

Ipoh Echo wishes...



**Selamat Hari Raya**  
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Due to the Hari Raya holidays, our next issue (172) will be delayed

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August 1-15, 2013

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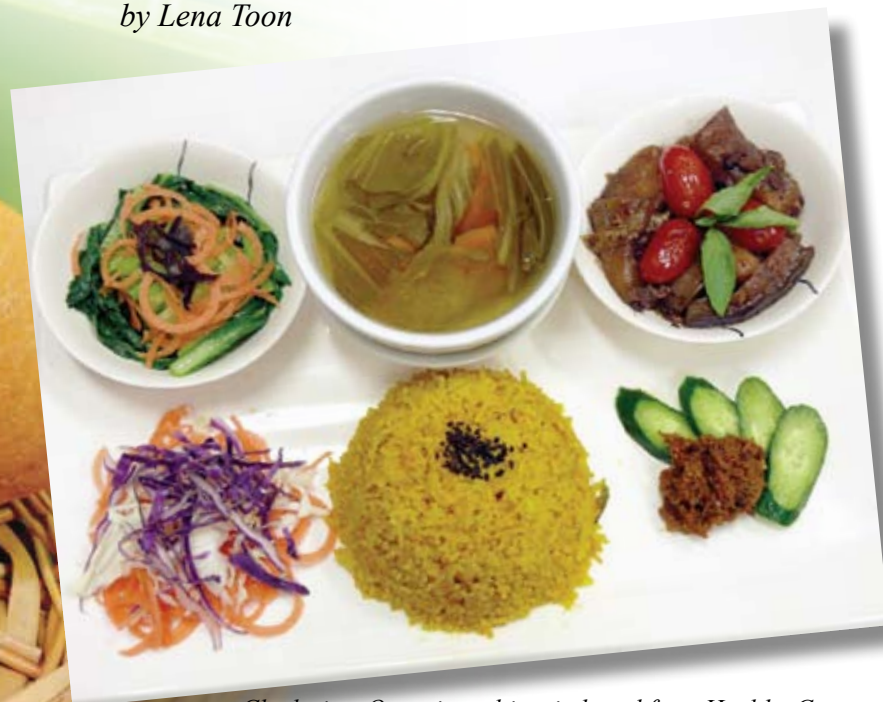
**INSIDE!!**

Perak Tourism News Supplement



# Ipoh Going Organic

by Lena Toon



Clockwise: Organic multigrain bread from Healthy Concept, "Lui Cha" soup mee and daily set meal from Snergy Refreshment Centre

Tell someone that you are going organic and most probably you will be greeted with a look that says "You must be rich". Buying organic food and products inevitably cost more than the non-organic ones, however one must know that when they splurge on organic food they are saving themselves money from fewer trips to clinics and hospitals. Or so the devotees of the organic lifestyle claim. And judging from the plethora of organic and health food shops that have sprouted up in Ipoh in the past 15 years, the trend is growing in popularity.

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## HEALY MAC'S IRISH BAR & RESTAURANT

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## “We’re already exposed to so many chemicals in our daily lives, so the food we eat plays a very important role” – Angie Wong

### What does Organic Mean?

There is often confusion in consumers’ minds about the labelling of ‘organic’. According to Angie Wong, one of the pioneers who opened one of the first organic shops, Healthy Concept, in Ipoh, the most obvious difference between organic and non-organic food is that organic ones do not use chemical fertilizers, pesticides or herbicides. Only natural fertilizers are used in the process of growing organic vegetables and fruits, where plants are left to grow on its own without injecting hormones to speed up their growth. This is important health-wise as plants grown this way will develop its full nutritious value.

According to Angie, most commercially-grown plants contain growth hormones which are mixed into the water used in watering while livestock like chickens are fed with artificial feeds in their food to shorten the amount of time for them to grow to full size. These foods when eaten over time, may cause health problems such as early puberty in particular for girls and higher risks for cancer.

### GMO and Non-GMO Products

Angie also went on to explain about Genetically Modified Organisms, or GMO, plants or animals which have had their DNA specifically modified or genetically engineered by scientists. While the scientific jury is still out on the long-term effects of consumption of GMO products, more and more people are seeking non-GMO. Because organic farmers are not allowed to genetically modify their plants, it makes the consumption of their products a lot safer.

### Healthy Concept

Residents of Ipoh are spoilt for choice when it comes to buying organic products here. Located in Ipoh Garden South, Healthy Concept opened in Ipoh 14 years ago and has withstood the test of time. “When we first opened, we didn’t have many suppliers and people were also not that health conscious,” Angie said, “After five years, business started picking up when people became more concerned about their health.”

Having studied nutrition in the United States, Angie had developed a passion for organic food and runs her shop with a highly personal touch. “I do not think of my shop as a place where people just come in and buy the products without understanding its uses, like a 7Eleven”, she added, “I prefer to give personal service and educate my customers on organic food’s benefits.”

When asked where she gets her supplies from, Angie said she imported her organic fruits from Australia and also some reliable sources in Malaysia, such as Cameron Highlands and Bukit Tinggi. Depending on customers’ demands, she may import her supplies as frequently as needed.

How do we know whether the products we buy are organic then? “A certain level of trust between customers and shop owners is needed”, Angie said. “While we can’t tell the difference just from sight, our taste buds will tell us once we’ve tried both, which is why customers will go back to them once they have tasted organic vegetables and fruits.”

She does caution however, not to change one’s diet too drastically after falling sick. A person used to eating lots of meat can’t go full vegan the next day as the body will not be able to cope. The same is also true in laying off a certain type of food completely, as different foods offer different nutrients that the body requires.

Angie also sells her own freshly-baked bread at her shop. Now adopting a new type of dough called sourdough, she said it is made without yeast and will be easier for the body to break down, lessening the chance of a bloated stomach.

“We’re already exposed to so many chemicals in our

daily lives, so the food we eat plays a very important role,” Angie commented.

### Grace Valley Organic

Another shop that Ipohites can go to is Grace Valley Organic which is located in Pasir Puteh. In business for more than ten years, shop owner Penny Siew studied holistic nutrition in KL before taking over the shop set up by her mother years ago.

Also one of the pioneers of the business in Ipoh, Grace Valley offers a variety of organic products from vegetables, fruits, baby products to everyday items like shampoos and detergents. “We also mix our own 7-grain, 9-grain and 10-grain rice, depending on the preferences of our customers,” Penny said. She also supplies them to shops in Ayer Tawar and KL.

“The mindset of people is very important when it comes to going organic, which is why such knowledge is best instilled from young. As our environment becomes more polluted, parents must encourage their children to exercise more, drink plenty of water and eat more greens,” she added.

Grace Valley also offers an enzymology test every few months that tests whether one’s blood is acidic. Acidic blood may result in a higher chance of getting hypertension, high cholesterol and even cancer. This is due to a diet that is full of meat and very little physical exercise that leads to the lack of oxygen in the blood.

One of the most popular products of the shop is Juvo, a natural raw meal drink filled with more than 60 healthy ingredients (including wholegrain, sea vegetables, fruits and mushrooms) to give customers the vitamins and minerals they need in their daily activities. Grace Valley also sells wholegrain and flour-free bread every Tuesday. Some of their organic products are also imported from US and Italy.

Penny also stresses the importance of eating natural food to prevent sickness and diseases, be it physically or spiritually. “At the end of the day, our immune system is our best doctor.”



Snergy also serves organic food in the cafe other than selling organic products



Loh Lup Ming



Penny Siew

chubby and fall sick easily due to my lifestyle of unhealthy eating.” Loh mentioned that he turned down chemotherapy as a form of treatment after reading a book named “Meaning of True Health” by a Taiwanese professor Chang Jia Rui.

“Not everyone is suited to undergo chemotherapy,” he said. “I suffered from some severe side effects from the medicine which got me looking for alternatives. It was then that I changed my diet to eating organic food but I did it gradually. Nursing back one’s health after sickness is a gradual process and mustn’t be rushed.” he added.

