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Perak Tourism News Supplement



Ipoh's Nightlife Renaissance

by James Gough

Ipoh's night life has improved, so said several people working outside of Ipoh, when they returned over the extended Merdeka weekend recently. Indeed their observation is spot on, for over the last two years, the night scene has been heating up all around town with more outlets opening and being upgraded in Greentown, New Town and also Old Town at the heritage enclave surrounding Concubine Lane. These new outlets offer more than just drinks and are now offering a wider variety of light snacks and meals for the family, with live music included.

Continued on page 2



"If you can sell a new product to Ipoh you can sell it anywhere" – Calvin Leow of Bricks and Barrels



The Changing Scene

Just two years ago when returning children came home to Ipoh for long weekends and holidays, their night hangout joints would be at Ipoh Garden East. On major public holidays, the roads leading to the pub stretch between Medan Ipoh 1 to 5 would be jam packed with cars and patrons would socialize, party and eat at the scores of pubs, coffee houses and eateries there. It was the place for a night out in Ipoh which ultimately earned it the title of being called the Bangsar of Ipoh.

The choice was pubs and karaoke outlets at Medan Ipoh 4 while Medan Ipoh 5 was where the food stalls were located and where whole families would come out for dinner and supper. The other alternative night outlets then were in Greentown with similar watering holes and establishments. However the variety and concentration of outlets in Greentown could not compare to Ipoh Garden East. As such Ipoh Garden East had remained the night location of choice for close to 15 years.

With the proliferation of more hotels both starred or budget now opened throughout the whole of Ipoh, an inevitable outcome was a demand for new establishments both for entertainment, drinks as well as food within the proximity of these hotels.

Gastro Bars

A new F&B (food and beverage) concept that has now caught the fancy of Ipohites, and has seen the establishment of quite a few of them, is that of the Gastro Bar. Originally conceived in the west to combine elements of good gastronomy with the more relaxed pub style drinking, the Gastro Bar is best epitomized by some of the newer establishments that have popped up all over town, one of these being *Bricks & Barrels*.

Owned by brothers Calvin and Kenny Leow, both Ipohites and former Michaelians, they established the outlet as they found it difficult to find an enjoyable outlet for a drink and some music when they returned home to Ipoh from Kuala Lumpur where they work as engineers.

They enjoy a social drink, don't smoke, love to cook and return home regularly. So they came up with the concept of *Bricks & Barrels*, based on the English pub and where one can dine comfortably on good, even gourmet food while being entertained with live music.

The location at Lau Ek Ching Street was selected because its facade was similar to an 'English town house', two heritage houses joined together where the front and back walls are opened to create one expanded unit to enable happy hour chill out meals whether at the front yard or more privately at the back air-well area.

Besides attracting the evening happy-hour crowd of office executives, it also has a family meal following who patronize the outlet for its good food.

Calvin Leow describes B&B as a Gastro Bar. "Actually it was originally created for the whole family. However, the initial concept was for just a bar. Now that our kitchen is being better recognised we want to attract whole families."

The families usually come in for dinner and leave when the drink crowd comes in although some stay on for the live music.

Drinks with a Decent Meal

The concept of having drinks with a decent meal has certainly paid off for James Kennedy the owner of *Barbeza* outlet at Medan Ipoh.

Barbeza is one of very few outlets in Ipoh Garden East that has lasted for five years without changing hands, unlike scores of other neighbouring outlets that have changed hands several times.

Kennedy attributes his success to the fact that he caters to his customers' requirements and creates events to consistently attract his regulars. Additionally, his kitchen, which serves Italian cuisine, contributes 25 per cent regularly to the monthly revenue and has a regular family following who come for their meals in the early evening. Regular pizza

takeaway orders are also a common request.

What's Available?

Over at Greentown the scene has grown. As is usual, pubs have changed hands over the years although *Mikes Place* at Lebu Satu has remained at the same location and with the same owner since it started 10 years ago.

What has also changed with each change of ownership is the theme of these outlets. *Secret Garden* over at Jalan Cheah Cheng Lim is a pair of old colonial bungalows with spacious compounds converted to a coffee house that serves drinks and full meals. *Bar: Racuda*, another bungalow outlet recently opened several months ago, offers similar and very interesting food and has live music during the weekends.

Obviously anticipating better times ahead, Bryan Ngan who first started the *Haven* (across from the Syuen Hotel) five years ago, has opened another outlet called *The Museum Wine Bar* at Persiaran Greentown 6. *Museum* offers live music and serves tapas (small snacks which may or may not be hot) while the *Haven* which was recently upgraded, offers karaoke with light food, both western and local. At the *Haven* which has limited parking, Ngan employs a security guard for customers to park their vehicles at the back lane which helps to alleviate their concerns on security.

Then there is *Healy Mac's*, the "real Irish bar" which has great food, though, at premium prices and live music six nights a week. Monday nights here is Quiz Night (centre pic) where tables of customers participate in a quiz with the goal of a tower of beer as the final reward.

Ipoh Old Town

Over at Old Town while the area is becoming active in the day, the nightlife is still confined to the heritage enclave around Concubine Lane.

The dominant outlet here is *Yoon Wah*, a 'Tai Chao' food outlet that introduced snow beer to Ipoh over a decade ago. Its shop, located at the east corner of Concubine Lane has expanded across the road while its al-fresco tables line a block along Jalan Bandar Timah.

In July this year, *Plan B*, a franchise outlet from Kuala Lumpur, opened right next door to *Kedai Kopi Kong Heng*. Designed to blend in with the heritage image that is Old Town, the outlet is understated in its decor, discreetly cosseted by clever landscaping with bright open spaces and is air conditioned. It operates daily from 9am till 10pm and serves western food.

Interestingly, Dr Mike 'Gurmil' who owns *Mikes Place* in Greentown, has himself ventured to open his second outlet in Old Town calling it *Mikes Place 2* (MP2, top pic) with his immediate neighbour being *Yoon Wah*.

Capitalising on the heritage theme, he has upgraded a unit on Concubine Lane into a cosy and chic outlet with decor that retains as much of that Old Town image as possible. Obviously aware of the challenges with opening a pub, MP2 opened recently in August for four days in a week and serves light fare.

Ipoh New Town

The location in Ipoh which has seen the most makeover activity over the last two years is New Town. The change probably started with *St Patrick's Irish Pub* along Jalan Raja Ekram and gradually spread to its neighbouring back street at Lau Ek Ching street which saw the start of *Bricks & Barrels* and subsequently another two pubs and a dance club.

The party growth has since spread to the opening of two clubs, *SOS* on Jalan Yang Kalsom and *House Music Club* on Jalan Sultan Idris, both of which are well patronized especially on weekends.

Fussy Ipoh a Testing Ground for New Concepts

Ipoh is certainly no laggard in the area of F&B concept contribution to the larger world. We can now see *Ipoh White Coffee* outlets everywhere in Malaysia and touting the fame of our delicious Ipoh bean sprout and chicken noodles.

Due to Ipohites' demanding standards, another concept developed in Ipoh might soon find its niche throughout the country, and probably beyond, is *Bricks & Barrels*.

Bricks & Barrels' business concept and design which owner Calvin Leow described as being 'Vintage Industrial', has attracted a following and is due to open its first franchise in KL at the end of this year.

Calvin Leow is from Ipoh. He well knows that Ipohites are fussy and "if you can sell a new product to Ipoh you can sell it anywhere". Considering that *Bricks & Barrels* will be celebrating its second anniversary in November, Leow's gut judgement to create something different will show dividends soon and is another feather in the cap for creative Ipohites.



Calvin Leow of Bricks & Barrels

HAS JUSTICE BEEN SERVED?

From the Editor's Desk
by Fathol Zaman Bukhari

"The liberty of the 13 accused is paramount and in view of the foregoing, a stay of execution should be granted notwithstanding the circumstances" – Justice Ahmad Nasfy Yassin

The protracted case of the 13 protesters, who were charged for being involved in an illegal assembly in front of Istana Bukit Chandan, Kuala Kangsar on Friday, February 6, 2009, came to an abrupt end on Friday, September 13 when they were handed a 2-year prison sentence plus a fine of RM5000 each.

