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ISSUE **317**

Bimonthly

# Ipoh's Night Scene

• By Chris Teh



**W**e have heard the lament many times over that Ipoh is dead at night but the truth is that Ipoh is buzzing and the night scene is quite active in many areas. In this issue, Ipoh Echo went in search of these places, from fun activities for families and individuals to attractive exteriors that light up the dark and of course, food!

FULL STORY ON PAGES **2 & 6**







## After-work Activities

If boredom kicks in from sitting at home or tension arises after work, here are a few places that provide a good way to immerse oneself in entertainment and activities to kick back, chill awhile, put the mind off priorities and enjoy what Ipoh has to offer.

### Lost World of Tambun

Head there for their hot springs. What better way to unwind all the work stress or boredom of housework? More to that, there is also the **Luminous Forest**. Admire their colourful, intricate lighting and the mythical aura that is guaranteed to amaze.



### Meru Raya Roundabout

The humongous roundabout? Yes, that's the one! Opened to the public circa November 2016, the roundabout cum recreational park houses a children's playground, an amphitheatre, a skate park and of course, tons of space to walk around. Go to the park for a slow-paced peace stroll. Furthermore, there are kids' rides, trishaws and electric bikes for rent. The place is perfect for family recreation.



### Movie

Pick the nearest mall and go on a movie date at **MBO**, **GSC** or **TGV Cinemas**. More parking is available at the malls late at night. Quoting a movie buff, "I prefer watching horror movies at night," said **Jo Lynn Chong**. "The scary moments in the film are more intensified."



### Karaoke

Sing the night away and belt out vocals at **Enco Karaoke**, **K Box Karaoke** and **The Voice Karaoke**.

### Bowling

Fancy some exercise during the night? Head to **Ipoh Parade Ampang Superbowl** or **Ipoh Bowl Kinta City**. Both are bustling with people after 9pm.

### Night Markets

A night in Ipoh entails night markets as well. After 5pm daily, expect to see a huge crowd walking around.

Local foods such as *popiah* (spring roll), *char kueh kak* (fried radish/rice cake), *muah chee* (glutinous rice dough topped with fine peanuts), *aiskrim potong* (ice cream with local ingredients like red beans, *cendol* (Malay green rice jelly) and black glutinous rice) and sugar cane juice stalls and many others are common sights in night markets.

Not to mention seafood and vegetable stalls, there are also stalls which offer a wide variety of clothes and accessories.



### Gerbang Malam

The Gerbang Malam is worth a mention too. The flea market in town (road facing Lou Wong Bean Sprout Chicken and Yee Hup Enterprise) selling clothes, accessories, digital gadgets, and many more is open for business from 6pm to 12am daily (1am on weekends). Peak hours usually start from 8pm onwards and the crowd is hard to miss.

At the Gerbang Malam stretch where Purple Cane Tea House is situated, explore the gadget street (also known as Jalan Mustapha Al-Bakri). The booming music and bargains from loud hailers can be heard from afar.



### Silver Star Theatre

Go to the Silver Star Theatre in Kampung Simee. The theatre turned multipurpose hall has been around for at least 50 years. If one happens to pass by the traffic light crossroad between Jalan Kompleks Sukan and Lebuh Raya 3 (leading to Simee Wet Market), its vividly lit setting at night is hard not to notice due to the dangling lights from the building to the trees. The place is perfect for any kinds of photos, Instagram-worthy ones to say the least.



### Late Night Eats

Craving for supper? No worries, we've got you covered. Despite the quiet setting in town at night, some of these eateries are open till late hours.

### Hangout Restaurant and Café

Started around October 2018, the container-themed open-air Hangout Restaurant and Café also features a brightly lit environment. It is located on the left corner from Gerbang Malam's main entrance.



### Konda Konda Café

With 'good food for good friends' as its motto, the café which has been open since 2014 offers halal Mexican food. The cafe was previously featured in October 1, 2015 (issue 221).



### Food Trucks

An increasing trend in Ipoh, food trucks have been patronised by the younger generation today. Being part of the **Silver State Food Truck (SSFT)**, a community of Perak's Entrepreneurs of Food Truck Association (PEFTA) utilising the concept of mobile food stalls as a daily business medium, the food trucks are located at various parts of Ipoh, such as Station 18 (near Tesco) and in town area itself. They were previously featured in November 1, 2015 (issue 223) and May 1, 2016 (issue 234).



### Food Truck Garden

Wanting to appeal to more visitors in a wider area, the Food Truck Garden (FTG) was created in 2016. Relocated to the side of Meru Raya Roundabout in 2017, FTG previously started operating at People of Remarkable Talent (P.O.R.T.) Ipoh.

SSFT which consists of more than 60 food truckers

*Continued on page 6*



# FEELING BLESSED

*I was under the illusion that the military does not care for its members when they are out in the cold. I was proven wrong.*



Friends and well-wishers



From The  
Editor's Desk

By Fathol Zaman Bukhari



**Y**ou will never realise how things are really like until reality hits you squarely in your face. That is how I felt after undergoing corrective surgery at Tuanku Mizan Hospital in Wangsa Maju, Kuala Lumpur. The hospital is located on a 40-acre site in a leafy neighbourhood adjacent to Taman Permata on the road to Zoo Negara in Ampang.

Getting there is an exercise in futility for an outsider not familiar with Kuala Lumpur unless you resort to Waze or Google Maps, online navigational applications or apps popular with tech-savvy people these days. I was fortunate because my daughter-in-law lives in Taman Keramat, a stone's throw away from the hospital. She knows the area like the back of her hand.

Incidentally, Tuanku Mizan Hospital is one of five military hospitals in the country. It is named after the 13th Agong and was officially opened in August 2009 for use by military personnel, both serving and retirees and their immediate families. Being limited to just the few, the hospital is rather quiet, especially after office hours. Visiting hours are pretty relaxed although checks by the military police are done occasionally, after 9 pm, to deter stragglers.

My right knee was in pain for several years. I was too casual and had been dismissive preferring to disregard it as merely a torn ligament. Over the years it had aggravated causing so much discomfort until it became almost unbearable. Movements became difficult requiring me to use a walking stick and my wife's shoulder for support when

moving from point to point.

After a lengthy consultation with an orthopaedic specialist at Tuanku Mizan, I was told to undergo a total knee replacement surgery. My right knee cap would be replaced with a titanium implant that can last for a decade at least. Having little or no choice, I acceded much to the delight of my wife who had almost given up on me. She could no longer put up with a "stubborn old man".

After all the required tests to ascertain my fitness for surgery I was finally given the go-ahead. The operation was done on Thursday morning, November 7. It was performed by one very capable and seasoned surgeon, Lt-Col Rajiv Rampal. Rajiv and his superior, Brig-Gen Dato' Amiruddin are among the most sought-after surgeons in the country. Both are well known within the medical fraternity. If they go, it will be a great loss to the armed forces. For continuity's sake, I hope they stay.

Since I was under partial anesthesia I could hear what was done to my leg. The numbness (waist downwards) and the chilly operation theatre added to my anxiety. The whole operation lasted for almost two hours. And when I was wheeled out of the operation room, my wife was there to greet me. The whole episode was like a dream, a dream which I could have avoided had I been more mindful of my health.

A room in the orthopaedic ward was assigned to me. The attending medical staff monitored my diet and

progress closely. I had to walk using a walking frame. On the third day, I was required to attend physiotherapy sessions on another floor of the hospital. It was part and parcel of the rehabilitation process.

The reason why I am highlighting this is simple. It has to do with perception. For years I was under the illusion that the military does not care for its members when they are out in the cold. I was proven wrong. Defence Minister Mohd Sabu has allotted ample funds for veterans. His generosity has benefited people like me.

This little episode has strengthened my belief in the Ministry of Defence's resolve to assist servicemen regardless of their condition and position. Honestly speaking, I feel blessed. A similar surgery done at a private hospital will cost anything between RM20,000 and RM50,000 a knee. I had it for free. I cannot ask for more. And this privilege extends to my wife, my pillar of strength. She was by my side throughout the 'ordeal'. You cannot ask for more. I wish to thank my military college mates, former students and friends for visiting me at the hospital, some at very odd hours.

Incidentally, my brother who will undergo the same surgery at Penang General Hospital needs to wait till early next year for the opportunity. I was told only one orthopaedic surgeon is currently available.

All said and done, it is payback time for the sacrifices I had made for the nation.

\*\*\*

## EYE HEALTH – WORLD DIABETES DAY 2019



In conjunction with **WORLD DIABETES DAY** on **NOVEMBER 14th 2019**, **Consultant Ophthalmologist Dr S.S. GILL** gives us an overview of diabetes mellitus.



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

**MALAYSIA** has an alarming increase in the number of diabetics by the day. In fact, MALAYSIA has the **HIGHEST** rate of diabetes mellitus in the world with some 3.6 million suffering from it. The National Health and Morbidity Survey reveals one in five Malaysian adults have diabetes. This chronic disease is ranked number five in the top ten causes of death in Malaysia. The theme for **diabetes awareness month and World Diabetes Day 2019** is **Family and Diabetes** with families being urged are urged to learn more about the warning signs of diabetes.

**DIABETIC RETINOPATHY** is a notorious **EYE COMPLICATION** of diabetes that contributes to vision problems including blindness. It is estimated that 1.4 million Malaysian diabetics are walking around unaware that they have **diabetic retinopathy** that can lead to total blindness. A lot of times this is because of poor awareness of the complications of diabetes mellitus.

Often, those who have diabetes mellitus think that just because they have good blood glucose control and have no blurring vision, they do not need to get their eyes checked. This is not advisable because **no blurring vision does not mean he or she has no diabetic eye problems. By the time blurring vision occurs, the eye condition is often serious.** The key to this problem is to avoid blurring vision through early detection.



If you have **diabetes mellitus**, make sure you are screened regularly for this eye complication – a condition where the tiny blood vessels in the retina (inside of the eye) are damaged due to diabetes. **Almost all people with type 1 diabetes and more than 70% of people with type 2 diabetes will experience some degree of diabetic retinopathy. Take note that no blurring vision does not mean that there are no diabetic eye problems.** By the time blurring vision occurs, the eye condition is often serious.

### WHO IS AT THE MOST RISK FOR DIABETIC RETINOPATHY?

Obviously, patients with fluctuating blood sugar levels (*poor control*) and those with long-term (*duration*) diabetes. Essentially, people who have uncontrolled blood glucose levels and those who have had diabetes mellitus for more than five years are especially at risk. Good control of diabetes mellitus is, of course, important to slowing down the complications of diabetes mellitus in the eye as well as other organs. The best way to know whether your blood glucose control is good is to measure your blood glucose levels frequently at home with a glucose monitoring machine called a glucometer.

### TAKE HOME MESSAGE

"If you have underlying health problems like diabetes and hypertension, do get your eyes examined regularly and comply with prescription medication to prevent vision loss."

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



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# A conversation with Kee Thuan Chye, about Harapan in Malaysia Baru

**K**ee Thuan Chye is a writer, playwright, and political commentator whose latest book, "The People's Victory", reached the top of the bookseller's list in Malaysia, last year.

On December 6, Kee will deliver a talk, in Taiping, called "Is there still Harapan for Malaysia Baru?"

**Mariam Mokhtar: First of all, please remind us why you wrote 'The People's Victory'.**

**Kee:** I wrote the book because it was a historic phenomenon and I wanted to document it for everyone, including the generations to come, so that they can look back on May 9, 2018, and be reminded of how the people managed to bring about change.

And as my book also tells the story of the struggle the people had to put in plus the disappointments and despair they experienced, I hope to convey to everyone the spirit and determination of the Malaysian people. They persevered despite the setbacks they experienced. They pushed on even when the odds were stacked against them.

