

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

The logo features the letters 'MGSG' in a stylized blue font with a white outline. A red silhouette of a bird is positioned above the 'G'. To the right of 'MGSG', the words 'NEWS' and 'LETTER' are written in a large, bold, yellow sans-serif font, stacked vertically.

MGSG NEWS LETTER

October - December 2017

Penang Active

Exercising the Eastern Way • Yoga

Photo Exhibition

Many Faces of Migration

Travel

Sumatra • Cave Trekking in Vietnam

Tear this page to redeem offer at
E&O Hotel's Oktoberfest Buffet Dinner



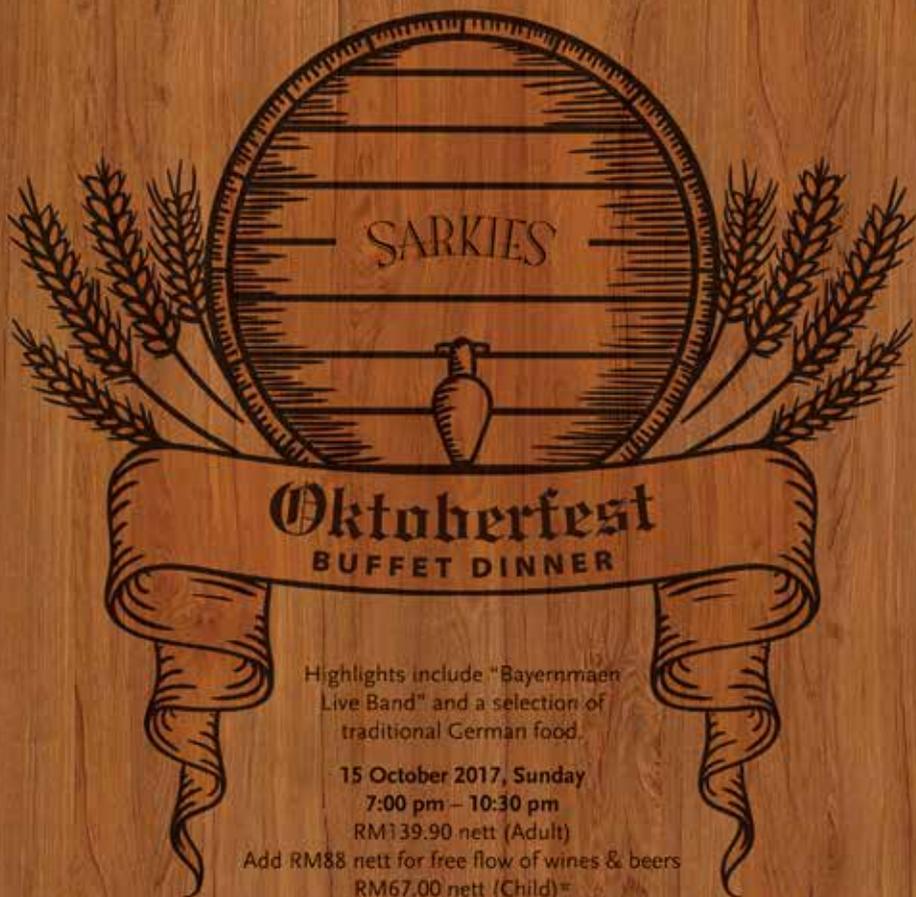
EASTERN & ORIENTAL
HOTEL

20%

DISCOUNT*

Exclusive offer for
Malaysian German
Society

*Off food
bill only



Highlights include "Bayernmaen
Live Band" and a selection of
traditional German food.

15 October 2017, Sunday

7:00 pm – 10:30 pm

RM139.90 nett (Adult)

Add RM88 nett for free flow of wines & beers

RM67.00 nett (Child)*

* Child price applies to those from 6 to 12 years old.
Children below 6 years old dine for free.

EASTERN & ORIENTAL HOTEL

10 Lebuh Farquhar, 10200 Penang, Malaysia

+604 222 2000 (GL) +604 261 6333 (F) luxury@eohotels.com www.eohotels.com

Dear Friends

At this time of the year, our Society is very much focussed on the biggest event of the year, the MGS Oktoberfest. We have been celebrating it here in Penang since 1973, when it started in a private home, with a barrel of imported beer from Germany and some Bavarian food. Over more than 40 years, it has grown to be the biggest of its kind in South-East Asia! If you want to celebrate with us, buy your tickets in advance! For our members, we still offer the tickets for the very reasonable price of RM10 – but this is pre-sales only! On the evening itself, members and non-members have to pay an entrance fee of RM35.



In our last newsletter, we wrote an article about the Germans and their curd – one of our not so well known staple foods – and got a lot of positive feedback. This is why we decided to go on with a whole series about German foods. Read about our bread and find some simple recipes.

Penang Active is all about exercising the Asian way, this time. We have tried to put together some helpful information about Yoga, Chi Gong, Tai Chi and the like and have collected some addresses in Penang where you can find yoga classes.

There will also be some changes in our Society's office: Having been with us for 4 years, our director, Doris, has decided not to extend her contract and we are very sorry to see her move on to new endeavours.

The end of the year is approaching soon with many of you going back to Germany for Christmas or travelling within the Asia/Pacific region. Safe travels, everyone, hope to see you soon when you are back in Penang.

Take care,

Petra Müller

EDITORIAL

Board of Management

President

Dr Achim Lauer mann
MaiBall

Vice-President

Ms Petra Müller
Newsletter & Publications

Honorary Secretary

Mr Clement Liang

Honorary Assistant Secretary

Dr Wolfgang Mark
Oktoberfest

Honorary Treasurer

Ms Christiane Lange

Honorary Assistant Treasurer

Mr Jochen Holst
Membership

Ms Karena Kamaruzaman

Movie Nights

Mr Mohd Syafeeq bin Mohd

Talks

Mr Ino Quass

Maintenance

Mr Teoh Seng Aun

German Classes

Ms Yvonne Touby

Social Events

Staff

Director

Dr Doris Hafner

Admin Executive

Ms Elena Mah

Teachers

Ms Nina Todorova
Ms Waltraud Mayr

Malaysian-German Society

250B, Jalan Air Itam
10460 Penang
Malaysia

Tel/Fax: 04-229 68 53

Opening hours office & library:

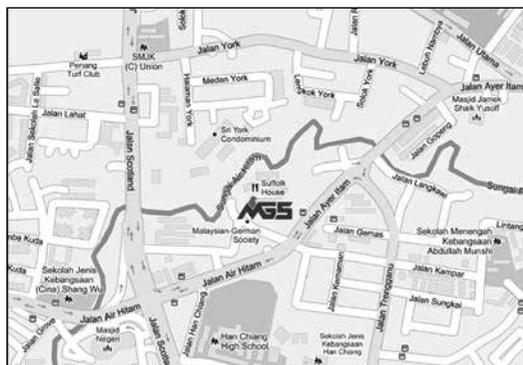
Monday - Friday: 10:00am - 1:00pm
2:00pm - 7:00pm



MALAYSIAN-GERMAN SOCIETY

office@mgs.org.my

www.mgs.org.my



MGS Newsletter

Issue October - December 2017

Cover picture:

Tu Lan Cave © Roland Müller

Editing Team:

Christiane Lange, Petra Müller,
Vera Müller, Eva Rothmeier,
Helle Scriver, Charlotte Smart

Contributions: Cordi Halm, Dr Achim Lauer mann, Mecky Lauer mann, Waltraud Mayr, Lorenza Mazzucco, Carman Nuck-Hamzic, Nina Todorova, Ralf Touby, Nina Wollenweber, the German Embassy Kuala Lumpur, KLS Martin Malaysia Sdn Bhd, Warrior Bootcamp Penang

Printer: Pen'Ads (M) Sdn. Bhd.



GOETHE
INSTITUT

With the support of
Goethe-Institut Malaysia
www.goethe.de/malaysia
Mr Rolf Stehle, Director



43 Ever tried out exercising the Eastern way? Staying in Penang is a good opportunity to do so!



52 "Can you guess where I am from?" See more photos of the exhibition Many Faces of Migration



63 German bread is dearly missed by newcomers to Penang. Check out our recipes and tips



73 Did you know that the biggest cave in the world is in Vietnam? Read about the Phong Nha-Ke Bang National Park and an amazing trekking trip!

Contents

4 Editorial

COMING UP

7 Calendar & Events

OUR SOCIETY

14 Membership, Library, Obituaries

21 Farewell Doris

22 Member's Portraits

FLASHBACK

25 Potluck & BBQ

27 Talk: Inheritance Law

GERMAN COURSES

29 Introduction New Teachers

33 From the Classroom

34 German Courses & Overview

36 NEWS GERMAN EMBASSY

PENANG ACTIVE

40 Exercising the Eastern Way

42 Yoga Studios and Styles

FITNESS

45 Beginner's Guide to Running

PENANG MONTHLY ARTICLE

49 Air Itam Dalam Educational Forest

BEYOND OUR SOCIETY

52 Exhibition: Many Faces of Migration

CORPORATE CORNER

59 KLS Martin

FOOD

63 German Bread, Tips & Recipes

TRAVEL

68 Sumatra

73 Vietnam



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

RM98 nett Adult | RM49 nett Child

Saturday Buffet Dinner

6.30pm - 10.00pm

RM128 nett Adult | RM64 nett Child

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

HOTEL EQUATORIAL PENANG | 1 Jalan Bukit Jambul, Bayan Lepas, 11900 Penang, Malaysia.
Tel: +60 4 632 7000 Fax: +60 4 632 7100 Email: fb.reservations@pen.equatorial.com
www.equatorial.com  [hotelequatorialpenang](https://www.facebook.com/hotelequatorialpenang)  [@equatorialpenang](https://www.instagram.com/@equatorialpenang)
Bukit Jambul Hotel Development Sdn Bhd (103259-X)



Hotel Equatorial
PENANG

October

13 **Oktobertfest**
FRI

14 **Oktobertfest**
SAT

18 *Deepavali*
WED

November

10 **Movie Night**
FRI

16 **Breakfast**
THU

December

01 *Prophet Muhammad's*
FRI *Birthday*

02 **Christmas Bazaar**
SAT

25 *Christmas Day*
MON

January

01 *New Year's Day*
MON

31 *Thaipusam*
WED

February

16 *Chinese New Year*
FRI

17 *Chinese New Year*
SAT

Mark your calendars already

12 May **MaiBall**
SAT **at the E&O Hotel**

Oktoberfest



Friday & Saturday
13 & 14 October



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

Dear members & friends,

the biggest event of the year in our Malaysian-German Society is coming up soon!

Join us for our

OKTOBERFEST

on Friday & Saturday, 13 & 14 October 2017



There will be German food, German beer and of course the Bavarian Band „Bayernmänn“ to keep you dancing and singing the whole evening. Contests for beer drinking, mug lifting and arm wrestling will entertain you. Try your luck at the game stalls and look for a souvenir to bring back home from a terrific evening!

Pre-sales of tickets will be RM 10 (members) or RM 30 (non-members). On the evening each ticket will be RM 35.

Come along and celebrate a great German party with us!

Any questions? Call us at 04-229 68 53 or e-mail: office@mgs.org.my

Luther.



Asia in Focus.

Luther is one of the major commercial law firms in Germany and provides legal advice in all areas of corporate and commercial law. Luther law firm has offices in key European and Asian markets.

Luther Corporate Services is the Corporate Services arm of Luther law firm. Luther Corporate Services has the competence and experience necessary to advise and assist clients comprehensively in all stages of a business lifecycle.

Malaysia

Luther Corporate Services Sdn Bhd
Unit 17-2, Level 17, Wisma UOA II
No. 21, Jalan Pinang, 50450 Kuala Lumpur
Phone +60 3 2166 0085
Fax +60 3 2166 0087
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
myanmar@luther-services.com

Berlin, Brussels, Cologne, Dusseldorf, Essen, Frankfurt a.M., Delhi-Gurgaon, Hamburg, Hanover, Kuala Lumpur, Leipzig, London, Luxembourg, Munich, Shanghai, Singapore, Stuttgart, Yangon

Legal and Tax Advice | www.luther-lawfirm.com
Corporate Services | www.luther-services.com

Guten Tag, Ramon / Good Day Ramon

Drama, 2015, Germany/Mexico, 121 min, FKS 6



An ambitious young Mexican travels to Germany to live with his friend's aunt but has to live on the streets when he cannot find her. He faces a bleak future until he meets Ruth, an 80-year-old retiree, and they develop a close bond.

On
Mingle & chat
Start movie
Language
Director
Actors

Friday, 10. November

8:00pm

8:30pm

German with English subtitles

Jorge Ramírez Suárez

Kristyan Ferrer, Ingeborg Schöner, Adriana Barraza

SAM'S BATIK HOUSE

Importers . Exporters . Wholesalers . Retailers
183,185, Penang Road, 10000 Penang, Malaysia

**** SUNDAY CLOSED ****

Est. 1982

WE HAVE NO BRANCHES!!

TEL: 04-2621095 FAX: 04-2633924



Sams Batik House

Business Hours: 10.30am-8pm

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:

Monday
3pm to midnight
Dinner from 6pm to 10.30pm

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

SUNDAYS WE ARE CLOSED



Services

- ☆ Strategy & Goals
- ☆ Market Analysis
- ☆ Setting Up of Regional and Local Offices
- ☆ Manufacturing Projects
- ☆ HR Search
- ☆ Business Development, Sales and Marketing
- ☆ Procurement / Sourcing
- ☆ Project Management

M & A / IPO / Subsidiaries / JV

Contact Us

BMC Consulting Sdn. Bhd.
Suite 9.07, 9th Floor, MWE Plaza,
No. 8, Lebuhr Farquhar,
10200 Penang, Malaysia.

