

IPOH ECHO
wishes all our
Muslim readers
*Selamat Hari Raya
Aidiladha*



www.ipohecho.com.my

IPOH **e**cho

FREE COPY

Your Voice In The Community

October 16-31, 2012

PP 14252/10/2012(031136)

30 SEN FOR DELIVERY TO YOUR DOORSTEP -
ASK YOUR NEWSVENDOR

ISSUE **153**

■ Too Little Too Late



Page 3

■ Night of Shame



Page 4

■ Perak Resource Centre
for Breast Cancer Patients



Page 6

■ Rebuilding Waller Court



Page 7



by James Gough

St Michael's Institution Centenary Celebration

Cherishing the Past, Embracing the Future



The recently held St Michael's Institution centenary celebration dinner held on September 29 saw the largest turnout ever in its 100-year history. The celebration dinner, held on the school field in the shadow of the school, attracted over 3000 of its former students from all over the world as well as locally, some of whom have not returned to Ipoh for over forty years.

Continued on page 2

The Michaelian Spirit-Alive and Well In Ipoh



Bro Vincent handing certificates to Silver Jubilarians

The annual dinner regularly attracts an average of 80 to 90 tables per year. However, this being a centenary year celebration, the attendance reached an all time high of more than 300 tables translating to over 3000 diners with some table bookings having been made as early as a year ago.

It was a 'Who's Who' in Malaysia seated at the various tables as the list of old boys who have made it to the top of their fields gathered to salute their alma mater and pay respect to the La Salle Brothers, Dato' Brother Vincent Corkery, Brother Visitor Brother Edmundo Fernandez and Brother Anthony Rogers, who have dedicated their lives to mentoring their charges and looking after the welfare of the school. Sitting with them were its Board of Governors Chairman, Tan Sri Lee Oi Hian and School Principal Madam Loh Wei Seng.

"No Press Please, I'm here as an Old Boy" – IGP

Being an old boys' gathering, no invitations were sent to any VIPs. Nevertheless a prominent Old Boy, Malaysia's Inspector General of Police Tan Sri Ismail Omar was in attendance. After greeting Brother Vincent he promptly told the media "today I am here as an old boy" saying he had wanted to attend the annual dinner many times and wasn't going to miss this historical occasion.

As he spoke to the media, he pointed to the ground floor classroom where he attended the moral studies class. Then with a wide smile and arms linked, he introduced his classmate Hanson Lau and schoolmate Lawrence Lim whom he played badminton with regularly at the school's badminton courts next to the canteen. "There were no badminton courts in enclosed halls those days," he added.

So such was the mood of nostalgia that marked the entire evening as former students made merry and reminisced about the good old days. The dinner was also its noisiest ever as former students and friends hailed each other with shouts of joy some having not set eyes on one another for many years.

Faith, Service and Community

While the centenary celebration was the perfect "must attend annual dinner" excuse, it was also a good testimony that the old Michaelian school spirit of 'Valiant and True' was still burning proud and strong.

St Michael's Institution when approached many years ago by the State Education Department to become an Elite school, the Board of Governors of the school promptly turned down the offer saying it was against the tradition of the school.

The three principles of SMI are the La Sallian values of *Faith* (strong spiritual conviction irrespective of religion), *Service* (to serve and not to be served) and *Community* (working together for a common goal).

According to Brother Vincent, the St Michael's tradition for the school is to be all inclusive where no child is denied admission. Vincent also stated that St Michael's does not practise streaming, stating that each class was made up of students of mixed ability with a quota for brilliant, average and weak students. He elaborated that it was "terrible to group weak students together where they experience no success or pride in their work". As such, St Michael's focuses on developing a wholesome student.

Teachers of the Past Dedicated and Genuinely Concerned

Undoubtedly it was easier previously as the school staff consisted of their former students who knew and could maintain the traditions of the school. Then too SMI was remembered fondly by her alumni even after 100 years because of the La Salle brothers and the teachers.

Teachers of the past taught with dedication and harboured genuine concern for their students' future. It was their love for their vocation that motivated them. It was this



(l-r) IGP Ismail Omar, Timothy Chee, Hanson Lau, Thomas Choo and Lee Oi Hian

passionate attitude from teachers that made SMI a great school. And it showed in the numerous activities available and achievements garnered then.

All Round Excellence

In sport its activities then included swimming, rugby, cricket, athletics, football, hockey, badminton, gymnastics, fencing and judo and produced numerous national athletes such as the pair of Ng Boon Bee and Tan Yee Khan, who won the *All England Doubles Championship* in 1965 and 1967.

Its other extra-curricular activities included the School Band, Cadet Corp, Air Cadets, St John Ambulance, Chinese Orchestra and, one of its longest active society, the *Arts, Drama and Musical Society* (ADAMS).

On this Centennial Year, the society appropriately staged a play on the story about Jean Baptiste de La Salle, the founder of the La Sallian Brothers, called *Jean Baptiste – The Lost Chronicles* directed by its former art teacher Timothy Chee, while the play was written by his son Ian.

The Challenge of the Future

Admittedly, the high standards of before have declined. Even though the activities of the school band and drama society are still very active, "it is the sports activities that have declined drastically," lamented Brother Vincent.

Herein lies the challenge for the future on how to maintain the glory days of yesteryear. According to Brother Vincent "it will be difficult" unlike earlier as the duty of care by the teachers towards their students has declined. This is due to a changed environment, one of which is that the Headmaster is not a Brother.

To overcome this, the board tries to appoint suitable candidates for its administrative



Old Michaelians posing with Brother Vincent

positions. An example of this is the appointment of Madam Loh Wei Seng, SMI's first Lady Principal and an Old Michaelian, who did her Form Six at the school in 1973/74.

Where previously parents came to school and expressly gave permission to teachers to discipline their children, today, many parents do not support this as most parents are very involved in their children's education.

Throw in private tuition, the distraction from the internet and computer games into the equation, and the role of the teacher is reduced to being a mere facilitator in the learning process, no longer the source of inspiration nor role model.

A Wholesome Education Still Encouraged

PTA Chairman Joseph Michael Lee highlighted that SMI still has a number of teachers dedicated to the concept of a wholesome education, encompassing both academic and personal development.

Additionally the Board of Governors (BOG), Old Michaelians Associations (OMA) and the Parent Teachers Association (PTA) cooperate with the school's administrators to keep alive the La Sallian value of caring for *the Last, the Lost and the Least*.

Lee added that in SMI, "our Board Chairman does not ask the Principal how many top scorers we have but he wants to know how many children failed. We never fail to tell the teachers that it is all right for the students to make mistakes for it is only in school that they can make errors and need not have to pay dearly for them. Additionally, we encourage our students to organise and lead events. Our recent Centennial Mass was organised by the students and it went very well."

La Salle Values

"There is also the role of the La Salle Centre, located next to the school, that selects student leaders active in the various school activities. These students are exposed to the La Salle values and traditions through workshops and seminars and whose goal is to carry on the La Salle values during their activities," Michael Lee added.

The Chairman of the Schools Board of Governors, Tan Sri Lee Oi Hian echoed similar sentiments, saying the Board's role was to ensure the school has the right environment to thrive and to facilitate maintenance of the school spirit.

"St Michael's is a recognised name among the Ipoh community. Every generation that walks through its doors won't be the same but the tradition we maintain to develop a wholesome student will help them remember that they studied in an institution with a good learning environment where long friendships were made," Tan Sri Lee concluded.

Over the last five years, SMI, which consists of SM St Michael's Institution, SK St Michael's 1, SK St Michael's 2 and SK La Salle, Ipoh, has been upgrading its infrastructure.

The main building had its roof replaced and was given a new coat of paint, its chapel was upgraded and reopened last year while its toilet underwent a 5-star makeover. Even its primary school SMI Primary 1 and 2, previously a single storey block, has been housed in a new 4-storey building aptly named the *Brother U-Paul Building*.

It is said that a school, no matter how magnificent its architecture, is just bricks and mortar. It is the teachers and administrators within the school that make a school great.

After 100 years and through all its efforts and initiatives SMI has risen up to face its many challenges and can now embrace its future confidently.

