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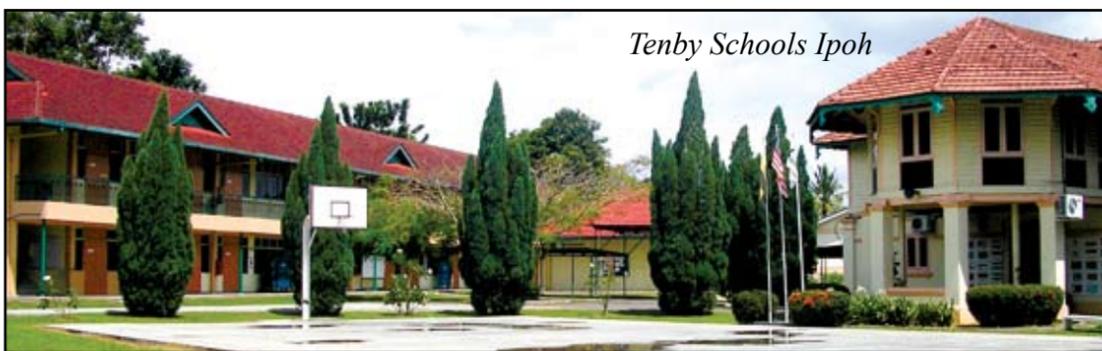
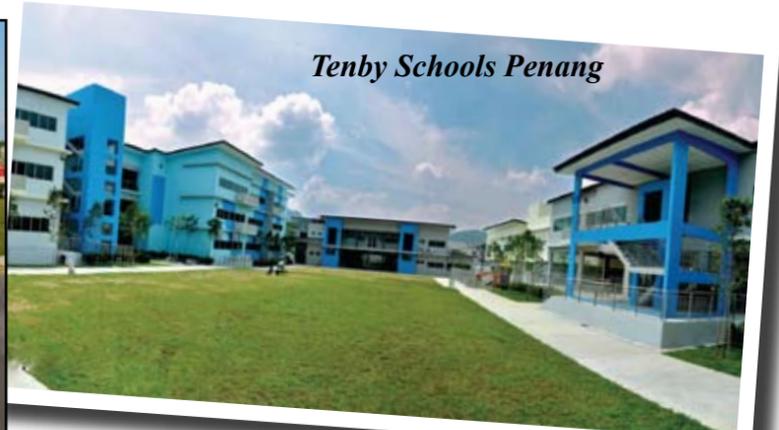
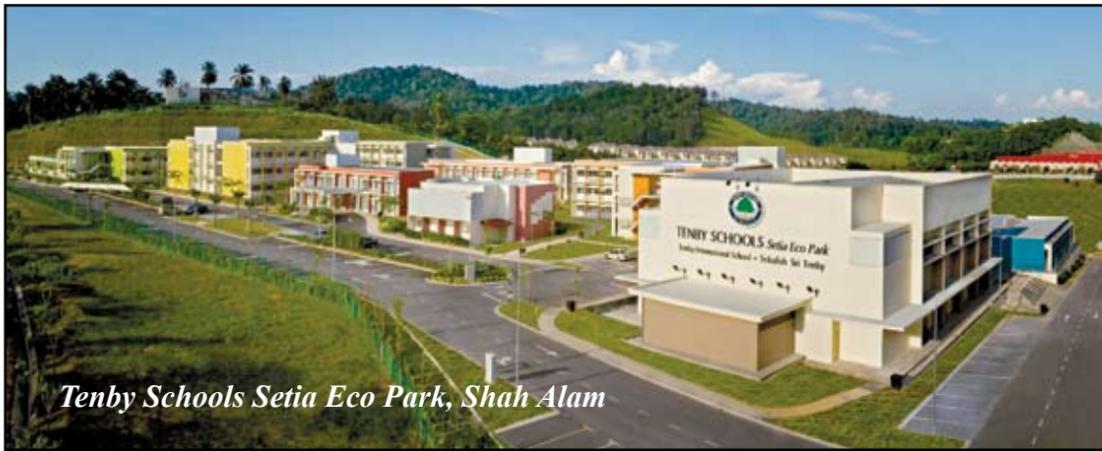
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ISSUE **129**

<b>Unfettered Development in Canning</b>	<b>Perak's Best Kept Secret: Visit Perak Year 2012</b>	<b>Book Launch: Ipoh, My Home Town</b>	  
Page 3 	Page 4 	Page 6 	Page 10 

# Perak's Own Home Grown Brand – Making a Mark in Education

By See Foon Chan-Koppen



*Tenby Schools which started as a small international school in Ipoh, is now a rapidly expanding group of integrated schools comprising an international and a Malaysian private school on each campus. With the opening of Tenby in Miri, Sarawak, together with Tenby Schools in Penang, Setia Eco Park in Shah Alam and its parent in Ipoh, Tenby Schools can proudly stand tall as one of the largest educational groups in Malaysia offering an international education with an affordability factor to make it accessible to many more young people.*

Continued on page 2

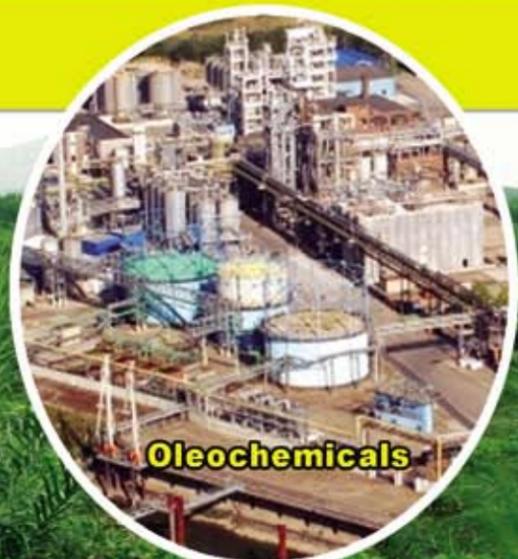


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## “A United World At Peace – Through Education”

Tenby Schools' origins lie in a small kindergarten opened in 1960 in the church hall of St Andrew's Presbyterian Church in Ipoh, Perak. The school was founded by Mrs Dorothy Nelson-Doig to cater to children of British planters, miners and soldiers. It was named Tenby after her hometown, a small fishing port in Wales.

Over the years, what started as a kindergarten evolved into an international school for both primary and secondary students and by 2001 a private Malaysian school was established to operate alongside the international school on the same campus. In July 2011, their first batch of A-level students achieved outstanding results.

The concept of an integrated school was not only well received by the local community; it is also the source and inspiration of the school's vision of creating “A United World At Peace – Through Education”.

### Rapid Growth

In 2005, Tenby Schools spread its wings to Penang when it took over the ailing Sri Inai School. The steady improvement and development of this school, culminated in the move to a new campus at Tanjung Bungah in August 2011, providing quality international and local education to the community of Penang.

The highly successful Tenby Schools Setia Eco Park



Robert Lloyd, Director of Education

in Shah Alam is the first purpose-built school within the group. In less than two years since its establishment in 2008, the school has become one of the most popular and dynamic schools in the Klang Valley. Today, the school hosts a student population of around 1,400 from Early Years to Secondary and is set to open a Sixth Form in 2012.

### Shell Chooses Tenby

The latest addition to the Tenby Schools family is Tenby International School, Miri in Sarawak. One

of the oldest international schools in Malaysia, the school was established by Shell for the children of its expatriates. When Shell made the decision to open the school to a wider range of students, it invited 13 providers of education both Malaysian and International, to present their operational qualifications and track records.

As testimony to their winning educational formula of an international education coupled with affordability, Tenby was chosen and in September this year, welcomed their first batch of Secondary students. The commitment from Tenby was to expand and take in both Malaysian and other expatriate children aside from Shell employees as well as to open a brand new campus in two years time.

A school planned for Johor will, on its opening in 2013, make Tenby the largest educational group in Malaysia.

### ‘Beacon’ Schools

The Tenby Educare group was founded by the late Dato'



Corporate Team (L-R): Kelvin Leong (IT Administrator), Jasmine Ooi (Corporate HR Manager), Michelle Chan (Group Financial Controller), Dr. Goh Kok Keng (Director of Staff Training & Development), Robert Lloyd, Denise Sinclair (School Improvement & Development Manager), Edwin Tan (Business Development Manager), Emily Thong (Accounts Executive), Yeun Yin Fong (Senior Marketing & Communications Executive), Faye Chin (Administration Assistant)

K.K. Lim, a successful entrepreneur who was passionate about education reform and had dreams of “A United World at Peace – Through Education” which became the Vision for Tenby Schools. He wanted Tenby schools to be “beacon” schools, shining their light on dark areas of the educational system in Malaysia. This is reflected through its mission and actions, which are geared towards developing global citizens of the future who are culturally sensitive and respectful towards others. Tenby students are also groomed to be effective communicators and internationally minded lifelong learners.

