

# IPOHECHO

Your Voice In The Community

September 16-30, 2013

PP 14252/10/2012(031136)

30 SEN FOR DELIVERY TO YOUR DOORSTEP - ASK YOUR NEWSVENDOR

ISSUE **174**

**Foodie's Guide to Ipoh's Best Eats**

Get your copy from Ipoh Echo's office or Meru Valley Golf Club members' desk. (See page 5 for other places available.)

**RPP RM29**

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First Sitting of Perak's 13th State Assembly Session



# JOB Opportunities in Perak

By Emily Lowe



During the '60s and '70s when tin and rubber were the main contributors to Malaysia's commodity-based economy, Perak was considered the second most prosperous state in the country, after Selangor, in terms of per capita income. Besides Ipoh, towns like Kampar, Bidor and Taiping were vibrant, often associated with millionaires and Mercedes Benzes. With the collapse of the world tin industry in the early 1980s, Perak saw a turn of fortune. The closure of tin mines affected livelihood and this forced many to migrate overseas to seek greener pastures. The trend has since continued, with most choosing to remain where they pursued tertiary education.

Continued on page 2

**JOHANN STRAUSS' GREATEST MUSICAL COMEDY**

*Die Fledermaus*

"Now everyone can 'The Revenge Of The Bat'"

PLEASE HELP US TO HELP THE NEEDY

30th SEPTEMBER 2013 (Monday), 7.30 pm

Grand Ballroom, Kinta Riverfront Hotel & Suites Ipoh

## Fundraiser Operetta by Australian Troupe

Ipoh theatre lovers will be in for a treat at the end of this month when the Johann Strauss operetta, *Die Fledermaus* or 'The Revenge of The Bat' will be performed here by Australia's Touring Opera Company, Co-Opera. The operetta is being brought in by the Perak Association for the Intellectually Disabled (PAFID) as part of its annual fund raising project in collaboration with Co-Opera. It will be performed at 7.30pm on September 30 at the Kinta Riverfront Hotel and Suites.

The prologue of this comic operetta relates how a "Dr Falke's best friend Gabriel Eisenstein leaves him naked in the centre of town with only his mask to cover his crown jewels after a drunken fancy dress party. Good friend Einstein may have long forgotten his practical joke but Dr Falke's hideous embarrassment in front of the whole town requires revenge. Thus the stage is set for 'Revenge of the Bat' set in the glamorous high society of early 1920's Art Deco Australia.

According to Association President, Dato' Dr Yeoh Beng San, PAFID was formed in 1980 and is a voluntary, non-profit charitable organisation that caters for the educational needs and well-being of the intellectually disabled in the State of Perak.

The Association manages five schools, three sheltered workshops and a sheltered factory in Ipoh and functions through annual grants from the government and donations from the generous public.

The Association is targeting to raise RM500,000 from the event. Tickets are priced at RM300, RM200 and RM100 per admission. For every 10 tickets purchased, one ticket of the same denomination will be given free.

For further enquiries call 05-547 0186 or contact Ms Lai 017-585 4376.

JAG

# Entrepreneurship and Self-Employment is always an option

While statistics are not available, Pusat Kerjaya Amanjaya (PeKA), a State job placement agency, through a press statement issued on July 30, 2013, has acknowledged that many college and university graduates are finding difficulty in looking for their dream jobs.

Although PeKA was incepted in March 2011, and has secured gainful employment for 9241 job seekers via its portal [www.jobsperak.com](http://www.jobsperak.com), the perception remains that skilled workers and professionals in Perak cannot get jobs that meet their requirements.

It is also worth noting that most vacancies offered at career fairs are for lower positions, and do not necessarily appeal to those with at least a degree qualification.

## Questions that need to be asked such as:

- Are there enough jobs for college/university graduates?
- Are the youths too choosy about the nature of the jobs and/or the pay?
- Do they have the necessary skills needed by the employers?

Ipoh Echo spoke to stakeholders, namely aspiring employees, potential employers and Non-Governmental Organisations for their views.

## Employee Perspectives

According to Melvin Navin a/l Edwin Williams, 22, who will graduate from Universiti Tunku Abdul Rahman (UTAR) this December with a Bachelor's degree in Public Relations, looking for a suitable job in Ipoh will be tough. He said, "Ipoh is a small city and positions are always quickly filled. It may not be a problem looking for an in-house PR job but at this point, I am all for venturing beyond Ipoh."

Khoo Ebel, 22, who graduated from the same university in May, also with a Bachelor's degree in Public Relations, believes that fresh graduates should not be picky when it comes to their first job. Currently working as sales coordinator at Kinta Riverfront Hotel, it is not her principal field of study, but she is beginning to like her job.

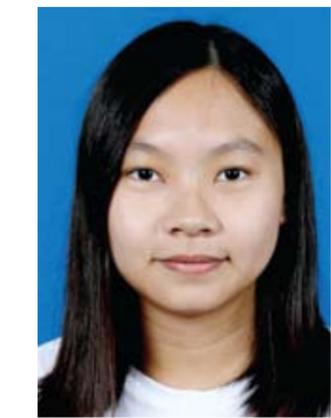
Ebel said, "I have always liked the hotel environment, and took up public relations for its wider job scope. No doubt, there is a lack of opportunity in Ipoh, but I wish to gain as much experience as I can first."

## Employer Perspectives

Alan Tan Hock Lee, Human Resources Manager at Unisem (M) Bhd, a semiconductor manufacturing plant in Simpang Pulai, did not believe that the quality of jobs in Perak is lacking. He countered, "There are quite a number of opportunities open. On the contrary,

it is a challenge to find the right candidate to fill a vacancy. The youth nowadays are unwilling to work hard. Besides, they are looking for jobs that offer flexi-time."

Tan continued, "The only economically viable industry in the country is manufacturing. Definitely, more has to be done to attract investors to set up their plants here, with incentive packages attractive enough for them to commit their investments."



Khoo Ebel (graduate)



Melvin Navin (student)

General Manager of Casuarina @ Meru, Chow Mun Lan, concurred, "There are a lot of job opportunities open. It depends on whether one is ready to take up the challenge or not. Job seekers are quite selective these days, as you know."

Casuarina @ Meru, with 150 guest rooms, has scheduled its soft opening for November. There are more than 100 vacancies available across the board.

Chow continued, "We're open to those without experience because training is provided. It'll be an on-going learning process. Even though they may leave us at some point in time, at least they'll be equipped with the relevant knowledge and skills."

"Therefore, I believe there are plenty of job opportunities in Ipoh, especially for those in the hospitality industry. Besides, internal staff will have priority when it comes to promotion."

## NGO Perspectives

Dato' Gan Tack Kong, Chairman of the Federation of Malaysian Manufacturers Perak, believes that the perception given at career fairs is grossly incorrect as most employers in the manufacturing industry prefer to advertise their vacancies through other media such as newspaper, headhunting agencies and online.

He said, "In the first six days of August 2013, there were 24 management-level vacancies offered by the industry via JobStreet, in the areas of Engineering, Purchasing, Production and Accounts, just to name a few. On the other hand, some multinational companies



The Bargain Palace (young entrepreneurs)



Fahimah bt. Mohamad Farid (internet entrepreneur)

indicated problems in recruiting engineers in the areas of Research & Development, product development and costing. These companies are prepared to offer apprenticeship, and yet still faced difficulties in sourcing for suitable candidates."

According to Lee Chee Ming, Chairman of the Perak Chinese Chamber of Commerce and Industry's Social and Economic Research Committee, the job situation is both a function and reflection of the economic activities in Perak. The higher the level of economic activity the more jobs will be created.

Lee opined, "For job opportunities, people and government need to invest in consumption and capital goods. A major problem lies with low capital expenditure. Perak has some 2.8 million people or approximately ten percent of the country's population. The state, however, has been allocated less than two percent of the annual federal capital expenditure. We need a bigger allocation for infrastructure like roads, universities, gas pipelines, public housing, etc."

"Perak is in dire need of a gas pipeline to cater for the needs of industries in the Kinta Valley. The cost of laying such a line from Tronoh to Simpang Pulai is estimated at RM160 million. For over 10 years now we are still discussing where the funding for this much needed pipeline will come from."

"The bulk of the capital expenditure and development under the Economic Transformation Programme (ETP) will go to Greater Kuala Lumpur/Klang Valley, Penang and Iskandar Johore. Most of the jobs created over the next seven years until 2020 will be in these three growth areas. If we have high speed trains that run at 300km/h connecting towns from the north to the south of Peninsular Malaysia, people can actually live in smaller towns and commute daily to work in larger cities. This will ensure a geographically more balanced development."

