



Quarterly magazine of the Malaysian-German Society • for members only



MGSG NEWS LETTER



January - March 2017

Corporate Corner
From Kampung to Corporate

Self-Motivation
Be a Fitness Goal Keeper

Penang Active 
Hiking

Trips & Leisure
Iron Butts - 1000 Miles in under 24 Hours

“
Grandma,

we had an amazing day -
let me tell you all about it!



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New Year's Message from President Achim

Dear Members, Honorary Members, Sponsors,
Students, Partners and Readers



Last year was a good one, wasn't it, and most certainly we all welcomed the New Year in style. For the MGS the year of the 'Red Monkey' was successful, sometimes very busy and a bit hectic, especially when organising all our big events and parties, or when administering the first days of the language classes. Often, though, we had a lot of fun, we got feedback - good feedback from YOU - and so, I anticipate with our usual routine for YOU and the MGS, this year is going to be another good one.

If you missed our fabulous MaiBall at the E&O, the spectacular Oktoberfest with the band "Bayernmän", some of our outdoor events, not to forget the wonderful Christmas Bazaar and Celebrations, do not worry! We'll do it again this year and even "Bayernmän" have committed to come back again with a bang.

Please mark the important dates: on 2 April we shall celebrate the 60th anniversary of Malaysian German relations in our garden, the MaiBall will take place at the E&O on 13 May, the German Language Courses will start on 16 January, 13 & 14 October has been reserved for the MGS Oktoberfest and, on 2 December, Santa will come.

What else to expect: the MGS Annual General Meeting in the month of June, friendship and lots of fun throughout the year, new books and DVD's in the Library, talks, movies and a first class organisation and MGS administration - all provided by the same hard working and dedicated MGS team (board members & staff alike).

We count on YOUR continued strong support and wish YOU a fantastic and Happy New Year, thereby hoping it - the 'Fire Rooster' is the next Chinese Zodiac's animal - will bring YOU health, love, good fortune, peace, joy and a whole lot of happiness.

Yours faithfully,

Dr Achim Lauermann



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17 Yes, we are doing it again! The One Billion Rising movement will take place again this year! You can find the dates on our web-site or e-newsletter



63 Penang Active, our new column, is all about HIKING this time. Check out what we have put together for you



57 Malaysia is like a plate of Nasi Kandar – from an article by Penang Monthly Magazine. Dive into the history of the dish and learn about it



71 Ever heard of Iron Butts? Read what Joachim and Bernd had to do to become one

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Make Penang Island, Malaysia Your Home!

Here are some reasons why you want to make Penang your home!

- Conde Nast Traveller named Penang as second best place to retire due to it's low cost of living, international schools and stable economic environment
- International Living named Malaysia one of the four countries that has the best healthcare in the world, excellent facilities and infrastructure
- Expatistan.com lists Hong Kong as 177% more expensive than Penang
- Opportunity to buy a tax free car with MM2H programme
- Direct flights from Penang International Airport to major cities



Malaysia My Second Home (MM2H)

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Opening hours office & library:

Monday - Friday: 10:00am - 1:00pm

2:00pm - 7:00pm



MALAYSIAN-GERMAN SOCIETY

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www.mgs.org.my



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- Child Development & Assessment
- Critical Care Unit
- Day Surgery
- Delivery Suites
- Dental, Oral & Maxillofacial Surgery
- Ear, Nose, Throat, Head & Neck Surgery and Cochlear Implant Surgery
- ENT Laboratory - Rhinometry & Uvulotomies
- Electroencephalogram (EEG) & Neurophysiology Laboratory
- Endocrinology
- Endoscopy, ERCP, Endoscopic & Endolaparoscopic Surgery

- Eye Surgery (Including small incision Cataract Surgery - Phacoemulsification) & Glaucomatology
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- General Surgery, Colorectal Surgery, Chest Surgery & Hepatopancreatobiliary Surgery
- Haemodialysis Centre
- Heart Centre - Cardiology & Cardiothoracic Surgery
- Histopathology
- Infectious Diseases & Travel Medicine
- Intensive Care Medicine
- Internal Medicine
- International Desk
- Interventional Radiology
- Laboratory & Blood Bank
- Laparoscopic Surgery
- Laser Surgery
- Low Dose Radio-iodine Therapy for Thyrotoxicosis (Hyperactive Thyroid)
- Maternity Packages & Antenatal Classes
- Medical Officer Services
- Neonatal Intensive Care
- Nephrology
- Neurology & Neurosurgery
- Nursery
- Operating Theatre
- Obstetrics & Gynaecology, and Fertility Centre (IVF)
- Orthopaedic, Arthroscopy Surgery, Spine Surgery, Sports Injury, Trauma, Bone Transplantation and Joint Reconstruction

- Paediatrics
- Patient Education Unit
- Percutaneous Laser Disc Decompression (PLDD)
- Pharmacy
- Plastic & Reconstructive Surgery
- Psychology (Clinical, Educational & Counseling) & Neurofeedback Therapy
- Psychiatry
- Radiology & Imaging Dept: PET-CT Scan, 3T MRI, CT Scan, Fluoroscopy, General X-ray, Mammography, Panoramic Dental X-ray (OPG), Ultrasound, X-ray Bone Densitometry (Dexa Scan)
- Rehabilitation Centre:
 - Audiology (Including Newborn Hearing Screening, Treatment for Vertigo, Imbalance & Tinnitus)
 - Nutrition & Dietetics Unit
 - Physiotherapy, Occupational Therapy, Sports Injury, Rehabilitation & Gymnasium
 - Speech-Language Therapy, Auditory Verbal Therapy & Swallowing Therapy
- Respiratory Medicine
- Urology (Including Transurethral Endourology, Lithotripter & GreenLight Laser Therapy)
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January

01 SUN	New Year's Day
16 MON	Start German Classes
19 THUR	Breakfast
28 SAT	Chinese New Year
29 SUN	Chinese New Year

February

03 FRI	Movie Night
09 THUR	Thaipusam
15 WED	Cooking Demo
18 SAT	One Billion Rising

March

10 FRI	Talk
16 THUR	Breakfast

April

02 SUN	Open Day & 60 Years of Malaysian-German Relations
14 FRI	Movie Night

May

01 MON	Labour Day
10 WED	Wesak Day
13 SAT	MaiBall
19 FRI	Movie Night

June

12 MON	Nuzul Al-Quran
18 SUN	Annual General Meeting
25 SUN	Hari Raya
26 MON	Hari Raya

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German Breakfast / Deutsches Frühstück

Five times a year our members and friends meet for German and international breakfasts held at our premises. There are always new people to meet and old friends to greet – not to forget the delicious food which is always prepared by a few of our ladies. Everybody is most welcome, especially those new to Penang.

Members RM 25,
non-members RM 30,
starts at 9:30 am



Next dates are: **Thursday, 19 January**

Thursday, 16 March

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Der Nanny

(The Manny, Germany 2015, Comedy, 110 min, FSK 12)



Single father Clemens (Matthias Schweighöfer) is shunned by all nanny services, because his two children Winnie and Theo (Paula Hartmann and Arved Friesse) are impossible to babysit: they prank, bully and terrify any lady who dares to enter their mansion. But finding a nanny is hardly Clemens' number one priority, being preoccupied by his urban development which requires the demolition of an apartment building, something bitterly opposed by its residents.

One of the victims, Rolf (Milan Peschel), pays Clemens a visit to voice his protest, but is mistaken as the new nanny - or manny - in his case. Rolf believes it a good opportunity to sabotage Clemens' development plans, and accepts the offer. Predictably he suffers at the hands of the unruly children, but over time wins their hearts with his goofiness and sincerity. He discovers that the root of the kids' problems is that Clemens is never home. To help bring the family together, Rolf tries to show Clemens — including taking Clemens to visit his small community — that there are things more important than money in the world.



On	Friday, 3 February
Mingle & chat	8:00 pm, soft drinks for free, beer RM 7
Start movie	8:30 pm
Language	German with English subtitles
Directors	Matthias Schweighöfer, Torsten Künstler
Actors	Matthias Schweighöfer, Milan Peschel, Paula Hartmann



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FEBRUARY
15



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**15 February 2017, 10am-12:30pm
at the Malaysian-German Society**

Featured dishes:

Starter: Callaloo soup with white crab meat
Main: Jerk chicken with rice, peas and fried plantain
Dessert: Pan-fried honey banana

Price: RM100

Chef: Judi Van Eck

Please sign up with Elena in the office at 04-229 68 53, office@mgs.org.my

Lyrics “Break the Chain”

Lyrics by Tena Clark, Music by Tena Clark/Tim Heintz

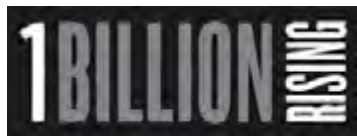
I raise my arms to the sky
On my knees I pray
I’m not afraid anymore
I will walk through that door
Walk, dance, rise Walk, dance, rise

I can see a world where we all live
Safe and free from all oppression
No more rape or incest, or abuse
Women are not a possession

You’ve never owned me, don’t even
know me
I’m not invisible, I’m simply wonderful
I feel my heart for the first time racing I
feel alive,
I feel so amazing

I dance cause I love
Dance cause I dream
Dance cause I’ve had enough
Dance to stop the screams
Dance to break the rules
Dance to stop the pain
Dance to turn it upside down
Its time to break the chain, oh yeah
Break the Chain
Dance, rise
Dance, rise

In the middle of this madness,
we will stand
I know there is a better world
Take your sisters & your brothers
by the hand
Reach out to every woman & girl



This is my body, my body’s holy
No more excuses, no more abuses
We are mothers, we are teachers,
We are beautiful, beautiful creatures

I dance cause I love
Dance cause I dream
Dance cause I’ve had enough
Dance to stop the screams
Dance to break the rules
Dance to stop the pain
Dance to turn it upside down
Its time to break the chain, oh yeah
Break the Chain

Dance Break Inst.

