

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

The logo features the letters 'MGSG' in a stylized blue font with a red bird-like icon above the 'G'. To the right, the words 'NEWS' and 'LETTER' are stacked vertically in a large, bold, green sans-serif font. The entire logo is overlaid on a background image of a brightly lit, ornate Hindu temple structure at night, decorated with garlands and lights, with people gathered around it.

MGSG NEWS LETTER


January - March 2018

Penang Active
Cycling

Penang Festivals
Thaipusam

Corporate Corner
**Rubber and einhorn
OSRAM's new Factory**

Travel
A Korean Adventure

A close-up photograph of a white and red robotic arm in a factory environment. The arm is positioned over a dark surface. A white network-like graphic with dots and lines is overlaid on the image, connecting different points across the scene. The background is blurred, showing other industrial equipment and bright light sources.

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Message from the President

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

For us the year 2017 (Fire Rooster's year) was again successful, and often very busy. We had to say farewell to both our teachers and employ two new ones, in order to maintain our high standards of teaching the German language. We saw our director, Dr Doris Hafner, leave and took on Jascha Dickmann to manage the administration from now on. We had a great MaiBall and a fantastic Oktoberfest party - against all the odds - and we started preparing for the challenges of the Year 2018 (the Year of the Dog).



Most importantly: the MGS Annual General Meeting 2018, in the month of May, will be an alternative one, meaning that **YOU** as members will have to elect the new Board of Management, consisting of 10 members from the MGS, and the President. Please show up in person and elect from the candidates – we would appreciate if **YOU** chose to become a candidate yourself, as some Board Members will be leaving.

Also important: we will again have lots of events promoting friendship, such as the **MaiBall** on May 12 and the **Oktoberfest** on October 19 & 20.

We have bought new books and DVDs for you to enjoy and they are displayed in the Library, we will be offering interesting talks and movies as well as our newsletters; and the German Language Courses will start in January, administered by our hard-working and dedicated MGS team.

We count on your continued strong support and wish you a really good New Year, thereby hoping it will bring you health, love, good fortune, peace, joy and a whole lot of happiness.

Thanking you very much and seeing you soon at the MGS I remain

Yours sincerely
Dr Achim Lauermann

EDITORIAL

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Malaysian-German Society

250B, Jalan Air Itam

10460 Penang

Malaysia

Tel/Fax: 04-229 68 53



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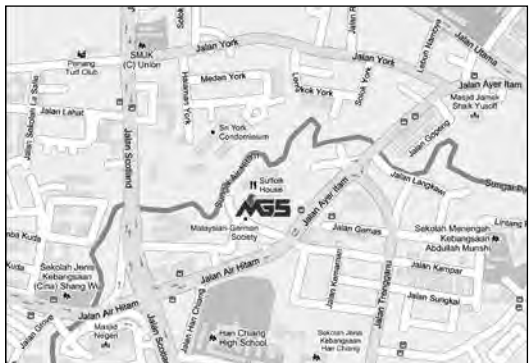
office@mgs.org.my

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Opening hours office & library:

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

2:00pm - 7:00pm



MGS Newsletter

Issue October - December 2017

Cover picture:

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Editing Team:

Christiane Lange, Petra Müller,

Eva Rothmeier, Charlotte

Smart, Helle Scriver

Contributions:

Jascha bin Yazit Dickmann, Cordi Halm, Dr Achim Lauermann, Bernd Lübcke, Dr Wolfgang Mark, Conor McManus, Carmen Nuck-Hamzic, Ralf Touby, Ben Viernann, Barbara Williams, Deutsche Schule Kuala Lumpur, einhorn, OSRAM Opto Semiconductors Sdn Bhd, The Penang Institute, Penang Passion, The Royal Australian Airforce

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Chemotherapy & PET-CT Scan
- Cancer Wellness Centre
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& Stress Test (Treadmill) and Executive
Cardiac Assessment
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(Angiogram), PTCA, Pacemaker
(Temporary/Permanent), Heart Studies,
Interventional Electrophysiology and
Biplane Angiography System
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- Child Development & Assessment
- Critical Care Unit
- Day Surgery
- Delivery Suites
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- Ear, Nose, Throat, Head & Neck Surgery
and Cochlear Implant Surgery
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- Electroencephalogram (EEG) &
Neurophysiology Laboratory
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& Endolaparoscopic Surgery
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Cataract Surgery - Phacemulsification)
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- Orthopaedic, Arthroscopy Surgery,
Spine Surgery, Sports Injury, Trauma,
Bone Transplantation and
Joint Reconstruction
- Paediatrics
- Patient Education Unit
- Percutaneous Laser Disc
Decompression (PLDD)
- Pharmacy
- Plastic & Reconstructive Surgery
- Psychology (Clinical, Educational &
Counselling) & Neurofeedback Therapy
- Psychiatry
- Radiology & Imaging Dept
PET-CT Scan, 3T MRI, CT Scan,
Fluoroscopy, General X-ray,
Mammography,
Panoramic Dental X-ray (OPG),
Ultrasound, X-ray
Bone Densitometry (Dexa Scan)
- Rehabilitation Centre:
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Hearing Screening, Treatment for
Vertigo, Imbalance & Tinnitus)
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K.K.L.U. 0888/2018

January

1
MON *New Year's Day*

19
FRI **Breakfast**

26
FRI **Movie Night**

31
WED *Thaipusam*

February

16
FRI *Chinese New Year*

17
SAT *Chinese New Year*

March

15
THU **Breakfast**

16
FRI **Movie Night**

24
SAT **Open Day**

30
FRI *Good Friday
(no public holiday in MY)*

May

01
TUE *Labour Day*

12
SAT **MaiBall**

20
SUN **AGM**

25
FRI **Movie Night**

29
TUE *Wesak Day*

June

2
SAT *Nuzul Al-Quran*

7
THU **Breakfast**

15
FRI *Hari Raya Aidilfitri*

16
SAT *Hari Raya Aidilfitri*

October

19 & 20 **Oktobertfest**
FRI & SAT

COMING UP

German Breakfast / Deutsches Frühstück

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

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



Next dates are: **Friday, 19 January**
Thursday, 15 March

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Japanese Tea Ceremony

The Japanese tea ceremony, also called the Way of Tea, is a Japanese cultural activity involving the ceremonial preparation and presentation of matcha (抹茶), powdered green tea. (Wikipedia)



The Penang Japanese Association is offering a rare opportunity for our members to experience the essence of the Japanese Tea Ceremony in their traditional tea room with tatami floor.

A Japanese tea ceremony teacher will explain the meaning of every item and gesture (with English translation). Due to the limited space, only 20 people can be accepted for this event.

A fee will be charged to cover the cost of the imported prime quality green tea powder and other accessories.

Date : **Saturday, 27 January 2017**
Time : **10:30 to 12:00**
Fee : **RM 25.00**
Venue : **Penang Japanese Association, opposite the MGS**

Please sign up with Elena in the MGS office to reserve:
office@mgs.org.my or 04-229 68 53

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John Rabe

Historical Drama, 2009, FSK 12, 134 min

China was in flames when a German businessman became a reluctant hero. When the Imperial Japanese Army invaded China in 1937, attacking the civilian population of the capital Nanking with unprecedented inhumanity, John Rabe, manager of Siemens' China branch and a resident in the country for 27 years, took action. Along with a few other members of the foreign community including doctors and missionaries who remained in the city, he created a safety zone in which a quarter of a million civilians survived what was later to go down in history as the "Nanking Massacre."



On	Friday, 26 January
Mingle & chat	8:00pm
Start movie	8:30pm
Language	German, English, Chinese and Japanese with English subtitles
Director	Florian Gallenberger
Actors	Ulrich Tukur, Daniel Brühl, Zhang Jingchu, Teruyuki Kagawa

Palermo Shooting

Drama, Germany 2008, FSK 12, 124 min



Finn is a successful photographer who leads a hectic life, gets precious little sleep, and doesn't go anywhere without his trusty headphones. One day, when Finn's life begins to unravel, he leaves Düsseldorf behind to find peace in Palermo. Just as the seeds for a new life are planted, however, a mysterious assassin comes gunning for Finn with a vengeance.

On	Friday, 16 March
Mingle & chat	8:00pm
Start movie	8:30pm
Language	German with English subtitles
Director	Wim Wenders
Actors	Campino, Dennis Hopper, Giovanna Mezzogiorno

Next meeting? With the little boss.

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Visit the MGS on the Open Day!



On Saturday, 24 March 2018 the MGS will open its doors again for an exciting Open Day.

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

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

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

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

Looking forward to seeing you all there!



COMING UP | One Billion Rising

We are very happy to announce that a group of people, including Nancy Jenster, Gosia Cano, Alla Mansour, Chin Lee Teh (Warrior Bootcamp) and Petra Müller have come together to organise the **flash mob dance “Break the Chain”**.

In Penang, this movement will be supported by **Women’s Centre for a Chance (WCC)** and **Tenaganita**.

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

Keep your eyes open for the announcement of time and venue of the rehearsals, which will start at the beginning of February. If you would like to participate, please contact Gosia at: gosiacano99@gmail.com. If you cannot make the practices, you can also learn the dance on YouTube: Break the Chain full routine mirror.