### Man at the Helm

I spoke to Robert Lloyd, Director of Education for Tenby Schools and the man at the helm, on the explosive growth and his plans for the group. Robert, a veteran educator with a Masters degree in Education from University of London, first came to Malaysia in 2001 as head of the Garden International Secondary School in Kuala Lumpur. He joined Tenby in 2008 initially to set up the Tenby School in Shah Alam. Now as head of the group, his mandate is to develop the brand and establish as many Tenby schools throughout Malaysia as is viable.

### International Education

Robert's interest in international education began when he was Principal at Hendon UK, a government school with a wide range of children from different cultural backgrounds and different mother tongues. A twinning programme with a school in Malaysia brought him out regularly and when the offer to join the Garden International School came, Robert took the job with alacrity.

Joining Tenby provided Robert with the springboard to turn his ideas into reality. “Tenby schools occupy a unique niche in the education scene in Malaysia. On one side are the International schools staffed by a preponderance of expat teachers, charging very high fees, most of which paid by the companies who employ expatriates and on the other extreme, much cheaper private schools staffed entirely by Malaysians offering an international curriculum. Tenby is in the middle with

affordable fees staffed by a teacher mix of 1/3 expatriate and 2/3 Malaysian with both an international and national curriculum,” he said.

### Stranmillis College Link

“I believe training is vital to our success and we put a lot of resources into training our teachers. We have links with Stranmillis College, a part of Queen's University in Belfast where Professor George Beale comes out for a month each year to monitor and evaluate the quality of our teaching programmes. The rest of the time, the experienced expat teachers act as trainers and role models for the local teachers under the guidance of Dr. Goh Kok Kheng a former principal and experienced educationist from Penang who is responsible for training across the group. We even send some of our local teachers to the UK for intensive training,” he added.

### English Speaking, Global Minds

But why would parents pay to send their children to Tenby Schools for the national curriculum albeit the fees being lower than those for the International, when the local schools are free? “We currently have 60% of our students enrolled in the International curriculum and 40% in the Malaysian. Our classes are small with a maximum total of 25 per class, compared to the local schools where classes are much larger. Where it's a Malay or mother-tongue speaking environment in local schools, ours is all in English which helps to raise the level of English for those in the Malaysian curriculum. Consider also the priceless advantage of raising children in a multi-cultural setting where they're rubbing shoulders with expats from all over the world. Our students learn to think globally and from a young age are taught to evaluate the consequences of their actions on other individuals, the community and the environment. If you're preparing a child for the world stage when they leave school, be it for a foreign university or an international work assignment, then this is the kind of education you'd want for your child,” he enthused.



Mdm Lee Yam Sei, Director of Tenby Schools Ipoh

### Improving Quality

What of plans for the future? “We have begun to accelerate our drive for improved quality and have recently hired Denise Sinclair from the UK as School Improvement and Development Manager. Her designation says it all. We have also introduced Baseline testing for new students which are used by many international schools. This tests for Literacy, Numeracy and IQ, and will be the first time in Malaysia that it is used for children following the Malaysian curriculum.”

He explains that it is Tenby Schools' aim to make international education and the opportunity for developing global citizens accessible to as many young people as possible by means of affordable fees and the provision of scholarships.

Well, if I had young children, I'd be rushing to get places for them.

Happy children learning through play



IPOH **echo**

From the Editor's Desk

● by Fathol Zaman Bukhari

## Unfettered Development in Canning

*Two wrongs don't make a right. It is illogical for one to commit not one or two but many wrongs and yet be considered right by the authorities...*

Just as the furore over the proposed columbarium in Ipoh Garden East subsides, another issue pops up which will give City Council some anxious moments. This has nothing to do with the dead or the maimed or the disabled but has much to do with the living. It is about the way some very arrogant residents go about doing their business without a thought for the feelings and safety of their neighbours. It is about the insensitivity of some whose only concern is their bloated egos. It is about the "tidak apa" attitude of the authorities and about some pitiful souls being given the run-around.

Canning Garden is synonymous with the growth of Ipoh. The wealth of its populace is often associated with the areas they live and work. If you live and commute from Thompson Road (Jalan Tun Dr Ismail), Tiger Lane and Jalan Golf Club you are from the privileged class. If you are from Canning Garden and Ipoh Garden you are next in line and if you are from Buntong and Kampong Kepayang, well, you are nowhere near those from Thompson Road and Tiger Lane. This is a norm and although no longer relevant in this time and age, the lingering doubt is never easy to erase. Ask any Ipohite. Chances are he or she will cringe if you say you are from Buntong and lights up when you say you are one of those from the gated communities of Meru Valley.

Built in the late 1950s, Canning Garden is located in a preferred zone with easy access to downtown Ipoh and the commercial centre of Greentown. It has all the facilities that a resident would wish for – hospital, clinics, boutiques, salons, market, post office and most of all, hawker centres that cater to the gastronomical needs of the masses. I am referring to Hollywood and Woolley, where the food happenings are.

So being a resident of Canning Garden is something to gloat about. Like they say, if you cannot have the best, the next best is desirable. I know of many who would give an arm and a leg to be in Canning. Maslow's Hierarchy of Needs best describes the ascending needs of humans. When one need is being satisfied it no longer motivates the person, the next higher need takes its place. Having an abode in Canning may be self-actualization, the apex of Maslow's Theory of Needs, to some.

Now let us move to the issue in hand. Residents of Canning are up in arms, literally, over the propensity of the moneyed to renovate their properties beyond the norms. Renovation in Canning Garden terms is not about building a decent porch or extending the living room or the kitchen. It defies logic when one builds a three-storey building that obstructs residents' views and reshapes the whole neighbourhood. Greed, and maybe vanity, could be the underpinning reason. But it is downright outrageous for some to turn their backs on their friends just because the person down the road has built a mansion for himself. It is an open season for completion. Unless the authorities step in, there is no telling what will come next?

The Local Government Act 1976 and, to some extent, the Town and Country Planning Act 1976, are explicit about provisions regarding the renovation of properties, collection of levies (assessment), the

prohibition on development without permission and the ensuing penalties. I wonder why Majlis Bandaraya Ipoh (MBI) does not come hard on those who contravene these by-laws with impunity.

Could ignorance be the reason? Or is there an element of complicity involved? I will not delve into the nitty-gritty. Suffice to say that little or nothing is done to correct the wrongs. Two wrongs don't make a right, as the proverb goes. It is illogical for one to commit not one or two but many wrongs and yet be considered right by the authorities.

The ball is now at the feet of those wronged (by the actions of the few) to take up the issue with MBI. Take a cue from the residents of Ipoh Garden East. They made their woes known and in the process reaped the harvest. Keeping mum is not an option. The responsible and concerned few should take the lead. Period.



## Gateway to New Frontiers

● by Peter Lee

Steven, a Malaysian businessman, owns a successful business selling a wide range of electronic products to the local market over the past 20 years. He normally purchases his goods from various suppliers in China. Recently, he did a survey on the demand for some of his products in Singapore. As a result of this survey, he had meetings with some potential customers, who in turn, expressed an interest in purchasing from him. This prompted him to consider incorporating a private limited company in Singapore to conduct his business there. Furthermore, with globalization and rapid changes in the world economy, he believes that his business can get a strong foothold in the International market.



In doing so, he would have the advantages of getting a foothold into a new market and a gateway to the regional markets plus a lower taxation for his trading profits there.

To incorporate a Company in Singapore, you must have at least one local resident director who is above 18 years old. There must be at least one shareholder who can be a local or a foreign person. A foreign person or business entity can own 100% of a Singapore company. The director and shareholder can be the same person. The company must be registered in Singapore. It has to file the company's accounts with Accounting and Corporate Regulatory Authority of Singapore annually. If it qualifies to be an exempt private company and has an annual turnover of less than S\$5 million, then the company can file in the unaudited accounts whereas other companies are required to file in the audited accounts. An exempt private company in Singapore is defined under Section 4(1) of the Singapore Companies Act as a company which has not more than 20 shareholders and its shares are not held by another corporate entity.

When it comes to corporate tax at the moment, all Singapore resident companies are eligible for a tax exemption amounting to a 0% to 8.5% tax rate on taxable income of up to S\$300,000 per annum. The taxable income above S\$300,000 will be charged at the normal headline of corporate tax of 17%.

With business interests in Malaysia and Singapore, it is advisable for Steven to prepare one will covering assets in Malaysia and another will covering assets in Singapore. This is to facilitate easy and faster application for Grant of Probate in each of the respective countries. At the same time, it is also important to consider setting up a private trust for immediate funding in each of the countries because upon his demise many of his assets, especially his cash, may be frozen and immediate liquidity for his business can be a major problem. Therefore, he must consider setting up an insurance trust because it is considered one of the cheapest funding vehicle. All he needs to do is to execute an absolute assignment in some of his insurance policies into a trust and upon his demise the money from his insurance will flow into the trust for immediate usage.

