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30 SEN FOR DELIVERY TO YOUR DOORSTEP - ASK YOUR NEWSVENDOR

ISSUE **143**

■ Bersih 3.0 – The Ipoh Version

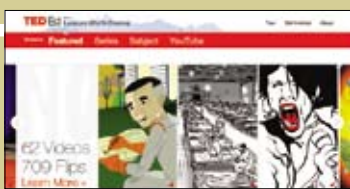
■ ED.TED.COM

■ Freshly-Baked Wholesome Breads

■ Recognising Women's Contributions



Page 3



Page 4



Page 5



Page 6

Minimum Wage Implementation – FMM Warns of Backlash

● by Sylvia Looi & James Gough



The Federation of Malaysian Manufacturers (FMM) Perak branch has warned of a backlash if minimum wage is implemented across the board and simultaneously in the country. Its chairman Dato' Gan Tack Kong said if minimum wage was implemented, it would lead to a host of problems such as retrenchment, increased operating costs and may even affect investments in the country.

Continued on page 2

“Give SMEs Three Years to Adjust” – Dato’ Gan

Citing a multi-national company, which pays between RM500 and RM600 for an unskilled worker prior to the introduction of minimum wage as an example, Gan said by increasing the salary of the worker to RM900, the company might end up retrenching the worker.

“This will lead to a black market for the workforce whereby hard pressed retrenched workers will be willing to return to work below the minimum wage,” he told Ipoh Echo, adding that among the sectors that would be deeply affected by the move are plantation and construction sectors, which are labour intensive sectors.

He added that to push for higher productivity to substantiate the higher wages, employers may be forced to increase their workers’ working hours.

“This may affect the morale of workers especially those in the rural areas, who tend to lead a more laid-back life. They may not take it kindly that they need to work longer hours thus may opt to stay at home instead,” he said.

FMM, noted Gan, had received complaints that the implementation of minimum wage would increase manufacturers’ production costs. Giving a manufacturing company in Teluk Intan as an example, Gan said with the introduction of minimum wage, the company estimated it would need to fork out an addition of RM400,000 monthly for their employees’ wages.

“One of the reasons companies chose least developed states to invest in was the low cost and abundance of workers but with minimum wage, these states will be less attractive,” he said.

Prime Minister Datuk Seri Najib Tun Razak had, on the eve of Labour Day celebrations recently, announced that employees in the peninsula would get RM900 monthly while workers in East Malaysia would get RM800. It covers employees in all economic sectors except those in the domestic service sector like maids and gardeners.

The move would take effect in six months from the date the Minimum Wage Order is gazetted.

For small-time employers or micro enterprises, the effective date had been extended by another six months to give them time to make preparations so their businesses would not be affected.

To avoid the negative effects of minimum wage, Gan suggested wages to be determined by market forces. “Unskilled workers should also receive constant training to ensure their skills are on par with the wages they receive,” he said.

SMEs, Gan added, should also be given three years to adjust to the move. “This is to allow them to plan ahead,” he said. He also said the implementation should be carried out according to zones. “Start with the more developed states first before moving to other areas,” he said.



Tony Khoo

Concurring with Gan, developer Tumbuh Merata Sdn. Bhd.’s director Tony Khoo said those without experience cannot expect to be paid a high salary. “While the move will ensure protection for those entering the workforce for the first time, it may lead to a slowdown in taking in new employees as employers will be reluctant to pay the minimum wage,” he said, adding that sectors like manufacturing and construction should be exempted from minimum wage.

Khoo, who felt the move was bulldozed through without consultation with all sectors, said if it is implemented, it will lead to a higher priced employment market.

Meanwhile, the Perak Branch Chairman of the Malaysian International Chamber of Commerce and Industry (MICCI), Mr Leong Hua Kooi, echoed similar sentiments as Gan

and Khoo saying that “productivity should be the driving force for higher income where higher productivity will naturally lead to a higher income.”

Leong feels that the availability of foreign workers is keeping wages down. “Foreign workers are generally work orientated, flexible and have a higher productivity, hence we have to improve the productivity of our own people.”

“The education system too must be improved to produce skilled workers relevant to the market. Producing graduates who are unable to find jobs will not help. The Government must now look seriously at improving the overall productivity and competitiveness of our industries to be fair to the business community”.

The various industries, from hotels to manufacturing, have now provided suggestions on how to implement the minimum wage whether in cash or in kind such as fixed incentives or possibly commissions or accommodation and get it recognised as part of the minimum wage.

Overall MICCI members are waiting for a clearer definition of implementation guidelines.

Ipoh Barat MP M. Kulasegaran, who also sits on the parliamentary caucus on labour and migrant workers, meanwhile said the introduction of minimum wage was long overdue.

Although welcoming it, Kulasegaran felt the implementation was haphazard. “More consultation on the matter is needed with all stakeholders before it is announced,” he said, adding that the quantum of RM900 for peninsular and RM800 for East Malaysia was too low. “How do you sustain in big cities like Kuala Lumpur with RM900?” he questioned.

Kulasegaran agreed with Gan that the pitfall of having minimum wage is that it would strengthen the dependency on illegal foreign workers as employers would be hard pressed to go into black markets for cheap labour.

Meanwhile, the State Exco for Industry, Dato’ Hamidah Osman, when contacted, responded that as at the time of Ipoh Echo going to press, she had not heard of any feedback on this issue.

Acknowledging that the minimum wage of RM900 was “reasonable” she nevertheless noted that this policy “only affected the private sector” which has been offering a very low wage.

Hamidah also acknowledged that this policy “will burden industry but will nevertheless help the lower income earners”.

Hamidah added that currently government servants like drivers or *Pegawai Am Rendah*, enjoy an “all-in starting salary” of over RM1,000 which is higher than the minimum wage.

Reiterating that she still did not have the full scenario she nevertheless repeated that she would be sitting with the relevant NGOs to hear their views on this issue.



FMM Perak Branch Chairman, Dato’ Gan Tack Kong



MICCI Branch Chairman, Leong Hua Kooi



IPOH **echo**

From the Editor's Desk

• by Fathol Zaman Bukhari

Bersih 3.0 – The Ipoh Version

In Ipoh over 5,000 people held a peaceful gathering at Polo Ground. It was something unexpected and unprecedented for a city known for its passivity...

Bersih 3.0 rally in Kuala Lumpur on Saturday April 28 had caught the imagination of many, including those from abroad. The authorities had underestimated the *rakyat's* will to make their demand for a free and fair election known. In the aftermath of this mammoth gathering, where an estimated 250,000 protesters converged on Dataran Merdeka in Kuala Lumpur and the fracas that ensued, the message is now clear – change is not the preserve of the privileged class.

Depending on which side one is inclined, demonising the protesters and the Police comes easy. However, the brutality demonstrated by the Police towards those who were caught in the maelstrom was totally uncalled for.

The icing on the cake was the revelation that both the Chairman and Deputy Chairman of the Election Commission were UMNO members a few days before the rally. How could the Commission exercise fairness when the head honchos are registered members of a contesting political party? It runs contrary to the principles of impartiality. Till today the duo has been unable to explain their position vis-à-vis the revelation. It leaves many in a quandary, especially those in the corridors of power.

Prominent Indian journalist, Mobashar Jawab Akhbar, who was a member of a team of international observers invited to oversee Bersih 3.0, had some stinging remarks for the Police. He opined that the crowd, which had been building overnight, could be violent if they wanted to. But it was peaceful to the very end. "I do believe that provocation was perhaps done to create images that will play well in the official media."



He was right. To this very day the protesters were the culprits. The Police, as of this time of reporting, are still on the lookout for 141 Bersih protestors and had issued an ultimatum for them to surrender before Wednesday, May 16.

The essence of democracy, according to Mobasher, is the freedom from fear, which is "non-negotiable". "Democracy does not function when people do not have (the) right to assembly," he said. And judging from events unfolding on Saturday, April 28, the *rakyat* have finally overcome fear.

The rally, which was held simultaneously in over 85 cities across the globe, shows the extent of its popularity. In Ipoh over 5,000 people held a peaceful gathering at Polo Ground. It was something unexpected and unprecedented for a city known for its passivity.

The memorable event was organised by a group of people representing Ipoh's civil society led by prominent lawyer Augustine Anthony. Augustine who had roped in 48 non-governmental organisations had impressed upon

them to do the needful. They sought the approval of the Police and Ipoh City Council who is the custodian of the iconic Polo Ground. A request for the use of the park was duly approved by the council on April 27.

"This could be the first in the annals of the Peaceful Assembly Act 2011, which was promulgated on April 23, 2012," said Augustine. He proudly held up the letter from MBI. "History has been created," he said, "I may have to auction this document to the highest bidder and donate the proceeds to Bersih."