The book is my tribute to the people who fought and won. Not just the political actors, but, above all, the ordinary people.

**2. You must appreciate that the new Pakatan Harapan coalition needs time to implement its manifesto and many MPs are greenhorns. Why is your talk called "Is there still Harapan for Malaysia Baru", almost a year after the publication of your book, and about 20 months after GE-14? Why in Taiping? Is Taiping one of many towns that you will visit?**

**Kee:** I won't reveal what I'm going to say in my talk, because this will steal the thunder from it. I would rather have people come to it and find out for themselves. There is nothing like hearing it live and first-hand. But I can assure you that my talk will not have any bullshit in it.

I'm doing it in Taiping because I was approached to hold it there by the Perak Academy. This is after the talk I gave at the Ipoh Club last March, which was very well-attended. It's not a roadshow. I'm looking forward to Taiping because I think there are many people there who are interested in the future of their country.

**3. Given that Bersatu is acting like Umno-Baru Mk2 and prime minister, Dr Mahathir Mohamad's true colours are re-emerging, is Malaysia back to "square one"? Are you pessimistic about Malaysia Baru?**

**Kee:** Hope springs eternal in the human breast. But again I stress, come to my talk to find out.

**4. After GE-14, is the media able to write/publish without fear or favour? Is it better now, than before GE-14? How so?**

**Kee:** Oh yes, there's certainly more freedom now. Just read the mainstream newspapers. They carry stuff they never would have dared to do before GE-14. Sometimes, this works against Pakatan Harapan because much of the mainstream media is owned by the Opposition, but that's how things are in a free market.

I'd still like to see the Printing Presses and Publications Act abolished, as promised by Pakatan Harapan. It has no place in a democracy.

I also want to see the Sedition Act abolished for the same reason, and not replaced with another somewhat like it.

**5. What is the root of the problem which besets Malaysia?**

**Kee:** It's very complicated. But let me assure you that I will be pointing this out in detail at my talk.

**6. How can it be resolved? Who can resolve it? Can it be resolved?**

**Kee:** Same as above, because it's related. Sorry to be so cagey, but I really don't want to give away what's in my talk.

**7. Have you always been outspoken? Have you ever been charged for speaking out?**

**Kee:** I have always been outspoken. I haven't been charged (touch wood) because I know how not to write or say anything defamatory or seditious.

I have, however, been punished numerous times for being outspoken on political matters by my employers when I was a full-time journalist. I have also been marginalised at work.

When it was not possible to speak out in the mainstream media in the 1980s and 1990s, before the advent of online media, I spoke out in the political plays I wrote. Like '1984 Here and Now' and 'The Big Purge' (in which I satirised Big Brother Mahathir) and 'We Could \*\*\*\* You, Mr Birch'.

I have always felt that it is very important to speak out so that those especially in positions of power know what we think, and in a democracy, what we think must count.

If we keep quiet, they will assume that we are satisfied even though we are not, and they will continue to make us feel dissatisfied, even worse.

We must also speak up to question wrongdoing. For instance, if we didn't do that, the kleptocrats would have got away with the 1MDB thievery.

**8. The Minister for Religious Affairs, Mujahid Yusof Rawa, was decimated in a recent interview, on the BBC's Hardtalk, when he claimed that the rise in religious and racial tension is due to too much freedom of expression. What do you think?**

**Kee:** It's not about freedom of expression. It's about political opportunism that is allowed to be pursued untrammelled.

The guardians of peace and security, in this case the Government, should differentiate between the two and rein in the latter. But it does not do this for fear that it would piss

off the majority race which also happens to worship the majority religion.

I think a hate speech law that criminalises speech that antagonises any race or religion might help to address the problem even though it might infringe on freedom of expression. But then again, freedom must be accompanied by responsibility, so if there are elements that irresponsibly spread hate for ulterior and political purposes, these elements must be curbed.

At the same time, I believe that the easing of racial and religious tension can be done with a concerted programme of education, not just in schools but in the larger society as well. And if there are racial and religious bigots at large, they should be re-educated. Unfortunately, I don't see Mujahid embarking on such a programme.

**9. You are also an actor and playwright. Why do Malaysians find it hard to understand and appreciate satire?**

**Kee:** Malaysians tend to take things at face value. Also, they haven't been exposed to their own legends and literature, as were those of earlier generations.

If they were to be exposed, they would find that satire was ever present in Malay folklore through such techniques as 'sindiran'.

The stories of the clowns Pak Pandir and Pak Kadok, for example, are satirical. But these days, with the emphasis being placed on technical and scientific subjects, our school pupils are being deprived of their own cultural heritage and the treasures inherent in it.

**10. We appear to be regressing, instead of moving forwards, as Pakatan Harapan seems to be floundering. Will you write a follow-up to 'The People's Victory'?**

**Kee:** I don't know yet. 'The People's Victory' took a lot out of me. I had to write it in three months, which was a massive undertaking when so much research was called for.

I wrote every day, sometimes 16 hours a day. And in the last month of writing, I didn't step out of my house, not even into the sun. That was very unhealthy. Please don't try this at home!

**Kee Thuan Chye's talk will be on Friday 6 December, at 4 pm, at 'The New Club' in Taiping.**

## COACHING CORNER BY ABLE COACH

Dr Shan Narayanan  
Consultant General Paediatrician, Hospital Fatimah

## PERSONAL DEVELOPMENT

### WHAT IS PERSONAL DEVELOPMENT?

Personal Development is a process of improving oneself. It is a process to develop or rediscover the courage to become the person you want to be. It is about investing in oneself so that one can manage oneself effectively to turn dreams into reality despite challenges.

### WHY IS PERSONAL DEVELOPMENT IMPORTANT?

When one begins the journey of Personal development, one becomes aware of oneself. We begin to realize who we are, what our values, beliefs and our purpose in life.

This self-awareness gives one a sense of direction. We have a direction to achieve what we want in life. Decision making becomes easier. It shifts one's focus from quantity to quality.

Self-awareness and direction brings in clarity. One is thus able to prioritize the many things one wishes to do or achieve.

The self-awareness, direction and clarity leads to achievement, which in itself becomes a self motivation to achieve further.

The self-motivation leads to greater self-confidence and resilience to cope with tough times in life.

When we are self-aware with a clear direction with greater confidence and resilience we tend to have better interpersonal skills, relationships and fulfilment in life.

### HOW TO MANAGE ONE'S PERSONAL DEVELOPMENT?

#### 1. DEVELOP ONE'S OWN GOAL/VISION

It is important one is aware where one is and where one wants to be in a few months, or a few years time in life. This is an important step in the process of personal development.

#### 2. PLAN ONE'S PROCESS OF PERSONAL DEVELOPMENT.

Planning is very important to achieve one's Goal/Vision. Firstly stating the Goal / Vision, then knowing what skills are needed, followed by ascertaining how and where to acquire the skills. Prioritizing these if it is in more than one area.

#### 3. ACT ON THE PROCESS OF PERSONAL DEVELOPMENT

Personal development is a proactive process. It does not happen by itself. One has to work on the plan they have done to achieve their Goal/Vision.

#### 4. RECORD AND REVIEW ONE'S ACHIEVEMENTS

Some may wonder why we keep records as one is able to remember one's achievements. Keeping records enables one to reflect and review on the achievements made. It adds clarity to the direction one is taking.

#### 5. CONTINUE THE PROCESS 1 TO 4 TILL ONE IS SATISFIED OR FEEL FULFILLED.

In the process of Personal development, one becomes proactive. Thus one makes things happen. The process is an enriching experience. One may achieve all or a part of one's Goal/ Vision. Whichever, one will experience a happier life as they have clarity and direction. This, in time, can lead to fulfilment.

I can vouch for the benefits of the Personal development process as I have made progress in leaps and bounds in my professional and personal life through this process.



For more information, call Dr Shan's clinic at Hospital Fatimah 05-546 1345 or email [shaniea02@gmail.com](mailto:shaniea02@gmail.com).



# SeeFoon Revisits Mandarin Kitchen

Pictures by Yugin



*Sweet Sour Pork on Ice Bed*



*Pork belly with Fermented Red Yeast Rice*



It's been four years since I last visited **Mandarin Kitchen in Falim**. Not only have they since moved premises (still in Falim) but now its a bigger and roomier two shoplot space and as an added incentive, there is ample parking.

What made me decide to revisit was that I heard they are now offering an ongoing promotion of fish curry for the price of RM20 on weekdays. Always thinking of my dear readers and how they would really enjoy this, I thought it was time to pay them another visit because I remember that there are some very interesting dishes on the menu. In fact, I wrote about them in **issue 211 in 2015**.

Revisiting this time, I got the opportunity to combine old taste memories and collect new ones and was I glad I did. I remember **Chef Ng Wen Lih** as one of the most creative chefs giving new twists to traditional dishes and some in the most unusual ways. So for example, my friends are always astounded when the **Ku Lui Yoke** or sweet-sour pork arrives on the table. The fried battered chunks of pork were served on a bed of ice which results in the batter becoming more crunchy and producing a new mouth feel. For those who like all their dishes served piping hot, this is not for their palate but for me, who is forever moaning about the heat, a cold crispy morsel of meat is just perfect, **RM16/20/24**.

**Chef Ng's wife Chong Lee Yong** takes care of service and on the night we went, she introduced some of the new dishes (new to me as I haven't been for so long).

We began with the **Asam Prawns**, medium-sized prawns marinated with a thick slightly sweetened asam paste and pan-fried. The prawns were very fresh and the sauce, although a tad sweet for my taste, was tangy and sweet without being cloying, **RM22**.

Next came one of their signature dishes, the **Wuxi Fah Lam**. Looking like **Dong Po Yoke** but a dark maroon-red in colour, the pork belly cut into smaller chunks but equally tender and the fat and skin, jelly smooth on the bite. **Wuxi** is the place in China where this style of cooking originates and the paste is very similar to the paste we get from the **Fook Chow** people in **Sitiawan**. This fermented paste made from red yeast rice lends a distinctive earthy taste to the pork. Served with homemade mantou (steamed Chinese buns), **RM22**.

The **Fish Head Curry** arrived. This is the pièce de



*Fish Head Curry*



*Pork spare ribs with ice cream*



*Asam Prawns*



*Sweet potato leaves fried with ham har cheong*

We followed this with the **sweet potato leaves fried with ham har cheong** or preserved prawn paste – the Chinese variety and not our sambal belacan; **RM8/12/16**.

The last greens we had was an **ice plant salad**, this succulent is currently the rage in Ipoh and most restaurants now have it on their menus. I love the crunchiness of the stems and leaves and prefer it raw in salads and in this case had a mayonnaise type dressing topped with oodles of crisped sliced dry cuttlefish. Yummilicious. **RM12**

I am glad I revisited Mandarin Kitchen.

résistance which lures people in, both for its very alluring price and the taste. At RM20 per boiling bubbling tureen, this Garoupa fish head is chopped into chunks and cooked in a creamy, very mild curry sauce that still has enough of the fire to remind you that you're eating a curry. **Monday-Friday promo only RM20; weekends RM30**.

Then came the most innovative dish of the evening, the **Pai Kwat** or pork ribs with ice cream. Yes, you got that right – ice cream! These are very meaty pork ribs on the bone, marinated and deep-fried and topped with a scoop of ice cream, this evening being the corn flavoured one. I have to admit that the taste was quite pleasing and unusual. After all why not ice cream? It's almost a ready-made sauce when melted and though again a tad too sweet for my taste, my table mates devoured and loved it; **RM15/25/36 for S/M/L**.

Another signature dish next, the **Homemade Soft Tofu**, steamed and topped with a smooth pumpkin/seafood sauce laced with small prawns and salted egg yolk. The combination was velvety, umami and slurp-worthy, **RM10/15/20**.