IPOH echo

From the Editor's Desk

• by Fathol Zaman Bukhari

TOO LITTLE TOO LATE

The empowerment of these groupings not only enriches but enhances public participation in democracies. But can we achieve such lofty standards when proponents of a group that vouches for free and fair elections are being demonised?

The term "civil society" is often linked to freedom and liberty of the masses. As such, those who advocate civil society may not necessarily be the apple in the eye of an establishment that abhors free speech, free press and freedom of movements. Malaysians are only recently introduced to this term, thus many are still unfamiliar with its meaning. The concept of a civil society made its mark in American discourses only in the late 1980s.

The simplest way to define civil society is to consider it as the "third sector" after two oft-quoted sectors, public and private sectors. The distinction between the two is that civil society refers essentially to the so-called "intermediary institutions" such as professional associations, religious groups, labour unions, citizen advocacy organisations et al, which give a face and a voice to society in general.

The empowerment of these groupings not only enriches but enhances public participation in democracies. That, however, is the ideal. But can we achieve such lofty standards when proponents of a group that vouches for free and fair elections are being routinely hounded and demonised?

Since Dato' Seri DiRaja Dr Zambry Abd Kadir's ascendancy to the Chief Ministerial post of Perak on February 6, 2009, talks were rife that constructive engagement with civil society would be the staple of the new government. The days that the government knows best were over, declared the Prime Minister and the sentiment was echoed by Zambry, nonetheless. Perakeans were thrilled that people's participation in determining their destiny was becoming a reality.

Institut Darul Ridzuan (IDR), an independent think-tank formed in 2005 and given a new lease of life by Zambry, was tasked to prepare the groundwork for the much-awaited discourse. Overtures to non-governmental organisations, associations and advocacy groups were made. They were tempted with the prospect of being elected to the august Majlis Masyarakat Sivil Aman Jaya (Aman Jaya Civil Society Council). The council will consist of both BN friendly and unfriendly NGOs' heads selected based on pre-determined criteria.



That idea was mooted in mid-2009 but became a non-starter largely due to inertia on the part of IDR. "There were simply too many hurdles to clear," said a lady staff entrusted with its organisation. Finally when it took off the timing was way off the course and so was public interest. The invitation, that we from the media received, warned of limited seating capacity in the hall where the inaugural council meeting would be held. We were required to come early, as the invitation proudly proclaimed that "participants are strictly for those who have registered before the deadline".

The first Majlis Masyarakat Sivil Aman Jaya meeting was held on Sunday, September 30 at the Operations Room of the Secretariat Building, Ipoh. Dato' Dr Mah Hang Soon, standing in for the Chief Minister, officiated at the launch. Some 200-odd people were present to witness the ceremony, a far cry from what was generally expected.

The highlight was the appointment of 45 members of the council. The deliberation that followed was a tame affair, as members were prone to making recommendations which were unrelated to the subject in discussion. Initial jitters and unfamiliarity could be the reasons behind the hiccups.

What is most pertinent, however, is the timing of the meeting. Having it at the tail-end of the state government's tenure in office and at a time when election fever is running high, is not the best of options.

"It's better late than never," said one observer. I feel otherwise. The state government has missed a golden opportunity to engage civil society in Perak on an even keel. This feeble attempt at interaction, done at the very last minute, may seem correct to some but, in all fairness, it is too little too late. The opportunity cost lost is immense, and so is the goodwill.

EYE HEALTH – Nutrition for the Eyes

Ipoh Echo's Eye Health series continues with Consultant Eye Surgeon Dr S.S. Gill talking to us more about Nutrition & Vitamins for the eyes.



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

Good nutrition with vitamins and minerals is important for the eyes to function normally. That is why it is important to be eating the right foods that contain the right vitamins to help keep your eyes healthy.

In this issue, Dr Gill speaks about vitamin E that is important for the eye.

Vitamin E

Vitamin E is important to maintain strong immunity and healthy eyes. Vitamin E is a powerful **antioxidant** that protects our cells from damage by free radicals that result from exposure to environmental pollutants around us including cigarette smoke.

When we say vitamin E, it does not mean one vitamin but actually a group of eight vitamins called tocopherols and tocotrienols. The most active form of vitamin E is **Alpha-tocopherol**.

How does vitamin E help the eyes?

There was a study on **cataracts** involving 764 people with the average age group of 65 years. The study showed that the regular users of vitamin E supplements were less likely to have an increase in lens opacity or cataracts. Vitamin E not only helps to possibly prevent cataracts, it might help prevent macular degeneration (AMD) which is a disease affecting aging people.

Should you choose natural or synthetic vitamin E?

When you read the label on the bottle of vitamins, how would you know whether it is natural or synthetic vitamin E? Well, when vitamin E is in its natural form, it is designated with a "d-" prefix (d-alpha-tocopherol). When it is a synthetic vitamin E, it will have a "dl-" prefix (dl-alpha-tocopherol). As with most things, the natural vitamin E is more beneficial than the synthetic forms of vitamin E. So, be sure to look at the source of the vitamin should you be purchasing a bottle of vitamin E. Just look for the "d-" prefix that indicates it is from a natural source.

Does our food have enough vitamin E?

If you have a balanced diet and avoid processed foods, you should be able to get adequate vitamin E from foods such as:

- Green leafy vegetables, example – spinach
- Eggs
- Nuts, Almonds
- Vegetable Oils



How much vitamin E should you take?

The recommended dietary allowance (RDA) includes the vitamin E you get from both the food you eat and any supplements you take. Be sure to follow this. The RDA (recommended dietary allowance) for men or women older than 14 years old is 15 milligrams (or 22.5 IU).

Does vitamin E have Side Effects?

As with anything else, too much of vitamin E is not good. This vitamin is a fat-soluble vitamin which means it **can accumulate in the body if taken in large quantities**, causing unwanted side-effects. It can **interfere with the body's blood clotting ability** and this can be dangerous if you are taking blood thinning medication. Overdoses also can cause nausea, headache, bleeding and fatigue.

Key points to remember:

- Eat a good, balanced diet with lots of fresh fruits and vegetables.
- Discuss improving your diet or taking vitamin supplements with your GP.
- Avoid smoking. A healthy lifestyle makes all the difference!

Dr Gill will talk more about other aspects of nutrition for the eyes in the next article. For more information, call Gill Eye Specialist Centre at Hospital Fatimah (05-545 5582) or email: gillyecentre@dr.com.

In The Name of My Father's Estate • Episode 10

by Peter Lee



After John and Michelle confirmed the status of the Lee Sr's bank accounts with their mum and the rest of the family members, they moved on to talk about their father's investments which were frozen. John proceeded by asking "Mum, can you tell me the status of father's investments in unit trusts or mutual funds and shares in the local and overseas share markets?" Mrs Patricia Lee replied "I have three joint unit trust accounts with your father. I have not sold off any of these investments and I am not sure whether it can be automatically transferred to me now. Some of my friends told me that these investments are supposed to be mine once the joint owner dies." In response, John said "I am not sure about this mum because as explained by Dave (Lawyer) in our earlier meetings, all jointly owned assets in the estate don't automatically get passed to the surviving joint owner but instead are subject to the Distribution Act." "Mrs Patricia Lee looked annoyed and said "Here we go again on that ridiculous Distribution Act". She then handed some statements on the unit trust investments jointly owned with her husband to John, and said "that's all I have."

Then John turned to the other family members and asked "Do the rest of you have any of these types of investments under joint ownership with father?" "Michelle, Nick, Steven, Sandy and Nancy raised their hands and said "Yes, we have some." John also informed them that he also had some joint unit trust accounts with father. He further asked everyone to hand over their investment statements. Michelle then asked "Mum, do you have any of dad's investment statements in the local and overseas share markets?" Mrs Patricia Lee replied "I found some of the local share investment statements and some shares are in Singapore and UK." Michele further told everyone to hand over father's investment statements in shares if they had any.