Switching to eating organic was definitely his turning point and he started to gain his precious health back after adopting a different diet. Now happily married, Loh runs Snergy with his family and claims he hasn’t paid a visit to a doctor for a long time.

### Healthy Concept

71, Jalan Medan Ipoh 6, Bandar Baru Medan Ipoh, 31400 Ipoh, Perak. Tel: 05-547 6902

### Grace Valley Organic

5 Hala Pinji 2, Pasir Puteh, 31650 Ipoh, Perak. Tel: 05-254 6412

### Snergy Refreshment Centre

15 Jalan Mas 1, Taman Mas, Falim, 30100 Ipoh, Perak. Tel: 05-282 2088



Snergy Refreshment Centre

### Snergy Refreshment Centre

Located in Taman Mas, Falim, Snergy Refreshment Centre is not your typical organic shop. It is also an organic restaurant offering a wide variety of food on its menu that is made entirely of organic ingredients. The food offered includes different set meals daily, the famous Hakka dish ‘Lui Cha’, herbal soup, wholemeal noodles, vegetable salad, fruit juices and so on.

“I developed a passion to open this shop after eating this organic food steamboat in Cameron Highlands,” said shop owner Loh Lup Ming, “I tasted the difference when compared to non-organic veggie and I haven’t looked back since.”

Loh’s shop/café has a large customer base ranging from housewives to bankers and teachers. His shop can be seen overflowing with customers during lunch hour.

Supplies come from as far as New Zealand, Finland and Taiwan and the shop will often try to accommodate customers’ requests for certain products which they will source and import.

“We have a doctor specializing in cancer that comes from KL monthly to offer free consultation to customers and many of my customers have benefitted a lot from it,” Loh said.

Loh knows first-hand the benefits of eating organic food as he himself is a cancer survivor. “I used to be very



Juvo, which contains over 60 healthy ingredients



Some of Healthy Concept’s range of products



Grace Valley Organic

Many may not agree with me that Ipoh is experiencing a gradual change in its social landscape. Although the transformation is subtle the change is a welcome sign. This one time sleepy hollow, which has gone into a prolonged hibernation after the demise of the tin industry in the early 1980s, is beginning to come alive. Unfortunately, many are still in denial not wanting to see the positive side of things. The prophets of doom will, as a matter of course, have nothing good to say.

The city's robust economy is being fuelled mainly by the private sector, a phenomenon which was found wanting a few years ago. Investments by private entities and individuals, mainly home-grown, is a good indication that Ipohites, who left for greener pastures during the tin market slump, have now returned home, not to roost but to do business. This is not only healthy but also good for everyone in Ipoh.

The rippling effect of the economic boom will benefit small-time businessmen like the ubiquitous hawkers and traders that Ipoh is famous for. Food courts and hawker centres are springing up like mushrooms after a downpour. And the existence of a vibrant suburban community in once remote hamlets such as Kampung Tawas, Bercham, Buntong and Kepayang bespeaks a new-found vigour.

Based on the 2010 census, Ipoh, with a land size of 643 sq km, supports a population in excess of 760,000. Not bad for a state capital that boasts the most number of colonial buildings within a small confine. The city that tin built has gone a complete circle. Or has it?

Mayor Dato' Roshidi Hashim believes it has and attributes the success to the hard-working and diligent city folks which consist of a healthy mix of races and creeds. Thus the notion that the success of a nation rests squarely on the shoulders of its citizens holds true. Therefore, racial polarity and religious bigotry, as being espoused by some in the ruling coalition is an anathema, a no-go. They will be committing political seppuku if the unthinkable happens.

Topping the list of insensitivities is the action of the Sungai Buloh school principal who confined his non-Muslim students to the school's toilet for their meals during the fasting month of Ramadan.

Intolerance is a quality so endemic in Biro Tata Negara-trained officers these days. Sadly, they form the bulk of the bloated civil service. Such things never happened during my formative years in my hometown of Parit Buntar in the 1950s and 1960s.

Maybe life was not as unpredictable as it is today. We did not have much to look forward to in terms of entertainment, except for the occasional John Wayne movies shown at the town's only cinema. I grew up when Marilyn Monroe, Sophia Loren, Brigitte Bardot and later, Ursula Andress, were the pin-up girls. We hummed to Elvis Presley's 'Jailhouse Rock' and Cliff Richard's 'The Young Ones'. P. Ramlee's 'Gelora' and L. Ramli's 'Dara Pujaa' were our favourite local numbers. Investing hard-to-come-by coins in the jukebox at the town's bus terminal was the best I could do to honour these crooners.

But that was then, today it is something else. The chasm between Baby Boomers like me and those from Gen X and Gen Y is as wide as the Pacific Ocean. Bridging this generational gap is well-nigh impossible.

Back to Ipoh's changing social scene. On Friday, July 19, the newly-opened Symphony Suites hosted a talk by world-renowned shoemaker, Datuk Professor Jimmy Choo and Ipoh-born and controversial radio and television presenter, Patrick Teoh. The event was organised by Perak Academy as part of its Perak Lectures series, the 100th since its inception in 1999.

What was most exciting about the meeting of the two 'giants' were the liberal exchanges the duo engaged in on the making of Jimmy Choo, a name synonymous with ladies footwear

**This one-time sleepy hollow, which has gone into a prolonged hibernation after the demise of the tin industry in the early 1980s, is beginning to come alive...**

in the volatile fashion world. A Jimmy Choo is worth its weight in gold, literally. A pair can fetch as much as USD10,000 (RM32,000), something beyond the reach of mere mortals like us.

But we take pride in the fact that a humble shoemaker from Penang had made it big in the international arena. And he did it by weaving his magic into the heart of the late Princess Diana, the Princess of Wales. Diana was hooked on Jimmy Choo's shoes and had several designed by him before her tragic death on August 31, 1997.

The other was the Policy Talk organised by Harold Kong at his restaurant, St Mike's Bistro opposite the famous FMS Bar. Harold Kong is a chartered accountant by profession. He is one of the many returning Ipohites who, having made his fortune abroad, decided to come home for reasons of expedience. This former St Michael's Institution student wants to plant his roots here rather than in Australia and Hong Kong where he worked for over two decades.

Harold's policy talk on Saturday, July 20 was the seventh in the series. The guest speaker was Professor Dr Abdul Aziz Bari formerly of Universiti Islam Antarabangsa Malaysia. Aziz was a law professor at the university and has written several papers on constitutional laws, something unheard of among our local academia. His assertion that a "country with a constitution may not be necessarily constitutional" is a sad reflection of our country. The fact that our Constitution has been amended over 800 times since 1957 confirms the belief that the principle of separation of powers between the Executive, Legislative and the Judiciary in Malaysia is a myth. "That was so until March 2008 when the ruling coalition lost its two-thirds majority in parliament," said Aziz.

These two events exemplify the many social activities taking place in Ipoh. There are many more, some mundane some exciting. One must have a keen eye for these happenings. Looking up the Announcement column on page 4 of Ipoh Echo is a good start.



Professor Dr Abdul Aziz Bari

**EYE HEALTH – SIGNS OF EYE PROBLEMS – Part 2**

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about THE WARNING SIGNS OF EYE PROBLEMS – PART 2.



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

Our eyes are not isolated from medical problems like diabetes and hypertension, and also other factors like the effects of aging, the harmful rays of the sun, smoke and dust around us.

**Warning Signs**

There are some symptoms and signs that may indicate prompt treatment be required. In most cases, you should see your eye doctor immediately if you experience some of the following:

**1. Double vision or 'ghost' images**

Double vision is also called *diplopia*. This symptom may be caused from eye conditions ranging from minor to serious. In most cases, any sudden onset of double vision cannot be taken lightly. This is because it may be a signal of an underlying condition such as a stroke.