*Homemade Soft Tofu with Pumpkin Sauce*

## MANDARIN KITCHEN

No. 11 & 13, Laluan Perusahaan Menglembu 2, Kawasan Perusahaan Menglembu, 31450 Menglembu, Perak.  
Tel: 012-475 7513  
Business hours: 11.30am to 2.30pm; 6pm to 10.30pm (daily)  
Off 1 weekday every 2 weeks (not fixed)



*Ice plant salad*



**Ipoh's Night Scene . . . continued from page 2**

from all over Perak still operates at parts of town to their choice to keep up with the concept of moving around daily.

"FTG is an initiative by the SSFT community to gather food truckers and operate together from time to time," said **Hadi Hafiz**, co-owner of **The Hut**, one of the many food trucks. "This is also to let food truck owners within the community to come and operate at any time they can in order to fill up their free schedule of moving around."

**Rasa Fantasi Enterprise**

Satay in an indoor environment? Rasa Fantasi is perhaps the first of few shops in Ipoh to offer a cosy environment to enjoy satay! It is strategically located beside Gerbang Malam at Jalan Theatre (next to Pak Kong Chicken Rice) and has started operation since February this year.

"We would like to appeal to Gerbang Malam customers apart from offering satay in air-conditioned comfort," said **Siew Kit**, operator of Rasa Fantasi Enterprise. "Given the location and nature of our food offered, we are halal-certified."

Grilled to just enough chewiness, their satay is a not-to-be-missed delight. The shop offers chicken, beef, lamb and beef innard satays. All are equally as flavourful.

Apart from satay, they also offer sour and spicy fish hotpot and nasi lemak, among many others. Besides that, their special beverage '*sampah*' is worth ordering. Don't be tricked by the name; it is actually iced lemon tea with preserved plum, thus a good beverage to whet the appetite.

Rasa Fantasi's highlight is perhaps the chance to spin the wheel. Eat up to 40 sticks of satay in a single receipt to earn a chance of spinning for either a 10% discount voucher, a free drink, five free pieces of satay from the four variants or 15% discount on the meal.

**Hotpots**

With the rainy season in Ipoh recently, hotpot as panacea not only to the hungry stomach but also the cool weather is a must-have.

**Red Inn Hotpot** located at Old Town is a definite go-to for foodies and for Instagram worthy photos. Their interior and decorations are inspired by memories of Ancient China. Despite the lack of signboards, there are two lanterns hanging on the entrance and a Chinese flag to identify the shop. More details can be found at SeeFoon's 'Musings' column in February 16, 2019 (issue 298).

**Dragon House Hotpot** is another shop worth trying. Started earlier this year in March, the shop is perfect for those who crave late-night hotpot. Go to their Facebook page at [www.facebook.com/dragonhousehotpot](http://www.facebook.com/dragonhousehotpot) for more information.

**Pokémon Go**

Trainers, new or returning, look this way! Ipoh is definitely the place to search for Pokémon to catch at night. With the abundant amounts of Pokéstops in town, Pokémon spawns are a bliss too. Top it with incense or equip those Pokéstops with lures to attract more Pokémon onto the scene. With the festive season around the corner, there is an absolute reason to go out there and catch them, whilst exploring the whole town area and what it can offer.

Of the aforementioned places, Lost World of Tambun houses more than 20 Pokéstops and Gyms. It is one of the highest spawning areas of Pokémon in Ipoh and is definitely a Pokémon Go paradise. Clefairy, a Fairy-type Pokémon and Machop, a Fighting-type Pokemon are usual spawns.



Amanjaya Roundabout contains three Pokéstops and a Gym. Pokémon spawns are varied; some parks are 'nests', where certain species of Pokémon spawns in higher amounts. Nests change usually every fortnight. Amanjaya Roundabout is currently a nest to Snivy, the Grass-type fifth-generation starter Pokémon.

The whole area of Gerbang Malam contains six Pokéstops. While browsing the flea market, there are definitely Pokémon waiting to be caught.

Old Town area (ranging from Tin Alley to RHB Bank) contains 10 Pokéstops and two gyms. These Pokéstops are mostly located at murals and landmarks, so as to complement the rich historical elements. From the KTM train station park leading to Old Town White Coffee and Ipoh Padang (including Birch Memorial Clock Tower area), there are 15 Pokéstops and three gyms.

It is equally as important to keep *personal safety* a top priority when in town catching Pokémon at night.

**Worth-Mentions**

The KTM train station park used to be very active till the late hours of midnight but has seen much lesser people due to declining popularity among Ipohites.

The same goes for Kinta Riverwalk. The trees are no longer lit up with decorative lights and literally, no one goes there today. There are five Pokéstops and a gym at the LIONS International Bridge in the riverwalk.

On another note, most Mamak shops are open 24 hours so they are also supper options.

**Pusat Kafe Carnival**

Craving for wonton noodles at midnight? Head to Pusat Kafe Carnival along Jalan Chung Thye Phin which is just a little ahead from SMJK Ave Maria Convent Ipoh (next to Salim Fish Head Curry). The shop which has been operating for 16 years offers delectable wonton noodles that is worth going to should one stay up late or work the night shift. Their crunchy fried wontons are also a must-order.

**Jalan Medan Ipoh**

Previously featured on the cover story in May 16, 2019 (issue 304), the street becomes alive with people from 7pm onwards. Stalls from tenants **Pusat Makan Metro Ipoh** and **Kafe WK Garden East** offer a wide variety of street food such as fried chicken wings, satay and *ikan bakar* (grilled fish) among others.

**MIX Snack Shop**

Satisfy late-night cravings for snacks at MIX. The snack-shop chain which opened its branch at Ipoh in 2016 offers a wide range of imported snacks from Thailand, China, Japan, Korea and Taiwan. Local brands are also sold.

To conclude, there may be places yet to be discovered. For now, look into these places and enjoy the night.

**Addresses & Operation Hours**

- **Meru Raya Roundabout** : Jln Meru Bestari A14, 31200 Ipoh
- **Night Markets** (from around 5 pm to 10 pm)
- **Gunung Rapat Night Market** : Selasar Rokam 11, Taman Ipoh Jaya, 31350 Ipoh
- **Ipoh Garden East Night Market** : Jalan Medan Ipoh 6, Taman Ipoh Timur, 31400 Ipoh
- **SPPK Night Market** : Jalan Pegoh & Persiaran Pegoh 2, Taman Pengkalan Jaya, 31650 Ipoh
- **First Garden Night Market** : Lorong Taman 11, Taman Pertama, 30100 Ipoh

- **Silver Star Theatre** : Laluan Simee 3, Kampung Simee, 31400 Ipoh
- **Hangout Restaurant and Café** : 145 & 147, Jalan Sultan Idris Shah, 30000 Ipoh (Sunday-Thursday: 6pm-12am) (Friday & Saturday: 6pm-1am)
- **Konda Kondi Café** : 183, Jalan Sultan Idris Shah, 30000 Ipoh (Wednesday-Monday: 5pm-12am) (Closed on Tuesdays)
- **Food Truck Garden** : Jln Meru Bestari A8, 31200 Ipoh (Wednesday-Monday: 7pm-1am) (Closed on Tuesdays)
- **Rasa Fantasi Enterprise** : 33, Jalan Theatre, 30300 Ipoh (4pm-2am daily)
- **Red Inn Hotpot** : 124, Jalan Sultan Yussuf, 30000 Ipoh (Wednesday-Saturday: 12pm-2pm; 6pm-2am, Sunday: 5pm-2am) (Closed on Mondays & Tuesdays)
- **Dragon House Hotpot** : 22, Jalan Ali Pitchay, 30250 Ipoh (6pm-3am daily including public holidays)
- **Pusat Kafe Carnival** : 29, Jalan Chung Thye Phin, 30250 Ipoh (10pm-4am; off-day notification a day or two prior via shop front)
- **MIX Snack Shop** : 15, Jalan Mustapha Al-Bakri, 30300 Ipoh (9am-1am daily)



# Community.

## Give Chance a Dance

By Joelyn Jonathan

‘Chance’ for us symbolises individuals who require special help while ‘Dance’ symbolises the encouragement created by the younger generation who are passionate in performing arts,” said organising chairman and Director of D Artiz Studio Nicklaus Kok during the ‘Give Chance a Dance’ (Vol 4) event.

The two-day event from November 16 to 17, organised by D Artiz Studio and Hope for Autism Society, was held at Aeon Mall Klebang, Ipoh.

The aim of the event was to collect funds and donate them to Hope for Autism Society, Ipoh and will be used for the learning centre’s monthly operation costs and at the same time to upgrade the learning environment and content.

Perak State Assemblyman Ong Boon Piow and the Director of the National Department for Culture and Arts, Abdul Rashid were two of the VIPs invited for the



event.

During Ong’s speech, he stated that the new government encourages and welcomes such healthy activities.

“Such activities may help individuals spend their time doing something beneficial rather than just wasting it on their electronic gadgets. I hope that parents would

encourage their children to participate more in such activities. At the same time, I would like to compliment D Artiz Studio for organising such a meaningful event for the past four years,” he added.

In the end, the event managed to collect a total of RM10,000.

## NAI and The Cat’s Meow



By Chris Teh

The “Kucing Kampung” Cats Competition was held at Tesco Extra, Bercham recently.

Organised by Noah’s Ark Ipoh (NAI), an animal-welfare organisation prioritising stray animals reduction, the competition is the first of its kind to be held in town.

“Through this competition, we would like to promote pet adoption and responsible pet ownership by giving proper nutrition, care and neutering, which

could prevent animals from roaming the streets in the future,” said Peggy Vong, current president of Noah’s Ark.

As the competition name suggests, several owners with local feline breeds participated in showing off their cats.

“The four categories to the competition are ‘Best Dressed’, ‘Most Photogenic’, ‘Owner-Pet Look Alike’ and ‘Natural Beauty’,” she stated.

By cats and owners’



name, Nu Nu and Fong Mee Lee won ‘Best Dressed’ and ‘Owner-Pet Look Alike’ categories while Bumblebee and Faizal Yusup the ‘Most Photogenic’, with ‘Natural Beauty’ reaped by Osman and Norashikin binti Roshid.



Malini & her infant self playing the piano.



Pride of place in Main Convent.

## Selvamany Family’s Gift to Main Convent

By Chris Teh

Wanting the legacy of helping the community to live on, the family of the late educator Datuk Seri Dr N.S. Selvamany contributed a piano from their house at Anderson Drive to the SMK Convent Ipoh music room.

The piano, which was manufactured in 1955 and had been with the family since they bought it in 1963, was sent for refurbishment before moving to the school on November 21.

“We wanted to contribute the piano to the school because the existing piano in their music room was very dated,” said Malini Patel, daughter of the late Datuk Seri Dr N.S. Selvamany.

Explaining further, she said, “The piano has not been played in recent years. Both my sister, Nalina Prabhu and I are no longer living in Ipoh. Our mother, given her old age, does not play the piano anymore either. Thus, we would like to

contribute the piano to somewhere it can continue its purpose, rather than sitting away in our house.”

Malini reminisced the days she played the piano when she was young and said, “My late father loved hearing me playing ‘Ave Maria’, which was his favourite song. As my mother used to teach children how to play the piano, I learned from her.”

“I also remember that the piano, on my late father’s request, had its stand custom-made because he did not want to ruin the house floor,” she mentioned.

“We contacted Peter Ho from Wagner Music Shop for help refurbishing the piano,” the Main Convent girl added. “Thanks to him, the piano will have a renewed purpose in our alma mater.”

Peter said that the late Datuk Seri requested him to perform further refurbishment.