Then the family started to discuss the properties owned by Lee Sr. Mrs Patricia Lee said "three properties, including this bungalow that I am staying in, are jointly owned with your father while there are another three properties which I know are solely owned by him." I wonder how many more he owns with Connie (2nd wife)?" John then asked "Mum, do you have the titles?" Mrs Patricia Lee replied "I have only three which are jointly owned with him but the other three were mortgaged with the bank some years ago for his personal borrowings. I won't know how much he is owing the bank right now. So you have to check with the banks on the outstanding amounts." John said "Ok! I will check on it. So, what about the rest of you who have titles which are jointly owned with dad?" Steven then said "Yes, I have one jointly owned property with dad but it's not mortgaged to the bank." This caused some surprise looks on some of his siblings' faces. John then said "Steven, hand me the title as soon as you can. Now let's move on to the shareholdings of father in our own three private limited companies. As you know, Dad owns 70 per cent shares in all of these companies and all of us know it's worth millions. The sticky part is Connie and her three children will be our fellow shareholders in these companies through the Distribution Act".

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: 012-5078825/05-2554853 or excelsec@streamyx.com. Website: <http://www.wills-trust.com.my>.

PUBLISHER

Ipoh Echo Sdn Bhd
(Regd No 687483 T)

A-G-1, No. 1 Persiaran
Greentown 2, Greentown
Business Centre, 30450
Ipoh Perak Darul Ridzuan.
Tel: (605) 249 5936
Fax: (605) 255 2181
Email: editorial@ipohecho.com.my

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

REPORTER

James Gough

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Ed Shahir Noordin

MARKETING & DISTRIBUTION MANAGER

Ramesh Kumar

PERMISSION AND RE-PRINTS

Materials in Ipoh Echo may not be reproduced in any form without the written permission of the publisher.

PRINTER

Konway Industries Sdn Bhd
Plot 78, Lebuhraya
Kampong Jawa
11900 Bayan Baru,
Pulau Pinang
Tel: (604) 644 7507

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):

05 2451 072 (CCC)
05 2451 222 (Operator)
999 (emergency)

Ipoh General Hospital:

05-208 5000

Ipoh Ambulance:

05-522 2506

993 (emergency)

Ipoh Fire Brigade

05-547 4444/994

(emergency)

Perak Immigration Dept

05-5017100

Perak Water Board

05-254 6161

Ipoh City Council

Hotline: 05-2083379

General: 05-2083333

Perak Anti-Corruption Agency:

05-253 1982

State Secretariat

05-253 1957

Railway Station

05-254 7987

Airport: 05-318 8202

Registration Department

05-528 8805

Tenaga Nasional Berhad

05-208 8000

Lembaga Air Perak

1800-88-7788

Directory Service: 103

Perak Women for Women Society

05-5469715 (office)

AA Ipoh

019-574 3572

017-350 8361

To Advertise

IPOH **echo**

RAMESH KUMAR



016 553 1092

Night of Shame



Taiping Lake Gardens may have been a sea of lights at the weekend but when daybreak came, a different picture of the park emerged; the park was covered in globs of wax.

The lantern festival which is held throughout Malaysia, is a celebration of Chinese culture and customs, and a perfect opportunity for Malaysians to integrate. Hours after the event, the state of Taiping Lake Gardens made many citizens angry. People who had thronged the park at the weekend for the festival, had left behind a trail of candle wax. The beauty of the park had been sullied. Wax deposits were reportedly found on jogging trails, the facilities in the playground, the railings and walkways.

The spokesman for the *Taiping Caring Community Action Body* (TCCAB), Muzamir Ismail slammed the irresponsible attitude of some of the people and said that the amenities and the beauty of the park had been ruined: "Candles had been lighted on benches, railings, walkways and even children's slides". More importantly, he also highlighted the risks posed by the wax: "The candle wax on the trails is dangerous as it causes joggers to slip and fall. This happens year after year".

The TCCAB, which represents a coalition of 15 NGOs, made it clear that it had no objections to the celebration being held at the park, but was disappointed at the lack of community spirit of the people and their lack of care for the condition of the public property.

As an alternative, Muzamir said that the community could hold a lantern procession in the town or community hall to obviate the need for the lighting of candles in the park. He also urged the Taiping Municipal Council to enforce and ban "all manner of burning" in the park.

In the days after the event, responsible town-dwellers have been seen trying to eliminate all traces of the wax from the park. Some like pensioner, Jeffrey Tan admitted that the actions of his friends in scraping the wax off the paths, was limited. "...due to our old age, we can only clean a small area. I can't squat to scrape the wax off for a long time" (sic).

Echoing his disappointment at the condition of the park left by the festival goers, he said: "Parents should teach their children to pick up their rubbish after the event and to only light candles on panels, which can be thrown away." One of his suggestions to the council was to prohibit the sale of candles by traders in the park, during the celebration.

In an unrelated case, the problem of litter after festivals has also been a cause for angst amongst residents of other towns. In Ipoh, residents whose homes border a Chinese cemetery in the centre of Ipoh, complain about the litter left behind by the people who come to clean the graves of their ancestors for 'All Souls Day'. The major complaint is about the wrappers of the various religious items which are dumped on the grass verges and in drains.

There are also calls for the mayor to address the serious problems of litter and indiscriminate dumping of rubbish in the city. No one envies the mayor. Apart from a workforce, which is perceived by the public, to be bloated and inefficient, and should obviously be trimmed for efficiency, the mayor has to deal with the problem which

litter. In the case of the candles, why can't they light their candles in empty jam jars, and then dispose of the jars in the litter bins, or take them home. Better still, they could use "tea lights" and then place the spent cases in a litter bin. Parks in Europe, have strict laws, governing what can and cannot be done. Perhaps, Malaysians need this strict control."

"Let us be more conscious of our surroundings and be responsible for our public areas. If everyone acts responsibly, the glory of Taiping Lake Gardens will never diminish."



THINKING ALLOWED

• by Mariam Mokhtar

vexes Muzamir of TCCAB – the public's lack of civic responsibility.

Many Malaysians are lazy or selfish, or both. They would keep their own patch of land clean and tidy, but outside their property, they will happily discard litter because they can; no one will stop them and the laws, which do exist to protect public property, are not strictly enforced.

A resident of Taiping, who exercises in the park daily, was disgusted by the chunks of wax found in the park. "It happens every year. Why can't the council do something about it?"

Another said, "If we want to maintain the beauty and cleanliness of the park, then each one of us has an important role to play. We should not depend on the council or someone else to clean up after us. It is everyone's responsibility."

A resident who has lived abroad for a number of years said, "Why can't the people leave the area as they find it? Take home their

LEARN HOW TO GET SMARTER WITH Superbrain Yoga workshop
11 Nov 2012 | 2 - 6 pm
Kinta Riverfront Hotel, Ipoh

Superbrain Yoga is a simple & effective technique, developed by Master Choa Kok Sui to energize & recharge the brain, based on the principles of subtle energy & ear acupuncture points.

Pilot studies on the effects of Superbrain Yoga on school children include children with disabilities such as ADHD/ADD, developmental & cognitive delays, Down syndrome & specific learning disabilities, who showed significant increase in academic and behavioral performance, greater class participation and improved social skills.

Benefits for Children:

- Better Memory & Concentration
- Improved IQ, EQ & SQ
- Increased Self-motivation
- More Creativity
- Better Exam Results & a lot more...

Benefits for Adults:

- Improved Memory & Mental Clarity
- Better & Faster Decision Making
- Psychological Stability & Peace
- Better Social, Communication Skills
- Brighter Aura & a lot more...

CENTRE FOR PRANAYOGA & SELFTRANSFORMATION SDN BHD

Wisma Ehsan, No. 2-5, Jalan Sultan Yussof, 3000, Ipoh, Perak
Tel: 05 - 255 4590 / 017 - 519 6501 | Pranic Healing Malaysia on Facebook
www.pranichealingmalaysia.org | pranichealingmalaysia@gmail.com

MUSINGS ON FOOD



By See Foon Chan-Koppen

Photos by Susan Ho

seefoon@ipohecho.com.my

Whenever I have difficulties in getting a group together to do justice to some restaurant's repertoire of dishes, I call up my reliable standby Surine Ho and with or without her daughter Susan, we'll hit the town and 'snack'. Whether its breakfast, brunch, lunch or afternoon tea, Surine and especially Susan will have some special stall or coffee shop up their food sleeve and off we'd go a'tasting.