"Ipoh airport has recently been upgraded and the runway extended. We've yet to see the much needed direct flights to regional metropolitan cities like Bangkok, Hong Kong and Tokyo. Connectivity and easier accessibility will not only bring in more tourists but also foreign investments."

"To encourage private sector investment, domestic and foreign, we need a business-friendly public delivery system that is second to none. Relevant authorities should hold frequent dialogues with trade associations and help their members to grow, expand and be successful. Successful businesses are our best ambassadors to attract new investors. This has to be complemented with an efficient and transparent public delivery system."

"Currently, it is people-driven, very much dependant on the availability of the officers-in-charge. We should move towards a system-driven approach where the process of application for permits and licences has a specific timeline. Rejections should have reasons stated and suggestions for the applicants to meet compliance. This will go a long way towards attracting new investments."

## Entrepreneurship and Self-Employment

Suitable jobs may be difficult to come by, especially for those without work experience. However, thinking out of the box, is it set in stone that fresh graduates must seek employment? If opportunities are difficult to come by, why not create one yourself?

The world is our marketplace, thanks to the Internet. Fahimah Mohamad Farid, 26, who prefers to be called Emma, is a diploma holder in batik art craft from the National Craft Institute in Rawang, Selangor. Emma sews felt owl plushies for sale under her brand name, Felt Ville, not only through the Internet but also at local bazaars.

Brandon Choy is a 16-year-old student of SMJK Sam Tet, Ipoh. He and two friends started a T-shirt designing and printing business in November 2011, offering their services to student clubs. Brandon said, "The decision to start *The Bargain Palace* was easy as there was a void. Besides, communicating with my peers isn't a problem. Business was very tough initially, as we had to gain our clients' trust first."

Brandon's partner, Gerald Leong, a fourth former at the same school, said the idea to go into business came about because he is not academically-inclined. However, there is no denying about the importance of education and plans to pursue a degree in electrical and electronics in Taiwan, and thereafter, establish a career overseas.

When it comes to job hunting, Gerald said, "It is easier to land a job if one is skill-trained." Wise words from a 17-year-old lad.



Alan Tan Hock Lee (Unisem)



Lee Chee Ming

**From the Editor's Desk**  
by Fathol Zaman Bukhari

# Happy Malaysia Day?

*What have we achieved after half a century of existence? We are still as fractious as we were five decades ago. I still need a permit to enter Sabah and Sarawak...*

Coincidentally, the date of print of this issue of Ipoh Echo falls on the 50th Anniversary of the formation of Malaysia, Monday, September 16, 2013. In order to appreciate the true feeling of this auspicious day it is only appropriate to recall history as it is written not as it is being propagated. Since the passage of time historical facts have been distorted to such an extent that it is no longer easy to separate truth from fiction.

The formation of Malaysia was mooted by the country's first Prime Minister, Tunku Abdul Rahman in 1961. It would consist of Malaya, Brunei, Sabah, Sarawak and Singapore, all of which were British colonies. The primary reason was to allow Kuala Lumpur to monitor, control and also combat communist activities, particularly in Singapore where the Chinese population was the largest.

Singapore's population then was about 3 million while the combined population of Malaya, Brunei, Sabah and Sarawak was about 7 million. To balance out the Chinese majority in Singapore, the merging of the states in Borneo with newly independent Malaya was deemed appropriate.

Singapore Chief Minister, Lee Kuan Yew, supported the proposal. However, his opponents resisted, arguing that this was a ploy by the British to continue its presence in the region. Most political parties in Sarawak were against the merger. Community representatives in Sabah were similarly opposed. Although the Sultan of Brunei backed the idea, the *Parti Rakyat Brunei* repudiated the merger and this led to the Brunei Rebellion of 1962 which was successfully quelled by the deployment of two Gurkha companies to Seria and one Royal Marine company to Limbang where the hostilities were centred.

Tunku Abdul Rahman explained his proposal at the Commonwealth Prime Ministers Conference in 1961. He finally got the agreement of the British government with a proviso that feedback be obtained from the communities involved.

This led to the formation of the Cobbold Commission. The Commission was tasked to conduct a study in the Borneo territories and to make recommendations. A substantial number of Bruneians were not in favour of a merger. Sabah drew up a list of points, referred to as the 20-point agreement, as a condition for its inclusion while Sarawak prepared a similar memorandum, known as the 18-point agreement.

These memoranda have often been quoted as the basis for discontentment between East and West Malaysians and it persists till today.

A referendum was conducted in Singapore to gauge public opinion; a large number of its

population supported the merger provided some autonomous rights be given. Brunei withdrew due to opposition from certain quarters and disagreement over oil royalties and the status of the Sultan in the planned merger.

Upon reviewing the Cobbold Commission's findings, the British government appointed another commission to draft a constitution for Malaysia. The eventual constitution was essentially the same as the 1957 Malayan Constitution.

After negotiations in July 1963, it was agreed that Malaysia would come into being on August 31, 1963 to coincide with the 7th Independence Day of Malaya. However, the Philippines and Indonesia objected to this development. Indonesia claimed that Malaysia represented a form of "neocolonialism" while the Philippines insisted that Sabah was part of its territory.

The opposition delayed the formation of Malaysia. A United Nations team was then formed to re-ascertain whether Sabah and Sarawak truly wanted to join the coalition. Malaysia was formally declared on September 16, 1963. Lee Kuan Yew's insistence on a Malaysian Malaysia led to Singapore's ouster in August 1965. And the rest is history.

I was in my mid-teens when Malaysia was formed. It was definitely an occasion to celebrate, as the country had just obtained its independence. It was a double whammy, of sorts. However, in a provincial town like Parit Buntar we could only look up to Kuala Lumpur to take the lead.

The country was not yet free of communist insurgents. The Malayan Communist Party was still active, especially in the border regions. With the onset of *Konfrontasi* with Indonesia, a national call-up was initiated.

I can still recall volunteers marching in the town *padang* under the watchful eyes of one very serious-looking officer. Major Zainuddin was instrumental in me joining the army, which I did five years later in 1968. Some said it was foolhardy, some said it was premature. But I did what I had to do, romanticism aside. And I had never lived to regret it.

Fifty years down the road I can now appraise the situation more realistically. What have we achieved after half a century of existence? We are still as fractious as we were five decades ago. I still need a permit to enter Sabah and Sarawak and will not be allowed to work there if I choose to. If I am considered a threat, the state authorities can put me on the next plane to Kuala Lumpur. That is the sad truth.

Am I happy on this auspicious day?

You must be kidding.



## In The Name Of My Father's Estate

by Peter Lee

Episode 21

As all the beneficiaries of Lee Sr's estate agreed to proceed with the application for the Letter Of Administration (L.A), Dave (Lawyer) said, "While I am applying for the L.A., I would advise the Administrators, namely: John, Michele (children of the first family) and Connie (Lee Sr's 2nd wife) discuss issues in relation to the money in the bank accounts especially those that are under the joint names of Lee Sr and Mrs Patricia Lee (Lee Sr's first Wife) in which Mrs Patricia Lee intends to keep. If the rest of the family beneficiaries agree to give it to her, then all of you must sign a renunciation letter to renounce your rights to the entitlement. Further to this, I hope the Administrators could settle on the distribution of shares in the family Companies held by Lee Sr together with both sides of the family. This is to say that whether the distribution for all the shares in all the companies will be based on the Intestacy Law. Otherwise, the other option would be the first family taking control of shares in the companies which they are managing and renouncing their rights to the shares in Companies that Lee Sr set up with Connie. In return, Connie and her three children will renounce their rights to all their entitlement in shares held by Lee Sr together with the first family and keep those shares in Companies which Lee Sr set up with her."

John asked his own family members, namely: Mrs Patricia Lee, Nick, Steven, Michele, Nancy and Sandy, whether they are agreeable to let their mum have the entire amount of money held by their father jointly with her. He highlighted to them that the joint bank account which is now frozen is in ZNA bank, Singapore with an amount of roughly S\$3 Million. He further explained that this amount could only be withdrawn once L.A. is obtained from Singapore. Every beneficiary from the first family consented to giving their mum by nodding. Then John asked Connie "What about you?" Connie replied "I think I would prefer to take my entitlement under the intestacy law." In response to Connie, Mrs Patricia Lee said, "Can't you let go of this for God's sake?" Connie replied, "Look here, I have three minor children to take care of whereas your children are adults and financially independent."

