



NEWS LETTER

April - June 2019

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

City Visits
Hamburg

New

Family Matters
Siblings

Travel
Bhutan



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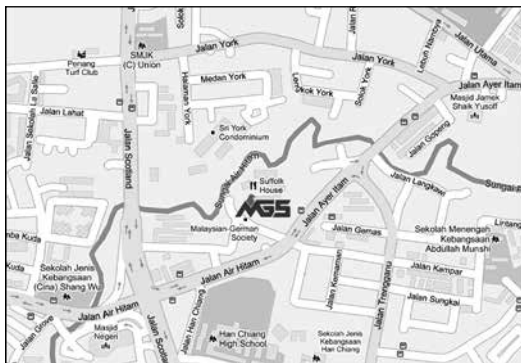
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www.mgs.org.my

Opening hours office & library:

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

2:00pm - 7:00pm



MGS Newsletter

Issue April - June 2019

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Tiger's Nest Monastery ©

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Thyroid Surgery, Parathyroid Surgery,
Auxiliary Service
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PET-CT Scan & Intraoperative Radiotherapy (IORT)
- Cancer Wellness Centre
- Cardiac Services:
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Stress Test (Treadmill) and Executive
Cardiac Assessment
 - Cathlab: Cardiac Catheterization (Angiogram),
PTCA, Pacemaker (Temporary/Permanent),
Heart Studies, Interventional Electrophysiology
and Biplane Angiography System
- Cardiovascular Imaging Laboratory
- Child Development & Assessment
- Critical Care Unit
- Day Surgery
- Delivery Suites
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- Ear, Nose, Throat, Head & Neck Surgery and
Cochlear Implant Surgery
- ENT Laboratory - Rhinometry & Ultrasound
- Electroencephalogram (EEG) & Neurophysiology
Laboratory
- Endocrinology
- Endoscopy, ERCP, Endoscopic &
Endogastroscopic Surgery
- Eye Surgery (including small incision Cataract
Surgery - Phacoemulsification) & Glaucoma
- Gastroenterology, Hepatology & Therapeutic
Endoscopy
- 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
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- Nephrology
- Neurology & Neurosurgery
- Nursery
- Operating Theatre
- Obstetrics & Gynaecology and Fertility Centre (ivf)
- Orthopaedic, Arthroscopy Surgery, Spine Surgery,
Sports Injury, Trauma, Bone Transportation 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 (Upgraded from MRI)
 - CT Scan
 - Fluoroscopy
 - General X-ray
 - Mammogram
 - 3D Automated Breast Ultrasound (ABUS)
 - Cone Beam Computed Tomography (CBCT)
 - Ultrasound Imaging
 - X-ray Bone Densitometry (Dexa Scan)
- Rehabilitation Centre:
 - Audiology (including Newborn Hearing Screening,
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 - Nutrition & Dietetics Unit
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K.K.L.U: 0888/2016

April

- 19**
FRI **Good Friday**
(no public holiday in Penang)
- 27**
SAT **Heritage Walk**

May

- 10**
FRI **Movie Night**
- 11**
SAT **MaiBall**
- 19*
SUN *Wesak Day*
- 22*
WED *Nuzul Al-Quran*
- 30**
THU **Breakfast**

June

- 05*
WED *Hari Raya*
- 06*
THU *Movie Night*
- 16**
SUN **AGM**

NEW date Oktoberfest:

Friday 25 & Saturday 26 October 2019



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Heritage Tour in George Town



Discover who the Germans were, that set their feet on this island in colonial times, and what happened to them. Hear about the missionaries who set up the first churches and schools in George Town. Join the tour led by Clement Liang, our Society's honorary secretary, who will tell you the stories of the past, while you take the opportunity to admire the lovingly restored old buildings in George Town. A wonderful chance to see how this UNESCO world heritage site retains its old world charm.

When **Saturday, 27 April, 2 pm - 3:30 pm**

Where Start from Whiteaways Arcade Main Entrance,
 Lebuh Pantai, George Town

Cost members: RM20, non-members: RM30

Advance registration at MGS office: 04-229 68 53 or office@mgs.org.my

Zwei im falschen Film (Mission: Love)

Comedy, Drama, Romance, Germany 2018, FSK 12, 107 min

On	Friday, 10 May
Mingle & chat	8:00pm
Start movie	8:30pm
Language	German with English subtitles
Director & writer	Laura Lackmann
Stars	Laura Tonke, Marc Hosemann, David Bredin

Hans calls his girlfriend Heinz, which tells you everything you need to know about their relationship. They're a typical couple who're stuck in a rut after eight years. Hans works at a copy shop and Heinz is an actress relegated to voicing a cartoon stoplight. On their anniversary, they go to the movies. It's a romance. But the spark on screen just doesn't strike them. When Hans gives Heinz's ex her phone number instead of putting up a fight over her, Heinz' alarm bells go off: How can this be love? They decide to make a list of everything that makes up a real love: Romance, desire, passion, jealousy, drama - deep feelings, in other words. Hans and Heinz methodically start checking off their list and realize: Real life is nothing like the movies.





MAI BALL 2019

11 May 6:30pm, Grand Ballroom, E&O Hotel

LIVE BAND : ACIDIC BUNCH

MGS OFFICE

250B, Jalan Air Itam
(next to Suffolk House)
Email: office@mgs.org.my
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TICKET PRICE

Member	Non-member
RM240	RM270
RM290*	RM320*

*Incl. 1 Bottle of Wine,
Free flow of beer

A big **THANK YOU** to all our sponsors of the 2019 MaiBall:

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Bronze Sponsors



The MaiBall 2019 is coming up!



It is that time of year again to pull out your stunning ball gown and suit to attend our **MaiBall** on **11 May 2019** at the **E&O Hotel**! In its 9th year running, the evening will start by sipping sparkling wine in the beautiful atmosphere of the E&O garden by the sea.

Later we will move into the grand ballroom to enjoy a sumptuous international dinner buffet. Rock to the great live music of the band Acidic Bunch, later DJ Jack will take over. Be sure to bring your dance shoes to dance the night away!

To reserve your table and to buy tickets, please contact Elena at the office at 04-229 68 53. We offer

the member price on whole table purchases.

There will be free flow of soft drinks and beer and you can buy wine vouchers together with your entrance ticket. On the evening itself, you can still buy your wine – we will be selling vouchers there.

Please bring some cash to the ball – like in previous years, we will ask for donations to sponsor two teenage girls at the Ramakrishna Ashrama orphanage for another year.

A big THANK YOU to our sponsors! Without you, this event could not take place!



A Journey of Delights

Buffet Dinner

Featuring a selection of International dishes such as
Chilled smoked salmon pancake with sour cream and caviar,
New Zealand mussels with pesto garlic tomato salsa,
Pink Andaman shrimps vegetable cocktail
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PENANG

German and International Breakfasts

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 9:30am

Thursday, 30 May





Securing your future with Infineon

Smart cities with connected cars and autonomously flying drones, new shopping experiences, sensors everywhere, and no more smartphones: This is what the world of the Internet of Things (IoT) could look like in 2030. But with everything so connected, we will also become more vulnerable. New security technologies are being developed to protect us – including chips with built-in security, encryption and authentication technology that cannot be hacked.

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Dear Members,

You are cordially invited to join our

**Annual General Meeting
on Sunday, 16 June 2019 at 5pm**

Please block the date in your diary and come along! It is important that you attend the AGM, as we are required to have a minimum number of 22 members present in order to constitute a quorum. This year there will be no election, but we would like to make some changes to the rules of the society and this is a matter for our members to vote on.

Invitations with more information will be sent out about two weeks in advance.

After the meeting, a group photo will be taken and you will then be welcome to join us for a buffet dinner.



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Bekanntmachung für Deutsche zur Wahl zum Europäischen Parlament

Am 26. Mai 2019 findet die Wahl der Abgeordneten des Europäischen Parlaments aus der Bundesrepublik Deutschland statt.

Deutsche, die außerhalb der Bundesrepublik Deutschland leben und im Bundesgebiet keine Wohnung mehr innehaben, können bei Vorliegen der sonstigen wahlrechtlichen Voraussetzungen an der Wahl teilnehmen.

Für ihre Wahlteilnahme ist u. a. Voraussetzung, dass sie

1.1 am Wahltag seit mindestens drei Monaten in den übrigen Mitgliedstaaten der Europäischen Union¹ obeneine Wohnung innehaben oder sich mindestens seit dieser Zeit dort gewöhnlich aufhalten (auf die Dreimonatsfrist wird ein unmittelbar vorausgehender Aufenthalt in der Bundesrepublik Deutschland angerechnet)

oder

1.2 **entweder** nach Vollendung ihres 14. Lebensjahres mindestens drei Monate ununterbrochen in der Bundesrepublik Deutschland eine Wohnung innegehabt oder sich sonst gewöhnlich aufgehalten haben und dieser Aufenthalt nicht länger als 25 Jahre zurückliegt, **oder** aus anderen Gründen persönlich und unmittelbar Vertrautheit mit den politischen Verhältnissen in der Bundesrepublik Deutschland erworben haben und von ihnen betroffen sind²; und

2. in ein Wählerverzeichnis in der Bundesrepublik Deutschland eingetragen sind. Diese Eintragung erfolgt nur **auf Antrag. Der Antrag ist auf einem Formblatt zu stellen; er soll bald nach dieser Bekanntmachung abgesandt werden.**

Einem Antrag, der erst am 06. Mai 2019 oder später bei der zuständigen Gemeindebehörde eingeht, kann nicht mehr entsprochen werden (§ 17 Abs. 1 der Europawahlordnung).