The Ipoh rally was peaceful and orderly to the very end. Ipohites who gathered that day came in several shades – the old, the not so old and the young. They were of all races. A significant number were youths who will be voting for the first time come GE 13. The crowd build-up was gradual. It reached its maximum at around 2.30 p.m. Augustine was in his element, rousing the crowd's fervour with Bersih's eight demands.

There were attempts by political parties to ride the crest of discontentment by a show of defiance. The most obvious being the waving of party flags and taunting in the background. The intensity of Augustine's aura, however, nullified their efforts. "I was determined to make the rally peaceful and apolitical," he later said. While opponents of Bersih had dubbed the KL demonstration *kotor*, the Ipoh version was *bersih*. The organisers, true to form, cleaned up the mess before leaving.

When there were clear signs that the sky was going to open up, the crowd began to disperse. By 4.00 p.m. Polo Ground was back to what it was before. The only people left were those who were slow to escape the deluge that followed. One oldie remarked teasingly, "Ini hujan rahmat (the rain is a blessing)".

In The Name of My Father's Estate

• by Peter Lee

Episode 5

Dave met up with Connie in his office the next day. She was accompanied by another lady. The first thing that crossed Dave's mind when he saw Connie was, "Lee senior really had good taste". Connie introduced herself and her friend Liza to Dave. Then Connie said to Dave, "I think my husband's will states very clearly that he intended to give his entire estate to me and my three children. Since I am the Executor I wish to execute it as soon as possible. Do you have a problem with that?" "Yes" was Dave's immediate response. He then proceeded to tell Connie, "Do you know that your husband's will is invalid because it has only one witness?" Her response was, "I was told by my friend here that this will is valid." Dave then turned to Liza and showed her section 5(2) of the Wills Act, 1959, which states that two witnesses are required for the will to be valid. There was a minute's silence as Liza read the section. Then, Liza looked at Connie and said, "I think the will is invalid according to this section." Connie immediately responded, "What? I was told earlier that my husband's will is fine and now it's not. Are you reading it correctly, Liza?" Liza nodded. Connie at this point was looking anxious and said, "my husband's name and my name are on the birth certificates of my children. That means we are still entitled to his estate. Is that correct, Liza?" Liza looked puzzled and Dave intervened by saying, "yes, but since your customary marriage took place before March, 1982, there is an issue."

Dave further told Connie, "Look, I am not going to beat around the bush with you. The reason I called to meet you is to inform you first, that your husband's will is invalid. Secondly, since he does not have any will, his estate will be distributed according to the Distribution Act, 1958 that was amended in 1997. So, you have to share your one-third entitlement with your husband's first wife and your three children will have to share their two-thirds entitlement with five children from his first customary marriage that took place before March, 1982. Your husband's estate is now frozen and to unlock it, we have to quickly apply for a Letter of Administration (LA). The first family have already appointed two of the children to be joint Administrators and this also requires your consent." "What do they do?" asked Connie. "Well, they have to collect assets, settle debts and then distribute the estate to the rightful beneficiaries." "Does that mean that the entire estate will flow into the two Administrators' hands before distribution?" "Yes" replied Dave. Then Connie said, "I want to be one of the Administrators." Dave's response was "I have to speak to them on this but are you willing be one of the Guarantors or get someone else to be Guarantor of the estate if they agree to your appointment?" "Why is it necessary?" asked Connie. Dave replied, "It's because if the Administrators run away with the estate's money, then the Guarantors will have to compensate the beneficiaries." "Okay, what about the other side?" "The first wife and eldest son agree to be Guarantors," replied Dave. "In that case, I am okay with the appointment if they are okay with my request," said Connie.

To be continued...

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: 2nd Floor, 108 Jalan Raja Ekram (Cowan St.), 30450 Ipoh. Tel.: 012-5078825/ 05-2554853 or excelsec@streamyx.com. Website: <http://www.wills-trust.com.my>. (Peter Lee's column appears monthly.)





World Glaucoma Week

AWARENESS SERIES

EYE HEALTH

In conjunction with World Glaucoma Awareness, Ipoh Echo talks to Consultant Eye Surgeon Dr. S.S. Gill about this "silent thief of sight" – Final Part.

Glaucoma as you know has been nicknamed the "silent thief of sight". This disease results in **permanent irreversible blindness** in the affected eye(s) that often goes without symptoms until the loss of vision is significant or the patient is blind. Early diagnosis means early treatment and **therefore prevention of major loss of vision**.

Glaucoma treatment may either involve eye drops instillation, pills, laser surgery, conventional surgery or a combination of these methods. The ultimate goal of treatment is to prevent optic nerve damage that results in irreversible loss of vision. Taking medications regularly as prescribed, is **crucial to prevent vision-threatening nerve damage**.

- 1. EYEDROPS**
The first line of treatment is often instillation of special eye drops that can reduce eye pressure. These will have to be **instilled daily without fail** in order to prevent loss of vision. Sometimes doctors will prescribe a combination of eye drops in order to lower the eye pressure adequately. There are many patients on eyedrops for years who have their vision preserved. Always **be diligent** with the instillation of any eyedrops that have been prescribed for glaucoma.
- 2. ORAL MEDICATION**
Oral medication usually has quite a few side effects that may include skin rash, tingling in the hands or feet, nausea or upset stomach, kidney stone formation, altered taste (especially with carbonated beverages), weight loss, fatigue, and decreased energy. So, they are **generally not used long term**. They are generally only used to treat acute eye pressure increase.
- 3. LASER SURGERY**
Depending on the condition of your eyes, laser treatment may be recommended **if suitable**. Laser surgery is performed on an outpatient basis in an eye doctor's office or clinic after the eye has been numbed. A laser is directed toward the trabecular meshwork which is the area that drains the fluid (aqueous humor) from the eye into the blood. There are many kinds of laser surgery and they are usually recommended based on the **type of glaucoma**.
- 4. SURGERY**
Surgery is usually recommended if the eye pressure cannot be controlled **by all of the above treatments**. Surgery involves creating means for the eye fluid (aqueous humor) to drain in order to relieve the eye pressure. As a last resort, a special glaucoma **drainage device** may have to be implanted in the eye in order to relieve the eye pressure. In summary, get an eye examination done **annually**. If you are diagnosed with glaucoma, it does not mean you will go blind. It only means that you will need to be treated intensively in order **to prevent** you from going blind.



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





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

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Directory Service: 103

Perak Women for Women
Society

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017-350 8361

Thinking ALLOWED

ED.TED.COM

by Joanna Gough

The revolutionary tool that is going to change the way teachers interact

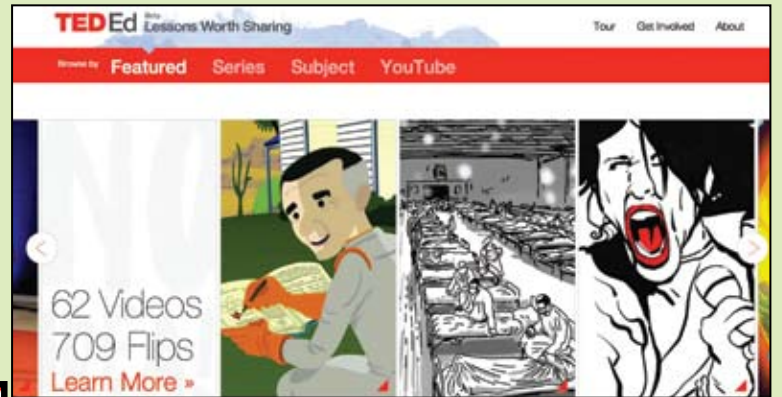
Thursday April 26: It's 3.10 a.m. here. And I'm up with my spicy chicken burger watching a YouTube video of how gender is formed. From this 10-minute animated video I've come to understand that I actually have very little knowledge of how chromosomes determine us as human beings. Yes of course I knew there were *x* and *y* chromosomes but did you know that the queen of ants has male concubines at her service and that is the only way another queen is born. If she laid eggs they are but another male ant. Slaves by the look of it. And did you know that the Ocellaris fish (Clownfish Nemo) are all male until they mature later and turn into 'girls'? <http://ed.ted.com> was teaching me about science. Science that was way beyond what I learnt in the classroom. It was teaching me about LIFE and how knowledge relates to it.

I skipped to subjects on Design, Technology & Engineering. There I found that there was this African American woman, from South Bronx, speaking about 'Greening the Ghetto'. She spoke about Economics, Research on Social Prejudices and Discrimination that influences the way they live their lives. She was trying her very best to bring her poor Community Neighbourhood the best she could give because she has a big heart. It shows how Design, Technology, without Governmental help in small doses, CAN change the way we live for the better.

I skipped to the subject of Mathematics, I learnt about the Universes, How Folding Paper can get you to the moon and Data Visualization.

