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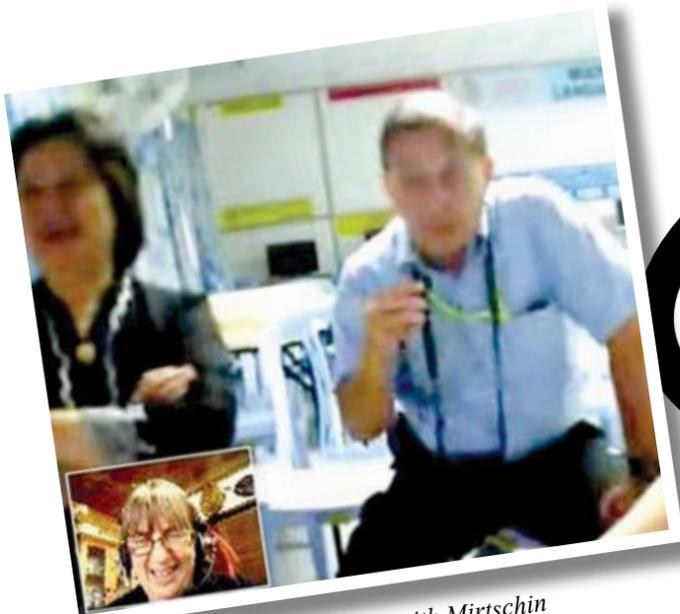
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Ipoh Echo's video conference with Mirtschin

HELLO AUSTRALIA, Ipoh Is Ready For The Next Class

By James Gough



Live video conferencing with Australia at Poi Lam Classroom



SMJK Poi Lam Ipoh

SMJK Poi Lam, Ipoh did itself proud when it received certificates signed by the Minister of Education for the Victorian State of Australia to honour the Poi Lam students who participated in the video-conference linkup which was part of the Victorian Education Innovations and Next Practise Showcase held in Melbourne earlier this year.

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Ever Improving Technology Now Shrinking The World To Create The Global Classroom

Information and Communications Technology (ICT) has advanced so drastically in the last 20 years, leapfrogging from fixed landlines to the smartphone that everyone now carries one in their pocket. Similarly the computer which originally took up a whole room has shrunk down to 10.1 inches and for many people is an all-in-one office.

While the majority of us use this new technology individually there is a group of teachers that have been utilizing this ever improving technology religiously to enable the structuring of a global classroom.

Video Conferencing

In early September, I received a text message from Veronica Woo, the English teacher with SMJK Poi Lam at Jalan Panglima Bukit Wahab, inviting me to witness a Skype video-conferencing session with an Austrian school HLW St. Veit a.d. Glan, Austria.

The Austrian teacher, Katherine Zablatnik, who teaches English and History had invited a photographer and reporter along to report on its activities, hence I too was similarly invited.

The video conference was held at Poi Lam language room which had the usual trappings of computers, monitors and printers. However, on the wall were clocks with different times for different world capitals similar to what you see at the check-in counter at an airport.

While waiting for Austria to get linked up, Veronica got in touch with Anne Mirtschin an ICT Teacher with Hawkesdale P12 College, Victoria Australia. When connected, Woo introduced me to Anne, explaining about Ipoh Echo's profile and that it was publishing Tourism Perak's monthly newsletter. Woo then flipped through Ipoh Echo's July 16 edition which featured a report about Visit Perak Year 2012 and briefly gave an account of the coming event to Mirtschin.

When Austria was connected the video streaming was intermittent. So Veronica switched off the video but communicated using just the audio. All the while the Poi Lam students in the room had been attentive to what was being communicated between Australia, Austria and us in Malaysia.

How It Started

The idea of a global classroom took off in 2005 during a 'Celcom Youth Ambassador' project titled, "Tomorrow's School Project". While other schools focused on charity, Woo focused on communication and found a partner with a New Zealand school. At that time, the mode of communication was to record their activities on a CD and exchange via conventional mail.

Later, Hawkesdale College came into the picture when an Australian exchange student, who was based in Poi Lam, informed Anne Mirtschin whose first question to Woo was, "Do you speak English?" When Woo answered in the affirmative the exchange of ideas began or as Woo described it "we started with baby steps first".

Hawkesdale College: A Small Rural School

Anne Mirtschin has been a teacher for 25 years and is currently the Information and Communications Technology teacher at Hawkesdale P12 College, SW Victoria, Australia. This is a small, rural school of 250 students and approximately 30 staff. The majority of students come to school on a bus and are culturally and geographically isolated. There is no mobile phone service at the school or where she lives. She is married to a local farmer and can be seen after school and during holidays, helping her husband with sheep work.

However, she is passionate about applying technology to learning and eLearning, rural education and global education. Her activities with education and ICT have been recognised by winning the ICTEV (ICT Education Victoria) Leader of the Year 2009 as well as being named joint winner of Microsoft Innovative Teacher for Victoria 2008-09 among others.

Communication Tools: Language

SMJK Poi Lam is a Chinese-medium school. However, its English Language Section under Woo has been very active. During the recent launch of Visit Perak Year 2012, its Choral Speaking group gave an *a cappella* performance expounding the various tourist attractions found throughout the state.

Earlier in May, the school participated in the Victoria Department of Education and Early Childhood Development (DEECD) Innovation Showcase held at the Melbourne Convention Centre Australia. Anne Mirtschin who did a presentation there had called Woo to participate at one of the live video conferences.

In September 2011, two of its students created a Book Trailer to participate in the Globalstorytelling Project as part of the Melbourne Writers Festival in Melbourne. The 1-2 minute trailer had to be produced using computer software and could include text, images, voice and music. The stories were then shared using computer software



Friendship Group photo. Lau holding the Malaysia flag while Mirtschin holds the Australian flag



In appreciation...Lau presenting the certificate to Mirtschin; from right is Evon Yew followed by Woo

over a shared wikispace. The purpose of the project is to learn about different cultures in different countries. The Book Trailers were projected on the big screen during the festival.

Communication Tool: Skype

As mentioned earlier, technology, specifically the improvements made by Skype, the software application that allows users to make voice calls and video conferencing over the Internet simpler, has enabled the proliferation of the global classroom.

In early October when Mirtschin visited Poi Lam School together with her husband Bruce, the school held an event during the morning assembly to honour all the participants who took part in the Victorian Education Innovations and Next Practise Showcase.

During the event Mirtschin presented Certificates of Appreciation signed by the Victorian Minister of Education to all the participants of the May Showcase. SMJK Poi Lam Principal Mr Lau Swee Min reciprocated similarly by presenting Certificates of Appreciation signed by the Perak State Director of Education to the guests.

The event held during the morning assembly greeted the guests with lion dances, martial arts demonstrations and students dressed in national costumes carrying the flags of both countries. Additionally, the English language Choral Speaking and Choral Reading groups rendered their presentations.

Principal Lau, in his speech, acknowledged that the advancement of the internet has brought a new dimension to the way students acquire knowledge saying, "global learning is not confined to just books and the classroom but through an exchange of ideas and experiences from people around the world."

Lau hoped that the linkups with Hawkesdale and other colleges would bring a positive impact and change to the students of Poi Lam. Lau also indicated that the school planned to pursue linkups with a school in China and Bulgaria and all would communicate using the English medium.

When asked if there were any issues with the setup of international links the team unanimously agreed that it would be the different time zones and the different accents although both were just initial issues that can be resolved.

The morning's event concluded with the usual group photograph which saw Lau and Mirtschin crossing their country flags in a show of friendship and comradeship between Australia and Malaysia.

Without a doubt due to the effort and passion pursued by Veronica Woo and with the support from her school SMJK Poi Lam, the proliferation of the global classroom is here to stay. Most of the procedures to enable a smooth global classroom have been tried, tested and ironed out.

Woo had made this statement several times over the last 5 years, "the classroom is my world and the world is my classroom."

Thanks to Woo the global classroom can be found in Ipoh.



