

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

The logo features the letters 'MGSG' in a stylized blue font with a white outline, topped with a red silhouette of a bird's head. To the right, the words 'NEWS' and 'LETTER' are stacked in a large, bold, gold-colored sans-serif font.

MGSG NEWS LETTER

April - June 2018

Penang Active
Fitness

Penang Traffic
Road Rage

Travel
Hiking in Hong Kong
Motorradtour durch Laos



Is somewhere else always the right place?

#SayYesToTheWorld



Nonstop you

Lufthansa



Dear Members and Friends,

As you can see this newsletter is coming with a new layout and font - we wanted it to appear more modern and hope you like it!

At this time of the year we are looking forward to one of our biggest events of the Society: the MaiBall on 12 May, which has become very successful over the past years. For the first time in 8 years, the tickets were sold out within two weeks. We are looking forward to another MaiBall with an elegant ambience, a reception by the sea, a superb international buffet dinner and lots of dancing in the grand ballroom of the E&O Hotel.

On 20 May, we invite all of our members to join the Annual General Meeting. This year there will be elections and we will see quite a few changes in the MGS board, as our current president Dr Achim Lauer mann will not stand for election due to personal reasons. Some of the board members will also no longer be able to continue to fulfil their duties – so if you are interested in contributing to the decision-making body of the Society, please do not only come to vote but also stand for election! Please talk to the current board members for more information.

Out of respect to our Muslim members, we will start the AGM at 6pm, dinner will only be served after fast-breaking.

Summer in the northern hemisphere is approaching and a lot of us will pack our suitcases to go on holiday or visit their home countries – safe travels to all of you and see you back in Penang in September!

Best regards

Petra Müller

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MaiBall

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Ms Petra Müller
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Malaysian-German Society

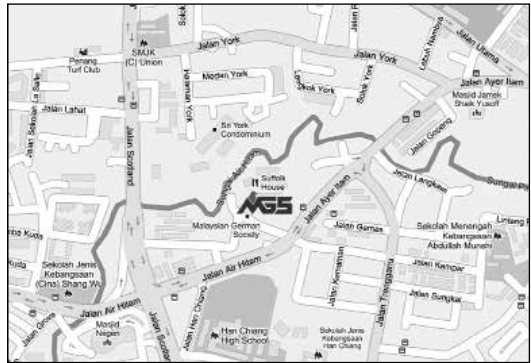
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www.mgs.org.my

Opening hours office & library:
Monday - Friday: 10:00am - 1:00pm
2:00pm - 7:00pm



MGS Newsletter

Issue Apr - June 2018

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© Lorenza Mazzucco

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- Cardiovascular Imaging Laboratory
- Child Development & Assessment
- Critical Care Unit
- Day Surgery
- Delivery Suites
- Dental Centre - Oral & Maxillofacial Surgery and Cochlear Implant Surgery
- Ear, Nose, Throat (Head & Neck Surgery and Cochlear Implant Surgery)
- ENT Laboratory - Rhinometry & Ultraspectroscopy
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- Neurology & Neurosurgery
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- Obstetrics & Gynaecology, and Fertility Centre (IVF)
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- Patient Education Unit
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- 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
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• PET-CT Scan



• CT Scan



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• Rhythmology System with Electrophysiology

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April

27
FRI **Opening of Art
Exhibition**

May

01 Labour Day
TUE

12
SAT **MaiBall**

20
SUN **AGM**

25
FRI **Movie Night**

29 Wesak Day
TUE

June

2 Nuzul Al-Quran
SAT

7
THU **Breakfast**

15 Hari Raya Aidilfitri
FRI

16 Hari Raya Aidilfitri
SAT

October

19 & 20 Oktoberfest
FRI & SAT



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Opening of Art Exhibition

The MGS proudly will open its latest art exhibition in the society's lounge on **Friday, 27 April at 7:30pm.**

We are very happy to showcase a variety of watercolour artworks by Penang's wellknown artist **Lim Jee Yuan.**

Please join us together with the artist for the opening of this special exhibition. Come along and bring a friend for some drinks, snacks and a causal get-together to enjoy the fabulous paintings in a relaxed atmosphere.

Kindly register with the office in order to help with the numbers for the food preparations: phone 04-229 68 53 or email at office@mgs.org.my.

Looking forward to seeing many of our MGS members and friends that evening.





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MaiBall Party '18

Eastern & Oriental Hotel, Saturday, 12 May

Ticket Prices

Member : Non-member:
RM225 : RM255
RM269* : RM299*
* incl. one bottle of wine

Ticket Office

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A big **THANK YOU** to all our sponsors of the 2018 MaiBall:

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MaiBall 2018 - Let's party on 12 May!

The members of your MGS Maiball Committee are delighted to let you know they have teamed up again to offer you another fantastic evening at the MaiBall 2018. So, everyone, please flock to the Eastern & Oriental Hotel's Grand Ballroom on 12 May...and let's just have a Ball!



The evening will start with a 'Champagne Reception', sponsored by The Wine Shop, then we'll open our first class dinner buffet, offer free flow beer, wine by the bottle can be bought separately, and have DJ Band rock you. Dress smart, but make sure to put on your dancing shoes to dance the night away!



Please note, we are to last year's prices. So, why not donate some cash on the evening to help the MGS to sponsor an orphan at the Ramakrishna Ashrama orphanage in Penang!

**MGCC AND GSSKL
PROUDLY PRESENT**

**Asparagus Variations
The German Way**

SPARGELZEIT 2018

Date : 7 June 2018

Time : 7 PM

**Venue : Samplings On The Fourteenth Restaurant
14th Floor, East Wing
Berjaya Times Square**



For more information
please contact events@gsskl.com.my
or saibiana.bing-el-falher@malaysia.ahk.de.



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of Commerce and Industry
Deutsch-Malaysische
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We need YOU!

Dear Members,

We have our alternate **Annual General Meeting** coming up,
at the **MGS premises, top floor**
on **20 May 2018 at 6pm**

Alternate AGM means that all current Board Members are retiring and that **YOU** are responsible to **elect the new Board of Management**. In line with that **YOU** are allowed to nominate your chosen candidates and to elect those current board members who offer to be re-elected.

Please block the date in your diary and show up. It is very important that **YOU ALL** flock to this AGM, as we require a minimum of 22 members to be present, which is twice the number of Board Members, to constitute a quorum.

Take your responsibility as member of the MGS, and personally elect the new Board of Management.

After the meeting and group photo taken, you are welcomed to join us for a buffet dinner.

N. B.
As current President, I do not offer my self for re-election.

Achim Lauermann





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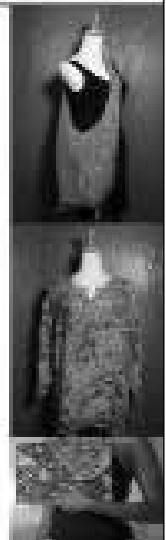
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Romantic Comedy, Germany 2011, FSK 12, 94 min
German with English subtitles



On Friday, 25 May 2018

Mingle & chat 8:00pm

Start movie 8:30pm

Director Matthias Schweighöfer

Actors Matthias Schweighöfer,
 Sibel Kekilli, Elyas
 M'Barek, Mavie Hörbiger

Plot

30-year-old Alex discovers that his girlfriend Carolin has an affair with their neighbour, photographer Jens, and is forced to move out of their shared flat. He moves in with his friend, animal welfare activist Nele who has a long-distance relationship with her French boyfriend Etienne who lives in China. Alex tries to find out why his relationship with Carolin failed and what actually constitutes a man. Meanwhile he and Nele who were in love with each other since primary school fall in love again.



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Die Botschaft der Bundesrepublik Deutschland lädt ein zum:

Kabarett Fettnäppchen: „Lieber ‘n Mann als gar keinen Ärger“

Gibt es sie noch, die klassische Rollenverteilung angesichts der aktuellen Gleichstellungsdebatte? Für den ehemaligen Außendienstler Werner Schulze kein Problem. Das bisschen Arbeit macht sich von allein, ist seine Devise. Und so bewirbt er sich kurzerhand als Sekretärin in einem Einrichtungshaus. Weil allerdings Blumen gießen, Staub wischen und Kaffee kochen so gar keine Arbeiten nach dem Geschmack eines Mannes sind, organisiert er kurzerhand um. Aber es ist auf der Bühne eben wie im richtigen Leben, wenn Männer sich den Kopf zerbrechen, gibt es meistens Kleinholz.