Tel: +604-263 2566

Fax: +604-261 6779

e-mail: info@bmcmed.com.my

website: www.bmcmed.com.my

German Breakfast / Deutsches Frühstück

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

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

Next dates are: **Thursday, 16 November**



Christmas Celebration & Bazaar

This year our society will celebrate Christmas on

**Saturday, 2 December
from 3 pm onwards**

We would love you to join us for this joyful celebration. Homemade Christmas cookies, cakes, coffee, tea and the traditional German Christmas drink “Glühwein” (a spiced hot red wine), as well as some savoury German food will be available.



The musical entertainment will be provided by the Christmas Choir, and a variety of school music ensembles / bands.

Don't forget the “Weihnachtsmann”! Santa will visit with Christmas goodies for the children.

You can shop for handmade Christmas items and get into the Christmas spirit here at the Malaysian-German Society's colourful event!

Many little elves are needed to make this joyful event the merriest! We are looking for people to bake cakes, help with preparing or selling food, decorating the premises and much more.

If you want to help, please come along to the meeting on **Tuesday, 21 November at 10:00 am** at the MGS. Please contact Yvonne Touby at 016-413 78 97 y.touby@me.com or our office at 04-229 68 53 / office@mgs.org.my.



Since 1962

250 B, Jalan Air Itam - 10460 Penang - Tel./Fax: +604 - 229 6853 - email: office@mgs.org.my - website: www.mgs.org.my

patron: H.E. Ambassador for the Federal Republic of Germany

German Language Centre

Cultural Events

Social Gatherings

Ordinary Membership (annual subscription)

- Single (RM 90 per year)
- Couple (RM 120 per year)
- Student (RM 40 per year)

Life Membership

- Single (RM 900 once)
- Couple (RM 1200 once)

- Corporate Membership (RM 500 per year)
(Please nominate up to 4 employees to become holders of a membership card.)

Applicant

Name: _____

Date of Birth: _____ IC/Passport No.: _____

Telephone: _____ Occupation: _____

H/P: _____ Email: _____

Address: _____

Spouse

Name: _____

Date of Birth: _____ IC/Passport No.: _____

Telephone: _____ Occupation: _____

H/P: _____ Email: _____

Date: _____

Signature: _____

I'm interested in (Please tick):

- Music
- German Language
- Talks & Addresses
- Events & Activities
- Arts & Exhibitions
- Library
- Movies
- Others (Please indicate)

The MGS relies in many ways on the support of volunteers.
Please indicate if you would be interested to:

- assist in organizing events (e.g. Oktoberfest, Bazaars etc)
- help with the Newsletter
- assist in organizing concerts/hosting of artists
- assist in maintaining the library and the archive
- give a talk
- lead a new activity _____
- do something else? _____

Date of Approval: _____

President's Signature: _____

WELCOME TO OUR NEW MEMBERS

SINGLE MEMBERS

Marina Griebel
 Chng Harn Xuan, Enriqe
 Evan Lim
 Savinder Kaur A/P Bhjan Singh
 Catherine Lim

CORPORATE

HM-Profi GmbH & Co. KG

COUPLE MEMBERS

Marisa & Torbern Bahr
 Eva & Andreas Rothmeier
 Daniela Katrin & Gerhard Lippel
 Maria del Roa'o Solorzano Basurto &
 Steffen Krause
 Carolinda & Florian Bieck
 Evgenia Videnmaier & Michael Zink
 Gerlinde Krupp & Steve Allinson



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. | RM 5 |

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

Liebe Bücherfreunde,

schon ist es Oktober und die Sommerferienzeit ist vorbei.

Wir wünschen euch ein herzliches 'Welcome back' und begrüßen alle, die neu in Penang angekommen sind.

Auch dieses Jahr bestellen wir wieder neue Bücher, DVDs und Hörbücher. Falls ihr Vorschläge habt, Ideen werden gerne angenommen: halm.pc@web.de

Der Schwerpunkt unserer Bestellung liegt dieses Jahr bei DVDs und Hörbüchern. Wenn es Fragen gibt, wir sind immer freitags von 9 bis 11 Uhr in der Bücherei anzutreffen.

Viele liebe Grüße
Carmen und Cordi

PS: Vergesst bitte nicht die Zettel in den Büchern auszufüllen!



Die MGS-Bücherei ist jetzt schlanker und aktueller als zuvor

Unsere Bücherei ist ein Prunkstück der MGS – das war sie schon seit langem! Doch jetzt ist sie noch aktueller, besser ausgestattet denn je, denn wir haben ausgemistet.

Alle Bücher sind auf den Prüfstand gekommen, und wir haben die unansehnlichen, vergilbten Ladenhüter, Bücher, die in den letzten 5-7 Jahren nicht mehr ausgeliehen wurden, und Bücher, die - egal ob gut erhalten oder angeschimmelt - noch nie ausgeliehen wurden, ausgemistet.

Insgesamt haben wir nun fast 500 Bücher aus dem Gesamtbestand von 3.000 Büchern entfernt, die wir jetzt entsorgen werden. Ihr dürft gerne durch die Kisten stöbern, wenn euch etwas gefällt, dann nehmt es bitte mit!

Ab sofort bieten wir fünf Genres an, die übersichtlich präsentiert, aktuell und katalogisiert sind, und zur Ausleihe bereitgehalten werden:

1. **Sachbücher, ausgewählte Autobiografien und Süd-Ost Asien** betreffende Fachliteratur, inkl. Fotobände und Reisetipps
2. **Romane**, auch deutschsprachiger Autoren
3. **Krimis**, mit und ohne Lokalkolorit
4. **Kinder- und Jugendbücher** und
5. **Bücher für den Schulgebrauch / Sprachunterricht**

Daneben unterhalten wir weiterhin unsere aktuelle **DVD-Sammlung** hauptsächlich deutscher Filme, in deutscher Sprache und meist mit englischen Untertiteln. Die Hörbuchsammlung ist (noch) sehr übersichtlich, aber wir werden sie ab Jahresende um zahlreiche, tolle **Hörbücher** ausgeweitet haben.

Bitte nutzt die MGS-Bücherei, erfreut Euch an unserem gut gehüteten Schatzkästchen, lest wieder Bücher oder hört mal rein. Wir freuen uns sehr über vermehrte Nachfrage, über Buchtipps und Verbesserungsvorschläge, denn das alles machen wir nur für Euch - unsere Mitglieder.



ESCATEC



Our teams are dedicated to our customers' success and the reputations of their brands

ESCATEC designs and manufactures high-grade industrial electronics and box build solutions. We create and deliver reliable solutions through highly ethical and sustainable business practices, making us the partner of choice for industry-leading OEMs worldwide.

ESCATEC Switzerland AG
Heinrich-Wild Strasse
CH-9435 Heerbrugg
Switzerland
Phone: + 41 71 727 3941

ESCATEC Electronics Sdn. Bhd.
ESCATEC Medical Sdn. Bhd.
ESCATEC Technology Sdn. Bhd.
Free Industrial Zone III
11900, Bayan Lepas,
Penang, Malaysia
Phone: + 60 4 643 25 54

ESCATEC Mechatronics Sdn. Bhd.
ESCATEC Industries Sdn. Bhd.
8, Jalan Firma 2/1,
Kawasan Perindustrian Tebrau 1,
81100 Johor Bahru,
Phone: + 60 7 354 60 90

info@escatec.com
www.escatec.com

ESCATEC

YOUR INTEGRATED MANUFACTURING PARTNER

We say good bye to two of our life members



Annette Engemann

17 May 1943 - 5 July 2017

***Don't cry because it's over
Smile because it happened
In memory of a good friend***

Annette was a long-time supporter of the MGS and we last saw her when she visited our Oktoberfest in 2016.

Rest in Peace, Annette.

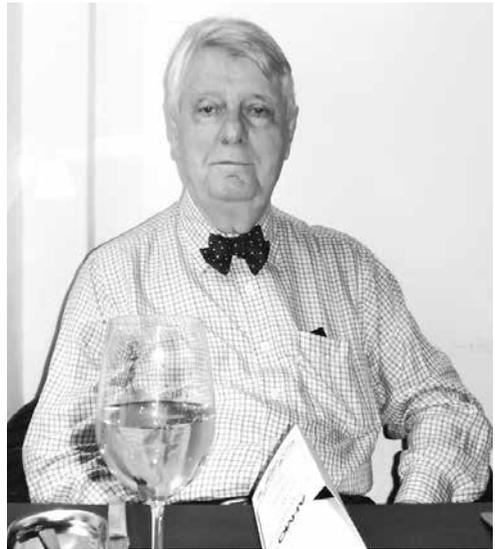
Roy De Vries

1 February 1928 - 10 August 2017

Life was to be enjoyed!

Roy was a very witty person, with a dry, English humour and he was an active member of our society. You may remember him participating at our events together with his wife, May Ooi, or you may have read some of the articles he used to contribute to our MGS Newsletter.

Rest in Peace, Roy.



Need a one-stop supplier?

> high layer count
> fine-pitch
> high-parallel
> high-current

> RF

wafer-level

> in-line

> Kelvin

> in-line

> array

> tri-temp



> tubes

> tray

metal
magazine

> strip

> bulk

> MEMS

plug & yield
integration
for success

Or go beyond?

know-how
yield
capacity, know-how
reliability



www.multitest.com

Sadly, we must say 'Farewell' to our Director, Dr Doris Hafner

by Achim Lauermann

The MGS has been very fortunate to have had Doris in its ranks and, after receiving her note that she does not want to extend her stay at the MGS, after December 2017, I would like to take this opportunity to thank her for all her strong commitment and co-ordination throughout the past four years. It would not have been so easy for the MGS team to yield such good results and to perform so well without Doris' hard work and support, in her role as our director.



We will miss her here in the MGS Office, as we all enjoyed teaming up with her, seeing her ready smile, always willing to be very friendly, flexible, creative and co-operative, always trying to make ends meet and to please everyone.

Under her direction, the bookings for German Language Courses reached new heights, generating decent revenues. New teachers needed to be integrated into the team – almost yearly – and Doris spent a lot of time making them feel welcome and helping them to perform according to the MGS' high standards. On top of that, they were all very grateful for her advice and recommendations, just as I was.

Her job in the Office has not always been plain sailing. At times, it can be very hectic, especially during January and July, when we have the new students' intake and in October when the beer barrels are rolled in for the MGS Oktoberfest. Doris always copes so well under pressure and stress and only occasionally lights up to seek relief.



On behalf of the Board and this wonderful cultural society, I bid farewell - Auf Wiedersehen - to Doris and wish her safe travels, every success and happiness in her professional life and simply all the very best in all her future endeavours.

Doris, thank you so much and please stay in touch!

"To make the most of Penang, keep an open mind"

Portrait of Ralf Touby

Known to our readers as the author of our Newsletter column 'Ralf's Ramblings - Thoughts of an expat man', he came to Penang for his job as Head of Sales of the Asia-Pacific region for Vötsch/Weiss Umwelttechnik GmbH in 2006. At that time, he had just married Yvonne, who brought 4 children into the marriage. But his new wife and family were very open-minded about moving to Asia and the new adventure began for the 6 of them.



Do you think Penang is a special place and why?

If you look at other Asian cities, as far as overpopulation and environmental issues are concerned, for me Penang is one of the most liveable places in Asia. On the one hand it is still a village, but on the other it has everything you need, to live a comfortable life.

What is your favourite place on this island?

I love the versatility of this island: you have the jungle, the beach and you also have Georgetown with its great restaurants and coffee shops.

What's your favourite food?

I like Indian, Korean and Japanese food most. All of them are easily available here.

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

It would be Germany or maybe Australia, as no other place I know in Asia has the quality of life that Penang provides.

What's your connection to the MGS?

I write articles for the Newsletter but, as I travel so much for my job, it's difficult

to engage myself in regular activities, although I am a member.

What keeps you busy?

In my spare time, I like to scuba dive, take videos, fly my drone and do mountain-biking, besides writing "Ralf's Ramblings", of course.

What's your favourite travel destination?

Philippines/Cebu for scuba diving and Australia for enjoying wide and empty beaches, clear waters and blue skies.

What's on your bucket list?

I don't really have one yet, but because travelling for business is quite hectic and often stressful, I would like to travel slow, such as hiking through Australia or cycling across America. That would give me the time to experience the destination I am at – not like my business trips where I go in and out of countries really fast.

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

Keep open-minded. If you try to stay in your old life, you cannot enjoy the new one. When we arrived here, I told my wife to embrace this experience and make this place our new home. If we still hold on to our old life we are going to miss out on a huge opportunity.

“Living in Penang gives me a lot of freedom”

Portrait of Ravishanker Rajagopal

Ravishanker Rajagopal lives his own dream. He works as a director, editor and filmmaker, but it took a lot of hard work and courage to get so far. Born in Kuantan, Ravi studied in Singapore and then he worked as a successful IT-Consultant in Kuala Lumpur. He got married and has two sons. But ever since he saw “Star Wars” for the first time, Ravi wanted to become a filmmaker. So in 2013, he quit his job, invested all his savings in equipment and started to live his dream. A film project also brought him and his younger son to Penang and, since 2015, they have been living in Butterworth.



Do you think Penang is a special place and why?

