



MALAYSIAN PETROLEUM CLUB

RESOURCE MAGAZINE

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The secret
ingredient
is one
HEAPING
teaspoon of
love



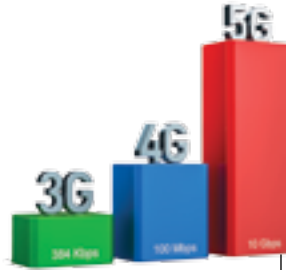
DIALOG

**A LEADING
INTEGRATED TECHNICAL SERVICE PROVIDER TO THE
UPSTREAM, MIDSTREAM AND DOWNSTREAM SECTORS
OF THE OIL, GAS AND PETROCHEMICAL INDUSTRIES.**



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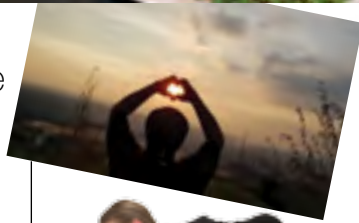
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MALAYSIAN PETROLEUM CLUB

NOTICE OF 30TH ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the KELAB PETROLIAM MALAYSIA (MALAYSIAN PETROLEUM CLUB) will be held on Thursday, 18TH July, 2019 at 4.30 pm at the Club, Level 42, Tower 2, PETRONAS Twin Towers, Kuala Lumpur City Centre, 50088 Kuala Lumpur.

The business of the Annual General Meeting shall be as follows:

1. To confirm the Minutes of the 29th Annual General Meeting held on 27th July 2018;
2. To receive a report on the Affairs of the Club, for the year ended 31st March 2019;
3. To receive and, if approved, pass the audited accounts for the year ended 31st March 2019;
4. To receive and, if approved, pass the resolution for increase of membership subscription fee;
5. To transact any other business:-
[Reference: Article 25A(vii). "Any Regular Member wishing to bring before Annual General Meeting any other business may do so within fourteen (14) days of the date of the preliminary notice to the secretary in that behalf specifying the same with reasonable particularity"]

By order of the General Committee
KELAB PETROLIAM MALAYSIA

SAREEN RISHAM
Secretary



Greetings

We're off to Russia for this issue, and we'll also trace the history and places of interest along the Silk Road. Some of these cities have been around for a few thousand years so it is definitely worth visiting.

We have also lined up a lot of tasty and mouthwatering food promotions for July, August and September at Seligi Chinese Restaurant and Buffet Lunch at Dulang. Chef Lai now heads Seligi with his award-winning Cantonese cuisine, so check out his tantalising old imperial-modern fusion recipes today. Our Saturday Seafood Brunch is also back by popular demand.

Look out for our announcement for the Malaysian Petroleum Gala Night - the prestigious and glittering night to celebrate the oil and gas illustrious personalities. We also have our inaugural hiking trip as we want to encourage our members to stay active and healthy.

Talking about health, it's time to eat colourfully. Purple is our focus this issue as well as the super food, Moringa. We are what we eat, so eat sensibly.

After all, happiness is good health, good food and good company to share it with. So be inspired, be entertained and be very hungry. We look forward to seeing you soon! ♦

Joanne Lee Abdullah
Club Operations Manager

PRESIDENT

Tan Sri Wan Zulkiflee Wan Ariffin

VICE PRESIDENT

Datuk Iain Lo

GENERAL COMMITTEE MEMBERS

Mr. Genichi Ichikawa
Mr. Edward E. Graham
Puan Noor Afiza bt. Mohd Yusof
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Malaysian Petroleum Club Resource Magazine is the quarterly magazine of the Malaysian Petroleum Club. The views and opinions expressed or implied are those of the authors and contributors and do not necessarily reflect the views of the Club's management. No article in part or whole should be reprinted without written permission. Editorial correspondence should be addressed to the Club Operations Manager. For more information on the Club, write to the Secretary, Malaysian Petroleum Club.



Sawadee Krap

DULANG SUITE GOES THAI IN JULY !