Peter Lee is an Associate Estate Planning Practitioner (Wills & Trust) with Rockwills International Group. He is also an Islamic Estate Planner providing Wills & Trust services for Muslims. He is based in Ipoh and can be reached at: 012-5078825/ 05-2554853 or [excelsec@streamyx.com](mailto:excelsec@streamyx.com). Website: <http://www.wills-trust.com.my>.



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## Thinking ALLOWED • by Mariam Mokhtar

## Perak's Best Kept Secret: Visit Perak Year 2012

Visit Perak Year (VPY) 2012 must be Perak's best kept secret. Why? When I paid a visit to the Perak Tourism Office beside the Ipoh Padang, the staff there were unaware it was VPY 2012; If they did, they kept it well under wraps.

Despite dropping several hints about a group of foreigners who were planning to tour as much of Perak as possible the following year, the two employees at the front counter, could not suggest any places of interest and did not breathe a word of VPY 2012 to me.

## Front-Liners No Clue

Perak State tourism chairman, Hamidah Othman told the Ipoh Echo, last July, that "locals must think Tourism and do Tourism."

She stressed, "Visit Perak Year 2012 will involve the whole state. We need to create awareness throughout the state and have the local residents as well as local councils to participate."

It appears that either she or her assistant has forgotten to inform those at the front-line of the Perak Tourism Office, of VPY 2012.

Two years ago, I sought information at the same tourist office. I then wrote an article titled "Is Perak serious about promoting tourism?" in issue 80 of the IE.

Back then, it was a disappointment to see shabby, dusty exhibits and staff, who despite being friendly, appeared clueless about the attractions they should have been promoting.

## Service Worsened

Fast forward to 2011, and service has definitely worsened. Around 3.00 p.m. on Wednesday September 7, two men were manning the front counter of the tourist office. In a room, at the far end of a corridor, another man sat tapping on his computer.

Whilst one of the counter staff served an elderly Australian who had just walked in, the other was happily playing games on his computer. His monitor was visible to us and although he spotted us waiting, he made no attempt to attend to us.

After several minutes, the man at the end of the corridor, approached us, but instead of coming to our aid, or instructing the employee who was engrossed with his game, left the building.

## Non-Existent Customer Service

Customer service at the tourism office is non-existent. We asked the counter staff, if the person at his desk was on lunch break and to help us if he wasn't. He just looked at his seated colleague and said "no, he's not on break". He was clearly embarrassed because his colleague had heard our remarks but made no attempt to serve us and continued playing.

We asked for leaflets to the Mangrove Reserve near Taiping, before he continued serving the Australian visitor. We again enquired if his colleague was busy because we wanted information. This time, the Malay man got up, albeit reluctantly and said in 'Bahasa' to his colleague, "*Yang ini, banyak sangat soalan*" (This one, (asks) too many questions).

Perhaps, he had overheard me tell his colleague in English, that I was planning to bring some Europeans over the following year and he imagined I was also a foreigner and could not understand Malay. Perhaps, he was being deliberately rude.

## Failed Before It Started

If this is how Perak Tourism employees respond to genuine local and foreign tourists, then VPY 2012 has failed before it started.

The command of spoken English of both employees was poor. The Malay



man kept referring to his Indian colleague for confirmation, not just of the 'Bahasa' to English translation, but also of the answers to my questions about the places of interest.

Neither inspired confidence and both were hesitant when answering the questions that one would expect most tourists to ask, like directions to places and other attractions in the locale.

## Visit Ipoh? Never Again

As we left the tourist office, I asked the Australian, who was waiting for a taxi, for his first impression of the tourism office.

He said, "It's a dump. The staff are useless. I could not understand them and they did not know anything."

I asked, "Did they tell you about VPY in 2012. Would you visit Ipoh again?"

His reply: "You must be joking. I've stayed in smaller towns in South East Asia where the people do not speak any English but they were more helpful and more accommodating. Visit Ipoh? Never again."

Interestingly, last August, Ipoh Mayor Roshidi Hashim said he was preparing for VPY 2012 and had recently returned from a visit to Xiamen, Fujian and Shenyang China as part of a Ministry of Tourism's "Sales Mission to China" delegation led by Tourism Minister Ng Yen Yen.

Roshidi wanted to promote Ipoh food as part of Tourism Malaysia's "Fabulous Food 1Malaysia" programme. He also announced that the Ipoh City Council had allocated RM4 million to upgrade its tourism related facilities; with most of it specifically for the heritage trail of Ipoh Old Town.

Perakians are weary of civil servants and politicians going for a jolly abroad, ostensibly to promote local tourism or for study trips, at the taxpayers' expense. Moreover, tourism is not just about the heritage trail in Ipoh or food only.

## Tourism Office First Port of Call

Many tourists make the tourism office their first port of call. It is important that the Perak tourism office staff are friendly, helpful and can offer advice on Ipoh and beyond.

If they appear disinterested, how can they promote Perak successfully? If they lack motivation, then their leaders are to be blamed.

My second experience at the Perak tourism office has been disappointing. Lessons have not been learnt.

## ANNOUNCEMENTS

Announcements must be sent by fax: 05-2552181; or email: [announcements@ipohecho.com.my](mailto:announcements@ipohecho.com.my), by the 9<sup>th</sup> or 23<sup>rd</sup> of every month in order to meet deadlines. Announcements by phone will not be entertained. Ipoh Echo reserves the right to verify any announcement before it is published.

**KAMI Dinner & Dance – "Shall We Dance"**, Sunday **October 9**, 7.00-11.00 p.m. at Grand Ballroom, Syuen Hotel Ipoh. Hosted by Mano Maniam with Joe Ong and Band in attendance. For more information, call: Su – **016-5468003**, Janie – **016-5218103**.

**The Salvation Army Ipoh Open Day**, Saturday **October 15**, from 9.00 a.m. to 3.00 p.m., at the Ipoh Children's Home, No. 255, Jalan Kampar, Ipoh. The funds collected will be distributed to the different Salvation Army centres. Cooked food, drinks, groceries, toys, handicraft and used clothing will be on sale. For enquires, call: Elena Wong at **05-2549767**.

**'City Survival Skills Workshop' for Women** organised by Milap Club Ipoh (NGO), **October 15** from 8.30 a.m. to 1.00 p.m. at Pantai Hospital Ipoh auditorium. Lunch provided. Fully sponsored. For women from ages 14 to 50. Limited to 200 participants. Register before October 5. Contact: **012-5184691**, **012-5566834** or **017-5085471**.

**2011 World Heart Day Health Camp and Medical Talk (in Chinese) – "One World, One Home, One Heart"**, Sunday **October 16**, 8.00 a.m. to 2.00 p.m. at Heritage Hotel, Ipoh. Free selected medical checks and specialists' consultation (first come first served). RM10 registration. Breakfast and lunch provided. Limited to 450 people. Call: Ms Goh – **05-540552**, or Ms Man (Han Kang Association) – **05-2421610**.

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## Musings on Food

seefoon@ipohecho.com.my

By See Foon Chan-Koppen

Photos by Ginla Chew

# SeeFoon explores a 'Different Taste' in Bercham

It never ceases to amaze me how people in Ipoh love food. Perhaps that is one of the compelling reasons why a foodie like me chose to live here. We gather for a meal and inevitably end up comparing notes on where to go next and what secret food nook one of our friends has uncovered.

That is how I came to discover a "Different Taste" in Bercham, a tucked away restaurant frequented by Dr. Anoop Kumar whose clinic on Taman Bercham, Desa Kencana, is literally right around the corner. Being very much of a foodie himself, Dr. Anoop insisted that I had to visit his favourite lunch venue (sometimes dinner too) and whether I concur with his verdict on this being the best place for claypot crab vermicelli.

It is simple enough to find. At the traffic light for Glamour Square on the main Bercham Road coming from Tasek Road, turn right, then left into Persiaran Bercham Selatan 1 all the way to the end. Turn right and again go all the way to the end of the road and there on the left is a Different Taste, an unusual name for a restaurant.

The Chef here is a Thai lady married to the restaurant owner who is from Ipoh. Arun who speaks fluent Cantonese, is equally adept at Thai and Chinese recipes.

The *pièce de résistance* here is their **Claypot Crab Vermicelli**. It arrives sizzling hot with as many crabs as you wish to order. The vermicelli had absorbed some of the broth which was rich and robust, redolent with seared ginger. The crab was market fresh, large and succulent and full of meat. With one large crab RM40. Crab sells for RM60 a kg.