IPOH **echo**

From the Editor's Desk

by Fathol Zaman Bukhari

Looks Can Be Deceiving

Based on past experiences, not many complete their full 5-year term. When the going gets tough most simply vanish, never to return again. That is the reality.

The sight of marquees, camouflage nets and military vehicles can be intimidating to many, especially those who are not used to seeing such a huge collection of army equipment. That was the sight that greeted Ipohites a couple of weeks ago when they passed by Ipoh Padang. I was equally startled by the goings-on. The formation sign on the military vehicles is familiar and so is the colour red and green. A slanted Keris against a red background is the insignia of the 2nd Malaysian Infantry Brigade while the figure 503 (AW) on a red and green background is synonymous with Regiment 503 (TA), Perak's resident Territorial Army regiment. A quick check with a former subordinate confirmed my suspicion – the regiment was hosting a parade to mark the formation of the Perak Company on Saturday, October 15.

So what has a company to do with Perak? The company referred to here is not the kind that is registered under the Registrar of Companies. It has nothing to do with business or entrepreneurship but has plenty to do with battling the enemy.

A rifle company in army parlance means a fighting unit consisting of three platoons. A platoon is made up of three sections. The 3:3 concept is the basis of the army makeover. Three sections make a platoon; three platoons make a company, three companies a battalion, three battalions a brigade, three brigades a division, three divisions a corps etc. The rank of the officer commanding the outfit rises in tandem with the size of his charge.

There is a saying in the army that the best three commands is a platoon commander, followed by a battalion commander and finally, an army group commander. You



start from the bottom right to the top. The rank of an army group commander, incidentally, is that of a field marshal (five-star general).

The origins of our Territorial Army (or weekend army) are traceable to the volunteer battalions established by the British colonial government in the mid-1930s. Volunteers were drawn from the local populace and the British expatriates working in the tin mines and the rubber plantations. They were formed into battalions and assigned to the Malay states and the Straits Settlements. The urgency for formation of these fighting units was due to threats by a belligerent Japanese military government.

When Japanese troops landed in Kota Bahru on December 8, 1941, the Perak Volunteer Battalion was deployed to protect the bridges over Krian River at Nibong Tebal. It was then redeployed to the Ipoh Airport. As British forces withdrew, the battalion was reassigned a sub-sector south of Kampar. When Kampar fell to the advancing

Japanese Imperial Army, the men were evacuated to Port Dickson. Eventually what remained of the Perak Volunteer Battalion disintegrated, its officers and men going their separate ways.

Being a dedicated regiment of the state, the state government has a role to play in its development. In 1996, the Territorial Support Committee was formed for this purpose in each state. The committee is headed by the Menteri Besar or the State Secretary. They are given honorary rank of Colonel to complement their position as the chairman of the committee. How effective these support committees have been is a million-ringgit question.

Prime Minister Datuk Seri Najib Tun Razak, when he was the Defence Minister, proposed that each federal constituency form a territorial company. That was in July 2000. Perak has yet to fulfil its obligation and the parade on October 15 was the culmination of an 11-year hiatus.

The federal constituencies picked were Bruas, Batu Gajah, Ipoh Barat, Ipoh Timur and Sungai Siput. These are opposition-held constituencies. Speculations are rife that the choice of these five areas is deliberate. Could it be politically motivated? Could it be part of a strategy to destabilise these opposition-held territories come GE 13? Postal voting, phantom voters, delineation of constituencies and a plethora of other electoral ills have become the norms today. If these are the underlying reasons, the formation of the Perak Company is indeed a sham.

Maintaining a company of 120 men is no mean task. The volunteers are on a 5-year term contract. Based on past experiences, not many complete their full 5-year term. When the going gets tough most simply vanish, never to return again. That is the reality.

"Sad to Belong to Someone Else When the Right One Comes Along"

by Peter Lee

David, a Malaysian businessman, is married with 3 children aged 10, 12 and 15. His wife, Catherine, who is also a Malaysian, has been residing in Australia for the past six years with their children because of the children's education. Both of them are in their mid-forties and holding Australian permanent resident status. David has businesses in Malaysia and Australia. Therefore, he travels back and forth between Malaysia and Australia frequently. His busy life, in travelling and running his business, has put a strain on his marriage. To make things worse, he is involved with another woman in Malaysia whom he refers to as his living companion. Recently, Catherine applied and obtained Australian citizenship for herself and her three children, which means that they had to surrender their Malaysian citizenship. David, on the other hand, decided to keep his Malaysian citizenship for the time being. Knowing that his problem is like the song, "...sad to belong to someone else when the right one comes along", he has to plan for his estate distribution just in case he dies. He intends to allocate some of his estate in Malaysia to his living companion and the balance of the bulk will go to his wife and children.



He realised that the only way to do it is through a will. However, his first problem will be the choice of Executors/Trustee because choosing his wife or living companion will not be ideal based on the fact that his wife is now a foreign citizen and his living companion may not be fair in the distribution. Therefore, it would be best that he chooses a Trustee Company like Rockwills Trustee Bhd. to be Executor/Trustee of his estate. It is also important for him to choose one or more guardians for his children if he and his wife die. In his situation, it is important for him to specify the distribution of his movable and immovable assets to his family in Australia to enable his wife and children to inherit the assets in Malaysia easily.

It would also be practical for him to instruct his Executor/Trustee to liquidate some of his assets such as properties, unit trust, shares, and transmit the money to his family in Australia especially for his children's education. Since he wants to allocate some money for his living companion, he can decide on the percentage and take the money from one of his bank accounts. In view of his children's ages, it is important that he sets up a "Testamentary Trust" in his will so that he could state the allocated amount for their living, education and medical expenses. The duration of this trust must also be mentioned. For example, the trust ends when the youngest child reaches the age of 21. Since applying for the Grant of Probate for his will to unlock his estate may require some time, it is extremely important for him to set up a "Living Trust" during his lifetime choosing Rockwills Trustee Bhd. as the Trustee to ensure that immediate funding is available for his family if he dies and such funding could also cover the cost of the probate application.

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. Website: <http://www.wills-trust.com.my>.



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Thinking ALLOWED • by Mariam Mokhtar

At a Loose End in Ipoh (part 1):
The Charcoal Factory and Village Tour

There have been several stories about Ipoh being a boring place with nothing to do during the day. Outsiders claim that Ipoh is worse at night because there is nowhere worth going to for entertainment.

Those who are used to the bright lights of Kuala Lumpur or Singapore will have plenty to moan about. But when, one weekend, I was tasked with looking after nine children, with ages ranging from eight to eighteen, who came from Japan, England, Singapore and Kuala Lumpur, I had no hesitation in taking them on a trip to Kampung Dew, near Taiping.

It was one of the best evenings the children had, visiting the charcoal factory, the little village straddling Sungai Sepetang and also observing fireflies along the banks of the river.

Matang Boardwalk Closed

It was fortunate that we

telephoned the Matang Forest Reserve office because we had wanted to go for a walk along the boardwalk to observe the mangrove swamp at close quarters and also because two children in the group were keen birdwatchers.

That was when we discovered that the boardwalk had been closed for the past couple of months and would be out of bounds to the public until the end of the year.

We were not given this information about repairs to the boardwalk, when enquiries were made at the Perak Tourist Information Centre in Ipoh, the previous week.

Perhaps, the relay of information between tourist sites and the main Tourist Information Centres in Perak could be better coordinated.

Private Tour of Kampung Dew

We made our own arrangements for the Kampung Dew tour, with the guide

En. Khairul Salleh Ahmad, who told us what to wear and what was available on this particular tour.

Our initial trip planned for earlier in the month, had to be postponed because it was around the time of the full moon so the impact of the fireflies would not have been as great.

When we arrived, Khairul was waiting with banana chips for the hungry children and an activity pack bursting with information (in Malay only) about the mangrove swamp.

