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# Beyond Boba: Here's More Trendy Drinks!



Teaffany Malaysia



Moomin Pop Bubble Tea Bar



Xing Fu Tang

By Tan Mei Kuan

Ipoh Echo had exclusive one-on-one with both homegrown and international handcrafted drink brands to learn all about the various trendy drinks that have grabbed headlines and created hour-long queues in Ipoh which include bubble tea (also known as boba, a tea-flavoured drink mixed with milk and elevated by the addition of tapioca pearls) and beyond. Besides the brown sugar boba series which are all the rage now, the non-boba varieties are equally as aesthetically pleasing and trendy. How many have you tried?

FULL STORY ON PAGES 2 & 6



Tea Bubble Ipoh



One long queue spotted in Ipoh

## Ban Pecah — Beyond Fishing Paradise



The story has it that the scenic Ban Pecah, literally meaning, "Broken Bund" was given the name due to a curse of an orphan in the 1960s. This orphan owned a piece of land here but it was sold off by his uncle without his knowledge. Because of the curse, the retaining wall erected along the coast continued to disintegrate. Thus, the paddy fields were transformed into the sea.

Presently, Ban Pecah, which is located at Tanjung Piandang in Kerian District, is the state's largest rice bowl. It is a popular destination for anglers, photographers and families as a relaxing weekend getaway.

Your trip is incomplete without you dropping by Parit 30 Prawn Noodle Stall (Gerei Mee Udang Parit 30) on the way to Ban Pecah. Enjoy a bowl of noodles filled with prawn and crab meat, a favourite of many film stars and dignitaries.

The stall offers a boat tour package named, "Let's Explore Sungai Kurau by Boat" for a closer look at the mangrove swamps, lighthouse, fishing activities and the Kuala Gula Bridge.

Don't miss the dried fish and traditional cakes (kuih muih). They are affordably priced and are sold at the same stall.

Next on the itinerary is the town of Parit Buntar. It is located about 5km from Tanjung Piandang. The iconic Parit Buntar Clock Tower, unveiled by Tunku Abdul Rahman on August 24, 1961, is the most recognisable landmark of the town.

Check out Non Pak Ali Station Cafe, owned by local entrepreneur Yusri Yahya, for its irresistible chicken rice (nasi ayam berhantu), white curry noodles (mee kari putih) and meatballs. With a cosy ambience, the cafe operates from 4pm until midnight (closed on Fridays).

You will be surprised to know that the cafe has another branch at Pekan Baru (new town) in Pinggiran Sungai Kerian. It operates between 8am and midnight.

Last but not least, bring home souvenirs from the bazaar next to Pinggiran Sungai Kerian. There is something for everyone.



### Ban Pecah

GPS coordinates: N 5° 2'39.77844" E 100° 23'1.82832"

Gerei Mee Udang Parit 30 Kuala Kurau

FB: Mee Udang Parit 30

GPS coordinates: N 5° 0'35.25228" E 100° 24'27.04896"

Tel: 011 2413 4842 and 012 587 3844

Non Pak Ali Station

FB: Non Pak Ali

GPS coordinates: N 5° 7'44.09328" E 100° 29'25.99404"

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## Trendy, Sun-friendly Drinks Creating A Buzz and Garnering Fans

### Homegrown and International Brands

Ipoh Echo zoomed in on a homegrown brand, Teaffany Malaysia which is a handcrafted trendy drinks shop established by a group of seven Ipohites.

The business idea was inspired by a tea break at a bustling drink shop back in March when the buddies gathered for an evening meeting in town.

**Collin Chong, CEO of Teaffany** who led the team, told Ipoh Echo, “Coincidentally, one of the

ladies in our team was among the pioneers of bubble tea makers in Ipoh. Together with her family, she was famous for selling bubble tea in various night markets more than 15 years ago. That evening we also discovered that the other members, including myself, who are currently working in various fields except F&B have been meaning to venture into it for some time. Therefore it was time we made this F&B dream come true as everyone was enthusiastic.”

The Ipoh boy who majored in mechanical engineering explained, “We actually went to three countries for some training – Taiwan, China and Korea. Thus, our drinks are made with Korean charm with a local touch as almost everyone else in the market is doing it with either a Taiwanese or Chinese flair. For example, we came up with four types of Korean latte without coffee but a combination of fruits and milk. A unique one is the sweet potato latte which is different as coconut milk is added in.”



Collin, CEO of Teaffany

favourites is the Day Dreaming with its fresh whipped cream made on the spot - a time-consuming feat.

“We want to provide a cosy place for people to chill with nice beverages. We are so much more than just another bubble tea shop, as our cafe menu encompasses many trendy drinks with even more upcoming in the series. Trends are evolving so fast so customers are bound to get bored if one keeps doing the same thing for a long time. Hence, we need to change the menu every now and then,” Collin enthused.

Teaffany’s Chinese name, “Pou Cha” has a Cantonese character “Pou” which denotes “to hang out” followed by “Cha” which means tea.

“As all of us happen to favour the Tiffany (eponymous Jeweller) blue colour so its English name, ‘Teaffany’ was inspired by it and the shop’s interior design ran on this colour theme. Plus we have one yet-to-be-launched drink called tiffany blue lemon,” he added.

Running on the tagline, ‘Be Bold, Let’s Tea’, there is a multi-coloured mural of its logo, a lion, painted by Ipoh art teacher (Yippy Belle) at the outdoor seating area complete with fairy lights at night for an Instagram-worthy shot.



Fengcha



Teaffany's management group of seven Ipohites

With trendy drinks made from all-natural ingredients as its speciality, Teaffany was officially launched in July at De Garden Mall with about 700 cups made on the first day.

Currently, there are five series of drinks on the menu with more exciting additions from time to time: brown sugar bubble, Korean style latte (strawberry, mango, dragon fruit and sweet potato), fruit tea (grapefruit, lemon and orange and rainbow with up to seven types of fruits), special (Day Dreaming, CMT and peach gum papaya tea) and ice cream milk (milk tea ice cream brown milk, cendol ice cream matcha milk, black sesame ice cream caramel milk and coconut ice cream chocolate milk). Plus there is the teapresso series (peach oolong, rose oolong and jasmine green tea) which is a technique to extract all possible essence from the leaf in less than two minutes.

A few must-try beverages are the CMT (a drink with distinct layers of coffee, milk and tea) and peach gum papaya tea which are the brainchild of Collin. One of my



Day Dreaming with its fresh whipped cream

Teaffany Malaysia is located at Lot No. G-R-1, Ground Floor, De Garden Mall, 3 Persiaran Medan Ipoh, Medan Ipoh, 31400 Ipoh. Open from 12pm to 12am daily, visit its Facebook page and Instagram account for more updates. Teaffany accepts bookings for private events with an approximate capacity of 80 people.

**Nicole Loh, owner of Tea Bubble Ipoh**, a handcrafted tea shop launched in December last year shared with Ipoh Echo, “Our signature is our handmade tapioca balls which are made in-store. The colourful, chewy pearls are made of tapioca flour and fruit juices which are all-natural ingredients without any preservatives. We receive customers from all ages like families and during peak day we have sold up to 800 to 1000 cups.” Originated from Taiwan, there are only five outlets of Tea Bubble in Malaysia to date.

It is located at Block D, G-3, Ipoh Soho 2 Jalan Sultan



Many shops offer a cosy spot for fans of trendy drinks to chill

Idris Shah, 30000, Ipoh. Open from 12pm to 1am, swing by its Facebook page for more info.

Other international and local brands of trendy drinks which have popped up in Ipoh recently besides long-standing powerhouses such as Starbucks, Chatime and Tealive are Tapir Milk Tea, TeaAroi, Xing Fu Tang, JLD Dragon, Raion, The Story Juice Bar, Yumcha Tea Bar, KITEA Cafe, Teadayz, Beauty Tea, Macao Imperial Tea, Instea, The Alley, Fengcha, YiCha Tea, Daboba, In Cha, The Yunique Tea, Galaxy Tea Bar, Chatto, Royaltea, Hanaya, Tai Tea and 18C Tea among others.

One upcoming brand which has announced its arrival (at the time of publishing) is Tiger Sugar. Meanwhile, it is this scribe’s fervent wish to one day witness the opening of the following brands currently found everywhere but Malaysia: Boba Guys, Chun Shui Tang, Bopomofo Cafe, Moomin Pop Bubble Tea Bar, ATM Tea Bar, etc.

### Health Aspect

Many food crazes such as those involving the durian (king of Malaysian fruits – just look at the number of roadside stalls), nasi lemak (national dish of rice cooked in coconut milk - remember the time when it was nasi lemak everything from burger, cake to gelato?), teh tarik (hot milk tea which is an all-time-favourite beverage) and now boba (bubble tea) have drawn possible health concerns from some. As with all yummy things in life, we all know that everything should be consumed in moderation.

“Here at Teaffany we make an effort to produce healthier drinks by reducing its sugar levels. In addition, we offer sweetness level options, non-boba varieties and non-dairy choices like fruit drinks as well as black soybean to replace milk,” Collin highlighted.

“We provide options for sugar levels (less, half and without) even for the brown sugar series which is all the rage now,” Nicole added.

### Eco Switch

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

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

“One of our plans is to bring in the edible rice straw (made of rice) which is very new in the market where so far in Malaysia only one factory in Penang is producing it. We do use recyclable bottles. Another idea is to start a reusable tumbler system but consumers need to have the mindset to go green and be supportive in order for it to be successful,” Collin pointed out.



Recyclable cup holder made of cloth

Also spotted are the green initiatives taken by **The Black Whale Ipoh branch** in which single cup takeaway is carried in a recyclable cup holder made of cloth while double cup takeaway is packed in a reusable PVC cup holder.

### Consumers

**Ivana Qartika Binti Shamsuddin**, who cites matcha flavoured drinks as her favourite, expressed, “I have always been a green tea enthusiast. I love the balance of bitterness and sweetness. Green tea also has health benefits. Anytime is boba time really when I’m with people who also enjoy them so we can share our drinks with one another. My friends and I love aesthetically cuter shops for memorable photos.



Ivana Qartika

Continued on page 6...

# POVERTY EVALUATION UNREALISTIC

*The previous Barisan Nasional government was notoriously fond of doctoring and massaging figures in order to look good.*

The National Patriots Association (Patriot) had disputed Economic Affairs Minister Azmin Ali's denial of a United Nations expert's claim that Malaysia had understated the extent of its poverty.

Instead of treating the report as baseless, said Patriot, Azmin should have directed his officers to re-evaluate the findings and the basis of the poverty-line computation.

United Nations Special Rapporteur on Extreme Poverty and Human Rights Philip Alston, on Friday, August 16, had dismissed Malaysia's assertion that the nation's poverty line, at 0.4 per cent, is almost eradicated. The figure, claimed Philip was not a true reflection of realities on the ground.

In the course of his 11-day study in Malaysia, Alston noted that there was a dire need for the country to readjust its national poverty line of RM980 per month (or RM8 per day) for a family of four. The figure was simply too far-fetched. It does not take a rocket scientist to ascertain the truth. One need only to look around to appreciate the truth.