Yes, it definitely is, because here you cannot run away from heritage. The people have not destroyed Penang and you can find the old and the new, modern, luxury condos on the one side, but then cheap places to live on the other side. And you don't have to worry about your clothes. You can go anywhere in shorts in Penang. Living here really gives me a lot of freedom.

What is your favourite place on this island?

As I am living in Butterworth, I only know a few places so far. The MGS is my favourite breakfast place – nowhere else can you find a better German breakfast. And I like the beach in Batu Ferringhi.

What's your favourite food?

Gurney Drive food court is really amazing. There I love the Nasi Kandar and the Char Koay Teow.

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

When I came to Penang I was dreaming about living in Langkawi. Of course, Langkawi has not got all the facilities like Penang, but I'd love it as a place to be.

What's your connection to the MGS?

I went to Frankfurt many years ago and I'm very interested in German expressionism as a form of filmmaking. I became a member of the MGS, because I want to

understand German culture better. I've found a lot of friends and spending time with the MGS-people teaches me what Germans are like.

What keeps you busy?

I'm a filmmaker and at the moment I'm doing a lot of preparation work for a feature starting in September. It will be a film about the human soul. The challenge of this project is making a film on the cheapest budget. Hopefully we can show it in Europe first, next year.

Do you have a favourite travel destination?

Yes, definitely Bali. Because it's totally wild and different and nothing there reminds me of home.

What's on your bucket list?

Normally I don't like this expression, because I don't want to think about things I want to do before I die. But there is one thing that is really important for me: I want to go to Germany and study at Werner Herzog's Rogue Film School. I am really hoping I get this chance next year.

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

Research the place before you come here and try to make new friends as soon as possible, for example at the MGS. The people here are quite friendly, but it's a good way to learn fast how things are done here. Penang is waiting to be discovered, but you have to be a true traveller to find it.



Key to a better future

Semiconductor and system solutions from Infineon contribute to a better future - making our world easier, safer and greener - with technology that achieves more, consumes less and is accessible to everyone.

In Malaysia, Infineon's operations encompass the full production value chain and end-to-end semiconductor manufacturing process. It has 44 years of backend excellence at its Melaka site and 12 years of frontend expertise at its Kulim, Kedah site - the company's first and only fab facility in Asia.

www.infineon.com



I Came as a Friend and Left as a Member

by *Nina Wollenweber*

I have never been to Asia before. When friends of my family invited me to visit them here in Penang I ceased the opportunity. So after I finished my A-Levels in Germany this summer, I decided to start my trip through Asia and my last destination was to be Malaysia.

On Saturday, 9th September, my friends took me along to the members and friends BBQ and potluck party at the MGS. First I was hesitant to join as I wasn't sure what to expect as I didn't know anyone. However, I was pleasantly surprised to be welcomed and immediately friendly taken in. I felt instantly comfortable and knew that an enjoyable evening lay ahead of me.

When I arrived at the MGS, only a handful of people were already there. I was not sure whether a lot more people were going to join the event at all as it had already clouded over. In fact it didn't look like it was going to be a friendly sunny evening at all. But I was wrong about the MGS members: about 40 people attended and braved the weather. I really enjoyed meeting people from various places in Germany and had a good time laughing and chatting.



All guests contributed some dishes - predominately German - to this social event. There was a delicious variety on offer from savory to sweet such as different salads, sweet Bavarian mustard, cake and home baked bread. Everyone was able to find something to their liking as there was food and drinks aplenty. Some people had brought their own meat or sausages and were gathering around the grill while chatting away. Not even the heavy rainfall could dampen the cheerful atmosphere. Everybody quickly lent a hand and moved things to a dry area and then pursued their conversations.

Around 9pm this social gathering came to an end and everyone mucked in to help tidy up the place. We all walked away that evening with a full stomach and smiles on our faces.

It was a wonderful evening and it was a pleasure to meet all these kind people living here far away from their home countries! I really would like to encourage everyone to take the chance to join events at the MGS. One can be sure to receive a friendly welcome, connect easily, and enjoy interesting conversations in a relaxed atmosphere.

I would like to say thank you for the invitation and congratulate the organizers on this enjoyable event.



Loh Guan Lye[®]
SPECIALISTS CENTRE
 Your Hospital of Choice



Caring for you
 since 1975

With The Best In
 Human Resource & Technology



SERVICES & FACILITIES AVAILABLE:

- 273 beds
- 24 Hours Accident & Emergency (at Logan Road)
- Ambulance Services
- Anaesthesiology
- Allergy Clinic
- Breast Cancer Centre
- Breast & Endocrine Surgery Services: Breast Surgery, Oncoplastic Breast Surgery, 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
- Ear, Nose, Throat, Head & Neck Surgery and Cochlear Implant Surgery
- ENT Laboratory - Rhinometry & Ultrasoscopy
- Electroencephalogram (EEG) & Neurophysiology Laboratory
- Endocrinology
- Endoscopy, ERCP, Endoscopic & Endolaparoscopic Surgery
- Eye Surgery (including small incision Cataract Surgery - Phacoemulsification) & Glaucomatology
- Gastroenterology, Hepatology & Therapeutic Endoscopy
- General Surgery, Colorectal Surgery, Chest Surgery & Hepatopancreatobiliary Surgery
- Haemodialysis Centre
- Heart Centre - Cardiology & Cardiothoracic Surgery
- Histopathology
- Infectious Diseases & Travel Medicine
- Intensive Care Medicine
- Internal Medicine
- International Desk
- Interventional Radiology
- Laboratory & Blood Bank
- Laparoscopic Surgery
- Laser Surgery
- Low Dose Radio-iodine Therapy for Thyrotoxicosis (Hyperactive Thyroid)
- Maternity Packages & Antenatal Classes
- Medical Officer Services
- Neonatal Intensive Care
- Nephrology
- Neurology & Neurosurgery
- Nursery
- Operating Theatre
- Obstetrics & Gynaecology, and Fertility Centre (IVF)
- Orthopaedic, Arthroscopy Surgery, Spine Surgery, Sports Injury, Trauma, Bone Transportation and Joint Reconstruction
- Paediatrics
- Patient Education Unit
- Percutaneous Laser Disc Decompression (PLDD)
- Pharmacy
- Plastic & Reconstructive Surgery
- Psychology (Clinical, Educational & 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:
 - Audiology (including Newborn Hearing Screening, Treatment for Vertigo, Imbalance & Tinnitus)
 - Nutrition & Dietetics Unit
 - Physiotherapy, Occupational Therapy, Sports Injury, Rehabilitation & Gymnasium
 - Speech-Language Therapy, Auditory Verbal Therapy & Swallowing Therapy
 - Respiratory Medicine
- Urology (including Transurethral, Endourology, Lithotripter & GreenLight Laser Therapy)
- Wellness Centre (Executive Health Screening)



• Radiotherapy



• PET-CT Scan



• CT Scan



• 3T MRI



• Biplane Angiography System with Electrophysiology

Loh Guan Lye & Sons Sdn. Bhd. (No:15761-M)

- 238, Macalister Road, 10400 Penang, Malaysia.
- 19 & 21, Logan Road, 10400 Penang, Malaysia.

Tel: (604) 238 8888 Fax: (604) 229 0287

Email : lscl@lohguanlye.com

Website : www.lohguanlye.com

**24 Hours
 Emergency Hotline :**
(604) 226 6911



K.K.L.I.U.:0888/2018

Inheritance Law in Germany, the EU and Malaysia

by Achim Lauermann

In a nutshell: the topic was very interesting, the presentation was brilliant, very professional – unfortunately, the number of attendees was (again) far below our expectation.



We chose the topic, we prepared, organised and invited the legal expert and the MGS members, their friends and interested parties, and finally were rewarded by only four MGS member couples, less than a handful of individual MGS members and some local legal experts showing up.

For all those who missed it: Miriam Shastri from the Malaysian Branch of the renowned German company **Rödl & Partner**, which is an international firm offering integrated consulting, tax and legal services (soon also to have an office in Penang) tackled the 'one thing in life which is always certain – and that is the inevitable end'. And she did it in an easy-to-understand manner: she showed the consequences of succession by 'will' (*testamentarische Erfolge*) and 'intestate' (*gesetzliche Erbfolge/ohne Testament*). She addressed general issues relating to the potentially applicable 'inheritance law' in Germany, in the EU (also known

as "Brussels IV regulation") and in Malaysia. She illustrated her general thoughts with examples and lessons learnt and, finally, touched the topic of 'inheritance tax', all very much of interest to the visitors.

Her final words reconfirmed what the audience was probably expecting to hear: "Talk to your loved ones about your succession and inheritance plans - in order to avoid inheritance cases that are uncoordinated or which evoke conflicts - and then draft a will. Write it, date it and sign it. Then make its existence known to the relatives and beneficiaries and let them find the will – after the death".

Drawing up a valid will is easy, provided you follow the basic requirements which definitely vary in Germany and Malaysia. While in Malaysia there is more to it, for example an executor must be named, in Germany you can draft your will by hand - even last words written on a beer mat (Bierdeckel) have already been accepted by the probate courts (Nachlassgericht).

Dear members, be assured, you missed a very special talk.

The refreshments were sponsored by **Rödl & Partner** and the delicious bagels were made by the **Mugshot Cafe**.

Creatively inspiring – together



Deutsche Technoplast Melaka Sdn. Bhd.

8725, Free Trade Zone III

Batu Berendam 75350 Melaka

www.deutsche-technoplast.com

 **cavAsia**
FACILITY SYSTEMS
(formerly known as caverion)



The roots of caverion GmbH are four long-established companies in Germany in the field of facility engineering and facility systems. Today, the caverion group provides a broad scope of services – from technical advice and construction through to the operation and management of facilities and systems. We have a number of branches and affiliates distributed throughout Germany and around the world; this entitles us to claim to be the right partner for carrying out overall industrial and non-industrial complexes inclusive of all facility systems.

Our Singapore and Malaysia team has all the know-how and technical capabilities to design and build all kinds of cleanroom systems, HVAC, Process, Exhaust, Electrical, Control and Instrumentation systems and focus primarily in the electronic, solar renewable energy, hospital, pharmaceutical and other high tech industries. We also provide design consultation, construction management and EPCM services to assist our clients to control and manage construction projects on site.

cavAsia Pte Ltd

20 Science Park Road

#02-27, Teletech Park

Singapore 117674

Tel: +65 6778 2093

Fax: +65 6778 2090

cavAsia Sdn Bhd

Tingkat 1, 63 Jalan Selat

Taman Selat, 12000

Butterworth Penang, Malaysia

Tel: +604 332 6788

Fax: +604 772 2966

Email: engineering@cav.asia

Hallo Penang!

by *Nina Todorova*

Hallo! Ich bin Nina. Seit 2 Monaten lebe ich in diesem schönen Land namens Malaysia. Na ja, Penang ist schön, von Malaysia habe ich noch nichts gesehen. Dies werde ich aber gerne machen, und zwar bald. Ich versprech' es!

Ich komme aus Bulgarien, aus Sofia. Bulgarien liegt in Osteuropa. Ein sehr schönes Land mit ziemlich netten Menschen, schöner Natur und leckerem Essen. Vor circa 8 Jahren bin ich nach Deutschland gereist. Erstmal war es für ein Jahr geplant. Es hat mir aber so gefallen, dass ich ein bisschen länger geblieben bin, wenn ich genauer sein soll, waren es fast 7 Jahre. In diesen 7 Jahre habe ich viele Abenteuer erlebt. 'Alpträume' gab es natürlich auch. Ich habe viel gelernt, nicht nur im Studium, sondern auch im Leben. Ich habe viele Menschen kennengelernt - gute und nicht so gute. Nach diesen 7 Jahren wollte ich etwas Neues machen, aber was denn?!

Also habe ich meinen Koffer gepackt, die Wohnung untervermietet, und mir ein Ticket nach Mexiko gekauft.



Nina with some friends in the Botanical Garden

Ein Jahr in Mexiko!!! Das war die schönste Zeit meines Lebens, bis jetzt natürlich, und es gibt noch viel Zeit. Ich habe in Zentralmexiko, in San Luis Potosi, gelebt, in einem Haus voll mit Deutschlehrerinnen. Neue Freunde, neue Kultur, neues Essen! Die Arbeit war viel, aber immer wenn wir Ferien hatten, bin ich gereist. Mexiko hat so viel zu bieten: links Wüste, rechts Tropen, vorne das Meer, hinter dir die Pyramiden der Mayas. Schönheit pur! In dieser Zeit wurde es mir klar, dass ich mehr sehen möchte, mehr kennenlernen möchte.

Kurz vor der Rückreise nach Deutschland habe ich mich nach einem Job in Asien umgeschaut. Und da war sie, die Möglichkeit meinen Traum weiterzuverfolgen!

Für diese ziemlich kurze Zeit hier in Penang kann ich schon mal sagen, ich mag es hier. Alle auf der Arbeit sind sehr nett und hilfsbereit. Ich mag meine Schüler total: Junge Leute, die Spaß am Lernen haben, die zielstrebig sind, die ihre Ziele verfolgen. Da macht auch die Arbeit richtig Spaß.

Ich hoffe, meine kurze Geschichte hat euch gefallen. Nächstes Mal erzähle ich Euch mehr von meinem Leben hier in Asien.

Also bis sehr bald!!!



