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Rumah Lat, an Outsider's Perspective



INSIDE!!

Perak Tourism News Supplement



by SeeFoon Chan-Koppen

Going Nuts in Ipoh

While the Kinta Valley is synonymous with tin and the rich heritage it spawned, another commodity which has been overshadowed by the silver sheen of tin is the lowly groundnut, a cash crop that some entrepreneurial tin miners began planting during the Tin Rush from the 1880s onwards. Most of these groundnuts came from Menglembu where a majority of these tin miners lived. The people of Menglembu soon learned to love the groundnuts for its unique flavour and crunchiness. Before long, the term 'Menglembu Groundnuts' or 'Man Lei Mong Fah Sang' became a household name.

Continued on page 2

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Groundnuts contain more protein than meat and about two and a half times more than eggs

One businessman who capitalized on this popular demand for groundnuts is Mr Ngan Yin. He developed his own brand 'Kacang Cap Tangan' – meaning 'hand brand groundnuts' using the image of a hand giving the thumbs up sign to signify excellence. This hand image which has remained unchanged from the beginning, was to become one of the most widely known symbols of good taste not only in Malaysia, but also in Singapore as well.

This very clever subliminal suggestion of excellence has seeped into the mind of the consuming public, gaining unconscious acceptance and probably accounting for the fact that despite the plethora of peanut brands out there, *Ngan Yin* (the eponymous brand name) today, has captured 60% market share.

Mechanization in 1975

As the lowly groundnut slowly but surely gained popularity to become the snack item for all occasions, Mr Ngan Yin, aiming for bigger and better markets for the groundnuts, incorporated his factory in 1975, increasing production and further imprinting 'Kacang Cap Tangan' into customer's top-of-mind awareness.

Today, the *Ngan Yin* empire is helmed by Mr Ngan Yin's son Dato' Gan Tack Kong, who despite his busy schedule as the Chairman of FMM Perak Branch and sits on many boards and committees, found the time to give Ipoh Echo an interview.

Two Varieties, White and Red

"Our groundnuts are of two varieties, the Spanish white and the Spanish red. The Spanish white are favoured by the Chinese while Malays generally prefer the red variety which is marketed as Shandong Peanuts. The Spanish white was originally grown by small farmers in plots throughout Malaysia and particularly around Ipoh and Menglembu. These smaller and more delicate nuts, take 92 to 95 days to mature while the reds which are bigger, more robust and more oily, (peanut oil is produced from these) take 110 to 120 days.

"Middlemen would collect the groundnuts from farmers just after the monsoon and deliver them to us for processing which in the old days was a laborious manual affair lasting 11 days of salting, cooking, drying in the sun and then roasting. All this changed when my father set up his factory and mechanization came in."

Semi-Processed Imports

Today, farmers are not planting groundnuts commercially in Malaysia anymore. All the groundnuts that Ngan Yin processes and package are imported from Indonesia, Vietnam, China and Cambodia. Their factories are in Cambodia and here in Malaysia in Mambang Di Awan near Kampar.

The groundnuts come in semi-processed, meaning that they are already salted, cooked and dried. The factories then roast and sort them for the final packaging with the inimitable hand symbol emblazoned across the package or tin. Aside from a move to brighter neon colours to attract a younger market, the graphics have remained the same for all of the 65 years that the company has been in business. And the old fashioned square tins are still being sought after since the good old days when these air tight tins were hoarded to be re-used as containers to store other dry food items.

The Original Health Snack

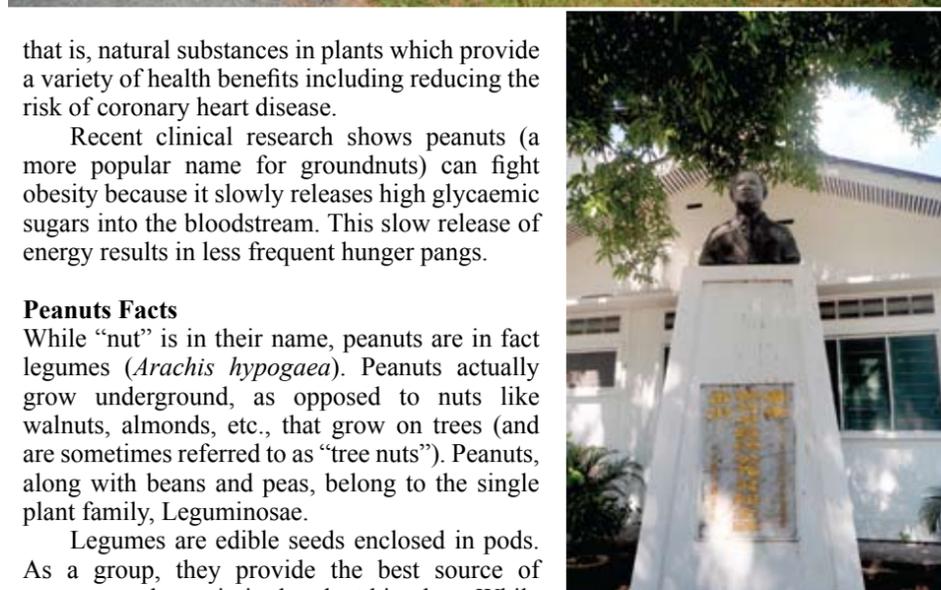
"No preservatives are added to the groundnuts so when you think about it, here they are, pristine in their natural shell, lightly salted, each 'nut' packed with its own monounsaturated "good" fat, low in saturated "bad" fat, and voila, we have the original healthy snack. Its no wonder that our products are now placed alongside other snack items on supermarket shelves except that our Ngan Yin groundnuts are way ahead of the game in terms of heart healthy value" Dato' Gan added.

Nutrition Facts

And there is ample reason for groundnuts to be a favoured snack food. An ounce of groundnuts can provide up to 14 per cent protein in one's daily diet. That's more than any other nut and legume. This high amount is especially beneficial in the diets of children, vegetarians and those aged 50 and above.

The groundnut is particularly valued for its protein content (26 per cent). On a kg for kg basis, groundnuts contain more protein than meat and about two and a half times more than eggs. Being an oil seed crop, it contains 40 to 49 per cent oil. In addition to protein and oil, groundnuts are a good source of calcium, phosphorus, iron, zinc and boron.

According to The Peanut Institute, Albany, GA, USA, an ounce of groundnuts can provide 25 per cent of vitamin E and essential minerals such as magnesium, copper, phosphorus, potassium and zinc required in your daily diet. All these act as antioxidants which help reduce the risk of coronary heart disease. It is a good source of vitamin B containing folate, which helps prevent birth defects and reduces homocysteine in the blood thereby reducing the risk of heart disease. It is a good source of phytochemicals,



that is, natural substances in plants which provide a variety of health benefits including reducing the risk of coronary heart disease.

Recent clinical research shows peanuts (a more popular name for groundnuts) can fight obesity because it slowly releases high glycaemic sugars into the bloodstream. This slow release of energy results in less frequent hunger pangs.

Peanuts Facts

While "nut" is in their name, peanuts are in fact legumes (*Arachis hypogaea*). Peanuts actually grow underground, as opposed to nuts like walnuts, almonds, etc., that grow on trees (and are sometimes referred to as "tree nuts"). Peanuts, along with beans and peas, belong to the single plant family, Leguminosae.

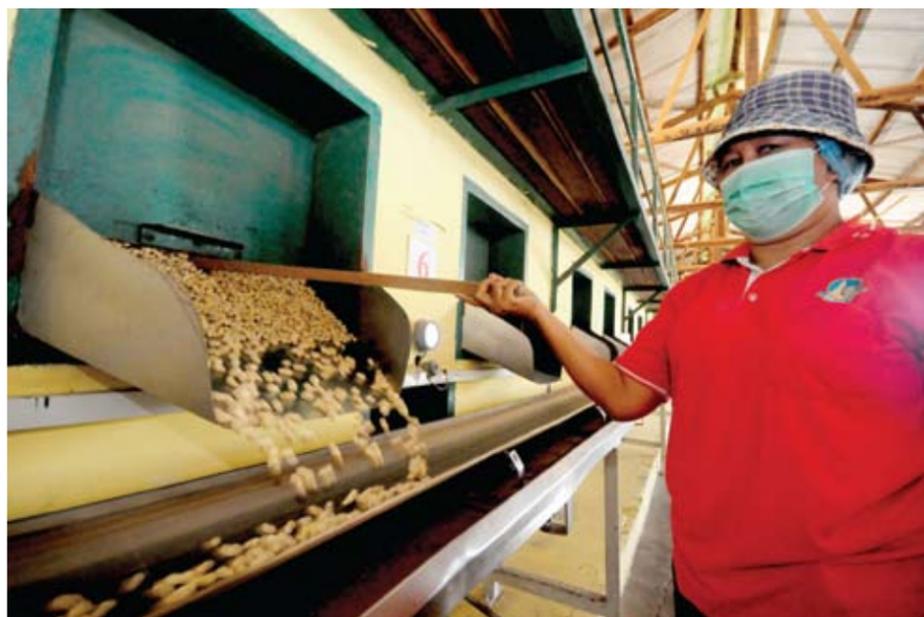
Legumes are edible seeds enclosed in pods. As a group, they provide the best source of concentrated protein in the plant kingdom. While groundnuts' physical structure and nutritional benefits more closely resemble that of other legumes, their use in diets and cuisines more closely resembles that of nuts.