Philip proposed that the government devise a poverty-eradication plan that takes into account the needs of marginalised communities such as migrant workers, refugees, stateless people, the Orang Asli and the physically handicapped.

Patriot president, Brig-Gen Arshad Raji (Rtd) said the propensity of government officials and politicians to deny and quote figures when caught off-guard, should stop. The previous Barisan Nasional government was notoriously fond of doctoring and massaging figures in order to look good, especially when under public scrutiny. In Malaysia Baru, there should not be a repeat, he contended.

"Common sense will tell that a family of four will find it impossible to survive with a meagre income of RM980 a month in the Klang Valley," said Arshad. With that amount it is difficult to survive even in Ipoh let alone Kuala Lumpur.

The Malaysian Trades Union Congress (MTUC) said that the government must study the effect of low wages since they were irrevocably related to poverty rates.

Secretary-General, J. Solomon, said the current minimum wage of RM1100 a month should be raised as it was not consistent with prevailing market conditions.

Alston's findings, according to Solomon, were in line with MTUC's stand that the government is grossly disconnected. It did not consider negating factors on the ground to assess actual poverty.

"It's way off the mark. If the difference is 1 or 2 per cent from the 0.4 per cent government poverty line, then the government's stand is acceptable. But the UN findings are between 15 and 20 per cent. That means at least about five million workers are earning below the poverty line," he posited.

Solomon noted that the handbook showing the government's figure of 0.4 per cent poverty rate was issued in 2011 and, therefore, was grossly inaccurate.

The last seven years have seen a steep rise in the cost of living while real wages have remained stagnated. That is the reality, ask any wage-earner. But, on hindsight, employers themselves are reluctant to pay more to their employees, as business has not been good thus far.

## An informal survey

A random survey of residents living in the outskirts of Ipoh revealed some interesting facts. This is a sampling of three individuals representing the major races in the country.

Tajul Ariffin, 49, from Kampong Cik Zainal, Chemor is a father of five. He works as a school bus driver and is paid RM1200 a month by the bus owner. Whenever he skips work due to health issues he is not paid. So he has to be on his feet every day. He spends almost all the money he receives on food and essentials each month. Tajul is forced to work as a security guard at a factory in Klebang to earn extra for a rainy day.

Wong, 53, is a single parent having lost his wife to cancer recently. He lives in his own house in Kampung Tawas, Ipoh. Wong has no steady job but has found employment as a gardener at a Chinese School near his place. He is paid RM1000 a month and spends almost all to maintain his house and his two kids – a boy and a girl. The amount is insufficient, so he takes a second job as a cleaner at a food court. He is paid RM20 every night when he is on duty.

Ramasamy, 63, an ex-TNB meter reader, lives in Buntong. He is a divorced parent of three grown-up kids. Though his children are gainfully employed, he thrives on being independent and trouble-free. He works as a security guard at a hotel in Taman Botani and gets RM1500 for his effort. The amount is sufficient to see him through each month. However, how many retirees are as fortunate as he is?

Former Petaling Jaya MP Maria Chin Abdullah said there was poverty even in prosperous Petaling Jaya.

Maria said the national poverty line must take into account the ability of the people to live healthily, take part in the society meaningfully, and possess opportunities for personal and family development.

"Unfortunately, during my tenure as MP for Petaling Jaya, I've learned that this is not so for many of my constituents, even as they live side-by-side with their more affluent neighbours," she said.

## Doubts over the purchase of cars

MB Ahmad Faizal Azumu said claim by state opposition leader Saarani Mohamad that the Perak government had lied regarding the purchase of staff cars was untrue.

"If the state government had given inaccurate information that's not lying but only giving inaccurate information which could have been provided by an officer," said Faizal.

Saarani had asked the state government to come clean on the purchase of 16 Toyota



Brig-Gen Arshad Raji (Rtd)



Asmuni Awi



New Toyota Camry for Excors

## From The Editor's Desk

By Fathol Zaman Bukhari



Camrys for use by state executive councillors.

Executive Councillor Asmuni Awi said that the market price of the Toyota Camry was RM190,000 per unit. The state government paid RM109,000 for it, resulting in a savings of RM81,000 through a tax rebate. This, however, was refuted by the Finance Ministry. The ministry, in a statement, said it had neither received an application nor had it

given tax exemption to the Perak Government for the Toyota Camrys.

Faizal insisted that the purchase of the cars was a cost-saving measure, as the local Toyota dealer would provide free maintenance for five years. That was the saving grace, he claimed.

Rt Hon MB, all car dealers provide a similar incentive to their customers. It all depends on the car model, its price and the number bought. Sixteen Toyota Camrys is a huge figure. The free maintenance looks good on paper only. Customers still have to pay for parts changed during periodic servicing. There is no free lunch, MB.

By the way, what has happened to the old cars, Proton Perdana (Honda Accord) which are barely five years old? Are they being moth-balled or disposed-off to a willing crony or cronies? The silence is deafening.

## EYE HEALTH – DEBUNKING MORE MYTHS

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

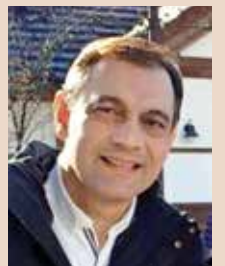
Eye myths are like fictional material and they need to be addressed. Here are some of them.

### THE DARKER THE SUNGLASSES THE MORE THE PROTECTION

This is not true. The colour of the sunglasses you wear does not have anything to do with eye protection. Always look for sunglasses that will block off both harmful ultraviolet rays of both UVA and UVB rays.



It is important to get a good pair because exposure to bright sunlight can increase your risk for cataracts and age-related vision loss. The ability to block off UV light does not depend on how expensive are the sunglasses, or how dark the sunglass lenses are. The brand also does not matter! Choose sunglasses that has a CE mark, a label that says 100% UV protection from UVA and UVB rays, or has a UV400 tag.



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

### WHEN YOU GET SOMETHING IN YOUR EYE, IT'S ALRIGHT TO RUB IT OUT

This is the big mistake that many make. Never rub your eyes because it can damage or injure the eye. When you rub the eye with a foreign particle still in your eye, it would have a sandpaper effect on your eye, invariably resulting in injury to the eye. The commonest injury from rubbing the eye with a foreign body in it is a corneal abrasion. If this corneal abrasion gets infected, you end up with a corneal ulcer that can have serious implications including blindness. The correct thing to do is to flush out the foreign particles from the eye with water or saline. If it still remains in the eye even after flushing the eye, do not attempt to use the edge of a tissue paper or a toothpick as these potential sources of infection. See a medical practitioner without delay. Remember that serious eye injuries may seem minor at first.

### WEARING PRESCRIPTION SPECTACLES MAKES YOU DEPENDANT ON THEM

Should you be required to wear a pair of corrective (powered) spectacles in order to improve your vision because they are blur, it will not result in dependence on them or further weakening of your eyes. Wearing these glasses only helps you to see better and therefore puts less strain on your eyes. In short, the prescription spectacles just allows you to enjoy good vision. It does not result in dependence.

### YOUR REGULAR PRESCRIPTION GLASSES CAN DOUBLE UP AS SAFETY GLASSES.

This again is not true. While your regular prescription spectacles may be able to prevent most of the hazards of working with flying splinters and some chemicals, it cannot protect our eyes from flying objects with high velocity. Always wear proper safety goggles over your spectacles whenever you are doing any work such as hammering nails, mowing the lawn or tinkering with sharp objects.

### USING ARTIFICIAL SWEETENERS WILL MAKE YOUR EYES MORE SENSITIVE TO LIGHT

Sugar substitutes like cyclamates may cause eyes to be more sensitive to light. Oral contraceptives and diuretic medication may also cause the eyes to be more sensitive to light (photophobia). Should you have any undue sensitivity to light and are unsure of whether the medication has caused this, do discuss this with your physician.

For more information, call Gill Eye Specialist Centre at Hospital Fatimah (05-5455582) or email [gilleyeccentre@dr.com](mailto:gilleyeccentre@dr.com)

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## Why is it so difficult to protect Gunung Lanno?

If there is a will, there is a way; but it appears that there is no political will to transform limestone hills, from quarrying sites, into a site with activities for tourists or scientific research.

For many decades, speleologists and environmentalists have urged the state government to protect the hills in and around the Kinta Valley. These caverns are rich in cave drawings, crystal formations and rare plants. The beauty of the hills is also a draw for visitors but to date, the state tourism committee chairman, Tan Kar Hing, will not commit to protecting the hills. Why?

Although Tan agreed that Gunung Lanno in Simpang Pulai had scientific, ecological and heritage values, he was hesitant about efforts to preserve and protect them.

Despite telling StarMetro that the preservation of the hills was possible, he wondered if the move could be workable.

He blamed the previous administration for granting permits to private companies to operate in an area, which he said, had been gazetted for quarry activities and that the area had around 30 quarry sites.

Tan also claimed that the government would face financial and legal challenges.

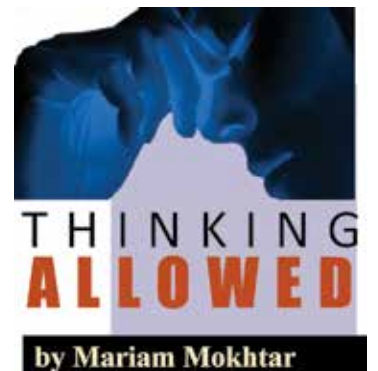
So, is that it? How many other historically and scientifically significant sites, have been destroyed by commercial activities? The previous UMNO-Baru/BN may have been motivated by greed, but surely Tan and the PH administration can improve their performance.

He proposed that the formation of a task force, which would look into the matter and he hoped that a win-win situation would emerge. He has already engaged the services of the State Park Corporation and the state Minerals and Geoscience Department to evaluate the findings and make suitable recommendations.

As the hills have been gazetted as an area for quarry and mining, activities, tourists do not visit the area.

So, does that mean Tan will de-gazette the area from a site for quarrying activities to one for tourism if a company was to make a serious bid to promote tourism in the hills?

In October 2018, the Perak Sultan formally declared that the Kinta Valley was a national geopark. The geopark covers an area of 1952 sq km, in both the Kinta and Kampar districts and is Malaysia's second national geopark; after Langkawi's UNESCO Global Geopark.



The Kinta geopark is in an area of outstanding natural beauty with a rich history of mining and geology.

It encompasses 18 geo-sites, including Gunung Lang, Tambun Cave, Naga Mas Cave, Tempurung Cave, Gunung Korbu, Jeram River, Hutan Lipur Ulu Kinta and the waterfalls at Sungai Salu. With its unique attractions, the Kinta geopark has the potential to attract both local and foreign tourists.

Newspaper reports indicate that the Kinta Valley geopark was first mooted in August 2014, and was subsequently approved by the state government. Three years later, the National Geopark Evaluating Commission, approved the Kinta Valley geopark project, after studying the area.