We also ordered the **Crab Congee** where I thought that the rice, because they were still in large grains and hence not absorbent, detracted from the stock and diluted the broth to a large extent whereas in the vermicelli, the broth was fully absorbed into the vermicelli, lending its umami taste to the otherwise bland noodles.

Next to arrive was the **Frog's Legs Congee**, a *Chiu Chow* style congee where the rice grains are still intact. For those who prefer a less robust taste, this is the perfect light meal – RM 26.00.

Next came the **Asam Fish Head**, Garupa head cut into chunks and cooked in a dry *Asam* gravy with the usual smattering of vegetables, ladies fingers, long beans and tomatoes. Not as pungent as I've tasted in some other places and could have been more sour, but nevertheless a hearty dish – RM26.00.

Two dishes followed which I rate as some of the best in Ipoh. Their **Sar Tsui fish**, (no idea on the English or local name) deep fried to a crisp was very fresh and delectable to the last bite, bones and all. RM15 for 8 pieces; and their **Fish Balls** at RM1.00 each were bouncy, succulent and required no addition of chilli sauce.



**Different Taste** also serves Thai dishes like Tom Yam Soup and on weekends, *Tod Mun Pla* (Thai-style fried fish cakes). Popular street dishes in Thailand like the stewed pork knuckle with *Ham Choi* or preserved vegetables are also featured on the menu as is their Pomfret congee at market price. These are dishes which I have not personally tasted but judging by the standard of cooking here, I will definitely make a return visit to sample them.



### Different Taste

72 Persiaran Bercham Selatan 2  
Taman Desa Kencana, Ipoh.

Tel.: Arun Tan 012-5021132 or Elven Lok 016-7914711  
11.30 a.m. - 9.30 p.m. Closed on Fridays

## RECIPE

By Margarita Lee



### Pasta with Meatballs

#### Ingredients for Meatballs:

- 250g minced pork/minced chicken
- 250g minced beef
- 1 egg
- 2 tsp freshly grated parmesan
- 1 garlic clove, minced
- ¼ cup minced onion
- 3 tablespoons minced parsley
- 1 tsp dried oregano
- 3 tsp breadcrumbs
- 1 tsp black pepper
- 1 tsp salt



#### Method for Meatballs:

1. Place all ingredients in a bowl and season to taste with salt and pepper. Mix well to combine. Form tablespoonfuls of mixture into balls.
  2. Heat oil in a large frying pan or saucepan over high heat. Add meatballs and cook, turning occasionally, for 5 minutes or until golden brown. Remove from pan and set aside.
- This tomato sauce base was adapted from Michelin-star Chef Jean-Christophe Novelli's recipe.

#### Ingredients

- \* 12-16 tomatoes
- \* 4 star anise
- \* 1 vanilla pod
- \* Sea salt
- \* Cracked black pepper to season
- \* White sugar
- \* 2 sprigs fresh thyme
- \* 1-2 bay leaves

#### Infusion

- \* Fresh garlic
- \* Fresh basil
- \* Extra virgin olive oil

#### Method:

1. Place a heavy cast pan to heat up.
2. Sauté roughly chopped garlic in olive oil.
3. Wash the tomatoes and halve roughly. (**Note:** Taste tomatoes so as to determine sweetness before adding sugar. If you have added too much sugar to start this can be balanced out with a touch of vinegar.)
4. Place into the hot pan and season with salt, pepper and a touch of sugar.
5. Allow the tomatoes to start to cook then press them gently with a masher to help them to release their juice.
6. Add the anise, thyme and vanilla pod. (If vanilla pod unavailable, vanilla essence may be substituted.)
7. Reduce the heat down to just simmering and continue for about 1-2 hours until a thickened paste. This slow evaporation of the moisture from the tomatoes will produce a deep colour concentrated flavour without any bitterness. (**Note:** You may put in a little water if you are worried that the tomatoes will burn.)
8. Crack more garlic and add along with the basil which is just halved and throw in. (The amount of garlic to infuse with greatly depends on its strength. Make your own judgement.)
9. Combine with the warm paste and finish with a good amount of olive oil to finish the infusion. Allow to cool before storing ready for use.

If preferred, you may blend the sauce until smooth, but remove anise and vanilla pod before blending.

#### To Cook Pasta

Cook pasta in a large saucepan of boiling salted water. Drain and return to pan. Add meatballs and sauce and toss to combine, serve hot with parmesan.

## HAWKER FOOD

By Rosli Mansor & Ed Shahir



### Mee Rebus (Revisited)

**MEE REBUS** is a popular dish in Malaysia. Sweet potato and a dhal mixture is the basic gravy recipe for the boiled noodles which gives it a distinctive flavour and aroma. What is interesting is what is served with boiled yellow noodles – *cucur udang* or prawn fritters, fried tofu, bean sprouts, fried shallots and a slice of calamansi lime is served on the side for those who prefer a little tartness. To give it a more interesting flavour, some hawkers have added other ingredients such as boiled potatoes and *sambal sotong* (squid).



These are some of the more popular stalls around Ipoh:

#### Mee Rebus Ramli

Main: 767 Taman Tasek Jaya, Jalan Kuala Kangsar, Ipoh. Tel: 05-5472026  
Branch: No 28, Jalan Raja Ekram, Ipoh (branch). 8.00 a.m.-10.00 p.m. everyday.  
Thick gravy served with a hard-boiled egg, boiled potato, bean sprouts, fried shallots and calamansi lime. RM3.90.

#### Nelli's Deli

No. 71, Jalan Raja Ekram, Ipoh (New Town).  
Gravy is thick and has hard-boiled egg, boiled potato, sambal sotong, bean sprouts, fried shallots and calamansi lime. RM4.50.  
Monday-Friday: 8.00 a.m.-6.00 p.m., Sabtu: 8.00 a.m.- 4.00 p.m. Sundays closed.

#### Restoran Ipoh Rumpun

No. 1 Laluan Medan Istana 6, Medan Istana, Ipoh.  
Thick gravy with usual ingredients. RM3.50.  
Monday-Saturday: 8.00 a.m.-4.00 p.m. Closed on Sundays.

#### Cathay Mee Stall

No. 97 Jalan Yang Kalsom, Ipoh  
*Cucur udang* is flavourful; gravy is sweet. RM3.80

#### Restoran Rojak Greentown

Branch: No. 81, Jalan Sultan Abdul Jalil, Greentown, Ipoh (opposite Syuen Hotel).  
Tel.: 016-5352555, 012-2021786 or 016-5157719  
Main: Medan Selera Greentown, Jalan Hospital (opposite the Greentown Mall)  
Gravy is spicy and tasty. RM3.50.

## News Roundup

### Book Launch: Ipoh, My Home Town

The who's who of Ipoh gathered at the Royal Ipoh Club on September 17 for the book launch of *Ipoh, My Home Town*, a 276-page coffee table book compiled by Scottish expatriate Commander Ian Anderson who has lived in the city since 1999.

Present for the launch was Tun Dr. Lim Keng Yaik, a former cabinet minister, and Dato' Mohamad Noor Khalid better known as Lat, cartoonist.

In his address Anderson described the book as "unusual" as it had not 1 but 47 authors, while he was just "the editor and compiler of the book".

There are 67 stories in all in which the authors describe their growing up years in Ipoh with a wide spectrum of topics of life from the early to mid 20<sup>th</sup> century.

Dato 'Lat' contributed a reading from the book about the time when his dad shifted to Sungai Rokam Ipoh and described his experiences as a town boy at the

time.

But probably it was Tun Dr. Lim who really brought the launch to life when he described his experience of growing up in Ipoh upon being sent to St Michael's Institution boarding school at the age of seven from his hometown Tapah.

From the third floor of the school he learnt about the "boisterous *mat salleh*'s at the Ipoh Club on weekends"; how, feeling rich with 50 cents in his pocket, he could have the best *rojak* and *cendol pulut* and watch a game at Anderson Road padang or enjoy a wholesome *murtabak* at the Railway Goodshed near his school.

He also reminisced on "cycling everywhere around town, eating the best *ais kacang* at Cowan Street, buying Beano and Dandy comics from small bookshops, afternoon dances at the YMCA," and repeatedly mentioned the beautiful girls in Ipoh then. Undoubtedly the joy that he had experienced growing up in Ipoh has been etched in his memory permanently.

Dr. Lim was however amazed that it took a foreigner, Ian Anderson, to come out with the book about 'my home town' a comment that drew a murmured acknowledgement from the 200-strong audience.



Then again, Anderson has a passion for Ipoh. Many would remember that in 2006 Anderson held an exhibition at Museum Darul Ridzuan entitled, "The Story of Ipoh: From Feet to Flight" which traced the history of transportation from boats and *sampans* to gharries, automobiles and aeroplanes. That exhibition was reported to have attracted over 5,000 visitors.

With his kind of passion, first an exhibition and now a book, Anderson certainly has earned the right to call Ipoh "My" hometown.