After introducing himself and giving each of us a name tag, Khairul conducted his tour in English, for the benefit of our international group. The children were taken in by his friendliness and he answered all the tricky questions which they asked him.

Charcoal Kilns

One wonders what children are taught these days for they knew very little about charcoal and its origins. Some thought charcoal was mined. They had clearly mistaken charcoal for coal.

The charcoal kilns were interesting and we



were taken through the various stages of making charcoal.

Perhaps, Khairul could make arrangements with the kiln operators or the villagers, to have a room where pictures of the charcoal making processes could be displayed, and bits of charcoal could be shown with its various uses: For drawing, for getting rid of smells, for filtering, for use in shisha burners, for making into medicinal tablets to absorb toxins.

A photo of the tree used for making charcoal would have been informative with a brief explanation why that particular species is good for making charcoal, how much charcoal is exported, its contribution to the economy and if the industry is labour intensive.

Later, in the adjacent village, the children went on a mock 'fishing' expedition, using chicken fat as bait, to feed eels and giant catfish, which were swimming in a tank.

We were shown *udang galah* (giant freshwater prawn) pots and would have purchased the *udang galah* but for the pollution that occurred the previous month. An oil-palm refinery had discharged its toxic effluents into the river and poisoned all the fish and freshwater lobster.

The children then took turns weaving *attap* roofing, which is used in the rooftops of traditional kampong houses. It was also the type of roofing material used by the char-

coal factory. The girls in the group had a race with the boys, to see who could complete the most shingles. No prizes for guessing which group came up with the most and the better looking *attap*. The boys cheated because the girls in the village helped them.

Late Start for Fireflies

Dusk came, and because of low tide, we could only start our firefly tour at 9.00 p.m.

Using his laptop, Khairul gave us a short briefing on the fireflies and what we could expect that night. He showed photos of monitor lizards, snakes, exotic birds and also dolphins, which we were told could be found near the estuary but only during the day. These captivated the children thus adding to the excitement.

We said our farewells to Khairul, whom the children adored, and the friendly village people who must have been perplexed by the city-slickers, who thought charcoal was mined and who mistook monitor lizards for crocodiles.

In the west, pet-shops sell gnarled pieces of mangrove root at GBP20/USD31 each, and we were disappointed that the boardwalk tour was off because we wanted to see mangrove growing in the swamp.

If there was any other criticism, it was that there was no one selling cold drinks to quench our thirst. I am surprised that no one has tapped into this need.

The firefly tour will be in the next instalment of "At a loose end in Ipoh".



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Musings on Food

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By See Foon Chan-Koppen

Photos by Ginla Chew

SeeFoon explores *Chaozhou* cooking

I have always loved *Chaozhou* or *Chiew Chow* cooking. Though similar in taste in many ways to Cantonese, the *Chaozhou* kitchen is known for their 'Lo Tsui' dishes, in particular goose, pork and intestines which are braised in a dark soya sauce and diners have a choice between accompanying their dishes with rice or a choice of either sweet potato or plain white congee. Hence their flavouring tends towards the salty side allowing the congee to mellow the saltiness on the tongue.



Aside from the aforementioned olive paste specialty, the other very typical *Chaozhou* offering is a dish of their *Lo Tsui* pig's ears, pork belly and pork intestines. The pig's ears were succulently tender with no rubbery texture, the pork belly melt-in-the-mouth and my favourite, the 'Tai Cheong' or large intestine, were delicate and smooth, with not the slightest hint of smell that some intestines, that are not properly treated, can exude – RM8.00.

The dishes came fast and furiously. We had the **Pai Kuat Wong** or king of the spare ribs, marinated and deep fried and well coated in a thick sweet sauce with a tang of lemon – RM15.00. This was followed by the **Sautéed Clams** in a 'Kung Po' sauce, the clams large and smothered in a sauce comprising dried shrimp and dried chillies, that one could scoop with the clam shell. Each clam I tasted was fresh with nary a bad one – RM18.00. They can do the clams in a variety of styles including one with preserved bean sauce.



Interesting Condiments

They also tend towards certain condiments which are used more frequently in this style of cooking than in others. One ingredient which comes to mind is the black olive paste which lends a wonderful piquancy to vegetables fried with it. This we had in a dish of **French Beans** sautéed with minced pork and the olive paste – RM12.00. I asked if they did the cuisine specific fried rice using this olive paste and was told by the lady proprietor that because the olive paste was expensive, they only used it on different vegetables as the quantities used were much smaller.



A big pancake of **Choi Po Dan** arrived, preserved radish chopped fine and fried as a huge omelette. Crunchy, the radish not too salty and lending its characteristic smell and flavour to the egg – RM8.00.

Good with Congee

For a more pungent smell and taste, the **Meat Patties** flavoured with salted fish, deep fried and sliced was next to arrive, lending a degree of saltiness that went well with congee. The salted fish, I figured to be the 'Mui



Heong' (literally translated to mean rotten fragrance) variety and lent a characteristic aroma to the meat which would otherwise have been bland – RM10.50.



Freshest Fish

The soup was an interesting combination. Comprising bitter melon and omelette with minced meat, it was tasty and mild and I didn't get the taste of MSG! Following this was the **Asam Fish**, very fresh *Ikan Pari* or stingray cooked with ladies fingers in a mild *asam* sauce that had just the right balance of sweet, sour, and pungency – RM20.00. We also had the steamed **Wan Yu** or *Ikan Haruan* (snakehead) that arrived generously smothered in a ginger and spring onion paste. The fish was very fresh and the ginger paste thick and pungent. A must have – RM22.50.

By this time our group of seven were totally replete and when the last dish to land on our table of **Chicken and Bitter Gourd** fried in black bean sauce arrived, we were groaning. But the flavours were so well blended that we couldn't resist having a few more bites and left with a bill of RM150 altogether which we thought reasonable for



satisfying seven people.

This is one restaurant I will certainly keep returning to again and again for its simple home cooked unpretentious cuisine.

HAWKER FOOD

IPOH WHITE COFFEE

Much has been said about Ipoh's white coffee. Ipoh Echo even did a cover story on it (Issue 99). There are as many preferences as there are places which serve it. For those who are too lazy to venture out for their white coffee, they are spoilt for choice in pre-mixes, be it Ipoh or otherwise. One can find so many white coffee brands that offer: 3-in-1, 2-in-1 and even just...1. We are reviewing those places that *cham* (brew) their own white coffee, be it traditional or modern. While some coffee-shops have acquired new-fangled machines for this task, others prefer the old-fashioned way of using a cloth 'sock' for dipping the coffee in hot water and straining it into cups and then adding condensed and evaporated milk (more likely creamer these days). This method is not as precise as the machine, and the flavour depends wholly on the person making it. We have suggested a few places to get your cuppa.



Restoran Xin Xiang Er Nong (Ah Yee – 012-5491822)
66 Jalan Foo Eng Lin (Off Jalan Tokong), Ipoh.
For coffee addicts who like it strong – RM1.50 for takeaway.

Kafe Wah Nam
51-61 Jalan Raja Ekram (New Town) – RM1.40

Kedai Kopi First Harbour
Jalan Ng Weng Hup, Taman Pertama.
Smooth – RM1.40

Restoran Sun Up
5 Lorong Cecil Rae, Canning Garden, Ipoh.
Has a slight burnt taste – RM1.60 takeaway.

