviate fatigue, protect against the risk of cancers, improve concentration and reduce blood sugar and insulin level.

It is popularly included in a ketogenic diet for weight loss because of its ability to suppress hunger spikes and to send the body into ketosis, a metabolic state in which the body switches its energy source from glucose energy to ketone energy which comes from burning excess fats in the body.

Available in travel-friendly sachets, the taste-free product mixes well into food and can be consumed on its own before or after a meal. For instance, it can be incorporated in salads, juices, coffee, oats or baking recipes.

COCOLAB is a research-based and knowledge-driven company whose principal activities revolve around natural health supplements. Its products are targeted at those who prefer to nourish and heal their bodies without the need for synthetic drugs and harmful chemicals.

For more details, readers can visit its website: www.cocolab.my.

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Arts and Culture

The Newsroom has Changed

By Chris Teh

The July instalment of Sharpened Word saw two notable journalists namely, Jahabar Sadiq and Jaspal Singh, on the panel. The monthly session was held on Saturday, July 27 at 22 Hale Street.

The discussion centred on the next generation newsroom and the relevance of news reporting in view of the popularity and spread of online media.

Jahabar, the editor of an online news portal, The Malaysian Insight, insisted that his smartphone is his newsroom.

"I can do everything on my smartphone, from editing on-the-go to going live on social media," he remarked.

The advent of social media, said Jahabar, had allowed newsrooms to post articles on their websites and share them on Facebook, Instagram and Twitter. Given that social media users are just a few taps away on their phones from reading online news articles, loyalty to print media has started to diminish.

"With the popularity of online media, print media is on the way out. The older generation is used to buying a physical newspaper, but the younger ones are not inclined to do so," he said. "That's the reality of life. The younger generation is more visual. They prefer to watch videos or anything that moves than having to read lengthy articles with still pictures."

Jahabar plans on starting "The Emoji Insider", a news portal using only emojis with no words involved to report news in the future. He believed that good story-telling survives any media.

"Anyone who writes and observes well can also write effective scripts for podcasting or television. Their eyes and fingers might be occupied but their ears are always free," he explained. "Journalism today does not only entail the traditional writing and still pictures in a news article but it also involves anything that is electronic — radio, podcasts and videos, all of these in a wee smartphone."

Jahabar added, "In the future, ethical writing will be a very important skill in journalism. Precise words for precise actions are what should be practised by journalists. My generation is most probably the last generation of journalists that prefer a second pair of eyes to scan through any written piece of articles."

Jaspal, a journalist with over 30 years' experience, remarked that the newsroom today is not progressing but in a survival mode.

"They're practically producing the same articles, differing only in angles and words," he said, citing prohibitive media laws as a reason why they are "playing it safe."

"Thankfully, no reporters were arrested as of yet since May 10, 2018," Jaspal enjoined, referring to the Pakatan Harapan coalition's victory in the 14th General



Election last year. "The fact that newsrooms went into social media to share their online articles is not progress."

He feared that news reporting would become irrelevant in the future if journalists do not step up their writing skills to keep up with competition.

"The newsroom operation has not changed much, which is why they're struggling these days. The speed of the news cycle, that journalists have to keep up with, has increased throughout the years," he mentioned. "Technology has influenced the change. Reporters are much busier today compared to the more relaxed newsroom in the 1980s. They now have to write for both print and online media."

Every media and newsroom is facing the challenge of keeping up with the rapid change in technology.

"It was much easier back then. People only needed to buy a newspaper to catch up with happenings when the internet was not a thing yet," he explained.

Jaspal lamented that reporters today are not properly trained to obtain facts and information, resulting in "churnalism", writing elements out of context of a certain report.

"For me, the idea of journalism that can impact the society will only be possible if reporters and journalists were to pick up any form of activism," he said. "Be involved in a cause. It's the only way to write truly meaningful articles."

For more information, log on to www.facebook.com/sharpenedword.kinta.

LETTERS

We reprint some of our reader's comments from our online paper. Go to <http://www.ipohecho.com.my/> to read more. The views expressed in these letters are not necessarily shared by the Editorial Board. We reserve the right to refuse or modify the letters we publish.

Rubbish Dumping Woes in Taman Kin Mee

Thank you for publishing my earlier email in your previous issue (308) of Ipoh Echo. Action has been taken and the situation improved (two piles of rubbish is now one!!).

I do not think that this is a legal rubbish dumping area as there is a warning sign and the fine has been increased to RM1000 from RM500 since my earlier email. If it is a proper site for rubbish I do wonder why Majlis Bandaraya Ipoh does not provide skips or bins.

As I mentioned, though the situation has improved there is still rubbish being dumped on the road. This is the only access road into Taman Kin Mee. Not only is it a health hazard, it is also a real 'eyesore' for the area. I fervently hope the council will seriously look into this matter and resolve it.

Thank you for your attention and assistance. It is very much appreciated.

A very concerned Taman Kin Mee resident



Mental Health is Not an Illness

"Accept Mental Health as an Illness" reads the headline in a national paper recently. To pretend such a headline does not confuse an already confused society is stupidity at best and irresponsibility at worst.

People are avoidant when it comes to a conversation on mental health. Or there is that rebuttal, "I don't want to know. It's nothing to do with me".

There was this teacher, I asked, "How do you explain to your students when they ask what mental health is?" She replied, "It's like catching a cold."

And there was this person who had just attended a five-day mental-health workshop. I asked, "So what's mental health?" she replied, "Depression". Clearly, there is that huge suspicion that mental health is erroneously equated as mental illness.

Mental health is a big topic and defining it is not easy. I did try to elucidate this through writing a book on "how to take charge of our mental health". In it, I explicitly laid out what mental health is and what mental illness is. Above all, I emphasised the MUST to seek help and Talk when "trapped with mental illness", otherwise fatality sometimes sets in.

On mental health, the book touches on:

Psychological needs: The foundation of mental health. From early development, parents have to ensure that children's psychological needs are met. The five universal psychological needs are:

1. To be loved.
2. To be heard.
3. To achieve.
4. To belong.
5. To believe in something.

A professor with the Early Development Council, Malaysia emphasised, "The child could go out to murder someone and will not bat an eyelid if his psychological needs are not met".

Mental health is best described as a cluster of enduring attributes or personal moral qualities. Consider these enduring attributes – empathy, attachment, relationships. What transforms people in life is loving and caring relationships.

It follows that mental health is a way of life. It is our personal felt sense. An individualistic journey through life. It is crystal clear that mental health is NOT a mental illness!

As per the Oxford dictionary, the word "mental" means:

A simple explanation is mental health – a mind that is healthy (and is associated with the above qualities). And mental illness has none of the above qualities, absolutely.

(Doubtless on its OWN, colloquially, the word MENTAL means affected with a mental disorder.)

Mental illness is when the mind is sick. Here the feelings, intelligence and behaviour are sick. As a result, unacceptable behaviour ensues. Unacceptable behaviours are many, examples:

- a. Flies into a rage (unprovoked) and violently hitting out on himself or on others.
- b. Isolate himself; locks himself in a dark room for lengthy periods – resulting in grossly poor personal hygiene, and poor physical health.
- c. Cannot reality-test life's situations; for example, will insist that a red rose is black.