*Ipoh, My Home Town* is available at MPH (Kinta City), S.S. Mubarak (Old Town), Ariff Store (Canning Garden) and online at: [www.ipohworld.org](http://www.ipohworld.org).

JAG

## Ipoh Wins The Nation's Best Resort Condominium Award 2011

The Haven Lakeside Residences at Tambun was adjudged the "Best Resort Condominium", whilst its holding company, Superboom Projects Sdn Bhd, won the "Best Perak Developer" award by the New Straits Times Property - SC Cheah Choice Awards 2011 recently. The awards were presented by YB Dato Yeo Heng Hau, Deputy General Secretary deputizing the Hon. Minister of Housing and Local Government, YB Dato' Wira Chor Chee Heung, at Shangri-La Hotel Kuala Lumpur on 23 September 2011.

Superboom Projects was recognized as the **Best Perak Developer** for its three innovative developments concepts, contributing to the industry and looking beyond the bottomlines.

The innovative, low density 5-star development of The Haven blending with the Mother Nature's glorious creation have given the feeling of "wow" to the judge, Mr. S.C. Cheah when he visited the site. The **Best Resort Condominium** was awarded to The Haven Lakeside Residences after achieving a long list of firsts for both Malaysia as well as for Perak. (Please see table on the right)

"How do you put an intrinsic value to a 280 million year-old gigantic rock?"

"I feel like selling my second home in Rawang and get a unit there and spend my retirement years enjoying delicious Ipoh food and exploring the limestone caves." said Cheah after visiting The Haven.

According to S.C. Cheah, he regarded The Haven as a one-of-its-kind investment product that will likely command high resale value.

"Like any unique and rare product, people who can appreciate the beautiful natural surroundings especially the Rockhaven may be prepared to pay a premium for the privilege of living in this exclusive resort environment".

### Choice of Best Perak Developer

"The name Superboom Projects Sdn Bhd may not ring a bell with many but this "rising star" has emerged from obscurity to be noticed in Malaysia and even internationally."

"It may be three years old but it has proven to be "matured" beyond its years and become an industry leader. Each of its three developments has proven to be innovative in their own way."

"Although there are several prominent, long-standing developers in Perak, Superboom's efforts to promote Ipoh as an ideal vacation, retirement and investment city in Malaysia and the world deserves recognition..."

These awards are of great significance as they signal a reversal of negativity towards both The Haven and Ipoh generally. We are proud that Ipoh finally has a Resort Condominium that can be equal or exceed the luxury condos of Penang. "We humbly accept these accolades and shall continue to deliver quality homes as well as to contribute to the community", Peter Chan said.

The Haven was recently awarded the International Arch of Europe (Gold Category) and the Diamond of Eye Award for Quality and Excellence, both in Europe. It was also heralded as "the world's best value condo" by a local business magazine for its luxury offering at a most reasonable price, praised by the local press as a "top quality development" and labeled "five-star lifestyle at an affordable rate".

The Haven Lakeside Residences of three 26-storey condominium towers is developed by The Haven Sdn Bhd, a wholly owned subsidiary of Superboom Projects Sdn Bhd, and operated by Best Western International.



## Achiever of many firsts

### 8 firsts for Malaysia

1. First to have eco condo project by the virgin forest
2. First five-star condo-tel
3. First JV partnered international main contractors to build condos
4. First to have international brand name within three years
5. First condo to get US Green Building Council's Los Angeles Chapter attention
6. First to give owners memento books detailing project
7. First to use Shell Flintkote waterproofing paint/flooring for condo project
8. First condo to use digital animation to market project.

### 27 firsts for Perak (Note: Including the above eight)

1. First developer to be awarded The Arch of Europe (Gold Category) from Business Initiative Directions for Quality and Innovation (perhaps first in Malaysia)
2. First to be awarded The Diamond Eye Award for Quality & Excellence from Otherways International Research & Consultants (perhaps first in Malaysia)
3. First developer to use "split" building design for better ventilation/lighting
4. First to have three blocks of 26-storey condos - highest in the state
5. First to appoint Best Western International to operate its Premier Category
6. First luxury project with full facilities + conference + shuttle bus service
7. First condo to have concrete cast in-situ with better sound proofing/rigid walls etc.
8. First condo with five-level security fencing, two guardhouses, guard concierge at each of the three blocks, use of access cards, etc.
9. First condo to provide fibre-optic cable for high-speed broadband access
10. First condo to be National Suria 1000 approved participant
11. First condo to have Green Building Index rated compliant applicant
12. First condo to use eco-friendly paper for brochures/memento books
13. First condo to offer buyers an option to subscribe to IPTV service
14. First development condo to attract Middle Eastern investors
15. First development to have buyers from 15 countries
16. First condo to publish its own food guide book "Eatpoh" promoting Ipoh food
17. First development to use "side flow" floor trap
18. First condo to appoint international realtors to market project overseas
19. First Perak-based developer to receive the SC Cheah Choice Award

## Community

# Bicycles for Poor Pupils

New Hope, a welfare association in Sitiawan with the collaboration of Charity Bicycle Project Organisation, handed over 300 bicycles to 68 primary schools from Manjung District. The handing-over ceremony was held at the Pioneer Methodist Church hall in Sitiawan recently. The event was graced by Menteri Besar, Dato' Seri DiRaja Dr. Zambry Abd Kadir and Transport Minister, Dato Seri Kong Cho Ha who is also the MP for Lumut.



Charity Bicycle Project co-founder, Dennis Tan who was present at the ceremony said that the idea was mooted by some social workers considering the hardship poor students in the rural areas had to face when going to school. Tan got the ball rolling by seeking assistance from corporations and well-wishers. The response was good. "Some bicycles were given away last year but this was, by far, the largest," he remarked.

Zambry gave away the bicycles to schools' representatives. He advised the recipients to take good care of the bicycles and to use them judiciously. With the availability of the machines, getting to and back from schools would no longer be a problem like before, he added. The students had to walk between 3 km to 5 km daily and this had affected their studies to a great extent.

Zambry and Kong later visited the Chinese museum in Sitiawan. The Menteri Besar pledged RM50,000 to the museum's development fund.

SN

## Food FOR THE POOR



Yayasan Bina Upaya Darul Ridzuan (YBU) is back into the business of giving with renewed enthusiasm after the end of the fasting month of Ramadan. At a recent meet-the-poor session held at Kampong Hj Hashim in Changkat Jering, the foundation led by Chairman Dato' Saarani bin Mohamad, gave away food cartons to 30 recipients who were categorised under the poor and marginalised group. He gave micro-credit cheques to successful applicants, as well.

In his opening remarks, Saarani reminded the recipients to be grateful for the donations and the help given by the government. "This will not be possible if the country is in turmoil like Somalia," he said. "The peace and harmony that the country enjoys should be maintained and guarded."

The foundation prepares 45,000 food cartons for distribution to the poor and the underprivileged annually. Money for the food is sourced from the state government and business corporations. The food cartons are given away to the needy all over the state in accordance to priority and based on the constantly updated list maintained at YBU's Greentown office.

RM

## Wellness

### Eye Health – Cataract

*Ipo Echo's Eye Health Series continues with Consultant Eye Surgeon Dr. S.S. Gill talking to us about Cataracts.*

#### Checking for Cataracts

You will find that going for an eye check to see whether or not you have cataracts may take longer than you think! Firstly, it would entail you **reading off a chart** placed at a distance to find out how well you see. The eye doctor will then use a bright light (slit-lamp) to check the **front** part of the eye (anterior segment) in order to look for other eye problems that you may have such as dry eye, eye infections or eye diseases.

A special stain (fluorescein) will be instilled into your eyes and then using a special instrument called a tonometer, the **eye pressures** will be checked. This is an **important step** to find out whether you have glaucoma or not since blinding diseases **have to be controlled** before embarking on a cataract operation.

Remember to take a pair of **sunglasses** along with you when you go in for an eye examination. In order to determine the extent of cataracts, a full eye examination would require some special eyedrops to be instilled several times into eyes in order for the **pupils to dilate**. This is because the lens (which becomes opaque to form a cataract) cannot be viewed well until the pupils are dilated.

The whole process of dilating your pupils may take anywhere from 30 minutes for a healthy person's eyes to sometimes up to 90 minutes for some. There is no short-cut to this part of the eye examination.



White cataract

Once your pupils are dilated, be prepared for some bright lights which will be used in order to **examine the eyes**. This part of the eye examination may be uncomfortable for some patients who may be more sensitive to glare from the bright lights used to shine into your eyes but rest assured it won't kill you!

The **retina** (nerve at the back of the eye) will also be examined and it allows the eye surgeon to **predict on the visual outcome** following cataract operation.

Following the doctor's verdict on whether you have a cataract or not, the sunglasses you brought along will now come in handy as you make your way

home.