Ein satirischer Beitrag des Kabarett „Fettnäppchen“ aus Gera zur aktuellen Genderphilosophie die weder vor dem Text der Nationalhymne noch vor der Kabarettbühne halt macht. Mit Eva-Maria Fastenau und Michael Seeboth präsentieren sich Ihnen zwei gestandene Kabarettisten, die mit viel Witz und schauspielerischem Talent ihre ganz eigene Sicht darbieten.

Dienstag, 29.5.2018

18 Uhr – Einlass 17:30 Uhr

Eastern & Oriental Hotel Penang

Anmeldung: info@bmcmed.com.my

Der Abend wird organisiert vom deutschen Honorarkonsul Dato' Hans Brenner.

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

Thursday, 7 June



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German translators wanted - Übersetzer zur Begleitung von Tagesausflügen gesucht

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Für die Tagesausflüge des Kreuzfahrtschiffes „Mein Schiff“ von TUI werden für die Monate von **Dezember 2018 bis Mitte März 2019** ca. 20 deutschsprechende Übersetzer für Ausflüge in Langkawi und Penang gesucht.

Neben dem lokalen Reiseführer wünscht der Veranstalter eine Person, die den jeweiligen Ausflug begleitet und Erklärungen des Führers ins Deutsche übersetzen kann.

„Mein Schiff“ wird alle 14 Tage für jeweils einen Tag nach **Langkawi** (meist montags) und **Penang** (sonntags) kommen und es werden verschiedenste Ausflüge (Dauer von 2 ½ - 5 ½ Stunden) angeboten, z. B. Stadtrundgänge/Trishaw Touren durch Georgetown, Busfahrten zu vielen Sehenswürdigkeiten der jeweiligen Inseln, eine Bootsfahrt durch die Mangroven auf Langkawi und Seilbahnfahrten auf den Penang Hill bzw. zur Sky Bridge des Mount Machinchang.

Interessenten können einen Zeit- und Tourenplan im MGS office erhalten.
Bewerbungen bitte per E-mail an:
Mr MC Tham, Tel. 04-8927378, tham@cruise-asia.com





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We are looking for one (1) potentially two (2) Field Consultants that would be able to help our Penang team out with orientations, home searches and settling-in services, etc.

Below would be a general description of responsibilities for a Field Consultant.

Field Consultant I Job Role & Responsibilities:

Orientation / City Tour:

- Provide a guided tour in own transportation showing living conditions, residential areas, schooling, goods and services, recreation, and recreational facilities, drive-by to medical facilities, etc.

Home Search:

- Coordinate personalized overview of housing area and orientation.
- Coordinate residential area familiarization.
- Accompanied viewing with assignee and housing agent of pre-screened properties using own transportation.
- Facilitation of the lease process – information and advice on price, terms, negotiations, deposits.
- Facilitate connection or transfer of utilities (electric, water, gas), telephone line/s, and broadband connections (if applicable).

Settling-in:

- Facilitate driver's license, bank account, EPF and Tax Registration, etc.).
- Facilitate school appointments, including visit to schools, information gathering, and registration.
- Arrange for accompanied shopping fundamentals “lesson” (grocery, appliances, furniture, and etc.).
- Coordinate tour of medical / dental facilities options, and usage of facilities.
- Facilitate networking into international community (clubs, organizations, etc.).
- Accompanied tour to government and misc. offices such as post offices, police stations, utilities offices, mobile phone registration, etc.
- Provide information relative to recreation and leisure options; and coordinate accompanied tour of facilities when appropriate.
- Introduce or recommend maid service information including but not limited to companies who provide the service, their contact numbers and regulations related to hire a maid (if requested).
- Familiarization on driving conditions, traffic regulations, public transportation.
- To provide above services using own transport during the entire settling-in services.

If you are interested, please contact **Julie Phinn**, our **Penang Branch Manager**.
Mobile: [+60 19 474 1260](tel:+60194741260) email: julie.phinn@santaferelo.com

Liebe Lesefreunde!

Wir von der Bücherei laden euch recht herzlich ein, bei uns mal vorbei zu kommen und das Angebot zu nutzen!

Wir haben neue Hörbücher, DVDs und Bücher für euch bestellt.

Beispielsweise empfehlen wir folgende Hörbücher:



Der Witzigste Vorleseabend der Welt
gelesen von Jürgen von der Lippe



Das Paket von Sebastian Fitzek - ein Psychothriller



Wilde Schafsjagd von Haruki Murakami

Wir glauben es ist wieder für jeden Geschmack etwas dabei.

Viel Spaß beim Schmökern und Zuhören wünschen euch

Carmen und Cordi



WELCOME TO OUR NEW MEMBERS

SINGLE MEMBERS

Teo Li Ching
Seraphina Anderson
Jin Xin

COUPLE MEMBERS

Tan Siew Pheng & Chay Li Choon
Jayanthi D/O Palpanaban &
Gunaselan S/O Letchemenan
Christine Mary Jalleh &
Raphael Teo Siong
Anushia Kandasamy & Daniel Rosien



Benefits of your membership

- Free use of our extensive German library (not only books, but also audio books and DVDs)
- Free internet access for our students and regular members at the MGS library
- 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. RM5

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.

Members' Portrait



Rajendra Prasaat, called Raj is a 24 year old student of the MGS, who started to learn German because he loves German cars. As the timetable of classes offered did not comply with his working schedule, he even quit his work at the local VW dealer for it. While working in a bar in Chulia Street, he practises his German with the guests. Besides that, he speaks English, Bahasa, Tamil, Hokkien and a little bit of Russian.

“I stopped working for the Volkswagen dealer to learn German”

If it was not Penang, where would you choose to live?

Maybe Langkawi.

What's your connection to the MGS?

I started to study German at MGS in January 2017

Have you ever lived in another country?

No, I was born and raised here in Penang

Do you think Penang is a special place and why?

Yes, because everything is just around the corner and it is a very multicultural place

What is your favourite place on this island?

Chulia Street

What's your favourite food?

I like many different types of food, but my favourites are cheese, pasta and burgers. My favourite local food is Char Koay Teow.

What keeps you busy?

Besides working in Junk Café, which is a bar in Chulia Street, I like fixing my motorbike (it is a normal moped, but you will recognise me as it has a German flag on it) and reading books.

What's your favourite trip / travel destination?

Langkawi.

What's on your bucket list

I really want to travel the world some day.

Which advice would you like to give to someone new to Penang?

Try the different types of food – explore all the interesting and unique flavours Penang has to offer!

Talking with **Karl Ebinger** about Penang is like listening to a love story – even if his way to the island was not a typical one. While visiting Phuket, he asked himself, why his hotel was not at one of the wonderful beaches there. It took another two years until Karl and his family landed on Phuket Island to start a hotel project there. But Thailand was not the right place to start a business for him.

“As a foreigner you are welcome to spend money but not take their ‘rice bowl’”, he explains. Through visa trips Karl learned more about Penang and decided then to settle here and try their luck. “That was more the 27 years ago and I never regretted this step”, he says.

Do you think Penang is a special place and why?

Definitely, where else can you meet so many different cultures and religions who live peacefully together?

What is your favourite place on this island?

I hope that doesn't sound arrogant, but my favourite place is my home at Sea Range Tower overlooking the bay of Tanjung Bunga, Pearl Hill and the main land.

Do you have a favourite food here?

Most of the local food is fantastic. My favourites are Char Koay Teow and Nasi Kandar.



“27 years in Penang and still in love with the island”

If it was not Penang, where would you choose to live?

Maybe I would choose Kota Kinabalu – it is more relaxed, the sea food is great, the waters clear and you can hardly find any motorbikes.

What's your connection to the MGS?

A long time membership and being president of the society for almost eight years.

What keeps you busy?

Designing kitchens and tables.

What's on your bucket list?

In my age the bucket is already pretty full, but maybe another four-wheel drive to Laos and Cambodia or sailing the Gulf of Thailand to Cambodia would be great.

Do you have a favourite travel destination?

Yes, actually I have two: Sabah because for the nature and Koh Samui for great fine dining.

Which advice would you like to give to someone new to Penang?