To better understand mental illness, reflect on the following:

In psychiatry, numerous causes are linked with this. Psychiatry = study and treatment of Mental Illness.

Yes, the root causes of mental illness are many. As a Malaysian professor in psychiatry said, "Do not associate psychiatry with psychoses – madness/*gila** but to focus on Stressors that contribute to mental illness. Only with this paradigm shift can there be health for all Malaysians". This is the Social Model of mental illness.

On this note, people need to be aware that STRESSORS that befall us are deadly. All these can be referred to as "problems of living", and when a person lacks the skills proper feelings, intelligence to deal with these, mental health is the end result.

Another pointer: why is STIGMA equated with mental health? (Which seems to be the case). Stigma = definite characteristics of some illness. And mental health is NOT an illness!

Next, let us explore the types of stressors:

1. **SITUATIONAL** stressors (these are drastic events externally imposed on us), such as exam pressure, loss of job, poverty.
2. **MATURATIONAL** stressors (brought about during developmental years and the different changes as we go through life), such as first pregnancy, teenage development, retirement.

All these can be reflected on as, as aforementioned, "problems of living"; and when one lacks the skills, proper feelings and intelligence to deal with these, mental illness comes about.

Mental Illness is always seen on a CONTINUUM: from the mild-end onto the severe-end. When one is at the mild-end and if one fails to seek help and talk (this is crucial) fatality can be the end result.

I repeat: Mental health is not an illness.

It is also confusing when writers use multiple terms to describe mental illnesses. It is not uncommon that in a short write-up there will be, for example, mental health issues, mental health problems, mental health disorders all dovetailing each other. I suspect that readers will question: "Do they mean the same thing?" This adds confusion to an already confused society.

Yet nothing tops this: "Accept mental health as an illness".

With the sweep of the pen, a catastrophic wave of confusion further entraps an already confused society!!!

I hope that people reading this will begin to understand and know what mental health really is.

Betty Ong

Spirit of Patriotism towards Merdeka Celebration

The Theme – LOVE OUR MALAYSIA (*Sayangi Malaysiaku*)

The word patriot comes from *patrios* (Greek) which means 'of one's fathers'. Patriotism or national pride is the fellow of love, devotion and a sense of attachment to a homeland and alliance with other citizens who share the same sentiments.

It also involves nationalistic, chauvinistic, constant devotion, faithfulness, loyalty, staunch, steadfast, steady and true spirit. It also involves accepting the responsibility of good citizenship. Every citizen must abide by the constitution and adhere to all existing laws and orders.

A true patriot loves the country and is ready to sacrifice everything for his or her own country. The patriotic person works with full dedication and wholeheartedly for the welfare of the motherland.

There are many ways where we can express our patriotism.

1. Our first response is to defend the country from all forms of threats from within and without.
2. Respect our national anthem Negaraku.
3. Flying of Jalur Gemilang in our homes.
4. To break the racial divide among people of diverse races to overcome the racial polarisation.
5. To know our basic freedoms and core democratic values.
6. This includes justice, sovereignty, life quality, diversity, the pursuit of happiness, truth and the rule of law.
7. In a multi-religious society, we should ensure that religious harmony continues to prevail.
8. To remember the unsung heroes who have sacrificed in all fields.

Our father of Independence, Yang Amat Mulia Tunku Abdul Rahman had this to say about patriotism:

"Independence is like a tree. If everyone takes care of it, the tree will grow, blossom and bear fruit. If we neglect, the tree will surely die and fit only for use as firewood."

So let us sow the seeds of patriotism today so we can all enjoy the fruits of love, peace, harmony and tolerance, forever.

James Ratnam

ANNOUNCEMENT

MENTOR-MENTEE BATCH 4 (SEPTEMBER-NOVEMBER 2019)

The Perak Medical Practitioners' Society will be starting its 4th batch of the Mentor-Mentee programme for graduate doctors waiting for houseman postings from September to November 2019.

We invite all medical graduates waiting for their housemen posting to contact us by **August 20**. There will be a meeting with the mentees on **Sunday, August 25 at 10am, Bilik Cemerlang (Level 2), KPJ Ipoh Specialist Hospital**. At this meeting, mentees will be briefed and mentors allotted to them for the September-November 2019 session.

We would also like to make an appeal to our practising doctors (GPs & Specialists) to participate in this programme as mentors. For further details, please call:

- **Dr Yee Meng Kheong (Immediate Past President, PMPS): 017 578 4530**
- **Dr Amarjeet Kaur (Co-ordinator): 012 522 6662**

Those graduates awaiting posting who are interested to join this programme and attend the meeting on August 25, may pass on their name, contact number, university and date of graduation through Whatsapp to Dr Amarjeet Kaur.

Thumbs Down

Selfish Ipoh

Jalan Sultan Yussuf...is this the way to park?



Thumbs Down

Fed Up with Potholes

Road user Sharil Sharib is disappointed with the authorities lackadaisical attitude towards potholes on Jalan Meru Bestari B9, Bandar Meru Raya. Sharil first highlighted it to Ipoh Echo last December. Obviously, the condition of the road has not improved.



Connexion

By Joachim Ng

Back to the Original Faith

Quite possibly, many senior officials of the State Government are not aware that the Orang Asli communities of Perak have legitimate title to their ancestral lands. There are several ways to obtain a land title — one is by legally binding contract between the seller and purchaser, and another is an ancient bond forged between your ancestors and Mother Nature.

Although the Menteri Besar has clarified that the term “ancestral lands” does not exist in the state constitution, the Orang Asli’s impoverished condition implies that this ancient bond has no validity. Well, the bond with nature has not been important for civilised societies. But now that we are facing climate change, the Orang Asli’s place in national life and role in climate preservation should be a highlight of the Merdeka celebration.

The Orang Asli — Malaysia’s first netizens and it's only human occupants for more than 20,000 years — remain sidelined. If you have occasion to address secondary school pupils, ask them to name the principal ethnic groups in Malaysia. Their recital may sound correct, except that the Orang Asli tribes are usually not mentioned.

Our struggle to reverse climate change is doomed to fail so long as we continue to marginalise the Orang Asli whose faith in nature symbolises humanity’s once-strong connection with the earth. This is a bond with nature that civilisation severed. A strong indication of this severance is that all deeply civilised religious folks other than yogis view God as hovering beyond nature. In contrast, Asli spiritual elders view God as abiding within nature.

Latest published statistics of religious affiliations show the following: Muslims 61.3%; Buddhists 19.8%; Christians 9.2%; Hindus 6.3%; Confucianism, Taoism, other traditional Chinese religions 1.3%; others 0.4%. Total 98.3%. The Orang Asli’s faith in nature — the Original Faith of humanity — is not mentioned. Instead, missionaries are ramping up their efforts to convert the Orang Asli.

In the Orang Asli faith, God is always linked to nature. Living in sync with nature’s circular waste-free patterns, Asli folks are role models of eco-living and their ingrained knowledge of natural forces should be brought to the front rather than ignored. Equally significant is the deepset connection that the worldwide indigenous faith in nature has with all civilisational religions. Our modern religions didn't pop into existence like stardust from heaven; their roots lie deep and if you read the scriptures carefully you will find a link to the indigenous faith.

