



MALAYSIAN PETROLEUM CLUB
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No Compromise On Safety

YM Hj Ungku Mokhsin Ungku Mohamad

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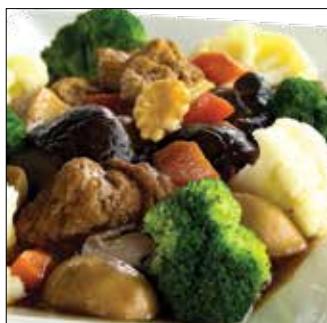


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Club Manager



Hello

This is another promotion-packed edition of your exclusive club magazine created specially for you. We hope the pages of this edition, and many more to follow, help you to explore a higher level of living and unwinding. May it inspire you to live richly – in whatever way that has meaning for you.

For starters, this Ramadan Berbuka Puasa, we are offering for the first time, Lamb Mandi with Basmathi Rice, Chicken Shawarma and special appetizers and desserts from the Middle Eastern part of the Mediterranean. Speaking about the Mediterranean, let's go on a dream Mediterranean cruise of a lifetime.

Another much-awaited good news is that we are replacing your membership card with a new security card that you just touch at the security gates to gain entry, without having to register your name at the Petronas counters.

Please continue to flip through the pages and be inspired, be rejuvenated and be very hungry. Stay with us – and expect more. ♦

Joanne Lee Abdullah

Club Operations Manager

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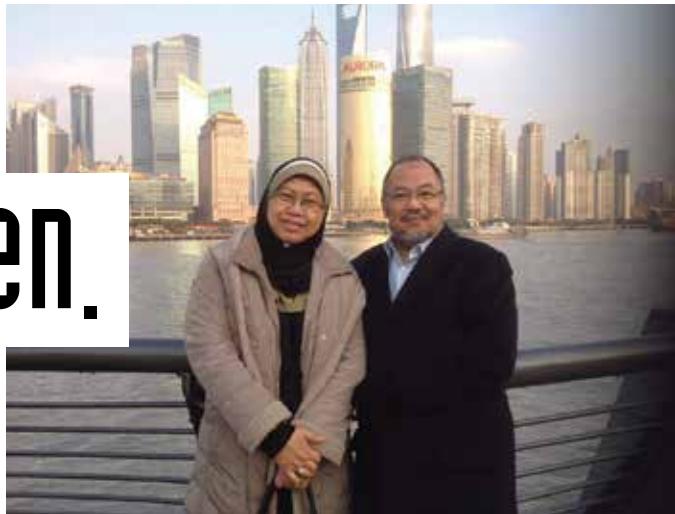
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Opportunities Don't Just Happen. You Create Them.



Some people dream. Some people do. And some do both; doing what is right, the right way, at the right time. It is said that the road to success is not easy to navigate, but with hard work, discipline and passion, it is possible to achieve your dreams. YM Hj Ungku Mokhsin Ungku Mohamad, a member of the Johor Royal family, is a testament to the often-quoted adage – you are what you do.

YM Ungku Mokhsin is the President of the First Marine Services (M) Sdn Bhd, which has grown into the FMS Group with offices in Johor Bahru, Kuala Lumpur, Kuantan and Labuan, and regional offices in Dubai, Ashgabat, Iraq and Mauritania servicing Petronas in its global ventures since the mid-1990s.

As a pioneer, Ungku Mokhsin has been blazing a trail for 35 years, carving a niche for the company, where the only competitors in sight are foreign-owned companies. It took fortitude, discipline and integrity to head out into the uncharted waters of the open sea of risks and opportunities at the same time. Even until today, this exciting journey continues



The Early Years

Ungku Mokhsin started his career in the 1970s, in his late 20s, working in the marine industry for an oil company in Singapore. It was a very tough market to penetrate back then; to approach international petroleum companies. He saw an opportunity when the Malaysian government was in the process of metrication – changing from imperial to metric units, and decided to switch to the agriculture sector. He sold a lot of metric equipment to the agriculture community, and subsequently to many other industries.

Ungku Mokhsin :

"After the switch to the agriculture sector, I went back to the marine industry and eventually to the oil and gas sector as there was a lot of oil explorations at that time in the late 1970s and early 1980s. I sold safety equipment mainly lifeboats and I sold a lot of lifeboats to Petronas,



Esso and Shell for their offshore platforms. I represented a UK lifeboat manufacturer for a while. Unfortunately this company changed hands many times and was eventually bought over by an Australian company based in Singapore. I was collaborating with them from Johor at that time.

In 1983, I established First Marine Services primarily in the supply and servicing of navigational aids, marine safety products and life saving equipment from our headquarters in Johor Bahru. And that was how it all started.

Blazing A Trail Where No Man Has Gone Before

By the late 1980s, First Marine Services (FMS) has started expanding its operations and acquiring relevant expertise to become a fully-fledged professional entity for the design, supply, installation and commissioning of architectural modules for offshore platform living quarters, as well as marine vessel handling operations for ports and marine spread.

Ungku Mokhsin :

"In 1995, Petronas offered to take our company to Turkmenistan of the Commonwealth of Independent States (CIS), former Soviet Republics. Where is that?



But we went and we were the first Malaysian company, maybe even one of the first Asian companies to operate in that country. We brought in the first vessel from Egypt to be commissioned in the Caspian sea. Yes we enjoyed lots of great sceneries, food and world-renowned caviar for three years. We then followed Petronas to Sudan for a few years, and even to West Africa in Mauritania for one year.

Back in Malaysia, we continue (sub-con) to build living quarters for 80 - 100 workers on-board the offshore platforms. We built living quarters for 12-14 offshore platforms, more than any local company.



We have stopped this enterprise now as there aren't any new offshore platforms being commissioned.

Then we started selling aluminum helidecks for offshore platforms. This venture is still operational until today. While aluminum helideck is more expensive than steel helideck, but it is 65% lighter, and stronger. Weight is a very important consideration for offshore platforms".

The Global Crises

During the Asian financial crisis in 1997, the FMS Group was operating from its satellite headquarters in Dubai. As its operations had gone international, it was able to weather the Asian financial crisis very well.

Engku Baklesyah, Ungku Mokhsin's son, joined in mid-way during this interview. Engku Baklesyah who is the COO and Vice-President of FMS Group, said that

he was in the LaTrobe university in Melbourne, Australia, and witnessed how badly the financial crisis affected Malaysian and Asian students in the university.

Ungku Mokhsin :

"During the Asian financial crisis, while we were based overseas, we still have our factories and offices operational in Malaysia. But for two years, there wasn't any work....zero. Yet, Alhamdulilah (By the Grace of Allah), we maintained all our personnel and paid them, even when there was no project in Malaysia over this difficult period.

But compared to the Asian financial crisis, this current fall in oil prices from 2014 is the worst. So many oil & gas companies have ceased operations. Singapore is badly hit by this, more than Malaysia. But what is disheartening is that during a crisis like this, banks are being

overzealous in tightening their credit policies. Despite being very good paymasters, we still faced a lot of challenges getting financing, even when we have new guaranteed projects. We want banks to be our partners in good times and bad times. Not abandon businesses during bad times.

Yes, oil prices have rebounded of late, so I am cautiously optimistic about the current situation. I am still very confident about the oil & gas industry for the future. The world is looking at South East Asia now and in the future. And that is very exciting. The drop in oil prices is not a drop in demand or a drop in consumption. It is just global politics at play, and everyone in between suffers".

Petronas, The Best Mentor

Petronas introduced the Vendor Development Programme (VDP) in 1994 to help local companies become more competitive and encourage the development of locally manufactured technologies. Petronas has been fully supportive of companies getting VDP status when they provide evidence of their ability to add value to the domestic services and manufacturing market.

Ungku Mokhsin :

"When we first built our factory, servicing lifeboats in Kuantan, Petronas came to check out our facilities and asked why we didn't apply for the Petronas VDP. We haven't heard of it, but we applied, and we were chosen for the VDP. Petronas moulded us, helped us to achieve international certifications, and gave us international exposure. We were given a 5-year VDP, which was extended by another 3 years. We graduated from Petronas VDP in 2014.

We have a lot to thank Petronas for. The best mentor a local company could ever ask for. Petronas helped us to be what we are today".

Engku Bakleysyah :

Ungku Mokhsin has carried on this principle and spirit of nation building by training good people to become fantastic entrepreneurs. At least three of Ungku Mokhsin's personnel had gone on to start their own ventures to become millionaires. In fact, in the lifeboat-making industry, a lot of competent professionals working in other companies have worked in FMS at some point in their careers. FMS has been a very good training ground for the lifeboat manufacturing industry.





70% of FMS' spare parts are sourced from local suppliers, thus helping local enterprises to expand their operations in turn.

No Compromise On Safety

Sometimes, when companies expand, it is easy to cut corners, compromise values and deliver a sub-par product or service. But the businesses that manage to weather their growing pains and stick to their guns are the ones that last longest and shine brightest. It is scaling with integrity. This is a principle Ungku Mokhsin holds passionately to.

Ungku Mokhsin :

This has been my motto for 35 years now: Absolutely No Compromise On Safety.

Safety is my passion. It is the motivation behind everything we do, especially when one of our core business is to design and manufacture lifeboats. While we are in business for profits, we value the lives and safety of people above everything else. Sometimes, we lose tenders or orders because other competitors offer cheaper inferior parts and boats. And we are okay with that. Many times, the same clients would then come back to us to take remedial actions on their lifeboats,

or safety equipment. I daresay, we are the foremost lifeboat supplier in the country and even around neighbouring countries.

The Other Passions

What would surprise many people who are not familiar with Ungku Mokhsin is that he is passionate about boat racing during his heydays, not that he is over the hill yet. His busy schedule has put a stop to his racing days. He is also a passionate Harley Davidson rider. In fact, when he moved his office to Dubai, he had to part with his Harley. Instead, he got his licenses in F1 and F3 international boat racing in Dubai. Ungku Mokhsin also unofficially brought in F3 boat racing to Johor during the Sultan of Johor's birthday. Traditionally, boat racing was held to celebrate the Sultan's birthday.

Malaysian Petroleum Club

Ungku Mokhsin :

"I can't quite remember my membership number but I think I was one of the first 20 members of MPC since 1991. I had a lot of wonderful memories of MPC @ Daya Bumi. For starters, there were specially reserved car parks for MPC members. Then we didn't have to register our names at the security counter, every time we visited.



There was also a special walkway from the car park to the club.

I may have been one of the top contributors to the club's F&B outlets. We hold meetings and events at the club. We constantly bring our foreign suppliers and clients to the club, as well as entertaining friends and families, for so many years until today. We are very good ambassadors of MPC; so many memories and eventful moments at MPC.

I remember when I was checking in at the airport in Australia, the check-in staff looked at my passport and said that she was coming to Malaysia with her husband for her honeymoon. One of her must-do-list is to visit the KLCC Twin Towers. So I told her to call me when she is in KL so that I can arrange a special dinner for her and her husband at MPC KLCC, as special guests. And I managed to do that for her.

3-4 years later, Engku Bakleysyah was coming back from Australia and he checked in at the Airport counter.

The same lady looked at his passport and said that the name seemed familiar and told him the story of a gentleman who arranged a wonderful dinner for her and her husband at MPC@KLCC. And my son said that is my father. Such a random encounter for myself and my son with the same person years later.

I think MPC must always maintain its exclusivity and its high-standards in food quality. But MPC must be refurbished every few years to offer a new atmosphere to its members.

But without a doubt, MPC has provided such an excellent platform for the oil & gas fraternity to meet, network, and relax, as well as to transact deals and projects and to impress our guests be it suppliers or clients at the iconic KLCC Twin Tower. We always give away miniatures of KLCC Twin Towers pewter when we are abroad. So it is really a big treat when our overseas guests finally get to dine at MPC. Not many people have dined on the 42nd Floor of the iconic Petronas Twin Towers. It's a big deal. ♦



Your Bespoke Suit

don a bespoke suit, you will instantly feel like a king amongst men. But no one ever said becoming a king would be easy, unless you are actually a king.

Regardless of how much money you've spent on it, an ill-fitting suit, whether it's too tight and looks restrictive, or is too big and looks bulky and awkward, will never look good. The right fit can make or break a suit. The path to choosing the correct fit can be challenging but is well worth the effort to avoid discomfort when wearing your suit.

Contrary to popular belief, men's suits should always be comfortable. Suffering for beauty's sake does not do a man any good. If the fit of a garment makes a man uncomfortable, he will look uncomfortable and out of place.

Unfortunately, most men today wear poorly fitting suits. The first step in acquiring properly fitting clothes, and especially suits, is understanding what proper fit looks like.

The Shoulders

The shoulder pads should lie flat and should not protrude beyond your own shoulders (even if you have narrow shoulders). The seam of the shoulder should meet the seam of the sleeve where your arms meet your shoulder. If the seam is hiked up or dangling down, it will not sit right with your shoulders.



Do you want padded shoulders or shoulders without padding (*spalla camicia*)? The former will create broad appearance, while the latter will create a soft and natural transition from shoulder to arm. The latter is more contemporary. However, you can ask your bespoke tailor about a softer material for the padding as the third option.

The Length of the Suit

The back of the jacket should fall comfortably in a straight line with the bottom edge draping over the top of the curve formed by the buttocks but no longer than your knuckles. It should not flare at the back above the buttocks, or fall past them and sag.



The Length of the Sleeve

This should never fall any lower than the base of your thumb. In fact it should ideally show about half an inch of the shirt beyond the jacket cuff.



The Closure

The jacket should fit closely around your stomach but not too tight to avoid the awkward gaping at the buttons. A fist's worth of room should be between yourself and the jacket.



stomach spilling over a low-rise waistband.

Additionally, men under 5ft 9inches do better without cuffs on their trousers. The cuff is the optional bit of material on your suit trousers that is folded up and pressed.

The Seat

The seat or the butt, should not pull tight against your buttocks. You will notice horizontal strains under the buttocks if this is the case, or drape loosely down the backs of your thighs, at which point you will see 'gathered' excess material.

The Trouser Break

This refers to the point where your trousers touch your shoe. The cuff or end of your trousers should rest on the top of your shoe. Trousers that are too long will look sloppy. A medium/half break is the industry-standard and will result in just a bit of fold-over the top of your shoe.



The Trousers

How you wear your trousers will determine the trousers break. Pants should be worn at the natural waist, near the navel. But it is a personal choice. Some wear it lower. But the man with a belly, looks much better with high-rise trousers draping from his middle, rather than with his

The Vent

The slits at the back of your suit is called the vent, and allow for both a tailored fit and easy mobility. Center vents are traditional, whereas two side vents are a bit more modern and making the suit look more fitted. No vent is for younger people with no belly for a close fit, which will also affect one's mobility.



The Fabric

There are a lot of suit fabrics out there. Your suit should be composed of a fabric lightweight enough so you don't overheat but sturdy enough that you'll still be comfortable if the environment is a bit cold or chilly.

