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INSIDE !! Perak Tourism News Supplement



Ipoh: Hockey Hub Of Asia

Standing front row Zambry, Tan Sri P. Alagendra, Leandro Negre (FIH President) HRH Sultan Azlan Shah, Tengku Abdullah (MHC President) and Dato' Rahim (PHA Chairman), together with 2012 SAS Champions New Zealand

by James Gough

It looks like the vision of HRH Sultan Azlan Shah to make Ipoh the Hockey Hub of Asia is fast becoming a reality judging by the three prestigious and noteworthy events of the recently concluded 21st Sultan Azlan Shah Cup, Men's International Hockey Tournament. Deemed a huge success, especially by those in the Hockey fraternity, the three events held at one location enabled participants to view a top class international competition simultaneously.

Continued on page 2



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What started as an initiative to expose Malaysia's hockey players to challenging experiences is beginning to bear fruit

Held over a two week period during the first term school holidays from May 24 to June 3 the tournament programme included the international level Sultan Azlan Shah Cup held at Stadium Azlan Shah where seven teams participated, six of them ranked in the top 10 category with Malaysia which was ranked 13.

Concurrently, the National Indoor Hockey Tournament since named the Raja Ashman Shah Cup, held at at Stadium Indera Mulia, saw 22 teams from throughout the country participating in the event and the AHF-MHC Technical Officials course attended by 35 participants from 14 Asian countries.

The Beginnings

The first Sultan Azlan Shah Cup was in played in 1983 in Kuala Lumpur. It was a biennial competition until 1998 when it became an annual event. From 1983 till 2006 the tournament was held in either Kuala Lumpur or Ipoh. However since 2007, on the instructions of HRH Sultan Azlan Shah, the tournament has been permanently held in Ipoh, a move that has seen the quality of the sport gradually improving.

As the name suggests, the SAS Cup is totally the initiative of HRH Sultan Azlan Shah, then Raja Tan Sri Azlan Shah, the Lord President of the Federal Court of Malaysia, an avid field hockey enthusiast who was also the President of the Malaysian Hockey Federation from 1976 until 2004.

Long Term Strategy

According to Tan Sri P. Alagendra, the current Secretary General of the Asian Hockey Federation who was the Vice President of MHF then, the Sultan Azlan Shah Cup was created to improve the performance of the Malaysian teams.

In 1975, at the Hockey World Cup tournament held in Kuala Lumpur, Malaysia emerged 4th after they were beaten by Germany, ranking them as 4th best in the world after India, Pakistan and West Germany. Subsequently, in the Junior World Cup held in Paris in 1979 and again in 1982 in Kuala Lumpur, Malaysia was ranked 4th in both events.



Malacca won the Womens Indoor Hockey tournament this year.

In order for Malaysia 'to achieve a podium finish' the strategy was to have Malaysian teams play at good tournaments with teams stronger than them and at the same time 'inspire youth to take up the game' explained Alagendra.

Back then the only opportunity to play world class hockey teams was at the Asian Games and Hockey World Cup. There was the Indira Gandhi Invitational but that was irregular and did not serve the purpose.

Hence, the Azlan Shah Cup international invitational Hockey Tournament was started. Its first tournament in 1983 had only 4 teams participating but today it is the longest surviving invitational hockey tournament and is included in the International Hockey Federations (FIH) calendar of events annually.

The tournament structure is limited to 7 teams which allows the teams to play more games and would give the Malaysian team the opportunity to compete against different styles of teams from Asia, Europe and Oceania. The teams that competed in this year's tournament were from Great Britain (ranked 4th), Korea (6th), New Zealand (7th), Pakistan (8th), Argentina (9th), India (10th) and Malaysia (13th).

Becoming the Hockey Hub

According to Dato' Abdul Rahim Md Ariff, Chairman of the SAS Cup Organising Committee, the vision of HRH Sultan Azlan Shah to make Ipoh the Hockey Hub of Asia is facilitated by the infrastructure that has been put in place.

These include the Stadium Azlan Shah for field hockey, the Stadium Indera Mulia the venue for international indoor hockey tournaments and the AHF-MHC Hockey Academy which trains hockey officials from all over Asia.

Stadium Azlan Shah, built in 1984 to Olympic standards, is the permanent venue of the Sultan Azlan Shah Cup. It has a



Asian hockey officials

seating capacity for 10,000 spectators and full media facilities. The stadium's AstroTurf was upgraded this year from green to blue and pink in time for the tournament.

"Stadium Indera Mulia indoor stadium is the only indoor stadium in Malaysia that has complete indoor hockey facilities", Rahim declared. The first Asian Indoor Hockey Tournament was held there in 2008 and has been held there since. Rahim went on to explain that indoor hockey was a strategy of the future where the basic hockey skills were learnt at indoor hockey and transferred to field hockey later.

The Asian Hockey Federation-Malaysian Hockey Confederation or AHF-MHC Hockey Academy was opened in May 2011 last year with the goal to accelerate the development of the game in Asia. The academy conducts four courses per year on coaching and umpiring with one course to be held during the Sultan Azlan Shah tournament to provide exposure for the officials. Each course can accommodate 30 participants.

As testimony of all the efforts initiated, for the first time this year, Malaysia won the Junior Asia Cup in the competition's 25 year history, when they beat Pakistan 2-1. On the national level Perak's under 18 boys and girls teams took the champions titles during this year's Malaysia School Sports Council/MSSM games.

Similarly, during this year's Sultan Azlan Shah Cup 2012, Malaysia's fielding of the senior and junior players paid dividends in terms of more spirited and creative play which showed in the results when they drew 1-1 with Korea, 3-3 with Great Britain and even managed to beat the Pakistan Team 3-2. Although finishing in 6th place, it nevertheless reflected a new spirit of play by the players.

Target – Asia Cup

Rahim, who is also the Chairman of MHC's Competitions Committee revealed that Malaysia's next target is 'to win the Asia Cup to be held in Ipoh in the 2nd quarter of next year. The winners of the Asia Cup will qualify for the World Cup tournament to be held the following year.

"That is the reason that Tuanku is bringing the Asia Cup to Ipoh next year," exclaimed Rahim, explaining that Malaysia's chances of winning against the Asian teams was strong. Malaysia is part of the top 4 Asian teams, the others being India, Pakistan and Korea. A review of its scores against the teams of India, Pakistan and Korea is a good indicator of its strength.

With the Asia Cup being held in the 2nd quarter of next year, the Sultan Azlan Shah Cup has been pushed forward to the 1st quarter, probably in February-March. Due to this rescheduling, the committee hopes to have more European teams participating.

It is apparent that what started as an initiative to expose Malaysia's hockey players to challenging experiences is beginning to bear fruit. The notion of being a Hockey Hub is feasible as Rahim says "we already have all the facilities for indoor and field hockey, an international class stadium plus an academy and we have the support of the International Hockey Federation (FIH) who include us in their calendar of events annually."

At the start of this feature the intent and purpose was to highlight the Sultan Azlan Shah Cup Invitational Hockey Tournament as an international sporting event unique to Malaysia and more specifically to Ipoh.

However, after the research it became apparent that the goal is to make Malaysia the No. 1 Hockey Team in Asia. It may have been a long journey but with all the initiatives put in place to upgrade the standard of

the game, the light at the end of the tunnel is beginning to look brighter.

Currently the short term goal is to win the Asia Cup but as Rahim so nonchalantly put it "they hope to put in more goals for the World Cup, Asian Games and ultimately the Olympics."



FIH President Leandro Negre presenting certificate to Asian Hockey official



Local Supporters at this years Sultan Azlan Shah Championships

IPOH **echo**

From the Editor's Desk

• by Fathol Zaman Bukhari

Tariq Ramadan:

Standing Up For Your Rights

To be a good citizen, regardless of race and religion, one must observe three basic fundamentals, said Tariq. "You must obey the laws of the land, you must master the language and, above all, you must be loyal."