Performances will take place

Sunday, 4 March	Gurney Plaza/Paragon or Straits Quay
Sunday, 11 March	Youth Park before the “Run with Shades” 10-km-Charity Run
Saturday, 24 March	Penang Swimming Club at the “Luau” Tenaganita Fundraiser

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



Background on the Event: During the month of March 2018, Penang women of all ages and backgrounds will join with activists around the world for ONE BILLION RISING Solidarity Against Exploitation of Women. 1 in 3 women across the planet will be beaten or raped during her lifetime. That’s ONE BILLION WOMEN AND GIRLS. Every February and March, we rise – in hundreds of countries across the world – to show our local communities and the world what one billion looks like and shine a light on the rampant impunity and injustice that survivors most often face. We rise through dance to express joy and community. We rise to show we are determined to create a new kind of consciousness – one where violence will be resisted until it is unthinkable.

To find out more:

Google: *One Billion Rising*

YouTube: *Break the Chain*

Impressions of the 2016 performance organised by Julee Mathes





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Opening of Member's Art Exhibition in February 2016

Call for Artists

We looking again for members and friends who are willing to **present their art work** in the lobby and hall upstairs of the MGS premises.

You can register briefly via e-mail. Please let us know what kind of art work you like to exhibit.

Please contact the office at office@mgs.org.my

Deutsche Gottesdienste in Penang?

Über die deutsche Botschaft in Kuala Lumpur erreicht uns die Anfrage von Pfarrer Happel der evangelischen Kirche. Er betreut Malaysia von Singapur aus und bietet an, auch in Penang mehrere deutsche Gottesdienste im Jahr abzuhalten, wenn der Wunsch besteht.

Bitte melden Sie sich bei Interesse direkt bei Pfarrer Happel: evkirche.sg@gmail.com



Bis vor einigen Jahren wurden ökumenische Gottesdienste in einem angemieteten Raum der Wesley Methodist Church abwechselnd vom katholischen Pfarrer in Kuala Lumpur und dem evangelischen aus Singapur in Penang abgehalten. Liturgisches Gerät ist momentan in der MGS verwahrt und wird gerne wieder ausgehändigt – Anmerkung der Redaktion

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malaysia@luther-services.com

Singapore

Luther LLP
singapore@luther-lawfirm.com
Luther Corporate Services Pte Ltd
singapore@luther-services.com

China

Luther Law Office
shanghai@cn.luther-lawfirm.com

India

Luther Corporate Services Pvt Ltd
india@luther-services.com

Myanmar

Luther Law Firm Limited
myanmar@luther-lawfirm.com
Luther Corporate Services Limited
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Dear Members,

My name is Jascha bin Yazit Dickmann and starting from January 2018 I will be joining the MGS office team as the new office manager.

I am very excited to join the MGS and it would be my pleasure to meet each one of you in person as soon as possible. I am really looking forward to a great experience and lots of interesting projects and events together in the future.

Previously freelancing as business development consultant for several companies, my actual background is event management.

Born in Hamburg, Germany to a German mother and a Malaysian father, you could say, I experienced first-hand what it means to connect Germany and Malaysia.

Since about one year I am living in a small kampung near to Kuala Kangsar with my wife. Over here I enjoy the nature and the calmness. But actually, I can't wait to move to Georgetown since my other hobbies include eating great food and being near to the sea.

If you would like to say hello, please feel free to drop by at my office at any time after January 2nd. You can find me at the end of the library on the right-hand side.

I look forward to meeting amazing people and would like to thank everyone for being so welcoming.

Best regards,

Jascha



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Evy Lee

COUPLE MEMBERS

Valerie & Erik Olsson

Helle Scriver & Ulrich Steegmüller



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- Free use of our extensive German library (not only books, but also audio books and DVDs)
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- Membership discount on tickets and fees for our events and activities

As a member, you may use the MGS premises for your own functions. Come here for your birthday parties and other celebrations. A small donation applies. Please contact the office for further information and booking.

The MGS expects a minimum donation for the usage of:

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

For private use at home:

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

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Bei der diesjährigen Bestellung lag der Schwerpunkt auf Hörbücher für Erwachsene und Kinder. Es gibt auch viele Comedies: Dieter Nuhr und seinesgleichen, und Krimis: Sebastian Fitzek, Jo Nesbø, Dan Brown, Iny Lorentz und viele mehr.

Der Jahresbeginn ist für die meisten ein Anlass für gute Vorsätze. Dabei stehen Sport, gesunde Ernährung und Zeit an erster Stelle.

Apropos Zeit...

- Mehr Zeit für sich selbst nehmen,
- Mehr Ruhepausen einlegen,
- Zeit sinnvoll nutzen...

Da seid ihr bei uns richtig!

Ein Buch lesen, ein Hörbuch anhören,
einen interessanten Film mit der ganzen Familie anschauen,

das ist Balsam für die Seele!

In diesem Sinne ein gesundes,
frohes und lesereiches Jahr 2018!

Wünschen euch

Carmen und Cordi



"Even if I don't come to the MGS very often, I am always there in spirit!"

Dr Narinder Singh Shadan is a well-known Obstetrician and Gynaecologist, working at Island Hospital, Penang. A pioneer in natural birthing methods, including water birth, he is married to Dr Anita, a Nephrologist (kidney specialist) and they have two sons. Being born in Selangor, he settled in Penang in 1978 and calls it home. Besides completing some attachments in Singapore and Melbourne, Dr Narinder was trained locally at USM, Penang. He has also worked in many parts of west and east Malaysia, before settling down in Penang.



Do you think Penang is a special place and why?

It is an excellent place – I travel widely – both for work and leisure – and yet I find Penang unique, for it has everything to offer...the beaches and hills, modern lifestyle, great shopping, superb cuisine, from hawker food to fine dining and, most of all, the authenticity of its bistros and hidden cosy cafes – I just love Penang!

What is your favourite place on this island?

I am a beach bum! Wherever I can bury my feet in nice clear sand, with a cold beer in my hand, that would be it!

What's your favourite food?

I like any type of cuisine and am willing to explore... but my favourite is North Indian food.

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

If I had the option, Sydney is one city that has attracted me for its arts and crafts, the ocean, clear air and cool weather. It also has an amazing food diversity and mixed ethnicity.

What's your connection to the MGS?

As a teenager, I took German lessons at the MGS, in anticipation of going to Germany for my Medical Studies. Besides that, I have many German friends in Penang and around the world and now, many German expats who live here have become my patients and new friends.

Even if I am not around a lot, I am always here in spirit and supportive of the MGS, especially in the month of October (ha ha). I might get more involved when I retire from work and, who knows, maybe one day, I will stand for President.

What keeps you busy?

In my spare time, I love to travel, meet and talk with people. I enjoy arts and crafts, love dancing and listening to music.

What's your favourite travel destination?

Everywhere is unique in its own way. In my eyes, it is not important where I go, but what matters is, with whom I travel. I've yet to explore many many more places.

What's on your bucket list?

I would like to go on a cruise to Northern and Eastern Europe, South America or, most of all, to the North Pole. I would like to enjoy the sunset from different shores, all over the world.

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

Always keep your options and your mind open! Embrace the people around you with their various cultures and be adventurous in trying different cuisines... then you will enjoy every moment. Remember, life is short, so make the best of it! Smile and the world will smile back at you!

"Penang is the perfect mix"

Moving to Penang was a pretty hard decision for **Carmen Drescher** and her husband, although they had already been living in Shanghai for three years. The couple has two daughters and one of them decided to stay in Germany to finish her studies at the university of Erlangen. "Leaving her behind was really difficult, but she has always backed our decision and visits us as often as possible", says Carmen. So, in March 2014, the couple arrived in Penang with their eleven-year-old daughter, and now their contract with Bosch has been extended until 2020. "I think that with kids, it's much easier to make new friends," Carmen says. "We were heartily welcomed at SCIPS and now, as our daughter is older, we're really happy with Uplands International School." That's also the reason why Carmen decided to support the German School Association (Deutscher Schulverein Penang) which offers German classes for children who speak the language as a mother tongue and might have attended a German school before, or plan to do so in future.



Do you think Penang is a special place and why?

Yes, Penang definitely is a special place. For me it's both very interesting and reassuring, the way people of different creeds and races here, live together in peace. Penangites celebrate all the major religious festivals such as Hari Raya Puasa, Chinese New Year, Thaipusam, Deepavali and Christmas and you can learn so much about the different cultures.

What is your favourite place on this island?

I don't have a favourite place. I like the whole island with its modern malls, Georgetown as a heritage city, the beach, the jungle – it's a perfect mix.

What's your favourite food?

Food always has to be spicy for me. I like Penang Laksa, but I also love Korean, Japanese and Thai food. And of course the delicious fruits here in Penang.

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

It would definitely be a place where it is warm and the sun is shining. I like the mediterranean area, so perhaps it would be Italy or Spain.

What's your connection to the MGS?

As soon as we moved to Penang, we heard about the MGS and we became members very fast. The community is really important for making new friends and learning how

things are done here. And of course I like the events such as the Oktoberfest, the Maiball and the Christmas Bazaar.

What keeps you busy?

During the week I do a lot of sports, such as Tabata or jogging. I also have to take care of our poodle, Bobbie, I'm taking a Spanish class and I often meet friends for lunch. Sometimes I get a kind of leisure stress! And at the weekend, of course, it's family time.

What's your favourite travel destination?

Travelling from Penang is so easy and we've seen a lot since we came here. One of the most beautiful spots for me is Koh Lipe or much of Thailand. I like the food, the flair, the shopping...

What's on your bucket list?

I'd like to do a trip around the world and visit countries like Papua New Guinea, India or Africa. And perhaps moving to another country as an expat is also on my bucket list. Once an expat, always an expat.

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

The most important thing is to be open-minded. The people here are so friendly and they're living an easy life. Try everything and you will see that Penang is a really special place on earth.