Fascinating Ideas

You're probably going to question and say that Education is not a 2 or 10-minute video clip, and I completely agree. It's not about a 2-minute video or a 10-minute video but these videos that I watched at 3.00 a.m., were SO HIGHLY fascinating, that the first thing after the video, I googled. From there *I Read, I Searched, I Formulated Ideas* and now know much more about the Universe, NASA and Urban & Sustainable Living than



I did 30 minutes earlier. Imagine: How else would you get me to be interested in the genetic chromosome mutations of mammals, insects, reptiles and fish?

Customised Lessons

Revolutionary = Ed.Ted.com is TED's new tool that lets teachers create customised lessons that revolve around web videos. Its Beta site launched in America recently. I immediately checked it out. This site allows for individualistic learning, breaking away from the classroom's teacher. Students are able to follow at their own pace and study whatever interests them as they like without the limitation of age and years. Imagine a website that changes the way people **think, communicate** and **learn**.

As the Malaysian debate continues on education, I would strongly urge parents, PAGE (Parents Action Group for Education) and the public to go online and search the worldwide web with their children to learn about the interests of the world and take education into their own hands.

Check out sites such as <http://www.openculture.com/> with free culture and educational information. Or Yale University's <http://oyc.yale.edu/> with their free and open access to Introductory Courses by distinguished teachers and scholars of Yale. Read about Astrophysics, Theories of Literature, Philosophy, Political Sciences and even Religious Studies.

I think it's come to the realisation of many that the education system is not competitive. The Internet is at your fingertips. It's time to surf it and Be Who You Want to Be (and not Who You Rely On.)

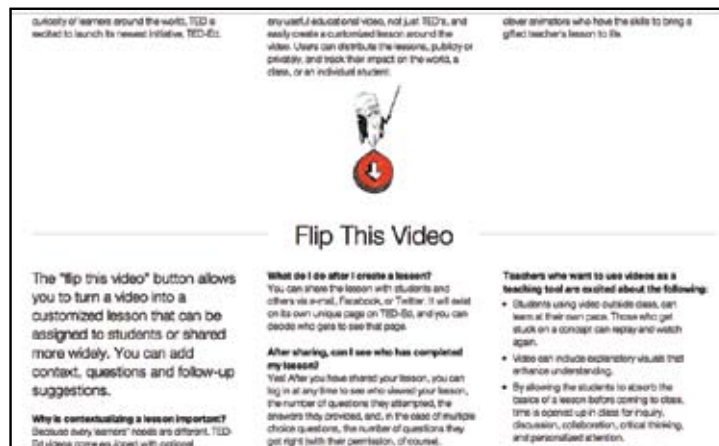
Here's the Reality

School is but a social playground, excessive amounts of tuition classes teach you how to pass your examinations. But...who's teaching you how to think?

As we progress into the 21st Century, we should now acknowledge that PPSMI as one way of changing our education system for the better, is now not the only way.

Hack your Education. Make it Yours.

Joanna Gough is an Ipoh girl. She has ambitions to build the next generation of Thinkers. She plans to turn the city of Ipoh into a World of Possibilities' by the year 2014. Go for it Joanna!



A Report Card on Mission Schools

by Mariam Mokhtar

Two mothers whose children attend a mission school were livid. This time, they were not angry with the quality of teaching, the curriculum or the lack of sports and extracurricular activities; but were disappointed that the school authorities and education department had allowed the fabric of the school and the furniture in the classrooms, to degrade.

It is a story which is common not just in Ipoh, but also in mission schools throughout the nation. It is not just a phenomenon peculiar to peninsular Malaysia, but is also common in East Malaysia.

The mothers opined that there were cracks in the school walls, broken doors and windows, and evidence of termite infestation. The desks and chairs were old and in terrible condition. The state of the toilets was equally disgraceful. One mother claimed that her daughter would wait to go home, rather than use any of the toilets in the school.

In general, the school had an air of neglect and disrepair.

Both mothers lamented that the school and grounds, were in stark contrast to the conditions when they attended the same schools, albeit a few decades earlier.

The first mother said, "We took great pride in our classroom. If it was our turn to be on duty, our first chore when we arrived was to make sure the blackboard was clean and our form-teacher's table and chair were tidy, before assembly.

"We'd check that the wastepaper bin was empty and give the window panes a quick flick with the feather duster. I think I took more pains to tidy the classroom than my room at home."

The second mother added her recollections: "We worked in pairs. If the first girl did the dusting, the second would make sure the desks and chairs were in straight lines. Any litter on

the floor was cleared away.

"We had a sense of belonging then. The classroom was our "home" for the academic year and it helped if we kept it looking smart and clean.

"If only you could imagine our sense of achievement and joy when the form-teacher walked in for the first lesson, and congratulated us on a tidy classroom."

In 2008, the Deputy Education Minister Wee Ka Siong acknowledged the contributions that had been made by the various mission schools set up by the Catholic, Methodist, Anglican, and Presbyterian churches in the last 150 years. Many had helped establish the education standards of Malaya.

According to him, there are 410 mission schools of which 289 were primary schools and 121 secondary schools.

Wee said, "These schools, each with their different heritage, have contributed much to the building of an ethos that should rightly be reflected in all schools in Malaysia...started by Christian missionaries, (mission schools) strove to provide education for all the people in the country regardless of race, religion, creed and social class or gender."

He praised the mission schools for providing education to women: "In many towns, mission schools broke barriers by offering education to young women. The history of these schools often records stories of how the founders went into homes to persuade parents that the education of women was a worthwhile cause, which ultimately would benefit society and the nation at large."

Many of our mission schools are about a hundred years old and the mission authorities have given permission for all properties, land and buildings, to be used by the Education Ministry without any rental charges.

Despite that, many parents and teachers are worried by the condition of these mission schools and would like to urge the ministry to improve the maintenance, and upkeep of the structure and facilities of these mission schools, without delay.

One of the mothers said, "My neighbour's children attend a government school (SMK) where the facilities are far superior to those of the mission school.

"Nevertheless, the education the mission schools offered did not differentiate between students of different race, religion, status or culture. After all, these mission schools have generated several leaders in the political, commercial and social sectors.

"So, is it too much to ask that the mission schools deserve some tender loving care?"



Musings on Food

seefoon@ipohecho.com.my

By See Foon Chan-Koppen

Photos by Chris DiGiovanna

SeeFoon discovers an oldie but goodie

Ipoh Garden South is one of my favourite haunts, whether it's a trip to Kuku Spa for my manicure and pedicure, or a bowl of pork soup at Cong Yin or my occasional yearning for something vegetarian like the Lui Cha at Chor Kee. And many a time I have driven past **Yam Yam** with its sign saying Restoran Makanan Laut and not once have I considered checking it out until my peripatetic foodie friend Ginla Foo invited me and a group of friends for dinner one evening.

Yam Yam is an unassuming coffee shop with a bright yellow sign that you cannot miss especially at night when it is all lit up.

Basic though it may be, on that evening they did put up a red tablecloth for us (thanks to Ginla). And to my surprise and delight, their menu is extensive, ranging from the simple home-cooking that many of us with Cantonese backgrounds grew up with to the delectable fresh-caught river fish, a specialty that requires good connections to local fishermen or suppliers as these are hard to come by – especially a fresh-caught Sultan Fish or **Jelawat** which was on the menu that evening.

Sultan Fish can be wild or cultivated and this particular one that we had was wild which made it even more of a treat as it is one of my favourite local fish and rarely available. It arrived steamed to perfection, complete with scales which help to keep the flesh moist and succulent during the steaming process. Sultan Fish is known for particularly around the collar and stomach and many folks avoid it for this reason, for reasons of weight gain. As for me, I tucked in with relish for the natural Omega 3s which is an oil that maintains heart health and lowers triglycerides. At RM130 per kilo,



the dried prawns lending their inimitable aroma and the chillies providing the necessary oomph to the dish – RM12.

This was followed by one of my favourite childhood dishes, the **steamed meat paste** done Hakka style with dried squid and dried prawns. Absolutely delectable and merits a revisit – RM16.

Other signature dishes here at **Yam Yam** which we didn't get to taste include their '**Wat Dan Hor**' (smooth egg rice noodles) – RM 5.50 and their Salt Baked chicken. Half – RM23; whole – RM45.

With food this tasty I've promised myself a revisit.

this is not a fish that one eats every day, but this one was well worth every gram that we paid for it, weighing in at 1.2kgs – RM156.

The **Fried Mantis Prawns** were shelled, in bite sized morsels, with a crispy cereal batter topped with tendrils of fried milk. Crunchy, sweetish and scrumptious – RM16.

Next we had **Steamed Frogs Legs in Essence of Chicken**, the frogs legs tender and juicy with the essence of chicken imparting its flavour to the otherwise bland meat. For those who like their food '**Tsing**', (Cantonese expression for light taste as opposed to pungent or robust), this is the purest way to eat frogs legs – RM33.

