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**“We're a Team!”**



Dear Sir,

My name is Marsha and I am a professional copywriter, search engine specialist, digital marketing consultant and social media manager. I come armed with decades of experience in copywriting and online marketing, and firmly believe that my experience and expertise will be of value to your corporation.

Although I've primarily worked as a freelancer, most of the work involved were contractual, consistent, remote work and team-based. If it worked back in 2000, there are MANY more reasons why this could work.

## **Resilience. Commitment. Resolve.**

My freelance work has carried me through plains of every kind – **parenting, gambling, adventure traveling, bus charter booking, exhibitions, menopause, women issues, movies/books/albums review, coverage of concerts, and interviews with chefs and CEOs.** I've also been interviewed by an early-day parenting online radio program, as well as having spearheaded massive online marketing programs and contests through social media and conventional media for a long-time New York-based hirer, **US Coachways Inc.**

On top of that, I've been contracted for long periods of time by not just Malaysian-based ad agencies, I was happy to work with companies from all around the world including Malaysia, Australia and United States

## **What am I Bringing to the Table?**

What I bring along with me is **experience** and an **open mind** for **new ideas**.

Having been exposed to the nuts and bolts of the internet has a unique benefit – the understanding that things can change overnight and everyone's got to adapt within days, weeks or months. The risk is high: being left behind.

But along with that open mind, I am willing to listen to ideas that I've probably outgrown and am no longer attuned to anymore. **Teamwork** is very important to me. Even as a freelancer, I rarely worked alone. Using the internet dial-up tech of the 1990s and 2000s, I've managed to strike up wonderful working relationships with people from all corners of the world: **Australia, United States, Canada, Germany, Hong Kong, Singapore,** and of course, **Malaysia.**

## **Up-to-Date Modern Know-Hows**

In-depth knowledge of **search engines, affiliate marketing, email marketing, internet promotions,** and **social media marketing** is a part of my strength. I bring with me a world of knowledge about both white and black hat marketing, helping me differentiate between what can and cannot be done.

I am excited about the continued expansion of digital marketing despite coming from the world of law. Drawn to the initial lawlessness of the internet and then learning about ethical digital lines of the World Wide Web, it became my calling.

## **A Smorgasbord of Experience and Expertise**

- Decades of experience in **internet marketing, blogging, writing, ghostwriting, copywriting, editing, research, graphic design, social media promotions, and website development.**
- An ability to quickly adapt to new situations and people, maintaining **clear lines of communication**, ability to work in a team, **leadership, innovative thinking, creative and critical thinking skills**, deep analytical skills and **wordsmanship.**
- **Flexible working hours**, quick responses to questions and easy reachability. If you feel that I can play a role in your organization, I will be more than happy to see how we can move things onto the next page. I hope to hear from you soon .

Reach me at [marshamaung@gmail.com](mailto:marshamaung@gmail.com) if you feel so and I hope to hear from you soon.

I sincerely look forward to hearing from you soon.

Yours sincerely,

Marsha Maung

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<https://www.instagram.com/marshamaung>

<http://www.twitter.com/marshamaung>



Here's a quick, short look into my professional experience.

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### **Legal Officer**

- Attachment to MESSRS Stanley Chang & Partners
- AMMB Factors Sdn. Bhd
- Arab-Malaysian Bank Berhad

### **Online and Email Marketing, Content Creation, Ecommerce Marketing**

- AsianAuto.com
- AsiaOnAir.com
- USCoachways.com
- Lamboplace.com
- BusRental.com

### **Webmaster, Media Manager and Reviewer**

- Urbabe.com
- Creativejooz.com
- Allmomstuff.com
- Blessedmums.com
- Formedge.com.my

- Adscene Australia
- AsiaOnAir.com
- ATV4Kids.com
- RacewayATV.com
- USCoachways.com
- Lamboplace
- etc... (124+ websites and social media accounts)

### **Content Strategist, Producer, Writer, Webmaster**

- USCoachways.com
- BeQRious.com
- ATV4Kids.com
- RacewayATV.com
- BlueHyppo (Telekom)
- Timedotnet
- i-asianwomen.com
- BusBank.com
- Decowall.com.my
- Formedge.com.my
- TheGigabit.com
- Carama for Castrol