Recently we went on a snacking frenzy and tried a slew of stalls and shops each serving their unique specialties. I am listing here only the ones that I feel are worth visiting with emphasis on what I felt was taste-worthy about their specials.

Quintessential Bak Kut Teh

Having lived in Ipoh now for 16 years I have to admit to an embarrassing fact: I have never eaten Bak Kut Teh



(herbal pork soup) here, having always been under the impression that the best Bak Kut Teh is to be found in Kuala Lumpur.

Well I was wrong! The best pork herbal soup I've ever eaten is to be found right here in Ipoh and even as I write this, I'm drooling over

the lingering memory of the soup I had yesterday, infused but not overpowered by the traditional herbs; the pork chunks, the stomach and intestines succulently tender; the fried bean curd (*tao pok*) and bean skin lending texture; and the soup absolutely divine. They were generous with the soup, refilling our tureen at least twice. RM8.00 per tureen. There is also a **pork rib soup** which has to be ordered one hour ahead as they cook this a la minute for the ribs to become tender – RM15.

Accompanying the soups were of course the ubiquitous crullers (Chinese fried bread sticks) to soak up the soup and an absolutely delectable *WuTao* or Taro rice which is a meal in itself, the taro and dried prawns



SeeFoon goes on a snacking frenzy

combining for an irresistible taste treat. **Crullers** RM0.80 per plate and **Taro rice** RM1.20 for large bowl and half for small.

There is also a delectable **Dry Bak Kut Teh**, stir-fried tender chunks of pork, stomach and intestines, combined with cuttlefish slivers and ladies fingers. A most unusual and superlative dish – RM8.00. Vegetables can be ordered for RM2.50 a plate or as in our case, we had a combination plate of three veggies for RM5.00. And thinking that we were only there for a snack and that this place was a one-dish wonder, imagine our surprise when they asked if we'd like to order their

steamed fish head, a suggestion which I accepted with alacrity. Soon, half an enormous Garupa head arrived at our table, perfectly steamed, just coming off the bone, the flesh ocean fresh, the skin well scaled and tender. RM30 and above depending on size.

Tung Lok Hin Restaurant

1 Jalan Ho Lok Park, Medan Bendahara 2
(closed Tuesdays) 8am-2pm

New branch: 36 Jalan Seenivasagam
(closed Wednesdays) 5pm-10pm

Tel: Ah May 017 5550706 or Ah Hon 016 5665234.

Stuffed to the gills with Yeong Liew

Another snack delight we visited on another day was the famous Yeong Liew stall in Gunung Rapat. **Kedai Kopi Kwong Hong** is situated about 100 yards diagonally opposite the Gunung Rapat wet market. **Yeong Liew** literally translated means stuffed ingredients, in this case, the stuffing is primarily fish meat for most items while a few ingredients will have the addition of minced pork.

The choice and variety here is amazing. Never have I seen so many types of greens and other vegetables given the 'Yeong Liew' treatment. From green beans to more unusual *sayur paku* (fern), watercress, choy sum, lettuce, bak choy, cabbage, lotus pod, and many more, as well as the usual green chillies, bitter melon, egg plant; this *Yeong Liew* stall is a vegetable lover's paradise, all individually cooked and served in piping hot bowls of tasty broth.



Meat lovers need not fret as there is choice galore in the fried tidbits and other delectables.



There are probably more than 30 varieties to choose from with different types of stuffed tofu as well.

Like a child lost in *ToysRUs*, I promptly began to pick one of each and realised that the four of us couldn't possibly do justice to them all so had to settle for a sampling. Noodles come with a choice of laksa, curry or plain broth and the homemade chilli sauce a tantalising complement to the *Yeong Liew*. *Yeong Liew* from RM0.60 - RM1 per piece. Additional *Sayur Paku* (fern) mildly spiced RM2.20; Chicken Feet RM4. Laksa Noodles RM2.70; Curry Noodles RM1.50.

Kedai Kopi Kwong Hong

684 Jalan Gunung Rapat
GPS: N 04 34.320 E 101 06.914

Open 12.30-4pm; 6-10pm

Expect to wait if you go at lunchtime.

RECIPE

By Margarita Lee

Steamed Prawns With Red Dates and Wine



Ingredients:

- 12 medium size Green Prawns – clean and marinate with 1Tbsp Shaoxing Wine
- 10 Red Dates (seeds removed) – soak with 1 Tbsp Shaoxing Wine
- 5 Tbsp Shaoxing Wine
- 2 Tbsp Ginger Wine
- 3-4 slices Ginger – cut into thin julienne strips

Method:

1. Pre-soak Red Dates with Shaoxing Wine for 1 hour.
2. Trim and wash the prawns, pat dry and arrange them on a plate in single layer.

3. Pour 2 Tbsp of Shaoxing Wine to marinate prawn for 1 hour.
4. Arrange Red Dates, Ginger strips on top of the prawns and pour the rest of the Shaoxing and Ginger wine.
5. Steam over boiling water for about 6 minutes, remove and serve immediately.



HAWKER FOOD



By Wern Sze Gill

Cantonese Roast Duck Rice

The roast duck with its shining reddish-brown skin, seen hanging in the windows of Chinese restaurants or hawker food stalls, is synonymous with any good Cantonese food joint. The roast duck, which requires delicate preparation, is first blanched, then salted, marinated, stuffed with herbs and spices, and then air dried for hours prior to being roasted. The meat has to turn out tender, flavourful and moist; a feat which only the best Cantonese chefs can achieve.

A good roast duck should have a tinge of its herbal or spice essence, providing a pleasant fragrance complimenting the sweet and slightly tangy dipping sauce which comes with the dish. The skin of the roast duck should also be slightly crispy, due to the combination of honey and vinegar marinade.

In the places recommended below, you can either order a whole or half a duck or your preferred cuts, or simply opt for a single serving of roast duck (prices reflected below), which comes with rice, some cucumbers and gravy or dipping sauce.

Cheong Kee @Kafe Wah Nam

30, Jalan Raja Ekram, Ipoh
Nice herbal flavour and tender. Served with yellow, 'oily' rice.
RM3.50, opens daily 11am – 3pm.

Itik Panggang @ Anika Selera

Ipoh Garden (opposite Wooley Food Centre)
Tender pieces of duck served with white rice. Nice ginger chilli sauce.
RM4.50, closed on Thursdays.



Itik Panggang Tai Sai Hee

No.585 Jalan Jelapang, Ipoh
Tender, juicy and meaty pieces. Glistening and slightly crispy skin. Also offers a few other flavoured roast duck variations and 'economy rice' dishes.
RM4, 11am – 7pm

Hong Kong Oil Chicken and Roast Duck

No. 638, Jalan Kuala Kangsar, Taman Tasek Damai, Ipoh
Generous portion of meaty, tender duck served with cucumber and rice
RM5, opens daily 11am – 8pm

Restoran Sweet Home Town

No.646, Jalan Kuala Kangsar, Taman Tasek Damai, Ipoh
A few shops down from 'Hong Kong'. Nice tasting tender duck, and offers a variety of other 'economy rice' dishes as well.
RM5, opens daily 11am – 8pm.

Restoran Sun Yeong Wai

Main: No. 17, Jalan Sri Ampang, Taman Ipoh Jaya
Branch: No.13, Jalan Medan Ipoh 6, Bandar Baru Medan Ipoh
This outlet is renowned for their roast duck. Nice tender and very juicy pieces on a bed of fragrant rice.
RM5, open for lunch and dinner, closed on Wednesdays.

W. Hup Kee Roaster

Restoran First Garden
53 Lorong Taman Sebelas, Taman Pertama (First Garden)
The duck is flavourful and tender and they have both white and oily rice. Roast chicken and pork are also available.
RM3.50, opens for lunch from 11.30am. Tel.: 016-5339532 or 012-573 0798.

News Roundup

Tenby Schools Ipoh Mid-Autumn Festival Celebration

Tenby Schools Ipoh celebrated the Mid-Autumn Festival recently with a programme of songs and performances that reflect the multicultural and multinational composition nature of the school.