Chicken in Chinese Rice Wine was sweet and as my readers know by now, I'm not partial to sweet savoury dishes but my friends at the table enjoyed it and vouched for its superiority – RM24.

The **lamb braised** with ginger, water chestnuts, bean curd sheet and snow peas was more appealing to my tastebuds; robust and well coated with sauce that goes well with white rice – RM15.

The next two dishes though were right up my alley, tickling my tastebuds and bringing back childhood nostalgia for dishes at grandmother's kitchen. The '**Tsang Cheong**' (pig's fallopian tubes) sautéed with dried prawns and chillies was just the way I like it...the meat springy with a nice bite,



Restoran Makanan Laut Yam Yam

9 Lebu Raya, Taman Ipoh Selatan. Hoe Chee Wah: 012-5651510

Open 10.30 a.m - 3.00 p.m.; 5.00-10.30 p.m.

Closed Mon/Tues

Freshly-Baked Wholesome Breads

● by Wern Sze Gill

Many would agree that nothing beats the tantalizing smell of bread freshly baked from the oven. Fresh bread is prized for its taste, aroma, quality, appearance and texture. It is usually made from wheat-flour dough that is cultured with yeast, allowed to rise, and then baked in the oven. Wheat is commonly used because of its high levels of gluten giving the dough sponginess and elasticity, but bread can also be made from other wheat species such as rye, corn and oats, which are sometimes combined with wheat flour.

Unless you own a bread maker or regularly bake your own bread in a traditional oven, you are most likely to buy commercial pre-wrapped brands off supermarket shelves. Commercial breads, however, usually have added preservatives in order to maintain a longer shelf life.

If you have always wondered where you can pick up a loaf of wholesome homemade bread in Ipoh, look no further! Below is a list of places offering an array of choices, ranging from those which are sugar-free or low GI (glycaemic index), to those high in taste, textures and flavours:

Allegra (05-5262842)

Clubhouse, Meru Valley Resort, Jelapang

A boutique deli cum gift shop offering a selection of gourmet foods, wines, fresh ingredients, gifts, coffee and cakes. Some breads they offer: Wholemeal (RM8.90), muesli with raisin (RM11.50), multiseed (RM12.50), rustic sourdough (RM11.50). Call for what's available for the day. No preservatives or chemicals added. Opens 8.00am – 6.00pm. Closed on Tuesdays.

DJS' Cakecraft (Tel.: 05-5265129, Alice 012-5198056, Sebastian 012-5197297)

House located at: 8 Hala Jati Meru 11, Kg Jelapang Jaya, Jelapang.

Quality butter used & no preservatives added.

Wholemeal (RM5.00), low-GI rye bread (RM5.00), purple corn bread (RM8.00), wheatgerm (RM8.50) other multi-grain breads available. Available through phone order, delivery service available.

Mama's Home-Baked Bread (Kim 017-4633916)

Anika Selera, Ipoh Garden (near the last staircase)



No preservatives, chemicals, additives.

Wholemeal (RM3.00), multi-grain (RM4.90), raisin-sunflower-flaxseed (RM3.60), walnut-raisin (RM4.10), walnut (RM3.70).

Opens 6.00-10.00pm, Saturdays off.

Kampar Garden Cake House (Sam 012-5381266)

27, Jalan Leech, Old Town, Ipoh

No preservatives or chemicals added.

Walnut raisin wholemeal / assorted nuts wholemeal / cheese butter wholemeal (RM4.80) butter raisin wholemeal (RM4.00), walnut cheese wholemeal (RM6.00), raisin mixed nuts loaf / banana walnut loaf / mixed nuts red bean loaf (RM3.00)

Sugar-free, diabetic friendly variations: Wholemeal / wholemeal mixed nuts (RM4.80).

Opens daily 7.30am – 6.00pm.

Ray of Hope Cafe – Halal (05-5488796, Datin Mary Yeoh 019-5713229)

24 & 26, Persiaran Bercham Selatan 31, Bercham

The Ray of Hope Centre for children with learning disabilities runs the cafe that also bakes their own bread and buns. They have wholemeal raspberry loaf (RM5), butter cheese loaf (RM4.50) and butter raisin loaf (RM4.50). They also have wholemeal buns and buns with various fillings of cheese, chicken curry, chicken meatloaf, tuna, and also cheese tarts and siew pau – from RM1.60.

Sheng Cake & Café (Addison 016-5586215, Angie 016-5583304)

60, Jalan Ng Weng Hup, First Garden, Ipoh

No preservatives or chemicals added. Offers wholemeal, wholewheat, sugar-free and organic variations. Some of their offerings: organic sugar-free wholegrain loaf (RM3.80), wholegrain loaf with walnut, black sesame seeds, raisins & golden flaxseeds (RM4.80), wholewheat with pumpkin (RM3.30), wholewheat with golden flaxseed (RM3.20), wholemeal with brown rice and spirulina (RM3.30).

Opens daily from 8.30am – 9.30pm, Sundays close at 8.00pm.

Sum Mun Coffee House (05-5470687)

34, Pesara Ipoh 1, Ipoh Garden (behind Anika Selera)

Wholemeal / pumpkin / oat bran bread (RM3.90) multi cereal / eight grain bread (RM5.50). Preservative and chemical free.

Opens Tuesdays – Fridays, 8.00am to 4.00pm

News Roundup

Recognising Women's Contributions

Twenty one women were awarded with the inaugural Mutiara Perak Awards for their contributions to the wellbeing of Perak in the last ten years. The presentation ceremony, held in conjunction with a gala dinner, was graced by Datin Seri Rosmah Mansur, wife of the Prime Minister. It was held at Kinta Riverfront Hotel & Suites, Ipoh, recently.

Mutiara Perak Awards, in its first year of inception, is state-sponsored under the care of Dato' Hamidah Osman, Executive Councillor for Women's Affairs. Hamidah hopes to make it an annual affair as a form of appreciation to women who contribute equally to the country's prosperity.

Winners of the Mutiara Perak Awards 2012 for the various categories were:

Women of Inspiration Awards:

Environmental – Donna Baylis
Arts & Culture – Rosenah bt Shamsulaman
Media – Kamalachee a/p Letchmanan
Healthcare – Dr Sumithra Sivasuntharam
Hospitality – Datin Julie Song
Entrepreneur – Nafsiah Yeop Abdullah
Social Activism – Dr Sharifah Halimah bt Jaafar
Community Renewal – Sister Helena Vytialingam
Rural Development – Epa bt Kampok
Education & Child Development – Mdm Lee Yam Sei
Property Development – Datin Irene Lee
Animal Care – Dr Goh Hue Liang

Women of Vision Awards:

Philanthropy – Mdm Sin Kuan Lin
Business – Datin Theresa Fong Nyok Yoon
Professional – Mrs Leelamoney Sinniah
Creative – Azizah bt Mohd. Yusof
Public Service – Ms Chong Phaik Kee
Social – Rohana bt Saidin
Sports – Dato' M. Rajamani

**Special Category Award:
Ambassador of Perak –**
Dato' Michelle Yeoh Choo-Kheng

Woman of True Beauty Award:
Dato' Dr Madhuri Majumder

Eight eminent Perak women also received recognition on the same night. They were:

Toh Puan Umasundari Sambanthan
Tan Sri Nuraizah bt Abdul Hamid
Tan Sri Rafidah bt Aziz
Tan Sri Asiah bt Abu Samah
Tan Sri Chow Poh Kheng @ Rosemary Chong
Tan Sri Ainum bt Mohd Saaid
Tan Sri Robaayah bt Zambahari
Datuk Justice (Rtd) Heliliah bt Mohd. Yusof

Addressing the more than 1,000 guests, 400 of whom were from various non-governmental organisations in Perak, Rosmah acknowledged the heavy responsibilities of women in finding the right balance in career and family. She reminded women to network; to grab opportunities that allow them to progress in life, especially now that women are seen as men's equal partners in the development of the country.

EL



Defining Single Mums



In conjunction with *International Women's Day 2012*, the Perak State government and Perak Bar Committee organised a seminar for single mothers. The objective of the seminar, held on Saturday, May 5 at the multi-purpose hall of the State Secretariat Building, Ipoh, was the creation of national policies to protect them.

Presently, the definition of "single mothers" is very loose. It has several meanings – a widow who is bringing up her children, a divorcee with young children, a woman who is separated from her husband and a woman in the process of a divorce. The criteria

are an absent husband and children to raise.

Once guidelines are established, government agencies can make a more accurate assessment and target those who are in need of assistance. Funds can also be set up specifically for this group of women.

The Perak Bar Committee proposed that the term "janda", which means widow or divorcee in Bahasa Malaysia, be replaced with "armalah", an Arabic word which carries the same meaning. This is to remove the stigma faced by those in such a situation, as "janda" is rather derogatory.