It was one of those rare moments when something unexpected comes a calling. I was pleasantly surprised when my good friend, Din Merican, texted me to inform me of a talk by one of the world's foremost Islamic philosophers and thinkers, Tariq Ramadan. Tariq was on a three-day visit to this part of the world recently and was making whistle stops in Kuala Lumpur and Jakarta for discourses on Islam.

I jumped at the opportunity to hear a worldly man who has made a niche for himself advocating the study and re-interpretation of Islamic texts with emphasis on the heterogeneous nature of Western Muslims.

Tariq Ramadan, incidentally, is a Professor of Contemporary Islamic Studies in the Faculty of Oriental Studies at Oxford University. With such credentials Tariq will, without doubt, attract the wrong kind of following, especially in a conservative Muslim country like Malaysia.

Like they say, curiosity kills the cat. I immediately registered myself and my wife as participants for the lunchtime date at Traders Hotel Penang (formerly Shangri-La) on Tuesday, July 17. Coincidentally, I was in the city for an overdue medical check-up. The talk was sponsored by the state government under the ambit of Penang Institute, a think-tank consisting of the brightest brains formed by Chief Minister Lim Guan Eng upon his ascension to the state's highest political post in March 2008.

Tariq, as expected, did not mince his words when he took to the podium addressing the 300-odd lunch crowd consisting of a curious mix of Malaysians – the young, the not-so-young and the old. Interestingly, most of the audience consisted of non-Muslims with a sprinkling of Middle Eastern men and women whom I later learned were Palestinians. There was no shortage of Ipohites who formed a substantial number seated in the hotel's spacious yet opulent ballroom cum convention hall.

Tariq's lecture entitled, "Islam, Democracy and Human Rights: The Awakening of the Muslim World" related to things happening in the country, especially in the realm of Islamic jurisprudence. One very pertinent point he raised was on the rule of law or in our context, the rule by law.

Citizens, he reasoned, must struggle within the given framework. They must oppose existing or new laws which are unjust and discriminatory. "You know how many laws in this country need to be reformed," he said. His statement amused the crowd who cheered him on. "I am not with the Opposition, not in political terms but rather in philosophical terms. I say something which is very true. Your model is not perfect and neither are your mores."

"In the name of your conscience, as a Muslim, Buddhist, Christian or whatever you are. In the name of the citizenship you have, it's your duty to stand up for what's right, if not for your government, it's for the people who live in your country."

Tariq had touched a raw nerve and it reverberated in the hall. It resonated with the audience who remained glued to their seats, listening attentively to his every word. I was looking for some government sympathisers in the crowd but saw none. How I



wish there were.

To be a good citizen, regardless of race and religion, one must observe three basic fundamentals, said Tariq. "You must obey the laws of the land, you must master the language and, above all, you must be loyal."

Loyalty, however, has its limitations, he reasoned. "It should be critical loyalty not blind loyalty." I find this most appropriate given the propensity of the "privileged class" to blindly support whatever that comes from Putrajaya. Civil Service, Police and Armed Forces personnel are among those in this group who not only practise but subscribe to the maxim.

Mohd Sofian Makinuddin, the high-strung Special Branch officer from Bukit Aman is one typical example. His fixation with the Opposition being infiltrated by Communist and Jemaah Islamiyah seems absurd but to him that is the truth. This is the kind of blind loyalty which Tariq abhors.

As if to absolve himself of the tyranny committed by Muslims worldwide, Tariq surmised, rather succinctly, "No community is better than the other just because they're Muslims."

One member of the audience, a Palestinian, asked Tariq why he espoused the atrocities committed by Americans on Muslim prisoners in Guantanamo while Palestinians are being routinely killed and maimed by the Zionist regime. "I won't venture to describe the atrocities committed in Arab prisons. Similarly, I won't venture to explain the killing and maiming of Arabs by Arab regimes."

The impact the 49-year old Swiss citizen of Egyptian origin had on the audience was electrifying. He is a true thinker of a different pedigree. Tariq wannabes Ridzuan Tee, Jamil Khir Johari and a horde of our so-called Islamic scholars (*ulamaks*) can never come close to him, not now not ever.

EYE HEALTH The Sun and our Eyes

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr. S. S. GILL talking to us about THE SUN AND OUR EYES



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

Many people are not aware of the dangers that ultraviolet (UV) light especially from the sun can pose. Harmful UV radiation from the sun can damage various parts of the eyes including conjunctiva, lens and also the retina (nerve). Long-term exposure to sunlight increases the risk of cataract formation and also pterygia (a growth on the surface of the eye).

In short, the sun that can burn our skin can also burn our eyes! In fact, staring at the sun can cause permanent burns (solar retinopathy) resulting in scarring of the retina which is the nerve behind the eye that is very important for good vision. It is important therefore to take adequate precautions to protect your eyes from too much UV rays.

Here are some tips to protect your eyes from the sun:

SUNGLASSES:

- Get a good pair of sunglasses that block off the harmful ultraviolet or UV rays.
- The ability to block off UV light does not depend on how expensive are the sunglasses, or how dark the sunglass lenses are.
- Brand does not matter! Of course looking like James Bond or Audrey Hepburn when wearing them is a bonus but it's the quality of the glass that matters most.
- Choose a pair of sunglasses that either has a CE mark, a label that says 100% UV protection from UVA and UVB rays, or has a UV400 tag.
- Buy your sunglasses from a reputable retailer who is unlikely to sell you anything inferior.
- Choosing a pair of sunglasses that wraps all around to the side of your face is preferable as it prevents strong sunlight from passing through the unprotected sides.

CLOUDS DON'T MATTER:

- The sun's rays can easily pass through thin clouds and even the haze that has affected Malaysia of late. Do not let such weather conditions fool you into thinking that you are safe from UV rays.
- When you are outdoors in a country with cooler weather, it does not mean you are less exposed to UV light. You should still take similar precautions.
- Be careful during peak times when the sun is strongest, between 10am and 2pm.

KIDS

- Don't forget the kids! Everyone is exposed to the same risk, including children and senior citizens. Protect their eyes too especially with hats or sunglasses. There are sunglasses made for children too.

WEAR A HAT

- Broad brimmed hats, in addition to a good pair of sunglasses, work great together in protecting your eyes, not to mention make you look dashing!

NEVER LOOK AT THE SUN DIRECTLY

- This can cause serious eye problems like solar retinopathy which can damage the retina (the nerve behind the eye). In fact, it can even lead to blindness.
- Never view a solar eclipse directly through a camera, telescope, binoculars or photographic film or even sunglasses. This is very dangerous.
- The safest way to view a solar eclipse is on the television, via live camera web-viewing on the internet or through specially manufactured solar filters.

It's never too late to begin protecting your eyes from the harmful UV rays of the sun. Take all the necessary precautions to ensure that you do not succumb to eye problems that can be prevented.



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

Hospital Fatimah School of Nursing – Blessed



The new extension block of Hospital Fatimah's School of Nursing which will provide improved facilities for the school as well as enable a larger intake of students in the future, was blessed by Bishop Elect Msgr. Sebastian Francis of the Penang Diocese recently.

Also present at the auspicious event was The Congregation of the Brothers of Mercy who arrived from Switzerland, Germany and Singapore which included its Superior General Rev. Brother Peter Berg.

Hospital Fatimah was founded by the Congregation of the Brothers of Mercy and has been providing health care services to the Ipoh community since 1974. Part of the celebration included wishing Rev. Brother Wolfgang Widding who celebrated his 'grand 80th' birthday on the same day.

JAG

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Changing Our Attitude



The good news is that Malaysians have attitude. The bad news is that most of them do not realise that most of it is bad.

Take the incident which was detailed in the Ipoh Echo recently. On June 17, Priya Vivek and her family went to the Barossa Restaurant of the Royal Perak Golf Club in Ipoh to celebrate Father's Day.

What should have been a happy occasion turned into a nightmare when her family was trapped in the club lift for an hour. It was an horrendous experience for the two elderly people and two-year-old toddler in the family group of five.

