



NEWS LETTER

July - September 2018

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

**Penang Active
Scuba Diving**

**Writer's Corner
Merdeka 2.0**

**Corporate Corner
B.Braun**

**Travel
Rajasthan**



Shaping tomorrow's technology

Technologies and computer systems are assuming important tasks in everyday life – visibly or behind the scenes through human-machine interaction (HMI). HMI allows machines to be controlled by touch, voice, gestures or virtual reality (VR) glasses and even complex systems will become easier to use thanks to this. But the more complex the contribution made by machines is, the more important it is to have efficient communication between them and the users.

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Message from the new President

Dear Members and Friends,

A hearty welcome to all of our new members who have just arrived and welcome back to those who were away for the summer. Isn't it great to live on this beautiful island?

After being vice president of this society for quite a number of years, I decided to stand for election when our former president, Dr Achim Lauermann, announced that he would not be available any more.

Four more board members also decided that they could not go on with their duties and this saw us looking for quite a lot of new people to be part of the decision-making body of the society.

At the AGM on 20 May, we set a new record, with 56 members participating, showing support and voting for the new board. Thank you everyone for coming and contributing! There are some challenges we have to face at the moment: Due to a change in the German Course schedule at the beginning of the year, we saw some declining numbers of German students and are working hard to get back to a semester system, to be more efficient. Other topics the new board wants to look into are: marketing, membership and the club house, and which events to make bigger or to try out.

I am looking forward to working together with a group of highly motivated board members and we hope to get a lot of support from you, our members! Thank you for all the offers we have already received!

Kind regards,

Petra Müller



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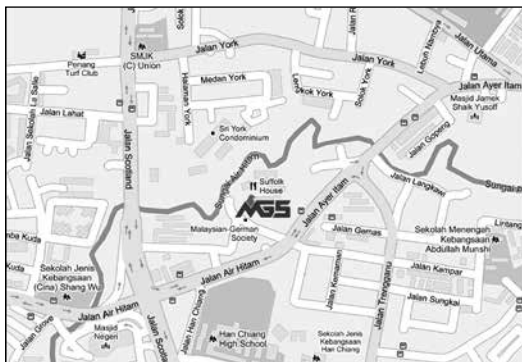
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www.mgs.org.my

Opening hours office & library:

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

2:00pm - 7:00pm



MGS Newsletter

Issue July - September 2018

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- 38 Scuba Diving: Discover the incredible feeling of being surrounded by marine life



- 46 On 9 May Malaysian voters wrote history. Ooi Hong Leong gives some insights



- 69 Jim Herrler and Ellen Ma discovered a fascinating world visiting Rajasthan, India

3-4 Editorial

Coming Up

7 Calendar, events & vacancies

Flashback

19 Art exhibition, MaiBall, AGM, talk

Beyond our Society

27 German service

Our Society

28 Membership, library, board

German Language Courses

35 Overview, new intake

37 From the classroom

Penang Active

38 Scuba Diving

Writer's Corner

46 Merdeka 2.0

Penang Monthly Article

49 Sun, sand, sea... and surgery?

Corporate Corner

55 B.Braun opening

Fitness

59 How to live a healthier life

Portrait

62 Susumo and his love for wood

65 **Breakfast Corner** – Recipes

Travel

69 Rajasthan – part 1

78 **Ralf's Ramblings**



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Sams Batik House

Business Hours: 10.30am-8pm

July

- 7
SAT Georgetown World Heritage Day
- 14
SAT Penang Governor's Birthday
- 20**
FRI **Movie Night**

August

- 22
WED Hari Raya Haji
- 31
FRI Merdeka Day

September

- 9
SUN Agong's Birthday
- 11
TUE Awal Muharram
- 16
SUN Malaysia Day
- 19**
WED **German Breakfast**
- 22**
SAT **Talk**
- 28**
FRI **Movie Night**

October

- 19 & 20** **Oktoberfest**
FRI & SAT

INGOLF'S KNEIPE GERMAN RESTAURANT AND BAR

1/F Jalan Sungai Kelian, 11200 Tanjung Bungah, Penang. Tel: 604-899 5796

We are the oldest existing restaurant in Tanjung Bungah serving authentic German food as well as a wide variety of original western dishes.

We serve salads, appetizers and soups with continental flavours. Although available are tender steaks and speciality grilled items.

A must have is our rote grutze with ice cream.

You although find here a full range of Paulaner and Hacker Pschorr beers.

We serve Draught Paulaner Weissbeer.

**INGOLF'S KNEIPE IS OPEN FOR LUNCH
TUESDAY TO SATURDAYS
WHEN A LIGHT LUNCH MENU IS BEING SERVED.**

Our Opening Hours are:

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3pm to midnight
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***Tuesdays to Saturdays**
12 noon to midnight
Lunch 12 noon to 2.30pm
Dinner 6pm to 10.30pm*

SUNDAYS WE ARE CLOSED

-RAINFOREST-

Est.



2001

-BAKERY-

300 Chulia Street, 10200 George Town

HOSPICE DAY 2018

Charity Food & Funfair



**Food, Fun, Health Screening, Kids Activities,
Exhibition, Entertainment, Short Movies,
Arts and Games**

Date & Time:

10am to 2pm Sunday 8 July 2018

Venue:

**Rumah Hospis Pulau Pinang
250A Jalan Air Itam 10460 Penang**

Tel: 604-228 4140 Email: penanghospicesociety@gmail.com



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Der ganz große Traum (Lessons of a Dream)

Drama, Germany 2011, FSK 0, 105 min



On Friday, 20 July
Mingle & chat 8:00pm
Start movie 8:30pm
Language German with English subtitles
Director Sebastian Grobler
Actors Daniel Brühl, Burghart Klaußner, Justus von Dohnanyi

The story is loosely based on football pioneer Konrad Koch in the late 19th century. Koch is one of the first English teachers in the German Empire, in Braunschweig. He introduces his students to the new sport of football, completely unknown outside of England at the time, to get them interested in English culture and English language. Koch's liberal teaching methods upset his conservative colleagues, the student's parents and local dignitaries constitutes a man. Meanwhile he and Nele who were in love with each other since primary school fall in love again.

Lola rennt / Run Lola run

Thriller/Drama, Germany 1998, FSK 12, 82 minutes



On Friday, 28 September
Mingle & chat 8:00pm
Start movie 8:30pm
Language German with English subtitles
Director Tom Tykwer
Actors Franka Potente, Moritz Bleibtreu

Berlin criminal Manni delivers some smuggled loot for his boss, Ronnie, but accidentally leaves the 100,000 mark payment in a subway car. Given 20 minutes to come up with the money, he calls his girlfriend, Lola, who sprints through the streets of the city to try to beg the money out of her bank manager father and get to Manni before he does something desperate.

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

Wednesday, 19. September

An advertisement for 'THE FELDENKRAIS METHOD'. The background is a photograph of a group of people in a dimly lit room, performing various movement exercises. Overlaid on this is a semi-transparent white box containing text. At the bottom right, there is a smaller inset photograph showing a man in a grey shirt assisting another person in a blue shirt with a movement exercise.

THE FELDENKRAIS METHOD

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Low-Carbs-High-Fat-Diet, Intermittent Fasting and Keto

In November 2017 I reached an equivocal mile stone: I had become officially obese. Previous attempts to loose weight had failed - and even backfired.

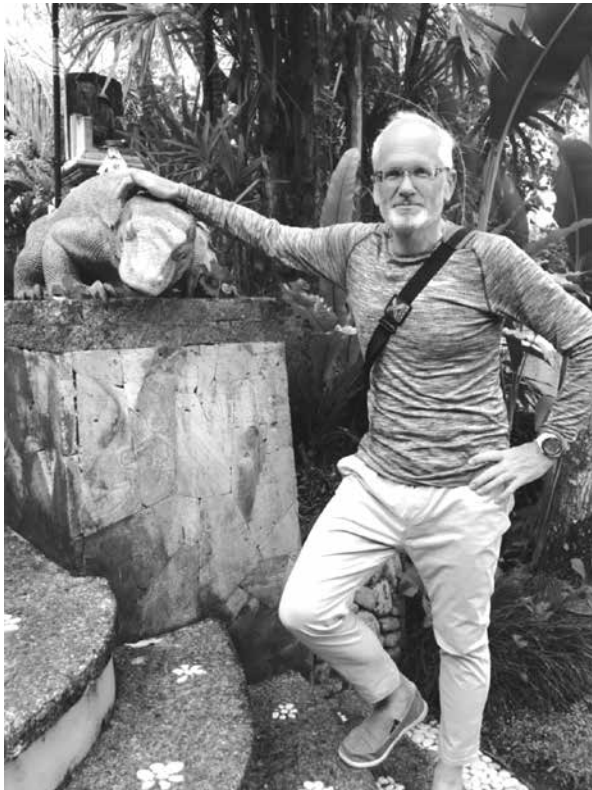
So this time around I had to try something different. I went LCHF, intermittent fasting and Keto. I lost more than 16 kg, shed my meds, feel better than ever and defeated my food addiction.

Now I want to share my personal experience, talk about sugar/carb addiction and the consequences of insulinemia to achieve health and sustainable weight loss.

Ralf Touby

Talk will be held on **Saturday, 22. September at 5 pm**

Please sign up with Elena in our office: office@mgs.org.my or 04-229 6853



Important Note

New App “Be My Protector” allows Malaysians to play a part in ending human trafficking!