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At his inaugural visit to Penang, the new German Ambassador to Malaysia, Nikolaus Graf Lambsdorff visited also the Malaysian-German Society. Together with the German Honorary Consul, Dato' Hans Brenner, he met board members and staff to get some background information about the MGS in Penang.



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MGS Oktoberfest 2017 – O'zapft is!

by Wolfgang Mark

The annual Oktoberfest has been celebrated since 1973 at the MGS in Penang and has become a class of its own – easily the most popular and authentic version of the world-famous Munich Oktoberfest, both in Malaysia and the whole of South-East Asia.



On 13th October 2017, the 45th MGS Oktoberfest, that well-known event on the calendar of the Malaysian-German Society, opened its gates and was ready to receive many happy guests. It is a tradition that we at the MGS provide the same hallmark ingredients as the original, world-famous Munich Oktoberfest in Bavaria, Germany: a uniquely and nicely decorated tent, a festive opening ceremony with the tapping of the first barrel of beer,

authentic Bavarian Oompah music, a wide portfolio of very drinkable, imported German beer brands, a variety of tasty food, funny games and tapping of the first barrel of beer, authentic Bavarian Oompah music, a wide portfolio of very drinkable, imported German beer brands, a variety of tasty food, funny games and challenging entertainment and, most of all, the wonderful atmosphere of the singing and dancing crowd till late evening.

of all, the wonderful atmosphere of the singing and dancing crowd till late evening.

As a special improvement, the tent layout was substantially changed this year. This included increased space on the dance floor and better access to the caterers, who were offering a great variety of food and drink. Also the area for kids' entertainment was given a more visible place because families with their children are most welcome at the MGS Oktoberfest. Our local and international visitors enjoyed the improved layout very much and many of them had fun dressing up for Oktoberfest, in the typical Lederhosen for men or the charming Dirndl for ladies.

We had the great honour and pleasure to welcome some respected VIP guests and MGS honorary members, in particular, YAB Tuan Lim Guan Eng, the honourable Chief Minister of Penang who, together with his family, has been a regular guest for many years. On behalf of the Malaysian-German Society I would like to express our heartfelt appreciation to the Chief Minister for his long and on-going support.

The Bayernmän - a wonderful, six-piece German Band flown in from Bavaria - performed well during the two-day event, just as they did in 2016. Their repertoire is exactly what all the excited visitors are expecting. In addition to cheering music, and lively dancing, the Bayernmän initiated the "schunkeln" (swaying along to the tune) which is now famous in Penang.

Besides traditional and party-style music, one highlight of each successful Oktoberfest is a wide range of light and sweet draught and bottled beer. Once again this year, we were able to offer the popular German brands: Löwenbräu, Erdinger, Franziskaner and König Ludwig.

As the evening progressed, several exciting activities were organized to keep the guests entertained: group dancing, traditional beer-drinking games, arm-wrestling and mug-lifting with a specially designed 3-litre beer glass. A much-visited fun and games stall for the children was also available. Kids and their parents all enjoyed the funny and challenging games.





Overall the MGS Oktoberfest 2017 was once again, a highly successful and smoothly-run event. We welcomed around 2800 happy guests from Penang, Malaysia and around the world. Many visitors commented that this event was such a wonderful and authentic celebration of a good old German tradition and had such a fantastic atmosphere, that they will definitely attend the MGS Oktoberfest in 2018. All regular visitors and those who sadly missed our spectacular Oktoberfest 2017, should be sure to diarise now, October 19th and 20th 2018!

Many and special thanks go to our main sponsors, Carlsberg, E&O Hotel and Lufthansa, as well as to all supporters, advertisers, volunteers, suppliers, caterers, the MGS office and the Oktoberfest organizing Committee. It was only through their dedicated support and team-oriented contribution that the 2017 Oktoberfest was such an outstanding event.

The Malaysian-German Society will be happy and ready to welcome all of you again for the Penang Oktoberfest 2018 – when it will be exclaimed as always:

"O'zapft is"
on 19th and 20th October 2018!



We would like to place a sincere and huge THANK YOU to all the people who volunteered to help and support us in whatever way to make this year's Christmas Celebration such a great success. Despite a tropical downpour, we had a great atmosphere and enjoyed the carols sung by the International Choir and the music performance by Jhenny Serafico.

The children had fun at the crafts table and playing on our spacious grounds, Christmas stories were read in German and English and even Santa visited us later in the afternoon! People could buy some gifts and goodies from some vendors and the culinary highlights were German cakes, mulled wine, sausages, meat loaf, pretzels, mashed potatoes and sauerkraut.





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A 1.1 Intensive Evening Every Tuesday-Friday, daily 19 - 22pm Tue, 28 Aug - Thu, 1 Nov Exam: Fri, 2 Nov, Results: Tue, 6 Nov	➡	A 2.1 Intensive Evening Every Tuesday-Friday, daily 19 - 22pm Thu, 8 Nov - Fri 14 Dec Exam: Tue, 18 Dec, Results: via office	➡	German Language Course Programme 2019
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A 1.2. Wednesday & Friday, 19:30-21:30 Fri, 12 Jan - Fri, 20 Apr Exam: Wed, 25 Apr, Results: Fri, 27 Apr	➡	A 2.1. Wednesday & Friday, 19:30-21:30 Wed, 2 May - Fri, 10 Aug Exam: Wed, 15 Aug, Results: via office	➡	A 2.2. Wednesday & Friday, 19:30-21:30 Fri, 7 Sept - Wed, 12 Dec Exam: Fri, 14 Dec, Results: via office
A 2.1. Tuesday & Thursday, 17 - 19 Tue, 16 Jan - Thu, 19 Apr Exam: Tue, 24 Apr, Results: Thu, 26 Apr	➡	A 2.2. Tuesday & Thursday, 17 - 19 Thu, 3 May - Thu, 9 Aug Exam: Tue, 14 Aug, Result: Thu, 16 Aug	➡	B 1.1. Tuesday & Thursday, 17 - 19 Tue, 4 Sep - Tue, 11 Dec Exam: Thu, 13 Dec, Results: via office
B 1.1. Tuesday & Thursday, 19:30-21:30 Tue, 16 Jan - Thu, 19 Apr Exam: Tue, 24 Apr, Results: Thu, 26 Apr	➡	B 1.2. Tuesday & Thursday, 19:30-21:30 Thu, 3 May - Thu, 9 Aug Exam: Tue, 14 Aug, Results: Thu, 16 Aug	➡	B 2.1 Tuesday & Thursday, 19:30-21:30 Tue, 4 Sep - Tue, 11 Dec Exam: Thu, 13 Dec, Results: via office
Saturday Courses - once a week				
A 1.2. Morning Course 13 January - 22 June	➡	A 2.1. Morning Course 21 July - 8 December	➡	Saturday, 9:30 - 12:30 Exam: Sat, 15 Dec
A 2.1. Morning Course 13 January - 22 June	➡	A 2.2. Morning Course 21 July - 8 December	➡	Saturday, 9:30 - 12:30 Exam: Sat, 15 Dec
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Stimmen der Schüler des B1 Crash Course

Myra Dawisa Volle

Ja, Deutsch ist schwierig, aber wir haben viel Spaß gemacht. Jedes Buch, das wir bekommen, hat neue Dinge, aber auch Revision. Unsere Lehrerin, Frau Mayr ist immer sehr nett und wirklich freundlich. Im Unterricht machen wir Rollenspiel und Sprechübungen. Unsere Lehrerin hat immer gesagt, dass wir mehr Schreib-Training machen, weil wir nicht viel sprechen wollen. Mit viel Übung wird unser Deutsch verbessert, aber sprechen ist wichtig. Also, am wichtigsten ist Vokabular.



Yeap Qian Fang

Für mich ist es besonders wichtig, die deutsche Kultur kennen zu lernen. Im Kurs lernen wir viel über die deutsche Denkweise, zum Beispiel, wie die

deutschen Lerner erlaubnisfrei in die Toilette gehen dürfen, weil die Deutschen an die grundsätzlichen Rechte des Menschen glauben. Das geht nicht ganz in meiner traditionellen Kultur, deshalb habe ich mich über das echt gefreut und das wunderbar gefunden.

Ich habe auch viel über Deutschland entdeckt und viele Kenntnisse im Kurs bekommen. Bevor ich Deutsch zu lernen angefangen habe, habe ich nicht gewusst, dass Österreich und die Schweiz auch die deutsche Sprache benutzen. Ich weiß jetzt auch, dass Deutschland für Würstchen und Brot sehr bekannt ist, und wie wichtig das Frühstück für die Deutschen ist. Außerdem habe ich gelernt, was die Deutschen bei der Hochzeit machen, an was für Glücksbringer die Deutschen glauben, wie zum Beispiel an den zerbrochenen Spiegel.

Und das Beste kommt noch. Am besten ist es im Deutschkurs, Freunde kennenzulernen. Im Deutschkurs kann ich Freunde treffen, die gleiche Ziele wie ich haben, und die ich ohne diese Gelegenheit nicht kennengelernt hätte. Ich glaube, dass unsere Freundschaft wirklich beständig ist. Tatsächlich kann man am meisten lernen übereinander, wenn man jeden Tag für vier Stunden nur einander sieht und zusammen viel erledigt.

Vielleicht sind wir alle jetzt ein bisschen angestrengt, aber wir verstehen, dass wir viel bekommen und wir es nicht bedauern, Deutsch zu lernen.

Wesen Tan

In der Klasse haben wir immer viel Spaß gemacht. Also, was haben wir gemacht? Wir machten viele Rollenspiele und Kartenspiele. Bei diesen Spielen können wir selbstverständlich unser Deutsch verbessern. Natürlich müssen wir selbst das Vokabular lernen.