The accused were originally charged under Section 145 of the Penal Code which carries a jail term of not exceeding two years or a fine or both upon conviction. They were also charged under Section 27 (4) of the Police Act 1967 and punishable under Section 27 (8) of the same Act.

However, after a lengthy court trial in Kuala Kangsar beginning on August 8, 2009, till October 13, 2010, the 13 were found not guilty of committing a crime under Police Act 1967 and were freed. The prosecution could not prove a prima facie case against the accused. Judgment was passed by the Session Court judge on April 4, 2011. But the same judge ruled that the prosecution had a valid case against the accused under Section 145 of the Penal Code and called upon them to make their defence.

That marked the beginning of another lengthy deliberation in the same court of law that eventuated in the surprise judgment passed on Friday, September 13. The spectre of "Friday the 13th" an American horror movie franchise, has come to haunt the unlucky 13 and their legal team led by Ipoh-based lawyer Augustine Anthony and his co-counsel, Aminuddin Zulkipli. The sad part was the session court judge's decision not to allow a stay of execution pending an appeal.

The 13 accused were hastily moved to Tapah prison where they were incarcerated as prisoners dressed in the signature yellow overalls reserved for hardcore criminals. How these seemingly innocent people, all of whom were first-time offenders, were incarcerated, was beyond comprehension. Was any element of compassion shown? Sadly, there was none. One of the accused is a cancer sufferer while another is a housewife.

They had, undoubtedly, committed an offence of being a party to an unlawful assembly during the swearing-in of a new Menteri Besar at the Istana on the fateful day. But in the ensuing mayhem anything could have happened. This was confirmed by both defence and prosecution witnesses during the initial trial. Even police officers, who were called to the witness stand, could not really say what took place on that day. The situation on the ground was so fuzzy and, coupled with the Federal Reserve Unit troopers firing tear gas at the crowd; no one could really ascertain what did or did not take place.

Most of the incidents were based on conjectures resulting in the charge under Section 27 (4) of the Police Act 1967 being summarily dismissed. But, like a court martial proceeding, of which I had been a party, the accused would normally be trapped with an alternative charge should he escape the primary charge. There are many ways to skin a cat.

The ruling by Session Court Judge Norsalha Hamzah on Friday, September 13 was first



reported by bloggers and online news portals. The news spread like wildfire and soon many were calling news agencies for updates. Ipoh Echo was no exception. I called Augustine to get the latest. Since it was a weekend he could not do much to resolve the problem.

On Tuesday, September 17 Augustine and Aminuddin successfully filed their case with a certificate of urgency with the Taiping High Court. Justice Datuk Ahmad Nasfy Yassin arbitrated on Thursday, September 19 allowing a stay of execution under Section 311 of the Criminal Procedure Code.

Bail amount of RM3000 to RM4000 by the session court was maintained. The RM5000 fine imposed by the lower court is to be paid in six instalments, upstaging the session court's ruling that the fine be paid in full.

"The liberty of the 13 accused is paramount and in view of the foregoing, a stay of execution should be granted notwithstanding the circumstances," said Ahmad Nasfy Yassin.

Some sensibility has finally prevailed and it takes the good judge to make it happen.

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EYE HEALTH



In conjunction with WORLD SIGHT DAY on the October 10, Ipoh Echo talks to Consultant Ophthalmologist Dr S.S. GILL on ways to prevent visual impairment.

Visual impairment is a term used to describe any kind of vision loss to the extent that even with conventional forms of correction or treatment, the person's vision remains poor.

The World Health Organization lists the following facts:

- About 285 million people are visually impaired worldwide:
 - 39 million are blind and
 - 246 million have low vision (severe or moderate visual impairment)
- **preventable causes are as high as 80% of the total global visual impairment burden**
- About 90% of the world's visually impaired people live in developing countries
- Globally, uncorrected refractive errors are the main cause of visual impairment
- Cataracts are the leading cause of blindness
- 65% of visually impaired, and 82% of blind people are over 50 years of age, although this age group comprises only 20% of the world population

What Causes Visual Impairment?

Many factors can cause visual impairment. **Cataracts**, or the clouding of the eye's lens preventing light from passing through to the retina, are common causes for loss of vision. Because cataracts form slowly, causing gradual vision loss, it may not be noticeable to the patient. Cataracts usually affect people in their 60s and 70s, but may sometimes appear earlier in people who are excessively exposed to sunlight.

Many patients who present early are golfers and sports people who are not in the habit of wearing sunglasses. The general rule is that you should **always wear good sunglasses** whenever you go out during daylight hours. Symptoms of cataract include double vision, cloudy or blurry vision, difficulty seeing in poorly lit spaces, and when colours seem faded. Replacement of the eye's cloudy lens with an intraocular lens (IOL) implant through cataract surgery usually restores vision in these cases.

If you have **diabetes**, you need to be screened regularly for **Diabetic Retinopathy**, which is a condition where the tiny blood vessels in the retina (back of the eye) are damaged due to diabetes. People with retinopathy may not have any problems seeing at first. But if the condition gets worse, they can become blind. To help prevent retinopathy, people with diabetes should **avoid smoking**, keep their blood pressure under control, and keep their blood sugar at an even level.

Another common cause is **Glaucoma**, a condition where an increase in pressure inside the eye impairs vision by **damaging the optic nerve**. Any damage to the optic nerve is irreversible so it is important to find out if there is any history of glaucoma in your family as the condition is hereditary. **Early detection** and treatment is crucial or the vision will gradually deteriorate over time to a **small tunnel vision**, and then blindness can occur.

Most people may also find it surprising to note that **injury** is one of the commonest cause for vision loss. Examples like getting hit with a hockey ball or a shuttlecock, or children playing with sharp objects, and injuries from car accidents are common factors. These incidences are potentially devastating and a drastic accident can cause blindness.

Macular degeneration is a gradual deterioration of the macula (centre point at the back of the eye), which is the most sensitive region of the retina. The condition leads to progressive loss of central vision (the ability to see fine details directly in front). **Excessive exposure to sunlight and smoking** can increase the risk for age-related macular degeneration. Symptoms may include increased difficulty reading or watching TV, as vision becomes distorted and **straight lines appear wavy** or objects look larger or smaller than normal.

In children, amblyopia or **"lazy eye"** in early childhood can drastically reduce vision in an eye if the weak eye is not corrected. It is important to detect and treat the lazy eye **before the age of 7 or 8 years**, before the "vision center" in the brain completes development.

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



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New Appeal in Farming

In the rustic charm of Klian Gunung, in Selama, a group of enterprising friends, decided to repay society by contributing their expertise to the community. The desire of engineer-turned-farmer, Mohamad Nawawi Hasbullah (Awie) took on a greater meaning.

Expressing a wish to return to his roots, Awie was committed to green farming methods and wanted to preserve the social fabric of rural Perak. He was keen to engage the local community and keep abreast with advances in technological development.

Awie started his farm four years ago and was subsequently joined by four of his friends.

They pooled their resources and talents for their joint-venture, the *Sungei Rambong Project* in Selama.

All the partners lamented the state of the agricultural industry in Malaysia. Jim Lim, the managing director said, "The agricultural industry is neglected and poorly managed. There appears to be an absence of national strategy and low priority accorded by politicians. We import too many products like bananas and pineapples, which Malaysia once produced. The majority of farmers today are over 70 years old."

The *Sungei Rambong Project*, an Agro-Aqua industrial scheme, involves the breeding of udang-galah (freshwater prawns) in natural fresh water, using natural foodstuffs. The farm consists of 30 large ponds and smaller agriculture plots. The hatchery, for the udang-galah, is a joint-venture with a fishermen's cooperative in Sungai Acheh. The most advanced natural breeding technology ensures healthy post-larvae (small pre-baby prawns), with a low mortality rate.

The project is sited in the Klian Gunung area, which is favourable for farming and for prawn breeding. Nestled in the hills with its hot, humid weather, it also has a plentiful supply of natural, running water from the hills.