Along Jalan Bandar Timah (Old Town):

Kedai Kopi Sin Yoon Loong (No. 15A)
Diagonally opposite 20-storey Kinta Heights flats – RM1.50

Restoran Sin Lean Lee
Corner of Jalan Bandar Timah - Jalan Panglima – RM1.40

Nam Chau (No. 54) – RM1.40

Kedai Makanan Nam Heong (No. 2)
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RECIPE

By Margarita Lee

Jiu Hu Char [Fried Bangkuang (Yam Bean) with Shredded Cuttlefish]

Ingredients:

- 3 tbsp cooking oil
- 200g pork belly
- 3 cloves garlic (chopped)
- 5 shallots (sliced)
- 50g shredded dried cuttlefish (rinsed)
- 300g *bangkuang* (yam bean)
- 50g carrot
- 50g cabbage (optional)
- 1 onion
- 5 dried Shitake mushrooms (soaked in hot water)
- 1-1/2tsp salt
- 2 tsp sugar
- Dash of pepper

Method:

1. Peel the skin of the *bangkuang* (yam bean) and carrot. Slice and cut *bangkuang* (yam bean), carrot, cabbage, mushrooms and onion finely into thin strips/threads.
2. Boil the pork belly until cooked. Keep the stock for later use.
3. Cut the meat into fine strips and set aside.
4. Heat up wok, sauté garlic and shallots until aromatic, add in the dried cuttlefish and continue to stir.
5. Add in the vegetables and meat. Add in 100ml stock. Stir-fry until the vegetables are soft and well combined.
6. Add salt, sugar and pepper to taste.
7. Serve wrapped in fresh lettuce leaves with a side dish of sambal belacan.



News Roundup

Going To Ground Zero

Chief Executive Officer of Yayasan Bina Upaya Darul Ridzuan (YBU), Dato' Zainal Abidin Omar and Micro-credit Services Manager, Ghaffarud-Din Ussullud-Din took on a more proactive stance by going down to ground-zero to see matters for themselves recently.

The duo visited recipients of micro-credit loans from the foundation. Their objective was to see how much these beneficiaries had progressed after being given credit to start their small businesses.

"This would enable us to better appreciate problems faced by the borrowers and measures to be taken to overcome them," said Dato' Zainal. "It'll provide the kind of feedback that I need for my future planning," he added.

The ground visit took them to various parts of the state where the entrepreneurs were located. Both were happy with what they saw. Most of the recipients were able to expand their businesses by renting larger premises and employing better techniques which help increase production.

The examples set by one car-washing operator; a coconut-ointment producer and a welder were inspirational. There were, however, those who had to resort to additional jobs to make ends meet. This was never frowned upon as their reasons were noble – to make enough to continue with their businesses and to repay their loans.

The recipients, on the whole, were appreciative of



the efforts taken by YBU in providing them a lifeline and getting them out of the poverty trap. Notwithstanding their current situation, most were eager to repay the foundation's kindness by working hard to achieve their desired goals.

Zainal and Ghaffarud-Din did not ignore the less fortunate, as they were there for a good reason. They dropped by to see Zainal Panjang, a *roti canai* and *nasi lemak* seller who has fallen on hard times. Zainal is a micro-credit recipient but sickness has restricted his ability to do business. Because of his condition he is being cared for by his mechanic son.

The foundation, in recognising the sick man's predicament, has agreed to relax the loan repayment terms. In conformity with YBU's mission to help the poor and the marginalised, Dato' Zainal gave away food parcels to the man who is in dire straits.

RM

Sex and Teenagers

Raising kids is not an easy task especially with the kind of challenges children face today. The negative influences that teenagers are exposed to pale in comparison to their parents' time. The evolution of Gen Y and Gen Z is much the result of technological advancement and the progression of time. Growing-up pains are not something to be treated lightly.



With this in mind, Perak Women for Women Society (PWW) recently organised a talk entitled, "Parenting Teens on Sex: When to Start and What to Say". The event was held at the Royal Ipoh Club and was opened to those with teenage children. The invited speakers were certified trainers, Ahmad Fakhri Hamzah and Jamilah Samian, a husband-and-wife team from Kuala Lumpur who are conversant with the subject matter, considering that they are parents themselves with seven kids of their own.

Some 50 participants, including a couple from Kuala Lumpur, attended the two-hour talk which consisted of visual presentations, animated exchanges and role-playing. It was a meaningful exchange, in spite of the short time allocation. PWW plans to have more of such talks in the future.

FZB

PTA To the Fore

Much has been said about the MBI-administered Perak Tourism Information Centre, which gained notoriety due to its many shortcomings. The situation is further compounded with Visit Perak Year 2012 fast on its heels. A feeling of déjà-vu pervades among those responsible for its upkeep.



Sensing a major catastrophe looming if nothing is done to address the problem(s), President of Perak Tourism Association (PTA), Hj Odzman Abdul Kadir (pic), took it upon himself to do the needful.

As a follow up to Mariam Mokhtar's observations in Ipoh Echo Issue 129, Ipoh City Council has initiated actions to rehabilitate the beleaguered centre. And this includes a possible name change, pursuant to recommendations made by Executive Councillor, Dato' Hamidah Osman recently. A meeting between the Council's tourism staff and concerned Ipohites on Friday, October 14 may see some positive changes taking place in the days ahead.

Odzman feels that the centre should not only function as a nominal tourist information booth but a source for a myriad of tourist-related activities, such as the sale of handicrafts and souvenirs and the collection and collation of tourism data.

As time is of the essence, a gradual conversion is envisaged. The Perak Heritage Society and other like-minded individuals will be involved directly in the implementation process.

High up on PTA's agenda is the formation of a pool of trained volunteers to man the information centre. A short course for front-liners is in the pipeline beginning in Ipoh on Monday, November 14. Those keen in participating or wishing to help out can contact Odzman on his mobile: 012-5186070 for details.

FZB

High Profile Toastmaster Quits After 25 Years

Peter Ng, who is being described as the most reputable and high profile toastmaster in Perak, decided to quit after 25 years as a member of the YMCA of Ipoh Toastmasters' Club. A farewell was held at the club's recent meeting.

Members paid glowing tributes to him for his "selfless dedication" to the club. "Not only was he, the heart and soul of the club, he was also the conscience," said one of



them.

Another member praised him for unwaveringly steering the club through some tough patches with his counsel and no-nonsense approach. Ng was also recognised as being a great influence on the development and growth of many Toastmasters, young and old.

In his reply, Ng thanked everybody for their kind words and support. He confided that he had derived immense pleasure and rewards from his many years as a Toastmaster.

Citing a change of priorities owing to changes in circumstances surrounding his life, Ng has reluctantly and with some sadness laid down the gavel, the conspicuous symbol of Toastmasters.

Cheah Tong Kim



Perak Territorial Army Company Formed

The much-awaited Perak Territorial Army Company was formally launched during a parade at Ipoh Padang. Army Chief, Gen Datuk Hj Zulkifli Hj Zainal Abidin, standing in for the Defence Minister, took the salute mounted by a 398-strong honour guard led by Lt-Col Mustafa bin Ahmad. The parading soldiers were from the Ipoh-based Regiment 503 (TA).

An hour-long mini tattoo followed soon after the guards left the field. Curious onlookers were enthralled by the marching precision of the military band, the skills of the army motorcyclists, dubbed the "Army Red

Warrior" and the prowess of fierce-looking unarmed combatants in bringing down their 'foes'.

Perak is among the few states left in the country which has yet to fulfil its obligation of forming a territorial company in each of its federal constituencies. So far only five of the 15 constituencies are with a rifle company. They are Bruas, Batu Gajah, Ipoh Barat, Ipoh Timur and Sungai Siput. The establishment of a territorial company was mooted by former Defence Minister, Datuk Seri Najib Tun Razak on July 15, 2000. Pahang was the first state to take the initiative.

FZB

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Community

FACES and Ho Optometrist



FACES, a local charity organisation, collaborated with Ho Optometrist in an eye testing event for children from Praise Emmanuel Home and Good Shepard Home. A total of 28 children aged 3 to 18 years received full eye examinations at Ho Optometrist on Jalan Sultan Idris Shah.

The Resident Optometrist of Ho Optometrist, Mr. Deric Ho did refraction for all the children. Free spectacles were given to those children who needed them after the eye testing. All the children had a great time especially with the cakes and drinks provided. Deric was glad that Ho Optometrist had this opportunity to co-organise with FACES such a meaningful event fulfilling the needs of these children.