Antragsvordrucke (Formblätter) sowie informierende Merkblätter sind online auf der Seite des Bundeswahlleiters (www.bundeswahlleiter.de) verfügbar. Sie können auch bei

- dem Bundeswahlleiter, Statistisches Bundesamt, Zweigstelle Bonn, Postfach 170377, 53029 BONN, GERMANY, oder
- den Kreis- und Stadtwahlleitern in der Bundesrepublik Deutschland angefordert werden.

Weitere Auskünfte erteilt die Botschaft der Bundesrepublik Deutschland in Kuala Lumpur auf ihrer Internetseite: <https://kuala-lumpur.diplo.de>

Adresse: 26th Floor, Menara Tan & Tan, 207 Jalan Tun Razak; 50400 Kuala Lumpur
Öffnungszeiten: Montag – Freitag: 09.00 – 12.00 Uhr, Donnerstag auch: 13.00 – 15.00 Uhr

¹ Nicht zu berücksichtigen ist ein Aufenthalt im Vereinigten Königreich Großbritannien und Nordirland nach dem Zeitpunkt, ab dem nach Artikel 50 Absatz 3 EUV die Verträge dort keine Anwendung mehr finden.

² Zu berücksichtigen ist auch eine frühere Wohnung oder ein früherer Aufenthalt in dem in Artikel 3 des Einigungsvertrages genannten Gebiet (Brandenburg, Mecklenburg-Vorpommern, Sachsen, Sachsen-Anhalt und Thüringen zuzüglich des Gebiets des früheren Berlin (Ost)).

Liebe Bücherfreunde!

Nachdem unsere jährliche Bestellung gut angekommen ist, haben wir gesehen, dass viele von Euch schon unsere neuen Errungenschaften ausgeliehen haben. In der Bücherei im Regal rechts befinden sich weitere Neuheiten.

Hier ein paar unserer Empfehlungen:



Der Insasse von Sebastian Fitzek

Vor einem Jahr wurde der sechsjährige Max entführt und verschwand spurlos. Der Täter sitzt im Hochsicherheitstrakt der Psychiatrie. Weiß er, wo der Junge zu finden ist? Der verzweifelte Vater lässt sich in diese Klinik einweisen, um die Wahrheit herauszubekommen... Nix für schwache Gemüter!

Obsidian, Schattendunkel von Jeniffer L. Armondroust

Als Katy vom sonnigen Florida ins graue Virginia ziehen muss, ist sie alles andere als begeistert. In dem kleinen Nest kommt sie anfangs nicht einmal ins Internet, was für eine leidenschaftliche Buchbloggerin eine Katastrophe ist. Sie beschließt, bei ihrem Nachbarn zu klingeln, und lernt so den atemberaubend gut aussehenden, aber unfassbar unfreundlichen Daemon Black kennen...



DVD: Tatort Kopfgeld mit Til Schweiger

Ein kurdischer Clan droht, mit einem Drogengeschäft die Macht in der Stadt zu übernehmen. Kommissar Tschiller, der gegen ihn ermittelt, wird dann durch die Entführung seiner Tochter von diesem Drogenboss erpresst...

Das ist nur ein kurzer Einblick in unsere Auswahl!

Wenn ihr Zeit und Lust habt, dann stöbert selber durch die neuen Bücher, DVD's und Hörbücher. Wie immer sind wir freitags von 9 bis 11 Uhr für euch in der Bücherei zu sprechen. Ansonsten ist sie jeden Wochentag geöffnet.

Viele liebe Grüße
Cordi und Sandra

A WARM WELCOME TO OUR NEW MEMBERS

SINGLE MEMBERS

Claudia Wabel
Petra Imboden

COUPLE MEMBERS

Claudia & Dr. Siegfried Skirl
Cheng Fei-Fang & Frank Hoermann

CORPORATE MEMBERS

Fairview International School Penang

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.



Goodbye to Hanns-Philip Wurster



Philip was our youngster on the board and had a lot of energy that was especially noticeable in the marketing team, which he chaired. He also helped to structure the different areas of our respective board members' responsibilities. Unfortunately he has been given a new posting which means he must move to Shanghai, and we are very sad to see him go.

He was still able to kick-start our logo contest and we hope soon to announce both the winner and, of course, the new logo which will be a new face for the society as well.

Thank you for contributing your time and effort to the affairs of the society! All the best for your new adventure, Philip, let's keep in touch!

With great thanks to the German Embassy in Kuala Lumpur, we were able to buy 40 new desks for our two classrooms. We donated the old desks to the Ramakrishna Ashrama Orphanage. They were very happy about the unexpected gift and put them into the library of their institution.



Teenage boys from the Ramakrishna Ashrama Orphanage, picking up our old desks.

Creatively inspiring – together



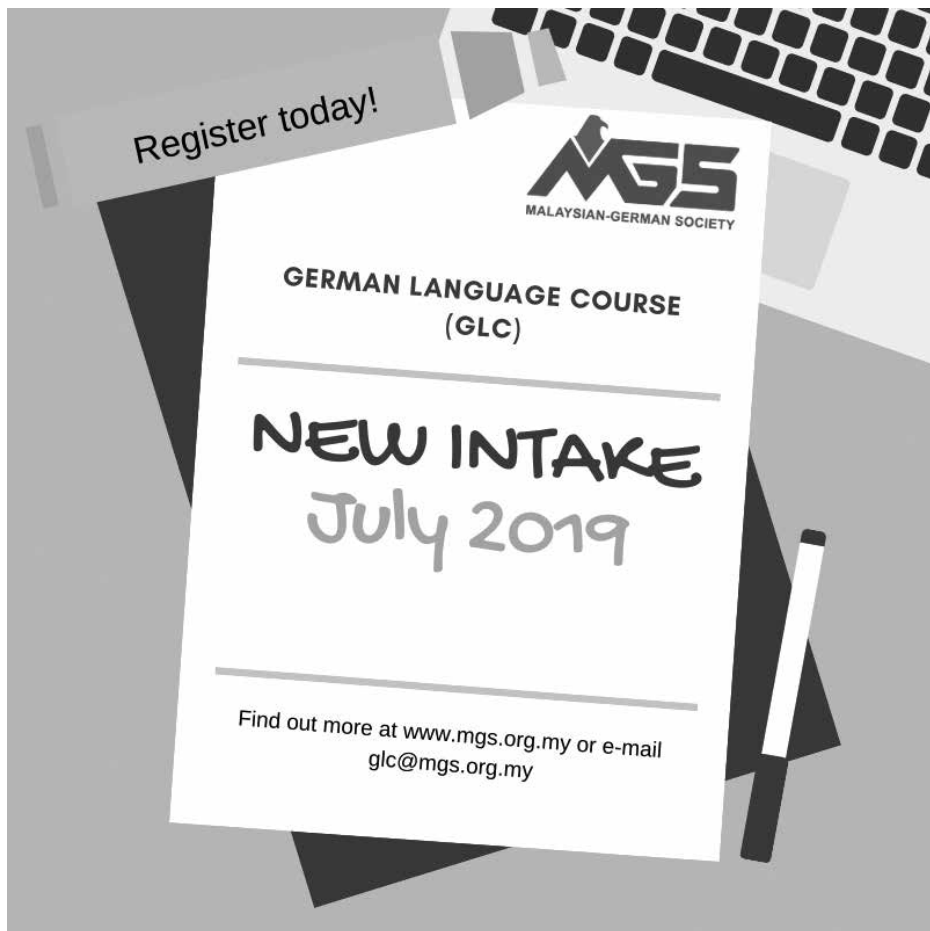
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German Language Course (GLC) July until December 2019

SEMESTER 2				
INTENSIVE (120 HOURS)				
Intake	July		October	
Level	A1 Intensive Evening		A2 Intensive Evening	
Day	Tues - Fri		Tues - Fri	
Time	7pm – 10pm		7pm – 10pm	
Duration	Fri, 19 July To Thu, 26 Sept		Tue, 3 Oct to Thu, 12 Dec	
Exam	Fri, 27 Sep		Fri, 13 Dec	
Course Fee	RM 1,970		RM 1,999	
	Course RM 1790		Course RM 1790	
	Exam RM 160		Exam RM 189	
	Membership RM 20		Membership RM 20	
ONCE A WEEK - WEEKDAY (60 HOURS)				
Intake	July			
Level	B1.2 Evening	A1.2 Evening	A1.1 Evening	B1.1 Evening
Day	Tuesday	Wednesday	Thursday	Friday
Time	7pm – 10pm	7pm – 10pm	7pm – 10pm	7pm -10pm
Duration	Tue, 23 July to Tue, 3 Dec	Wed, 24 July to Wed 4 Dec	Thu, 25 July to Thu 5 Dec	Fri, 26 July to Fri, 6 Dec
Exam	Tue, 10 Dec	Wed, 11 Dec	No exam	No exam
Course Fee	RM 1,240	RM 1,104	RM 915	RM 1,030
	Course RM 1010	Course RM 895	Course RM 895	Course RM 1010
	Exam RM 210	Exam RM 189	Membership RM 20	Exam RM 189
	Membership RM 20	Membership RM 20		Membership RM 20
ONCE A WEEK – SATURDAY (60 HOURS)				
Intake	July			
Level	A1.1 Morning	A2.2 Morning	A1.1 Afternoon	A1.2 Afternoon
Time	9.30am - 12.30pm	9.30am - 12.30pm	1pm - 4pm	1pm - 4pm
Duration	Sat, 20 July to Sat, 14 Dec	Sat, 20 July to Sat, 14 Dec	Sat, 20 July to Sat, 14 Dec	Sat, 20 July to Sat, 14 Dec
Exam	No exam	Sun, 15 Dec	No exam	Sun, 15 Dec
Course Fee	RM 915	RM 1,104	RM 915	RM 1,104
	Course RM 895	Course RM 895	Course RM 895	Course RM 895
	Membership RM 20	Exam RM 189	Membership RM 20	Exam RM 189
		Membership RM 20		Membership RM 20

* The Society reserves the right to change the course schedule at any time without prior notice.