### **Freelance and Ghostwriting**

#### Types of content

- SEO articles
- Landing pages
- Sales Pages
- eBooks
- Movie scripts
- Radio advertisement scripts
- Books (chapters)
- Proofreading
- Blogging
- Travel writing for a special Asia edition for FEMALE magazine
- Parenting articles for Parenting magazine
- Newsletters for DUMEX
- Rewriting of instruction procedural manuals for offshore sites for Petronas
- Rewriting of company profile for AEON
- Advertorials
- Interview of chefs for a hotel's monthly newsletter
- Company profiles, brochures, flyers and marketing materials for various companies
- Copywriting in collaboration graphic designers, photographers, printers and Ad agencies
- Desktop publishing - logo design, merchandising design, newsletters, business cards, brochures, packaging, leaflets, book covers, company profiles

## Internet and social media marketing

- Setting up of accounts
  - Discussing about, preparing content calendar
  - Promoting, linking, liking and growing following for the accounts
  - Increasing visibility and providing relevant content and links that adds to the importance and credibility of the accounts
  - Working with content producers and graphic designers for elaborate campaigns
  - Running of online contests and giveaways
  - Deciding on keywords and demographic matches for keywords when advertising on Adwords and Facebook
  - Preparing and checking on reports on effectiveness of campaign and tweaking campaigns to increase ROI from social media accounts
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## Samples

Below, I've attached some of the latest writeups I've done for my blogs and some of my clients.

Many are available online on at [https://ezinearticles.com/expert/Marsha\\_Maung/2900](https://ezinearticles.com/expert/Marsha_Maung/2900), [www.marshamaung.blogspot.com](http://www.marshamaung.blogspot.com), and [www.medium.com/@marshamaung](http://www.medium.com/@marshamaung), and [www.MarshaMetta.com](http://www.MarshaMetta.com).

If you need samples of a specific topic, shoot me an email at [marshamaung@gmail.com](mailto:marshamaung@gmail.com) and I'll try to find them from my archive that best meet your request.

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## THE HAPPY SCIENCE OF MASTERING YOUR HEALTH

The right footing to start off on would be one that is cautious, curious, inquisitive, questioning, experimental and yet a little skeptical. We've all heard preachy stuff on the internet about how one diet can cure ailments your doctors have no answers for.

We've read tall theories of the mystical healing powers of essential oils to the discoveries weight loss magic pills. In this fast-paced commercialized environment we live in today, our senses are constantly bombarded with information. It's hard to sift through them all because we're innately hungry for it. But just because we are hungry doesn't mean we should devour it.

As I approach what we call the 'middle age', losing weight is all the rage right now. Every other friend of mine is on a mission to lose weight and I encourage them to do it if it makes them feel better about themselves. **Yes, please do it!** We all deserve to feel better about ourselves, and

I'll use this apparently outdated teen slang, **YOLO**. My kids are rolling their eyes right now and I don't care. #lol

Instead of getting on the weighing machine twice a week, it's more important for us to put crunch time in a more **holistic overview**. And that gauge is **how happy we currently are** with ourselves and **how happy we want to be**. Listen to yourself instead of spreading yourself too thin with a flurry of activities ranging from running, gym, yoga, cycling to keto diets, juice cleanses, massages, therapies, and medication. I am no professional and if what you're doing now is making you feel great, there's no reason whatsoever to listen to me or anyone else. But I am just going to **float some ideas around** for the benefit of anyone who is caught in the quicksand of information.

## **A Healthier Gut Leads Not Only to a Healthier Body but Also a Calmer Mind**

It **starts in the gut** and I learned this a little later in life when my toxin-flushing capability got slushier than I thought was normal. What you eat ends up either flushed away or stocked up in your system. Of course, I think some McD or KFC over the weekend is not too much to ask. Bottom line is natural is good, unnatural is NOT. It's really as simple as that and you don't need a dietary education or be a doctor to know that and yet, we forget. And, let's admit this, sometimes we get too lazy to care.

The article **Mastering Your Body, Mind and Health** has a good list of things to eat/drink and things NOT to. I won't say it's the go-to list for the world's best diet but they are worth noting. And if you're into Podcasts, here's one to check out – **Food for Thought – Literally** (it's on Stitcher). It touches on everything from **cholesterol**, world **food influences**, **low-fat fad diets** to how did we even come up with the **food pyramid**.