Pure Solutions



www.faeth.com



Asia Pacific

No. 2464, Tgkt. Perusahaan 5 Perai FIZ
13600 Perai | Penang | Malaysia

Phone: +60 (0) 4 3800 777
Fax: +60 (0) 4 3800 778

A dream comes true

by *Waltraud Mayr*



Waltraud with her daughter

Sweet dream or nightmare? The younger ones among you will definitely favour the second meaning (Trust me, I understand!) but for me, school was interesting. To be honest, not every day and not each subject but, overall, I liked going to school. This means I've been going to school my whole life; at first as a student, then as a teacher. The classroom is my world, where I feel at home with my students.

Now, I have been a teacher for more than 30 years and it is still fun. It's a great experience to assist students in slowly building up their skills, constantly growing, later twinkling until finally they shine.

It's always an exciting moment to enter the classroom at the first session of a new course. Students and teacher don't know anything about each other, and

gradually we come to know each other well. Every lesson contributes to put a new piece of puzzle into the blank spot of the students' names. Slowly, an individual can be identified, just as an image gradually develops in photography. From lesson to lesson, I come to know my students better.

And the most satisfying moment for me is when they start to trust me and even share personal problems with me. Every single student is very important to me and therefore it's pertinent to know a bit about their background and what might be an obstacle in their learning process. To overcome those obstacles and to have an effective lesson, the student-student as well as the student-teacher relationship needs to be based on trust and understanding.

Another definition of "dream" for me is Malaysia. I always liked to travel and learn about different cultures. On my journey, I eventually landed in Malaysia and I have been here for 23 years now. My heart is with my own little family in my home, Malaysia, and it is made up of my Malaysian husband and my daughter. The relationship is heartfelt, intimate and characterised by tolerance. Life in and between cultures is exciting. It is my home. Unlimited happiness!?

YOUR PARTNER IN MALAYSIA



UNSER DIENSTLEISTUNGSANGEBOT FÜR SIE:

- Markteinstieghilfe
- Geschäfts- und Vertriebspartnersuche
- Arbeits- und Aufenthaltsgenehmigung
- Personalbeschaffung
- Delegationsreisen
- Messevertretungen
- Office-in-Office
- Büroräume im German Business Center
- Programm zur dualen Berufsausbildung

OUR SERVICES FOR YOU:

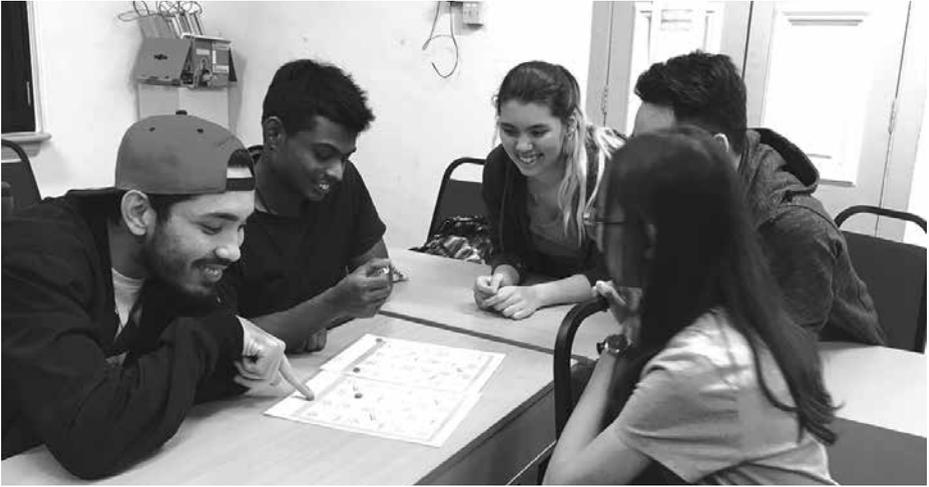
- Market Entry Services
- Business & Distribution Partner Search
- Recruitment
- Residence and Work Permits
- Delegation Visits
- Trade Fair Representation
- Office-in-Office
- German Business Center
- Dual Vocational Training



Malaysian-German Chamber
of Commerce and Industry
Deutsch-Malaysische
Industrie- und Handelskammer



Lot 20-01, Level 20, Menara Hap Seng 2, Plaza Hap Seng,
No. 1 Jalan P. Ramlee, 50250 Kuala Lumpur, Malaysia.
www.malaysia.ahk.de ☎+60-3-9235 1800 ✉info@malaysia.ahk.de



Intensive Course A1 with teacher Waltraud

German Language Courses (GLC) January until December 2018 (summer break in August)

Intensive Courses:		A modular system to complete 3 language levels Price per course RM 1,891 & exam fees according price list & RM 20 membership	
A 1 Intensive Evening Every Tuesday-Friday, daily 19:00 - 22:00 Fri, 12 January - Fri, 6 March Exam: Tue, 20 Mar, Results: Fri, 23 Mar	↑	A 2 Intensive Evening Every Tuesday-Friday, daily 19:00 - 22:00 Tue, 27 March - Fri, 25 May Exam: Thu, 30 May, Results: Tue, 5 June	↑
A 1 Intensive Evening Every Tuesday-Friday, daily 19:00 - 22:00 Tue, 28 Aug - Thu, 1 Nov Exam: Fri, 2 Nov, Results: Tue, 6 Nov	↑	A 2.1. Intensive Evening Every Tuesday-Friday, daily 19:00 - 22:00 Thu, 8 Nov - Fri 14 Dec Exam: Tue, 18 Dec, Results: via office	↑
Twice a week courses			
A1 & A2 sublevels: per course RM 945 & exam fees according price list & RM 20 membership B1 & B2 sublevels: per course RM 1,010 & exam fees according price list & RM 20 membership			
A 1.1. Wednesday & Friday, 17:00- 19:00 Fri, 12 Jan - Fri, 20 Apr Exam: Wed, 25 Apr, Results: Fri, 27 Apr	↑	A 1.2. Wednesday & Friday, 17:00 - 19:00 Wed, 2 May - Friday, 10 Aug Exam: Wed, 15 Aug, Results: via office	↑
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 2.1. Tuesday & Thursday, 17:00 - 19:00 Tue, 16 Jan - Thu, 19 Apr Exam: Tue, 24 Apr, Results: Thu, 26 Apr	↑	A 2.2. Tuesday & Thursday, 17:00 - 19:00 Thu, 3 Mar - Thu, 9 Aug Exam: Tue, 14 Aug, Result: Thu, 16 Aug	↑
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 Mar - Thu, 9 Aug Exam: Tue, 14 Aug, Results: Thu, 16 Aug	↑
Saturday Courses – once a week			
A 1.2. Morning Course 13 January - 22 June	↑	A 2.1. Morning Course 21 July - 8 December	↑
A 1.1. Morning Course 13 January - 22 June	↑	A 2.2. Morning Course 21 July - 8 December	↑
A 1.1. Afternoon Course (1 & 2) 13 January - 22 June	↑	A 1.2. Afternoon Course 21 July - 8 December	↑
B 1 Crash Course Evening Every Tuesday-Friday, daily 18:00 - 22:00 Wed, 6 June - Tue, 7 August Exam: Wed, 8 August, Results: Fri, 10 Aug		German Language Course Programme 2019	
A 1.2. Morning Course Saturday, 9:30 - 12:30 Exam: Sat, 30 June		A 2.1. Morning Course Saturday, 9:30 - 12:30 Exam: Sat, 15 Dec	
A 1.1. Morning Course Saturday, 9:30 - 12:30 Exam: Sat, 30 June		A 2.2. Morning Course Saturday, 9:30 - 12:30 Exam: Sat, 15 Dec	
A 1.1. Afternoon Course (1 & 2) Saturday, 13 - 16 (1 & 2) Exam: Sat, 22 June		A 1.2. Afternoon Course Saturday, 13 - 16 (1 & 2) Exam: Sat, 15 Dec	

German Language Courses

A creative and fun way to learn German!

Our GLC-Programme offers a variety of German Language Courses throughout the year from level A 1 up to C 1. In total, there are six language levels from A1 until C2. The language levels such as A 1, A 2 and so on, are divided into sublevels, which means to complete one full level you have to complete both sublevels such as A 1.1. and A 1.2. successfully. There will be a break in December/January and another one in August.

1.) Saturday courses = 1 semester - half year - for each sublevel

Once a week for three hours, with one short break, with a minimum of 57 hours to maximum of 63 hours per course. You can complete two sublevels in one year.

2.) Twice a week (sublevel courses)

These courses are held twice a week for 2 hours, with around 56 hours per sublevel in total. You can complete three sublevels in one year.

These course format is good for a constant learning progress without having the pressure of an everyday class.

3.) Intensive Courses (full level courses)

These courses are held from 2018 onwards from Tuesday until Friday, each day for 3 hours. A 1 Intensive and A 2 Intensive will be held each day for 3 hours, incl. a short break, per full level around 111 hours. You can follow up with the B1 Crash Course.

4.) B1 Crash Course

The B 1 Crash Course is held from Tuesday until Friday, 4 hours per day with a short break, in total around 144 hours.

For those who are eager to reach the level B 1 for further studies in Germany, please keep in mind that a B 1 certificate is a must for your application. Highly recommended is a B1 exam from Goethe Institute.

Start learning in a fun way and become a part of our active and committed student community!

If you want to get regular information about our German language courses, events and activities, you can subscribe to our e-Newsletter by sending an email to office@ mgs.org.my or simply calling 04-229 6853.

Farewell Letter of Ambassador Holger Michael for the MGS Newsletter



Dear Members and Friends of the
Malaysian-German Society Penang,

After four eventful years, my family and
myself left Malaysia for good in July.

This multi-faceted country with its numerous sights and natural beauty, but especially with its charming people will always have a special place in our hearts and minds.

During my tenure as Ambassador, the traditionally friendly relations between Malaysia and Germany have grown even stronger. This was underlined by several meetings between Prime Minister Najib and Chancellor Merkel, including the most recent one in Berlin in September 2016. We share the same approach when it comes to important topics like free trade, the peaceful resolution of conflicts and the rejection of extremism and terrorism. In areas where critical questions have to be raised, such as the ecological consequences of the palm oil production or the death penalty, we are engaging in a dialogue characterized by mutual trust.

The German presence in Malaysia has steadily been expanded. More than 350 companies with a German background have created thousands of jobs, especially in Penang. They contribute considerably to the export-oriented industrial manufacturing sector.

By setting up internal training centres and by their participation in the pilot project of dual vocational training, German companies cater for the qualification of the Malaysian workforce. The fact that the Government in Putrajaya has explicitly mentioned the German "Meister" (master craftsman) as a model of an advanced vocational degree speaks for itself.

This year, we celebrate both 60 years of Malaysian independence and 60 years of diplomatic relations between Germany and Malaysia. The exhibition "Diplomacy@60" at Muzium Negara with a German booth designed by the German Embassy has demonstrated how close and friendly the exchange on a high political level has become over the decades. By the way – the posters of the exhibitions were first shown on the MGS premises during the Open Day in April this year.

Alongside the political dialogue, a lot of personal relationships have developed. Each year several hundred young Malaysians start their university studies in Germany, focusing mainly on engineering and natural sciences. The number of university cooperation agreements has reached almost 100, and there are ever more double degree programmes and German exchange students visiting Malaysia. At the same time, almost 60 secondary schools in Malaysia currently offer German as a foreign language, so that around 15,000 students now study German in Malaysia.

These achievements are sustainable only with a strong local presence. Let me commend the work of our Honorary Consul in Penang, Dato' Hans Brenner, with whom I have cooperated closely, as well as with his predecessor Dato' Herbert Weiler. Institutions like MGCC, DAAD, Goethe-Institut and the German School Kuala Lumpur raise the German flag not only at their respective headquarters and their surroundings, but also in other parts of Malaysia or in the region.

In Malaysia we are privileged to have two organizations with a strong membership base, the Malaysian-German Society Penang and the German Speaking Society Kuala Lumpur (GSSKL). Their activities would not be possible without the voluntary commitment of members, and I cannot thank them enough for their dedication.

My departure from Kuala Lumpur also marks a farewell to Asia – the continent which has somehow dominated my career with postings in South Korea, Hongkong, Thailand, Bangladesh and most recently Malaysia.

In the years to follow I will serve on the other side of the globe, in Port-of-Spain, as German Ambassador to Trinidad and Tobago, 9 other countries and 3 British overseas territories. Over there, I will find diversity and a multi-ethnic, multi-religious environment. Hence there will be similarities to my work in Malaysia.

To conclude, let me express my hope that your families and yourselves will continue to enjoy a pleasant and rewarding stay in Malaysia.

Best regards

Holger Michael

OSRAM LED
CREATING TOMORROW



We shape the future of light

OSRAM Opto Semiconductors provides trend-setting LED technologies and state-of-the-art lighting solutions for today, tomorrow and beyond.

OSRAM Opto Semiconductors (M) Sdn. Bhd. (11935-P)
Bayan Lepas Free Industrial Zone, Phase 1, 11900 Penang
Tel: 604-6434404 Fax: 604-6434063

Light is OSRAM

OSRAM
Opto Semiconductors

Introduction Ambassador Graf Lambsdorff

On 20 July 2017, Nikolaus Count Lambsdorff arrived in Malaysia to become the new German Ambassador. On 17 August 2017, he presented his letter of credence to His Majesty The Yang di-Pertuan Agong XV, Sultan Muhammad V at the Istana Negara in Kuala Lumpur.



Count Lambsdorff was born on 10 August 1954 in Cologne, and he is married with one son. His wife Marcie Ann Countess Lambsdorff has accompanied him to Malaysia.