Parents, teachers, students and the public were invited for the lantern walk and the launching of the hot air lanterns that marked the highlight of the celebration. More than 100 students showcased their talents which included singing, dancing and acting, martial arts displays, poetry recitation and witty banter.

The celebration also provided an opportunity for the Tenby Schools Community to mix and mingle with each other and strengthen the bonds of friendship and understanding. For the staff and the students, it was a pleasurable learning experience to work together to prepare for the celebration.



NASAM Perak



As part of its maiden foray into participating on an international level for World Stroke Day, *National Stroke Association of Malaysia* (NASAM) is off to a great start. The *Walk For Health* event will be held on Sunday October 28 and it is hoped that this event will bring about a wider awareness of stroke, a potentially fatal condition.

The aim of NASAM is to create as much awareness, exposure and support for the public, to encourage everyone to take a more proactive role in taking care of their overall health. Increased awareness of this condition, according to Dr Barry Tan, allow individuals to be more careful of lifestyle choices made.

By creating a heightened awareness for this disease and its sufferers, NASAM hopes to educate more people both in the caregiver capacity and for the unfortunate victims. People need to understand that the disease does not discriminate and everyone is at risk. The various contributing factors that bring on a stroke, and being aware of the difficulties caregivers and victims have to live through daily, is part of the quest NASAM hopes to bring to the attention of all.

As part of the campaign, people will be requested to commit to six stroke challenges:

1. Know your personal risk factors – high blood pressure, diabetes and high blood cholesterol



Banyan WELLNESS TREATMENT

Extensive Chromalift™ - Age Defying Treatment
This nourishing, non-invasive treatment, combines **chromatherapy** and the energetic synergies of essential oils **reducing puffiness, diminishing the signs of aging as it tones and contours the skin leaving you with a dramatic lifting effect.**

5 Element Body Wellness Treatment with Energetic Drainage
The Five Element theory includes a fluid in each of the Five Elements. The flow and balance of the five fluids – energy, red blood, lymph, blue blood and water – is essential to the functions of the body. **Benefits:**

- ✓ Balancing of vital energy
- ✓ Stimulation of fluids
- ✓ Improve the skin's overall appearance
- ✓ Recover from Insomnia and Emotional Problem
- ✓ Detoxify, Slim and Tone

World Leader in Energetic, Natural and Holistic Skincare

PhytoDermie®

50% Discount for 1st Trial only Call 012.507.3866 or 40, Jalan Raja Dihilir, 30350 Ipoh, Perak. 05.242.6866

Perak Resource Centre for Breast Cancer Patients



The *Pink Champion Resource Centre for Breast Cancer Survivors* was officially opened by Datin Seri DiRaja Saripah Zulkifli, the wife of the MB by cutting the ribbon with other dignitaries at Pantai Hospital. The centre is set up in collaboration with Pink Champion, Pantai Hospital and Maybank which provided the initial funding.

Dr S. Sumithra, advisor for the Persatuan said that the independent voluntary organisation was formed in 2005 and is a support group comprising of breast cancer survivors, family members and volunteers. The aim of the group is to provide psychosocial support to breast cancer patients before, during and after treatment. They are actively involved in public education on breast self-examination as early detection of breast cancer saves life. They also help patients to get their prostheses after surgery and procure non-medical aids.

With the new centre the group intends to reach out to more breast cancer survivors not only in Ipoh but also places like Manjung, Sungai Siput and other places in Perak. The group wants the people of Perak to know of their services and make use of the centre.

At the moment the group is only known by word of mouth and members are requested to make use of the resources and bring in their friends. Flyers are being produced for distribution.

AJ

2. Be physically active and exercise regularly
3. Avoid obesity by keeping to a healthy diet
4. Limit alcohol consumption
5. Avoid cigarette smoke. If you smoke, seek help to stop now
6. Learn to recognise the warning signs of a stroke and how to take action.

Being able to identify a possible stroke condition and having it treated within the first three hours, is very important and key to the eventual recovery process according to Ms Kim Tan, who is passionate about getting people to understand this point. Some of the stroke victims at NASAM resoundingly agreed that quick intervention and proper medical attention, was the main contributing factor that allowed them to enjoy a better quality of life. The tireless dedication of the staff and supporting volunteers are what makes NASAM the success it is today. Recording a significant drop in stroke occurrences nationwide in the future, would give NASAM the ultimate success acknowledgement it hopes to achieve.

The walk is "our solidarity march to disseminate vital life-saving information and knowledge about actions and lifestyle behaviours that can effectively avert attacks of stroke," emphasizes Janet Yeo, Founder Chairman of NASAM.

Serena Mui

Those interested can register online (nasamperak@nasam.org) or call: **05-321 1089**.

Date: Sunday 28 October 2012

Venue: Ipoh Polo Ground

Time: Registration – 7am Flag Off – 8am

UTC Perak Operational by December

Ipohites will be glad to know that the *Urban Transformation Centre* or UTC Perak, to be located at the former premises which housed Super Kinta, will be operational by December this year.

UTC Perak, when ready, will house 53 state and federal government offices all under one roof and will be a one-stop centre for Ipoh residents. The location also houses the central wet market and locating UTC here will be a value adder for residents who will now be able to settle their bills and do their food marketing all at one location, thus spurring economic activity in the nearby vicinity.

The good news was announced by Second Finance Minister Datuk Seri Ahmad Husni Hanadziah recently during a visit to the future site. Accompanying him on the site visit was the Treasury Secretary General to the Ministry of Finance, Datuk Dr Irwan Serigar Abdullah and Ipoh Mayor Dato' Roshidi Hashim.

According to Husni, the current UTC centres in the country were set up at existing buildings and hence do not require extensive renovations. Similarly work on UTC Perak, which has an area of 127,000 sq ft, will start immediately and is schedule to be operational by December. UTC Perak will be the third centre in the country after Melaka and Kuala Lumpur.



News Roundup

Rebuilding Waller Court



The protracted wrangling over the fate of the contentious *Waller Court* flats will soon be over if plans initiated by Ipoh City Council materialises. Mayor Dato' Roshidi Hashim was met at the site recently when he accompanied the Chief Secretary to the Government, Tan Sri Dr Ali Hamsa who was on a whirlwind visit to Ipoh.

"The project will cost the council RM30 million," Roshidi told reporters. "The new *Waller Court* will incorporate modernity with each apartment being built to perfection. The tenants can enjoy a larger living area measuring 700 sq feet with three rooms."

It will be built in stages for the benefit of the present tenants. "They'll be housed in the 70 vacant flats currently available," said Roshidi. The whole area will be given a fresh new look with a tastefully designed landscape. "Tenders for the project will be out in November and if everything goes as planned, construction works will commence immediately."

Puan Noraishah Mior Basha, 60, a long-time tenant, was elated with the development. "I'm glad that something is finally taking shape here in *Waller Court*. We residents have been waiting anxiously far too long. I thank the council for taking a proactive stance."

RM

Science and Space Mystery Workshop



KPerak organised a one-day *Science and Space Mystery Workshop* for students from four secondary schools and also the children from YBU adopted by the MB. This took place at Mydin Hypermarket, Meru. Saidon b Puteh, Acting CEO of KPerak, said that the programme was organised to create awareness in the fields of science and space amongst students.

Samuel Gibbs, a specialist science teacher from Australia gave the students hands-on demonstrations for rocket launchers and flight simulators. The students were given basic information on how the systems work. Samson Zee, a motivational speaker and educationist from Singapore, gave a motivational talk and coached the students on modern techniques of learning.

The highlight of the function was the presence of Dato' Dr Sheikh Muszaphar, our Malaysian astronaut. Dr Sheikh shared his experience of life in the space station with a video presentation. He said that water was precious and urine was recycled and used for drinking.

His advice to the students was to be ambitious and work hard to achieve their goals. He shared with the students that when he was ten years old his ambition was to be an astronaut. He emphasised that the students must be able to communicate fluently in English; otherwise they will be left behind.

The schools that participated in the programme were SMK Sultan Azlan Shah Bota, SMK Bukit Merchu, Kuala Kangsar, SMK Ulu Kinta and SMK Bainun.