Please note:

- *Payment: There is no refund for cancellation if a course is open. Payment to be done before starting the course.*
- *Min. number of students: Courses can only be held with a minimum number of 6 students for A level classes and 5 students for B levels.*
- *Age limit: You have to be 14 years in the semester you are registered.*

Malaysian-German Society

P: (04) 218-9435 A: 250B, Jalan Air Itam (next to Suffolk House) 10460 Penang, Malaysia H: Monday to Friday (10am – 1pm & 2pm – 7pm)

E: glc@mgs.org.my W: mgs.org.my



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A1 Intensive class playing
a grammar game:
Präteritum (hatte / war)





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Farewell Nina Todorova and Siti Waltraud Mayr



By the end of June, our German Language teachers, Nina and Waltraud, will be moving on from our society to new endeavours. We are very grateful that, due to their contributions, our GLC program has been very successful and students have given great feedbacks on their teaching styles. They also contributed and helped out at several of the society's events, such as our Open Day, Christmas Celebration and Oktoberfest, and Waltraud played a big role in our participation at the George Town Heritage Festival 2018.

Both teachers always injected an element of fun into their teachings. The students enjoyed the interactive and creative activities that Nina and Waltraud wove into their lesson plans. The lessons were always interesting and lively, and the students could always go to their teachers with questions and for explanations. A true testament to their teaching methods would be the many students who signed up for courses one after another. They can now speak German, thanks to their teachers, Nina and Waltraud. A message from all of us at the MGS to Nina and Waltraud: "It has been a great pleasure working with the two of you. Now you are off to your next big challenge. Stay in touch. Good luck and farewell."



Love at first sight

Christoph Girsch is the new manager of the E&O Hotel

by Claudia Skirl

Starting 1 March 2019, the prestigious *Eastern & Oriental Hotel* in George Town will undergo an ambitious and thorough renovation. On the list: 86 rooms in the Heritage Wing and the Grand Ballroom will be redecorated and the interior design and concept for all the restaurants will change.

Part of the leading team for this huge project is *Mr Christoph Girsch*, new Hotel Manager of the E&O Hotel since September 2018. Here he talks about his plans for the hotel which for him, he says, was love at first sight.

Mr Girsch, welcome to Penang!
What in particular made you move to the island?

Less traffic and a lot less people around me, than was in Mumbai, where I last worked! Saying this, it was actually the hotel itself I fell in love with. I think it is a rare privilege to work in one of the oldest 5-star hotels in Asia. So when I got the offer and when I saw the property, it was just very easy to say yes. Besides that Penang has so much to offer, especially in George Town: the small bars, the small coffee shops, the art scene. All that attracted me.

In your experience, how would you describe a typical guest of the E&O?

I think most people choosing the Eastern & Oriental Hotel come here because, as a Heritage Hotel, it is special and different. Every room varies. Every wall has a story to tell. Just imagine how many feet have been through the lobby since 1885! People were sitting here, writing books: Hermann Hesse, Rudyard Kipling, Karl May, just to mention a few because the E&O Hotel distinguishes itself from newly-built hotels, where every room look the same. Guests of names. Today, people stay here



every age book us, but we observe that more and more people of the younger generation take an interest in a hotel with tradition and history. Of course it helped that our lobby was seen in the movie, “Crazy Rich Asians” – that attracted many new customers, especially in Asian Markets.

What is planned for the huge renovation project the E&O will go through?

While the New Wing - the Victory Annexe - will operate as normal, the Heritage Wing will be closed from 1st March for nine months and we will open up again before this Christmas. Nothing of the hotel's character - which is very important to us - will be changed. As our chairman says: “We are the guardians of this hotel” and I believe it is our responsibility to see that it stays as it is. But we want to uplift the rooms and the Grand Ballroom and we will change our restaurants and their food concepts. Everything is going to be redesigned into a colonial-modern fusion style.

What to expect for future eating out at the E&O?

Firstly, the new ‘Palm Court’ restaurant, which will serve lunch and dinner with four different cuisines à la carte: Chinese, Indian, European classics and the favourite tastes of Penang. Also, our afternoon tea will be offered there, which I believe will be one of the big Penang highlights in the future. Our signature restaurant ‘Java Tree’ will only open for dinner with Mediterranean-Japanese fusion. Why this combination? Because we believe that both cuisines actually focus on the importance of the product, not on the cooking method, and I think that works very well together.

Where the original 1885 Restaurant was situated, this will be changed into a traditional Cocktail Bar called Bar 1885. We are very excited about this! The team has already started aging our own spirits for Cocktails and we are trying to bring in small boutique spirits. Not to be missed either: the Friday 6 o'clock experience at the E&O, where we'll serve Champagne in the garden with some oysters, to bring in the weekend. The idea is to create a tradition and we hope to see many of you there! The E&O Hotel is part of Penang and that's the reason we warmly welcome guests from Penang itself, in the hotel.





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Interview

If you had the choice, with whom would you like to have a drink with at the hotel bar?

That would be the inspiring French Chef Alain Ducasse. Or President Macron. Or perhaps with both of them together.

One last question: do you have a motto?

There are a few. One is: you only live once. You have to live every day as if it was your last. And, I think, the advice my parents gave me as I grew up: be nice to everyone.

Mr Girsch, thank you for the interview.

With a career in hospitality spanning more than 20 years, Christoph Girsch has a wealth of experience working for global luxury brands and has held a few Senior Management Positions in India and the Middle East for GHM Hotels and Hyatt Hotels.

After earning a hotel management degree and a Business Administration Degree, Christoph joined small Leading Hotels in the Austrian Alps such as the Hotel Post in Lech, before his first move outside of the Alps.

And if we get hungry in the meantime?

There are big plans for the 6th floor of the Victory Annexe which is now newly-opened to the public. Guests may come in for lunch and dinner, we will have our afternoon tea there daily, during the renovation time, and our famous Sunday roast. Also, starting from 1 March, is Tapas and Wine on the Terrace. I am very excited about this. We have worked on a few original Spanish recipes and I have to say, in his former life, our new Chef was probably Spanish.

Mr Girsch, you are also a trained Chef Sommelier. Is there something like a favourite wine for you?

Actually, I like all wines - as long as the winemaker takes care of the grapes and the wine production. But wherever I work, there will definitely be one certain wine on the list: a Grüner Veltiner from Austria. Two reasons for that, first: I won't feel homesick and second, I actually want people around the world to get to know and appreciate the wine I grew up with. The interesting thing is that Grüner Veltiner works really well with spicy food, especially here in Asia. It is one of the wines which fits with Asia and Asian food.

And your favourite restaurant in the world?

In the end it is very simple – it can only be Plachuttas Gasthaus zur Oper in Vienna, for a great Wiener Schnitzel.

MaiBall Info

Even though the E&O Hotel is under renovation, the hotel has postponed their works in the Great Ballroom, especially so as to host the traditional

**MGS Maiball, on
11 May 2019
from 6.30pm onwards**

Badminton is downright smashing!

by Anne Landry

Are you tired or bored of the gym? Need to find an alternative fun enjoyable and sociable way to keep fit?

Have you ever considered taking up badminton? It's a great workout, suitable for all ages and levels of fitness and a great opportunity to make friends, have fun and stay fit. Having played a little when I was younger, a friend brought me along to the YMCA on Macalister Road and I was hooked again!



It's an easy sport to pick up and is truly a sport for all - children, adults and seniors. It combines hand eye coordination, power, strength and agility and is great for relieving stress.

It's a great way to stay in shape!

Unlike other sports with long bouts of running, badminton rally's are quick. Hitting a shuttle back and forth can be exhausting. It requires quick, precise sprinting back and forth, but eventually someone will miss the shuttle and you have a short recovery period before the next serve. The mix of high-intensity exercise, followed by a mini-break means your heart rate stays high but you have time to catch your breath, so you don't even realise how hard you are working.

Badminton also increases your mental alertness. It's a game that needs a good level of thinking to beat your opponent. Playing regularly keeps your brain active and improves your ability to think quickly yet logically.