Mrs Patricia Lee then asked "So, what about the money in the joint bank accounts with our beloved husband which we have withdrawn?" "I guess you can leave those out" replied Connie. She further said "Let me remind you that I have two joint bank accounts in Malaysia which are frozen, one of which is in CDS Bank, Jalan Bunga, K.L. with an amount of RM500,000 and the other one is in Bagus Bank, Jalan Mewah, K.L. with an amount of RM800,000. My husband also has three other joint bank accounts with each of my three minor children. The amount in each of the account is roughly RM200,000. These accounts are all in Bagus Bank. So, you can see that these are subject to Intestacy Law in which all of your members are entitled to." In response, Mrs Patricia Lee said "Ok, why not my children and I renounced our rights of entitlement to the money in these bank accounts and you on the other hand renounce your rights of entitlement to the money in Singapore." Connie replied, "Sorry! I can't do this because of my children's future."

To be continued...

Peter Lee is an Associate Estate Planning Practitioner (Wills & Trust) with Rockwills International Group. He is also an Islamic Estate Planner providing Wills & Trust services for Muslims. He can be reached at: 012-5078825/ 05-2554853 or [excelsecms@gmail.com](mailto:excelsecms@gmail.com). Website: <http://www.wills-trust.com.my>. His Book "To Delay is Human but to Will is Divine" (96 pages, RM28) is available at his office: 108 (2nd Floor), Jalan Raja Ekram, 30450 Ipoh; Rashi Mini Market (019-510 6284), 37 Jalan Perajurit, Ipoh Garden East; Ipoh Echo and at all major bookstores.



## EYE HEALTH – CONJUNCTIVAL NAEVUS

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

Every now and then, there are patients who come in complaining of some patches of brown or grey on the white (conjunctiva) of their eyes. Well, most often than not, it will probably be a *conjunctival naevus*. *Conjunctival naevus* is a pigmented growth or lesion similar to a mole on your skin. It may be referred to as a "freckle in the eye."

The word "naevus" has its origins from Latin. The Oxford dictionary defines it as a birthmark or a mole. Medically, a naevus may be found in the eye usually in the clear front white of your eye (conjunctiva), around the colored part of the eye (iris), or underneath the retina (nerve at the back of the eye). If the naevus is at the back portion of the eye (retina), it is called a *choroidal naevus*.

### HOW DOES IT LOOK LIKE IN THE EYE?

*Conjunctival naevus* appears as a dark brown to black patch in the white of the eye (conjunctiva). The size of the patch may range from a small, barely noticeable patch, to a large patch that may cover a noticeable portion of the white of the eye (see adjacent picture).



### CAUSES OF A CONJUNCTIVAL NAEVUS

A *conjunctival naevus* (pigmented growth) is produced by pigment cells called *melanocytes*. These are the same pigment cells which contribute to the colour of our skin, hair and eyes. These melanocyte cells are usually distributed evenly in the eyes, but when they form a cluster, it results in the formation of a *conjunctival naevus*.

### SHOULD YOU BE CONCERNED?

*Conjunctival naevus*, although benign, should be periodically assessed with photographs taken at every check-up. This is to ensure that if it should ever start growing in size, it should be removed surgically. Sometimes there may be changes in colour and when this happens it should also be removed. This is because there is a small risk of the growth turning malignant and becoming a melanoma (cancerous). Thankfully, the risk of this happening is very low.

### HOW IS IT TREATED?

There are no eye drops or medication available to treat *conjunctival naevus*. The only option for treatment is surgical removal.

### Surgical excision is always done mainly for two reasons:

1. Cosmetic reasons – this is the commonest reason especially in cases where the growth is very dark or large, and appears unsightly to the patient.
2. Malignant (cancerous) transformation – this is the other reason that a *conjunctival naevus* growth is removed, that is, if it undergoes malignant transformation. In such instances, surgical removal is mandatory.

If you are in doubt about any pigmented lesions around the eye, do seek professional help.

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



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

## PUBLISHER

Ipo Echo Sdn Bhd  
(Regd No 687483 T)

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

## EDITORIAL

Fathol Zaman Bukhari  
G. Sivapragasam

## REPORTER

James Gough

## GRAPHIC DESIGN

Rosli Mansor Ahd Razali  
Azril Aryandi Zambri

## MARKETING &amp; DISTRIBUTION MANAGER

Deanna Lim

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## PRINTER

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

## USEFUL CONTACTS

## Ibu Pejabat Polis Daerah (IPD):

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Deanna Lim

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# Is This Possible?

At the first, post-General Election 13, state assembly sitting last month, Menteri Besar Dato' Seri DiRaja Zambry Abd Kadir, announced that Perak would become a developed state by 2015.

The optimists on the bench nodded in agreement, a number were less sanguine while some expressed their doubts. Can Perak become a developed state by 2015?

We can still recall the confusion when former Malacca Chief Minister, Ali Rustam, declared that Malacca was a developed state a few years ago. Sometime later this declaration was retracted.

Jon Hall of the Organisation for Economic Cooperation and Development (OECD) said, "The OECD did not endorse the Malacca declaration, mainly because we're not in a position to do so." Neither the UN nor the OECD has a definition of a developed state.

Hall also remarked that the press conference and proceedings were in Malay and, therefore, he had no way of interpreting it.

Malaccans had assembled at Stadium Hang Jebat, in Krubong Malacca and welcomed Premier Najib's televised announcement on the evening of October 20, 2010. The occasion turned sour, as the OECD's statement contradicted Ali Rustam's pronouncement.

The Malacca state had declared a public holiday, and organised a fireworks display, but the U-turn caused much confusion and disappointment.

The Perak Maju Plan 2015 was launched alongside the Perak Amanjaya Development Plan in 2008. Their objective was to make Perak a developed

state by 2015. The two plans were designed to transform three main aspects of development, namely socio-economic, sectoral and physical.

The Amanjaya Plan broadly followed the concepts of the federal government's Vision 2020 and covered key result areas which included skills, knowledge, youth participation and environmentally-friendly practices.

The plan aimed to raise the five regions, Hulu Perak, Beriah Valley, Manjung, Ulu Bernam and the Kinta Valley, to an equal level of development.

In April 2011, Zambry announced that both the Perak Maju 2015 and Perak Amanjaya development plans had successfully expanded the state's economy, reduced poverty and crime rates.

The Amanjaya Plan, according to Zambry, had increased average household income from RM2809 per month in 2009 to RM3548 in 2012. Hardcore poverty rate had been reduced from 0.5 per cent in 2009 to 0.2 per cent in 2012.

However, fluctuating Foreign Direct Investment (FDI) flow into Perak is worrying. In 2009, the FDI was RM399.5 million, it increased to RM1.6 billion in 2010, dipped to RM90 million in 2011 then rose again to RM1.5 billion in 2012. The trend may be the same this year.

Perakeans who were asked if Perak could become a developed state by 2015 appeared doubtful. One pessimistic Ipohite said, "Our wages are depressed and with the recent hike in petrol and diesel prices, cost of living is set to rise. What's the use of being developed when the ringgit is shrinking!"

Notwithstanding the odds, we ought to give Zambry the thumbs-up for his optimism and conviction.



## Announcements

Announcements must be sent by fax: 05-2552181; or email: [announcements@ipoecho.com.my](mailto:announcements@ipoecho.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. Ipo Echo reserves the right to verify any announcement before it is published.

**"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**.

**Sultan Yussuf School, Batu Gajah Class of 1967 Reunion Dinner**, Saturday, **September 21**, 7pm at Kinta Riverfront Hotel, Ipoh. Invitation cards available from organisers with a donation of RM50 or more. Get your cards and details from one of these gentlemen: Gopalan Nair **012-450 2620**, Yap Fook Kooi **016-532 0382** or Chew Meng Chye **012-504 9857**.

**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. Lechiman at **012-538 1939** or Sakuntala Nair at **017-579 8062**.

**"Integrated Physical Medicine for Parkinson's Disease"** talk & fun exercise, **September 24**, 7pm to 10pm at Perak Parkinson's Association Centre, 128 Jalan Hala Wah Keong, Tamam Mirindy, Ipoh. Presented by TAGS Spine & Joint Specialist Ipoh. Demonstration & Speaker: Hayden Clyde Pooke. Co speaker (Mandarin): Tan Woo Teck. Open to: Perak Parkinson's Association members, people with Parkinson's, caregivers, family members, supporters and general public. Admission is free but limited to 100 only on a first come first served basis upon registration. Call: Samuel Ng **012-557 1682**, Steven Chong **016-521 3986**, Carman Hah **017-253 1599** Khow Kong Kee **012-507 7693**.

**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**.

**Memory Walk** to create awareness of dementia, Saturday **September 28**, 7.30am at UniKL RCMP, No.3 Jalan Greentown, Ipoh. Registration fee: RM15 for adults & college students, and RM10 for school students. Collection of T-shirts will be on September 20 & 21; call **05-2411691** @ Dementia Daycare. For enquiries, call: Dr Mah Kin Kheong **012-596 7983** or Datin Dr Ramani **019-573 0618**.