No one responded to their plight. Was the alarm in the lift broken? Undeterred, they telephoned the Barossa Restaurant to summon help, only to have problems with communication.

Ms Vivek said: "I called and the person who answered the call seemed not to understand the situation or simply could not understand basic English".

Many people would have thought that Ms Vivek should have spoken Bahasa Malaysia, unless of course, Ms Vivek is not Malaysian. Perhaps, the staff were foreign workers who spoke neither Malay nor English.

It transpired that the employee who took Ms Vivek's call was the restaurant manager, who told her that they "...did not have the receptionist's number and would try to pass the message as they were busy attending to their customers in the restaurant".

This is shocking. Can someone's safety be less important than the pursuit of profit? Is the restaurant manager so callous and uncompassionate? The trapped people had to ring the restaurant manager a number of times, before finally asking for the telephone number of the maintenance staff.

The maintenance person who took their call said he would come to their aid, but he never turned up. Finally, after much banging on the lift doors, the security guard heard their cries and forced the lift doors open.

We are told that the maintenance officer did not show concern for the family or the failure of the lift. We are also told that the management of the club have not apologised for their poor customer service.

The Barossa Restaurant subsequently wrote a long letter published by the Ipoh Echo, which was littered with excuses. Although the Restaurant cannot be blamed for the equipment failure in the Club, their attitude in responding to emergency situations is appalling.

The greatest problem is the management of the Royal Perak Golf Club. Their indifference and attitude towards this incident is outrageous. Perhaps, they would have shown a more professional attitude if a *datuk* were trapped in the lift. Perhaps, Ms Vivek should have phoned the *bomba* – that would have got the management running.

In Issue 142 of the Ipoh Echo, the article "Mayor's Concerns" gave an interesting insight into the attitude of public servants and their sycophants. The article generated a lot of criticism but there were some members of society who failed to see the bigger picture.

They did not see the problems in Ipoh society but just wittered on about the way that the mayor should be addressed. They failed to understand that respect has to be earned, especially by a public figure.

The article said that the Mayor was late. This is inexcusable. It shows arrogance and a lack of respect for other people and their time. The media representative, Rosli Dahamin did not appear. So, are we to be proud of wasting other people's time?

This is a community paper and some residents have used this vehicle to express their beliefs that new blood should be injected into Ipoh. Many Ipohites suffer from the stagnation that comes when people remain in their jobs for too long. These people lack perspective and motivation. Some are simply warming their seats till their retirement.

The Town Planning Division Chief's response to the public transport system was a mind-boggling "...time is not an issue"! This sort of mentality is one reason why Ipoh lags behind.

Before they know it, 2020 will be upon them. Do we need reminding that *Visit Perak Year 2012* suffered from poor planning and a late start because of this laid-back mentality?

The article also exposed the lack of engagement by our city officials. How does one expect things to move forward with this attitude and mindset? When will our public servants reach out from their ivory towers?

The dry humour and irony of the writer is evident when the mayor says, "It's an attitude problem" to which the writer responds, "I couldn't have agreed more".

So how do you explain to the Malays what irony means, when there isn't a word, for 'irony', in the Kamus? A dull, uninspiring leader only demotivates his team. A good policy that serves Ipohites well, will outlive anyone's term in office. If a leader has a positive attitude and is committed, the team members will also be enlivened.



THINKING ALLOWED

• by Mariam Mokhtar

News Roundup

Cultural Exchange Programme

Eleven students of Otaru University of Commerce in Hokkaido, Japan, visited Ipoh for the cultural exchange programme organized by *Japan International Cooperation Center*, Tokyo recently.

They arrived at *Perak Malaysian-Japanese Friendship Society* (PMJFS) in Ipoh in the evening and met 11 host families who volunteered to take them for two nights. After a sumptuous dinner, the delegation demonstrated Yosakoi-Soranbushi dance which is one of the typical folk songs sung by fishermen in Japan. Then, the PMJFS students who were trained in the same dance in the past months, also demonstrated. Both groups of students, after having practised intensively together for two nights, then danced on stage at Penang Bon Odori Festival on July 21.

While in Ipoh, the delegation visited SMK Raja Chulan in the morning and introduced their school activities to each other and then demonstrated dances. The Raja Chulan counterparts also demonstrated their Yosakoi dande, Kompang Formasi, and showed how to play the Malay traditional game, Congkak. It was quite an exciting and well-planned exchange programme.

In the same afternoon, they visited Yamaha Electronics Manufacturing Factory in Chemor. Mr K. Suzuki, the MD, explained about its history and business in the past 21 years and took them around the factory. The visit turned out to be very meaningful and inspiring for all the students.

After Bon Odori Festival in Penang, they left for Japan on July 22 with lots of fond memories of Malaysia.



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MUSINGS ON FOOD



By See Foon Chan-Koppen

seefoon@ipohecho.com.my

SeeFoon resumes her breakfast trail

Lately, I have been swamped with visitors all keen on experiencing Ipoh's local food especially hawker food. Not being a keen breakfast person as far as roaming the streets and seeking out new delectables is concerned, preferring the quiet comfort of home with my juice and fruits, I nevertheless felt obliged to check out some new breakfast places to add to my repertoire. And I'm glad I did.

If you're coming from Meru Raya, head towards Chemor and a little way before the T-junction of Chemor town there is a row of shophouses on the left hand side with Chemor Seafood Village in the middle. If roast duck is your thing, then stop first at **Restoran Oldfriend** with its faded yellow sign (a few doors before Chemor Seafood Village) and either take away some **roast duck** or just stay and eat their duck rice which has quite a following in Ipoh. The duck here is less fatty, the skin crisp and the sauce served with it, robust. RM40 per duck but they will sell in quarters which you can choose as to whether drumstick or wing portion.

Yin Yong Pan Mee

If the option is to 'Ta Pau' or take away, then head down about 6-8 more shops, bringing along your roast duck and eat it with your **Yin Yong Pan Mee** (which is the name of their shop).

Here the **Pan Mee** (freshly made noodles quite similar to Italian pasta) is quite unusual in that you can have a choice of fresh dough made with pumpkin or coriander (*Yeem Sai*). Hence the name *Yin Yong* which means a contrast of two.

They also have a choice of sauces and styles to choose from. Having chosen between the pumpkin or the coriander, I now had the difficult task of choosing between the **Pan Mee with Garupa fishhead**, RM5.50; the **Mah Lat** (spiced with Szechwan peppercorns) RM4.00; the **curry chicken** RM4.00; or the **traditional Pan Mee** which is served with green vegetables, slivered mushrooms, fried ikan bilis RM3.50. This comes with a pleasantly flavoured sambal chilli sauce.

The noodles (choice of thin, thick or torn into bits) are nice and 'al dente' (which is firm on the bite), were right up my taste alley and I especially liked the cleanliness of the shop. Side dishes here include braised chicken feet and as we had some takeaway duck with us, we tucked into that as well.



Restaurant Blue Sky

Another morning saw me and some friends heading towards Falim arriving at **Restaurant Blue Sky** which was teeming with people and tables spilling over onto the side lane and the front of the road. For those who are unfamiliar, coming from town, head towards Falim and at the fork take Jalan Kledang Utara and just before Laluan Sg. Pari and it's visible on the right. Coming from the Lumut Highway, turn left at sign for Falim and on Jalan Kledang Utara, pass Laluan Sg. Pari, it's on the left.

Apparently it is choc-a-bloc full like this everyday, with most people coming for the large choice of different hawker dishes for which Ipoh is famous. Amongst these, most notable is the curry noodle which commands a wait of at least half an hour after placing the order. Here the curry noodles come in two styles: the dry and the wet. Naturally we ordered both which came with chicken, *char-siew*, bean sprouts and siew yoke or roast pork with skin. Of the two my personal favourite is the wet noodle with a very mild curry sauce/soup. We ordered extra prawns with our dish getting three very large and fresh prawns in addition to the usual garnitures. RM12 for both dry and wet.