The other conditions that may cause double vision are brain tumors, nerve paralysis, brain swelling and abnormal brain vessels impinging on some part of the brain. Sometimes a person may need to be referred to neurologist or neurosurgeon depending on the kind of stroke that occurs.

Remember that if you have a sudden onset of double vision, see your eye doctor or general practitioner immediately. Quick treatment is invaluable in these cases.

**2. Irritated eyes with redness and a scratchy feeling**

Often this is as a result of dry eyes. It is not really an eye emergency but if left untreated may affect the eyesight of the individual affected. The symptoms of dry eyes may at times be very severe, Dry Eye Syndrome is also known as *keratoconjunctivitis sicca* (quite a mouthful). It is a condition due to the changes in the quantity or quality of the tears. Dry eye normally occurs as irritated eyes.

Dry eyes may affect vision because it disturbs the tear film layer on the cornea that is essential for good vision. Our tears help bend the light on its way to the back of your eye (the retina) so that you can see nice and sharp images. Consult your eye general practitioner for advice about remedies, which may include over-the-counter or prescription eye drops.

**3. Blurred Vision with Eye Pain, Nausea and/or Vomiting:**

These vision changes may be due to an acute glaucoma. Since there may be associated symptoms like vomiting and nausea, the glaucoma may sometimes be missed and passed on as gastroenteritis. The patient may end up seeing their Physician only to be picked up as a glaucoma suspect to be sent to the ophthalmologist. Keep a lookout for this if you have a family history of glaucoma.

**4. Sudden Brief Loss of Vision**

You may be experiencing a condition called *Amaurosis Fugax*. The name is derived from the Greek word *amaurosis* meaning 'dark', and the Latin word *fugax* meaning 'fleeting' – referring to a transient loss of vision in one or both eyes. It may be a symptom of Central and Branch Retinal Artery occlusion and must not be taken lightly.

These are only some of the warning signs. Never hesitate to seek professional help if you experience any unusual eye symptoms that you are unsure of.

For more information, call Gill Eye Specialist Centre at Hospital Fatimah (05-545 5582) or email [gillyecentre@dr.com](mailto:gillyecentre@dr.com).

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## Crime in Ipoh – the perception and the reality

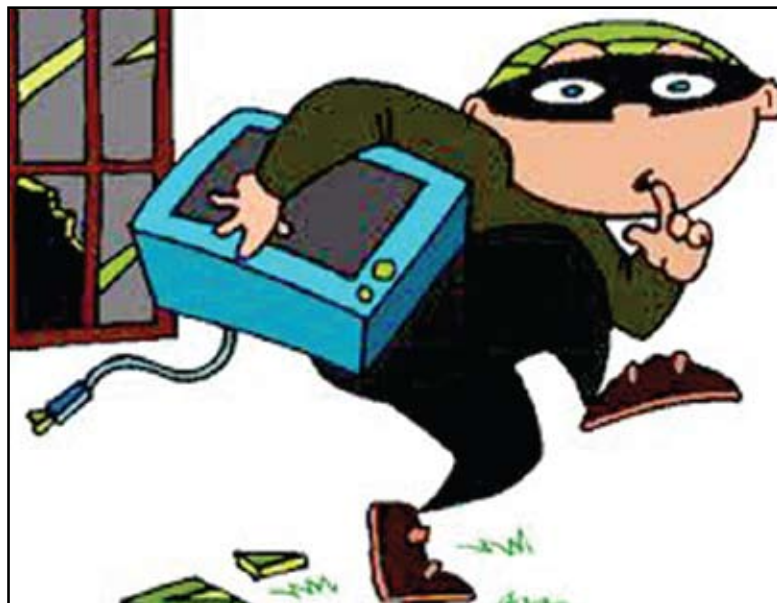
At the last monthly parade held at the police headquarters in Ipoh, the Chief Police Officer (CPO), Mohd Shukri Dahlan claimed that criminals were getting younger (Ipoh Echo July 1) and that 53.1 per cent, or 1681 of the 3166 cases reported between January and May 2013, had been solved.

This writer asked various Ipohites for their views on the remarks made by the Perak CPO. The contributors declined to be named, but one common theme emerged; people are worried about their safety, with their fears being heightened by the reports of criminal activities which appear in the national newspapers, on a daily basis.

Recently, we have been alarmed by news of crimes perpetrated by secret-societies, shootings, abductions, attacks on old people and the theft of drain covers which compromises people's safety.

We are also disappointed that making a police report is just as stressful as the crime itself.

Mohd Shukri said that the snatch-thieves and drug traffickers were getting younger and were mostly teenagers or young adults. He urged both parents and members of the community to play their role in preventing these sorts of crimes.



What was the study that was conducted and what was the average age of the criminals then? What is the average age of the perpetrators now? Why are they getting younger?

The CPO described the various strategies adopted by the police to reduce the crime rate and said that they were designed to enable the *rakyat* to live safely. He mentioned programmes such as the Police Omnipresence Programme (POP) which included "High Profile Policing" (HPP), "Walk, Stop and Talk" (WST) and "Feet on the Street" (FOS).

Although the CPO was right to engage the help of parents and the community to help reduce crime, he is probably aware of the limitations placed on the public. He claimed that 53.1 per cent of cases had been solved, but this writer would like to know how this percentage, or crime index, was calculated. A more thorough breakdown of the statistics is needed.

Of the 3166 cases reported, what percentage could be categorised as violent or serious crime? Of the 1681 crimes which were solved, how many

were from this category of 'violent crime'? How many of the solved crimes were minor offences like littering or parking issues?

How many out of the 3,166 cases involved firearms, machetes or parangs? How many cases were classified as murder, rape, assault, sexual crimes or violence against women, children or the elderly? How many were domestic violence crimes? How many involved anti-social behaviour? How many were drug offences?

Did this total figure include cases such as littering, pick-pocketing or shoplifting? How many cases were of fraud or cheating? Did it include minor traffic offenses like double parking, going through a red light, driving without a seat belt, obstruction, overtaking on a double white line, failure to pay parking fines, driving a vehicle which is unroadworthy, or driving without a licence or insurance? How many of these cases were break-ins and of these, how many were on commercial premises or residential homes? Was anyone injured or killed?

It would be interesting for Ipohites to know the percentage of crimes which were solved with the help of the public. How successful was the public in assisting the police? Did they phone the confidential phone lines or was there enough media publicity for witnesses to come forward willingly?

Mohd Shukri may have mentioned the POP strategy, but many people are clueless as to what terms like HPP, WST and FOS actually mean. In which areas are these programmes available and how could they contribute to a reduction in crime? If there is no publicity about these plans, perhaps the police could do more to highlight them. Does POP involve routine checks on drivers to check for valid driving licences, or stop-searches on young men for weapons such as *parangs*?

Could the CPO say if CCTV played any role in the fight against crime and how much of the footage from CCTV was effective in solving crime?

Of the crimes committed, how many were done by repeat offenders? Is there a plan to rehabilitate former criminals and drug users, to integrate into society and are these successful? Are there seasonal trends for specific crimes? Is there racial profiling for certain crimes? With the economic downturn, has crime increased and if so, by how much?

There is a rise of gang culture in our schools and many teachers and parents are keen for the police and the various government departments to reach out to our youth. Are there adequate sporting facilities in schools and housing estates?

The reality of crime which the public has experienced differs from what the authorities would like us to believe. If public confidence is to be restored, there has to be more transparency and increased cooperation between the police, the community leaders and the public.

The Malaysian public is sometimes its own worst enemy. They want major improvements with minimal effort. If the police are to do their job properly and efficiently, the *rakyat* must engage with the police. The police have the manpower and the resources, but they and the criminal justice agencies, need to listen to the voice of the *rakyat*.

Not everyone can afford to live in a gated community and pay security guards to do the job of the police to protect their property and families. Moreover, if the police do not enforce the laws, people may form vigilante groups and this may soon lead to anarchy.