AJ

Congratulations

to



THE HAVEN

Lakeside Residences

for being awarded



The BrandLaureate Icon Leadership Award 2012

Truly the **Pride of Ipoh**
and **Envy of the Nation**



Bina Puri Holdings Sdn. Bhd.



Beijing Construction
Engineering (M) Sdn. Bhd.



Baze Fokus Sdn. Bhd.

S N Low & Association
Sdn. Bhd.

Wei Yeong Design
(M) Sdn. Bhd.

LHL Projects
Sdn. Bhd.

K L Chan
& Associates

Roset Interiors
Sdn. Bhd.

Better Living Grand
Sdn. Bhd.

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.

Well Done MBI!

The purpose of my letter is to thank Ipoh City Council (MBI) for a job well done. After so much bashing from people who don't lift a finger to help but only heap scorn, I hope my letter will help lift the Council's morale a little.

On Monday, September 10 or thereabout, my neighbourhood was abuzz with news that a bee hive was growing in size on a mango tree nearby. I went out to have a look and my fear was confirmed. The bee hive was active and thus posed a danger to those living in the vicinity.

I was unsure what to do initially. After a few days, I decided it was time to act before someone got hurt. I went to the MBI website and emailed my complaint, as requested.

Days went by without any action from the council. On Friday, September 21, I alerted Ipoh Echo. I was told to call Major Roslan Zakaria (Rtd), the councillor responsible for Zone 15. I did as told. Roslan replied that remedial actions had been taken by the Council. I rushed out of my house to see and presto, the offending bees were no longer there.

I wish to make the following comments:

- MBI website is not very user-friendly, as I have to

look high and low for the "Aduan" bar.

- Once a complaint has been filed there is no mention on the status of the complaint.
- Residents are still unsure whom to call for actions.

Rubbish collection, on the whole, is excellent. My only complaint is the spillage caused by the workers. One other area which the council should focus on is the irregularity of garden refuse collection. The source of the problem, however, is the residents themselves. The

fondness of some to turn the whole neighbourhood into one big rubbish dump is stupefying.

I don't blame the council for all the wrongs that we see. I blame the people, as I have seen them throwing rubbish on roadsides and in the streets. We still have plenty to learn before we can be called a developed nation. Foremost, we need to change our mindset. For a start, stop blaming MBI for all of our woes.

**Richard
Taman Gunong View**

Lenggong Museum is now a Gallery

The Lenggong archaeological museum, *Muzium Arkeologi*, has changed its name to *Galeri Arkeologi*. In other words, it is no longer a museum, but a gallery. This is probably because Jabatan Warisan Negara took over Muzium Lenggong from Jabatan Muzium Malaysia on August 7. Since this take over, all the road signs and signs at the museum are being replaced, with the word museum changed to gallery.

However, I wonder if anyone has bothered to check the meaning of the word gallery. It has two different

meanings, one related to content, and one related to structure:

- A gallery is a room or building for the display or sale of works of art, or for the exhibition of artistic work.
- Alternatively, gallery can mean a long room or passage forming a portico or colonnade.

Whereas a museum is a building in which objects of historical, scientific, artistic, or cultural interest are stored and exhibited. It seems to me that gallery is an inappropriate word for the Lenggong archaeological artifacts. It may even suggest that the exhibits are for sale!

Liz Price

Tips from a 9 "A"s student

I refer to the article "Tips from a 9 "A"s student" published in The Echo dated October 1-15 2012.

This is the second time I have seen that photograph of a girl at Madame Tussaud's, sitting in "the presidential chair" with feet up on "the presidential desk" posing beside the wax figure of President Obama of America.

I am a retired old-fashioned educator. What makes "The Echo" think this girl would be a shining example to younger students. Are examination results all that matters in evaluating the worth of young people?

Looks like it from the way the media glorifies outstanding students on every occasion of release of public examination results. This adoration often makes some of these super achievers arrogant and demanding of oversea scholarships as if it were a birthright.

Young people must understand that society does not owe them a comfortable living. What happened to our morals, our values, our common sense of right and wrong, our sense of self respect and respect for others?

What values are we incalculating in our young if we regard this girl's behaviour as acceptable. Would we

condemn and demonstrate against such behaviour only if that wax figure were that of our own Prime Minister?

I rest my case.

Loh Siew Ngoh (Ms)

Editor:

*We printed in error that Scarlett Ong Rui Chern got 9 "A"s for the IGCSE (British Cambridge International General Certificate of Secondary Education), when in fact she received 9 A*s (A stars) which is higher than A.*

Arts and Culture



First Full Length Opera In Ipoh Soon

Ipohites can look forward to their first full length opera to be performed here on December 4. Music from *La Traviata*, one of the world's most popular operas, will be reverberating through the halls of the Kinta River Front Hotel when the Merry Opera Company from the UK puts on this widely acclaimed opera composed by Giuseppe Verdi – an Italian opera composer of the 19th century.

Organised by the committee of the *St Andrew Festival* headed by organising chairman Chuah Sze Tong, whose objectives are to promote further understanding of cultural and arts activities and to raise funds for the Building Fund of St Andrew's Presbyterian Church, Ipoh, this event promises to elevate the cultural scene in Ipoh to new heights.

Cast and members of the opera company are professional operatic singers and actors hailing from all over Europe and the entire opera will be performed in English augmented with English sub-titles.

All surplus proceeds from the performance will go towards the St Andrew's building fund which will be used to build a multipurpose building on the church premises, for church activities as well as house a grand concert hall. Presently, as St Andrew's Presbyterian Church, Ipoh is listed as a heritage building by the Perak state government, no alterations and extensions can be done to it and it is hoped that the planned addition will not only allow the church to expand its activities but to provide an additional venue for arts and cultural shows; thus relieving Ipoh of the stigma of being a 'cultural desert'.

Early bird rates at substantial discount till October 31 are available. Ticketing agents are: Popular Book Store (3 outlets in Ipoh), Ebony Guitar House, Pusat Tuisyen Alfa Omega, OneLink Tax Services. Perak Society of Performing Arts, Hirojaya Piano House and Creative Music Academy.

For sponsorship and advertising, contact the organising chairman, ST Chuah 019-414 5166 or visit: <http://standrewfestipoh.wordpress.com> for ticket prices.

Shankar Mesmerises Crowd

An Indian cultural dance show entitled, "Aradhana-Divine Adorations" was organised by the Ipoh Fine Arts Society for the benefit of the city's discerning performing arts lovers.

The show was held at Le View on the 10th Floor of Syuen Hotel on Friday, October 5. It was essentially a *bharathanatyam* dance performance showcasing one of Malaysia's better known Indian cultural dancers, Guru Shankar Kandasamy.

Shankar is from the Temple of Fine Arts (International) based in Kuala Lumpur. The guru mesmerised the crowd with his exquisite body movements which he explained as he danced. Shankar's repertoire included *Thevaram*, songs in praise of Lord Siva.

The accomplished dancer presently heads the Bharathanatyam Faculty of the Temple Of Fine Arts Malaysia. He lectures at the Malaysian National Arts Academy and sits on the National Arts Awards Panel of the Ministry of Culture, Arts and Heritage Malaysia. Shankar has to date choreographed and conducted over 70 *arangetrams*.

Ipoh Fine Arts Society President, Mrs Shanthi Kumar in her speech, thanked the audience for their support and promised more of such performances to come. It was another feather in the cap of the society.

Kani



The Haven's In-Pool Dining

The Haven Lakeside Residences appreciation night held recently was another easy going and pleasant evening but with a twist this time around. Then again, the management at The Haven has been coming out with so many innovative ideas over the years that is it any wonder they have managed to garner nine international and local awards all in the span of 18 months.

Their innovative dinner this time around was held in their swimming pool, yes I wrote correctly, inside their swimming pool, which was completed in time before the dinner and was scheduled to be filled up the next day.

It had rained earlier and despite the slight humidity before sunset the temperature cooled comfortably as the night progressed. Guests seated at their tables under the open skies were able to appreciate the spectacular view of its iconic 280 million-year-old limestone outcrop and its silhouette reflection in the pristine lake surrounded by the nearby virgin forest.



The Haven's specially designed 60-metre swimming pool has the shape of a seahorse and is a 5-level infinity swimming pool which includes a jacuzzi, lap pool, leisure pool, children's pool and wading pool.