To re-discover natural living and reverse climate change, we need a trip back to the Original Faith and back to finding God in nature.



Community

Health Issues Affecting Men

By Rosli Mansor

In conjunction with World Hepatitis Day celebration, Pantai Hospital held a health awareness programme at Aeon Kinta City Mall on Sunday, July 28.

According to Ipoh Pantai Hospital Chief Executive Officer, Chong Siet Fong, the programme’s objective was to instil awareness in the public, especially men, on health issues such as hepatitis, prostate cancer and related diseases.

“People rarely talk about the health problems faced by men. That’s the reason why we’re organising this event today,” he told reporters.

The one-day event was officiated by MP for Ipoh Timor, Wong Kah Woh and graced by the State Assemblywoman for Canning, Jenny Choy.

Dr Eric, Pantai Hospital’s Family Health Specialist, said men tended to take health problems for granted. They’re reluctant to see doctors.

“Half of the men in their 60s and older are at risk of developing critical diseases such as prostate cancer,” he posited.

According to Eric, the Hepatitis B notification rate in Malaysia has increased in the last five years. The rate in 2014 of 12.94 cases per 100,000 people has escalated to 14.52 cases per 100,000 people in 2018.

As for Hepatitis C, an estimated 3000 new cases are reported to the Ministry of Health each year.

“Last year alone, a total of 2842 new cases of Hepatitis C were reported with a rate of 8.77 cases per 100,000 people,” he lamented.



Your Welfare Matters, Let PCSH Help

Due to an unfortunate motor vehicle accident in early November 2018, an elderly couple in Kampung Simee lost their source of income and became destitute.

Although the husband eventually recovered, his wife Madam Wong Kwi Yuen, 43 years, was not as lucky. She sustained severe head injuries and following a major operation to remove blood clots from her brain, she was left almost completely bedridden and was dependant on tube feeding for her sustenance.

As a not-for-profit hospital that is geared towards providing quality yet affordable healthcare to the underprivileged and needy strata of society, irrespective of race or creed, the Management of Perak Community Specialist Hospital (PCSH) immediately decided to intervene and assist Madam Wong.

In early December 2018, the hospital’s Head of Accident & Emergency Department, Dr Edward Lim, accompanied by Matron Loo visited Madam Wong at her home and provided her with three months’ supply of nutritional health drinks, adult diapers, sanitary products and medications as an immediate relief to her household needs.

Dr Edward noted that Madam Wong’s injuries were very serious and required very sanitary conditions and proper medications to prevent the onset of any complications. Family members were then given instructions on the basic knowledge of how to look after bedridden patients like Madam Wong.

Thanks to the frequent visits by the management team of PCSH, Madam Wong began to show positive signs of recovery. The PCSH Management arranged for a physiotherapist to visit Madam Wong to help with her mobility so that she would not need to confine herself to the bed for long periods of time which could lead to further complications.

Subsequently as of July 25, Madam Wong continued her hourly physiotherapy sessions on a weekly basis at the hospital’s Physiotherapy Unit where it was better equipped and she has shown marked improvement. All such sessions were given on a complimentary basis by PCSH.

PCSH Chief Executive Officer (CEO), Mr Nicholas Chan said he had first spotted the news in Sin Chew Jit Poh and immediately contacted the family with offers of help. He added: “I hope more people would come forth and do their part to help these underprivileged, needy and sick people because being able to help others is a joy in itself.”

Readers who know of any such needy patients that require medical treatment, can contact our Public Relations & Welfare Department at: **016 523 9000** or email us at: kkwong@pcsh.com.my for the **PCSH Welfare Fund** subsidy.



Community

Final March to a Million

By Mei Kuan

Spearheaded by Perak Women for Women Society (PWW) in collaboration with Soroptimist International (SI Ipoh), the peace-filled community project to end all forms of violence, One Million Stars To End Violence is quickly approaching its target of one million woven stars.

Launched in November 2017, it has created about 890,000 stars to date, all made of recyclable materials. Thus, join them by weaving the 100,000-odd more stars and sending it in by October 31 or even earlier!

The stars symbolise light, courage and solidarity to end violence of all forms.

"This is a community message. There are a lot of people who are anti-violence but to take it on your own, it's difficult. As a community, we know that we have actually spread that message seeing from the support that we have received. When you see the volume of stars and the different categories of people who have contributed, you know the community supports anti-violence," Sumathi Sivamany, President of PWW told Ipoh Echo on Tuesday, August 6.

"For us, it's very clear, we are saying no to violence. What better way to send the message than working with something which everyone can contribute to? It could be young children weaving the stars with their parents or old folks cutting strips. They are able to be a part of this major message. There are many silent helpers and unknown faces who believe in and contribute to our cause," Sumathi enthused.

"The many stars are in the midst to be installed and displayed all over town in stages. For instance, in a gallery above the PWW Shop are the art pieces made from the stars, curated by UiTM Seri Iskandar architectural students. Plus, Sunway College



Siew Keen & Sumathi

is coming up with a star structure. Eric Lai, a local mural artist, started painting the symbolic, multi-coloured stars all over the pillars of the PWW Shop lot since yesterday. One Million Stars is a platform to reach out and stand in solidarity against violence and promote peace," Yip Siew Keen, Co-founder of PWW explained.

The community, academic institutions and corporations can lend a helping hand by providing monetary donations, a public space to put up the display or volunteers to help hang up the stars.

"Once a million stars are achieved, we will celebrate with the community during the Car Free Day complete with a Women's March to be led by Raja Permaisuri Perak, Tuanku Zara Salim this coming November. There will be a lot of activities in the planning. It is also in conjunction with the United Nations' 16 Days of Activism against Gender-Based Violence Campaign which runs from 25 November annually," Yip added.

"One Million Stars was a project initiated in Australia. Australia took seven years to reach its million stars target while our community is taking just two years, which is no mean feat. It is a Malaysian project, with the bulk of the stars coming from Perak. Besides that, we have received stars from as far as the United States and Australia. One million stars is a massive figure with an equally strong message by volunteers and sponsors, therefore, we'd like to get into the Malaysia Book of Records once we have enough funds," she highlighted.

Interested readers who would like to join the effort can visit the project's Facebook page at <https://www.facebook.com/1MillionStars/> or drop by the PWW Shop located at 15, Market Street (next door to Market Place Waffle Café).

HAPPENINGS

Ipoh Echo IS the ONE and ONLY medium to reach Ipohites and Perakeans for your Announcements or your Ads.**Only pay RM30 for chargeable events/seminars announcements. You get 3 media avenues for the price of one: • Print (circulation 100,000) • Website (over 1 million hits per month – verifiable) • Facebook (Free public events are published FREE)**

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

ARTS & CULTURE

SHARPENED WORD. DIALOGUE WITH MOVIE DIRECTORS (Cinematic Contribution to Nation Building). **AUGUST 23 & 24, 2.30pm-5pm at PORT, Ipoh.** This event will kick off with movie screenings of the three directors on August 23 and 24 before the dialogue on August 24. For more information, log on to www.facebook.com/sharpenedword.kinta or call Peter Bucher at 019 574 3572.