Big Business

Groundnuts is no small business. With an annual turnover of RM40 million, *Ngan Yin* is constantly on the lookout for new markets and new sources of revenue. New customers now include Firefly which serves packets of the shelled roasted peanuts on its flights and a similar small pack is available for sale at retail outlets and supermarkets.

While there are peanuts everywhere – shelled, salted, unsalted, smoked, a plethora of options are out there – and yet there is instant recognition when one hears the name Menglembu groundnuts. With such a successful track record and recognition especially amongst the Chinese population worldwide, Ipoh Echo asked Dato' Gan if plans for a Peanut Museum have ever been mooted, to which he replied, "Considering that so much has been talked about re the setting up of a Tin Museum, I have often thought that a Peanut Museum would be most appropriate especially as Menglembu groundnuts has become a household name. Our hand signature logo is instantly recognisable wherever one is in the world and one day I would love to see the packaging immortalised in a museum. Together with all the other brands like the well known *Pagoda* and the *Fisherman*. Of course, the first step is to collect all the old paraphernalia that went into the processing of the original Menglembu groundnut".

So the next time you crack open a groundnut, remember that they first achieved popularity as a snack food in Menglembu, on our very own doorstep.



REMEMBERING SYBIL KATHIGASU

From the Editor's Desk
by Fathol Zaman Bukhari

If you ask the youths today whether they know either Sybil Kathigasu or Awang anak Rawang, most will reply in the negative. My thirty-something son gave a blank stare instead...

My interest in Sybil Kathigasu was rekindled when an old acquaintance emailed me to ask whether the road named after the local heroine, somewhere in Fair Park Ipoh, still remains.

His fear is not without reasons, as Ipoh City Council has a habit of changing street and road names at the drop of a hat. Why I use the euphemism is because there is no clear policy on street and road names, although several mayors in the past had categorically stated that only new street and road names would be given names. Renaming of old streets and roads, which are of significance to both residents and citizens, is taboo.

That was the premise but, like all things else, promises are made to be broken. At best, they are made merely to please the few vocal ones who would go to extreme ends to demonstrate their displeasure. For law-abiding people like you and me, a little indiscretion is of no consequence.

So those in the corridors of power will think nothing of a name change even though it means plenty to the poor blokes, who have to change their identity, calling and credit cards. Some have been known to change addresses, as the new street name is in poor taste.

Now back to my lingering interest. Sybil Kathigasu was born Sybil Medan Daly to a Eurasian planter and a Eurasian midwife on September 3, 1899 in Medan, Sumatra, Indonesia. That accounts for her middle name, Medan. She was the fifth child and the only girl. She was trained as a nurse and midwife and spoke Cantonese fluently.

Sybil and her husband, Dr Abdon Clement Kathigasu, operated a clinic at No. 141 Brewster Road (Jalan Sultan Idris Shah) in Ipoh from 1926 until the Japanese invasion of Malaya in December 1941.

Days before Japanese forces occupied Ipoh, the couple moved to Papan. The predominantly Chinese community of Papan was so fond of Dr A.C. Kathigasu and gave him a Hakka nickname, 'You Loy-De'.

Residing at No. 74, Main Street in Papan, Sybil Kathigasu secretly kept shortwave radio sets and listened to BBC broadcasts. The couple quietly provided medical treatment, much-needed medicines and information to the MPAJA (Malayan People's Anti-Japanese Army) soldiers operating in the Kledang jungles. Due to treachery they were eventually arrested by the dreaded Kempeitai, the military police arm of the Imperial Japanese Army, in 1943.

Despite being interrogated by her captors, Sybil revealed little or nothing and was incarcerated at the Batu Gajah prison for her defiance. Sybil suffered all kinds of torture while in captivity, including the infamous "water-treatment". After the end of the Japanese Occupation in August 1945, Kathigasu was flown to Britain to be treated.

Sybil was awarded the George Medal for Gallantry months before she succumbed to her



wounds in June, 1948. She was the only known local woman to have won the medal, which was instituted in September 1940 by King George VI. The medal is presented to civilians who perform acts of bravery in, or meriting recognition by, the United Kingdom.

Iban tracker, Awang anak Rawang, was awarded the George Cross in November 1951 for valour while serving as a tracker with the Worcestershire Regiment during the Malayan Emergency (1948 to 1960). The George Cross, incidentally, is the highest gallantry award for civilians and is equal in precedence to the Victoria Cross. The Malaysian equivalent of the Victoria Cross is the Seri Pahlawan Gagah Perkasa or commonly known as SP. Some 28 security personnel have been conferred the award thus far.

If you ask the youths today whether they know either Sybil Kathigasu or Awang anak Rawang, most will reply in the negative. I tried asking my thirty-something son about the duo. He gave a blank stare instead.

Youths of yesteryear were taught history as it was supposed to be taught; school children today are told to memorize names of Malay rulers and their consorts by heart. I wonder what were their contributions that warrant their names be committed to memory?

There is an onerous effort by the authorities to systematically erase historical facts that have relevance to the nation's past for reasons best known to them.

I believe the reasons are obvious. Sybil Kathigasu's heroism is being sidetracked purely because she helped the Communist insurgents and thus was considered an anti-hero. As for the Iban tracker, he was in the service of the British Army and not the Malaysian Army.

The colour of one's skin and the belief he or she professes play a part too. I can't be far wrong.

CHILD HEALTH

Dr Shan Narayanan

Consultant General Paediatrician, Hospital Fatimah

Introducing our new column dedicated to creating awareness on various aspects of children, childhood and parenting.

"Children are not the people of tomorrow, but are people of today. They have a right to be taken seriously and to be treated with tenderness and respect. They should be allowed to grow into whoever they were meant to be. 'The unknown person' inside each of them is our hope for the future."

– Janusz Korczak

(Polish Paediatrician, educator and children's author)

How aptly, Pan Doktor ("Mr Doctor") has phrased it!

A child is a human being between the stages of birth and puberty. A child is defined by the United Nations Conventions of the Rights of the Child as "a human being below the age of 18 years unless under the law applicable to the child, majority is attained earlier".

Children are not "little adults", they are physically and emotionally different. They need adult protection, supervision, love and nurturing to develop and bring out their potential.

A child grows and develops with age. Growth is the gain in size and attaining puberty. Development is the process in which they acquire skills.

Child development is a continuous process; the various periods in the process of development are as follows:

Stages	Age
Newborn	Recently born child
Neonate	Child less than 4 weeks old
Infant	One month to one year of age
Toddler	1-3 years
Preschooler	4-6 years
School Age	6-13 years
Pre Adolescence	10-12
Adolescent	12 to 18 years

The various domains of child development are: Gross Motor, Fine Motor, Speech & Language, Communication, Hearing, Vision, Cognition, Social and Behaviour & Emotion.

Every child develops at his/her own pace, no two children are the same. Their development is influenced by the genetic endowment and the environment.

The health of the child is also an important factor affecting a child's development. The physical, mental and emotional health are equally important.

Well, has anyone of you wondered what a child's job is? A baby's job is to eat, sleep and fill the nappy!! An important job of a young child is play. Play is a very powerful learning tool. Children learn through play.

Children are a joy and on the other hand can be the cause of heartache. One may be lost, especially "new parents", as to how to deal with the different situations. One may wonder how to support their child to bring out his or her potential.

There is no course to make one a perfect parent. There are many parenting websites that provide information on caring for and supporting children to achieve their potential. However in my opinion, nothing is better than experience. Sometimes we get it right and at other times we learn from our mistakes.



EYE HEALTH – SUBCONJUNCTIVAL HAEMORRHAGE

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about SUBCONJUNCTIVAL HAEMORRHAGE.

Subconjunctival Haemorrhage or subconjunctival bleeding is a condition where there is bleeding under the conjunctiva. The conjunctiva is the clear transparent layer that covers the white part of the eye (sclera). When the white of the eye has a bleed, this is called subconjunctival haemorrhage. Every other week, someone or the other walks into the consultation of an Ophthalmologist seeking treatment for this.

The appearance of such a bleed is often alarming to a person. Thankfully, it is generally a harmless condition when it occurs by itself and it is confirmed that the person has no other underlying serious conditions associated with it.

What DOES IT LOOK LIKE IN THE EYE?