Naturally, no tasting is complete unless we order practically everything in the coffee shop, which we had no problems doing. Of note are the **fried curry puffs** especially the 'special' one which we had to wait for as they had run out and were for a fresh batch to be ready. This is worth buying at RM2.00 for a giant curry puff that was oozing inside, redolent with chicken, potatoes, peas and beautiful curry flavour.

Another unusual dish and a must try is the fried **Chee Cheong Fun** fried in the style of *char-kway teow*, with bean sprouts soy sauce, chilli sauce and egg. RM3.00. The pork wontons and 'sui kao' were very flavourful too. We accompanied this feast with

'Leong Fun' coffee – grass jelly mixed in iced milk coffee. This is an unusual 'fusion' local concoction that I was initially dubious about but on first sip, I was sold.

There is such a cornucopia of different types of dishes here that it takes two to three visits to fully do justice to the variety. Do keep a note of Blue Sky for your breakfast forays.



Kedai Makanan Yin Yong Pan Mee

30 Hala Chemor 1
Taman Chemor Cemerlang
Tel: 016 592 8043
Open: 6.am-3pm Closed: Mondays

Blue Sky Restaurant

#2&2A Jalan Mas 1,
Taman Mas, Falim
Tel: 012 590 9262

HAWKER FOOD

By VWSL

Thengai Paal Appam



Thengai Paal Appam, or popularly known as just 'Appam', is a lovely crepe-like pancake made from fermented rice and coconut milk, and eaten dipped in delicious coconut milk. Its white puffed up centre is soft and tender whilst the lacy sides are brown and crisp. This breakfast favourite is best eaten warm when it's just made. (Taking it away will lose its best attributes.) Penang has always been associated with having the best Appam (amongst other things), but Ipoh can also hold its own.

Try these:

Canning Garden Market

Lovely soft centre with crisp sides; santan has just the right amount of sweetness
Opens at 8am except Mondays – 70 sen.

Restoran Bukit Merah

119 Jalan Lau Pak Khuan, Ipoh Garden.
Recommended by a Penangite. The big centre is tender, while the sides are crispy; the coconut milk may be a tad too sweet for some. Available from 7am – best go by 9am to avoid disappointment – RM1.

Simpang Pulai Restaurant & Catering

808/810 Jalan Raja Dr Nazrin Shah (Jalan Gopeng), Taman Chandan Desa, Simpang Pulai
'Homemade' taste and texture. Open every day but closes one Sunday a month – RM1.

Restoran NS Curry House

Maxwell Road
Crispy sides with soft centre. Available from 6.30am. Closes Sundays – RM1.
Stall @ Buntong beside police station (opposite Sri Maha Kaliyamman temple)
Opens every day. Must order minimum 2 for takeaway. RM1 each.

Restoran Silibin Jumbo

Jalan Silibin, Silibin
Opens every day and operates till noon – RM1.



Mango Crispy Chicken Salad

By Margarita Lee

Ingredients (A)

- 2 chicken thighs or chicken breast – deboned
- Salt and pepper to taste
- 1 egg, lightly beaten
- 3 Tbsp Cornflour or multi purpose flour
- Cooking oil for deep frying or pan frying

Ingredients (B)

- 1 mango – shredded
- 1 shallots – sliced thinly
- 1 stalk of cilantro – roughly chopped
- 2 red chillies – chopped
- 1 kaffir lime leaf – finely chopped

Ingredients (C)

- 3 Tbsp coconut palm sugar or brown sugar
- 5 Tbsp lime juice
- 2 Tbsp Thai fish sauce

Method:

1. Marinate chicken with salt and pepper for 30 minutes.
2. Dip each chicken into the beaten egg. Be sure to coat both sides evenly. Dip and drag through the cornflour. Coat chicken as thoroughly as possible.
3. Heat the oil in the pan. Add the coated chicken. Fry for about 4-5 minutes or until chicken is golden brown.
4. Sprinkle ingredients (B) on the chicken.
5. Pour (C) on top of the chicken and serve.



Ramadhan Roundup

by Rosli Mansor



Forty five orphans from the Budi Mulia Nurul Huda Orphanage, Chemor were treated to a buka puasa dinner at Excelsior Hotel, Ipoh on Thursday, July 24. Present to greet the children were Mayor Dato' Roshidi Hashim and Council Secretary, Dato' Hj Abdul Rahim Md Ariff. After a hearty meal the children were given gifts and the customary 'duit raya'.



Over 2,000 guests consisting of orphans, members of the public and non-governmental organisations were at the Chief Minister, Dato' Seri DiRaja Dr Zambry Abdul Kadir's residence on Wednesday, July 25 for buka puasa. Guests and orphans enjoyed a very sumptuous spread laid specially for them in the dining hall.



Nearly 5,000 people gathered at the Chief Minister's residence on the evening of Thursday, July 26 to break fast with Prime Minister Dato' Seri Najib Abdul Razak and his wife, Datin Seri Rosmah Mansor. It was an auspicious moment for the PM as it coincided with his 59th birthday. Among the the guests present were members of the state assembly, senior state civil servants and mosque officials. Datuk Seri Najib presented gifts to the imam of the state mosque.

Property

The Haven Tops Up

A topping-up ceremony to signify the completion of the three 26-storey apartment towers of the Haven Lakeside Residences was performed at the site on Saturday, July 21. The ceremony, reputed to be the first ever in the country, was officiated by Chief Minister Dato' Seri DiRaja Dr Zambry Abd Kadir, who chose the auspicious day, being the first day of the holy month of Ramadan.

In the spirit of the celebration, a one-day only 3% credit note on the purchase price was offered on any unit still unsold. At the point of reporting, about 75% of the units have already been sold.

In his welcome address, Peter Chan, CEO of The Haven thanked all those present which included bankers, valuers, contractors, suppliers, purchasers, media

representatives and staff for their unwavering support and belief. He also thanked Ipoh for providing him the platform to realise his vision of The Haven.



According to Peter, Ipoh is the best vacation and retirement city in the whole world. The city is no longer underrated, he said. The completion of The Haven is testimony that the city can do well. It also changed the mindset of people on condo-living in Ipoh. And despite the increase in price, The Haven is still the cheapest in Malaysia at less than RM700 per square foot, for resort condominiums of this class.

Zambry, in his speech, congratulated Peter on his vision, commitment and perseverance in putting Ipoh on the world map. The fact that this development has won many local and international awards bodes well for both The Haven and Ipoh. The State Government is appreciative of Peter's foresight and looks forward to the spin-off effect that the development will bring to the economy of the state. The Haven, said Zambry, is the catalyst that Ipoh needed.



Peter's promise of a gala night to accompany the auspicious event was fulfilled when he hosted a dinner at the site later in the evening. Guests were feted to a sumptuous spread and were entertained to music and songs by accomplished musicians specially picked for the occasion.

Emily



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.

The Plantation Man

Malaysia is fortunate to have an industrious personality in the name of Tan Sri Lee MOi Hian in Ipoh who is hailed as a true-blue planter in the palm oil industry. He is a friend to all and he finds time to be with them even with his busy schedule.

The Palm Oil Industry Leadership Award given to him by the Council is in recognition of his outstanding leadership efforts in bringing fame and honour to our beloved country in the palm oil field. I still remember and recollect his late father's struggle and contribution to make Kuala Lumpur Kepong Bhd (KLK) a blue chip company in the corporate world.

Tan Sri Lee is a humble man with a remarkable personality. Today, KLK is a reputable company to be reckoned with. All Malaysians are proud of his stewardship and his contribution in this particular industry is overwhelming. His dear wife is equally a social worker and established the Daybreak Centre in Pengkalan, Ipoh where children who are mentally and physically challenged are trained to lead a normal life.

Occasionally, I used to meet Tan Sri Lee at St Michael's Institution Ipoh where he is the Chairman of the Board of Governors of this school and when I was the Board of Governors Chairman for SM Main Convent Ipoh for over 10 years. We exchanged notes on how to improve the welfare of the students in these two schools.