Whether it's in singles or doubles, badminton is a fun and exciting sport to pick up if you're looking for an activity that boosts your physical and mental health.

Coaching is available for those who either want to master the basics or perfect their game.

Did you know, badminton is the fastest racket sport in the world? The fastest smash recorded was at 421kph!





Badminton Courts in Penang
In almost every club in Penang (e.g. Penang Sports Club) they offer Badminton courts and training, but you have to be a member or a friend of a member to be accepted. Without a membership you can play at:

YMCA

211 Macalister Road,
10400 George Town
04-228 8211

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“Red Indians are either on the warpath or smoking the peace pipe - siblings can do both at the same time”

Kurt Tucholsky

by Evgenia Videnmaier-Zink

Fights between siblings are not a new thing in our families. There are numerous stories of sibling rivalry in history, such as Cain and Abel from the Bible, Romulus and Remus in ancient Rome, Cleopatra and her brother. And some of us know the story of the Dassler brothers (Adidas and Puma), or those who follow sports, nowadays on the tennis court between Serena and Venus Williams. Sibling rivalry is a common problem in every family.

The relationships between siblings are intense, like love and hate, devotion and rivalry. Aggression and competitiveness are seen in many of their activities. The expression of these difficult emotional states is also an important way of interacting with each other. Through these (unpleasant for us parents) fights, no matter how paradoxical, brothers communicate emotionally or physically, while at the same time, they learn to manage their mental tension, to negotiate their desires, to claim their rights, to coexist with others and cope with their frustration. It is a precious “school” of social learning where they learn the necessary skills for their lives. However, they need our help to learn to handle this conflict, because we can’t expect them to know how to manage, but we will come back to this.

Every child has his place in the family from the moment of his birth, the “first-born”, the “newborn”, then maybe a “third-born” will come and each will re-settle the order in the family. There may be the “sensible one”, the “strong-willed one” and many others.



Siblings are usually very different and therefore need parents who respond differently to their diversity. People like to say that they love all their children the same and treat them all the same, but this is only a myth.

Why do siblings clash?

The feelings of unfairness, injustice, and sibling jealousy become triggers for the fights.

Is jealousy something “bad”? Should we avoid this feeling?

Jealousy is a feeling someone has in a situation when he/she thinks that someone else is more loved or superior to him in some way. It is a perfectly normal reaction. The child cannot imagine sharing the love of his parents. But jealousy is essential for our self-image, as well as for our acceptance of ourselves. The brother or sister plays a vital role in making the personality of a child. The “other” allows each child to better define themselves by identifying differences and similarities. No child in a family escapes feelings of jealousy, no matter what his or her position is. We parents have to remember that jealousy is a normal reaction and that it is our responsibility to help our kids to learn how to manage these feelings.

But many things also depend on factors that mothers and fathers cannot change, such as sex and age differences. As a rule, the smaller the age difference, the higher the potential for conflict. Brothers who were born at close intervals often compete with each other. Between the ages of three and five, it is usually over the love and recognition of the mother. Research shows that sisters share a closer relationship, but this doesn't mean they don't have fights. It's only that their quarrels aren't as violent as boys' fights. At the same time, the role model function of the older child is often strong for the younger among same-sex siblings. Laurie Kramer, professor of applied family studies at the University of Illinois and prominent researcher in the field of family studies, says that a teenage girl will look at what her older sister is doing, more than at what her mum does.

The relationship between mixed-gender siblings is usually more relaxed. Boys and girls are less likely to get in each other's way, as they often have different interests and role models such as the constellation "big sister-little brother". The most harmonious experience is the combination of a big brother and a little sister, with a three to four year age difference. The boy can and may live out his masculine qualities as a big brother. The girl fits well in her feminine characteristics in the role of the little sister. Both find the recognition of their parents because they correspond to the expected role stereotypes.

Here are some practical suggestions about how to deal with sibling rivalry:

- Avoid comparisons and accept the diversity of your children!
- Try to have a balance and give some separate time to all the children in the family. Maybe leave the newborn with grandparents or a babysitter, sometimes. In this way, you can spend some free time with the other children.
- The firstborn child should not have to

"grow up" quickly. Let him/her live like a child of his age. The firstborn can take on more tasks if ready, but then he should enjoy more privileges and more freedom.

- It is good when each child can have his own games, his own room (if it is possible, if not a child can maybe have a drawer of his own). Brothers do not have to share everything and have the same toys.
- Have clarity in communication within the family (note who is talking and when, ensure no-one is interrupted, etc) and the arrangement of seats in the car and at the table, who gets a gift when one of the children celebrates (the birthday child can be the only one, once a year, when he is "king" of the day!) whose favourite food is produced on which day, and arrange the sports events of the children alternately.
- Don't even start to find out "who started it" and "who is to blame". It cannot always be the older or always the little one. Set clear rules that will prevent aggressive behaviour between them.
- Interfere only where absolutely necessary and, here again, set ground rules regarding your values and how you expect your children to treat each other. We can't influence our children's emotions and feelings, but we can more or less influence their behaviour.

The last but most important is to overcome the idyllic image of the family, where everyone is always loved and united!!!

Evgenia Videnmaier-Zink was born in Athens and has studied communication science, social education and familial therapy in Italy and Germany. She has been a social education worker in kindergartens and secondary schools in Berlin and worked as a freelance family therapist.





The Voice of Penang

The **Penang Monthly** endeavours to be the voice of Penang and an inspiring read for the curious Malaysian. A publication of Penang Institute, it aims to:

1. Supply Penangites with information about significant issues in order to promote public participation;
2. Encourage discussion about various aspects of Penang's fate and fortune;
3. Profile Penang personalities who have contributed, sometimes in very unassuming but critical ways, to the reputation and wellbeing of the state;
4. Put the spotlight on ordinary Penangites who otherwise go unnoticed, but who nevertheless define the culture of the state in essential ways;
5. Highlight the importance of Penang as a generator of culture, education, industry and cosmopolitan values;
6. Emphasise present trends in the arts, industry, politics and economics which affect the immediate future of the state and country; and
7. Offer reliable socioeconomic data for the benefit of decision makers in government and the private sector.

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Are Digital Disruptions Good or Bad? Well, That's Up to You

By Tan Kai Yan

Industry 4.0 has brought about major disruptions not only to major industries, but to brick-and-mortar restaurants and retailers as well. Startups such as Foodpanda, UberEats and DeliverEat, for example, have interrupted the F&B sectors as consumers increasingly choose convenience over dining out. Similarly, Zalora, Lazada, Taobao and many others have disrupted the retail industry by allowing customers to compare product and pricing more efficiently without going to any store.

"Many are worried about the impact of digital disruption on their own industries and how their organisations can adapt and cope. Digital skills such as machine learning and coding were not known a few years ago, but today, these skills are needed," says Howie Chang, Ayuh Bina founder and @CAT Penang programme director.

"That's why we organised the deTECH conference to ignite a movement in today's digital world, where business owners and leaders embrace technological breakthroughs," says Chang.

Last November, Ayuh Bina together with the Penang Skills Development Centre (PSDC) and @CAT Penang organised the inaugural deTECH 2018 conference to empower and inspire people through exposure to a variety of technological trends.

The two-day conference featured 22 speakers from all around the world; industry experts leading panel discussions; creative and technical workshops; an exhibition hall with 20 booths displaying the latest budding start-ups; and local start-up giants covering

fintech, blockchain, cloud computing, Internet of Things (IoT), AI, design thinking and big data.

Deputy Minister of Youth and Sports, Steven Sim, who officiated the event, opined that Industry 4.0 is about empowering consumers. "Grab did not kill the taxis – the monopoly, fare control and attitude of taxi drivers did. Technology itself is not the disruption; disruptions happen because of consumers' dissatisfaction.

"Innovations and new enterprises are making use of technology to fill in the gap in human satisfaction. Today's market is geared towards fulfilling and empowering the human person in many ways. It empowers customers," says Sim.

One such market is financial technology, or fintech. Driven by positive consumer demand, Malaysia is currently racing with top cashless-transaction countries such as Singapore, the Netherlands, France, China and India. Cash-based sectors such as retailers, restaurants, and travel and tour-related industries are slowly migrating away from paper bills and coins, and going cashless.¹

Cashless systems are essentially transactions that do not involve physical money, such as credit cards or online payment, internet banking, and electronic fund transfers and investments – with many more still emerging as this new technology evolves.

¹ www.nst.com.my/business/2018/09/410444/strong-consumer-demand-driving-cashless-payments%2%A0.

❧ (Back row, fourth and fifth from left) Howie Chang and Steven Sim.





Is somewhere else always the right place?

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"Previously, having a credit card denoted status – the better the card, the higher your status. Today, there is no such card loyalty; loyalty is given to the one who is able to provide better discounts or cashback benefits," says Nicholas Lim, chief technology officer of Soft Space.

To Lim, payment is no longer just a channel – be it cash or cashless. "Payment is a lifestyle that must be enabled by technologies. The most important thing when pushing out a cashless solution is to figure out ways to get consumers to use it, and to continue using it. The rapid expansion of touch points – or shops – to provide payment solutions is necessary to entice and retain customers.

