A NIGHT OF FIRE, MEAT AND LAUGHTER
SUNWAY UNI BBQ PARTY

2014 IN A GLANCE

THE STORY BEHIND THE GREAT BURGER

CHANGE!

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Nurturing the Seeds of Wisdom
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My potato note:

Hi everyone! It’s 2015 and it’s a new year which means a new issue has returned! For this issue, it’ll be slightly different compared to previous issues but nevertheless, I hope that you’ll enjoy it!
Our Team

Special Edition
“Change”

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Gabriel Tan Choong Ming  
Diploma In Information Technology  
Throughout 2014, I found Sunway University to be the most extraordinary university ever. Sunway University has provided us with many helpful facilities such as the parking bays, canopy walkway, vending machines and not to forget the most helpful facility of all, Wi-Fi connection! Furthermore, Sunway University has the friendliest lecturers I've ever met. They care a lot about us and teach us with much patience. Somehow, the lecturers were able to make learning so much fun for us. Moreover, the university's location is fantastic because there are various restaurants and hawker stores close by, not forgetting the shopping mall nearby!

Mirza Hamizan  
Monash University Foundation Year  
The year 2014 was definitely a thrilling and educational ride for me as a student of Sunway College. My experience throughout the year has taught me how to cope with things independently especially regarding studies and the importance of education. I also learnt an important lesson, which is that success doesn't come rolling to you like a rock going down a hill. In reality, success is all about hard work and having the determination to achieve your goals.

Ng Zhe En  
Cambridge GCE A-levels  
The year of 2014 should be dubbed the most memorable year for Malaysia. Enduring the pain of unforeseen aero-disasters and the criticisms followed by it, Malaysia has never been open to the global community in such a high profile. In this period of agony, I have witnessed and admired the spirit of unity in each and every Malaysian. The existence of humanity has never been felt as intensely before, as people from different parts of the globe pray for the safety of the passengers on board regardless of nationality, race and belief. For the year 2015, I feel that there is a need for the purest sincerity of all mankind in building a peaceful and harmonious world.

Zoe Lim  
Association of Certified Chartered Accountants  
2014 was indeed an exciting year for me! I was fresh out of high school and started my first year of college here, at Sunway College. I was able to make many new friends and learnt many new things, both inside and outside the classroom, as my college days passed by in the blink of an eye. For this 2015, I'm looking forward to an even more interesting year ahead!

Teo Chun Hau  
Canadian International Matriculation Programme  
Starting college life last year was certainly an interesting experience to say the least. CIMP has proven to be a fun programme to take. The lecturers are caring and nice to their students. Through this programme, I have learnt lots of stuff like doing assignments independently, analysing articles and critical thinking skills, which I didn't learn during secondary school.

Wong Jing Wen  
Diploma in Information Technology  
The short period in 2014 that I spent in Sunway University has made me realise the significance of education in life. It has taught me that learning is something far beyond books and academic success. There is much more to it than meets the eye. I am grateful for the opportunities available that have assisted me in acquiring all the essential skills for life. In a nutshell, Sunway University has opened my eyes to the importance of hard work, determination and self-belief, which I know will enable me to find success in all areas of my life as I go further.
THE MALAYSIAN EAST COAST FLOOD

By, Wong Hui Mei

Last year, the Christmas spirit was dampened by the torrents of rain that flooded the East Coast of Peninsular Malaysia. Many homes were devastated; water and food supplies were scarce – yet it was during this disaster that the Malaysian solidarity we often proclaim truly shone.

Many organisations came together to provide flood relief and emergency rations, regardless of race and religion. In Kelantan alone there were more than 200,000 victims, with tens of thousands being forced to move from their homes. Other places such as Kota Bharu, Pasir Mas, Tumpat, and Gua Musang were severely hit by the flood.

More than 300 volunteers from Sunway came together to help with the flood relief. Different Sunway business groups and education groups also joined in on the effort by helping to pack the food supplies. Others donated bottled mineral water to the victims who urgently needed clean water supplies. More than RM280,000 and 40 tonnes of goods, including medicine, daily necessities and school bags were collected and donated to the flood victims.