**Ave Maria Convent 75th Anniversary & Teacher's Day Dinner**, **September 29**, 7.30pm at Kinta Riverfront Hotel, Ballroom Level 2, Ipoh. The theme for this event is 'Glitterati Nite: 75...and Still Going Strong'. Tickets are priced at RM80 each. For details, contact Ms Liew Swee Fong **012-562 9264** or SMJK Ave Maria Convent **05-254 5587**.



## THINKING ALLOWED

by **Mariam Mokhtar**

## Workshop on Domestic Violence



Perak Women for Women Society (PWW), in collaboration with the All Women's Action Society (AWAM), organised a workshop on Domestic Violence (DV) on Saturday, September 7 at Impiana Hotel Ipoh. This workshop, which was fully funded by KL Sogo, was aimed at bringing greater awareness on the issues of domestic violence to the public, and to better understand its impact on Muslim women especially.

The first speaker, Halida Mohd Ali, Vice President of PWW, spoke on the occurrence and prevalence of DV, why it happens, and the challenges faced when handling victims. This was followed by a presentation by Mangaleswary, President-Elect and Legal Adviser of PWW, on Domestic Violence Act 1994 and the legal protection accorded for victims of domestic violence.

A panel discussion, consisting of speakers from the various service providers, was next. Dr Azmir Anuar, physician of the Emergency and Trauma Department of Hospital Raja Permaisuri Bainun, Ipoh spoke on the One Stop Crisis Centre at the hospital and how it treats those suffering from injuries caused by domestic violence. DSP Siti Azzah of D11 of the Criminal Investigation Department of the Royal Malaysia Police related the roles of her department in issuing Interim Protection Orders (IPO) for victims of domestic violence.

Department of Social Welfare Perak's Prakash Kumar described the various services provided by the department. Kartina from Sisters in Islam quoted verses from the Koran relating to the treatment of women. Finally, Associate Professor Dr Mohammad Abdul Rahman, a consultant psychiatrist and Deputy Dean of Universiti Kuala Lumpur, Royal College of Medicine, Perak, enlightened the 100-odd participants on how victims of domestic violence undergo trauma, feel helpless and trapped and go into depression.

A legal clinic was set up by the Perak Legal Aid Department offering free legal advice and information on laws to protect victims of DV.

Mrs Malaysia Universe, Mrs Carol Lee, who represented KL Sogo, in her opening remarks, asked that all work together to stop the carnage from spreading. Carol Lee is currently on a nationwide campaign against domestic violence with KL Sogo and AWAM.

It was an informative forum for all.

Ed

## MUSINGS ON FOOD



By SeeFoon Chan-Koppen

seefoon@ipohecho.com.my

They say that 'birds of a feather flock together' and in my case, I am blessed to have found my 'flock'. My group of Foodie friends are always the first to try out a new restaurant or in many instances discover little gems that often we walk or drive past without even a second glance.

**Wu So Peng** is a case in point. Discovered by my peripatetic foodie 'scout' Ginla Chew, this is another of the *Tai Chao* (meaning 'Big Fry-Up') restaurants with unprepossessing exterior but harbouring big ambitions in the kitchen. It even has a fancy printed menu featuring close to 200 dishes.

But menus aside, we all know that "the proof of the pudding is in the eating", so a group of us traipsed off to give the restaurant a try. For a start I have to give the proprietors full kudos for being innovative. The restaurant is not air-conditioned but they did go to the trouble of setting up a cooling water drip system on their canopy to help relieve some of our extreme heat. There are ample tables with loads of space in between, not squashed in as some smaller restaurants tend to be.

Looking at their extensive menu, we decided to leave it up to them to bring their signature dishes one by one to the table. And bring it one by one by one they did – to a total of 13 dishes in all!

We tucked in first to the *Sayur Paku* (jungle fern) fried in *sambal belacan* and dried prawns. This had good *wok hei* or wok aroma and had a nice bite to it, the dried prawns providing a slight crunchy texture to the crisp *Sayur Paku*. Everyone was offered a bowl of the *Lai Tong* or *soup of the day* which, on the day we went, was a brown marrow or **Lo Wong Kwa**, umami and clear.

Other dishes came in quick succession, a **Claypot Catfish** fried dry in soya sauce, with scallions and garlic; **Eggplant** with minced meat which was delectable although a tad too oily; *Tong Poh Yoke* or pork belly braised in dark soya sauce was tender; **Wu So Kai** or **whiskered chicken** smothered in ginger paste and scallions; **Marmite Chicken** which was too sweet for my palate but others loved it and **Sweet Sour Pork Ribs** which were done just right – neither too sweet nor sour and the ribs tender inside.



The **Pork Knuckle** came next, a generously sized knuckle deep fried to a crisp, and almost falling off the bone. This was served with two different sauces, a Thai style sweet and sour with cucumber and onions almost raw and the other a dried *Wai San*, *Gei Ji* or Chinese Yam and Goji Berries sauce that was dark, robust

and very umami. This was a delectable treat, the skin crispy, the meat tender and the gelatinous bits from tendons and some fat alleviating any tendency to dryness of the whole knuckle.

Next came the **Asam Fish Head**, cut into pieces, cooked with ladies fingers (okra), tomatoes, long beans and onions. This was tangy, not overly sweetened, the tamarind sauce with just the right note of acidity and the fish head pieces very fresh.

This was followed by a dish of pig's **Fallopian Tubes** or *Sang Cheong* fried with dried prawns, scallions, garlic and oodles of my favourite *Chu Yau Tsar* (crispy chunks of rendered lard). I love offal and this came at the end which was a pity as I could have

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By Margarita Lee

# Kimchi

## RECIPE

### Ingredients (A):

- 1 head Chinese cabbage, sliced into 2" lengths
- 8 cups Water
- 1 cup Coarse Sea Salt
- 1 Onion, thinly sliced
- 1 bunch Spring Onions, sliced into 2" lengths

### Stock (B):

- 20 dried Anchovies
- 2 cups Water

### Kimchi Paste (C):

- ½ Onion, diced
- 5 cloves Garlic
- 1" small piece of Ginger, diced
- 1 cup Cooked Rice
- ½ Sweet Pear, peeled and diced
- ⅓ cup Korean Chilli Flakes
- 3 tbsp Fish Sauce
- 2 tbsp Korean Salted Shrimp or Cincalok
- 3 tbsp Sugar

### Method:

1. Dissolve the coarse sea salt with the water in a large bowl. Add in the cabbage slices and toss to mix. Press top so the liquid will seep through the cabbage.
2. Leave cabbage in mixture for minimum 1 hour or until leaves have wilted. Toss the cabbage to ensure even distribution. Leave for another hour.
3. Meanwhile, boil the anchovies with 2 cups of water. Bring to boil and simmer until reduced to 1 cup. Remove from heat and let cool.
4. Remove cabbage from the solution and rinse thoroughly with running water. Drain well. Use paper towels to dry if necessary.
5. For the Paste: blend the onion, garlic, ginger, pear and rice until smooth. Add the anchovy stock and pulse blender till well combined.
6. Transfer paste into a medium mixing bowl and add the rest of ingredients (C). Leave for at least 10 mins so that the chilli flakes will absorb the moisture. Do not wash your blender!
7. In a large airtight container, combine well-drained



cabbage, spring onion, and leek or onion. Add two-thirds of kimchi paste and combine well. Add the remainder paste for additional colour and to your taste.

8. Add salt to taste. Do not be concerned if it is a little saltier than expected. This helps with the fermentation process.
9. Pour half cup of water into your blending container and mix in remainder paste. Pour over your vegetables.
10. Let it sit at room temperature for 1 day to begin the fermentation process, then refrigerate and consume within the next 1 to 2 months.

## SeeFoon finds yet another 'Tai Chao' Gem in the heart of town



**Sayur Paku** (small) – RM6

**Lai Tong** (soup of the day) – free

**Claypot Catfish** – RM38 per kg

**Eggplant** (small) – RM7

**Wu So Kai** or **whiskered chicken** (half a chicken) – RM25

**Marmite Chicken** (small) – RM12

**Shanghai (Sweet Sour) Pork Ribs** (small) – RM12

**Deep-Fried Pork Knuckle** – RM40

**Asam Fish Head** (small) – 20

**Fallopian Tubes** or **Sang Cheong** (small) – RM10

**Frog's legs** – RM30 per kg



eaten more, the whole dish being so satisfying and appealing to my taste buds with the fallopian tubes rubbery (its an acquired taste), the rendered lard crispy, and the rest of the condiments and garnishes serving up a cornucopia of taste and textures.