Relax and enjoy – this is not Germany and will hopefully never be. Adopt to the local culture and habits. Leave the “German teacher” in you in Germany.

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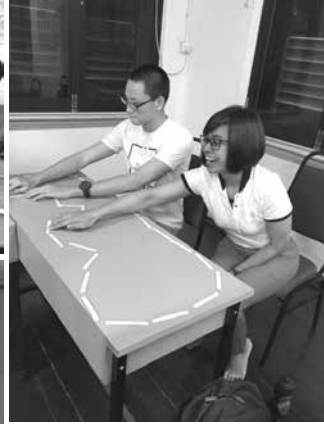
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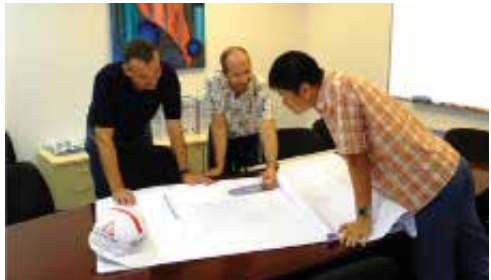
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Japanese Tea Ceremony

by Clement Liang

The Japanese tea ceremony or Sado, an intricate ritual of making green tea with the emphasis on proper etiquette, is a symbol of oriental aesthetics and self-restraint. It has been practised in Japan for centuries and to experience a similar tea ceremony in Penang, in an authentic Japanese setting, is incredible.



On 27 January 2018, some members of the Malaysian-German Society were lucky and went through a truly traditional Japanese tea ceremony, performed by a veteran tea master, Madam Soyo Sumiishi. Assisted by ladies from the Penang Japanese Association who are versatile in the art of tea ceremony, they helped to prepare and explain the symbolism of each sequence of the tea preparation, where only the best grade Matcha or green tea powder from the Uji region of Japan is used. A surprise appearance by the honourable Japanese Consul General of Penang, Mr Itoi and his wife, enabled us to understand the ritual further and they exemplified the hospitality and good-manners unique to Japanese culture.

Sitting on tatami floor mats, brought all the way from Japan, the participants enjoyed the atmosphere of the tea room with minimal decoration and a centrally-placed hot water urn. The setting was an expression of simplicity and calmness. Everyone took turns to be served the green tea in elegant tea bowls, with traditional Wagashi sweets served alongside, and learned to greet the host in Japanese. Later, some members tried their hand at mixing the tea powder in the tea bowls, under the watchful eyes of the tea master.

This refined cultural event has definitely brought the two neighbouring associations closer in friendship.



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On Saturday, 24. March, the MGS celebrated its Open Day, welcoming many guests on their premises. Delicious homemade cakes, tasty sausages with sauerkraut and pretzels with a Bavarian cheese delicacy were offered and people enjoyed to mingle and make new friends. There was a craft table for the children and they were happily playing ball games on our spacious lawn. A lot of the local guests came for the talks about studying in Germany. We offered 6 interesting and informative talks from different organisations about exchange programs, Dual Degree Programs, Dual Vocational Training, What you need to know about studying in Germany and our own German



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Strength Training

by Christoph Fischer

When speaking about weight or strength training, many people have images in their mind of huge body builders with unnaturally bulky muscles and unhealthily low body fat. But this type of training offers many benefits to ordinary people, too. Besides strengthening the muscles, joints and tendons to be able to lift higher weights, it keeps bones strong and healthy, strengthens the immune system, boosts metabolism and fat loss and improves posture and mental health into old age. Especially for people with sedentary lifestyles, it's a great way to counteract damage from sitting in an office chair all day long as, for example, it alleviates back pain and bad posture and boosts your mental and physical energy – life feels easier when you're strong! But before you start slinging weights in the gym, I'd like to guide you through the most important aspects of strength training.

Success in strength training is based on three pillars: Exercise, Nutrition and Regeneration

All three of them are equally important for the success of a training regime. If one of the three is out of balance you might end up spinning your wheels for months on end, with no real progress, and get frustrated when you don't see the results you were hoping for. In the following paragraphs, I'd like to give some insight on why each of these pillars is important and how you can make the most of them.

Exercise

Obviously without exercise there are no gains in strength. But it's also important to make smart choices about the exercises themselves. Pick an effective program. I highly recommend following a real program because if you just go by how you feel that day or repeat the movements you like the most, you won't make good progress. Your body is very bad at telling you how strong you really are and most people will

underestimate their abilities, thus lifting lighter than they would when following a real program. There are many programs available on the internet, tailored towards beginners, designed by successful strength coaches and proven to be effective on thousands of people.

A good program should:

- Make you use free weight exercises (with barbells and dumbbells) and no machines. Machines isolate certain muscles and the amount you can lift on machines doesn't really translate to any real world movement, as they guide you through the movements and don't train the smaller muscles necessary for balancing and stabilizing weight. Machines only move in 2 dimensions, whereas free weights move in 3 dimensions. If your gym doesn't have barbells, search for another one, otherwise you can't really do strength training.
- Mainly consist of basic compound movements such as Squat and Deadlift for lower body, Bench Press and Shoulder Press for upper body, Pull-ups, Chin-ups and Rows for your

back. Compound movement works many muscle groups at the same time. E.g. the Deadlift works almost 80% of all muscles in your body! These movements are the real strength and muscle builders and the most effective way to train – you should therefore give them the highest priority.

- Include supplementary exercises like Triceps Pulldowns, Biceps Curls and Lat Raises for the arms, Hanging Leg Raises, Planks and Crunches for the core. These exercises supplement your compound movements and help to exhaust the smaller muscle groups, which might not have been fully worked in the compound movements. If you have time constraints, these exercises are the first to drop. Concentrate on compound movements.
- Outline specific weights, sets and repetitions you have to do on a specific training day, which give you a guideline on how to overload progressively, in order to let your body respond, by building muscles and increasing strength. (For example, start with the barbell in week 1 and perform 3 sets with 5 repetitions. Add 5 kg each week to lower body movements, and 2.5 kg to upper body movements)

There are 2-day, 3-day, 4-day, 5-day and 6-day per week training programs available, so there's at least one for everyone. 2-day and 3-day programs are typically full body programs, meaning you train upper and lower body on the same day. Above 4 days the programs split the body into different parts and train each part on a different day, due to the higher frequency; this allows for better recovery between the



training days. For beginners, a 3-day-per-week program is recommended, but ultimately the choice is with you.

I wouldn't go below 3 days per week as the effectiveness of the training would be compromised and the results would be minimal. One training unit shouldn't take you longer than 45-60 minutes in the beginning anyway, so it should be possible to perform it 3 times a week.

I'd recommend Jim Wendler's 5/3/1 program for beginners but there are many others to choose from. As long as they follow the basic rules outlined above, they are probably good programs that you should be able to make progress with.

Nutrition

If you want to gain muscles, nutrition is key. If you do strength training, your body needs fuel. Fuel to build muscles and to regenerate. So if you want to gain muscles you need to eat above your so called "Total Daily Energy Expenditure" (TDEE) which means the amount of calories your body burns per day. Only people with higher body fat (> 20 % for men, > 30 % for women) are able to gain muscles even in a caloric deficit but in any case you should be aware of your protein intake. Weightlifters require a higher amount of proteins than the general population, estimations in contemporary science literature go from 1.5 – 2 g per kilo bodyweight per day. This means an 80 kg lifter needs on the lower end at least 120 g protein per day, in order to enable the body to repair and build muscles. It's not necessary to buy supplements for weight lifting, although protein shakes might help you to reach your daily protein goal more easily. Other effective supplements are caffeine and creatine, both are

scientifically proven to increase energy levels for performance in the gym.

Recovery

As strength training puts a huge stress on your body, it is absolutely vital to have adequate recovery. The body builds muscles when you sleep, therefore having enough sleep is important for success in the long run. Furthermore there should be enough time between two training days in order to let the muscles recover before you hit the gym again. It's not necessary to do nothing on rest days, you can also resort to active recovery by going for a run, swimming, or similar exercises not focused on weight training.

Other crucial factors are:

Pick a proper gym

Recently gyms have sprung up like mushrooms all over the world, and every major city has at least a few gyms you can choose from. But not all of them are well-equipped for strength training. Thus before you join a gym, check if it has a reasonably large free weight area with at least one squat rack, barbells and dumbbells of different sizes and weights. Prowlers and ropes for conditioning are a plus, but not a must.