Dance, rise
Dance, rise

Sister won’t you help me, sister won’t
you rise

This is my body, my body’s holy
No more excuses, no more abuses
We are mothers, we are teachers,
We are beautiful, beautiful creatures

I dance cause I love
Dance cause I dream
Dance cause I’ve had
enough
Dance to stop the
screams
Dance to break the rules
Dance to stop the pain
Dance to turn it upside
down
Its time to break the
chain, oh yeah
Break the Chain



After our member Julee Mathes has inaugurated the One Billion Rising movement to Penang in February 2016 with the dance "Break the Chain", we are very happy to announce, that thanks to our new member Nancy Jenster, it will also take place in 2017.

This flash-mob dance raises awareness for violence against women. We invite all of you to participate here in Penang.

As last year, we will have some practice lessons and the dance will be performed on

Saturday 18 February location and time to be confirmed
(Straits Quay or Gurney)

Saturday 25 February Luau Party - fundraiser for Tenaganita (women's force)
at Penang Swimming Club

Wednesday 8 March International Women's Day in collaboration with WCC
(Women's Centre for a Change) – location and time to be confirmed

Please mark your calendar now, if you would like to join the dance on one of these days. Plans will be firmed up after Christmas.

Have a look at last years performance at Straits Quay:

<https://www.youtube.com/watch?v=mRU1xmBwUeA>

How to dance - mirrored version:

<https://www.youtube.com/watch?v=zJQvJNfn0kc>

Drop a note at nancy.jenster@gmail.com if you are interested and you will be getting an EVITE invitation from Nancy with further details. Please invite your friends to join us, too!



"SOUTH PACIFIC"

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FROM THE FILM

THE HAKKA WARRIOR DANCE OF THE ISLANDS

SOUTH PACIFIC LUAU GAMES

RAFFLE AND AUCTION

FEBRUARY

2017

25

2017

7.00 pm

to midnight

AT PENANG SWIMMING CLUB

Tickets-150 RM. "Early bird" purchase of table for 10, by Dec. 15th, includes 2 bottles of complimentary wine.

DRESS CODE: TROPICAL BEACH ATTIRE

OPTIONAL BYOB, CORKAGE FEE APPLIES

Contact 011-3618-1360 or tnitapenang@tenaganita.net for tickets

Tenaganita (Women's Force)

is operating a women's shelter in Penang for foreign workers from other Asian countries who have been abused, trafficked and/or not paid for their work. From the moment they have left their workplace until a safe repatriation is possible, they are spending their life in the shelter.

For this shelter, we are looking for volunteers who could help with

- driving people to the supermarket and running other errands
- teaching English
- making handcrafts
- teaching other skills
- helping with gardening, cooking or baking
- organising the upcoming fundraiser "Luau" on 25 February at the Penang Swimming Club



Uplifting sayings and cartoons painted by residents on dormitory walls



Table runner made for the Charity Christmas Bazar

We are looking for helpers who commit to help on a regular basis. You have to sign a non-disclosure contract, as the location of the shelter is confidential.

If you think you might like to help us, please contact us at **tnitapenang@tenganita.net** for more information.



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The German Chamber Network



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- Investment Consulting
- MGCC Training Centre

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WHEN THE CHICKEN DIES, EVERYONE CRIES

is a new leadership book on the market.

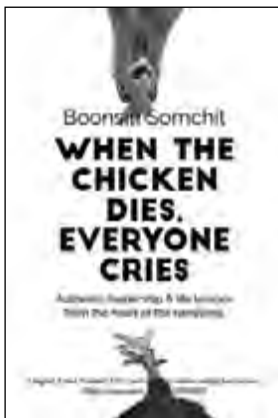
Author **Boonsiri Somchit** writes about her humble roots in rural Malaysia (Alor Star) and shares her unique insights on leadership, life and dealing with rogue chickens.

The book is highly recommendable for expatriate managers who have to deal with intercultural leadership on an everyday basis. It might be an eye-opener!



In her corporate career Penang Resident Boonsiri Somchit spearheaded the set-up of AMD's accounting and financial shared services organization.

The culture that she built at AMD Global Business Services has been recognised as an industry benchmark in Malaysia and the UK.



Boon will talk about her book on

**10 March 2017
at 8 pm at the MGS premises**

You will have the opportunity to buy the book on the evening and get an autograph.



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Open Day - Celebrating 60 years of Malaysian-German Relations

On Sunday, 2. April, the MGS will open its doors again for an exciting Open Day. This year's motto being the celebration of 60 years of Malaysian-German relations.

Everyone is welcome to join us from 3pm onwards for German delicacies, fun activities and information on our German language classes.

Enjoy delicious cakes and sausages, games for the children and live music later on.



Malaysian guest speakers will share their experience about studying and living in Germany. Additionally we will offer brief talks with general information on studying in Germany and the cost of living.

The programme of the day will be released a few weeks before the event.

Looking forward to seeing you all there!



Im Herbst 2017 ist Bundestagswahl. Infos zur Wahlteilnahme Auslandsdeutscher:

<https://www.bundeswahlleiter.de/bundestagswahlen/2017/informationen-waehler/waehlerverzeichnis-umzug.html>

Die amtlichen Formblätter liegen derzeit noch nicht vor. Eine Antragstellung ist deshalb noch nicht möglich!

Das Antragsformular sowie ein Merkblatt mit Ausfüllhinweisen werden Sie etwa **sechs Monate vor dem Wahltermin** auf der Homepage des Bundeswahlleiters finden.

<http://www.konsularinfo.diplo.de/wahlen>

Allgemeine Informationen zur Wahlteilnahme aus dem Ausland

Deutsche im Sinne des Artikels 116 Absatz 1 des Grundgesetzes können unter bestimmten Bedingungen auch aus dem Ausland an Wahlen in Deutschland teilnehmen.

Zu unterscheiden ist zwischen Deutschen, die sich (vorübergehend) im Ausland aufhalten, aber weiter in Deutschland gemeldet sind, und Deutschen, die dauerhaft im Ausland leben und in Deutschland keinen Wohnsitz haben oder dort nie einen Wohnsitz hatten.

1. Deutsche mit Wohnsitz in Deutschland

Deutsche, die sich (vorübergehend) im Ausland aufhalten und nach wie vor einen Wohnsitz in Deutschland haben, werden von Amts wegen in das Wählerverzeichnis eingetragen. Sie erhalten eine Wahlbenachrichtigung an ihre deutsche Meldeanschrift und können daraufhin einen Antrag auf Briefwahl bei ihrer deutschen Wohnsitzgemeinde stellen. Der Antrag auf Briefwahl kann durch Ausfüllen des Wahlscheinantrags, der auf der Rückseite der Wahlberechtigung aufgedruckt ist oder auch ohne Verwendung der Rückseite schriftlich, elektronisch oder mündlich (nicht jedoch telefonisch) unter Angabe des Familiennamens, aller Vornamen, des Geburtsdatums und der Wohnanschrift, beantragt werden. Wenn Sie einen Auslandsaufenthalt beginnen, bevor die Wahlbenachrichtigung für eine bevorstehende Wahl eintrifft, sollten Sie mit der Wohnsitzgemeinde Kontakt aufnehmen.



2. Deutsche mit dauerhaftem Aufenthalt im Ausland

Deutsche, die sich dauerhaft im Ausland aufhalten und keinen Wohnsitz in Deutschland haben oder dort nie einen Wohnsitz hatten, können in

Deutschland an Bundestagswahlen und Europawahlen teilnehmen. An deutschen Landtagswahlen sowie an deutschen Kommunalwahlen können deutsche Wählerinnen und Wähler, die sich dauerhaft im Ausland aufhalten und keinen Wohnsitz in Deutschland haben, in der Regel nicht teilnehmen. Nähere Informationen hierzu erhalten Sie von den Innenressorts der Länder. Die dauerhaft im EU-Ausland lebenden Deutschen können an den Kommunalwahlen ihres Aufenthaltslands teilnehmen.

Auslandsdeutsche ohne Wohnsitz in Deutschland sind nach § 12 Absatz 2 Satz 1 Bundeswahlgesetz (BWG) wahlberechtigt, sofern sie

a) entweder nach Vollendung ihres 14. Lebensjahres (das heißt, vom Tage ihres 14. Geburtstages an) **mindestens drei Monate ununterbrochen** in der Bundesrepublik Deutschland gelebt haben und dieser Aufenthalt **nicht länger als 25 Jahre** zurück liegt (§12 Absatz 2 Satz 1 Ziffer 1 BWG) oder

b) wenn sie aus anderen Gründen persönlich und unmittelbar Vertrautheit mit den politischen Verhältnissen in der Bundesrepublik Deutschland erworben haben **und** von ihnen betroffen sind (§12 Absatz 2 Satz 1 Ziffer 2 BWG).

In beiden Fällen setzt die Wahlteilnahme jeweils **vor jeder Wahl** einen **Antrag auf Eintragung in das Wählerverzeichnis** der zuständigen Gemeinde im Inland voraus.



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Die neuen Bücher und DVDs sind da! Lasst euch überraschen!

Hier eine kleine Auswahl:

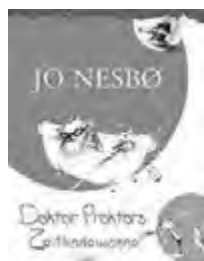


Oma lässt grüßen und sagt, es tut ihr leid - Humor

Oma ist 77, Ärztin, Chaotin und treibt die Nachbarn in den Wahnsinn. Elsa ist 7, liebt Wikipedia und Superhelden und hat nur einen einzigen Freund: nämlich Oma. In Omas Märchen erlebt Elsa die aufregendsten Abenteuer. Bis Oma sie eines Tages auf die größte Suche ihres Lebens schickt – und zwar in der wirklichen Welt.