After completing the military service, the Ambassador graduated in national economics and political science from Hamburg University. Count Lambsdorff joined the German Foreign Service in 1984. His first posting abroad took him to Jakarta, followed by a term as desk officer for Japan at the Foreign Office. Further postings abroad included stints in Tallinn and Washington as well as several missions on the Balkans. From 2007 till 2010, he was the German Ambassador to Moldova. For the last four years, he acted as the German Consul General in Hongkong, refreshing his ties with Asia. He looks forward to working with all the German institutions in Malaysia, and to learn more about the activities of MGS when he makes his maiden visit to Penang in October.

Graf Lambsdorff

Exercising the Eastern Way – Qigong, T'ai Chi and Yoga

with courtesy from penangspirit.com

There are so many opportunities for keeping fit and healthy in Penang that you can be spoiled for choice. Favourites of Penangites and expats include hiking, walking, running, cycling, golf, swimming and military style boot camp. These are all excellent forms of exercise, but what about the more traditional forms of health and fitness that living in Asia has to offer? Exercising the Eastern way includes qigong, taijiquan (T'ai Chi) and yoga.

Qigong

Qigong is a mind-body healing method that originates from China. It's one of the oldest aspects of Chinese medicine. Qi (pronounced "chee") means "life energy" and Gong means "skill" or "work". Qigong means the practice of absorbing, circulating and refining life energy for health of body and mind. There are three essential aspects to qigong:

- Regulation of body which can involve static postures or moving exercises.
- Regulation of breath such as abdominal breathing or lengthening the inhale or exhale.
- Regulation of mind. This could involve focusing on the movement itself, focusing on energy points or visualisation.

The integration of these three aspects is what differentiates qigong from most Western types of exercise. The most commonly known form of qigong are the moving forms such as Wild Goose Qigong, the Five Animal Frolics, Soaring



Crane Qigong, Zhineng (Intelligence) Qigong and Taiji Qigong.

Taijiquan (T'ai Chi Ch'uan)

All Chinese martial arts include qigong at the higher levels, but the inner martial arts include qigong from the very beginning. The most well-known of these is taijiquan. It should be clearly understood that while there are teachers who teach a slow taijiquan form alone for health, the real focus of taijiquan is martial. Taijiquan includes fast forms as well as slow and weapons training. It would be correct to say that the slow taijiquan form is a form of qigong. You should be aware that there is a Taiji

Qigong (also called Taiji Shibashi) which is a specific qigong with 18 movements and has nothing to do with the martial art of taijiquan.

Health Benefits of Qigong and Taijiquan

There are many benefits of qigong and taijiquan such as relief from stress, reducing high blood pressure, improving blood circulation, and digestion, managing depression and increasing overall well-being. Another benefit, especially for older people is fall prevention. Because of the integration of body, breath and mind, qigong and taijiquan have many benefits that calisthenics does not.

Qigong vs Taijiquan

Even though qigong has many benefits, it is not a total health solution. A lot of qigong forms don't focus on upper body strength and some don't even focus very much on lower body strength either. If that is the case with the form of qigong you take up, then you should also engage in other weight bearing exercises to ensure you keep your bones strong. A martial art like taijiquan would be a more or less complete system if you train in the whole system including weapons, since weapons give some weight bearing exercises for the upper body.



Yoga

Yoga in its true form is a complete system of self-transformation which has been practiced in India for thousands of years. One aspect of yoga is called Hatha-Yoga which literally means "forceful yoga". The practice of Hatha-Yoga traditionally involves physical postures called Asanas, purification practices called Kriyas, hand gestures called Mudras, breathing exercises called Pranayama and meditation. However, the Hatha-Yoga that is taught these days mostly consists of a series of Asanas, either held for a length of time such as in Iyengar Yoga, or in a flowing series such as Ashtanga Vinayasa Yoga.

Health Benefits of Yoga

The health benefits of yoga are numerous: through regular and consistent practice, yoga will help on both a mental and physical level. Mentally, yoga can help reduce stress and anxiety and give an overall sense of well-being. Physically, yoga can increase flexibility, balance and muscle strength as well as improving posture and increasing lung capacity.



1. Hatha Yoga

Physical postures (asanas), breath-work, control of the vital energy (pranayama) and meditation. Virtually all yoga schools are following Hatha Yoga. Nowadays mostly used for slow movements that require you to hold each pose for a few breaths, good for beginners.

2. Ashtanga Yoga

Specific sequences of yoga poses, which are done in a continuous, flowing, fast-paced manner. Physically demanding.

3. VINYASA / Power Yoga

Fluid, movement-intensive practices, smooth transition from pose to pose, with the intention of linking breath to movement. Often music is pumped. Similar intensity as Ashtanga Yoga.

4. Iyengar Yoga

Each pose is held for several minutes at a time and is meticulously performed. Props like blocks, blankets, straps, chairs and bolsters are commonly used for perfect positions.

5. Kundalini Yoga

Repetitive physical exercises coupled with intense breath work which also includes chanting, singing and various meditations.

6. Bikram and Hot Yoga

Hot and Bikram yoga is practiced in an artificially heated room at 105 degrees Fahrenheit / 40,6 degrees Celsius. Bikram consists of a specific series of 26 poses while hot yoga is not constrained to this sequence

7. Yin Yoga

Meditative practice to calm and balance your body and mind, the poses are held for several minutes at a time and target the connective tissues, such as the ligaments, bones, and even the joints of the body.

8. Gosh Yoga

Goals are health in the body and stillness in the mind. It focusses on therapeutic postures and breath work.

Our Selction of Yoga Classes / Studios on Penang Island



De Yoga House

www.facebook.com/DeYogaHouse
A-1-10 Jalan Desiran Tanjung, Vantage,
Tanjung Tokong. Tel: 016-449 2776

*This studio offers a variety of yoga classes,
as well as aerial yoga*

Nirmaya Yoga Class by Michelle Quah

michquahyoga.blogspot.my
8 Kennedy Road, Penang (near Green
Lane). Tel: 016-491 1685

*Michelle Quah offers a mix of hatha and
ashtanga style yoga*

Sarah-Joy Amin

www.transformwithsarahjoy.com
at Lifeworks Holistic Centre, 27 Jalan
Brother James, Pulau Tikus, and Fridays in
the Botanical Gardens

*Sarah-Joy offers chakra yoga, inner dance
and energy healing*

Sunalini Yoga

www.facebook.com/SunaliniYoga
153C Hutton Lane, George Town. Tel:
016-405 5409, sunaliniyoga@gmail.com

*Iyengar yoga suitable for beginners
and people with injuries, as it focuses
on alignment; taught by an Indian yoga
instructor*

The Space Penang

www.facebook.com/Thespacepenang/
or Elaine-yoga-Penang
21 Jalan Tingkat Laut, Tanjung Bungah.
Tel: 012-447 0072

*Elaine Stewart offers a big range of yoga
classes for kids and adults, prenatal yoga
and inner dance*

Wholey Wonder

www.facebook.com/wholeywonder/
Hin Bus Depot, 61 Jalan Gurdwara,
Georgetown. Tel: 04-218 9006

*Wholey Wonder is a yoga studio and
plant-based vegan cafe in the Hin Bus
Depot, Georgetown. They offer a range of
classes including power, vinyasa and yin
yoga.*

Yoga with Angeline

www.facebook.com/Yogawithangeline/
Contact: 012-431 2339,
yogawithangeline@gmail.com
Sungai Nibong, Pulau Tikus and Fettes 10,
Tanjung Tokong

*Angeline is a Yoga Alliance certified Hatha
and Vinyasa Flow Yoga Teacher. She also
offers Aqua Yoga in the Botanical Mansion,
Balik Pulau. Classes are available for all
levels*



*Information gathered by
Christiane Lange and Petra Müller,
pictures by De Yoga House and Sunalini*

Sources:
www.penangspirit.com
www.tallypress.com



REGULAR BOOTCAMP

WEEKDAYS @ 5.30AM, 8.30AM & 6.30PM
PLEASE REFER TO
www.warriorfitnessadventure.com/our-schedule-penang
FOR LOCATIONS AND UPDATED SCHEDULE



ABS & CORE

@ STRAITS GREEN
EVERY THURSDAY
8.30 AM



PERSONAL COACHING

CONTACT US FOR MORE INFORMATION



JUNIOR/YOUTH BOOTCAMP

@ FIELD BEHIND ADVENTIST HOSPITAL | SAT. 5PM

WARRIOR
FITNESS & ADVENTURE



018-2827567



info@warriorfitnessadventure.com



www.warriorfitnessadventure.com



Warrior Fitness & Adventure



WELCOME TO RRT RICHTER RUBBER

The international symbol for excellence in condom machine manufacturing. We are the leaders in condom manufacturing machinery and condom testing equipment.

rrt. Richter Rubber Technology Sdn. Bhd.
Richter Hi-Tech Sdn. Bhd.

Plot 209 & 214, Kuala Ketil Industrial Estate,
09300 Kuala Ketil, Kedah, Malaysia.
Email : richter@myrrt.de
Website: www.richterrubber.com ; www.richterhi-tech.com

Manufacturing and Distributors of Condoms, Special Condoms,
Medical Probe Covers
Production Machinery and Testing Equipment for Condoms
Technical Services

...German Quality - "Made in Malaysia"

Beginners Guide to Running – Quick Tips

by *Conor McManus*

Running is a great way to get back in shape. However, it can be daunting if you are starting out for the first time. Here are some tips to help you on get started:

1. Medical Checkup: Before you take up any exercise, it is advisable to have a full medical checkup. This is to rule out any potential health risks.

2. Goal: You need a target to aim for so sign up for a race to keep you motivated. For your first race, it is best to aim to complete a short one like a 3k or 5km. Why? Because it is a realistic and achievable goal then you can move on to longer distances later when you have raised your fitness levels and built up your confidence.



3. Shoe and clothing: You don't need to spend a large investment in running gear. Start by buying a pair of shoes that fit your feet and gait to prevent injury. It is recommended that you get your shoes from a shop or supplier who has a good

knowledge on running so they can provide you shoes that fit your specific feet. Don't just buy shoes because they look good or are costly. For clothing, there are lots of clothes in the market. For warm weather like Malaysia your aim is to keep as cool as possible so not need to go overboard on layering or getting full body compression gear. Keep it simple: quick drying shorts and singlet are best. Same for socks: comfortable fitting sports sock will do.

4. Join a group: Runners are generally friendly, sociable and supportive people. When you join a group, you will get to meet like-minded runners or beginner runners of the same fitness level who you can train with. This is also safer and more motivation as you can keep each other going.

5. Cross Train: It is best if you also build up your general fitness as part of your new fitness program. This can help prevent injury and improve performance. Examples of cross trainings are calisthenics, boot camp circuits, suspension training and body pump.

6. Get professional coaching: A competent coach will listen to your problems and answer your question. They will help develop your running form. They can also give you advice on nutrition, lifestyle and fitness program that is suitable to your needs.



BOSCH

Invented for life

BOSCH GROUP PENANG

DIVERSITY
IS OUR
ADVANTAGE

Robert Bosch (M) Sdn Bhd - Car Multimedia
Bayan Lepas Free Industrial Zone Phase 1,
11900 Bayan Lepas, Penang, Malaysia
Tel. No. +604 6382888, Fax +604 6439798

Robert Bosch Power Tools Sdn Bhd
45, Hillir Sungai Keluang 1,
Bayan Lepas Free Industrial Zone Phase 4,
11900 Bayan Lepas, Penang, Malaysia
Tel. No. +604 8108888, Fax +604 8108889

Robert Bosch Automotive Steering Sdn Bhd
2528, Lorong Perusahaan 6,
Kawasan Perindustrian Prai,
13600 Prai, Penang, Malaysia
Tel. No. +604 3998724
Fax +604 3998723





7. Start slowly: Start by walking for a period of time say for 10 to 30 minutes once you can walk comfortably for 30 minutes start to add some easy running intervals of 2 minutes. As your fitness levels progress, lengthen your running intervals until you can run for 30 minutes. Walk or jog 3 times per week. As your fitness builds you can raise this to 4 - 5 times per week. Aim to be consistent for best results.

8. Good Nutrition: If you are doing more exercise, your body will also need nourishing. So, try to nourish your body well by cutting out processed foods from your diet in order to maintain a healthy regime. For example, replace sugary drinks with water; eat more fresh fruit and vegetables, brown rice, whole meal starch carbohydrates, nuts and lean proteins.

9. Sleep: Sleep is important! Your body needs recovery so aim for 7 to 8 hours of sleep each night.

Wishing you all the best in your running journey! Once you start you won't look back.

***Commit, Focus, Believe
and Achieve!***



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

penang MONTHLY

Penang Monthly, the voice of Penang.

Penang Monthly endeavours to be the mouthpiece of Penang and an inspiring read for the curious Malaysian. A publication of Penang Institute, it aims to supply Penangites with information about significant issues in order to promote public participation, thus encouraging discussions about the various aspects of Penang's fates and fortunes.

At the same time, we seek to profile Penang personalities who have contributed, sometimes in very unassuming but critical ways, to the reputation and wellbeing of the state, and to put the spotlight on ordinary Penangites who otherwise go unnoticed, but who nevertheless define the culture of the state in essential ways.

As Penang evolves, we would like to highlight its importance as a generator of culture, education, industry and cosmopolitan values – not just in our features, but also in in-depth analyses of the culture economy. We aspire to emphasise present trends in the arts, industry, politics and economics which affect the immediate future of the state and country.

On top of that, apart from our monthly socio-economic data section, we also provide a quarterly economic review, offering reliable socioeconomic data for the benefit of decision makers in government and the private sector.