Subconjunctival haemorrhage or a subconjunctival bleed appears blood red and is located over the white of the eye (see adjacent picture).

It may appear in any area of the white part of the eye. It does not cause any pain but may cause some discomfort or heaviness if there is a large amount of blood collection.

Who gets SUBCONJUNCTIVAL BLEEDING?

Subconjunctival bleeding may occur in any age group – in adults, children or even infants. It is basically a bleed that arises from the tiny blood vessels of the conjunctiva. These tiny blood vessels are fragile and easily bleeds into the white of the eye.

WHAT ARE THE CAUSES OF SUBCONJUNCTIVAL BLEEDING?

The commonest cause is trauma of some form to the eye. This may range from too vigorous rubbing of the eyes, swimming goggles that are too tight, any direct trauma of any nature to the eye, head injuries, severe cough or sneezing, severe straining when lifting heavy objects or straining when passing stools especially when one is constipated. It may be also seen in those who do bungee jumping and in children who have been physically abused.

Underlying systemic conditions that may cause this is uncontrolled hypertension, bleeding disorders, those who may be on anti-platelet (blood-thinning medication) therapy, and also sometimes it maybe seen immediately after eye surgery, particularly Lasik.

SHOULD YOU BE CONCERNED?

Subconjunctival bleeding does not cause any problems with vision and is generally a harmless condition. However, it is important to be sure that it is not associated with some underlying systemic illness of the body.

HOW IS IT TREATED?

If it has been confirmed that the subconjunctival bleeding is not part of a systemic illness like uncontrolled hypertension, a blood disorder, etc., then it will not require any form of treatment because it is harmless. The reason it does not require any treatment is because the body's natural mechanisms of healing will absorb the blood collection. It usually takes a few days to a few weeks for the blood collection to clear. The smaller the bleed, the faster it gets absorbed. Those with a large collection of blood may take longer.

Subconjunctival bleeding while harmless in most instances, should be checked out especially if it occurs spontaneously and it has occurred with no direct trauma to the eye. If you are in doubt as to the underlying cause of the bleed, do consult your local practitioner or eye doctor.

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



Dr. S.S. Gill
Resident Consultant
Ophthalmologist,
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Perak Women for Women Society

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019-574 3572
017-350 8361

The little girl from Menglembu

News emerged on 16 August, that a defenceless five-year-old was in critical condition and fighting for her life in intensive care at the Raja Permaisuri Bainun Hospital. The girl, who is suspected to have special needs, was allegedly a victim of child abuse.

Neighbours of the girl's family declined to talk but one alleged that the victim was often caned severely by her mother. Another unsubstantiated source alleged that the victim was a quiet girl but she would often hurt herself by banging her head against the wall.

Three days after she was admitted, the head of the paediatric department Dr Amar Singh said that the child remained unconscious and had not shown any visible movement. When she was first rushed to hospital, she had to be resuscitated.

The girl's father said that his daughter had been taken ill with high fever but doctors who examined her subsequently found bruising, cane marks and other scars on her head and body. The obvious signs of abuse prompted them to lodge a police report. Although the medical staff were unable to confirm how the wounds had been inflicted, they knew that the injuries were unlikely to be self-inflicted, because of their severity.

Although the doctors suspected possible internal injuries, they said that scans could only be performed once the victim's condition had improved.

The day after the report was made, the girl's parents were arrested at their home in Menglembu, and subsequently remanded in custody for five days. The Ipoh OCPD Asst Comm Sum Chang Keong said that the 39-year-old father and his 30-year-old wife were being investigated under Section 325 of the Penal Code for causing grievous hurt.

The Perak Women Development, Family, Community Welfare and National Integration committee chairman Rusnah Kassim said that the victim's siblings, who were two and seven-years-old, had no signs of abuse and were being cared for by the Welfare Department.

Rusnah urged parents of special needs children to seek help with medical treatment, and support from groups and welfare homes. She warned parents that abuse of the child was not a form of discipline. She also stressed that neighbours could be more pro-active and alert the authorities if they were to notice or hear signs of child abuse.

In early August, Women, Family and Community Development Minister Rohani Abdul Karim claimed that in 2012, there were 3831 cases of child abuse, a rise of 12 per cent over the previous year. She said that in the first three months of this year, 1023 child abuse cases had been reported and that 669 of the victims were girls.

Rohani said that her ministry had various preventive measures to address the issue of abuse. Short-term measures would involve taking the child into a welfare home or the home of a guardian appointed by the court. Long-term measures would involve the various government agencies like the police, health and education ministries, and the social welfare department working in concert with the community.



Citing problems such as financial worries or work problems as the root cause of abuse, Rohani warned parents not to take out their frustrations on their children but to seek professional help instead.

No sentence that is passed down to the perpetrators of the abuse will undo the damage that has been inflicted on the children, who will have to bear the mental and physical scars for the rest of their lives.

Whenever a case of child abuse is highlighted in the papers, we hope that the particular case will be the last and that lessons will be learnt from the investigations that were conducted, but there are always more cases.

A child is more likely to be abused by a trusted adult, like a parent or a close family member, rather than by a stranger.

Children who are abused usually show unusual behaviour traits. They are highly distressed. Some may show signs of starvation, emaciation and may scavenge for food in bins. Other signs of abuse in the child, are neglect, manifested in an unkempt or dirty appearance. Sometimes, children are forced to lie to those who enquire about their bruising, with the claim that they sustained the injuries in a fall.

Many children are afraid of telling others about their abuse. Some are ashamed. They may be bullied or bribed into keeping the abuse secret. They are afraid that if they were to tell someone of their abuse, they would be responsible for the family unit being split up. Children may harbour fears of being separated from their parent, despite the parent being an abuser.

Some years ago, the Information Minister suggested more programmes to highlight child abuse. Was any feedback received about the success or failure of these programmes?

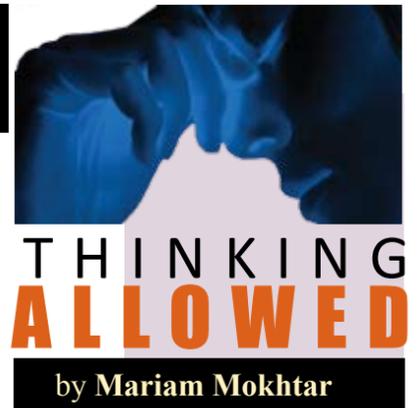
It was reported that in 2009, the Welfare Department established 139 centres at state and district levels throughout Malaysia, in which high-risk families and their children could receive counselling and child care services. Are these units successfully providing the necessary psychological and motivational support to the needy?

Many Malaysians wrongly believe that child protection is the job of the government or the NGOs. It is not. The protection of the child is mainly the parents responsibility, and to a certain extent, also the community's responsibility.

Whilst education and community-based programmes on the prevention of child abuse may have helped create some awareness, many individuals are still reluctant to interfere when they suspect that a child is being abused. Most people are reluctant to be called busybodies.

Perhaps, if neighbours or close family members had intervened, their actions may have helped prevent the tragedy that befell the little girl from Menglembu.

Sadly, as Ipoh Echo goes to print, news came that the little girl has succumbed to her injuries. The case has now become one of murder.



Announcements

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

Public Forum – Cancer of the Bone and Soft Tissue: A Treatable Disease. Speaker: Dr Nawaz Hussain, Resident Orthopaedic Surgeon. Saturday **September 7**, 2.30pm to 5pm at 5th Floor, Dewan Anugerah, KPJ Ipoh Specialist Hospital. Free admission. Contact Pn Aziera or Ms Sarah Toh at **05-240 8777 ext. 8111** for enquiries.

Workshop on Domestic Violence organised by Perak Women for Women Society (PWW) in collaboration with the All Women's Action Society (AWAM), Saturday **September 7**, 9am at Impiana Hotel, Ipoh. Admission is free. Make your reservations, as seating capacity is limited. The objective is to create greater awareness in the public on domestic violence and issues related to it. Participants will be briefed on laws relating to domestic violence and how they are being enforced presently. Call PWW at **05-546 9715** or Ms Yip at **012-521 2480** for details on registration.

Charity Dinner Night 2013 organised by The Perak Society for the Promotion of Mental Health, Saturday, **September 7**, 7.30pm at Ipoh City and Country Club, Jalan Kampar, Ipoh. For details call S. Sundralingam at **012-505 7654**.

Taiping Lake Gardens Nature Walk cum Birdwatching (lead by The Bird Group of the Malaysian Nature Society, Perak Branch), September 8 starting at 8am. Meeting place: in front of Taiping Zoo (opposite the roundabout). All are welcome and is free. If you have a pair of binoculars bring them along. If you don't no worries. It is a free and easy trip. Feel free to leave anytime you wish. It is suitable for all age groups. Wear attire suitable for a morning walk around the lake. Contacts: Lim Kim Chye – **016-553 8431** (before 10pm) or Lim Swee Yian – **016-422 3895** (between 5 and 10pm).