## ANNOUNCEMENTS

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

**Ipoh ACS Alumni Association Annual Alumni Dinner on Saturday August 3**, 6.30pm till midnight at the Kinta Riverfront Hotel Ipoh. Invitation cards can be obtained from the following for a donation of RM100 or more per pax: Ms Lim 05-253 2882, Mr Looi Teik Aun 012- 515 1116, Mr Hum Kee Kuang 012-336 0770 & Mr Lau Wun Chew 017-882 0608.

**3rd UTAR Perak Campus Run 2013**, Sunday August 18, 7am at Sport Complex, UTAR Perak Campus. Contact: Perak Campus – 05-468 8888 ext. 2281/2282 (Mr S. Theva Dass or Mr Hendry). For more details go to: [www.facebook.com/utarrun2013](http://www.facebook.com/utarrun2013) or [www.themarathonshop.com.my](http://www.themarathonshop.com.my).

**Medical and Social Health Camp** [organised by Perak Women for Women Society (PWW) in collaboration with Soroptomist International Ipoh], Sunday, August 18 from 8am to 1pm at Dewan Malaysia Aruroli Mantram, Jalan Wayang, Buntong, Ipoh. Activities: health screening, medical advice for women, counselling on social issues, women's rights, prevention of child sexual abuse, colouring competition for children, henna painting and many more. For details call PWW (office) 05-546 9715 or Ms Yip 012-521 2480.

**PSPA's "Mozart on Silk Road"**, August 23, 8pm at the ballroom of the Royal Perak Golf Club. The Ensemble will be led by Ipoh-born maestro & conductor Mr Eugene Pook. There will also be workshops conducted by the musicians for keen music students. Call in early to reserve a place at the workshop or for the performance. Sara or Bryan are available at 05-548 7814.

**Public Forum, "Schizophrenia Awareness Campaign"**, August 30, 3pm at Grand Ballroom, Kinta Riverfront Hotel Ipoh.

## Colour Full Days Aura Soma workshop with Colette Garside

We are the colours we choose and it is absolutely our choice to add more colours into our life and become the rainbow of new experiences. This one day workshop with Colette Garside will be a fun filled day of exploration and self awareness. Even a graduation of colour can make a difference to how we are feeling. It is our choice which colours we wish to bring forward into our lives. In this workshop we can ask and get answers to the following questions:

- Are we ready to embrace the full colours we are?
- Are we ready to explore our own true colours?
- Are we ready to explore and understand our relationships at a deeper level?

Through understanding the language of colour we get a much different perspective on our lives and how we see ourselves and others. This workshop will help in so many areas of our lives.

**Date: Sunday August 11 starting at 10am till 5p.m**

**Price: RM250 including all materials**

**For details, contact Nurture Life at P.O. Box 955, 30810 Ipoh.**

**Tel.: +60 12 5082480. Email: [nurturelife9@gmail.com](mailto:nurturelife9@gmail.com).**

**Facebook: "Nurture Life".**

## MUSINGS ON FOOD



By SeeFoon Chan-Koppen

seefoon@ipohecho.com.my

**M**aria's is a long established restaurant in Greentown and has garnered a following and a reputation for being one of the best steakhouses in Ipoh.

One has a choice of sitting outside on the pavement and watch the world go by or inside in cool comfort where the steak aficionados come. Here you can mull over the signboard that lists the various types of steak available. And there is a tempting choice available too, one to suit most palates and pockets.

One can order a chilled **Australian Ribeye Steak** (about 200g) for RM48 or pay more for the Angus at RM44 per 100g. Then the tastier selections come in (not that Angus is not tasty but there is a difference) and with it the price. **Wagyu Beef** (an Australian version of the Japanese Kobe) comes in 3 grades, 5, 7 and 9 with incremental prices per 100g as the numbers go up (see prices below). Of course at the top of the list is the quintessential steak, the Kobe and here at Maria's it's a grade number 6.

Maria showed me the **Kobe Steak** before whisking it away to be grilled and it was pink and completely well marbled. This is one time to throw caution to the wind and forget about clogged arteries and cholesterol, I said to myself. And what a treat it was and am I glad I decided to indulge.

The **Kobe Steak** weighing in at around 200g arrived on the table with simple steamed vegetables, carrots, broccoli and pan-fried potatoes. Maria recommends in the menu itself not to have sauces with the steak but of course will comply and provide on request. Also she recommends eating the steak either medium rare and best rare. Well my steak was a trip to paradise. Served rare, I could almost cut it with a fork, being so tender. The meat was succulent, fragrant and the mouth feel, velvety smooth.

To be fair, I was so carried away by my Kobe Steak, that I forgot to mention that Maria's is not ONLY a steakhouse. They do have an extensive menu that includes the usual pastas, soups, lamb, chicken and fish dishes. The pies at Maria's are particularly well known and popular, all homemade by self taught chef Maria Tan. I particularly like her **Beef Pies** which are juicy inside, with a crust that is crumbly and flaky at the same time.

We started with an **Oxtail Soup**, thick and robust with two pieces of oxtail whose meat fell from the bone effortlessly. This was served with a slice of garlic bread and followed with a **Caesar Salad**, creamy dressing with chopped walnuts, beef bacon bits and croutons.

The fish dish came next, a **Grilled Salmon Steak** topped with Bonito flakes (dried skipjack tuna) and served with an interesting citrus sauce of orange, soya and zest. Unusual flavours.

The finale came with the **Tiramisu**, this one with strong hints of brandy and

## SeeFoon does a 'Steak' Out in Greentown



Tia Maria liqueur smothering the sponge finger base and infusing the mascarpone cheese filling with its fragrance. Chocolate shavings sprinkled on top finished the presentation which was wolfed down in a jiffy. I almost regretted agreeing to share one portion between two people.

All in all, Maria's is a well-rounded restaurant that is strong on steaks but non beef eaters will also get a good meal and those with belly room left over can look forward to the choice of desserts and cakes that Maria's is famous for.

### Beef Steaks:

- **Kobe** RM185 per 100g
- **Wagyu # 9** RM115 per 100g
- **Wagyu # 7** RM85 per 100g
- **Wagyu # 5** RM70 per 100g
- **Angus** RM44 per 100g

- Oxtail Soup** RM 19.50
- Caesar Salad** RM14.00
- Seafood Spaghetti** RM 23.50
- Salmon** RM38.00
- Tiramisu** RM13.50



### Maria's Restaurant and Cafe (Pork Free)

60 Persiaran Greentown 1

Pusat Perdagangan Greentown, 30450 Ipoh

Tel: 05-242 4233

Business Hours: 4pm-11.30pm daily. GPS: 4° 36.942'N, 101° 7.365'E

## HAWKER FOOD

By VWSL

### Woolley Food City Ipoh Garden

**T**he **Woolley Food City** has been around a good many years and may be one of the first 'modern' food courts, which is ubiquitous nowadays. The concept of having one main stall supplying drinks was unheard of before. Surprisingly, a lot of people get Woolley mixed up with *Aneka Selera* (Glutton's Square) which is just next to it. Woolley operates mainly for breakfast and lunch and most stalls close by 6pm and they don't have fixed days for closing. With more than 15 stalls there's something for everyone.



#### Things to try:

- Sabah Pandan Rice sells **rice and curry** from RM4 onwards and on weekends they have pandan and wong keong (yellow *kunyit*) rice.
- **Ban Mee** at RM4 and there is also **Hor Hee**
- For fusion fare try the **Fried Udon** with prawns & Italian herbs (RM6.50) at Everfresh Fried Rice. There is also the Broccoli Salad with mayonnaise dressing at RM7.90
- Tick Ke **Prawn Mee Curry Mee** – RM5.50 also has Prawn Mee at RM4
- **Bak Kut Tea** (Teh) – RM9
- If you like the sweet taste of *lap cheong* in **Claypot Rice** – RM5.80
- Penang Banana Leaf **Fried Koay Tiao** with prawns, cockles and egg sells at RM4

Others include: **Economy Rice** with more than 30 varieties and Teochew Porridge, **Beef Noodles** and **Chicken Soup Noodles**, **Saba Bento**, **Chee Cheong Fun**, **Rojak/Sotong Kangkong**, Fong Kitchen, **Pork Noodles**, Happy Delicious **Salted Chicken**, and the Food Network selling **pau** and **salted egg custard**.