This incident has truly shown that lives can be changed and help can be channeled effectively when we work together in unity. Let’s not forget the people of the East Coast who are still striving to rebuild their lives this new year.

Truly, Malaysia Boleh!
My Interlude: A Raleigh Expedition
written by Charina Pria

Towards the end of my first semester, I made a choice which led my parents, lecturers and friends to all bombard me with one very simple question, “Why?” The answer was simple – to put myself out there in the world to experience and learn through people and their culture, mistakes, hardships and life itself. I felt that I’d been fleetingly going through these years with no sense of direction. Although I have plans to complete my degree, get a job and work, is that all there is to life?

Therefore, I decided to embark on a 10-week Raleigh International Expedition to Borneo where I spent a week training in skills such as first aid, risk assessment, jungle craft and setting up Raleigh radio. After that, I spent 3 weeks on a community project, helping the local communities with things we take granted for like water or education and another 3 weeks on an environmental project protecting the country’s amazing rainforests and its wildlife, and the last 3 weeks on trekking, diving and building leadership traits. But before embarking, I had to raise funds. I raised almost half of my required funds in 3 weeks through selling cookies, paintings and collecting newspapers from friends and from our very own Sunway University’s Tun Hussein Onn Library who sponsored a massive amount of recyclable materials.

After raising the amount needed, I departed on the 6th of October 2014. For my community project, 13 of us were deployed to a beautiful remote village called Kg. Abingkoi, to conduct a Water, Sanitation and Hygiene (WASH) Programme where we installed a gravity-fed water system and constructed a sanitation unit (two toilets and one shower unit). It’s one thing to say to be grateful about the things we have, but being put in their shoes and having to face the same difficulties they were going through; it was motivation to get the project done.

We carried bags of cement, sand, rocks, tools and pipes all the way up and worked all day long. It was definitely challenging for me but I made it through and I’ve never felt
so accomplished in my life before. At the same time, we educated the locals on sanitation and hygiene as part of our WASH programme, and it was one of my favorite parts of the project where we interacted with the locals. After laying down the pipes and getting the dam done, the team and I constructed foundations for the sanitation units and the completion of the project was on its way! One of my fondest memories there was seeing the happy faces of the locals when we finally managed to flush an actual toilet.

I ended my expedition with an adventure where my team trekked through the jungles of Long Pasia, near the border of Kalimantan and Sarawak for 12 days - 4 to 5 hours per day and then setting up camp. But despite it being physically and mentally challenging, I learnt so much about leadership in terms of being a motivator, listener and an empathiser and best of all, to learn new things about the Lundayech culture of Long Pasia. Looking back, I'm glad I made that leap of faith. I'm glad that I managed to gather every ounce of courage I had within myself to go against my parents' will and to defer a semester to go for this. As clichéd as it sounds, embarking on this expedition has changed my whole outlook on life and it has made me realise the potential I have and how much of a change one individual can bring about. But above all, it made me learn how to live.

Charina Pria (2nd from bottom right) is currently studying in the Faculty of Science and Technology
By Chloe Kong. Information gathered by Li Sim

To begin the Year of the Ram, a barbecue party was held on the 23rd of January 2015, Friday. A night of food and fun awaited those who enrolled during the New Year! Other Sunway University students were also welcomed to join the juniors and to enjoy the event. An event held by the Student Council of the university, new students who have enrolled to the university gathered on campus to enjoy this event.

During events such as this, participants are encouraged to mingle to get to know everyone around. ‘One new friend is better than a new foe’ or so they say. Making new friends is part of the party and it is an exciting, fun and nevertheless nerve wracking process that allows people to create new bonds with those they never knew before.

Open grills and a music band kept the party going. The venue was nicely decorated. There was even an open balcony location!

As the event came to a close, the students left with not just full tummies but with also the memories of the night’s party!
It all began in 2011 when an idea came to Ren Yi and Chang Ming – the start of the journey that led to the creation of what we know today as myBurgerLab. Along with their comrade, Wee Kiat, the trio began to make their dream come true. From the beginning, they wanted to open a food and beverage shop as they wanted to give the F&B scene in Malaysia a different breath of life. To them, it is fun working in the industry, especially in an energetic and fun environment. Their main driving force is to put smiles onto every customer’s face and to provide them with unforgettable experiences as soon as they step through the doors.