Lim said, "Our backgrounds are diverse but we hope to develop strategies for young people, and to provide them with skills, training and development. We know there are many disenfranchised youths in Malaysia, including the rural communities, and Awie is keen to help his community. He is an impressive grassroots leader."

Lim's enthusiasm shows. "My background is in the social care field, principally in mental health and Child Protection. My company tries to divert young people from crime and help them make better sense and meaning in their life. I work with employment schemes for people with special needs."

One of the other partners is in Human Resources (HR) and corporate management. As a former HR Director of Petronas, his expertise will be used to devise training and development programmes for employment opportunities within the farming community.

Awie trained as an electrical engineer and spent over seven years in Japan. He realised his desire to return to his roots by involving the local community in farming and associated activities.

The technical driving force is provided by another partner, a scientist in aquaculture and agriculture who is a renowned expert in sustainable green product development.

The final director is experienced in probation, rehabilitation and retraining. He joined after a visit to the farm, which was then in its infancy, during which he was so impressed with the operation that he offered to become an investor.

Traditional male, farm employees are the key workers, and they are supported by nine single mothers, who feed the udang-galah, everyday. The project aims to energise the rural sector by creating jobs in agriculture for youth and disadvantaged people. With emphasis on practical training, the project should generate sustainable employment and produce competitive, sustainable, green farms. Another objective is to reverse the migration of the local youth to urban areas.

Community development would be enriched with the training of farmers, youths and less conventional workers, like single mothers, who would be able to improve their lives and have a sense of belonging.

The single mothers have given encouraging feedback. They are happy to be employed and contribute towards the household income. More importantly, they have a job which offers flexible working hours which mesh with their child-rearing duties.

When asked if the partners were pioneers in green aquaculture, Lim said, "We are pioneers in the sense that we link



THINKING ALLOWED

by Mariam Mokhtar

agriculture with social and workforce development for both agriculture and community gains. We want to increase and provide sustainable farming skills, using agriculture and aquaculture initiatives for the community. We are building social capital."

Lim conceded that initially, people were not used to the traditional sustainable and non-chemical, or organic farming. He said, "We found

that just talking about what is good about our methods is not good enough, to overcome these objections. We need to show and to demonstrate that the yields and outputs from the ponds are high. This way, many other landowners and small farmers are willing to lease Awie their plots."

The *Sungei Rambong organic udang-galah* project appears to make farming appealing and attractive once again. With the introduction of modern, green techniques, it has become more appealing to younger people. The increased interest in green farming technology will benefit the business, the farmers and the community.

Lim's message for Perakians was, "Perak is blessed with good land for food production and with it, enormous potential for economic growth and potential for future prosperity. Those social gains and raised living standards will see consequential reductions in crime and disharmony."

CHILD HEALTH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

Why do newborn babies have to cry?

Dr Shan looks at the care of term newborn babies in this article.

"Sometimes, the smallest things take up most room in your heart." – Winnie the Pooh.

How true...both my boys filled my heart as soon as they "arrived".

Arrival of a newborn brings along with it a barrage of activities and excitement. On the other hand there is a lot of stress and fatigue. Caring for a newborn is a full time job...no rest...thus support, both physical and emotional, is very important. Knowing what to expect helps to ease the anxiety and stress and gives you confidence to handle the small fragile 'new thing' in your life.

Babies born when the mother has completed 37 weeks of gestation are called "term babies". Babies born earlier are "preterm babies".

Immediate care of preterm babies varies from care of term babies. We will look at the immediate care of term newborn babies in this article.

Most newborn babies are vigorous (active + crying). About 10 per cent require some assistance and only 1 per cent need major resuscitation, that is, intubation (inserting a tube in the windpipe to ventilate), chest compression and medications to survive.

Most babies are delivered normally (vaginal delivery), while some may need instrumentation (vacuum/forceps) and others are delivered by Caesarean section. The newborn is covered with *vernix caseosa*.

Vernix caseosa, also known as *vernix*, is the waxy or cheese-like white substance found coating the skin of newborn human babies. *Vernix* starts developing on the baby in the womb around 18 weeks into pregnancy. It is composed of sebum, cells that have sloughed of the fetus's skin and shed lanugo hair (first hair to be produced by fetal hair follicles).

Once the Obstetrician has delivered the baby (usually onto the mother's abdomen) s/he, would clamp the umbilical cord and then cut it.

This is one time when everyone is "happy" when the baby cries. Without crying the mood is somber. Crying indicates a healthy newborn but WHY?

When the baby is in the womb the lungs are compressed and filled with fluid. Physiological changes occur as soon as the baby is born to adapt to the environment outside the womb (extrauterine environment).

In simple terms, when the baby cries, s/he takes a deep breath, called inspiratory "gasp". This deep breath together with the contraction of the diaphragm and intercostal muscles brings about the following changes in the lungs:

- expansion
- reabsorption of fluid
- air rushing in
- increased blood flow.

This sparks off the breathing process. HENCE EVERYONE WAITS FOR THE BABY TO CRY!!!

The baby is wrapped in a warm towel and shown to the mother. Then the weight, length and head circumference is taken. The baby is given an injection of Vitamin K (to prevent bleeding) and Hepatitis B vaccination.

The baby is then placed under a radiant warmer. When the baby is warm, s/he is bathed and fed. BCG vaccination is then given.

In the next part, I will discuss other aspects of the care of the newborn.

For more information, call Dr Shan's clinic at Hospital Fatimah 05-546 1345 or email shaniea02@gmail.com.



MUSINGS ON FOOD



SeeFoon tackles 15 dishes in one sitting

By SeeFoon Chan-Koppen

Photos by Ginla Chew

When Dato' Daniel Tay called, it was supposed to be a casual get-together, a relaxed meal with family, kids and friends, T-shirts and shorts being the order of the evening as the venue was a fan cooled outlet.

Relaxed it was indeed but little did I expect (nor my two friends whom I invited along), to be tucking into a total of 15 different dishes which were shared between eleven of us. Mind you, the dishes were not humongous but they just kept coming.

Jale Inn Restaurant is an unpretentious 'Tai Chao' restaurant on Gopeng Road, shortly after the turn-off to the Swimming Club on the way to Simpang Pulai and beyond. It is a corner shop lot with the name prominently displayed and coming from town it is hard to miss.

Although the decor is nothing to write home about, the dishes that come steaming out of the kitchen certainly is. Usually with restaurants like these, there will be some hits and some misses and while I usually only recommend the hits, I will sometimes comment on the misses for being too sweet or too sour, etc. But in the case of this *Tai Chao* restaurant, every single one of the dishes that I tried were hits!

We began with a steamed **Tilapia (Kam Fong)** smothered in a chilli bean sauce, the flesh smooth and soft and the sauce with just the right balance of flavours. As we were so many at the two tables (we were passing dishes back and forth) we ordered another fish which was the **catfish or Pak So Kung** which came redolent with ginger cooked in a claypot. The catfish was extremely fresh with none of the muddy taste that sometimes come with this fish.

For the fishermen amongst my readers out there, it is useful to note that they will also steam any fish that you bring along and charge RM16 per fish and up, depending on the size. So if you happen to catch a fancy sea or river fish, this is a good place to bring it to as their steaming techniques and recipes are good.

We then had the **Claypot Lamb** which was robust in a thick dark sauce oozing with the fragrance of ginger. This was followed by the **Baby Romaine lettuce with salted whitebait or Ngan Yu Tsai**, the greens still crisp to the bite.

Other dishes then came in quick succession. The **Tse Tsap Pai Kwat**, soya sauce spare



ribs were tender while the **vinegared Pig's Trotters** were succulent, juicy with the right balance of vinegar and sugar. **Fried Sotong or Squid** chunks were crispy on the outside, fresh and tender inside.

Jale Inn is famous for their frogs and we ordered two styles of preparation, one with dried chilli and the other steamed with essence of chicken and wine.

Each preparation had its own inherent goodness and the **frog legs** were very fresh, velvety smooth on the palate and worth going back for more.