Entertainment for the night was provided by the cool saxophone sounds of the Julian Chan Quartet with vocals provided by the lovely Estee Pook and dances by My Dancesport Studio.

Somehow The Haven's appreciation night always has soothing jazz music which seemed to blend with the peaceful surrounding environment. Besides celebrating the development of the swimming pool it marked the project reaching new levels of completion.

Haven's CEO, Peter Chan, in his address, thanked the bankers and buyers present for their presence and again reiterated



that their investments in the residences were all positive. Prominent guests present that night included Ipoh's Mayor Dato' Roshidi Hashim and wife, and State Assemblyman for Bercham, Sum Cheok Leng.

After the dinner, guests had the opportunity to view the newly-completed penthouse on the 26th floor from where they could see the shimmering lights of Bercham and beyond.

JAG



Arts and Culture

Fest Unearths New Talents



The recently concluded "Malam Festari" (Dance Fest Night), jointly organised by the *Department for Arts and Culture Perak* and the *Perak Arts Council*, managed to unearth fresh talents from among the youths, especially college students. This was the primary objective of the festival which was held in September with the finals taking place on Saturday, September 22 at the department's auditorium in Jalan Caldwell.

According to department director, Abdul Mutalib Abd Rahman, the event was the first of its kind in the state. "Besides sourcing for fresh talents, the fest will enable choreographers in the state to come up with creative dance routines for general viewing," said Mutalib to Ipoh Echo. "It's an opportune moment for them to innovate," he added.

The finals saw three dance groups vying for top honours. Each was required to perform two dance numbers, one traditional and the other its own creation. The group from Universiti Teknologi Petronas (UTP), Seri Iskandar was adjudged the winner. The dancers took home a cash prize of RM2,000 and certificates of appreciation. Second spot went to Politeknik Ungku Omar, Ipoh who gave the UTP dancers a run for their money. The team won RM1,500. The dancers from Kolej Profesional Mara put on a remarkable performance but could only manage a third placing. They won RM1,000. Dato' Zainol Fadzi Paharuddin gave away the prizes.

RM

Ipoh's First Public Art Gallery

Ipoh now can boast of a public art gallery and it opened its doors on September 30. The organisers had coincided the launch to align with SMI's Centenary celebration as it was no

coincidence that two of the organisers, Ng Sek San and Chan Kok Keong are Michaelians.

Called Gallery Old Town it is located at *Sekeping Kong Heng* behind Kong Heng Kedai Kopi, Old Town. To help with the launch of the gallery, Chan requested the assistance of famous artist Khor Seow Hooi to coordinate the opening where several popular artists such as Wong Kean Choo as well as himself exhibited their works of art. The theme of the exhibition was Old Town.

On the morning of the launch 10 paintings were sold which, according to Chan, was very encouraging. The gallery will be open every Friday to Sunday and public holidays from 9am till 5.30pm and will run for three months.

A visitor that morning mentioned that for "any city to be a true city it needed a symphony orchestra, a public art gallery and clean toilets. Well we have now achieved the first two while the last is a work in progress".

JAG



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.

Free Eye Screenings, Saturday **October 27**, 9am-5pm at Chew Eye Specialist Centre, Jalan Fair Park. For more information, call: 05-547 0008 or email: enquiries@cheweeye.com.

Taiping Raptor Festival 2012, Saturday & Sunday, **November 3 & 4** at Taiping Sentral Mall and Scott's Hill, Taiping. Contact: K.C. Lim 016-553 8431.

Perak Academy's Perak Lectures Series. Topic: Australian Faunal Imagery by Dr Rod Warnock. Saturday, **November 3**

commencing 2.30pm at Neptune Room, Ipoh Swimming Club, Ipoh. For details and reservations call: Perak Academy 605-547 8949 or Wai Kheng 016-551 8172 or Email: contact@perakacademy.com.

Christian Books and Gifts Fair, **November 9-11** at YMCA Ipoh, 211 Jalan Raja Musa Aziz. For more information, call: David 012-293 9221.

KPJ Ipoh 3 On 3 Perak Muhibbah 2012 Challenge Trophy (Badminton), **November 10 & 11** at Dewan SJK (C) Yuk Choy,

Ipoh. Six categories: (i) Open Mixed, (ii) Novice Mixed, (iii) Men Novice, (iv) Ladies Novice, (v) Junior Veteran, and (vi) Senior Veteran. For details contact: Customer Service (KPJ Ipoh Specialist Hospital) 05-240 8777 ext 8111 or Mdm Hor (Winner Sports Ent) 05-253 5012.

Free Pranic Healing for Physical & Psychological Ailments at Pranic Healing Centre, Wisma Ehsan, No. 2-5, Jalan Sultan Yussuf, 30000 Ipoh. Contact: Mr Maran 05-255 4590 or 017-519 6501.

Young Perak

Josai Students Enriched at UTAR

Ninety students from Josai International University (JIU), Japan, who attended the two-week *English Immersion Programme* at UTAR Perak Campus were all smiles upon receiving the certificate of completion during the Josai Students Graduation Ceremony held recently.

Invited to grace the ceremony were UTAR Vice President (Internationalisation & Academic Development) Professor Dr Ewe Hong Tat, Vice Dean of JIU Faculty of Tourism Professor Dr Wachi Yasuko, JIU Language Education Center lecturer Professor Nakayama Tomokazu, Director of UTAR Centre for Extension Education Ms Lim Guat Yen and Director of *Centre for Foundation Studies (Perak Campus)* Assistant Professor Mr Pek Hoo Chun.



Professor Ewe extended his gratitude to all who have made the programme a resounding success and shared his joy for having the group of international students at UTAR. "Thank you for taking the first step to come to Malaysia to know us better. I hope the students will bring back the experience and visit other countries," he mentioned.

Professor Wachi concurred, further sharing heart-warming stories of the warm Malaysian hospitality that she and the JIU students received and experienced during their two-week stay. "The programme is a big success as a result of coordination between UTAR staff and students. We



will bring more students here in the future," she gushed, drawing roaring applause from the crowd. She then congratulated the 90 students for successfully completing the programme and was proud of their achievement. "We feel even more proud of meeting dedicated UTAR staff and students who make us feel like part of a big family," she concluded.

Students Takaki Kagami and Keisuke Kikuchi expressed their joy of being here and also attending the programme. "Although it was difficult [to communicate] at the beginning, we made it," Kikuchi said.

A series of performances ranging from group singing to lively dances by the JIU students soon ensued, turning the ceremony into a fun-filled yet significant and sweet event.

The *English Immersion Programme* was the fruit of international collaboration between UTAR and JIU. During their stay here, the JIU delegates not only visited certain famed tourist destinations in Penang but also New Villages in Cameron Highlands and Kampung Koh in Sitiawan. The group from the *Land of the Rising Sun*, along with some UTAR staff and students, were also cordially invited to the *Citra Perak Aman Jaya Launching Ceremony and Dinner* by the Ministry of Tourism Malaysia (Perak) in conjunction with 'Visit Perak 2012' which further opened their eyes to the vibrant cultures of Malaysia and showing them what this beautiful country has to offer culturally and gastronomically.

Carnival Ends on a High Note



"An all-round student is someone who excels in both academics and games." That was the crux of the speech by Pn Tina Hj Tajuddin, Chief Executive of TAJ College, Ipoh. Tina spoke at the end of the college-organised sports carnival held at its Jalan Tun Razak campus recently. Events such as football, netball, futsal, athletics, swimming, handball and bowling were held over a week's period.



The participants were divided into four teams – Beta (Green), Gamma (Yellow), Alpha (Red) and Delta (Blue). The presence of a number of former state and national players from among the participants made the carnival more exciting. Lesser known players did not lose out as they were prompted to give their best in the presence of these 'sporting giants'.

This annual carnival is not confined to students alone but is open to all, including the college teaching and administrative staff. "That's what makes it unique and appealing," said Tina. The closing ceremony was graced by Dato' Zainol Fadzi Hj Paharuddin, Executive Councillor for Arts, Culture, Youth and Sports who later declared the carnival over.