If that were the case, how on earth did the previous UMNO-Baru/BN administration grant permits to blast Gunung Lanno, in a location which already has 30 quarrying sites? This is a classic case of the right hand not knowing what the left hand is up to.

So, what does Tan need to do to convince the state to revoke the quarrying licences which are granted at Gunung Lanno? Has he engaged the state historians, and archaeologists to highlight to the general public, the heritage status of Gunung Lanno?

Around the world, limestone hills are preserved for the enjoyment of all. They are not blasted for use in the construction industry, so why does Perak lack the political will to promote the hills?

Shouldn't more in-depth studies be carried out, to ascertain further details about the various cave paintings, fossils and other geological features?

Tan appears to be dragging his feet in protecting the hills. So, has Putrajaya any influence over the preservation of Gunung Lanno? Will Putrajaya be able to overturn the ruling, or are they also tied in a time warp, of political greed?

## Save Perak Forests Campaign



**iSpeak**

By A. Jeyaraj

Members of civil societies are organising the Save Perak Forests campaign. The campaign started off with a Roadshow at First Garden Pasar Malam on August 30. Flyers were distributed and explanations were given on the importance of preserving our forests. An online petition to the MB to stop deforestation was carried out.

Many of the visitors were pessimistic and said the government would do what it likes and not listen to the views of the public who voted for them. Many residents said they have never participated in these types of activities. A number of residents said they are government staff or pensioners and are afraid to participate saying they would be victimised. They had to be assured that this does not happen. Regardless of these views many residents signed the petition and informed that they just came to sign the petition and give their moral support.

The second roadshow was held at the entrance to the hiking area in Kledang hill on 31 August and hikers were requested to sign the petition. The hikers were more responsive. Balakumaran who is working in a Security Company said that he has been hiking for more than 10 years. He supported the campaign and said that it is a good move to create awareness on the importance of the fauna and flora.

Roadshows are planned to be held in Buntong, Jelapang, Menglembu and other places.

Yee Shan, spokesperson for the group said that the petition campaign was started because it's been seven months since the clearing of 10 hectares of Kledang hill and other than the stoppage on further clearing, Perak government has not taken any further action.

Replantation has not been started as promised by Perak Menteri Besar in March 2019. It is the MB who approved the change of land use for development of Kledang Hill and other forests. There has been no explanation from MB on why nothing has happened to the cleared area. There is a strong possibility of landslides since the land is barren.

We have also noticed the Perak government has zoned off 35,000 hectares of permanent forest reserves for conversion into plantation forests. Of this, 7828 hectares have already been converted and the remaining 27,172 hectares are in the process of conversion.

One of the causes of the increase in carbon dioxide in the atmosphere is due to electricity generation as well as other sources. This increase leads to rising temperatures. Forests absorb carbon dioxide and play an important role in mitigating the effects of global warming. It is said that compared to primary jungle, plantation forests are 40 times less effective.

These forest reserves are habitats for wild animals like siamang



Concerned citizens

(*Symphalangus syndactylus*) or black-furred gibbon, Sun bear, Sumatran tiger, and tapir. Gibbons are only found in this country in Kledang Hill around the area where the forest has been cleared.

Hence, we urge the government to:

1. Revoke all plans to convert land in Kledang Saiong and Bukit Kinta Permanent Forest Reserves and all other permanent forest reserves in Perak, into plantation forest. Primary forests are needed to absorb carbon dioxide.

2. Replant the 10 hectares of land cleared on the Bukit Kledang hillslope, and gazette it as a permanent forest reserve.

3. Formulate policy requiring the government to hold public hearings and get public and civil society endorsement for all projects involving the destruction of permanent forest

reserves (as is the practice in Selangor). In fact, the public should be consulted on all major projects.

Our target is to get 10,000 signatures. You can sign this petition online here: <http://chn9.it/94XV4FfMrt>

Ahmad Faizal bin Dato' Azumu, Perak MB, is Committee Chairman for Land and Natural Resources and it is his duty to inform the public what happened in Kledang Hill and not wait for people to question him. Until today he is silent on the issue and the assemblymen are not saying anything. Why the secrecy? The conspiracy theorists implicate the MB in what was done. He should come clean.

After the Perak MB claimed that Orang Asli in the state have no customary or ancestral land rights, he has been corrected and made to realise that Orang Asli have both common law and statutory proprietary rights in the Aborigines Peoples Act 1954, protected by the Federal Constitution.

Primary forests are vital for the Orang Asli and provide them shelter, clean water, hunting grounds, farming land, community foraging and burial grounds. Deforestation and development of plantation forests result in pollution of river water and depletion of food sources for them. This forces the Orang Asli to lead a life of poverty and hardship. We have no right to destroy the lifestyle of any community.

It was reported in NST that the tallest tropical tree was found in the forests of Sabah and a 120-year-old rubber tree in Seremban is worth RM3.8 million. Who knows what is in store in the forests of Kinta Valley.

It is time Perak MB and his men discard their destructive mindset and think creatively for the progress of the state. They should think out of the box and not depend on developers to advise them what to do. Most of the news coming out of the state is negative and depressing like MB wanting to sell his residence and clearing of forests, selling river sand and importing plastic garbage from all over the world. We want the government to come up with constructive ideas. Development must not be at the expense of the destruction of our natural resources.

It took millions of years for the forests to form and once gone, they are gone forever. These are assets our forefathers left for us and we have to leave them for our children and grandchildren.

# SeeFoon Enjoys Dim Sum in Peace and Quiet

Pics by YuGin Foo

**H**ow often do we get to have any Chinese meal in peace and quiet? Not often enough I say. Somehow the Chinese in groups, especially those speaking in Cantonese, when confined within tiled walls exacerbated by tiled floors, manage to reach decibel levels that border on deafening. And I am one of the guilty ones contributing to the noise level as my main spoken dialect is Cantonese.

With 9 tones compared to the 4 in Mandarin and more cacophonous by nature, and since most Chinese spoken in Ipoh is Cantonese, Chinese and especially dim sum restaurants are noisy. Not one of the places you would go for a cosy tête-à-tête.

But I found a quiet haven in **Dim Sum Yuen**.

A recent change in ownership and management with a complete facelift of the premises of the old Kao Lee and just a stone's throw from the Echo office, I have been meaning to check it out when to my delight, I received an invitation to lunch from my lawyer friend William Balasingham who has made this his new place. William's reason? The are well spaced out and you're not to-bum with the next person and you can talk and be heard!

We were quite a crowd that day and could order a lot of different goodies. But being the that I am, I had to make sure I didn't miss out on any went back a second time with my tribe.

One stand out feature of Dim Sum Yuen is their creative presentation of some of their offerings, as in the case of their **water chestnut jelly**, which for the cafe crowd, is certainly Instagram worthy (see pic). Most of their **dim sum offerings** are priced between **RM4.50-RM5.50** with a few dishes using prawns like the **Hong Kong Prawn roll** going up to **RM6.50**. But in general, the average savoury plate starts at RM4.50 with desserts being slightly lower.



And they steam their dim sum in square wooden boxes instead of the common bamboo baskets or in some eateries, plastic ones.

Dim sum is dim sum wherever you eat it. What sets one eatery from another is the quality, the range of items, and the specials. And each one has their specials. In Dim Sum Yuen's case, the

notable ones aside from their chef's skill with pastry (see the **pumpkin – with date paste**; and **piglets – one with red beans and other with an interesting corn custard**) is their "Lo" or soya sauce series. Everything of the **pig's innards** from the ear (divinely tender, with a thin layer of fat lining both sides of the cartilage), stomach, large and small intestines are available here, paired with similarly braised tofu or boiled egg. A veritable offal haven. They also have the braised chicken in the same sauce as well which you can order whole or in a chicken rice set. And let's not forget the **braised chicken feet**.

Another unusual dim sum offering which is one of their signatures is the **Har Gao** served in individual small bowls in a clear soup. A cross between a "Boon Tong Gao" and the traditional Har Gao, the soup is umami and the Har Gao filling of prawns was fresh. I must also mention their **Hor Yip Fan** or glutinous rice wrapped in lotus leaf, umami and cooked to perfection.

Desserts are another item to rave over. Aside from the painstaking decorative art involved in their presentation, as in the aforementioned water chestnut jelly of two birds sitting in their birdcage, the pumpkin lookalike



is filled with bean paste, not overly sweet and a delightful mouthful. Their fried sesame balls are crisp; their oozy salted egg custard pao to dream about and their **jellies like wolfberry and osmanthus** refreshing and soothing.

Do go and browse their very extensive menu. You won't regret it. And enjoy your meal in relative peacefulness.

fave tables elbow-actually

therefore diehard foodie item and hence



**Dim Sum Yuen**  
48/50 Lengkok Canning, Ipoh Garden, 31400 Ipoh.  
Normal day: 7.30am-10.00pm PB/Sunday: 7.30am-3.30pm  
Manager Dennis Lau: 05 546 2268  
Open 24/7



**ON IPOH FOOD**

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

**Beyond Boba: Here's More Trendy Drinks! . . . continued from page 2**

Sometimes I drink boba all by myself when I feel like I want to get away from it all and it helps that boba shops have relaxing ambience. It also helps to beat the scorching heat.”

“Hopefully when I get older, I have the chance to book a personal boba stall for my event. I want a boba booth at my wedding!” the 23-year-old university student added.

**Thanusha**, 20, shared similar sentiments, “I love trying new things, which is why if there is a new bubble tea place that I have not tried I will definitely queue up for it despite the crowd. I would usually order a large signature milk tea with half sugar and no toppings. I love to drink bubble tea after meals as I consider it as dessert. I usually drink bubble tea with my family as well as my friends.”

Another Ipohite, 26-year-old **Chris Teh** opined, “I’d say I consume everything in moderation, just to satisfy my occasional cravings. I usually consume when there’s a special occasion, for instance, a friend’s birthday, colleague’s promotion or a special treat to myself. Being a Pokémon fan myself, I was really intrigued with boba resembling Pokéballs made from red rice, coconut and bamboo charcoal offered by Onezo Malaysia in May and June. Its nearest chain is at

*Chris Teh*

Subang Jaya. Unfortunately, I missed out on the chance to try it due to time constraints after starting a new job in Ipoh.”

**Qistina Izfarina**, 26, has been a fan of matcha green tea, hazelnut coffee and mocha frappuccino since high school. “I love the texture as the milk is different from what we usually use at home and the coffee is smooth. The best time to get one is when I hang out with my friends or when it is on discount such as buy one free one. Once I drank it when a friend celebrated my birthday there and that stays as a beautiful memory,” she recalled.

**Ho Kang Ni**, 27, usually goes for the signature of the respective shops since the boba trend started. “When there is so much hype about a franchise brand’s flagship product, I will try it. To me, a quality drink is very much about its taste and presentation,” the Ipoh girl who works in Petaling Jaya mentioned.

Naming the fragrant brown sugar bubble milk from The Alley as her top choice, 28-year-old **Michelle** has tried drinks from seven franchises in a year. “I waited an hour for a drink once. It is best enjoyed with friends and colleagues!” she elaborated.