Retention Pond for Merdeka Garden

The residents of Merdeka Garden, who have been living with annual floods for more than thirty years, can sigh with relief soon.

Drainage and Irrigation Department (DID) is constructing a retention pond including a pump house at the lowest part of the housing estate at a cost of RM3.75 million to overcome the flooding problem. It is expected to be completed by the end of next year.

DID Perak deputy director, Encik Juhaimi bin Jusoh, said that the capacity of the pond is adequate to hold not only the flood waters of Merdeka Garden but also Taman Idris, Cherry Park and Lim Garden. However, he stressed that the drains connecting to the pond must not be blocked, otherwise local floods would occur. DID is not responsible for the maintenance of the drains.

A few years ago, a sump pump was installed in the area along Jalan Sungai, but during the last major flooding it was realised that the capacity of the pump was not adequate to pump out the water. Those squatters living on the site have been evacuated and given some compensation. The state government has also allocated a piece of land nearby for them to build their houses.

Residents, mostly senior citizens, who have been jogging and walking along the bund of Sungai Pari, are however unhappy that the contractor has erected a fence along the toe drain at the base of the bund thus denying them access.

Juhaimi said that he was not aware of this and would advise the contractor to remove the barrier.

A. Jeyaraj



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Wellness

Eye Health – Cataracts

Ipo Echo's Eye Health series continues with Consultant Eye Surgeon Dr S.S. Gill talking to us about artificial lens implants during cataract surgery.



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

The Intraocular Lens (IOL)

Dr Harold Ridley stumbled upon the idea of implanting an artificial lens (intraocular lens or IOL) after an intern asked him why he was not replacing the cloudy natural lens (cataract) that he had removed during cataract surgery.

Ridley noticed that RAF pilots of World War II who had pieces of shattered canopy fragments accidentally pierce their eyes in battle had no inflammation. This made him realise that the material was inert and could be used to make the artificial lens (IOL). He then embarked on implanting the first IOL in 1949 using similar material to that of the airplane canopy. The rest is history with implantations of IOLs being routinely performed restoring vision to millions throughout the world especially so since 1977.

Once implanted into the eye, the lens implants (IOL) requires no after-care at all and generally last a lifetime. To the question a patient might ask "What kind of IOL should I choose?" the many varieties of intraocular lenses in the market today can be broadly classified as follows:

1. Monofocal IOLs,
2. Astigmatism-correcting monofocal IOLs (Toric IOLs),
3. Presbyopia correcting IOLs,
4. Presbyopia & Astigmatism correcting IOLs



*Acrysof IQ Lens
(pic courtesy of Alcon)*

Monofocal Intraocular Lens

These are the most commonly used type of IOL implants worldwide. The monofocal IOL is basically a single focus lens. Unlike the natural lens of the eye, a monofocal intraocular lens cannot alter its shape to bring objects at different distances into focus. Hence, it improves vision for only one distance – either near, intermediate or far vision. This vision is still heaps better than seeing through a cataract!

Most of the time, the eye surgeon generally selects a lens (IOL) that will provide good distance vision, and the person then resorts to wearing reading glasses for the near vision. If

you do not mind wearing reading glasses for near, then these IOLs will do fine. A patient who has monofocal IOLs implanted in their eyes may have to wear spectacles at least part of the time, either for near vision or distant vision. Most patients usually just go back to wearing similar multifocal spectacles that they used to wear before the operation. A small number who may be happy with their distant vision may just make spectacles for reading near only (presbyopic glasses).

Monovision Correction

The other thing that may be planned for a patient who is going to undergo cataract surgery is something called monovision correction where the monofocal IOL implanted in one eye corrects for clear distant vision while the IOL implanted for the other eye is corrected for near vision. This is called monovision and the patient slowly gets adjusted to seeing clearly for distance with one eye and reading near clearly with the other eye. This kind of correction requires a little patience on the patient's part as he or she gets adjusted to the monovision correction. Monovision correction is good when you do not want to wear spectacles and at the same time do not want to spend so much money on IOLs. The cost of these IOLs is relatively affordable for most.

Dr Gill will discuss more on IOL's in the next issue of the Ipo Echo.

For more information, contact Gill Eye Specialist Centre at **05-5455582**, email: gillyeyecentre@dr.com or visit www.fatimah.com.my.

Avoidable Blindness Seminar



The Rotary Club of Kinta District 3300 recently organised an "Avoidable Blindness Seminar and Workshop" in conjunction with World Sight Day.

Rotarian Ng Chee Aun (pic, 2nd right), the President of the Rotary Club of Kinta stated that this was the second seminar organised by the Club with the cooperation of the Perak Education Department and Teachers Training Institute with funding by CIMB Foundation.

The goal of the seminar and workshop was to enable teachers to identify students who may have vision problems and refer them for early treatment to avoid blindness. According to Ng the club was collaborating with local physicians and ophthalmologists to enable this community service.

The seminar was officiated by Deputy Health Director (Medical), Perak Dr Ch'ng May Lee (pic, 2nd left) who, in her address, thanked the Club for initiating this event which she described as being "very timely".

JAG

Anak Perak

By See Foon Chan-Koppen

Dato' Daniel Tay, A Modest Leader Who Cares

Dato' Daniel Tay is a modest man. When I suggested that I interview him for my *Anak Perak* column, he hemmed and hawed like a girl who has just received a marriage proposal and finally relented after persistent cajoling on my part.

"My friends will roll in the aisles with laughter. I am not famous or a celebrity, why me?" he said. "Well it's not just your myriad activities and involvement with the many NGOs and your serving as councillor and now city councillor for more than 12 years, but its your caring for people and your modesty that touches me and I feel that the people in Ipoh deserve to learn more about you," I counter argued and finally won the day.

Dato' Daniel is a Perakian through and through. Born in 1955, he attended ACS in Sitiawan school throughout his school years and has the distinction of being in the first batch of Form 6 students from the school. He qualified as a Barrister from Lincoln's Inn London in 1978. He was called to the Bar in 1979 and commenced legal practice. In 1980, he was appointed as a magistrate in Ipoh and served in the legal and judicial service until he resumed legal practice and started his own small law firm in 1982 specializing in criminal law then; which has now grown into a substantial firm with six partners and more than ten lawyers doing general practice.

Serious City Councillor

As a City Councillor, Dato' Daniel takes his responsibilities very seriously. Appointed by the Menteri Besar, he occupies one of two seats for the People's Progressive Party (PPP) in the City of Ipoh and has responsibility for Zone 8 which comprises Lim Garden, Taman Merdeka and surrounding areas. Dato' Daniel makes himself readily



accessible to his constituents in dealing with short-term issues like SLR – *sampah* (rubbish), *longkang* (drains) and *rumpit* (grass). Longer term issues which require careful planning such as installing additional street lamps, dangerous bends in roads and flooding, he handles with the appropriate authorities involved. Judging by one incident involving cow dung outside one of his constituent's house and the alacrity with which he handled the issue with MBI which was reported in issue 118 of the Ipoh Echo, one can safely say that Dato' Daniel is a man of action.

Civic Activities

His list of activities and civic involvements is legendary. He has just begun his third term as President of the Ipoh Swimming Club; his ninth year as President of the YMCA of Ipoh. He also serves as VP of the Malaysian National Council of YMCAs; VP of the People's Progressive Party Perak, Committee member (previous secretary) of the Council of Justices of the Peace in Perak, Board member of Sekolah Methodist ACS Ipoh and Chairman of the Bercham Methodist Church.

As President of the Ipoh Swimming Club, he was waxing lyrical about the eight renovated rooms, two of them suites, at the club which are now available for rent as bed and breakfast at very reasonable rates. Renovation plans have been drawn up for the whole club and so far, only additional badminton courts have been put in. As for the rest of the renovation plans, he being the democratic leader that he is, will take comments from all members before proceeding.