Ren Yi and Chang Ming were good at making burgers. Hence, they wanted to solely focus on burgers. Renting a friend’s restaurant called Red Bean Bag was the first step they took in order to minimise any errors that could spring up and it was trial-and-error for them in the kitchen at night with test runs for burgers. Honest, brutal feedback regarding their food was what Ren Yi, Chang Ming and Wee Kiat were looking for prior to the opening of their dream shop to reduce operational errors.

After ten attempts, myBurgerLab was officially opened in July, 2012. SeaPark was where the burgers were first sold. Upon the opening of MBL, 200 burgers were sold and the demands just kept coming. The three founders believe that it is a must to provide quality food to the customers. Therefore, the patties and buns are made from scratch. Among the key ingredients in their burgers are US-imported cheese, beef from Australia as well as oven-roasted cherry tomatoes!

**myBurgerLab fun facts**

1. Did you know that Ren Yi and Chang Ming, the founders of MBL, were both engineering students? They wanted to cultivate the experimental culture through MBL!

2. The team love experimenting with new flavours from time to time and there are specials available for customers to try!

3. There is a secret menu that contains unconventional items. An example would be Elvis which has peanut butter and blueberry jam!

4. The name myBurgerLab also came about due to Ren Yi and Chang Ming’s previously mentioned scientific background.

5. Why “my”?
   a. According to Wee Kiat, it is in Malaysia so my = Malaysia.
   b. When said by a customer, it gives a sense of belonging to them

6. The staff:
   a. Young staff are hired to create an energetic environment within the shop.
   b. They are also known as ‘Geeks’ due to the lab concept.

Fellow readers, you may wonder ‘What will be the next big thing for myBurgerLab?’ Well fret not, for in March 2015, MBL has taken on a different route for lunch! So sit back and let us await the arrival of the new sensation!
A cupid’s aims maybe off at times, just like any guys’ attempts to get their crushes to like them back. Have you ever been to the archery? Your attempts have three possible outcomes and it is important to know the type of game you are in or your lady may react negatively towards you. Different ladies require different techniques to please. Here are three short universal tips in scoring a date with the girl of your dreams!

Dead Shaft
A dead shaft is when an arrow is shot sluggishly and has no life. Translated to reality, it means you should in what she likes to understand her better. Opt for an open mind to get to know her better and try your best to take interest in her words and body language. It also helps to disclose information about yourself. When you talk about yourself, try not to hog the conversation but rather speak after her to show you are engaged in conversing with her. Remember to give her a chance to speak and ask questions when you find it appropriate.

Draw
For archers, drawing is to pull the arrow to the proper distance before shooting. When first meeting a girl, you should know how to properly distance yourself physically. Being too close may cause discomfort and being too far may give the wrong impression. There is no precise numeric measurement for this. However, the distance between you and her should be comfortable for both parties.
Similar to distance, the touch barrier is a sensitive subject. Some guys feel that the barrier should be broken as touching may bring someone to feel cosier with you. As for me, appropriate contact such as at the hand or shoulders is fine but only if the girl permits or is comfortable with it. Respect is the key to the bullseye, guys!

Drift
A precise arrow may also drift, or lose its target due to cross winds. Before getting a girl, you should be certain of the goal. Is it hard to ask her out for dinner or just a fun night out? It is not unusual for guys to not know what they want but just to be with that girl. However, it shows stability and confidence when he is sure of what he wants. This is because a real man should be decisive and firm. Although you could score her number or even a dinner date you need to think of the future. What happens next? Do not drift from your initial goal as it may just confuse the relationship status.

I hope this few pointers could help you in your next arrow shot. Perhaps any of you (even the ladies) would have ideas to share? Post them up on our ECHO Facebook page as J would love to hear from you.
Spray an unfamiliar scent when you’re revising a particularly tough topic – spray it again before the exam! The scent jogs your memory. Gum works too!