## **Fruit and Veg Up Like the Spaniards and Japanese**

I found it interesting when someone mentioned the fact that [Spanish people were outliving their counterparts in other parts of the world](#). I mean, we all know the Japanese had the 10 commandments for **healthier eating** and **longer lives**, but Spanish? This calls for some Spanish recipes to be added to my cookbook library.

But when you dig a little deeper, it's not at all that surprising because it all boils down to... yes, **natural food**. There are communities that don't have modern supermarkets filled with aisles upon aisles of low-fat yogurt infused with berries and bananas and frozen pizzas. Fast food might even be just a luxury they can live without. This is a harsh comparison to make against how accessible fast food is to us, modern, urban folks. To these octogenarian gonnabe's, it's all about grabbing fresh food, be it meat or local produce, from a neighboring market like **The Mercado de Maravillas**; in fact, a meal without fresh food and meat from the local market is *inconceivable* or at least, *incomplete*.

María, who didn't want to give her surname, turned out to be 75. "Yes: seven five." Her secret? "It's olive oil, vegetables, fruit, fish, not too much meat, the odd beer and a little bit of wine," she said. "Oh, and you need to enjoy your life, your friends and, above all, your family."

Well said, Maria. Well said. If you live happier and more connected, you might end up living longer.

### **Modernization Might be Detrimental to Our Well-Being**

**Bhutan**, the *Land of the Thunder Dragon*, with its fastest-growing GDP in the world and boasting of its title, the "**Happiest Country in the World**", is also facing a dilemma. It keeps a positive GNH, Gross National Happiness, and for countless years was revered and look-up-to as a country devoid of pop culture tropes.

Tucked neatly and comfortably between **China, Nepal** and **India**, the last **Buddhist Kingdom** in the world is largely isolated from the rest of the rapidly modernizing world. The changing landscape of quick-touch smartphone communication, to-the-minute breaking news, and breakneck globalization efforts, even Bhutan is slowly caving into its quicksand effects.

As tendrils of the commercialized world slip itself into the bubble of Bhutan, it now contends with a downward spiral on the happiness scale. *Its balance is tipping.*

**In Bhutanese culture, where unity is prized, the advent of democracy has been a mixed blessing. Bhutan is also one of the only carbon-negative countries in the world—[Washington Post](#)**

With democracy introduced, there is now inside political feuding, splitting hairs within families, and small arguments amongst friendly neighbors. One politician promises to bring in local funding for better roads, another promises to ensure the availability of clean drinking water for all. This may sound like a typical day, election or not, in any other country, it was never so in the small, Indiana-size country. The **happiness of its people** used to **shape the course of policy-making** in the country and as far as the people were concerned, they were happy.

They downplay political campaigns and its people steered clear of bitter showdowns by trying not to defame or belittle their political opponents. It's called **civility**. But with social media blazing, Bhutan finds itself caught in a net typical of a democracy.

"I would love to go back," said Karma Tenzin, 58, sitting in his apartment in the picturesque capital, Thimphu. "We would be more than happy."

Whether the “Happiest Country in the World” can avoid going off the rails, it remains to be seen. I only hope for the best for them because I intend to visit this quaint little country one day.

## Creative People are Prone to Unhappiness

**The world that creative people live in is a highly confusing, an emotionally-draining, and sometimes high octane one. Ideas flow freely and so do emotions. This often means creative people are often happy, but also annoyingly detached from reality. You live in *Unicorn world* so you can create *rainbows*.**

If an idea or a story latches onto me, I can go on forever if there's no reality. Fortunately, **OR** unfortunately, there is.

█ Reality is merely an illusion, albeit a very persistent one.—Albert Einstein

The truth is, happiness for creative people takes extra effort.

This list of [22 Secrets for Creatives Who Want to Increase their Health, Wealth and Wisdom](#) hit a few nerves with me, and I agree that there are unique ways for people whose heads are often fluffed up in the clouds to stay grounded. But if you're a busy working mom or a high-ranking CEO of an up-and-coming startup whose boots are always busy stomping through fields of reality, these [quick anti-stress suggestions](#) might get the needle moving.