Let us try to emulate his leadership qualities for the well being of mankind. Our beloved country is fortunate to have a leading figure in this fast growing palm oil industry.

Chanika Letchi

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Tourism

by Rosli Mansor

Kuala Gula's Soft-shell Crab



taste outstrips capital outlay.

Seeing is believing, so the saying goes. Your visit to Kuala Gula is incomplete without you tasting its culinary delight – soft-shell crab. Kuala Gula beckons you.

Soft-shell crab is a culinary term for crabs which have recently molted their hard old shell (exoskeleton) and are still soft. These molted crabs are then seasoned and turned into delectable dishes for an exciting epicurean adventure. Seasoning involves the use of spices popular in this part of the country. Kuala Gula's soft-shell crab growing popularity warrants a gastronomic review of major proportions befitting its stature.

Kuala Gula, incidentally, is located about 50 km south-west of Taiping or 80 km north-west of Ipoh. It is accessible from the old trunk road via the township of Selingsing. One can exit the Plus Expressway to the old trunk road via the Kamunting toll gate.

Soft-shell crab farming is a fast-growing industry in Kuala Gula, thanks in no small way to the abundance of Nipah crabs, a species that inhabits the marshland of the Matang Mangrove Forest Reserve. Kuala Gula is the southerly extension of this famous mangrove swamp.

Processing soft-shell crab may look simple to the layman but it is a tedious process that requires careful supervision and timing. Captured crabs are selected based on their size and are placed, not more than six, in each plastic container. Their pincers and legs are removed before placement.

The containers with the crabs are then submerged in the sea water at a preselected site to enable supervision. After 21 days the crabs will have a new pair of pincers and a new set of legs. The shell, having molted,



remains soft. The crabs are ready for the pot.

Among the sought after dishes prepared by the many seafood restaurants that line the Kuala Gula shoreline are sweet sour crabs, *ketam lembut 3 rasa*, a favourite delicacy with locals and fried crabs dipped in flour. Prices vary depending on the size of the crabs. The basis of consideration is RM5 per crab. This is a very conservative estimate. However, cost will not be a factor when

Lifestyle

Citrus Wine and Dine



Citrus Wine and Dine held a wine tasting dinner at their premises recently. Featuring wines from the Villa Sandi Winery in Valdobbiandene, north of Venice, Italy, the dinner with wine pairing saw 50 of Ipoh's food and wine cognoscenti gather to enjoy a 5-course meal with explanations given by wine principal, Mr Francesco, on each wine served. Owner/chef Simon Lee who prepared the delectable menu came out at the end of the meal serving to enjoy a glass with guests while his wife Erica was bustling around taking care of the guests. Judging by the orders taken for the wines, Villa Sandi had a successful evening. And so did Citrus. Well done.

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News Roundup

Spacatoon Malaysia Co-Production Deal Sealed



Spacatoon Malaysia (Spacatoon Media Hub Sdn. Bhd) recently introduced its co-production partner, SD Entertainment of Los Angeles USA, one of the most respected companies in animation today. A deal was sealed between Spacatoon Malaysia and SD entertainment for a 52 x 11 minutes pre-school animation TV series.

The co-production agreement was concluded in a simple ceremony held at Spacatoon Malaysia's Production House at Perak Techno Trade Center (PTTC), Meru recently. SD Entertainment, represented by Mr Paul Sabella, Executive Producer of The Pink Panther Animated and The Smurfs, together with Mr Jonathan Dern, co-founder of MGM Animation, and Mr Mhd Fayez Hajj Weiss Alsabbagh who represented Spacatoon Malaysia, signed the agreement witnessed by Board of Directors of Spacatoon Malaysia, En Saidon Puteh, En Aziz Wok and CEO of Spacatoon Malaysia, Hajjah Sharifah Hendon AlYahya.

Spacatoon Malaysia hopes to bring more co-productions in the near future with joint venture deals with international and local companies for worldwide distribution.

Ed

First Aid Course for Perak Turf Club Staff



St John Ambulance Perak's trainers conducted a two-day Basic First-Aid and Cardio Pulmonary Resuscitation (CPR) course for Perak Turf Club staff including the Stables, Tracks and Security departments. Manin Singh, secretary cum trainer from St John Ambulance Perak said this course was aimed at providing first-aid knowledge so that they could be well prepared for any emergency. The talk was given on respiration, fractures, blood circulation, wounds, cuts, high blood pressure, diabetes, asthma and bandages. The participants had practical demonstrations on fractures of legs and arms, and how to give artificial respiration. With the help of a dummy the participants were given a practical demonstration on the correct technique of applying mouth-to-mouth respiration.

Ed

The Malaysian Constitution

Ipoh-based Lawyer, Chan Kok Keong, said that the Malaysian Constitution is a very important document but the contents of the Constitution were never sufficiently taught in schools.



"Every American child is taught the American constitution but in Malaysia the constitution is not given in-depth coverage in the syllabus. It should be a compulsory subject," said Chan who was the guest speaker at the meeting of the Rotary Club of Taiping in Taiping recently.

Chan is a much sought after speaker on constitutional law and the Federal Constitution by many non-governmental and official organisations.

Taiping, said Chan was a very significant town for the history of the country. If not for the atomic bomb, Japan would have granted independence to Malaya on August 18, 1946 when a meeting was held at the third floor of St George's Institution to draft the constitution, also known as the Taiping Charter.

However, the new nation would only comprise of Perak, Selangor, Pahang, Negeri Sembilan and Johore. The Northern states of Kedah, Perlis, Kelantan and Terengganu would be handed over to Thailand. Penang and Malacca would remain under Japanese rule.

After the war, the Alliance Party began to negotiate for independence with the colonial power. A special independent commission known as the Reid Commission was formed. This commission then advised the Queen of England and the sultans as to the choice of the people.

The first Prime Minister, Tunku Abdul Rahman, was the chief architect of the Federal Constitution which was born during the traumatic time of the Malayan Emergency and the Cold War.

Ed

Seminar on Leadership



A seminar on leadership organised by Unit 1Malaysia, a subdivision of Yayasan Bina Upaya Darul Ridzuan (YBU) was held at a resort in Lumut recently. The objective of the two-day seminar was to impress upon participants their responsibilities in making Malaysia a secure country.

The 150-odd participants were from the Indian community in the state. They were taught the importance of racial harmony and how relationships between the major races in the country should and should not be. Dato' Zainal Abidin Omar, Chief Executive Officer of YBU and Keshvinder Singh, Adun for Malim Nawar were among those present at the seminar.

"The expose has achieved the desired results," said V. Elango, manager of Unit 1Malaysia. "It's essential that the community gets the right message from the right source rather than tainted views from the wrong source," he added.

RM

Hope for Poor Students



Living Hope Malaysia, a non-governmental organisation founded by Ipoh-born philanthropist, Dr Peggy Chan Wong, celebrated its 5th anniversary by hosting a feeding programme for 40 young students recently. The event was part of its on-going "One Egg One Child" feeding programme and was held at SJK (C) Hing Hwa, Tambun.

The occasion was made memorable with the presentation of cheques worth RM3,000 each to the principals of SJK (C) Hing Hwa and SJK (C) Tat Choi, Tg Rambutan by Dr Peggy. Living Hope's "One Egg One Child" programme provides one meal per school day to children of very poor families. All the 40 chosen students would be given free lunch till the end of the year.

In her address, Dr Peggy stressed the benefits of a good education and how it would help students avoid the poverty trap. She thanked the principals of both schools for identifying the needy children. The children received a hamper each consisting of biscuits and were treated to a sumptuous spread before returning home.

Kani

Blood Donation Campaign

A blood donation drive was launched by Dato' Dr Mah Hang Soon, Executive Councillor for Health, at Hospital Raja Permaisuri Bainun recently. This is the third consecutive year the hospital is running the campaign where donors are encouraged to donate blood at night. Donors will be rewarded according to the frequency of donations. Those who donated more than 16 times will be given free outpatient treatment for two years. The privileges get better the more the donor donates.