## RECIPE

By Margarita Lee

### Kimchi Fried Rice



#### Ingredients:

- 2 cups cold White Rice
- 2 tablespoons Oil
- 2 large Eggs – lightly beaten with salt and pepper
- 1 clove Garlic, finely minced
- ½ small Onion, finely diced
- ½ cup Kimchi (Korean spicy pickled cabbage), cut into small pieces
- 1 tsp Mirin (sweet rice wine) – optional
- 1 tbsp Fish Sauce
- 1 tsp Sesame Oil
- ½ tsp Pepper
- 1 stalk Spring Onion, cut finely
- ½ Chili, cut thinly
- 3-4 tbsp Cooking Oil

#### Method:

1. Heat wok or frying pan and add 2 tablespoons oil. When the oil is hot, add the eggs. Stir briskly until they are lightly scrambled but not too dry. Remove the eggs and clean out the pan.
2. Heat oil in a wok, sauté garlic and onion until aromatic. Add in Kimchi, fish sauce, Mirin and stir quickly before adding rice. Stir well to combine.
3. When the rice is heated through, add the scrambled egg back into the pan. Mix thoroughly.
4. Add in pepper and sesame oil. Garnish with spring onion and cut chilies. Serve hot.

## Tourism

# Sayong Riverfront a One-Stop Tourist Centre

The Sayong Riverfront in Kuala Kangsar is set to be a one-stop centre for tourists visiting Kuala Kangsar. This was announced by the newly-appointed Minister for Tourism and Culture, Datuk Seri Nazri Aziz during a visit to the touristic spot recently.

The objective, according to the minister, is to promote the Sayong Riverfront as a centre for the exhibition of Perak's handicrafts, culture and food, and to provide much-needed exposure for the state's nascent homestay industry.

"This effort goes to show that economic potentials offered by the tourism industry can be exploited for the benefit of all," he said in his opening remarks when launching the Visit Malaysia Year 2014 mini carnival held at the spot recently. "It can be developed positively provided the spirit of innovation and entrepreneurship are being embraced."

The minister said that RM30.2 million had been allotted to Perak under the Tenth Malaysian Plan to develop 38 touristic projects in the state.

Nazri visited Kellie's Castle in Batu Gajah the following day to see the progress of works to improve the iconic building, which is a major tourist draw to the state. He complimented the Public Works Department for ensuring that the RM5 million allocated for upgrading works is being well spent. The on-going project which began in September 2011, involves the upgrading of public toilets, building of a mini theatre, a square and the renovation of the building's interior.

Present during the minister's visit was the Executive Councillor for Health, Tourism and Culture, Nolee Ashilin bt Dato' Mohammad Radzi.

RM



## Lenggong Valley Revisited

June 30 marks the first anniversary of Lenggong Valley's declaration as a UNESCO World Heritage Site. In conjunction with this auspicious day, Tourism Malaysia (Perak) organised a familiarisation trip beginning June 29 to July 1.

The 39 participants were representatives from the media and travel agencies with most from outside of Perak.

The first destination was Lenggong Valley Archeological Gallery, the first prehistoric museum in Malaysia which was opened in 2003. Artifacts and other rocks discovered in the valley are exhibited here, along with replicas of prehistoric human skeletons.

Mohd Shahrin, Director of Department of Natural Heritage, Central Zone briefed the participants on the two-and-a-half year process of gaining UNESCO recognition.

According to him, various stages of works on improving the infrastructure of the sites are in progress. They include fencing, erecting of promotional billboards, signages and interpretation centres.

The following day 4-wheel-drive vehicles were used to traverse the bumpy roads leading to Bukit Bunuh. Evidence show that there was a meteor crash at the site around 1.83 million years ago. Civilisation was predicted to exist long before that according to the tools embedded in the suevite rocks found.

The tour continued to Bukit Sapi, where ashes from an enormous volcanic eruption in Sumatra 75,000 years ago were scattered. Ashes were said to be found as far flung as Pahang, Selangor and Kedah.

A treacherous hike up Gua Gunung Runtuh followed, where Perak Man, the oldest-known human skeleton in Southeast Asia was found in 1990. Carbon-dated at around 11,000 years old, it was the most complete Paleolithic skeleton excavated in Malaysia. He was diagnosed to be suffering from a genetic deformity known as *Brachymesopthalgia Type A2* and was 40-45 years old when he passed away due to gum disease and infection.

Gua Kajang was next. Located within the Bukit Kepala Gajah limestone complex, human civilization, believed to have existed between 5,000 to 11,000 years ago, was evidenced by pottery, stone tools, food remains and human skeletons found here.



The last day of the trip consisted of a bus tour around the royal town of Kuala Kangsar.

According to Ahmad Kamarudin Yusoff, Director of Tourism Malaysia (Perak), the trip was necessary in order to show travel agents and media representatives what Lenggong Valley has to offer so they can better promote it.

"We hope to develop educational holiday packages to attract both local and foreign tourists, as part of the strategy for Visit Malaysia 2014," he said.

Lena

## Arts & Culture

### KVSS's 'Be Spirited Away' Concert

Kinta Valley Symphonic Society's (KVSS) recent 'Be Spirited Away' Concert on July 20 was a runaway success. The concert, held at Dewan Wan Chin Leong with a seating capacity for 900, was sold out to a mainly young audience, the targeted audience the organizers had hoped for.

The concert was performed by KVSS's two orchestras, Kinta Valley Wind Orchestra (KVWO) comprising of 58 members and Kinta Valley String Orchestra (KVSO), 27 members.

The music for the concert included music from popular Japanese animated fantasy films such as 'Spirited Away' (the most successful film in Japanese film history), 'My Neighbor Totoro' and 'Castle in the Sky'.

According to KVSS music director Eugene Pook the featured music, besides introducing popular Japanese anime music to a wider audience, was also to encourage the younger audience to experience the powerful effect of orchestral music.

The 'Be Spirited' concert was also the culmination of its KVSS/MPO Music Camp project. Rehearsals for the concert with Pook started in early June and included coaching for the strings section by violin professor Maya Musaeva from Universiti Pendidikan Sultan Idris, Tg. Malim.

Additionally, from July 16-18, nine professional musicians from the Malaysian Philharmonic Orchestra (MPO) were in town, fine tuning the skills of KVSS members in preparation for the concert.

A day before, the nine musicians from MPO treated KVSS members and invited guests to a wonderful chamber concert which included works by Mozart, Bach and Poulenc.

MPO trumpeter John Bourque when asked about the KVSS musicians who participated in the camp project, described them as "bright, enthusiastic and very eager to learn". Similarly for KVSS trumpeter, Chow Kok Chin, 16, who said he totally enjoyed learning all the new techniques from the MPO team.

Undoubtedly, KVSS, which was founded in 2010, is certainly growing from strength to strength.

JAG



## Kinta River a Tourist Attraction?

On a Sunday morning drive along Jalan Lim Bo Seng to visit the Memory Lane flea market, I noticed that the level of water in Kinta River was very low, the lowest I have ever seen.

Half of the dam built across the river to maintain minimum height of water in the river had collapsed and water was flowing freely. Many dead fishes were floating in the slow-moving water. Many dead fishes were also stuck at the side of the river and a fishy smell was strong.

A big log was lying on the river bed. Old debris was lying mostly at the side of the banks with other garbage and Indah Water is still discharging its foamy effluent into the river.

River Walk is being promoted as the latest tourist attraction in the city. What impression would tourists have about our city when they see the condition of the river.

The Drainage and Irrigation Department (DID) must immediately take remedial action and restore the river to its natural state.