Read us online at www.penangmonthly.com or visit our website for more information on where to get a copy.

Like what we do? Support us!

Penang Institute is a non-profit organisation, relying mainly on research grants and donations.

To keep us up and running, and to continuously give you the latest scoop on economic and cultural trends every month, you can make a contribution to Penang Institute. Tax exemption receipts will be given for donations above RM100. Please contact enquiry@penanginstitute.org for more information.



Much to Learn on this Walk in the Forest

by Remy Prakash Chacko



Air Hitam Dalam offers birds and beasts to admire and plenty of plants to adore

Nestled in the heart of Seberang Perai North is one of the last vestiges of mainland Penang's swampy past. The Air Hitam Dalam Educational Forest, also known as Air Hitam Dalam Recreational Forest, is located at the confluence of two rivers – Sungai Jarak and Sungai Air Hitam – which together drain into Sungai Perai.

Its rather intriguing name, "Air Hitam Dalam" (deep black water), is attributed to the dark colour of the river. Buffered from lush paddy fields by the two rivers on one side and flanked by Air Hitam Dalam village on the other, this reserve protects 11 hectares of prime peat swamp forest – the only kind left in Seberang Perai today.

While it is admittedly rather small, it does not lack biodiversity. In fact, Air Hitam Dalam teems with wildlife – there are at least 150 species of birds, 17 species of reptiles and mammals, and a host of plants to which it is home. As the only piece of natural vegetation for miles around, it is an important stopover for migrant birds refuelling on their long journey down from northern Asia.



A tall forest tree spotted along the walkway at Air Hitam Dalam

Among the 150 species of birds that can be spotted here are the crested honey buzzard (*Pernis ptilorhynchus*), Eastern marsh harriers (*Circus spilonotus*) and the greater flameback woodpecker (*Chrysocolaptes lucidus*). The honey buzzards and marsh harriers fly a perilous journey of a few thousand kilometres, including a nonstop 700 km stretch over open sea from their breeding grounds in central Siberia, to winter in locations throughout South-East Asia. The flameback woodpecker on the other hand is a resident species – though easily spotted in the park, many visitors recognize it as a woodpecker only when it starts bill-drilling into the trees. The best time to spot both resident and migratory birds in Air Hitam Dalam



Parts of the elevated walkway pass through areas of shrubby and thick nipah palm groves

is between the months of October and June.

Unlike most wetlands dominated by common coastal mangrove species such as *Rhizophora* and *Avicennia*, Air Hitam Dalam is special in that as a freshwater swamp it houses a variety of different plant species – from tall groves of jejawai (*Ficus microcarpa*) and merbau (*Intsia bijuga*) and thick pockets of nipah palm (*Nypa Fruticans*) to open spaces of shrubbery where wild ginger and ferns thrive.

It is the site's importance to the survival of the many species of avian fauna found there that has earned Air Hitam Dalam a listing as the state's only educational forest by the Penang State Forestry Department, which manages it today. Much has been invested into turning the site into a prime ecotourism destination for birdwatchers, families and tourists; a small office with amenities such as toilets, gazebos and information boards have been built to make the trip as meaningful and pleasant as possible.

Nature Made Convenient

Since many parts are perpetually submerged in muddy water, a network of elevated walkways spanning over a kilometre has been built through the

reserve, making it possible for visitors to appreciate the beauty of the forest without getting wet. Along this walkway are centuries-old jejawai trees, a fig species with aerial roots that expand the tree's reach horizontally; dense nipah palms that produce the nipah fruit, a much-needed ingredient in Penang ais kacang; and putat trees (*Barringtonia asiatica*), whose fallen pink blossoms often pleasantly decorate the walkway.

From the thick and seemingly impenetrable inland swamp right up to the riverbanks where one can spot riverine animals such as smooth-coated otters (*Lutrogale perspicillata*) and common monitor lizards (*Varanus salvator*), the walkway allows for a fascinating trip through a varied landscape. At quieter times of the day,



Ripening nipah fruits



Flowers of the wild ginger, which can be found in the more exposed areas of the park

it becomes a playground for long-tailed macaques (*Macaca fascicularis*), one of the two species of monkeys found on the reserve.

A key attraction of Air Hitam Dalam Educational Forest is its 210-m-long suspension bridge; even for the most seasoned visitor, it is truly an enthralling experience. Perched above the swampy forest, the canopy walkway was built by the Forestry Department. It begins at a lookout tower among the shrubbery and almost immediately enters a patch of dense and rather undisturbed peat swamp forest. Access is restricted to seven adults at a time. Tip: keep an ear perked for woodpeckers –



The rivers around Air Hitam Dalam Educational Forest are prime spots for fishing among locals



Air Hitam Dalam's suspension bridge

GETTING THERE

Air Hitam Dalam Educational Forest is best visited at 8 - 10am or 4 - 6.30pm. It is open daily and entrance is free. Getting to Air Hitam Dalam takes about 30 minutes from Penang Island via the first Penang Bridge. Following the north-bound E36 route, get off at exit 165 and turn right towards Sungai Dua. Upon reaching Sungai Dua, turn left onto route P205 at the junction beside the Al Amin Mosque and continue for about 3 km until Masjid Ar-Ridhuan appears. Take a right at the junction (the signboard points in the direction of Kubang Semang and Bukit Mertajam) and in about 1 km, the entrance and car park of Air Hitam Dalam Educational Forest will appear.

For further enquiries, contact the Forest Ranger Office of Seberang Perai North/Central at +604- 5391743.

Rexy Prakash Chacko is an electronic engineer by profession and a nature lover by passion. While he spends his weekdays earning a living at the Bayan Lepas Free Trade Zone, his weekends are spent reflecting and recharging on the green hills of Penang.

they are occasionally heard in the morning drumming into the taller trees.

The Penang State Forestry Department and the Seberang Perai Municipal Council (MPSP) continue to make Air Hitam Dalam a sustainable destination for ecotourism. A major refurbishment project was carried out a few years back when all the old wooden pathways were replaced with the solid concrete in place today.

Certain parts of the park were damaged by human activity prior to its gazettelement, and the forestry department has planted thousands of nipah palms, and tropical sea almond (*Terminalia catappa*) and malabera (*Fagraea crenulata*) trees to hasten its return to being a healthy peat swamp forest.

For the communities living around Air Hitam Dalam, the forest is a treasure trove of edible wild herbs (*ulam*) and fish. The park also opens prospects for locals to become nature guides. Most importantly, it serves as a green lung rich with flora and fauna.



Many Faces of Migration

These photographs are an extract of the art exhibition **Many Faces of Migration** shown within the Georgetown Festival 2017, and organised by the NGO Tenaganita Penang.

They explore the lives of today's migrant population in Malaysia. The different dimensions and realities of these hardworking individuals are illustrated by **Lorenza Mazzucco** and **Dennis Ho**.



Lorenza Mazzucco

*"What will life be for this little girl?"
Young girl with Thanaka face painting, Myanmar.*

Lorenza Mazzucco

*Taking selfies after church.
"1, 2, 3, Cheeeese..."
Pics to send home to loved ones
at the Philippines.*



Lorenza Mazzucco

*I'm from Cambodia.
Don't forget to smile. Your smile may mean the world to
someone.*



Dennis Ho

The rest of the Bangladeshis call me a Babu Bangla (Loyalty), coz I have a bicycle and I get to ride it around town. The wealthy have their high-tech bikes, helmets and neon clothing. They cycle for pleasure on their day off. I cycle to work, to the mosque and to anywhere I need.

Dennis Ho

Don't judge me by my appearance. Please try and see the world through my eyes. Talk to me, then you will know who am I and what my situation is. I am a good father to my child and I work hard to support my family. Life is not easy for us here and our hearts ache for those we left behind and we are fearful for their safety.



Dennis Ho

"I am a pregnant mother. I worry about my child's future in Malaysia. I will give my best to my child... Don't worry, Baby, just be prepared to come to the new world. Mama and Papa are waiting for you to come."
At the time these photos were taken, this Rohingya family were excitedly awaiting the birth of their second child. Sadly, the baby was stillborn at full term. We thank this family for sharing their photos with us and share their grief at this difficult time.



Lorenza Mazzucco

"The sea held my dreams – now it holds me for hours at a time in heady rubber boots & clothes". Migrant workers placing geo-tubes, sacks made from geotextile (very strong cloth) filled with sand. These big sausages are used around reclamation shores to protect the new land from erosion.

Lorenza Mazzucco

*"We may not be home, but we sure can dream we are"
A migrant worker making "kenya", juicy, teeth-staining parcels (chews) of betel leaf wrapped around areca nuts, spices, lime.*



Lorenza Mazzucco

*"That fits perfectly – don't you think?"
Living room of a refugee home. Kind neighbours donated their unwanted sofa. Cycles are stored inside the house, so they remain safe.*



Lorenza Mazzucco

“Paris – here I come... wishful thinking! Nobody can take away our dreams! But I have a job...” Indonesian workers getting on the bus at the end of their working hours at the factory. The employer provides transport, meals and accommodation.

Lorenza Mazzucco

“Have to wear the right gear for the work” – they tell us – “Good health and safety standards protect workers and prevent work place injuries.”



Lorenza Mazzucco

Indonesian factory workers at their hostel provided by their employer. We work together, live together, laugh together and play together.

Whose Hands?

(Music & Lyrics by Nancy Jenster ©2017)

When I was a child I had sticky fingers
From picking mangoes in the trees all day
And making mud pies for my little sisters
So much fun, days filled with play

Now I am a man and those mem'ries linger
As I toil here in the burning sun
See my hands and my bleeding blisters
Never resting till the day is done.

Whose hands, built this tower?
Whose hands, built that wall?
Whose hands, built this city?
Whose hands can do it all?

When I was a child I dreamed of being
A happy bride all dressed in white
Playing with my dolls, I was make-believing
That life for me would turn out right.
But my husband was taken from me
When he died I found myself alone
No way to live - oh it wasn't easy
To find a new job I had to leave my home.

Now whose hands, rock your baby?
Whose hands, mop your floor?
Whose hands, do your laundry?
Whose hands have to do it all?

I am invisible, you cannot see me
Tho' I am invisible,
I, too, am a worthy man
Whose hands...

Whose hands, work that shovel
Whose hands, lay that brick
This man longs for comfort
This man longs for respect.

The composer, Nancy Jenster wrote this song in order to honour those who come from far away to labour so hard here in Malaysia, and who too often are victims of maltreatment. Tenaganita fights to protect migrant workers' rights.

Dennis Ho

We came here to occupy the 3D jobs – difficult, dirty and dangerous. We don't complain, actually, we don't know where to complain when we face problems. We have no family to rely on here in Malaysia.

On the bus we are scolded by the driver, at work we are paid less, authorities think us their personal ATM and our government does not know we even exist.

The only time we feel equal is at the mosque. I wish we were considered equal outside the mosque as well.



Dennis Ho

In the kitchen work never ends, 12 hours a shift, 7 days a week, 365 days a year. 2 years become 4 years, 4 years become 6 years and counting.

We serve your food, we throw your rubbish and clean the plates, we keep the food court clean.

When a customer takes the time to ask our names, where we come from and about

our families, it warms our hearts and we smile. Someone has noticed us.

Lorenza Mazzucco

I have been working in Penang with my employer for more than 15 years.

Working in Malaysia has enabled my husband and me to send our children for higher education. When I return home for my holiday, I will be able to hold my new grandchild.

Every Sunday is my day off and I attend church where I am a leader of our Filipino community. Being away from our families is hard, but we know, we can make a difference for them.





SANTA FE
RELOCATION SERVICES

THINKING RELOCATION? THINK SANTA FE.

We make it easy

Relocation | Moving | Immigration | Records Management

Santa Fe Malaysia

T: +6 03 7805 4322

E: malaysia@santaferelo.com

www.santaferelo.com



Existing factory in Simpang Ampat

KLS Martin Group - Surgical innovation is our passion

KLS Martin Group is a family owned company headquartered in Germany, driven by innovation and commitment to investments in people and markets globally. KLS Martin Group offers more than medical products. KLS Martin Group focuses on development of comprehensive medical-technical problem solutions in close collaboration with the medical users in the OR and Central sterilization department in hospitals. With its comprehensive, user-focused product portfolio, KLS Martin sees itself in leading positions in its active product segments such as surgical instrumentation, Oral maxillofacial surgery, Modular ORs and OR equipment and Electro and Laser surgery. Our product range comprises more than 16,000 instruments and devices.



Operating theatre Demo Setup at KLS Martin's Headquarter, in Germany.

All processes and operations from R&D all the way to after-sales service are governed by a comprehensive quality management system complying with international standards (DIN EN ISO 13485, DIN EN ISO 9001) and the European Medical Device Directive. Important national regulations have been integrated as well, e.g. those of the American Food and Drug Administration (FDA) or the Canadian legislation.

The Group and its employees

KLS Martin Group was founded in 1923 in Germany. The group of companies has expanded to various manufacturing plants in Germany and sales offices globally in all key markets including USA, Japan, China and India in the past nearly 100 years. Besides, we also started our first out of Europe production plant in Penang located in Juru, Simpang Ampat in 2014. Today, KLS Martin Group employs more than 1,300 employees worldwide and emphasize on continuous learning and career path.