Use the programme “Cold Turkey” to block distracting sites during your revision period. (/cough Facebook, Twitter, Instagram or your favorite anime site, maybe?)

Watch documentaries on the subject. The animations and storyline help you remember facts better!

Google “site:edu [subject] exam” to find college or university exams for the subject.

Read your notes out loud to a friend – or read them to your mirror, it doesn’t matter. Reading and hearing information out loud helps retain it in your memory!

Mozart lulling you to sleep instead of helping you to concentrate? Try video game soundtracks – the music is designed to stimulate you without messing with your concentration.

Stay hydrated! This boosts concentration and memory!

Take 5 minute breaks every 25 minutes – your brain is like a muscle. It grows if you work it, but it also tires when it doesn’t have a break.

Read notes in Times New Roman? Maybe not. Research shows that when information is written in a font that’s harder to read, it is better retained by your brain as you have to make an effort to read it. Easy-to-read fonts are often skimmed over.

Whatever you do, don’t procrastinate.
I stared at the letter in my hand in disbelief and denial.

It was impossible... completely and utterly impossible, and yet there it was. Each word crystal clear and legible... Each letter, each alphabet so refined and elegant in their strokes – was all in the unmistakable writing of my aunt.

"To my dearest niece,

I truly do not know how to say this, but... it is about your mother.

The doctors say that she does not have much time left before she passes. They have done everything they can, but they say that... she has only twenty-four hours to live.

Please... come as soon as you can.

Love,
Your Aunt"

I reread the letter, hoping and hoping that it wasn't true. It couldn't be true.

But then I saw.

The marks – the little droplets which could not be anything else than my aunt's tears, the slight slippiness of her writing...

"No..." I whispered as tears filled my eyes and slipped down my cheeks silently.

With a choked cry, I dropped all that I had been doing – having only the barest sense to grab some of my things and left quickly to head towards the hospital.

'Please, God... I prayed in my head. 'Let me not be too late..."

Being an only child; my parents divorced when I was younger. My mother, with the help of my relatives, was the most important figure in my life. She had guided, supported and taught me all this while, making sacrifices for me with no complaints. Our relationship wasn't perfect. It was good enough for the both of us, despite the occasional arguments and rows we had.

It had been a year since we last spoke due to my hectic schedule. I knew she was sick, but this... was not what I expected.

Upon entering the hospital, I saw my aunt waiting for me.
"Aunt..."

"She's waiting for you," she spoke quietly, putting a hand on my shoulder. As she led me through the hallways, I followed her unresistingly.

words could describe how I felt at that moment.

Reaching the plain door of room '306', my aunt opened the door, and there she was. Hooked up to an IV drip, her features, pale and sallow, lit up when she saw me.

"You're here," she spoke, in an almost wondrous tone that made me choke back my tears.

"Of course I'd come. How couldn't I?" I tried to laugh as I made my way over to her.

Her eyes studied me for a moment as I struggled to control my emotions. And then she spoke, her words as gentle as the breeze.

"It's okay." The dam broke then; tears spilled out of my eyes as I broke down.

"How can it be okay? You... you're going to be gone, and I can't - you've done so much for me, and I haven't even repaid half of it. I haven't been the best person I could be, much less made you proud - "

She cut me off, pulling me into a hug and wrapping her arms around me tight as if I was my five year old self again who fell and got hurt.

"You have made me proud," the words came out, almost inaudible. "So maybe you have made mistakes - you're still going to make them in the future, there's no helping it but you can try not to make them." She ruffled my hair as I choked out a laugh.

A familiar warmth engulfed me, and her arms tightened around my waist. There was a long pause between the two of us, before her arms loosened and she wiped my tears away.

"Now, enough of this," this was said in a brisk tone before changing the topic. "Are you seeing anyone?"

I spluttered in shock, having not expected it.

And so time passed, in an exchange of tears and laughter and memories. Timeless and eternal, and peace reigned. It was as if the two of us were in a place of reminiscence, our very own world where nothing bad could intrude.