*Qistina Izfarina***Upcoming Event****From Ideas to Market**

By Chris Teh

**H**ave an idea you think has great potential? Then the Malaysian Invention and Design Society (MINDS) is for you.

A non-profit organisation which has been around for 30 years, MINDS fosters innovative thinking, ideas, invention and design in the hopes of encouraging youngsters to think out of the box.

“We also assist inventors in patenting their designs so that they can commercialise and market their inventions,” said Dr Chakr Nagara, vice president of MINDS Perak Chapter, a state branch of MINDS.

MINDS is organising a talk on invention competitions and a workshop on ‘From Ideas to Market’ at YMCA Ipoh on Saturday, September 21. It starts from 9am lasting till 4.30pm.

“The first session is to encourage attendees, especially school children to take part in the invention competition which will be happening in Kuala Lumpur,” Dr Chakr explained. “Apart from good prizes, hopefully, we are able to develop contestants’ ideas to a marketable level.”

He said that the ideas for device inventions are limitless.

“It could be a medical device or anything convenient and beneficial to the society,” Dr Chakr mentioned. “Hopefully, through the first session, we are able to effectively prepare future contestants and open the door to them for the competition in KL which will only be happening sometime next year.”

The second session, which starts from 1.30pm, will be chaired by Dr Chakr himself where he will be discussing hands-on ideas to the market, step by step.

“We want the public to realise that merely going to school and learning basic knowledge is not the end of one’s life or career,” he elaborated. “While one does what one does, people are still going to have to use their minds to help the society and if possible, they can gain from it commercially.”

According to Dr Chakr, the afternoon session is an introductory phase to the workshop which is a series of meetings to instigate ideas.

*Visiontouch Braille Phone**Dr Chakr Nagara**Efinity EZ Water Filter System**Teng Yu-Mein*

“You cannot just form an idea and want to patent it overnight. We have to take a ‘Step-by-step’ approach. It starts with developing an idea, designing it, go through the technical issues, test those issues and only then can you determine if the invention is marketable and can be patented,” he explained. “Patenting is almost similar to a copyright. One would not appreciate their original ideas and products being stolen by others, which is why patenting must be done after going through each step carefully and thoughtfully.”

Hardships will inevitably be present when ideas arrive at the technical section.

“Sometimes, ideas cannot be translated technically. One would not know for sure if other people have already invented a similar idea,” he said. “Patenting something costs a lot of time and money, which is why before everything else, we will be having a search engine.”

Elaborating on ‘search engine’, he said, “Search engine is a term used by MINDS as a process to search on existing patented inventions to save participants’ trouble from repetitive design. The workshop will further address the subject of ‘search engine’.”

“It is complex, yet interesting. Sometimes, it gets really inspiring to see people making money out of their successfully developed ideas which benefit society. In my opinion, it’s a win-win situation,” he expressed.

Chakr stressed the importance of teamwork when it comes to invention.

“Invention and design are not a one-man operation, it requires teamwork to be fully effective. Truly dedicated individuals who work together can definitely make things easier and faster,” he further expressed.

One of MINDS’ most prominent inventions was perhaps the Efinity EZ Water Filter System by Teng Yu-Mein and Robest Yong, which initially aids marginalised communities in rural areas without treated pipe water to obtain filtered water without the need for water pressure from a tap or electricity to run a pump. The water filter system is now internationally utilised in Cambodia, Bangladesh, Myanmar and other third world countries via a humanitarian effort initiated by the Malaysian Consultative Council for Islamic Organizations (MAPIM).

**Healthcare****Immunotherapy and Cancer Treatment**

By Mei Kuan

**T**he final day of All Life Talk Series by biopharma All Life Group was held in August at Symphony Suites Hotel.

Open to the public, the All Life Talk Series aimed to educate the public on immunotherapy and at the same time engage with stakeholders on the latest advances in this field of cancer research and treatment.

The speakers of the day were Dr Yan Shuyin, the deputy director of Biotherapy Centre of Yunnan New Kun Hua Hospital in Kunming, Dr Tan Shengjiang, senior research associate in the Department of Haematology at the University of Cambridge and Dr Shen Zhenglei, deputy director in Haematology Department of Yunnan Cancer Hospital.

Renowned professors from both Cambridge University, United Kingdom and Peking University, People’s Republic of China were invited for the three-day event. It was an enlightening sharing session of their current research and the latest advances in immunotherapy in the areas of prostate, ovarian, colorectal cancer as well as lymphoma and leukaemia.

Headquartered in Beijing, the All Life Group is a biopharma enterprise founded by a team of scientists, with the aspiration of providing advance cell technology-based solutions to help solve current degenerative diseases and chronic illness.

In Malaysia, All Life Group has established its first overseas cGMP (Current Good Manufacturing Practices) laboratory under Alllife Advance Immunology Sdn Bhd in Kuala Lumpur.

Present that afternoon were Professor Yuchun Gu, chairman and chief scientist of All Life Medical Science and Technology Co Ltd, Chan Wing Kwong, director of All Life Bio Technology Sdn Bhd and Yap Fu Fah, director of All Life Advance Immunology Sdn Bhd. Professor Yuchun Gu is the chair of molecular pharmacology at Peking University’s Institute of Molecular Medicine.



# Seminar On Special Needs Across Lifespan

A person with special needs presents different issues and needs in his/her development from childhood to adulthood.

In our society, special needs is often thought of as a childhood condition, with public attention focused primarily on children and the importance of early detection and intervention.

No doubt, early detection and intervention are important. The reality is special needs is a lifelong condition, and the available, necessary supports and treatments change as people with special needs move across major life phases. As the number of those afflicted with various special needs, increase, we must accommodate the pressing need for supports and programs for people with special needs across the lifespan.

Their quality of life depends not only on the foundation provided in childhood, but also on ongoing supports that are specific to their educational, medical, social, recreational, family and employment needs.

This inspired us at Hospital Fatimah and Rotary Club of Kinta to connect with parents, professional and persons with interest with special needs to organise the SEMINAR ON SPECIAL NEEDS ACROSS LIFESPAN. This enables us to make a difference in their and the their family's life.

## The objectives of the seminar are:

### 1. Creating Awareness of:

- importance of early detection and early intervention in special needs,
  - the varying needs and challenges faced by individuals with special needs and their families across their life span.
2. To identify parent leaders to support families with special needs through existing NGOs.

## Details of the seminar are as follows:

Date: 5 & 6 OCTOBER 2019

Time: 8.30 to 4.30pm.

Venue : Bro. Liborius Auditorium, Hospital Fatimah  
Tea and Lunch Provided.

# ADMISSION IS FREE



**SEMINAR ON  
SPECIAL NEEDS  
ACROSS LIFESPAN**

**5-6 October 2019**

**Bro. Liborius Auditorium  
Hospital Fatimah**

**OBJECTIVES:**

1. Creating Awareness of:
  - a) importance of early detection and early intervention in special needs,
  - b) the varying needs and challenges faced by individuals with special needs and their families across their life span.
2. To identify parent leaders to support families with special needs through existing NGOs.

**Admission is free**

**Rotary Club of Kinta**

## For further Info, you can contact:

Dr Shan Narayanan  
Co organising Chairman  
DL **055461345** or **055455777** Ext 179  
or Customer Service Officer, Hospital Fatimah. **055455777** Ext 214

## At your service,

**Dr. Shan Narayanan**  
Co Organising Chairman  
Resident Paediatrician, Hospital Fatimah  
Immediate Past President  
Rotary Club of Kinta.

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the **person**

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Alumni

## 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.

# Are Masks Protective from Haze and Smog?

Our memories are short-lived, so there may be a need for a reminder on this as we struggle to deal with the current extremely poor air quality; a problem that has plagued us for two decades. The announcement that our National Disaster Management Agency (Nadma) has sent 500,000 face masks to Sarawak to support the worsening trans-boundary smog from Indonesia is NOT reassuring. From all available information, the masks sent are '3 ply surgical masks' and of little value. It is important that misinformation and misleading actions not be created by government sources as it may confuse the average person on the street.

I have discussed, in a FAQ style, the key issues regarding the value of face masks in the face of this recurrent crisis.

## Are normal Surgical Masks useful? i.e. single-ply (usually white) or 3-ply masks (usually green or blue & thicker)? How long do Surgical Masks Last (3-ply masks)?

It is important to recognise that most of the harmful substances in the smoke/smog coming our way consist of toxic gases and very small particles, most under 2.5 microns in size. Analysis of the air coming from the Indonesian haze suggests that the chemicals we are inhaling include ozone, carbon monoxide, cyanide, ammonia, formaldehyde, acrolein and benzene; some with long-term carcinogenic effect. In addition, the ultrafine particulate matter (PM 2.5 microns or less) often lodge deep in the lungs and have short and long-term effects on cardiovascular and pulmonary diseases. (see: <https://news.mongabay.com/2017/11/how-unhealthy-is-the-haze-from-indonesias-annual-peat-fires/>).

The single-ply surgical masks (usually white) are ineffective. The usual 3 ply surgical masks (usually green or blue & thicker) also cannot filter toxic gases and fine particles (< PM 2.5 microns). It may offer some protection against larger particles that irritate, hence may be useful for some exposure outdoors, on a bike, etc. Even the Ministry of Health (MOH) website advisory on 'Usage of Personal Protection During Haze' says "Airborne particles causing haze may be as small as 2.5 microns. The use of the surgical mask will not prevent one from inhaling the small airborne particles." (see: <http://www.moh.gov.my/index.php/pages/view/190>).

Once these surgical masks are damp (wet) or you cough or sneeze in them, they are ineffective. They last at best 30-60 minutes; so they need to be changed very often.

You may argue that sending 500,000 of 3-ply surgical masks to Sarawak is 'at least doing something and is better than doing nothing'. But if they last 1 hour and are largely ineffective, who are we fooling? Why waste this expense, which could be put to better use to fight the real problem and, more importantly, not mislead the public.

## What about home-made or purchased cloth masks?

Many have resorted to the use of cloth masks as they are cheaper and can be washed and reused. A number of studies have shown that they are largely ineffective for PM 2.5 microns (and below) as well as the toxic elements in the smoke. They also retain moisture (get wet) easily and increase your risk of getting an infection. Wearing a face mask may give you a false sense of security; you think you are protected when in fact you are not.

## Do N95 masks protect against the haze?

N95 masks are called this because they filter at least 95% of airborne particles. They are more effective but only if worn correctly with a good fit to the face of the wearer.

They work only if air comes in via the filter. Leaving gaps means the mask fails to offer protection. N95 masks are not easy to wear for long, they increase the effort of breathing, reduce the volume of air and can cause discomfort. Care is required in their use in the elderly, children or those with cardiac or lung conditions. There was a recent suggestion to keep a 'small window' in the mask to help children breathe easier, but this defeats the mask's function. N95 masks are not that cheap and do have to be changed periodically.