Should you have a cataract, it **does not mean** you have to go for a cataract operation **immediately** on the same day, much less on the same week! It is never a life and death situation unless of course you are half-blind. So, **do not be hasty**. It is important to make sure that **medical problems** like diabetes mellitus and hypertension be **well controlled before embarking on surgery**. Always **inform the doctor** about any underlying medical problems, **past surgeries**, previous **traumas** and **current medications** that you may be taking as some adjustments may need to be done before cataract surgery. The next step would be to select the appropriate intraocular lens to suit your visual requirements.

*Dr. Gill will discuss more on Cataracts in the next issue of the Ipo Echo.*

For more information, contact Gill Eye Specialist Centre at **05-5455582**, email: [gillyeyecentre@dr.com](mailto:gillyeyecentre@dr.com) or visit [www.fatimah.com.my](http://www.fatimah.com.my).

## Goodbye Fr James Wallace

Rev Father James David Wallace CSsR, the first Parish Priest of Our Lady of Perpetual Help (OMPH) Church in Ipoh Garden passed away on September 11. Father Wallace, an Australian, first came to Ipoh in 1959 for a preached mission held at St Michael's Church. In 1960, the Redemptorist Community was established at a little chapel located at 31 Jalan Tambun where the Heritage Hotel now stands.

In 1966, the Bishop of Penang agreed that the Redemptorist Community should manage a parish. OMPH Church was officially opened on April 15, 1972 and Fr Wallace became its first Parish Priest.

It is said that building a church is easy, not so building a parish community. Assisting Fr Wallace at the start was Rev Fr

John Martin assigned to help Tamil speaking Catholics while Rev Fr Campos came regularly from Singapore to cater to Chinese speaking Catholics.

He also initiated the many structural committees that currently make up the framework of the Parish. Many parishioners in Ipoh Garden still recall that Fr Wallace would walk the neighborhood at 3.00 p.m. in the afternoon looking out for houses that had a cross over the front door to enquire if they were Catholic.

In 1978, Fr Wallace was posted to Singapore and returned to Australia in 2005. In 2009, he moved to a nursing home run by the Little Sisters of the Poor at Randwick, Sydney where he passed away. He was 89 and had been a Redemptorist priest for 68 years.



JAG

## News Roundup

### Housing Lots for EX-SERVICEMEN



Perak is the only state in the country that provides housing lots to ex-servicemen (Military and Police) on a regular basis. The housing lots are sold at a premium of RM500 only. Successful applicants can make use of the lots to build houses of their own design.

To date 7,000 lots have been given out in areas designated as *Rancangan Perumahan Tersusun* or Planned Housing Programme. The programme, according to Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir, will be extended to all districts in the state soon.

An additional 3,700 lots have been identified and will be parcelled out as part of Phase One of the on-going programme, which will be launched in the near future.

The Menteri Besar said this at a press conference following the opening of the Ex-Servicemen Association (Perak Chapter) Conference recently at the Banquet Hall of the State Secretariat Building, Ipoh.

Zambry gave the title to Wisma Pahlawan, the Perak Ex-Servicemen Office in Taman Meru, to the Perak Chapter's president.

Present at the ceremony was association president, Datuk Muhammad Abdul Ghani. Muhammad Ghani urged members of the association, numbering some 348,000, to register themselves as voters and participate in the voting process. "The choice of political parties is not the issue here. What matters is your commitment," he remarked.

RM

### Micro-Credit Makes Faizul's Day

For five long years Muhammad Faizul Karim laboured on the five-foot way to earn a living mending shoes for his customers. Today he operates from a rented shop lot in Pekan Razaki, Sungai Rokam, Ipoh. Although he is shielded from the elements, it is still not enough. "What I really need is a shoe-stitching machine which will help improve my efficiency," he told Ipoh Echo when met recently.

The economy of skill that comes with the machine is the underlining factor. Faizul could heave a sigh of relief, as his application for a micro-credit loan was approved by Yayasan Bina Upaya Darul Ridzuan sometime ago. He

received the RM6,000 loan in late July, just before the fasting month. "I've placed an order for the said machine from its manufacturer in Taiwan and am awaiting its arrival," he said.

Faizul is appreciative of YBU's efforts in lifting the living standards of the poor and the marginalised in Perak. "I wonder what would've happened if there's no such scheme in place?" he enjoined.

With a shoe-stitching machine, Faizul can double his efforts at repairing shoes. He has a steady stream of customers who use his services and despite his shortcomings, keep coming again and again. "I charge them accordingly. I guess their repeat appearance is testimony of the quality of service I render," he said.

All said and done, YBU has one satisfied customer on hand who appreciates what the foundation does for people like him. Faizul has started repaying his loan. The low interest rate charged is a plus factor. "Paying RM170 a month is not a burden to me," he added.

RM



### Ipoh Also Got Talent

If you feel you have the talent to sing, dance or even act then you may want to take part in YMCA's "Ipoh Also Got Talent" contest.

The preliminary will be held on November 19 and 20 with the finals on December 3. It is open to all contestants from the ages of 10-30. Contestants can perform in the language of their choice. There is a RM10 entry fee.

According to YMCA's Organising Chairman, Daniel Lim, the contest is being organised to reach a larger group of young people between the ages of 10-30. This replaces



its Ideal Teen Contest which the YMCA had organised in previous years.

Details of the contestants will be posted on a Facebook page. Judging will be similar to the Idol format, that is, 30% voting via Facebook and 70% by the judges. The closing date to submit entry forms is October 15.

JAG

## LETTERS

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

### Cleanliness and Civic Consciousness Sorely Lacking In Ipoh

I am part of the management corporation for the Intan 2 building in the Lebuhr Medan Ipoh area, located behind Ipoh's famous Jusco shopping centre. Our management corporation has made many complaints to the city council about the poor garbage collection and maintenance of cleanliness in this area. The drains are so clogged up that at times rain water cannot even be pumped out from our basement car-park into the public drains. Irresponsible litter-bugs working and living around this area have also turned the place into one big filthy eye-sore. We have written complaint letters to the city council and also sent in complaints via the E-aduan link, but to no avail. If the MBI officers are as diligent in issuing fines for litter-bugs as they are at issuing parking summonses, then maybe Ipoh might regain its reputation for being a 'clean' city. In fact, the new parking coupon system seems to be creating more gar-

bage for the city as many coupons end up on the streets. Right now, Ipoh is nothing more than one big dumpsite because of the behaviour of many irresponsible residents with filthy habits, city council officers and cleaners who appear to be sleeping on the job. As a last resort, we have also submitted all complaints and photos to the Menteri Besar. State Tourism chairman Dato' Hamidah Osman had better concentrate on cleaning up the capital city of Perak as the state is not going to attract many tourists for year 2012 if cleanliness and hygiene are not prioritised first. Tourists who come to Ipoh now would go away with one lasting impression of Ipoh – a city of garbage and illegal posters!

Helen Yeap

Joint Secretary for Intan 2 Management Corporation



### Polo Ground

With reference to the letter "Polo Ground" published in issue 125. This is the reply from the Mayor's office:

The Council issued two compounds in August 2011 for the offence of failing to renew vendor licences. The Council is also awaiting approval from the Perak State Government to allow the former Restaurant D'Pollo site to be used for relocating the vendors.

Dato' Haji Abdul Rahim b Md. Ariff  
Secretary of the City Council  
On behalf of the Mayor of Ipoh

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05-2412827 / 2463827

## Young Perak Alumni-Owned Cyber Café

Mindful of the problems students of Polytechnic Ungku Omar (PUO), Ipoh face whenever in need of computers and the Internet to complete their written assignments, members of the polytechnic's alumni chipped in to build a cyber café within the campus. This is the first ever cyber café to be built in any polytechnic in the country.

The café has 25 desk-top computers equipped with colour printers. They have high-speed broadband connection, something rarely seen at run-of-the-mill cyber cafés. The cost to build the café came to a staggering RM78,000. "This effort by former PUO students is to help enhance the academic excellence of the polytechnic," said Mazealan Mansor, president of PUO Alumni. "It has helped to improve students' preparedness and safety. They no longer need to leave the campus to get to the nearest cyber café," he said.

Students pay a RM50 fee upon graduation to be life members of the alumni. This was revealed to Ipoh Echo by former PUO Director, Mohamad Jayus Bunasir, the man behind the formation of the ex-student association.

"Presently, there are over 10,000 members registered with the association," he said. Older students who were not registered have to pay RM100 to be life members. "It's hoped that the formation of the association would help instil love and attachment for the alma mater by former students, just like other premier schools in the city," remarked Mohamad Jayus.

The in-house cyber café is open for business from 8.00 a.m. to 8.00 p.m. daily. It charges users RM1.50 an hour, much cheaper than the privately-run cafés in Taman Cempaka.