By this time we were a group of very satiated diners but ever the inquisitive foodie, I needed a taste of something 'Tsing' (clear or pure in the sense of food) and promptly ordered a **congee with frog's legs** and minced pork. We had to wait 15 minutes for it as it was done a'la minute but it was well worth it. The congee was delectably umami, the frog's legs tender and succulent and the minced pork lending its flavour to the broth which we all slurped up with alacrity.

We promised ourselves to return on another occasion to check out their noodle and rice dishes as well as their specialty steamed fish which was listed with seasonal prices on the menu as were their crab and prawn dishes. This time we were happy to stick to the home-style dishes.

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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

## News

## Bridging the Technological Gap

To bridge the widening technological gap between urban and rural communities, the Malaysian Communications and Multimedia Commission (MCMC) has initiated measures to ensure that the problem is adequately addressed. It has embarked on a project to distribute netbooks to libraries in the country as part of its Corporate Social Responsibility Programme, which it is actively pursuing nationwide.

The Commission, on Thursday, September 5, gave 708 pieces of Netbook Malaysia for distribution to the public libraries in Perak. The presentation ceremony was held at the Ipoh Town Hall in the presence of Hj Mohammad Nazari bin Hj Abd Hamid, Director of the Perak Public Library Corporation.

Mohammad Nazari, who is also the assemblyman for Temenggor, thanked MCMC who was represented by Encik Mohd Faizal, the head of MCMC Perak branch.

The netbooks, worth over RM770, 000, will be given to all 59 public libraries in the state. "It's our fervent hope that the availability of these items in the libraries will enable users to access the Internet for their own good," said Mohammad Nazari in his acceptance speech.

The occasion was also held to celebrate the Perak Public Library Corporation's Hari Raya Open House. Twelve of the corporation's staff received awards for their meritorious service while 19 were given certificates.

In attendance was Puan Salbiah bt Mohamed, Chairperson of the Board of Directors of the Perak Public Library Corporation.

Azril



## Bumi Puja for Crematorium

A Bumi Puja was recently performed at the Buntong Hindu Cemetery to build the new crematorium. This is a ceremony performed to inaugurate a new site for the construction of a building. According to Hindu beliefs, by performing this puja, the right energy and natural elements surrounding the site can be propitiated. This was carried out early in the morning which is considered most auspicious for this ceremony.

S. Nadesan, Assistant Secretary of Ipoh Hindu Devasthanam Paripalana Sabah (IHDPS) said that the Perak State Government has given RM1.3 million for construction of the crematorium. However, he said that the total cost would be RM2 million and IHDPS has to raise the balance.

The crematorium is being purchased from China and would have three chambers and use diesel fuel. It is expected to be completed in eight months. It will incorporate the latest in cremating technology to ensure a clean and healthy environment. The site will have a new access road and ample space for a car park.

Nadesan said that IHDPS would be operating the crematorium on a non-profit basis as a service to the community. They are planning to charge RM400 per cremation. The amount collected would not cover the maintenance costs and IHDPS must bear the additional costs. It is planned to convert the existing cremation building into a columbarium.

With the construction of the crematorium, the contentious issue over cremation of Hindus would come to an end.

AJ



## Community Rehab Programme



A hi-tea to initiate a community-based programme was held at the banquet hall of the State Secretariat Building on Saturday, September 7. The event was officiated by the Executive Councillor for Health, Tourism and Culture, Nolee Ashikin Dato Mohd Radzi and organised by the Kampar Community Rehabilitation Centre led by its chairperson, Datin Normah Hanum Dato' Hashim.

The Kampar Chapter will go on a fundraising campaign to collect funds to organise activities for the benefit of its members. Some of the on-going programmes are motivational courses, tuition classes and rehabilitation courses for the mentally and physically challenged. Twelve physically handicapped children have so far registered with the centre. The campaign began with the passing of the hat in the hall. A sum of over RM700 was collected that day.

These community-related programmes are part and parcel of the state government's efforts to address social and health problems prevailing within the communities in Perak.

Azril

## Reading Shelter Celebrates 4th Anniversary

Mother Teresa's Reading Shelter (MTRS) celebrated its 4th anniversary by launching the FIF2 programme to cater for underprivileged children in Forms 1 and 2 in national schools who have come from vernacular schools.

Dr J. Anantham, Director of MTRS, said that this programme not only provides tuition for core subjects but also coaches students how to integrate with other students and get adjusted to the environment in national schools. There is a great demand for this programme, but due to restricted availability of facilities they can only accept 22 students. He thanked Yayasan Teratai for sponsoring the programme.

The Shelter also conducts many programmes, like Kindergarden, My Book My Pal Reading, Vocational Training, 3R Programme, Personal Development Sessions, Gardening & landscaping and other one-off activities.

The response to these programmes are not encouraging and they have to look for students, but there is demand for FIF2 classes which was started recently.

Two teenage girls have completed one year of tailoring and are still attending training. They can now sew women's dresses and take orders. Samples of dresses stitched by them are on display at the Shelter. Guests admired the quality of their workmanship and a few were keen to get their dresses stitched by them.

Anantham expressed the wish for the service to be more fully utilised. The reasons for this is attributed to ignorance and meaningless 'pride' of some of the parents and guardians of the children who will not allow the children to make use of the facilities.

The Shelter needs volunteers for Teaching 3R, conducting Personal Development Programmes and sponsors to carry out their activities. For further details call Mary at 011-2836 6019.

AJ



## Community

# Drainage Upgrade for Mariaville

When the drainage upgrade currently being carried out at the junction of Jalan Sultan Azlan Shah and Dairy Road is finally completed, it will have one very welcome beneficiary, Mariaville Nursery and Kindergarten located on Jalan Francois off Jalan Raja DiHilir.

Although Mariaville Kindergarten is located less than a kilometre away, it has been experiencing flooding for over 10 years.

A study done during the time of then Canning Councillor T.T. Liu four years ago, identified the cause to the small outlet at the culvert crossing under Jalan Sultan Azlan Shah at the side of Sekolah Izzudin Shah. The water would then continue across the road south of the traffic light junction going into Jalan Dairy and ultimately discharge at Pinji River.

Due to developments from the surrounding locations the volume of water for discharge during a downpour would



## Go Green through Organic Gardening

“Organic waste (from the kitchen and garden) which makes up about 47% of waste generated by the Malaysian household, will usually end up in a landfill. As the organic material rots in the landfill, the greenhouse gas methane is released. How can you help address this? The answer is COMPOSTING!”

A talk that advocates organic gardening and composting was given by Ms Tan Siew Luang, Organic Farming Project Coordinator, Centre for Environment, Technology & Development, Malaysia (CETDEM), at Brahma Kumaris Ipoh.

Composting is the breaking down of organic materials by microorganisms in a moist, warm and aerated environment. The result of which is humus.

With the amount of garbage people produce nowadays, this holistic approach is very appealing to people who care about the environment. Not only does it reduce the amount of kitchen waste that is thrown out but it also turns that waste into compost which can be used to improve soil structure, water retention and the level of nutrients for planting.



A simple way of making compost

ecosystem. At its heart is the aim to promote local foods and centuries-old traditions of gastronomy and food production.”

It was altogether a very informative talk showing that anyone with a little bit of space can start an organic garden with not too much effort.

At the end of the talk, Brother Kumar, of Brahma Kumaris, gave a brief session on the spiritual dimension to gardening, especially seen in India, where they meditate on seeds and daily meditation is done to empower crops. He concluded with the premise that “we are all connected and what I do makes a difference”.

VWSL

The composting handbook is available from CETDEM at RM5 [excluding postage]. Email [of@cetdem.org.my](mailto:of@cetdem.org.my) or call 03-7875 7767 to place an order.

Brahma Kumaris Malaysia is organising a free event in conjunction with United Nations International Day of Peace – “Being Happy no matter what” with guest speaker Datuk Bridget Menezes on Saturday September 21, 6.30pm at YMCA Ipoh, 211 Jalan Raja Musa Aziz. Bookings and enquiries can be made from: <http://beinghappy.eventbrite.com/> or from Mr Kumar 016-746 4473 or Ms Angel 017-579 4204.

bottleneck at the culvert which would then backflow. The drain that leads to the culvert runs immediately behind Mariaville and due to the backflow has been experiencing floods for years. The last flooding occurred in December last year.

According to a spokesman for JKR, the work began in May and is scheduled for completion by December this year. The cost of the upgrade is RM1.8 million.

Mariaville Kindergarten Principal Mrs Christina Noel said that she and her staff are very happy that the work was finally being carried out. “Hopefully when the work is done that will be the end of the flooding,” she said.