## Is staying in-doors useful? Will closing all our windows/doors and using air conditioners and air purifiers work?

The general opinion is divided on this. Generally the air we are breathing outside and inside the house is the same. The reason to stay indoors is to decrease outdoor activities and decrease our exertion. Exerting ourselves means breathing in more of the toxins faster and increasing tissue damage. If we close all entry points, some studies have shown the build-up of harmful toxins indoors. Air conditioners cannot filter out fine particles and gases and also damage the environment further (two-degree centigrade rise in city temperatures with rampant air conditioner use). Those selling 'air purifiers' make lots of claims that still require detailed studies on their efficacy and may not be effective.

## Will our long-term health be affected by smoke/smog?

### How about our own ambient pollution levels?

Authorities want to reassure us that breathing in smog/smoke for a few months every year for decades is harmless. No one believes this. There is some immediate effect in terms of respiratory irritation but breathing in the chemicals mentioned above will in the long term result in a significant impact on lung and heart health and cancer risks with an increase in premature deaths (shortened life spans).

We must see this seasonal haze/smog problem in the context that more than 90% of our population is consistently exposed to PM 2.5 levels above WHO recommendations (see World Bank Data: <https://data.worldbank.org/indicator/EN.ATM.PM25.MC.ZS>). So our daily background exposures are already exceeding safe standards and these yearly spikes for one to two months exacerbate our worsening air pollution and health.

We require honest, meaningful responses from our government and a decisive plan to end the current crisis and prevent the yearly occurrences. We are already paying the unrecognised price from two decades of seasonal pollution from our neighbour (possibly thousands of people with shortened life spans each year). We cannot continue with this in the face of our worsening local ambient air pollution.

Dato' Dr Amar-Singh HSS  
Senior Consultant Paediatrician

## To Advertise /Collaborate



YuGin Foo  
016 5541178

## HAPPENINGS

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

### COMMUNITY

**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.

**MINDS PERAK CHAPTER. TALK ON INVENTION COMPETITIONS & WORKSHOP 'FROM IDEAS TO MARKET'. SEPTEMBER 21 (Saturday), 9am-4.30pm at YMCA Ipoh, 211 Jalan Raja Musa Aziz (Anderson Road), Ipoh.** Admission is free. Closing date for registration: September 18. Limited seats; register early to avoid disappointment. For registration and enquiries, contact Ms Dong 016 338 6524.

**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.

**SERI BOTANI INTERNATIONAL SCHOOL ROADSHOW. SEPTEMBER 26-29, 10am-10pm at Ground Floor, Ipoh Parade (in front of Skechers).**

**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).

**YESTERYEAR'S CARNIVAL. SEPTEMBER 28 (Saturday), from 9am till 3pm at the Perak Youth Hub, Kinta Riverwalk.** Organised by Continuous Learning and Sharing Society Kinta Perak (CLASS), in aid of National Kidney Foundation Malaysia, Perak Palliative Care Society and Hope Haemodialysis Society. It will feature traditional food and games of yesteryear. For further information on purchase of coupons and involvement, contact 016 563 9609 (Victor) and 012 512 8169 (YY).

**SSM CHARITY FOOD FAIR & CHARITY RUN. OCTOBER 13 (Sunday), 7am at Sekolah Semangat Maju (SSM), Kg. Tawas.** Registration fee for men and women's open run and charity fun run is RM50 while for individuals aged 16 and below is RM35. Participants are entitled to a goodie bag, race bib, event T-shirt, finisher medal and food coupon. Cash prizes will be awarded to the top five participants and trophies will be given to the top 10. Registration for individuals 18 years of age and above will end by September 30. To register online, go to [www.ticket2u.com.my](http://www.ticket2u.com.my), choose the desired category and fill up the registration form.

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

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

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

## Nostalgia

Ian Anderson

## How About a Nice Cup of Tea!

There can be nothing more soothing for many people than a nice cup of tea, whether with milk and sugar or simply a slice of lemon. Either way, it relaxes the mind and allows time to wind down from the hectic schedule of daily life, providing nothing less than peace and tranquillity for all. These special moments, with a cup of tea in hand, allow us to reflect on the past and review our future in a far more effective way than any business meeting. Historically though, the art of taking tea has changed dramatically over the centuries.

Although there are popular legends from both China and India about who discovered tea, it is likely that it grew out of the habit of people chewing tea leaves for medicinal purposes about 2000 years ago. Tea has remained popular ever since.

Let us think back a moment to your first cup of tea. Did you remember that the tea leaves came loose in a nicely decorated tin that could be displayed on the sideboard? We called it a 'Tea Caddy'. In those days there was a special formula for the quantity needed to make a successful brew: "A teaspoonful for each and one for the Pot." Boiling hot water and a period of infusion was then required to ensure exactly the perfect taste.



A tin of Lipton tea

In those heady days, there were different varieties of teas for special occasions. The day would start with English Breakfast Tea and for sure there would be Earl Grey around 4pm, with sandwiches and cakes. Then there would have been a nightly 'cuppa' before bedtime. Here personal choice would take over as a drink before bedtime can either soothe or disturb one's sleep if the wrong choice is made.

Then came those ghastly things called Tea Bags. Said to be nothing less than the sweepings from the factory floor, they were greeted with confusion and dislike by those who only knew loose tea. Patented in 1904 tea bags did not become generally popular until the 1960s. Once these dreadful things became a growing trend, several famous companies like Lipton, Tetley and Lyons, were quick off the mark to adopt the new product. English children soon coined a phrase for these monstrosities, "Tetley's tiny tea bags, full of Tetley's tatty tea". Nonetheless, those horrible little bags caught the imagination of the world and today it is common practice to serve your guests a mug of tea complete with bag, string and tag adorning the offering. Whatever happened to grace and style?



Ipoh Station – Ipoh ladies serving tea to Penang refugees, December 1941

## Connexion

By Joachim Ng

## Frightening flaw in political system



Malaysia is 56 today, but the mood isn't completely joyous. It's not because we are near retirement age, though. Renowned academician Professor Dr. Mohd Tajuddin Mohd Rasdi, in a candid reflection, writes: "I can definitely say that Malaysia is a failure. It was failing badly before May 9th 2018, it has failed even worse after merely over a year."

The only hope for the future of Malaysia lies with Sabah and Sarawak, laments Prof Dr. Tajuddin. Although the professor doesn't quite explain why these Borneo states are so important, a brief memory trip back to 16 September 1963 will help us remember one crucial detail. And that is: Malaysia is the result of consensus agreement, a decision made after consultation with all stakeholders.

The vital lesson of MA63 — especially applicable in peninsular politics — is that on big matters the way to decide is to strive for consensus by actively engaging with all stakeholders. In small matters, go for a simple majority of 50.1%.



But we have oversimplified democracy to such an extent that all matters big or small are now decided by simple majority. This is a crude form of democracy in which any group that is in the majority wins the right to make sole decisions. So if you have 50.1% of the votes you can ignore the other 49.9% of the people. This crude form

of democracy that we are hooked on is like shisha addiction; it brings destructive consequences years down the road.

If a committee chairman announces — "We don't have a consensus. So we'll go for a vote" — he is saying there is no agreement. But if the chairman regularly calls for a vote, it means that the committee is split into opposing sides. Eventually these opposing sides become permanent hostile factional silos.

The Orang Asli practised a superior decision-making style. Throughout the millennia when they were the peninsula's only human occupants, the Orang Asli cherished aboriginal democracy that uses both modes — general consensus in big matters and simple majority in small matters. They had a culture of shared interests to make this possible.

With decision by simple majority, some political parties may well have calculated that their combined membership plus loyal voter base already give them the magic figure. So they don't need you and therefore they don't need to carry you along. This is the frightening flaw in our "simple-majority 50.1%" electoral system. We had better learn from the Orang Asli how to practise aboriginal democracy before we end up at a cliff edge.

Recently manufacturers have come up with a new, round tea bag known as Fresh Brew bags. The removal of the string and label is definitely a step forward but it does not improve the feeling of something ghastly lurking in the bottom of your cup.

An article about traditional tea cannot be complete without a mention of Malaysia's own Boh Tea, said to be our most popular brand since 1929. They produce a wide range of quality teas, both loose and in tea bags, but let me assure you, the latter are not sweepings off the floor.

So let us sit back and relax with a nice cup of tea. It is the perfect time for nostalgia, itself a powerful emotion. Allow yourself a few minutes to enjoy the past and reflect on the future. You will not regret the time spent.

## Nosh News

By Rosli Mansor

Being the only cafe offering New York-style pizzas using handmade dough, the comfy Miker Pizza located in front of Ipoh Padang is conceptualised from colours of Perak's state flag and fits 50 individuals at a time.

Within their pizza menu are Craze Meat, Ultimate Kampung, Vegan Pizza and Spicy Tuna Pizza which have been warmly welcomed by customers.

Shakir Jushaah, owner of Miker Pizza said that he does not possess any culinary certificates and has not entered any pizza-making courses.

"I only learned to make pizzas from YouTube," he mentioned. "Perhaps my deep interest in the pizza-making drove me to successfully open my very own café."

"In YouTube, I learned the basics of making a soft and tender dough for pizza and from that point, I integrated my own tastes," Shakir explained. "The 'Ultimate Kampung' pizza is the top favourite because I use blue-eyed anchovies as the main topping."

Miker Pizza offers regular pizza at 10in and large at 14in. Pizza with two halves of different flavours can only be ordered for the large size.

Don't forget to try out their desserts such as Cheese Cake and Nutella Cheesecake which are also popular. Your meal is not complete without ordering their refreshing Mango Lassi.

Miker Pizza also offers delivery via Foodpanda and Runnermyrun.



## Miker Pizza

Miker Pizza  
No. 1 Jalan Tun Sambanthan,  
30000 Ipoh.  
Tel: 011 1030 0333  
Operation hours: 12pm to 11pm  
(Monday to Sunday) (peak hours 8pm to 10pm)

## Community

## Pride of Workmanship Award

Rotary Club of Greentown presented 18 individual awards and a commemorative plaque for Pride of Workmanship Award in recognition of vocational excellence to the Ipoh Fire and Rescue Station along Jalan Kompleks Sukan on Monday, September 2.

The ceremony which was held in the fire station saw the attendance of the new station chief, Deputy Fire Superintendent (TPGB) Mohd Azman bin Hussin @ Hasan, Rotarians and their families. The awards were presented by Dato' Bindi Rajasegaran, Rotary District Governor Nominee and Jiva Kandasamy, President of Greentown Rotary.

After the awards, a fire-fighting demonstration was conducted in which a blazing kitchen pan fire was snuffed out using a wet cloth and both adults and older children got to experience using the technique. Most popular was directing the firehose, which young and old enjoyed.

After explaining the purpose and history of Rotary International and its local clubs, including identifying some of its prominent past and present members from the Malay community, Dato' Bindi and Jiva presented individual certificates of award to 18 personnel. They also unveiled a plaque in the main office, a source of pride and appreciation.

Dato' Bindi stated, "Today we are here to recognise and honour individual members



of the Ipoh Fire and Rescue Station (Bomba) who have shown the highest ethical standards, exemplary service in their occupation including immense contribution to the problems and needs of society."

The Rotary International Vocational Excellence "Pride of Workmanship Award" is recognised worldwide and honours an individual who has excelled in his or her profession either through a

single event or a career-long contribution of sustained, worthy performance.