Doktor Proktors Zeitbadewanne – Kinderbuch

Wer mit dem genialen Professor Doktor Proktor in einer Straße wohnt, dem wird es nie langweilig. Diesmal lernen Lise und Bulle eine weitere verrückte Erfindung kennen: die Zeitbadewanne! Man muss nur Wasser einlassen, warten, bis die Zeitseife ordentlich schäumt, dann untertauchen und - wutsch! - befinden sich die beiden Kinder auf einer unglaublichen Reise durch Raum und Zeit.



Deutschland 83 – DVD

Pressezitate:

„Genial ... spannender als US-Serien wie ‚House of Cards‘“
(The New York Times)

„Spionagedrama mit spektakulärer Action wie bei Jason Bourne“
(Hollywoodreporter.com)

„Eine furiose Serie ... Szenen wie aus einem James Bond-Film“
(Spiegel Online)

„So spannend war der kalte Krieg im TV noch nie! Rasant erzählt, optisch brillant, auf höchstem Niveau besetzt, witzig und ungewöhnlich“
(BILD.de)

„Fesselnd ... Nay ist fantastisch!“ (Time)

„Wunderbar süchtigmachend“ (St. Louis Post Dispatch)

„Clever, modern und spannend erzählt“ (serienjunkies.de)

„Großartig!“ (tv.com)

„Eine fulminante Serie“ (meedia.de)

„Eine stylische Interpretation des Spionagefilms - Humor und hohes Risiko gleichen sich perfekt aus!“ (AV Club)



Das Spiel seines Lebens – Myron Bolitar ermittelt – Krimi

Rasches Handeln ist angesagt für den New Yorker Sportagenten Myron Bolitar: Der Vertrag mit dem Profi-Fußballspieler Christian Steele steht kurz vor der Unterzeichnung, da wird Christian verdächtigt, seine Verlobte umgebracht zu haben. Allerdings schwört er, von der spurlos verschwundenen Kathy unlängst noch einen Anruf erhalten zu haben. Auch Kathys Schwester Jessica glaubt nicht an die offizielle Version der Polizei. Sie beauftragt Myron Bolitar, eigene Nachforschungen anzustellen. Und das ist ganz in Myrons Sinne, denn der hat wenig Lust, seinen besten Klienten demnächst im Gefängnis zu besuchen ...

Noch ein Aufruf in eigener Sache. Wir suchen Verstärkung bei uns in der Bibliothek. Wir treffen uns normalerweise einmal in der Woche (momentan mittwochs, aber das ist flexibel). Bücher und DVD einsortieren, ein wenig Ordnung schaffen, Spenden (unregelmäßig und Neukäufe (werden einmal im Jahr bestellt) beschriften und in die Datenbank aufnehmen. Meldet euch doch einfach bei uns.

Andrea und Cordi

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- Membership discount on tickets and fees for our events and activities

As a member, you may use the MGS premises for your own functions. Come here for your birthday parties and other

celebrations. A small donation applies. Please contact the office for further information and booking.

The MGS expects a minimum donation for the usage of:

• Outside area and bar	per day	RM 150
• Outside area and bar, ground floor hall and kitchen	per day	RM 250
• Hall 1st floor	per hour	RM 50
• Classroom	per hour	RM 50
• Classroom with use of SMART board	per hour	RM 75

For private use at home:

• Festzeltgarnituren (tables and benches)	per set	RM 20
• Plates, bowls, cups, glasses, cutlery	per 20 pcs.	RM 5

The used facilities and items have to be returned in the same condition as before the usage. If cleaning is required, RM 20 per hour will be charged. Any loss or damage to premises or items will be charged according to the lost/broken items list or according to the actual cost for repair or replacement.

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GERMAN CLASSES | From the classroom



Cooking noodles



Teacher Liene and students at the Oktoberfest



C1.1 class on Saturday



A2 class with teacher Balazs



Liene at B Braun



Class at Fairview School



A2 class' cooking evening

German Language Courses (GLC)

1st Semester: January - June 2017



A 1 once a week		RM 965 + RM 170	RM 1,135
A1.1. 1 semester	Friday, 19:00 - 22:00	20 Jan to 16 June Exam 23 June	
	Saturday, 9:30 - 12:30	21 Jan to 17 June Exam 24 June	TORAY Knowledge Transfer Centre USM, Block C26, 1st
A1.2. 1 semester	Saturday, 13:00 - 16:00	21 Jan to 17 June Exam 24 June	

Full A 1 Intensive		RM 1,911 + RM 170	RM 2,081
A1 Intensive - Morning <i>(no B1 Crash Course possible)</i>	Tuesday - Friday, 9:30 - 12:30	17 Jan to 27 March Exam 28/29 March	
A1 Intensive - Evening for B1 Crash	Monday - Friday, 19:00 - 22:00	16 Jan to 7 March Exam 8 March	

A 2 once a week		RM 965 + RM 201	RM 1,166
A2.1 1 semester	Tuesday, 19:00 - 22:00	19 Jan to 15 June Exam 22 June	

Full A 2 Intensive		RM 1,911 + RM 201	RM 2,112
A2 Intensive - Morning <i>(no B1 Crash Course possible)</i>	Tuesday - Friday, 9:30 - 12:30	30 March to 19 June Exam 20/21 June	
A2 Intensive - Evening for B1 Crash	Monday - Friday, 19:00 - 22:00	9 March to 25 April Exam 26/27 April	

B 1 once a week		RM 1,119 + RM 223	RM 1,342
B1.2 1 semester	Saturday, 9:30 - 12:30	21 Jan to 17 June Exam 24 June	

B 1 CRASH COURSE		RM 3,054 + RM 223	RM 3,277
Full B1 Crash	Monday - Friday, 18:00 - 22:00	28 April to 20 June Exam 21/22 June	

B 2 once a week		RM 1,119 + RM 254	RM 1,373
B2.2 1 semester	Saturday, 9:30 - 12:30	21 Jan to 17 June Exam 24 June	

C 1 CONVERSATION NO EXAM			RM 1,119
C1.2 (2 of 4)	Saturday, 13:00 - 16:00	21 Jan to 17 June	

Please note

Prices inclusive of course fee, student membership, textbook, material, GST.

Payment: After the courses started, there is no refund for cancellation. There might be changes due to official holidays. The payment has to be done BEFORE the courses started. Min. number of students: Courses can only be held with a minimum number of 6 students for A level only, for B levels the minimum number of student is 5 only.

Age limit: You have to become 14 years in the semester you are registered.

My place to be: sofa 22H.

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Oktoberfest 2016 - O' zapft is!

by Wolfgang Mark

The cherished, annual MGS Oktoberfest in Penang has a long history, having been celebrated since 1973 at the MGS site in Jalan Air Itam. During this time, the MGS Oktoberfest has become easily the most popular and authentic version of the world famous Munich Oktoberfest, to be found in Malaysia and South-East Asia.

As is now a great tradition, on 21 October the Malaysian-German Society opened its gates and was ready to receive many happy guests who enjoyed the same hallmark ingredients as the original, world-famous Munich Oktoberfest in Bavaria/Germany: a uniquely and beautifully decorated tent, a festive opening ceremony, authentic Bavarian brass music, a wide portfolio of very drinkable, imported beer brands, a variety of tasty food, funny games and challenging entertainment and, most of all, the intoxicating atmosphere of the singing and dancing crowd till late at night.

Over a period of more than 4 decades, this wonderful MGS festival has become a cultural highlight of Penang, and contributes to the thriving Malaysian-German relations and growing friendship. It is a great opportunity to celebrate a wonderful get together with your family or company colleagues, meet local and international friends and have fun with many other beer enthusiasts. The attached photos show many of our guests who dressed up in typical Lederhosen for men, or the charming Dirndl for ladies.

We had the great honour and pleasure to welcome some respected

VIP guests and MGS honorary members. First of all YAB Tuan Lim Guan Eng, the honourable Chief Minister of Penang, together with his family, who have been regular guests for many years. On behalf of the Malaysian-German Society I would like to express our heartfelt appreciation to the Chief Minister for his long and ongoing support.





As always, the festive opening of the Oktoberfest was conducted by tapping a nicely decorated wooden barrel of beer and calling the famous Bavarian exclamation "O' zapft is!" This means that the first barrel of beer is now ready for consumption. A well-known five-piece party band - the Bayernmän - delivered their very best music during our two day event, with an ideal repertoire as expected by the excited party-goers. They performed a broad range of entertainment – from traditional folk music to the most up-to-date party hits. The Bayernmän had been flown in especially for this occasion by Lufthansa from Würzburg in Bavaria, and they enjoyed staying at the wonderful E&O Hotel.

In addition to cheering music, dancing and "schunkeln" (swaying along to the music) the highlight of each successful Oktoberfest is of course a wide portfolio of light and dark draft and bottle beer. This year, with the great support of Carlsberg, we offered the well known German

brands: Löwenbräu, Erdinger, Franziskaner and König Ludwig. Just as importantly, there was a wide variety of delicious food - some traditional German food such as whole roasted pig, grilled sausages, pretzels, pork knuckle, mashed potatoes and sauerkraut, delivered by Kim Hock's Basil, Ingolf's Kneipe, Equatorial Hotel and many others. A highlight for those with a sweet tooth, was the Bavarian-style apple strudel with vanilla sauce, served by Brix & Baume. In addition there were several local dishes, Mexican food and other colourful, tasty desserts, offered to the hungry guests by local vendors.



To keep everyone entertained, several more exciting activities were initiated as the evening progressed: Group dancing, polonaise dancing, traditional adult contests for beer drinking, arm wrestling and mug lifting, with a specially-designed 3-litre wheat beer glass. There were also fun and challenging game stalls for the children that were provided by our long standing supporters, B. Braun and Bosch.

Committee will work very hard once more, to organize an unforgettable festive highlight for 2017 at the MGS site in Jalan Air Itam!