Evaluate your goals

The benefits of strength training are as manifold as are the goals for each individual and how they should each use strength training as a tool to reach those. Hence first, before you jump into the gym and lift weights up and down, ask yourself what is it really you want to get out of strength training. Most people's goals are losing weight, to increase muscle mass or become strong. Pick a goal and, if you have more than one, prioritize one over the other and stick to

it for a few months. For example if you want to lose weight, first adjust your nutrition accordingly but accept that in this period your strength gains might plateau. After having cut down to a good enough bodyweight, you can then start to gain muscles again and prioritize getting stronger – while accepting that with muscle gain there almost always comes gaining a little fat as well...Stick to your goals for at least 3 months, then adjust your training to your new goal accordingly.

Technique over weight

Everyone starts weak and nobody judges you if you have not much weight on the bar. So don't start by lifting more weight than your body can handle yet – prioritize learning the correct technique and slowly increase weight on the bar without sacrificing form. There are many resources online which allow you to

learn every movement, you can even film yourself lifting and send it to online forums, where experienced lifters give you tips on how to improve your technique. If you are still feeling unsure, you can hire a personal trainer experienced in weightlifting, to guide you through the movements.

I hope this article will inspire you to start with strength training and that I meet some of you in the gym, starting your journey to a stronger and healthier life!

My name is **Christoph Fischer**, I'm 34 years old and came to Penang 1.5 years ago, with my wife Niloo, in order to work with Osram. I have been doing strength training, specifically powerlifting, for 5 years. When I'm not in the gym I love to travel and enjoy Penang's delicious food.



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Fit Ball

is an exercise ball (diameter of 35 – 85 cm) based training class to strengthen and build up the core muscles of your body, such as the abdominals, back, buttocks & thighs. The workout will result in a stronger core, improved posture and better body alignment.

Pilates

is similar to yoga but emphasizes your body's core — the abdomen, obliques, lower back, inner and outer thigh, butt, etc. Exercisers will develop strength, flexibility, muscular endurance, coordination, balance and good posture.



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Yoga

is a mind and body practice with historical origins in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

Zumba and SH'Bam

Both classes offer a high cardio based workout inspired on high energetic dance movements. They differ in the type of music used, as Zumba gets Latin music (salsa, mambo, merengue, ...) involved, while SH'Bam uses club, hip hop and chart topping hits.

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Window into History: Women Against the Flow

by Nicole Phung Weng Kay



Chinese women working in a tin mine

Chinese women in Penang – be they Straits-born or newly immigrated – fought for equality during an era dominated by men. Women in colonial Malaya lived under unquestionable patriarchy – inequality was prevalent, and very few women were fortunate enough to make a difference in society, let alone the world.

To make ends meet, most worked in tin mines, rubber estates, oil palm plantations, and as domestic helpers, prostitutes or dancers at nightclubs.¹ Gender roles limited these women to the household; society made it clear that there was no place for women in fields dominated by men, such as business, education and politics.

Advocating Education

Colonial-era Penang was home to many a brilliant, entrepreneurial woman. Chen Xiu Yi, a Hokkien born in Bukit Mertajam, for example, had married Zhang Ren Yuan in the late 1910s. Zhang had migrated from China to Deli then to Bukit Mertajam where he started a planting business.² Chen assisted her husband in this endeavour and made a huge fortune. With the wealth, she donated heavily to the construction of Methodist churches and schools in Penang. In 1937, for instance, she contributed \$2,000 to the erection of the Chinese Methodist Church at Madras Lane.³



Tan Say Seang



Ong Dong Shu

Some women worked strongly for the education of girls. Women like Tan Say Seang single-handedly founded the Penang Girls' School in 1913.⁴ She used part of her residence situated at Penang Road as classrooms⁵ and gave all her students (about 100 of them) full tuition waivers. Tan was the wife of a rich towkay, Lim Leng Cheak, who was involved in various businesses such as shipping, trading, farming, milling and planting.⁶

Lei Jin Lan was another who contributed towards education in the 1900s-1930s. She was celebrated for her speeches in schools and communities in Penang.⁷ Lei preached gender equality and for women to become financially independent, dedicating her time as a teacher in Mu Zhen Girls' School at Jelutong. This dedication wore her out, causing her death.

Ong Dong Shu was the first principal of Phor Tay School High School. A native of Fujian Province, Ong was a pioneering female figure in Buddhism in Penang; she had taught in Makassar (Indonesia) and Yangon (Myanmar) – where she was active in the Chinese Buddhism Association under Master Ci Hang – before coming to Penang prior to the Second World War. She taught Chinese at the Fukien Girls' School (now Penang Chinese Girls' High School). She also set up a school providing free education

to children deprived of education under Phor Tay School. With the help of philanthropist Aw Boon Haw, Phor Tay was rebuilt after the war with Ong as the first principal. She stepped down only in 1958 for health reasons.⁸

War-time Patriots

During the Second Sino-Japanese War (1937- 1945); Chinese women in Malaya also played a prominent role. There were 18 women's associations on the peninsula which were active in fundraising for the war, with at least four located in Penang. Realising that some women weren't politically conscious because they could not read, the Penang Women Mutual Aid Association arranged classes for illiterate female labourers to teach them about current issues and the importance of defending one's motherland.⁹

Popular ways of fundraising included selling handmade paper flowers, and organising musicals and funfairs in schools. Since the flowers were made for fundraising, they were pricey: a Grade A flower would cost 15 Yuan. Students from Chinese girls' schools sold flowers to the public, but risked being seen as "wild" and leaving a bad impression while doing so.¹⁰ This did not stop them.



Tan Say Seang and family

The Dancers' Association had three aims: their members raised funds for the war, advocated and accelerated women's emancipation, and improved the welfare of dancers. They sold flowers and organised musicals, raising 5,000-6,000 Straits dollars. Many of them even gave up portions – if not all – of their wages to the war. Sadly, these dancers could never free themselves from ostracism because no matter how much they contributed, in the eyes of society, they would always be inferior because of their “lowly” jobs; their heroism and selflessness were generally left unknown.¹¹



Nancy Yeap (seated third from the right) together with members of the municipal council

The Fight for Equality

Women were often negatively portrayed in the mass media. Take the Penang Sin Poe, Penang's oldest Chinese newspaper, as example: whenever women were mentioned, it usually involved quarrels in brothels, murders or the occasional case of a mistress running away with someone's husband.¹² In Chinese biographical dictionaries like the Nanyang Mingren Jizhuan, which list influential personalities, only 0.82% are found to be female. Women fought hard to have their voices heard; in the 1920s those who openly challenged society's perception of women were intellectuals like Lim Boon Keng and Song Ong Siang.¹³

One woman stood out: Nancy Yeap, granddaughter of millionaire banker Yeap Chor Ee. With a law degree from University College, London, she became the second woman lawyer in Penang¹⁴, eventually venturing into politics. Nancy was elected municipal councillor in Penang, representing the Radical Party in the Kelawei Ward, and she sat on the council from 1951 to 1954.¹⁵ She was only 25 when elected, young and ambitious. (Note that in 1951 there were two women candidates running for municipal councillor).

Nancy urged women to not vote according to their husbands' wishes, even appealing to them to “come forward, exercise this right (suffrage) and show your appreciation of it”.¹⁶ Her strong will made her a pioneer and a role model. She could have chosen to live off her family's riches but instead she became a social justice warrior and fought for the greater good.

All these women made a deep impact on their times and on their societies.

¹ Fan Ruo Lan, *Immigration, Gender and Overseas Chinese Society: Studies on the Chinese Women in Malaya (1929-1941)*, 2005, p.91, 174.

² Nanyang Minren Jizhuan, volume 4, p.223.

³ *Ibid.*, p. 223.

⁴ *Ibid.*, volume 5, p.340; Teoh Shiaw Kuan, “Binglang Yu Zao Qi Zhi Hua Wen Nu Xue” in *Binglang Yu Jiu Wen (Malaixiya Jiaying Shu Hui Lian He Hui Cong Shu)*

⁵ The school was closed in 1915. *Ibid* p.266.

⁶ Wu Xiao An, “Lim Leng Cheak”, in *Biographical dictionary of mercantile personalities of Penang*, ed. Loh Wei Leng et al. (Penang.: Think City ; Kuala Lumpur: MBRS, 2013), p.120.