THE LEGEND OF THE WHITE SNAKE. SEPTEMBER 14 & 15, 8pm at Anderson School Hall, SMK Anderson, Ipoh. A charity musical play by Anderson School Japanese Language Club in collaboration with Ave Maria Convent Choir Club. To raise funds for the renovation of the school's facilities. Price: back rows – RM20, mid rows – RM35, front rows – RM50. Enquiries: 0165210321. Facebook: [facebook.com/AndersonJLclub](https://www.facebook.com/AndersonJLclub). Instagram: [AndersonJapaneseClub](https://www.instagram.com/AndersonJapaneseClub).

COMMUNITY

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.

PAEDIATRIC UPDATE FOR PRACTITIONERS (4 CPD Points). AUGUST 24, 1pm-5pm (lunch & update) at Blue Lecture Theatre, UniKL RCMP, Ipoh. Organised by UniKL RCMP, partly sponsored by MPA. Six speakers from Paediatrics. Early-bird registration (till August 19): RM50 (GPs & Specialists) & RM40 (others). Later and onsite registration: RM60 (GPs & Specialists) & RM50 (others). Online registration: UniKL RCMP Facebook a/c or UniKL website. For cash payment, send registration form to: Ms Roslina Mohd Razali, email: roslinamr@unikl.edu.my; or Mdm Norariza Ariffin, email: norariza@unikl.edu.my, Level 5, Academic Office, UniKL RCMP. Tel: 05 243 2635 ext. 505.

ST PETER'S CHURCH IPOH. HEALTH TALK ON DEPRESSION. AUGUST 24 (Saturday), 2pm-5.30pm at St Peter's Church Ipoh, 1-A Jalan Foo Kuan Sze, Taman Asia, Fair Park, 31400 Ipoh. Speaker: Dr Esther Ebenezer, Consultant Psychiatrist. Bilingual – English with Cantonese translation. Light refreshments will be served. Register with Mary Raj 012 467 7546 or Yoke Foong 016 561 4677 by August 17.

NOAH'S ARK HIGH TEA. AUGUST 25 (Sunday), 3pm-5.30pm at Coffee House, Syeun Hotel, Ipoh. Join Noah's Ark for an afternoon of music, fun and laughter. Enquiries: 012 522 0910 (Peggy), 011 2063 0103 (Fazila) or 016 252 5566 (Winnie).

BLOOD DONATION CAMPAIGN. AUGUST 31 (Saturday), 9am-3pm at Arise Shine Assembly, No. 68 & 70, Persiaran Buntong Jaya 14, Taman Buntong Jaya, 30100 Ipoh. In collaboration with Hospital Raja Permaisuri Bainun. Contact: 05 528 3462 (office), 019 571 0364 (Bro. Mohan) or 012 593 8925 (Pas. Alex).

Y'S MEN'S CLUB MERDEKA FUN WALK. AUGUST 31 (Saturday), 7am at the Polo Ground, Ipoh. All are welcome to participate in this annual event of the club. For further details, call Y's Man K. Letchimanan 012 538 1939.

BEFRIENDERS IPOH. TRAINING FOR NEW HOTLINE VOLUNTEERS, SEPTEMBER 7-8, 9am-5pm at No. 8, Jalan Sybil Kartigas, Fairpark, Ipoh. Befrienders Ipoh is a voluntary hotline for the distressed and suicidal. They offer free and confidential emotional support through befriending. This training is open to the public. Call 012 534 0063 to register. Facebook: Befrienders Ipoh-Page.

PERAK WOMEN FOR WOMEN. WOMEN IN LOVE – A NIGHT AT THE OPERA. SEPTEMBER 21 (Saturday), 7pm at Ballroom, Syeun Hotel Ipoh. Charity dinner with a musical programme: Cantonese opera, a UNESCO World Intangible Heritage, excerpts performed by KSK Art Crew, performance by PWW & Friends Choir. Introducing Kana. For more information, contact: 012 521 2480 or 012 288 6888.

HEALTH EDUCATION PROGRAMME ON MENTAL HEALTH will be conducted at the Ipoh Adventist Community Services Center. This programme has helped many to optimize their brains and has equipped others to help loved ones recover from mental health illness, with proven results. It runs for 2 hours, every Saturday afternoon for 8 weeks, from July through August. For further details, WhatsApp us at 016 400 0271.

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).

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

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

Community

Rising Cost of Snacks

By Chris Teh

Most of us are snackers. Nibbling when relaxing at home or even while at work is a panacea for all ills. And while we moan about the rising prices of these snacks, have we given a thought to the price of making those snacks?

Sam Ching, 40, third-generation operator of Ching Han Guan Biscuits, a renowned confectionery shop in Ipoh, said the cost to produce snacks has definitely gone up in recent years.

"For example, one of our bestsellers which is the walnut soft candy requires walnuts imported from California. Back in 2011, they were roughly RM35 per kg. Today, they are priced around RM50 for the same weight," he explained, citing the annual fluctuation of walnut prices.

"At times, the price would decrease a bit, but it seemed to me that every increment is even higher than the decrement," he lamented.

Sam stated that the cost hike in ingredients has not affected the shop operations too much, although the preparations for the mid-autumn festival has slowed down other productions.

"We are focusing on mooncake production recently, so we have lessened the production of confectioneries with fewer orders," he highlighted.

Asked on the quality aspects, Sam frankly answered that the shop will not jeopardize their product quality given any situation.

"We are very lucky to be frequented by loyal and understanding customers for decades, mainly because we stay true to our quality and that is what brought us to where we are today," he said. "If we don't have any other alternatives, we will increase our product prices in the future but we will never reduce the volume of ingredients used for our products which is what our customers value."



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2. Pre-Elementary level (Thursday 7.30pm | Sunday 5.30pm | Sunday 7.30pm)

Ms. Misa 016-5042912

P. Ramalingam, 71, titbits (*kacang putih*) seller at Jalan Panglima, Old Town, stated that the price of titbits has not increased yet.

"I charge the price of titbits based on volume bought," he said.

"Some customers go for RM2 to RM3 per packet. Some even requested 50 sen!" he jested.

His normal price which is at RM1 per packet is the usual go-to for customers. Asked why he remained at that price, he answered that his customers always come first.

"Most of my customers are office workers and fellow food vendors around the area, so I always have their support. Sometimes, I am patronised by tourists visiting Old Town," he explained. "For an old-timer like me, the rapport I have with my customers is much more important than what I earn and it is too precious to have it broken by increasing the price per packet of titbits I sell."

Customers seem generally unfazed by the fact that snacks and titbits are increasing in the overall price.

Ipohite Tan Mei Kuan, 28, does not mind the increment to satisfy her occasional cravings, as long as the quality and customer service justify its price.

"Times are changing and living costs are on the rise. So, I totally understand the need to increase the price for what I nibble on. Taste and customer experience should not be compromised, of course," she explained, citing pineapple tarts as her favourite which are at least RM10 per jar.