“He asked that the back of the piano be

installed with netting,” he explained. “This is to prevent pests from entering the instrument.”

The principal of SMK Convent Ipoh Ms Foo Mei Mei conveyed her gratitude to the family for the contribution of the piano.

“I really have the family to thank for their kindness,” she expressed. “The piano will be put to good use.”

In order to take good care of the piano, Foo said that no one could simply play the instrument.

“Anyone who would like to use the piano will have to request for permission from the school,” she stated. “This is to prevent it from misuse.”

Malini, Nalina, Peter and members of the Convent Old Girls’ Association (COGA) will be present at the school music room for the presentation ceremony on December 13.

\*\*\*

One of the contests included guessing the weight of Shelly the Cat and a chance of winning a one-night stay at Park Royal Hotel Luxurious 2-Bedroom Suite in Kuala Lumpur.

“Thankfully, everyone had a fun-filled day admiring the local cats on display,” Peggy expressed.

“We hope that Noah’s Ark Ipoh will be able to promote local feline breeds as pets through more competitions in the future.”

“In line with the Animal Welfare Act 2015, we would also like the public to know that animal abuse and cruelty will not be tolerated,” she added.

“If anyone sees violence against these lovely creatures, please report to the authorities or Noah’s Ark Ipoh.”

For more information on their activities, go to their Facebook page at [www.facebook.com/noahsarkipoh](http://www.facebook.com/noahsarkipoh). Competition videos may be viewed on their YouTube channel.

## To Advertise /Collaborate



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# Community



(L-R) Yip Siew Keen, Co-founder of PWW, Sumathi Sivamany, President of PWW, Datin Seri Dr Nomee Ashikin, Tuanku Zara Salim and Datin Rosalina Ooi, President of PSPA at the PWW booth.

## 10,000 Join Car Free Day

By Mei Kuan

Over 10,000 joined the 46th Ipoh Car Free Day which was graced by Raja Permaisuri Perak, Tuanku Zara Salim as it kicked off at 8am on Sunday, November 24. Held monthly since October 2015 along Jalan Raja DiHilir, the major theme for this month revolved around "Green & Community, Together is Better" in conjunction with World Town Planning Day.

The highlights included the Holiday Extravaganza 2019 by Perak Society of Performing Arts (PSPA) which aimed to mark the holiday with the community in the spirit of joy through performing arts of song, music and dance from multiple ethnicities. The lively carnival also featured a superstar costume contest and holiday booth display contest with prizes and goodies galore.

Equally exciting was the celebration of the achievement of the One Million Stars to End Violence Project spearheaded by Perak Women for Women Society (PWW) in collaboration with Soroptimist International (SI Ipoh), PSPA and other NGOs. It was



followed by a march led by the dignitaries in conjunction with the United Nations' 16 Days of Activism against Gender-Based Violence Campaign and then a flash mob based on the global One Billion Rising – Break the Chain Campaign.

From human table football, giant inflatable playground, soap bubbles to tandem bicycles, there was something for everyone.

Present were Datin Seri Dr Nomee Ashikin Mohammed Radzi, wife of Menteri Besar; Dato' Haji Zainal Azman Abu Seman, State Secretary; Mayor Dato' Ahmad Suaidi Abdul Rahim and Mohd Zakuan Hj Zakaria, Council Secretary.

Participating agencies and NGOs were Perak State Public Library Corporation, Royal Malaysia Police, Wives of Civil Servants and Women Civil Servants Association (Puspanita), KPJ Ipoh Specialist Hospital, Raja Ashman Shah Hockey Academy, Ipoh City Watch, KOHIJAU (Koperasi Alam Hijau Perak Berhad), Persatuan DAYBREAK (Disabled Adults and Youths Being Rewarded, Encouraged and Accepted in Kinta), Noah's Ark Ipoh and Kiwanis Club Bandaraya Ipoh among others.

Meanwhile, the participating academic institutions were Quest International University Perak, UiTM, St Michael's Institution, Poi Lam High School, Yuk Choy High School and SK Seri Mutiara.

The Ipoh Car Free Day was honoured with the Platinum Award in the Street Category (Utilization During Event) in the Malaysian Institute of Planners MyPlace Award 2019 in November.



## Business

# Projects Galore to Boost Economy

By Mei Kuan

Perak Chinese Chamber of Commerce and Industry (PCCCI) celebrated its 112th-year milestone via a grand dinner held on Friday, November 15 at Kinta Riverfront Hotel & Suites.

The guest of honour for the evening, which coincided with the 12th anniversary of the chamber's Young Entrepreneurs Committee, was Nga Kor Ming, Deputy Speaker of the Dewan Rakyat.

"PCCCI has adopted a strategy that will assist the state government to promote events and projects to spur the economy. Right now, we jointly organise the Perak International Trade Exposition (PIEX) together with Invest Perak. PCCCI will also play its part in promoting the cultural street at Jalan Theatre next to The Octagon," explained Dato' Liew Sew Yee, President of PCCCI.

According to Liew, PCCCI had initiated its first contact with the Hengshui High School in Hebei to open a branch in Perak. Hengshui High School is a very prestigious school in China for producing the most number of top students entering the best universities.

"We are also in touch with North China Agriculture and Sideline Products Trading Centre in Hebei with the hope to cooperate with this centre to open a collection centre in Perak. Through this gateway, our products will be distributed to Northern China. If successful, this project will help the state government to open up more land for local farmers to cultivate produce that meets the needs of Northern China," he added.

Performances galore, present were Dato' Seri Ir Mohammad Nizar B Jamaluddin, the Executive Councillor for Investment, Industrial and Corridor Development; Dr Abdul Aziz Bari, Executive Councillor for Education, Science, Environment, Green Technology and Information; Dato' Haji Zainal Azman Abu Seman, State Secretary; Dato' Ngeh Koo Ham, Perak Legislative Assembly Speaker; Her Excellency Fatou Danielle Diagne, Ambassador of the Republic of Senegal to Malaysia; Her Excellency Akua Sekyiwa Ahenkora, Ghana High Commissioner to Malaysia; Dato' Lim Kok Cheong, Life Honorary President of PCCCI; and Dato' Liew Chee Ming, Organising Chairman of the PCCCI 112th Anniversary Dinner cum Deputy President of PCCCI.

In June 2021, Malaysia will host the 16th World Chinese Entrepreneurs Convention (WCEC), led by Tan Sri Ter Leong Yap, President of Associated Chinese Chambers of Commerce and Industry of Malaysia (ACCCIM). WCEC is the largest convention of Chinese entrepreneurs around the globe and provides a platform to build networks as well



as foster economic cooperation.

"In fact, 2021 is also the 100th anniversary of ACCCIM, making it a cause for even greater celebration. In the spirit of inclusiveness and shared prosperity, I'd also like to invite the National Chamber of Commerce and Industry of Malaysia (NCCIM) and its constituent chambers to play an active role in the 16th WCEC. This is not merely an event for the Chinese Chamber but a platform for Malaysia to showcase our businesses and multicultural heritage to the rest of the world," Ter stated.



# Nostalgia

## Architecture of the Night

By Ian Anderson

Architecture of the night or nocturnal architecture is a fancy term for floodlighting buildings to show off their architectural niceties or to take part in an important occasion. The technique of illuminating the night is not new, as sporting events in the Western world have enjoyed the facility since the first quarter of the 19th century. Indeed, our own Ipoh Stadium has been 'up with the hunt', with its own lights, that turned night into day, for many years, the latest upgrade being in 2013. However, floodlit buildings, to mark special occasions, did not really take hold until around 1930. Since then successive European and British governments have embraced the art on a regular basis.

Thu, it is no surprise that the British Colonial Government in Malaya followed the same pattern as their masters in London and in 1937, lit-up several public buildings in Ipoh, including the Ipoh Town Hall. The occasion for this extravagance was the coronation of King George VI and Elizabeth Bowes-Lyon as "King and Queen of the United Kingdom and the Dominions of the British Commonwealth and as Emperor and Empress of India". The ceremony took place at Westminster Abbey, London, on May 12, 1937.

We have no record of any further night illumination of Ipoh (apart from the stadium), until 1953, which marked the occasion of the coronation of Queen Elizabeth II, again in Westminster Abbey, on June 2, 1953. Her Majesty was 25 years old. During the service, she took an oath, was anointed with holy oil, invested with robes and regalia, and crowned Queen of the United Kingdom, Canada, Australia, New Zealand, South Africa, Pakistan and Ceylon (The Dominions). Four Sultans represented the Federation of Malaya at the service; the rulers were from Johor, Perak, Selangor and Kelantan. Ipoh marked the special event in far-away London by again illuminating public buildings. Several major banks like The Chartered Bank and the Hongkong and Shanghai Bank, together with other commercial buildings joined in the festivities and for a month or so Ipoh was a blaze of light, the likes of which had never been seen before!

But the story does not end there, for just around the corner was Merdeka, where those same buildings again switched on their lights to celebrate the lowering of the Union Jack and the raising of the new Malayan flag. For the new nation there could not have been a more fitting occasion than this to fill the town with light, to celebrate their life independent of British rule.

Merdeka was 62 years ago and yet, apart from the old single-screen cinemas, which announced their existence with a myriad of lights, until they were forced into redundancy by the mighty Multiplexes, there have been no more occasions where our city has practised the architecture of the night. Sure, there are still small pockets of light around our city at night, but nothing to compare with the floodlit brilliance and splendour of those special occasions that the older generation can still remember, as if it was only yesterday.



Hongkong & Shanghai Bank 1953.



Ipoh Town Hall 1937



JWW Birch Memorial Clock Tower 1953

## Connexion

By Joachim Ng

### All Founders Day lunch chitchat

Malaysia urgently needs a "diplomat" able to establish a feeling of brotherhood for the long term so that temperatures are cooled and the country spared from disasters caused by racial and religious discord.



Warning that slogans and rhetoric in the name of race and religion with extremist overtones can inflame hostility, Sultan Nazrin Muizzuddin Shah has called on the people to keep an open mind to appreciate diversity. Find a meeting point instead of seeking differences that are more likely to draw a border of separation, the Sultan advises.

You, me, and everyone in the country should be that diplomat. All of us must become that diplomat within our circles of business or social influence. If we fail to take up the responsibility, then we are just hoping for our politicians to come to their senses and do the job. We can fulfil the promise of a brighter future if every Malaysian heeds the call by the Sultan of Perak.

What can the ordinary man and woman do? We can do extraordinary things if we stop thinking that it's not our role to do something for humanity. Think of Malala and Greta.

How ordinary were these young girls, before they took up the challenge to make a change in all our lives.

December is the right month to launch new initiatives in time for the new year. Flip the calendar backwards and recall: how many birthdays of friends have you celebrated?

Birthday chatgroups gather every month to light the candle for persons who are in most cases just average guys. You celebrate to honour that person as a group member.

A wholesome way to erase the borders of separation is to start a novel All Founders Day lunch chatgroup that celebrates one sacred day for each of six religions — Islam, Buddhism, Christianity, Hinduism, Sikhism and Taoism. If you haven't got a friend from each of these six religions (Islam + member religions of the Malaysian Consultative Council of BCHST), then start with any two.

No conversion but conversation centred on shared universal values and the common bonds uniting all humanity. Talk less about your own religion and more about the good things you know about your friend's religion. If you're celebrating a friend's grand occasion, you focus on his achievements and not yours.

One enjoyable topic for discussion is health. This is a subject that all religions promote. Another relevant topic is care of the natural environment. This is a topic that all religious adherents should be concerned over.

Happy All Founders Day!