Many thanks to our main sponsors Carlsberg, E&O Hotel and Lufthansa as well as to all supporters, advertisers, volunteers, suppliers, caterers, the MGS office and the Oktoberfest organising committee. It was their dedicated support and



Overall the MGS Oktoberfest 2016 was a highly successful event. We welcomed more than 2800 happy guests from Penang, other parts of Malaysia and around the world. Many visitors said this event was, once again, a wonderful and authentic celebration of a good old German tradition with a fantastic atmosphere.

Those who missed out the spectacular Oktoberfest 2016 should diarise Friday, 13 Oct and Saturday, 14 Oct for the 2017 event! I can assure you the Oktoberfest



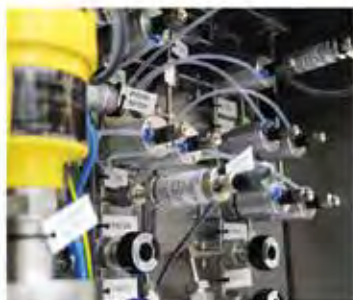
team-oriented contribution that made the 2016 Oktoberfest such an outstanding event.

The Malaysian-German Society will be ready to welcome all of you for the MGS Oktoberfest 2017 – when again it will be exclaimed: “O’ zapft is” on 13 & 14 October!





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We would like to place a sincere and huge THANK YOU to all the people who volunteered to help and support us in whatever way to make this year's Christmas Bazaar such a great success. As usual, we had a great atmosphere, we enjoyed the carols sung by the IWA choir and music performances of several artists, the children had fun at the crafts table and playing on our spacious grounds, Christmas stories were read in German and English and even Santa visited us later in the afternoon! People could buy some gifts and goodies from some vendors and the culinary highlights were German cakes, Glühwein, sausages, meat loaf, pretzels, potato salad and sauerkraut.





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Lucsious Ladies Day in Shades of Pink



Maggie Territ and her team aka The Penang Irish Association have done it again: for the 8th time, they organised this event of fundraising and creating awareness for cancer.

About 270 ladies and a few men had joined the morning at the E&O Hotel and enjoyed the great breakfast buffet, the talks and the fashion show. They spent money at the raffles and the silent auction for a good course, as all the proceeds are going to Mount Miriam Cancer Hospital and Rumah Hospice Penang. Up to date they managed to collect an amount of RM 56,000. Congratulations!

Participants of the fashion and jewellery show





Infineon Technologies (Kulim) Sdn Bhd

Infineon's first front-end fab in Asia

Activities

Semiconductor, 8" wafer fabrication of power technologies for automotive, industrial and multimarket applications.

Background

Infineon Technologies AG is a world leader in semiconductor solutions that make life easier, safer and greener. Microelectronics from Infineon is the key to a better future. In the 2015 fiscal year (ending September 30), the company reported sales of Euro 5.8 billion with some 35,400 employees worldwide. In January 2015, Infineon acquired US-based International Rectifier Corporation with revenues of USD 1.1 billion (fiscal year 2014 ending June 29) and approximately 4,200 employees. Infineon is listed on the Frankfurt Stock Exchange (ticker symbol: IFX) and in the USA on the over-the-counter market OTCQX International Premier (ticker symbol: IFNNY).

Infineon's wafer fabrication facility in Kulim High Tech Park, Kedah, is its first wafer fab in Asia and presently employs 2,000 staff. The Kulim plant has added a building-shell which can include a new 12,000 square meter fab facility with the potential to double production capacity. With Fab 2, Infineon Kulim is positioned as the manufacturing competence centre of semiconductors focusing on the efficient use of electric energy and the electrification of automobile for improved performance and safety as well reduced carbon emission.

Infineon Technologies Kulim Sdn Bhd (679693-W) implemented advanced manufacturing concepts such as radio frequency lot tracking system – a total paperless concept; Zero Defect Culture which strongly focus on "do it right the first time" with no rework; and a Green Concept fulfilling environmental requirements on its products and the industries of its customers. Other accolades include ISO 14001:2004 and OSHAS 18001:2007 certifications.

With the Wafer fabrication in Kulim and the Assembly and Testing in Malacca, Infineon Technologies has the full value-added chain in Malaysia and fosters close cooperation between the sites. Multimedia Super Corridor status was achieved in August 2007.

www.infineon.com

www.infineon.com/kulim-careers



Jahresversammlung des Deutschen Schulvereins Penang (DSV)

Die diesjährige Jahresversammlung des 20 Jahre „alten“ DSV fand wie üblich in der St. Christopher International Primary School Penang (SCIPS) statt, als einer der zwei Partnerschulen des DSV.

Wir durften neben den Mitgliedern und unseren zwei Lehrern auch die jeweiligen Direktoren der SCIPS, Herrn Towse, und der International School of Penang (UPLANDS), Herrn Bristow, begrüßen, die sich beide übereinstimmend sehr positiv über das große Engagement der Lehrer für den deutschsprachigen Unterricht für Fremdsprachler als auch den vom DSV angebotenen nachmittäglichen Unterricht für Muttersprachler äußerten. An beiden Schulen ist mittlerweile eine deutliche Zunahme der Popularität des Deutschlernens für fremdsprachliche Kinder zu verzeichnen.

Für Interessierte, der DSV kümmert sich um den muttersprachlichen Unterricht

deutschsprachiger Kinder in Penang in Zusammenarbeit mit den oben genannten Schulen vom Vorschulalter (Reception) bis zum Schulabschluss (IGCSE bzw. IB), um Wiedereinschulung sowie Weiterbildung in Deutschland zu gewährleisten.

Der Vorstand setzt sich zusammen aus: Bernd Lübcke (Präsident), Anke Holst (Schatzmeisterin), Natacha Schönherr (Schriftführerin), Daniel Dehner, Stefan Döge, Carmen Drescher und Andrea Hunold.

Kontakt: deutscherschulverein@gmail.com oder direkt über die Lehrer Frau Mergens (Uplands) oder Herrn Sageder (SCIPS) an der jeweiligen Schule.



*Schüler, Eltern und Lehrer
des DSV bei der 20-Jahr-
Feier im September 2016*

From Kampung to Corporate

My very first major speaking event took place in 2009 in front of 600 delegates from over 30 countries. I was sharing the stage with global CEOs and CFOs and I was terrified. When it was my time to speak, the short walk up to the podium felt like an eternity until I noticed the giant backdrop, which proclaimed: “The Global Village - No Boundaries, No Limits”.

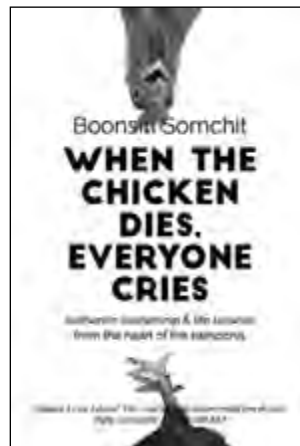


Seeing the word ‘village’ was my A-ha moment. The moment that I realized that everything I knew about leadership, teamwork and communication came from many years back, when I lived with my family in our borderless community – my kampung.

Thinking back, my first leadership lesson began with my very own existence. I am what you could call an “accident baby”. Meh was forty eight when she had me and Por, my father was in his fifties. At the time, my parents already had seven kids to take care of. Life was hard but my parents never complained and they always found ways to make ends meet.

I’m blessed that Meh and Por never took my arrival as a nuisance and I was accepted as a boon just like my other brothers and sisters.

My family’s gentle, unwavering love taught me that (just like me) accidents always happen. We have the choice of complaining about it and blaming ourselves, blaming the people around us, finding something or someone to blame for the mishap or we can tell ourselves, hey, shit happens deal with it. There is really no point in focusing on why something happened. It doesn’t matter, focus on what you need to do next, smile and move on.



From an early age I learnt how to deal with different bosses because being the youngest I had nine - my parents and

seven elder siblings. If you analyse it, family structures are really similar to corporate structures. My parents were the CEO and COO and my elder siblings were the VPs and Head of Departments. Me, well, I was the employee. Sometimes (if I was lucky!) these home executives would give me very specific instructions. Often I received vague and confusing instructions which I should have clarified but I never bothered to ask because all I wanted to do was finish the task quickly and run off to play with my gang.

This was the attitude that got me in trouble with my direct line boss, Che Che, my eldest sister. She had given me RM10 to buy cinnamon sticks so that she could cook curry. However, Che Che only needed one stick and because she wasn't specific I ended up buying an entire gunny sack of cinnamon sticks which I had to push home on my little tricycle (hey, in those days RM10 went a long way!). We never returned the cinnamon sticks because we didn't want to be the talk of our small kampung. I think my family was still using the cinnamon even after I graduated from college. That was a valuable leadership lesson on the importance of giving specific instructions and the importance of asking when you don't understand.

Growing up in the kampung we had few possessions but we were happy. My kampung gang would make toys from old tin cans, old tennis balls, pebbles, rubber seeds, rubber bands and anything we could lay our hands on. One of our favourite pastimes was to see how many gang members we could fit on one bicycle. We had to develop a strategy, be creative, collaborate and execute an extremely intricate balancing act without hurting ourselves

or damaging the bicycle. It's similar to the corporate world where you don't get every resource that you ask for, so you have to learn to do more with less.

Those kampung bicycle rides gave me the motivation to build AMD's first shared services organization (SSO) with only thirteen people. My team and I had to transition the entire accounting function from all our Asian entities to Penang, together with an ERP implementation. We needed to get it done in nine months (I was pregnant at the time). We did. That was fourteen years ago and that organization has grown and now supports AMD's entire global network.

We all lead such busy lives and in the process, we are always rushing from one place to another, from one meeting to another or from one airport to another. Stop. Take time to reflect on your own stories and memories. Use these to connect with your people, your friends and your family. My kampung memories have been the very foundation of my own leadership learning. I didn't know it back then, but now I realize that the most compelling leadership wisdom can come from the most unexpected places. I am so thankful I found that place.

Boonsiri Somchit is a finance and operations professional with over three decades of experience. In her 18 year career at Advanced Micro Devices (AMD), she



spearheaded the set-up of its first accounting and financial shared services organization. Under her stewardship, AMD's Global Business Services was recognised as a global industry benchmark. Boonsiri is a wife, mother, partner and co-founder of Xtrategize. When The Chicken Dies, Everyone Cries is her first book.