Meanwhile, I went to Sungai Pari to see the condition there. From Jalan Raja Bridge I noticed the level of water was low, but was flowing freely. The water looked less muddy, hardly any garbage floating and there were no dead fishes. There was



silting at the sides and many of the retaining concrete walls have collapsed. It looks like the river is not being maintained either.

A. Jeyaraj

## Lifestyle

By SeeFoon Chan-Koppen

# Tailor-Made Fitness in Luxurious Comfort



No more stuffy rooms where the smell of feet and socks mixed with stale sweat on old stained carpets assail the senses, causing one to hesitate, resist and wonder “do I really want a workout under these conditions?”

Now Ipohites can work out in a sleek and contemporary boutique style fitness club, nestled cozily in the heart of Ipoh city. Located within the Greentown Business District, **Sculptfitness** enjoys great accessibility whilst still maintaining an element of privacy. Brainchild of owner and group class instructor herself, Suraya Elland Yusoff, the Club in Lebu Ceylon is a brand new purpose built building, all tastefully outfitted and surrounded by a glassed, green outlook. Three spacious group class studios including Cardio/TRX studio, Spin Theatre and a Yoga Sanctuary occupy the upper floor while the gym floor below comes fully equipped with brand new quality equipment and free weights and is sure to satisfy even the hard to please hardcore gym junkie. Throw in a Jacuzzi, Steam Room, mini outdoor kickbox areas, as well as the numerous cozy relaxation areas that are available and you have a pretty comprehensive set up.

The concept behind Sculptfitness is to go one step further than just being a regular gym by providing multiple facilities under the one roof. With customer service being a priority, Sculpt also provides members with an in-house hairdresser and cafe. Fashion fanatics will love the ‘Lorna Jane’ sportswear boutique, Ipoh’s very first. For those more into natural well-being, aches and pains can be addressed by their Structural Integration Practitioner, or their Acupuncturist who is also a fully accredited TCM doctor who can prescribe herbs.

Group class enthusiasts will be in their element with the exciting range of classes offered including TRX, ZUMBA, JAZZERCISE, Tone Zone, Yoga, Pilates, Step and more. In fact, the most comprehensive range of group classes available in Perak.

All classes are conducted by trained and dedicated instructors. *Sculptfitness* is also the base for Ipoh’s one and only franchised Jazzercise outlet. Pure Jazzercise packages are available here. For those less inclined towards classes, personal trainers are on hand to tailor specific programmes to meet individual needs and motivate you to reach your target. With the 12 session package and undivided scrutiny of your trainer, you are bound to see results! All in all, a positive new landmark for Ipoh. If you are looking for a great workout with some added perks in a stylish, plush environment, this is the place.

Speaking to Suraya, the doyenne of the fitness scene in Perak, and founder of *Sculptfitness*, who conceived and designed the layout and all the interiors of the facility, one can sense the palpable passion in her being as her eyes light up, “It has given me immense pleasure to see Sculptfitness grow into a reality whilst doing something I’m really passionate about. Being able to change people’s lives for the better is very rewarding, and all the more so in this fast paced world, where healthy lifestyles are gaining prominence. The provision of wellness-based therapies within our centre

provides a welcome alternative for the discerning individual. Ultimately my hope is for *Sculptfitness* to become a place where people can chill, build friendships, de-stress, improve confidence and reach unimaginable goals with their bodies”.

*Sculptfitness* offers a range of membership options to suit every lifestyle and fitness aspiration. Coming from a philosophy that “one size fits all” is wrong when it comes to fitness clubs, their packages are designed to match the distinct fitness goals and lifestyles of their members.

As well as individual month options, quarterly, 6-month and annual saver packages are also available. For those just passing through or unable to commit, non-member options are available in the form of a day pass, a weekly pass, a weekend pass, or a single month pass.

For all you couch potatoes out there, get up, get in to *Sculptfitness* and sign up. As their motto proclaims: Believe and Achieve, your body will thank you. And so will your doctor.

For more information email: [suraya.sculptipoh@gmail.com](mailto:suraya.sculptipoh@gmail.com); Tel: 05-254 6232 or go to No. 4 Lebu Ceylon, 30350 Ipoh, Perak. Website: [www.sculptfitness.com.my](http://www.sculptfitness.com.my).

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## News Roundup

## Joint Patrolling

The Ipoh Police District has initiated measures to improve safety during the fasting month of Ramadan by conducting joint patrols. Patrolling by police personnel, police volunteers, Rela (People's Volunteers) and the Military Police has been the routine in Ipoh Central, Menglembu, Pasir Puteh, Bercham and Kampung Tawas since before Ramadan.

"The target areas are those classified as 'hot' where crime rates are high," said ACP Sum Chang Keong to reporters at a launching ceremony cum breaking fast recently. The city police chief was responding to calls to make Ipoh, especially the housing estates, safe during the coming festive season.

"Break-ins and thefts will occur as people leave homes for the holidays," he added. "During the fasting month, houses in predominant Malay areas will be left unattended as the men folks leave to perform prayers in the nearby mosques and madrasahs. This provides an opportunity for the crooks."

Rela and police volunteers are given police powers during such joint-patrolling. "This is to enhance their effectiveness," said Sum.

After breaking fast with his Muslim subordinates and guests at the Ipoh Police Headquarters, Sum released a joint-patrol consisting of 32 personnel. The men were assigned to the streets of Ipoh and were on duty from 7pm to 2am.

RM



## Lahat Road Bridge Update



One lane of the Lahat Road bridge over Sungai Guntong will be opened before Hari Raya next month. This was informed to Ipoh Echo by a spokesman for MBI's drainage section when enquiries were made with the department.

The spokesman stated that the reason for the delay was due to "general utilities was still being re-sited" and added that both lanes will be opened to the public by the end of August.

In April this year, Ipoh Mayor, Dato' Roshidi Hashim had announced that the bridge would be completed and opened to transport by June. When the June deadline passed Ipoh Echo readers had called in July enquiring for the rescheduled completion date.

The flood mitigation project and upgrade of the bridge was started in 2010. The project costing RM4.89 million was scheduled for completion a year later but has been delayed till now.

JAG

## Sport

## Empowering Youths

Perak FA head coach Azraai Khor Abdullah has officially revealed that he will be utilising some of the President Cup players for the upcoming Malaysia Cup campaign.

The Seladangs are currently preparing for the tournament and Azraai has called up six names from the highly talented Perak President Cup squad, including the likes of Mugenthirran, Nurhakim Isa and Syamil.

Speaking to Ipoh Echo, Azraai said, "I have always liked the idea of developing youth players and that is exactly what I'll do for the Malaysia Cup. Six players have been brought in from the President Cup squad and I'm hoping they'll make a big impression."

"Mugen and Syamil in particular, netted 14 goals each in the President Cup, and that's a terrific start for players of their age. So, hopefully, these guys will be able to make us proud by doing well."

Preparation for the Malaysia Cup has been going well, despite them only being able to train at night due to the fasting month of Ramadan. However, a mini crisis erupted recently when Thai side Muangthong United expressed their desire in prematurely ending Paulo Rangel's loan stint in Ipoh.

"We've been training from 10pm to 12am every day due to the fasting month but everything seems to be going well."

"Yes, Muangthong wants Paulo back but the man wants to stay, so that's a good



thing. We've expressed our desire to keep him so I think he'll remain here."

The Malaysia Cup should be an interesting battle ground for Perak, as they seek to regain some pride from what has been a frustrating year. Azraai's decision to empower the Perak youth players is commendable. Let us hope it will reap dividends.

Keesh

## Hockey: Ready for the Asia Cup



preparations for the tournament are ready.

Currently the facilities and schedules are ready and the organizers are waiting for the team list and training schedules datelined at the end of July.

The tournament will have eight countries participating. The Group A teams are Pakistan, Malaysia, Japan and Chinese-Taipei while Group B consists of Korea, India, Bangladesh and Oman.