BUFFET LUNCHEON
Tuesday, Wednesday & Thursday

Come and enjoy the best of Thai cuisine buffet in July at the Dulang. Strong aromatic and spicy dishes that will satisfy your taste buds and make you come back for more.



August Buffet

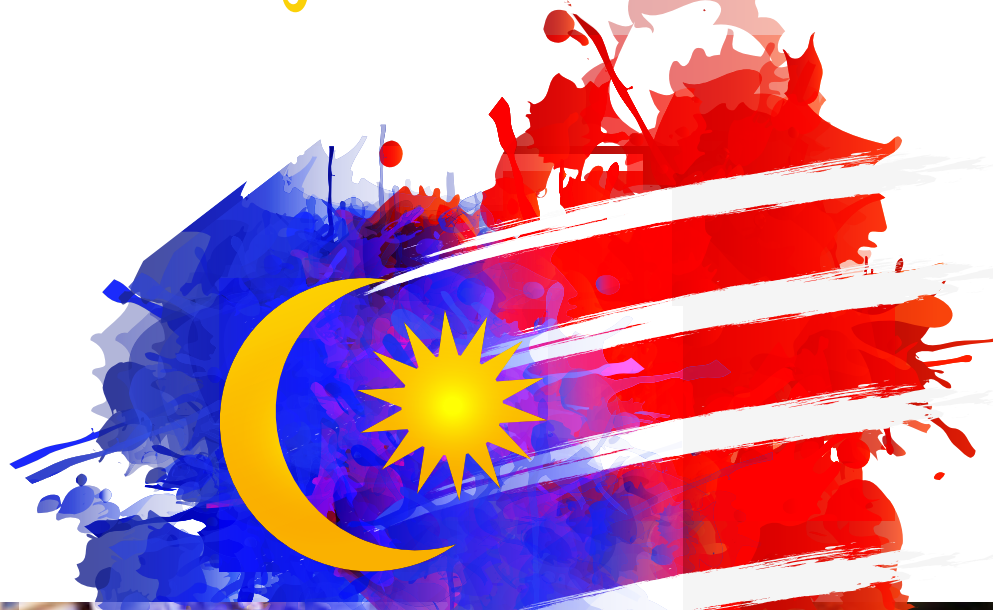
Merdeka Back-To-Your-Roots Delicacies: **The Best of Malaysian States !**

**DULANG SUITE
IN AUGUST !**

BUFFET LUNCHEON

Tuesday, Wednesday & Thursday

Merdeka is a nostalgic time, making us long for some of the feel-good foods from our hometowns. That's why we are featuring the best and favourite dish from every state in Malaysia. You don't have to travel to the four corners of Malaysia. Just travel a short distance to Dulang, for the buffet lunch special.



INDONESIA COMES TO DULANG IN SEPTEMBER

BUFFET LUNCHEON

Tuesday, Wednesday & Thursday

Indonesian food is one of the most vibrant and colourful cuisines in the world, full of intense flavours. And the best of Indonesian foods will be featured in Dulang Buffet Lunch for the month of September. Selamat Bersantap...





(MPC Affiliated Club)

Now as a member of The Malaysian Petroleum Club, you can gain access to The American Club Singapore when you visit the island republic, located at 10, Claymore Hill. You need an Introductory Letter signed by MPC's Club Manager and you can enjoy the many facilities at the American Club.

There are numerous restaurants you can try out like the Eagle's Nest Restaurant that offers all-day dining. The menu is of course American but it is extensive from hearty salads to club sandwiches and fish tacos, and lots more.

There's also a Thyme Café and The Second Floor that offers award-winning adults-only fine dining and wining. Or hop into the Union Bar while you leave your kids at The Zone Play Area that has supervised staff to look after your kids.

For keeping fit, there is the Gym or Library to catch up on some reading and Business Center. There's also the Sen Spa to melt away the tensions of business and sight-seeing. That's not all. There's also a swimming pool and bowling alley. Phew, that is really a lot of facilities. You will discover even more amenities when you pop into The American Club in Singapore.