Klang-born Shamsulfaris Azim, 23, currently furthering studies in Ipoh, found the snacks and titbits offered around Ipoh are at lower prices compared to his hometown, despite the increment.

"I wouldn't be worried about the price in Ipoh. It is always much more expensive to buy even a small packet of titbits in Klang," he explained, citing the average price to be more than RM3.

So Ipohites, we should be thankful for our blessings.

Running for a Good Cause

By Luqman Hakim

The "Kinta Miles with Smiles 2.0" charity run held on Saturday, July 20, at Polo Ground was organised by the Kinta District Welfare and Recreation Club in collaboration with the Children's Cancer Society Kami Endah which aimed at raising awareness on the importance of dental health.

Over 200 participants took part in the 5km run. It began at 7am and ended at 12pm.

Present at the closing ceremony was A. Sivanesan, Executive Councillor for Health, Consumer Affairs, National Integration and Human Resources. He pledged a RM10,000 allocation for a similar programme next year.

"I'm happy to note that the younger generation today is keen to partake in a healthy pursuit like this charity run while donating to a good cause at the same time," he said.

Besides dental health, attendees got the opportunity to learn more about cancer, its causes, cure and prevention, from experts in the field. Their briefing stands were spread around the park.

A cheque for RM8000, proceeds from the run, was handed to the children's cancer society.

"We're thankful for this timely assistance. The money will be used for the benefit of the society," said Dr Zubaidah Ismail, Chairperson of the Kinta District Welfare and Recreation Club.



Longest Ice Carving

By Rosli Mansor

A 48-hour effort to carve a 60m ice block was never in vain. The end-product had been proclaimed as the longest ice sculpture in the Asia Book of Records. The momentous event was held on Monday, August 4 at the Lost World of Tambun.

The iced miniature of the Lost World of Tambun theme park satisfied requirements stipulated. The delicate model, which included horses and birds found in the petting zoo, hot springs, water games and the theme park poles were required to last for two hours after work began at 7.15pm. It went beyond the stipulated time frame.

Lost World of Tambun general manager, Nurul Nuzairi Mohd Azahari said the thought of an entry into the Asia Book of Records was initiated about a year ago. Initially, it was meant as a training session for undergraduate culinary students.

As the idea developed, the assembled team began to research and honed-in their skills. The team consisted of 25 senior and 25 novice ice sculptors from around the country. Assistance was provided by 67 students from the Chenderoh Community College, Kuala Kangsar.

The humid weather and the hot springs in the vicinity were factors to consider. "The team had to maintain the shape of the ice carving for at least two hours to be in the reckoning. But with the talent they had these obstacles were overcome," said Nurul to reporters after the presentation ceremony.

A total of 250 barrels of ice, each weighing 100 pounds, were used to produce the engraving. The height of the main structure stood at approximately 4m.

The Asia Book of Records certificate was presented by Evelyn Kuppa and Grace Kuppa, representatives from the India-based body.



Community

Dim Sum
and Mooncakes Galore

By Mei Kuan

It is double the joy at Yuk Sou Hin of WEIL Hotel this mid-autumn festival as one can have a dim sum buffet for lunch and handcrafted mooncake for dessert, all by the culinary team led by Allan Tse, Executive Chinese Chef from Hong Kong.

The dim sum lunch buffet features 15 ready-cooked dishes (some notable mentions are stewed beef brisket with radish, pan-fried radish cake, wok-fried bean curd with chilli and garlic) and 14 made-to-order items such as the signature baked BBQ honey glazed chicken bun, deep-fried avocado roll with shredded kataifi, steamed lamb rib with bean sauce, among others.

It is priced at only RM48 for adults and RM38 for children (4 to 12 years of age). Available every day (except public holidays) from 11am to 2.30pm. Reservations recommended. The spread lasts until Friday, September 20.

Meanwhile, both traditional baked and snow skin mooncakes complete with classic to modern flavours are available for pre-order (3 working days) with four choices: durian snow skin (RM26 per piece – an all-time favourite), white lotus paste with macadamia nut in gold dust snow skin (RM26 per piece), custard paste with single yolk (RM23 per piece) and white lotus paste with single yolk (RM23 per piece).

One can also opt for an elegantly-designed box to house the mooncakes as an exclusive gift.

Preservative-free, the snow skin is best eaten within three days while the baked skin within one month.

Yuk Sou Hin (Level 1) of WEIL Hotel is pork-free. For more info, call 05 208 2228/2103. Interested readers also can visit the hotel's Facebook page.



Tourism

Perak Tourism Ambassador

By Rosli Mansor

Renowned Ipoh-born recording artist and composer Michael Wong Kong Leong was appointed Perak Tourism Ambassador for East Asia for a two-year period beginning August 1, 2019, to July 31, 2021.

According to Executive Councillor for Tourism, Arts and Culture, Tan Kar Hing, the appointment is a government effort at promoting Perak as a tourism destination besides attracting East Asian tourists to the state.

"The ambassador will help promote the state of Perak as a tourism destination in Malaysia via four themes namely, island, exploration, food and culture," he told reporters.

In view of the launch of the Guangzhou-Ipoh flights starting October, East Asian tourists from China, Taiwan, Hong Kong, Japan and Korea will be the main targets of Perak's tourism industry.

"East Asian tourists, especially from China, expect a lot due to their greater spending power. Hopefully, with Michael in the forefront, it'll help attract more tourists from that country to Perak," said Kar Hing during a press conference after announcing Michael as Perak Tourism Ambassador on Friday, August 2.

Michael will be in Ipoh in September for meeting sessions with fans to launch tourism brochures that introduce attractions of Perak.

"Pride of Perak' a mini themed exhibition which showcases unique local products via storytelling will be held during the meeting sessions," Kar Hing highlighted. "Michael will also be promoting state tourism pictures and videos in a few locations, one of them being the Royal Belum State Park."