RM



## SMJK Yuk Choy Ipoh Principal Retires

SMJK Yuk Choy's principal Mr. Lee Hah retired last month after 32 years of service. He started as a teacher in SMJK Ayer Tawar, Dindings, and SMJK Menglembu, and later as a lecturer at Ipoh Hulu Kinta Teachers Training College. Besides that he has served as principal in SMK Methodist (ACS), Sungai Siput (U) and SMK Bercham, Ipoh. During his tenure at SMJK Yuk Choy, various programmes to instil discipline, co-curriculum activities and academic excellence among students were carried out. SMJK Yuk Choy Cadet Police Corp has emerged champion in the Inter-School North Kinta District this year and produced the best Perak State SPM 2010 student.

Among those present at the farewell were representatives from State Education Department, Encik Ahmad Shaker bin Lazim; North Kinta Education District, Tuan Haji Abdul Aziz bin Mat Jais; Chairman SMJK Yuk Choy's Board of Governors, Mr Leong Foh Sen; Chairman of Parents and Teachers Association and Chairman of SMJK Yuk Choy Old Boys Association.

In his speech, Lee urged the students to be courageous and contribute back to the school. He hopes that SMJK Yuk Choy will continue to perform with excellence in the years to come. He managed to raise RM22,000 for the new five-storey building fund and handed over the mock cheque to the Chairman of the Board of Directors.



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## RēJeune Arrives In Ipoh

By See Foon Chan-Koppen



Most of us have heard of using magnets for healing purposes. There are many theories out there concerning how magnets work to relieve pain but no one really knows for sure. Magnetic therapy has been around for centuries. It is believed that Queen Cleopatra wore a lodestone on her forehead while she slept to prevent aging. It was known to have been used by healers in China, India, and Egypt to treat a variety of conditions.

One theory suggests that iron in our blood is affected by the magnets, another theory states that magnets stimulate the brain and affects the pineal gland.

Another possible theory is that ionization occurs in the blood after it passes through a magnetic field. However, one thing we know for sure is that magnetics do increase blood flow and reduces swelling.

Now, use magnets on key areas of the Chinese Meridian system, combined with a cream scientifically formulated to enhance the smooth flow of 'Qi' and voila, rejuvenation begins.

This is what is promised with the RēJeune system, a hands-on therapeutic process carried out by specially trained therapists who use magnetic physiotherapy tools in combination with their RēJeune Cream, a powerful potion of natural pure herbs that are free from chemicals and preservatives. RēJeune Cream targets the meridian system enabling it to perform at peak levels in generating a healthy flow of 'Qi', blood and nutrients resulting in continuous nourishment of the cells in the various internal organs.

Apparently, the skin is porous and will absorb nutrients from any cream or ointment applied onto it. But the usual absorption process is slow and the efficacy of the cream is not fully realised. Which is why RēJeune has developed a range of unique magnetic physiotherapy tools that aid in not only getting the nourishing and detoxifying extracts deeply and quickly into one's body but to also unblock and stimulate the meridians.

This combination of treatment creams and the use of magnetic physiotherapy tools deeply penetrates the blood stream promoting circulation, at the same time re-establishing the smooth flow of 'Qi' throughout the body, allowing nutrients access to all cells, accompanied by the removal of toxins. At the same time, some active ingredients in the creams stimulate the production of youth-giving hormones which diminish as one ages. Cell regeneration can then take place.

While all these claims may seem like anti-aging hype, Ipoh Echo contacted one client who had actually undergone twenty treatment sessions. Mrs Doreen Lee was most enthusiastic about the RēJeune programme, having noticed a marked difference in the firmness of her face and body and in particular, the reduction of cellulite on her thighs. "Its amazing how quickly our face and bodies 'go southwards' after menopause and for me the RēJeune treatments counteract that process. I can certainly vouch for its efficacy."



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## Toastmasters in MCKK

Malay College Kuala Kangsar (MCKK) opened its doors recently to students and Toastmasters from across Perak. The Toastmasters Area H1 & H2 Humorous Speech and Evaluation Contest was held in the college's main hall and attended by over 500 guests, including Hj Mohd Rozi Puteh, Head of the Human Development Division, Perak Education Department.

The contestants tickled the funny bone of the audience, scaling topics such as the Perak bus service in the 1970s and the Malaysian culture of giving away red packets.

This event was part of the 'Toastmasters Can Help' campaign, an outreach programme to bring effective communication and leadership skills to the masses, especially students.

"The general public is under the impression that Toastmasters is an exclusive community," said Peter Bucher (Pak Peter), the mentor of the MCKK Toastmasters Club. "With the 'Toastmasters Can Help' campaign, we intend to break that mold and be more inclusive not exclusive," he quipped.

Peter pointed out that the contest was coordinated and executed fully by the teachers and students of MCKK, despite the MCKK Toastmasters Club being only three months old. Principal of MCKK, Encik Adnan Baharuddin, said that students are clamouring for a club



of their own.

For those keen on keeping up with future Toastmasters events in Perak or to find a club near you, please call Phang (012-5200399) or Mohan (012-9242740) for details.

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## Book Review

## The Dulang Washer

Irishman Paul Callan and his Ipoh-born wife, Eve, shuttle between their homes in London and Kuala Lumpur. Paul is the author of first-time novel, *The Dulang Washer*, which tells the often troubling tale of suffering, hardship and brutality 19<sup>th</sup> century Chinese immigrant labourers had to endure while working the tin mines of Kinta Valley and beyond.

In a hard-hitting portrayal of their lives and times, Paul tells a fascinating and captivating story through the eyes of dulang washer, Aisha, a beautiful young Malay girl striving to support two families, while carrying a dark and terrifying secret.

Fook Sin, the mine's treacherous, thieving proprietor, sees Aisha as his ultimate prize: the most desirable object he can add to his secret hoard of already ill-gotten treasures.

Aisha also becomes the object of obsession of the lonely, isolated and homesick Donald Redfern, an English overseer and only European at the mine. The human contact she offers him during language lessons she gives him, and the small gestures of compassion she shows him, fuel his desires for the dainty maiden.

Meanwhile, Hun Yee, an ambitious young Hakka miner shakes off the opium addiction that has insulated himself, and all his fellow miners, from the harshness of their daily struggles. He seeks to win Aisha over by attempting to start a mine of his own.

But the most disturbing of all is the dulang washer's own feelings for those close to her. When events at the mine move towards their shocking conclusion, she is forced to re-examine her life.

Confronted with the love of a man prepared to turn his back on his country for her, will she finally seize her chance at happiness?

In an enjoyable page-turning read, *The Dulang Washer* is a book that is hard to put down.

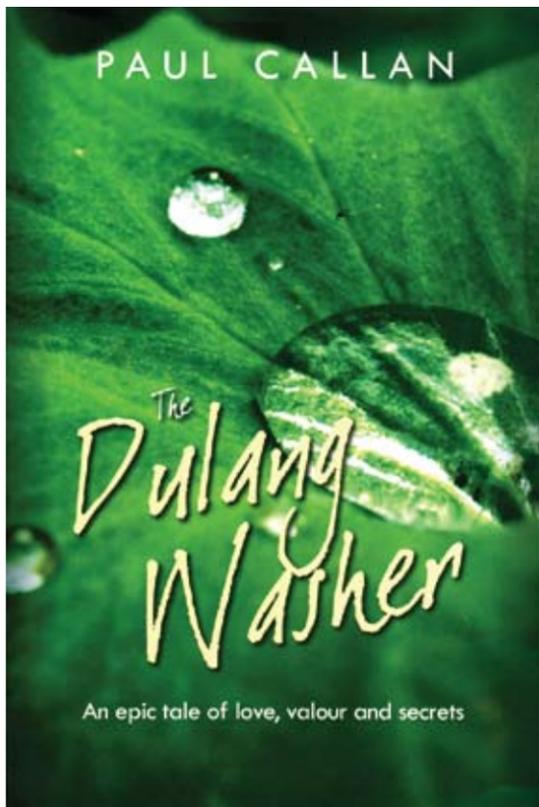
The most difficult part about the book, according to Paul, was trying to write about tin mining without getting technical. Paul admitted to being a "technical dyslexic". "I am hopeless in technical matters," he says.

When researching for the book Paul had to travel regularly between Kuala Lumpur, where he lives, and Perak for two years. The journey has been painful but it was worth the effort.

His next book is about Tamil Indians. "It's a love story set in an oil palm plantation and will be available next year."

*The Dulang Washer* (ISBN No: 978-967-5997-55-6) is published by MPH (Malaysian Publishing House). This 357-page book, priced at RM39.90, is sold at MPH and Popular outlets all over the country.