As single mothers face a lot of challenges and discrimination, the state government, with legal advice from the Perak Bar Committee, is pushing for the betterment and welfare of these women. The poor attendance at the seminar prompted the Chairman of Perak Bar Committee, Vivekanandan Periasamy, to express his disappointment in his opening remarks.

Vivekanandan handed over a book of five resolutions to the guest of honour, Dato' Hamidah Osman, Executive for Women's Affairs, who would forward it to the Chief Minister.

Professor Dr Dasimah Omar spoke on the theme of the seminar, "Your Resilience, My Inspiration".

EL

Vishu cum Easter Night



Vishu and Easter were celebrated simultaneously by the *Perak Malayalee Association (PMA)* with an 8-course Chinese dinner at the Ipoh City and Country Club recently. *Vishu*, also regarded as the Harvest Festival, is celebrated by Malayalees all over the world. It is observed on the first day of the Malayalam month of Medam, usually on April 14.

As Malayalees are a multi-religious community, a joint celebration was appropriate and since Easter was observed by Christians on April 8, hence the name "Vishu & Easter Nite". The dinner was attended by more than 300 guests, including well-wishers from other races. It started with an Easter song by Pastor Easter Baskaran and Sister Rachael Mano, after the opening speech by PMA President, R. Narayanan.

Entertainment came in a mix of contemporary and cultural music and dances. Songs were rendered in Malayalam, Tamil, Hindi and English. Students from Susan Belly Dance Academy showcased their belly-dancing skills while Joseph Berine Rozario, Malaysia's Elvis Presley, a Malayalee, belted out hits from the King of Rock and Roll.

Four members of PMA were recognised for their services and contributions. They were R. Narayanan, R. Udaya Bhanu, Mrs Sakuntala Nair Rajadurai and S. Sukumaran.

Guest of honour, Tan Sri Datuk Ravindran Menon, President of the All-Malaysian Malayalee Association, congratulated PMA for their recent acquisition of a second property. He made a personal contribution of RM5,000 as payment for the bank loan.

EL

Ayam Brand Feeds Underprivileged Children



Ayam Brand launched its 'Convenient, Healthy & Nutritious Meals for Charity' CSR campaign at Praise Girls Home, Ipoh on May 8. Five orphanages in Perak will benefit from two months' supply of Ayam Brand products.

Now in its fifth consecutive year, the Ayam Brand Charity CSR campaign will contribute products in amounts sufficient for two months of daily consumption for all residents at 43 charity homes across ten regions in East and West Malaysia, providing more than 2,000 underprivileged children with convenient, healthy and nutritious meals.

The other recipients from the Perak region are *Pusat Jagaan Yayasan Latihan Insan Istimewa, The Salvation Army Ipoh Children's Home, The Salvation Army Ipoh Boy's Home, and Praise Emmanuel Children's Home* who were on hand to receive the products that included Ayam Brand sardines, mackerel, tuna, baked beans, among others.

AirAsia Travel and Service Centre

Mayor Roshidi Hashim declared open *AirAsia Travel and Service Centre* at Tune Hotel, Ipoh on Wednesday, May 2. The centre will cater to travellers wishing to use *AirAsia's* services available throughout the world. They include purchase of air passage and Tune Hotel reservations in cities where the hotel is found. Air fares, however, are priced as per listed daily not the promotional ones available online. "That is the underlying difference which end-users need to know beforehand," warned a staff.

The mayor was appreciative of the move by *AirAsia* to establish such a centre here in the city. "This is indicative of the airline's faith in Ipoh," Roshidi told reporters after the launch. "Tune Hotel's presence in



the city centre will encourage economic activities. The ripple-down effect will benefit the business community in the vicinity," he remarked.

Faiz

News Roundup

Sai Baba Centre celebrates Easwaramma Day



Sri Sathya Sai Baba Centre of Ipoh celebrated Easwaramma Day 2012 at its premises in Medan Istana.

Easwaramma is the mother of Sai Baba and her anniversary is celebrated as Mother's Day in all Sai Baba centres throughout the world. Prithivi Raj, chairman of the Centre informed guests of the various social services rendered by the Centre.

A wheelchair was donated to N. Vinod, a student from Tanjung Rambutan, who is paralysed from the waist down. Uniforms, shoes and spectacles were also donated to needy children from ten Tamil schools and two homes. Students who performed well in the UPSR and PMR exams were presented with Excellence Award Certificates. There was also a blood donation drive.

The guests were entertained by songs and *baratha natyam* performance by the children of members of the Centre.

AJ

Accolades for Pak Yop

Azmi Zulkifli, better known as Pak Yop, was duly recognised for his literary achievements at a special ceremony held at the auditorium of the Perak Arts and Culture Complex, Ipoh recently. The evening event was graced by the Executive Councillor for Arts, Sports and Culture Dato' Zainol Fadzi Faharuddin who officiated at the ceremony. Pak Yop was named "*Tokoh Seni Negeri Perak 2012*". He received a token of appreciation for his contributions to the enhancement of arts in Perak. Azmi is a prolific writer who has penned several short stories and plays for the local theatres. He holds pivotal positions in many non-governmental organisations in the state. Incidentally, Azmi is the Chairman of Badan Kebudayaan Perak, a body dedicated to the preservation of the cultural heritage of Perak. He is also an active businessman, being a committee member of the Kinta Petty Traders' Association. The evening started with a video introduction of Pak Yop followed by the presentation of a memento by Dato' Zainol Fadzi. Subsequently, it was Pak Yop's turn to deliver his acceptance speech and he did with panache. The ceremony ended on a cheery note with songs and dances performed by the Department of Arts and Culture troupe.

Faiz



KPJ ISH Receives Sixth Baby

KPJ Ipoh Specialist Hospital's Baby Hatch received its sixth baby on May 3 at 4.15 p.m. The baby weighing 2.20kg is a normal and healthy 4- to 5-day old baby girl. She is currently being looked after by the KPJ ISH paediatrician in the Paediatric ward. KPJ ISH will hand over the baby to the Welfare Department once the medical team is satisfied with her condition.



About 'Baby Hatch' KPJ Ipoh Specialist Hospital

A baby hatch is a place where mothers who are unable or unwilling to take care of their babies, can leave them in a safe environment where they can be cared for in collaboration with the Social Welfare Department of Perak (SWD). Many of these babies die in places such as toilets and dustbins. They are innocent and they have the right to live. The Baby Hatch is equipped with various facilities and supported by the management of KPJ Ipoh Specialist Hospital with the support of its medical consultants. KPJ Ipoh Specialist Hospital is the first hospital within the KPJ Healthcare group to set up a baby hatch.

Rotary To The Fore



The Rotary Club of Ipoh came to the aid of residents of Kuala Dipang whose homes were recently inundated with flood waters, the severity of

Simee Family Day Food Fair

The Simee Home for the Aged will be having their Family Day Food Fair on June 2, from 9.00 a.m. till 1.00 p.m., and is appealing to the public to come and support their fundraising efforts on that day.

According to its Manager, Mr Vincent Lee, the Home currently has 52 residents and its monthly overheads is RM30,000. Lee made the announcement together with the Home's patron, Dato' Chang Ko Yoon and Family Day organising chairman Anthony Francis.

Meanwhile, Lee announced that the Home is not involved in soliciting for funds for burial expenses for its residents adding that the Home had long been providing this service from its internal funds.

Tickets for the Food Fair are available at the Home's Office. The cost is RM10 per book.

JAG



which has not been seen since several decades ago. The flooding which occurred on April 12 affected a total of 357 families equivalent to 1,357 victims.

The Club had taken the initiative to identify the requirements of the affected residents and was informed that mattresses and pillows were their immediate requirement.

A total of 300 mattresses and pillows were handed over to the Ketua Kampung Hj. Tajuddin bin Sulaiman by Dato' Dr Low Teong Representative of Yayasan Kelab-Kelab Rotary Malaysia at Dato' Azman Mahalan Hall at Kuala Dipang recently.

This community service project was organised by the Rotary Club of Ipoh and jointly sponsored by Yayasan Kelab-Kelab Rotary Malaysia. The total cost of the project was RM7,000.

JAG

How to Improve Your Brain Workshop



Some 50 students from Tamil schools attended a half-day workshop on 'How to Improve your Brain' organised by the *Vethathiri Manavalakalai Centre* in Arul Oli Mandram, Buntong. The students were first taught a natural way of breathing followed by *Surya Namaskaram*, or Sun Salutation, a basic yoga exercise. The students were then taught other postures that help to stimulate the brain.

The workshop was conducted by C. Sambasivam and P. Yoganathan who were trained in India. The parents who were there were given instructions on how to prepare nutritious food and help their children in their studies.

Students were advised to get up by 6.00 a.m. and study. This time is called *Brahma Muhurtham* and is the most auspicious time for worship and learning. Even just flipping through the pages of their book would be beneficial.