Worsted Wool is the most popular wool used for suits, as it is highly adaptable to temperature change, wears well, and gives off that slight shine. It is extremely versatile and great for solid-coloured suits.

120s is a more luxurious lightweight wool and ideal for use in a three-season suit.

Mohair is silky and a bit more textured than the first two options.

Flannel is typically made from worsted wool, and is similar to tweed and herringbone in terms of look, but tends to

Lifestyle



be softer to the touch. Most tailors have a wide selection of colours and weights of this popular fabric. This is the ideal breathable material for spring and fall months.

Single or Double-Breasted

Single-breasted suits have two or three buttons. Double-breasted suits have an outer row of functional buttons and an inner row of decorative buttons. A double-breasted suit will add bulk to the waist making you look even larger around the mid-section.



Single-breasted suit allows for a more relaxed and slimming fit. So know your body type.

Suit Inner Pockets

There are a plethora of inner pockets you can have with your suit. Left and right inside pockets can be used for everything from money clips to mini iPads. But bring your mini iPad along so your tailor can take a measurement. You may also want to add a secret inner pocket somewhere for your passport or your top-secret spy documents. Some people

have a few more inside pockets added so items can be kept in different pockets and not all items in one or two pockets that will bulge out and ruin the look of your suit.

The Lining

Noticeable linings on suits can be quite fashionable and looks exclusive. It also adds structure and weight to your suit. A fully-lined suit is heavier, warmer and has a thicker look to it. As a result, the suit drapes nicely over the contours of your body and will not crinkle or 'catch' on your shirt as easy.

The higher-end suit linings will mostly be made of silk which is very comfortable but expensive. Cheaper options are synthetic materials like bemberg silk, rayon, polyester and acetate. Whether it is a bold contrast or subtle contrast is a matter of personal choice and style.

Bring Pictures For Your Tailor

Visuals always help your tailor understand your style and needs, so that he can be inspired and create that wonderful look you want.

Honest is the Best Policy

Be honest with your tailor. What occasion is the suit for, where the suit will be worn, and how often you wear it. Don't suck in your tummy or protrude your chest out to look more fit when the tailor takes your measurement, as it will affect how the suit eventually fits you. Even by a couple of centimeters off, will result in a comfortable smart-fitting suit or an uncomfortable one. Don't wear jeans when you go the tailor's for measurements.

Get the Most of Your Fittings

When you go for your fittings, wear the exact shirt that you will wear with the suit, including the shoes. You'll want to see exactly how your trousers break on your shoes, and how the sleeves and collar look under your suit. Don't be afraid to speak up if something feels off or uncomfortable. You are spending a lot of money on your suit. Discuss with your tailor what doesn't feel right. Take your time during fittings. Don't rush it.

Always try on the suit and trousers one last time when you pick them up even after one or two fittings.

What Not To Keep In The Pockets

Sharp objects like keys should ideally be kept well clear from your suit pockets as they will often rip the lining. Avoid carrying bulky items in your pockets as they can adversely affect the silhouette of the suit.

General Suit Etiquette

- Never button the bottom button of a suit
- Always button the top button of your shirt if wearing a tie
- Always unbutton your suit before sitting down or risk ruining it

- Make sure socks are long enough so there's no exposed leg when sitting down
- Research what type of suit, buttons, pockets you want
- Having a contrast or bold lining will add that wow factor if you can carry it confidently

And there you have it. Now that you've a better understanding of what's required to getting that bespoke suit, take this knowledge and be that dapper king that you are. Revel in how you look and how confident and successful you can be.

Remember, behind every great man is a great tailor. ♦



Club Member

Helping SMEs to Scale-up their business

Dr Zakaria Taib

You were the President of the International Council for SME and Entrepreneurship Malaysia (ICSMEE Malaysia) until December, 2017. What does ICSMEE do?

- ICSMEE is the Affiliate of the International Council for International Council for Small Business (ICSB), an international organisation based in George Washington University, Washington DC, USA – established in 1955.
- Its mission is to enhance entrepreneurship and accelerate the development and growth of small business (SMEs) all over the world. ICSB have Affiliates and Chapters, with membership spanning over 80 countries.
- In Malaysia, we are only 4 years old and I served as its President till December, 2017. Most of our members are SME Business Owners, while the rest are Consultants, Trainers, Academics, Researchers and Policy Makers.
- Our Chairman is YBhg Tan Sri Abdul Rahman Mamat, Former KSU, MITI.





How does ICSMEE enhance entrepreneurship and development of SMEs in Malaysia?

- By sharing the knowledge and experience of our global members and friends, we help them become better entrepreneurial leaders, embrace innovation and digital transformation, and accelerate the growth of their businesses.
- Our activities include organising Members' Day, Public Lecture, International Conference, business matching, and other events to promote free exchange of ideas and experience.
- Almost 80% of SMEs in Malaysia are very small - "MICRO" (less than RM300k turnover). They are struggling, facing all kinds of problems, and unable to contribute much to the economy, in terms of GDP, employment or export. They need help, counselling and coaching to succeed.

Have you ever been in the Oil & Gas industry?

- YES of course. I was with Petronas from 1978 till 1994, serving Petronas Group in various capacities. My last position was Head, Corporate Finance, PETRONAS HQ.
- I left Petronas in 1995 to start my own business. I retired from active business life in 2012.
- Since then I have taken some advisory roles in a few companies including SepaduTECH Services Sdn Bhd (Petronas licenced Co).
- I am now the Chairman of SepaduTECH Services.

Can you share some of your thoughts about Oil & Gas business?

- I can talk only on behalf of my company, SepaduTECH Services.



Club Member



- Though we are small (SME), we have to compete on equal footing with large companies and foreign companies. As a Petronas Licensed company, we do not have any special privileges. We are "forced" to work with large companies who are able to get the jobs direct from Petronas. Here, we are "squeezed" with thin margins. To make the matter worst, some of these large companies are also defaulting on their payments, thus hindering us from continuing or completing our work.
- We hope PETRONAS can look into this matter and try to help SMEs like us.

What is your passion (hobby) outside of work?

- My hobby has changed now. In my remaining life, I would like to help as many people as possible, especially the neglected youths and children, to learn

about life, so that they can have a good life later on, through education, motivation and counseling.

- I spend a lot of time doing social work.

You are one of the early members of MPC since 1986.

- My MPC membership was given by Petronas as part of the managerial benefits. I am indeed grateful to PETRONAS for this gift. I have enjoyed the facilities with my family, friends and business contacts. MPC is a very valuable for my personal and business life.

What do you think of MPC @ KLCC? How has it evolve?

- Obviously, the facilities of MPC at KLCC are much bigger and better. What else can I can say. It is simply awesome.



*What would you like to see in MPC going forward?
What can MPC do better for the future?*

- MPC had been well-managed all these years. Now we have even more professional management making it more vibrant and interesting for members and guests.
- As a social worker, I wish MPC would consider "sponsoring" some less privileged groups as its visitors, like college students. This will give them motivation to be successful in their life.

Has MPC played its role as a platform for professionals to network and relax with friends and family?

- Sure. For me, I find it very useful.

Do you have any fond memories of MPC @ KLCC?

- I had good times with some special visitors, including those from overseas.
- I also organised events and seminars here.
- I used MPC a lot for business meetings and networking.

Biodata

Business

- Chairman, SepaduTECH Services Sdn Bhd.
- ADVISOR (Malaysia), Babson Executive Education, Babson College, Wellesley, Massachusetts, USA.
- Director/ Advisor to a few private companies.

Voluntary/Social Work

- Founder & Past President, International Council for SME & Entrepreneurship Malaysia.
- Advisor, Asia Council for Small Business (ACSB).
- Senior Corporate Fellow, Asia e University.
- Member, Investment & Endowment Committee, Universiti Malaysia Terengganu.
- Member, Industry Advisory Board, HELP University.
- Member, Industry Advisory Board, Curtin University, Miri Sarawak.
- Member, Advisory Board, SST & Consultancy Academy, Selangor (Approved Skills Training Centre).



Eat to Live Longer. Eat the Mediterranean Way !

The fascinating benefits of a Mediterranean lifestyle : siestas and good eating. The people of Italy, Greece, Spain, and their neighbours have got it right. Not only do they have one of the most delicious foods in the world, they also have some of the lowest obesity rates, coupled with longer life spans than people in other developed countries.

Mediterraneans are part of the coveted 'Blue Zone' people, who are the healthiest and have the longest life spans in the world. What's even more amazing, is that many of them do not have a specific exercise routine.

Based on his studies of Blue Zone communities, National Geographic writer Dan Beuttner explains that they set their lives up for physical activity. They walk to the store instead of driving. They cook from scratch and burn calories while they do it. People in Greece and Italy are more likely to climb steep hills and steps around their neighbourhood as part of their daily routine. They also work in their gardens, exercising as they grow their own organic food.

What's more, the Mediterranean lifestyle means less stress. Slowing down for an afternoon siesta encourages lower blood pressure and reduces the odds of cardiovascular disease. Of course, taking a nap mid-afternoon may not be practical for most of us in this part of the world, but there are so many other positive aspects of the Mediterranean lifestyle that we can benefit from.

Making Wise Food Choices

According to the Organisation for Economic Co-operation and Development, only 1 in 10 Italian adults are thought to be overweight. This is very low compared to the other Western countries which is 1 in 6. The original Mediterranean food pyramid is very similar to the ones recommended by global food organisations. It encourages limited sugar, replaces butter with healthy olive oil and uses herbs and spices instead of salt to flavor food.

The well-known organization, Mayo Clinic, reported that a traditional Mediterranean diet is associated with a reduced risk of death from heart disease and cancer, thanks to its emphasis on whole grains and fresh produce. They have a reputation for enjoying the good things in life, that means going for quality over quantity, and savouring the experience of it.





Be Connected In Person, Not With The Mobile

It is not just what Mediterranean people eat, it's how they eat it. The people of these countries tend to sit down for meals with family, friends to catch up and socialize. They eat with other people and have lively conversations instead of constantly checking their mobile phones. (Even though, this may be a dying tradition today, as young people are more connected to their mobiles the world over).

This positive lifestyle encourages communal care of young children and the elderly, where everyone feels supported throughout their lives. Studies show that older people who live in a community are 40% less likely to suffer from depression than those who feel isolated in nursing homes.

What Is A Mediterranean Diet

The Mediterranean diet includes lots of plant-based foods like fresh fruits and vegetables, legumes, nuts and whole grains, as well as fish and seafood. The primary source of fat is usually olive oil rather than animal fats. And they eat very little red meat.

The diet of the Mediterranean people comprise whole grains and nuts as well. Nuts are high in fat, with approximately 80% of their calories come from fat, but most of the fat is not saturated. They love their almonds, cashews, pistachios, walnuts and tahini (blended sesame seeds). They also eat a lot of bread, eaten plain or dipped in olive oil. They make their own pasta and consume a lot of tomatoes, lemons and fresh salads. Plus a load of herbs and spices that add incredible flavours and are good for the health too. Parsley, saffron, thyme, basil, rosemary, oregano, sage, za'atar (a savoury, citrusy spice blend) and cilantro.

They also consume a lot of grapes in their wines, an excellent accompaniment to the fish and seafood meals that abound throughout the Mediterranean. Fresh tuna, salmon, trout, mackerel, herring, cod as well as other seafood like crabs, prawns, lobsters, calamari (squid), to name a few.

What Is The Science Behind It

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. The diet has been associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol – the 'bad' cholesterol that's more likely to build up deposits in the arteries.

A meta-analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of cardiovascular mortality, as well as overall mortality. The Mediterranean diet is also associated with a reduced incidence of cancer, and Parkinson's and Alzheimer's diseases. Women who ate a Mediterranean diet supplemented with extra-virgin olive oil and mixed nut, may have a reduced risk of breast cancer.

For these reasons, most, if not all, major scientific organizations encourage healthy adults to adapt a style of eating like the Mediterranean diet for the prevention of major chronic diseases. ♦

To help you get started on the tasty and healthy Mediterranean diet, Malaysian Petroleum Club will feature a special Mediterranean Middle Eastern food station at Temana Brasserie during Ramadan Berbuka Promotions. Grab this opportunity to indulge and enjoy the taste of the Mediterranean.



Malaysia, The Gateway to 640 Million ASEAN Consumers

Mr Bernhard Schutte



This is the positive analysis and outlook of Mr Bernhard Schutte, the Chairman of TAPIO Management Advisory Sdn Bhd. He is currently one of the advisors to the East Coast Economic Region (ECER) Malaysia, to help bring in investors from Europe, especially from Germany and Bavaria. Bavaria is the most competitive industrial state in Germany, as well as in Europe, with a pronounced specialization on the automotive industries, electrical engineering, mechanical engineering automation and robotics.

Mr Bernhard is also the Country Manager for the State of Bavaria, and the advisor for BMW in Malaysia. He has been doing business in Malaysia for 15 years, and living permanently in Malaysia for 10 years. Mr Bernhard was invited to come to Malaysia by MITI, under the then

Minister of International Trade, Tan Sri Rafidah Aziz, and the Ambassador of Malaysia to USA, Tan Sri Ghazzali Sheikh Abdul Khalid. He is currently specializing in the petrochemicals, automobile and medical industries.

Bernhard Schutte :

Before I came to Malaysia, I was staying in the USA. When I told my friends and colleagues that I am relocating to Malaysia, they all said I was making a big mistake. In fact, coming to Malaysia was and still is, the best decision I have ever made.

Malaysia has huge potential. Malaysia is really the gateway into the ASEAN and Asian region. I really like what I am doing for the ECER. It has a lot of similarity with the history of Bavaria after the second World War.

Bavaria at that time was mainly an agricultural region, much like Terengganu and Kelantan now. It was the poorest state in Germany at that time, today it is the richest state in Germany. The reason for the rise of Bavaria is its unrelenting emphasis on technology and education.

Technologies of the Future

So the first thing we are doing for the East Coast region is to bring in one of the best technology universities in the world called the Technical University of Munich. This university will be located in the East Coast and it will be a game-changer for Malaysia. The difference between



this university and other universities is that the Technical University of Munich teaches the technologies of the future.

If you were to study engineering in Malaysia, firstly, the textbooks may be, let's say 5 years old. Then you spent 3 years studying. By the time you graduate and go into the workplace, that knowledge you have in 8 years time, is already obsolete as the world has moved forward. Instead, the Technical University of Munich will teach you technology that is 4 or 5 years into the future; the technology of tomorrow. So when you graduate, your knowledge is current and you will be productive and sought-after by companies. We also want Malaysian companies to team up with this university to produce the workforce of the future. This was and still is the strategy of Bavaria.