The first day's matches on Saturday August 24 will be played between India and Oman (2.05pm), Pakistan and Japan (6.05pm) and Malaysia and Chinese-Taipei (8pm).

This Asia Cup event is a qualifier for the World Cup to be held in The Hague, Netherlands next year. Currently none of the Asian teams have yet qualified to play at the World Cup. Hence hockey fans can expect to see some intense matches between these Asian teams as they battle it out for that single ticket for the World Cup.

Malaysia's Coach Paul Revington, who a month ago had threatened to quit but has since resolved his issues, was quoted as saying to be "looking forward to working with other coaches and officials and win the Asia Cup gold in Ipoh".

Going by the previous scene during the last Sultan Azlan Shah tournament held in March this year where fans could be seen enthusiastically cheering on Revington's boys, I dare say we can expect more of the same which will hopefully stir the Malaysia team to a solid victory. Malaysia's best placing in the last eight Asia Cup tournaments was in 2007 when we finished in third place beating Japan 5-3 while finishing in 4th place four times.

JAG

All is ready for the 9th Asia Cup, Men's Hockey Tournament to be held at Ipoh's Sultan Azlan Shah Hockey Stadium from **August 24 to September 1**.

Perak Hockey Association Chairman and Asia Cup Organising Chairman Dato Abdul Rahim Mohd Ariff when contacted, acknowledged that the



Community

# An Outreach Programme with Meaning

The Perak National Registration Department called on *Persatuan Pemulihan Sultan Azlan Shah* in Bercham one recent Saturday. The rehab centre was the recipient of the department's *Tunas Bakti Orang Kurang Upaya* programme, a community social responsibility initiative.

The primary objective of the outreach programme was to assist parents to obtain proper identification papers for their handicapped children. It was also in line with the national policy of bringing public services to the rakyat.

Working closely with the Social Welfare Department, the department's mobile unit, MyMobile, was used to the fullest.

Persatuan Pemulihan Sultan Azlan Shah was selected to be the host, as the department wanted to create greater public awareness of the services rendered by the Sultan Azlan Shah Foundation. Rehabilitation for children, as well as adults with special needs, is provided free of charge, regardless of race and creed.

Chairman of *Persatuan Pemulihan Sultan Azlan Shah*, Tan Sri V. Jeyaratnam and Perak National Registration Department Deputy Director, Puan Hajjah Fatimah Hashim gave away medals to winners of the various competitions.

Six kids were presented with achievers' awards for their progress since undergoing treatment at the centre.

Emily



Life

# A Night of Love and Romance

It was an intimate affair, about 50 people having the whole of Citrus restaurant to themselves. On a Saturday night, it takes a very special occasion and a carefully crafted menu for Simon Lee, the owner cum chef to close the entire restaurant and focus on applying his culinary skills to the 10-course menu.

With the first course starting at 7.30pm and the last arriving around 11pm, this 4-hour gastronomic feast was ordered by Dato' Lee Seng Hee and his wife Datin Irene to celebrate their 23rd wedding anniversary.

The upstairs room in Citrus was transformed into a wonderland of flowers and candles, and one had to watch one's step walking around as the candle and petal strewn arrangements on the floor created more fantasy for this magical evening. Created by Datin Irene and Abel from Hock Nam Hin florist, the mood was set from the moment one stepped in.

In his short speech while cutting the cake, Dato' Lee had the sweetest words for his wife Irene which included the following, "Given a few lifetimes, I would choose to marry this woman over and over" and "This love is eternal. They may be taller, more curvaceous, less argumentative but I would never choose another one". Some guests could be seen to be dabbing their eyes after his words of devotion.

The menu was no less spectacular with innovative dishes like *Humpty Dumpty*, an egg cocotte served with foie gras cream, the delicate Lobster Cappuccino, the *Two to Tango*, a combination of Espresso marinated lamb loin and roasted lamb rack and a plethora of other items from fish to fowl to Wagyu beef. The finale, *Flower Pot Surprise*, really did catch people by surprise. A small ordinary plastic flower pot, complete with a plant embedded in what appears to be dark soil turned out to be tiramisu with a spray of mint leaves. What a delightful end to a most enchanting evening.

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# Idolising a Scottish Planter?



Are we not idolizing a Scot, whose only contribution to the country was being a rubber planter who left behind his unfulfilled dream to live like a White Rajah? Even Tourism and Culture Minister Datuk Seri Mohamed Nazri Abdul Aziz appeared to have admitted it when launching the new features at the Kellie's Castle near Batu Gajah recently.

"Kellie's Castle deserves to be appreciated not only for its design but to remember its former owner, Scottish planter William Kellie Smith, for his ambition to become a lord in this part of the Earth," he said.

Thanks to branding and successful promotion, this abandoned and yet to be completed monument to posterity, the so-called 'castle' has become a popular tourist attraction in Perak. But, having immortalized Kellie by promoting the site, is that not enough of an effort? Do we actually need to go to the extent of spending more taxpayers' funds to furnish a lounge and bar areas of the building with replica of old English furniture, antique items complete with curtains, carpets and paintings to reflect how they might have looked during William Kellie Smith's time?

Well, does anyone really care how William Kellie would have lived if he was alive and had completed the construction of his castle? No doubt, William Kellie could have

## Young Perak

### Appealing for Acceptance

University admissions seem to be the topic on everyone's lips at the moment. After all, this concerns the shaping of our country's future leaders. Thus, a meeting with the students who got good grades but failed to get any places or the courses they favoured in public universities was held by MIC Youth Officer Sivarraajh Chandran at the State Secretariat Building on Friday, July 17.

The meeting was attended by about 50 students who filed their complaints with him. Of the number, three cases were from students who got 4As (one of them wasn't offered any places in universities). Most of them present applied for medicine, pharmacy and dentistry.

One of the students was Renuka Beulah a/p Kunalan, 20. She was ecstatic when she completed her STPM with a CGPA of 3.92 and applied for universities that offered medicine. She did an aptitude test for UKM but was instead offered biomedical science. Her mother, D. Selvarani, 48, could not afford to send her daughter to a private institution due to financial constraints. "Both of us are demoralised, especially Renuka as she had worked hard for her grades."

Kushalini Rames, 19, did her matriculation in Penang and got all As. She did not receive any calls for interview but was offered chemical engineering at UKM instead of medicine or dentistry that she favoured.

Javendra Kumar, 19, aims to do medicine after completing his matriculation in Pahang with a CGPA of 3.85. He was, however, offered biology at UKM thus shattering his dreams of being a doctor, which was why he rejected a scholarship to study engineering after SPM.

## Personality

### Datuk Professor Jimmy Choo with Patrick Teoh

It was a lively evening when Datuk Professor Jimmy Choo Yeang Keat, famous worldwide for his exquisitely crafted shoes shared his success story in a packed room at Symphony Suites. In dialogue with Patrick Teoh, former TV and radio presenter and now 'Agent Provocateur' the talk was organised by Perak Academy.

Jimmy, son of a shoemaker in Penang, said that he learned his trade from watching his father make shoes. Jimmy Choo's break into the fashion world began when his creations were featured in Vogue magazine, catching the eyes of the rich and famous. The late Princess Diana loved Jimmy's shoes and had several crafted by him. Later they were featured in made-for-TV movies such as "Sex and the City". The character played by Sarah Jessica Parker was also a big fan of Jimmy Choo. Jimmy subsequently sold his shoe business in 2001 for 10 million sterling and is now back in Malaysia operating his own couture line.

His creations are adorning the feet of royalty, celebrities and pop stars. Sporting a pair of handmade crocodile skin shoes costing RM38,000, Jimmy informed the audience that to get his personalised shoes, clients have to make appointment with him for measurements and return for fitting before collecting them. Not that there'll be a long queue for his personalised shoes as the number of patrons who can afford his RM32,000 shoes are few and far between.