"Today we are proud to recognise individual members of this profession as providers of a golden service that requires a high level of courage in your line of duty and who are loyal to your King and Country. You strive to protect property and save lives," she added.

The 18 award recipients were: TPGB Azman bin Hussin @ Hasan, PBT Zulkifli bin Mohamad, PBK II Abdul Rahman bin Abdullah, PBK II Fakhurrazi bin Johari, PBK II Khairuddin bin Hussin, PBK II Syed Azrul Hizam, PB Mohamad Aizat bin Mohamad Sharil, PB Mohamad Fikri bin Mohd Fadzil, PB Mohamad Faiz bin Abdul Rahman, PB Rahim bin Mohamad, PB MD Zuki bin Mohamad Nor, PB Abdul Hazman bin Adam, PB Wan Mohammad Aiman Azrie, PH Mohd Junazwan, PB Muhammad Hanis Manshoor, PB Muhammad Noor Asyraf, PB Mohammad Zarul Azham and PB Mior Muhammad Fahmi.

## Mid-Autumn Festival Cultural Delights

It was a joyous occasion where family and friends took the opportunity to reunite and celebrate togetherness at Ipoh Parade last weekend.

The Mid Autumn Festival celebrated at Ipoh Parade over the long weekend first saw the Mid-Autumn Costume Contest on Saturday evening. A total of 21 kids dressed in their best



for the Mid Autumn Festival and cat-walked their way to wow the audiences and judges. Wilson Lee emerged as the Champion with his unique costume which carried the theme of the Jade Rabbit from the Moon, as the legend has it. "My mum spent sleepless nights making the costume and I have surely made her proud," remarked Wilson.

The second day of the celebration started with about 100 pieces of creative handmade lanterns (both from on-site and off-site competitions) displayed at the atrium for judging which added to the Mid Autumn festive ambience in the mall.

Together with 15 Lions Clubs from Perak and Selangor, Ipoh Parade organised its second lantern-making competition at the mall. Some 33 children and their companions created lanterns with recycled materials at the mall's main atrium in the on-site challenge.

Alan Thoo, Head of Marketing and Promotions for Ipoh Parade said, "we hope to instil in our shoppers the importance to reduce, reuse and recycle to protect our environment as a whole."

With the conclusion of the lantern-making competition, Ipoh Parade gave out some 500 free lanterns to shoppers while entertaining them with a fusion dance. A pair of LED Lions and a fire ball-chasing Dragon dance leapt into the mall accompanied by the thunderous drum beating and cymbal clapping. This marked the start of the much-awaited lantern parade. Led by the lions, dragon and seven Chinese Fairies, shoppers came in pairs and with their family members, joined in the fun walking around the mall with lanterns on everyone's hand. The parade lasted for about 30 minutes.

After the lantern parade, shoppers gathered at the main atrium to enjoy a series of 9 cultural dances which included the Traditional Fan Dance, Umbrella Dance, Ribbon Dance and etc.

The celebration continued the next day with celebrity siblings Nick and Stella performing their latest single at the meet-and-greet session which lasted for more than an hour.

"We are pleased the event lined-up has brought together family members and friends who shopped at Ipoh Parade," said Lim Huey Tyng, Assistant Manager for Advertising and Promotions at Ipoh Parade.



## Future of Wound Care

By Mei Kuan

Association for Residential Aged Care Operators of Malaysia (Agecope) Perak Branch organised an enlightening session on advancement in wound management at MU Hotel on Saturday, August 24. Sponsored by Alpha Bio Medic, it was held in collaboration with C & S Associates, an aged care consultancy.

The speaker of the day was Simon Lam, a Malaysian qualified as a registered nurse and psychiatric nurse in the UK. Currently based in Melbourne, he has extensive experience in aged care management as Director of Nursing. In the mid-1980s, Simon was one of many proponents of the wound care movement. He presented a paper at the first wound care roadshow in London in light of moist wound healing concept and a new generation of wound care products.

One laudable achievement of his is the commissioning of two nursing homes and passing all accreditation standards at the first attempt (the first Australian facility to do so in 1992), the first of which was commended by the Australian Council on Healthcare Standards.

According to him, the future of wound care involves smart bandages.

"Smart bandages monitor the moisture, oxygen, ammonia and temperature levels of wounds without needing to remove the bandage. It also actively monitors the condition of chronic wounds and deliver appropriate drug treatments to improve the chances of healing," Simon explained.

Present were Cecilia Chan Woen Min, Vice President of Agecope (national) and Dr Yek Sing Chee, Chairperson of Agecope Perak Branch cum general practitioner.

"We will organise more workshops on care for the elderly," Dr Yek told Ipoh Echo.

Established in September last year as a national association, Agecope is an NGO comprising experienced, professional practitioners working in the aged care health industry. It has long been identified that there is a distinct lack of cohesive collaborative approach to address the shortfalls of the industry thus leading to sub-standard provisions of care generally. Agecope will have a platform to architect changes for the better, working closely together with the related ministries and agencies. It is also a support forum for all residential aged care operators in Malaysia to network and share positive experiences.

Participation as a member will add to the strength of Agecope to make informed decisions, propose ideas and influence policies as a coordinated representation to the government. Registration fee is a one-off RM25 and an annual membership fee of RM50.

The national Agecope office is located at No. 8, Jalan Angsa, Taman Berkeley, 41150 Klang, Selangor. For more info, visit its official website at [myagecope.wordpress.com](http://myagecope.wordpress.com). Interested readers can call Cecilia at 013 438 4388 or email to [myagecope@gmail.com](mailto:myagecope@gmail.com)

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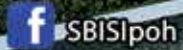
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SBI Ipoh

## Heritage

# Ipoh's Heritage – Herbal Tea

By Ian Anderson

The whole world knows about Ipoh White Coffee as with clever marketing the drink has become truly famous. So famous indeed, that it must now be considered one aspect of our heritage, having been a solely Ipoh product for at least 90 years. However, if you take a wider look at our local beverages, you will find that Ipoh also has a tea heritage going back even further than our coffee.

Drinking Tea has been a local Chinese culture since the coolies came pouring into Ipoh as part of the Great Tin Rush of the late 19th century. They brought the culture from the homeland where tea has been drunk for many centuries. Indeed, legend has it that the history of tea began in 2737 B.C.E. when the Emperor Shen Nong, a skilled ruler and scientist, accidentally discovered tea while boiling water in the garden. However, there is no doubt that India also claims to be the first to brew tea. Whatever the truth of the matter, drinking herbal tea became, and continues to be, a long-lasting trend. I doubt the current trend of Taiwanese-style Bubble Tea will last as long.

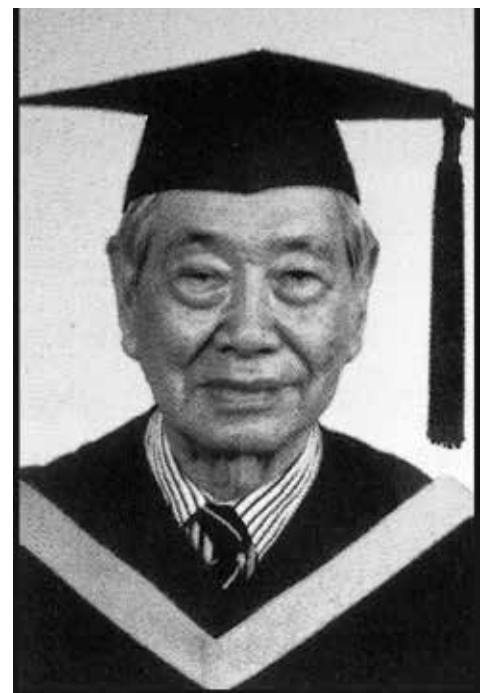
Personally, when I think of Ipoh herbal tea I think of Ho Yan Hor which beginnings date from 1945. The founder was the visionary herbalist, internationally known as "The King of Tea", Dr Ho Kai Cheong. He put together his first recipe for a health-giving herbal tea – with his wife and daughter living in the same room at No. 1 Treacher Street. His tea has been manufactured in Ipoh ever since. The story is told in the very popular museum in Old Town.

However, there are much older kids on the block than Ho Yan Hor. Poh Woh Thong is credited with serving its famous 'Fever Tea' in Ipoh since 1895, more than 120 years. The secret recipe was brought to Ipoh by an immigrant from China. His recipe has been passed down from father to son through three generations. It is their family inheritance. In the early days, Dulang Washers would have taken tea like this to work in a traditional basket with teapot and cups.

But tea shops do not only serve tea. Take for example another three-generation



A tea warmer basket set



The King of Herbal Tea

family that is well known to locals and visitors alike. Known as Yee Fatt Tea Shop, it is renowned for serving an outstandingly good Curry Mee and equally famous for its tea. Here they serve a very special herbal egg tea, said to be the perfect balance to the curry, to ensure good health.

Chronologically, while considering local heritage herbal teas we must not forget Tan Ngan Lo medicated tea which is also manufactured in Ipoh. Said to be an invention of a Chinese immigrant about 100 years ago, it is still very popular here.

With such longevity of popularity, it is not surprising that other organisations have joined the tea trade, thus widening the choice. Today we also have STG offering a variety of Sabah-grown teas, Purple Cane with an extensive traditional herbal tea selection and Tea & Tattle with their wide selection of different leaf teas to choose from. As I am sure you are aware there are many more tea shops in Ipoh that are not mentioned here. Those listed are merely the tip of the iceberg.

So, ladies and gentlemen, tea is definitely here to stay. Other short-lived beverages may appear from time to time but none of them will match our history in tea. It is part of our heritage. There is no doubt about it.

## Community

# Walk to Counter Bullying Culture

The Sathya Sai International Organisation of Malaysia (SSIOM) – Perak Chapter recently organised a Walk for Values with a special theme “Be A Buddy, Not a Bully to Mankind, Animal & Nature”, aimed at raising awareness and curbing the culture of bullying and violence, especially among children and youths.

The event, held on August 25 in collaboration with the Ipoh City Council and Ipoh Car Free Day Team, was launched and flagged-off by Dr Abdul Aziz Bari, the Perak State Executive Councillor for Education, Environment, Green Technology and Information, and attracted about 1000 multi-racial, multi-ethnic participants.

Walk for Values is an annual programme organised by many countries such as Canada, USA, New Zealand and Australia. In Malaysia, the initiative has been around since 2009 and over the years, it has promoted various themes such as environmental care, education, and community care, community empowerment and more.

This is the second time the state of Perak is organising the event which was initiated in 2017 after the painful demise of Malaysian youth Nhaveen due to unwarranted torture and bullying by his peers.

“Nhaveen’s death had triggered a public outcry. We wanted to do something for people like Nhaveen, Zulfarhan, Thaif and many more who have been victims of bullying. It is important for society to intervene and fight against such uncivil acts. We want to send a clear messaging that bullying, discrimination and violence of any sort is an act of crime and are not to be encouraged,” said Mr Ajit Arujunan, the organising chairperson of the event.