We want Malaysia to be at the forefront of technology, business and manufacturing. When Malaysia collaborates with Germany, it will elevate Malaysia above all the ASEAN countries, maybe even above many Asian countries. This university will be operational in mid-2018. This is the vision of the CEO of ECER, Dato Seri Jebasingam Issace, to team up with the best, hence with Bavaria and the Technical University of Munich.

The Youth of Malaysia is the Key

While I am very confident that Malaysia has immense potential, the only thing that may be an obstacle is that the older generation is holding back the young Malaysians. They are overprotective of their children, they are not allowing these young educated Malaysians the freedom to grow, to make mistakes, to forge ahead. They spend so much on their children's education yet holding them back at the same time. Trust the young professionals. Inspire them to soar.

These young Malaysians can drive the growth of the nation. Malaysians speak all the languages of the ASEAN regions. Historically, their great grandfathers emigrated from all these countries to settle here in Malaysia. Where else in ASEAN can you find such a melting-pot of cultures and races?

Any Western country or company that wants to penetrate the ASEAN markets, which have a total population of 640 million people, out of which 400 million are middle-class with high disposable income, has to use Malaysia as the gateway.

Malaysia can take its rightful place as one of the top countries in Asia if it embraces Industry 4.0, the fourth industrial revolution, and focuses on technology, automation, specialized engineering and robotics.

Welcome Other High-Value Industries

I was introduced to the Malaysian Petroleum Club by Dato Seri Issace, and I think the MPC is a wonderful place to meet up with many industry captains and professionals. I bring foreign guests here and they are impressed by it. But MPC seems under-utilized.

Maybe MPC should open up its membership to other high-value industries like the automobile industry. So even the oil & gas members would look forward to networking with other high-value professionals from other industries. Organizing weekly or fortnightly focused groups amongst different high-value industries could ensure MPC is fully utilized.

The personnel of MPC are all very friendly and professional. They address you by your name and make you feel as comfortable as they can. They are definitely an asset to MPC. ♦

Dinning In



Santapan Serantau Ramadan Berbuka@ Temana Braisserie



The Malaysian Petroleum Club has prepared a wonderful buffet spread at Temana Braisserie for this Ramadan. The Temana will transform into a multi-station dining experience from 21 May to 10 June. Specially for this Ramadan, Chef Sharul Mohamad, together with Chef Shukor and pastry Chef Wan, have gone all out to offer you a superb Berbuka dining experience. 150 Mediterranean, Malay, Chinese and Japanese delicacies, including appetizers, soups,

Besides the Mediterranean Station, there are also the Malay traditional fare like *Nasi Jagung, Ayam Masak Lemak Cili Padi, Daging Masak Merah, Gulai Kaki Kambing Padang and Lemang with Serunding*.

There is also the perennial favourite *Hainanese Chicken Rice, Satay, Grilled Marinated Ikan Merah, Ikan Pari and Prawns*. Over at the carving station, *Chicken Roulade with Thyme Sauce* awaits you.



desserts, noodles, grilled meats and seafood, porridge, deep-fried, beverage, ice cream and chocolate fountain from 16 stations.

For the first time, there will be a special Middle Eastern Mediterranean Station featuring *Tabbouleh, Falafel Salad, Hummus, Fattoush and Baba Ghanoush* appetizers. Then there are the three signature dishes that you must try: *Chicken Shawarma, Roasted Whole Lamb Barbeque and Lamb Mandi with Basmathi Rice*. To round things off at the Middle Eastern Mediterranean Station are the delectable desserts: *Baklava, Basbousa, Loukoumades, Semolina Halva, Nougat, Knafeh, Mediterranean Parfait and Mahalabeah*.



What is berbuka without the classic Bubur Lambuk, **Bubur Sengkuang Cina Merah Bersantan**, **Bubur Pulut Hitam** and **Serawa Durian with Bengali Bread**.



Now there are over 30 desserts you can pick from, besides the Middle Eastern desserts. **Pulut Serunding, Ubi Ketuk, Kuih Ketayap, Kuih Kasui Pudding Jagung, Som-som, Carrot Cake, Cream Puff, Tempeyek Kacang Dhall, Dodol, Batang Buruk and Kuih Tart Nenes** are some of the many varieties. There's also the **Ice Cream trolley** and the **Chocolate Fountain with Fruits Skewer**.

This is the ideal place to invite your family and friends to share a wonderful meal and celebrate the Malaysian spirit of togetherness. There is something for everyone. Book your tables today. ♦



Dinner In



BUFFET DINNER

(WE ARE OPEN MONDAY - SUNDAY)

21ST MAY - 10TH JUNE 2018 | 6.30 PM - 10 PM

RM 134.40_{NETT} FOR MEMBERS | RM 168_{NETT} PER ADULT



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E : enquiries@mpc.com.my

W : www.malaysianpetroleumclub.com

Dinning Out



Bazaar Juada Ramadan Take-Away @ Kiku

Monday – Friday
3pm – 6pm



Ramadan is just round the corner. A wonderful month for a spiritual boost through prayers, deep-reflection, and re-learning lessons to be applied long after the month is gone. It invariably also means rescheduling daily activities around the fasting times.

We understand that most people may not have the luxury of going home early and visit the Pasar Ramadan to buy food for Iftar, the breaking of fast. That's why we have a special Ramadan Bazaar @ Kiku where you can easily drop by when you leave the office.

Every day will feature a different menu set of 10 delicacies. Some rare and difficult to find dishes were carefully chosen by our chefs specially for Ramadan, while some are perennial favourites. *Daging Dendeng* is a favourite delicacy from Indonesia. Meat marinated in a mix of chili, vinegar and spices and herbs for a spicy treat. We also have *Perut Masak Lemak Cili Api* -a Negeri Sembilan delicacy much sought-after by city folks. Beef tripe swimming in mouth-watering yellow-gravy made from turmeric, lemongrass, tamarind, chillies and coconut milk.

Then there is *Gulai Daging Tetel*, a specially prepared mince beef with bits of fats cooked to perfection. There is also *Oat Prawn* which is slightly sweet for those who prefer some Chinese menu. There is something for everyone including *Squid Tepanyaki*, *Deep-fried Chicken Wings Chinese Style*, *Braised Broccoli & Mushroom with Oyster Sauce*, *Lemon Chicken*, *Fried Sea Bass with Thai Sauce*, *Stir-fried Prawn with Dry Chili & Cashew Nuts*, *Ayam Masala*, *Sambal Udang*, *Ayam Percik*, *Ayam Berlado* and a variety of Malay cakes and desserts. Just to name a few items to whet your appetite. ♦



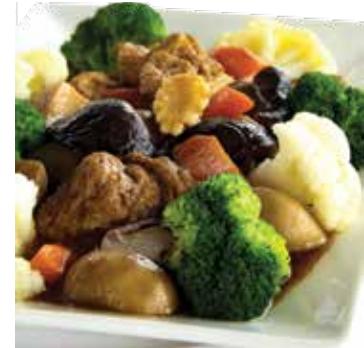
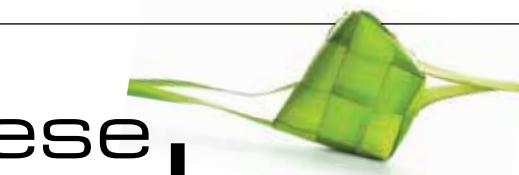
Dining In

A Chinese Ramadan @Seligi Pavilion



Try something different for berbuka puasa this Ramadan.

Try this delicious 9-course Chinese dinner. This sumptuous, Chinese fine dining is for everyone who loves exquisitely-prepared Chinese delicacies. So take this wonderful opportunity to share with family and friends. You can try Menu A first, and come back again to try Menu B.



Ramadhan Dinner Set 2018

Menu A

- Three combinations
- Dried scallops & crab meat sweet corn soup
- Boneless chicken with lemon sauce
- Steamed cod fish in superior soy sauce
- Buttered tiger prawns
- Braised mixed vegetable (lo hon style)
- Fried rice yong chow style
- Glutinous rice ball with soya bean
- Crispy pancake

RM 180.00 nett per person

Ramadhan Dinner Set 2018

Menu B

- Three combinations
- Braised minced prawn & fish maw soup
- Chicken with dried chili & cashew nut
- Deep fried cod fish with superior soy sauce
- Oat prawns
- Stu fried green vegetable with assorted mushroom
- Fried rice with belacan anchovies
- Chilled sea coconut & longan with lemon
- Crispy pancake

RM 180.00 nett per person



Club Specials

GORENG PISANG KIPAS



* 1 piece RM5
3 pieces RM12

Take Away 4PM - 6PM

PRE-ORDER PLEASE CALL

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Lifestyle



waking up ^{Imagine} to a
gorgeous view
like this
every morning?



Or like this for the next
14 days as you cruise the
Mediterranean?

Huge Luxury Cruise Ships

Romantic, picturesque, charming, beautiful, quaint, breathtaking, are some of the words you would describe these wonderful and delightful sceneries that are right before your eyes every day for the next ten to fourteen days, as you cruise through the Mediterranean.

These are luxurious 5-star cruises that we talking about. The moment you step aboard a luxury cruise ship, a hostess is at your side offering you a glass or bubbly or fruit juice, while a capable room steward offers to carry your bags as he escorts you to what will be your home-away-from-home for the next week or so. Then you emerge from your suite after a quick survey of your luxuriously appointed abode. As you walk the decks, the friendly crew members greet you by name. How is that possible? You just stepped foot onboard barely 15 minutes ago.

First-class, personalized service is just one of the hallmarks of luxury cruise lines. You can also expect exotic itineraries, varying degrees of inclusivity in pricing, fine wines, fruit cocktails and gourmet cuisine as well as

universally high crew-to-passenger ratios. Like people, cruise ships have their own unique personalities – and some will be more suited to your vacation style than others.

Cruise lines like SeaDream might not offer the most spacious suites, but their intimate yachts can stealthily visit ports that large ships cannot manage (they need to offload guests onto smaller boats). Regent Seven Seas and Oceania Cruises are owned by the same parent company but Regent offers a completely inclusive vacation experience, while Oceania draws travellers with a more independent streak.

Lifestyle

Regent Seven Seas Explorer

Passenger-to-Crew Ratio : 750 to 542

Luxury cruise line Regent Seven Seas Cruises launched the palatial Seven Seas Explorer in July 2016, and announced to the world that she was the most luxurious ship ever built. Explorer exemplifies the hallmarks of exquisite cuisine and the super all-inclusivity. Extraordinary accommodations at sea are all suites with individual balcony, ranging from 55 to 995 square feet (almost like a typical condo space in KL).

Stunning public spaces of granite and marble, plus almost 500 chandeliers made of Czech crystal and glass. 2,500 pieces of art displayed throughout the vessel, including some specially commissioned paintings by Spanish artist Eduardo Arranz-Bravo and works by masters like Picasso. Food is out-of-this-world with 5 different restaurants each specializing in different cuisine.

One price inclusive of almost everything. Water sports, unlimited shore excursions which can be upgraded, alcohol, wine, spirits, fruit juices, unlimited wifi, food and too many to list here.

Crystal Serenity

Passenger-to-Crew Ration : 1,070 to 655

This cruise liner offers a solid enrichment programme that regularly hosts well-known authors, politicians and other experts and luminaries as guest speakers. PGA golf pros are also onboard to share their expertise. In fact, Crystal Serenity will do all it can to provide access to the most interesting and knowledgeable people in the world, specially for her guests.

The ship also excels when it comes to its entertainment options. Listening to music in the lounge or enjoying a show, there will be something for everyone. You'll meet performers all over the ship, from a classical quartet playing during afternoon tea service to a jazz or Broadway singer in the lounge as you sip a pre- or post-dinner cocktail. After dinner, there's karaoke and dancing at Pulse disco. If you love ballroom dancing, you can do so at Palm Court lounge. Broadway-style productions are staged at the Galaxy lounger, and the casino has quite a number of gaming tables and slots. Don't you already feel rejuvenated and excited reading all these?



Oceania Riviera

Passenger-to-crew
Ratio : 1,250 to 800

Riviera is famed for its myriad dining venues, including complimentary specialty restaurants. Dining venues include the Grand Dining Room and other favourites like



Jacques, a French bistro with menus created by master chef Jacques Pepin; Polo Grill, a refined steakhouse serving USDA prime and dry-aged beef; Toscana, the Italian restaurant, where tables are set with custom-designed Versace china; and Red Ginger, which serves Asian classics. There are also two more very special and intimate dining options for a fee. Each evening, 24 passengers can enjoy a 7-course meal at La Reserve by 'Wine Selector', where wine pairings are of special note here. Last but not least, there is Privee which is even more exclusive and can be reserved for up to 10 people at \$250 per person.

Foodies can also pay a visit to the well-equipped Culinary Center which is a self-contained cooking school at sea that offers a hands-on experience at 12 individual stations (two people per station). Classes focusing on a variety of cuisine do incur an extra fee, but get great reviews from participants.

There are 147 suites and 478 non-suites staterooms. The 2,000 square-foot Owner's Suites are truly out-of-this-world, featuring Ralph Lauren furnishings throughout the living rooms, dining rooms and bedrooms. The suites come with extra amenities like priority check-in, priority luggage delivery, 24-hour butler service, priority online specialty restaurant reservations, unlimited access to the Canyon Ranch SpaClub's private Spa Terrace and so much more.

Viking Star

*Passenger-to-Crew Ratio :
950 to 550*

Like the Oceania, Viking Ocean Cruises is more of an upper-premium line, but it rivals luxury lines

when it comes to the inclusiveness of its fares, spa options and design aesthetics. All accommodations include a veranda, and even the tightest quarters, the Deluxe Veranda and the Veranda categories are comfortably sized at 270 square feet. The largest suite is the Explorer Suite which spans more than 757 square feet. Thoughtful touches in all cabins include bedside USB ports, quiet-closing drawers, heated bathroom floors and anti-fog mirrors, to name a few.

Restaurants including all specialty options, except The Kitchen Table, are included in the cruise fare. The Restaurant is the main dining room, and The World, serve international menus. Manfredi's is the best restaurant onboard and offers Italian fare. And Mamsen's, serves Norwegian delicacies. The Kitchen Table is only offered twice per cruise and participation is limited. You'll start by accompanying the chef onshore for a market tour in the morning, and in the evening, you'll join the chef and help him prepare a gourmet meal that you will relish and dig in for dinner.

The line's ships are sleek and modern, and sail to some of the world's most interesting ports of call. A focus on the destination at hand means the Viking



Lifestyle

Ocean Cruises stay longer in port, and often overnight, so passengers can get a true taste of the local culture and its locality.

Shore Excursions Around The Mediterranean

Shore excursions and cruise excursions vary from cruise liners and from their respective port-of-call itineraries. For the Mediterranean, these excursions showcase thousands of years of European history and culture. Touching 22 countries with almost as many different languages spoken, your cruise ship is the floating hotel bringing you from one region to the next overnight. 30,000 miles of shoreline are awaiting your exploration. You may need a few cruises to experience half of what is there to offer.