## Dogs for Adoption

*Don't shop, adopt. Spread love.  
Leave no pets behind.*



Age: 1 year old  
Sex: female (spayed)  
Breed: Medium, pedigree mix  
Temperament: Shy, gentle and friendly, was abused  
Contact: Vivien Lian 014 3323859



Age: 2 years old  
Sex: male  
Breed: Medium, pedigree mix  
Temperament: Alert, defensive, good for guarding  
History: Car accident survivor  
Contact: Vivien Lian 014 3323859

## To Advertise /Collaborate



YuGin Foo

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# Nosh News

## Butterbrew in Ipoh

By Jo Lynn Chong

**W**ear your shoes and head to the new **Butterbrew** shop on Concube Lane, Ipoh Old Town! Newly-opened and located in one of the historical spots on the Ipoh Heritage Trail, for the first time ever, Platform 9 1/2 Cafe brings the renowned beverage from the Harry Potter series to life, in our very own Ipoh town.

Naming it slightly different on the menu than the original "Butterbeer" in the famous fantasy novel series, "Butterbrew", as the cafe's owners **Lee Ming Zhe and his wife Giselle Low** have renamed it, does not contain alcohol, and is served at RM10.90 for a small size and RM18.90 for a large size.

The couple cited the Wizarding World of Harry Potter – Diagon Alley theme park in Orlando, Florida as their inspiration. "We could not forget the taste of Butterbeer," Low declared. "We also wanted

to bring the Butterbeer back to Malaysia, so that those who cannot go to Harry Potter theme parks can also enjoy the same thing." After experimenting with various ingredients and in different **portions**, Butterbrew, of their own creation, was born.

The perfected Butterbrew Float on sale is a homemade concoction of mainly Butterscotch syrup and also Sarsaparilla, topped with Butterscotch ice cream fresh flown in from New Zealand upon serving. "We mix the drink and then carbonate it using a machine, so every day, we have to make this drink before we go back, as we want it to be as fresh as possible, not like canned drinks," Low elaborated.

A gigantic cup of large-sized Butterbrew Float contains one litre of drink and four scoops of Butterscotch ice cream. "We reduced the sweetness for the base so when you eat the ice cream on the top



you won't feel that it's too sweet," Low explained.

Also on the menu are Dried Fruit and Herb Teas, Butterscotch Chocolate, Coconut Coffee Frappé, Chocolate Cream Chip, Nutella Mocha and many other delicious drinks that will pleasantly keep you craving for more.

The dried fruit and herb teas, which are all-natural fruit teas, are each named after spells from the novel series. There are Reparo (kiwi, orange and lemon), Lumos (orange, lemon and red dragon fruit) and others. The cut fruits are baked in low heat before adding to water.

Dim sum and various special pao both catered from Jom Dim Sum and certified halal, are also on sale. Kimchi Pao, Cheese Salami Pao (many come back for more of this), Lava Pao and Black Sesame Lava Pao are some of the pao. Pao's are sold at RM5 for two; dim sum are sold at RM10 for 8. Combos of dim sum and pao include six pieces of dim sum and one pao for RM10.

Besides Butterbrew, the interiors and exteriors

of the cafe, furnished with antiques dating back to the 1950s and 1960s (one of them being a Toshiba black and white TV), are specially designed for Instagram-worthy photos. The focus is to mainly provide an airy, cool and comfortable atmosphere for customers, whereby they can take pictures and look out onto the busy Concube Lane below. This cafe is pork-free and as all drinks are non-alcoholic, it invites people of all ages to come, relax and have a good time.

### Japanese Language Class Taught by Native Japanese

#### Beginner Level

Free trial for 1 lesson  
Once a week

Duration: 6 months

Minimum 5 students to commence

Start date: 11/7/2019

Ms. Misa 016-5042912

The couple is planning to introduce many more light food items, such as Beignets, Tornado Potato Skewers and other snacks. "We don't want to sell heavy food as many tourists walk down here from Restaurant Ipoh Kong Heng and they have already started eating from there!" Low enthused. "We want to sell special things for tourists, and there's already a lot of food in Ipoh that are very nice."

They also intend to bring in a live band for entertainment at night, as well as to sell custom-made souvenirs, such as Harry Potter related souvenirs, family T-shirts and other Ipoh souvenirs

at a blue Owl Post Office, which is built like a miniature house.

In December, they will be open till 10pm on Fridays and Saturdays. Do anticipate a launch after Chinese New Year 2020!

They do not accept reservations and for more information, visit their Facebook page at Platform 9 & 1/2 Cafe-Ipoh and their Instagram page at Platform 9&half cafe Ipoh.

Address: 20 and 22, Lorong Panglima, 30000 Ipoh.  
Opening Hours: 9am-6pm daily



## LETTERS

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

## Teach Digital Security in School

**U**ndeniably, digital literacy has become an important tool for empowerment for the next generation. Access to technologies are becoming so cheap. Hence, the future of digital inequality will revolve around digital competency. There is a lot of hype about teaching coding in schools as a means to improve digital literacy amongst the next generation.

However, there is minimal focus on educating and empowering young people to protect themselves. While there is much discussion to protect from cyber-bullying from other individuals but

there is no discussion to protect their privacy from corporations. Generally, government agencies use digital data for policy-making but corporations use data to make money.

By 2050, IoT (Internet of Things) looks set to become part and parcel of our daily lives which will digitalise a lot personal data. There is a lot corporations lurking like 'hungry-wolf' to get a piece of this data for profit-making. Currently, millions of Malaysians are giving out their live-location to Google unconsciously. Not many are aware, they can switch off the "location tracking" in the settings.

It is not a coincidence

when you google "Puma Shoes" and see advertisements of Puma Shoes from Zalora in Facebook. This is known as cross-tracking and cross-tracking can be used by companies to raise prices and/or persuade you to buy things you don't want.

Millions of Malaysian households have not changed their Wi-Fi router "administration credentials". Administration credentials is not the same as the Wi-Fi typical password but access to hardware settings of the router. The default password set by manufacture for router administration credentials password is "password".

It will take me less than 1 minute to hack into someone's router to connect to a smart-home system if the credentials was not changed and 2 minutes to view his online traffic (browsing history) that passed through the router. A year ago, I have demonstrated this vulnerability by hacking into an institution's Wi-Fi and cut-off everyone from the internet in a public talk for educating young people on online security. Nothing has changed ever since as most us are extremely vulnerable.

Regulators from the European Union and India have forced tech-giants to introduce features to protect

privacy. Tech-giants have utilised complex algorithms to ensure systematically that such features do not gain rapid traction amongst netizens. Malaysians may need some important laws such as banning export/sharing/storing data outside Malaysia. That does not prevent MNC(s) operating in Malaysia from inviting foreign firms to set up shop to analyse our data.

There are multiple user-friendly features to protect our privacy such as "prevent website cross-tracking", "disable location tracking", "disable data-sharing", etc.

Pakatan Harapan is pushing Malaysia into the

industrial revolution 4.0 (IR-4.0) without providing the necessary knowledge to empower ourselves.

The digital literacy syllabus should focus on teaching coding and Microsoft Word but also how to protect their personal data, handling cyberbullying, choosing hardware with good encryption, understand equipment(s) standards (WiFi 802.11ac), setting to protect the data, and laws related to online activities. Focus on teaching the laws for the public to protect themselves rather than focus on laws that will punish them.

**Sharan Raj**  
Parti Sosialis Malaysia



## Medical Technology

### Fastest CT Scanner in Perak

By Rosli Mansor

**I**poh Specialist Hospital (KPJ) is the first private hospital in the state to acquire the newest and fastest CT scan machine.

Medical Director of KPJ Ipoh, Dr Luis Chen Shian Liang explained that the state-of-the-art machine can scan human body parts with less time, less radiation and less contrast media usage. This reduces risks to patients. Its high definition images will enable more accurate diagnosis and more precise procedures.

"The CT scanner is of the latest model, **Siemen SOMATOM Definition Edge**," he said on Saturday, November 16 which saw the launch of the online public access of hospital's clinical outcome and the new CT scan machine.

Dr Lee Boon Chye, the Deputy Minister of Health who was the guest of honour for the day added, "For instance, to do a CT Angiogram of the heart, it scans less than five seconds in contrast with the 12 seconds of the older CT scanners, the radiation exposure also reduced from 20mSV to 1.5mSV. The resolution and image quality of this new CT scanner is much higher too. This will help radiologists to see more details and thus make more accurate diagnoses. The surgeon or radiologist can obtain a better and more accurate sample for histological confirmation."

Lee also congratulated KPJ Ipoh for taking the initiative to publish their clinical outcome data online for the public to access and to gain vital information before they engage a doctor for the treatment of their illnesses.

By sharing clinical outcomes with the public, the hospital encourages patients to make informed decisions regarding their treatment and institution of choice. It can be accessed via [www.kpjipoh.com](http://www.kpjipoh.com).



## Books

### Have You Heard about Competition Law?

By Joelyn Jonathan

"My professor from King's College London once taught me about Competition Law. The lecture was so delightful that ever since then I got hooked to it," said James Huntzen Ong during a book launch on Tuesday, November 12 at Cititel Express Hotel, Ipoh.

The book entitled, "Freeing The Market – A Handbook of Competition Law" second edition is a book that explains the development of Competition Law in Malaysia.

Written by three authors namely, James Huntzen Ong, Gavin Gore-Andrews and Chan Kok Keong, the book highlights recent cases in Malaysia which involve Google, Qualcomm, Air Asia-Malaysia Airlines, European Truck Producers Cartel and the US Supreme Court decision in Vitamin C litigation.

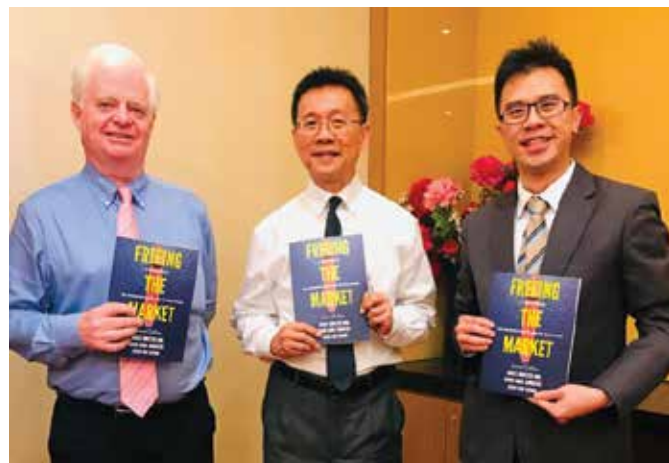
"Competition Law is not against monopoly or successful companies. It only acts in control and prevents the abuse of such dominant positions. This law is not only limited to enterprises doing business domestically. If your enterprise sells goods or provides services abroad, you will be subjected to this law," added James during his speech.

According to James, this book was written in order to create awareness among the public that Competition Law is almost applicable to all products.

When asked how did the idea of the book came about, Chan Kok Keong, founder partner of Chan & Associates, said that the genesis of this book came from his career.

"I heard about Competition Law when I was in university but I became more interested in it as a result of a minority shareholders action that I was doing," said Chan.

The books are currently not available at any major bookstores. To get your hands on a copy, contact Chan & Associates at 05 254 5293.



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# TVET – Leave It to The Educationists

**iSpeak**

By A. Jeyaraj

Ask any youngster what he or she wants to be and the common answer will be a doctor, Engineer or Lawyer and the parents will say the same about what they want their children to be. For the past three generations or so we have been made to accept that for a person to have made it, he should be in one of the above vocations. We are familiar with the saying "Like father, like son". A doctor's son will become a doctor and follow his father's footsteps. It is common to see families of doctors or lawyers. It is not easy to break this cycle which has been ingrained in us. There are also exceptions, where students choose other options.