Donors should not focus on the privileges alone, said Mah. They should take pride in the knowledge that their blood has been given to deserving people in the hospital. Patients who need blood will receive the required type and amount regardless of race, assured the executive councillor.

Hospitals in Perak received over 51,000 donors in 2010. Last year the number exceeded the 53,000-



mark. "The number is set to increase this year," Mah told reporters.

For the fasting month of Ramadan, Muslim donors can donate their blood between 8.30pm to 10.00pm from Tuesday to Thursday. Make a date with Hospital Raja Permaisuri Bainun, Ipoh.

Tiffany

Contributor Award 2012

The inaugural Contributor Award 2012 held recently was a glitzy night complete with Menteri Besar Dato' Seri DiRaja Zambry Abdul Kadir attired in a bow tie.

The theme of 'Business Continuity Through Exemplary Contribution', it was organised by World Trend Corporate Sdn Bhd. There were two categories of awards, namely: Honorable and Contributor and were awarded to recognise and honour business leaders who have consistently contributed time and resources to their community.

A factor for selection was the awardees must be from Perak and had business interests in the state. Additionally it was supported by the Young Entrepreneurs Association of Malaysia (PUMM) and endorsed by the Perak State government.

There were a total of 28 awardees. The Honorable category included Dato' Ting Sing Yiew of Morubina Group and Dato' Ong Ang Pieu of Ang Pieu Sculptural Sdn Bhd. The sole Platinum Honorable Award went to Professor Emeritus Tan Sri Dato' Seri Paduka Dr Lim Kok Wing of LIMKOKWING University of Creative Technology.

The Contributor Award Individual category saw an interesting mix of young Perak entrepreneurs such as, Kenny Chin of Family Confectionery, Chai Seong Yee of E-Wood Moulding and even Jack Lim Teik Yin (of Ah Beng the Movie fame) of The Film Engine Sdn Bhd received the award under the Personal Development category.

Also included was our famous Mr Wong Chiew Sun of the renowned Restaurant Tauge Ayam Lou Wong Ipoh Sdn Bhd but unfortunately he could not be present to receive the award from Dato' Seri Ong Tee Keat, the Adviser to the Awards Committee.

According to Jenson Ng, the Organising Chairperson for World Trend Corporate, a goal of the Contributor Award is to encourage young entrepreneurs to continue living in Perak and actively contribute to its growth and hopefully prevent a brain drain from the state. With the interesting mix of awardees being given their due recognition by the state, it just might be a solution. Time will tell.

JAG

News Roundup

Fish Quality Certifications



Our local fishing industry makes for an insignificant fraction of the global fish industry. Few will recall the disastrous ban imposed on Malaysian fish and fish by-products by the European Union (EU) in 2008. This was because we failed to meet EU standards and overall quality requirements. The ban had severe implications on local fish farmers, vessel fishing

enterprises and manufacturers. Many went bust.

The fishery department decided to provide a way out for the local players. It came up with two programmes to train, upgrade and certify those in the industry. Good *Aquaculture Practice Certificate* (GAPC) or *Sijil Amalan Akuakultur Baik* was drawn up specifically for the Malaysian suppliers. It was in response to public's concern on food safety, especially fish. *Fish Quality Certification* (FQC) is structured to ensure that fish exported to the EU nations meet the Union's requirements. Training is conducted free of charge.

The training centre in Sitiawan recently presented GAPC certificates to 36 participants and FQC certificates to 25 upon completion of the course. The GAPC is renewable every two years while FQC requires annual renewal. The presentation ceremony was graced by the Director-General of the Fishery Department Malaysia, Dato' Ahamad Sabki bin Mahmood. Ahamad Sabki hoped industrial players would upgrade their fish business to meet local and international standards. "Although Malaysia constitutes only a tiny portion to the global market, it is the department's goal for our people to compete in the global marketplace."

In 2006, the Aquaculture Division of Fisheries of the Department of Fishery Malaysia released the general guidelines on aquaculture farming. The Bio-safety Unit was formed later. It audits, monitors and evaluates aquaculture farms in the country. To date there are 27 certified aquaculture farms, 42 certified vessel owners and 12 fish by-product manufacturers. This is relatively small, as the courses are provided upon request by industry players. It is the aspiration of the Department that the free training will encourage those in the industry to upgrade their status.

Those with GAPC certification can sell their fish to governmental bodies and organisations at a higher price of RM12 to RM13 per kilo while those without GAPC certification will get about RM7 per kilo. The training will also teach farmers how to protect their livestock from diseases such as the "white spot". FQC holders can engage in international export of fish.

Information on the training programme is available at www.dof.gov.my. You can email to biosekuriti@perak@yahoo.com for details. Contact person: Pn Nurul Faizah: 0165550597 or En Amir: 0197519349 or call the Ipoh office: 05-2554637.

Sharm

Hospital Fatimah's Record Graduation



Hospital Fatimah School of Nursing recently set a new record in the Malaysian Nursing Board Registration Examinations for Assistant Nurses recently by obtaining 100% passing rates.

There were a total of 58 graduates, 34 Assistant Nurses and 24 Registered Nurses with 22 of them passing with distinction. Of the 34 Assistant Nurses, 19 obtained distinctions, while three of the 24 Registered Nurses passed with distinction.

Dato' Chan Yew Mun (3rd from right above), the Director of Hospital Fatimah's School of Nursing, praised the students for "studying diligently and doing so well" in the final exam.

Similarly, Ms Mary Narayanasamy, the Principal Tutor in charge of the School said she was very proud of this batch of 2010 students and described them as being "very hard working and committed, this is the first time we have had so many who passed with distinction".

Dato' Chan and Reverend Brother Peter Berg, the Superior General of the *Brothers of Mercy*, later presented the graduates their certificates.

JAG



Volunteers' Pangkor Escapade

Volunteers from Squad IBU of *Yayasan Bina Upaya Darul Ridzuan* (YBU) let their hair down at a get-together in Pangkor Island recently. The purpose of the 3-days-2-nights gathering was twofold: to unwind after a busy month and to refresh on their responsibilities as volunteers.

The event was organised by Jodh Singh, Squad IBU's coordinator with the assistance of Keshvinder Singh, Adun for Malim Nawar. Since YBU's micro-credit scheme is still not widely known, the volunteers were again told of its benefits. "The refresher would enable the volunteers to pass on the message to the masses," said Megat Rosli from the micro-credit division to Ipoh Echo. Megat spoke on the subject in greater detail.

Once classroom lessons were over, the volunteers let off steam by indulging in a number of activities. Their favourite was the night-long karaoke session where prizes, ranging from hampers to mobile phones to i-pads, were up for grabs, goodies the participants found tempting to let loose their vocal chords, notwithstanding the quality.

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Young Perak

Scholarships for UTAR Students



Three Universiti Tunku Abdul Rahman (UTAR) undergraduates received scholarships from Kuala Lumpur Kepong Bhd (KLK) at a ceremony held at the UTAR Perak Campus recently.

The scholarships were presented by KLK Bhd

Regional Director (Peninsular Malaysia), Teh Sar Moh Nee to Oon Xoong Harn, Tang Zhi Wei and Sim Wee Kee, who are pursuing bachelor's degrees in Agricultural Science. Each received RM30,000 for their three-year programme.

"This is the first time KLK scholarships have been presented to UTAR students," said UTAR President Ir Professor Dato' Dr Chuah Hean Teik. He congratulated the recipients and thanked KLK for giving the scholarships.

"Involvement by the private sector players such as KLK, a business corporation, and UTAR, a private university, is vital to the success of the agriculture sector in Malaysia," said Professor Chuah, adding that UTAR had spearheaded initiatives related to Agricultural Science and Agronomy. Among them were the establishment of the Tan Sri Philip Kuok Professorial Chair in Agricultural Science and the holding of seminars on agriculture technology.

Teh, in response, said that it was heartening to know

that the university is offering the Agricultural Science programme that would bring profound benefits to the country. He congratulated the trio for being the chosen ones.