Free yoga classes are conducted every Monday from 7.00 to 8.00 p.m. at Arul Oli Mandram, Buntong. For details call Sivam 016-6704285.

AJ

Living Hope to Sponsor 90 Ipoh Children

Living Hope Malaysia, a CSR initiative founded by Ipoh-born philanthropist Dr Peggy Chan Wong, has targeted to sponsor 90 Ipoh children this year as part of its ongoing "One Egg - One Child" feeding programme.

The announcement was made by Chan during a cheque presentation ceremony at SJK (C) Pasir Pinji 2 to cover the cost of the programme to provide lunch for 30 children initially from April 2012 to April 2013.

Living Hope's "1 Egg - 1 Child" feeding programme provides one meal per school day to children from hardcore poor families. According to Chan the children have to stay in school till 4.00 p.m. for tuition and remedial classes and this programme helps students to concentrate on their studies with a full stomach.

For Chan, her belief is that education is the only way out of the vicious cycle of poverty. To achieve the goals of its vision she "match-makes as go-between the corporate rich, whom she describes as her 'Partners in Charity' and the poor". Since its inception in July 2007 it has assisted over 29,800 children through its various programmes.



Mdm Khoo Oi Ling, the headmistress for SJK (C) Pasir Pinji 2 thanked Chan for assisting the children adding that "it was greatly appreciated by the whole school".

Meanwhile, Chan with assistance from Khoo, has already identified another two Ipoh schools to benefit from the feeding programme and the disbursement will be held later in the year.

JAG

News Roundup

Colouring Competition for Kids



Over 70 pre-school and school students from around Ipoh took part in a colouring competition organised by *Y's Men's Club of Ipoh* on Wesak Day, May 5. The competition, held at YMCA Ipoh hall, was divided into three age groups. The pre-school group, however, was over-subscribed. There were four entries from the Praise Emmanuel Children's Home in Buntong, a home for handicapped children.

Club patron, Datin Jenny Thong, praised the club for organising the annual event for the benefit of school-going children. She later gave away prizes to the winners.

Two upcoming events on the club's calendar are a blood donation drive on June 9 and a speaker's forum on June 16. Both programmes are aimed at optimising charity and fellowship which are integral to the society's objectives.

Ed

Tweeting Ipoh

Institute Darul Ridzuan's (IDR) much-touted "Twitter-Up Ipoh" held at its anchor building, PORT (People of Remarkable Talents) along Jalan Sultan Azlan Shah, Ipoh recently, was a rousing success. The day-long programme aimed at getting Twitter fans all over the country under one roof, went on without a hitch. The event was launched by Dato' Zainal Fadzi Paharudin, Executive Councillor for Culture, Youth and Sports and was graced by the likes of Dato' Seri Hishamuddin Tun Hussein and Khairy Jamaluddin.

Organiser and manager of PORT, Amir Baharuddin, had set his sights on breaking the Malaysia Book of Records with an attendance in excess of 1,000. "Anything beyond 3,000 would get us into the Guinness Book of Records," he enthused.

The other objective of the get-together was to allow fans of this popular social network to get to know one another. This is IDR's contribution towards the success of Visit Perak Year 2012.

Faiz



Stall Occupying Pedestrian Walkway



In NST's Streets Northern (April 26, 2012), there was a news item of MBI demolishing stalls in Kampung Pengkalan Pegoh for occupying state land. Abdul Halim Saad, Director, MBI Licensing and Enforcement Department was quoted as saying that the stalls were demolished because they were located at a dangerous spot along a busy road.

After reading this news, a number of readers called about a stall which is occupying the pedestrian walkway at the junction of Jalan Tingkat Pasar and Jalan Datuk Onn Jaafar. This is a very busy road and buses use the right side of the road next to the stall to turn into Jalan Datuk Onn Jaafar. It is not safe for pedestrians to walk on the road. This stall has been there for a long time. Can Abdul Halim justify why he is allowing this stall to operate, instead of demolishing it?

A. Jeyaraj

Lee Falls on Hard Times



Lee Kong Wah, 50, is no longer the cheery old bachelor who eked out a living selling ice cream. With an ice box strapped on the backseat of his trusty old motorbike Lee would travel in and around Tambun selling his icy goodies. He made enough to keep his mother and him out of harm's way.

But that was a year ago. An infection on his right foot, to which he gave scant regard, returned to haunt him. The wound festered and soon he became immobile having to resort to a wheelchair to move about. That was when his problems started.

Out of work and having an aging mother to support, Lee became despondent. He sought the help of the welfare department and was given financial aid to tide things over. The RM150 monthly stipend he receives from the welfare department is insufficient. "My monthly medical bill alone is over RM200. I don't have enough to buy food," he told Ipoh Echo. "Sometimes I have to beg from my neighbours. Fortunately, they are very caring." The pair live in a dilapidated house, which has seen better times, at Batu 6, Tambun.

Yayasan Bina Upaya Darul Ridzuan (YBU), after knowing of Lee's plight, set about to help the poor man out of his misery. "The foundation will provide Lee with a RM5,000 microcredit to get him on his feet again," said Dato' Zainal Abdidin Omar, Chief Executive Officer of YBU. Lee expects to be fully recovered soon and pines for his old job. "The motorbike and ice box need to be repaired. The RM5,000 loan will come in handy," he exclaimed.

Lee is in for another surprise, the foundation is looking into ways to improve his living quarters. "We'll allocate RM15,000 under the Housing Infra Programme to replace the walls and the roof," said Dato' Zainal.

Readers wishing to donate to the well being of Lee and his mother can do so by calling YBU at 05-255 5945/255 5946 or drop by the foundation's office at Aras D-2-1, Greentown Square, Jalan Dato' Seri Ahmad Said, 30450 Ipoh. All forms of aid are welcome.

RM

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.

Public Forum: Gastroenterology by Resident Consultant Physician, Gastroenterologist & Hepatologist, Dr Saravana Kumar Karunanithi, Saturday **May 19**, 2.00 p.m. @ Hospital Fatimah Conference Room, 4th Floor. Topics: (1) *Colon Cancer is Preventable*; (2) *Hepatitis B and Liver Cancer*. Contact: 05-5455777 Ext. 276.

Care for Your Safety (Perlu Endah Keselamatan Anda). An outreach programme organised by Perak Women for Women Society in conjunction with International Women's Day 2012, Saturday **May 19** from 2.00 to 5.30 p.m. @ Hotel Taiping Perdana, No. 1 Lorong Koperasi 1, Medan Koperasi, Taiping. For details call: Pn Halida Mohd Ali 012-673 3827.

ACCA Revision Workshop, Saturday **May 19**, 8.30 a.m. to 5.30 p.m. @ Sunway College Ipoh, Nos. 1, 3 & 5 Persiaran SCI 2/2 Sunway City Ipoh. Fees: RM120; fee waived for Sunway College students. Contact: Ms Lim/ Ms Maggie 05-5454398.

Fatimah Kids' Health Camp, Saturday **May 26**, 8.30 a.m. to 1.00 p.m. @ Hospital Fatimah Conference Room, 4th Floor. Contact: 05-5455777 Ext. 276.

Tarcisian Convent (TCS) Class of 82 Reunion Lunch, Saturday **June 2** from 11.00 a.m. to 3.00 p.m. at Heritage Hotel, Ipoh. Tickets at RM100. For details contact: Shanti Jeyaraj @ 012-2892233.

Simee Family Day Food Fair, Saturday **June 2**, from 9.00 a.m. till 1.00 p.m. @ Simee Home for the Aged. Tickets are available at the Home's office at RM10 per book.

Blood Donation Drive by Y's Men's Club Ipoh and Perak Malayalee Association, Saturday, **June 9** from 10.00 a.m. to 5.00 p.m. @ First Floor, Ipoh Parade, Ipoh. For details call: Chanika 012-546 3943 or R. Narayanan 012-525 7894.

Community



Rosnah's Future Looks Bright

Ever since her husband suffered a stroke over a year ago life has been difficult for Rosnah Jaafar, 46, a mother of three. Husband Azmi Hashim, 48, paints houses for a living but having lost the use of his right limbs due to paralysis, he is now bedridden and no longer works. The couple live with their children in a rented house in Kg Manjoi. They survive on the modest income of their eldest son who works as a helper.

Rosnah formerly operated a food stall nearby but has abandoned the business due to neglect. "The stall is in pretty bad shape and needs to be repaired before I can move in," she said. The gutsy lady is determined to be on her feet again considering the situation her family is in now.