Instead of [envying your friends on Facebook](#), take some time to do something for yourself. It is a proven fact that the more you passively scroll through social media, the more miserable you will feel about reality.

### Happiness is a State of Mind, Not Real Estate

At the other end of the spectrum, happiness is a journey, not a destination. So cliché but true. One must take conscious steps every day in the right direction to reach our own desired level of happiness. You can use social media to your advantage—download exercise apps, join groups, make friends, actively participate in conversations—these are activities that can elevate one's contentedness with the world.

If you're feeling a little down, there are simple ways to [motivate yourself to exercise](#) and it can be anything from running a **marathon** to **yoga**. You can even schedule up the time to listen to sounds of **singing bowls**! Whatever floats your boat, I say.

...it's healthy—almost necessary—to sometimes be unhappy in order to find lifelong well-being. It is entirely up to us to have the strength to overcome whatever's thrown at us—[Mind Body Green](#)

## Self Soothing Salves

Being gracious about your own situations, statuses and **being resilient** in taking one step after another, therefore, is key. **The harder you are, the happier you'll be**. It's not about 'being happy all the time', it's about one's determination to see happiness in things that others deem devastating. Facing negative feelings (I'm still learning how to navigate this curve) is a tool we can use to derive more quickly at **a more optimistic view of life**.

The more obstacles we overcome, the happier we'll feel and this explains a lot of things. One thing we must remember is that nothing is written in stone. Your triumphs may morph into traumas any instant and **we have to be OK with that**. One moment you're showing off your best realities on **Instagram** or **Facebook**, the next, they could dredge you through the mud in real life. At some point in your life, someone must have tried shoving either religion or meditation down your throat. They annoy you, don't they? There's no magic pill because... there's simply no magic pill. And *even that fact alone is annoying*. #lol

But at least, [science is quickly backing up meditation as one of the best mainstream tools](#) to bring out the best in ourselves.

If you meditate, you're less of an asshole. But it's hard to prove that with science—Dan Harris

In a report, **Al Jazeera**, who did an intensive **50-minute report on who owns Yoga** and, by default-almost, meditation, daily **10 to 20 minutes of meditation improves brain functions**. You'd think 20 minutes is a long time until you sit through it and realize how short it really is. Try an app because I think you'll be surprised by your 5th sitting.

Yeah, the same way you are, I also know of the many hyped-up versions of yoga and meditation (everything from hot yoga to naked ones—really? This will **NEVER** end) and I attempt to steer clear.

It is, however, important to be mindful of how the mainstream drumbeat of cure-all exercise regimes seems to promise you magic at every turn. **Meditation and exercise will NOT solve all your problems.** What it will do is to balance things out and help you inch closer to possible solutions.

Everything between a problem and its solutions is **variables**. These variables require you to seek solutions and weed out problematic habits in our everyday lives. You're in a safe zone once you recognize them.

■ We may not be able to change the catastrophe, but if we are resilient enough to stay, chances are, we'll come out stronger than before.

So, before you embark on anything, **talk to someone**, be it online or offline. Take things you hear online with a pinch of salt, and **consult a professional** if you think your situation warrants it.

Last but not least, **listen to yourself**. Most of the time, you know you best.

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### **Hit the right note with the right stand**

In an exhibition, you have nothing more than a few seconds to make an impression, entice the target, make them curious, get them to stop and not walk past your exhibition booth. It's a tall order but not an impossible one to fulfill. In order to do that, you need to stand out...that's the number one thing that should be on your mind when designing the exhibition booth but it's not the only thing. Now, imagine if you've gotten someone curious about your products or services and they need to find out more information about it before they delve deeper, where would they find them?

The big question would be this – what type of exhibition stand should you use during the event to make it more effective, cost and marketing wise.

**Pop-up exhibition stands** make a lot of sense because of the fact that they're extremely mobile and is light without being flimsy. If you get a good exhibition stand, it is stable and can last for an extremely long time. The good thing about that is that you can make use of them time and time again for lots of other future events. Before purchasing your exhibition pop-up stand, try them out or get the salesperson to explain the setting-up process. Most good quality exhibition stand can be assembled within minutes without too much hassle. Another great thing about pop-up exhibition stands is that you don't need a lot of space to use them. They're tall, stand out and can be customized to suit your needs.