Heritage

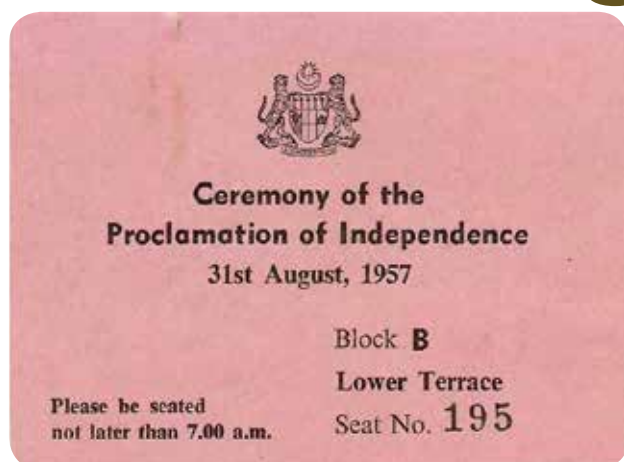
By Ian Anderson

Merdeka Heritage

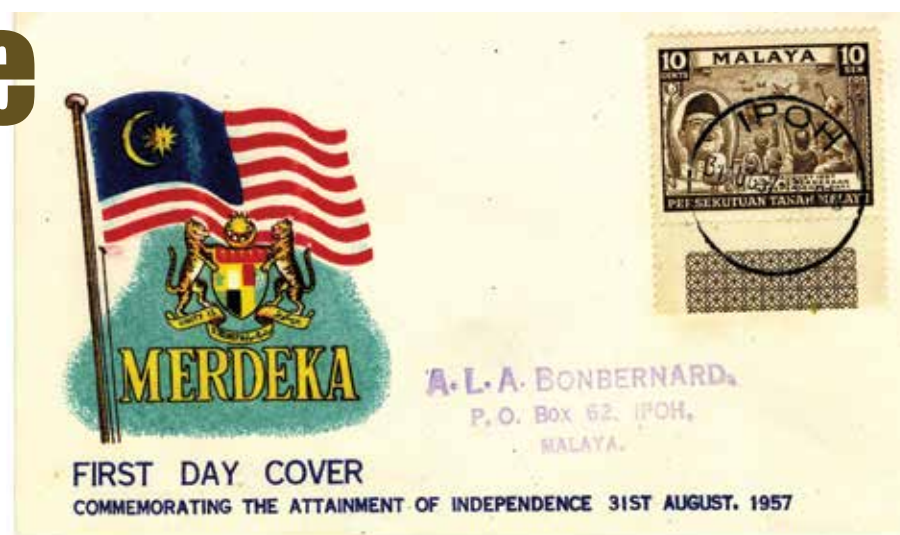
As the sixty-second Merdeka approaches, the commercial instinct to make money wherever possible has come to the fore as it does every year. For example, this year there are several different patterns of shirts to wear marking the day. Motorcycle crash helmets, in vivid colours, are also available and as the August 31 draws near, there is no doubt that more souvenirs will appear to tempt our citizens to dig in their pockets and join the Merdeka scene. Interestingly, a similar thing happens in the second-hand collectors' markets where stallholders dig out souvenirs from years gone by and label them with surprisingly high prices as heritage items, which of course they are.

However, there is a school of thought that says that a real heritage piece is something that you personally received on the actual day. But back in 1957, there was not the same commercial frenzy as we see today. There was a first-day cover from the post office. It bore a special 10 cents stamp featuring the first Prime Minister, Tunku Abdul Rahman. ipohWorld have one such example in their archive. It was postmarked Ipoh with the time it entered the postal system, "31AUG57-3.00PM" addressed to A.L.A Bonbernard, PO Box 62, Ipoh, Malaya. The envelope and contents also cost 10 cents.

Apart from the official first-day cover, lapel badges could be bought. The Singapore Standard and the Straits Times also produced Special editions, the former currently available on the Internet for RM1000 plus postage! The breweries also produced special glasses which have become very collectable and also command high prices today. But let the buyer be aware; with today's technology, there are many modern copies of the old originals being made and there is a site on the Internet that specializes in producing duplicates to order. In principle, there is nothing wrong with such items provided they are recognised for what they are, but it is the unscrupulous trader that passes such items as genuine who is the criminal.



A ticket to Merdeka Stadium



FDC 31 August 1957

But for those lucky ones who were actually part of the celebrations, there are certain items, just simple pieces of paper that will recall their attendance on the big day. In Ipoh, there does not appear to have been a great deal of celebration in 1957. Sure there was a parade on the Padang and the streets were decorated as they were in most towns in Perak, but apart from these activities, there is little evidence of great celebration. The low key approach was probably that everybody that was important had received a ticket to the memorable occasion in the Merdeka Stadium in Kuala Lumpur. There, our first Prime Minister led the ceremony, while Her Majesty, Queen Elizabeth was represented by the Duke and Duchess of Gloucester and Prince William.

For these, chosen few, probably the most important piece of Merdeka heritage they could ever have to share with their children and grandchildren would be their ticket into the stadium on the day when Malaya became a nation. Naturally, ipohWorld have one in their archive!

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Nostalgia

By Ian Anderson

Memories of Merdeka

While Tunku Abdul Rahman was doing his famous Merdeka performance in the Stadium in Kuala Lumpur on 31 August 1957, literally thousands of small celebrations were taking place, in towns, villages, tin mines and plantations right across the peninsula. This was probably the greatest celebration in this country for all time. Not really surprising as this was that day that Malaya gained independence from its British Colonial Masters. The day the Federation of Malaya became a nation in its own right.

One such tin mine in Perak was Kramat Tin in Bidor. The Allison family from England lived on the mine, which was well guarded by the Home Guard as the Communist insurgents were very active in Perak, then. Communal cooking was the order of the day for all the local staff and the family still remember that the two youngest in the family, Alison and Trish used to go down to the kitchen at lunchtime and after everyone had been given their meals, the girls would coax the cook to let them each have a big piece of the rice crust from the pans. They loved it.

Life for the children in those days was very different from the experiences of today's young people. Of course, there was school, but no tuition, and on the mine, certainly no dress code for children, minimum clothing was normal for young boys and girls and nobody even noticed!

Turning to Merdeka on the mine, Alison remembers:

"The Federation of Malaya achieved its independence from British Colonial rule at the stroke of midnight on 30th August 1957. For Malaya 'Merdeka' had come at last! The formal ceremony took place at the newly-built Merdeka Stadium in Kuala Lumpur when The Duke of Gloucester, representing HM The Queen, presented Tunku Abdul Rahman with the instrument of independence. However, there were thousands of small ceremonies that took place across the country and Kramat Tin was no exception."

The entire staff of the mine gathered outside the local staff's quarters (the *kongsi*) a little before 9am. On a table in front of them lay a new Federation of Malaya flag, close to a hastily erected flag pole. The senior European manager led the gathering in prayers for the future of the Federation. He then gave a short speech. At 9.30 sharp a mixed group raised the flag to the top of the pole where it fluttered in a light breeze. At that moment Kramat Tin was in unison with the entire population of the country wherever they were. Independence was a reality!

The Allison family then went home on leave after Merdeka. During this time Roddy got notification that various tin mines were being closed and he was made redundant. He then applied and got a job with Harrisons and Crosfield, Golden Hope Rubber Estate Limited working in the Palm Oil Industry and the family returned to independent Malaya in 1958. They remained with Golden Hope until 1963.



It's Merdeka at Kramat Tin



Kramat Tin on Parade

One Man's Rubbish is Another Man's Collectable!

The British first arrived in India in 1758, as the British East India Company. In 1858, the British Raj (British India) was formed by the Government of India Act. This lasted for 89 years, during which time there were many changes made to the way of life of the local people. Nonetheless, one thing that remained steadfast was the way they carried their cooked food to work or play – a tower of separate containers clipped together with an arrangement that formed a carrying handle. They called it a 'Dabba'.

To the British, this was a somewhat incongruous way to handle food, but as it seemed the contents would be cold and quite sparse, compared to their lunch, they named the device a Tiffin Carrier. 'Tiffin' meaning a light meal served in the middle of the day. It is no surprise therefore that the Tiffin Carrier became popular in the Straits Settlements which had trod a similar path to India, the company from 1826 and British Crown Colonies in 1867. British entry to Perak in 1874 also introduced Tiffin Carriers to the Peninsula.