⁷ *Ibid.*, volume 4, p. 13.

⁸ Phor Tay High School official website.

⁹ Fan Ruo Lan, *Immigration, Gender and Overseas Chinese Society: Studies on the Chinese Women in Malaya (1929-1941)*, p. 277.

¹⁰ *Ibid.*, p. 313.

¹¹ *Ibid.*, p. 279.

¹² Penang Sin Poe, 11th of August 1900.

¹³ Fan Ruo Lan, *Immigration, Gender and Overseas Chinese Society: Studies on the Chinese Women in Malaya (1929-1941)*, pp. 258-259.

¹⁴ The Singapore Free Press, 8th September 1951, p. 5.

¹⁵ The Singapore Times, 3rd June 1955, p. 4.

¹⁶ *Ibid.*, p. 5.

Nicole Phung Weng Kay is a proud feminist and was an intern in the History and Heritage Studies Department, Penang Institute.

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Due to increasing market demand in the semiconductor industry, Faeth Asia Pacific Sdn. Bhd. have expanded their production area to the next building and increased the workforce, so as to enhance their production capacity.

On 1st February 2018, Faeth Asia Pacific Sdn. Bhd. held its Grand Opening Ceremony to mark the official opening of its newly renovated and extended factory. The ceremony was attended by a lot of guests and suppliers, including Jens Brinckmann from the German Embassy, Professor Dr. Bürkert from the Bürkert Family, Michael Fäth, as well as representatives of MIDA, Kastam and PSDC.

The ceremony began with Chinese Cultural Dances – a Dragon Dance and a Lion Dance – to welcome the guests on their arrival. Next, Faeth was honoured to invite Managing Director Andy Dost, Professor Dr. Bürkert and Jens Brinckmann to address the crowd and share their thoughts on stage.

After the speech-giving session, the guests were invited to enjoy the laser show inside the Faeth factory. The laser show made a great finale.

Thereafter, the guests were invited to tour the factory. The factory tour was led by Ino Quass, Deputy Managing Director of Faeth Asia Pacific Sdn. Bhd. He explained and demonstrated to the guests, the factory facilities, company products, and the production process.

Lastly, the visitors were served with unique culinary stations, featuring the Asian cuisine. The guests were given delicious Asian food while networking with each other, before leaving.





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BBS Automation Penang Sdn. Bhd.

On 11 January 2018, BBS Automation Penang Sdn. Bhd. celebrated the 30th anniversary of the company's founding, in the presence of Penang Deputy Chief Minister Datuk Mohd Rashid Hasnon.



From left: Dato' LL Loo, CEO of Invest Penang, Mr. KC Loh, former founder of Excel Precision Mr. Andreas Förster, General Manager of BBS Automation, YB Dato' Haji Mohd Rashid Bin Hasnon, Penang Deputy Chief Minister, Mr. Josef Wildgruber, CEO and shareholder of BBS

From the original 3 employees in 1988, who started to build small machines in 3,000 sq ft of space, the company has evolved through several stages of development, allowing the micro-enterprise to become a flourishing industrial organisation. BBS in Penang now currently employs about 100 people, and approximately 42,000 sq ft of space is available for the manufacturing of machinery and equipment.

The location in Penang Science Park, Bukit Minyak, Penang, Malaysia, is ideal for the company and offers many advantages, as this region provides almost ideal conditions in terms of infrastructure and business environment. The nearby seaport on the Strait of Malacca and Penang International Airport provide the logistical connection to supply customers in the entire economic area of Southeast Asia.

The Penang region has become one of the most important economic regions in Malaysia and offers great advantages against other locations, both in Malaysia and generally in the Southeast Asian region. Additionally, through a highly competent education system, many inhabitants of the region speak several languages, which is of great importance in a multinational company.

BBS Automation Penang Sdn. Bhd. is part of the international BBS Automation group. Around 600 employees currently work in the group's 6 locations, all of them professionals in their respective fields. The company is headquartered in Garching near Munich, Germany. In addition, BBS operates another German production site in Blaichach in the Allgäu region. The United States BBS plant is located near Chicago in Bartlett, and in China the company operates 2 manufacturing facilities, in Suzhou and Tianjin. BBS Automation is the global partner for worldwide projects in the field of assembly and testing technology, primarily in the industrial sectors which include automotive, optical industry, aviation, medical technology, consumer goods, electronics and energy. This broad orientation in terms of the technological origins of the company's customers, combined with the global distribution of locations in the world's key market regions, provides relative stability against cyclical fluctuations in individual industries.



From Left : Mr. Gaven Teo, Country Manager of Rockwell Automation, Mr. Daniel Bernbeck and Mr. Nachiappan, our Electrical Engineering Assistant Manager

BBS Automation Penang specialises in the production and supply of fully and partially automated production equipment for customers in the above sectors. In addition, the company also builds and delivers manual process stations in larger quantities. As part of the BBS Group, it frequently happens that machines and equipment built for a particular customer are rebuilt in nearly identical form at BBS Automation in Penang. These so-called build-to-print projects often provide excellent opportunities to demonstrate the technical know-how and expertise of the assembly teams. Similarly, projects in the field of helium leak detection, a highly specialised testing technology, is becoming increasingly important and represents an absolutely unique feature of the performance range of BBS Automation in Penang.

BBS machines are exceptional high-tech products, consistently networked and compatible for smooth and complete integration into modern industry 4.0 environments. While digitization was introduced at BBS Automation in Penang at an early stage, today it is an essential component of the entire value creation cycle. Machines from BBS can communicate via secure cloud computing. This communication takes place on many levels, including multiple machine interaction, but also with the manufactured products, the operating companies, the technical peripherals and the service teams, which ensure that failures are reduced to a minimum. In times of Big Data, the Internet of Things and Cyber Physical Systems, this is essential and indispensable. Modern machines are able to detect the failure of their own components so early in advance, that replacements can be procured, and the component is simply exchanged as part of standard maintenance.



From left: Mr. KC Loh, former founder of Excel Precision, Mr. Pierre Kardasz, OEM Sales Manager of Rockwell Automation, Dato' LL Loo, CEO of Invest Penang, Mr. Daniel Bernbeck, Executive Director of Malaysian-German Chamber of Commerce and Industry, YB Dato' Haji Mohd Rashid Bin Hasnon, Penang Deputy Chief Minister, Mr. Josef Wildgruber, CEO and shareholder of BBS, Mr. Andreas Förster, General Manager of BBS Automation, Mr. KW Lai, Branch Manager of Siemens



Mr. WJ So, OEM Sales Lead of Rockwell Automation

BBS Automation Penang is growing; both in terms of production and administration space and in terms of the number of employees. In order to ensure its long-term supply of highly-skilled employees, BBS in Penang participates in the dual training system of the PSDC. It has also proven advantageous that BBS is in constant contact with various

universities; which provide a steady recruitment source from their graduates. Networking with the other BBS locations and the headquarters in Germany ensures a smooth transfer of know-how and technology. BBS in Penang has proudly achieved that approximately 90% of its own employees have completed vocational training, are technicians, or even carry engineering degrees. And BBS in Penang is always searching for skilled and enthusiastic personnel in all relevant fields of automation technology.



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Penang Traffic – how opinions differ!

Penang traffic is horrible -
I would never drive here

Sigi

When my children started to drive in Penang I was more relaxed than if it would have been in Germany. Speed is slower and everyone really pays attention. If they make a mistake as a beginner it will not be as dangerous as it would be in German traffic.

Petra

When I go back to my home country, Australia, I really have to concentrate on obeying to the rules while driving, as penalties are harsh! You get so carefree driving here.

Sonia

Malaysian drivers are rather selfish. They seldom give way for other drivers at junctions, for example, there is an attitude of everyone for himself! But on the other hand, within the town, they drive quite slowly which helps! On the highways, however, is another matter. Be very careful indeed before pulling out to overtake - watch your rear view mirrors constantly!

Charlotte

As many more Penangites who used to ride motorbikes, can afford to own a car, the roads on this little island are more and more jammed. Penang is also an attractive tourist destination, which leads to traffic jams on weekends and public holidays. As no new roads are being built, the streets get more and more congested. I don't enjoy driving here anymore and as a result, I've switched from a BMW to a Vespa scooter and also go by UBER and Grab now.