From the article "Empowering Perak's Workforce", Ipoh Echo Issue 315 (November 1, 2019) it can be seen that the MB is going to let a third party handle TVET (Technical and

Vocational Education and Training). The government is fond of setting up a new entity to carry out its wishes, whether it is relevant or not. The article does not say specifically what the Perak Government is going to do. MB Faizal is quoted as saying "With a holistic approach all TVET stakeholders will be gathered on an efficient and effective platform". This sounds philosophical. What does this mean? What actions will be taken? What will be implemented? Who are the beneficiaries?

I visited most of the Skills Training Institutes in Ipoh to write about them. I was given VIP treatment; maybe I was the first journalist to visit them. Trade schools were in existence from before independence. The present vocational schools are in existence for quite some time and well established. Why does the PH government want a third party to get

involved in education? What is the scope of their work? Who monitors their performance? I am not sure how much of taxpayers' money it would cost. Let the educationalists do what is best for them. Politicians should not get involved in education. The present mess in our education system is due to this.

Basically there are only two requirements for TVET education. Firstly, the institutes and the manufacturers must talk to each other. The manufacturers should specify the skills the students should acquire. The institutes should produce students with these skills to enable them to work immediately.

When I visited the Perak Entrepreneur & Skills Development Centre (PESDC), they handed me a booklet and I noticed that many industrialists were on their panel. They know what the industry wants. I suggest that the Exco for Education together with FMM should set up an

avenue for the institutions and industrialists to meet regularly and discuss their requirements.

The institutions should equip their workshops with state-of-the-art machinery. The instructors should be sent for training to upgrade their skills and learn about new technology and get ready for IR4.

The second requirement is for the institutes to recruit students. PESDC and Institut Latihan Perindustrian (ILP) have staff who go to schools and other places to give talks on vocational training and its benefits. When I attended a students' programme, I met a teacher from ILP who had set up a booth. She said that it is an uphill task to convince students and parents on the importance of skills training. There needs to be a paradigm shift.

We have been brought up to believe that blue-collar jobs are for students who do not do well in their studies. Bright students go

to university. Most parents tell their children to study hard and get a degree. Society normally looks down at blue-collar jobs.

This is where the government can come in and assist skills-training colleges. The State Excos for Education and Youth can organise campaigns for students and parents to take up skills-training studies. The students should be informed that with the advent of IR4, most of the traditional jobs will disappear. Students should be made aware that a degree will not get them a job.

The weakness of skills training centres should be eliminated. There was a report from TalentCorp published in NST, November 8, listing 'Top Skills Required by Employers in Malaysia'. Top of the list was fluency in English. Most of the instructors I spoke to had a very poor command of English. They should be taught English and it must be taught as a

subject. Students should be made to understand the importance of the language. The instructors and students should know that documentation and operating manuals of the equipment they are using are in English.

Other skills to be acquired include communication skills, teamwork, creativity and multi-tasking. These should be included as a subject. I know of a technician who does electrical and plumbing works and I call him for small repairs and he attends promptly. Nowadays it is difficult to find handymen who can do small jobs.

The state government can provide financial assistance for the institutions to recruit additional staff to teach the skills that employers require.

TVET education should be holistic as the MB says and not a source for people to make extra income. Leave education to the educationists.

## Education

### Imperial International School Launches

By Mei Kuan

Imperial International School, Ipoh, the first of the newly-established Imperial Education Group of schools, held its soft launch and info day on Saturday, November 16. It is established by the HCK Capital Group, an experienced education provider that also owns Peninsula International School Australia Malaysia and is affiliated to SEGi University & Colleges.

Present were Salim Abdul Rahman, Assistant Director of Private Education Unit from State Department of Education, Felix Lee, HCK Group Executive Director (Education Division) and a Member of the Board of Governors, Jason Bek, Senior Principal of HCK Education Division and Wong Kin Tung, Chief Executive Officer and Acting Principal of Imperial International School, Ipoh.

Commencing its first intake in January 6, 2020, the Ipoh campus is situated in the growing township of Kledang in Menglembu. Accepting students from five to over 16 years of age, it offers the International Primary Curriculum (IPC) infused with the Cambridge International Programme (CIPP) and Cambridge International Curriculum that prepares students for the Cambridge International General Certificate of Secondary Education (IGCSE) Year 11 and A-Level Year 13 qualification among others.

Set to be a leading school that promotes creativity and imagination, it aims to produce a modern learner with 21st-century learning skills and an inquisitive mindset as well as to extend traditional learning boundaries with a strong foundation of Oriental values. Its 4D immersive learning concept features a state-of-the-art interactive digital environment which allows students to engage in the learning process using all their senses.

Plus, the fully-networked broadband campus will see the addition of a swimming pool and futsal pitch in its future expansions. Its existing facilities encompass little chefs laboratories, medical bay, art room, multi-purpose hall, science laboratories, music room, cafeteria and library.

Being in partnership with Peninsula International School Australia, Malaysia campus and SEGi University & Colleges, students can have a head start in planning their career of choice and education pathway with preferential fee rates.

Through the school's Smart EduFund programme, scholarships with up to 75% tuition fee waivers are available for deserving individuals: Post-UPSR Scholarship, Sports Scholarship, High Achievers Scholarship and Outstanding Character Scholarship. Meanwhile, early birds enrolment (first 400 students) will enjoy a fee freeze scheme.



## Pre-schoolers Give Malaysian Twist to Classic Novel

Kinder Labz held their first annual concert and graduation ceremony at Dewan Chin Woo on October 12, with their performances drawing inspiration from Enid Blyton's popular children's novel, 'The Magic Faraway Tree'.

"Just as excited as the children are, we the Queen Bees are both very excited as well and today children are going to showcase what they have been practising very hard at in the past two months. They are going to put up a very good show today which I'm sure you are going to enjoy," said Mrs Puvanes, Head of Academics at Kinder Labz, prior to the concert.

The curtain-raiser was a choir and percussion performance from the 6-year-olds. About 101 youngsters between three and six years old then took to the stage and brought the audience on a journey to experience the many magical lands as told in the popular novel, while adding a few local and modern touches to it.

Parents Azmin and Aisyah who were present at the concert said, "Congratulations! It's a wonderful feeling watching small kids performing and thanks to all the teachers and school staff for extracting the best of their potential. Once again congratulations for the grand success."

As part of the programme, the 6-year-olds, 34 of them in total, were in their robes and mortarboards as they received their certificates on this day, being the first group of buzzing students to graduate from Kinder Labz.

Class teacher Viloshyini said: "It's hard to say farewell to our Pre-K students graduating from Kinder Labz. While it's not necessarily goodbye forever, it's always an emotional time for us teachers and staff. It has been an amazing year watching each and every one of them grow. The year has come and gone so quickly. It has been a joy and pleasure teaching all of them this year".



The school is going to have an Open Week from December 16 to 19 with kids' activities galore during the school holiday. It will also include Taster Class for Primary where parents are encouraged to register their kids to experience how the learning is conducted by our teachers. All these activities are free of charge.

For more info, readers can email to [enquiry@imperial.edu.my](mailto:enquiry@imperial.edu.my) or call 05 237 5188 or 017 467 3968. Do check out their website at [www.imperial.edu.my](http://www.imperial.edu.my).

Imperial International School, Ipoh is located at 1 Jalan Kledang Bestari 2, Kledang Bestari, 31450 Ipoh.



## HAPPENINGS

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

Announcements must be sent by fax: 05 543 9411; or email: [announcements@ipohhecho.com.my](mailto:announcements@ipohhecho.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.

## ARTS AND CULTURE

**A CAMBRIDGE CHOIR CONCERT. DECEMBER 8 (Sunday), 4.30pm-6pm at St John's Anglican Church, Jalan St John (Off Jalan Panglima Bukit Gantang Wahab), 30200 Ipoh.** Featuring: 'The Sidney Sussex College Choir' (Cambridge University, UK). Free admission (300 seating capacity). Followed by refreshments and fellowship. For more information, contact: St John's Anglican Church 05 254 8146 or 013 772 7570.

## COMMUNITY

**PUBLIC TALK BY KEE THUAN CHYE: 'IS THERE STILL HARAPAN FOR MALAYSIA BARU?'. DECEMBER 6 (Friday), 4pm at The New Club in Taiping.** No-bullshit writer Kee Thuan Chye is the author of the bestselling book 'The People's Victory – How Malaysians Saved Their Country'. All are welcome! Enquiries: Yeap Thean Eng 012 538 2743 or Michael Thomas 012 422 8274.

**YOUNG GENERATION SOCIETY PERAK (GENY) EQ LEADERSHIP CAMP. DECEMBER 13-15 at Sufes Campsite, Tapah.** The camp is a 3-day experiential and life-transforming event. Participants will learn through structured self-awareness sessions and fun activities. Emotional resilience is an outcome of camp lessons learnt. Participants need to be at least 14 years old, physically and medically fit. Camp slots is limited to 30 participants only. **Closing date is November 16.** Contact Mabel 012 534 0063 for registration. GenY is an NGO dedicated to educating and empowering young people.

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

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

**Kechara Earth Project. LET'S RECYCLE FOR GREENER EARTH. EVERY 4TH SUNDAY of the month, 9.30am-11.30am in front of Ipoh Garden Post Office, Jalan Dato Lau Pak Khuan, Ipoh Garden, 31400 Ipoh.** Carton boxes, paper, metal/aluminium, electronic equipment, plastics, light bulbs, batteries and used clothes. Funds are channeled towards Kechara Food Bank that serves the urban poor and underprivileged community in Ipoh. For more details, contact: 016 532 8309 (Mr So) or 012 522 3200 (Ms Yee Mun).

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

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

## Arts and Culture

# Movie Paradiso

By Gisele Soo

Movie Paradiso, an orchestra concert hosted by Kinta Valley Symphonic Society (KVSS) took place at the Auditorium Perakfm, Jabatan Penyiaran Malaysia Perak, RTM on Sunday, November 24.

According to the president of KVSS Timothy Tan, this was the first collaboration between Kinta Valley Wind Orchestra and the KLPAC String Orchestra. In attendance were Member of Parliament for Ipoh Timor, Wong Kah Woh, main sponsors Wei Dat Steel Wire Sdn Bhd, Pejabat Ahli Parlimen Ipoh Timor and co-sponsors Tenby Schools, Kinta Properties and Team Keris Berhad.

It was an eye-opening experience for the audience. Everyone was squealing with delight. The musicians sounded

like they just played it by ear.

The concert featured three types of orchestras, full orchestra, string orchestra and wind orchestra. Soundtracks from movies such as The Lion King, highlights from Spirited Away, Harry Potter, a Beauty and The Beast medley, The Greatest Showman, The Chronicles of Narnia and Alice in Wonderland were performed. "A complete orchestra consists of both string and wind orchestra," said Norman Ong, the conductor of the KLPAC String Orchestra. There was approximately a total of 100 musicians employed.

An orchestra, according to Timothy, is a group of people making music together. Wong Kah Woh shared a quote by an American songwriter, John Denver, "Music does

bring people together. It allows us to experience the same emotions. People everywhere are the same in heart and spirit. No matter what language we speak, what colour we are, the form of our politics or the expression of our love and our faith, music proves we are the same."

The splendid performance was greeted by auspicious cheering from the audience and what draws the crowd was the marvellous show with a blend of instruments such as violin, viola and cello from string orchestra and flute solo, saxophone, trombones, euphoniums, trumpet, honks, tubas and clarinets from the woodwind orchestra.

The musicians come from various backgrounds, as such, students, working adults and retirees. The youngest musician on stage was a seven-year-

## Tourism



## More Stops for HoHo

By Rosli Mansor

Perak Tourism expanded its Hop-On Hop-Off (HoHo) bus service to six more stops at locations out of Ipoh vicinity starting November 23.