KLS Martin in Malaysia

In 2014 the group decided to set up their first manufacturing plant outside Europe in Malaysia. The existing foreign pioneer companies have successfully helped to build up a strong foundation that is making Penang a highly attractive manufacturing location. With 40 years of industrial experiences, Penang is ready in term of infrastructure, resources of skilled and experienced workers. Key factors such as proximity to support industry and market, labour costs and resources of the location suitability are also part of the consideration factors of the group. Besides manufacturing due to the geo strategic location of Malaysia in SE ASIA the company in Penang is also regional HQ for SE ASIA and takes care of marketing and distribution of the whole product range in SE ASIA i.e. more than 30 distributors' partners located in 14 different Asian countries.



New factory in Bukit Minyak



Production Area



The core businesses of KLS Martin Malaysia are mainly through its production plant to manufacture medical surgical instrumentation and other medical products for the OR and surgery with a workforce of 100 people. KLS Martin Malaysia has recently expanded its manufacturing plant and capacity in Bukit Minyak. With the successful launch of the new manufacturing plant, KLS Martin Malaysia is now capable of producing more KLS Martin product lines in order to meet worldwide customers' needs and requirement with more space to grow. Most of the products are exported to all global markets. With more space in the next years for expansion, our business activities in Penang will venture into products and components for surgical lights and Pendants, Electrosurgery / Lasers and Modular Operating Room Systems. The regional HQ in Penang takes care with dedicated product specialists of all SE ASIAN markets.

Talent development

Looking forward, developing talent internally to support company's growth is one of our upcoming strategic plans. KLS Martin Malaysia has implemented



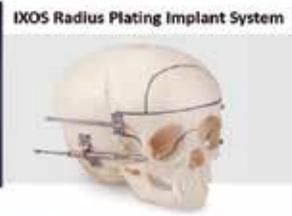
MarSafe Sterile Container



Surgical Instruments



Operating Room Lights



IXOS Radius Plating Implant System



Arnaud-Marchac Distraction System



Maxium Beamer

recruitment, development and retention initiatives which prioritize the employee well-being and make the working environment a good place to work. All these include remuneration packages, learning and development opportunities and promising career prospects which retain our employees stay satisfied and

engaged. Experienced and hardworking employees are welcomed to join the big family of KLS Martin Group.

Penang, August 2017



Surgical Innovation is our passion



KLS martin
GROUP

KLS Martin Malaysia Sdn. Bhd.

No.129, Lorong IKS Juru 5,
Taman Industri Ringan Juru,
14100 Simpang Ampat, Penang.

Tel No : 604-5057838

Fax No : 604-5040654

Website: www.klsmartin.com

- Surgical Instruments & Sterilization Containers
- Implants and Implant System
- High Frequency Surgery
- marWorld
- Operating Lights
- Ceiling Mounting System



The Wine Shop

THE WINE SHOP
WHOLLY OWNED BY
GIANT ESTATES SDN BHD

DELIVERY SERVICES

HOURS OF DELIVERY

Pulau Tikus &
Gurney Drive
Morning (10am-noon)

Tanjung Tokong,
Tanjung Bungah &
Batu Ferringhi
(3pm-5pm)

TERM & CONDITIONS

- Minimum RM150.00 and above - **FREE DELIVERY.**
- RM15.00 surcharge for any deliveries below the minimum amount.



The Wine Shop

WELCOME TO

THE WINE SHOP
WITH THE DIFFERENCE
WINES & DELI

FOR MORE INFO PLEASE LOG INTO
WWW.THEWINESHOPPG.COM.MY



[HTTPS://WWW.FACEBOOK.COM/TWSPG](https://www.facebook.com/TWSPG)



THE WINE SHOP
(RETAIL &
WHOLESALE)

9.30am to 7.30pm (Daily)
Closed on Sundays and
Public Holidays

11A & 15, LINTANG BURMA, 10250 PENANG, MALAYSIA.
60G & 62G, PERSIARAN MAHSURI 2,
11950 PENANG, MALAYSIA.

telephone + 604 226 1824 facsimile + 604 228 5262
email tws@thewineshopp.com.my

THE WINE SHOP
(WINE BAR)

12 noon to 1am (Daily)
Closed on Sundays

German Bread - A Slice of Home

by Eva Rothmeier

Food is something magical. It not only nourishes you, but a spoon full of food can take you anywhere in the world. And there is no place to discover this more easily than in food-heaven Penang. But I'm sure there is one food that most of the Germans here really miss: German bread. Bread is more than just food, it's German culture. Statistics say every German eats an average of 87 kilograms of bread per year. No wonder, since there is such a big selection to choose from. And, for Germans, it is part of life to go to the bakery around the corner every morning, to pick up fresh bread rolls, a pretzel for lunch and a crusty rye sourdough bread (or one of the other over 300 bread varieties) for dinner.



When I moved to Penang, the bread I tried at first made me cry and, after some months living here, the spelt bread of my home bakery is still among the things I miss the most. But of course, there are some opportunities to be had out of this misery, as there are a few bakeries here which offer really delicious sweet and savoury pastries. And of course, you can bake your own bread. For this, we have collected some really great recipes.

Our recommendations:

Rainforest Bakery

Bread and pastry, German sourdough bread on Wednesdays, delivers to your home
300, Lebu Chulia, George Town

The Baking Garage

Sourdough and other breads, German Vollkornbrot on Sundays and Wednesdays
45, Lebu Lembah Permai 1
Tanjung Bungah
7am to 11am and 5pm to 9pm
closed on Fridays

branch in New World Park:
Sin Seh Kai Artisan Bakery
Lot 102-D-5, New World Park
Jalan Burmah
7:30 am to 7:30 pm, closed on Fridays

Savour Bakery

Crusty breadrolls and French loaf
Gurney Plaza, Basement

Yin's Sourdough Bakery and Café

11, Pesara Claimant, George Town

They also sell their bread and delicious sourdough pizza in the **Science Café**
Wisma Yeap Chor Ee
37 China Street Ghaut
George Town

De Sunshine Food

Wholesaler for frozen bread and pastry, huge variety but the smallest units might be too big for your freezer. Better share with friends!
Tel. 04-828 1368
1M Lorong Ru 2
Bandar Baru Air Itam



EASTERN & ORIENTAL HOTEL



DELIVERING EXCLUSIVITY WITH PASSION

EASTERN & ORIENTAL HOTEL

10 Lebuhraya Farquhar, 10200 Penang, Malaysia

+604 222 2000 (GL) +604 261 6333 (F)

luxury@eohotels.com

www.eohotels.com

Spelt bread

by Eva Rothmeier

Ingredients

500 ml	lukewarm water
9 g	dried yeast
2 teaspoons	Himalaya Rock Salt
400 g	spelt flour
100 g	rye flour or ground buckwheat, millet or oats
130 g	of sunflower, sesame, pumpkin or chia seeds, walnuts, or whatever seeds or nuts you like

Method

Pour the water in a mixing bowl, dissolve the yeast and salt in it. Add spelt and rye flour and add the seeds or nuts. Mix all the ingredients together with a rubber spatula and put the bread dough in a greased loaf form (20 x 9 x 9 cm).

Don't let the yeast rise. Bake immediately for about 1 hour in a pre-heated oven at 220 degrees centigrade.



Foolproof Bread Recipe

by Petra Müller

This is a very easy bread recipe which you can vary to your liking and always gives a good result

500 ml	water
2 teaspoons	salt
2 tablespoons	fruit vinegar (e.g. cider vinegar)
1 sachet	yeast
150 g	seeds (flax, sesame, sunflower, pumpkin, nuts or you put oats for the most neutral variation)
500 g	flour (wheat, spelt or a mix of rye and wheat – you can vary to your taste)

Optional you can add 1 tablespoon of bread spices, a mix of ground coriander, caraway seeds, fennel and anise.

Stir all the ingredients well and fill into a loaf pan – the dough is quite liquid – put it into the cold oven and bake for about 60 minutes at 200 degrees centigrade.

Bon appétit!



Crispy Wholemeal Bread – Vollkorn-Knäckebrot

by Petra Müller

Ingredients

- 125 g wholemeal wheat or spelt flour
- 125 g rolled oats
- 125 g mixed seeds (flax, sesame, sunflower, pumpkin)
- 1 teaspoon salt
- 1 teaspoon bread spices (grinded mixture of coriander, caraway and fennel seeds)
- 50 g oil
- 400 ml water
- ¼ sachet yeast



Method

Stir all together and let it soak for one hour.

Grease a baking tray and spread the dough on it. Bake for about 50 minutes at 180 degrees Celsius. After 20 minutes of baking, cut into pieces and bake till the end. If the bread is not crispy, extend the baking time.

After cooling down, put the slices of bread into an air tight container to keep crispy.

Sumatra: More than Coffee and Palm Oil Trees

by Mecky Lauermann



Lake Toba

To start with, Sumatra is the name of an Indonesian island, not another expression for ‘smog’. But when you ask people in Penang about it, they tend to point in its direction to indicate where all the haze and smell of burnt wood comes from. We often heard the expression – in hazy times – and were curious to find out what the island looks like and whether we could actually see the burning of rain forests.

The more we prepared our journey to North Sumatra with its capital *Medan*, the more we read that Sumatra is a land of stunning beauty, with a “spicy broth of mixed cultures, from the devout Muslims in *Aceh* to the hedonistic *Batak* Christians around Lake Toba” (Lonely Planet) and lots of nature-loving people, who live in orang-utan-filled jungles or along raging rivers.

Our first stop was *Medan*, just a 50-minute flight from Penang. It is not only the international gateway into Sumatra but also the commercial centre for the region and a busy metropolis, in which noisy minibuses and slow trishaws compete with luxury sedans and light motorbikes for space, among the crowds



Granddaughters of Tjong A Fie

and in the heat. We were lucky to have as our guides, the granddaughters of the former Hakka Merchant *Tjong A Fie* to show us around his beautifully restored, two-storey mansion, which could be a

duplicate of the *Cheong Fatt Tze* mansion here in Penang. We also visited a well known landmark, the 30-room *Maimoon Palace*, an istana of the Sultanate of Deli, built in 1888.

The next day, a 6-seater minivan was booked and supposed to take us comfortably to *Parapat* on the shores of *Lake Toba* but the driver never showed up, so we took the public bus instead. This was a non-air-conditioned vehicle, where the windows could be opened to let most people on board enjoy the breeze and fumes, non-stop, on the trip. The bus stopped whenever somebody along the road waved and flagged it down. From time to time some hawkers boarded for minutes to sell their food and drinks. Quite a trip, and definitely a bit too long (5 hours) for the 176 km distance, but in hindsight it was all worth it.

Lake Toba is the largest volcanic crater lake on earth, with an island called *Samosir* in the middle, which is roughly the size of Singapore. The fresh water lake is calm, relatively warm and

surrounded by hills, with lush green meadows and towering mountains. The best part of *Lake Toba* is this stunning scenery, offering spectacular views, sandy beaches and hot springs. There are Christian churches all over, with big crosses on their roofs and towers. *Lake Toba* is also home to countless guest houses, very nice small hotels and restaurants run by the local *Batak Toba* people, who speak little English. The scenery actually reminded us of some regions in Germany, Austria or Switzerland, where church towers also dominate the skylines and it is a “must visit, must see, while living in South East Asia!”.

After a couple of lovely days, we headed back to *Medan* by plane, took a pre-booked minivan and finally ended up at our next stop, *Bukit Lawang*, a village a mere 100 km north-west of *Medan*. The trip was comfortable and took us just 3 hours – we were not in a hurry – as the main roads were in very poor condition, riddled with potholes, cracks and bumpy asphalt and jam-packed



with slow-moving and overloaded trucks, carrying palm oil trees, rocks or logs. Lots of light motorbikes aggravated each jam, as their drivers seemed to be under incredible pressure to reach their destinations in the shortest possible time and always tried to squeeze through.

Bukit Lawang is the doorway to the *Gunung Leuser* National Park which, together with two other parks, forms the Tropical Rainforest Heritage of Sumatra which is a UNESCO World Heritage Site. It is one of the richest tropical rainforests and hosts thousands of species of wildlife: e.g. elephants, *Sumatran* tigers, the funky *Thomas Leaf* monkeys, gibbons and even *Sumatran* rhinos, exotic birds, reptiles and the critically endangered orang-utans. What surprised us most of all, was finding a strong local initiative to address conflicts between farmers and wildlife in the interests of jungle conservation, to protect the rivers and jungle from waste products, to spread an understanding of local ecology and to maintain that immense bio-diversity. Consequently we saw clever waste management to protect nature. We experienced first-hand how the locals try to keep the impact of tourism under control and we enjoyed the beautiful and

clean environment: tube rafting down the raging *Bohorok* river, where locals wash and brush their teeth, trekking and even spending the night on a campsite in the middle of the jungle, where all necessary equipment/food was carried by friendly helpers – much to our delight.

We spent just one day in the jungle – it was enough for us – but longer stays are on offer and a longer stay increases the likelihood of seeing a leopard or even meeting a tiger in the wilderness. During that day we came across so many animals, such as hornbills, pigtail macaques, gibbons, striking *Thomas Leaf* monkeys, big lizards and orang-utans. It was so amazing to see all those, alive and in action and in their natural habitat. The most exciting



Production of palm sugar



Mina

meeting took place with the infamous (and dangerous) orang-utan *Mina* and two of her offspring. She is a semi-wild female who has learnt over the years to block the way of anybody in her vicinity and to demand bananas. It is her way of 'earning a living'. She took it very seriously indeed and, as we had been warned that she has regularly bitten tourists and guides if she was not satisfied with how much toll was paid, we tried to keep our distance. However, keeping a distance in the middle of the



Thomas Leaf Monkey

jungle is impossible, if an orang-utan does not want it. Well, our guide fed her well and we were allowed to move on, only to be stopped one hour later by the same *Mina* asking for more with a grim look in her face. This was totally unexpected and our guides had almost run out of food, but luckily *Mina* was relatively easy to please and let us continue our trip without further ado.