"Rosnah deserves our assistance," said Dato' Zainal Abidin Omar, CEO of Yayasan Bina Upaya Darul Ridzuan. Micro-credit worth RM6,000 will be allocated to Rosnah. The money will be used to repair the damaged stall and as capital to jumpstart her *laksa* business. **RM**

Co-operate with Police

"Apathy is the reason why criminals go scot-free," said Dato' Hamidah Osman, Senior Executive Councillor and Adun for Sungai Rapat. She said this to reporters when met during her walkabout in Taman Seri Rapat recently. Hamidah was prompted to make the visit after receiving complaints about burglary, snatch and petty thefts from residents who are her constituents. Criminal activities have been rampant and have escalated of late. Hamidah attributed the cause to apathy and poor communication between residents and the Police.

"The reluctance on the part of the residents to report incidence of a criminal nature to the Police is baffling," she said. This was confirmed by the police officer from Gunung Rapat Police Station who accompanied her that day. "Residents have to be proactive. The Police are



there to help, not otherwise," she chided.

A resident-action committee will be formed soon to undertake the responsibility of establishing rapport with the local police. Roziyah Yeop, 63, recalled the time when she saw her sister being dragged after her handbag was snatched by two unidentified men on a motorbike. "It was a most harrowing experience," she remarked. **RM**

A Multi-Cultural Reception

Dato' Seri Selvamany, the much-loved and respected former Anderson School teacher and headmaster of SM Idris Shah Gopeng, recently held a wedding cum dinner reception for his granddaughter Anjeli Prahbu and her husband Avash Kalra.

Anjeli and Avash, both doctors, were married two weeks earlier in Pittsburg, Pennsylvania, USA and they subsequently came to Ipoh to be with Anjeli's grandparents Dato' Seri and Datin Seri Selvamany.

Event planner Keith Yoong's instruction from Selvamany was to have a multi-cultural reception, a task which saw the Andersonian Cafeteria lavishly decorated with banana leaves and *bunga mangga*.

Selvamany's daughter Dr Nalina Prahbu, who lives in the USA, was unable to return home but followed the entire reception via Skype even greeting the guests who spoke to her via video conference.

The guest list was impressive. At the main table with Dato' Seri and Datin Seri Selvamany and the newly weds were: YAB Tengku Razaleigh Hamzah and his wife YBhg Cik Puan Nur, and Dato' Dr Suarn Singh, Senior Psychiatric Consultant at HBUK, and his wife.

The MC for the night was former CPO of Selangor Datuk Percy Mutthiah whose most profound statement that night was "dinner is served". The mood throughout the



night was friendly and relaxed.

Tengku Razaleigh, better known as Ku Li, who also gave a speech at the wedding of Anjeli's mother, Dr Nalina Prahbu, at the Town Hall in 1981, gave an interesting yet appropriate speech to the bride and groom with words borrowed from Sir Winston Churchill, describing Britain's victory after overrunning Rommel's forces in Africa in November 1942, "now this is not the end, nor even the beginning of the end, but it is perhaps, the end of the beginning". He then added, "life is so much better when it's shared and I'm so glad you found each other," before proposing a toast to the newlyweds.

The warm ambiance of the evening must have also touched political rival YB Kulasegaran together with his wife, who was seen having a cordial chat with Ku Li.

Undoubtedly an old-school style reception with lots of friendly atmosphere or as Selvamany would describe it "the multicultural society that I grew up in." **JAG**

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Ipoh City Day Carnival

Ipoh's 24th City Day Carnival is right on track with the release of over 600 freshwater fishes into the Gunung Lang Park Lake by the mayor on Monday, May 7. Present to witness the event were the President of the Port Dickson Town Council, Abdul Wahab Shamsuddin, Councillor Dato' Hj Mohd Raduan and the Assistant Manager of Bank Rakyat Medan Gopeng Branch.

The fishes were released into the water from the edge of the jetty by the lakeside. The carnival is slated for May 26 and 27 and will be held within the confines of the recreational park. A number of activities are in the pipeline. Among them is a sales fair, arm wrestling, colouring contest, aerobathon and a mini Astro Fair. Ipohites will get a chance to land the released fishes and compete at the same time.

This year's celebration coincides with Visit Perak Year (VPY) 2012. In view of this auspicious occasion, the city council is determined to make the event the best ever. Twelve major activities, which began with a photography competition in December of last year, are being lined up for the duration of the period. The finale is the much anticipated International Youth Rainforest Exploration in November.



Sport

Seladangs Beginning to be Complacent?



When Joseph Kalang Tie opened the scoring for Terengganu against Perak, the script was already in the Turtles' favour. The whole nation is aware of what Terengganu is capable of when on-song thus the outcome of the match was a foregone conclusion. But Rafiuddin Roddin had other plans. He netted the equaliser before Albert Bodjongo scored to give Perak what seemed like an unassailable lead.

However, the sting came minutes before full time when Terengganu drew level through Hasmizan Kamaruddin's goal dealing a blow to Perak's bid for victory. A distraught Norizan Bakar was left speechless on the sidelines while manager Khairul Azwan Harun looked dejected.

"I've been seeing signs of it in our players, even

from last year," said Khairul when quizzed about complacency within the Seladangs' ranks. "We played extremely well today but the players did not show enough desire to win the game comfortably."

Complacency has beset the Seladangs on numerous occasions recently. Since the departure of Steve Darby, Perak tends to show signs of inconsistency, often failing to negotiate their opponents diligently. Perhaps the same issue is plaguing the team this season, if Khairul Azwan's words are to be digested truthfully.

Comparing Perak to more accomplished teams like Kelantan and Terengganu isn't logical because of the vast quality difference. But those two have set the benchmark for what Malaysian clubs can achieve and should, therefore, be an inspiration for the Seladangs.

Kelantan in particular, have been impressive with their grit on the pitch despite having to juggle between local and AFC Cup commitments. Nevertheless, their performance has been equally brilliant in all matches, something that is lacking in Norizan Bakar's men. Seven wins in 16 league matches is nothing to shout about. The pace of the game is definitely picking up. It's about time the Seladangs up their tempo and match their rivals, man for man.

Football has always been labelled as the beautiful game. But behind that term is pure hard work, diligence, determination and the craving for goals. Norizan Bakar's men have to show better maneuvering skills on the pitch. They ought to remember that complacency does not ensure success. It only brings misery.

Keesh

1Malaysia Senior Golfers



The senior golfers at Meru Valley Golf and Country Club religiously have their morning round of golf on a regular schedule.

Late last year, in November, these 'regular playing members' who used to play separately "voluntarily decided to combine themselves into one entity along the lines of 1Malaysia" and call themselves the SG9 Group.

The chairman of the group, Hj Abdul Hadi Hj Baharuddin, 62, highlighted that its members are aged 56 years and above, are made up of various races and come from different backgrounds.

The goal of SG9 is solely to coordinate the activities of its senior golfers in a friendly atmosphere and at the same time enhance the already good relationship amongst its members.

All its members were provided with a T-shirt embroidered with their names and a golf cap. Since its beginning the group has been organising a monthly competition complete with three prizes and a challenge trophy.

Currently, its membership stands at five flights but "more members are always welcome" added Hadi.

JAG

IPOH LADS

Showing Results and Moving Ahead



The Ipoh Lads Recreation and Social Club which first started in 2009 by a group of ex-state hockey players in Ipoh has begun to show results. The club, which is affiliated under Ipoh City Hockey Association, is structured into three groups of members, the juniors (limited to age 18), the seniors (19-39 years) and the veterans (ages 40 and above). Their current membership strength is 100 including the juniors.

According to Club President Sharan Kumar, the objective of the club is simply to provide an avenue for the development of youth whether in sports or recreational activities.

One of the club's focused activities, hockey, has since its inception, been showing very positive results in all age categories at domestic as well as at away games.

Recently, Ipoh Lads started a Junior Hockey Programme which they named their 'Anak Angkat Program' where the club adopted five schools and provided hockey coaching to its students. The programme is for five years and is structured for under-12 and under-18 students. Apparently, their programme has been noticed as six of their players were called up for trials to play for the Pahang Junior League after which three were selected at the final selection.

This programme's coaching sessions are currently being held every Saturday and Sunday from 3.00-5.00 p.m. at the Sultan Azlan Shah Stadium, Ipoh. "Any youth in the age category from 7-18 are welcome to join the programme," said Sharan.

Interested players can call Sharan Kumar at 016-2033386 or Jasbir Singh at 016-5666796 for enquiries or log on to their Facebook site at: ipohlads@group.facebook.com.

JAG



Aerobics for Health

An aerobics session, "Jom Robik", jointly organised by Ipoh City Council, Persatuan Kecergasan Fizikal Daerah Kinta and Fitness Embassy was held at Polo Ground one Sunday morning recently. It attracted the participation of a few hundred people. Guest of honour, Dato' Chang Ko Youn, joined in the workout, alongside Fitness Embassy Director, Tommy Huang.

Addressing the press later, Chang said that the activity was aimed at encouraging people to exercise to avoid health issues from cropping up as they age. The three leading causes of death in Malaysia presently are heart disease, cancer and stroke. The risk from these diseases could be reduced with regular exercise, he said. Illness affects productivity of citizens; therefore, a healthy society will decrease the economic burden on the government.