Unsere Lehrerin, Frau Mayr ist besonders nett und freundlich. Aber für mich ist sie total nett und freundlich, weil sie mir immer viel hilft. Wir sehen wie Freunde aus. Ich erinnere mich, dass sie mich an meinem Geburtstag mit einem Schokoladenkuchen in der Klasse erfreut hat. Der schmeckte mir total lecker.



Sim Jia Ler

Als Student vom B1 Crash-Kurs habe ich gute Erfahrungen in der Malaysian-German Society gemacht. Der Deutschkurs bietet eine gute Atmosphäre, um zu lernen. Wir haben viel Spaß, besonders in Rollenspielen (siehe Fotos) und Domino-Wortspielen. Wir haben auch schon einen deutschen Spielfilm gesehen, von dem ich mehr als 50% verstehen konnte. Das gibt mir Zuversicht, und es macht mir bewusst, wie viel Deutsch ich schon von meinem ersten Tag im Deutschkurs bis heute gelernt habe. Zwar mache ich immer noch Fehler, aber sie werden weniger.



Ich bin sehr glücklich im Kurs, weil ich eine großartige persönliche Entwicklung durchgemacht habe. Zuerst war ich sehr scheu und still im Unterricht, aber allmählich öffnete ich mich den anderen gegenüber und saß plötzlich mitten unter ihnen und fing an, ein Teil der Gruppe zu werden. Inzwischen bin ich von allen voll akzeptiert, und wir haben viel Spaß miteinander.

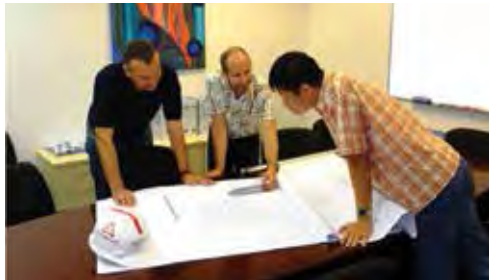
Vielen Dank, MGS!

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Der Deutsche Schulverein Penang (DSV) meldet Rekord an Schülerzahl in 2016/17!

In seinem 21. Jahr meldet der DSV die Betreuung von 46 Schülern, die im Schuljahr 2016/17 allumfassend vom Kindergartenalter (Reception) an der Partnerschule SCIPS bis zum IB Abschluß an der zweiten Partnerschule Uplands reichen.

Der Unterricht der Schüler nach dem Thüringer Lehrplan zwecks altersgemäßer Erweiterung der muttersprachlichen Kenntnisse zur Wiedereingliederung ins deutsche Schulsystem bzw. Aus- und Weiterbildungssystem wird von 2 professionellen Lehrkräften in den jeweiligen Partnerschulen durchgeführt.

Interessierte können Kontakt aufnehmen per E-Mail: deutscherschulverein@gmail.com bzw. über die jeweiligen Lehrer in den Partnerschulen.

Fr. Mergens, The International School of Penang (Uplands),
Tel: +60 4 881 9777

Hr. Sadeger, St. Christopher's Primary School, Penang (SCIPS),
Tel: +60 4 226 3589



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

Abitur in Malaysia – ist das möglich?

Die Deutsche Schule Kuala Lumpur (DSKL) ist die einzige Schule in Malaysia, die ihre Schüler auf deutsche Schulabschlüsse vorbereitet – mit hohem Anspruch und großem Erfolg.



Mit nur einer Handvoll Schüler vor Augen wurde der Deutsche Schulverein Malaysia (DSM) im Jahre 1978 auf eine Elterninitiative hin gegründet. Bereits im darauffolgenden August begann auch schon das erste reguläre Schuljahr, damals im Schulhaus in Bukit Damansara, mit insgesamt nur 13 Schülern in den Klassen 2 bis 5. Der Kindergarten wurde noch im selben Jahr eröffnet. Heute, knapp 40 Jahre später, ist die DSKL längst dem kleinen Schulhaus von damals entwachsen, zählt rund 200

Schüler und 40 Kindergartenkinder und hat sich zu einer angesehenen Auslandsschule entwickelt.

Als deutsche Auslandsschule wird die DSKL durch regelmäßige Schulinspektionen seitens der deutschen Behörden begleitet, die den Qualitätsstandard der Schule ermitteln und überprüfen. Um diesen Anforderungen und den selbst gesteckten Zielen gleichermaßen gerecht zu werden, sind verschiedene Lehrerarbeitsgruppen stetig damit beschäftigt, die Arbeit an der DSKL

weiter zu entwickeln und zu optimieren. Lohn dieser Anstrengungen war das Gütesiegel „Exzellente Deutsche Auslandsschule“, das der DSKL nach der Bund-Länder-Inspektion im November 2014 zum wiederholten Male verliehen und im November 2017 im Rahmen eines Bilanzbesuchs bestätigt wurde.

Alle Schulabschlüsse an der DSKL folgen den Prüfungsordnungen der Kultusministerkonferenz für das deutsche Auslandsschulwesen. Diese sind seit dem laufenden Schuljahr in ein einheitliches Regelwerk gebracht worden, so dass der Hauptschulabschluss in Klasse 9, die Mittlere Reife in Klasse 10 und das Deutsche Internationale Abitur (DIA) nun weltweit an allen 140 deutschen Auslandsschulen mit entsprechender Berechtigung analog zur DSKL nach den gleichen Regeln vergeben werden.

Abiturprüfungen werden an der DSKL seit knapp 10 Jahren jährlich absolviert, mit großem Erfolg und hervorragenden Notendurchschnitten. Das DIA (oder DIAP, wie die Abiturprüfung bislang hieß) hat den gleichen Qualitätsstandard wie ein Abitur in Deutschland, allerdings mit einer erweiterten fremdsprachlichen Kompetenz in Englisch. Es ist in allen Bundesländern in Deutschland anerkannt, sozusagen als Abitur des 17. Bundeslandes, und gewährt einen nahtlosen Übergang an jede deutsche Universität. Zudem ermöglicht die erweiterte fremdsprachliche Kompetenz in Englisch, gegenüber einem klassischen Abitur in Deutschland, einen deutlich vereinfachten Zugang an viele internationale Universitäten. Ein besonderes Angebot der DSKL ist das Gastschülerprogramm, das auch Schülern aus Deutschland die Möglichkeit bietet, ihr Abitur an der DSKL zu

erreichen und so schulischen Erfolg mit Erfahrungen im Ausland zu verbinden. Die Gastschüler, die ihre letzten beiden Schuljahre in Malaysia verbringen, werden von einem Legal Guardian betreut, unterstützt und begleitet und leben nicht weit von der Schule in einem durch die Schule betreuten Wohnheim.

Die Deutsche Schule Kuala Lumpur wird von ihrer Schulgemeinschaft als familiäre Schule mit Charme bezeichnet, ihre Schüler und Lehrkräfte werden als sehr offen wahrgenommen und heißen neue Schüler stets herzlich willkommen.

Mehr Informationen über die Deutsche Schule Kuala Lumpur sind auf der unten angegebenen Website zu finden und natürlich steht die Tür auch jederzeit für einen Schulbesuch offen.

Kontakt:

Deutsche Schule Kuala Lumpur
Lot 5, Lorong Utara B
Off Jalan Utara
46200 Petaling Jaya
Selangor, Malaysia

Telefon: +603 7956 6557

E-Mail: office@dskl.edu.my

Web: www.dskl.edu.my



A Strong Affection for Penang - The Royal Australian Air Force (RAAF) has had a permanent major air base in Butterworth for almost 60 years

by FLTLT Kharn Tatam



Mirage aircraft on the flight line

In 1958, after taking control of the newly constructed airfield, Royal Australian Air Force (RAAF) Station Butterworth became the RAAF's first permanent major air base outside of Australia.

The ADF community is not as large as it once was; at its peak there were over 5,000 Australians living in Penang, with over 1,400 Malaysian civilians employed at the base. Many Australians, and locals, were born at No. 4 RAAF Hospital across the road from the runway, and Air Force children - 'RAAF Brats' - attended unique RAAF Schools in Butterworth and Tanjung Bungah.

Furthermore, if you were a teenager growing up in Penang in the 60's to 80's, there's a good chance that you tuned in and listened to the very popular 'Radio R Double A F' radio station to catch up on the latest modern music. At its peak the station was broadcasting to over 20,000 people here and across the Malacca Straits. Music fans could write in and request a song to be heard on Saturday Party Night, which lasted from 9pm to after midnight.

Many base facilities were transferred to the Royal Malaysian Airforce in 1988. However, Butterworth remains home to

RAAF's No. 19 Squadron and No. 92 Wing Detachment A, 2nd/30th Training Group Australian Army, and also to the Headquarters Integrated Area Defence System, with representatives there from Australia, New Zealand, the United Kingdom, Singapore and Malaysia.

The mission of No. 19 Squadron is to provide the Australian Defence Force with the capability and strategic reach to conduct and enhance regional responses and international operations. This includes providing humanitarian assistance when required. This was never more evident than in 2004/2005 where the RAAF assisted the S/E Asian region in Operation Tsunami Assist.



RAAF School Butterworth



The early days, note undeveloped Penang island in the distance

During this time, with over 300 aircraft moves, the Air Force transported over 3.5 million pounds of cargo to assist with disaster relief efforts and conducted many Aeromedical Evacuations, ferrying injured personnel to advanced medical facilities.