We also ordered another dish of **Sek Pan or Garoupa Fish Head** cut in chunks and steamed with a thick black bean sauce, the fish pieces extremely fresh and the sauce was robust and tangy.

Home cooking Chinese style was represented by the next dish, the **steamed minced pork with salted fish**, one of my favourite comfort foods. The one at Jale Inn was perfect, the pork well marinated with the salted fish aroma permeating the whole dish.

Fried kangkong or convolvulus fried with sambal belacan arrived piping hot and full of 'wok hei' a Chinese accolade for dishes that have been well fried in high enough heat, retaining the goodness of the greens and melding the rest of the ingredients in a fragrant melange. So were the **Fried French beans** with onions and minced pork, the beans still crisp on the bite and the minced pork lending its umami presence to the beans.

It certainly was a fishy evening for another fish dish arrived, this time the **fried Black Pomfret** topped with preserved mustard greens. The black pomfret which lends itself to frying or spicy sauces was fresh and the mustard greens with its sauce provided the perfect touch of salty and tart notes to set off the fish.

As each dish only allowed for one morsel for each person to taste, we continued with our feasting, this time moving on to the rice and noodles, ordering three different dishes. The first of these was the **Mee Goreng**, with a distinctive Indian flavour but embellished with fried soft tofu instead of the harder one found in the Indian version. This was spicy with good wok hei but it was the **Fried Rice** that won the evening, delectable in taste and texture, each grain of rice separate and not too oily.

Suggested Dishes:

- Steamed Tilapia with Bean Paste (by weight) – RM35.60
- Ginger Claypot Catfish – RM35
- Claypot Lamb – RM12
- Frog Legs Kung Po – RM28
- Frog Legs Chicken Essence and Wine – M35
- Vinegared Pig's Trotters – RM12
- Fried Kangkong with sambal belacan – RM6
- French Beans with minced pork – RM8
- Spare Ribs any style – RM12
- Black Pomfret with mustard greens – RM28
- Garoupa Fish Head with black bean sauce (seasonal) – RM30
- Baby Romaine lettuce with whitebait – RM7
- Steamed minced pork with salted fish – RM12
- Fried Rice – RM8
- All Noodles per one person portion – RM4.50



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News

Ipoh's 'Awesome' Dancesport Championship 2013

The 2nd Ipoh Dancesport Championship 2013 organized by My Dancesport Studio together with the Perak Society of Performing Arts (PSPA) attracted over 180 participants who came from the Asian countries of China, Hong Kong, Thailand, Indonesia, Singapore as well as throughout Malaysia.

The competition was a full day affair with the first event starting at 9.30am for the beginner groups from ages 8 to the seniors over-40 groups. The event had a three-hour break after 3pm and the event ended after 10.30pm.

According to Ms Yeap Yen Chin, the Principal of My Dancesport Studio and organizer of the event, the goal of the annual championship was to promote and develop dance sport in the region. Additionally this year being Ipoh's 25th anniversary, she anticipated that the annual event would help promote the local tourist industry.

All the contestants displayed their best efforts when performing the waltz, foxtrot, cha cha and samba, very gracefully and elegantly while many in the audience found the jive to be 'interesting and energetic'. The highlight of the competition was the last three events.

The Latin Amateur Rising Star was won by Pietro Lufrano, 13, and Jinyada Ninghong, 12, from Italy while the Modern Amateur Open was won by Ko Fung and Ko Lai from China.

The Latin Amateur open was won by Koupey Sahaifa and Sutatip Bunwillai from Thailand who put on a scintillating performance. Koupey, 18, and Sutatip, 16, are both high school students from Bangkok who have been dancing together for the last 5 years.

Chief Adjudicator Mr William Lor was all praise for the organizers. "The events were run on schedule and the entire day's organizing was run smoothly. The organizers were awesome" said Lor as he was about to go out for Ipoh's famous Sar Hor Fun



after the event had ended that night.

VVIP and State Exco for Tourism Nolee Ashilin Radzi said that she was excited from watching the great performances by the contestants and added that it was a positive product for the tourism calendar.

JAG



Over 1200 Hash House members from HHH Clubs around the country as well as from Medan and Singapore made their presence felt at Gaharu Tea Valley, Gopeng with their shouts of "On-On" as they ran up and through the plantation to celebrate Ipoh Harriets 45th Anniversary. The anniversary run was divided into the long and short run with both runs going up the hill.

'Reach For The Stars'



Toastmasters International, world leader in communication and leadership development organised a press conference to announce the upcoming District 51 Semi Annual Convention (SAC).

Lieutenant Governor Education and Training, Wendy Wong informed the media that the theme of the convention is 'Reach for the Stars' to be held at Kinta Riverfront Hotel & Suites in Ipoh on the November 8 and 9.

This convention will see nearly 400 delegates from around the region congregating in the city of Ipoh. The positive response from delegates showed the support towards the convention since it opened registration eight months ago. The convention organiser is delighted with the positive response and is committed to deliver an exciting and memorable convention.

Some of the exciting events lined-up are Gala Night, District Level Humorous & Evaluation Speech Contests, Student Forum, Workshops and a Hawker-Style Dinner. Delegates will gain unlimited knowledge, experience and get to widen their network.

Toastmasters International (TI) is a non-profit organization founded in 1924 by Dr Ralph C. Smedley devoted to making effective oral communication a worldwide reality. To date, more than 4 million men and women have benefited from this programme. Membership worldwide is 292,000 strong. These members improve their speaking and leadership skills by attending one of the 14,350 clubs that make up the global network of meeting locations in 122 countries.

For further information, log into the convention website www.d51sacipoh2013.org or the Toastmasters International website www.toastmasters.org.

According to Ipoh Harriets Grand Mistress, Jenny Ooi, Ipoh Harriets, when it started in 1968, became the pioneer of the Hashing family and is currently the oldest Harriets Chapter in the World.

Harriets Co-founder Foo Wan Thot did the honours of flagging off the runners which started with the long run.

The overall men's winner was Ku Chu Bong, 35, aka Lee Siau Siau (1:10) while the women's winner was Chuah Siew Imm, 53, aka Bionic Woman (1:28) both from Kamunting Hash House Harriets and Harriets.

The first three men and women winners customarily sat on ice blocks and downed their cold beer while the organising committee serenaded them with the traditional on-down song.

In true HHH tradition, all returning runners were greeted with the happy beverage wagon complete with local foods of rice, noodles including steaming hot sar hor fun, and snacks like curry puff or *kuih*. The run started at 4.30pm and ended before 7pm but the party lasted till 11pm.

Makeshift showers were constructed for the multitude of participants yet some runners preferred to wash off atop the backs of the four wheel drives and under the elements.

All participants were provided a goodie bag which included a cup, bowl, chopstick and spoon all made of metal which Ooi said was to reduce the use of polystyrene utensils and keep the premises clean. It had rained intermittently throughout the night. Hence when hot porridge (*chok*) was served after 9pm runners made a beeline for the stall.

The HHH runs have always been a fun run event and the Ipoh Harriets 45th Anniversary run was no exception other than being done on a grander scale.

Three cheers to Ipoh Harriets for a successful anniversary run...*On On*.

JAG

Merdeka Walk

Around 20 members of Rukun Tetangga Taman Lim/Maxwell had a Merdeka walk around Taman Lim covering almost 500 houses on Merdeka Day recently. The walk which lasted over two and a half hours, began from their main centre and went around all the roads in Lim Garden as well as Jalan Goh Yin Foo, Jalan Winter, Jalan Summer, Jalan Sengalrayan, Jalan Tun Abdul Razak, Taman Muhibbah to Jalan Dinding, Jalan Siputeh and Jalan Lumut.

As the group walked chanting "*Merdeka! Merdeka! Merdeka!*", they also gave away hampers to those who turned 56 this year, the oldest citizen in the area and the house that was decorated with the most Malaysian flags. Gifts were given away to residents who could answer questions pertaining to the history of Malaysia. All participants were delighted with the walk as were the recipients of the hampers.



