The fever is here.

PLUS is now in KidZania

The Superbikes are back!

Bukit Larut

Cinque Terre: High Five!
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For football fans around the world, the word ‘fever’ simply refers to the World Cup. Yes, it’s that time of year again folks and the eyes of the world will be focusing on one country, the home of the 5 time world champion, the Samba Kings and the beautiful game Joga Bonito, Brazil who will be hosting the 2014 FIFA World Cup this June. For most Malaysians, this will be the time when they will ‘switch’ nationalities. There will be a lot of Ronaldos, Messis, Van Persies and Rooneys running their mouth at the office, bus stations, your favourite mamak joints and even board rooms. And who can blame them? Harimau Malaya has a long way to go before they can take part in the World Cup. We love our country, but we also love football.

Brazil (of course) will be the favourites (again) as they will have the honour of hosting the tournament at their own backyard. Backed by their fanatical supporters and never ending line of talents such as Neymar, Thiago Silva, Oscar, Ramires, Fred and Hulk, the Selecao is poised to lift the trophy for the sixth time on 13 July. Then of course, we have the pretenders. Reining champion, Spain seems to be going through a bad patch for the past 18 months. Real Madrid may have won Spain the UEFA Champions League in May, but they won it with the help of foreign stars who most of them will be donning their nations’ colours at the World Cup. The heart of the ‘tiki-taka’, namely Barca’s Xavi and Iniesta looks like they may have passed their prime. Spain may be the chosen one in South Africa, but it’s hard to see them lifting the cup once again this year. Their title reign will be over.

The Dutch, the Germans, the English, the Argentinians and the Italians will be no pushovers. So are the underdogs, Belgium. The World Cup is the perfect venue for the stars and soon-to-be stars to shine. Just look at the talents and superstars on show. Ronaldo will once again carry the hopes of the Portuguese at the World Cup. Rooney and Co will be hoping that England will not crumble during penalty kicks. Luis Suarez would love to take a bite at the World Cup. All in all, we can’t wait for the show to begin. We’re ready. So are our new 50 inch LED TVs. We’ve waited for 4 years for this. The time has come. The 20th edition of the World Cup will be magical.
Children can participate as a customer service assistant and learn about managing a toll booth and at the same time, practice soft skills when communicating with road users. They can also play a role as a PLUSRonda patrolling the highway or that of a maintenance crew to assist road users and ensure that KidZania’s Driving Street is safe.

According to Dato’ Noorizah Hj. Abd Hamid, Chief Executive Officer of PLUS Malaysia Berhad said: “Joining the KidZania family is an honour as PLUS Malaysia hopes that by continually connecting with younger children who will be future road users, on the importance of road safety, children will be inspired to be good and courteous drives and will recognize the importance of implementing road-safety measures. Every individual can play their roles in making road safety a culture and this can start from the grassroots level with the young children of KidZania.”
After more than 22 years away, the World Superbike Championship (WSBK) is returning to Malaysia with Sepang International Circuit (SIC) hosting the one and only leg in Asia of the 14-round championship this season.

Hosting Round 6 of a 14-leg championship from June 6 to 8, Malaysia will join the iconic circuits of Phillip Island, Australia, Spain’s Aragon and Jerez, Imola and Misano in Italy and Laguna Seca in the United States in hosting the Top Two of the world’s elite motorcycling events.

Exciting off-track activities include a post-race concert called The Circus where fans would be treated to a showcase of modern acrobatic acts and music featuring world renowned DJs like DJ Afrojack, DJ Apster and DJ Cosmic Gate. Local DJs such as DJ Ken and DJ Leng Yen will be performing as well, supported by percussionists.

There will also be a special demo run held a week before the race around the city to create that special experience on what to expect on race day. Fans can also meet the riders at a special autograph session on race day together with an exclusive pit lane walk to observe all the preparations at the pit up close.

Tickets for WSBK are selling from as low as RM30 although for a better view, seats at the grandstand are offered from RM50. A special combo package for fans of WSBK and MotoGP can also be bought with savings up to RM100. For real enthusiasts, special paddock access to experience the new paddock environment and catch the race from the best vantage points are also available.