Today, there are a lot less of us living in Penang. Yet while we have reduced our total community significantly, our relationship with our hosts and affection for Penang and Malaysia remains as strong as it ever was. The Penang community has welcomed and looked after Australian serving members and their families since 1958 and for that we are truly grateful.



Students from SCIPS in a 2016 visit inspect a C-17 aircraft



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Cycling in Penang

by Ben Viernann

Normally when we see the traffic in Penang we wouldn't think that it's safe to cycle, but in my opinion Penang has probably the best cycling routes in Malaysia. Not only on the road but also off road.

Penang has everything from scenic hilly roads around the island to gnarly downhill trails going down Penang Hill. There's something for everyone.



If you are a beginner I would suggest you drive to Teluk Bahang and park at the Forest Reserve / Taman Rimba just after the Butterfly Farm / entopia. From there cycle up to the Fruit Farm. It's a nice and gentle climb with scent of Durians accompanying you all the way. If you still have energy you could go down the other side towards Balik Pulau.

Other places such as the Air Itam dam offer some much tougher climbs which can range from 6% gradient all the way to over 20%. I would suggest using a Mountain Bike though. Once at the dam there a few different routes one can take to places higher up in the hills. But as

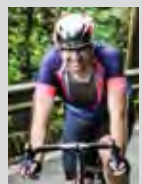


there are many junctions it would be best to go with someone who knows the way.

The jeep track up Penang hill is also a place to cycle but it's not for beginners as the gradient is an average of 14%. There are only short bits of relief at certain sections.

If you require more information about cycling in Penang, some of the Bicycle shops are surely more than willing to help. Some can even organise rides to suit your needs. I would suggest heading to CCI Bicycle in Lebuhr Carnarvon or the Specialized Concept store.

Ben Viernann has been an avid cyclist for roughly 15 years. During his earlier days of cycling he competed in Downhill Mountain Bike races all over Malaysia, but now he mainly enjoys road biking and the occasional cross country mountain bike ride.





Straits Quay Duathlon Training Group: 100km Around the Island Ride

Groups

G Club Penang Cyclist

<http://www.gclub.com.my>

Organize rides, events and races

Straits Quay Duathlon Training Group

Facebook: Straits Quay Penang Duathlon Training Group

Straits Quay Duathlon Time Trails (SQ-DTT):

*Usually held monthly at Straits Quay (laps of 3km) starting at 06:00 until 09:00
i.e 3 hours cut off time to complete the course!*

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Note: No charge to enter - just bring along a bottle of 100Plus!

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Choon Cycle Group

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Matahari Bicycle Tour

Penang Balik Pulau Country-Side Ride

Penang Highlands Ride

MOUNT JERAI CLIMB

<http://www.cyclematahari.com/tours/>

Trails

There are uncountable trails at Penang Hill. For detailed information check the internet.

Mount Erskine off road trail

The trail starts behind Mount Erskine wet market. It is 3.5 km long with some jumps. Suitable for beginners, Entrance from Jalan Mount Erskine

Pearl Hill / Bukit Mutiara

Popular up and down the hill bike ride in the neighbourhood of Tanjung Bunga, in a quiet housing area.

Bicycle Lane

East Coast Cycling Lanes Phase 1 & 2

Scenic 13 km long bicycle lanes from Queensbay Mall to Georgetown or Queensbay Mall to Batu Maung.

Air Itam Dam

Popular biking around the dam (3km) and on the trails on Penang Hill.

Parking at Kek Lok Si Temple or further uphill at the dam.

Teluk Bahang Dam

Cycle on the winding road in the nature in direction Batik Pulau. Nice view over the ocean, the north and south. Refreshments can be bought at stalls along the way, like the Durian stalls, the Fruit Farm or the stalls near the Titi Kerawang waterfalls.



"Anyone can ride" – children to seniors enjoying a fun ride near Balik Pulau

Events / Races

Eco City Ride 2018

7 January 2018

Batik Pulau

35 km off road Ride

Paramount Property Interstate

18 March 2018

160km/80km ride from Batu Kawan to SP Bukit Banyan & back

G-Club Penang Cyclists

For more races later in 2018 check out:

<https://event.howe.com>

Facebook: Howe cycling events



CFAL Tristate 2015

CAMPAINS

10th CFAL in Aug / Sept 2018 (CFAL=Campaign for a lane=extra lane for cyclists)

Around the island ride

G-Club Penang Cyclists

Bike to work / Bike on Friday

Two Groups:

- a) Queens Bay Mall to Karpal Singh Drive,
- b) Karpal Singh Drive to the centre of Georgetown, near Gama.

For more check out G Club cyclist or bikelah

Metro Bike Penang

Cycling for Good Cause Events and Campaigns (CSR Fund Raising for Charity, Schools and Needy Homes, Blood Donation, Ride for Sights, Cycle for Cancer Fund, Volunteer Work for Natural Disaster's Victims / Handicaps, Green & Health Campaigns)

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Bikelah - Bicycle Accessories

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Apps

Smartphone apps to find the right trail, map your rides and compare with your friends:

MapMyRide Strava

*Information put together by
Christiane Lange and Petra Müller with a big thank you to Ben Viernmann, Susumo Tomiyama (G-Club), Robert Kirby and Frank Ried, Photos with courtesy of Robert Kirby, Susumo Tomiyama, Edwin Lim*



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

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New Cycling Lanes are Changing the Penang Experience

by AhPek Biker



This bridge, spanning over Sungai Pinang, comprises two S-sections connected to gentle ramps running parallel to the river on both sides. Instead of just a straight route, you get the bridge and some crooked lanes, and that's what makes these cycling lanes interesting

We test the East Coast Cycling Lanes and find them to be surprisingly up to snuff

Penang is leading other Malaysian states in promoting cycling and does that by trying to provide good cycling infrastructure. In August 2013, Chief Minister Lim Guan Eng implemented the idea of shared cycling lanes. These are lanes outlined with green paint on existing roads to indicate that they are shared. At the launch, Lim also hinted at more to come, and this has partly materialised in the form of dedicated cycling lanes on the east coast of Penang Island.

With these lanes, locals can commute to work safely and easily. To further encourage cycle commuting, there is a regular "Bike to Work on Friday" routine

that has been going on for more than a year. Participants meet at Persiaran Karpal Singh and then cycle in groups to work.

The lanes also give visitors a good way to acquaint themselves with the island since they pass scenic spots of moored fishing boats, and give great views of the two Penang bridges and some parks. Families can also bring their children along for a good ride. Visitors can simply rent a bike from the many shops in town and ride along the lovely shaded lanes. There is even news filtering down that a public bicycle sharing system, like those in bike-friendly cities, will be implemented. Users just pick up a bike

from one of many strategic stations and conveniently drop them off at any other station.

There are grand plans for a cycle-friendly Penang: a masterplan with guidelines for cycling lane design and construction has been laid out, and within that plan is a framework routes proposal with lanes that loop the island and criss-cross with radial links that serve the inner sections. Phase 1 of the East Coast Cycling Lanes has been completed while Phase 2 is in progress and proceeding at a rapid pace.



At Jalan Gurdwara, it starts in an unassuming way, running along the pavement in front of some of Penang's favourite nasi kandar shops before crossing over to Jalan C Y Choy. It becomes a shared lane cutting through a light industrial area before coming out to a bridge

East Coast Cycling Lanes Phase 1

Phase 1 of the East Coast Cycling Lanes runs 13km from Jalan Gurdwara (just opposite the north end of Jalan Penang) up to the second roundabout after Queensbay Mall. These lanes were completed a few months ago with only some short stretches yet to be connected in a proper way. For most stretches, the lanes are fully dedicated for cycling; some short sections are shared with motorised traffic while others are shared with pedestrians.



The bridge leads to Persiaran Karpal Singh. With the blue towers (a sculpture titled *Celebration of the Blue Sky* by renowned Japanese artist Hitori Nakayama) reaching for the sky, it is a favourite gathering spot for people to exercise, socialise or relax. In the evening, this place gets crowded, so do cycle with care or dismount and push...



Small parks with colourful sculptures. At other areas, benches are provided for cyclists to stop, sit and admire the sea

Riding along these lanes, I found them well constructed with either tarred or broomswept concrete surfaces. They run smoothly and one would not expect a bumpy ride. Guardrails line the sides for safety.



Stretches near the Gold Coast Condominiums and the Penang Bridge that run through very green areas

Separate bridges and ramps have also been constructed for the use of cyclists. There are some frustrations though: even though physical barriers have been put up to deter them, motorcyclists frequently encroach into the lanes.

East Coast Cycling Lanes Phase 2

Phase 2 continues from Queensbay Mall, runs parallel to Lebuh Raya Tun Dr Lim Chong Eu and, after about 10km, ends at Batu Maung, which is an interesting destination where you can find good ikan bakar (grilled fish) served at Teluk Tempoyak, the War Museum and a giant footprint of Admiral Cheng Ho. Work is in progress and has, at the end of March 2016, almost reached the Second Penang Bridge.



This phase has been well designed – the lanes for the most part meander some distance from the highway (to keep cyclists a safe distance from fast-zooming traffic) and run below shady trees. Where presently there are no trees, new ones are being planted. And when the lanes run next to the highway, steel guardrails have been put up.



What the Future Holds

With plans for the lanes to radiate inwards, Penangites can look forward to cycling infrastructure that will rival or be even better than that in many other cycling cities. But good as they may be, there is always room for improvement, such as providing clean public toilets along the way, lighting at dark stretches, directional signage especially at exit points, distance markers, more parks and adjacent food courts, and perhaps the addition of cycling lanes on the two bridges so that cyclists can cross over to the mainland without using the ferry.