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Be a Fitness Goal Keeper

by *Conor McManus*

As we welcome the new year, we will all be reflecting on what we had achieved in 2016 and, more importantly, what we wish to achieve in 2017.



Jessica (name has been changed), a participant in one of our Operation Transformation programs (OT), has 4 kids under 10. She had never been able to lose her baby weight, but had always wanted to be healthier for her family and herself. Through the OT program however, she learned to set small and achievable goals for herself that would lead to her overarching goal of being fitter and healthier. She learned how to keep track of her diet through a food diary, gauge healthy portion sizes, and ensure she ate enough vegetables. Through this process, she realized how much sugar and unhealthy calories she had been unknowingly consuming before this. She also made it a point to exercise regularly and her confidence grew as she realized she could do more and more of the exercises. In the end, Jessica managed to achieve her goal and even found unexpected benefits, such as feeling more energy throughout the day.

Like Jessica, we all want to achieve our goals in life. To achieve your goals, we must be committed and motivated. Motivation is part of our daily lives.

You are motivated to eat when you feel hungry, you are motivated to sleep when you feel tired, you are motivated to work when you something needs to be done. Motivation affects our desire to achieve our goals. It refers to the intensity and direction of effort. It is what drives your behavior. However, to achieve your goals may not be fun. If you think about your goal and are filled with an inner dread, it is time to figure out your inner drive.

To assess your motivation, please ask yourself the questions:

- **Do I feel in control of my decision to achieve my goal?**
- **Do I feel capable or achieving my goals?**

Take stock of your real life situation in all aspects- social, fitness, health, work and relationships.

For example, am I already physically active? Am I under a lot of pressure at work? Nothing drains our motivation more than feeling powerless.

Or how much support have I got among friends and family to achieve my goals? When you don't feel supported or understood about why you need to achieve this goal, you won't feel as motivated. Social support empowers you to achieve more.

How do I feel about myself? Am I intimidated by fitness because I don't believe I can do it? In short, if you think you can be good at something



you will be more motivated to do it. You are directed by your beliefs. Oftentimes when people assume that someone has a lack of motivation, what they have is a lack of confidence.

But by getting started, as Nike said- "Just Do it", we will surprise ourselves and we will build that confidence. When your inner confidence is high, you are less likely to get derailed along the path to goal success.

"Nothing to Fear but Fear Itself "
Franklin D. Roosevelt.

What is your goal?

First of all, write out your goals. Many studies have shown that those who put down their goals in writing can have almost 10 times the success rate compared to those who merely think about them. When writing out your goals, ensure they are specific and measurable. All too often, we make our goals too general, such as "lose weight", run a marathon. To be successful in goal setting, make it very specific enough so that you can focus on particular aspects of that goal. For example, lose 5% body fat in 6 months, or run a 10km race in July.

"Know where you are going you that you can get to the right place"



How will you achieve those goals?

The second step to goal setting, is planning how you will achieve success. If you fail to plan, you will plan to fail. For example, to achieve the goal of dropping 5% body fat in 6 months, you can set out the following plan:

Month 1 – Get fitter.

Week 1 – Join a supportive fitness group. Week 4 – Work out for 1 hour 3 times a week.

Month 2 – Eat more vegetables. Train 3 times a week and increase workout intensity.

Month 3 – Eat less processed foods, sugary foods and drinks.

Month 4 – Replace alcohol beverages with healthier drinks. Work out 4 times a week.

Month 5 – Run a 3 km race.

Month 6 – Eat lean proteins with minimal fat and sugar.

"You will never achieve your goals until you change something you do daily"

What milestones will lead to achieving my goal?

All goals should have short-term and long-term components. You need to set milestones along the road to achieving the main goal. For example, you can have these as short-term milestones:

- Turn up to training 3 times a week
- Get through the whole workout session without stopping
- Run my first 3 km without stopping

How will I know when I have achieved my goals?

Losing 5% body fat is not something you can achieve overnight. However, over time you may see these results and realize that you have finally achieved what you set out to do.

- Receiving the 10 km race medal on the completion of the race
- Clothes becoming looser or not being able to fit anymore
- Friends you have not seen for a while tell you have lost weight
- Cholesterol levels have dropped

What obstacles may get in the way?

Part of the planning process will be foreseeing problems in the road ahead.

Some potential pitfalls may be:

- Work demands
- Eating at restaurants
- Peer/ social pressure
- Training on your own (lack of motivation)
- Frustration
- Tiredness

How can I address each obstacle?

By anticipating these obstacles, you can also map out possible solutions to them:

- Discuss the problem with your family or friends
- Talk to your boss / change jobs.
- Cook at home
- Join a supportive fitness group.
- Get a personal coach



- Take a few days break to rest and recuperate/ get more sleep

"The harder you work the harder it is to surrender."- Vince Lombardi

Big goals may seem daunting at first, but with a few small steps every day, everyone can achieve the fitness goals they want. Here's to a healthier, fitter you in the new year!



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1. "On Top of Your Game: Mental Skills to Maximize Your Athletic Performance" by Carrie Cheadle
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Conor Mc Manus is a certified group personal trainer, rehab trainer, Precision Nutrition Level 1 Certified Coach, former military tactical fitness instructor, fitness enthusiast, and founder of Warrior Fitness & Adventure based in Penang. His passion is to help everyone get fitter for sports and life.
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A close-up photograph of a green printed circuit board (PCB) with various electronic components and traces.

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YOUR INTEGRATED MANUFACTURING PARTNER

Jicama Salad

by *Gosia Cano*

One day, I decided to make a salad without lettuce or any greens. We buy jicama very often and eat it as a snack with lemon juice and salt. I thought that mango (sweet and juicy) and jicama (crunchy) would go nicely together, so I tossed all the ingredients that you find in this salad and this is what I came up with. I also love coriander; I use it very often in salads. So I made the coriander dressing thinking it would really complement mango and jicama and the hot pepper, of course. Coriander is a cooling kind of herb, so it helps to balance the spiciness of the pepper.

Ingredients

- 1 jicama
- 1 fresh mango
- 1/2 red onion
- 2 small cucumbers
- 1-2 jalapeno peppers (seeds removed)
- 1/2 cup roasted pumpkin seeds

Dressing

- 1/2 cup chopped coriander
- 3 tbs lemon or lime juice
- 3 tbs extra virgin olive oil
- 1-2 crushed garlic
- 1 tsp honey
- sea salt to taste



Method of preparation

Peel the skin of jicama and slice it, cut all the veggies and mango and toss the ingredients together. Prepare the dressing in a food processor by mixing all the ingredients. Pour the dressing over the salad and mix well. This salad remains fresh in the fridge for several hours.

Enjoy this beautifully prepared jicama and mango salad anytime you are looking for a refreshing, lettuce-less type of salad.

Gosia Cano's greatest passion is inspiring people to lead a healthy lifestyle through physical activity and clean eating. She is a Certified Personal Trainer, Group Fitness Instructor and Health Coach. She is a globe trotter, a student, a wife, mom of four children, runner and aspiring martial artist. Nowadays, her focus is on producing fitness videos and writing a fitness and nutrition blog. Her YouTube channel is called Gosia Cano Fitness and her website is: www.gosiacanofitness.com



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Jicama (Bengkuang, Mexican yam bean, Yambohne)



Jicama, (pronounced hee-cama) is a bulbous root vegetable originally from Mexico, which grows in warm climates of South East Asia, Central America, the Caribbean and the Andes Mountains. In Penang it is also known as Bengkuang or Sengkuang. On the outside it looks like a turnip but in taste it's a combination between apple and potato. It's skin is toxic, so are the leaves, therefore it must be peeled before consumption. The flesh is white, solid, quite crispy and refreshing.



What is so special about jicama?

First of all, it's low in calories and it rates very low on the glycemic index. Therefore, it is beneficial for people suffering from diabetes; it will not spike your blood sugar (comparing to an apple or potato) and is high in many nutrients.

Jicama contains a special type of dietary fibre called inulin. This soluble fibre promotes bone health by enhancing the absorption of calcium from other foods, therefore it protects our bodies from osteoporosis. Inulin also has prebiotic properties; it promotes good bacteria growth in our intestines which leads to healthy colon and properly functioning immune system.

Jicama contains many vitamins and minerals, such as calcium, iron, phosphorus and vitamin C. Due to its high potassium content, it is very beneficial for our heart health.

In Mexico, street vendors sell it as a healthy snack with lime juice, salt and chili powder / chili sauce.

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Food for thought

by Chef Tommes

I am a great fan of food. But what is food? Standing in a supermarket – a great food writer once said – food is what your great grandmother would recognize as food

So you look around and there is not much she would recognize ... and you wonder. In my opinion food is something that nourishes me and keeps my hunger at bay until the next meal time, keeps me healthy – not something that makes me hungry again after 20 minutes. Also food is a very local thing. People in different parts of the world need different nutrition – it depends mostly on the climate and what can be grown. Over thousands of years the human body adjusted to the lay of the land and receives from the local food what it needs to live.

That is all well and good – but then you are an Expat and you are brought up in a different environment and cuisine and you eat for example your pork knuckle here at 35 degrees Celsius it most likely

So you find yourself in a western style supermarket and you want to shop for food. If you follow my definition of food you will soon realize that there is actually not much real food in a supermarket nowadays anymore. A lot of items are reconstituted or just plain invented. So what to buy for a healthy lifestyle? Organic? Not really... but about that later.

What you look for are products which have not been hampered with. Food is produced for one reason only: to make money. If you have a perfectly good product you don't need to add anything to it. Extra vitamins, minerals, colouring, taste enhancers, preservatives etc. cost extra money. More costs equal smaller

margin. So you only add things to an inferior base product. Have a look at the "nutrition" information on the packaging. If it says "added Vitamin C+D+E" don't buy it. The so-called orange juice then is not what it seems.