FZB



## Thumbs Up

## Street Name Remains



Reader Sundralingam's comment on Ipoh Echo's website regarding Ipoh City Council's propensity to change street names at the drop of a hat had elicited a response from the council. Sundralingam's fear was the likelihood that Jalan Caldwell would undergo a name change.

William John Caldwell was a tin miner and co-founder of Sengat Estate in Kampung Kepayang, Ipoh. Caldwell was also an agent for the Straits Trading Company, established in 1886 dealing with tin-smelting business in Ipoh. He had, therefore, contributed to the growth of Ipoh in the early years.

In a letter to Ipoh Echo, dated August 22, the council had this to say. Here is the English translation:

"The changing of street names is subjected to existing council by-laws. It is also based on the needs of the area in question. Jalan Caldwell shall remain Jalan Caldwell, as an application for a name-change by the street naming sub-committee was rejected by the council on June 15."

Ipoh City Council's action to allay the fear is appreciated. Let us have more of this, MBI.

FZB

## Thumbs Down

## Taxi Parking Bays Needed for Railway Station



When I went to pick up my friend from the Railway Station, two taxis, without the drivers, were parked in the pickup area for passengers. A long row of cars were queuing behind the taxis waiting for their turn, not knowing that the two taxis were parked permanently. This caused additional congestion.

There is no dedicated parking area for taxis in the railway station. Taxis are parked all over the place. MBI must reserve four parking bays in front of the pickup area for taxis. A signboard must also be placed indicating the fare to various destinations from the station as is being done at Medan Gopeng bus terminal. The taxis are charging a minimum of RM10 for a journey.

A. Jeyaraj



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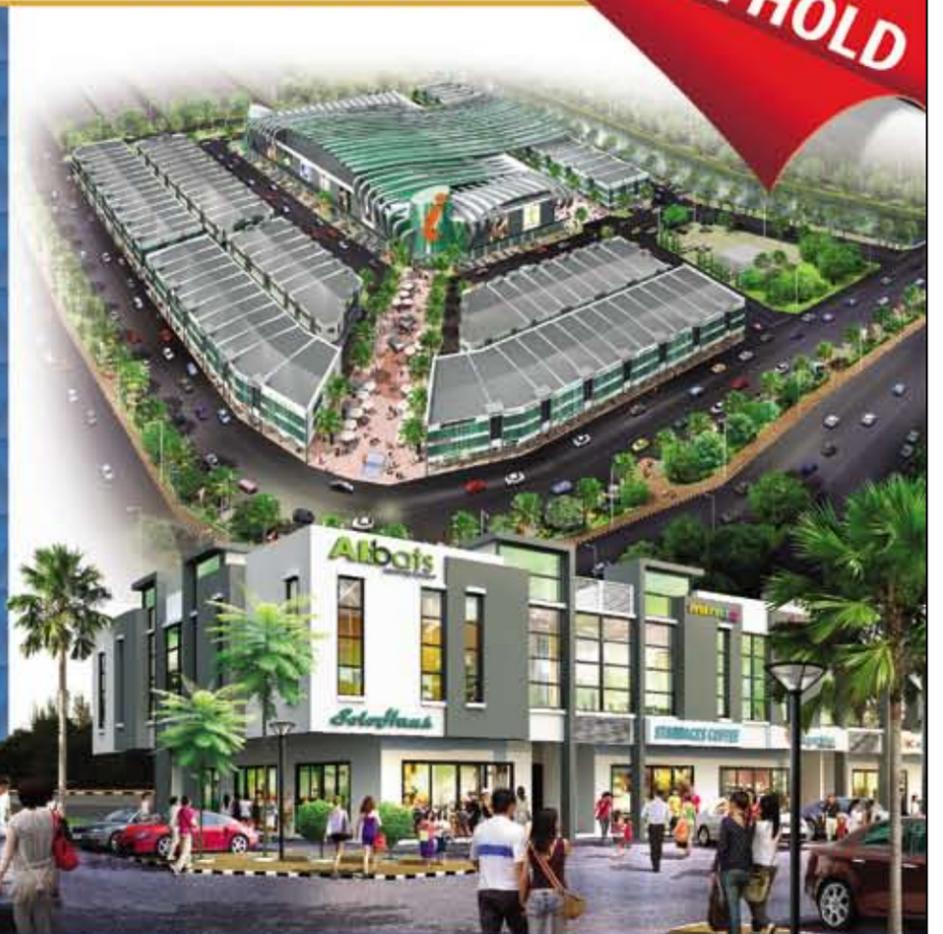
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# My Say

By Jerry Francis



Once again it took a near disastrous incident for people to take note and begin to seriously discuss the critical issues involved. Take the case of the collapse of two shop lots along Panglima Lane a fortnight ago. This incident had the authorities immediately give a stern warning to the owners – repair or demolish their buildings.

This is exactly what the city council should have done earlier to ensure all old buildings in the city are safe. It should have directed the owners of such buildings to carry out repairs before the condition worsened. Why wait till the buildings collapse? Fortunately, no one was injured in the incident.

This was what I had feared when I drew attention to a fire-damaged building, which had been left to deteriorate for a further two years, at the junction of Jalan Sultan Idris Shah and Jalan Raja Musa Aziz as being an eyesore and a danger to motorists and passers-by.

Well, I am not going to indulge in “I told you so”. I hope the state government and the city council will now seriously look into the problem of existing dilapidated buildings, not only in Panglima Lane, but also around the old city centre. That the owners of such properties cannot be traced is no excuse.

Following the Panglima incident, the state government had without hesitance, issued a 14-day notice under the Street, Drainage and Building Act to the owners of the buildings. According to State Local Government Committee chairman Dato’ Dr. Mah Hang Soon, the State Works Department has classified seven of the 24 units in the lane as “deemed dangerous”. “The owners must take steps to repair or demolish the units within the 14-day period,” he added.

The State Tourism Committee chairman Dato’ Hamidah Osman said that the buildings were not gazetted under heritage due to their dilapidated condition. “When it comes to safety there will be no compromise, although Ipoh is aiming to be listed as a heritage city under UNESCO,” she said.

Well said, Hamidah! Let’s hope there will be a solution to the problem without losing an important

## “Repair Or Demolish” Order, A Setback For Heritage Efforts



heritage site. Demolishing the buildings is the easiest way to deal with the problem, but it will be at the cost of losing more of the city’s heritage.

Talk about preserving Panglima or Concubine Lane, which was notorious for opium and gambling activities and where the Chinese tycoons kept their mistresses in the early days of mining in the Kinta Valley, has been going on for a long time.

As a local businessman remarked, at least three state executive councillors in-charge of tourism had in the last decade visited Panglima Lane and had shown their keenness to help preserve it. “It had been all talk, talk, talk, but no action,” he commented.

The state government, not wanting to set a precedent, is not keen on assisting the owners with funds to help them repair and preserve their buildings as they are private properties. But the owners argued that preserving the heritage buildings would bring in tourists.

If the authorities are serious about preserving heritage in the city, it needs to work something out to induce the owners to repair the buildings as some of them cannot afford to come up with the funds. The authorities could

consider some form of “incentives”, including the waiver of assessment fees and quit rent for a limited period of time, which would not commit any taxpayers’ money.

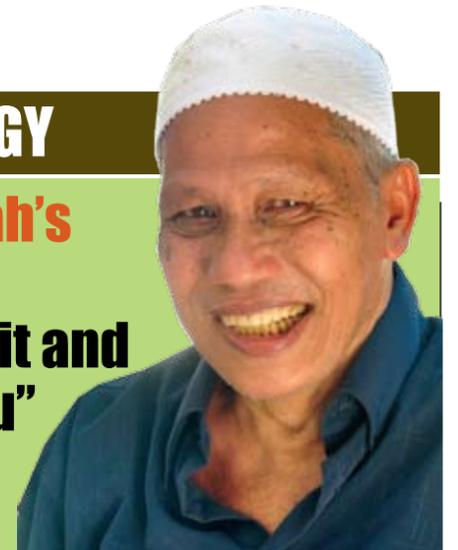
The “repair or demolish” ultimatum given to the owners of the affected buildings in Panglima Lane appears to have been made in haste. It may be taken by the owners as a green-light from the state government to demolish their heritage buildings. With lack of funding for the repairs, the only option for owners is to demolish their buildings and it will be a pity that we will lose another heritage site.

The only visible development so far is an allocation from the state government to pave the lane. The works have been delayed following the collapse of the buildings.

However, even the proposed renovation of the lane is against the wishes of the residents, who expressed the fear that it would modernise the lane and steal its heritage value forever.

## APOLOGY

### “Mariah’s Kuih Bangkit and Bahulu”



The Ipoh Echo wishes to apologise to Puan Mariah and her family for publishing an inaccurate account of her story in Issue 128. Puan Mariah’s husband suffered a stroke and is very much alive today. Ipoh Echo regrets the anguish and inconvenience caused to the family and their friends.

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