The AhPek Biker, aka Joseph Tan, is a cyclist in his late 50s. His cycling adventures have taken him to many interesting places such Borneo, the Batanes in the Philippines, New Zealand, Japan, etc. Read more about his cycling adventures at <http://ahpekbiker.blogspot.com>





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Thaipusam – a colourful celebration of devotion

Text by Eva Rothmeier

Photos by Daniel Cohn

“Vel, Vel, Murugan” – this is one of the chants that often rings out loudly on Thaipusam day, when thousands of mostly pierced devotees – men as well as women and children – are on their long and hard pilgrimage, through Georgetown to Waterfall Hilltop Temple, while carrying their kavadis. But what is Thaipusam, what are kavadis and why are people bearing the pain of piercing, for example, their cheeks with long spears or putting hooks through their skin? As anyone new to Penang or new to Southeast Asia and Hindu culture does, we talked to Teresa Capol. She has been the guide of the yearly Thaipusam Tour for over ten years and

seems to know everything about this special celebration.

“Thaipusam is a widespread Hindu festival,” Teresa explains. “It is a celebration of life and thanksgiving to God.” The festival is celebrated by the Tamil Community on the full moon in the Tamil month of Thai (January or February). This year it will be celebrated on January 31st. According to Teresa, the festival is connected with the fulfilment of vows and a period seeking spiritual enlightenment. Thaipusam is dedicated to Lord Murugan, the second son of the creator, Lord Shiva. Murugan is the god of war and the main deity of the South

PENANG FESTIVALS



Indian Tamils. He is also known as Lord Subramaniam and, on pictures, you mostly see him holding his vel (spear).

"Thaipusam is a three-day celebration, but the process for the devotees begins long before," says Teresa. They practise abstinence for 48 days leading up to the festival, fending off all manner of luxury, embellishment and desire. That means, in detail, that the devotees go on a very strict vegetarian diet and stay away from alcoholic beverages and even coffee or tea, which are intoxicants. The abstinence also means no sex – even among married couples – and no evil thoughts. The devotees have to pray twice a day, let their hair grow, sleep on the floor without pillows and have to walk barefoot all the time. "They do everything to purify their bodies for the great day of penance," says Teresa.



The first day of the celebration is the day before Thaipusam. It begins with a silver chariot procession, led by kavadiis adorned with peacock feathers. It starts in Little India and goes up to Nattukkottai Chettiar Temple, where Lord Murugan will be placed on the chariot. Thousands of devotees seeking blessings will line the route to break coconuts on the road. "They want to purify and cleanse the path for the kavadi bearers," says our expert, Teresa. "The coconuts are also symbolic in that their devotion to Lord Murugan is as abundant as the water contained in the coconut, and as pure as the coconut flesh."





On Thaipusam day itself (day 2) devotees go to different lengths to show their devotion. Many will have their bodies pierced with hooks and spears as an act of penance. Others will show it by carrying an elaborately decorated home-made frame called a Kavadi. Kavadis can weigh as much as 60 kilograms and are typically affixed to a person's body, using sharp metal spikes dug into the skin. "At the beginning you can sometimes see the fear of the devotees, but they sing Mantras, praying all the time and, sometimes, fall into a real trance," explains Teresa. "And when they have done their preparation well, there will be no blood during the piercing and they seem to feel no pain." Teresa also explains that Hindu sages say that a devoted Hindu who carries the kavadi, or bears the ordeal of being pierced, will become more courageous, have better endurance and develop singleness of mind. Each kavadi carrier has, furthermore, a group of chanting helpers, who support

and encourage them throughout the pilgrimage. The helpers protect them from the crowds and form a protective ring around the kavadi, so that the wearer can dance freely, reflecting Murugan's role as Lord of the Dance.

But of course there are also lighter ways of showing devotion. Some simply just join the procession in the heat of the day, as it winds up the long road to Waterfall Hilltop Temple, where they say prayers to Lord Murugan, and others carry pots of milk on their heads, to fulfil their vows.

Teresa's tour starts at 8.30am from Jalan Macallister and is a six-hour-walking tour. "We do it casually and slowly. We allow a long time for watching the piercing ceremonies, so that people can take a lot of photos and film the devotees," she says. After this and a long rest at a cafe, where the mind also has time to relax, the long route up to the temple begins – it is around 620 steps up.

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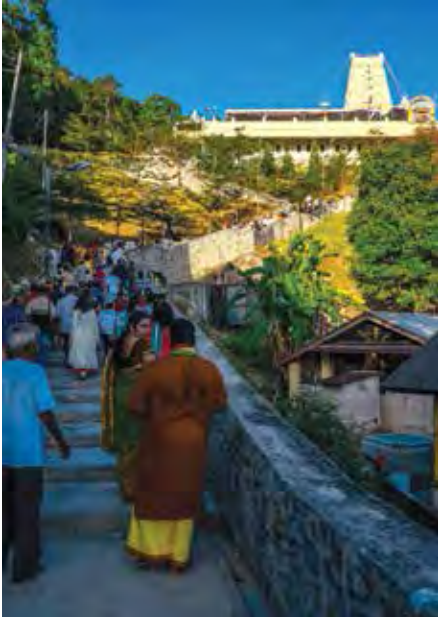
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After reaching the top of the temple the devotees will take their piercings out and again there will be almost no blood. "Afterwards they put a white powder on the holes, so that there will be no infection," says Teresa. She also explains that the powder is made from cow dung ash, "because for the Hindus, the cow is a holy animal."



The end of the tour is where the devotees have their heads shaved, on the ground floor of the temple. "This ritual is also a form of sacrifice, as hair is often linked with beauty,"



Teresa says. Even babies as young as one month old, get their head shaved here. After shaving, the head will be covered with sandalwood powder and, for the devotees, the Thaipusam party goes on, with loud music, dancing and good food.

On the third day, the chariot heads back, in a magical nighttime procession, reaching its home on Penang Street just as the sun rises.



Teresa Capol is our expert as she is a Thaipusam tour guide for over ten years. She spent almost two hours in answering all our questions. She lives in Penang for already over 37 years and she and her husband Urs are the owners of the restaurant "Edelweiss".

Eva Rothmeier arrived in Penang only seven months ago and she totally enjoyed the interview with Teresa, as she is working as a Journalist in Germany. Eva can't wait to visit her first Thaipusam festival after all she heard about it.



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SUNDAYS WE ARE CLOSED

How to Start Eating Better?

by *Conor McManus*

When we don't nourish our body, we suffer; when we give our bodies the nutrients we need, we thrive. So what do we do?



Step 1: Identify your macronutrients and healthy sources for the following:

- Carbohydrates: vegetable, fruits, brown rice, potatoes, sugar, cakes
- Protein – meat, eggs, soya, tofu, milk, cheese
- Fats – milk, cheese, fish, olive oil, avocado



Step 2: Record what you eat and drink in a food journal

Categorise them under proteins, carbohydrates, fats and hydration



Step 3: Analyse what you have recorded in order to be aware of any nutritional deficiencies

Common deficiencies are

- Hydration – Not drinking enough water
- Not eating enough fruits and vegetables
- Not eating enough protein
- Not getting enough fibre
- Not getting enough essential fats (EPA & DHA)



Step 4: Correct macro mix to reduce the deficiencies

Categorise them under proteins, carbohydrates, fats and hydration



- Drink more water
- Eat vegetables and fruits with every meal (this will increase your fibre intake)
- Have protein with every meal (eggs, meat, vegan proteins)
- Take in more essential fats (fish, fish oil supplements, nuts)
- Reduce your intake of processed food like sweets and sugary drinks



Natural, whole foods are best; supplements are not necessary!



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Step 5: Adjust the food quantity

Once you have improved your macro mix and sources of nutrition, it is time to adjust the quantity.

Generally, most of us need approximately the following per meal (average 3 meals per day)

WHAT	MEN	WOMEN
Protein	2 palm-sized	1 palm-sized
Carb dense food	1 cupped hand	½ cupped hand
Vegetables	2 fist-sized	1 fist-sized
Fats	2 thumb-sized	1 thumb-sized

Suggested carb dense foods sources: fruit, brown rice, whole meal breads, whole meal pasta

Step 6: Readjust and fine-tune the quantity to achieve your goals

- Body composition goals
- Health goals
- Fitness goals
- Performance goals (Mental and physical)

Note: Factor in your daily activity levels (exercise, sitting at desk) and body type, for example

- naturally thin persons and athletes may need more carb dense foods (pasta, rice, bread, breakfast cereals) and slightly less fats
- pear-shaped persons may need more fats and limit carb dense foods to one meal per day

Conor Mc Manus is a precision nutrition coach, certified group personal trainer, rehab trainer, former military tactical fitness instructor, fitness enthusiast and founder of Warrior Fitness & Adventure based in Penang. His passion is to help everyone get fitter for sports and life.



www.warriorfitnessadventure.com

Laksa, A Regional Pick-Me-Up

by Nazlina Hussin



Penang Asam Laksa was voted one of the '50 best foods in the world'. Since then, foodies who come to Malaysia list this Laksa as a local delicacy that they must try at least once.

Little do they know that there are many more types of Laksa besides the Penang version. In fact, almost each state in Malaysia, as well as our neighbour Thailand, has one or more versions of their own. However, they share similar traits: a pungent seafood based broth commonly paired with rice noodles lavishly garnished with fresh aromatic herbs. It is the ultimate comfort food for the locals. Rice noodles can be dried or freshly made. The rice noodles used are usually thick, almost like Japanese Udon, but once in a while you will find a thinner version, ala angel hair pasta.