The most visited and best excursions in the Mediterranean/European Atlantic are listed below :

- Alcudia, Mallorca, Spain
- Amalfi, Italy
- Antalya, Turkey
- Athens, Greece
- Barcelona, Spain
- Bari, Italy
- Bodrum, Turkey
- Bordeaux, France
- Cadiz, Spain
- Cairo (Alexandria), Egypt
- Cannes, France
- Capri, Italy
- Cartagena, Spain
- Chania, Crete, Greece
- Corfu, Greece
- Dikili, Turkey
- Dubrovnik, Croatia
- Funchal, Madeira, Portugal
- Genoa, Italy
- Istanbul, Turkey
- Izmir, Turkey
- Koper, Slovenia
- Lisbon, Portugal

- Malaga, Spain
- Marseille, France
- Monte Carlo, Monaco
- Naples, Italy
- Nice, France
- Pisa/Florence, Italy
- Santorini, Greece

Here are some examples of the shore excursions at different ports-of-call to get you excited about booking your luxury cruise this year.

Amalfi, Italy

Amalfi is a seaport in the Gulf of Salerno in Italy, located on a steep southern shore. Legend says Amalfi was founded by the Greek-god Hercules. When Melphe died, a nymph he was in love with, Hercules wanted to bury her in the most beautiful place on earth. He chose this spectacular coast with dramatic cliffs and founded the city of Amalfi at the grave-site in her honour.

The Amalfi Coast is on the UNESCO World Heritage List for its exceptional Mediterranean landscape.



In the course of history, the seaport Amalfi was an important trading power in the Mediterranean. During the 1920s and 1930s, British upper class and aristocrats used to enjoy their holidays here.

The seaside view on Amalfi shows a picturesque Mediterranean town. Saint Andrew's Cathedral is right in the middle surrounded by medieval architecture. The town is neatly built into the rocky shoreline. So if you fancy visiting the historical center, make sure to wear comfortable walking shoes for the many stairs and slightly steep steps that await you.

A well-known product in Amalfi is Limoncello Liqueur. The region is famous for the cultivation of lemons grown in terraced gardens. Another product with a long tradition is the hand-made paper of Amalfi, called Bambagina which is usually used for special occasions because of the elegant character of the paper.

Another world-famous attraction is the ruins of Pompeii, where you'll be captivated by the magical atmosphere of the Roman era preserved by the eruption of Vesuvius in 79 BC. After Pompeii, you will reach Ravello, a romantic town set on a top-cliff position overlooking the amazing scenery of the coast. Here you will also enjoy the ancient monuments and the Villa Cimbrone and Villa Rufolo's gardens.

Antalya, Turkey

Depart from the port of Antalya and drive to the ancient city of Perge. Ancient Perge and Antalya Archaeological Museum are excellent sites for understanding the lifestyle of the early civilization in Turkey. Perge was an important city in Asia Minor, settled by the Hittites around 1500 BC. The Kestros River which runs near the acropolis, made Perge like a port town because it was possible to navigate inland from the sea to the city. Thus an important trade route starting from Side, ran through the nearby city of Aspendos and then to Perge. Explore the marketplace that are surrounded by shops and continue to the Antalya Archeological Museum which houses 13 exhibition halls and an open-air gallery covering an area of 75,000 square feet, with 5,000 works of art displayed.

Bordeaux, France

Bordeaux is a city on the Garonne river, approximately 100 km away from the mouth of the river to the Atlantic ocean. The first settlements date back to 300 BC. The 18th century was the golden age of Bordeaux. Over 5,000 of the buildings in the city, including those on the quays, were built in that era. That's why the historic part of Bordeaux is on the UNESCO World Heritage List.

The city of Bordeaux is both the commercial and cultural center of southwest France. Bordeaux is a well-known name amongst wine connoisseurs. It's actually the world's major wine industry capital. Bordeaux wine has been produced in the region since the 8th century and is still considered part of the local industry. The former wet docks are the country's new hotspot, with a number of cafes, gardens and museums springing up. A lively university community of over 60,000, establishes Bordeaux is not only all about its famous wine. Bordeaux Campus is the largest in France.



Lifestyle

Lisbon, Portugal

Lisbon is the capital and largest city of Portugal. It is located on the western Iberian Peninsula at the Atlantic Ocean, at the estuary of the river Tagus. Lisbon is also one of the oldest cities in the world. Phoenicians are thought to be the first to settle on the territory of today's Lisbon, followed by Greeks, Carthaginians and Romans. The discovery of a direct sea route from Europe to India by Portuguese explorer, Vasco de Gama, turned Portugal into the richest country in Europe.

A striking event in Lisbon happened on November 1755, when several earthquakes hit the town, and caused massive destruction, widespread fires and tsunamis. An estimated 90,000 inhabitants died and a big part of the city was destroyed. Lisbon was rebuilt on a rectangular pattern, with two impressive squares: the Praça do Rossio and Praça do Comércio. The special character of Lisbon is also due to the beautiful cobblestone pavements you encounter as you walk around the city. Lisbon's history left its footprints all over the city. Two of them, the Belém Tower and Jerónimos Monastery, are on the UNESCO World Heritage List. Built in the early 1500s as a watchtower, Belém Tower is Lisbon's icon and showcased its era of discovery.



If you fancy seeing pieces of art from Rubens, Monet or Rembrandt, visit the Calouste Gulbenkian Museum. Modern art by Warhol, Dali and Picasso can be seen at the Berardo Museum for free. Taking the old trams through the steepest hills of Lisbon is a good way to feel the spirit of this old city, as well as enjoy the spectacular views over Lisbon. Don't forget to try the delicious and mind-blowing varieties of tapas, as well as other famous local delicacies.

Monte Carlo, Monaco

Monte Carlo is an area within the Principality of Monaco, which is an independent state in the dimensions of a city. It is located on a sheer cliff in the sunny French Riviera, measuring 4.4 km in length along a coastal strip of the Mediterranean Sea at the foot of the Southern Alps.

Since 1297, the Grimaldi family has reigned over Monaco with Prince Albert II as the present Sovereign Prince of Monaco since 2005. It is home to the very rich and famous, and has been the stage for various Bond movies. Every year, Monaco is the venue for Formula 1 Grand Prix and a multitude of spectacular events that attract the super rich, super famous and their super yachts, such as the International Circus Festival. But most of all, Monaco is famous for its Casino de Monte Carlo, one of the world's first major casinos. The typical moderate Mediterranean climate with over 300 days of sunshine per year is yet another fantastic reason for visiting Monaco. ♦

New Members

Welcome to MPC

Syed Hussain Taha
Sarawak Shell Berhad

January 2018
Membership : Regular
ID : 12426



Ezazur Rahman
Transbangla Commodities LTD

March 2018
Membership : Associate
ID : 3317



Azman Abdul Hamid
Halliburton Energy Services [M] Sdn Bhd
Upstream O&G Services (M) Sdn Bhd

March 2018
Membership : Regular
ID : 12427



Raya at the Club

Celebrate Your Hari Raya Open House @ Temana Braisserie

Buffet Lunch & High Tea



These days, hosting a corporate or family Hari Raya Open House is as easy as giving us a call to book your tables or special private rooms. At Temana Braisserie, we have the Hari Raya Buffet Lunch and High Tea for the whole month of Syawal.

Let your guests enjoy the dazzling variety of Malay classics like the *rendang*, *ketupat* and *lemang*, *curries*, *soto* and *satays* that's bound to leave your guests craving for more.



After the deliciously indulgent main dishes, there are the savoury snacks and the irresistible dessert menu that will excite the taste buds. **Kuih Keria, Tepung Pelita, Pulut Panggang, Seri Muka, Kuih Bakar** are just some of the sweet treats for the Raya festive season.

There will be more signature dishes for your Hari Raya Aidilfitri open house event but we will let you and your guests discover them for yourselves. So book your tables early and give your loved ones, friends and employees a wonderful treat. ♦

*Selamat
Hari Raya Aidilfitri
Maaf Zahir Batin*



Stressed Out?

Discover The Magic Of Massage



Relax. You deserve it. Stress is the precursor and catalyst to major illnesses in this hectic, complicated world we live in today. One of the most effective ways to de-stress is to indulge in a good massage.

Massage has been practiced for thousands of years, in all ancient civilizations from the Greeks and Sumerians to the Indian sages and yogis of Ayurveda. In fact, the practice of using touch as a healing method is so deeply rooted in ancient history that the first written records of massage therapy were found in the popular Yellow Emperor's Classic Book of Internal Medicine written during the Three Kingdoms era, and seen in the incredible Egyptian tomb paintings that depicted their medical traditions.

Considering the long history of massage in Eastern therapy, its existence in Western medicine is still in its infancy. That said, the growth and research into the healing properties

of therapeutic massage has gained momentum, and people are now turning to massage as an essential part of the body's overall well-being.

What can massage therapy help to treat?

- Anxiety and depression • Headaches • Cancer and stroke symptoms • Palliative care • Fractures and edema • Post-surgical rehabilitation • Pregnancy and labour support • Back, leg and neck pain • Sports injuries • Muscle tension and spasm • Insomnia • Chronic fatigue • Stress

Different forms of massage

Massage and bodywork therapies are often complex mixtures of holistic practices that involve physical, emotional and spiritual components.

As a result, there are over 200 different massage techniques and philosophies, all treating different needs and providing various benefits.



Relaxation massage

The Swedish or any type of relaxation massage is a popular and sought-after massage therapy. It targets the upper layers of muscles using techniques like gentle strokes, taps and chopping motions. These actions warm up the muscle tissues, releasing tension and gradually breaks up muscle knots and adhered tissues.



Deep-tissue massage

This technique targets the deep layers of the muscles, using deep slow and smooth strokes to ease tension beyond the reach of a relaxation massage. It is suitable for releasing chronic muscle tension, soreness and pain. Neuro-muscular massage, a type of deep-tissue massage, specifically targets the trigger points that cause knots, pulled muscles and headaches.



Remedial massage

Remedial massage uses specific techniques that stretch and lengthen connective tissue and muscles. It will reduce pain and discomfort, bring wellness and promote relaxation and mobility. One of the primary goals of remedial massage is to speed up the return of venous blood from the extremities, shortening recovery time by flushing the tissue of lactic and uric acid and other metabolic wastes.

Cranio-sacral therapy

This massage technique focuses on the skull and

upper spinal column. Light pressure is used to help stimulate the muscles and fluids within the cranium, sacrum and around the spinal cord to help relieve stress and headaches.

This therapy aims to restore the natural position of bones, ease joint inflammation, reduce stress from chronic injuries and migraines, and relieve back and neck pain.

Sports massage

Sports massage is a detailed, focused and anatomically-specific massage that targets and corrects physical strain. It's geared mainly towards athletes, from professional tennis players and avid golfers, to runners and footballers, and every sport in between. It promotes flexibility, reduce fatigue and fortify endurance.

Aromatherapy massage

Aromatherapy is a holistic method of treating and pampering the body, mind and spirit. Essential oils are applied to the skin where they are then absorbed into the skin throughout the body. Depending on the oils used, the blood vessels will either constrict or dilate, thereby raising or lowering blood pressure. The body is then rubbed and gently pressed using the hands and fingers to further relax the body and mind. It helps to strengthen the immune system, kill viruses, bacteria and fungal infections and encourage restful sleep.

Acupressure massage

Acupressure is an ancient Chinese healing therapy that involves applying pressure to certain meridian points on the





body to relieve pain and aid health and well-being. The human body has 14 meridians that carry energy throughout the body.

Acupressure uses the fingers to press key points on the surface of the body to stimulate the body's natural self-curative abilities. When the pressure points are pressed, blood circulation is promoted, as well as the body's life-force to aid healing.

Shiatsu massage

In Japanese, shiatsu means 'finger pressure'. For shiatsu massage, the therapist uses varied, rhythmic pressure on certain precise points of the body. These points are called acupressure points, and by putting pressure on these points can help relieve blockages that cause discomfort and even pain.

Hot stone massage

For this massage, the therapist places warmed to mildly hot stones on certain areas of the body that corresponds to the body's meridian points. The stones may be used as massage tools or be temporarily left on the body. Used along with other massage techniques, hot stones can be soothing and relaxing as the stones transmit heat deep into the body.

Reflexology

Technically, reflexology is not a massage. It uses pressure on the hands and feet with specific thumb, finger and hand techniques. It is based on a system of zones and reflex areas that purportedly reflect an image of the body. Therapists use this mapping to manipulate health through qi (life-force or energy).

Myth or Truth : You be the judge !

* In a study published in the New York Times, volunteers who received a 45 minute Swedish massage, experienced significant decrease in cortisol



levels (stress hormone) and an increase in white blood cell count. This means less anxiety and stronger fighting power for the body.

- * A study published in the Journal of Alternative and Complementary Medicine found that people experienced significant decrease in blood pressure after a 45-60 minute deep tissue massage.
- * A study published in the Journal of Complementary Therapy in Clinical Practice found that patients suffering from rheumatoid arthritis reported relief following 4 weekly massages. They also reported stronger grip and greater range of motion.
- * In a study published in the Annals of Behavioural Medicine, cranio-sacral therapy improved the sleep of participants and decreased migraines significantly.
- * A study by Kunz and Kunz in 2008 found that reflexology can have an impact on specific organs, symptoms of illness and pain reduction.

'Happy Hormones'

Numerous studies have concluded that touch and massage stimulate the release of endorphins, serotonin and dopamine, the brain's chemicals responsible for our happiness. These chemicals can be triggered all the time; science has proven that we can intentionally boost them. And being in a good state of mind is crucial for happiness, health, positive wellbeing and success. So book your massage. Close your eyes and feel your tension slowly and surely melt away. You deserve this. ♦



The Team

THE FANTASTIC FOUR STRIKES AGAIN

The Team Behind Every Issue Of The MPC Magazine



**Joanne Lee
Abdullah**

Super Human Ability :
SUPER-VISION

Besides all that she has on her plate as the Club Operations Manager, Joanne has to make sure all the magazine contents meet critical deadlines. Every issue of the magazine reflects her vision of showcasing promotions, articles and anything of interest to give members a welcomed respite from their busy schedule



Shirley Tan

Super Human Ability :
SUPER-CHARGE

As one of the longest-serving personnel of MPC, Shirley is the Head of Finance & Membership Management. But it doesn't stop here. Shirley also ensures that everything is within the budget like photography, internal staffs' time spent on the project. It's all about the charges – facts and figures don't lie.



Jeff Lee

Super Human Ability :
SUPER-GLUE

Jeff is the go-to person for getting information, liaising with external suppliers, coordinating with internal personnel, making sure every tiny detail is right, running here, running there, running everywhere, you get the idea. Jeff is really the IT Executive for MPC. But he is glued to his job in every possible way.