"This in turn will generate data on the customer's preferences and habits, which will then be put into data analysis. It will allow retailers to learn how to generate customer 'stickiness', be it through better promotions or rewards, to bring greater service to the customers and create greater win for the retailers. It's actually a circle – the better service you have, the better data you have, the more customers will come on board. That is the engine for the whole cashless society," says Lim.



➤ Nicholas Lim.

Drawbacks

But digital payment has its drawbacks too – it is very traceable; and institutions will potentially have access to all relevant information, potentially infringing on consumers' personal preferences and even habits. Records of various cashless transactions build a database that paves the way for future predictions. Compiling the profile of an individual is simply done by mining through a large number of records within the database. Furthermore, not everyone is able to jump on the cashless bandwagon – this is notably difficult for the poor and the elderly.

The more worrying issue is that cashless systems rely heavily on data or internet connections. What would the consequences be for a cashless society when the electric grid fails or servers are thwarted by power failure, hackers or even war?

This was what cashless users in Sapporo faced when Japan's North Sea earthquake triggered a large-scale power outage in 2018. E-wallet users lost their ability to pay for goods and services as all electronic payment methods became unavailable. Worse, they were unable to withdraw cash from banks as the ATMs were offline as well. Most of them had to go without supplies during this period. In February 2018 Stefan Ingves, governor of the central bank of Sweden, warned that the cashless society is defenceless in the face of war or natural disaster, and huge social and financial systems will collapse in an instant.²

Cashless Society – Are We Ready?

When asked about Malaysian attitudes towards cashless systems – particularly e-wallet adoption – Daniel B. Ruppert, group CEO of Sedania Innovator, thinks that Malaysians may not fully embrace cashless systems yet: "Here in Malaysia we

are all very spoilt. We all have credit and/or debit cards; we all have bank accounts – bank account implementation is very high; so for us to carry another wallet, we say, 'Oh okay, looks fancy. I can shake it to get discounts, which is good, but after that, what's the purpose? What's the point? We do not have the right-use cases yet. Until we actually do, we will probably be slower in adoption,' says Ruppert.

However, a news report quoting a 2017 survey conducted by Visa Inc said Malaysians are becoming increasingly confident about going cashless. According to the report, six in 10 said that they could go cashless for an entire day while close to half (41%) said that they could last three days without cash; more Malaysians are using payment cards, particularly among the more affluent.³

Meanwhile, Bank Negara has taken steps to enhance e-payment platforms. One of them includes waiving the instant transfer fee of RM0.50, effective July 1, 2018, for up to RM5,000 per transaction. To discourage cheque usage, cheque fees will be increased from RM0.50 to RM1.00 beginning January 2, 2021 to reflect the higher processing cost.⁴

While sceptics may still tout the "Cash is King" philosophy, in this fast-paced technological world, slowly but surely we are converting to a new philosophy: "Data is King".



➤ Young people drive the new economy, said Deputy Minister of Youth and Sports Steven Sim in his opening speech.

² <https://paypay.me/cashless-payments-have-become-a-nightmare-for-victims-of-japans-disaster-the-cashless-society-is-in-doubt.html>.

³ www.nst.com.my/business/2018/09/410444/strong-consumer-demand-driving-cashless-payments-C2%A0.

⁴ www.imoney.my/articles/cashless-society-malaysia.



Tan Kai Yan is a technical writer with a multinational company in Bayan Lepas. She enjoys nature, gadgets and things tech-related.

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Leadership Movements at B. Braun Asia Pacific



Ms Anna Maria Braun will assume the post of Chair of the Management Board, B. Braun Melsungen AG on 1 April 2019; and has vacated her role as President of B. Braun Asia Pacific. She retains her responsibilities as a member of the Management Board of B. Braun Asia Pacific.



Mr Lam Chee Hong was appointed as the new President of B. Braun Asia Pacific on 1 January 2019 and will oversee B. Braun's medical technology and pharmaceutical business across the region. Based in B. Braun's regional headquarters in Penang, Malaysia, Mr Lam also oversees one of the B. Braun Group's largest production sites in the world, B. Braun Medical Industries, with over 7,700 employees.



Mr André Holzhausen was appointed as Member of the Management Board and Senior Vice President of Operations, B. Braun Asia Pacific; and Head of the Global Centre of Excellence for Intravenous Access on 1 October 2018. Mr Holzhausen succeeds Dr Jürgen Schlösser, who has been appointed as Senior Vice President and the Chief Operating Officer of B. Braun USA.

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"PETALING JAYA: A 48-year-old woman suffered multiple injuries, including bruises on her forehead, after she was savagely attacked by a robber in a lift at about 6.45am" (The Star, 18 February 2019)

"BALIK PULAU: A 60-year-old woman remains unconscious in the intensive care unit of the Penang Hospital after falling victim to an attempted snatch theft incident in Lorong Lebuh Mahsuri, Bayan Baru here, on Saturday" (The NST, 3 December, 2018)

"Tanjung Bungah Penang - Shortcut to Hotel ends in Rape" (The Star, 9 September 2017)

Recently we have had a few high-profile attacks in Malaysia and while Malaysia is generally a safe country, it is important always to be aware and not complacent.

Be alert when travelling, or out and about in town - when you are more vulnerable to attacks. It is therefore important to adopt a common-sense, proactive approach to protecting yourself.

Some tips to stay safe

- Always inform someone where you are going, what time you will be back, and where you will be staying.
- When out exercising or walking, do not do it on your own, go with a friend, and don't go for walks or runs at night.
- Carry a fully-charged phone and consider setting up a security app on it.
- To reduce the chance of a snatch theft assault, do not carry a bag and minimize the cash you carry.
- Do not walk or run off the beaten track - stay in well-populated and well-lit areas.
- Do not be complacent, be alert, keep your eyes and ears open, pay attention to your surroundings, look out for anything unusual, and avoid any potential situations. Walk, talk and behave confidently.
- Respect local customs when travelling. You are the foreigner, so dress in a manner that does not draw attention to yourself, do not wear expensive jewellery, keep a low profile, blend in.





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- Stay in a reputable hotel or accommodation, with fire escape routes and room doors that can be locked from the inside, do not invite or let anyone into your room, keep valuables in the safe box.
- When driving, keep your vehicles well maintained and fully fuelled, doors locked and windows closed. Do not leave bags or belongings on passenger seats as there is a risk of a smash and grab theft.
- Be cautious during a road traffic accident, inform the police and friends immediately of your location and what happened. Consider remaining in the vehicle, if possible.
- When out socialising, do it with friends, be alert and maintain common sense, be suspicious of persons suddenly pretending to be your friend or buying you drinks.
- Know the emergency phone numbers of police or ambulance - 999.
- Do not go into a carpark on your own, particularly at night - ensure you are accompanied by a friend.

If robbed let the criminal take your valuables, 9 times out of 10 they have one rule which is no rule, your life is more important. The attacker's brain is not working as it does in normal, civilised persons!

- Have an escape plan or escape route
- Do regular fitness training, to improve your ability to escape, defend and survive.
- Consider carrying pepper spray, audible arms, improvised weapons, screaming.
- Learn how to respond to real life or death situations. You need to be able to react effectively within the first 5



seconds of a situation, be it diffusing or defending. Do understand that combat sports or martial arts are different from self-defence training.

Be reminded that prevention is better than cure!

Reference

<https://www.thestar.com.my/news/nation/2019/02/18/police-have-identified-suspect-in-valentine-day-robbery/>

[https://www.nst.com.my/news/crime-courts/2018/12/436886/woman-attempted-snatch-theft-incident-remains-unconscious:](https://www.nst.com.my/news/crime-courts/2018/12/436886/woman-attempted-snatch-theft-incident-remains-unconscious) 48-year-old woman suffered multiple injuries, including bruises on her forehead, after she was savagely attacked by the robber in a lift at about 6.45am* (The Star, 14th Feb 2019)

<https://www.thestar.com.my/news/nation/2017/09/09/shortcut-to-hotel-ends-in-rape/>

Conor Mc Manus is a Health & Fitness Coach and co-founder of Warrior Fitness & Adventure. He can be contacted at conor@warriorfitnessadventure.com or +6 012 459 4728.



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Elias Kuan Matteo Utriainen

is a Grade 9 student at Fairview International School

Seeing the big picture, thinking outside the box

In Fairview, we are taught to think outside the box and ask the hard questions in order to see the bigger picture. I am truly thankful for this. I have been studying in Fairview for a total of 7 years and what makes this school extraordinary is the types of tasks we are required to do. At school, we focus mainly on tasks such as research and group activities, which help build our teamwork and communication skills. I have always liked the school because of the study and teaching methods used, which, in my opinion, are easy to understand.

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Fairview is a very friendly school because everyone gives you a warm welcome if you are new. All Fairview campuses offer the PYP (Primary Years Programme) and the MYP (Middle Years Programme) while the KL campus offers IB Diploma Programme too. Fairview has made me feel very happy ever since I moved here. Other students greet me with a big smile and teachers help me in my lessons. I think Fairview is the perfect school for children who want to have the best education.

Fabia Clarissa Bieck
is a Grade 4 student at
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Watch out for more stories in the next issue.....

A LITTLE BIT ABOUT US

Fairview International School is Malaysia's largest International Baccalaureate World School with schools located in Kuala Lumpur, Penang, Ipoh, Subang Jaya and Johor Bahru. With 40 years of experience in teaching children from all over the world, our wealth of talent continues to expand.