See you there soon!



Seligi Pavilion



Many
Delicious
Reasons To
Visit Seligi
Chinese
Restaurant





Chef Lai Dishes Out Delicious Temptations

Seligi's new chef, Chef Lai started his career at a tender age of 20 and has never looked back. Earning his stripes from ground up, Chef Lai's cooking journey has taken him around the world learning his craft that specialises in Chinese Cantonese cuisine, besides other styles.

From a Subang seafood restaurant and Singaporean hotel chain, to a renowned Chinese restaurant in London, Chef Lai has gone on to be a finalist and winner of several International Cooking competitions. He has also worked at the Hilton KL, Le Meridien Putrajaya, and Four Seasons at Maldives and Jakarta.

He is passionate about bringing back the classical Imperial cooking techniques infused with modern ideas and presentations. Some of his delicious signature dishes include chrysanthemum-infused fried fish, chilled double-boiled pear with snow fungus, Cantonese-style garlic chili prawn, Teochew-style steamed crab and steamed black cod with chef's special sauce amongst others.

Make a date with Chef Lai and indulge in his specialties. You'll definitely come back for more and more and more...

July Claypot Treasures

Come discover and taste the delicious ingredients inside our Claypot Treasures that consist of premium quality dried seafood and other fresh delicacies. This is only for the month of July at Seligi. Don't miss this special promotion. Book early!

Mouthwatering, Succulent Cod Fish

Smooth, soft and succulent cod fish is Seligi's August Promotion specially for you. It can also be cooked live in front of you depending on how you want the cod fish to be cooked either using claypot or steamed or deep fried. Bring your colleagues and family to enjoy this mouthwatering cod fish and other delicacies from Chef Lai's menu.

September 3-Style Peking Duck

Peking Duck is a specialty dish from Beijing (Peking) that has been prepared since the imperial era for the Emperors of China. There are 3 ways the Peking Duck is served. First, it is served with its thin, crisp skin with very little meat and dipped with special sauces. Next the meat is served with steamed pancakes and other condiments and sauces. And lastly, the bones and some meat are cooked to make soup or porridge. Treat yourself this September and feast like an Emperor or Empress. You deserve it.

Beautiful Sunrise & Morning Hike @ Broga Hill

17 August 2019, Saturday

This short getaway located in Semenyih is the ideal panacea for busy urbanites. Also known as Bukit Lalang, Broga Hill is a 400-meter, 3-peaked hill situated 30 minutes from the heart of Kuala Lumpur. Even though the hill is not very high, you can enjoy the beautiful sunrise while taking in the serenity, the sound, smell and the fresh air away from the hassle and bustle of city living.

MPC believes in bringing its members together to get to know each other in a healthy, natural setting while promoting a healthy lifestyle. It is also a wonderful way to wake up very early in the morning as our rendezvous point is at the Ground Floor of Tower 2 at 4 am. Have a look at our itinerary:

4.00 am	Members gather at G floor, Tower 2
4.30 am	Departure to Broga Hill on charter bus
5.00 am	Arrival at Broga Hill & Hike Briefing
5.15 am	Hiking Begins
6.15 am	Group arrive at peak followed by Solat Fajr/break
9.30 am	Hike down in a group
10.30 am	Departure back to the Malaysian Petroleum Club
11.30 am	Arrival at the Malaysian Petroleum Club
12.20 am	Lunch at the Malaysian Petroleum Club

Adults RM 250

6-12 years old RM 150

Come with your family and friends - a healthy and fun event, and a unique opportunity to enjoy nature in a group. This is specially organized for you, our dear members, the first of many more to come.





Coming Soon !!

THE MALAYSIAN PETROLEUM GALA DINNER 2019 !





This not-to-be missed event of the year is coming soon. So ladies and gentlemen of the oil & gas industry, get your elegant gowns and evening suits ready for this glittering night of high-fashion, international entertainment and fine dining.