Community

The Gift of Kindness

Quietly and with little fanfare, a small animal welfare group known as *Noah's Ark Ipoh* has been doing a magnificent job taking care of stray animals in Ipoh. The brainchild of well known veterinarian Dr Ranjit Kaur, Noah's Ark has been rescuing, treating, neutering, feeding and finding adoptees or releasing the animals.

The spirit and compassion of the group is best epitomised by two sisters, Jayamalar and Ratnamalar Jeyaratnam, who work ceaselessly to rescue and feed the strays they come across in Ipoh.

As the saying goes, 'Like Father like son', in this case, daughters; it is Tan Sri Jeyaratnam who has imbued the two girls with their love of animals and they are carrying on the tradition established by their father who was and is the 'King' rescuer of strays in Ipoh.

Ipoh Echo spoke to Tan Sri at his office in the venerable Turf Club on his love of animals and the upcoming fundraiser for *Noah's Ark* on October 26.

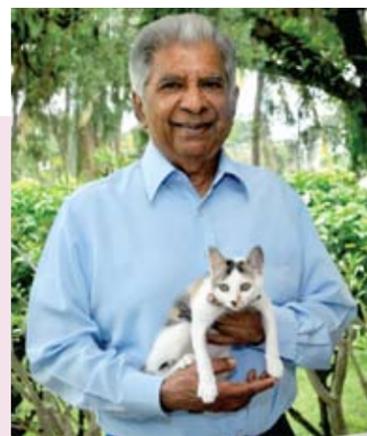
Gentle and affable, Tan Sri relates many anecdotes on his encounters with strays. "About 12 years ago, I was in my car driving along when I saw a dog lying across the middle of Thompson Road. Convinced that it was dead, I got out of the car



Jaya with the stray Bo Pee and her new pup Valentino; Bo Pee has chosen to live a life as a stray but is being fed everyday

to carry the body to the side of the road so it wouldn't be run over. To my surprise it sat up when I approached and looked at me with the most twinkly eyes I have ever seen. I promptly took it in my car and brought it back to the Turf Club where it has been all these years. Twinkle, as we called him, died a month ago of old age having been happy here and getting along well with all the other strays which I have picked up over the years. They are fed and housed here on the Turf Club premises."

When asked how many strays he has at home, he smiled as he reminisced, "I have lost count over the years but currently we have five cats and five dogs. The latest dog was the puppy of a dog Jaya used to feed near the Turf Club and when she discovered one day that she had a puppy, she brought the dog home with the puppy and nursed the mother with the puppy till the puppy was independent. We have called the puppy Valentino as he came to us on Valentine's day. The mother, alas, has chosen to go back to her playmate on the streets and we continue to feed them. Such is the constant activity in our home. I never know what I'll find at home when I return from work. It's wonderfully lively and loving."



Tan Sri Jeyaratnam with Bella found in the Canning Garden market

"My late wife was the same. Although she had never known dogs before she married me, she became besotted with them and would bring food with her to feed one particular stray whom she would encounter on her walks by Kinta River. Her devotion to her own dogs was so complete that she would forgo travelling with me or even social engagements for fear that the dogs might be lonely! The only functions I could persuade her to attend were the royal ones and even then she would keep looking at the clock and nudging for me to go home," he added.

Noah's Ark has rescued and neutered over 2000 strays since its inception in September 2009 and about 70 per cent of these have been adopted. Abused, injured, pregnant and nursing mothers are also picked up and treated. The problem they are facing is not having a shelter to board and treat these poor animals until such time as they are fit for release or adoption. Also the costs for treatment, boarding, feeding, vaccinations and neutering are solely dependent on donations from the generosity of the public. Hence the need to raise funds for the society.

SFCK

On Saturday October 26, a fund raiser has been planned for this purpose. An entertaining evening is promised with exquisite finger food in a serene setting inside the Kepura Cave in the Lost World of Tambun at 7.30pm.

For more information, call: Dr Ranjit 019-556 8292; Malika Ramiah Oates 017-575 1556 or email: noahsarkipoh@yahoo.com or www.facebook.com/groups/noahsarkipohcattery.

ISPCA Adoption Programme 2013

ISPCA had a successful three-day adoption programme and flea market at De Garden, Ipoh Garden from September 14 to 16.

More than 130 dogs and about 10 cats exchanged hands between rescuers and adopters. The programme was well-organised with rescuers pledging to take back any animals that were not adopted at the end of the programme. Particulars of the animals whether they were vaccinated, neutered/spayed, gender and age were recorded. At the end of the programme, only four puppies which were injured were left. They were dumped by irresponsible people taking advantage of the situation at the adoption site. Buddhist nun, Chow Khoo Siew of Sg. Siput (U), a rescuer, took them home to nurse them. There were other shelter groups like ARMS (Animal Rescue Mission Society) and Noah's Ark Ipoh who brought their rescued animals for adoption. Members of Penang and Selangor SPCAs also came to support.

ISPCA's Vice-President, Mr Ricky Soong announced at the press conference that there will be another adoption drive before the end of 2013. He said, "we didn't expect the response to be so overwhelming and successful. We will continue working with other animal groups big and small."

The third day saw the launch of the ISPCA van and rescue team. Donors of the van, Andy and Alicia Ooi handed the key to Dato' Dr Majumder, President Emeritus of ISPCA. Ardent animal lover, Alicia specified the 3R's (Rehome, Rescue & Rehabilitation) in



her speech focusing on helping the millions of stray animals on the streets, shelters and pounds. She also told the public to adopt rather than buy pets when describing the artwork on the ISPCA van.

Other events included a Pet Treasure Hunt, Pet Beauty Contest & Children's Colouring contests.

Reopening of Hillcity Hotel

Strategically located along Jalan Raja Dr Nazrin Shah, just three minutes' drive from the Simpang Pulai toll interchange and ten minutes' drive from the Sultan Azlan Shah Airport, Hillcity Hotel has been reopened to the public since September 1, after months of renovation and refurbishment costing over RM2 million.

The reopening and launching ceremony, held on Saturday, September 21, was graced by Mayor Dato' Roshidi Hashim, Dato' Ting Sing Yiew, Group Managing Director of Morubina Group of Companies, which owns the hotel, fellow hoteliers, business associates and guests.

Hillcity Hotel, a pioneer star-rated hotel, is set amidst serene panoramic hilltop overlooking Ipoh city on one side and the Sam Poh Tong limestone caves on the other.

All 100 rooms of the hotel have been refurbished and are now equipped with individually-controlled air-conditioning, 32-inch LCD television with international business, sports and movie channels, complimentary wi-fi connectivity, bath tub, rain shower, hair dryer and coffee and tea-making facilities.

To celebrate its reopening, Hillcity Hotel is currently running a promotion whereby guests will enjoy a complimentary buffet lunch at Kinta Riverfront Hotel worth RM45+ per person. Rooms are priced from RM99+ per night. Kinta Riverfront, a four-star hotel, is also a property of Morubina Group of Companies. This cross-promotion is valid until year's end.

Dato' Ting said, "Although there are many hotels in Ipoh, what sets Hillcity Hotel apart is that we are a city hotel that is amidst nature, facing Ipoh's famous limestone hills. There is a recreational park right in front of our hotel, owned by Ipoh City Council. We are going to develop it into Junglewalk@Hillcity Hotel, almost similar to Riverwalk@Kinta Riverfront, but with a jungle setting.



"Also, plans are in the pipeline to offer the best food and beverage experience, beginning with the opening of a Chinese and a Japanese restaurant next year."

Dato' Roshidi welcomed the hotel back into business, saying, "It is an additional facility to enhance the development of the tourism industry in Ipoh."

The six-storey Hillcity Hotel first opened its doors for business 15 years ago. It was launched by HRH Sultan Azlan Shah on July 25, 1998.

Emily

News

Nolee Launches New Application



Executive Councillor for Health, Tourism and Culture, Nolee Ashikin Dato' Mohammed Radzi, launched a new web-based application at the state-level Malaysia Day celebration held in Tapah recently.