Hamzah Shamsuddin Challenge Trophy Six-A-Side Men's Hockey Tournament 2013 organised by Andersonians' Club, Saturday **September 14**, 8am at the Anderson School Padang, Ipoh. A Satay Nite will be held at the Andersonians' Club cafeteria in the evening. All Andersonians are invited to attend both events.

Adoption Programme and Flea Market, September 14-16, 10am to 3pm at the 2nd and 3rd floors of the multi-storey car park at De Garden Mall. Ipoh Society for the Prevention of Cruelty to Animals (ISPCA) is organising a large scale animals-adoption programme. Other activities include Pet Treasure Hunt, Pet Beauty Contest, Colouring contest & a flea market at the mall. This adoption programme of stray animals is to educate the younger generation to consider carefully before buying animals as pets. About 40 cats and dogs are waiting to be adopted. The flea market will have more than 20 stalls selling handicrafts, clothings, snacks, souvenirs, etc. There are also entertainers performing live at strategic places at the mall. Contact: **013-596 6333** (Lau), **016-559 2585** (Jen) or **012-451 9138** (Annie).

"Being Happy, No Matter What", Saturday **September 21**, 6.30pm at YMCA Ipoh, 211 Jalan Raja Musa Aziz (Anderson Rd), Ipoh. Free event in conjunction with United Nations International Day of Peace. Guest Speaker: Datuk Bridget Menezes. For bookings or info: <http://beinghappy.eventbrite.com/> or call Mr Kumar **016-746 4473** or Ms Angel **017-579 4204**.

Blood Donation Drive organised by Y's Men's Club Ipoh and Perak Malayalee Association to help stock the blood bank of Raja Bainun Hospital, Ipoh. Sunday, **September 22** from 9am to 3pm at 1st Floor Aeon Kinta City Shopping Centre. For details call K. Lechimanan at **012-538 1939** or Sakuntala Nair at **017-579 8062**.

Cardio Pulmonary Resuscitation (CPR) Talk (in Cantonese) organised by Elim Gospel Hall Ipoh (Chinese Assembly), Saturday **September 28**, 8pm to 10pm at Main Hall, Elim Gospel Hall Ipoh (Chinese Assembly), 2 Jalan Chung Thye Phin, Ipoh. Free admission. Speaker: Mr Clement Chong. For further details contact Edward Yong **012-517 2338** or church office **05-255 2817**.

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MUSINGS ON FOOD



By SeeFoon Chan-Koppen

seefoon@ipohecho.com.my

SeeFoon Checks Out a Family Restaurant



When a restaurant has been around for 18 years, and still going strong, I reckon that they've got the formula right and chances are, they'll still be around for the next 18. This is certainly the case with **Beacon Point**, a cheerful, bright café whose menu has stood the test of time and faithful diners will come for their individual favourites choosing from quite an extensive menu of snacks and main courses.

What most people come for though is their large selection of scrumptious cakes, with cheesecake being the number one favourite. And then there are their other specialties.

My particular delight is their **Fried Nasi Ulam** or **Herbal Rice**, a delectable portion of rice mixed with finely sliced mixed herbs, redolent with ginger flower or *bunga kantan* and *serai* or lemon grass, and served with sliced purple onions and one of the best **sambal belacan** sauces I've ever had. It is this sambal belacan that elevates the *Nasi Ulam* to new heights and after demolishing the first plate with alacrity, I had to request for a refill which they obligingly supplied.

Another signature dish of the house is their **Laksa Lemak**, an interesting fusion of the *Asam Laksa* which uses condiments like raw sliced onions and cucumber and using the same type of thick rice noodles called *Lai Fun* except that in this instance it contains coconut milk and tuna fish.



Their **Chicken Pie** which runs out pretty fast (it was down to the last one on my last visit and we had to quickly reserve it) has a lovely flaky crust and they are generous with the filling of chicken, potatoes and carrots which was savoury and succulent. We shared one chicken pie between the four of us which left us craving for more but it was the last pie!

We ordered the **Chicken in a Basket** next which arrived piping hot, crispy and crunchy and served on a bed of French fries. Unlike many a fried chicken which can end up dry and leathery, this chicken was



good to the last bite.

By this time, the desserts were beckoning to us. Sitting in their refrigerated glass display, the choice was impressive. We had a choice between **Butter Rum Cheesecake**; sinfully nice **3-Layer Chocolate Cake**; **Irish Coffee Cheesecake**; **Coffee Marble Cheesecake**; **Blueberry Cheesecake**; **Brownies** with single scoop ice-cream; **Lemon Poppyseed Cheesecake**; the choice was a difficult one.

We settled for one slice of the Carrot Walnut and the Chocolate Moist cake. The **Carrot Walnut** was moist and not too sweet, holding together well on the fork, releasing its subtle flavours on the tongue, textured by the crunch of the occasional walnut; while the **Chocolate Cake** could have done with more melted chocolate, but was nevertheless a good choice for the chocoholic at our table.

Beacon Point has specials which change every day and after 3pm a larger Western menu featuring items like **Chicken Chop with Black Pepper Sauce**, **Chicken Maryland**, **Chicken Spaghetti Bolognese** and on Tuesdays, Fridays and Saturdays, **Roast Beef** with a choice of three different sauces feature on their menu.

The drinks menu is equally extensive featuring ice blended drinks, milkshakes, floats and fruit juices. No wonder that Beacon Point is known as 'Your Family Restaurant'.



- Fried Nasi Ulam or Herbal Rice** – RM8.20
- Laksa Lemak** – RM9.30
- Chicken Pie** – RM5.90
- Chicken in a Basket** – RM9.90
- Butter Rum Cheesecake** – RM6.80
- 3-Layer Chocolate Cake** – RM6.80
- Irish Coffee Cheesecake** – RM6.50
- Coffee Marble Cheesecake** – RM6.20
- Blueberry Cheesecake** – RM6.20
- Brownies** with single scoop ice-cream – RM7.90
- Lemon Poppyseed Cheesecake** – RM6.20
- Carrot Walnut and Chocolate Moist Cake** – RM6.20 each
- Chicken Chop** with Black Pepper Sauce – RM14.90
- Chicken Maryland** – RM15.40
- Chicken Spaghetti Bolognese** – RM12.90
- Roast Beef** with a choice of three different sauces feature on their menu – RM16.90 (every Tuesday, Friday and Saturday)

Beacon Point

41 Lintasan Perajurit 6, Taman Perak, 31400 Ipoh

Tel: 05-546 9916

Business Hours: Mon-Thurs: 9.30am-6pm, Fri-Sat: 9.30am-10.15pm, Closed Sundays

GPS: 4° 36.871'N, 101° 7.587'E

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4. SS Mubarak & Sons, Jln. Sultan Yussuf (Old Town) Tel: 05-2540416 / 2431362
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6. Citrus Wine & Dine, Ipoh Garden East Tel: 05-5451010
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8. Pakeeza Restaurant, Greentown Tel: 05-2530407 / 2414243
9. Impiana Hotel, Jln. Raja Dr. Nazrin Shah Tel: 05-2555555
10. Lourd Enterprise, Canning Garden Tel: 05-5459299
11. Restoran Ipoh Padang, Jln. Raja Ekram Tel: 019-5115137 / 016-5140122
12. Ipoh Echo's office or Meru Valley Golf Club members' desk.

RPP RM29

HAWKER FOOD

by Wern Sze Gill



A good place to sample all things Malay plus some good old fashioned *masakan kampung* (village cooking), is the Medan Selera Stadium, located adjacent to the Perak Football Stadium in Ipoh Garden. The stretch of Malay and halal food stalls start from Stall No.49 right up to No.70.

The food here ranges from breakfast selections such as *nasi lemak*, *nasi kerabu*, *nasi dagang*, *lontong* and *roti canai*, up to a variety of '*nasi campur*' (rice and dishes) selections and fried noodles offered during lunch hour. The stalls selling rice dishes

operate on a self serve method, where you pay the proprietor upon selecting the dishes. Prices therefore, vary depending on the dishes taken.

Below is a list of some of the stalls and the various dishes to sample:

- **Stall #51 Wak Nasi Lemak**
A nasi lemak stall which also sells ayam bakar wrapped in pandan leaves.
- **Stall #54 Fuad Roti Canai**
A 'kopitiam' themed roti canai stall that also offers *nasi lemak*. Dishes for the *nasi lemak* are on the sweet side.
- **Stall #58**
Fried *Koay Teow* – RM3.50, *Mee Bandung* – RM5.50, *Mee Lakna* – RM5.50.
Uses very large prawns for *Mee Bandung* and *Lakna*.