Tenaganita and **Change Your World** (Malaysian NGO) are proud to have launched the “**Be My Protector**” App which fights human trafficking through crowd sourcing. The App is available for free on Apple App Store and Google Play. Now everybody CAN SAVE A LIFE!

Human trafficking, though not readily apparent, is a scourge that is pervasive in Malaysian society. It is commonly found in the form of sex trafficking, exploitative domestic work, forced labour, bonded labour, mail-order brides and child brides. In recent years human trafficking has also taken the form of cyber crime. With its heavy dependence on migrant workers, trafficking for labour contributes significantly to the crime. **Tenaganita** has been involved in combating human trafficking since the organization was founded in 1991. It has collaborated with government agencies including the Royal Malaysian Police to raise awareness of the problem, to rescue survivors and to bring perpetrators to justice.

The Malaysian government has declared its firm commitment to eradicate the scourge of human trafficking in the country and has taken various measures to achieve its avowed target of achieving Tier 1 status by 2020, in the Trafficking in Persons (TIP) Report by the US state department. Six special courts with experienced judges are being established to deal with human trafficking cases.

The **Be My Protector** App offers each Malaysian the opportunity to report cases of human trafficking, labor violations and child exploitation,



anonymously and quickly to reliable, experienced case workers in Tenaganita. The app is available in eight different languages, allowing foreign nationals within Malaysia to directly report cases of exploitation. **Be My Protector** App also provides location services, the ability to share the app, contact numbers for professional agencies and the latest news about the fight against human exploitation. The creation and launch of the **Be My Protector** App which facilitates the participation by ordinary people, makes Malaysia one of the few world leaders in the fight against human trafficking.

How to identify a victim of trafficking

Ask: Does the foreign migrant worker seem to have...

- Safety?
- Adequate nutrition and rest?
- One day off/week?
- Payment as per contract?

If the answer is “NO”, this worker may need help.

Tenaganita helplines (24/7)

012 335 0512

012 339 5350

Tenaganita office 011 3618 1360

German translators wanted - Übersetzer zur Begleitung von Tagesausflügen gesucht

An alle deutschsprechenden Mitglieder und Freunde: Übersetzer gesucht!

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

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

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

Interessenten können einen Zeit- und Tourenplan im MGS office erhalten.

Bewerbungen bitte per E-mail an:

Mr MC Tham, Tel. 04-8927378, tham@cruise-asia.com





Oktoberfest

German Cultural Festival

*Friday & Saturday
19 & 20 October, 7pm*



Live Band
*Franken
Räuber*



Tickets & Venue: Malaysian-German Society • www.mgs.org.my • 04-229 6853
250B Jalan Air Itam • next to Suffolk House



It is the time of the year, when people think about our Malaysian-German Society more often! Yes, we are heading towards our biggest event in the year:

The Oktoberfest!

We are looking forward to another great festival to celebrate with you all here in Penang! When we start the evening with tapping the first barrel of beer and shouting: "O'zapft is", we hope that everyone will be around to party with us!

Come along on **Friday, 19 October & Saturday, 20 October** from 7 pm onwards.

Tickets sales will start about 4 weeks in advance.

Prices stay the same as last year: **pre-sales** RM 10 for members
RM 30 for non-members

door price RM 35 for everyone

Check out our Facebook and Web-Site for more information!



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On Friday, 27 April we celebrated the opening of the art exhibition of Penang scenes in watercolour by Lim Jee Yuan with the artist himself and about 60 guests in the premises of the MGS.













Is somewhere else always the right place?

#SayYesToTheWorld



Nonstop you

Lufthansa

German Educare

On Saturday, 9 June, German Educare visited us here in Penang. Their talk on “Why study in Germany and what are the requirements?” was well visited by a mixed audience consisting of people who were interested in the topic as well as our German language class students.

German Educare, was founded by Malaysians who studied in Germany and is specialized in guiding young people on their way to studying in Germany. They will advise about the deadlines and requirements for applications and also help to settle the necessary registrations and forms with universities and government bodies. They went through a lot of interesting and important topics and gave everyone a chance to have a personal talk with them after the session.

Check out **germaneducare.com** for more information.



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Wo zwei oder drei in meinem Namen versammelt sind...

Am Samstag, den 9. Juni fand nach einer Pause von einigen Jahren wieder ein deutscher ökumenischer Gottesdienst in Penang statt. Der evangelische Pfarrer Daniel Happel war dazu aus Singapur angereist und feierte zusammen mit einer Gruppe Gläubiger in einem Raum der Wesley Methodist Church.

Der nächste deutsche Gottesdienst ist im Dezember 2018 in Penang geplant. Interessierte wenden sich bitte an Andrea Hunold: 011 2648 5904 oder andrea.hunold@freenet.de



WELCOME TO OUR NEW MEMBERS

SINGLE MEMBERS

Nicholas Tan
Elena Mah
Saravanan A/L A. Dharmaraj
Rajendra Prasaat A/L Muniandy

COUPLE MEMBERS

Sabine Brüggemann &
Alireza Soleimankhani
Nur Anis binti Saarani &
Jascha bin Yazit Dickmann
Allison Beh & Tan Chin Chin
Frederike & Tobias Gotschke
Junie Ong & Thomas Ryan
Carola & Helmut Bolay
Sandra Krassnitzer & Bernhard Wangg
Dr Messi Worku-Bülow &
Dr Robert Bülow
Savitree & Dietmar Sommerfeld

CORPORATE MEMBER

German Educare

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.

Liebe Bücherfreunde,

wir heißen euch alle herzlich willkommen zurück aus den Sommerferien. Gleichzeitig begrüßen wir alle neuen Mitglieder der MGS und hoffen, dass sie den Weg in unsere Bücherei finden werden.

Besonders begrüßen wir unsere sehr nette, neue Büchereimitarbeiterin Sandra aus Kärnten!

Carmen ist leider im Sommer zurück nach Österreich gegangen. Wir wünschen ihr alles Gute!

Wir haben kürzlich die DVD's umsortiert: die DVD's für Erwachsene sind weiterhin im Schrank neben dem Eingang, während die Kinder- und Jugend-DVD's nun im neuen Schrank zu finden sind.

Wie immer sind wir am Freitag von 9 bis 11 Uhr in der Bücherei anzutreffen. Ansonsten ist sie **montags bis freitags von 11 bis 19 Uhr immer geöffnet**.

Kommt uns doch einfach mal besuchen !!!

Herzliche Grüße,

Sandra und Cordi



Thank you and good bye to our dear Achim

by Clement Liang Chow Ming



His signature moustache and confident smile say a lot about our dear former president, Dr Achim Lauermann. As a former banker and lawyer, Achim has years of experience of working in Asia. He became the anchorman of MGS in 2014 and brought in a new and refreshing management style to the organisation. Frank and friendly, Achim was always there to help and support the board members, especially during the preparations for the Oktoberfest and MaiBall which were intensive and stressful. Despite this, we never saw Achim blow his top and he always remained calm and fully supportive. A true leader in every sense and, as a result we had very successful events, one after the other.

MGS Oktoberfest in 2017 was another landmark success, despite some controversies of beer festivals, which started earlier in Kuala Lumpur. Achim was there, getting sponsors, taking great care of the members of the band, and our Oktoberfest managed to draw in larger and larger number of visitors.

Both last year and this, our MaiBall events were fully booked and this year we even sold out within two weeks, a testimony of its popularity and success under Achim's leadership. The MGS also managed to sponsor first one, and then even two children at the Ramakrishna Ashrama Orphanage, with donations collected only from guests of our MaiBall. Yes, Achim has a kind heart and so does the MGS.

Our society and the board members have so much to thank Achim for, his tireless efforts to run the society for the past 4 years. We will miss not only your leadership, but your colourful shirts and silk trousers, too.

We would like to say goodbye, THANK YOU for your time and effort and AUF WIEDERSEHEN to our retired board members, **Ino Quass, Jochen Holst, Syafeeq bin Mohd** and **Yvonne Touby**. We will miss you on the board for your contributions and decisive opinions!



Jochen, all the best for you and your family - have a smooth relocation back to Germany!

To all the others, we hope to see you again at one or the other event in our Society. We appreciated your contribution to the board very much.

Yvonne, thank you for your offer to continue helping in some of the sub committees, such as the Oktoberfest, German Language Courses and Social Events, despite no longer being a board member.



Japan's Finest Cuisine

A buffet spread filled with captivating flavours from the Land Of The Rising Sun.

Saturday Buffet Lunch

12.00pm - 2.30pm

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Saturday Buffet Dinner

6.30pm - 10.00pm

RM128 nett Adult | RM64 nett Child

Prices are inclusive of 10% service charge & 6% GST.