The application, which is designed by K-Perak, is accessible on mobile phones and on Tourism Perak's website. It will enhance the viability of online referrals for visitors to Perak.

Although a similar application was launched by Tourism Perak in 2012, via its "Discover Perak" portal, the new application, in its current "Travel Perak" portal, is more user-friendly and also more informative. "The application incorporates the use of a Google Map to better serve travellers on the go," said Nolee to Ipoh Echo.

Readers can access the new application on Tourism Perak's website at www.travelperak.com.

RM

Special Committees to Tackle Problems

Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir announced the setting up of three special committees to tackle lingering problems affecting Perakeans in general. The committees will comprise of both assemblymen from the ruling coalition and the opposition.

He made the announcement following the weekly Executive Council meeting one Wednesday recently. "This is another of the state's transformational programme to better administer the state government," he told reporters covering the event which was held at the State Secretariat Building.

The three committees consist of one for women's affairs, another for public transportation and the third for crime prevention. These are the major problems affecting Perakeans on the whole. Besides politicians, representatives from non-governmental organisations will also be invited to sit on the committees.

Zambry also announced the payment of a financial incentive to the state hockey team. The incentive, worth RM50,000, will be given to the players for bringing sporting glory to the state. The team won the recent Perak Cup Hockey Tournament 2013. This was their seventh consecutive triumph.

"The money is insufficient to pay for the players' troubles. But, nevertheless, it's a token of the state government's appreciation for their sacrifices," Zambry enthused.

RM



Zambry Pays Tribute to Servicemen

Armed Forces Day, coincidentally falls on the same day as Malaysia Day – on September 16. This year's celebration was held on Saturday, September 21 at the Banquet Hall of the State Secretariat Building. The occasion was graced by the Menteri Besar Dato' Seri DiRaja Zambry Abd Kadir, State Secretary Dato' Abdul Puhat Mat Nayan and Fleet Operation Commander Vice Admiral Dato' Abdul Hadi Abdul Rashid.

In his welcoming speech, heralding the auspicious day, Zambry paid tribute to the gallant men who were killed during the Lahad Datu terrorist incursion early this year. "These men had not died in vain. Their ultimate sacrifice for King and Country will be remembered," he said.

Zamry also touched on the current joint operations by the Police and the Army to combat crime on the streets. "Such operations are being conducted in almost all states in the country. Hotspots in Bercham and Tanjung Rambutan, where street crimes are prevalent, joint patrolling has resulted in a reduction in criminal activities. "This will continue as it is beneficial to the people," he added.

The evening cocktail function was attended by officers from the three services namely Army, Navy and Air Force. A number of senior police officers were also seen in the crowd.

Azril



Unsettled Loans Affect Students

Some 400,000 errant borrowers owe the National Higher Education Fund Corporation (PTPTN) RM2.3bil in study loans. They have to settle the loans otherwise they will deny over 100,000 students their right to the loans.

Corporation chairman, Datuk Shamsul Anuar Nasarah told media representatives that a sum of RM300 million unpaid loans would deprive at least 15,000 students of the privilege.

"Those who defaulted and are finding problems to pay up can discuss them with our officers. We can restructure their payment schedules and the amounts due," said Shamsul to reporters during a press conference held at the PTPTN office in Greentown Business Centre, Ipoh recently.

Shamsul Anuar, who is also the MP for Lenggong, said until July 31 of this year, 2.24 million students had obtained the facility from the corporation involving over RM50 billion. Within the same period, the corporation had managed to collect RM4.32bil. A sum of RM737 million was collected in 2011 and RM800 million in 2012.

"Repayment of PTPTN loans has improved due to ongoing awareness programmes and enforcement actions and public cooperation," he added. He said each year the corporation gave out RM1.3bil in loans to some 200,000 borrowers, and intended to give to more applicants in the future.

On a related matter, Shamsul congratulated the state government for initiating a scheme to help students. The establishment of the Perak Education Fund (Tabung Simpanan Pendidikan Negeri Perak) in 2010 was a step in the right direction as it complements the corporation's objective of helping students.

The initiative involves the payment of RM200 for every baby born in Perak effective 2010. The money is channeled to the Perak Foundation (Yayasan Perak) for the child's education.

"Between 2010 and the present, a sum of over RM1 million has been disbursed by the state to PTPTN. This involves the opening of 5,506 accounts of future applicants," said Shamsul.

RM

Community

New Partnership between Persatuan Daybreak and JTK Perak

Persatuan DAYBREAK, a charitable NGO which provides vocational training for Persons with Disabilities at its centre in Pengkalan Pegoh, Ipoh, recently received five new “Janome” Harmony 2049 automated sewing machines and a new “Janome” edging machine from *Pengarah Jabatan Tenaga Kerja* (JTK) Negeri Perak, Encik Rahmat bin Ismail, as part of JTK’s *Program Azam Kerja Berkelompok*.

Speaking in her welcome speech during the official handover ceremony at the premises of Persatuan DAYBREAK on September 19, the Executive Chairperson of Persatuan DAYBREAK, Dato’ Sandra Lee, welcomed the opportunity to work together with JTK to help trainees in DAYBREAK enhance their skills in the production of handicraft items using these machines. DAYBREAK currently produces a popular range of bags, cushion covers, quilts, smocked dresses and aprons.

She also thanked Madam Fully Chye, Chairperson of *Persatuan Seni Jahitan Kreatif Malaysia*, for providing training on these machines at EPAL Centre, Puchong and at Persatuan DAYBREAK. These new automated machines will help Persatuan DAYBREAK produce higher value-added products of enhanced quality.

Encik Rahmat bin Ismail said JTK looked forward to working with partners such as Persatuan DAYBREAK and other NGOs, under its *Program Azam Kerja Berkelompok*, to help individuals in need of training and support to learn a skill or trade for a better future.

Persatuan DAYBREAK invites persons with physical disabilities who are interested in learning sewing and creative skills in the making of handicrafts to contact Carol Ong or Puan Zalia at 05-323 5908/5909.



New Dialysis Machine for Centre

The *Hope Haemodialysis Centre*, located at 43 Jalan Lasam, recently received a new kidney dialysis machine, valued at RM35,000, from *Latter-Day Saint Charities*, an arm of The Church of Jesus Christ of Latter-Day Saints. The Centre was founded 12 years ago, as a social outreach ministry of the Canning Garden Methodist Church to provide Haemodialysis for the poor and needy who cannot afford dialysis at the hospital.

Dr Su Too Kiat, founder and President of the Centre, is a practicing general practitioner in Ipoh. Haemodialysis prolongs life and improves its quality and enables patients to be gainfully employed. The Centre accepts patients irrespective of race or religion. The Centre is staffed by qualified nurses. In addition, volunteer doctors, including a nephrologist and a cardiologist, visit the patients in the Centre regularly.

The Centre operates 12 hours a day, six days a week, even on public holidays. It is closed on Sundays. The Centre has 12 machines, each of which operates over 8 hours per day. The average life of a machine is 10 years.

The Centre is run as a non-profit service to help poorer patients who suffer from kidney failure, with donations from the Canning Methodist Church, public donations, and financial assistance from the Malaysian government.

Haemodialysis is only a stopgap measure to improve the quality of life and enable patients to be gainfully employed. The final objective for a more permanent cure is a kidney transplant.

Upon receiving the machine, Dr Su Too Kiat said, “We appreciate your kind generosity. With constant use, the machines wear out after about ten years and so this machine will be a great addition to the Centre. It is a wonderful day for everyone here.”

Contact: Robert Howell 016-262 5071, email: kathleenhowell@hotmail.com.



Mandailing Raya

The Mandailing community throughout Malaysia gathered at Pondok Perlis, Kg Mandailing, located at the 9th milestone Chemor recently for their Hari Raya celebration. Numbering over 2000 members, they came from Kg Kerangai, Negeri Sembilan, Gombak Selangor and Ayer Tawar Perak and other parts of the country.