**Zulfadli
Zakarrudin**

Super Human Ability :
SUPER-COOL

Zulfadli is the Graphics IT Executive. But don't let that fool you. He is also looking into matters beyond the graphics realm like what is the chef's signature dish, why, what ingredients, which angle is better for photography, looking into this, looking into that, looking into everything yet maintaining his cool. Okay you get the picture.

New Membership Security Card



Good News !

Your MPC membership card will be replaced in April with a new security card. You just need to touch the card at the security gates to gain entry. No need to register your name at the Petronas counters on the ground floor.

The Malaysian Petroleum Club is continually upgrading its services and amenities to serve you, the esteem member, better. We thank you for your continued patronage of MPC and we will strive to provide a conducive atmosphere for you to relax with family and friends,, network with fellow members, negotiate deals and hold meetings and special events. ♦

Get In Touch With Us Today to find out more about your new membership card. You can contact any one of us.

Ms Nurul Azwah
Email : nurulazwah@mpc.com.my
Hp : 018 979 4551

En Halim
Email : halim@mpc.com.my
Hp : 013 366 3303

Mr Jeff
Email : jefflee@mpc.com.my
Hp : 012 796 4848

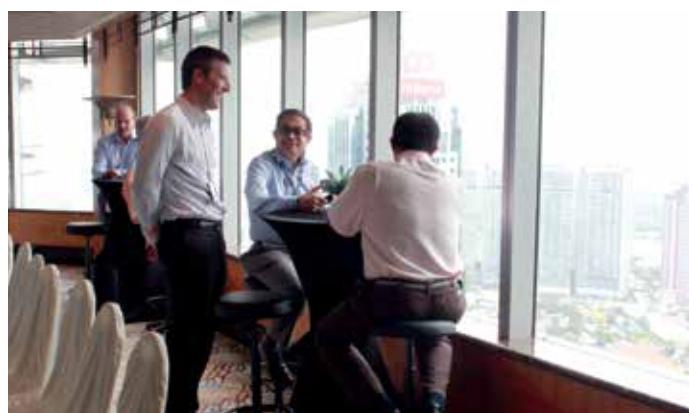


Club Moments

Destini Oil's APPRECIATION NIGHT

Mr Sharil Sufian Hamdan, CEO of Destini Oil and Mr Chong Eu Jin, General Manager of Destini Oil played host to around 10 oil and gas companies that include Petronas, Petrofac, Max Energy, Expro, WFI, Federal International, KPOC, PVD, ROMEX, IKM Subsea and Nippon. Executives from Destini Oil Services Sdn Bhd and Destini Berhad helped to make this Networking & Appreciation event even more memorable. MATRADE was also in attendance to play its role as Malaysia's trade promoter and facilitator.

Destini Oil believes that staying in touch is the key to getting to know others better and ultimately developing important relationships. Opportunity is everywhere but you need to be open to seeing the abundance and possibilities in order for it to serve you. Destini Oil wanted to show its appreciation to all the companies and government agencies that have helped us along the way and supported our products and services. We will definitely have more events like this in the near future. ♦





WE'VE A DIFFERENT POINT OF VIEW FOR MEETINGS. AND WHAT A VIEW!

To us, it is much more than just a meeting or an event. We know how much is on the line and will help ensure your function runs smoothly by collaborating with your team. But unlike other venues, at the Malaysian Petroleum Club, you and your guests will enjoy a spectacular view of KL's city skyline.

Holding your event on the 42nd floor of the iconic KLCC Twin Tower is a big deal. Incredible views no matter where you go, no matter which space you choose. From private rooms to the lobby to the restaurants, your

guests will marvel at the panoramic views. We also have very flexible spaces to accommodate your requirements. Be it formal or informal and intimate to creative events, exhibitions and product launches, this is the ideal venue for your next event or meeting.

When it comes to catering and dining options, Malaysian Petroleum Club sets the bar very high. Just let us know what kind of cuisine you want. Your guests will thank you and will remember your event for a long time to come. ♦





TechnipFMC Wins Spotlight on New Technology Award at OTC Asia

KUALA LUMPUR, March 28, 2018 — TechnipFMC (NYSE: FTI) (PARIS: FTI) won a Spotlight on New Technology award for its In-Service Riser Inspection System (IRIS) Technology at the 2018 Offshore Technology Conference Asia in Kuala Lumpur, Malaysia recently. This prestigious award recognizes and honors the latest and most advanced technologies from the region that propels the oil and gas industry into the future.

TechnipFMC IRIS is a versatile subsea inspection system that deploys and operates multiple non-destructive testing techniques simultaneously to determine the integrity of flexible production risers. This new generation of inspection system combines today Ultrasonic and Electromagnetic technologies and ultimately X-ray Computed Tomography in the future, to achieve a high degree of accuracy while traversing the length of the riser from the vessel deck to the seabed.



IRIS is remotely controlled and operated via an umbilical tied to the control room of a support vessel. All inspected results are displayed and analyzed in real time using advanced software. This proprietary technology overcomes the complexities of in-service inspection for flexible risers and is able to accurately image the multi-layer structural design of flexible pipe, which uses various materials, profiles and thicknesses throughout its cross-section.

"We are very pleased to be recognized for IRIS. The imaging produced by the core inspection and positioning technologies of IRIS in our qualification testing demonstrates a far higher level of clarity and precision than previously seen. It enables accurate integrity diagnostics, enabling early detection of damage and timely intervention - all contributing to safer operations and increased production uptime for our clients" said Brad Beitler, Executive Vice President of Technology and R&D at TechnipFMC. ♦



About TechnipFMC

TechnipFMC is a global leader in subsea, onshore/offshore, and surface projects. With our proprietary technologies and production systems, integrated expertise, and comprehensive solutions, we are transforming our clients' project economics.

We are uniquely positioned to deliver greater efficiency across project lifecycles from concept to project delivery and beyond. Through innovative technologies and improved efficiencies, our offering unlocks new possibilities for our clients in developing their oil and gas resources.

Each of our more than 37,000 employees is driven by a steady commitment to clients and a culture of purposeful innovation, challenging industry conventions, and rethinking how the best results are achieved.

To learn more about us and how we are enhancing the performance of the world's energy industry, go to [TechnipFMC.com](#) and follow us on Twitter @TechnipFMC.

Contacts

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Regional Head of Communications, APAC

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Press Release

TechnipFMC awarded contract offshore Malaysia by Sabah Shell Petroleum

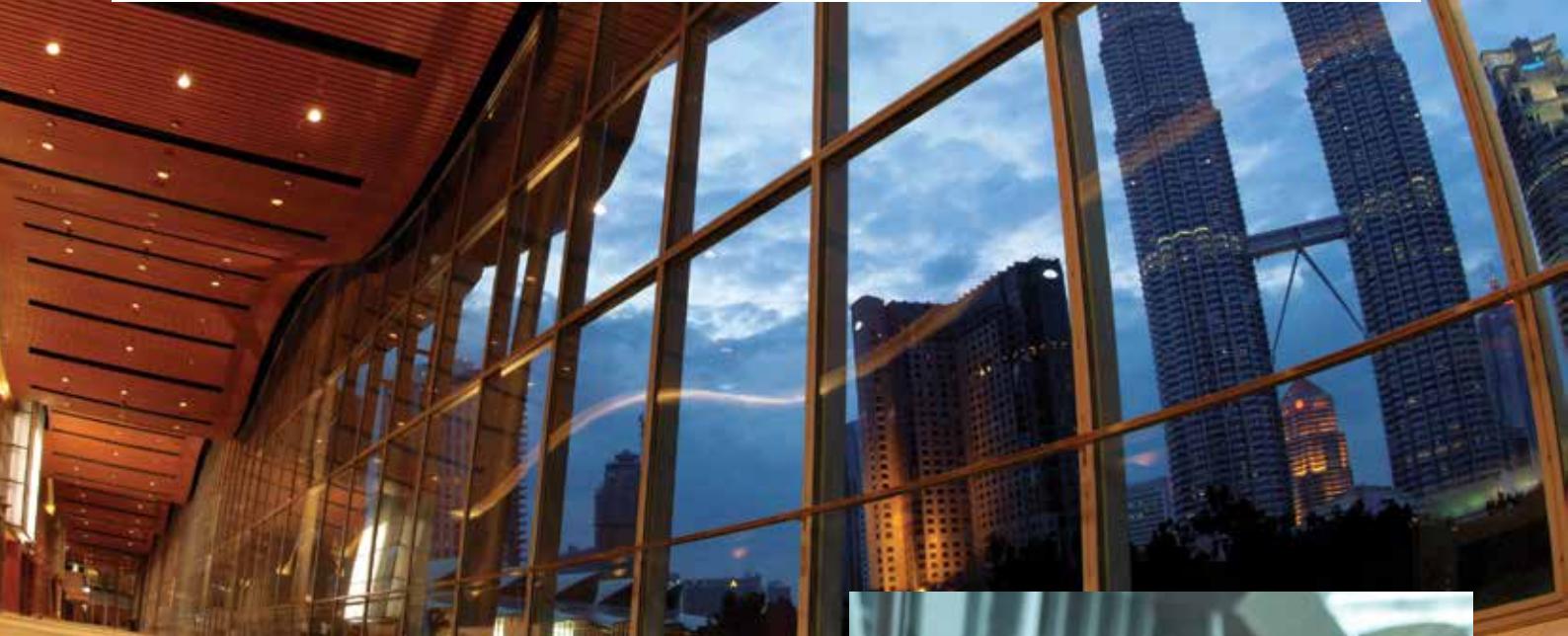
ONDON, PARIS, HOUSTON, March 26, 2018 — TechnipFMC (NYSE: FTI) (PARIS: FTI) has been awarded an Engineering, Procurement, Construction and Installation contract by Sabah Shell Petroleum Company Ltd.

This award covers the delivery and installation of subsea equipment including umbilicals, flowlines and the subsea production system for the Gumsut-Kakap Phase 2 Project.

Hallvard Hasselknippe, President of TechnipFMC's Subsea business, commented: "We are extremely honored to have been awarded this project by Sabah Shell Petroleum. This award demonstrates the added value of our unique integrated offering (iEPCITM) and brings TechnipFMC's integrated model to the Asia Pacific region". ♦

In Conversation with Alan Pryor

General Manager, Kuala Lumpur Convention Centre



Resource Magazine sat down with Alan to chat about himself, Malaysian Petroleum Club (MPC), the Kuala Lumpur Convention Centre (the Centre) and business events industry.

Tell us a bit about yourself. What is your favourite thing about living in Malaysia?

I have been working in the business events industry for close to 30 years and grown my expertise and knowledge in venue management from the various positions I've held around the world, including South Africa and England. I joined the Centre in 2011 as Deputy General Manager and was appointed General Manager in 2014.

As General Manager, I contribute my expertise and knowledge to a variety of private sector and Government bodies in Malaysia. For example, I participated in the Malaysian Government's National Key Economic Areas (NKEA) Tourism lab, providing specialist advice and insights on business events, as part of the country's Economic Transformation Programme.

Malaysia is a great country and I really enjoy living here. I would say best aspect is the connectivity and accessibility to international and regional destinations. We are fortunate to have plenty of flight options to travel easily for business or holidays.





The Centre was appointed to operate the Malaysian Petroleum Club (MPC) in 2016. Why do you think this was the case?

The Centre has been recognised for its operational expertise and strong track-record and these attributes were a determining factor in our appointment. The synergies that could be achieved in venue management, F&B and marketing through the transfer of our operational excellence, driving best practices and the development of human talent within the club are also key.

In addition, MPC creates added value for our clients and gives them another option when using the Centre. This not only adds to our proposition but creates a win-win for both us and MPC.

Now that you have operational responsibility of MPC, what improvements have you implemented?

Our main goal has been to re-establish the standards of the club through repair, refurbishment and redecoration. We are also working hard to increase the service levels through talent development and training.

Another important effort is our focus on regenerating sales, membership and interest in the club through various programmes and activities, with a focus on membership retention and growth with a particular focus on growing membership amongst young professionals.

What are some exciting activities for MPC you have planned this year?

It is an exciting time to be part of MPC and we have introduced a number of member activities and promotions this year to increase the activeness of current members and pique the interest of new members. This includes delicious monthly F&B promotions for members to enjoy; fun-filled cycling, hiking, go-karting and

paintballing trips; as well as yoga, Zumba and cooking classes and Chess, Darts and Golf clinics.

We have also expanded the Malaysia Petroleum Club Golf Tournament from one to two days, and reintroduced the Oilmen Gala Dinner, which is taking place on Friday, 27th July 2018. So, make sure to add this 'not to be missed' event to your diary!

Oil and Gas clientele are important to the Centre's business, why is this and what recurrent Oil and Gas events do you host?

Since the Centre opened with the 10th Asia Oil and Gas Conference (AOGC) 2005, we have had a strong connection and long-standing association with the Oil and Gas industry. This includes a number of recurrent industry events such as Malaysia Oil & Gas Services Exhibition and Conference (MOGSEC), Asia Oil & Gas Conference (AOGC), Offshore Technology Conference (OTC) Asia, Asian Oil, Gas & Petrochemical Engineering Exhibition (OGA), and Asia Petroleum Geoscience Conference & Exhibition (APGCE), as well as numerous large international high-profile events such as World Gas Conference 2012 and API Exhibition on International Standards (AXIS) 2016.

Many of these Oil & Gas clients will soon be taking advantage of our expansion, which is currently underway and due to be completed in mid-2019. This will enhance our infrastructure and provide over 11,000sqm of additional flexible and multi-purpose space for them to comfortably grow their existing events.

Our strategic location within the KLCC precinct also provides convenience and the perfect meeting space outside of the office for the Oil and Gas businesses, as many of them are located close by. As such, our TenOnCall (TOC) offering, which provides 10 flexible meeting spaces offering a differentiated meeting experience for short lead bookings or just-in-time meetings, is very popular with Oil & Gas clientele.

The innovative full- and half-day meeting packages, inclusive of TOC's signature unique all-day dining concept that includes free-flow lifestyle cuisine and beverages, are available for any type of corporate gathering and are affordably priced, with no hidden charges. For more information on TOC's all-inclusive packages, visit www.klccconventioncentre.com/.



What are the top three trends impacting on business events?

Increasing global competition means we need to work harder to win business and further differentiate ourselves. Geopolitical factors have also caused tremendous ups and downs to the global business environment and our industry.

Another trend impacting our business is the prevalence of Government supported financial incentives (subvention) offered in competing markets such as Hong Kong, Singapore, Taiwan, South Korea and China, who are all vying against each other and Malaysia to grow their market share and be the business events leader in this region. In today's competitive environment this support often makes the difference in influencing where events are held and it is a challenge for venues to innovate and add value to attract events in the absence of sufficient subvention.