Initially, the Tiffin Carrier was a set of stacking metal dishes with enamel inside and out for hygiene. A locking handle completed the outfit. Some examples were of plain brass. However, it was not long before the Baba Nyonya population adopted the culture, ordering beautiful carriers heavily embossed with flowers, birds and traditional motifs. Each tray also carried an appropriate phrase on the rear to bring good luck. These examples were works of art and a delight to use, but at the other end of the scale, simple wooden carriers also appeared for the lowly Chinese coolie. The carriers covered all levels of society, right across the nation.

One regular user of the Tiffin Carrier was Ipoh's Justice Ong Hock Thye (later Tan Sri and Chief Justice of Malaya), who often preferred to eat in his chambers. He would send a clerk to collect his 'Curry Tiffin' from the nearby Indian stall, under a tree close to the South Western corner of the State Mosque. He was the hawker's most prestigious customer.

Over the 180 years or so, the Tiffin Carrier has thrived and remains in use today as containers for catered food, delivered to order, or as an 'eco' alternative to plastic and polystyrene when 'buying back'. But gone is the enamelled, beautifully decorated pieces. Today, having first been taken over by decorative aluminium they are now all plain stainless steel. It seems that we no longer value style, elegance or artistry in the production of everyday items.

Nonetheless, discarded by their original owners as outdated rubbish, many of the old artistic pieces remain – not as food carriers, but as expensive collectables to admire while reminiscing with nostalgia about the old days. Highly prized by these collectors, they have found their way to antique shops where they command high prices.

From our food diva, SeeFoon: "These enamelled Tiffin Carriers are once again available as enterprising craftsmen in Johor are now making them. Available in the PWW Shop on Market Street, Old Town."



The Baba Nyonya



The Enamel

The Brass

The Coolie

The Aluminium

Education

Robotics Competition 2019

By Chris Teh

The 15th state-level National Robotics Competition (NRC) was held from July 31 to August 1 at SJKC Wan Hwa 1, Lahat. Over 200 students from primary and secondary schools in Perak participated in the competition.

The objective was to instil interest in Science, Technology, Engineering and Mathematics (STEM) in students. The event was jointly organised by the Ministry of Education and Sasbadi Holdings Berhad, an education solutions company.

With a catchy theme, "Smart City" to boot, participants were required to develop robotic solutions to improve infrastructures and city operations with emphasis on energy saving, safer traffic and improved public transport systems.

"With the surge in artificial intelligence, robotics and software, 54% of jobs in Malaysia will be replaced by automation within the next 20 years," said Mohd Suhaimi, Director of Perak State Education Department, in his opening remarks.

According to him, the NRC is one of the platforms for students to learn STEM skills in a hands-on manner.

"It's important for our younger generation to be equipped with STEM and 21st-century skills to ensure that they're able to embrace technology and be capable of solving problems using creativity and critical thinking," he explained.

The competition was divided into four categories; Regular Pro and Regular Rookie (for first-timers), NRC Football and STEM Invention and Innovation. Teams from different schools participated in one of the four categories and were evaluated in practical and creative aspects.

The team from SMK Seri Kelebang, Menglembu consisting of Chee Qiao Yi, 16, Chee Yong Kang, 15 and Toh Wei Kang, 16, won the NRC Football category. Their creation of two autonomous robots, a goalkeeper and a shooter were programmed to compete against each other.

"The idea of developing footballer robotics has been in our minds since we were in primary school," said Qiao Yi. "Thanks to guidance from our coach, we're able to make football robotics a reality."

"The challenge, though, is the change in materials for creating the robots. Our hands got tired pretty easily," she sighed.

Winning teams will compete in the NRC Finals 2019 at AIMST University, Bedong, Kedah from September 20 to 22, sponsored by LEGO Education.

For more information, visit <http://nrc.sasbadi.com>.



Learning Beyond Classroom

By Afiqah Rafael

Kinderjoy Education Group organised a mini zoo on the grounds of the kindergarten's main campus along Jalan Raja Permaisuri Bainun, Ipoh on Sunday, August 4. The idea was to allow children to be up close and personal with animals, something they do not often do.

The makeshift zoo attracted approximately 1500 visitors. Over 50 animal species were on display. They were spread around the campus within their respective stations.

Petting and feeding areas were established to enable children and parents to get a closer look at the animals. Handlers were on hand to explain and ensure safety. The pony ride was the highlight of the half-day event.

Kinderjoy's executive director, Stephanie Liu said, "Education in the 21st century has to be dynamic and engaging. Therefore, this event is aimed at creating an inclusive learning environment for the children. By placing them in a real-life situation makes it easier for the children to understand and learn effectively, as certain things are difficult to grasp theoretically."

Furthermore, outdoor learning provides resources for children to experiment with their own ideas and creations. "It nurtures children's creativity and imagination, helping them to develop knowledge on a wider spectrum, thus exposing the children to new opportunities."



The event was also aimed at fostering and strengthening the bond between parents and children, as parents' involvement forms an integral part of every child's development.

"The mini zoo serves as an educational family outing filled with fun, joy and meaningful activities for families to spend quality time together," explained Looi Ying, director of Kinderjoy.

Sport

Perak State Sports Corporation

By Luqman Hakim

Despite the passage of the Perak State Sports Corporation Enactment, maintenance and upgrading work at the various state's sports complexes are still unsatisfactory.

According to Howard Lee, Executive Councillor for Youth and Sports Development, the enactment was initiated by the previous government (between 2014 and 2017). However, no visible improvements have been seen, as yet.

"The enactment is being refined and it'll be brought for deliberation in the next assembly meeting," said Howard Lee in response to a question by Rungkup state assemblyman, Dato' Shahrul Zaman at the recent state assembly session.

Howard too mentioned that a secretariat under the State Secretary has been established to consider an appropriate mechanism for maintenance purposes.

"The secretariat is established to ensure proper maintenance guidelines so they don't incur losses," Howard mentioned. "It's also meant to launch Perak State Sports Corporation in line with the state's aspiration to transform Ipoh Sports Complex from a 'cost centre' to 'social responsibility profit centre'."

"We've expanded the corporation's roles to not only manage and regulate the physical conditions of sports facilities but also to sustain its fundraising model in accordance with the economic vision of the state government," he remarked.



News



A Historic Changeover

By Mei Kuan

Perak-based 2nd Malaysian Infantry Brigade is no longer under command of Penang-based Headquarters 2nd Malaysian Infantry Division effective Thursday, August 1.

The brigade, as of the date, comes under the command of the KL-based Headquarters 4th Malaysian Infantry Division, located at Wardieburn Camp, Setapak.

The reconsolidation exercise involved other infantry brigades in West Malaysia. The objective is to standardise the holding strength of brigades under the command of Headquarters Army Corps (West Malaysia). It is in keeping to the 3:1 concept (three brigades to a division) practised thus far. The area of responsibility of the 2nd Brigade, however, remains the same.

To mark this historic occasion, a ceremonial parade was held on Thursday, August 1 at the drill square of Syed Putra Camp, Ipoh.