In the case of the YMCA, under his leadership over the past nine years, many in the community have benefited from the many classes and events which have been organised under his leadership over the past 10 years. Now in November he and his committee have put together what promises to be an exciting competition involving the young. Entitled 'Ipoh Also Got Talent', the competition will be a take-off on the ever popular TV series which has taken the world by storm in many countries. Scheduled for a grand finals on December 3, the event will showcase both Ipoh and Perak's talents.

Keen Sportsman

A keen sportsman, Dato' Daniel played tennis for Perak for many years, winning the Doubles Champion and singles runner-up titles for three years in the late 80s. Retiring from competitive tennis saw him honing his skills on the golf course where he played with a handicap of 19. In badminton he is the reigning doubles champion (above 50 category) of the Ipoh Swimming Club. An injury to his shoulder has now stopped him from pursuing his favourite sports but he maintains his interest and lends his experience serving as Vice President of the Perak Lawn Tennis Association.

Spiritual Pursuits

An epiphany around the age of 40 saw Dato' Daniel take a spiritual turn in his life. He decided to deepen his faith and pursue a course of study which resulted in his obtaining a Master of Ministry from a local seminary in the year 2000. He then took on the additional role of lay preacher, another role which he plays very passionately. "I felt called to heal my relationships as father, husband, son, friend and civic member of society," he confided. Adding, "My favourite theme in my preaching is to awaken people to their mortality and in preparation we must accumulate as much good that we can do for all the people in our lives," he added.

When asked about his philosophy of life, he said, "I believe in being transparent as I travel on this journey. I have no qualms in exposing my weaknesses and sharing who I am, warts and all as I do my best to help others on the same journey."

Dato' Daniel and his wife Siew Phaik have three children. Ipoh is proud to count Dato' Daniel Tay as one of its august *Anak Perak*.

W.M.C.'s Grand Night

It was the time of the year once again for the coolest party in town for secondary school students! Students from all the major schools in Ipoh joined the students of W.M.C. Tuition Centres as they celebrated this year's annual party at the Paragon City Hotel recently. There was a delicious spread for the buffet dinner and many performances by the students such as: singing, dance, drama, musical, and also fun and exciting games.



Ipoh's very own dance group, Devil's Crew performed. There were also lots of prizes to be won and hidden talents showcased. The Emcee of the night was DJ Logan, one of the most well-known Deejays in Ipoh, who was also the DJ for the Beach Party at The Lost World of Tambun held in November last year.

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.

Keeping Ipoh Clean

Ipoh City Council's catchy tag-line, "Ipoh Bersih, Hijau dan Membangun" or "Ipoh Clean, Green and Progressing" is misleading, to say the least. It was recently announced that Kampong Sg Rokam would be the city's first litter-free zone. The programme was launched on Thursday, October 20. When it comes to project launching we are on top. Once the dust settles, it is business as usual. I doubt Kampong Sg Rokam will be any better.

Browsing through Ian Anderson's book on Ipoh, I chanced upon a photograph with a banner stating "Anti-Litter Campaign. Keep Ipoh Clean – October 1975 to January 1976". Back in the 1970s cleaning-up campaigns were already the vogue. They were effective, and in the course, Ipoh was declared the cleanest city in the country. Where do we stand now?

The Council's Enforcement Department, next to the controversial Perak Tourism Centre and a stone's throw away from landmarks such as the Royal Ipoh Club, Ipoh Padang and the iconic Ipoh Railway Station, is in a mess. Confiscated items are heaped in the department's compound, in full view of the public. I raised this issue with one of the department's employees and the answer he gave was baffling indeed. He said it was an internal problem which was beyond him. How could he be so indifferent?

Rubbish is not something one should take lightly. With Visit Perak Year 2012 around the corner, the Council cannot let its guard down. Why can't people be like my smoker friend who carries a tiny plastic bag with him everywhere he goes? The bag acts as a receptacle for ashes and cigarette butts. A positive attitude is the way forward. Keeping Ipoh clean is our responsibility.

Nadim

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News Roundup

PMA Celebrates Onam



The Malayalee community celebrated Malaysia Day and Onam at the Ipoh City Hall recently. Over 800 members of the Perak Malayalee Association (PMA) were present at this annual function

organised by the association.

Guest of honour was Finance Minister 2 and MP for Tambun, Dato' Seri Ahmad Husni Hanadzlah. Other guests were Dato' S. Veerasingam and Tan Sri Ravindran Menon, President of the All-Malaysia Malayalee Association. The double celebration commenced with the traditional Onasadhya or vegetarian feast.

Twenty-one students who excelled in the 2010 UPSR, PMR and SPM examinations received excellence awards. Recognition was also accorded to members who were honoured by the Sultan during his birthday recently.

Malayalees all over the world celebrate Onam, which is held to commemorate the legendary King Mahabali – a kind and just ruler. To reward Mahabali for his good deeds, the gods allowed him to visit his people every year during this time. And to welcome King Mahabali, Onam is celebrated in a big way.

The audience were later entertained to songs, dances, instrumental recitals and finally, *Vallam Kali*, the Kerala boat race song with nine men rowing a 10.5-metre boat on stage.

Ed

Deepavali Hampers



Ipoh City Council, through Councillor of Zone 12 (Buntong/Silibin), Sabramani a/Appadurai, sponsored food hampers to a hundred underprivileged families from the Buntong Indian community in conjunction with Deepavali celebration recently. Dato' S. Veerasingam, Special Advisor to Menteri Besar, graced the occasion. In his speech, he advised the audience to spend within their means, especially during festivities like Deepavali.

The presentation of food hampers to underprivileged families in Buntong is an annual affair. In line with the spirit of 1 Malaysia families from other races also benefited. The ceremony was held at Pusat Rukun Tetangga, Teluk Kurin, Buntong 2 with the assistance of several non-governmental organisations.

EL

Murku for Deepavali



Ipoh City Council celebrated Deepavali by distributing 300 packs of "murku" (an Indian snack) to Indian staff and visitors at the lobby of the council building recently. Mayor Dato' Roshidi Hashim, personally handed out the gifts, wishing "Happy Deepavali" to the lucky recipients.

Ipoh City Council has been offering gifts to walk-in visitors and council staff during Chinese New Year, Hari Raya Puasa, Hari Merdeka and Hari Malaysia. The next occasion on the council's calendar is Christmas at the end of the year.

EL

Workmanship Awards



Rotary Club of Ipoh (RCI) presented the Pride of Workmanship Awards (POWA) to seven members of the public for their dedication in their respective fields of work recently. District Governor Dr S. Raveendra Kumar, presented certificates and plaques made from a special wood sourced in Australia to the awardees, after reading their citations.

The recipients are Tan Sri Ahmad Azizuddin Hj Zainal Abidin for community service, Dato' Dr Anwar bin Hassan for animal care and community service, Dr Boon Chai Peng for medicine (palliative care), Dato' Bro Vincent Corkery for education, Datin Rosalina Ooi Poh Gai for performing arts (dance), Subramaniam Poologasingam for education and Sister Helena Vytialingam for community service.

RCI has been presenting such awards since 1987. This year's ceremony was held at the Ipoh City and Country Club.

EL

Walk for Life



A walkathon themed, "Walk for Life", organised in conjunction with National Organ Donation Awareness Week (October 14 to 24) was held recently. It was a joint effort by Hospital Raja Permaisuri Bainun (HRPB), the Perak Health Department, Malaysia Society of Transplantation and Ahli Lembaga Pelawat HRPB. The objective of the Walkathon was to create awareness of the importance of organ donation and how it could save lives. Public response was overwhelming with nearly 1,500 participants taking part. Executive Councillor, Dato' Dr Mah Hang Soon, flagged off the event at Dataran MBI.