In an interview, I once quipped, "If someone asks me to make Laksa on my own, I will cry first for a good ten minutes before I start working on it". This is in consideration of the long list of ingredients that you have to assemble as well as the amount of work involved before a bowl of Laksa is ready to be enjoy.

The word Laksa comes from the Urdu word, lakh. According to www.urduword.com, lakh means one hundred thousand, perhaps a metaphor for the number of ingredients required to make Laksa.



I am also often asked the origin of Laksa. In my opinion, Asam Laksa might have originated from southern Thailand. The argument is, in Thailand they use a derivative of Sanskrit scripture. Urdu, on the other hand, has many ancient Sanskrit words in its vocabulary. Aside from that, the herbs found in Asam Laksa (at least in the recipe that I use in my class), are very much in common with Siamese ingredients i.e galangal, tamarind, lemongrass, as well as bird's eye chilies.

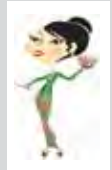


A typical Laksa recipe comprises of a long list of ingredients and requires plenty of time consuming, menial work to prepare. As such, in order for Laksa to be made from scratch, it is recommended that the minimum amount made should be enough for six.

Nazlina Hussin is a home-grown talent who hails from Penang and runs the successful cooking school Nazlina Spice Station that consistently won the excellence award from the Trip Advisor 3 years in a row.
www.nazlinaspicestation.com



Koh Tze Yin, the publisher of Nazlina Hussin's 'The Fierce Aunty's No-Nonsense Guide to The Perfect Laksa' has also recently published a children's book entitled 'Once Upon A Nyonya Tale'. She draws her inspirations from the colours and flavours of Penang. For more details, please check out: www.penangpassion.com



Penang Passion

The Fierce Aunty's No-nonsense Guide to the Perfect LAKSA

by Nazlina Hussin

B: 17.5cm x W 0.8cm x D 19.5cm

'The Fierce Aunty's No-Nonsense Guide to the Perfect Laksa' is an exacting and comprehensive book that takes you through the A to Z of making laksa from many states in Malaysia, and its surrounding countries.



Contents include:

- 17 Laksa recipes
- 60 Local ingredients
- 80 Food shots

Cookbook

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✉ nazlina@penangpassion.com



This recipe is meant for people who are looking for something homemade that tastes like laksa but cannot bear the tedious process involved. They also would not touch instant ramen with laksa flavour either because that would be a sacrilege to the idea of the original laksa flavour.

Here, I share a recipe that has been long practised by Malaysian students abroad, or Malaysian expatriates who crave the taste of asam laksa wherever they are. The good thing is, this recipe can be tweaked to make laksa lemak just by adding coconut milk, a little bit more chili, kaffir lime leaves and a little curry powder. In order to give a stronger fish taste, I use ikan bilis granules. It is a concentrated stock in granular form. It can also come in cubes. Commonly known as bouillon (a French term for broth.)

Lazy Laksa

Serves 3 - 4 people

INGREDIENTS

300 g fresh udon

Garnish

- ✓ mint
- ✓ cucumber
- ✓ bird's eye chilies
- ✓ onion
- ✓ lime or lemon
- ✓ lettuce
- ✓ hae ko



Laksa gravy

- 200 g sardines in tomato sauce (canned)
- 40 g onion
- 7 g ginger
- 10 g garlic
- 1 lemongrass (use up to the purple rings, about 10 gram)
- 5 g toasted belacan/belacan granule/10 ml Thai fish sauce
- 5 g ikan bilis bouillon (anchovies stock cube or granule)
- 20 g chili boh (chili paste made of dried chilies)
- 25 g tamarind pulp mixed with 200 ml water to make into tamarind juice or juice from 1 lemon
- 10 g Thai basil leaves
- 10 g Vietnamese mint or polygonum leaves
- 30 g torch ginger (if you can find it) – sliced thinly

METHOD

1. Blend sardines with 50 gram of its sauce. Set aside
2. Blend chili boh with onion, ginger, garlic, ikan bilis bouillon and lemongrass
3. Put all ingredients in a pot and simmer slowly with 900 ml water for at least 20 minutes
4. Add in tamarind juice
5. Blanch udon for 10 seconds in hot boiling water
6. Ladle lazy laksa gravy on top of udon
7. Garnish with any ingredients you can find in your fridge
8. Squeeze some lime juice on top. Serve with or without hae ko.

Note:

Any laksa gravy that has coconut milk is loosely termed as laksa lemak. Lemak refers to the creamy texture of the coconut milk, even though the literal translation is fat, in Malay. Fat in this case does not refer to someone who is overweight, rather, the nature of an ingredient (oil, lard, cream, etc).

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What does rubber have to do with unicorns?



Some unicorns are made of it. With einhorn (engl.: unicorn) we have started our vision of fair and sustainable (fairstainable) condoms. We want to proof that fairness, environmental friendliness and economical feasibility goes hand in hand. einhorn-condoms are packed in crisp bags, designed by Berlin artists. We want to combine good design with fair and sustainable products and leave a positive footprint. Therefore we do not just want to minimize the negative influence of our product, but also create a positive impact along our whole value chain.

Our whole value chain takes place in Kedah. Currently we are focusing at the beginning: **the rubber plantations.**

Rubber

Worldwide it is a very important resource. From worldwide production 70% ends up in the tyre industry.

Around 90% of natural rubber is grown in Southeast Asia, with Malaysia being, after Thailand and Indonesia, the 3rd biggest rubber producing country. All of these countries are so called biodiversity hotspots, which have a very high density of flora and fauna. The rubber tree, *havea brasiliensis* originally from the Amazonas region, was introduced to Malaysia by the British in 1877. Since then forests were cut and replaced by neat rows of rubber trees.



But what appears tidy has huge environmental consequences. Similar to oil palm, rubber is grown in monocultures, not allowing any other plant to come out. Through the long-term usage of agrochemicals the soil is drying up, causing erosions. Also the working conditions are tough. In the early morning hours, when its still dark, the workers start tapping the trees. On one hectare, which has the size of around 1,5 football fields, 500 trees can be grown. Usually one hectare is tapped by one person.

Many rubber plantations are converted to oil palm. On oil palm plantations only 1/3 of the workforce is needed. Also the rubber price is very volatile and currently very low. The fluctuations are connected to crude oil, as synthetic rubber is made of it.



What we do

We want to create a best-practice example for sustainable rubber cultivation. To achieve that goal we first spent months learning about the everyday challenges of rubber cultivation from plantation owners as well as workers. We could build trust with our partners. Now we are working on changing current management practices together with them. That means reducing agrochemical usage, training the workers, paying a premium to the workers depending on their rubber output and in the long run bringing back the forest to the monoculture plantations.

With the help of a life cycle assessment of our condoms, we also learned for example how much water is used during the production of a condom and how much CO₂ is emitted. Through this we are able to identify many more fields of action along our supply chain. Among these is for example the packaging, for which we are currently trying to find a greener alternative. One after another we will address different topics along our products, like the ingredients of a condom and how to contribute to restoring the ecosystem on rubber plantations. We are very grateful to our friends and partners Richter Rubber and our partner plantation in Bedong to help us with our vision.



On the rubber plantation workers walk from tree to tree and remove a thin layer of the bark. The liquid latex emerges from the fresh cut and drops into a cup, which is being collected around 4 hours later and poured in big churns for further transport.

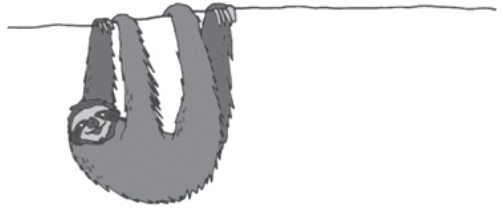


At the latex processing factory the liquid latex is centrifuged. Through this process superfluous water as well as dirt is removed from the latex.





Finally the condoms are made at Richter Rubber Technology. Therefore glass bulbs are dipped into the liquid latex. After vulcanization, which makes the condom imperishable, each single condom is tested electronically. It is then sealed, packed and finally shipped to Germany from where it is being sold.



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Light is OSRAM

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OSRAM's new LED chip factory goes into operation in Kulim



Dato' Sri Mustapa Mohamed, Minister of International Trade and Industry, having his iris scanned as Dr Berlien and Aldo Kamper from Osram looked on

Osram's new LED chip factory in Kulim, Malaysia, begins operation on time. "We are both on schedule and within budget," pointed out Olaf Berlien, CEO of OSRAM Licht AG, during the opening ceremony in Kulim on November 23, 2017. "Given our enormous recent growth rates of 19 percent in the LED business, we are pleased to have the new production capacities. Our investment in Kulim also attests to the technology shift and our transition to becoming a high-tech corporation: At the beginning of this decade, conventional lighting still accounted for 80 percent of Osram's business. Today, two-thirds of our sales are based on optical semiconductors."



In November 2015, as part of its Diamond innovation and growth initiative, Osram announced plans to build the new LED chip factory in Kulim and to have it up and running by the end of 2017. The modular, expandable factory has now been put into operation just two years after the announcement and one and a half years after the ground-breaking ceremony. A total of 370 million were invested in the first stage of completion. Osram can expand the factory in two additional stages, entailing total investment costs of up to one billion euros – including expansion of LED assembly capacities in Osram's global factory alliance.