Roland

As long as I drive by myself I can handle the traffic, but when I'm in the passenger seat, I regularly almost have a heart attack.

Eva

The traffic is horrible here. I've already seen four people being killed in an accident in the last ten months.

Andreas

Road Rage

by Conor Mc Manus

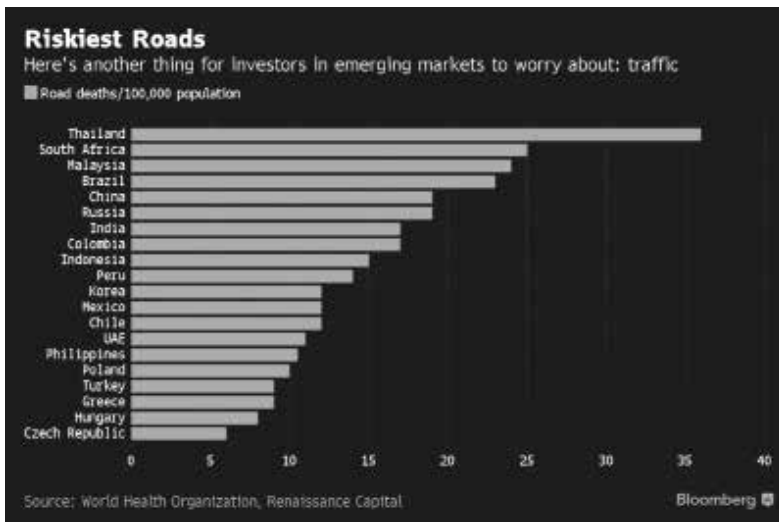
“Death of teenage girl in road rage incident - witnesses sought” (*New Straits Times, Aug 2017*)

“A man lost his right leg after it was crushed by an oil tanker truck in a road rage incident. The driver and pillion passenger on a motorbike were annoyed after the oil tanker truck honked them. The pillion passenger on the motorcycle jumps from motorbike and attempts to climb up the tanker while it was moving. The man then tries to force his way into the driver’s seat but fell onto the road and is crushed by the tanker.” (*The Malay Mail, Jan 2018*)

“Road rage: Engineer punched, threatened with pistol, for honking” Bukit Mertajam, Penang” (*Free Malaysia Today, October 2017*)

Above are examples of road rage taken to the extreme. I would hazard a guess that a lot of us have experienced road rage at some stage. But what causes road rage and how can we prevent and manage it?

Road rage is defined in the as “as anger or violent behaviour caused by someone else’s bad driving or the stress of being in heavy traffic” (Collins Dictionary, 2018)



Driving Environment: Malaysian roads are the 3rd highest globally for road deaths, more than China and India. Malaysia registered a death rate of about 23 per 100,000 population. (Bloomberg 2017) Transport Minister Datuk Seri Liow Tiong Lai revealed in January 2017 that a total of 7,152 people died in road accidents in Malaysia in the year 2016.

Some common triggers for road rage

- **Driving environment - fear or anger caused by someone else's driving behaviour:**

for example, tailgating, switching lanes without indicators, using phone when driving, driving in two lanes, swerving, breaking lights, multitasking in car, weaving in and out of traffic, fighting over a parking space, taking up two lanes, speeding, stuck behind a slow driver, jumping queue, driving wrong way down one-way street, parking in road and blocking traffic, etc.

- **Driving when stressed:**

for example, rushing - late for a meeting, over worked, lack of sleep, hungry, argument with partner, hot weather, learner driver, ...

- **Cultural driving expectations:**

Expecting others to behave in a predetermined way based on personal cultural experiences

- **Incident:**

Being involved in a traffic accident or a near miss, vehicle physically hit by motorcyclist, honked, shouted or gestured at by other motorists

Tips for preventing road rage

- Move over if someone is tailgating you
- Use an "I'm sorry" gesture (e.g. wave) to attempt to defuse the situation
- Plan ahead, allow time for delays during your journey
- Consider whether you've done something to annoy the other driver and adjust your driving accordingly
- Honk that horn only for defensive driving purposes and do not do it aggressively but lightly and gently
- Avoid eye contact with angry drivers and give them plenty of room
- Drive in a defensive manner, use mirrors and indicators, lights on, keep vehicle well maintained, no speeding, be alert, double check when pulling out from junctions and changing lanes
- Do not drive under the influence of alcohol or drugs



Personal stress management

- Keep your vehicle well maintained, airconditioning working, radio working, lights working and fuelled
- Keep car interior cool and relaxing
- Listen to relaxing music you enjoy
- Get plenty of sleep 7 - 8 hours per night
- Reduce your personal stress, don't drive if you feel angry about work or personal situations
- Do not drive when hangry (hunger induced anger)
- Do not WhatsApp and drive, this raises stress and reduces alertness
- Have the kid's safety belted in when driving for obvious safety and annoyance reasons
- Accept the situation - for non-Malaysians, we now live in a different country where driving behaviour may be differing from home. You can accept the situation or fight it and get annoyed, but you can't change it on your own, the only controllable you have is to act to mitigate the risks and relax our mind to reduce personal triggers
- Expect other drivers to make mistakes and remember that everyone is human
- On long journeys take driving breaks and get some rest
- Become more aware of your own triggers. Use breathing techniques like box breathing to calm your mind down and relaxing music



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Conor Mc Manus works as a consultant and trainer in the areas of Health Safety & Security. He is also the cofounder of Warrior Fitness & Adventure & Warrior Events.

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Selamat Datang....

...to our new B'fast Corner - "Frühstücksecke" column that will provide you with some of the recipes which have been prepared by the MGS breakfast team. The idea grew on us as we have been asked so often "Oh, can you please tell me how you made this ...?"



And here we go: The three dishes we chose from our January buffet are:

- Vegan crackers
- Tomato-carrot-dip
- Pão de queijo
(Brazilian Cheese Bread)



Vegan crackers

Vegan crackers

What you need:

- 50 g shredded coconut
- 50 g almonds
- 60 g linseeds
- 40 g pumpkin seeds
- 100 g sunflower seeds
- 100 g chia seeds
- 2 tbsp psyllium husks
- 2 tsp pink salt flakes
- 1-2 tbsp dried chilli flakes (or to taste)
- 1 tbsp freshly ground pepper (or to taste)
- 1 tbsp thyme (optional) – or any herbs
- 500 g water

What you need to do:

Preheat oven to 160° C - not above this temperature!

Place all ingredients - except the water - into Thermomix bowl and blend 10 sec/ speed 6, or simply use any blender that you have.

Add water and mix again for about 2 - 3 minutes.

Put baking paper on two flat big baking trays, spread the mixture evenly and thinly on both trays with a spatula, cut with a pizza cutter or knife the size of crackers you require.

Bake 1 hour – then switch off the oven and leave the crackers in there until they are crisp or the oven has cooled down completely.

Carrot-Tomato-Spread

(Thermomix)



What you need:

1 onion
 120 g butter
 250 g carrot,
 peeled and roughly chopped
 120 g tomato paste
 1 tbsp thyme & oregano & salt
 a dash of sugar

What you need to do:

Place onion into Thermomix (TM) bowl,
 3 secs, speed 5.

Add 20 g of butter and sautee 1 min 30
 secs, Varoma, speed 1. Place carrot into
 TM bowl and chop 5 secs, speed 5.

Add remaining butter, tomato paste,
 herbs, salt and pepper and cook 7 mins,
 90° C, speed 2.

Blitz dip 10 - 30 secs, slowly increasing
 dial to speed 10.

When dip has cooled serve as dip or
 bread spread.

Pão de Queijo

(Brazilian Cheese Bread)

What you need:

1 tsp of salt
 1 cup of milk
 ½ cup of water
 ½ cup of vegetable oil
 2 eggs
 500 g tapioca flour
 125 g grated Parmesan cheese
 125 g grated Mozzarella (or Gouda)

What you need to do:

In a pan, add the water, oil, milk and salt
 and bring to boil. Then add the liquid
 mixture into the tapioca flour. Stir well
 and add the other ingredients. And keep
 stirring...

The mix will be very sticky – don't
 worry! Use a spoon to make little balls,
 put them on a baking tray and bake in
 pre-heated oven at 180° C for about 30
 minutes.