EL

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Aqua Matrix 2011



The Director-General of the Fisheries Department of Malaysia, Dato' Ahmad Sabki Mahmood, launched Aqua Matrix 2011 at Kinta City, Ipoh, recently. Aqua Matrix, held for the second consecutive year, was an ornamental fish exhibition-cum-competition with foreign participation from Indonesia, Singapore and Thailand. The total number of entries this year exceeded 650.

The exhibition's objective is to educate the public about the many local species of ornamental fish and aquatic plants. It is hoped that the beauty of ornamental fish can encourage a new hobby amongst Malaysians, especially Perakeans. This will indirectly help support the ornamental fish industry in Perak. The grand champion of Aqua Matrix 2011 was a crown tail betta fish. Owner Tan Hong Keat walked away with RM500 cash, a trophy and certificate.

EL

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News Roundup

Cuti Cuti 1 Malaysia

Tourism Perak Management Bhd hosted a dinner at Impiana Hotel Ipoh recently to welcome 50 personnel representing the print and electronic media and selected travel agencies from Penang and Kuala Lumpur. They were participants of the *Kembara Cuti-Cuti 1 Malaysia* programme held from October 14 to 17. The primary objective of the 3-day sojourn was to acquaint the visitors with the many touristic sites in Perak, in the run-up to Visit Perak Year 2012. With the information in hand, they can then vouch for Perak as a premier destination for both domestic and international travellers. **EL**



Business

FMM 43rd Annual Dinner



The Federation of Malaysian Manufacturers (FMM) recently held their 43rd Annual Dinner where Perak Menteri Besar Dato' Seri Zambry Abdul Kadir was its guest of honour.

Other VIPs present at the dinner included FMM Vice President YM Raja Dato' Abd Aziz bin Raja Muda Musa, Perak Exco for Industry Dato' Hamidah Osman and Perak FMM Chairman Dato' Gan Tak Kong.

In his address, Dato' Gan highlighted two areas which he requested the state government to give priority. These were to make natural gas available for more industries even though the state government would have to subsidise the infrastructure cost which would include the laying of pipes; and to provide funding for the maintenance of infrastructure at Industrial Estates which should be considered in next year's state budget. Gan said that Industrial Park Management Committees and Local Councils had limited funds to maintain industrial estates and gave the example of Tasek Industrial Park, which was upgraded with a Federal Grant under the Ninth Malaysia Plan and will deteriorate if funds are not made available.

During the dinner five companies were recognised for winning excellence awards from various Ministries. Gunung Rapat Hiong Piah Sdn Bhd won the Enterprise 50 Award Programme 2010 by SME Corp and Deloitte Malaysia while Top Glove Corp Bhd won the Growth 2010 ASEAN Business Award by ASEAN Business Investment Summit 2010. The other companies recognised were Chuan Sin Sdn Bhd, E Wood Moulding (M) Sdn Bhd and SNS Network Sdn Bhd.

JAG



A Place For Final Rites



Hindus, not only those in Manjung District but others in Perak, can administer the final rites for their loved ones by the seaside once a building for this purpose is completed in November this year.

President of Hindu Sabah, S. Aramban said that efforts to locate and build the site took many years to realise. A proposal by the society of a secluded coastal spot about 15 km from Sitiawan was finally approved by the state government with the blessing of MB, Dato' Seri DiRaja Dr Zambry Abd Kadir.

The building, costing about RM80,000, comes with three bays allowing for three separate ceremonies to be conducted simultaneously. The only snag is the approach road to the site. It is sloping, narrow and in poor shape. The society will seek the authorities' assistance to have the road broadened, levelled and surfaced.

Hindu Sabah manages the Sanathana Dharma Ashram, a welfare home for orphans between the ages of 7 and 20 in Sitiawan. The orphanage currently has 51 inmates on its roll.

Sanathana Ashram is located at 101, Jalan Astaka, Kg Serdang, Sitiawan. For details call **013-5215198**.

SN



Hospital Fatimah will be having an Open Day at the Hospital on Saturday November 12, 2011.

The Hospital is showcasing its Radiology Department, Physiotherapy Department and the laboratory of Gribbles Pathology to the corporate clients of the Hospital, general practitioners, specialist doctors, partners in service and the community of Ipoh.

The Hospital's Radiology Department will be introducing its spectrum of diagnostic services on this one-day-only event. Some of the modern diagnostic technologies available in Hospital Fatimah are the 128-slice Computed Tomography Scanner, or better known as the 128-slice CT Scanner, the Magnetic Resonance Imaging or MRI, Computed Radiography System and lots more. This Department is unique due to its "Underwater World" ambience and for having the fastest 128-slice CT Scanner in town.

While the 128-slice CT Scanner is the star of our Radiology Department, the heated Hydrotherapy Pool is the main attraction of our Physiotherapy Department.

The heated pool, which has been refurbished, was built since the Hospital's inception in 1974. When your joints are stiff and in pain, even gravity can seem to be against you. Hydrotherapy will help you feel light again. Water provides a buoyancy and weightlessness, which are useful for people with stiff joints. In a heated pool,



128-slice CT Scanner

the joints can become supple and flexible.

The other star of our Physiotherapy Department is the Fango Heat Therapy. Fango is Italian volcanic mud made from volcanic ash imported from Germany. Fango, when directly applied on affected joints, produces rapid heat induction and pain relief.

The Gribbles Group was established in 1936 in Adelaide, Australia and was acquired by Healthscope Limited (second largest private health care operator in Australia) in December 2004. Gribbles Malaysia was established in 1996 and now is a part of Healthscope Group, Australia. Gribbles Pathology in Hospital Fatimah was accredited with MS ISO 15189 standards by the Department of Standards, Malaysia in 2010.



Heated Hydrotherapy Pool

More about Hospital Fatimah

Hospital Fatimah is a 219-bed not-for-profit, private specialist hospital in the city of Ipoh.

We have been providing healthcare services to the community of Ipoh and the surrounding areas since 1974. The Hospital, founded by the Congregation of the Brothers

Announcement

Hospital Fatimah "Open Day"

Did you know:

- There is a heated Hydrotherapy Pool inside Hospital Fatimah?
- Hospital Fatimah's Radiology Department is the only Radiology Department in Malaysia which has an "Underwater World" ambience?
- Hospital Fatimah provides Fango Heat Therapy? What is Fango Heat Therapy?

COME! JOIN US
Saturday 12 November 2011

Invited Guests:

Programme starts at 11.30 a.m.

Public:

Programme

- 1.00 p.m. Registration
Free tour of the following departments:
* Radiology
* Physiotherapy
* Gribbles Pathology

The Hospital tour is open to public from 1.00 to 3.30 p.m.

of Mercy, delivers high quality and compassionate healthcare to patients from all levels of society.

Our specialist services include Anaesthesiology, Cardiology, Critical Care, Dermatology, ENT, Head & Neck Surgery, Gastroenterology, General Surgery, Geriatrics, Internal Medicine, Nephrology, Neurosurgery, Obstetrics & Gynaecology, Ophthalmology, Orthopaedics and Traumatology, Paediatrics, Plastic, Reconstructive & Microsurgery, Psychiatry and Radiology.

New Ambulance

Hospital Fatimah has a new ambulance with a new look. The Hospital will now have two ambulances to service the community of Ipoh and its surroundings. The first ambulance, a Toyota Hiace was purchased in 2002. This second ambulance, also a Toyota Hiace but has a high roof and more facilities than the former.

Hospital Fatimah

1 Lebuhraya Peng Loon, Off Jalan Dato' Lau Pak Kuan,
Ipoh Garden, 31400 Ipoh

Tel: 05- 5455 777 Fax: 05- 5477 050

community@fatimah.com.my www.fatimah.com.my

My Say

By Jerry Francis



Promoting Kellie's Castle at Expense of Other Heritage Icons

I am baffled by the RM5 million allocation given under the 10th Malaysia Plan to further promote Kellie's Castle near Batu Gajah. What is Kellie's Castle? In my view, it is just an unfinished project of a Scottish planter William Kellie Smith's dream to live like a "White Maharajah". And what has the building, which was to replicate the British palaces in India to do with our culture and heritage? It does not even have any national historical significance to justify a large allocation. If ever such a failed private project is to be preserved and promoted, it should be funded by Kellie's own relatives or a private foundation, not by our taxpayers. After all, what could we hope to achieve by promoting it? It would merely keep the memory of a foreigner and his folly alive for generations.