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hotel Equatorial
PENANG



Team-building with the new board, from left: Ellen Ma (facilitator), Petra Müller, Teoh Seng Aun, Tamara Spandl, Gerlinde Krupp, Christiane Lange, Andreas Förster, Philip Wurster, Alireza Soleimankhani, Clement Liang Chow Ming, Karena Kamaruzaman absent: Nicholas Tan and Dr Wolfgang Mark

Just a few days after the Annual General Meeting and election, we had a team-building event full of energy, finding new ideas for topics and events and what to focus on in the near future. In our round of introduction, all the board members stated why they joined the board. Here are some of their answers:

- I want to keep up my German language skills
- Networking
- I want to meet local people
- I want to make a contribution
- I want to give back what I've received – "Play it forward"
- I want to be part of the MGS, which brings cultures together and is a bridge between cultures and people
- I want to share my experience

Intensive Courses:				
A modular system to complete 3 language levels				
A1 / A2 per course RM1,790 + exam fee RM160 / RM189 + membership RM20 = RM1,970 / RM1,999				
B 1 Crash Course is RM2,864 + exam fee RM210 + membership RM20 = RM3,094				
A1 Intensive Evening Every Tuesday-Friday, 7 - 10pm Fri, 12 January - Fri, 23 March Exam: Tue, 27 March, Results: Thu, 29 March	↑	A2 Intensive Evening Every Tuesday-Friday, 7 - 10pm Wed, 4 April - Wed, 13 June Exam: Thu, 14 Jun, Results: Tue, 19 June	↑	B1 Crash Course Evening Every Tuesday-Friday, 6 - 10pm Wed, 20 June - Thu, 9 August Exam: Fri, 10 August, Results: 13 August
A1 Intensive Afternoon Every Tuesday-Friday, 2.30 - 5.30pm Fri, 12 January - Fri, 23 March Exam: Tue, 27 March, Results: Thu, 29 March	↗			A1 Intensive Evening Every Tuesday-Friday, 7 - 10pm Tue, 2 October - Fri, 13 December Exam: Thu, 14 December, Results: Tue, 18 December
A1 Intensive Evening Every Tuesday-Friday, 7 - 10 pm Fri, 11 May - Fri, 20 July Exam: Tue, 24 July, Results: Thu, 26 July	↑	A2 Intensive Evening Every Tuesday-Friday, 7 - 10pm Tue, 31 Jul - Thu, 25 Oct Exam: Fri, 26 October, Results: Tue, 30 October	↑	B1 in 2019
Twice a week courses				
A1 / A2 sublevels: per course RM895 + exam fee RM160 / RM189 + membership RM20 = RM1,075 / RM1,104				
B1 / B2 sublevels: per course RM956 + exam fee RM210 / RM239 + membership RM20 = RM1,186 / RM1,215				
A2.2. Tuesday & Thursday, 7 - 9pm Tue, 16 January - Tue, 8 May Exam: Thu, 10 May, Results: Mo, 14 May	↑	B1 Crash Course (20 June 2018)		
B2.2. Wednesday & Friday, 7.30-9.30pm Fri, 12 Jan - Fri, 4 May Exam: Wed, 09 May, Results: Fri, 11 May				
Saturday Courses - once a week				
A1 / A2 sublevels: per course RM895 + exam fee RM160 / RM189 + membership RM20 = RM1,075 / RM1,104				
A1.2. Morning Course 13 January - 02 June	↑	A2.1. Morning Course 21 July - 8 December	↑	Saturday, 9.30am - 12.30pm Exam: Sat, 15 December
A2.1. Morning Course 13 January - 02 June	↑	A2.2. Morning Course 21 July - 8 December	↑	Saturday, 9.30am - 12.30pm Exam: Sat, 15 December
A1.1. Afternoon Course (1) 13 January - 02 June	↑	A1.2. Afternoon Course 21 July - 8 December	↑	Saturday, 1 - 4pm (1) Exam: Sat, 15 December
A1.1. Afternoon Course (2) 13 January - 02 June	↑	A1.2. Afternoon Course 21 July - 8 December	↑	Saturday, 1 - 4pm (2) Exam: Sat, 15 December

The MGS is providing a variety of different models of German Language Courses. All our courses are based on the Common European Framework of References for Languages (CEFR).

In the second half of this year we are going to offer intensive courses and weekend courses.

We work closely together with the Goethe-Institut in Kuala Lumpur. At the moment we are planning to offer the Goethe exam and certificate. In August examiners from the Goethe-Institut will come to Penang to take the exam here at the MGS. Please contact our office (office@mgs.org.my), if you are interested in sitting for the Goethe exam.

Our upcoming courses:

RM1,970.00

(RM 1,790.00 course fee + RM 160.00 exam fee + RM 20.00 membership fee)

A1 Intensive Evening

2 October – 13 December, exam on 14 December

Tuesday – Friday, 7pm – 10pm

RM1,104.00

(RM 895.00 course fee + RM 189.00 exam fee + RM 20.00 membership fee)

A2.1 (sub-level) Saturday

21 July – 8 December, exam on 15 December

Saturdays, 9.30am – 12.30pm

RM1,104.00

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Sadly there are no dive spots in Penang, as we are not really known for our pristine shores and crystal clear waters. However, there are some alternatives around here that are worth mentioning.



Have you become curious? Would you like to have a try underwater? Why not have a go with a Scuba Discovery Dive, just to get the taste of it. After a short introduction, you will be taken by a guide to maximum depth of 10 metres. There you can already discover nice fish, corals and so on.



If you feel like taking it further, you can go for an Open Water course that allows you to scuba at any dive shop, once you certify. The course can be completed within 3 – 4 days. If you don't want to spend that time in a dive school during your holiday, you can do the theoretical training and test online, prior to your holiday. Register e.g. at padi.com,* select a participating dive school and you are set. The practical training and dive sessions needed to qualify, will be completed on site within 2 – 3 days. Usually you can scuba dive as well as snorkel at these locations. So if some members of the family are not comfortable with being under water, they can still enjoy the world down there, while snorkelling.

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Our Recommendations

NEAREST TO PENANG

Pulau Payar

Snorkelling, Scuba Diving. The marine park of Pulau Payar close to Langkawi is best known for floating hordes of swim vest equipped tourists. However, you can scuba here and the underwater scenery of soft corals, large rocks and really big grouper is quite stunning. Unfortunately the visibility is often quite poor. So while you can have a nice dive it can also be really dissapointing. The average depth is about 15m and diving is well suited for beginners.

How to get there: Payar is best reached via the Langkawi Ferry from the Penang jetty. However, considering the cost (Ferry plus Scuba) and uncertain visibility we can't really recommend it.



There is a ship wreck to be explored and great large boulders on the north east side of the main island. Depth ranges from mostly 15-20m up to 30m at the ship wreck.

How to get there: By car to Kuala Besut jetty or by plane to Kota Baru and taxi (1.5 hrs) to the jetty.

Dive Centre: There are a number of dive centres but if you want to start with scuba, we can recommend Flora Bay Divers, a 5-Star padi dive school with excellent teachers and dive facilities, or Universal Divers next to Tuna Bay Resort.

Resorts: Tuna Bay (house reef in front) and their neighbour resorts on Perhentian Besar, the big island. Perhentian Kecil - the small island – has also some dive centres and is popular for backpackers with a lot of cheap accommodation around Long Beach, and partying in the night.

EAST COAST OF MALAYSIAN PENINSULAR

Pulau Perhentian

Perhentian is about 6 hours drive from Penang, to the east. Most Penangites have been to Perhentian even if not for scuba. There are a number of dive sites suited for beginner to advanced levels. You can see small sharks and turtles.

Pulau Redang

Bigger than Perhentian, this island offers first class dive sites and many more resorts of different levels.

How to get there: Plane to Kuala Terengganu Airport, taxi 30 – 40 min to Merang Jetty or by car from Penang to Merang Jetty (about 7 - 8 hours), boat to the island (40 min).



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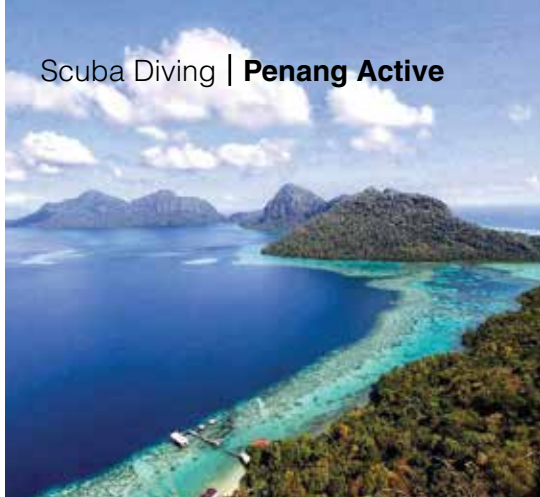
EAST MALAYSIA

Pulau Sipadan, Sabah (sipadan.com)

Sipadan is the only oceanic island in Malaysia, rising 600 metres from the seabed. It is located in the Celebes Sea off the east coast of Sabah and is considered one of the top dive spots in the world. The underwater world is amazing with lots of fish, corals, drift dives and a cave to explore. Sharks, turtles, barracuda and bumpheads are guaranteed. This is an amazing spot and every diver should visit this little island.

Being a protected sanctuary the government has restricted the daily numbers of divers. That means that if you book a week at Sipadan you might only get 2 dive days at the island (with 2 dives each). That is really a big disadvantage, especially since the other dives sites are quite dull.

But the dives that you get are stunning. Dive at depths of up to 40m with strong currents make this an exciting, sometimes challenging dive spot, to be recommended for experienced divers. Resorts: There are no resorts on Sipadan. You have to stay in the vicinity, for example on Kapalai Island: Sipadan Water Village, a luxury resort built on



Kids of the Bajau Laut, the sea gypsies (the Sea Dayak are an indigenous tribe of Sabah) at Sibuan island

stilts over the sandbanks of the Ligitan reefs and located only a few minutes by boat from Sipadan and Mabul. The resort offers unlimited diving at the house reef. The dive service is excellent and foreigners with a work permit or MM2H get discounts.