Tang, who comes from a single-parent household, said that the KLK scholarship would ease his mother's burden significantly. Recipient, Oon said that the scholarship acts as an encouragement for him to work harder. "It motivates me indirectly to be a more responsible person, forthwith." Sim, who hails from Sabah, hoped that his pursuit of agricultural science would enable him to contribute positively to the country's agronomic sector.

Kuala Lumpur Kepong Berhad is a Malaysian multinational corporation which is listed on the main board of Bursa Malaysia Securities Berhad. The corporation is involved in plantations, oleochemicals, property development and retailing.

Ed

Craft and Colour at Good Shepherd Family Home



FACES Youth Society, together with Zakka Loft, brought joy and laughter through a handicraft learning session to the 30 children of Good Shepherd Family Home (GSFH), Ipoh recently.

Aged 4 to 17, the children of GSFH were taught to create a doll puppy using a sock and some cotton. Four handicraft instructors from Zakka Loft were at the children's home to teach and demonstrate the know-how of sewing the doll. The children, with support and guidance from the ever passionate volunteers of FACES, enjoyed themselves in this simple yet fun handicraft session.

After two hours of hard work, it was a delightful scene as each and every child was seen to have their own customized doll puppies in their hands. Soya bean drinks, cakes and biscuits were then distributed to each child after the handicraft session. Sundry items, donated by the members of the public were also delivered to GSFH on the same day.

Good Shepherd Family Home is in need of kind donations in the form of cash and also items. The public are welcome to visit the home to find out more about them. They are located at: Lot 1437, Jalan Bali, Buntong New Village, 30100 Ipoh. For more information, please contact Ms Jennifer Arokiam at 017-5611767.

Laptops for Students



The Association of Wives of State Assemblymen (BAIDURI) and K-Perak Incorporated, a state-linked company, gave away 25 laptops to needy students from four selected schools in Perak. The presentation ceremony, held at the Chief Minister's residence recently, was graced by the CM's wife, Datin Seri DiRaja Saripah Zulkipri and K-Perak's acting Chief Executive Officer, Saidon Puteh.

"The recipients are from low-income families whose take-home pay is less than RM1,500 a month," said Saidon to reporters. Over 100,000 Malaysia computers have been given to deserving students, as part of the nationwide drive to provide computers to the poor. K-Perak and BAIDURI are spearheading the drive in Perak.

The presentation ceremony, on the appointed date, was the first of many to come. The four schools are SMK Seri Iskandar; SMK Kampung Boyan, Taiping; SMK Sultan Idris, Kuala Kangsar and SMK Sg Pari, Ipoh. One other beneficiary is Kelas Pendidikan Khas, Kampung Tawas, Ipoh.

"Although the gifts are small in monetary value, the benefits derived are enormous," said Datin Saripah. "They help in creating an ICT-driven society befitting the modern technological age."

A beaming Martin Dass from SMK Sg Pari interjected, "I no longer need to borrow my classmate's computer to do my class assignments. This laptop is my Saviour and will remain dear to me." Rosli Abdul Rahman, who received on behalf of his son, was moved by the gesture. "My son's dream of owning a computer is finally realised."

RM

Best Graduate Award

This year's Synthomer Best Chemistry Graduate Award was won by Khoo Hooi Tee of Universiti Tunku Abdul Rahman (UTAR). She received the award at a presentation ceremony held at the Perak campus on Wednesday, July 25.

Khoo received an additional RM3,000 along with the award. Minhat Wahid, Synthomer Sdn Bhd's Director of Human Resources, presented the award on behalf of the corporation. Khoo has successfully completed her Bachelor of Science (Hons) Chemistry degree with a First Class Honours. Convocation will be in October.

Khoo is the third recipient of the Synthomer award. She plans to pursue a Master's degree in the field of chemistry and hopes to secure a scholarship.

The presentation is made more meaningful as it coincides with the university's 10th anniversary. The October Convocation will be held in the new hall.

For the record, UTAR went into a formal partnership on Research and Development with Synthomer Sdn Bhd in 2010. Johore-based Synthomer Sdn Bhd, one of the world's major suppliers of lattices and emulsion polymers, currently sponsors two postgraduate students at UTAR.

Among the dignitaries present at the ceremony were UTAR Council Chairman, Tun Dr Ling Liong Sik, UTAR President, Dato' Dr Chuah Hean Teik, Dean Faculty of Science, Dr Lim Tuck Meng and Vice President of Research and Development, Dr Lee Sze Wei.

Tiffany



Community

Houses for Flood Victims



Five flood victims from Sungai Jernih and Kampung Siam of Kubu Gajah, whose houses were destroyed during the recent floods in the area, can now heave a sigh of relief. Their misfortunes, which gained much publicity following the April floods, prompted Yayasan Bina

Upaya Darul Ridzuan (YBU) to respond in kind. The foundation has undertaken the responsibility of building new houses for them. The beneficiaries are Zainab Abdul Kadir, 80, Mohd Termizi Tajudin, 50, Zakaria Alwi, 71, his wife Sabariah Mat Asek, 61, and Chik Hashim, 80. Their houses were swept away by floodwaters. Sabariah's house in Kampung Siam collapsed due to a weak foundation caused by the inundation.

"The aid package is worth over RM60,000," said Dato' Zainal Abiddin Omar, Chief Executive Officer of YBU. "We'll build the new houses at a safer site, as the present location is no longer suitable."

The recipients were lost for words when asked to comment. "It's God-sent," said Sabariah. "I've never expected such generosity," remarked her husband, Zakaria Alwi.

RM

Michelle Yeoh celebrates with friends



From L: May Chan, Datin Jade Ting, Mrs & Mr Edward Tan, Dato' Seri Michelle Yeoh, Dato' Jean Todt, Jenny Yap and Dato' Ting Sing Yiew

A group of friends and family threw a party for Dato' Seri Michelle Yeoh to celebrate both her 50th birthday and her new title which was conferred by HRH Sultan Azlan Shah recently.

Friends from Hong Kong, Kuala Lumpur and a big turnout from Ipoh gathered at the ballroom of Kinta Riverfront Hotel for the occasion. It was glitz and glam as over a hundred guests consisting of film directors, artistes from Hong Kong mixed and mingled with Macau's casino magnet's daughter Pansy Ho, Jackie Chan's manager, Willy Chan who happens to be an Ipoh boy, and Jean Todt, Michelle's fiance of Ferrari fame.

In a touching video message, Dato' Yeoh Kian Teik, Michelle's father, sang a song for his daughter from his bed as he was indisposed and unable to attend the party. Datin Janet Yeoh in a touching comic gesture, brought a bowl of soup for Michelle on the dance floor and announced to the crowd, "now for those of you who have accused me of not

Eye Chat – From a Retinal Surgeon's Perspective

Omega 3 fatty acids and Macular Degeneration

Previously, I had talked about nutritional supplements for age related macular degeneration (AMD) and further research is now ongoing to look at the benefits of omega 3 fatty acids as well as lutein and zeaxanthin in a large clinical trial known as AREDS 2 (Age Related Eye Diseases Study).



What are Omega 3 fatty acids?

These polyunsaturated fats are essential nutrients as they cannot be synthesized in our body. The omega 3 fatty acids are made up of short chain alpha-linolenic acid and the long chain docosahexanoic acid (DHA) and eicosapentanoic acid (EPA). Examples of foods rich in omega 3 fatty acids are fish, shellfish, flaxseed, walnuts and soy bean.

Importance to the retina?

The brain and eye are highly enriched with omega 3 fatty acids which accumulate in these tissues during early neonatal life. DHA is a major structural lipid in the retina particularly the disc membranes of the photoreceptor outer segments. The photoreceptors are very metabolically active as they are responsible for converting light energy into electrical impulses to be transmitted to the brain for interpretation of images. Consequently, a steady supply of DHA is required for normal retinal function. The complete function of omega 3 fatty acids in the retina is still not fully understood but it is postulated that they have other neuroprotective and anti-angiogenic effects.