The next day we experienced local village life and visited the market and the rice paddies, were shown how to make

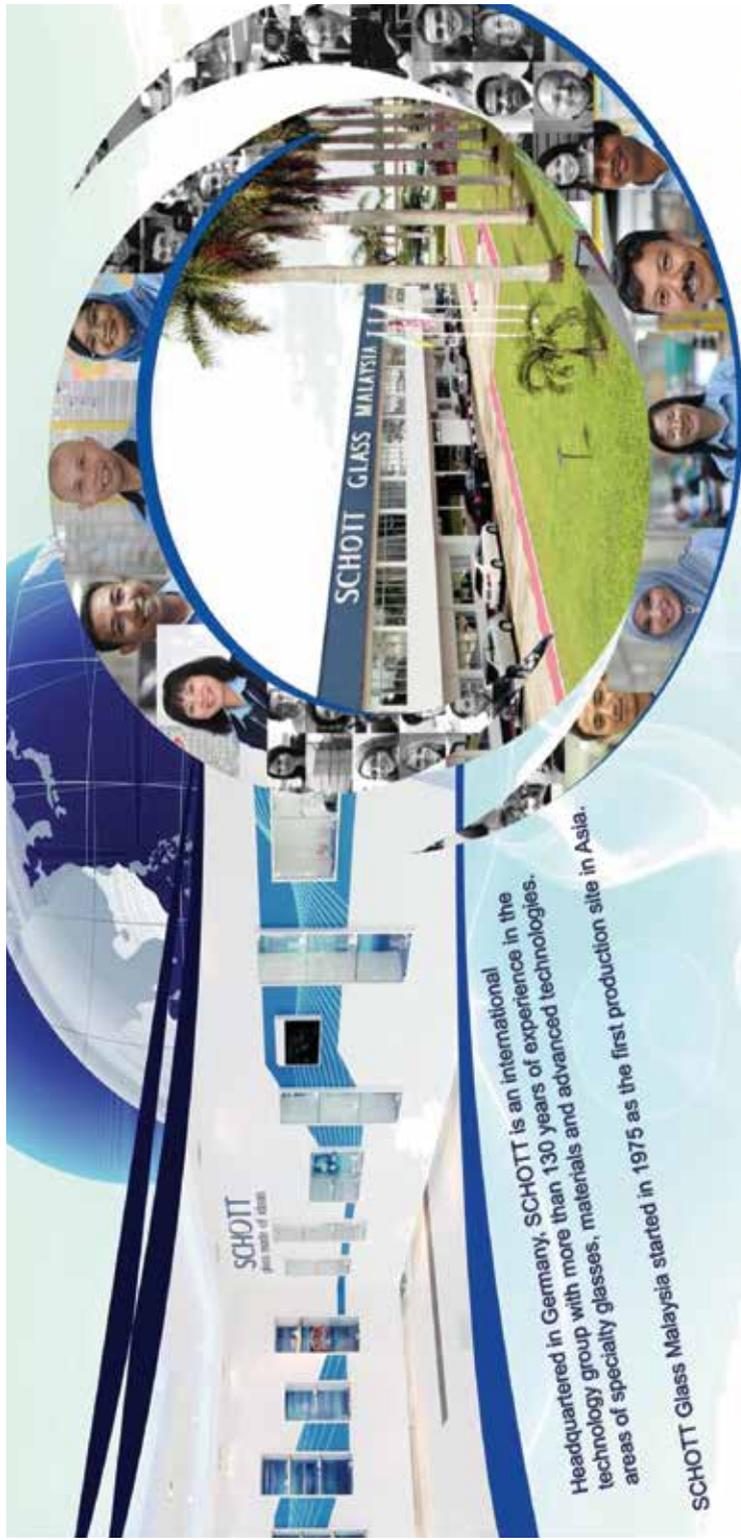
palm tree roofs, tofu and palm sugar. We also saw a palm oil plantation, but we did not see any burning of the rain forests. We were introduced to the people from Sumatra EcoTravel and were amazed by their vision and commitment to promoting sustainable, responsible and affordable tourism in that part of Sumatra, in the interests of the local people, the ecological systems, the wildlife and even the tourists. Last but not least, we enjoyed the beautiful small inns and the fantastic healthy food provided by a number of local restaurants.

In total we spent ten days in North Sumatra, which in hindsight was too short and, as it was such a fantastic trip, we shall do it again. After all, it is just a hop over the Strait of Malacca – so close to Penang.

Mecky Lauermann lives in Penang and has travelled a lot in Asia over the past 25 years. This trip was prepared with tips from the Lonely Planet Travel Guide and sumatra-ecotravel.com



Tube rafting at Bohorok River



SCHOTT
glass made of ideas

SCHOTT GLASS MALAYSIA

Headquartered in Germany, SCHOTT is an international technology group with more than 130 years of experience in the areas of specialty glasses, materials and advanced technologies.

SCHOTT Glass Malaysia started in 1975 as the first production site in Asia.

SCHOTT GLASS (MALAYSIA) SDN BHD (17139T)
SCHOTT GLASS MALAYSIA COMPONENTS SDN BHD (640349A)
2024 Tingkat Perusahaan 6, Zon Perindustrian Bebas 2, 13600 Peral, Penang, Malaysia
Tel: 04-389 8100 Fax: 04-390 0650 Email: schott.mypen@schott.com

SCHOTT
glass made of ideas

Cave Trekking in the Phong Nha-Ke Bang National Park

Going on a holiday with your teenaged and grown-up children, it's almost expected that you offer something special. As thrilling as hiking sounds, I wanted to go above and beyond - so I booked the 3Day-2Night cave trekking trip in central Vietnam, which would not only encompass swimming through the caves, but also camping in the jungle.



The Phong Nha-Ke Bang National Park has been a Unesco World Heritage site since 2003. It contains the oldest karst mountains in Asia and is defined by hundreds of cave systems and underground rivers. Many of the caves are extraordinary in scale and length, the biggest cave on earth is found here - the Hang Son Doong cave (confirmed only in 2009) as well as the third-biggest cave, Hang En cave.

After a 3h delay and a replaced plane, we just about managed to catch our next flight at Ho Chi Minh airport, which to our luck was also delayed. Having arrived at the Dong Hoi airport, it was another 45-minute-drive to Son Trach Village, the centre of the National Park.

On the morning of our tour, we were picked up by a van to go on a 90-minute-drive to the tour agency. We got briefed

Connecting Malaysia and Europe

Multi options. Multi hubs: Fly daily to Frankfurt, Vienna and Zurich from major Malaysian cities.



Lufthansa Group | Lufthansa Austrian SWISS

The Lufthansa Group is the world's biggest airline group in turnover terms, and is also the market leader in Europe's airline sector. The Group strives to be the "First Choice in Aviation" for its customers, employees, shareholders and partners. And safety, quality, reliability and innovation are the prime credentials and priorities of all its business activities.

The Lufthansa Group also connects major Malaysian cities such as **Kuala Lumpur, Penang, Johor Bahru, Kota Kinabalu and Kuching** to Europe via their hubs **Singapore and Bangkok**.

The Lufthansa Group is divided into the three strategic areas of Hub Airlines, Point-to-Point Business and Service Companies. The Group's network carriers, with their premium brands of Lufthansa, SWISS and Austrian Airlines, serve its home market from their Frankfurt, Munich, Zurich and Vienna hubs.

With its Eurowings brand, the Group also offers short- and long-haul point-to-point services in the growing private travel market. And with its service companies, which are all global market leaders in their individual industries, the Lufthansa Group has found success in further areas of the aviation business.

The Lufthansa Group's airlines currently (i.e. as of Summer 2017) serve 308 destinations in 103 countries on four continents and offers 11,738 weekly frequencies. The Group's total fleet comprises some 617 aircraft and its member airlines will be taking delivery of 205 new aircraft between now and 2025. In 2016, the Lufthansa Group employed around 124,000 personnel, welcomed 109.7 million passengers aboard its flights and generated sales of around EUR 31.7 billion.



do so later on with every river-crossing and soon extended to put on life vests, gloves and helmets, in order to swim into the caves.

Dressed in long sleeves and trousers to protect us from sharp rocks and poison ivy, we were prepared to get wet - but were also hoping to dry off as quickly as possible as there was no time for changing gear. Since the outside temperature was around 30 degrees, the dampness of our clothes in fact cooled us down and so we were comfortable hiking onward.

and received our equipment: watertight backpacks, helmets, headlamps, gloves and shoes if needed.

And off we went: at the beginning our path led us through fields with little rivers and water buffalos. Soon we had to cross a hip-deep river, this was the first time we packed away all our cameras and mobile phones into the dry box of our guide. We were often required to



The "Tu Lan Adventure Tour" consisted of 17 km of hiking and 1 - 2 km of swimming through rivers. Over the three days, we encountered the pristine jungle and 6 big caves. Our camp sites were equipped with filtered water and compost toilets. A team of guides, porters and cooks did a wonderful job in not only providing us with necessities, but also with great company at the end of our long days. Playing cards and poker was a certainly a highlight - my son turns out to be the biggest gambler of them all!



Our organiser (Oxalis), was very organised, and we were pleased to find out its sustainable business concept which is heavily focused on helping the local people in the region.



It was certainly a privilege to be able to explore these caves in such a way. Throughout the tour we never encountered another group, and our guides shared a lot of knowledge with us about the region: our guide explained special formations of stalactites and stalagmites, that they can even grow sideward, and the appearance of "cave marbles" which only are formed under



certain conditions and will crumble and fall apart as soon as you take them out of the humid and cool environment of the caves. The animals we encountered in the caves were impressive: living in complete dark were countless frogs, crickets, bats (which feasted on the bugs attracted by our headlamps), as well as spiders larger than our hands!

In the afternoon and evenings, we enjoyed camp near a river and swam in the romantic rainforest in between bouldering rocks, lianas and waterfalls.



Next stops and highlights of our Vietnam tour were Hoi An, Hue and a tour to the De-Militarised Zone, before we went back from Danang Airport via Ho Chi Minh City to Penang.

Tour Provider:
Oxalis Adventure Tours,
www.oxalis.com.vn

Petra Müller loves the outdoors and enjoys visiting rural Asian country sides. She will definitely come back to Vietnam to explore more of the amazing nature this country has to offer.



Nokia 8110

In 1996 Nokia released its stylish, high-end Model 8110 mobile phone (I actually owned one of those!).

It was great, with a simple menu, easy to operate, 5-day battery life and you could do two things with it: You could talk to someone or you could send an SMS. That was all. And back then nothing more was required.

Evolutionarily speaking that's where men's brains are right now. You can talk to us, one person at a time, and we are great at getting things done. In a sequential order that is!

It's no good telling us to "fix the washing machine and then to bring down the trash" because you might find us dragging down the washing machine to the garbage dump, while wondering what it was we were suppose to do with the trash.

Women are more like modern smartphones: great at multitasking. It poses not the slightest challenge to a woman to have a serious phone conversation while group-chatting the latest gossip on WhatsApp, surfing the internet for a cooking recipe, tracking the kids (or husband's) location via "Find My Friends" and planning for social activities for the weekend, all at once.

The problem arises when women assume that men work like smartphones. We don't!

For example: If I am driving the car while my wife talks to me, I have to make a serious decision: Either focus on the conversation (with a high probability of us ending up on the next tree) or focus on driving which means that my wife's talking registers more like the engine sound of the car: You know it's there but you don't really listen to it.

The results can be embarrassing. We were invited to the birthday of Inho, our Korean friend. Or at least that was the information that permeated into my conscience while negotiating the chaotic Penang traffic and keeping us alive (no credit for that by the way). But instead of Inho, we were going to the birthday party of Ino, our German friend. This resulted in me greeting Ino and asking him where the heck the birthday boy was. Blush!

So to avoid any unnecessary stress, allow me a word of advice to all those shiny, gorgeous smartphones out there: If you are married to a Nokia 8110 be patient, keep expectations within the inherent design limitations and don't expect your Nokia to become a multitasking smartphone like you.

Yours,
Yonnye's Husband





Learn how to pack everything in

The more you know about your destination, the sooner you can enjoy all it has to offer.

Crown's service offerings include:

- International & Domestic Shipments
- Transit Protection
- Immigration & Legalization
- School Search
- Settling-in Services
- Intercultural Support

Tel: +60 4 505 4589
penang@crowrelo.com

Go knowing
www.crownrelo.com.my



CROWN 
RELOCATIONS



PROTECTING & IMPROVING THE HEALTH OF PEOPLE AROUND THE WORLD

With 60,000 employees in 64 countries, B. Braun is one of the world's leading providers of healthcare solutions, specializing in solutions related to infusion therapy, orthopaedics, neurosurgery, anaesthesia, extracorporeal blood treatment, spine surgery, diabetes care, clinical nutrition, wound management, infection prevention and surgical technologies. Around the world, B. Braun's products are trusted for their high quality and high safety standards.

B. Braun Medical Industries in Penang, Malaysia is one of the Group's largest production sites with over 7,600 employees, producing healthcare solutions for world markets. B. Braun's Regional Asia Pacific Headquarters is also in Penang. In Petaling Jaya, B. Braun Medical Supplies serves Malaysia healthcare professionals and advances education for medical practitioners through its world-renowned Aesculap Academy.