There are a few resorts are on Mabul Island and Semporna is a town on the mainland and the gateway to Sipadan, with many dive centres and travel agencies and cheaper accommodation.

How to get there: You fly into Tawau. From there it is 1 1/2 hours by car to Semporna and a 30 min boat ride to Kapalai (or any of the other resorts in that area). The land/boat transportation can be booked via the hotel.



INDONESIA

Pulau Weh, Sumatra

Weh Island is a small, active volcanic island to the northwest of Sumatra, 45 minutes by fast ferry from the mainland, Banda Aceh.

While not in Malaysia, Pulau Weh is really close to Penang and easy to reach. There are diverse dive sites around the island with lots of fish. The people are very friendly and while on land you have the chance to visit KMO, the very beginning of Indonesia, with a stunning view over the Andaman Sea.

Resorts: Accommodation is basic but the diving is great.

How to get there: Hop onto a flight to Banda Aceh, Sumatra, and take a ferry to the island

Bali

Bali is not only a wonderful Island, there are also great dive spots on the northern part of the island. Close to Tulamben is the wreck of the US Liberty. Not so deep, small parts from the wreck are

seen by around 3 metres and goes down to around 30 metres. Many Doctor fish and parrot fish welcome you in this place. And if you are lucky, you will spot the giant bumphead. The fish diversity is amazing. The wall by Tulamben is extraordinary and impressive! With some luck you will spot pygmy seahorses. There are also good dive spots for beginners.

How to get there: Flight: Penang - Kuala Lumpur - Denpasar. Plus around 3 hours' drive to the north.

Resorts: Alam Batu (www.alam-batu.com). Very nice, small resort with a great house reef, led by Doris, a German woman.

Manado, Sulawesi

Beautiful dive sites are reached by boat to the Bunaken Ndational Marine Park. Spectacular coral walls and amazing fish life awaits you. Also, big turtles swim around you and we spotted huge lionfish, leaf fish and anglerfish, schools of barracuda, sharks and many more wonderful underwater life. On our boat trip we saw around 25 pilot whales and dolphins - what a spectacle!

Close to the resort are other amazing dive spots with lots of small living things and different, stunning corals.

We discovered seahorses, colourful nudibranchs, ghost pipefishes, bat fish and more small beauties.

How to get there: Flight: Penang – Singapore – Manado.

Resorts: Lumbalumba (www.lumbalumbadiving.com). A small, exclusive dive resort. Very friendly and helpful. The resort is led by a couple from the Netherlands.

THAILAND

Phuket

Several scuba dive schools are located in Phuket. You go for daytrips by boat to various dive sites. Sharks, parrotfish, scorpionfish, boxfish... the variety of fish is wide. The spots are quite easy and appropriate for beginners.

How to get there: Easy, by direct flight from Penang.

Dive Centre: There are a number of dive centres. Sea Bees offers dive courses in German.

Resorts: Palm Garden cooperate with Sea Bees Dive Shop. It's a small, lovely resort with a pool, not far from the dive centre.

Liveaboard: from Phuket and Khao Lak you can also go on board of dive ships for 2 - 6 day trips to the famous dive sites of the Similan Islands National Park, Koh Bon, Koh Tachai, Richelieu Rock and the Surin Islands. You will encounter a great underwater world with a plethora of fish, barracudas, whale sharks and manta rays.

Dive Shops: in Patang, you can find well equipped dive shops to buy equipment.

Information put together by Chris Wee, Petra Müller, Ralf Touby and Sabin Eckmann. Picturers by Chris Wee, Petra Müller and Ralf Touby.



Sabin Eckmann is diving for over 25 years. Her first scuba dive was in Lake Constance. Since then, she has discovered many beautiful, exciting and wonderful dive sites all over the world. She really enjoys every single dive!



Ralf Touby started to scuba dive when his former boss, who was also the co-owner of a dive centre, persuaded him to do a padi open water course, when they were in Phuket for their company's Asia Sales Conference. Meanwhile he counts 270 dives and is on Padi Rescue Diver level.



Petra Müller started diving about 8 years ago, when her son, the youngest member of the family was 10 years old and allowed to take the Padi Open Water exam. Since then, the whole family tries to go diving at least once a year.



Chris Wee is a retired navy officer who started to dive in his spare time more than 20 years ago. He is a photographer and would-be traveller. His favourite place is Sabah. He thinks it is amazing everywhere, above and below the water surface.



Writers' Corner

On 9th May 2018, Malaysian voters collectively pressed the reset button for the country. The majority of us did not expect that regime change could be successfully brought into effect, given the history of the country and the overwhelming power of Barisan Nasional (National Front), which has been ruling the country since independence for an unbroken 61 years. Yet, it happened, and the historic change came so peacefully that many people could be excused for wondering if they were living in a fairy tale.

I found it a positive surprise that many of our German friends spent a sleepless night keeping track news on election night. If I'm not wrong, such behaviour is normally reserved for the Football European Cup or the Football World Cup. It's nice to know that the recently concluded general elections had such high priority. The biggest star of the show was obviously the oldest player. At the age of 92, Tun Dr. Mahathir has broken the world record for the oldest prime minister. He is extremely



Merdeka 2.0

by Ooi Hong Leong

active and alert for someone his age, and he has not lost any of his trademark sharp wit when talking to journalists and the general public.

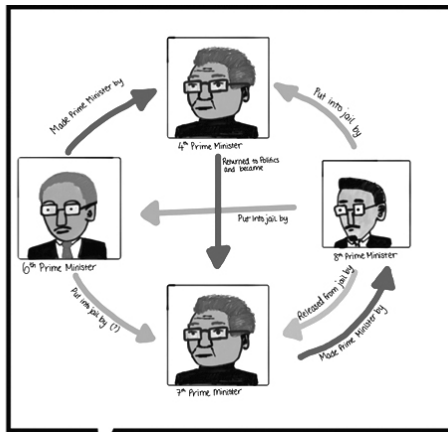
To help newbies understand the sequence of leadership in Malaysia over the past 3 decades or so, may I offer the picture on the right, sent to me by a friend:

The miracle of the the 14th Malaysian General Elections is also about repentance, forgiveness and

reconciliation that led to a second chance for the good of the country. During his tenure as the 4th prime minister, Tun Dr. Mahathir was one of the main architects of the repressive state that the citizens threw off on 9th May. He was the one who first jailed Anwar Ibrahim, who is going to take over as the 8th prime minister after he retires (again). He was the one who raised Najib to become the 6th prime minister.

It took a great leap of faith for the average Malaysian voter to trust this man who had created the monster to slay it and build a better country.

Malaysian Politics 101:



As it turned out, a lot of them across all ethnic and religious groups in this very heterogeneous country made that leap, voted for Pakatan Harapan (Alliance of Hope) and effected the first peaceful regime change in post-colonial Southeast Asia. In the short time since he has taken over, Tun Dr. Mahathir has been walking his talk, much to the delight of the citizenry.

As a humble Malaysian citizen, I would like to conclude by sharing my hopes for this country through the words of this song, popular during the days when Tun Dr. Mahathir was 4th prime minister, and now popular again:

SEJAHTERA MALAYSIA

Puji dan syukur pada Ilahi
AnugerahNya tiada terhingga
Kedamaian kemakmuran
Malaysiaiku bahagia

Dengan tekad untuk berjaya
Berbakti pada nusa dan bangsa
Kami junjung cita-cita luhur
Perpaduan seluruh negeri

Seia sekata sehati sejiwa
Menghadapi cabaran
Kami setia kami sedia
Berkorban untuk negara

Bersemarak Malaysia tercinta
Kibarkan panji kebesarannya
Kami rela menjaga namamu
Sejahtera Malaysia

PROSPER MALAYSIA!

Praise and thanks be to God
His grace has no limits
Peace and prosperity
My Malaysia is happy

With determination to succeed
To serve our land and people
We uphold our noble ambition
Unity throughout the nation

In one accord, with one heart, one soul
We face the challenges
We are loyal, we are ready
To sacrifice for our country

Glorious, beloved Malaysia
Fly the banner of its greatness
We will guard your name
Prosperous Malaysia!

penang MONTHLY

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Penang Monthly endeavours to be the voice of Penang and an inspiring read for the curious Malaysian. This publication by Penang Institute aims:

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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Sun, Sand, Sea and ... Surgery?

by Stephanie Kee



Move aside, hipster travellers – there's another group of tourists bringing in millions for Penang.

As many as 14 to 16 million people across the globe travel for medical reasons, be it for higher quality healthcare or affordability outside their countries of residence.¹ Orbis Research valued global medical tourism at US\$19.7bil (RM76.7bil) with an estimated compound annual growth rate (CAGR) of 18.8%,² while Allied Market Research valued the market at a staggering US\$61.2bil (RM238.3bil) with a CAGR of 15.0% from 2017 to 2023.³ It is however a volatile market, marked by disparate projections and trends due to the speculative nature of the industry.

In Penang, however, medical tourism is a booming sector – as it has been for the past two decades.

In the wake of the 1997 Asian financial crisis two private hospitals opened their doors in Penang: Island Hospital and Pantai Hospital Penang. Along with the other existing private hospitals, the two new hospitals increased the supply of hospital beds by 40% within two years, far exceeding the population growth rate in Penang at that time. This marked a major turning point in Penang's medical tourism sector.