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UPCOMING EVENT: OPEN DAY on 29th June 2019



Potato-Love?

by Eva Rothmeier

Linda, Sieglinde, Annabelle – these are the names of the classic varieties. And there was a time when they were omnipresent in the German kitchen. We are talking about potatoes and the question is: Are the Germans still in love with the tuber?



Think about your childhood. I'm sure hardly a few days passed without eating potatoes in various ways. We loved them baked, boiled, sauteed, roasted, mashed, fried or tossed in salads. The number of different recipes is endless and the taste was always great.

But today, in times of instagram-worthy food, powerfood and low-carb diets, it seems that the good old potato has an image problem. Do we see anybody posting pictures of the latest potato-salad or of mashed potatoes? I don't think so! Or, on the other hand, could it be that we're now just too lazy to peel them? Of course, it's much easier just to pop pasta or rice in boiling water.

Studies show that Germans eat about 53 kilos of potatoes every year at

the moment. That seems a lot, but it includes finished dishes like French fries and chips. In the 1960s they consumed about 125 kilos per year. So what to do, because the taste of the small tuber is still great, isn't it? Germany remains the land of the potato, however. Over eleven million tons are being cultivated every year, in more than 200 different varieties.

But in the beginning, the relationship between the tuber and the Germans was not so easy. The rumour persists that it was King Frederick the Great who brought potato-love to the country, in the middle of the 18th century. One day, he heard about a new wonder plant from South America. He planted a big field in a nearby village and preached to his people about the potato's nutritional and economic virtues. But the people did not want to be told what to eat and rejected his potato endorsement. So the king had an idea. He ordered his soldiers to march to the village and guard the potato field. This fortified field piqued the villagers' curiosity. King Frederick ordered the guards to go easy on the vigilance at night, allowing the tricked locals to steal the crop for their own gardens. And thereafter the potato flourished and has lived on as a staple of the local cuisine ever since.

The story may just be a myth - but perhaps we just need a little trick to be played again?!

Eva Rothmeier is a German journalist and has worked for several different newspapers and magazines in Germany. Primarily for her kids she still cooks traditional German dishes at home - and here potatoes should not be forgotten.



Mashed Potatoes

by Eva Rothmeier

Ingredients

- 1 kg floury potatoes
- 100 ml milk
- 100 g butter
- salt
- freshly-grated nutmeg

Method

1. Wash, peel and cut the potatoes in half. Then cook them for about 20 minutes in salt water.
2. Boil the milk and add a pinch of salt and freshly-grated nutmeg. Cut the butter in small cubes.
3. Use a potato masher or electric beater, slowly blend milk mixture and butter into the potatoes until they are smooth and creamy. Season with salt and pepper to taste.

Bon appétit!



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Urban Spice moved to their current location in Permai from Georgetown last year and offer an interesting and delicious Asian Fusion menu. While offering typical items of soups, salads and sandwiches their signature dishes are Oxtail Stew, Duck Confit and Lamb Shank. Chef Bernice prepares these dishes in a strictly traditional way however the blending with local spices brings unique flavors to the sauces.

The location is in a quiet setting with separate lunch and dinners hours. You can choose from a variety of coffees and juices however wine and beer have a limited selection. There is no corkage fee so bring your own wine.

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THE HILLTOP

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As the name suggests the restaurant sits up high on the southern ridge separating the east and west sides of the island in Balik Pulau. The old wooden structure can be described as eclectic with an old car, wooden wagon wheels and more as you walk into the open-air restaurant. The menu is extensive with typical Thai dishes like Miang Kham or Pad See Ew. There is also live seafood from the Balik Pulau market held in tanks to add to your dinner choices.

Chef Low offers two signature dishes. First is deep fried fish Keng Som which is prepared with Turmeric and spicy Thai chilis or Steamed fish with Pickled Radish prepared in a more typical local Penang style. If you are interested to have a more authentic Thai dish ask the chef to spice it up for you.

The Hilltop offers great sunset views, so most people arrive around 6:00 pm to eat and casually watch the sunset. Weekends can be busy during this time so you might need to reserve a preferred table.

The Hilltop
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Jalan Tun Sardon
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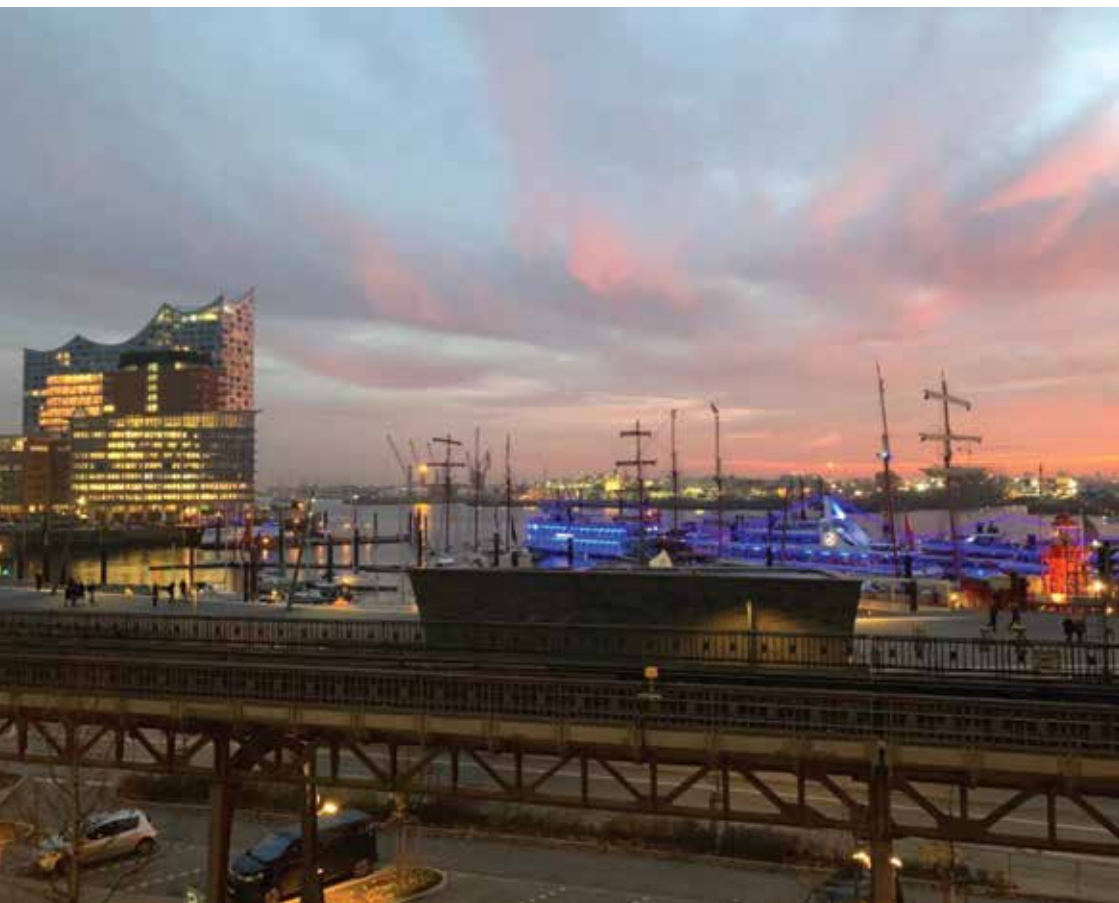
City Visits

Hamburg, meine Perle

That's how the locals call it: „Hamburg, my pearl“

by Claudia Skirl

Cars. Punctuality. Oktoberfest. Germany is known around the world for doing well at several things. But for being a top rate European holiday destination? Indeed it is! Slowly and modestly, our travel industry has become even bigger than mechanical engineering. More than 37 million international guests visit yearly and enjoy the many things the country has to offer: beautiful landscapes, cosmopolitan cities, a richness of culture and history which combines old world charm with modern attributes. Our new German language series, CITY VISITS, will now bring you some of those, introducing “not to be missed” highlights on the German map. Gute Reise!



Quelle : Katharina Niu



Quelle : Christine Stock

Ohne das norddeutsche Wetter wäre Hamburg die schönste Stadt der Welt, sagen viele Besucher. Nirgendwo in Deutschland treffen Wasser und Stadt, maritimes und urbanes Flair so eindrucksvoll zusammen. 1,8 Millionen Menschen leben und arbeiten hier, jedes Jahr zählt die Stadt über 13 Millionen Übernachtungen, Tendenz steigend. Was ihre Anziehungskraft ausmacht? Vor allem Vielfalt! Hamburg ist klein und doch groß. Mondän am Jungfernstieg, dörflich in Blankenese, visionär in der Hafencity, leidenschaftlich im Stadion des FC St. Pauli, verrückt auf der Reeperbahn und weltoffen am Hafen. Und überall trifft der Besucher auf Wasser. Acht Prozent der gesamten Stadtfläche machen Elbe, Alster und Co. aus. Hamburg besitzt mehr Brücken als Amsterdam. Hamburg besitzt mehr Brücken als Amsterdam. Wenn dann am Hafen die Sonne im Wasser glitzert, ein Kreuzfahrtschiff einläuft und das Fischbrötchen schmeckt, ist Hamburg kein Klischee, sondern wird zum Gefühl. „Ich bin Hanseat, kein Deutscher“, beschrieb es Karl Lagerfeld. Jo.“ (ja), sagt da der Hamburger. Finden Sie es selbst heraus!