Aldo Kamper, CEO of OSRAM Opto Semiconductors business unit, underscores the enormous production capacity in Kulim: "With one week's production we could completely retrofit the street lighting of the metropolises New York, Rio, Hong Kong and Berlin with LEDs." To upgrade the entire street lighting worldwide, Kulim would have to produce LEDs five and a half years long exclusively for this purpose. Energy savings of up to 80 percent, compared to conventional street lights, can be achieved with LED lighting. In addition, LED has better light color stability and can be more quickly dimmed and adjusted, so that empty streets or sidewalks do not always have to be illuminated with full brightness.

The Osram factory in Kulim will produce blue LED chips which, by means of a converter layer, can generate white light. They are produced for general lighting purposes, such as the previously mentioned public street lighting, but also for façade lighting, private and commercial interior and exterior lighting, or for billboards – as well as for special applications such as horticulture lights. The global LED market for general lighting is estimated to be 6 billion in 2018, roughly six percent of which is for street lighting. An average growth rate in the market of seven percent per annum is foreseen through 2020. The overall market for optoelectronic components – including general lighting – will be 17.5 billion in 2018.



Dato' Sri Mustapa Mohamed, trying out Osram's latest technologies

The plan is to also produce LED chips in Kulim in the medium term for premium applications, such as automotive lighting and video projection. Thanks to the new facility at a green-field location, no compromises had to be made in the design of the factory, in addition it features the latest technology. In comparison with the 4-inch technology, the production systems for 6-inch wafers produce 125 percent more LED chips per wafer in a single cycle.



Employees in a jubilant mood during the opening of Osram's new plant in Kulim

Osram is currently investing worldwide in the expansion of the existing six sites in its LED production network. Therefore, Osram is also expanding its plant in Regensburg, which currently has about 2,500 employees, and will additionally hire up to 1,000 employees. Premium LED chips and laser diodes, which are used, for example, in high-quality car headlights, will be manufactured there as well as infrared diodes for sensors that can be used in applications including facial recognition in mobile phones, or in cars for intelligent assistance systems (such as proximity control).

Furthermore, Osram will be expanding its site in Schwabmünchen, in the future, Osram will manufacture LED primary materials in clean rooms there. In addition, Osram also has another plant for LED primary products in the U.S. city of Exeter. In Wuxi, China, Osram is expanding its capacity for assembling LED chips into complete LEDs – i.e. light-emitting diodes with a housing and partly with primary optics too. In Penang, Malaysia, located near Kulim, LED chips are also manufactured and assembled.

ABOUT OSRAM

OSRAM, based in Munich, is a leading global high-tech company with a history dating back more than 110 years. Primarily focused on semiconductor-based technologies, our products are used in highly diverse applications ranging from virtual reality to autonomous driving and from smart phones to smart and connected lighting solutions in buildings and cities. OSRAM uses the endless possibilities of light to improve the quality of life for individuals and communities. OSRAM's innovations enable people all over the world not only to see better, but also to communicate, travel, work and live better. OSRAM has approximately 26,400 employees worldwide as of end of fiscal 2017 (September 30) and generated revenue of more than 4.1 billion. The company is listed on the stock exchanges in Frankfurt and Munich (ISIN: DE000LED4000; WKN: LED400; trading symbol: OSR). Additional information can be found at www.osram.com

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A Korean Adventure

by Barbara Williams

Our adventure began when we booked a walking tour of Korea, organised by the Ramblers Association in UK. But then it was cancelled because too few people signed up, so we decided to be brave and organise our own trip! We simplified the itinerary, arranging the tour so that we would only need to stay in 3 places, while still providing us with a wide variety of experiences: city, mountain and island. Korea is a fascinating country with interesting culture, great scenery and friendly people, most of whom spoke at least a little English.

Late October is a great time to visit the country – the temperature is perfect and the autumn colours spectacular. We flew to Seoul with Cathay Pacific via Hong Kong and stayed at the Westin Hotel – a great location near City Hall, very central. There's a shuttle bus to take you there from the airport, which is both easy and convenient.

Three days in Seoul was just right to see the main sights – we visited ancient palaces, museums, temples and local markets – all within walking distance of the hotel. We took the cable car up

to Namsan tower for great views of the city and the river. Eating in Seoul was wonderful – we went out for breakfast every day. In the evenings we tried the traditional Korean barbeque, which comes with so many lovely side dishes. Another time we had their chicken ginseng soup – so good we went back twice. We tried street food in the Meongdong area, a very lively place and perfect for people-watching.

The next three days were spent in the Seoraksan mountains, a 2½ hour coach journey east of Seoul. The hotel was very

helpful in sorting out our coach tickets (we had tried to book online before we left Penang but the website was all in Korean). They kindly wrote out the name of the bus station in Korean for our taxi driver.

We had a pleasant coach journey to Sokcho town and then got a taxi to the Kensington Star Hotel, which was ideally situated on the edge of the National Park. The hiking was super and all the walks are graded so you can choose one according to your fitness. We found the intermediate ones suited us best but on one day did manage to do about half of an advanced walk. You can get excellent maps in English at the visitor centre. There's a cable car which takes you high up into the mountains where you can hike to what remains of a fortress. The scenery was superb and the cool weather (with clear blue skies) was very comfortable for walking. Because



the hotel was so isolated, we had to eat there each evening but there were two restaurants to choose from, one Western and the other, Korean.

From Sokcho town we took a coach to the domestic airport in Seoul for our flight to Jeju Island. We hadn't made a booking but as there are 112 flights a day, we didn't think that would be a problem and in fact were able to book, pay and check in, all at the same time – very efficient. The flight was 1 hour 10 mins and it was dark when we arrived, so we decided against hiring a car and got a taxi to our hotel in Seogwipo (pronounced Soggypol!) on the other side of the island. We stayed at the Ocean Palace Hotel, which was very nice and our room had a lovely sea view.

Seogwipo is a great base for exploring Jeju and we found the staff in the tourist office very helpful. Close to the hotel was the local market. We ate there a couple of evenings – great local food and good prices.





One day, we took a 2-hour local bus journey to visit the world's longest system of lava-tube caves, on the east of the island. There's a 1km stretch which is open to the public. After that we visited an extinct volcano and climbed to the top for the views.

Jeju Island was beautiful, with mandarin and persimmon trees everywhere. In the vicinity of Seogwipo there are two lovely waterfalls to visit – one of which is the only waterfall in Asia that falls into the ocean.

Another day we took the bus west, to visit delightful botanical gardens as well as the Korean version of the Giant's Causeway (which is in Northern Ireland). Close to Jungmun Beach, we chanced upon a group of women divers – for centuries they have been fishing this way without proper equipment and can hold their breath for up to 3 minutes

underwater. A hard way to earn a living, especially in the winter months. After 4 super days in Jeju, it was time to return home.

As for souvenirs, we bought lovely embroidered bags, mandarin cakes, chocolate and some Korean pottery. Prices on the whole were a bit more expensive than in Malaysia.

We booked all the accommodation through **booking.com**.

The *Rough Guide to Seoul & Lonely Planet Guide to Korea* were both very useful.

Barbara Williams is originally from UK and has lived in Penang since 1994. In Korea she travelled with her friend, Mary Lim, who she met at her Penang bridge club.



Brave New World

If you know that home phones once had a dial and that the definition of a mobile phone was that it had a 10-metre extension cord, it's safe to assume that you have also heard of (or maybe even read) the 1931 novel "Brave New World" by Aldous Huxley. Although Huxley couldn't have imagined our world as it is today, we do marvel at new technologies and there is lots to discover on a daily basis.

I myself discovered a Brave New World right in my very own home. It's called THE KITCHEN! Of course I long suspected there was such a place because of the fridge (the beer storage) and some vague mentioning by my wife. But a recent investment into (yet another) expensive kitchen appliance, led me right into this new cosmos and here is how it happened:

For years, my wife tried to convince me that we needed a Thermomix. This is basically a ridiculously overpriced blender that can also cook. While I have no problem spending a few grand on a new bike, there is no way I would pay such money for a blender, are you kidding me?

The guys at Thermomix meanwhile realised that they had a problem: Women loved their product but it was not appealing to the money bearer (husbands). Solution: They added a display, a totally useless cooking key, to store recipes (like a proprietary USB stick), designed a sleek App and voilà, the mixer became an electronic gadget and suddenly I (!) was convincing my wife that we had to have one. What a devilish marketing plan!

Now I was faced with a challenge of epic proportions: I had to try that thing and ...cook! My first project (I like to call it a project, not cooking, it sounds so much better): "Creamy Potato-Spinach Soup".

I approached the project with considerable caution, yet with confidence. After all, this is no ordinary blender. It's a computerised, automated, intelligent machine - something like the food replicator on the Starship Enterprise. And for sure, the machine didn't let me down. The Thermomix guides the "cook" step by step, through the process of preparing the meal. It's basically idiot-safe and hence best suited to men.

While the food preparation and cooking was the easy part, the hard part was to find the ingredients in our kitchen. I marvelled at the strange and rare condiments to be found, the variety of vegetables, powders and liquids. I had never seen any of those before. Truly amazing!

I felt a bit like a kid visiting the Singapore Zoo. There they have a cow on display so that kids can see that milk doesn't actually come from paper boxes. It was a tantalising feeling of both amazement and revulsion. But I am willing to learn. For the past 55 years, I had known that good spinach is frozen and comes with the 'Blubb', as they used to call the sound of adding a scoop of cream to blended spinach, in the German TV ads. Now I finally know what fresh spinach actually looks like.

It has been an interesting experience so far. I now feel somewhat confident that I can distinguish the vinegar bottle from the liquid soap and, since my wife has removed the poisonous and dangerous products from the kitchen (basically all cleaning products have been moved to storage) we even have a reasonably good chance of surviving my excursion into the Brave New World...

Yours,
Yonnnne's Husband





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