The President of Mandailing Malaysia, En Ramli Abdul Karim Hasibuan in his message stated that the Raya get together was part of the association’s strategy to foster and strengthen the relationship between the Mandailing communities throughout the country.

Some of the prominent Mandailing personalities present that day included Dato’ Rusnah Kassim (extreme left in right side pic) state exco for women’s development, former Perak State Exco Dato’ Mazidah Zakaria, as well as Abdur-Razzaq Lubis (extreme right in right side pic) the author of *Raja Bilah and the Mandailings in Perak*.

It was indeed a joyous occasion where their cultural heritage was showcased. For an outsider the event was a bonus insight into their lifestyle. The organizers had put up a mock Mandailing wedding complete with traditional costumes as had the dancers who came from Gombak Selangor.

Their lunch menu showcased their traditional dishes with traditional ingredients that included mashed tapioca leaves (*daun ubi tumbuk*), lemongrass and ginger flower (*bunga kantan*).

Their full traditional music ensemble, Gordong Sembilan (nine drums) was another bonus.



Musical instruments consisted of the nine drums, graded in size from large to small, complemented by two gongs (*agung*), a bamboo flute called *sarune* and a pair of small cymbals called *tali sasayat*.

As the ensemble played, the elders of the community donned their traditional shawls, joined the dancers and danced the *Tarian Tor-Tor* to the joy of the entire Mandailing community.

JAG



Community

Empowering Orang Asli



Kampung Ampang Who in Tapah experienced a carnival-like atmosphere when the villagers and members of the Perak Bar celebrated the annual Orang Asli Project aptly themed, "Jom Ketahui Hak Anda Bersama Badan Peguam Perak" (Know Your Rights) with much merriment.

In his welcoming speech, the Perak Legal Aid Centre's Chairman, Hj Mad Diah Endut, thanked Tok Batin Bah Jenaja for hosting the event, which was launched by the Perak Bar Committee Chairman, Vivekanandan Periasamy.

Amani Williams-Hunt (Bah Tony) spoke on Orang Asli Land Rights in his native Semai dialect. Siti Kasim touched on the Constitutional Rights of Orang Asli. Gokoolaram spoke on the services of the legal-aid bureau. This was followed by a skit on arrests, making police reports, remand, charge and trial by chambering students.

After lunch the villagers took part in a tele-match. The men partook in a blow-pipe contest while the ladies participated in a weaving and a musical chairs contest.

The event was the culmination of the Perak's Legal Aid Council's year-long law awareness programme under the Orang Asli Project. Its singular objective is to empower the Orang Asli on their rights.

Ed

ARTS & CULTURE

Society's Anniversary Celebration

The Bhagawan Kananpatti Satchithanatha Sarguru Meditation Society held its 12th anniversary celebration at the Ipoh Town Hall recently. The one-day event was celebrated on a grand scale with a number of activities such as a bharathanatyam performance, yoga demonstration, *silambam* performances, inspirational speeches and testimonies by members who had benefitted from the society's altruistic programmes over the years.

Founder and president, Dr Loganathan, a prominent dental surgeon in Ipoh, welcomed the audience which included guests from Kananpatti, Tamil Nadu, India, members and local Rotarians.

The Ipoh-based society holds its meeting on the second Sunday of each month at the Red Crescent Society Hall in Ipoh. Activities during the meeting are centred on yoga movements, meditation training and talks on spiritual belief and moral values. The teaching staff includes those proficient in these spiritual art forms. Members come from various backgrounds and from outlying towns, districts and states.

The society, funded largely by public donations, has extended its arms into the education sector by providing much-needed funding for needy students.

For details on the society's functions and activities call Rama Krishnan at 013-530 3537.

Ed



Celebrations

Tan Sri Azizudin's 85th Birthday Bash

It was a heartfelt evening of warm fuzzies and some very touching moments when family and friends of Tan Sri Ahmad Azizudin gathered at Clearwater Sanctuary to celebrate his 85th birthday.

Old friends Dato' Yap Lim Sen, Dr Chakr Nagara and renowned cartoonist Dato' Lat honoured Tan Sri with glowing words of friendship while relating precious anecdotes in celebration of his life. Daughter Azian Will thanked him on behalf of the whole family for his being the great caring and generous father that he was.

The crowning moment came when Puan Sri Pamella, who was responsible for organising the event, wrote a poem in a touching tribute to her husband as follows:

SFCK

You're the kind of person
Who's hard to forget,
A one-in-a-million
To the people you've met.
Your friends are as varied
As the places you go,
And they all want to tell you
In case you don't know:
That you make a big difference
In the lives that you touch,
By taking so little
And giving so much!



BUSINESS

DKLS Honours Achievers



DKLS Industries Berhad, a public-listed company, held its corporate dinner at the Royal Perak Golf Club recently. The dinner, held once every four years is the company's way of expressing its appreciation to government agencies, business partners, the business community, associates and friends for their support in helping the company to realise its goals and objectives.

This year's dinner came with a difference when a Corporate Social Responsibility (CSR) event was incorporated for good measure. It was the presentation ceremony of the ongoing DKLS Linguistic Ambassador Programme. There are six categories in all. Gold, silver and bronze medals are for the three top individuals while

the remaining three are for high-achieving schools.

The gold medal was won by Teoh Li Ann of SMK Methodist Perempuan. She won a RM5000 cash award and a certificate. The silver went to Yeoh Xin Jing of Wesley Methodist School. Teoh walked away with a RM2000 cash award and a certificate. The bronze was won by Baldeep Kaur from SMK Tarcisian Convent. Baldeep won RM1000 and a certificate.

Guest of honour, Dr Muhammad Amin Zakaria, Executive Councillor for Education, Science, Environment and Green Technology, gave away the awards.

Ed

Kathak Dance Performance

On Sunday, September 8, the Greentown Indian Cultural Society Ipoh, hosted a Kathak dance performance for the benefit of Ipohites. Over 200 people attended the show which was held at the Cultural Auditorium Ipoh.

The show was jointly organised by the Indian Cultural Centre, Kuala Lumpur, the Indian High Commission and the Perak Arts and Cultural Department. There were two dancers who performed that day. One was internationally renowned choreographer, teacher and dancer, Pandit Sonthosh Kumar Chatherjee and the other was his student, Ms Anisya Kaur who has performed with Ramli Ibrahim.

One of Pandit's specialties was making sound effects using his legs. He showed the audience the sound of a moving train and that of two trains passing one another.

The show was graced by Cik Mariam Sulaiman, the



new director of the Perak Arts and Cultural Department and YL Rao, the director of the Indian Cultural Centre, Kuala Lumpur.

According to the secretary of the Greentown Indian Cultural Society, there will be a few more shows before year's end. She hopes Indian classical dance lovers will continue to support and attend these performances. The dates will be announced soon.

Ed

My Say

By Jerry Francis



Face-to-Face with Chin Peng

Local veteran press cameraman Wong Tuck Keong had never expected to come face-to-face with Chin Peng, who was accused of all the atrocities committed during the long-drawn fight against communism in the country.

He had covered the security operations intensively throughout Perak and South Thailand from the early 70s to the signing of the Hatyai Peace Accord on December 2, 1989. Yet, he never had a glimpse of the man with the notorious name.

Tuck Keong and I had formed a press team, described as "Tom and Jerry". We were at the scenes of various incidents related to terrorists' activities and security operations.

During those Turbulent Years in Perak, the communist terrorists had re-emerged from their defeat in the 12-Year-Emergency to be a formidable force capable of posing a serious threat to the security of the country until it was reduced to small bands hiding in the jungles and constantly on the run from the security forces.

Tuck Keong had also covered the assassinations of Perak Chief Police Officer Tan Sri Koo Chong Kong in 1975 and six other Special Branch officers in the state.

They, together with five others killed outside Perak, were described as the "systematic elimination of Special Branch officers by the communist terrorists to strike fear among the people and security forces." The terrorists had even intimidated loggers and mining workers and as well as sabotaged the construction of the East-West Highway and the Temenggor Dam in Upper Perak.