SEHEN

Elbphilharmonie „Elphi“, wie das Konzerthaus liebevoll von den Hamburgern genannt wird, hat sich längst als Wahrzeichen der Stadt etabliert. Wenn es Ihnen nicht gelingt, eine der begehrten Konzertkarten zu bekommen, fahren Sie auf die Aussichtsplattform und genießen den Blick. www.elbphilharmonie.de

Speicherstadt Ein Boot nehmen, einen Rundgang machen, moderne Cityarchitektur und UNESCO-geschützte historische Lagerhäuser bewundern: Mit dieser App können Sie sich nicht verlaufen. www.speicherstadt-digital.de

Miniatur Wunderland Die größte Modelleisenbahnanlage der

Welt verblüfft mit detailgetreuen Landschaften und vielen überraschenden Details. Wetten, dass Sie irgendwo ein Alien entdecken? www.miniatur-wunderland.de

Binnenalster und Kanäle Was gibt es Schöneres, als an einem Sommertag mit dem Kanu auf den Seitenarmen der Alster zu paddeln? Für weniger Sportliche geht auch ein Getränk auf der Uferterrasse. Von Ende März bis Oktober. www.bootsvermietung-dornheim.de

Musicals Neben dem glamourösen Klassiker ‚König der Löwen‘ laufen u.a. ‚Tanz der Vampire‘ oder ‚Aladdin‘ an verschiedenen Theatern der Musicalstadt. www.hamburg.de/musicalwww.hyatt



Speicherstadt, Quelle: hamburg-fotos-bilder.de

SCHLAFEN

Hotel Atlantik Kempinski Wenn Sie unbedingt einmal Rocklegende Udo Lindenberg treffen wollen, versuchen Sie es im Hotel Atlantik an der Außenalster. Dort wohnt der Sänger nämlich schon ewig.
www.kempinski.de

Horus Hausboot Ahoi Kapitäne! Auf dem stilvollen Hausboot kann man mit sechs Personen schlafen, schaukeln und aus nächster Nähe die Elbphilharmonie betrachten.
www.horus-hausboot.hotelsinhamburg.net

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FEIERN

Mojo Club Abtanzen wie früher in der Reeperbahn Nr.1 – im Mojo Club geht's immer noch mit Salsa, Jazz und Electro. www.mojo.de

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www.hyatt.com

Gasthaus zur Post Oft kopiert und nie erreicht. Seit 1775 familiengeführtes Fischrestaurant im Alten Land, wo man den Elbfisch Stint bekommt und ihn dann immer wieder essen mag.
www.gasthaus-zur-post-cranz.de

Claudia Skirl studierte in der Stadt und ist bis heute Hamburgerin im Herzen. Viele der Tipps stammen aus ihrem bestens intakten Vor-Ort-Netzwerk.





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Angkor Wat Reverie

by Ooi Hong Leong

It was 5:30am and still very dark at Angkor Wat. Before me, in the starlit sky, Venus and Jupiter aligned in one straight line with the faintly visible, highest pinnacle of Angkor Wat. "It is the age of Aquarius", said a voice in the darkness. "Not quite", answered another voice, "because it's Venus that's aligned, not Mars!". Anyway, that was enough to transport me away to another world.

Nine hundred years ago, Angkor was a major centre in a very different Southeast Asia. From Burma to the South China Sea, from the southern border of the Chinese Sung dynasty to the Indonesian islands, this region had one common culture, which was Hindu-Buddhist. Traders, missionaries and adventurers threaded their way through the jungles and paddies, or sailed with the monsoon winds, carrying the fruits of trade and cultural exchange. Angkor was the capital of the Khmer Empire. Among the contemporaries of the Khmer Empire in Southeast Asia were the Pagan Kingdom in Burma, Srivijaya in Sumatra, Malaya, Kediri and other Javanese kingdoms. The mortal enemy of the Khmer was Champa, their neighbour to the east. Vietnam, which would later replace the Cham as the mortal enemy of the Khmer, was at that time still confined to the Red River Delta, busy with efforts to ward off renewed Chinese domination and hold off Cham raids.



Chinese Army marching for Angkor.



The bad guys: Cham navy.

The wars with the Cham pre-occupied the people of the Khmer Empire to such a degree, that they dedicated many walls in Angkor Thom and Angkor Wat, to carvings depicting their battles against them, on land and water.

Interestingly, the name of Champa may have derived from the magnolia flower, called campaka in Sanskrit. It is almost paradoxical that a nation of such fierce warriors as amply documented by the Khmer, Vietnamese and Chinese, should name their country after a beautiful, fragrant flower.

The forests that now surround Angkor Wat and the many other temples around Siem Reap were, originally, inhabited districts of a large city, one of the largest in the world at that time. There was a Chinatown in Angkor, as documented by stone carvings on the walls of Angkor Thom, showing the lives of Chinese merchants who dwelt there. The whole city was sustained by a very large and sophisticated irrigation system. The water that fed the city irrigation flowed from the Kulen (Lychee) Hills to the northeast into the Siem Reap River. Hundreds of "lingas" were carved into the rock of the stream bed at the source

of the river, turning the water of the Siem Reap River into holy water, according to Shaivite belief.



Life in Angkor's China Town.

Drinking holy water, which flowed down from the Lychee Hills, was fed with grain and fruit from the fields within and around it, and well-supplied by fish from Lake Tonle Sap nearby, surrounded by the grand temples and palaces of the God-kings, the people of Angkor must have thought they were living in paradise on Earth. Even today we marvel at the expressions of confidence in the kings and generals riding on their elephants, and the sublime calm in the beautiful carved faces of the dancing apsaras in the temples.



Apsara Dancing.

The pale blush of dawn spread across the view of Angkor Wat before me, and I was brought back to the present. The morning stars faded as the sky brightened. The vision I had of Angkor as it could have been a long time ago, retreated to the shadows of the old stones facing me, and the city became the temple again.

“Do you think your Huawei phone might just wake up at night and phone home to Beijing on its own?”, I heard somebody say behind me. I turned around and saw the hundreds of other people who had come to witness the sunrise at Angkor Wat, with me. Thus, I fully returned to our present-day world, where reality-show personalities become presidents of powerful countries.



Yours Truly... doing the Tomb Raider thing.

HL Ooi thinks that the arts and sciences complement each other. Thus an engineer like him also enjoys exploring the ancient cultures of Southeast Asia.



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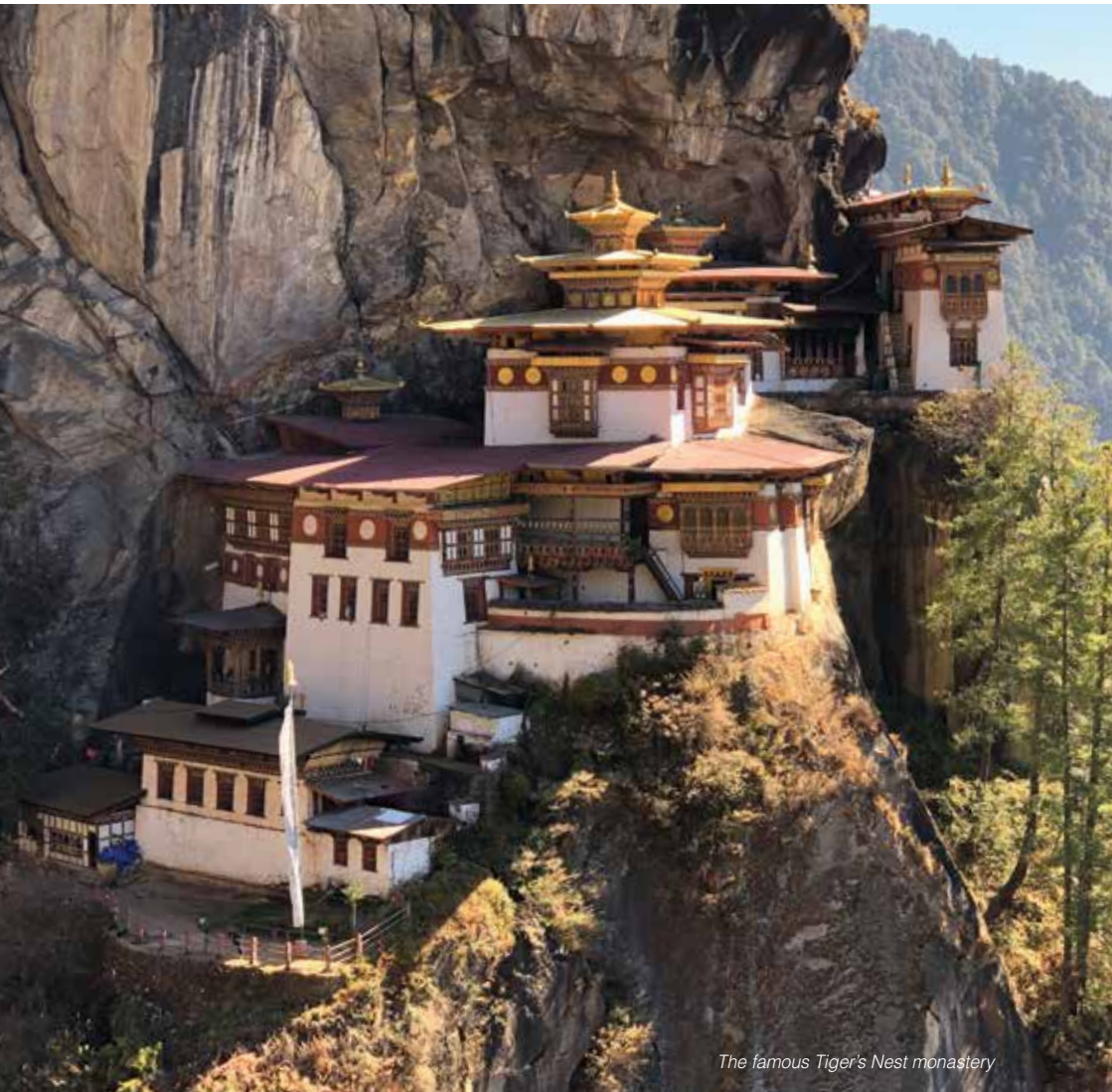
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BHUTAN - 'HAPPINESS IS A PLACE'