In 1998 the federal government recognised medical tourism as a growth sector for economic diversification, both in healthcare and in tourism. It later established the National Committee for the Promotion of Medical and Health Tourism,⁴ which was renamed Malaysia



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Thyroid Surgery, Parathyroid Surgery,
Auxiliary Service
- Cancer Centre: Radiotherapy,
Chemotherapy & PET-CT Scan
- Cancer Wellness Centre
- Cardiac Services:
Cardiac Lab - Echocardiography, ECG
& 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
- Dental Centre - Oral & Maxillofacial Surgery
and Cochlear Implant Surgery
- ENT Laboratory - Rhinometry & Ultrasinoscopy
- Electroencephalogram (EEG) &
Neurophysiology Laboratory
- Endocrinology
- Endoscopy, ERCP, Endoscopic
& Endolaparoscopic Surgery
- Eye Surgery (including small incision
Cataract Surgery - Phacoemulsification)
& Glaucomatology
- Gastroenterology, Hepatology &
Therapeutic Endoscopy
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Rehabilitation & Gymnasium
- Speech-Language Therapy,
Auditory Verbal Therapy
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Healthcare Travel Council (MHTC) in 2009. Meanwhile, in Penang, private hospitals began to make collective efforts to promote the island as a healthcare destination for the South-East Asia region, competing with medical tourism giants such as Bangkok and Singapore.

Table 1: List of Hospitals in Penang

PUBLIC HOSPITALS

- Balik Pulau Hospital
- Penang General Hospital
- Bukit Mertajam Hospital
- Kepala Batas Hospital
- Seberang Jaya Hospital
- Sungai Bakap Hospital

PRIVATE HOSPITALS

- Bagan Specialist Centre
- Carl Corrynton Medical Centre
- Gleneagles Penang
- Island Hospital
- KPJ Penang Specialist Hospital
- Loh Guan Lye Specialists Centre
- Mount Miriam Cancer Hospital
- Pantai Hospital Penang
- Penang Adventist Penang
- Pearl Maternity Hospital

According to MHTC, medical tourism in Malaysia raked in RM1bil in revenue through approximately 860,000 medical travellers in 2016. Sherene Azli, chief executive officer of MHTC, made a healthy projection of 30% year-on-year growth for the industry, which hit approximately RM1.3bil in revenue in 2017.⁵

About 60% of health travellers to Malaysia head for Penang.⁶ Every year, the number of foreign patients in the state increases at an average of 6%. From 2008 to 2017, the revenue



Ivan Loh Ee Hoe, chief executive officer of Gleneagles, Penang

generated by medical tourism in Penang almost doubled. The state government reports that foreign patients who seek medical treatment in Penang contribute over half a billion ringgit in revenue in 2017⁷ – a new record that is equivalent to the total average revenue of two private hospitals combined, thus justifying the expansion two decades ago.

Among the factors that drive medical tourism are healthcare providers and technology, promotion and advertising, policies and government, and intermediaries. It is known internationally that private hospitals in Penang offer top-notch technology and facilities in the medical field and heavily invest in modern equipment to remain globally competitive. Ivan Loh Ee Hoe, chief executive officer of Gleneagles Penang, confirmed that the best computed tomography (CT) and magnetic resonance imaging (MRI) scanners in the world can be found at Gleneagles Penang.

“Most of the foreign patients we receive find out about specialists through word of mouth,” says Dr Ajay K Sharma, a consultant orthopaedic and spine surgeon at Penang Adventist Hospital.

In the past year, Ajay received over 60 patients who heard about the new minimally invasive medical treatment he has been practising: Pulse Radio Frequency (PRF) STP is a treatment for nerve pain in the body caused by the irritation or malfunction of a nerve with higher treatment efficiency compared to conventional PRF treatment, and is used by Ajay to treat ailments such as slip discs, nerve compressions, joint problems of the spine, tennis elbow and many more, without surgery.



Dr Ajay K Sharma

This treatment allows patients to make a short three-day trip to Penang to treat conditions of the spine; a simple procedure can be done within a day and in slightly more complicated cases, this takes at most two days.

"The procedure itself takes 15 minutes to complete, after which the patient is monitored for a few hours before he is released to go home to rest the very same day," says Ajay. The treatment not only allows quicker pain alleviation, but also the opportunity for patients to avoid invasive surgery.

More than just the Equipment

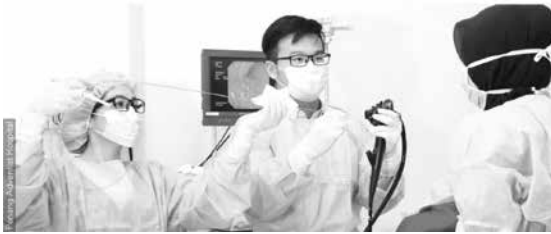
It is not merely about the hardware when it comes to quality healthcare;

processes implemented by healthcare providers are equally as important: "The healthcare industry is far behind in utilising big data and artificial intelligence (AI) compared to the banking industry. For example, capitalising on AI to provide alternative suggestions for antibiotics during treatment can tremendously improve the clinical outcome," explains Loh.

On top of that, abiding by international health standards in medical practices such as simple hygiene practices and the washing of hands, can also affect patients' safety. "Improving clinical outcome and patients' safety is our utmost priority. These two factors would make us stand out above the rest," says Loh. Currently, there are three Joint Commission International (JCI) and 11 Malaysian Society for Quality in Health (MSQH) accredited hospitals in Penang.

Penang is also an idyllic destination for healthcare tourists who wish to bring their families along on holiday while they receive medical treatment. "All of our healthcare providers here are multilingual, making it convenient for foreign patients," says Tan Seang Aun, the newly elected executive director of PMED.

The state has 16 foreign consulates – many of which are familiar with assisting medical tourists. "Annually, Penang receives medical tourists from Indonesia, Japan, China, Myanmar, the Middle East and Europe," Tan adds. As PMED expands its marketing and promotion beyond the Indonesian market, which makes up the bulk of foreign tourists in Penang, the task force is attracting other countries in South-East Asia, China and the Middle East, especially with the newly introduced direct flight from Qatar.⁸



Penang leads in the field of medical tourism thanks to its highly skilled workforce and state-of-the-art medical equipment and technology

Direct flights to Penang play a crucial role in expanding the medical tourism market. The state government and private hospitals work closely to lobby airlines for direct connectivity through subsidies and cross-marketing and promotion. PMED also works hand-in-hand with hospitals to promote Penang as a health destination through marketing campaigns, international exhibitions and roadshows. “We speak as one. We don’t just promote our individual hospitals, but Penang hospitals as a whole – that’s what makes Penang stand out from the other states; we often share resources for events and the CEOs from different hospitals know each other very well,” Loh adds.

“To strengthen Penang’s position as an international medical hub, there are three key areas to cover: medical hospitals, medical devices industry and medical institutions,” Tan says. As more hospitals and multinational medical manufacturing facilities break ground in Penang, such as Japan Lifeline and Boston Scientific,⁹, ¹⁰the state government needs to ensure that the supply of medical practitioners is equally sufficient to meet the sector’s rapid growth. Earlier this year, Penang Medical College announced plans to offer a Master of Business Administration course that specialises in medical tourism.¹¹

A Peek into the Future

Hospitals in Penang are currently operating at 80-90% capacity, thus urging for a greater supply of hospital beds and medical practitioners. In May 2017 Island Hospital pledged RM2bil to expand its current 300-bed capacity to 1,000 beds, and to become one of Malaysia’s largest

medical facilities.¹² Columbia Asia sets eye on Batu Kawan with a RM185mil investment,¹³ while Sunway Group plans for a 350-bed tertiary medical centre costing RM500mil in Seberang Jaya.¹⁴

While medical tourism motivates urban infrastructure improvements, job opportunities and spillover economic benefits to local businesses, its effects on local healthcare accessibility should not be overlooked. Although quality and standards of healthcare have tremendously improved as due to the growing medical tourism industry, costs have inevitably risen.

Globalisation and advancements in technology are driving up the price of healthcare. Competitive pricing and the lower ringgit exchange rate has made healthcare affordable for foreign medical tourists from developed countries, but locals are in a quandary as their purchasing power stagnates. With the medical tourism industry growing at an astounding rate, it is crucial for the federal government to consider sustainable measures and policies to maintain the nation’s healthcare equity.

Stephanie Kee is a PJ-born gal who moved to Penang to bask in its enthralling sights, sounds and smells. Currently working on the Penang Art District project, she also tries to delve into the complexities of Penang’s flourishing local arts scene.

Footnotes can be looked up on the Penang Monthly web-site at http://penangmonthly.com/article.aspx?pageid=13908&name=sun_sand_sea_and_surgery?

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B. Braun Opens 5 New Medical Production Facilities in Penang

B. Braun Medical Industries officially opened 5 new and enhanced production plants and other administrative buildings in Penang on 18 April 2018. Built over a period of 9 years, the new state-of-the-art facilities, featuring the latest building and production technologies, manufacture medical devices for infusion therapy, pharmaceutical solutions and surgical instruments for the treatment of patients in Malaysia and around the world.



Established in 1972, B. Braun Medical Industries is the first production site of the global healthcare company in the Asia Pacific region. In line with increased global demand for its products and services, B. Braun launched a large scale expansion project in 2009, to enhance its production facilities, which were built in the 1970's and 1980's. Since its establishment till 2018, B. Braun has invested close to RM5 billion in Penang.