Executive Councillor for Tourism, Arts and Culture Tan Kar Hing said that the service expansion is due to overwhelming responses and the increased amount of tourists in Perak.

"Since early March this year when the service was launched, 3053 tourists had utilised the HoHo bus service. What's even more inspiring is that these tourists were from Singapore, Thailand, China, Japan and Australia," he told reporters after the HoHo Bus Out Circuit Launching at the Perak International Expo (PIEX) in Indera Mulia Stadium on Thursday, November 14.

"The new stops are Lost World of Tambun, Tambun Pomelo Orchard Farm, Sam Poh Tong, Gopeng Bus Terminal, Kellie's Castle and Silveritige Medan Gopeng," Tan explained. "This adds to a total of 18 stops."

He added that trained HoHo bus drivers will share information on the stops to tourists who use the service.

"Three buses will be utilised for the HoHo bus service, with six travel frequencies daily," Tan said.

"For an introduction of these new stops, we are offering a promotional price of a one-day unlimited trip for locals at RM12 or RM10 for children, disabled and senior citizens," he explained. "For a two-day unlimited trip, RM20 will be charged for locals but the same remains for children, disabled and senior citizens at RM10."



old boy. Timothy added, "Every instrument is as equally important as the main instrument as everyone works together to create a harmonically tuned music."

*Why Paradiso?*

The word Paradiso which originated from Italy means paradise. "We decided to play movie-themed pieces and tried to

tie paradise with a movie, therefore, 'Movie Paradiso came about'," Norman Ong explained.

The Kuala Lumpur Performing Arts Centre (KLPAC) is a non-profit organisation where musicians get to practise for free from 2pm to 5pm every Sunday. Musicians are selected through auditions which are held every year. The good

thing is, there is no age restriction.

So, what makes them eligible?

Participants need to have a certificate of grade six for violin, and as for cello and viola, grade five and above.

Interested to be part of the musical group? Visit their website, <https://www.klpac.org/>



## Education



### Empowering Girls, The Maharani Way

By Joelyn Jonathan

A total of 400 girls from four schools in the 2019 batch celebrated their graduation upon completing the Maharani programme recently at Sungai Siput. The girls aged between 11 to 16 completed all three Maharani camps.

The Maharani programme was founded by RHYTHM Foundation as an initiative to provide a support system and a safe space for young girls. Through the programme, young girls are taught basic skills and are given education pertaining to hygiene, gender and sexuality. Besides that, the programme also offered interactive workshops and vocational training.

According to the Chairperson of RHYTHM Foundation, Datin Sri Umayal Eswaran, girls are born strong but social and cultural practices often limit these girls from spreading their wings.

"Our aim is to provide a platform for these girls to explore their true potential and to express themselves. Our educators and facilitators assisted and helped them to build self-confidence," she said.

To further help the girls, RHYTHM Foundation has partnered with the Young Women Christian Association of Kuala Lumpur (YWCA).

For more information on their programmes, please visit [www.rhythmfoundation.org](http://www.rhythmfoundation.org).

## Culinary School of Many Firsts

By Mei Kuan

Kicked off in 2018, the monthly Master Chef Series by Crew Skills International featured Nyonya cuisine by Pearly Kee recently.

"As part of our effort to preserve Malaysian food, we invite master chefs to teach our students because we do not want the knowledge to be lost. We are one of the few schools in Malaysia, surprisingly, to teach Malaysian food. We want more schools to be proud of Malaysian food," Suresh Subramaniam, Managing Director and CEO of Crew Skills highlighted.

According to him, the previous sessions had featured the Malay traditional kuih (bite-sized snack) and nasi lemak (fragrant rice dish).

"Every month we have different chefs coming in to teach our students. We have got an exciting array next year including Louis Tay, a Culinary Olympics gold medallist who is coming in March. Recently, we have become the first school in Malaysia to offer authentic Japanese cuisine training (two-year programme), awarded by the Ministry of Agriculture, Forestry and Fisheries of Japan. We will start the intake in March," he shared.

Meanwhile, Penang-born Pearly is a fifth-generation Nyonya and award-winning food ambassador for Penang. She named the late Dato' Lim Bian Yam, a well-known chef extraordinaire and Baba as her mentor. Also the author of "A Nyonya Inheritance", she runs the Penang Homecooking School in George Town as a full-time cooking teacher to enthusiastic home cooks and professional chefs since 2009.

With over 50 years of culinary experience, she started cooking at six years old. "Most Nyonya dishes are a fusion



of Malay and Indian food. The prominent ingredients would be galangal, turmeric, lemongrass, chilli, onion and shrimp paste. You must know the correct technique to stir, dry out and cook the paste with lots of patience," she explained to Ipoh Echo.

Under her guidance, the students prepared assam laksa, stir fried vegetables with dry cuttlefish, kapitan chicken curry, five spice chicken roll, sambal belacan and sago gula melaka (sago pudding) for the luncheon.

Commenting on the students' performance, she enthused, "I'm so glad the students are learning how to do it the authentic way. The future of our food lies in their hands. The students here are very enthusiastic, observant and keen to take instructions. I believe they will go far."

Her other forte includes Indian and street food.

When asked on her general food philosophy, she said, "It's the responsibility of every person who loves to cook to be ethical and to eat wholesome food. Eat things from your garden, as much as you can plant."

"It's important to me that our Malaysian food doesn't die. Things are getting too modern and we have got to preserve our heritage: Malay food, Indian food, Chinese food, Indian-Muslim food and Eurasian food among others," she added.

Here's her advice for aspiring chefs: "Cook with a lot of love."

Present was Garry Prior, Director of Crew Skills.

Crew Skills International is cited by the World Association of Chefs Societies (WACS) as a Recognized Quality Culinary Education school. This makes it a first for Perak and the fourth in Malaysia, thus putting Crew Skills International on the culinary school map.

Its triple award professional chef course is designed to provide graduates with the capability for top-earning and international skills migration: Australian Professional Chef Certificate 3 & 4 in Commercial Cookery – Western (Australian Qualification Framework) awarded by Culinary Solutions Australia; Diploma and Advanced Diploma in Food Preparation and Cooking (Supervision) awarded by City & Guilds Institute of UK; and World Association of Chefs Societies (WACS) Professional Chef and Chef de Partie certificates (international kitchen passport) which is an international industry recognition of competence and attainment.

The school is located at 9 Lintasan Perajurit 17G, Taman Perdagangan dan Perindustrian, 31400 Ipoh. For more info, visit [www.crewskills.edu.my](http://www.crewskills.edu.my) or call 05 545 9800.

## Wesley Honours Day

By Jo Lynn Chong

Wesley Methodist School Ipoh (International) held its 12th Honours Day on Saturday, November 16, to acknowledge the outstanding performances of their students in academics and beyond. Guest of honour M. Kulasegaran, Human Resources Minister was invited to give out the many prizes to the 2019 top scorers for IGCSE, Year 9 and Year 6 Checkpoint examinations.

Around 100 students collectively, from both junior and senior schools, were awarded prizes and certificates, out of a total of approximately 350 students currently studying in the school.

Datin Clareen Chen, Chief Executive Officer of WMSII expressed, "This year, we have been blessed to celebrate the achievement of our students twice, once to recognise our last graduation batch of SPM candidates and this time to rejoice in the excellent results of our pioneer batch of IGCSE candidates. Taken together with our Checkpoint results and our participation in co-curriculum activities, WMSII has many reasons to be thankful this year."

"In most of our subjects, in fact, our results show significant improvement. Scores attained by the Year 6 and Year 9 Checkpoint students were above the world average."

Besides praising the students for their brilliant academic success, Clareen also highlighted the accomplishments of the students in international competitions, one being the International STEM (Science, Technology, Engineering and Maths) Competition in Taiwan during August this year.

"Four of our students went, conquered and came back with one gold and two silver medals out of three



competitions."

"On the home front, our students continue to nurture their talents through an array of activities after the final exams. They had talent competitions, book launches and organised their own inter-house competitions. This year, WMSII, therefore, continues the tradition of recognising students not only for academic excellence but also for having made great strides in transforming their lives, in changing their situations. Our special awards are for achievements that may not seem spectacular or magnificent to the world but to us, they represent something far more valuable – character and values," Clareen stated.

On another note, in his speech, Kula explained, "Many of you will wonder why a minister is attending such a small school's prize-giving ceremony but in the process of nation-building, I have come to realise, as Minister of Human Resources, that actually this is where nation-building begins. If we want to raise a workforce that is skilled, intelligent, dedicated and with the right values, it is exactly here where we begin, at our schools."

Kula also emphasised the importance of Industry 4.0 and skills-training in Malaysia.

"Some six, seven years ago, 10 years ago, studying to be a doctor is a major thing. It is still a major thing in many ways, academic excellence and all that, but we all know what's happening to doctors and the profession. Many who graduate come back and wait for houseman for a year or two years. Whoever dreamt this will happen? And after that, for you to get a job in the government service is another competitive matter."

"My ministry will be launching a booklet and I hope to get across to every school in this country and if possible, to every parent. We list out the most dangerous professions that you may go to university to study but upon finishing your studies find that those jobs are no longer around, as

well as jobs which are very promising in the future."

"I have under my ministry a few institutes which do a lot of expert leadership training. We have what we call in Bahasa Malaysia, 'Kemahiran', the skills," Kula stated.

"When I took the ministry last year, the total percentage of students in these kinds of institutes all around the country was holding around 60-70%. The last year, because of this push and to educate and inform Malaysian public, within a short span of one year, we have an increase of 10 % in the number of students in these institutes."

"Many of these people who graduate or roughly 94% of the students who graduate from these kinds of institutes have got a job waiting for them," Kula asserted.

"Also, many of these students who study there and get the skill, get paid very well. They may just earn about RM1500-2000 but they increase after a two-year technical college training. Within the span of six, seven years, they earn RM10,000, RM15,000, RM20,000 and this is something that many Malaysians do not realise."

"I am willing to even send one special team to your school for you to get a bit of experience, to know what is Industrial Revolution 4.0. Let the government officers come, let them explain to you the significance of this."

Kula ended his speech with a word of advice to the graduating students of 2019, "Develop a passion for learning, if you do, you will never cease to grow."



## Government

# RM1.098 billion for 2020 Budget

By Rosli Mansor

**M**enteri Besar Dato' Seri Ahmad Faizal Azumu announced an allocation totalling RM1.098 billion for the 2020 Budget on Friday, November 15.

"From the total, RM771 million is allocated for operating expenditure, while RM430 million for development expenditure," he said when tabling the 2020 State Budget at the Perak State Legislative Assembly held at the Perak Darul Ridzuan building.

The budget would concentrate on four focus areas, namely Generating Balanced



Economy; Social Justice, People's Wellbeing and Sustainability of Resources and Environment; Empowering Education and Human Capital; and Strengthening Governance and Fostering Mutual

Responsibility.

Running on the theme, "Perak is Resilient, Sustainable and Inclusive", the budget was designed by taking into consideration the challenging environment of the world economy to sustain the economic growth momentum, boost the competitiveness of the state and human capital as well as to ensure those in need receive assistance.

"The state economy is expected to grow continuously at a rate of five per cent a year driven by the service, manufacturing and agricultural sectors.

"Revenue for 2020

was projected at RM1.059 billion from tax revenue, non-tax revenue and non-revenue receipts, and RM38.4 million from development receipts.

He added that the state government would focus on diversifying economic activities by concentrating on attracting investments relevant to the rapid changes in the world economy to ensure a sustainable state economy.

"The existing policies would always be evaluated to adapt to current changes in technology due to Industrial Revolution 4.0 and the digital economy," he concluded.