“Bully culture appears to be subtly ingrained in the community and it is apparent from the acts of gangsterism, and peer pressure that leads to physical, mental and emotional



abuse. Interestingly, it can also materialise in the form of animal abuse, destruction of nature and irresponsible behaviour that inconveniences others. This is the reason why we chose the theme,” said co-organising chairperson Mr Ruvanesh Aravind Vejjayan.

Throughout the walk, children aged 7 to 17 also demonstrated their keen interest in doing their bit as a ‘Buddy’. They walked

with placards displaying various messages according to the theme, and some even dressed up in creative costumes made from 3R materials.

Apart from walking along the designated path around Ipoh City, the organising committee had organised performances and entertainment which included a flash mob session, a grand float displaying the five essentials human values (i.e. Love, Truth, Peace, Non-Violence and Righteousness), and a special performance by the youths in conjunction with Merdeka Day.

A booth was also set up to garner pledges from participants to be a buddy and about 170 participants had their hands stamped with different colours representing each of five essential human values. The majority opted for the colour green, which represented the value of Peace, indirectly sending a message that peaceful thoughts and acts are the best way to counter bullying and violence.

During the walk, the 1000-people entourage led by Perak State Coordinator, Mr Ramakershinan Nalliah, centre Chairpersons and their respective wing coordinators received a pleasant surprise as Perak State Menteri Besar, Dato’ Seri Ahmad Faizal Azumu and Datuk Bandar Ipoh, Dato’ Ahmad Suaidi Abdul Rahim made a surprise appearance to acknowledge the initiative.

The 4km walk was also joined by 130 students from SMK Tarcisian Convent, SMK Sg Pari, SMK Buntong and SMK Raja Perempuan and Cosmopoint College.

## Lions and Leos at Lost World of Tambun

Members of the Leo Club of Sunway Metro, INTI International College Subang Metro, SMK Bandar Utama Damansara 3 and Lions Club of Sunway Damansara Metro joined forces with Leo Club of Ipoh Unity, SMK St Michael and Lions Club of Ipoh Bougainvillea City brought joy to orphans from Pertubuhan Pengurusan Jagaan 1 Malaysia by celebrating Merdeka Day with them at the Lost World of Tambun.

Pertubuhan Pengurusan Jagaan 1 Malaysia is an orphanage that houses approximately 35 children. Some children are sent there by parents who couldn’t afford to raise a child and some were abandoned. “Every child has a story to tell whenever we visited them,” said Eunice Chan, from Leo Club of Sunway Metro, one of the organisers. “We have visited the home when we had KL-Ipoh trips and stopovers and most of them yearn to go on field trips. Hence we started making plans with local Lions and LEO Clubs in Ipoh and we were glad that we could make the dream come true for them!”

“Donations and gifts are quite common but going to the water theme park is every child’s dream. With resources combined we managed to grant their wish and made a difference in their lives together!” Chan added.



## Dr Little Instils Knowledge

By Rosli Mansor

The Doctor Little: Science Laboratory programme was held at Ipoh Pantai Hospital on Monday, August 26 which saw the attendance of 105 children aged 6 to 12.

Being the third of its kind this year, Doctor Little boasts a different theme for each series.

“This programme aims to expose children to science and health knowledge while instilling their interest in these fields through methods and activities involving 20 specialists and staff of Pantai Hospital,” said Chong Siet Fong, chief executive officer of the hospital.

Canning state assembly member, Jenny Choy Tsi Jen was present to grace the programme.



In her speech, Choy said she welcomes any initiative from Pantai Hospital to promote a healthy lifestyle via interesting activities.

“I hope there will be more programmes of this kind in the future because they help provide more knowledge not only to children but to the various communities in Ipoh,” she



highlighted. “I urge all parties to share with their families and community members for the betterment of children’s health knowledge.”

## Community

# Volunteers Needed

By Luqman Hakim

**M**enteri Besar Incorporated (MB Inc) invites the public, especially university undergraduates on semester break and those due for graduation to apply for the Tanjung Tualang Tin Dredge No. 5 (TT5) Volunteer Programme.

The programme, according to its media release, provides an opportunity for applicants to not only earn their own pocket money but also to gain experience and learn about Perak's once-lucrative tin mining industry. TT5, incidentally, is the only fully restored tin dredge standing in the country. This in itself is a record of sorts.

Application is open to four volunteers in which two will have their shifts on weekends. TT5 is still in need of four to six volunteers during public and school holidays.

Applicants must be between 18 and 40 years old. Working hours are from 9 am to 6 pm daily. Training will be provided.

Besides honing their communication skills and gaining knowledge on Science, Technology, Engineering and Mathematics (STEM), other responsibilities of volunteers include tending to visitors, dulang washing demonstration, tour-guiding and customer service.

Those interested may apply via Facebook: [www.facebook.com/tanjungtualangno5](http://www.facebook.com/tanjungtualangno5), Email: [tt5@amanjayaholdings.com](mailto:tt5@amanjayaholdings.com) or call/WhatsApp: 014 904 3255 for a walk-in interview at TT5.



## State Bocce Competition

By Mei Kuan

**T**he morning of Wednesday, August 28, saw the Special Olympics Perak State Bocce Competition 2019 being held at the State Education Department along Jalan Pasir Puteh. Organised by Special Olympics Perak, a total of 100 athletes who were divided into 50 teams, took part in four different categories: Boy's Junior Doubles, Girl's Junior Doubles, Boy's Senior Doubles and Girl's Senior Doubles.

It was aimed to improve the motor skills of students with special needs and provide them with experience to take part in national and international bocce games in the future. In addition, it also served to strengthen friendship among special education teachers in the state.

The game is similar to lawn bowling and played on a shorter, narrower green. Unlike lawn bowls, bocce balls are spherical and have no inbuilt bias. The scoring team receives one point for each of their balls that is closer to the pallina than the closest ball of the other team.

The oath of Special Olympics was led by Muhammad Nazir Akmal.

Present were guest of honour Hj. Fakhru Nizam b. Pakhrudin, Assistant Director (Special Education Unit) of the State Education Department and Sivanesan, President of Special Olympics Perak.

Below are the teams who emerged champion:

- Boy's Junior Doubles (Group 1) – Hilir Perak
- Boy's Junior Doubles (Group 2) – Batang Padang
- Girl's Junior Doubles (Group 1) – Kuala Kangsar
- Girl's Junior Doubles (Group 2) – Kinta Utara
- Boy's Senior Doubles (Group 1) – Hulu Perak
- Boy's Senior Doubles (Group 2) – Hilir Perak
- Girl's Senior Doubles (Group 1) – Sekolah Semangat Maju
- Girl's Senior Doubles (Group 2) – Hilir Perak



## KPJ Takes Measures to Safeguard Environmental Health



**R**educe the use of single-use plastic and keep our world healthy and safe was the message behind KPJ's Zero Single-Use Plastic initiative's launch (northern region), held at KPJ Ipoh Specialist Hospital recently. The event was a follow-up from the group launch of the Zero Single-Use Campaign by KPJ Healthcare's President & Managing Director, Dato' Amiruddin Abdul Satar, in January. Similar messages of environmental care and protection were also brought down to the grassroots to KPJ's Southern and East Malaysian hospitals.

In his speech, Dato' Amiruddin emphasised the need for all KPJ hospitals to be creative and innovative in safeguarding environmental health and safety, for long-term benefit.

Dato' Amiruddin also said, "While KPJ is no stranger to environmental care programmes – having undertaken several programmes over the years, we continuously explore different avenues to reduce the use of single-plastics within our hospital operations, along with the conversion of plastic-based products into recyclable paper-based products".

KPJ's high-impact initiatives are aimed at responsibly managing the group's environmental impact towards a greener planet, and social projects to uplift the lives of the less fortunate and marginalised communities.

As part of KPJ's environment-focussed programme this year, several more measures are in place, including distributing medicines in paper bags at the pharmacy, reducing utilisation of single-use plastic material in dietary services, as well as replacing bottled mineral water with water dispensers and paper cups at the hospitals. KPJ and its hospitals have also undertaken tree-planting programmes.

Since June 20, 2016, KPJ has been a constituent of the FTSE4Good Index which is designed to track the performance of companies demonstrating strong Environmental, Social and Governance (ESG) practices. Our commitments are borne through the Economic, Environmental and Social (EES) responsibility initiatives, to champion a sustainable socioeconomic development agenda.

The KPJ Group, at present, has 26 specialist hospitals located throughout the nation. The group has two hospitals in Indonesia, one in Thailand and one in Bangladesh. There are also five senior and assisted-living care centres in the group, including one in Australia.

With almost 1200 medical specialists on board, KPJ caters to more than 2.8 million patients annually. Nineteen of KPJ's hospitals are accredited by the Malaysian Society for Quality in Health (MSQH), and four are accredited by the Joint Commission International (JCI). In 2018, two KPJ Hospitals became the first hospitals in the entire Asia Pacific region to receive the Gold-Level Excellence in Person-Centred Care certification. KPJ KL Dental Specialist Centre made history by becoming Malaysia's first MSQH-Accredited Dental Centre.

On the education front, the KPJ Healthcare University College located in Negeri Sembilan offers more than 30 programmes from Foundation to PhD. The group also has three colleges in Malaysia.

KPJ and its group of hospitals have achieved numerous awards at home and abroad, including the Prime Minister's Award which recognises the adoption of the best practices of business excellence that improves Malaysia's global competitiveness.

For further information, please contact:

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Maziatul Erma Abdul Majeed, Head of Public Relations & Service Quality Management, KPJ Ipoh Specialist Hospital at +605 240 8742 or email [merma@kpjipoh.com](mailto:merma@kpjipoh.com)

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## Arts and Culture

## A Voyage of Passion

By Chris Teh

We don't know how long it took for Admiral Cheng Ho to sail from China to Melaka but it takes Azhar Kamaruddin, better known as Captain Jack to many, as long as six months to craft one of his ship replicas with its exacting details.

"The Baochuan replica was originally built in the Ming Dynasty in 1403. It was used by Admiral Cheng Ho who led seven voyages in pursuit of diplomacy until his demise sometime between 1433 to 1435," Azhar explained. "It is characterised by its 3-level deck and Cheng Ho's vigil at the front section resembling a mix between tiger and dragon. I crafted this replica in 2012."

This replica is now on display at Tin Alley as one of the installations for Art Ipoh 2019. Located in between Tin Alley's main unit and the last shophouse, these ship replicas are situated on the first floor. After reaching the level climbing up the stairs, the sail immediately catches the eye and it feels as if one is walking on a ship's plank!

Other replicas crafted by Captain Jack include the Baltimore Clipper, 18th Century British Royal Navy and the Mediterranean Galley.

"The Baltimore Clipper was built around the coastal area of the United States and the Caribbean Islands. It was used for the War of 1812. I crafted this replica in 2015," he said.

Captain Jack has been crafting ship replicas for 10 years in his workshop at Batu Gajah.