JAG

## Fund Raising Dinner by Perak Society for the Promotion of Mental Health

Perak Society for the Promotion of Mental Health held its Fund Raising Charity Dinner at Ipoh City and Country Club. Organising Chairman, S. Sundralingam said that the Society runs its Day Care Centre by raising funds through activities such as orchid sales, ceramic projects, donations and important events like fund raising dinners. For almost 46 years, hundreds of emotionally disturbed and medically cured mental health patients have received care and rehabilitation. “Joy is in Giving”.

President of the Society, Dato’ Dr M. Majumder said that there are over a hundred residents staying at the centre and it is for psychosocially disabled persons who are rehabilitated and sent back into society. They are in the process of raising funds for a multipurpose building which could be rented for seminars and other functions to generate funds. There is a stigma about mental illness and the families do not accept the patients. Mental illness needs lifetime treatment and is controllable. The patients do not need pity but compassion and help. Mental illness can occur to any one of us at any time due to depression and anxiety.

Guest of Honour, Assemblyman for Cenderiang, Dato’ Dr Mah Hang Soon said that the government is aware of the increase in mental illness and government hospitals have set up psychiatric wards and there are also psychiatric clinics to treat mental patients. The policy is to train family members to look after mentally ill patients and ensure that they take their medication. Dr Mah cited two instances which he knew of mental patients being abused. A mentally ill man in Tapah was beaten by his sons and suffered a fractured arm and a young woman in her late twenties was abused by foreigners in Taman Mas.

One in six people in the country is afflicted with some form of mental illness.

For further information, call the society at 05-533 2167.

AJ



## Young Perak

# Sunway College Graduation Ceremony

It was a proud moment for 118 graduates of Sunway College Ipoh when they received their scrolls during the college's graduation ceremony on Tuesday, September 2.

The fifth cohort of graduating students were presented with scrolls for Association of Chartered Certified Accountants, Certified Accounting Technician, Diploma in Business Administration, Diploma in Marketing, Diploma in Business Information System, Diploma in Graphic Design and Diploma in Interior Design.

Forty seven of them received scholarships amounting to RM45,000 during the course of their study at the college.



Kok Ying Fan (pic left) was honoured with an award for being the top five affiliates with a second placing in Malaysia for the June 2012 ACCA examination.

The ceremony was attended by family members and friends of the graduates. The Executive Member of the Sunway Group, Puan Sri Dr Susan Cheah, Senior Executive Director of Sunway Education Group, Elizabeth Lee, Sunway College Ipoh

Chief Executive Cheng Mien Wee, Principal Adawiah Norli, and college staff were in attendance.

Dr Muhammad Amin Zakaria, Executive Councillor for Education, Science, Environmental and Green Technology graced the occasion. "We welcome the private sector to invest in education in Perak. Areas earmarked as education hubs include Kinta Valley, Seri Iskandar and Taiping," said Muhammad in his opening remarks.

Top performer, Chai Xin Wei (pic right), 23, a Diploma in Marketing graduate, delivered the valedictory speech. She congratulated her fellow graduates and thanked the lecturers for their patience and support.

In conjunction with the graduation ceremony, the college organised an education and career fair for the students to initiate their career placement.

Sunway College Ipoh, with a current enrolment of 400 students, was established in 2004. It recently launched the Foundation in Arts Pre-University Programme, an alternative fast track pathway to pursue a degree course at Sunway University.

The college, under the Jeffrey Cheah Foundation, gives out scholarships or grants tuition waivers to deserving students, based on their financial background or on merit.

Emily



## Healthcare

# Physiotherapy Day 2013

On Friday, August 23, Bercham-based Sultan Azlan Shah Rehab Centre celebrated Physiotherapy Day 2013 by inviting Dr Alex Khoo Peng Chuan, Pediatric Neurologist and Dr Lee Chon Kit, Medical Officer of Rehabilitation, from Hospital Raja Permaisuri Bainun, Ipoh to talk on the subjects of epilepsy, orthosis and special seating, respectively.



Dr Alex Khoo provided caregivers and parents with a clearer understanding on epilepsy by showing video shots of a number of patients. Dr Lee Chon Kit gave a slide presentation on the different types of orthoses and special seating available for different kinds of disabilities. The Question-and-Answer session that followed was actively participated by all present.

The audience was entertained to a skit on cerebral palsy by clinical placement students from Allianze University College of Medical Science, Kepala Batas and a slide presentation on the roles and services of physiotherapists by students from Winfield International College, Kuala Lumpur.

Both were very informative, as they



reinforced the fact that tender loving care is the only way to alleviate the miseries of both caregivers and sufferers.

Ed

## Nature

# Birds Take Centre Stage

Bird watching, a passion among nature lovers, took centre stage on the morning of Sunday, September 8 at Taiping Lake Gardens. Nature enthusiasts teamed up with Malaysian Nature Society (MNS) Perak Branch members to spot an array of delightful resident and migrant birds in their natural habitat at the popular park.

The participants, both children and adults, came armed with binoculars, cameras and telescopes, mounted on tripods, to catch sight of our "feathered friends" found in this highly frequented tourist landmark in Perak.

Birds like the Brown Shrike, Long-tailed Parakeet, Blue-tailed Bee-eater, Black-thigh Falconet, Purple Heron, Spotted Dove, White-throat Kingfisher, Yellow-vented Bulbul, Pink-necked Pigeon, Banded Woodpecker, Asian Glossy Starling, Night Heron, Brahminy Kite and Common Myna, among others, were seen congregating on trees and flying above and beside the lake's greeneries. They also heard the calls of the Blue-eared Barbet but it was not easy to spot the bird.

Among the more than 20 participants was Lee Chu Teng, principal of SMK Methodist, Sungai Siput. Lee enjoys nature and had brought his family of three along.

"It's all in the family when it comes to interest in nature. It's also a novel event for people to get together to watch birds and talk about nature, conservation and environmental protection" said Lee.

Another was Dr Tie Hieng Kai of Columbia Hospital, Taiping. Tie came with his wife and two young daughters. "My family can appreciate nature with



this event while getting to exercise at the same time. It's definitely better than spending time on tablets and computers," he enthused.

According to event organiser, Lee Kim Chye of MNS Perak Branch, over 90 types of resident and migrant birds can be found in Taiping. "We gave participants a counting sheet listing at least 41 of them which could be seen at the Lake Gardens," said Lee to Ipoh Echo.

Nirmal Ariyapala

## Merdeka Round-Up

### Ushering in Merdeka Day

Over 5000 people filled the stands of Stadium Indera Mulia, Ipoh on the night of Friday, August 30. They were there, along with state dignitaries, to usher in Merdeka Day which came at the stroke of midnight.

The arrival of the 56th Merdeka Day was greeted with cheers, hoots and claps, as the night was brightened with fireworks and sparklers. There was something for everyone, as the revellers, outside of the stadium, feasted their eyes on the fireworks exploding in the night sky.

The VIPs, led by Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir, his wife Datin Seri DiRaja Saripah Zulkifli, Executive Councillor for Health, Tourism and Culture Nolee Ashikin Dato' Mohammed Radzi, Executive Councillor for Sports, Communications and Multimedia Datuk Shahrul Zaman bin Datuk Yahaya and Mayor Dato' Roshidi Hashim were earlier entertained to music and dances by the cultural dance troupes of the state and City Hall.

A poetry declamation by Corporal Jafri Khairul of the Police Commando Battalion VAT 69 in Ulu Kinta was the main highlight prior to the presentation of mementos to eight former Police commandos by the Menteri Besar. Academy Fantasia 5 winner, Mila and rock band, Koprata provided the much awaited entertainment for the enthusiastic crowd. **Azril**



### KPJ Ipoh Specialist Hospital's Merdeka Baby

KPJ Ipoh Specialist Hospital celebrated the arrival of a Merdeka baby to hairstylist, Mdm Hen Pooi Yen, 38. An Ipoh resident, Hen naturally delivered her second child at 3.18am on Merdeka day weighing in at 2.81kg. Husband, Mr Low Woei Hing, a coffee shop owner, was extremely excited with the arrival of the new family member.

## Education

### IT Products For Deserving Students

Twenty students of SRJK (C) Sam Tet were presented with computer tablets by SNS Network, an Ipoh born computer and IT services provider, as part of its CSR initiative.

For SNS Managing Director Ko Yun Hung, an old boy of the school from primary to secondary, this initiative is the first of the company's IT Enablement Project which aims to focus on awareness for IT education for schools.

Ko added that his company has held seminars with companies earlier but this year had shifted their efforts to a CSR initiative focused at schools. The presentation of tablets at SMJK Sam Tet was the first of 10 projects targeted.

For their initial project Ko worked with the school's PIBG Chairman Wong Yit Hoo. According to Wong the selected 20 students were from standards 4 and 5 classes and the tablets were an incentive for them to do better.