SIC, which also hosts the FIM MotoGP World Championship, believes that it is now ripe and timely to have the world’s two biggest motorcycling events together in Malaysia to inject greater interest in the sports and create Malaysian riders that can compete in World Class Championships.

SIC Chief Executive Officer Datuk Razlan Razali said that local riders have taken part successfully in the MotoGP championship races. “It is only reasonable to get Malaysians involved in the WSBK as well,” he said, promising to replicate the electrifying atmosphere of the heady days of WSBK at the Shah Alam circuit.

Introducing a systematic GP Wildcard Programme in 2009, he was instrumental in putting Malaysia’s second GP rider Muhammad Zulfahmi Zaidi in the 125cc class in 2010 and the progress of Amirul Hafiz Mohd Azmi from the Red Bull Rookies Cup to the Moto3 World Championship this season.

Seeing the positive effect of having a national rider in the race from the success of MotoGP, Razlan has also announced that the same will be done for WSBK. The inaugural race at SIC this June will feature Muhammad Zaqhwan Zaidi as the Malaysian wildcard rider competing in the 600cc Supersport Championship. Zaqhwan will be racing under Team Pata Honda led by Team Manager Ronald Ten Kate. The Dutch team has had successful involvement in the championships for over 20 years – including nine world titles.

“We aim to make the inaugural WSBK Malaysian Round as successful as our Formula 1 GP and the Malaysian Motorcycle Grand Prix. We are proud to be associated with this prestigious event and hope it will act as a catalyst for further development of the sports in Asia,” Razlan said.

Technical skill is most upper when facing the challenging track...
MAGIC of The Night

Enjoy a dazzling evening with the glittering lights of decorated floats brought in from every state in Malaysia. This event features Malaysia as one of the world’s top tourist destinations. Enjoy a grand showcase of the country’s flora and fauna as well as the attractions found in the different states in Malaysia. The event which will take place at Marina Lake, Putrajaya is organized by Ministry of Tourism and Culture Malaysia from 14 until 22 June 2014.

With breathtakingly dazzling floral boats floating by the calm and tranquilizing lake, your eyes will be welcomed and entertained with an excellent display of lights. The boats represent the unique and wonderful tourist destinations in Malaysia such as Penang, Johor and Melaka. Aside from the amazing lights display, you can continue your lovely evening by taking a stroll along the lake and have a look at the various cultural dance performances. End your day off with a nice view of the fireworks display for one of the best evenings ever.

Source: http://www.holidaygogogo.com/floral-parade-magic-of-the-night/
Its cool climate during the day will entice you to come back again.

The rain helps to promote Taiping’s eco-tourism and most particularly, Bukit Larut. Previously known as Maxwell Hill, a name that was derived from a former British Assistant Resident in Perak, Edward Maxwell, Bukit Larut is located approximately 10 kilometers from Taiping. Due to its ‘cooler’ surroundings, Bukit Larut was used as a retreat by the British. According to the locals, Bukit Larut was used for planting and grazing livestock back then. Today, we can see the traces of these activities and the famous tea garden.

During our visit, there were several trucks parked at the entrance which are used to take the visitors uphill at a cost of RM6. The service operates between 8 am until 4 pm. If you are lucky enough, you can even spot some ‘lutong’, a family member of the primate. Travelling on ‘challenging’ track might get you a little dizzy but when you reach at the top of the hill, it’s really pays off! Even on a sunny day, but you still can feel the cool climate seep into the body. By the time you reach the top, you can see that Bukit Larut still preserves its atmosphere of a British hill station, bungalows, abandoned cafes, beautiful gardens, and a pervasive atmosphere of cool quietude. It has its own attractions even though the hill is not as famous as other hill resorts such as Cameron Highland or Genting Highland.