Present were Army Corps Commander (West Malaysia), Lt-Gen Dato' Hj Mohd Nazir Hj Mami, General Officer Commanding 2nd Malaysian Infantry Division, Major-General Dato' Mardzuki Muhammad, General Officer Commanding 4th Malaysian Infantry Division, Major-General Dato' Pahlawan Redzuan Hj Baharuddin, Commander 2nd Malaysian Infantry Brigade, Brigadier-General Malek Razak Sulaiman, Commander 11th Malaysian Infantry Brigade, Brigadier-General Dato' Dr Mohd Radzi Hj Abd Hamid and Commander 12th Malaysian Infantry Brigade, Brigadier-General Marzuki Hj Mokhtar.

The static parade, commanded by Lieutenant-Colonel Mohd Safarudin Abd Aziz @ Mohd Arif, consisted of 31 officers and 600 Other Ranks. The soldiers on parade sang the army martial song, "Gagah Setia". This was followed by a demonstration of battle procedures in a scenario where imposters had infiltrated an operational area and were stopped at the guard post.

Armoured personnel carriers, vamtacs and scramblers made their entrance bearing the 2nd Brigade scroll and flag. On a word of command, those on parade replaced their armbands simultaneously. The ceremony ended with the lowering of the 2nd Division flag and the raising of the 4th Division flag.

Lt-Gen Dato' Hj Mohd Nazir explained, "Fourth Infantry Division is in charge of the central region where the seat of the government is. The division, which formerly had 11th and 12th Infantry Brigades under its command, was technically under strength and can't sufficiently protect the seat of the government. Thus, the 2nd Brigade is added to ensure an equilibrium. This is also in conformity with the establishment of the 30th Infantry Brigade in Perlis which will soon be made a combat brigade on par with others.

Following this adjustment, every division will now have three brigades. Headquarters 2nd Infantry Division will retain three brigades namely, 6th, 8th and 30th while 4th Infantry Division will have 2nd, 11th and 12th."

The amiable commander added, "Both divisions are under command of Headquarters Army Corps (West Malaysia). Second Division will lose one brigade and the state of Perak. Fourth Division will now be responsible for Perak, Selangor and Kuala Lumpur while 2nd Division is in charge of five (formerly six) states namely, Penang, Kedah, Perlis, Kelantan and Terengganu. It'll be more balanced from the perspective of command and control."

Sport

Perak Taekwon-do Championship 2019

By Ivana Qartika

The 10th Perak Taekwon-Do Championship 2019 was held on July 27 and 28 at Aeon Midtown Falim, Lahat. The completion, organised by the Martial Arts Taekwon-Do Association of Perak was participated by over a thousand exponents surpassing last year's record of 700.

Present at the opening ceremony were MP for Ipoh Timor Wong Kah Woh and International Global Taekwon-Do Federation founder Dato' Seri Dr Sabree Salleh.

Incepted in 2009, participants compete in the following categories – individual pattern, individual sparring and team pattern.

Following the opening ceremony was a self-defence demonstration featuring a female subduing two male attackers and team patterns and sparring performances by students from Perak Girls' Secondary School and SMJK Poi Lam.

Teo Kar Sai, 20, and Yip Shui Ling, 18, from Rukun Tetangga Taman Loke Lim were adjudged the winners in the male and female divisions, respectively.

Martial Arts Taekwon-Do Association of Perak chairperson Khoo Bu Leong stated that participants' quality had improved over the years.

"Female participants are on the rise, which is why we're seeing more of them in competitions these days compared to male participants," said Khoo during a press conference.

"They've achieved much more today because the participants took the opportunity



to enter as many competitions as possible. It's good publicity for us. Hopefully, we'll get more chances to compete in international championships."

Asked about the hardships faced, Khoo replied, "It's difficult to allocate budget for normal tournaments, as funds are hard to come by. But support from the public is most encouraging. We're grateful to those who made it possible for us to be where we're today. Given the support, we look forward to hosting more events in the future."

Malaysian Taekwan-do exponents had won accolades at the 2019 ITF Asian Championships and Asian Cup held in Kyrgyzstan, obtaining 11 gold, 6 silver and 3 bronze medals.

Kedah Outplayed Perak

By Luqman Hakim

Kedah's striker Mohd Fadzrul Danel was the man of the match when his team emerged champion in the 2019 FA Cup Final at Bukit Jalil Stadium, Kuala Lumpur on Saturday, July 27. His solitary goal in the 105th minute sealed the fate of Perak who cherished hopes of repeating their 2018 success.

The victory, in front of 83,520 fans (both sides), shattered the Bos Gaurus' dream as they last won the FA Cup in 2004.

The success of coach Aidil Sharin Sahak's first eleven enabled Kedah to equal Selangor's five-time championship victory record. Kedah won in 1996, 2007, 2008 and 2017.

The 30th FA Cup saw a spirited clash between two soccer giants from the North namely, Kedah and Perak. Both teams played their hearts out, determined to come out on top.

The match had to go into extra time after the regulatory 90 minutes ended without a goal.

Japanese referee, Takuto Okabe, made history as the first foreign referee to handle



a domestic match. Both teams played a cautious game before Perak began to make several attempts at Kedah's goalpost.

Perak tried to break the deadlock with Brazilian import, Raianderson Da Costa leading the charge. His close-range left-foot shot in the 72nd minute sailed over the goalpost.

Perak dominated the game in the first half but Kedah took the pressure calmly.

Kedah found its rhythm halfway through the second half. Winger Muhammad Farhan Roslan's shot almost made it but his volley was caught by Perak's goalkeeper, Hafizul Hakim.

Perak missed several chances at goal when forwards Brendan Gan and Ronaldo Henrique Silva failed to capitalise on their many breakthroughs.

In spite of a player down during extra time, Perak gave a good account of itself. However, luck was not on their side. In

the dying minutes, Rizal Ghazali squared the ball for Mohd Fadzrul to net the winning goal to put Kedah on top.

Sea Spartan Race 2019



By Rosli Mansor

The 2019 South East Asian Regional Series Spartan Race from July 20 to 21 saw some 5000 enthusiasts partaking in the international-level Trifecta Weekend extreme sports. The two-day event was held at Lost World of Tambun water theme park in Ipoh.

Nurul Nuzairi, manager of Lost World of Tambun did not expect the park to be chosen as the venue for the championship after the first Spartan Race at Semenyih, Selangor, in March.

"We're pleased that Lost World of Tambun was given the honour. Given that the area is covered with greenery all around, it's the perfect opportunity to not only boost tourism in Perak but also to allow participants from abroad to enjoy the facilities available in the park," said Nurul.

Three main categories of race obstacles for Trifecta Weekend were contested. They were Beast (30 obstacles for 21km), Sprint (20 obstacles for 5km) and Super (25 obstacles for 13km), while Spartan Kids Race category for children of 4 to 13 years of age ranged from 800m to 3200m.

Winners in the Ultra Obstacle category are eligible for the Ultra World Championships taking place in Sweden at the end of the year.

A young child with dark hair is crying, with their hands behind their head. The background is a solid light blue color. The image is framed by a white border with a dotted pattern at the bottom.The logo for K4U, featuring a stylized 'K' and 'U' in red and blue, with a large blue '4' in the center.

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