There is now greater emphasis from clients for customised experiential delivery. Our dedicated partnership approach to events planning, smart technological solutions, understanding of the new-age client and audience, and a varied, adaptable workforce with the right expertise to drive innovation and creativity, are paramount in today's fast-evolving industry landscape and have made all the difference in catering to this trend and allowing us to successfully deliver memorable experiences.

Why is the Kuala Lumpur Convention Centre a perfect destination for business events?

There is no doubt that our strategic location differentiates our proposition and provides great competitive

advantage. To capitalise on this strength, we established the Kuala Lumpur Convention Centre Business Events Alliance (KLCC BEA). A powerful collective of the Centre, top-tier hotels, professional meeting planners, as well as shopping, dining, entertainment and transportation partners, each customising their value-add to the nature of any request. We assist to facilitate engagement with the precinct partners by offering a single point of contact for clients, streamlining the events planning process.

Our client centricity through our partnership approach also differentiates us from our competitors. Having garnered valuable client insights from over 12 years of operation, our objective is to deliver a seamless customer journey. A great emphasis is placed on the quality of our service and delivery, and on investing in building knowledgeable and efficient on-site teams, a continuous investment in venue infrastructure, maintenance and upgrades and an adaptable progressive business operation, aligned to new trends, new business models and changing market conditions.

What new and exciting things are in the pipeline at the Centre (i.e. products/offerings, upgrades, etc.)?

As briefly mentioned in question five, our expansion is currently underway and due to be completed in mid-2019. Enhancing our existing world-class infrastructure,



the extension will provide over 11,000sqm of additional flexible and multi-purpose space enabling clients to comfortably grow their existing events and also attract clients with larger exhibitions and international association meetings. In addition, it will enhance availability to accommodate more concurrent events that will deliver more scope for the business events industry in Kuala Lumpur and to compete more effectively to grow our market share.

We are also in the midst advancing the Kuala Lumpur Convention Centre Business Events Alliance (KLCC BEA) by increasing the number of partners to add even more value for clients and delegates. More news on this will be shared in the coming months, so stay tuned.

Last but not least, we have been working very hard on our affordability and ensuring we offer value-for-money and quality. Our primary focus has been on value creation for our clients by looking at the market conditions and competitor environment to address price point without dropping our quality, making sure we continue to maintain the building to world-class standards and continue to invest in the latest technology.

What upcoming events are you looking forward to hosting this year?

On the back of recently hosting one of our biggest events ever - the 9th World Urban Forum (WUF9) - we have an exciting calendar of events to look forward to in 2018. This year is especially strong in the association meetings segment and throughout the year, we have a high-profile international event taking place in the venue every month.

These high-profile international events include; the World Council of Enterostomal Therapists (WCET) Congress 2018; Asia Petrochemical Industry Conference (APIC) 2018; the World Scholar's Cup Global Round 2018; Worldchefs Congress & Expo 2018; World Engineering, Science & Technology Congress (ESTCON) 2018; International Federation of Library Associations and Institutions (IFLA) World Library and Information Congress 2018; International Society for Quality in Healthcare (ISQua) International Conference 2018; International Solid Waste Association (ISWA) World Congress 2018; World Cancer Congress 2018; the Iclif Leadership and Governance Centre Leadership Energy Summit Asia 2018; and Endoscopic and Laparoscopic Surgeons of Asia (ELSA) Congress 2018. ♦

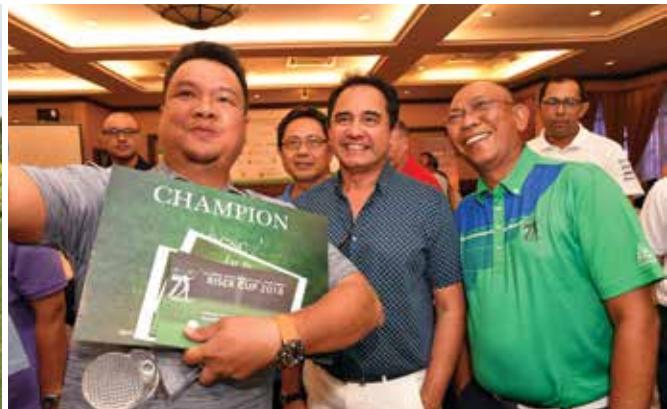
A Swinging Time!

@ the 7th Annual MOGSC Industry Golf Tournament Riser Cup 2018!

Each year, the Malaysian Oil & Gas Services Council (MOGSC) will organize an exciting, first-class golf tournament for the oil & gas fraternity to celebrate and network amongst themselves. The 7th Annual MOGSC Industry Golf Tournament-Riser Cup 2018 was held this year on Saturday, 31 March. This 7th edition super tournament was held at Nilai Springs Golf and Country Club, and was by all accounts, an overwhelming success.

Every year more and more golfers registered for this fun-filled yet competitively-charged tournament. Following the tournament, an awards ceremony was held at the club house where deserving winners were

given their prizes. Excellent food and drinks were flowing as everyone had their fill of golf, fun and camaraderie. The tournament was a huge success thanks to the wonderful support of our sponsors.





A NIGHT TO BOND

Oilmens Gala 2018

COMING SOON
27 JULY 2018



MALAYSIAN PETROLEUM CLUB

Chocolates: ***Deliciously Good For Your Brain***



It sounds too good to be true but eating chocolate needn't be a guilty pleasure. Chocolates can help boost memory and cognition. Brain food that tastes so good, it is a no-brainer.

Chocolate eaters are smarter

Regular chocolate eaters are smarter according to recent analysis of the eating habits of almost 1,000 people aged from their 20s to their 90s in a long-term US research project. In more scientific terms, they have improved cognitive functions – reasoning, memory, attention and language skills, all related to the acquisition of information and knowledge.

Dietary findings from the University of South Australia revealed that chocolate had strong associations with useful skills like remembering a phone number, or your shopping list, or being able to do two things at once, like talking and driving at the same time.

There could be an 'anti ageing' boost too, as researchers suggested that regular chocolate intake could help protect against normal age-related cognitive decline.

Can chocolate help reduce the risk of stroke?

Eating chocolate every day has also been linked to lower risks of stroke, according to the University of Aberdeen researchers. The study published in the BMJ's Heart Journal, looked at almost 21,000 adults in a study into the impact of diet on long-term health. They found that those who ate the most chocolate had the fewest strokes.

Professor Phyo Myint, of the School of Medicine & Dentistry said that our study concludes that cumulative evidence suggests higher chocolate intake is associated with a lower risk of future cardiovascular events.



A nice cup of cocoa

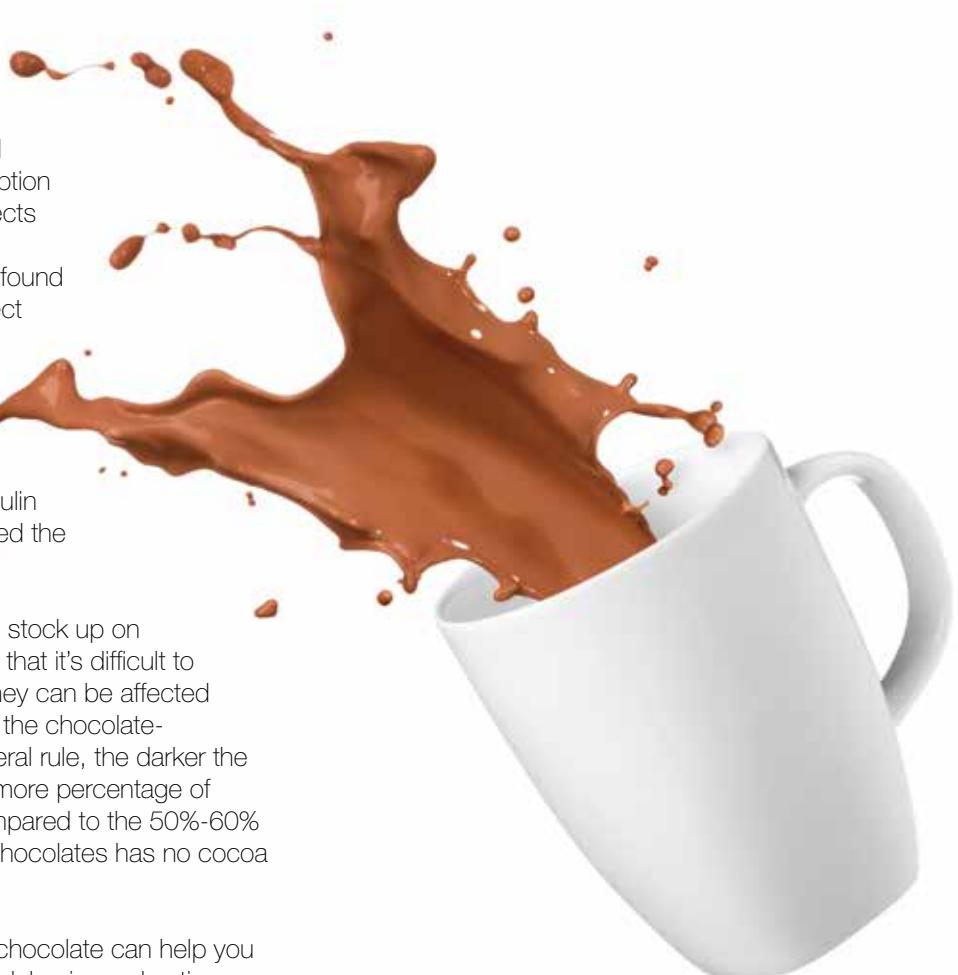
You don't have to bite into chocolate bars to get the benefits; a nice cup of cocoa can be a brain-booster too. An Italian study, reported in the journal Hypertension, that cocoa consumption can stave off dementia. These effects were credited to cocoa flavanols, physiologically-active compounds found in plants. These compounds protect brain cells from damage and help increase blood circulation around the brain.

Participants have reduced blood pressure and lower insulin resistance, which also slowed the development of dementia.

But before you rush out to stock up on the brown stuff, be aware that it's difficult to gauge flavanol levels as they can be affected by the cocoa's origins, and the chocolate-making process. As a general rule, the darker the chocolate(70%-90%) the more percentage of flavanols, but is bitter compared to the 50%-60% dark chocolates. White chocolates has no cocoa solids, just cocoa butter.

But remember (eating chocolate can help you remember), eat and indulge in moderation.

And if you must indulge a bit more for the sake of your brain cells, remember to exercise to neutralise all the excess sugar and milk. And good luck eating those 100% dark chocolates for those intent on getting more health benefits from flavanols. ♦



It Was A Hell Of A Night !



This is what you get from the Night of Horrors, taking the cue from Michael's Thriller.....and darkness falls across the land, the midnight hour is

close at hand, creatures.....aka CEOs, managers, accountants, executives, waiters, receptionists, planners...crawl in search of blood, and food and drinks to terrorize y'all's neighbourhood around KLCC Convention Centre and grisly ghouls from every tomb, and every KLCC & MPC department, Are closing in to seal your doom, and though you fight to stay alive from overeating and laughing Your body starts to shiver, for no mere mortal can resist....the prizes of the lucky draw...



That was the mood and rhythm of the Malaysian Petroleum Club & KLCC Convention Centre Staff Annual Dinner 2018. The theme was the Night of Horrors. On the evening of 2 April, every staff transformed into zombies, ghouls, ghosts, witches, vile jokers, and other scary creatures. The night kicked off with a performance by senior management of MPC and KLCC Convention Centre, the thought of it is scary enough....what? bosses-turned-performers??

There was an unending flow of food, drinks, fun, laughter, shrieks, screams (especially from those that didn't win the main prizes), but no blood was spilled and no human was harmed throughout the whole night.

There was a lot of spirits though, the two-legged kind, and the kind that made you tipsy, and most of all, the spirit of togetherness as management and staff came as one to congratulate each other for a job well done.





It was an eventful night, with performances from every division and department, and everyone was waiting and waiting, and waiting, and waiting, and waiting for the climax of the night.....the Lucky Draw ! The prizes are crazy like a RM7,000 gold necklace, 2nd prize is RM8,000 and the main prize is RM9,000. No wonder everyone waited until the very end, when Jiggee Jon, a scary character, hosted the lucky draw.

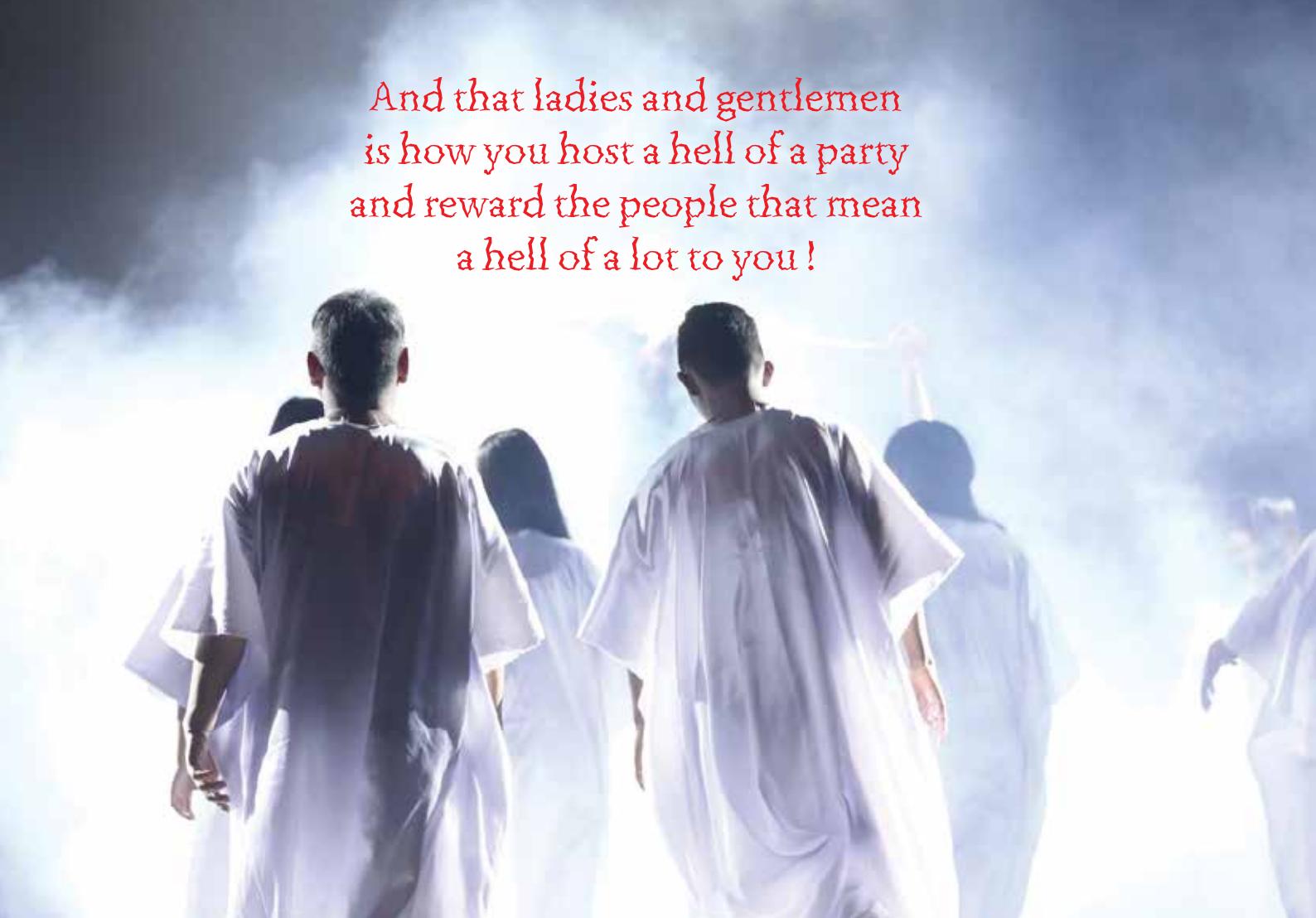








And that ladies and gentlemen
is how you host a hell of a party
and reward the people that mean
a hell of a lot to you !