**Banner stands** are cool for exhibition as well – this is particularly true if you have a lot of printed materials to distribute and display during the exhibition. They're relatively low-cost and is ideal for companies that don't have a lot of spending money. Although it's not as versatile as a pop-up exhibition display system, it's feasible, affordable and makes a whole lot of sense. And of course, the banner stands are very mobile. Although banner stands come in many different colors and designs, we strongly urge you to go with the more common colors because it is more flexible that way.

If you're in it for the long haul, I think going for a custom one is great too because if you're going to using it for a long time. This way, you'll be customizing the whole exhibition display unit to suit your own individual need – and of course, it stands out because the likelihood of it looking exactly the same as another exhibition stand is less.

The point here is to hit as many eyeballs and generate as much interest as possible with a simple solution – and you can do all of that with an exhibition stand, believe it or not.

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### **Catch These Events in New Jersey Before August is Over**

The best way to make the most out of the remaining summer is to bring on the heels and step things up a little in NJ and NYC.

#### **Hoboken Lackawanna Music Festival at Hoboken NJ**

Hoboken Lackawanna Music Festival is happening on August 23rd, 2014 and it is the perfect way to spend your Saturday with your friends. The event will roll out from 12.00pm to 10.00pm at Pier A Park, Hoboken's series of piers. If you need the address to get there, type in 100 Sinatra Drive, Hoboken NJ into your GPS.

The event is also sometimes known as hMAG's annual Lackawanna Music Fest. The all-day event brings guests and music lovers famous, aspiring and indie bands along with countless giveaways being handed out all day long. There will be vendors offering their fare as visitors have their fill of memorable entertainment. The event was first started 2 years back in 2012 and it is likely that this event will have their annual run in the future. Admission fee is kept at an affordable rate so that just about anyone can afford to get in to have some fun.

The piers, however, is completely free of charge and are open from Monday to Wednesday from 4.00pm to 10.00pm, Thursday to Friday from 4.00pm to 11.00pm and from 12.00pm to 11.00pm on weekends.

#### **Varekai : Cirque Du Soleil in Newark NJ**

We all know that attending a Cirque Du Soleil tend to bring you into a whole new world. This time, with Varekai, the theme is an imaginary forest world called Varekai. 'Varekai' means 'wherever' in Romanian language. The show is filled with 'Alice in Wonderland'-like creatures and visitors will get a glimpse of the kaleidoscopic view from a man who had accidentally fallen

into this strange imaginary world. The man encounters creatures and situations which we would have deemed to be absurd and ridiculous throughout the show but that is the real stealer. It is time to explore the magical world together with your loved ones this summer.

The show is coming to Prudential Center which is located at 165 Mulberry St., Newark, NJ. Happening from Aug 27 TO Aug 31, 2014 rom 7.30pm to 9.30pm every night. Admission tickets are sold based on seatings and they range from \$40 to \$145 per person

### **Catch some LIVE jazz music at Ryland Inn on Friday**

Ryland Inn is in Whitehouse Station, a city located about 40 minutes away from Jersey City via I-78 W. From now till the end of August, Anthony and the Blue Tiger Trio will be performing on location. The show starts at 7.00pm every Friday night and they will be performing until August 2, 2014. The lineup of musicians from Blue Tiger includes Gary Mazzaroppi, Joe Accurso, Rick Visone, or John Loehrke, Doug Clarke and other talented musicians.

The musicians involved in each of their shows are passionate about their shows and have worked with notables like Jim Hall, Les Paul, Dolly Parton, Elvis Presley, Buddy Rich, Charlie Byrd and many other important names. They have also Broadway experience to add to their credentials and resume.

### **If you are organizing a group party or a gathering, let us know if we can provide you with a party bus**

If you need to party on without having to worry about who has to be the designated driver, it is time to give XXX a call to find out how we can get you from one destination to another at an affordable rate.

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### **Twitter Tricks**

Although there is no proper decorum to follow when it comes to Twitter or in Twitterverse as we addicts like to call it (as in, as soon as we log into Twitter in the morning, we issue a universal 'good morning, twitterverse!'), there are things that we do online that tells people to instantly unfollow us. But there are also things that we tweet about that make people say 'hang on, I think I want to hear what this person has to say'.