"It's... almost time." She said solemnly. I didn't want her to go despite knowing it.

"No...?"

"Remember... I'll always be with you. I love you."

I would live.

"I love you, too."

And make her proud, by being the best person I could be.
Bookworm's Corner

LABYRINTH
written by Kate Mosse

What first drew my attention towards ‘Labyrinth’ was perhaps its unique plot. It is the year 2005 when Alice stumbles across two crumbling, time-worn skeletons, strange writings and the pattern of a labyrinth in a deserted cave during an archaeological dig in the Pyrenees Mountains. 800 years earlier, a young woman by the name of Alais is bestowed a ring and a mysterious book for safekeeping by her father, who claims these items contain the true secret behind the Grail. The brief summary itself had me sold as I eagerly flipped through the pages of this book. Sure enough, I wasn't disappointed!

Kate Mosse has always been one of my favourite authors but I feel she has outdone herself even more in this book. As the story progresses, slipping between past and present, we see the fate of two women, book. As the story progresses, slipping between past and present, we see the fate of two women, though coming from different time periods, being entwined in a grail quest that could very well change both their worlds. Leave us readers baffled as to where the plot is heading (even after we reach the conclusion). But with this book, Kate weaves a tale so well that the readers are able to transition just as smoothly from one perspective to another, namely as we shift our focus from Alice (present) to Alais (past) and vice versa.

‘Labyrinth’, with various twists in its plot, proves that there are truths beyond the truths sought by our main characters. The final revelation itself had me awestruck as to how I had not considered the possibility of the turn of events (I'm not going to divulge any spoilers so you'll just have to read the book yourself!).

However, the highlight of ‘Labyrinth’ would probably be its main theme, which is that women can be heroines in their own right as well. As Alice and Alais demonstrated countless of times throughout the story, women aren’t just damsels in distress waiting to be rescued, or decorative bystanders. Rather, they can be part of the action too and have the capacity to change history.

REVIEWED BY TIFFANY HOO

THE TRIUMPH OF CAESAR
written by Steven Saylor

If you’re a major history buff then this is definitely the book for you! Set in the city of Rome, Julius Caesar has returned to his homeland, having ended the long-going Roman civil war. Oddly enough, despite the title, Caesar is not the centre of attention in this tale, but rather, our focus settles on Gordianus, a retired ‘Finder’ (think of a detective but set in Rome!), who is appointed by Calpurnia, Caesar’s wife, to uncover a conspiracy against the life of Caesar. An initially reluctant Gordianus takes up the challenge upon discovering that his friend had died trying to solve this case. Gordianus is determined to avenge the death of his friend by finding the culprit of both the murder and the planned assassination targeting Caesar. However, as the plot thickens and he gets closer to the truth, Gordianus finds himself in far greater danger than he had ever anticipated.

What may interest history lovers (such as myself!) would probably be the fascinating details of the Roman political and social life (including the development of the Julian calendar!).

Steven Saylor is known to be a Rome enthusiast who loves history as detailed as possible. Hence, readers will find a truly amazing description of the ancient city, making the story easier to visualize in one’s mind. Readers also have the additional benefit of learning a great deal about the politics and personalities of Rome at one of its most pivotal moments in history.

‘The Triumph of Caesar’ is definitely a page-turner! And as with all of Steven Saylor works, the characters in this tale are brought vividly to life. Every character, be it main or supporting, has an important role in bringing the plot to life. Each character is capable of engaging the readers’ emotions and make them truly care about the characters. The climax itself had me on the edge of my seat as all the mysteries unfolded with a single flip of the page! (guess you’ll have to read the book to find out more!)

With that said, ‘The Triumph of Caesar’ is undoubtedly a special novel which works well as a mystery, but at the same time, transcends the genre to something far more. Romance, action, you name it, this book has it all!

REVIEWED BY TIFFANY HOO
Photography Corner

By Ronald Chia
SHORT STORIES
ARTICLES
OPINIONS
PHOTOS
POEMS
ARTS

HAVE SOMETHING TO SUBMIT?

FOR RECRUITMENT, INQUIRIES AND WORK SUBMISSIONS
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