The view from the top is spectacular! You can clearly see the sweeping coastline of Pantai Remis from the tower. The hill is filled with groves of evergreens and vibrantly coloured flora and fauna. The hill station is also home to smaller fauna such as gibbons and squirrels, while its flora comprises species such as wild orchids, Mountain Giant Fishtail Palm and many species of ferns. There are also a few bungalows and a rest house available for rent. It costs around RM 38 for a room and RM 400 for a bungalow per night. The resort hill is a marvelous choice for those who treasure silence and peace in the sanctuary of nature.

When somebody mentions Taiping, the very first thing that probably comes to mind is most likely the famous Taiping Lake Garden. But, do we know that Taiping still has a lot to offer other than just a famous lake garden? As the wettest part of the country which receives the highest rainfall every year, we cannot deny how well the rain helps Taiping to preserve its flora and fauna.
Cinque Terre: High Five!

A visit to Italy would not be complete without exploring Cinque Terre, literally meaning “The Five Lands” on the rugged coast of the Italian Riviera.

Cinque Terre comprises five villages: Monterosso al Mare, Vernazza, Corniglia, Manarola, and Riomaggiore. The coastline, the five villages and the surrounding hillsides are all part of the Cinque Terre National Park and is a UNESCO World Heritage Site. Definitely a compelling enough reason to include in your Italian holiday itinerary.

Part of its charm must be the lack of visible corporate development. Only paths, trains and boats connect the villages and cars cannot reach them from the outside. Exploring the nooks and corners of the villages involve climbing up steep inclines and narrow side-streets too.

Over the centuries, people here have carefully built their homes on terraces carved out of the rugged, steep landscape right up to the cliffs that overlook the sea. The riot of house colors that add vibrancy to this area is due to the fact that while fishermen were doing their jobs just offshore, they wanted to be able to see their houses easily. This way, they could make sure their wives were still home doing the house work!

Most of the families in the five villages made money by catching fish and selling them in the small port villages. Fish was also their main source of food. However, when rail made its way to the Five Lands, inhabitants also found the connectivity convenient for them to escape their isolation, but it also brought about the abandonment of traditional activities. As a result, the area experienced an increase in poverty which pushed many to emigrate abroad. Only in the 1970s, with the aggressive development of tourism, was wealth brought back to this region. Now, tourism is the mainstay of this area and the quaintness of these villages plus the fantastic views are what keeps tourists coming back to this region.
Craving for a large number of fresh prawns with a taste of sweetness in one dish? Don’t know other places that serve the superb taste of prawn noodles like in Penang? Well, here is a new option of the best prawn noodles restaurant for you to try! Located at Kuala Sepetang, which is about 20 minutes from Taiping, this village is already famous for its prawn noodles. One of the more famous restaurants is “Mee Udang Banjir Mak Teh”, just the name alone will indicate the generous amounts of prawns in each dish.

The price ranges from RM6, RM10 and RM12 is truly value for money. Fresh reddish prawns with a surrounded by thick gravy promises much pleasure on the palate. Kuala Sepetang, formerly known as Port Weld is a fishing village, hence there should be no doubt about the freshness of prawns being served to customers here!
Santai

Di hujung minggu

blouse comel buat si gadis

motif bunga serahkan imej feminin

pulih pelengkap gaya

skiny tampilkan imej santai

aksesori pelengkap di hari minggu

kasut ala Balettera

lusuh tapi bergaya

gaya santai buat si jejak

keselesaan jadi pilihan

kazut kulit tonjol imej maskulin

merah buat jejak berani

simple but nice

stripes tonjol keselesaan

denim gaya kasual ringkas but nice

hijau buat pencipta alam

kemas bergaya

fesyen

blouse

kasut kulit

jaket

kasut ala Balettera

jejak

jejak

blouse

jaket
ONE CARD THAT SPELLS BENEFITS!
Get your PLUSMiles card today and enjoy toll rebates, reward points, discount privileges at leading outlets and theme parks, exclusive highway assistance and many more!

Register your PLUSMiles card at plusmiles.com.my and enjoy countless PLUSMiles privileges.

REBATE
Get 5% toll rebate for total monthly toll usage of RM100 and above at PLUS*, ELITE, BKE and LINKEDUA* highways.
*Excluding Bukit Kayu Hitam Toll Plaza, Bangunan Sultan Iskandar Toll Plaza, Tanjung Kapang Toll Plaza and Penang Bridge.