Patrick, a home-grown Ipoh boy, while not as famous globally, has nevertheless made a name for himself, albeit steeped in controversy. The infamous incident of him planting a kiss on the cheek of a lady, live on TV3, caused him his job many years ago while recently Patrick was working with a radio station in KL but was shown the door, post haste. The Information Minister then felt that having him on air was a bad influence on listeners, as GE 13 was around the corner.

## My Say

By Jerry Francis



given some indications of his choice. This is not necessarily how he would live and furnish the building.

Thus, those responsible for assembling them could only say that they are "60 to 70 per cent" similar to what Smith would have conceived them to be. Furthermore, what significance would these new features have on our Malaysian culture?

We do not have to imitate other well-known sites abroad. Like the exhibits in the Windsor Castle, the 14th century Kellie Castle in Scotland, and various mansions in the United Kingdom. Those old and exquisite collections once belonged to royalty and lords who had actually lived in the buildings and as such they could take the visitors through a memorable trip of the country's past.

I was also horrified by the suggestion, of some tourism officials, to resume construction of the building and to complete it to its intended grandeur. Fortunately the suggestions were shot down, otherwise more taxpayers' funds would be spent.

Kellie's Castle is attracting tourists now largely because of the story of William Kellie's failed dream to have a lifestyle of a maharajah of India and the ghost stories being spawned around it. And also because it is ideally located along the Simpang Pulai-Batu Gajah Road.

These latest features in Kellie's Castle were developed out of a RM5 million allocation from the Federal Government. I feel that any expenditure, in the case of Kellie's Castle, should be confined to providing sufficient facilities, beautifying the surroundings and ensuring the safety of visitors.

If there is any need to reflect the lifestyle of anyone, it should be that of our own prominent personalities in Perak – that is to show the custom and tradition of Malaysian history.

It saddens me to see the federal and state authorities paying so much attention to Kellie's Castle at the expense of other tourism sites in Perak, which are badly in need of funds for development and promotion.

One such important site which needs our immediate attention is the last of the tin dredges at Tanjung Tualang – a heritage from the glorious past of the tin mining industry in the Kinta Valley. Save the dredge before it disappears completely.

The state has great potential as a tourist destination in the country as it is endowed with various assets, such as natural attractions, heritage and archaeological sites as well as seaside resorts.



Nur Aini Shaik Alaudeen obtained a Diploma in Marketing from POLIMAS. She got a CGPA of 3.83 and applied for business courses in five universities. She was shocked when none responded. "Does this mean polytechnic students are not good enough for public universities?"

Sivarraajh promised to take up the matter with the Education Ministry and find an amicable solution to the problem.

Lena



When Patrick asked Jimmy what other names he had in mind for his shoes the reply was, "One of them was Lucky Shoe". Had Jimmy used that name he would be known today as "Datuk Professor Luck Shoe".

Jimmy has received many awards, the latest being "World's Most Outstanding Chinese Designer". He is Ambassador for Footwear Education at London College of Education and a spokesperson for the British Council in their promotion of British Education for foreign students.

"Will there be another Jimmy Choo?" asked Patrick. "Not likely," said Jimmy. "Youths today don't like to work hard. They prefer to seek success the easy way."

On coming home to Malaysia, he said "Malaysia is my home. Malaysians who have made it big abroad should promote their country to the world. I also wanted to spend more time with my family."

His advice for aspiring young Malaysians who want to be shoe designers is that they must be hardworking, sincere and honest. They must participate in international shoe exhibitions especially those held in London to get recognition.

He welcomed the idea of setting up a Shoe Academy in Ipoh.

A. Jeyaraj

## Ramadan Round-Up

### A Time for Giving

The fasting month of Ramadan has a special meaning for Muslims the world over. It is a moment for reflection, a time for doing good deeds and, above all, a time for giving. The more one gives, the better it is for everyone. In the spirit of Ramadan, a number of non-governmental organisations, corporations and well-meaning individuals have pooled their resources to donate to the poor, the marginalised and the underprivileged in line with the teachings of Islam. Here are some of the activities that have taken place during the auspicious month:

#### Royal Ipoh Club



Muslim lady members of the club led by its chairperson, Ms Rohaya Ariffin entertained some 150 single mothers, old folks and orphans to lunch on Sunday, July 7, at the club's Azlan Shah hall. Muslim lady members, according to Rohaya, have been organising the activity annually without fail since 1992. Gifts consisting of clothing, daily necessities and *duit raya* donated by well-wishers were given to the recipients by Yang Amat Mulia Tunku Norazah bt Tunku Aziz, wife of Yang Amat Mulia Raja Izzudin Ibini Almarhum Sultan Idris Shah.

#### Orient Star Lumut



Forty three children from Bait Al-Amin Orphanage, Parit were treated to *buka puasa* at Orient Star Resort, Lumut on Saturday, July 13. They did not leave empty handed as all were presented with gifts and *duit raya* borne by Borong Sakan, a local supermarket chain. There to do the honour was Rashidi Ibrahim, the state assemblyman for Pasir Panjang. Present at the ceremony were Dato' Hj Omar Yatim, Managing Director of Borong Sakan and Vincent Ee, General Manager of Orient Star Resort.

#### Polytechnic Ungku Omar



The Ipoh-based polytechnic did its part for charity too but with a difference. Staff and students of the technical institute joined hands in cooking *bubur lambuk*, a popular porridge with Muslims during the fasting month of Ramadan. On Wednesday, July 17 they prepared a total of 5000 packets of *bubur lambuk* cooked in 11 giant woks, creating a record of sorts. The packed porridge was later distributed to the college staff, students and the public.

#### Tower Regency and Nestlé

For the past three years Tower Regency and Nestlé have been treating orphans to a breaking of fast dinner at the hotel during the month of Ramadan. This year was no exception. Over 180 orphans from various orphanages, in and around Ipoh, were feted to a sumptuous *buka puasa* spread at the hotel's coffee house on the first day of Ramadan, Wednesday, July 10. Mayor Dato' Roshidi Hashim gave away hampers and *duit raya* to those present, which included 50 single mothers and 16 handicapped children.



#### Mydin Hypermarket Meru Jaya



In a bid to help the disabled, a charity event in conjunction with the upcoming Hari Raya Aidilfitri was held at the Mydin Hypermarket, Meru Jaya on Tuesday July 16. It was graced by Datin Seri Rosmah Mansor, wife of the Prime Minister and Datin Seri DiRaja Saripah Zulkifli, wife of the Perak Menteri Besar.

The programme's objective was to create awareness regarding the plight of the less fortunate, especially those with mental and physical disabilities. The contributions made were in the form of clothing, daily necessities and *duit raya*.

A total of 249 children from ten rehab centres in Perak were present at the morning function.

#### Malaysian AEON Foundation Brings Cheer in Manjung

AEON Malaysia through its charity arm, the Malaysian AEON Foundation, arranged a day of joy for 170 children, aged between 1 and 12 years old, and 18 single parents in Manjung recently in conjunction with the upcoming Hari Raya Aidilfitri celebration.

To kick-off the day, each child was given RM200 and brought to AEON Sri Manjung for a shopping spree, giving them an opportunity to purchase their favourite *baju raya*. Dato' Abdullah Mohd Yusof and Ms Nur Qamarina Chew Abdullah, Vice President of Malaysian AEON Foundation, played guardian accompanying the children in the shopping spree and helped them select their *baju raya*.

"This Hari Raya is going to be so special for me because I can wake up in the morning and don my new *baju raya* before visiting my friends. This is the first for me," said Husna Mohd Jamil, a 10-year-old who was so excited with her new *baju kurung*.

Later in the evening, the women and children were



treated to a sumptuous *buka puasa* feast at the Swiss Garden Golf Resort & Spa in Damai Laut. They were also entertained by the charismatic actor and singer, Dato' AC Mizal with fun games, as well as Saujana's nasyid performance. The dinner ended on a high note when the single mothers and children, each received *duit raya* worth RM200 and RM50 respectively. The mothers were also presented with daily cooking essentials, cookies and cakes worth RM100.

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