Ed

News Roundup

Impiana Launches Thai Food Extravaganza



Impiana Hotel Ipoh launched a Thai Food extravaganza recently. Running for two weeks from October 5 till 19, it features food prepared by Chef Adisak from Impiana Resort Chaweng Noi in Ko Samui, Thailand.

The buffet spread features Thai favourites such as Tom Yam Goong the famous hot and sour soup with prawns, beef in massaman curry, and a whole host of other Thai delicacies. Catch Chef Adisak who is also master carver in action as he carves fruits and vegetables with intricate finesse.

Cutting the ribbon to launch the extravaganza was Puan Norshamshida Bt Abdul Rahman, State Director of Tourism Malaysia Perak, together with Impiana GM, Mark Rummery.

Community

The Plight of 2 Teenagers Revealed

While the way modern medical science treats terminal illnesses has changed, the pain and sorrow felt by those who have lost loved ones shall always remain the same. To lose their father who was the sole breadwinner when they were young was a story of human tragedy. But to have to lose their mother as well also within a sojourn of eight years from their father's demise, it's a tragic story of the most grievous kind. Yet this is exactly what plagues the Low siblings of Ipoh.

When Low Fook Meng died in 2005, he was survived by his widow Tang Foong Yoke and four children, Lennon, 18, Brandon, 15, Eugene, 9, and Eunice, 5. Eight years on, Lennon, now an Engineer,

Brandon, an insurance broker, Eugene in Form 5, Anderson School, Ipoh and Eunice in Form 1, Main Convent, Ipoh, life for the Low family was beginning to have some semblance of normalcy. That was until Madam Tang went into a coma resulting from a brain tumor relapse last month. She is fighting for her life in the palliative unit at the General Hospital Ipoh.

While Lennon commutes between Ipoh and Penang (where he works) every weekend and Brandon comes home whenever he can, Eugene and Eunice are left to fend for themselves. They rent a small flat at Jalan Hospital. Eugene visits his mother after school and again when Eunice gets off school at 6.30pm.

What the future holds for the Low siblings,



especially Eugene and Eunice, is certainly bleak. With their mother's savings depleted, their welfare and/or their further education are a big question mark. In highlighting their plight, it is hoped that Ipohites will show the compassion and care of a Malaysian society and, perhaps, are able to offer a constructive solution to their woes. For those willing to help, call: **05-548 5966**.

WKS

Caring from the Heart, Caring for your Heart



In conjunction with *World Heart Day 2012*, Pantai Hospital launched its *Caring from the Heart, Caring for your Heart* programme by organising a Health Camp at Mydin Hypermarket, Meru. Alvin Lee, CEO of Pantai Holdings (Malaysia Operations) said that the activities being carried out will empower individuals' knowledge to reduce their own risk and that of their family of heart disease and stroke. People can take charge of their heart health by taking steps such as choosing healthy food options and increasing physical activity. It is important to know what action to take if a heart attack occurs in the home, work place or a public area. Pantai Hospital hopes that with better awareness and earlier intervention it will be able to deter, delay or reverse *cardiovascular diseases* (CVD).

Dato' Dr Mah Hang Soon, State Exco

Member officially launched the programme and said that for more than 40 years CVDs are the leading cause of deaths in the country. The socio-economic impact and disruption to the individuals, families and the nation is staggering. Education, awareness and preventive measures are more relevant today than ever, especially with the younger generation who are sedentary or practice unhealthy lifestyles. He informed that in Perak during 2010 there were 8,433 patients suffering from various heart conditions resulting in 851 deaths. These are only the reported cases and many more go unreported.

AJ

Students Inspired

Some 47 primary school students from schools in Upper Perak were selected to attend a three-day motivational course organised by *Yayasan Bina Upaya Darul Ridzuan* (YBU) recently.

The students, aged between 10 and 11, were accommodated at Hotel Seri Malaysia Ipoh where the course was conducted. Dato' See Tean Seng, the Communication Manager of YBU, was on hand to receive the young participants. "The course is aimed at preparing them for the coming UPSR examinations. The modules will consist of lectures and a field trip to Cameron Highlands."

The youngsters' rural background was the major criterion for selection. They need to be motivated to perform well in the public examinations. The field trip, according to Dato' See, was a form of recreation after a long day in the lecture hall. "The scenic view up in the highlands is inspirational, giving the kids a sense of well-being," he added. This was evident from the comments made by the participants at the end of the two-day trip.

"I felt privileged to be picked for the course," said Mohd Harith Sidi, 11, from Sekolah Kuak Hulu. His joy was shared by Siti Nasharah Mohd Subki, 11, from Sekolah Air Panas, Pengkalan Hulu. "I get to interact with other students of my age. Both concluded that the trip to Cameron Highlands was exhilarating."

RM



Cikgu See Retires

The month of October will be long remembered by staff of *Yayasan Bina Upaya Darul Ridzuan* (YBU) as the moment when one of their trusted officials, Dato' See Tean Seng, 56, bids farewell to the organisation.

Dato' See or better known as "Cikgu See", YBU's Communication Unit Manager has been with the foundation since its inception in 2010. Having experienced the trials and tribulations his affection for YBU is assured.

Formerly the Adun for Kuala Sepetang and a teacher to boot, See is instrumental in establishing the Communication Unit from scratch to what it is today. His forte, however, is organising the numerous motivational courses involving primary and secondary students, especially those for the bottom rung of the social ladder.

"I am committed to my job and being a teacher caring for these underprivileged kids comes easy," he told Ipoh Echo. He optimises his teaching skills to the fullest and is successful in imparting good moral values to the participants. In the course of his interactions, he helps instill in them discipline, integrity and fellowship.

See thanks the Chief Minister for the trust and confidence in nominating him to the post of a unit manager. YBU will sorely miss this affable gentleman who has a hand in shaping the foundation.

RM





Freehold

BBSK Guarded Community

Safe 3

- 1 Stationed & Patrolling Guards
- 2 Surveillance via Close Circuit Television (CCTV)
- 3 Perimeter Fencing with Photo Beam Sensors*/ Anti-Climb Perimeter Fencing**



*ParkLane/**Strand Park

栢林苑 **ParkLane**
RESIDENCES



2-Storey Detached Homes

KENSINGTON

Lot Size:
60'/70'x100'

- Special Features:
- Rainwater harvesting
 - Solar reflective paint
 - Solar water heater & booster pump
 - Roof insulation
 - Inverter air cond conduit

蘭庭苑 **Strand**
park
@ Bandar Baru Sri Klebang



New Launch

2-Storey Super Link Homes

Berry

Lot Size:
24'x75'

- Special Features:
- Rainwater harvesting
 - 6 rooms
 - 3-phase wiring
 - Security alarm system
 - Wide frontage
 - All units facing North & South



A Premier Development By:
KINTA PROPERTIES
Building Homes, Developing Communities

Developer: Kinta EcoCity Sdn. Bhd. (58562-M)
No 2, Jalan Sri Klebang A/12, Bandar Baru Sri Klebang, 31200 Ipoh, Perak
• +605-292 1333 • sales@kintaproperties.com

www.kintaproperties.com

012 500 8018 019 513 3315



2C38: Developer Licence : 8456 25/11 2014/1473
Approved Plan No : OSC1270-B/L/B/6/81/355/11
Land Tenure : Freehold

3E: Developer Licence : 8456 27/06 2015/745
Approved Plan No : OSC1249 A/L/B/1/64/1005/11
Land Tenure : Freehold

Validity Period : 30/11/2011-29/11/2014
Land Encumbrances : OCBC Bank (M) Bhd
Price : Min RM594,510 Max: RM977,800

Validity Period : 08/06/2012 07/06/2015
Land Encumbrances : Nil
Price : Min RM340,800 Max: RM477,800

Advertising Permit : 8456-25/2629/2012(12)
Total Units : 32
Approving Authority: Majlis Bandaraya Ipoh

Advertising Permit : 8456 27/1405/2013(06)
Total Units : 176
Approving Authority: Majlis Bandaraya Ipoh

Validity Period : 09/12/2011-08/12/2012
Exp. Completion Date : Dec 2013

Validity Period : 14/06/2012 13/06/2013
Exp. Completion Date : June 2014