POINTS REWARDS
Get PLUSMiles Points for total monthly toll usage of less than RM100 when you make toll payment at PLUS, ELITE, BKE and LINKEDUA* highways.
*Excluding Bukit Kayu Hitam Toll Plaza, Bangunan Sultan Iskandar Toll Plaza, Tanjung Kapang Toll Plaza and Penang Bridge.

DISCOUNT PRIVILEGES
Enjoy more savings with instant discounts up to 30% at participating PLUSMiles merchants.

E-STATEMENT
View monthly e-statement for transactions at PLUS, ELITE, BKE and LINKEDUA highways. View the e-statement, rebate and points entitlement by log in into www.plusmiles.com.my

RELOAD LANE
Reload your PLUSMiles card at selected reload lanes on PLUS highways.

www.plusmiles.com.my
PLUSLINE 1 800 88 0000
**Bahan-bahan**

- 250gm keju mascarpone
- 200gm gula kastor
- 2 biji kuning telur
- 2 biji putih telur
- 250ml krim putar
- Sedikit esen vanilla

- 1 paket biskut savoiardi biskut (kuih berbentuk jari/jari span)
- 1 tin nanas
- 1 tin pic

**Cara menyediakan**

1) Pukul keju dan gula dengan kelajuan sederhana sehingga sebati.
2) Kemudian masukkan kuning telur dan pukul sebati. Ketepikan.
3) Pukul krim putar sehingga kembang. Masukkan campuran keju tadi.
5) Tuangkan jus nanas ke dalam mangkuk, celupkan biskut jejari.

*(Sources: Saji Mac 2012, page 27)*
FOURTH LANE WIDENING PROJECT: PLUS advises highway users to plan their journey

Users of the New Klang Valley Expressway (NKVE) and the North-South Expressway (NSE) are advised to plan their journey due to widening works being carried out on both highways as follows:

<table>
<thead>
<tr>
<th>Location</th>
<th>Working Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Days</td>
</tr>
<tr>
<td>Shah Alam (KM8.9) – Jalan Duta (KM29.0) – Sungai Buloh (KM457.0)</td>
<td>Monday -Thursday</td>
</tr>
<tr>
<td></td>
<td>Friday – Saturday</td>
</tr>
<tr>
<td></td>
<td>Saturday – Sunday</td>
</tr>
<tr>
<td>Sungai Buloh (KM 457.0) – Rawang (KM443.9)</td>
<td>Monday – Thursday</td>
</tr>
<tr>
<td>Nilai Utara (KM285.6) – Seremban/Port Dickson (KM258.5)</td>
<td>Sunday – Thursday (Southbound)</td>
</tr>
<tr>
<td></td>
<td>Monday – Thursday (Northbound)</td>
</tr>
</tbody>
</table>

As such, traffic flow at these stretches will be affected until December. PLUS will continue to take all necessary measures to mitigate traffic congestion and improve safety at these stretches but users plying these routes are advised to drive carefully and follow all traffic instructions. PLUS also advises the public to continuously check the traffic situations at these stretches via the PLUSTrafik Twitter service, the PLUS Mobile App application for smartphones and tablets, highway electronic boards, major radio stations or contact the PLUS Traffic Monitoring Centre at 1800 88 0000.
GUNA KAD TOUCH ‘N GO

Untuk pembayaran secara elektronik di R&R


Kaedah pembayaran menggunakan kad Touch ‘n Go telah berkembang pada hari ini, bukan sahaja digunakan untuk pembayaran tol, tetapi digunakan juga untuk pembayaran perkhidmatan meletak kenderaan, perkhidmatan pengangkutan awam, pembayaran runcit seperti farmasi, panggung wayang, taman tema, kedai serbaneka dan restoran-restoran terpilih. Tidak dinafikan, evolusi penggunaan kad Touch ‘n Go membolehkan ia terus kekal sebagai ‘mode’ atau kaedah pembayaran yang jauh lebih mudah, tepat dan efisien. Malah, pihak Kerajaan juga telah menggalakkan penggunaan sistem elektronik ini apabila orang ramai yang menggunakan sistem pembayaran secara pintar ini berpeluang menikmati rebat tol, diskaun dan pelbagai faedah yang lain. Kerjasama di antara PLUS dan Touch ‘n Go maju setapak lagi apabila penggunaan kad Touch ‘n Go diperluaskan lagi secara rasmi untuk pembayaran di kawasan-kawasan rehat yang terpilih di rangkaian lebuh raya PLUS.