Lifestyle

Science, Scents & Sensibilities

Choosing the right perfume has always a tedious task, bewildering at times. It smells great when you tried it in the store but when you come home, it is unable to please your senses. A perfume that smelled good on your friend, which prompted you to get one yourself, doesn't smell that good on you. There are many people who purchase perfume based on packaging and the design of the bottle. In essence, most of us purchase perfume on a whim and whiff. In fact, the selection of the perfect perfume that smells great on you is nothing less than rocket science. There are several factors to keep in mind before investing in a perfume.



Your Pheromones

Pheromones in humans are natural chemical scents that vary from one person to another. It is not something that we are conscious of, but the fragrances of our bodies play an essential role. New born babies – just like their animal counterparts – identify their parents through pheromones. And pheromones are the reasons why you are comfortable with some, uncomfortable with others, and outright dislike someone at first sight, or rather at first whiff.

A perfume has to gel perfectly with your natural pheromones to make you feel great, besides smelling great. Of course, it would be difficult for most of us to know the scent of our own pheromones, as pheromones are 'odourless' and can only be detected very subliminally by humans. So short of getting ourselves tested to identify our own pheromones, a more practical way is to try little tester bottles before investing in a bigger bottle. Yes, while there is a science behind it, the science is still being debated and the jury is not out yet.



Know Your Notes

Every person has a unique note, or range of notes. It has to be trial and error to test which notes make you smell better, and more importantly, make you feel better. Before purchasing a perfume, ask about the notes.

The top notes are volatile in nature and evaporate faster than the rest of the notes. They are quite sharp, forming the initial impression. The moment you spray on a perfume, it is the first scent that you will notice. Never buy a perfume based on the top notes.

The middle notes are created to hide the unpleasantness of the strong base notes, releasing it slowly. As compared to the top and base notes, the middle notes are quite mellow and last for about an hour after application.

The base notes add depth and definition to the perfume. It is rather strong and may seem unpleasant initially, but mixed with the middle notes, it creates a magical aura.

When buying perfume, pay attention to the base and middle notes. Ask the counter sales person about it. Experiment with the different notes, and one day you will know what notes are perfect for you.

The general notes usually used by perfumers are like fresh herby notes, spicy warm tangy notes, earthy notes, woody and smoky notes to name a few of the hundreds of different notes concocted by a master perfumers.

Perfume Type

You might have heard about the terms EDP, EDT and EDC. These are the terms used to define the concentration of fragrance present in any perfume. EDP is Eau de Parfum with around 10-30% perfume oils; EDT, Eau de Toilette , has around 5-20% perfume oils; and EDC, Eau de Cologne, has only around 2-5% perfume oils. The higher the concentration of perfume oils, the longer it lasts. But the most expensive is Extrait or Extract which has 20-40% perfume oils.

While buying perfume, all these factors matter. Do a little research and see how it makes your personality stand out from the rest. Trust your nose and your gut feel about which scents are the most sensible for you. ♦

A brief resume...

Omarr Salahuddin was brought up in a small fishing village on the southern coast of Cornwall; was taught to handle a smoothing plane and a boat's tiller from an early age, and then learned to value the written word and draw on life's lessons from some long-suffering teachers that he was fortunate to have in his earliest years.

Then, with his luck still running true to form, he washed up on Malaysia's shores in the 90s, found work as a journeyman teacher, married a Minangkabau Princess in the fruitful fields of Negeri Sembilan, and now, older, but not necessarily wiser, he plays at being semi-retired, while hankering after a job as an itinerant boatbuilder.



first Born...

My first brush with the world of the arcane occurred very early in my marriage. So early, in fact, that there were still stacks of pots and pans under the rented awnings, arching columns of plastic chairs next to the gate, and collapsed tables propped up by the fence. I had fallen in love with a beautiful Malay princess, and, after a suitably long-drawn out engagement process, while my intended bride started serving out her bond to the Malaysian government as an English teacher in Seremban, and I completed my Masters in Plymouth and washed dishes in the evenings for Mr. Ali of the Taj Mahal Restaurant (... to defer expenses, you understand... and the never-to-be-underestimated bonus was that I could eat Chicken Masala or Aloo Gobi until it was coming out of my ears...), we had, at last, completed the "akad nikah" in our rented house in Paroi, (accomplished in only one repetition; the marriage vow, that has to be spoken aloud to the witnesses, in one go, to their satisfaction. To be honest, I was so nervous that it had the effect of coming out like an express train, at tremendous volume, and I think they were somewhat shocked and not a little intimidated) and were now legally married! Anyway, the 'brush' – perhaps it should have been more correctly called, 'A slap in the face with a wet fish', so strange





was it... came in the form of an instruction from my Mother-in-law to "... make sure Omar takes the tee-shirt off the porch roof at the back of the house." This was 'thoughtfully' imparted to me shortly after seven in the morning of our first day of married bliss. Thanks, mum!

After long days of preparation and the trauma of the wedding (there were approximately 1500



guests, less than a dozen that I actually knew, and everyone got fed and watered and got an egg as a parting gift), I was hoping for a bit of a lie-in, but sadly, it was not to be. As we breakfasted, I returned to the call and asked for some kind of explanation, but my blushing bride – no longer blushing, but in a straightforward, no-nonsense manner, said, "Just take the ladder and clear the porch roof, sayang."

The first use of the Malay term of endearment warmed my heart, but I was not to be diverted by mere pleasantries. Besides, I'd detected a hint of something in my wife's 'just-get-on-with-it' tone that spoke of deeper things than just getting rid of stray clothing that has mysteriously dropped from the skies. Indeed, eventually, and in dribs and drabs, I got a halting account that defied belief: well, defied my beliefs, anyway. My mother-in-law had been worrying about the distinct possibility of the wedding being adversely affected by rain. In fact, this was more than just a likely possibility as it was the rainy season, and we had had torrential downpours, mostly in the afternoons, for almost a month. To assuage the rain Gods two days before, my M-i-L had taken an article of clothing (subsequently, I found out (by diverse means) that the article of clothing should be something that has

been worn next to the skin, and preferably by a virgin... but don't quote me on this, particularly the virgin part. Look, it's not rocket science... just don't ask! ...to be blessed by a friendly Bomoh (read: Witch-doctor with Islamic leanings) and put in a place where it would be under the sun and wouldn't be otherwise touched by the guests. I contemplated this for several minutes, aware of the potential sensibilities in this conundrum, but I was spared the inevitable wrong choice when there was a cheery shout from the front door... "It's still eight thirty in the morning, darling! Don't these people sleep?"

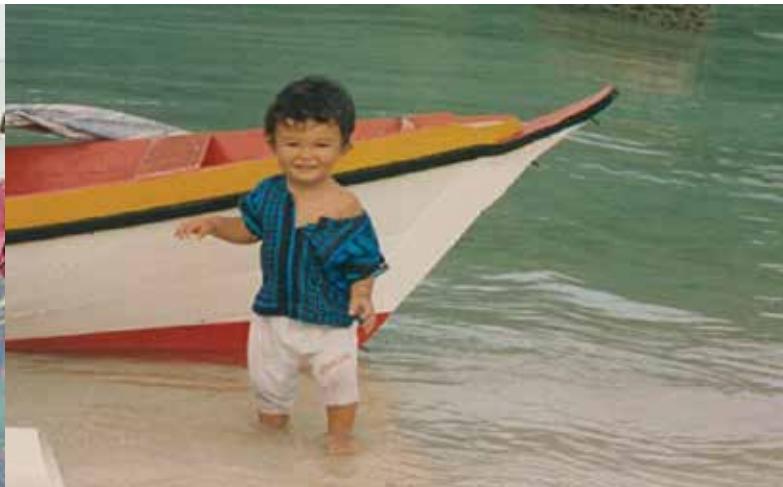
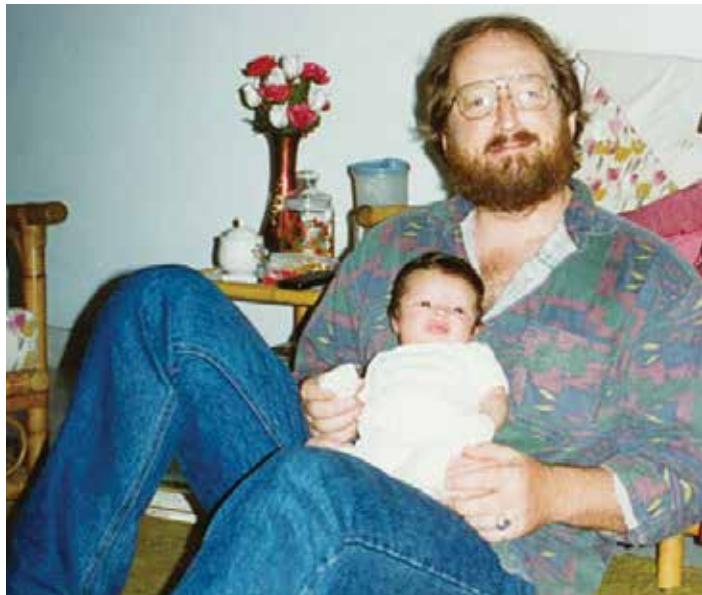
"Don't argue, sayang, just sort it out," and then the hordes descended again, some to clear the compound, others to wash the large cooking pots and cauldrons again before the sun got too hot, and family members and relatives to bring even more food and sit in a circle in the front room while we made more milky coffee and weak tea and served it to a growing coterie of friendly people, as they made fun of the way that I had looked so serious during the ceremonials and the way Pak Lang, my erstwhile best man, kept fanning himself on the pelamin, or dais, while I was suffocating for lack of air. This was partially my wife's fault, because knowing that I am a bit of a joker, she had cautioned me to take our nuptials seriously, and then, couldn't shake off the formal demeanor again, so I looked more like a pallbearer than a singing nun, throughout.

It was almost one in the afternoon when my wife reminded me again, and suppressing a rueful smile when I looked up at the cloudless sky, I opened an upper window and identified my target, got the stepladder out and positioned it so that I could snag the offending garment with a broom handle. My bride gave me a contrite glance when I bundled it into the washing machine, as if to show that it was her mum's superstitions being bundled there, not hers.

Twenty minutes later, the skies darkened like the wrath of God, lightning flickered to the westward, and a minute later, the rain was dinging the windows, and the look of contriteness had changed into one that said, "I told you so, sayang". I had been shaken, but not yet stirred...

That part... the stirring part, crept up on me without my noticing it at all, and yet, it was definitely a part of the life that was going on, inside me, and outside the orbits of my life. When we decided to start a family, a whole new flood of superstitious junk had to be accounted for, and my Malaysian family was careful to alert me to all the beguiling terms and conditions that must now be observed.

Such as, "When June falls pregnant, she should not be walking around on the streets when the evening call to prayer sounds." Or, "Your wife should drink lots of soya bean milk to ensure that the baby has a fair skin." And the more disturbing advice to... "Make sure that



the traditional healer you employ binds the baby tightly against the body when you put him or her into the crib to sleep." Apparently, this last bit of advice is supposed to stop the baby from flailing out in sleep, and ensures a better chance that he, or she, will be more placid and manageable. I vetoed that action from the outset, more to give the baby some room to breathe and cool down, but it was a battle, nevertheless.

For this Cornish-born lad, memories of superstitious happenstance had long ago been relegated to the kind of folklore described in stories of the Lady of the Lake, snatching the sword, Excalibur, from the icy depths of Dozmary Pool on Bodmin Moor. Clearly, this pregnancy lark was going to be a minefield, determined by an army of well-meaning experienced midwives and mother-figures, traditional healers and masseurs, all fuelled by an invincible sense of the rightness of tradition. As the sounds of Topol in the Fiddler on the Roof echoed in my head, I confess to quailing at the thought!

And then, we had a bouncing baby boy, and Doctor Rekha pronounced him a bit jaundiced, but still 'bouncing' and possessed of all the necessary accoutrements. I was somewhat relieved when the nurse got June ready for a nap and left my son in a fish tank under some lights to deal with the jaundice. Just as I was quietly leaving, the nurse told me that she had to give me something, and I waited for a moment until she reappeared with a small parcel, wrapped up in newspaper. My thought was, 'So thoughtful,' as I held out my hand... and almost dropped it again when she said, "It's the afterbirth. You'll need this for the Bidan."

I definitely flinched. "What the hell is a Bidan?" "No, keep it. I'm good..." and then, felt the weight of arcane practices again in the ether as the nurse insisted. "You'll have to get the kampong midwife to bathe the afterbirth

and bury it in a secret place. This should be done by someone you know intimately, because Malays believe that the afterbirth has nurtured the baby, protecting him through the first nine months of life, and develops a kind of sibling affection between the baby and the protector. Some think that the fact that babies often seem to smile in their sleep, when there is nothing to smile about, is proof of this, and others believe that they play together in their dreams."

I was floundering. "Just give it to your Mother in law. She'll know what to do."

Actually, what mum did was to give the offending burden back to me and asked me to seek a particular house in the area where this lady lived. It was like a scene in a movie. A door, overgrown and festooned with creepers overhead, opened, and in the yawning maw of black, a wizened crone looked out, eyes narrowing as my own perfidy was laid bare. Not knowing the words... (any of them), I proffered the limp package and smiled nervously. She took the parcel, uttered the immortal words, "Sebelum Asar," and disappeared into the gloom.