- **Stall #59 Sudut Selera (morning)**
Nasi Kerabu – RM3.50, *Nasi Dagang* with *gulai ikan* – RM4.
- *Nasi Lemak* – RM1.20 for pre-packed takeaway version, or RM2 and above for own 'self-serve' version.
- **Stall #60/61 Cahaya Fatehah**
Nasi Campur (curry fish head, sambal and vegetables) – RM8.50.
- **Stall # 62/63 Sri Puteri**
Nasi Campur (chicken drumstick, vegetables, *gulai lamak pisang*, sambal) – RM5.50
Nasi Lemak (morning) – RM2.00 (ikan bilis), RM3.20 (squid, egg and ikan bilis)
Lontong (morning) – RM3.50, charges 30 sen more for takeaway (more gravy and *nasi impit*).
- **Stall #64 Pak Tam Place**
Bihun Sup Utara (with chicken) – RM3.50
Also has nice fried *Koay Teow* and other types of noodles – from RM4.

Community

Medical Camp in Buntong

Perak Women for Women Society and Soroptimist International Ipoh, held a social health and medical camp at the Malaysia Aruloli Mantram Hall in Buntong recently.

The objective was to educate the marginalised community in Buntong and raise their awareness level on health-related social illnesses. Booths were set up in the hall, including those by Fatimah Hospital, Pantai Hospital, Perak Breast Cancer Support Group and others.

The Fatimah Hospital booth which offered free blood pressure and glucose level checks, medical consultation and free medication was the most visited booth.

A colouring competition was held for the children in two categories, aged 4-6 years old and 7-11 years old. The winners walked away with art blocks and colour pencils.

The camp was officiated by the Executive Councillor for Women's Development, Community, Welfare and National Integration, Dato' Hajah Rusnah Kassim.

Fresh from visiting a 5-year-old girl who was abused by her mother at the Ipoh General Hospital, she said, "I hope NGOs and the public will play their roles in



combating child abuse. Don't turn a blind eye over this pressing matter." Incidentally, the abused girl had succumbed to her wounds.

Lena

YMCA Rest and Recreation Lodge

A five-storey rest and recreation centre for the aged will be built in Ipoh, on a piece of land behind YMCA Ipoh. The centre, costing RM2.5 million and named in memory of Dr and Mrs (Bebe) Lim Eng Cheang, will be funded by the Estate of Aunty Bebe, as she was affectionately called. There will be 28 units of one-bedroom suites with sizes ranging from 260 to 480 sq ft.

The suites will have a lounge area, kitchenette, attached bathroom and individual balcony, in addition to the bedroom. Each suite can accommodate up to two persons.

Common areas of this retirement lodge will include a lounge on ground floor, day care centre and a sky lounge, which is open to the public for rent for social functions. It can accommodate some 100 people. The building, which will have an indoor garden, will be serviced by two elevators.

Construction work will start in September and is expected to complete in a year's time. Once ready, the suites will be rented out on monthly basis. Although YMCA is a Christian-based non-profit organisation, the retirement lodge will also be open to non-Christians.

The idea to set up a retirement lodge was first mooted during a retreat of the Board of Directors, in 2011. It received tremendous support from the community and church leaders, who see a unique set of problems faced by the ageing population, where the number one malady is depression. This centre will serve as a refuge for those who need a place to rest and a platform to forge relationships with people whom they can relate to.

The launching of this retirement lodge and the piling ceremony were held on Tuesday, August 20, at YMCA Ipoh. Among the guests were the trustees of Aunty Bebe's Estate, relatives and friends. Dato' Ngeh Koo Ham, Member of Parliament for Beruas and Sitiawan state assemblyman, graced the occasion.

Ngeh called on associations and societies to do their part to meet the various needs of the community, "It's more blessed to give than to receive," he advised.

Joining in the memory of the late Dr Lim were representatives from Society of Caring Hands, Kiwanis Club of Ipoh and the Dementia Society Perak, all beneficiaries of Aunty Bebe's estate.

Dr Lim Eng Cheang was amongst the first batch of post-war medical graduates from King Edward VII Medical College, Singapore. Lim and his wife, Bebe, believed in sharing their wealth with those in need.

Aunty Bebe had willed that a portion of her estate be donated to charities in loving memory of her husband, Dr Lim Eng Cheang. The trustees subsequently decided that the recipients of the bequests be named after both Dr and Mrs (Bebe) Lim Eng Cheang.

Though they are long gone, their spirit of love and generosity continues to live in the community.

Emily



St John Ambulance 75th Anniversary



Members and guests of St John Ambulance Malaysia (Perak) (SJAM) celebrated their 75th anniversary with an annual dinner and cake cutting ceremony.

State Commander Dato' Hj. Mohd Zainal Abidin Bin Hj. Abdul Kadir welcomed the members and said that they must continue to provide service to humanity and first aid in cases of accidents, sudden illness and to transport the sick.

Commander-in-Chief, Dato' Dr Low Bin Tick, was the Guest of Honour and said that it is SJAM's belief that every life is precious and must be valued. This is a service organisation and must aim to be complaints free. He urged for SJAM to provide 24-hour ambulance service to meet the needs of the community here and also requested SJAM to set up a haemodialysis centre to serve the less fortunate.

Low informed members that at the national level he has created the position of National Officer for Business whose responsibility is to raise money for the organisation to carry out its services. He added that St John Ambulance is providing First Aid Boxes to schools for free and selling them to the public to raise funds.

The highlight of the night was the presentation of an ambulance costing RM140,000 to SJAM. Zainal is a successful businessman and has donated the ambulance with his

own money. He spoke of his business success as well. In his speech he said that this would be his last term as State Commander and wanted to step down. He would be concentrating on his business.

Members were entertained by dances performed by students of Perak Girls School and Day Care Centre, Ipoh.

AJ

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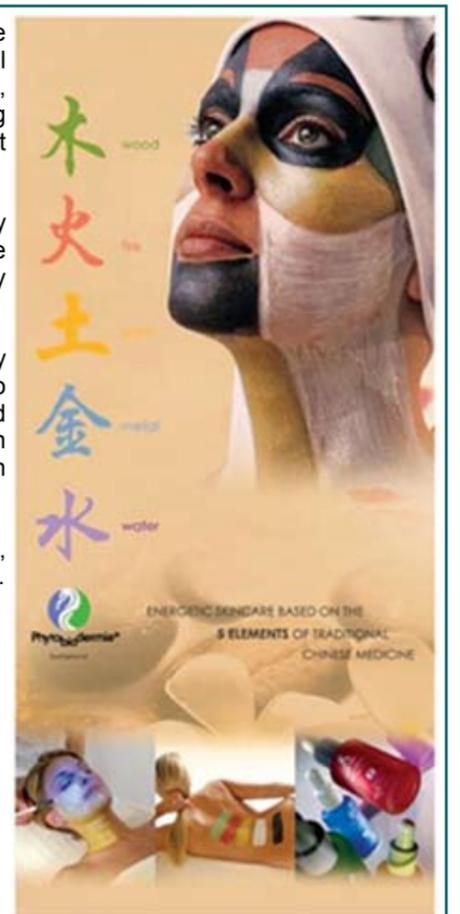
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News

Rumah Lat, an Outsider's Perspective

On a several-acre plot of land in Batu Gajah, world-renowned cartoonist, Datuk Mohammad Nor Khalid was honoured with a ground-breaking ceremony. Known commonly as Lat, the artist shared his vision with everyone who attended the event on Thursday, August 22.

Growing up in nearby Kampung Kota Bahru and illustrating throughout his life, Lat is now bringing home his cartoons to a lakeside gallery on the outskirts of Ipoh.

Calling upon his childhood in rural Perak amongst his friends, Lat's cartoons reach the heart of what it means to be Malaysian. He understands the culture and bestows his characters with much frankness and levity to lighten the mood.

The *penghulu* of Lat's kampung, Mohammad Kasim Abdul Razak, is happy to see his success and supports this endeavour to create a place for everyone to experience Malaysian culture through cartoons.

Lat is well-recognised across Malaysia for his involvement in a campaign to help children learn the value of saving, even at a young age.

Though *Kampung Boy* is perhaps Lat's most well-known work, he is an international artist. He has been invited to many countries to illustrate their cultures, including the United States. His works have been translated into languages spoken around the world including Indonesian, Japanese and French.

The event for *Rumah Lat* had the feel of a homecoming for the cartoonist and

his work. The land is ready for development and Lat is seeking funds to build the gallery and exhibits. There had been much talk in recent years of getting some exhibition of Lat's cartoons in the Ipoh area.

Executive Councillor for Tourism, Nolee Ashilin Radzi, reflected this eager attitude of local Perakeans when she commented, "This is something that we should have had years ago." Today all the rhetoric is embodied for the first time in this ground-breaking event.