Kini, orang ramai yang memiliki kad Touch ‘n Go boleh membayar secara elektronik apabila membeli makanan, minuman atau barangan lain di gerai-gerai yang beroperasi di R&R Tapah dan R&R Seremban.

Sepertimana pembayaran tol, pengguna tidak perlu lagi membawa wang tunai untuk membayar makanan yang mereka beli, tetapi pembayaran boleh terus dilakukan dengan menggunakan kad yang sama di gerai-gerai yang terlibat. Pemilihan R&R Tapah dan Seremban adalah hanya sebagai permulaan. Perlakuanannya akan diperluaskan ke R&R yang lain secara berperingkat selepas ini untuk memberi lebih banyak pilihan dan kemudahan kepada pemegang-pemegang kad elektronik ini.
Walaupun begitu, terdapat juga hasil hutan terutamanya akar kayu yang bukan sahaja menyumbang kepada kestabilan ekosistem, malah turut mengandungi khasiat yang baik kepada manusia. Tetapi, dunia yang semakin moden ini menyebabkan kita kerap kali mengambil ringan mengenai kebaikan khasiat akar kayu ini.

Selain itu, kurangnya publisiti mengenai tumbuhan akar kayu ini menyebabkan ianya semakin ditelan zaman. Segelintir masyarakat sahaja yang menyedari akan kebaikan tumbuhan akar kayu ini. Namun, kekangan masa menyebabkan mereka sukar untuk mencari produk-produk yang berasaskannya.

Oleh itu, PLUS telah mengambil inisiatif untuk menjadikan Kawasan Rehat & Rawat (R&R) Sungai Perak sebagai platform untuk mempromosikan khasiat tumbuhan akar kayu ini untuk kebaikan kita bersama. Menariknya, tumbuhan akar kayu ini dijual oleh masyarakat orang asli di R&R Sungai Perak yang sememangnya sangat arif mengenai khasiat hasil hutan ini. Ianya dapat digunakan untuk mengubati pelbagai jenis penyakit di antaranya cirit-birit dan lesu tubuh badan.

Selain itu, akar kayu ini juga dapat mencegah penyakit kronik seperti buah pinggang, kencing manis, gastrik dan gaut. Ianya dapat melancarkan kembali proses pengedaran darah, malah khasiatnya bagus untuk wanita yang baru lepas bersalin.

Langkah yang telah diambil oleh PLUS ini dipercayai dapat membawa impak positif dalam mempromosikan hasil hutan tempatan dan sekaligus dapat menjana ekonomi penduduk setempat termasuklah masyarakat orang asli. Kini, para pengguna lebih raya boleh mendapatkan tumbuhan akar kayu ini di R&R Sungai Perak.

Hutan hujan tropika di Malaysia yang kaya dengan pelbagai hasil hutan merupakan salah satu khazanah negara yang tidak ternilai. Setiap tumbuhan ini mempunyai kepentingan dan keunikan yang tersendiri.
REAL-TIME TRAFFIC INFORMATION ON PLUS HIGHWAYS DIRECTLY TO YOUR SMART PHONES & TABLETS

- **Toll Plaza**: Information on locations of toll plazas, distances and toll fare calculator
- **PLUSMiles**: Check rebates, points entitlement & redemption history of your PLUSMiles Touch 'n Go cards
- **Live Feed**: View the latest traffic images from selected highway cameras on the mainline
- **R&R**: Find out locations of RSAs including facilities offered at these rest areas
- **Customer Service Center**: List of customer service centres along the PLUS highways
- **Live Traffic**: Receive traffic update notifications on highways of your choice

And many more at your finger tips!