I'll outline a few simple ones here. There are more out there but twitterverse keeps changing so by the time you read this article, twitter might have changed and so would the 'rules'.

Staying positive stops people from unfollowing you. Even if you've tweeted the most ludicrous thing on earth recently, if you tweet positive stuff following that, people think that you are worth hanging onto. I just don't think that there are a lot of people who hate positive stuff. As in... 'Gosh, this person is too positive. I think I'll unfollow this person.' If so, then what this tweetfellow need is some serious sunshine.

**Find interesting thing to say** about you, your work, your company, the things that you use or do. Have a quote or two ready and then surf around for good one-liners and jokes. People love those stuff especially during the work day when they have nowhere to go and feeling frustrated.

**Rant sparingly** but if you have to rant, make it funny so that it doesn't turn people who are not into negative things off. It is good when you rant about slow internet service (those ISPs are all online on twitter now so you might just get their attention when you rant) or your teddy bear being soiled by your nephew but try not to get personal and vindictive on twitter. People are turned off by that sort of stuff.

People become careful around you because if it is not beyond you to get personal with others, it won't take much for you to get personally vindictive with them as well. They don't want to risk having their name or twitter address splattered in a virtual bloodbath.

**RT generously** if you find people saying good stuff that you think might benefit others too. Twitter is also about sharing yourself and your friends. And remember, whatever goes around, comes around. If you generously RT other people's tweets, they won't hesitate to do the same for you when you say something totally off-the-rocker funny or useful.

**Space your tweets out.** If there is something about twitter that totally annoys me is this - people who tweet every second. Literally, every second. They don't say anything for the longest time and then all the tweets come in...one shot! Even if they usually have something good to say and are positive people, I find myself wondering if I should just unfollow this person. The reason? They probably scheduled the tweet and forgot to manage the time properly. It is safe to schedule your tweets to come in once every hour or so.

**Create a personality for yourself.** Being all serious and business-like is one thing but to be more effective, it works better if your followers can attached themselves to a personality instead of a twitter account. Put a name to the person doing the tweeting, maybe even a face. For instance, I follow this anti-violence organization on twitter and what is interesting is that these volunteers address themselves whenever they logged on.

So, if one person is signing off, they'll say 'OK, this is Sally signing off now. Next up will be Jenny from LA. Night'. And then when Jenny logs on, she will tweet, 'Good morning, folks. It sure is sunny over here in LA!'

Good luck tweeting!

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## **Vivienne Tam Uses QR Code On Fall Design Dress**

Vivienne Tam, a rather famous New York based designer is no stranger to infusing culture with fashion. A Guangzhao native who made a move to Hong Kong when she was younger, Tam's

designs and print clothes often embraces the east meets west theme. Tam shows off her creativity through her clothes where you get the feeling of culture, design and modern fashion all in one piece of clothing.

Currently, Vivienne Tam enjoys relative success in New York and have branched out into many other cities worldwide. She is also the author of of China Chic which pretty much describes what inspires her and her fashion line. The fashionista is also no stranger to infusing technology with fashion because some time back, she was seen teaming up with computer manufacturing brand, Hewlett Packard, to come up with designer netbook computers such as the HP Mini 100 and 210. Her most recent venture this year seems to be her collaborative effort with Chinese jewelry designer and maker, TSL for the Spring fashion show.

As part of her Fall fashion show, Tam has gone even wilder with technology and bolder with prints. At the New York Fashion Week, Tam showed off a loud, bold and fashionable print dress which comes with a QR Code. The way I see it, it is more of a loud statement and a combination of pop art influence, rather than it being promoted as a fully functional and promotional QR Code. But it is always great to see people in the fashion world make use of QR Codes in their designs.

The design of the dress, I would have to say, reminds me a little about military style designs, like a khaki camouflage dress would. The other interesting thing is her decision to include President Obama's victorious pose in the print.

For those who are already familiar with Vivienne Tam's style and preferences, you will know that Vivienne is almost always into prints and design rather than concentrating on cuts and colors. Compared to other designers, Tam's designs are less outrageous, therefore, making it more practical for everyday use.