In the coming years, Lat's cartoons will fund this unique place for local and foreign visitors alike. One can only imagine how he is going to style the property. Could a future trip to Perak include a visit to the setting that inspired *Kampung Boy*?

Jordan Craig



Council will Evict Dirty Flat Dwellers



A hundred mouse traps were distributed to eateries in Old Town by Mayor Dato' Roshidi Hashim recently. This was part of a rodent control campaign organised in conjunction with the nationwide *Gotong-Royong Perdana*

1 Malaysia Programme. The national programme kicked off at the Menggatal wet market in Kota Kinabalu, Sabah, while at the state-level, it was concurrently launched in Ipoh and Taiping.

As part of the council's Community Service Responsibility initiative, Kinta Heights and its surrounding areas were selected for this *gotong-royong* and rodent control activity on the morning of Saturday, August 24. The council's initiative was supported by representatives from the local Rukun Tetangga, Perak Drainage and Irrigation Department, Kinta District Health Office, Fire and Rescue Department, non-governmental organisations, residents and volunteers.

Roshidi expressed his anger and disappointment that despite repeated reminders throughout his term as mayor to keep Ipoh clean, it is still not as clean as it used to be. "I'll no longer compromise on cleanliness. Kinta Heights residents caught littering will be evicted from their flats,

and those who tip off the council will enjoy a month's free rental."

He continued, "I have done my best as mayor, but it is the public's attitude towards cleanliness that needs changing. It is everyone's responsibility to keep the area clean."

Ipoh City Council has been running rodent control programmes since December 2011. This year, a special allocation of RM31,092 has been approved for this project.

Leptospirosis is caused by exposure to the *Leptospira* bacteria, transmitted to humans through water contaminated with animal urine. Rodents are one of the primary hosts of the bacteria. For the first seven months of this year, there were 277 reported cases of Leptospirosis in Perak, with one death.

Emily

Personality

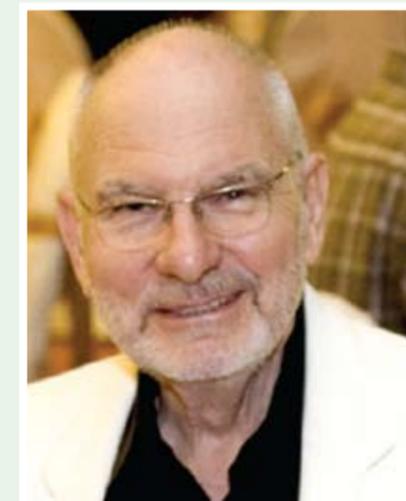
By SeeFoon Chan-Koppen

Doggedly Determined Doer

Commander Ian Anderson is no ordinary retiree living the simple quiet life with his Ipoh-born wife Meng Wai in Ipoh Garden. He is an iconoclast who has single-handedly built up an impressive collection of artifacts, memorabilia, photos, videos, tin mining equipment and a tremendous archive of Heritage and Social History on the worldwide web to leave a precious legacy for future generations of Ipohites.

A Scotsman, born in UK a few months before the start of World War II and educated until age 16 at Wimbledon College, Ian had a simple childhood governed by shortages of all kinds, post war restrictions and ration books. He remembers a lot about those days of war and put it simply when he said "No matter how young you are, if terrible things happen they stick in your brain. Forever!" One fun thing he has never forgotten is the celebration for VE (Victory in Europe) Day in May 1945 when at the local street party he won the fancy dress competition dressed as a Chinaman. Could that have been fate taking a hand?

At 16, like most of his classmates, he came out into the wide world with a handful of Cambridge 'O' Levels and the need to find a future. For in those days only the top 20 per cent or so could go on to University, everybody else had to find a job, join the armed forces, go to a Technical College or take up an apprenticeship. Ian combined two of these choices by joining the Royal Navy as an Artificer Apprentice and emerged 30 years later as a well travelled and experienced Weapons Engineering Commander.



Early on in this major journey through life he was based in Singapore as a young man and visited Malaya many times, his first visit to Ipoh being in 1962. Returning to Malaysia several times over the following years he seems to have garnered a special feeling for the country and its people, from which Ipoh and Perak benefit today.

Having left the Navy in 1985 Ian worked as a Project Manager in the shipbuilding industry for some five years and when offered a post in Kuala Lumpur he jumped at the chance to

rekindle his relationship with the country. After ten years in KL, where apart from the job he took an active part in local charities and organisations, he retired as Managing Director of the British-based company and decided to stay on in Malaysia where he started his own business in partnership with a local friend. At that stage he decided to move to Ipoh to escape the KL traffic jams and escalating prices of accommodation.

Here Ipoh and Perak profited as after a quiet start he was persuaded by a local lady to start saving images and stories about the town he lived in. Thus, thanks to Kinta Properties Group, who provided the funding, Ipoh World Sdn Bhd was born. Consequently since 2004 he has built up a tremendous archive of Heritage and Social History on the *ipohWorld* website (www.ipohworld.org) as well as a reputation for doggedly driving forward no matter what difficulties get in the way. Today he runs his unique project from an office in Tenby Schools, Ipoh and it is they who now provide all the funding to support his passion. "Without Tenby," Ian says, "*ipohWorld* would have died long ago."

Despite being an engineer by profession who hated history at school, since he has been in Ipoh he has developed a keen interest in our heritage and history and he firmly believes that knowledge of the past is vital for future generations. Thus he is the man behind, not only the *ipohWorld* website and the very unusual book, "Ipoh My Home Town", but he has also put on several exhibitions featuring local history, the latest being "A Tin Mining Family" in Falim House, his largest show so far. With free entrance this had entertained more than 12,000 visitors both locals and tourists when it closed on August 11 after a three-month run.

But he is not sitting back on his laurels even now, for he has the burning ambition to see Ipoh have its own permanent heritage gallery as part of the *ipohWorld* facilities. "This will provide much-needed entertainment for tourists in parallel with enhancing our students' knowledge of their roots," he says. He is hopeful that this will happen soon.

Since he moved to Ipoh, Ian, a Permanent Resident, has fully embraced life here, perhaps more so than most of the locals and probably knows his way (shortcuts included) around the city better than most Ipohites! Keeping his finger on the pulse of his adopted home he is often seen traversing around town, with camera in hand.

One high-ranking civil servant once had this to say about Ian, "Here is a man who cares more about Malaysia than most Malaysians." There is no doubt about that!

Hari Raya Round-Up

by Rosli Mnasor

MB Inc Open House



A number of open houses, held one after the other, herald the beginning of the post Hari Raya celebrations in Perak. The month-long bash began in earnest with a gathering at the Perak Techno Trade Centre on Thursday, August 22 hosted by MB Inc (Menteri Besar Incorporated). Over 700 people turned up for the festive event that began at noon and ended around 5pm. Among the dignitaries present were Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir, State Financial Officer Dato, Mohd Ghazali Jalal and Chief Executive Officer of MB Inc, Aminudin Hashim.



MB Hosts Open House

Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir entertained over 3000 students from Mahaad Tahfiz and orphans to a Hari Raya open house at his residence on the night of Thursday, August 22. The event was organised by Yayasan Kemajuan Islam Darul Ridzuan (KADIR). Guests from Indonesia too joined in the celebration. "This event has been going on for the last four years. I am glad to see the kids eating, playing and praying together, as it tightens the bond of those practising Islam," said the MB to the media.



State Secretary's Open House

This was followed by an open house at the State Secretary's residence. HRH Dr Nazrin Shah, the Acting Sultan and HRH Raja Perempuan Besar Perak Tuanku Zara Salim were among the dignitaries present. The event started at around 3.30pm. More than 60 food stalls were set up by government agencies and departments' representatives, among them were the Perak Water Board, State Agricultural Development Corporation, Ipoh City Council and Yayasan Perak. Almost 6000 people turned up to enjoy the food and the atmosphere.

News

Lahat Road Bridge Update

The Lahat road bridge over Sungai Guntong will be open for traffic on September 15 without further delay.

Ipoh Echo had reported in its print edition dated August 1 that one lane of the bridge would be open to traffic before Hari Raya. However, the plan was postponed due to safety concerns and had since been rescheduled to September 15.

This reschedule was highlighted to Ipoh Echo by a spokesman for MBI's drainage section when enquiring about the reason for the additional delay.

In April this year, Ipoh Mayor, Dato' Roshidi Hashim had announced that the bridge would be completed and opened to transport by June.

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

JAG



Funding for Yayasan Sultan Idris Shah

Yayasan Sultan Idris Shah received a generous donation of RM50,000 from Dr Janson Yap, Regional Managing Partner, Risk Consulting, Southeast Asia, on Tuesday, August 27.

The cheque-presentation ceremony, held at the foundation's centre in Bercham, was attended by members of the Board of Trustees led by Chairman Tan Sri V. Jeyaratnam, staff, clients and guests.