Furthermore, since 2009, the expansion project has created 3,000 additional jobs for Malaysians. Today, more than

7,500 employees work at B. Braun in Penang.

Located also in Penang are B. Braun's Asia Pacific Regional Headquarters, the B. Braun Global Centre of Excellence for Intravenous Access with more than 100 engineers and full research and development capabilities; and the Aesculap Academy Skills Learning Centre, which provides continuous medical education and training to doctors, nurses and other healthcare professionals in Malaysia and across the Asia Pacific region.

Corporate Corner

Officiating at the launch in Bayan Lepas were the Chief Minister of Penang, Mr Lim Guan Eng; and the Ambassador of Germany to Malaysia, His Excellency, Nikolaus Graf Lambsdorff; who also toured the production site spanning 184,000 square metres across two campuses.

In his speech, Mr Lim Guan Eng, the then Chief Minister of Penang, said, *"My heartiest congratulations to B. Braun on the occasion of the official opening of your new office buildings and production facilities. The State wishes to record our appreciation to B. Braun's significant contribution in Penang, and I look forward to seeing B. Braun's continued growth in Penang."*

H.E. Nikolaus Graf Lambsdorff, Ambassador of Germany to Malaysia, said,

"As one of the pioneer German companies in Penang, B. Braun has greatly contributed to the economic development of the state, the people and the industry at large. I warmly

congratulate B. Braun on the opening of its new buildings and production facilities."

Prof Dato' Dr Heinz Walter Grosse, Chairman of the Management Board, B. Braun Melsungen said,

"With 62,000 employees in 64 countries, B. Braun takes pride in sharing our expertise in 18 therapy fields with healthcare professionals. From Penang, we are deeply committed to providing medical solutions of the highest quality and safety standards to treat and heal patients."

Ms Anna Maria Braun, President of B. Braun Asia Pacific said,

"B. Braun has truly grown with Malaysia for close to half a century. Our success is a result from the strong support from the government, industry, and most importantly our 7,500 employees. Together, B. Braun is determined to work hard to protect and improve the health of people in Malaysia and around the world."



From left to right: Mr Andreas Walde, Senior Vice President, Finance, Controlling, SCM & IT, Asia Pacific; Mr Lam Chee Hong, Senior Vice President, Sales & Marketing, Asia Pacific; Dr Elizabeth Anthony, State Health Deputy Director for Medical Services; Professor Dr Heinz-Walter Grosse, Chairman of the Management Board, B. Braun Melsungen AG; YAB Tuan Lim Guan Eng, Chief Minister of Penang; Ms Anna Maria Braun, President, B. Braun Asia Pacific; H.E. Nikolaus Graf Lambsdorff, Ambassador of Germany to Malaysia; Dr Juergen Schloesser, Senior Vice President, BMI Operations & Head of CoE IVA; Dr Juergen Tertel, Senior Vice President, Human Resources, Asia Pacific.

industry, and most importantly our 7,500 employees. Together, B. Braun is determined to work hard to protect and improve the health of people in Malaysia and around the world."

For more information, please contact:

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M: +6012 889 8911

About B. Braun

With over 62,000 employees in 64 countries, B. Braun is one of the world's leading healthcare companies specializing in 18 therapy fields and applications: acute dialysis, apheresis, cardio-thoracic surgery, degenerative spine surgery, diabetes, general open surgery, hemodialysis, incontinence, infection prevention, infusion therapy, interventional vascular diagnostics & therapy, laparoscopy, neurosurgery, nutrition therapy, orthopedic joint replacement, pain therapy, stoma and wound management. Through constructive dialogue, B. Braun develops high quality product systems and services that are both evolving and progressive - and in turn improves people's health around the world. In 2017, B. Braun achieved sales of 6.789 billion Euros.

B. Braun Medical Industries in Penang, Malaysia is one of the Group's largest production sites with over 7,500 employees, producing healthcare solutions for world markets. B. Braun's Regional Asia Pacific Headquarters is also in Penang. Through its world-renowned Aesculap Academy, B. Braun provides continuous education and training to doctors, nurses and other healthcare professionals.

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Too Busy to Exercise? How You Can Live a Healthier Life!

by *Conor McManus*

You know the feeling - too busy with work commitments, dropping the kids off at school, etc. We all know how to get fit and healthy but living a healthier life can be challenging. Here I lay out some simple tips to help you move more and eat healthier.

1. Ask the question

First, ask yourself is why do you want to get fitter and healthier. This is the fuel to your fire. I can think of many reasons like improve your health, look and feel better, be fit enough to play with your kids / grandkids, finish a race, fit back into those trousers, be there for your kids when you're older, improve mood, reduce stress, have more energy or just feel and look good generally.

This is your motivating fuel, it will also give you clarity on why you need to prioritize your time.

IT IS NOT ABOUT HAVING TIME
**IT IS ABOUT
MAKING TIME**

WARRIOR FITNESS & ADVENTURE



2. Prioritize

Make a list of what you value most and where you want to invest your time, for example

- ✓ Family
- ✓ Health
- ✓ Earning a living
- ✓ Getting enough sleep
- ✓ Reducing stress level

Secondly, for example

- ✓ Excelling at work
- ✓ Hobbies
- ✓ Achieving a new Personal Best
- ✓ Winning races

Low value activities, for example

- ✓ Social Media
- ✓ Video games
- ✓ Going out drinking
- ✓ Watching TV

SOMEONE BUSIER THAN YOU IS WORKING OUT RIGHT NOW

WARRIOR FITNESS & ADVENTURE

3. **Keep a record of your activities and analyse them the end of the day**

Keep a record of how you spend your actual time in a day. Ask yourself if this record of your time reflects your true priorities.

4. **Replace low value activities with high value ones**

For example, replace 15 minutes of TV with 15 minutes of walking or 15 minutes of healthy meal preparation.

5. **Create systems to help make health and fitness easier**

- ✓ Do your fitness training in the morning rather than in the evening so that your day does not get in the way. Leave your training clothes out at night to wear first thing in the morning.
- ✓ If you get too lazy to start moving, think of the end result, for example how good / satisfied you will feel at the end of the workout and how your day will begin with a positive start.

- ✓ Clean out your kitchen of processed foods. Out of sight, out of mind. Keep only healthy snacks in sight.
- ✓ Keep a bag with fitness gear packed in your car.
- ✓ Do fitness activities with friends. The group support will keep you motivated and accountable.
- ✓ Join quality coached group training. The environment and professional advice will help keep you more motivated and you can maximize your training time





TIME TO BE FITTER

- ✓ Have skipping rope or resistance bands at home or packed when travelling to make fitness easier.
- ✓ Park your car at the far end of your workplace carpark so that you can get a mini workout by walking further to your office
- ✓ Put reminders in your calendar to remind you to train or purchase healthier foods. Do not go grocery shopping on empty stomach.
- ✓ Encourage your work team to get into fitness, it also gives you an excuse to do so also by leading by example.
- ✓ Make time to go to the park and play with your kids. You may also plan your holiday to incorporate some outdoor activities like swimming, snorkelling or hiking.
- ✓ State on social media that you plan to get fitter. The social statement may help keep you on track.

6. Review your progress every week

As you review your progress, do not be too hard on yourself. Don't be a perfectionist; small incremental improvements are better than no improvements, your goal is to build healthier habits. Remember, the journey of a thousand miles begins with one small step.

Commit, Focus, Believe & Achieve

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



Explore the creator in you - Susumu Tomiyama teaches kids and adults in wood working



It's just a small step out of the heat in China Street into the heritage building of Wisma Yeap Chor Ee, where you can find yourself in another world. It's the home of Penang Science Cluster and also the place where Susumu Tomiyama does what he loves: and this is working with wood.

"Since I was eight years old, I have loved working with wood," Susumu explains. "Our neighbour was a carpenter and I wanted to be one too. I love the smell of wood and the idea of creating everything you want with it."



“Never waste wood – give it second life”

was more than happy that Dato' Yoon, founding member, director and mentor for the Penang Science Cluster, gave him the opportunity to teach kids and adults in wood working.

“We have all the machines there we need, for example a collection of quality tools from Bosch, like the table saw, miter saw, a number of cordless drills and jigsaws. We also have a well-established workspace with work benches and storage,” Susumu explains. Every Tuesday and Saturday he and two other teachers are at Penang Science Cluster from 9am to 12pm to help anyone who comes to work with wood. And they offer different workshops for different ages. “I love teaching,” Susumu says with a smile. “Especially children, because they are so clever. Adults mostly just follow what I say, but children often do their own thing and that’s great.”

But many years would pass until his dreams came true. Susumu worked for a printing machinery manufacturer and visited over 60 countries in his working life. For three and a half years, he lived in Düsseldorf, Germany and that’s also the reason why he connected with the MGS, after moving to Penang in 2007.

“I retired in 2006 and finally I had the time to start learning wood carving,” Susumu says. This was in Brisbane, Australia, but one year later he moved to Penang. From the beginning, he was looking for wood workshops on the island, but he couldn’t find even one. So Susumu worked on his own, at home. “At the moment I have three small workshops there, and one of them is located in my bed room. So I can work whenever I want,” he says. And after eight years in Penang, he finally found out about Penang Science Cluster. He

Within the workshops, the participants mostly work with German beechwood – according to Susumu, the best wood for making furniture. But Susumu also makes jewellery bowls, small animals, trivets and much more from it: “I teach my students never to waste the wood. Give it a second life. We can use even a small piece of wood to create something useful and original.”