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News Roundup

PEAP Potluck



The tables and chairs were arranged, the music was playing, and the food laid out as each guest brought along a favourite dish to be sampled by all. This was the *Portuguese-Eurasian Association of Perak* potluck evening held recently in Ipoh. Even the rain could not dampen the spirits of members, non-members and friends who came to enjoy the various home-cooked dishes, which included Chicken Debal Curry, Curry Kapitan, Ambilla Beef with long beans and Pong Te. About 50 people, from the young to the elderly, turned up for the function to enjoy the fellowship and fun.

The evening started out with a sing-a-long to the famous Jinkli Nona and other songs followed by dinner.

After a much enjoyable dinner, entertainment was in the form of games and group dancing. There was laughter all around from those enjoying the antics of those who took part in the games.

The evening ended with another sing-a-long of 'oldies' rendered by members and friends accompanied by the band made up of Chris Little, Terizinha Gonsalves and Nicholas Pinto. Among the 'guest artistes' who came forward to sing were Michael Rozario, Peter Goon and Jude Monteiro.

CID

English Language Proficiency An Advantage



Some 121 students of the *Ipoh Learning and Training Institute* (ILTI) received their University of Cambridge Examination certificates during a ceremony at a leading hotel recently. Former Federal Court Judge, Tan Sri James Foong, presented the certificates. Two outstanding students created history of sorts for the 27-year-old institution, the first English language training institute in the country. Mah Song Wei, 15, a Form 4 student of Sam Tet Secondary School, Ipoh and son of Executive Councillor, Dato' Dr Mah Hang Soon, scored Grade A in the Cambridge Proficiency English Examination. Subana Nair gained a Band 9, the highest band in the International English Language Test. Tan Sri James credited ILTI for having taught many Ipohites who later excelled in their fields of work. "Having a good command of the English Language is definitely an advantage," he posited. Present at the ceremony were Puan Sri Anna Lim, Dato' Richard Small and Chin Yeong Kim, co-founders of ILTI.

Ed

Hampers for Orphans



Ipoh City Council Workers' Cooperative (*Koperasi Perkerja MBI*) entertained 122 orphans from three local orphanages to lunch at the Dulang Coffee House, Excelsior Hotel, Ipoh recently. The event was hosted by members of the cooperative led by its Chairman, Ahmad Zahar Abdul Wahab. "It's our way of contributing to society," said Wahab to Ipoh Echo. "It's an annual event which we have pursued with much fervour," he added. The 122 orphans were from Badan Khidmat Islam Perak, Asrama Taman Meru Raya and Asrama Manjoi. Each received a hamper consisting of goodies from Ahmad Zahar. The invitees treated themselves to a sumptuous spread before returning home.

Faiz

Financial Assistance for NGOs

The efforts by non-governmental organisations (NGOs) in helping the poor and the needy are never in vain. Their contributions to society should be given the due recognition they rightly deserve. This was the objective of Yayasan Bina Upaya Darul Ridzuan's (YBU) recently concluded outreach programme dubbed "*Kembara Komuniti 2012*".

A team of 40, consisting of 30 YBU staff members and 10 volunteers, in a motorcade convoy, went around the city visiting seven NGOs in succession. The team was led by Dato' Zainal Abidin Omar, CEO of YBU. Among the places the staff visited were an orphanage, an old folks home and a physical rehabilitation centre.

"What these voluntary bodies are doing is not something easy. It involves time, effort, patience and plenty of money. Their contributions should not go unheralded," he told reporters after handing a mock cheque for RM1,000 to Pertubuhan Anak-Anak Yatim Hawa Kinta, an orphanage located in Manjoi.

Norwahi Abdul Wahab, the manager of the orphanage, was visibly moved by the gesture. "I am truly indebted to YBU for its empathy. The money will go a long way to help in our work of caring for the orphans."

Besides providing monetary assistance, team members helped in cleaning up the centres they visited using the time-honoured method – *gotong royong*. The foundation's altruism will go down well with those who are in dire need of help. Hopefully, there will be more of this in the near future.

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Aftermath of Flooding – What Next?

Our former Prime Minister Tun Dr Mahathir's famous saying is, "Malaysians have a short memory; it only lasts two weeks." This is true in the case of flooding in Lim Garden. "Tension runs high at meeting" was the headline in a local paper on the meeting held between Dato' Abdul Rahim, Secretary of MBI and the residents. It was agreed to have a follow-up meeting on March 17 with engineers from MBI and DID. Since the PM was in town on that date, it was postponed. Coincidentally, on the evening of the meeting a number of houses were flooded. Dato' Rahim came and saw the situation personally.

K. Sagadevan, Secretary, Lim Garden Residents' Committee reported that DID sent a technician to attend the meeting with the Committee but he was not able to answer any of the questions raised. Saga has written to DID to arrange for another meeting and it has been more than a month with no reply forthcoming. It is my opinion that MBI/DID personnel who attend meetings must be those who have the authority to make decisions and take action; otherwise it is a waste of everybody's time.

After the flood the pump at the retention pond was



repaired, a diesel pump was installed and a third pump is to be installed. However, pumps are not a permanent solution and the standby pumps must be run regularly to ensure they are in working condition. If the river overflows, pumps will not be able to cope with the volume of water.

A new section of drain pipe with flap to prevent backflow from the river was installed inside the sump near Jalan Raja Bridge. Recently during heavy rain, the water level of the river reached above the bottom of the bridge and the siren came on; but there was no backflow

from the river as the water from the drain was stagnant.

However, about 100 metres downstream, where there is another drain pipe whose cover has dropped off, there was backflow from the river and the low-lying area next to the bund was flooded.

Meanwhile, the 1Malaysia Community Alliance Foundation gave RM100 to each household which the residents received gratefully. The Welfare Department also gave RM300 to the flood victims.

Datuk G. Rajoo, former State Exco Member and Division Chairman, MIC Ipoh Barat who happens to stay in Lim Garden was asked what he plans to do to solve the problem. He said it is the responsibility of MBI and DID and that they would take care of it; a disappointing reply coming from a leader whom the residents looked to for solutions.

According to a news report in NST (Feb 23, 2012), Dato' Ir Abdul Razak Dahalan, Director of DID, said that one of the main causes of the flood was excessive rainfall in the catchment area causing increase in volume of water-flow into Sungai Pari. If this is true, given the unpredictable weather, residents can expect floods at any time even if there is no rainfall in Lim Garden.

Many of the residents are of the opinion that we do not have the expertise to solve the problem. Every time it rains we have to look at the river for signs of flooding.

News Roundup

Police Day Mass 2012

The Christian community of the Police force, together with their families, held their *Police Day* celebration with a Sunday Mass at the OMPH Church on the morning of May 6.

According to the organising chairman of the event, DSP Eruthayam Soosay, the Police Day Mass celebration has been going on for several years now with a different venue each year. Last year the event was held at the Holy Trinity Anglican Church at Buntong.

This year's celebration saw the Police personnel participate in the Sunday readings and take on the duties of Hospitality Ministers and presenting gifts at the offertory.

The morning's Mass was celebrated by Assistant Parish Priest Fr Joseph Stephen CSsR who thanked the Police for celebrating Police Day with the OMPH community. Fr Joseph also called on the congregation to appreciate the services provided by the Police saying "they have chosen their vocation in answer to God's calling".

The Mass that morning began with singing the Negara Ku and concluded with the Police song after which the Police community joined the OMPH parishioners at their 'coffee morning' breakfast.

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Perak Women for Women Society

The Perak Women for Women Society (PWW), based in Ipoh, Perak is a non-governmental organisation that provides services and support to women in crisis, empowers women through education and skills training and undertakes activities to promote a culture of respect. As part of our expansion plans, we have a vacancy for the following position.

Administration and Programme Officer

The Administration and Programme Officer reports to the PWW Council members for guidance and supervision and is responsible for managing the timely and effective delivery of a whole range of administrative services as well as organising and implementing the various activities and programmes run by PWW.

Key Functions:

- attend to overall general administration work at the PWW Centre;
- assemble material and provide written and oral responses to requests from the public as well as from the PWW Council members by telephone, electronic or post mail;
- coordinate and administer PWW's activities and programmes e.g. awareness, publicity and educational programmes;
- monitor, document and research advocacy work on women's issues; and
- coordinate and write PWW's bulletin

Requirements:

- a Bachelor's degree in Social Sciences/Humanities/Psychology is an asset but is not necessary for those with previous work experience, especially in the educational and/or healthcare sectors;
- good written and verbal communication skills in Malay and English;
- have an interest, aptitude and passion for empowering women.

Salary will commensurate with qualifications and experience.

Interested candidates are to email their applications to:

perakwomenforwomen@gmail.com

Closing date: 31st May 2012