The criteria for selection included their being from underprivileged homes, achieving good results and showing a positive attitude. The tablets were handed to the deserving standard four and five students during their morning assembly amidst joyous chatter by their fellow students.

JAG



## Correction

With reference to the story 'Tenby's New Campus' (Ipoh Echo issue 173, Sept 1), the campus covers an area of 13.5 acres (not 31.5 acres) and is situated in Bandar Meru Raya and not Bandar Meru Jaya. There are more than 1000 students in Tenby Schools Ipoh and not in Malaysia as published. The errors are regretted.

Readers might also like to know that this is the first purpose built school in Ipoh with more than 20 fully facilitated specialist rooms alongside a multi-purpose sports hall, swimming pool, university-style library and auditorium.

The new campus encapsulates the school's goal to nurture well-rounded individuals who will be responsible, articulate and participatory citizens and leaders of the world.

In line with the school's vision of "A United World at Peace - Through Education", Tenby Schools Ipoh offers both International and Malaysian curricula on one site to promote a living model of racial and cultural diversity, international mindedness and global citizenship.



## Sport

# Perak Athletes Rewarded

The Perak State Government rewarded its athletes who performed well at the recent 16th Malaysia Games (Sukan Malaysia) with a financial incentive scheme. The Games, incidentally, were held in Kuala Lumpur between June 28 till July 7. Perak secured a total of 6 gold, 5 silver and 13 bronze medals and was placed 9th overall.

The presentation ceremony was held at the State Sports Council premises in conjunction with the Council's Hari Raya open house.

The incentive, in the form of monetary rewards, was presented on the following basis – RM3000 for a gold medal, RM2000 for silver and RM1000 for bronze. A total of RM100,000 was disbursed to the athletes and their respective associations.

Dato' Shahrul Zaman Yahya, Executive Councillor for Youth, Sports, Communications and Multimedia presented the mock cheques to the winning athletes and their associations. Present at the ceremony were the State Secretary, Dato' Abdul Puhat Mat Nayan and the State Sports Council Director, Hj Musa Dun.

The event was a joyous occasion for the invitees from the various sports associations such as the Perak Hockey Association as they were seen mingling and enjoying the sumptuous spread. Doubles table tennis silver medalists, Ho Syhui of Raja Perempuan School and Ong Ting Fei of Convent Teluk Intan, expressed their happiness with the financial rewards. "This will spur us to do better the next time."

The 17th Malaysia Games in 2015 will be held in Kangar, Perlis. The Perak State Sports Council has set a target of 30 gold medals. A tall order, considering this year's



haul. Newly-appointed Director Hj Musa Dun felt that it was not something impossible. "We've the capacity to do well," he told Ipoh Echo.

JAG

## Invitational Darts Tournament

A total of 19 teams descended upon the Royal Ipoh Club on Saturday, September 7 for the club's Invitational Darts Tournament 2013.

The players were from 11 affiliated clubs with some having two or more teams representing their side. Singapore Recreation Club was one of the few foreign teams in the competition. The host had four teams with five players to a team.

Club President, Dr Selvakumar, started the ball rolling by bursting the balloon with a single dart.

The tournament stretched over the weekend with the preliminaries beginning at 9.30am on Saturday, September 7 and the finals late in the evening of Sunday, September 8.

PJ Club (pic) was adjudged the overall champion winning both the winners' and losers' pools.

Organising Chairman, N. Sathivel of Royal Ipoh Club, described the event as one of its kind. He was overwhelmed by the response and the competitive spirit of the participants. "The camaraderie among darters is exceptional," he told Ipoh Echo.

JAG



## Hockey: No Medal of Any Colour for Malaysia



The recently-concluded 9th Asia Cup Men's Hockey Tournament 2013 was a bonus for hockey fans who earlier this year witnessed another international-class competition, the Sultan Azlan Shah Tournament, also held at Stadium Azlan Shah, Ipoh.

Unfortunately, Malaysia, who came "prepared" for this prestigious tournament, failed to even secure a bronze losing 3-1 to Pakistan in the third and fourth placing match.

Korea (pic) emerged as the 9th Asia Cup champion when they beat India 4-3 in a

thrilling final held on Sunday, September 1.

It was a well fought defensive start until Korea netted their first goal from a penalty corner in the 28th minute. This was followed with a field goal a minute later giving the Koreans the lead at end of the first half.

The second half saw India scoring in the 48th minute and equalising six minutes later.

Korea led again in the 57th minute but India drew level once more in the 65th. However, Korea's 68th minute penalty corner sealed the match for good.

Unlike the Korea-India final, the tussle for 3rd and 4th placings between Malaysia and Pakistan was lacklustre. The home team was roundly beaten by the former Asian hockey giant.

Malaysia did play strongly but failed to optimize many goal-scoring chances. This led the Malaysian Hockey Confederation President, Tengku Abdullah to comment that the team's penalty-corner conversions and finishing were poor.

National Coach Paul Revington too was equally disappointed with his players' performance. "They played brilliant and rubbish all in one game," he lamented.

However, the greatest disappointment was felt by the many Malaysian fans who had wanted to see Malaysia on the winners' podium on the final night.

Nevertheless, Malaysia has qualified for a slot in next year's Hockey World Cup 2014 to be held in the Hague, Netherlands from May 31 till June 15.

This is by virtue of Malaysia, being the third reserve for the slot, moving up the ladder when Continental champion, Argentina (from the Pan American Cup) then Spain (through Germany's success in the Euro Hockey Cup) and finally, Malaysia, becoming the team to benefit from Korea's Asia Cup victory.

Malaysia's fortune could change in the World Cup. Tunku Abdullah was not convinced. "The players have to buck up if they want a good showing at the Hague." His statement echoes the sentiments of hockey fans throughout the country.



JAG

## My Say

By Jerry Francis



### Dangers Lurking on Pavements

Sybas! Ipoh City Council for responding to the need to repair the dangers lurking on the pavements along some of the busy streets in the city. The city council had carried out the minor repairs by replacing the heavily corroded metal covers of manholes and missing interlocking bricks along the busy Jalan Dato Onn Jaafar.

Fearing that pedestrians could get hurt, I had highlighted these issues in June and had waited to see the response from the city council.

I was afraid that it would be yet another case of "no allocation" just as the missing drainage cover at the Pasir Pinji wet market where a number of people had fallen.

However, I was wrong. The quick response by the city council had also shown that it is treating the comments from "My Say" as feedback. As I had said before it is not my intention to just criticize the administration, it is more as a means to bring some of the issues to their attention. I am glad that the city council had acted.

Recently, the Pasir Pinji state assemblyman Howard Lee Chuan How and his team of concerned residents had to collect funds from the public to carry out repairs and put a concrete cover to the drain. Lee claimed that his team had forwarded the issue of the missing drain cover to the city council and was told that a preliminary investigation would be done first. "Because there was no allocation



After



Before

yet, the team decided to collect funds from the public and solve the problem immediately," he said.

Is it not the responsibility of the city council to ensure the roads and pavements in the city are safe? If so, why wait? It would save the city council from being sued should there be a mishap resulting from dangers along the pavements.

## Heritage

### Lenggong Valley celebrates 1st anniversary as World Heritage Site

The first anniversary celebration of Lenggong Valley as a World Heritage Site was officiated by Regent of Perak, Raja Dr Nazrin Shah. A five-day carnival was held which included an art exhibition, display of traditional dishes from 18 villages, cultural shows and performance by singer Jamal Abdillah who is known as Raja Pop Malaysia.

Menteri Besar Dato' Seri DiRaja Dr Zambrly Abdul Kadir said the carnival was to help promote Lenggong Valley and to create awareness among people to appreciate the priceless heritage of the country.

The recognition by United Nations Educational, Scientific and Cultural Organisation (UNESCO) on June 30, last year, meant that Lenggong Valley is listed on the world tourism map and is soon to become a popular tour destination for many. This is the fifth site in Malaysia, in addition to George Town, Malacca, Mount Kinabalu and Niah Cave, to be recognised as world heritage site.

Zambrly added that since the recognition, the number of tourist arrivals had increased from 2,000 to 5,000 per month. This positive increase can be attributed to the recognition and has also opened the door wider for the state's tourism industry, particularly in Hulu Perak where development will take place.

The state government together with the Ministry of Tourism and Culture and National Heritage Department are preparing and developing the tourist infrastructure in Lenggong Valley. However, this may take some time to materialise. The opening ceremony ended with fireworks display.



AJ



### Footpaths Needs Maintenance

While the Riverfront Hotel was under construction, food stalls were built along the bank of Kinta River next to the Jalan Lim Bo Seng bridge. Concrete footpaths with plants on either side were constructed. Other flower plants and trees were also grown and the place was lighted at night. Customers eating in the stalls were expected to stroll along the footpaths and enjoy the sight of the river.