Before tea (A Cornishman must have his tea), I returned to the old lady, handed her an envelope with a small remuneration, and was handed, in return, a cracked and broken pot, complete with an earthenware lid. I was about to ask if she had a better pot; a whole one, but the door had been shut, quite forcefully. Subsequently, I was told that the pot should be cracked in order to let the spirit of the sibling brother access the world and seek him out, still protecting him from the denizens of the spirit world. So I buried the pot in a shallow hole, just as the Azan Magrib sounded. There was an almost reverent silence when this small task was completed. No muted twitterings of birds. No children cried out. Even the skies were unsullied by sound. And for the first time in my life, I felt something move... in my heart, and in my mind. It was a sense of peace with the world that I hadn't, yet, experienced to the full. A strange thing, this Malaysia...◆



Microsoft Imagine Cup Competition

Microsoft hosted a special Imagine Cup Competition award presentation luncheon on Thursday, 5 April 2018 at the Malaysian Petroleum Club. It was a much awaited event for over 100 university students from 8 ASEAN countries who took part in this competition; the countries were Sri Lanka, Singapore, Indonesia, South Korea, Vietnam, Nepal, Malaysia and the Philippines. Congratulations to the Malaysian Team for emerging champions !

All the teams enjoyed a memorable sumptuous luncheon at the prestigious Malaysian Petroleum Club at the iconic KLCC Twin Towers. The guest-of-honour who presented the prizes was Her Excellency, the Ambassador of the United States of America, Kamala Lakhdir. She was accompanied by the Managing Director of Microsoft, Mr Kanan Raman, and other Microsoft executives.



PETRONAS Contractors' Engagement Day



PETRONAS (Group Project Delivery (GPD) in collaboration with Group Procurement) organized Contractors' Engagement Day for their Upstream and Downstream Capital Project Contractors on 13 March 2018 at Malaysian Petroleum Club (MPC). The event was attended by 150 participants which includes 23 contractor companies.

The event commenced with light refreshment at Lounge Lobby before opening remarks by Vice President, GPD followed by the full engagement session. The event adjourned at 12.30pm and ended with photography session and buffet lunch at Temana Brasserie.

1. Opening Remarks by Tn. HJ. Zakaria Kasah (Vice President, GPD)
2. Participants from contractors
3. Quiz Session
- 4&5. Feedback Session
6. PETRONAS Management with contractors
7. PETRONAS Management and staffs





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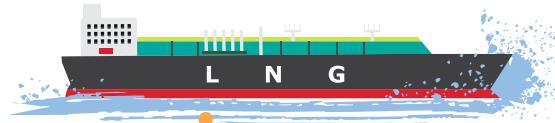
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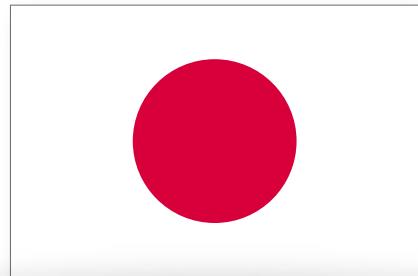




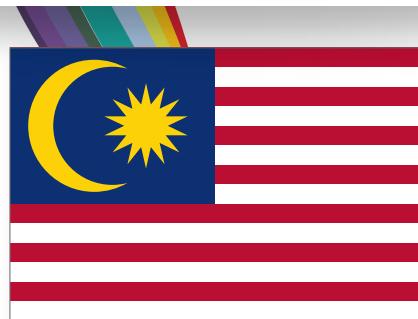
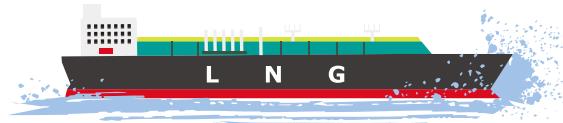
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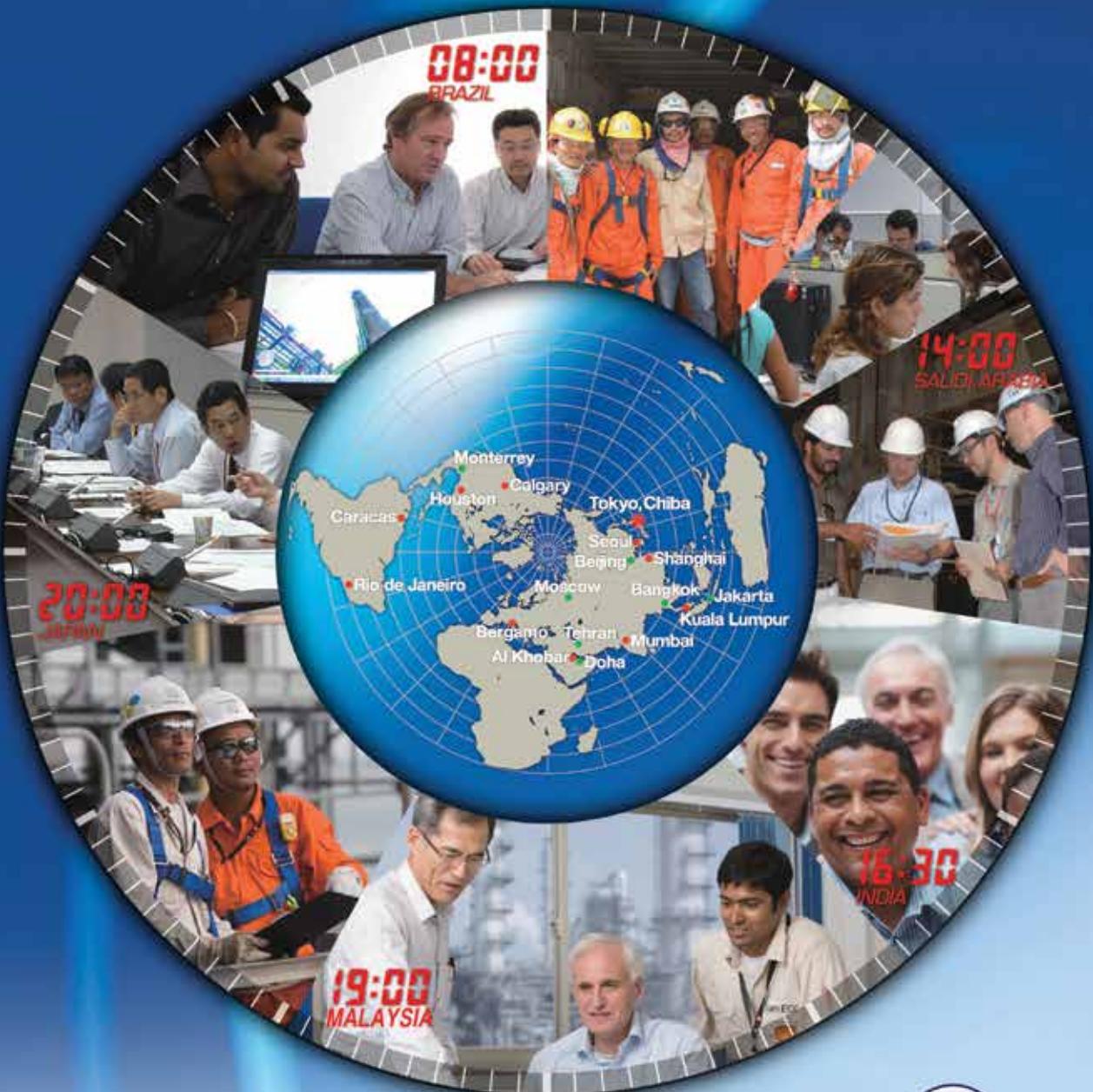
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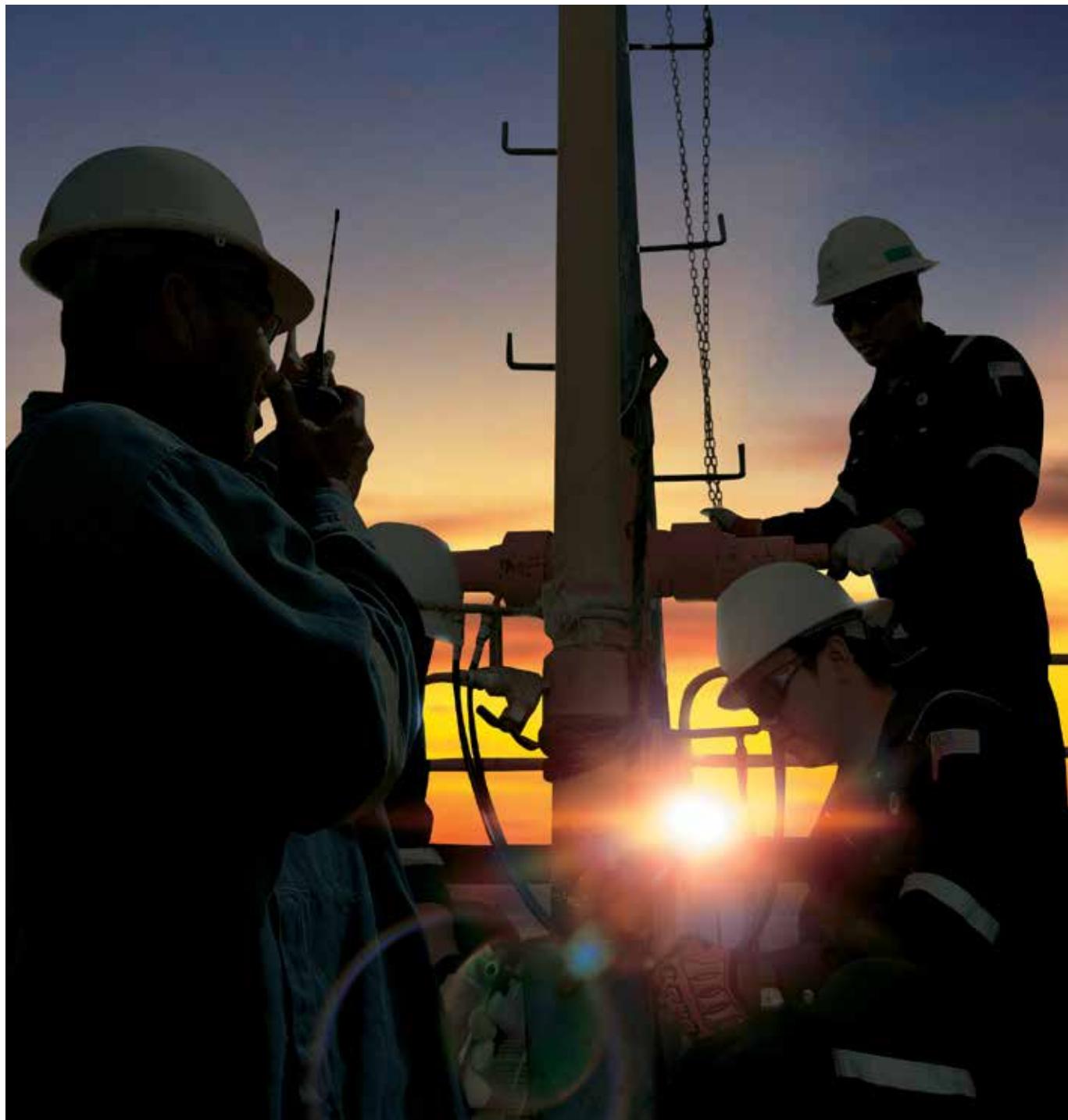
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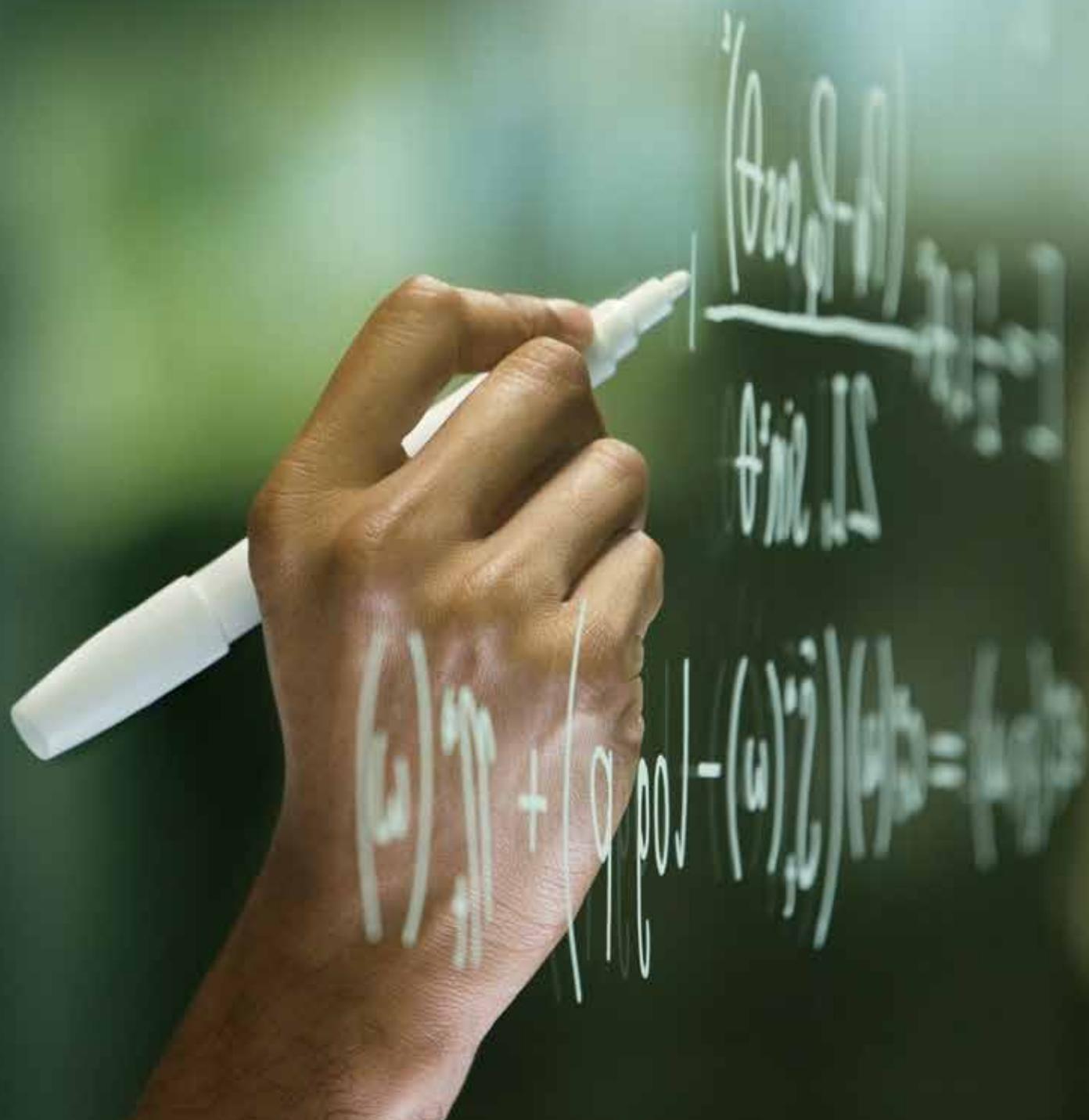
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