Dr Yap was given a tour of the new Jeyaratnam Campus and the Sultan Azlan Shah Rehabilitation Centre. At the end of the tour, he congratulated the trustees, management and staff for a fabulous job in running the centre. "Having seen the facilities available here, I am happy to have made a contribution knowing that the money will be well spent."

Dr Yap has been involved in volunteerism and charity causes since his school days as a Red Cross member at Victoria Institution, Kuala Lumpur. He is planning to set up the Janson Yap Foundation which will donate some USD 1 million annually to two causes close to his heart – healthcare and education.

The Sultan Idris Shah Foundation, established in 1982, has since rehabilitated more than 7000 'clients' with various services and programmes such as physiotherapy, occupational therapy, speech therapy, hydrotherapy, including music, sound and sensory therapies.

Services provided here are free irrespective of race, religion, culture and age. The annual expenditure of the foundation, which is solely dependent on public donations, amounts to almost RM1 million.

The Sultan Idris Shah Foundation was brought to the attention of Dr Yap by one of the foundation's trustees, Dato' Gregory Wong.

Emily



Education



Tenby's New Campus

The new Tenby Schools' campus in Bandar Meru Jaya might just be the answer for parents who are seeking an international-level education for their kids. Covering an area of 31.5 acres, the school held its soft launch on Thursday, August 22.

With five campuses around Malaysia, Tenby has a total of more than 1000 students in all of its branches. In addition to Malaysians, many of them are of different nationalities such as Japanese, Koreans, Indians, Pakistanis, Americans and others.

The new campus offers a conducive and secluded environment which is very suitable for studying. It has many facilities that students can enjoy, like classroom blocks, early-years centres, specialist rooms for science subjects, library and an expressive arts centre.

Co-curricular programmes are given emphasis by the setting up of the sports complex that includes a swimming pool, football field and a multi-purpose hall. This is to keep students from burying their noses inside academic books all day.

"We encourage students to take part in at least one or more co-curricular activities," said Mdm Lee Yam Sei, Director of Tenby Schools Ipoh.

With the vision of "A United World at Peace – Through Education", Tenby hopes to promote a living model of racial and cultural diversity, international mindedness through its International and Malaysian curricula.

Lena



Advertorial

"Successful Recruitment Strategies"

Forty participants from diverse industries in Perak attended a talk at YMCA Ipoh entitled "Successful Recruitment Strategies" recently. It was a joint collaboration by Allways People Sdn Bhd, MIHRM and Ipoh Echo. Zaini bin Yaacob, Director of Industrial Relations Perak was the guest of honour.

Although held during the fasting month of Ramadan, the spirit of gaining and sharing knowledge was prevalent based on the response of the participants.

The talk began with a presentation from J. Aresandiran, President of the Malaysian Institute of Human Resource Management (MIHRM). He said that MIHRM plays a pivotal role in developing and building the HR capabilities of HR practitioners in Malaysia.

Many HR practitioners who have attended the certificate and diploma programmes of MIHRM have benefited by holding senior HR positions in large companies. In return, these companies have managed to move their people-value proposition to strategic levels for organisational effectiveness.

He encouraged the participants to up-skill themselves by attending the various HR certification programmes that will lead to being certified functional HR practitioners. This will enable them to deliver better HR services and value for their organisations.

Ngo Tuan Siong of MIS and Associates Sdn Bhd spoke on "Effective and Efficient Compensation Systems". He said that apart from Recruitment and Retention, Reward is an important aspect in any organisation. Managing an effective reward system will ensure better attraction and retention of employees.

The highlight of the talk was on "Successful Recruitment Strategies" by Leslie Lim, Council Member of MIHRM. He presented various recruitment strategies to be adopted by industries from operators, clerical, executives and managerial positions. The key to successful recruitment strategies is dependent on the adoption of a Recruitment Master Plan that helps to:

1. Track the status of recruitment efforts such as timelines, person-in-charge, cost, targeted number of personnel, achievements and a column for remarks.
2. Update the plan on a daily basis or at least twice a week.
3. Hold regular meetings with the respective hiring managers or departments requesting these personnel.

At the end of the talk Asohan Satkunasingham, the Managing Director of Allways People Sdn Bhd, thanked the participants for their presence. He added that the following courses will be conducted in Ipoh once a minimum of 10 participants are secured for each module.

The likely date of launch is October 1. Having the courses in Ipoh is cost effective as students need not travel to Kuala Lumpur to attend them. The proposed courses are:

- a. Professional Certificate in Human Resource Management leading to Functional Certification as "Certified Human Resource Officer".
- b. Professional Diploma in Human Resource Management leading to Functional Certification as "Certified Human Resource Manager".

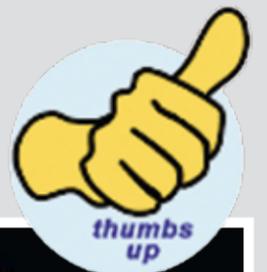


c. Certified Industrial Relations Managers Course leading to becoming a specialist in Industrial Relations/Employee Relations.

For registration and more information on these courses kindly contact Taha Nasir at 017-540 0859, Malini at 012-941 5134 or Asohan at 017-578 6817.

The recently opened 'Rhythmic Water Fountain' has been drawing whole families to view it every night. A welcome change for city folk after their dinner in town.

JAG



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.

'Quarry's Response to Complaints'

I applaud the recent statement in Ipoh Echo by Lafarge Cement that they are taking steps to protect the biodiversity within its quarries. The Limestone hills here in the Kinta Valley are actually just the "Tip of the Iceberg" and very much more limestone lies underground according to geological surveys. I urge Lafarge to spare the hills and instead practise Sub-surface Quarrying.

They can start digging underground at their present quarry site instead of blasting more hills. Since the quarry site is already degraded, just continue going below the surface and spare the hills which are the homes of so much flora and fauna. Underground quarrying, when done on degraded land, is much less damaging to the environment. I believe that Hume Cement near Kampar is using Sub-surface Quarrying for their limestone. The hills in the Kinta Valley are of great benefit to all living things so please spare them from further destruction.

Robert Percival
Taman Tambun

Historical Limestone Gone Forever

When are the people who quarry these sculptures of nature wake up to the fact that it is not a renewable source, when its gone, its gone forever. As a soldier in Perak during the Emergency, I admired these magnificent limestone outcrops, with their monkeys and other wildlife inhabitants. I returned to Malaysia in 2011 horrified to see the scarred countryside caused by the quarrying. No rehabilitation work can ever replace nature's work. I returned to the limestone feature just outside the town of Ipoh where CCM Siu Ma, the highest ranking Communist Terrorist was killed. He led the ambush responsible for the death of His Excellency, Sir Henry Gurney British High Commissioner of Malaya. The limestone outcrop had been quarried and in its place a type of park, no wildlife to be seen, no indication of what occurred there. This was a significant event in Malaya and the end of the conflict. Malaysians should be informed of this part of their History.

As for rehabilitation, these Companies will do as little as possible, and when they realise the cost of a rehab programme, they eventually walk away.

Arthur Seddon

Dangerous Structure

The picture shows an extension of an old shop lot belonging to 'Public Restaurant' in Pasir Puteh. I find it rather dangerous and I wonder how an old building like this one can support such a heavy structure. And how can our government approve such an architecture. I feel like its my duty as a citizen to do something before disaster happens.

Can you imagine when a big structure like this one is hit by strong winds. I wonder if it will collapse.

Ipoh Echo, can you please try to alert the public and our Ipoh government before its too late?

Sandy Chan

**Arts & Culture****Cantonese Opera Draws Youth**

For two weeks recently, thousands of opera fans around Ipoh and some, all the way from Kuala Lumpur have been thronging the Guan Di Temple, located along the Batu Gajah main road just to catch a glimpse of the performances led by renowned Hong Kong opera performers, Sung Hung Bor and Ko Lai. As part of the temple's annual celebration, the opera performances were staged for 20 consecutive nights, from July 30 till August 18 this year.

Guan Di Temple in Batu Gajah with its history of more than 100 years is one of the very few temples in Malaysia that still provides the venue for opera performance for such a lengthy duration. All visitors were welcomed with free seating on a first come, first served basis.

This time around, Ching Yin Cantonese Opera's troupe leader, Peggy Choy has once again invited Sung Hung Bor and Ko Lai taking up the role of male lead "shen" and female lead "dan" after a successful performance by the duo last year. To the delight of all local fans, this year, Peggy Choy also invited top Hong Kong Cantonese opera performers, Chan Hung Chun and up and coming star Alan Tam, taking up the role of comedic "chao shen" and second male lead, respectively.

In line with requests from the audience, the troupe has been staging plays mainly

from the "Mou" or martial arts genre which requires the lead "Shen" and "Dan" taking up the roles of generals or warriors.