It would be amazing if the QR Code is a workable one, instead of just a pattern; however, even with that said, we wonder where the QR Code lead to....perhaps to one of her online shops to introduce more people to her clothing line.

Anyway, fashion and technology has been married for quite some time now, so, this isn't quite such a surprise, really. Please share your thoughts with us and our readers in the comments section.

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## **MODERN CHIC EXPERIENCE, NOSTALGIA EXPRESSION**

We go the extra-mile to make your stay memorable

## **BUSINESS, MEETS LEISURE**

Do what you do best and let us do the rest

## **CHEF JOHN DOE – A CULINARY MAESTRO WITH A PASSION FOR TASTE**

Offers up a platter of gastronomic experiences fuelled with passionate fervor

### **YOUR SAFE HAVEN AWAY FROM HOME**

We make you feel at home no matter how far you have travelled

**CHEF JOHN DOE Chef JD** has won numerous awards over the years including the prestigious Societe Culinaire Philanthropique of New York. His 30 years of passion and enthusiasm for creating mouthwatering, wholesome pastries and savoury food that's full of flavor can now be experienced here at Business Suites. Come and indulge on his signature pastries and local dishes, we guarantee you will be back for more.

### **THE BUSINESS SUITES EXPERIENCE**

Business Suites is a fusion of the sentimental and modern chic. It is one of the first boutique hotels focused on communicating our two-fold principles – architectural identity while accentuating the luxury and quality of services offered

The founder & chairman of the Business Suites brand saw the opportunity to take a row of traditional shop house at Perak and recrafted them into an enthralling and classy 42-bedroom hotel that could serve as a unique gateway for both leisure travelers and business executives.

Business Suites logo represents the iconic Ipoh Tree (Epu Tree) known for its source of blowpipe poison used by the indigenous people (orang asli). It is said that it was used to help defend against the Portuguese explorers stepped foot on Malaccan land in 1511.

Symbolically, Business Suites sees itself as safe haven for travelers who want the homey elegance and convenience of a luxury hotel at affordable prices. The gold, black and earthy tones each the affluent ethods of modern architectural style while maintaining the pragmatic comfort of home.

### **MODERN CHIC EXPRESSION, NOSTALGIA EXPERIENCE**

Thematically creative, our rooms are imbued with warm, golden hues and shades of black to create a modern chic and nostalgic ambience. Business Suites is an opulent yet cosy sanctuary where you can relax, recharge and rejuvenate after a tiring day out from leisure or work.

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(portions of it)

- PETRONAS Dagangan Berhad launched the brand new PETRONAS *PRIMAX 95* petrol, which replaces its predecessor, the *RON 92* fuel in the market. PETRONAS *PRIMAX 95* meets the Euro 2-M emission standards and is formulated using the new “*SINAR G07*” additive which protects engine components and enhance overall engine efficiency.
- PETRONAS Dagangan Berhad introduced two units of B-Double tankers into its fleet of **product movers**, making it the first company in Malaysia to own high capacity tankers

equipped with technologically advanced safety and security features to deliver its product to its customers.