Everyone who is interested in the woodworking classes will find more information at www.pscpen.com

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In this edition of the Breakfast Corner, we are presenting two favourites from the German Breakfast buffet.

A flaxseed bread, baked without flour and a lovely hummus dip for snacks of any kind.

The homemade hummus is way better than what you can get in a store and best of all you can easily find all the ingredients in Penang.

Flaxseed Bread

What you need:

120	g	ground almonds
375	g	ground or whole flaxseeds
6		eggs
170	ml	water
75	g	butter at room temperature
3	tsp	bicarbonate of soda
3	tbsp	lemon juice
1½	tsp	sea salt

Optional

1½	tsp	oregano, caraway or black pepper to taste
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Flaxseed Bread

What you need to do:

Preheat the oven to 170 degrees Celsius and line a bread baking tray with baking parchment.

Add all the ingredients into a food processor and blend until smooth, or mix by hand in a large bowl. The dough will thicken as you mix.

Scoop the dough into the prepared tin.

Bake the bread for 30 minutes until firm but springy to touch.

Leave to cool on a wire rack.

To store the bread, simply wrap it up in a tea-towel.



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Hummus



What you need:

400 g chickpeas (canned or cooked)
4 tbsp tahini
1 small garlic clove
1 tbsp cumin
juice from one lemon
salt
chickpeas' liquid

What you need to do:

Put all the ingredients except the chickpeas' liquid in a food processor and begin to process slowly, add some liquid to make a smooth purée.

Serve, drizzled with a bit olive oil and sesame seeds.

Guten Appetit!



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Rajasthan

by Jim Herrler

When our friends from Montreal, Hubert and Nicole, invited us to join them on their January tour of Rajasthan; we jumped at the chance. First, we knew they had done the homework, picking the right destinations and some gorgeous hotels. Second, winter is cool there versus the often 45-50°C heat of summer. Cool indeed. A little more than we counted on when a few nights hit 7°C.



India Gate

Arriving in Delhi

before noon on the 5 hour flight from Singapore was easy, even in economy. We were in the lovely Imperial Hotel by 1:00pm and, once quickly settled, began our first of many, many tours.

Delhi, a major city of 22 million, has two faces. New Delhi is the remnants of the

British Raj. Dating from the early 1900's it is full of parks, broad boulevards, government offices and headquarters for all branches of the military. The old British officers housing, rather grand even now by any standard, are assigned to members of parliament at no cost; a rather nice perk.

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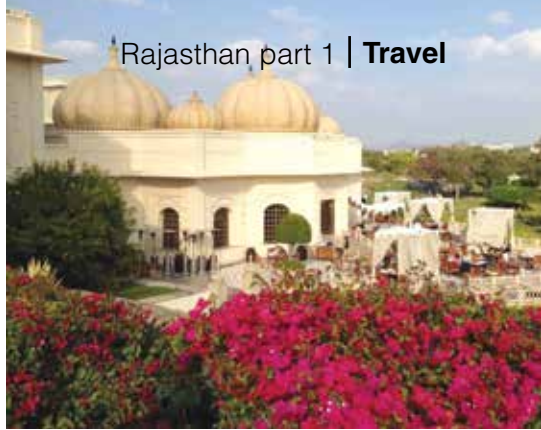
Dominating the New Delhi landscape is 'India Gate', an arched memorial constructed in 1921 to commemorate Indian soldiers who died in WW1. It is the long parade leading from it where India has their Republic Day Parade showcasing all its newest military hardware to impress Pakistan and China. The entire area is surprisingly green and has all the British affectations like multiple roundabouts with giant government buildings, Parliament, etc. dominating.



Chandri Chowk

Then, there is Old Delhi. Largely framed by the Red Fort built by Shaw Jahan (of Taj Mahal fame) in 1639. Old Delhi has been a city of some sorts since the 6th century and today is the beating heart of this sprawling metropolis. It contains the 17th century market Chandri Chowk that runs through the center of the walled city and contains many important temples and mosques. It also contains thousands and thousands of people in a very confined space. In truth, we saved Old Delhi for the last day of our trip and by then we had quite enough of teeming masses. We stayed in the car.

In the morning we flew south to Udaipur on Spice Air. Hubert and Nicole were impressed with the Bombardier Dash 8's from their hometown Montreal but less so when the plane would not pressurize and we had to turn back ears popping.



Oberoi Udaivillas

Another plane got us to Udaipur but this time the cabins were over-heating. We felt that Spice Air was a bit too spicy for us - thank you.

Udaipur is a dream

Dominated by Lake Pichola, a man made freshwater lake built in 1362, it has many palaces built by a long succession of Maharana's; a title variation of Maharajas used in some city-states.

We arrive at a boat launch and set off for our hotel, The Oberoi Udaivillas on the far shore. We later learn it is easily reached by land but the boat adds some character. We pass the Taj Lake Palace, built on a 4 acre rock in 1743 and completely abandoned in the 1950's until a 1969 restoration and a Taj Hotels remodel to 83 rooms in 1971. The Bond film 'Octopussy' was shot there. Our water approach to the sun kissed and glimmering Oberoi was starting to feel quite special. It did not disappoint.

Built new on the grounds of an old hunting lodge, its 30 acres of gardens, fountains and pools are stunning. The public rooms are massive and a highlight is an oval room with 5,000 pieces of glass in the ceiling lit by a table of giant candles. Some rooms face



Taj Lake Palace

the spa pool, some the main pool and some the old private zoo held over from its hunting lodge days. Our budget room is charming with a balcony overlooking the fountains of the inner courtyard. The staff speak perfect English and, once installed, everybody knows your name and you never have to sign for anything. We book massages at the spa followed by a swim in the heated main pool where we are the only guests in evidence. Dinner is on an outdoor terrace with charcoal braziers providing warmth on a very cool evening. Fantastic.

In the morning we are off to tour the City Palace. Actually, it is many palaces built on a rock starting in 1559. Most of the hill is faced with stone with the palaces sitting on top. Now a museum, it offers a commanding view of the lake, the city and all the smaller palaces on and around the lake. It is here my camera battery dies, more on that later.

That evening we book dinner at the Taj Lake Palace and take the boat over just after dusk. The place is amazingly chic and, although some of the areas and the best restaurant are restricted to hotel guests only, we see enough to know it is an over the top destination. However, it is The Oberoi Udaivillas that has been voted the best resort in Asia by Travel and Leisure magazine. Here is one reason why.

On our return to the Oberoi that night I find that I have packed the wrong cord to my camera battery charger. That means iPhone only shots for the next two weeks. In the morning I take the charger to the concierge and ask if by some chance he could find out if anyone sells Nikon equipment in town. I leave him the charger and head to the terrace for breakfast. In an hour he comes to my table. A proper Nikon cord has been found, delivered and my battery is being charged at his desk. In Udaipur !

On the Road

That same morning we embarked on our first major road trip, the six-hour drive to Jodhpur. On route we made a scheduled stop at Ranakpur Temple, a Jain Temple built in the 14th century. The Jain sect is an ancient, pre Buddhist off shoot of Hinduism. Their aim is absolute purity; they don't eat meat or eggs, they avoid taking any life. The temple is carved from light colored marble and its 1,444 pillars are all unique. Abandoned for over 90 years the Jains did an 11-year restoration re-opening the temple in 2001. The temple guards are vigilant, no leather (belts, bags etc.) are allowed and cameras require a fee of 100 rupee. Shoes, as usual, are left outside.

The detail, the intricate marble carving, the symmetry, the silence are amazing. The bathrooms, however, are not. India is very good at temples, the rest... not so much.



Ranakpur Temple

As we moved on we drove through moonscapes of marble and granite quarries and took note of the first of thousands of TATA and Ashok Leyland trucks. **India moves everything by truck. Usually in desperate states of repair, decorated like Christmas trees and very often dangerously over loaded.** Villages seem to exist solely on vehicle repair. Trucks, buses, scooters by the hundreds line the side of the road, some with their massive engines out and lying in the dirt, all leaking fluids at impossible rates. Nothing seems new, all are beaten and worn. We saw trucks on the highway missing their cabs, just a seat and a steering wheel at 80 km's an hour. Buses with as many people on the roof as were inside and the ubiquitous Maharinda Major Jeeps. A CJ knock off that has many functions, principally as ad hoc public transport with as many as 8 people crammed inside and more hanging off the back and sides. The road to Jodhpur is just two lanes. We saw many smashed vehicles on the side of the road and witnessed some heart stopping near misses in the passing lane. Our driver, Mr. Singh, had the unique combination of bold and safe that we were very grateful for.

Jodhpur

Eventually, we limp into Jodhpur about 5:00 PM after a long day on the road. Clearly, there is a major military presence in town as we pass base after base and the sound of jets taking off at full power seems to surround us. We are getting closer to Pakistan. A drive up a long winding road and as we reach the top we have our first sight of the Umaid Bhawan Palace. OMG !



Umaid Bhawan Palace

The 357-room Palace was built during the 30's and finally finished in 1944. Now home to the Maharaja Umaid Singh's relatives in one wing, the hotel takes up only 64 rooms and suites leaving more than a few rooms empty, say, about 200. Our arrival is not without fanfare. A red canopy has been raised; liveried staff are throwing rose petals on the red carpet. Jasmine garlands and requisite 'bindi' (dot applied to the center of the forehead to protect your from demons and bad luck) and welcoming drinks offered. Feels just like home.