Is Perak so short of tourist attractions that it needs to allocate funds periodically to certain projects? If it is for tourism development, the substantial amount of funds spent on Kellie's Castle in the past would have been sufficient if it had been properly maintained. This recent allocation for further renovation works, including adding on decorative designs to the interior and furniture resembling those in British castles, only shows that the state and federal governments have got their priorities wrong. An abandoned building should be retained in its original state. Otherwise why not complete the building to its intended grandeur.

In comparison to Kellie's Castle, the Rumah Besar Rajah Bilah located in the century-old pioneer mining town of Papan deserves more attention. It has all the cultural and historical significance, yet no funds are available to spruce it up. There are also other valuable sites in the state that need attention and with the availability of funds, they too can become tourist attractions.

I believe the biggest challenge confronting all Malaysians, particularly Perakeans, is the need to preserve the last of the tin dredge in the country located between Batu Gajah and Tanjung Tualang, which I have been advocating for the last two decades. The success towards preserving this heritage icon would be a big step forward.

Therefore, a nationwide campaign needs to be launched to get everyone involved in it. Perhaps, Pos Malaysia too could come up with a postage stamp depicting the dredge to create awareness throughout the nation for its preservation.

The dredge, known as "TT5", was designed and built



in England in 1938. It was one of about 30 tin dredges that operated like giant prehistoric creatures grazing on the plain of the Kinta Valley, which was then the largest alluvial tin deposit region in the world.

Syabas! Malaysian Chamber of Mines for taking the initiative to launch the "Save The Dredge" campaign which raised RM1.4 million to enable the dredge to be open to the public next year. Of course, the amount raised through the campaign is insufficient to meet the full cost of refurbishment, installation of safety measures and infrastructure which is estimated to cost about RM5 million.

Preserving the tin dredge at the location alone is not enough to draw crowds. There must be other attractions beside the dredge to make it worthwhile for visitors. Replicas of various methods of tin mining could be built around it, making the location a comprehensive tin mining museum with the dredge as the central attraction. At night the giant mechanical structure could be gaily decorated with coloured lights and spotlights to transform it into a scenic "floating" structure. Then visiting the complex can be both exciting and memorable, apart from being educational. It will also boost our promotion of a "Tin Heritage Trail" in memory of the glorious tin mining industry which had been the second largest economy of the country.

In so doing, we are not only preserving a heritage, but also turning it into a major tourist attraction in the state. Various tourists' related activities, such as restaurants and souvenir shops, could also be set up to provide business opportunities to the locals. A reasonable fee can then be imposed on those just visiting or a surcharge on those patronising the restaurants and the proceeds to go towards the upkeep of the complex.

Well, I can imagine and picture its success. Can those entrusted with the responsibilities of preserving heritage and promoting tourism picture it, too? However, it saddens me to see that the state and federal governments have not shown much interest in preserving the dredge despite its great potential.

Recently, there has been talk about preserving heritage sites in the Kinta Valley, particularly around Ipoh. Dialogues and discussions were held, but so far nothing concrete has been achieved. Even the idea of setting up a state agency or governing body on heritage is in doubt. This further subscribes to my view, that the authorities are not serious towards preserving heritage.



Sport

International Junior Tennis Championship 2011



Peter Ashley of Britain defeated fellow countryman, Clay Crawford to win the coveted International Tennis Federation (ITF) Junior Championship (Grade 4) single title at the Ipoh City Council Tennis Court recently. Eighth-seed Ashley was stretched to three sets by his opponent before winning 4-6, 6-2, 6-3.

In the semi-finals it was an all-British affair. Peter was beaten 7-5, 4-0, (Ret) by Scott Clayton while Clay had a close call after scoring 6-7 (3), 1-0 before Joshua Sapwell retired due to injuries.

Malaysian junior pair of Ahmed Deadat Abdul Razak and Ariez Elyaas Deen Hesham lost narrowly in the doubles final. In a three-set battle, Adrian Du Toit and Matthew Rossouw from South Africa, defeated the home pair 6-4, 3-6 (12-10).



In the semi-finals the Malaysian duo downed Scott Clayton and Toby Mitchell from Great Britain 3-6, 6-3 (10-8) while the South Africans earned a place in the finals after their opponents, British pair Clay Crawford and Johnny O'Mara, gave a walkover.

In the Girls' singles finals, Karin Kennel of Switzerland defeated Britain's Pippa Horn in straight sets 6-2, 6-1 to wrest the championship title.

Karin qualified for the finals when she beat South Africa's Ilze Hatttingh 6-3, 6-2, while Pippa defeated teammate, Katie Boulter 6-0, 6-2 in the semis.

The 5-day tournament was organised by the Perak Lawn Tennis Association and sanctioned by the International Tennis Federation. It was held at the MBI Tennis Complex, Ipoh from October 11 to 15.

Thumbs Up



Railings Removed

The troublesome railings at the busy pedestrian crossing in Jalan Hospital-Fair Park, whose presence was given the thumbs-down by Jerry Francis (Ipoh Echo Issue 129), were removed by MBI no sooner as the matter was highlighted. In a letter to Ipoh Echo dated October 7, the Council replied. Here is the English translation:

"The Council takes cognizance of the problem and has acted to remove the railings at that part of the road."
The Council's timely action is appreciated.

FZB

ANNOUNCEMENTS

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

'Perak Man' Exhibition at Tun Razak Library, October 15 to November 14 (every Tuesday to Thursday), 10.00 a.m. to 8.00 p.m. Free admission. Membership fees for Tun Razak Library is: RM10 (adults), RM5 (students) & free for children.

Northern Writers - Poi Lam Choral Speakers, Saturday November 5, 10.30 a.m. at Garden Villa, No. 5 Jalan Raja Dr Nazrin Shah (Gopeng Road), Ipoh. Refreshments available. Call: Yusuf - 016-9024048. Email: yusufmartin51@googlemail.com.

ISPCA (Ipoh Society for the Prevention of Cruelty to Animals) Food Fair, Sunday November 6 from 10.00 a.m. till 2.00 p.m. at St John Ambulance HQ Ipoh, 134 Jalan Raja Musa Aziz, Ipoh. Contact Rani - 016- 5279515, or Doreen - 016-5608905. There will be a Pets Beauty Contest. For registration forms and details on the contest, please contact Ricky - 012-5186915.

MNS Perak Field Trip to Cameron Highlands Organic Farm and Mossy Forest, November 12 and 13. Includes: visits to bee farm, tea plantation and other gardens; lodging and organic lunch. Places limited. Contact: Miss Lee at 017-5775641.

In the Mood for Love Concert (Chinese Jazz Standards and Chinese Bossa Nova) to raise funds for SMJK(C) Sam Tet and Yayasan Pendidikan John Moh. November 25, 8.00-10.00 p.m. at Syuen Hotel, Ipoh. Tickets are available at Friendly Records (Kinta City), or contact Miss Man at 012-6288819 or Leslie Loh at 012-2083790.

'A Night of Christmas Carols' by Full Gospel Assembly Ipoh, Friday December 16, 8.00-10.30 p.m. at Perak Girl's School (PGS) Hall.

KPJ Ipoh Specialist Hospital Diabetes Class, Saturday December 17, 2.00 p.m.-4.15 p.m. at Dewan Anugerah, 5th Floor, KPJ Ipoh Specialist Hospital. Registration fees: RM10 per person & inclusive of one family member. Open to the public, patient and family members. For registration and enquiries, contact Ms Aziera or Ms Sarah at 05-2408777.