- PT PETRONAS Niaga Indonesia was awarded the rights to distribute more than 20 million litres of subsidized fuel through its four stations in Medan, Indonesia.
  - PETRONAS signed a Heads of Agreement to purchase LNG from the integrated LNG facilities that were being undertaken at Gladstone in Queensland, Australia by its partners Santos GLNG Pty Ltd and PETRONAS Australia Pty Limited (PAPL)
  - Dragon LNG received its first commissioning cargo supplied by **BG** carrying 145,000m<sup>3</sup> of LNG from Trinidad.
  - ASEAN LNG Trading Co Ltd (ALTCO) celebrated its 100th traded cargo, which was loaded from the PETRONAS LNG Complex in Bintulu, Sarawak.
  - PETRONAS held the opening ceremony of Dragon LNG at the Dragon Terminal in Milford Haven, Wales to commemorate the completion and commissioning of Dragon LNG, a receiving regasification terminal.
  - Malaysia LNG (MLNG) Group of Companies successfully delivered its first LNG cargo to the Yangshan LNG Receiving Terminal in Shanghai, China.
  - Ground breaking ceremony for the Kimanis Power Plant project in Kimanis Bay, Papar, Sabah marks another milestone for the development in the state of Sabah.
  - PETRONAS announced a five-year deal with major automobile manufacturer, Mercedes, marking a new partnership for the company in the Formula One sector. This agreement marks PETRONAS as the title partner to the Mercedes GP team, resulting in the name 'Mercedes GP PETRONAS Formula One'.
  - PETRONAS through the PETRONAS Carigali division together with its partner, United National and Gas Limited acquired **deep-water** Blocks MD4, MD5 and MD6 in Myanmar.
  - Awarded a PSC for Block SK320, offshore Sarawak, to MDC Oil and Gas (SK320) Ltd, a subsidiary of the Abu Dhabi based Mubadala Development Company, and to the PETRONAS Carigali division.
  - Also, through PETRONAS Carigali, an alliance agreement with Dowell Schlumberger (Malaysia) Sdn Bhd was formed to undertake the redevelopment of the Samarang field, offshore Sabah. Through this alliance, PETRONAS Carigali managed to leverage on Schlumberger's renowned subsurface technology, employing newer and more effective technologies, whilst enhancing its staff capabilities in EOR.
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## **Our favorite Colorado ATV riding spot – Gunnison National Forest (Pitkin)**

It's incredible what Colorado has to offer ATV enthusiasts...it's like, it's a state made for ATV riding. We get asked a lot about our favorite Colorado ATV hang-out and in the past, it has been really difficult trying to pinpoint one single ATV riding spot that we can call our favorite. But recently, one of our writers had the chance to ride in Pitkin area where the Gunnison National Forest is...and now, we have a clear winner. As far as Colorado ATV riding is concerned, this takes the cake.

The reason is clear and simple – you get there with your car or van or whatever it is that you want to use to bring your ATV over, you reach, you unload the ATV and that is all you will need for the rest of your time there...until you're ready to go home. As you ride your ATV, you'll definitely get a load of the scenery...that's when you get a little shutter happy for a bit. But what was surprising was the history of the place. Ah well, history? You'll just have to go there, experience it for yourself. The many ghost towns, mining operations for gold and silver which is no longer in operation is enchanting as much as it is beautiful.

If you're looking for a challenging ATV ride, you're looking at the wrong place. The Gunnison National Forest is a scenic ATV trail with sprawling space to explore and handsome scenery to take pictures of. In terms of how challenging the ATV trail is, we'd say it's from really easy to medium. What Gunnison National Forest of Colorado ATV trail lacks, it makes up for it with different attractions, like the Alpine Tunnel which is east of the main National Forest area. The Alpine Tunnel will take you up to about 11 thousand feet above sea level...now, how cool is that? You'd be riding your ATV through solid granite, folks!

Another diversion along this ATV trail is the Hancock Pass which you will come to if you pass through the Alpine Tunnel continuing eastward. Now, those experts might be somewhat satisfied with a few challenging parts near the top of the summit. At the top, there's also the ghost town of Hancock which is a cool place to ride your ATV in...or you can hike. Either way, this is a really cool place.

If you decide to head north from Pitkin instead of east, you can go to Cumberland Pass which will bring you to the small town of Tincup. Although they don't sell gas there (you'll have to remember to bring extras for emergencies) but they do have small grocery store and a tiny little restaurant where YOU can get a refill. Well, if you're not into small restaurants, you can head on east from Tincup where there's Mirror Lake. In Mirror Lake, there are more choices – it's a favorite place for ATVers to stop for their meals.

In all honesty, it's not possible for anyone to finish exploring this ATV trail – too many places to visit and go to. What we've mention is just a fraction of what this Colorado ATV trail has to offer. You could spend a week or two there and still not be done with it. so, the best thing for you to do is to plan your ATV trip carefully and decide beforehand where you want to go before heading out.

Don't worry about where to stay because there are endless options there. You can either camp out or stay in motels; it's entirely up to you. For basic necessities, you can get back to Pitkin where you can find loads of places selling basic grocery items, soda, water, gas, snacks, and sandwiches and if the day is hot, you can get yourself an ice-cream too. If you want more information, give the Gunnison Ranger District a call at (970) 641-0471 or visit their website for more information.