Baochuan

Explaining his passion for crafting ship replicas, Captain Jack said, "I was a visual merchandising artist for Parkson and got transferred to many places around the country. It was not what I truly wanted. Therefore, I resigned from that job in 1997 and entered the industrial line to learn the skills and techniques needed for my ship replica crafting later," he said.

Requiring at least half a year to complete a 6-foot-long ship replica project, Azhar said the size of replicas he makes get bigger and bigger each year.

"It does sound tiring. I have to pay attention to every intricate detail of the ship and each part of the ship. My crafted replicas have to resemble around 90% of the original ships built in their respective eras," he bemoaned. "But when you work on your passion, it is not tiring at all. In fact, I just want to keep doing more."

Asked on how he inspires himself, Azhar said that he reads many historical books about ships and the era associated with a particular ship.

"In order for me to fully get the feel of how a ship was built back then, I have to immerse myself in the era," he explained. "It's not only the ship. The era is equally as important too. Thus, whenever I watch classic Chinese movies or dramas, I focus not on the actors and scripts but the surrounding that is depicted. Apart from written materials and pictures, those are the closest I can get to obtain an accurate overview of the past."

Explaining further, Azhar said, "I don't want to mass-produce ship models and sell them off. That is not why I chose to stay in this artistic line. What I do is I learn from history, carve them out in my piece and show to the public what I want them to see. Some parts of the ships I crafted can be moved freely, as intended, like the original ships do."

The British Royal Navy was originally built in the early 18th century. Describing the characteristics of the ship, Azhar elaborated, "The Royal Navy had a rating system to categorise sailing warships. In this particular display, it is a second-rate ship, where it consisted of 90 cannons weighing from 12 to 32 pounds on three gun decks. I crafted this replica in 2016."

Easily mistaken for country flags, he clarified that the flags were the signalling medium in case of distress.

"Each flag represented an alphabet or number," he



said. "Back in those days, there weren't any electronic devices they could use. Flags like this were one of the few materials suitable for communication."

The Mediterranean Galley was originally built by civilisations of the Mediterranean Sea in the late second millennium B.C., remaining in use until the early 19th century.

"Galleys utilised favourable wind directions, but it was mainly propelled by rowing," Azhar highlighted. "I crafted this replica in 2017."

Crafting replicas is not exactly a lucrative profession and Captain Jack does not earn much from his trade.

"But for me, it's not about money. Nor is it about getting fame or materialistic achievement," Azhar said. "I love history, especially ones where ships were representative of their eras. As an artist, it is a common practice to use my sixth sense to imagine how ships would've been constructed in those eras. I integrate that into my replica crafting," he stressed. "In my opinion, history involves every country in this world as it is now. It was never one-sided. This is what I want to share with the younger generation today."

"I firmly believe each and every living soul in this world has a purpose. I have found my purpose, which is to share and retell accurate history through ship-replica crafting," Azhar opined.

Expressing his gratitude, Azhar said, "I really have Mr Tan Kai Lek, Mr Philip Wong and his team to thank for their efforts in making Tin Alley and Art Ipoh a great success. Ipoh needs more art exhibitions like this to not only expand the public's knowledge and definition of art but also in the hopes that they learn the history and the lesson behind each and every installation art piece."

## In Sight of Waller Court

By Mei Kuan

A day of myriad arts and culture activities in August, led by Urban Sketchers Ipoh in collaboration with other Perak NGOs, created a much-needed breath of fresh air at Waller Court.

Its former glory and present everyday life were highlighted in the community event which featured sketch artwork showcased by Urban Sketchers Ipoh, photography exhibition by Society of Photo Image

Perak, explore tour by GoKaki, Japanese shibori tie-dye workshop by Taiping-born Tia Yee Ling, organic bazaar, installation art done by JIU in Art, choir from Faerie Lee Vocal Ensemble and a treasure hunt. Visitors were in for a treat as there were booths providing free portrait art, family photo and ice cream.

"We hope members of the public who are unfamiliar with Waller Court will come here today to experience it firsthand and subsequently evoke nostalgia in former residents. This is Ipoh's first flat which used to have over 3000 residents. We spoke to the remaining residents here and each of them just wishes for the flats to be cleaned up and managed properly so that they could live with peace of mind as they really love to continue to stay here," Yan Lee Sok Yin, Founder of GoKaki shared with Ipoh Echo.

Waller Court's site was opened by the then Menteri Besar Dato' Shaari bin Shafiee on 10 August 1960 while the flats were declared open by Mrs E.G. Waller on May 10, 1962, at a ceremony presided over by the then Councillor D.R. Seenivasagam. These flats are named after Mr E.G. Waller, the then Chairman of Ipoh Town Council from November 1959 to May 1962. Formerly, Waller Court was a housing area built for the



lower-income residents of Ipoh. Notable former residents included Mimi Chu, Malaysian-born Hong Kong actress and singer.

"No one knows if Waller Court will be conserved. The residents here, especially the elderly welcomed us warmly when the idea to organise this came about. We have been sketching here for almost a year and this is the first time we are exhibiting here. All revenue collected today will be channelled towards Paloh Heritage Sketch Walk involving

NGOs from ASEAN countries to be held at the end of this year in Old Town," Chin Kok Yan, Founder of Urban Sketchers Ipoh explained.

Urban Sketchers Ipoh is a self-funded and non-profit NGO attached to the international Urban Sketchers. Running on the slogan, "Sketching Ipoh for Future Generations", the drawing enthusiasts draw on location, indoors or outdoors, capturing what they see from direct observation to share with the next generation. One of their themes to sketch is buildings of historical value.

Those interested in joining Urban Sketchers Ipoh just need to join their Facebook page and sketch away!

Meanwhile, GoKaki is another NGO which offers community tours for all to walk, see, experience and taste all things local at only a minimal fee in multiple languages. It is not just another sightseeing tour in town as it covers a lot of lesser-known locations and its amiable guides have plenty of heart-warming, real-life stories to share for an in-depth understanding of our society. For more updates, check out its Facebook page by the same name.

## Arts and Culture



# Art Ipoh 2019

By Chris Teh

Ipoh's first ever major art exhibition, Art Ipoh, which was launched on August 17, saw the display of 36 installation art pieces. This art project focuses on the utilisation of reclaimable and recyclable materials, while integrating societal issues into the creative process to highlight certain problems faced by the community today, such as homelessness and loss of cultural inheritance.

Tan Kai Lek, founder of Tin Alley, where the art exhibition is happening, said that 18 artists in-residence, which consists of eight local artists and 10 artists from out of Ipoh, contributed to the whole project under the helm of Kuala Lumpur-based Philip Wong, co-artistic director and curator of Art Ipoh 2019.

"Tin Alley serves as a platform not only for artists to showcase their installation pieces, but also for any meaningful causes which can bring a positive impact to the community," he mentioned. "For the 18 artists in-residence, installation art, which is also the theme for this exhibition is something exciting because it's also their first ever hands-on experience."

"As for meaningful causes, we offer to promote anything from other parties at no costs at all," Tan mentioned. "Any rate of commission is appreciated."

According to Tan, art pieces range from 50 sq ft to 1000 sq ft. Wood was mainly used as the material for the exhibit art pieces where artists carved and painted.

"The century-old double-storey shophouses, where Tin Alley is located, is already an art piece itself. The many characteristics of the building is where our artists draw inspiration from. Basically, this shophouse is a seed to many creative ideas," he further explained. "For example, the walls in this shophouse have been limewashed. Given the age of shophouses, very few buildings in Ipoh have the same wall lining because people usually go for normal paints."



Tan, who is also managing director for Bukit Merah Wood Products Sdn Bhd felt proud that the artists have not given up on this point.

"I really admire Philip Wong for having a systematic direction," he expressed. "Which is why Tin Alley did its best to support the artists in any way, materials wise and anything else with no conditions. I offered to have artists construct their pieces at my factory in Lahat since installation art pieces use mostly wood."

As with any project worth undertaking, Tin Alley had its share of challenges. Tan said that the project was initially belittled by everyone around his circle.

"People were always asking me why would I bother with an old and dilapidated building like this shophouse. I understand them because it all comes back to realistic economic concerns. Restoring ancient buildings is not easy. But I told them that if there aren't people who care about heritage, all these buildings

will eventually be extinct," he lamented.

Occupying the walls with wooden boards, these are what catches the eye once stepping into Tin Alley's entrance.

Explaining why, Tan said, "The previous owner of this shophouse, Chew Hock Kuan was a crafter of traditional Chinese wooden boards. Back in those days, these wooden boards with their inscriptions meant something auspicious to the early Chinese community, especially when a shop is newly opened or a doctor opens a new clinic."

"Now that the world is getting more and more modernised due to the increasing proficiency in English and technological advances, historical elements like these Chinese wooden boards mean near to nothing to the younger generation today, because they don't understand what they signify in the first place!" he bemoaned.

"This is why Chew's works are on permanent display at Tin Alley. We would like to commemorate his hard work," Tan expressed.

"Another concern is that the general public does not understand the definition of 'art' adequately, not to mention installation art," he highlighted.

Speaking his mind about society today, Tan said, "I would categorise it as a disease that people tend to follow public opinion before their own. It is like the concept of yin and yang. The public has their perspective limited to just the shallow perspective of art. Most of the people I know are skeptical when it comes to art, saying it's a waste of their time." Further highlighting, he said, "This is why people are quick to judge."

"Through this art exhibition, I hope I can inspire people to look at the better and deeper side of things in life and also to understand history," he added. "There is a reason why our ancestors left a legacy. Everything had been laid out for us. It is up to our generation to continue conserving it and passing it on to the future generation. We should not take their hardships in the past for granted."

Tan also highlighted that Yuk Choy High School is the only school remaining in Ipoh which still offers art classes.

"This is why we featured students from Yuk Choy for our exhibition," he mentioned. "Art is something that is open for interpretation by all walks of life and beneficial to education and life in a whole."

Regarding installation art, Tan said it's a practical approach to integrate societal issues into the making of art pieces which were brought to exhibit in Tin Alley.

"If artists created something without real life inspiration, the public will not take an interest in looking at it," he explained. "For instance, in the case of Abu House, which draws inspiration from a homeless man named Abu, it is designed in a way that allows individuals without a roof over their head to stay in it."

Another art piece worth mentioning is none other than Tan's "Adoption", built with tree branches, leaves and trunks.

Inspired by seeing the cutting down of a century-old tree 20 years ago, Tan took the wood which were meant to be dumped back to his workshop, to be repurposed.

"By reusing old tree parts, I'm able to give trees a new purpose to their existence," he explained.

Open for interpretation to the public are Philip Wong's installation of dangling baby dolls surrounded by wooden sculptures resembling ancestors and Sivarajah Natarajan's installation of bird's nests which was described as representing the fragility of life. Both installations can be viewed at the last shophouse along Lorong Bijeh Timah.

For readers interested in the art installations, better get going to Tin Alley to feast your eyes on what Art Ipoh 2019 has to offer before the exhibition ends on September 30!



### Tin Alley

No. 3 Lorong Bijeh Timah, 30000 Ipoh.

Contact: 019 512 1801 (Mr Leong)

Operation hours: 10am till 6pm

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