Download the app for FREE via Google Play or App Store. Search for "PLUS Expressways". You can also download the app by scanning these QR codes.

For More Info: Call the PLUSLine 1 800 88 0000 or visit www.plus.com.my or www.plusmiles.com.my

Brought to you by:
Expressways

PLUS Expressway App, a smart application which has been introduced by PLUS Malaysia Berhad (PLUS) that enables the highway operator to disseminate the latest highway traffic information faster, easier and accurately to motorists with smartphones and tablets.

Smartphone users can now download the free PLUS Expressways app from the App Store for iPhone/iPad users or from Google Play Store for Android users.

Through the application, highway users will be able to check the latest traffic updates such as live feeds, accidents, traffic congestion, road maintenance works and other information on their mobile gadgets.

It also offers highway users a toll fare calculator, current traffic images at selected highway stretches and rest areas, facilities, locations of service stations, ATMs and interactive highway maps. Besides that, users will not only be informed with latest events from PLUS Malaysia but also the PLUSTrafik updates on traffic conditions & incidents along PLUS highways. Furthermore, the app also enables PLUSMiles cardholders to register their cards through the PLUSMiles portal and check for toll rebates and reward points.

So, there is no time to be wasted for and download the app now for easier and smoother journey!
Berita Operasi
Buka Mata Pelajar Mengenai Sumbangan PLUS


Ini merupakan penyertaan kali kedua PLUS bagi menyokong usaha ‘Institute Integrity of Malaysia’ (IIM) dalam membudayakan nilai integriti yang diamalkan oleh syarikat untuk diketengahkan kepada pelajar-pelajar tersebut.

Seramai 36 pelajar dari Maktab Rendah Sains MARA (MRS) seluruh negara telah menyertai program ‘Integrity Champion Global Summit’ (ICG) 2014 pada 25 April lalu.
7 STEPS

To Prevent Road Rage

1. Confront your own penchant for misbehaving on the road.
2. Be aware of how your physiological system responds.
3. Use breathing tactics to calm down.
4. Drop your perfection.
5. Think of the other person as human.
6. Keep a photo on your dashboard to remind you of what really matters.
7. Give the enraged driver a peace sign and smile.

what should you do when your car OVERHEAT

1. Pull over to a safe location and switch off your engine.
2. Top up the coolant level.
3. Release the pressure carefully.
4. Restart your engine.
5. Take your car to a garage immediately.
CLEAR YOUR MIND

- Wake up.
- The best ideas arrive at the strangest times.
- Faster decision making and problem solving.
- A healthy worker is a productive worker.
- Have lunch.
- Attention to detail.
- Give yourself micro-deadlines.
- Be happier.
Things We All Can Do For
Mother Earth

- Start carrying a reusable bag for all your shopping.
- Bring a travel mug to your favourite coffee shop and eat an all-local meal.
- Take public transport. Otherwise, walk or bike instead of drive.
- Install a water filter on your tap so you don’t feel the need to drink bottled water.
- Install an aerator on your kitchen tap to reduce water use.
- Replace old toilets with dual flush models.
- Invest in rechargeable batteries. Also start buying and using compact fluorescent lights (CFLs) or LED light bulbs.
- Stop using paper plates. Buy a bunch of tea towels and ban paper towels from your home.
- Build a backyard compost bin. Plant a garden to help promote biodiversity.
- Switch to eating organics, especially fruits and vegetables.
- Flush your pet’s poop instead of throwing it in the garbage.
- Install a water-saving shower head.
- Plant a tree in your yard and share your green know-how with others.
- Plug your electronics into a smart power strip, which automatically senses when electronics aren’t being used and cuts power to avoid phantom power use.
- Take a short shower (5 to 10 minutes at most)
- Find new ways to use old things. Recycle your old sneakers and clothings.
- Carpool with co-workers or friends who work close to your office.
- Donate your old mobile phone to a charity.
- Turn off computer, head outside, and do something that requires only your own energy.