Milk

If you buy milk buy fresh milk. Single ingredient "milk" - buy it. If it says "made from milk powder" with added "a, b, c,..." then it is not milk - don't buy it. That's not food. It is something else.



will lie heavy in your stomach... but the taste ... it feels like home and you really enjoyed that. Of course - eat this every day you will be fat. But food is also about feeling happy, food also nourishes your soul.



Butter

A lot of people buy salted butter. Why? Salt is a preservative. It



gives the butter a longer shelf life. But it also tastes of salt and other tastes of the butter get hidden. You wouldn't take your best butter and salt it and then sell it. Chances are that when you buy salted butter, you get a substandard older version of the real thing. If you want salt in your food then put it there yourself. This way you can control the salt content and use real salt. Not the fine grain non-stick table salt. It has additives to make it non-stick and sometime it is actual not natural salt but something made in a food laboratory. Look at the label.



Vegetables

If they look too good they are most likely not good for you. Vegetables are mostly farmed with fertilizer. This industrial fertilizer lacks one ingredient. Magnesium. Magnesium is expensive. When green vegetables (from your garden) are dark green then they have a lot of magnesium. The more magnesium the darker the green. Think broccoli, spinach etc. Very often farmers do the same as florists do to make their products look better. They add food colouring to the water before they harvest. It is cheaper than magnesium. By the way – hydroponic is not good. Look at the tomatoes you get in the shop. Raised on water and chemicals. And they are harvested when they are still green. What good can come out of that?



Fruits

Same, same. The better they look the less nutritious they can be. Time is money and to let them ripen on a tree or bush is like wasting money.

How about organic you say? Well ... very little countries have actually real laws concerning that matter where farmers lose their licenses if they do something they are not allowed to do. In most countries you can just stick "organic" on your label with minimum effort. Think about the people on the farmers market who claim not to use industrial fertilizers. Cow dung is better, they inform you. They get it from the cow farmer next door who by the way feeds his cows with corn. Because cows get fat fast with corn. But a cow's stomach is made (all seven of them) to digest grass. So the cow gets sick. Therefore a lot of antibiotics are in use, also growth hormones because sick cows don't grow fast and some other medication against diseases because the cows may not have enough space, are stressed and so on. All these chemicals are in the cow dung. And this gets thrown on to your veggies and fruits. And then they tell you it is organic. Bon appetite !!!

Pork Liver

By the way – if you are stressed out try having pork liver for lunch. Pigs are intelligent animals. They smell death even before they arrive at the abattoir. Stressed out pigs lose an incredible amount of weight in a very short time. Weight is money and no one wants to lose some kg before slaughtering.



Therefore pigs receive a nice dose of "downers" before slaughter. These tranquilizers will be found in the liver of the pig after 30 min. You will feel calmer after you ate that liver for lunch or dinner.

I could go on and on about this and other things and you will ask me: "But what can I eat then when everything is corrupted?"

Well... don't be too clever. Start thinking when shopping to avoid the obvious pit

falls. Try to have a good breakfast, a decent lunch and a light dinner during the week. Indulge when you feel like it – it is good for your soul – but not every day. Your body is a creature of habit. Once a week a food ecstasy ... junk food/binge drinking will not change anything. Bad daily habits will make you sick in the long run. An old Greek philosopher once said: Everything in moderation. I agree, but my body is also not just a temple – it is also an amusement park. You are what you eat – so eat well. At least try.

Chef Tommes is the owner and chef of "That Little Wine Bar", 54 Jalan Chow Thye, 10050 Georgetown, Penang.
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Malaysia is like a Plate of Nasi Kandar

by Ahmad Al Farooqi Bin Haja Mohideen, Ooi Kok Hin and Nidhal Mu

"You can travel the world, see the sights, hear the slang and sounds, breathe fragrance otherwise foreign to you and taste exotic food. But home is where the spice and rice is more than nice – especially 7am nasi kandar." – Jahabar Sadiq



Nasi Kandar as we know it today would be almost unrecognisable to those living during the time of its origin. In the bustling streets of colonial George Town, meandering their way among Indian-Muslim immigrants who were mainly merchants, traders and labourers, were men who carried two baskets of rice and dishes on a wooden pole. The aroma of fresh, hot food would precede their arrival, and workers would swarm them as soon as they put down their pole. There, by the roadside, were the beginnings of a veritable Malaysian institution.

When did the seller of food put away his wooden pole to set up a stall – and later, a restaurant?

"In the early days, the Nasi Kandar sellers just walked about selling their

wares, but from the 1980s onwards they started to have their own premises," says Mohamed Hussain bin Mohamed Farook, whose family jointly owns Nasi Kandar Astana Mathina, an establishment that has branches in Penang, KL and Selangor.

And as demand grew, more dishes were added to the Nasi Kandar menu. Mere eggs, meat and vegetables were not enough, and seafood and deep-fried dishes were added – a change Hussain claims began in the 1980s just when Nasi Kandar began moving into permanent premises.

The selection has since expanded to include fish roe, okra, quail prepared in herbs and spices, sambal udang, ayam goreng, cabbage, lamb and mutton. Many Nasi Kandar eateries are

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becoming multi-cuisine as well, offering Western food and all styles of fried rice imaginable. And quantity has increased as well: "One branch alone easily needs 50 chickens a day and 15kg of meat," says Hussain.

In Penang, Nasi Kandar outlets usually have their own signature dishes and quirks: Nasi Kandar Deen in Jelutong is where the gravy is mixed with the rice; Tajuddin Hussain Restaurant on Lebuh Queen has the rice and curry served separately and is famous for its ayam masak ros; Nasi Kandar Ali Ameir in Jelutong kept the "kandar" tradition before they shifted to a new shop: every morning, the workers would "kandar" the curry and rice on their way to the shop.

But one cannot talk about Nasi Kandar without talking about Nasi Kandar Kampung Melayu in Air Itam. Founded in the 1970s, it is famous for its spicy fish and meat curries, concocted from hand-ground spices. "What makes us different from other shops is we use freshly slaughtered meat to maintain the perfectly thick curry, and add a lot of onions," says Zainab Mohd Eusoff, who is married to the current owner, Abdul Nazir Abdul Razak. Their regulars come so often that the staff remember their favourite dishes.

The main contender for the oldest Nasi Kandar in Malaysia is probably Hameediyah Restaurant. Established in 1907, this century-old institution constitutes a pilgrimage for Nasi Kandar enthusiasts. In an interview with The Star, the restaurant's fourth and fifth generation owners said the restaurant traces its history back to Nalla Kader, an immigrant from Tamil Nadu who sold mee goreng and pasembur at 164, Lebuh Campbell.



Changing Times

Apart from the restaurants, the Malaysian Muslim Restaurant Owners Association (Presma) functions as a platform to standardise the price, deal with the government agencies and settle Customs paperwork for foreign workers. Hussain argues that reliance on foreign workers is inevitable: "Ten to 20 years ago, one restaurant only needed six to seven workers. Now, each branch requires about 30 to function, due to growing demand and 24-hour operations." According to one Nasi Kandar operator, easily 90% of their workforce are foreign workers.

There is a perception that Nasi Kandar is unreasonably overpriced, but to the restaurant owners, the increasing cost of raw materials of chicken, meat and fresh vegetables determines the price.

"For example, the price of fish has risen from RM12 per kilo to RM19. Expensive rent is also a challenge," says Datuk Sihabutheen Kirudum, owner of Pelita Nasi Kandar and former president of Presma. "If we compare this to the 1980s when items such as food, clothes and petrol were still affordable, there is a big difference. We cannot force the owners to standardise their prices; we can only give them recommendations."



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by the community • for the community

Founded in 1994, Presma now has 3,000 members. "While we (Presma) do not have the authority to standardise prices – which are determined by market prices, consumers' decisions or the business owner – Presma acts as a medium between the restaurant owners and the Ministry of Domestic Trade, Co-operatives and Consumerism to share information on issues related to Muslim food businesses registered under Presma," says Noorul Hassan Saul Hameed, president of the association.

There was in fact another game changer: satellite TV. In 1996 Astro was launched in Malaysia, and that changed the landscape for Nasi Kandar sellers.

"Back then we (Nasi Kandar sellers) didn't need to provide for entertainment; it was purely an eating place for people from all walks of life. It was quick and easy – whether it was breakfast, lunch or dinner, patrons just grabbed a bite and left," says Hussain. "Astro was something novel and offered many different channels at a time. People came in droves to watch live telecasts of football matches at our premises and that was when it became the lepak place and meeting point that we know today."

To keep up with fierce competition, many Nasi Kandar sellers are expected

to equip their premises with Astro, air-conditioner and, now, Wi-Fi. In a way, the social history of Nasi Kandar reflects the history of the nation. Just as nasi kandar has moved beyond "man with a kandar" to become franchises with multiple branches, its customers are no longer labourers from the streets of George Town; they are now Malaysians from all walks of life.

There will be no Nasi Kandar without the Indian Muslims, no char Koay Teow without the Chinese, no Nasi Padang without the Minangkabau.

Given Malaysia's shared immigrant identity, there is much to cherish, not disown. Diversity should be enjoyed the way our curries are – flavoured and banjir.

Tambah nasi, boss.

"Kandar" refers to both the act of carrying rice with a kandar pole on the shoulder, and the wooden pole itself. The term exists in many languages including Albanian (kandar), Ottoman Turkish (kantar), Persian (qentâr) and Arabic (qin âr).



Nasi Kandar Kampung Melayu.

Ooi Kok Hin is an INTP who lives to write and writes to live. Follow him at <https://www.facebook.com/ooikokhin>.

Nidhal Mujahid is a sociopolitical analyst at Penang Institute. He graduated from the International Islamic University of Malaysia with a degree in Political Science (Islamic Revealed Knowledge and Human Science).