Witnessing all these incidents had created a fear in Tuck Keong's mind of Chin Peng, secretary-general of the Communist Party of Malaya (CPM). When Chin Peng died in Bangkok on September 16 at 89, I happened to be sitting with Tuck Keong and reminiscing about our "Tom and Jerry" days.

"I had expected to see a fearsome terrorist leader, after hearing all about him from the time I was in school," Tuck Keong recalled his personal encounter with Chin Peng in Betong. "But, all that impression of him defused when I came face-to-face with him in December, 1989. Instead, I saw a cheerful man with a broad grin wearing a bush jacket and a cap. He appeared like a Chinese businessman," he said.

Chin Peng had gone to the terrorists' jungle camp in Betong to brief his comrades on the terms of the tripartite Peace Accord signed by the Malaysian Government, Thai Government and the CPM.

Members of the press corps, who heard that Chin Peng would be in Betong, had



Chin Peng waves to members of the Press; Tuck Keong at extreme right

gathered at the Thai Border Police Patrol base in Betong. According to Tuck Keong, after about a two-hour wait, a Thai military helicopter landed and the terrorist leader emerged from it.

"We rushed forward before he could get into a vehicle. On seeing us, Chin Peng gave a broad grin and waved," added Tuck Keong. "He was friendly and responded to all our questions."

Chin Peng answered the questions in whichever language hurriedly thrown at him by the press. He was fluent in English, Malay and Mandarin. However, he was quickly whisked off by his bodyguards to lunch at a restaurant where residents of the Thai border town who had lived under the shadow of the terrorists for decades, had gathered to have a glimpse of him. Betong Salient had been the sanctuary of the terrorists for decades. Chin Peng left for Hatyai after the lunch.

Following Chin Peng's visit, the estimated 1200 terrorists in the southern region of Thailand handed over their weapons and ammunition for destruction and were given the choice of either returning to Malaysia or staying in Thailand, in accordance with the provisions of the Peace Accord.

Tuck Keong was in Betong again later on hearing that Chin Peng would be at a ceremony to witness the destruction of the firearms and ammunition in the camp. However, he was stopped by CPM members manning a roadblock along the jungle track leading to their camp.

LETTERS

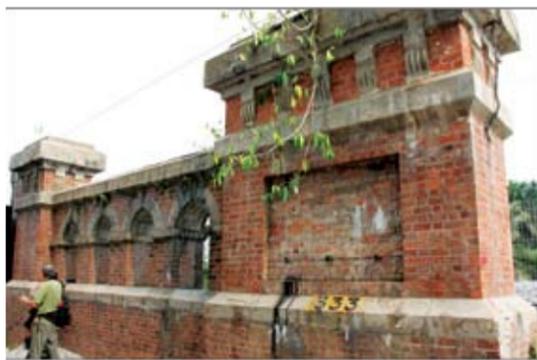
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Victoria Bridge

The historical Victoria Bridge spanning the width of Perak River at Karai, Kuala Kangsar is more than a century old and oozes with nostalgic charm. It is like stepping back in time when one walks along this bridge which still has its railway lines and iron lattice girders intact.

This magnificent bridge was opened by the Sultan of Perak in 1900 but sad to say, the humongous commemorative metal plaque, which was still seen attached to the entrance of the bridge a year ago, is missing. The only one left standing is the plaque which is at the other end of the bridge. This is our national heritage and I hope the relevant authorities will do something about it before this goes missing too. Looks like scrap metal must be worth its weight in gold!

Yoon Lai Wan



City Council's Responses

Ipoh City Council has responded to some of Ipoh Echo's complaints raised in its "iSpeak" and "Thumbs Down" columns. It is a good indicator that Ipohites' woes are being addressed.

Here are the responses, which we received from the Council on September 6:

***Ipoh Echo Issue 170 dated July 16 to 31 – "Retention Pond in Merdeka Garden – A Failed Design".**

An inspection of the said retention pond was carried out by Council officers after reading the complaint in Ipoh Echo. The retention pond was built and is maintained by Jabatan Pengairan dan Saliran (Drainage and Irrigation Department). Therefore, it is only proper that the complaint be directed at the department as Ipoh City Council is not the responsible party.

***Ipoh Echo Issue 170 dated July 16 to 31 – "Big Bully Buses".**

The affected areas were patrolled by Council's enforcement officers. It was found that the buses were in fact school buses waiting to pick school children. The bus drivers were duly warned.

***Ipoh Echo Issue 171 dated August 1 to 15 – "Kinta River a Tourist Attraction?"**

The complaint relating to water level in Kinta River has to do with the dam upstream. The dam was built and is maintained by Jabatan Pengairan dan Saliran (Drainage and Irrigation Department). The responsibility of regulating water flow in the river lies solely with the department. Ipoh City Council has written to the department highlighting the matter.

Ed

Announcements

Announcements must be sent by fax: 05-255 2181; or email: announcements@ipohecho.com.my, by the 9th or 23rd of every month in order to meet deadlines. Announcements by phone will not be entertained. Ipoh Echo reserves the right to verify any announcement before it is published.

Free English Language Communication Skill Training for Disadvantaged Women organised by Perak Women for Women Society (PWW) beginning Monday, **October 7**. Opened to single mothers and women from low socio-economic background between 18 to 45 years old. Application forms available at PWW office, Ipoh. Closing date Thursday, **October 3**. For details call Ms Yip at **05-546 9715**.

Public Forum: 'Secrets of Successful Aging & Coping With Stress' in conjunction with World Mental Health Day, Saturday **October 12**, 2pm at Hospital Fatimah Conference Room, 4th Floor. By Resident Consultant Psychiatrist, Dr Marvin Chong. Contact Customer Service Officer at **05-5455 777 ext. 214** for further information.

"Get your eyes tested this October and let's work together to eliminate avoidable blindness on World Sight Day!" Lee Eye Centre will be having a Charity Free Eye Screening from **October 14 to 18** from 1pm to 4pm. Patients accepted strictly by appointment basis only. For more details, call **05-254 0095** or **05-254 4951**.

Perak Academy's Perak Lectures Series entitled "Goh Keng Swee, the Malayan". Talk by Dr Ooi Kee Beng, Deputy Director Institute of Southeast Asian Studies, Singapore, Friday, **October 18**, 8pm at Symphony Suites, Ipoh. For details and reservations, call Wai Kheng at **05-547 8949** or **016-551 8172**.

Salvation Army Ipoh's Open Day, Saturday **October 19**, 9am to 2pm at the Ipoh Children's Home at 255 Jalan Kampar, Ipoh. There will be stalls selling cooked food, drinks, groceries, toys, handicraft and used clothing. Enquiries, call: Elena Wong at **05-254 9767**.

Sam Chai Charity Night 2013, Saturday, **October 26**, 7pm at Poi Lam (Suwa) High School grounds, Jalan Simpang Pulai, Kg. Changkat Larang, Lahat. The event is to raise funds for a 4-storey block to replace two existing termite-ridden wooden blocks. Tickets by donation (RM50 and RM100) are available at all Hush Puppies outlets in Perak, Scud Sports Equipment (Persiaran Greentown 4, Greentown Avenue, Ipoh) and Sam Chai school **05-254 0087/05-241 5483**.

Charity Food Fair [Perak Palliative Care Society (PPCS)], Sunday **October 27**, 9.30am-3pm at PPCS, 54 Jalan Sultan Azlan Shah, Ipoh. Coupons available at PPCS **05-546 4732**. Website: www.ppcs.org.my.

Launch of Pink October Carnival and Flag Off Walk-a-Hunt by Mayor Dato' Roshidi Hashim. Jointly organised by Perak Women for Women Society, Pantai Hospital, Pink Champion Perak and Ipoh City Council in collaboration with Maybank. Sunday, **October 27**, 7.30am at Arena Senamrobik, Taman Rekreasi Sultan Abdul Aziz (Polo Ground) Ipoh. Breast cancer awareness, women's issues, health screening and many more. For details and registration call Ms Yip **05-546 9715**, Ms Gloria **05-540 5725** or Ms Betty **05-540 5723**.

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