## Personality

# The Chequered Flag, Muhd Harith

By Murni Fazira

**T**he Malaysian Cub Prix Championship is a championship for the local underbone which is a small motorcycle built around a single tube frame, motorcyclists. Muhd Harith joined the Malaysian Cub Prix world in 2016 having been inspired by his late brother Muhd Haziq. Of course, necessary terms have to be adhered to like having the license to track race and making sure the motorcycle is set up according to the rules in the regulation book before joining the big national Petronas Malaysian Cub Prix Championship.

This 24-year-old Ipoh-born is still participating actively in the national championship and also owns his own motorbike workshop, Maju Mega Bike (MMB) that is located in Taman Anda, Tasek.

Recently, he attended the ninth round of the Malaysian Cub Prix located in Jempol, Negeri Sembilan from November 14 to 16. It was a tough weekend for him as it was very competitive. Though he did not get any placing, he shared his experience during the whole three years since entering the Malaysian Cub Prix championship.

The Malaysian Cub Prix national championship has three categories which are WIRA – for children aged 13 to 17 only, CP115 and CP150. The categories are to differentiate the engine size on an underbone motorcycle. Harith with his Honda Wave Alpha 110 motorcycle number 90 was under the CP115 category. For the race, they were also divided into private racing teams and sponsored racing teams. Harith was in the private racing team category under his own company MMB. Since the national championship consists of 10 rounds, the last round Harith is attending is located at Sepang Selangor on December 7.

Despite having to work, Harith put time and effort into racing. He trains once a week at Dato' Sagor race track in Kg. Gajah for six hours. Harith trains on his own as he does not have a coach but back when his brother was around, they used to compete with each other. Now, Harith trains alone accompanied by his friends and other family members.

"Speed is the main focus when I race and that is what I like about it. It challenges me mentally because every time I race, I feel the giddiness in me that fires me up during the race" said Harith.

Since all tracks have different routes with different track lengths and time, Harith could not share his personal best-clocked time. "Every route is different which makes it more challenging and fun," he added.



"I miss racing with my brother in the Malaysian Cub Prix Championship and cannot forget the part where he won the podium at 3rd place beating me at 5th. That race will always be in my memory. Even though my brother is no longer here I am still thankful for the support of my family and friends."

Remembering his late brother Haziq who died from a road accident back in 2018, he is still determined to continue racing even though sometimes he feels like giving up during hard times. Besides the Cub Prix, Harith also participates in other small authorised competitions like BRAPP and PLATE and has won a few times.

Other than making sure the bike is in top condition, his physical and mental fitness is equally as important in a race. Without good mental and physical endurance, racing could be tough. Everybody has their favourite role model and for Harith, he admires Marc Marquez because he is a strong rider and has achieved a lot in racing.

"For those who have an interest in becoming a racer like me, great family support and motivation is a must. Having the determination to become a racer also needs strong mental and physical endurance," advised Harith for young riders.

Harith's ultimate ambition in the racing world is to be a great coach by developing junior riders. As he owns a workshop, he also has ambitions for his company to be known throughout the national championship. "Balancing your career and interest is challenging but with high determination, you know you'll get there," Harith said before we ended the interview.

## Heritage

# New Town Ipoh, after Dark

By Ian Anderson

**I**n the competitive world of entertainment, only the strongest survive. Every new venue must start with a bang to make prospective customers aware of the new attraction. The best way is to have a Grand Opening to make the public aware or 'spread the buzz', as the saying goes. Competition to win the customers' loyalty is always a strong challenge, the quality of the opening ceremony being an important step in that endeavour. It is no surprise that, over the years, Ipoh has experienced many such special occasions.

At one time Ipoh had around 11 cinemas and although several specialised in one language or type of movie, nonetheless competition was the keyword. Theatres like the Lido and Majestic would put on stage shows, competitions and promotions to stay in the public spotlight. Against this background, the Cathay Theatre opened in Ipoh on February 17, 1958, the eve of Chinese New Year.



Cathay Theatre, Ipoh Grand Opening 1958

The photograph was taken at the opening night, after the grand ceremony. The theatre built for \$600,000 was declared open by His Highness Raja Sir Izzudin Shah ibni Almarhum Sultan Abdul Jalil (the Sultan of Perak). Designed by B.M. Iversen, this fully air-conditioned cinema (with its colossal 75-foot tower of jade tiles), stood proud along Cockman Street – in direct competition with the Lido Theatre just a few metres away; an area that, just a few years earlier, was home to rubber trees! That night the invited guests were treated to the Darryl F. Zanuck's "CinemaScope 55" production of 'The King and I'.

The Straits Times published a special supplement to mark the occasion entitled:

"A Milestone in Cinema Entertainment – Ipoh's New Cathay Theatre"

Some 40 years later, single-screen cinemas were in the doldrums. Television and Multiplexes were in vogue with some of the grand old buildings already lying empty. One of the first to go was the Odeon at the top of Brewster Road. It closed in 1986 and lay empty for several years. However, in 1992, new life was breathed into the old building. There was to be music, entertainment and dancing; the Shanghai Nights Cabaret had arrived!

To highlight the old building's new role and create the necessary buzz, a grand opening was planned with an evening trishaw procession through the town. In each trishaw sat at least one pretty Chinese girl resplendent in a tight-fitting cheongsam. There can be no better buzz than that to attract hot-blooded males. Sadly, the new venture did not last long but before it closed I actually spent an evening there, watched the live band with its qipao-clad singers and gyrating couples on the dance floor. My first introduction to the Chinese (Off Beat) Cha Cha!

Today, like many of the movie theatres, the building lies empty – a memorial to the days when peanuts, sunflower seeds and kacang putih were all part of the entertainment scene. At least they still stand, as part of our built heritage, although how much longer they will survive it is not possible to forecast.



Shanghai Nights Opening Procession 1992



## Sport

## Ipoh Lads Junior Hockey

The Ipoh Lads Junior Hockey Carnival is back, and so are those among the teams that are featured in the annual tournament for the past six years.

The championship was held at the Azlan Shah Hockey Stadium, Ipoh recently. Some 128 teams from all over Malaysia took part making it as among the biggest junior hockey carnivals in Malaysia.

Tournament Director Jasbir Nannuan said they had to restrict participation to just 128 teams due to limited hockey pitches.

Ipoh Lads was established in September



2009. Its objective is to develop an interest in hockey among the youths

and to produce calibre hockey players.

"When we first

organised the tournament in 2014 only 36 teams participated. Although the response this year was overwhelming, we had to stop at 128," said Jasbir.

There were 60 teams for the Under-12 category; 36 for Under-14 and 32 teams for the Under-16 categories.

"The involvement of over 1300 players and officials for the carnival can also be considered a boost for sports tourism for Perak," Jasbir added. "It's a great joy to see teams coming back for more and taking even bigger bites at the tournament."

"And for us to be able

to feature all peninsular state teams, which took part last year, is indeed heartwarming," he said. "To top it off, we too managed to parade team from Sarawak. It goes to show that they were here not just to make the numbers but to add glamour to the event."

Present at the end of the two-day tournament were Menteri Besar Dato' Seri Ahmad Faizal Azumu, Malaysian Hockey Legends, Founder of Action Sports Foundation Hong Kong, Ahmed Khan (main sponsor), Founder of Brodie Meter Sdn Bhd (main sponsor), Etika Sdn

Bhd Executive (beverages sponsor), Ipoh Bugs President, Williams and members of the Malaysian Punjabi Bikers.

Faizal, in his speech, said the state government along with current sponsors will be the major sponsor next year. He presented medals, certificates and cash to winners.

Jasbir Nannuan concluded by thanking those present for making this year's tournament a huge success.

Those who are keen to join the on-going hockey clinic, held twice weekly, please call Jasbir at 016 566 6796.

## Iskandar Polo Club 100th Anniversary

By Rosli Mansor

Established circa 1920, the Iskandar Polo Club will be celebrating its 100th anniversary next year.

Perak Menteri Besar Dato' Seri Ahmad Faizal Azumu mentioned that the club management has a diary of events which coincides with 'Visit Malaysia 2020'.

"Some of the events include the Patron's Cup Polo Championship and

joint effort with the Malaysia Equine Council, the IPC International Horseback Archery Championship and Centennial Horse Show," he said to reporters after the launch of the 100-year celebration at Iskandar Polo Club on Wednesday, November 13.

Faizal added that the Hippo Therapy Centre for autistic children will



be jointly established by the Iskandar Polo Club

Society of Malaysia (NASOM).

"This initiative

does not only improve equestrian sports but also poses as a social service to help autistic patients," he said.

Present at the launch were President of Malaysia Equine Council Tengku Syarif Temenggung Perlis Indera Kayangan and Dato' Seri DiRaja Syed Amir Abidin.

President of Iskandar Polo Club Dato' Mohd

Radzi Manan hoped Perakeans from all walks of life would consider equestrian sports as part of their leisure activities.

"Hopefully, these events will assist in enhancing the state tourism sector and give back to the community," he expressed.

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Upcoming  
New Year in  
Mad Wonderland

Revellers rejoice! Meru Valley Resort will bid farewell to 2019 and welcome 2020 in joyous elegance with its Mad Wonderland New Year's Eve Party. The magical evening will unfold on **Tuesday, December 31 from 7.30pm.**

Meru's Mad Wonderland New Year's Eve Party will feature a magical setting where guests will adventure down the rabbit hole to a transformed world filled with crazy characters and oversized props. Look forward to a whimsical fairytale party with a welcoming glass of bubbly and a selection of canapes.

Immerse in the live showstoppers by the stage magician and dancers performing the waltz and the popular Mad Hatter's 'Futterwacken' Dance as you indulge in an exquisite buffet spread. For those with enough spring in their step and stamina in their feet, the party will go on through the night accompanied by a live band and versatile DJ.

Special prizes will be awarded to the best dressed as well as the winners of fun games. The event is open to all and is priced at RM180 per person. Guests will stand a chance to unlock lucky draw prizes worth up to RM13,000++, including awesome holiday packages.

For more information on the celebration to remember, visit [meruvalley.com.my/nye19](http://meruvalley.com.my/nye19). For ticket bookings call 05 529 3300 or 05 529 3353.

Party with  
Barbie and Hot Wheels

By Rosli Mansor

With the school holidays just around the corner, Lost World of Tambun has come up with its new holiday theme featuring 'Barbie' and 'Hot Wheels'.

The general manager of Lost World of Tambun, Nurul Nuzairi Mohd Azahari told Ipoh Echo that the themed based programme will begin on **November 24 till December 31.**

"We have allocated a specific area for both the exhibition and games that may be enjoyed by the whole family. Besides just exploring the 'You Can Be Anything' zone for a makeover, little girls may also take pictures and meet the Barbie characters."

"As for boys, this would be a great opportunity for them to test and play with the cars from 'Hot Wheels'," he said.

According to Nurzairi, the 'Hot Wheels - Challenge Accepted' will enable kids to play and at the same time to try on the kart racing.

"Visitors may also visit the 'Challenge Accepted' zone and watch the car racing show which will be on every day at 4pm. Besides that, they may also stand a chance to win premium gifts from 'Hot Wheels'," he added.

"Barbie and 'Hot Wheels' are two of the most iconic toy brands in the world. A combination of both these iconic brands makes this school holidays an even more memorable one. We are definitely excited to be able to feature these two big brands for our 'Awesome Holidays, Time To Play' campaign. This would create an opportunity for parents to spend some quality moments with their kids and at the same time experience products from both these well-known brands," he said.

He then explained that visitors will be given the opportunity to bring home premium merchandise for free with the purchase of every three or more tickets. The offer is only limited to 4000 units.

Fellow visitors that display their identification card upon purchasing the ticket, will be able to get their tickets at RM77 only.