Ahmad Al Farooqi Bin Haja Mohideen is an officer at the Penang State Executive Council. A graduate in Political Science from International Islamic University of Malaysia, he enjoys keeping himself occupied with reading Malaysia's political issues.



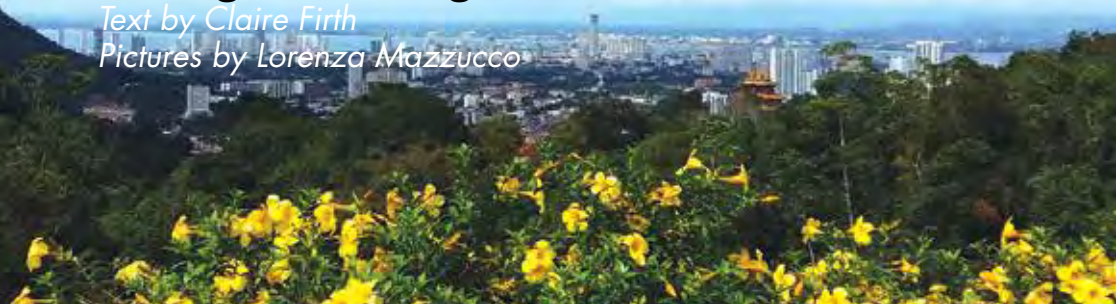
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Hiking in Penang

Text by Claire Firth

Pictures by Lorenza Mazzucco



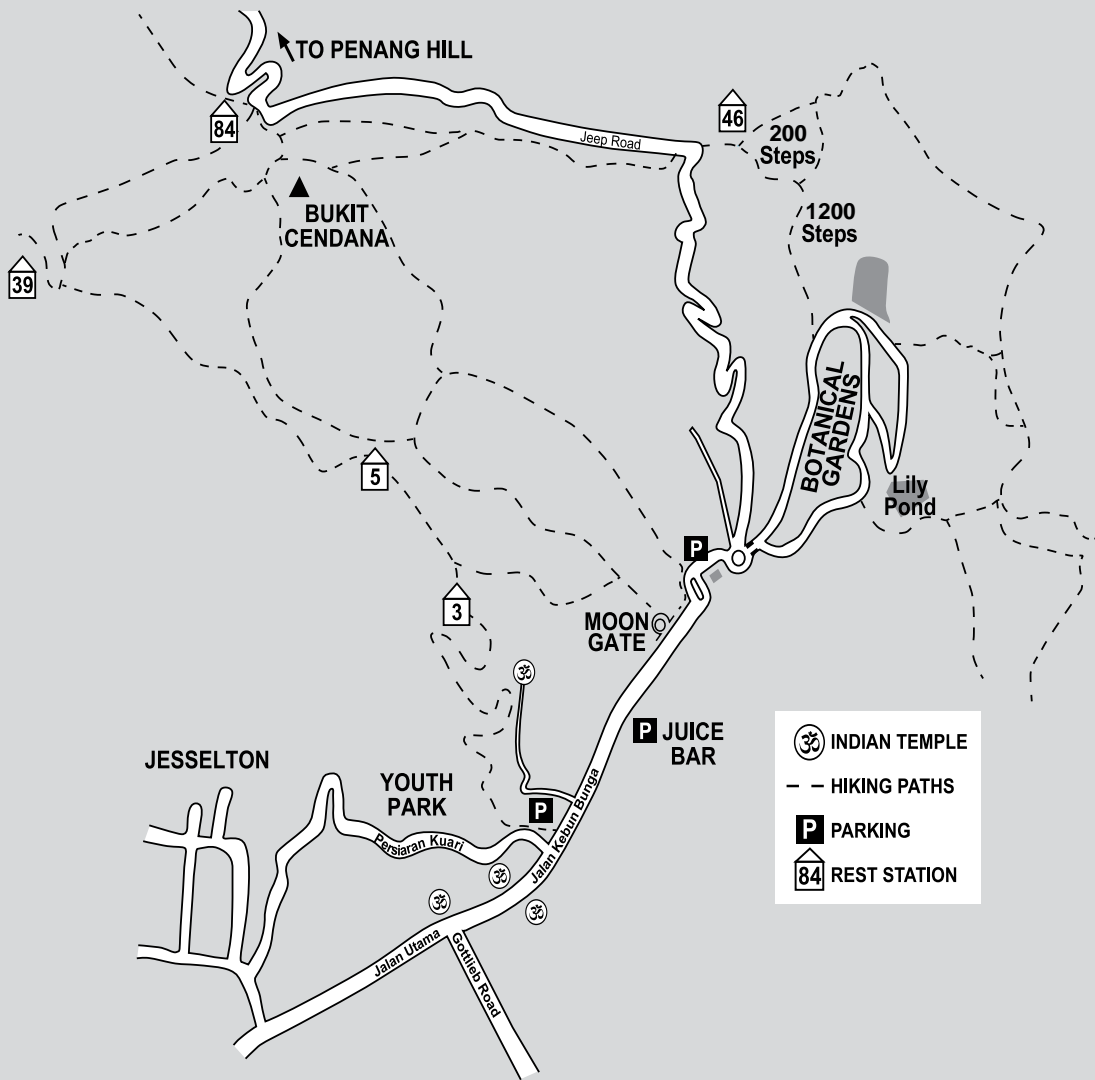
Every Monday morning a group of fun people meet up at 8.30am to hike the paths and trails of Penang Hill. We always start from the Tropical Juice Bar next to the Bee Gallery in the car park at Jalan Kebun Bunga, the road to Botanical Gardens, also known as Waterfall Road (opposite Moongate) and take different routes up and around Penang Hill, finishing back in the same place around 11.00am where we all enjoy a well-earned fresh juice.

Hiking through the jungle on Penang Hill is hot and physical with lots of steep paths which can be quite demanding. However with regular water stops and

fun conversations to keep everyone motivated it is a great way to start the week. There is something wonderful about this tropical environment, it is so beautiful, away from the busy streets, surrounded by exotic plants and animals.

If you want to combine socialising, exercise and enjoy nature then you will be made very welcome - so come along and join us. All you need is a good pair of walking shoes and plenty of water to keep you hydrated. If you would like more information please contact me (see "Hiking Groups and Information").





Orientation on paths between Youth Park and Botanical Gardens

If you are not able to join on a Monday then you can still enjoy these trails however I would advise that you hike in a group for safety and stick to the main trails to begin with.

There are many paths and you could get lost quite easily if you are not familiar with the routes so I have provided a short guide and map to help you. There are many rest stations on the hill and most are referred to by their land plot numbers. These are shown on the map and it would be a good idea to carry it with you. Most of the smaller trails fall within the circle created by the major routes so in the event you lose your way you will always find one of these well-defined paths to get you home.

POPULAR HIKES

Youth Park to Moongate via Stations number 3 & 5

This hike takes about 1 hour starting by going through the car park towards the Youth Park on Jalan Kebun Bunga turning right into the jungle just before the concrete playground / badminton court. Follow the trail through the jungle, there are a few steps and it can be steep at times however it is important to keep looking around as you will have great



views of George Town from certain points. After around 30 minutes pass through open landscape and red rocks and you will reach Station number 3.

Continue up another series of steps until you then come to a more defined path where you need to turn left, this will lead you to Station number 5. You can recognise this very popular rest station as there are some pieces of exercise equipment which are there for everyone to use (if you have any energy left).



Leaving Station 5 you go back the way you came along the main trail however when you arrive back at the steps that you came up continue straight and the steps of this path will lead you a back down through Moongate onto Jalan Kebun Bunga where you can get juice and some fruit to reward yourselves.

Moongate to the Botanical Gardens via Stations 5, 84, 46 & the Waterfall steps

This is another popular hike with well-defined trails, it takes about 2 hours.



You start the hike at Moongate on Jalan Kebun Bunga entering through the Moongate, turning immediately left and following the trail up a combination of paths and steps to Station 5. Continue straight through Station 5 until you come to the jeep road and Station 84 on your left. This section is much easier without steps and steep terrain and takes around an hour and a quarter.

Turning right you will go down the jeep road (tarmac section) for about 500m until you reach a hairpin bend where there is a small pavillion, turn left off the

jeep road at which point you re-enter the jungle and you reach the colourfully painted Station 46 on the left hand side.

Following the trail, along this route is a nice view of Tanjung Bunga before you start going downhill again.

After approximately ten minutes going down you will find a set of steps on the left going down, where another trail goes straight back leading towards some colourfully painted 200 steps back uphill to Station 46. Follow the steps down all the way to the Botanic Gardens (its 1200 of them to be exact), turn right when you hit the tarred road in the Gardens, leave the Botanical Garden and head back to the Moongate and the parking lot. You can grab refreshments and congratulate yourselves on completing a tough challenge.

These two main routes will help you learn the terrain and layout of the hills when hiking from Jalan Kebun Bunga. Once you have built up your confidence you can be more adventurous and start to explore lots of the smaller trails, most of them will lead onto these main pathways allowing you to do this in relative safety. If you follow the smaller trails between



Moongate and Station 84 on the right hand side you will not get too lost as you will be in what I like to call "the circle", the main route connecting to the jeep road. Within this circle is Bukit Cendana which has lots of small zigzagging jungle paths that are great fun to explore.

Teluk Pahang Natinal Park to Monkey Beach

One of the most popular hikes on Penang is the one to Monkey Beach in the National Park of the island. It takes about 1.5 hours one-way, has not much elevation, but a lot of roots to climb over and some ropes to help you climbing. A nice breeze from the sea is always there, as the trail follows the coast line. If you want to extend your hike, you can add on another 40 minutes to go up to the Muka Head Lighthouse. Go back the same way or order a boat before you start at the entrance of the National Park to pick you up at Monkey Beach. Can be very crowded on public holidays!

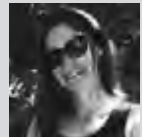


Claire Firth

One of my personal favourite walks is where I enter "the circle" from Moongate turning left and following the path about 200m until you find a green fence to the right hand side, then instead of following the main path to the left I take the smaller path to the right, leading to lots of different trails to station 5, Bukit Cendana and Station 84.