Omega 3 and Omega 6 fatty acids imbalance

Humans evolved on a diet with a 1:1 ratio of omega 6:omega 3 but in the industrialized countries nowadays, our diets are more like 12:1 or even 18:1! This hugely disproportionate intake of omega 6 fatty acids has been contributory in the observed increased incidence of heart disease, cancer and other inflammatory disorders. Basically, omega 6 fatty acids exert pro-inflammatory effects whereas omega 3 fatty acids exert anti-inflammatory effects but both are required by our body (in proportionate amounts) for normal functioning.

Omega 3 and AMD

Age Related Macular Degeneration is the leading cause of blindness in developed nations and intense research into the treatment and prevention of this disease has led to observational studies showing evidence supporting the association between omega 3 fatty acids and AMD. A high intake of individual fatty acids such as linoleic acid and a high cholesterol intake could lead to an increased risk of AMD. In contrast, epidemiological studies have shown that an increased intake of omega 3 fatty acids could have a protective role especially in wet AMD.

Historically, low incidences of AMD have been reported in Japan and Iceland where fish consumption is high but in recent times, more and more of this disease have been seen in these countries which could reflect a change in the dietary behavior towards a more "western diet".

Striking a Balance - Making a Difference

It is therefore, very important to have the correct balance of omega 6 and omega 3 fatty acids in our diet. In our current food environment, it is very difficult to get away from the omega 6 overload as almost all our food is cooked with sunflower oil or corn oil or other vegetable oils and all these are laden with omega 6. A lot of food manufacturers of health foods in specialty stores will also coat their products with vegetable oil to improve the texture and taste and unwitting consumers who believe they are taking the healthy option, are in fact tipping the scales towards the omega 6 imbalance.

We are currently victims of modern society and of our lifestyles. Knowing that a lot of these "lifestyle diseases" such as high blood pressure, diabetes, heart disease, etc can be prevented with modified behaviour and habits, we should make an effort to change our ways. For some more information on how to "tip the balance in your favour" visit my blog on www.lec.com.my/youcare-eyecare.

For more information about this topic or other eye health subjects, please visit my blog at: www.lec.com.my/youcare-eyecare. Or call Lee Eye Centre : 05-254 0095.



Dr Lee Mun Wai



Pansy Ho and Gary Ting



Centre: Datin Janet Yeoh

ever having learnt to cook, here is a bowl of soup for which I went to great lengths to learn to make".

Michelle's niece Vicky received a surprise birthday cake as she cut her cake in tandem with Auntie Michelle. All in all a most prestigious affair and thank you Michelle for bringing the buzz back to Ipoh.

Sport



Jang Jung to the Fore

Perak FA has appointed former South Korean star defender, Jang Jung, as the interim coach for their Malaysia Cup campaign. The 48-year-old was part of Perak's team during the early 1990s. He has been drafted to revive Perak's fortunes with Norizan Bakar being given a temporary leave of absence.

Perak FA Chairman, Dato' Zainol Padzi confirmed the appointment at a press conference recently. Jang signed a three-month deal to help the team in the upcoming Malaysia Cup campaign.



Jang Jung was previously the Sri Lankan national team coach, after initially guiding their Under-23 side. He had coaching stints with Geylang United and Balestier Khalsa in the Singapore League.

However, it remains to be seen whether Jang Jung can improve Perak's

fortunes in the Malaysia Cup. After finishing fourth in the recently concluded Super League, Perak has been placed in Group A for the Malaysia Cup draw, thus avoiding teams such as Kelantan, LionsXII and Selangor.

This year's edition of the tournament will be an interesting one with the rise in stature of the second tier Premier League clubs. Armed Forces (ATM) were absolutely superior winning the Premier League title and they have signalled their intent of making an impression in the Malaysia Cup. The list also includes Pahang, who outclassed three Super League sides to win the play-offs that guaranteed them a spot in the Super League next year.

With these strong sides in the same grouping, the prospect of Perak having some tough fixtures is definitely there. Nevertheless, they will be banking on their import duo, Michal Kubala and Albert Bodjongo, to spur them on.

Both men were equally influential during the Super League campaign, with Kubala finishing the season as Perak's top scorer. The Slovakian midfielder's set-piece capabilities are already well-known throughout the nation. Therefore, opposing teams will definitely keep a keen eye on him. And despite arriving on the scene a little late, Bodjongo has been successful in exerting his influence on the team with some inspirational performances upfront.

If Jang Jung can find the right formula, Perak could be in for an entertaining journey in the Malaysia Cup.

Perak Koshiki Karatedo Championship 2012

Over two hundred martial art exponents converged at SJK (C) Sam Chai Ipoh, recently in a bid to become the ultimate fight champion. They represented ten different associations from Perak, Penang, Selangor and Kedah, as well as India, Indonesia and Japan, and competed with each other using their respective martial art skills, including taekwondo, karate, kickboxing and muay thai.

Perak Koshiki Karatedo Open Championship 2012 was organised by the Perak Koshiki Karatedo Association, together with Perak Youth and Sports Department and the Perak Sports Council. It was the ninth tournament in a row.

There were a total of fourteen categories, from Boys' Kumite Under-8 to the most exciting Men's Kumite 63.5kg and above, which saw international participation. Although the top four participants per category walked away with only a medal each, the best two fighters from Malaysia will have a chance to compete in the karate world championships in Azerbaijan this October.

In the Men's Kumite 63.5kg and above, Ang Yit Chiang's Koshiki (hard contact karate) easily defeated Chan Wai Chun's taekwondo.

Shihan Hiroshi Hisataka, the founder of Asia-Pacific Koshiki Karate-do, was once again the chief referee of the



tournament, as he supported the growth and development of Koshiki Karatedo in Malaysia.

Results:
Men's Kata Open – Lou Chan Hui
Men's Kumite Below 63.5kg – Sim Sang Mitchell
Men's Kumite 63.5kg & above – Ang Yit Chiang
Women's Kata Open – Nurhafifah bt. Mohd. Dzulkiflee
Women's Kumite Open – Joanna Tan Lee Chin.

Emily

Thumbs Up

Hospital Fatimah Takes Measures to Improve Traffic Congestion



Following a letter from a resident published on June 1 (IE Issue 144), Hospital Fatimah is taking measures to improve the congestion of traffic around its neighbourhood caused by the increasing number of patients to the Hospital and the limited parking lots within its grounds. In a letter addressed to neighbourhood residents, the Hospital stated that, although it has no control over where patients park their cars outside the Hospital, it is taking steps to address the issue by:

1. Intensifying efforts to construct more car parks within the Hospital grounds.
2. Implementing carpooling and back-to-back parking for staff cars.
3. Surveying the neighbourhood during peak hours for cars parked haphazardly and announcing through its public address system, advising patients to remove their cars (much like what is done in shopping malls).

Much like the other private hospitals in Ipoh, Hospital Fatimah shows that it has recognised and borne the responsibility of improving the parking situation.

Another major parking problem is at the Hospital Tuanku Bainun (General Hospital). It is hoped that the management of the General Hospital are taking similar measures to alleviate their patients' parking problems.

VWSL

Three additional loan signings can be made. It will be interesting to see how the Seladangs perform with these new signings. The team lacks capable strikers.

With only a month left for preparation, the one thing on the South Korean's mind now is to find the best combination with the players at his disposal. And this is no mean task.

Keesh

KPJ Ipoh Wins Menteri Besar Cup 2012



KPJ Ipoh Specialist Hospital won the Menteri Besar Cup of 2012 over Persatuan Bola Sepak Manjung, 2-1. The final match, held at Stadium Astaka, Sitiawan, Perak, saw hundreds of supporters from the Hospital at the venue despite the distance.

With the formation of 4-4-2, defender, Thanabalan had the first strike followed by midfielder, Saviri. The mastermind, Saviri was voted best player of the match.

KPJ Ipoh Specialist Hospital achieved a record for being an undefeated team – winning every game throughout this championship.