Recently when I visited the place on a Sunday morning, I noticed that the front side of the stalls facing the road was newly painted, but the back of the stalls facing the river were not maintained and needs repair. Not all the stalls are open for business.

The plants along the footpaths were not trimmed with grass and weeds in the surrounding areas proliferating. Even in the morning I was scared to walk along the footpath in case I might encounter an unfriendly reptile.

The owner of the end stall has built a big extension with a semi-circular roof which looks rundown and is out of place in that area.

With the opening of the River Walk, this place has been neglected. As usual when something is new it is maintained and over the years it is abandoned. We must change our maintenance culture. This is supposed to be a tourist attraction.

A. Jeyaraj



## News

# First Sitting of Perak's 13th State Assembly Session

The first sitting of Perak's 13th State Assembly Session was held for five days from August 26 to 30. The opening was officiated by the Regent of Perak, HRH Raja Dr Nazrin Shah. He was accompanied by HRH Raja Puan Besar Tuanku Zara Salim.

Perak Menteri Besar, Dato' Seri Dr Zambry Abd Kadir and State Assembly Speaker, Datuk S.K. Devamany along with 59 members of the State Legislative Assembly were on hand to greet the royal couple.

After inspecting a guard of honour, mounted by the Federal Reserve Unit, Raja Nazrin proceeded to the Assembly whereupon he delivered his royal address. His address was debated over the next four days.

The Assembly was adjourned sine die on Friday, August 30 at 9.50pm.

The House approved the establishment of three committees each consisting of representatives from both sides of the political divide.

## The three committees are:

- Public Accounts Committee chaired by Datuk Mohd Tarmizi Idris, Deputy Chairman Datuk Abdul Manaf Hashim and 4 members which include opposition representatives viz Chang Lih Kang and Nga Kor Meng.
- Standing Orders Committee chaired by Speaker Datuk S.K. Devamany and six members, which includes opposition representatives viz S. Kesavan and Wong Kah Woh.
- State Committee on Privileges chaired by Speaker Datuk S.K. Devamany and six members, which includes opposition representatives viz Dato' Seri Nizar Jamaluddin and Ong Boon Piow.

The House also approved two bills, the Enactment of the Islamic Family Law (Perak) (Validation) Act 2013 and the Mineral Enactment (Perak) (Validation) Act 2013.



This first sitting of the State Assembly had received a positive feedback. For a change, all elected representatives were allocated their time to present issues regarding their constituencies, which they duly presented with minimal interruption.

Dato' Rusnah Kassim (Behrang), Executive Councillor for Women's Development, Family and Social Welfare, described the sitting as one of the best ever. Rusnah praised Speaker Datuk SK Devamany and his Deputy for a job well done. They had been objective and fair to both sides. It was conducted in a very cordial atmosphere with debates focusing on the rakyat's problems. Questions raised by the Opposition were answered without the tell-tale hackling like before.

Teja Assemblyman, Chang Lih Kang, agreed that there was a vast improvement in the handling of the assembly by the Speaker. Devamany's amicable persona was the reason why more spoke up. Chang, however, warned that whatever good that had come out of this sitting would go to waste if the state government did not walk the talk.

Opposition Leader, Dato' Seri Nizar Jamaluddin, said that over 400 questions from the Opposition were left unanswered while his questions to Zambry, during his winding-up speech, were being continuously interrupted without him getting any proper answers.

Another positive change was points raised by newly-elected politicians, one of whom was the Assemblyman for Pinji, Howard Lee Chuan How. Lee highlighted the plight of commuters who were being inconvenienced by SPAD's directive requiring all express bus commuters to embark and disembark at Terminal Aman Jaya, Jelapang. The new terminal, said Lee, is not served with sufficient feeder buses thus commuters have to resort to taxis to get to their homes. Taxi fares are very pricey.

Lee's assessment got Zambry's attention, as the MB, in his winding-up speech, alluded to his suggestion about "decentralisation" which simply means that public participation or Local Agenda 21 should be encouraged before a policy change is made.

With the new assemblymen highlighting their constituencies' problems in detail there would be more work for government officials. This was revealed to the media by senior civil servants attending the assembly.

Notwithstanding the hype surrounding this sitting, I feel a new era of political awareness has arrived in Perak where public's participation will become more pronounced, forthwith.

Those keen on following future sittings of the State Assembly can access the state government portal at [www.peraknews.com](http://www.peraknews.com) where live coverage of proceedings are televised daily.

JAG

## 'Change Starts with You' Workshops

Two interesting Workshops are coming to Ipoh for the very first time. The first one, on **September 22, 2-6pm**, named **Step Out of the Past** will enable participants to let go of the limiting beliefs they carry, where these beliefs came from and how they are affecting their present life.

They will then be taught how to programme themselves with positive thoughts, create a new vision of themselves and treasure their own uniqueness.

Workshop 2 on **September 29, 2-6pm**, called **Step into Your Full Potential** will enable participants to learn the power of positive affirmations and how to use them for maximum effectiveness. They will also take home the powerful tool of Tapping or EFT for fast and effective release of physical and emotional trauma.

Leader of the workshops is Jaz Goven, a Brit living and practising in Chiangmai who is the founder of the Fast Track Freedom technique for the release of physical and emotional trauma.

These workshops promise to give attendees a set of tools to use at home for living life at full potential. The organizers assure timid ones that personal information need not be shared at these forums.

For more information, contact Anne Huxtable **012-552 9233**. Email: [anne@golfshaftsasia](mailto:anne@golfshaftsasia) or Jaz Goven: [jaz@fasttracktechnique.com](mailto:jaz@fasttracktechnique.com)



## Dr Saravana.K

Consultant Physician,  
Gastroenterologist & Hepatologist

## Digestive Health

### Colon Cancer is Preventable

#### How common is colon cancer?

The Colon is the final portion of the digestive tract, just before the anus. **Colon cancer is the commonest cancer among men and the third commonest among women in Malaysia.** Every year about four thousand new cases of colon cancer are diagnosed in Malaysia. Among the local ethnic groups, the Chinese appears to have the highest incidence of the disease, followed by Indians and then Malays. The incidence is even higher among the western population. It is estimated that one in twenty people will get colon cancer in their lifetime.



#### How does colon cancer happen?

Most colon cancers develop from precancerous polyps. Polyps are growths that arise in the lining of the colon and are visible when the bowel is examined by colonoscopy. There are two types of polyps: adenomatous polyps and hyperplastic polyps. Adenomatous polyps can become cancerous over time and this progression takes at least 10 years in most people. At age 50 about 30% of colonoscopies will detect adenomatous polyps. This adenoma detection rate continues to rise with age (45% of colonoscopies at age 70 will detect adenomatous polyps).

#### How do you know if you have colon cancer?

- No symptoms at all
- Change in bowel habit
- Diarrhoea, constipation
- Blood in stool
- Bloating, fullness, cramps
- Constant tiredness

#### How can you prevent colon cancer?

Colon cancer can be prevented by doing screening tests.

The most effective and widely practiced screening test is screening colonoscopy. The primary goal of screening colonoscopy is to prevent deaths from colon cancer.

- Screening colonoscopy prevents the development of colorectal cancer by identifying precancerous abnormal growths (adenomatous polyps), and removing them before they become malignant.
- **The risk of developing colon cancer is reduced by 90% after a single screening colonoscopy done at age 50.**
- Even if cancer is already present, a screening colonoscopy helps identify it at an early and potentially treatable stage.
- The age at which you should have the first screening colonoscopy varies. An average risk person is recommended to have it done at age 50, regardless of the gender or ethnicity. The presence of risk factors and/or symptoms requires it to be done at an earlier age.
- If any first degree relative has colon cancer or adenomatous polyps, then screening should be done ten years before the age of detection or at fifty years old, whichever is earlier.

#### How is colonoscopy performed?

Prior to the procedure, you will be asked to take a medication to clean your entire colon so that it is free of obstructing faeces. You will also be asked to avoid fruits, vegetable, red meat and certain medications for a period of time before the procedure. A sedative and a painkiller will be given intravenously just before the procedure. After you are asleep the doctor will pass a thin flexible video endoscope through your anus into your colon. This video endoscope has a light source and a camera at its tip and this allows the doctor to see the inside of the colon. During this procedure, most polyps encountered will be removed and sent for microscopy. It normally takes 20 minutes to an hour to complete the colonoscopy. Almost all patients do not experience any pain during or after this procedure and should be able to go back that very same day.

**For more information, call Dr Saravana's clinic at Hospital Fatimah (05-548 7181) or email: [gastrosara@gmail.com](mailto:gastrosara@gmail.com).**