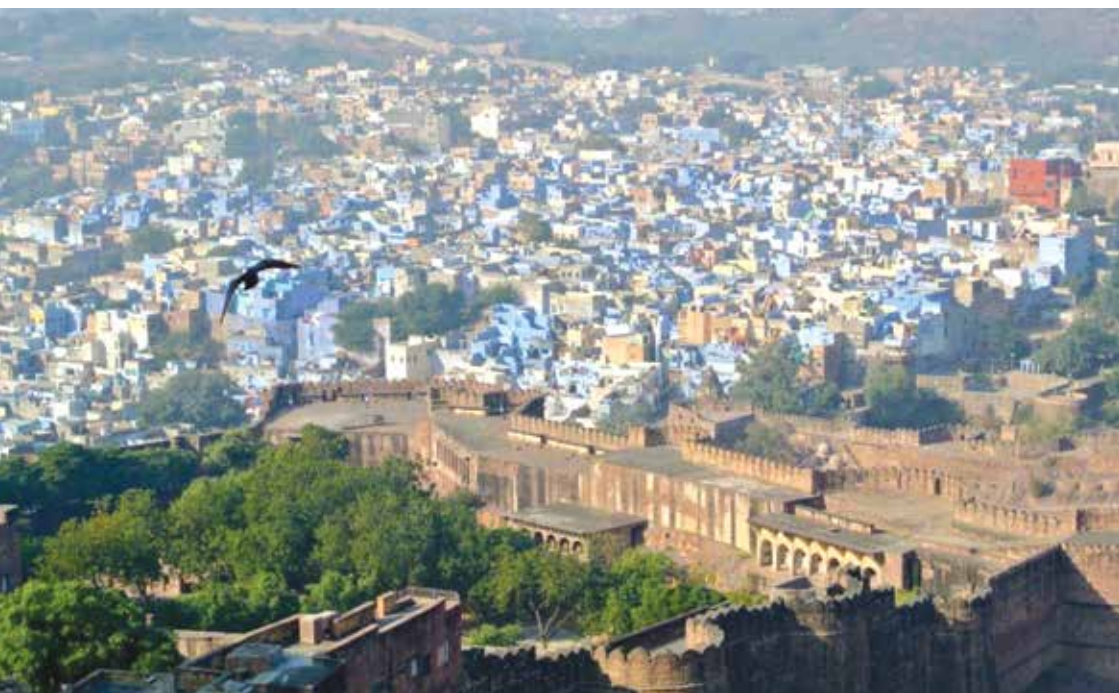
We retire to our rooms on the second floor and look out from our huge balcony at the gardens and manicured grounds the stretch out before us. It took 3,000 workmen to build this place over a dozen years. The gardens required 500,000 wheelbarrows of dirt, manual labor of course. Several of the function rooms are over 5,000 square feet, each. The central atrium is 110 feet high. Drinks at 'Pillars', the terrace overlooking the gardens, to watch the sunset and dinner following with the warming charcoal baskets in use again. Again, we are amazed.

We only have one night and are off again in the morning to tour the Mehrangarh Fort. Built in 1459 it towers over Jodhpur and has the finest museum we've seen yet. You enter through 7 gates and from the ramparts you look down upon the 'Blue City'. The blue wash is believed to have been started by the upper caste, the Brahmins, to separate themselves from the rest. Then, everybody

did it and it is a warm contrast to the beginnings of the 'Great Indian Desert' that begins just outside the city. In the museum are fabulous, jeweled rooms, galleries full of 'Howdahs' (elephant saddles) and 'Palanquins' (kind of a rickshaw for women). One on display was built for Queen Victoria but never used. She couldn't fit. Wonderful place.

On our way back to the Palace to pick up our bags and drop our guide off, we stop at a huge antiquities store with a fabric shop in the basement. Ellen and Nicole disappear while I wander through a warehouse full of amazing things; giant, ornate carved statues of Ganesh (the elephant God) to old camp chairs with Coors Beer logos. While there a man bought two life-sized carved wooden horses for his daughters.

Gorgeous things, they were \$2,000 USD a piece. After much haggling downstairs we departed very late but laden with pashminas and fine tablecloths. Only later did we discover they might not be as valuable as we thought they were.



Jodhpur from Mehrangarh Fort

To Jaisalmer

Now, we are quickly in the desert and it's not a pretty one. Mile after mile of scrubby bush and rocky sand only broken by the occasional village dedicated to, what else, vehicle repairs. We are heading for Jaisalmer, an ancient desert outpost that for centuries made its living by taxing the overland caravans. Then, with partition in 1947, no more caravans and it slowly crumbled into the dusty little rat hole it is now. The population of fewer than 50,000 is supplemented by nearly 200,000 Indian military as Pakistan is just 40 km's away. Almost. They have a 'no man's land' beginning 20 km's from the border and no one gets past that. We are very late due to the shopping and arrive in the dark. Our man Singh gets pretty lost and we wander about for

an extra hour before we find our hotel, the Suryagarh, just 15 minutes out of town.

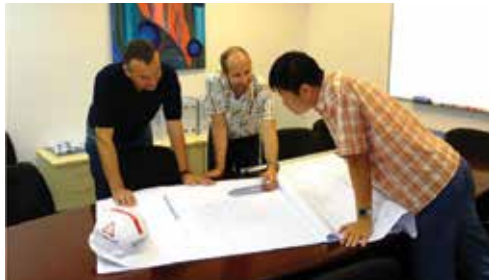
We are a bit surprised to find it's a replica fort, not a real one. While it is a pretty ambitious idea, we have been spoiled by three excellent hotels up to now and this place is not near their level. However, it does have its quirky charms. In the morning I'm up early and in the central courtyard, a turbaned man serenades us with a flute from an upper window. The house-dog, a Golden Retriever named Alexander, drops by to say hello. Peacocks land in the fountain and fluffy doves will sit on your head and arms for photos. The staff are nice and trying hard but it hasn't got the creds of a real 5 star. Still...not bad for Jaisalmer I guess.

Creatively inspiring – together



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*Jim at Suryagarh hotel**Camel cart riding*

In the morning we are off to Jaisalmer Fort. This one is truly ancient having been built in 1156. Made of sandstone it is deteriorating badly due to the fact it is a 'living' fort with a quarter of the towns population living inside. That means waste water, among other things, goes into the ground causing it to rise. Cows wander here as they do everywhere and I'm sorry, the place is just a sewer. We went to another Jain Temple (not nearly as nice as Ranankpur Temple), had tea at a lovely boutique hotel (Hotel Killa Bahwan) overlooking the town and left having seen and smelled enough for the day.

Next up were camel rides at sunset. I had to be arm twisted to do this camel thing again (having done it in Dubai) and still refused to ride versus the camel powered cart. The sand started to whip up, no sunset and on arrival at the designated place we were surrounded by a few hundred camels, a few hundred tourists, a few dozen begging children and sand dunes pocked with every kind of garbage. I personally think war with Pakistan might

improve Jaisalmer. It is a dirty, dusty, desert shithole and not worth the trek. If you must, there is a Relais & Chateaux called 'Serai' on the road back to Jodhpur that looks very nice.

Jim and Ellen both had long careers as marketers in Canada. They moved to Singapore 12 years ago, then lived and worked in Shanghai, later moved back to Singapore with their own company and now live in Penang.



Ralf's Ramblings

Germans love bread and a decent breakfast includes a variety of hard rolls and pretzels. For me, a slice of fresh bread with some Nutella nougat spread and a strong coffee was all I needed to start a perfect day. That is until I developed a gluten intolerance! A what? Yes, there had been symptoms that something was wrong. But gluten? For me that was a weird lifestyle choice.

If men get sick it's usually one of two things. Either we contract a deadly disease – say a common cold – and convinced that our last hour on earth has come (for sure it's H1N1 this time!) we need constant care taking of us and lots of attention. OR we ignore all symptoms, thinking surely after a year or two all will go back to normal. The latter was my approach until a colleague asked in the canteen whether the food was gluten free. It made me laugh but when he told me what symptoms he had prior to his gluten free diet, it dawned on me what had been plaguing me for quite some time.

So I tried gluten free for 2 days (basically I went on a diet consisting of steak, french fries and Coke) and all symptoms were gone. Damn. No more noodles, pizza, bread, pretzel, cake, cookies... the list goes on and on.

Little did I know that this was just the beginning of my ordeal.



Surviving Breakfast

My wife seized the opportunity to start the whole family on a "go green" regimen and I was introduced to a strange new world: healthy food. I still don't understand why everything in an organic supermarket has to look like its shelf life already expired, but at least I now know the difference between a food blender and a slow juicer (and why apparently we must have both).

But the hardest thing is still breakfast. Instead of my beloved bread, I now get a slow juiced mix of spinach, kale, ginger and lemongrass and I'm beginning to understand why cows need 3 stomachs to digest stuff like this. For me it's usually a race to the toilet within 20 minutes after my dreaded "breakfast". And while my wife insists that this is cleansing, whatever finds its way into the toilet bowl looks just like a "Kuhfladen" (cow pat) if you know what I mean.

So what keeps me going? Well, for once it's the belief that something that tastes so "green" must be healthy. I've lost weight too (with that kind of diet that's inevitable) and most importantly, I've actually started to like it. But truth be told, after 2 weeks of slow juice, I'm looking forward to my next business trip, to indulge myself in a fantastic breakfast buffet at the hotel!

Cheers,
Yvonne's Husband





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