An interesting phenomenon for this year's performance is that the local audience has been very supportive by posting almost instantly, photos taken during the performance onto Sung Hung Bor's Facebook page, thus allowing his fans in Hong Kong and other parts of the world to enjoy and share the excitement as well.

The performance by the Ching Yin Cantonese Opera troupe this year has attracted a young audience in rather large numbers, which is a rare occurrence indeed. It is hoped that more efforts can be made to promote Cantonese Opera to the younger generation.

Those interested in Cantonese opera may call: Lee Choe Leong 012-500 6479.

Lee Choe Leong

**When Mozart Travelled the Silk Road**

Perak Society of Performing Arts (PSPA) 6th International Ensemble presentation was a remarkable show that allowed the audience to experience an exotic journey from the west to the east by trekking through the Silk Road and experiencing the moods and sounds of the ethnic communities all through music.

The experience was made more authentic by PSPA Music Director Eugene Pook's selection of western and eastern instruments such as the Gu-Zheng, Erhu and Dizi. Pook admitted that this was the first time he tried this east-west combination of instruments to create an authentic experience of musical cultures to target a wider audience.



Similarly the selection of pieces from Mozart's Turkish March, the first piece played by a string quartet and piano set the mood to start the journey which was subsequently followed by Chen Yi's Tibetan Tunes.

Jiang Ying's Silk Road, played just before the interval was a superb eye opener. The piece started with the Erhu and Yangonin which presented an image of a central Asian location alive and bustling.

Silk Road was written for Chinese Classical orchestra. Pook described this piece as heavy and said it was the first time it was played using western instruments. To help him with the arrangement Pook called on musician and friend Chen Kam Chien, the result of which was most enlivening.

The night carried on with AW Ketelbey's 'In a Persian Market' followed by an excellent performance of Tan Dun's Eternal Vow (from *Crouching Tiger Hidden Dragon*) finishing with Liu Tieshan and Mao Yuan's Dance of the Yao People. For the encore the ensemble fittingly played Kitaro's Matsuri to give the night an exotic finish which probably left the audience craving for more.

With the exception of flautist Jennifer Teng from Taiwan, none of the other musicians had performed with a mix of eastern and western instruments before that night. Amil Sulaiman on Cello remarked that "all were amazed that their effort and hard work was worth it".

Classical Chinese musicians Yew Fei Fei on Guzheng and Chong Koi Min on the Erhu are in their twenties and according to Pook "this was their first time playing at a professional level. However, their passion and talent for their music made it easy for them to blend easily with the western musicians".

Pook was very encouraged with the positive response to Silk Road and stated it has given him courage to challenge the boundaries and to take Ipoh's music community to another level.

JAG

Sport

My Dualthon 2013 @ The Haven

Over 600 participants took part in Perak's first Dualthon. The event, held at The Haven, Tambun was jointly organised by *My Triathlon Shop* and *Kelab Roadrunners Ipoh* (KRI).

Ipoh Mayor Dato' Roshidi Hashim was on hand to flag off the race shortly after 7am. Sharing the start podium with him was The Haven CEO Peter Chan, Organiser Karen Geh of *My Triathlon Shop* and KRI President Chong Him Shoong.

Participants started by running 5km first then cycling 25km and ending with another 5-km run.

The route of the race was held around the neighbourhood of The Haven which features picturesque hills and green jungle foliage and included a run through kampongs.

The overall winner of the event was Sharon Abdullah, 34, who has been participating in triathlon events for 10 years. Sharon described the event as "great" but the scenery going through the cycling route as "even better".

In the Mixed Relay event, the champions were mother and son team Abel Chuah (cycling) and Clarena Khoo (running) with fellow running club member Rishitharan Acharia.

The event did not have a time limit which according to Geh was to take away the stress and allow the participants to take in the nature of the location which many of the



participants agreed was a great strategy.

As for a follow up event Geh said that she would definitely have it in Ipoh again but the next event would have a longer distance and have a more challenging gradient. Now that is something to look forward to.

(Go online for more photos.)

JAG

Ipoh Badminton Tournament 2013

Attracting more than eight hundred players, the recently concluded HST Ipoh Badminton Tournament 2013, was a huge success. According to the tournament's organising chairperson, Dr Lee Boon Chye, Member of Parliament for Gopeng, it was possibly the largest badminton tournament ever held in Ipoh.

"The response was overwhelming, and we have seen quality performances over the past three days, especially in the finals. This is very encouraging to the badminton fraternity in Perak. The organising committee has certainly worked hard, and I would like to express my thanks to them and to the generous sponsors."

Korean badminton legend, Park Joo Bong, who was the guest-of-honour to kick off the tournament, in conjunction with the opening of the 22-court badminton arena in Ampang, Ipoh, remarked, "I was surprised by the standard of the arena here. It's even better than those in Kuala Lumpur."

There were a total of ten categories in HST Ipoh Badminton Tournament 2013. The winners and scores were:

- Men's Novice Doubles: Supian & Iryadi (18-21, 22-20, 21-11)
- Junior Veteran Doubles: Liew Siew Fatt & Goh Chee Heng (21-19, 21-12)
- Senior Veteran Doubles: Choong Chee Kong & T. Murthy (16-21, 21-11, 21-19)
- Ladies Novice Doubles: Lin Hui Ching & Azniza (21-9, 21-13)
- Mixed Novice Doubles: Lim Wooi Kip & Lim Fooki Choi (21-12, 21-19)
- Boys' Singles Under 18: Kelvin Ng (21-11, 21-13)
- Boys' Singles Under 15: Lye Jun Cheng (21-13, 18-21, 21-10)
- Boys' Singles Under 12: Loo Bing Kun (21-7, 21-13)
- Boys' Doubles Under 15: Wilson Phua & Goh Ewe Lean (21-18, 17-21, 21-11)
- Boys' Doubles Under 12: Ling Wei Jie & Loo Bing Kun (21-9, 21-16)



The champions received trophies, cash prizes, and Protech-sponsored badminton racquets and racquet bags. The first runners-up were also awarded prizes.

Emily

Tourism

Musa Bids Farewell

Outgoing Chief Executive Officer of Tourism Perak, Hj Musa Dun was honoured with a farewell lunch courtesy of his employer, Tourism Perak Sdn Bhd.

The lunch was held at the Kinta Riverfront Hotel, Ipoh on Monday, August 19 and was attended by the Who's Who in the Perak tourism industry. Among them were well-meaning guests who were his keenest supporters during his 13-month stint at the state-linked agency. Executive Councillor for Tourism Nolee Ashikin Radzi was the guest-of-honour.

"Although my tenure in Tourism Perak was short it was the best ever posting I have had. I am thankful to the Executive Councillor and all those connected to the tourism industry for your support. Your assistance had made my work simpler," he said with conviction.

Musa Dun has been posted to the Perak Sports Council (*Majlis Sukan Perak*) as its Director effective Thursday, August 1. His replacement is Puan Aida Hazlyn Hassan formerly of the state economic planning unit.

Aida is similarly pleased with her new appointment. "I am thankful for the confidence and trust vested in me by the Executive Councillor for Tourism. I'll now concentrate on making the upcoming Visit Malaysia Year 2014 a success," she told Ipoh Echo.

The majority of those attending the lunch had nothing but praise for Musa. "He's a pleasant guy who is easy to work with. We'll sorely miss his affectionate smile," said Hj Odzman Abd Kadir, President of Perak Tourism Association.

Odzman's parting words best describes the man who will now determine Perak's sporting future.

FZB



Education

School Honours Teachers and Launches Charity Night

SK (C) Sam Chai held a dinner at the Garden Restaurant to celebrate Teachers' Day on Sunday, August 25. The occasion was attended by about 250 teachers, staff members and guests. During the dinner, long service awards were presented to Ms Leong Wai Ling and Ms Wong Lai Fong for their dedicated service to the school. Both have served 20 and 15 years, respectively.



Mementos were given to retiring Assistant Headmaster, Mr Hew Tet Choy, teacher Ms Teh Ai Chin while guests were entertained to dances by members of a local dance troupe.

The school took this opportunity to launch the Sam Chai Charity Night 2013 which will be held on Saturday, October 26, 2013 at the Poi Lam (Suwa) High School grounds. The event is to raise funds for the school's ongoing building project consisting of a 4-storey block to replace the two existing termite-ridden wooden blocks which were built in 1951 and 1961.

According to Mr Lee Chau Ju, Chairman of the Board of Governors, the school is still short of about RM3 million to complete the project. He said that a sum of RM2350 was collected and donated to the school by staff of Taiko Plantations when its appeal for funds was highlighted in Ipoh Echo recently.

Lee beckons readers who are interested to donate to this worthy cause to visit the school for an overview of the building project. He can be reached at 05-254 0087 and 05-241 5483.

SH Ong

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 Approved Plan No. : OSC(249-A/L/B/1/64/1005/11 Land Encumbrances : Nil
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