Another favourite can be found by turning right immediately as you go through Moongate, walking only around 50m on the footpath parallel to Jalan Kebun Bunga across the paved bridge over the stream until you find another entrance into the jungle, the start of the path has a black water pipe which you can follow leading you right into the jungle. Happy hiking everyone!!!

My personal favourite is "the lilypond", a circular trail starting with a 40 min steep climb from the lilypond in Botanical Gardens. Check out the description on the internet <https://www.facebook.com/notes/hiking-trails-in-penang/lily-pond-circular-walk/299670406776138> or <http://penangmonthly.com/a-trail-of-beauty-and-history/>



Louise Goss-Custard

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Planning & operation of equipment relocation, moving-in of machines & assembly work

Background :
Klose Group started with the business logistic & warehouse.

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There are several groups in Penang you can join for hiking trips. Why don't you check out:

Monday Morning Hiking

We start the hike at The Tropical Juice Bar / Bee Gallery Car Park, Jalan Kebun Bunga (opposite moongate) at 8.30am. From there we take different routes up and around Penang Hill, finishing back at the juice bar at about 11am, where we all enjoy a well-earned fresh juice.

For further information please contact Claire Firth at 017 442 04 75 or claire.firth29@gmail.com, or join our Facebook page: Monday Morning Hiking

Thursday morning walking group: Pearl Hill, Tanjung Bunga

This is a group of people who take a leisurely walk up Pearl Hill / Bukit Mutiara at around 8am on a Thursday morning, meeting place is opposite the fuel station in Tanjung Bunga hillside, on bottom of the shop row with Ingolf's Kneipe, approx GPS: 5.464902, 100.291808. We are of mixed ages & abilities so we tend to split into smaller groups.

The walk usually takes about 1 hour and we generally have a coffee and/or breakfast together at Gusto's afterwards.



You are also welcome just to join us for coffee & breakfast. Ladies, gents, dogs & baby buggies welcome! Wear suitable clothing & footwear, water and maybe a sweat towel.

Look forward to seeing you one Thursday morning! Contact Sue Woolmington via facebook.



**Sundays at 8am:
Anakhutan Penang**

Hike the hills of Penang with a friendly group of people. Free of charge. Check with organiser for details: anakhutan.pg@gmail.com

Saturday hikes on Penang Island and the mainland: check out Facebook **"Relaxed Hikers"**

Peter van der Lans offers hiking and bicycling tours: <http://www.bicycle-adventures.com/index.html>

Description and information about hiking trails can be downloaded and exchanged on this facebook page: <https://www.facebook.com/groups/HikingTrailsinPenang>



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Iron Butts

- Around the Malaysian Peninsula in under 24 Hours

The rain doesn't stop. The streets are flooded and visibility is down to a few metres on Malaysia's east coast. Monsoon! What were we thinking? Bernd, a German friend who was visiting us, and I had the idea of touring Malaysia in a different style to the way most people do. We wanted to become so-called "Iron butts" which requires you to cover over 1000 Miles in less than 24 hours on a motorbike.



To do so, we took our bikes and left Quayside at 4am on a November morning, heading out into the darkness. Six hours later, we are just south of Terengganu. Our clothes are completely soaked. Our boots are filled with water and fingers starting to get numb. At least the temperature is still around 26 degrees Celsius so we don't feel too cold. We still have more than 1000 km to cover, to complete our adventure, so we stay on our bikes and keep going.



Before the rain started, the tour was going pretty well. We topped up our fuel in Tanjong Tokong just before 4am and crossed Penang Bridge 20 minutes later, heading north on the Lebuhraya Utara-Selatan, the North-South Expressway, towards the Thai border. From there we turned back towards Gerik. Since the sun would not rise until 6:45am, we decided to cover the first 200 km on the highway. We didn't want to run into an elephant in the dark! We stopped for a short break at Hentian Titiwangsa which offers great views. A young girl approached me, asking for a picture. Can lah! We already have 400 km under our belts.

At Terengganu we reached our furthest north eastern point of the route. Still the weather holds up. Just a few rain showers. Lucky us, we are in a good mood. But then, 30 minutes later, the real rain starts and gets heavier with

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every kilometre. We reduce our speed and hope for a clear sky. But it takes two hours for the rain to stop. It feels like swimming on a motorbike, not riding one. Meanwhile we reach Masjid Bandar Ceneh Baru. The stilted highway leads through the jungle. No city around us, just trees, water holes and rolling hills. I feel small surrounded by such raw nature. Don't want to imagine having a flat tyre or a bike breakdown in this wilderness! The trees go on forever, green is the dominant color.

Finally, we leave the E8 near Gambang and get on Route 12 which is under heavy construction. Now we are passing an endless stretch of palm oil trees. The forest extends to the horizon and there are trucks full of tree trunks around us.

Meanwhile the rain has started again and when we arrive at Segamat we are soaked to the bones. Luckily for us, there



is a gas station nearby. We put on our rain suits and fill the tanks. The rain continues for some hours and is still very heavy when we arrive at Ayer Hitam, 100km north of Singapore. It is 5pm now. So far, we have only stopped to refill the tanks and have some food or drink, including some bio breaks. 1100km covered and 13 hours on the road. Although we spent all our time on the road we felt that we collected a lot of what Malaysia is about and we got to know the country better with each kilometre we covered.

I check the distance to Penang: 600 km to get back home. That's enough to get well over the magic distance of 1609 km to become an "Ironbutt". It's still raining cats and dogs, the streets are flooded as we decide to get back on the highway and home as quickly as possible. The rain stops in KL and since it is dark we can enjoy the beautiful skyline of the city which is dominated by the famous Petronas Towers.

The final stretch begins. The highway is getting a little busy but eventually we leave KL behind us. We pass the winding roads around Ipoh and, after another fuel stop on the highway, we see Penang Bridge again. We cross the bridge and it seems that Penang Island never sleeps. It is close to midnight as we head back to Quayside. The clock shows 0:20am when we arrive home again. We are a little tired but also very excited about what we experienced during this day. Next time, our trip will take longer, as we now realise that Malaysia has so much more to offer and one day is definitely not enough.

Joachim Dirks has worked at OSRAM OptoSemiconductors in Bayan Lepas since May 2016 and heads the Program Management Office for Solid State Lighting



Malaysian Road Signs

MALAY SIGNS

Are you driving a car or a motorcycle and sometimes wondering... what the heck does that mean?!

Here are some answer for you.



Caution, be careful
landslide



NO, it's not the street name!
It does mean:

ONE WAY

I was really wondering, what does that mean?

...

Anti-Corruption
commission
Pulau Pinang



This display sign is just an advertise for downloading 'PLUS Mobile APP' for latest traffic informations

Be careful
DANGER
This tree
could fall
down any
time



Climbing lane
ends in 100m
ahead



Ramp to
the right

VOCABULARY

AWAS - caution / be careful - Vorsicht / Achtung
TANAH RUNTUH - landslide - Erdrutsch / Rutschgefahr
LORONG MENDAKI - climbing lane - Kriechspur
TAMAT - ending - endet
DI HADAPAN - ahead / in front - voraus / vorne
SUSUR KE KANAN - ramp to the right - beschleunige nach rechts
JALAN SEHALA - one way - Einbahnstrasse
AWAS BAHAYA - caution / be careful dangers - Vorsicht / Achtung
Gefahr
POKOK - tree - Baum
INI - this - dieser
TUMBANG - falling down - umfallen
BILA-BILA MASA SAJA - any time - jederzeit
MUAT TURUN - download - herunterladen / download
UNTUK - for - für
MAKLUMAT - information - Information
TRAFIK - traffic - Strassenverkehr
TERKINI - up to date / latest - neueste / aktuellste
TERIMA KASIH - thank you - danke
SILA - please - bitte
DATANG LAGI - come again - komme wieder



The Frequent Flyer - Taxis



Many people are afraid of flying, assuming that Take off and Landings are the most dangerous parts of the journey. REALLY? I don't think so! For me it's clearly the taxi ride to and from the airport. I don't know how many near-death experiences I have had while commuting to my flight and, once I reach the airplane, there is only one thought in my mind: Finally Safe!

Think about it, a pilot is well trained and has to observe strict rules. For example, no alcohol before a flight (8 hours from bottle to throttle). But what about the psychopath who's driving you to the airport and who, considering his driving style, has an eminent death wish?

It seems there is a career in taxi driving for everyone: If you suffer from insomnia or if you're a disturbed loner, try out cabbie night-shift driving!

Having had bad taxi experiences all over the world, I am convinced that there is a global yet secretive association for taxi drivers (something like PADI for scuba divers) that provides them with training on how to drive badly. The curriculum could look like this:

Erratic driving - How to:

1. alternate constantly between accelerator and brake pedal
2. use both brake and accelerator at the same time
3. never drive in a straight line but constantly swerve left and right
4. change lanes often, for no good reason but just for fun and to annoy the passenger

- Courtesy: a waste of time
- Traffic signs: only recommendations at best
- How to waste fuel by racing to the next red traffic light
- Body odour: an effective weapon against rebellious passengers
- Why clean your cab when there are so many better things to do?
- Never touch any luggage, let your passenger yank it into the boot and out again
- Seat belts: the best places to hide the buckle
- Escape the boredom, call your friends on a cell phone while driving, and talk really loudly
- Mastering SMS texting while driving
- Rejuvenate by micro-sleeping behind the wheel

Of course not all taxi drivers are the same. My experiences rank from, "That was a pleasant trip," to "Thank God it's over." The problem is that I have had far too many "thank God it's over" trips. China is especially bad but I always cheer up when I have a female taxi driver. Their taxis are clean, their behaviour is friendly and they simply drive more defensively - which means better.

So I am sorry to have to break it to you guys, but (taxi) driving is just another example where women are better than men :-)

Cheers,
Yvonne's Husband



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