If you want, you can also freeze the
 cheese bread after baking by leaving
 them in the freezer for a while until the
 balls are hard. Then transfer them to a
 plastic bag and seal it well!





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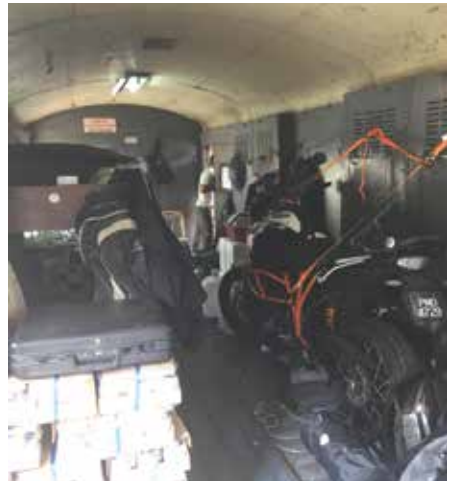
Adventure Tour Penang - Laos im Sommer 2017

Text & Bilder: Sabine und Elmar Friesenegger



Wir hatten uns im Frühjahr 2017 entschlossen, im Sommer erstmals eine längere Motorradtour durch Thailand und Laos zu unternehmen. Nach einem kompletten Check & Service unserer KTM 1190 Adventure und dem Aufziehen von off-road-tauglichen Reifen, ging es am 29. Juni 2017 morgens von Penang nach Hat Yai, um mit dem den Nachtzug nach Bangkok zu fahren. Die Tickets für den Zug buchten wir im Vorfeld via Internet. Problemlos erreichten wir am frühen Nachmittag den Bahnhof und obwohl wir natürlich auch ein Cargo Ticket fuer das Motorrad gebucht hatten, erfuhren wir wider Erwarten, dass der Zug heute keinen Cargo-Wagon dabei hatte. Nach einigen Verhandlungen mit einer netten Dame schafften wir es schließlich, die KTM doch noch unterzubringen, wenn auch im Küchenabteil der Zugsbelegschaft!

Mit der KTM in der Küche und uns im Schlafwagen erster Klasse erreichten wir am nächsten Tag um 7:30 Uhr morgens Bangkok. Das dortige Abladen der KTM wurde uns mittels Gabelstapler leicht gemacht. Voll motiviert und ausgeruht ging es nun mit dem Motorrad erstmal durch den Berufsverkehr von Bangkok Richtung Norden mit dem Ziel Sukhothai. Sukhothai liegt etwa auf halber Strecke zwischen Bangkok und Chiang Rai, unserem Ziel in Thailand.



Diese Strecke war eine der anstrengendsten Etappen unserer Reise, nach dem Durchqueren von Bangkok und gefolgt 400 geraden Kilometern auf der Autobahn sowie heftigstem Regen. Am Ende waren wir froh spätabends und völlig durchnässt das Resort Sriwilai Sukhotai erreicht zu haben. Das freundliche Personal, das sehr saubere und angenehm große Zimmer sowie das gute Essen machten den anstrengenden Tag wieder wett.



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10 km vor unserem Ziel Pak Beng überraschte uns allerdings der Nebel und auch heftige Regenschauer, die ein Fahren auf der nun matschigen und schmierigen Piste nahezu unmöglich machten. Nach einer Stunde „Kampf“ mit dem 230 kg schweren vollbepackten Motorrad und nur einem (!) zurückgelegten Kilometer, sowie einbrechender Dunkelheit war uns klar, dass wir Pak Beng nicht mehr erreichen konnten.

Beeindruckt von der Landschaft ging es am nächsten Tag vorbei an unzähligen saftig grünen Reisfeldern und ersten Kurven in den Bergen nach Chiang Rai. Die zwei Tage in Chang Rai verbrachten wir im Legend Boutique Resort, besuchten den weißen Tempel Wat Rong Khun, der auf jeden Fall eine Reise wert ist und in einige sehr nette Lokale, die Chang Rai zu bieten hat. Je weiter wir uns dann am 4. Tag unserer Reise Richtung Laos und dem Mekong näherten, umso kühler, aber auch spannender wurde es. Die Abwicklung des Visas und die Einfuhr des Motorrad nach Laos war kein großer Akt und vorerst fuhren wir entspannt in Richtung Pak Beng. Da wir ja mit einer KTM Adventure, die zu 100% geländetauglich ist, unterwegs waren haben wir bewußt Hauptverkehrsrouten gemieden und Berge, Kurven & Natur bevorzugt. Nicht wissend was uns erwarten wird folgten wir den staubigen, zunehmend schlechter werdenden Straßen, die im trockenen Zustand keinerlei Probleme darstellten.



Ein Umdrehen war ebenso ausgeschlossen wie das Weiterfahren, da die Stollenreifen vollkommen mit der lehmigen Erde verklebt waren und sogar ein Stehenbleiben mit geringster Geschwindigkeit auf den steilen Wegen fast unmöglich war. Glücklicherweise bekamen wir Begleitung von 4 jungen Laoten mit deren Hilfe wir das nächste Bergdorf erreichten und dort mit Selbstverständlichkeit zum Übernachten eingeladen wurden. Wir bedankten uns mit einigen laotischen Bieren, die Gott sei Dank, in dem dort einzigen „Shop“ (Privathaus) erhältlich waren und verbrachten die Nacht mit wenig Schlaf bei niedrigsten Temperaturen gemeinsam mit den Gastgebern in einer Holzhütte. Nachdem es die ganze Nacht durchregnete und das einzige Fahrzeug, welches am Morgen vorbeikam ein 4x4 Pickup mit Schneeketten war, wurde uns klar, dass ein Weiterfahren unmöglich ist.





Das ganze Dorf war sehr bemüht uns zu helfen und der einzige Ausweg schien, die KTM auf einen kleinen LKW zu laden, dessen Fahrer nach einigen Verhandlungen bereit war uns nach Pak Beng mitzunehmen. Auch mit dem LKW haben wir letztendlich für die verbleibenden 8 km nach Pak Beng noch 5 Stunden gebraucht.



da vor allem in der Dunkelheit die von unzähligen Schlaglöchern übersäte Straße mit Vorsicht zu genießen ist. Dem Tourismus zu verdanken überraschte uns Luang Prabang mit französischem Flair, Sauberkeit und gutem Essen – ganz anders als das übrige Laos und so gönnten wir uns 3 Tage Erholung inklusive Elefantenritt.



Während der nächsten 200 km nach Vian Veng durchquerten wir endlos erscheinende bergige Landschaften fernab jeglicher Zivilisation und wenige kleine unscheinbar wirkende Bergdörfer. Am Nam Ngum Reservoir angekommen verbrachten wir die letzten 2 Tage in Laos im abgelegenen Sanctuary Resort im quasi Nirgendwo mit schöner Aussicht auf Berge und Büffelherden.

Glücklich über den Umstand, wieder eine befestigte Straße unter den Reifen zu haben, machten wir uns auf den Weg nach Luang Prabang. Die einzige Hauptstraße von Pak Beng in die frühere Hauptstadt führte uns über viele Bergpässe und unzähligen Kurven – wir hatten das Gefühl, ständig nur bergauf zu fahren, und obwohl es nur 340 km weit ist, fuhren wir 6 Stunden,





Auf der Zug-Rückreise von Bangkok nach Hat Yai durfte die KTM diesmal in ein richtiges Cargo Abteil mit Rampe, welche das Auf- und Abladen deutlich einfacher machte als mit dem Gabelstapler.

Nach insgesamt 14 Tagen und gesamten 5400 km zurückgelegter Strecke, davon 3250 auf dem Motorrad gefahren, erreichten wir am 15. Juli wieder Penang. Gespannt blicken wir unserem nächsten Abenteuer im Sommer 2018 entgegen.

Die Ausreise von Laos nach Thailand im Süden der laotischen Hauptstadt Vientiane war unproblematisch, genauso wie die Rückfahrt nach Bangkok mit 2 Übernachtungen im Golfresort My Ozone im Südosten Thailands.



Sabine & Elmar Friesnegger

wohnen seit Januar 2015 zum 2. Mal in Penang (mittlerweile das 7. Jahr in Malaysia).

Die gebürtigen Österreicher (Kärnten), haben auch schon Ihren 15-jährigen Sohn Gregor mit Ihrer Liebe zum Motorradfahren angesteckt: er ist begeisterter Off-Road-Fahrer.