by Barbara Williams



The famous Tiger's Nest monastery

The term 'holiday of a lifetime' is often overused, but it really does apply to a trip to Bhutan – otherwise known as The Land of the Thunder Dragon. It is a small landlocked country situated at the foothills of the Himalayas, sandwiched between Tibet and India, just east of Nepal.



The three of us in front of Punakha Dzong.

I travelled with two friends, Beryl Nolan and Janet Mills. We went with a tour company recommended by friends, www.australianjourneytobhutan.com.au. There were seven in our group – two Australians, two Brits and the three of us from Penang.

We went in November – although this is wintertime and the weather is cold, the skies are blue and the air is clear, great for photography.

It's not the easiest place to get to – we had to stay overnight in Bangkok both ways. From there we took a Druk Air flight to Paro with a transit stop in Calcutta. Paro airport is listed as one of the world's most challenging airports for landing. The plane has to pass through a narrow mountain valley and then make a sharp turn to line up with the runway.



Our two guides in traditional dress.

Allegedly only six pilots are qualified to land there. So we had an exciting start to the trip. Formalities at the airport were dealt with quickly (the tour company had arranged our visas) and we were able to change our US\$ into Bhutanese Ngultrum which is pegged to the Indian rupee.

We stayed two nights in Paro and had the opportunity of watching the national sport of archery (later on in the trip we had a go ourselves and it's much harder than it looks). We browsed the shops in the simple high street and took a tour of the historic Dzong – the old citadel and administrative/religious centre of the town. The national religion is Buddhism and we visited a beautiful monastery out in the countryside.



Paro Dzong with prayer flags.

Our next stop was Thimpu, the capital, where we spent two days seeing the sights including a textile museum, arts & crafts centre and paper factory.

Then, heading east all the time, we drove to spend a night in the Punakha valley. After that it was onto Phobjikha valley where black-necked cranes fly in to roost every year. We toured the information centre and hiked through the valley, admiring the gorgeous scenery and views of the cranes from a distance.



We had the opportunity of trying a traditional herbal hot stone bath heated by rocks roasted in an open fire. All this takes place by candlelight in a garden shed-type building with an earthen floor, with the temperature outside close to zero. Quite an experience!

Further east we had a night's stay at Trongsa which has a spectacular old Dzong clinging onto the side of the valley. We also visited the Royal Heritage Museum there, Bhutan's equivalent of the Tower of London, where we saw the King's crown on display. The king is revered in Bhutan and sets a great example by living simply and supporting many charitable works.

The furthest point east was Bumthang, where we attended a Tsechu or local festival. The whole village turned out in their finery to watch the colourful dance performances which lasted the whole day. It was a real privilege to be there, we were the only foreign tourists.

The whole trip eastwards was quite an adventure and progress was slow as the road was unmade for long stretches, only one lane wide, often with a sheer drop on one side. Our driver really earned his money and did a great job at keeping us safe.

From Bumbthang we flew back to Paro, whilst the driver (with the guides) drove the van back, it took them one very long day. Our flight was spectacular with fantastic views of the snow-covered Himalayas, the whole way.

Our last day in Bhutan was spent hiking up to Tigers Nest, perhaps the most famous monastery in Bhutan and spectacularly situated, clinging onto the rock face on the side of the valley. It was an arduous walk, not helped by the altitude (we were above 3,000m) but worth it for the glorious views and photo opportunities.



A typical local meal.

Overall we enjoyed the Bhutanese food - even the national dish ema datse (chilli cheese). Red rice was served and most meals were accompanied by potatoes and buckwheat noodles, too. We tried the dried yak cheese which everyone agreed was like sucking on a rock and not a pleasant experience. The local beer, red wine and whiskey were good and cheap. Yak butter tea was 'interesting' and quite palatable, if you thought of it as soup and not tea.



The national dress is unusual and widely worn. For the men it is a gho, which resembles a knee-length dressing gown, worn with black socks. It's secured by a wide belt forming a pouch which serves as a large pocket, traditionally used to carry a food bowl and money, but these days a mobile phone or camera, too.

On formal occasions they wear beautifully embroidered knee-high boots.

The women wear a full length dress called a kira, made from a rectangle of handwoven fabric which is wound round the body and secured by brooches and a belt. Over the top is a tailored long-sleeved jacket, giving a very elegant appearance.

The local language is Dzongkha and the script is the same as that used in Tibet. English is the medium of instruction in schools. We picked up a few terms such as: Kuzo Zangpo La (hello) and Kadinchey La (thank you).

Bhutan is also known as the Land of Gross National Happiness, reflecting



Typical view of Himalayas from a high mountain pass.



Colourful dancers at a local festival.

their Buddhist philosophy. The first tour groups only started to arrive in 1974 and the international airport only opened in 1983.

Our driver, Dorji, and the two guides, Payza and Phub were most friendly and informative, going out of their way to ensure our comfort and enjoyment. The two week holiday was a wonderful experience and I'd recommend it to

anyone who has a sense of adventure, enjoys the outdoors and doesn't mind a bit of hardship (the heating in a couple of the hotels wasn't great).

It's best to travel in a group. The Bhutan government charges tourists US\$250 per day which includes accommodation, meals, transport, entry fees to monuments etc. and a guide.

I'd love to go again, but in Springtime, to see the wild flowers.

Useful information:

Lonely Planet Guide to Bhutan
www.tourism.gov.bt
www.mymbhutan.com



Local women wearing the Kira.

Barbara Williams is from UK and has enjoyed living in Penang for the past 25 years. She loves to travel in the Asian region.

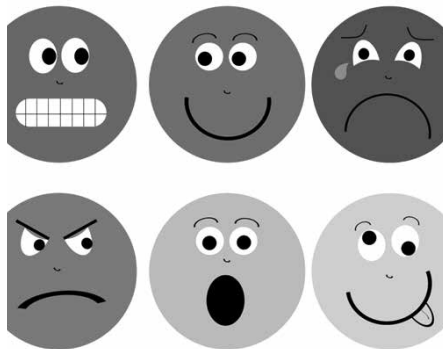


Ralf's Ramblings

For many years, researchers tried to develop a male contraceptive other than the one that tightly wraps around our best friend. All this time, men have been happily off-loading the responsibility of birth control to women and accepted the fact that the side effects often resulted in our queens of hearts turning into vicious "mothers of dragons" once a month. Hormones, ugh!

Successful attempts to develop a male contraceptive have proven elusive. A recent study for a new drug had to be called off because, one by one, the male test subjects quit, as they experienced unbearable symptoms: mood swings! Ok, only 3% reported these side effects but hey! We are sensitive creatures and this 3% was enough to call the whole thing off. Of course, women would call these side effects minor, after all, apparently 30% of women who take oral birth-control pills experience depression and have to take medication for it.

Other side effects of the male study included acne, muscle pain and a change in libido. Now I am ok with all of those, but change in LIBIDO? If there is one thing that scares a man to his core it's a "change" in his libido. I mean is that the concept of how it works as a contraceptive? Ruin my "Mini-Me" so that I can't perform anymore? That surely prevents a pregnancy, but what a



Mood Swings

devilish kind of plan is that?

Anyway, men are just not capable of handling too many emotions simultaneously, and contradicting emotions, such as mood swings, cause havoc and confusion in us. (Given the stoic nature of many men, however, I could well imagine that lots of women

would have loved to see such a product make it to the market: Emotions, at last, emotions!)

But let me make two things clear for my cherished female readers: first of all, we share your monthly pain when you enter "moody valley". After all, this is the time when we have to tiptoe around the house so as not to provoke the praying mantis. Secondly, we do have emotions. Deep down inside. They do not always surface but they do exist...I think.

So a pill for men could be great but certainly not at the cost of mood swings. Women can handle them much better. We just CAN'T deal with that! After all, I wouldn't want my male airline pilot to burst into tears, minutes before landing, just because he gets an anxiety attack caused by his contraceptive pill!

Cheers,
Yvonne's Husband



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(*Source: Malaysian Food Composition Database)

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