Hong Kong - A Hiker's Paradise!

text & pictures by Lorenza Mazzucco



View of Tolo Harbour, Ma Shi Chau and Pat Sing Leng from the Peak Of Ma On Shan, the second highest peak in Hong Kong. The trail reaching the top is difficult for its strenuous climbs along the undulated ridge

Hong Kong, mostly known as the city of light, business, people, food and shopping is in fact, a city surrounded by a beautiful rural world and gorgeous beaches, amazing landscapes and great hiking trails. On a total surface area of 1,108 km², only 25 % of the land has been developed, while the remaining 75 % is still in a green natural state.

Very few people know that 40 % of the land is occupied by 24 Country Parks and 22 Special Areas. The Special Areas are mostly islands. Hong Kong has 261 islands, the largest of which is Lantau, where the Airport is located. The second largest is Hong Kong Island, the heart of the city.

Most of the time, Hong Kong weather is very hot and humid but it can become very cold and wet during the winter season. It is possible to hike all year but the best time for hiking is from the beginning of October until December, when the humidity is very low and the blue sky shows itself, unless the winds blowing from the north bring to the city a grey haze of pollution, from neighbouring mainland China. Of course the summer is very hot, with frequent daily tropical showers, but you can still have beautiful days with consistent blue skies. The relatively short Hong Kong winters (Jan-Feb) can be grey and wet, with temperatures that can be pretty low, particularly on the peaks. It is important to wear the proper gear.



From the saddle between the Hunch Back and Ma On Shan view of the Three Fathoms Cove

Hong Kong has a number of great hikes for all levels of fitness. From easy family walks to challenging hikes. It is also the base for many Ultra marathons and other international hiking races.

The most popular is the Oxfam Trail walker, a charity event that has been developed along the 100 km of the **MacLehose Trail** and is divided into 10 stages. The trail starts from Sai Kung Country Park on the Eastern part of the New Territories and crosses Hong Kong horizontally, ending on the West. The first 3 stages are challenging, with several steep climbs, but the scenery along the South China Sea is truly amazing, with the path crossing beautiful white sandy beaches that can only otherwise be accessed by sea. Most of the stages of this trail are rather difficult, remote and do not offer much shelter. A hat, sun screen and plenty of water is a must.

The **Wilson Trail** is a 78 km long distance footpath. It starts in Stanley, in the Southern part of Hong Kong island, and ends in Nam Chung in the Northeast of the New Territories, running through eight Country Parks for the majority of its distance.

Other than the MacLehose and Wilson trails, below is a list of popular trails:

The **Dragon's Back** in Hong Kong island. Very close to the city centre, this trail offers gorgeous views of the South island and the South China Sea.

Victoria Peak, in Hong Kong Island is a steep hike but, if you don't feel like sweating, the famous peak tram and several bus lines are available. It is worth going at night for an amazing view of the city.

Sunset Peak, in Lantau Island is the third-highest peak after Ma On Shan and Lantau Peak. It is an arduous climb but more than worth it.

Lion Rock, in Kowloon Tong, offers stunning views of the city after a long steep hike.



Stage 9 of the 78km Wilson Trail. Ping Fung Shan Peak, New Territories

Travel | Hiking in Hong Kong



Tap Mun (Grass Island), still home for the Hakka and Tanka boat people. A family walk around the island with many temples and gorgeous landscapes. Ferry from Sai Kung and Ma Liu Shui Pier

Before starting your hike it is important to be familiar with the route. The best thing is to have a map of the area with you or a good GPS. In many Hong Kong libraries you can buy hiking maps that cover all the main districts of the city and the country parks. Be aware that mobile phone coverage might be very poor in some remote areas.

You should also be aware that most of the hikes in Hong Kong run through peaks or along ridges which are rather exposed. On one hand this offers hikers stunning landscapes and superb views, but on the other hand this makes them vulnerable in case of sudden weather changes. Hong Kong has one of the most accurate and sophisticated weather observatories and forecasting in the world. Don't forget to check their website before embarking on any long hike.



View of Plover Cove reservoir from Pat Sin Leng, a 12km trail from Hok Tau Reservoir to Tai Mei Tuk, North East of the New Territories



A mountain crab at MacLehose Trail



Tai O village, a fisherman community in the southwest of Lantau Island. The stilted houses are connected by pedestrian bridges. It is possible to visit the village by boat via canals and if you are lucky you might be able to spot the famous pink dolphins along the coast



Mirror Pool, a popular hiking destination and a well-known picnic venue. New Territories, Plover Cove Country Park



Tai Long Wan view from stage two of MacLhose, Sai Kung. In the distance is Sharp Peak, a very strenuous hike to reach the top



View of Shing Mun Reservoir from the top of Tai Mo Shan, the highest peak in Hong Kong - Tai Mo Shan Country Park



A relaxed Cow by the sea. On the other side is Sha Tau Kok, China

Hong Kong is very rich in flora and fauna. On some trails it is very easy to meet monkeys but be careful, they are always looking for food and can be aggressive. Monkeys are not the only animals you may find during your walk: Burmese pythons, wild pigs, pangolins, Chinese porcupines, and many species of birds populate the territory.



The Star Ferry connects Hong Kong Island to Tsim Sha Tui since 1888. The fastest and cheapest way to go across Victoria Harbour, a must do trip in any direction

Weather forecast website:

<http://www.hko.gov.hk/contente.htm>

For a complete list of the hiking places in Hong Kong you may visit this link:

www.discoverhongkong.com/eng/see-do/great-outdoors/hikes/hiking-tips.jsp
or http://hiking.gov.hk/eng/trail_list

I lived in the Northern part of Hong Kong for about 12 years. I have always liked outdoor activities and lived very close to a few beautiful Country Parks, which stimulated me to go hiking very often. One of my favourite hikes was in the Plover Cove Reservoir Country Trail, a 16 km long path that crosses a really idyllic part of Hong Kong. In the same area you can find the Bride's Pool Waterfall and the Mirror Pool, a lovely place for swimming in the summer.

Lorenza Mazzucco loves hiking. She has taken part in a few ultra marathons in Malaysia and Hong Kong, including the 100 km Oxfam Trail Walker. Whenever possible, she likes to go back to Hong Kong to enjoy the vibe of the city and some great walks.



Hiking and photography are her major hobbies.

Ralf's Ramblings

The new iPhone is out and it sure is gorgeous and packed with new features. The one feature I like most is Face ID. You turn your face to the glass slate, the phone wakes up and sensors tell the phone that its owner requires attention. Within milliseconds it magically unlocks and is awaiting your commands.



Face ID

I suspect this feature was invented by a woman, to address a common problem: we (men, allegedly) don't listen!

In our defence though, it is not always clear to whom the lady is talking when, for example, she opens the fridge and says, "We need milk and yoghurt." Did she say that to me or was she just talking to the fridge? I simply don't know. Of course, as an obedient husband, upon hearing the muttering from the kitchen I should have rushed to her, pen and paper in hand prepared to jot down any task she might have in mind, so that I can render my services as required.

I actually tried that for a while, although with limited success. More often than not the reply was, "I wasn't talking to you!" resulting in me stating the obvious, "ah, you were talking to the fridge again," - though I have to admit that sarcasm in a situation like this doesn't really help.

That's the challenge for us guys! Trying to figure out when she is and is not talking to us.

Besides, we can't multitask. If I am busy with something important, say watching on YouTube the latest "FailArmy" video, I am totally oblivious to my surroundings and the babbling from the kitchen simply doesn't register! Needless to say, this can cause frustration on my Queen's part, due to my

perceived (!) lack of interest, whereas for me, it is merely a matter of focus.

Now try to explain that to a woman! It's the perfect definition of a "lost cause": an attempt to change or influence, with no chance of succeeding.

But this is where Face ID comes into play!

Ladies, if you want our attention, think Face ID: Turn your face to your hubby and wait until his sensors wake up and identify you as an important person. Once he unlocks and turns his mind to you (which might take longer than a few milliseconds, so please be patient) he surely will be most attentive to whatever you have to say, and may even respond with a coherent reply.

PEACE,
Yvonne's Husband

P.S. Peace is a certain quality of existence which has been sought after, yet seldom found in a long enduring form, since time immemorial.





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