Due To Popular Demand MPC Saturday Seafood Brunch Buffet



What a wonderful way to kick off the weekend by enjoying MPC's Saturday Seafood Brunch Buffet with your loved ones. A hearty delicious meal followed by the opportunity where you and your loved ones can go to the KLCC Sky Bridge for a group selfie. What's more, you can all go up to the Sky Deck to see the whole of KL city on the 83rd and 86th Levels of KLCC Tower 2. Now that is a very rare opportunity not many people get to enjoy.

MPC members can now go up to the Sky Deck for a most memorable cityscape view of KL. Please enquire at MPC for more details.

*11am – 3pm
Adult RM 168 nett
6-12 year old RM 98 nett*



Year-End Lucky Draw Extravaganza

Dine at any MPC restaurant and you will be eligible to enter for the MPC Year-End Lucky Draw Extravaganza that will offer some very exciting prizes. What are the prizes? Well, we'll keep you in suspense for a while as the saying goes "Good things come to those who wait". But we promise the prizes will be worth waiting for.

All you need to do is to spend RM300 on a single receipt, and you will be given an official entry form. Just attach the MPC receipt together with your entry form and you could be on your way to getting those exciting prizes at the end of this year. You can send as many entries as you can, just keep dining at MPC.

Terms & Conditions

- Lucky Draw Extravaganza is open to MPC's members only.
- Member's who spend RM 300 on a single receipt will get an official entry form.
- Lucky draw results will be on 31st Dec 2019.
- Each entry must be accompanied with an official MPC receipt as proof of spending.
- Lucky Draw Extravaganza will run from 1st July 2019 until 30th December 2019.
- Any entry received after 30th Dec 2019 will not be entertained

Publicity & Personal Data

- 1) By participating in the Lucky Draw Extravaganza, participants agree to abide by the terms & conditions & decisions of the club.
- 2) By participating in this Lucky Draw Extravaganza, participants agree and have given Malaysian Petroleum Club the right to use the name, address, photograph, particulars, documents and information sent by the participants for the purpose of advertising and other forms of publicity from time to time without any royalty and compensation in connection with the Lucky Draw Extravaganza.
- 3) By participating in this Lucky Draw Extravaganza, you agree to be bound by the contest herein and by the decisions of Malaysian Petroleum Club, which will be final & binding in all respects.
- 4) Malaysian Petroleum Club reserves the right to change, suspend or alter the competition's term & condition, or prizes, at any time and for any reason without prior notice.





Like, Share & Win

Just LIKE our MPC Facebook page and FOLLOW our MPC Instagram. Take a selfie when you dine in our restaurants. You must also creatively show our MPC logo found on our club's paraphernalia in your selfie. The most creative selfie will win a VIVO V15 smartphone. So see you in our restaurants, and selfie away!

There are two categories. One specially for MPC members, and one for guests and tenants of KLCC Towers. Contest period is from 1 August 2019 – 31 October 2019.

Post your selfie via Instagram with the hashtag #selfiebynightinmpc. You have to post us your MPC restaurant receipt via Facebook Messenger or Instagram.

MPC reserves the right to determine the winner and no correspondence will be entertained. The prize is not exchangeable for cash or transferred to another person. Announcement of winner will be made after 31 October 2019.



Celebrate Your Birthday In Style!

We want to make your Birthday really special as an exclusive member of our Malaysian Petroleum Club. That's why we have put together all these treats, just for you to celebrate with your family and friends, at any of our finest restaurants. Or in all of them!

All these treats specially for you...

Free - One Bottle of Wine/Sparkling Juice, when you dine at the Malaysian Petroleum Club.

Free - One Birthday Cake, when you dine at the Malaysian Petroleum Club.

Free - One Hour of Fun Singing @ Semarang Karaoke Room.

Free - Exclusive Sky Deck Viewing Experience.

50% - Discount for 4-10 people at any one of the restaurants. Applicable once only.



Sky Deck



Sky Bridge



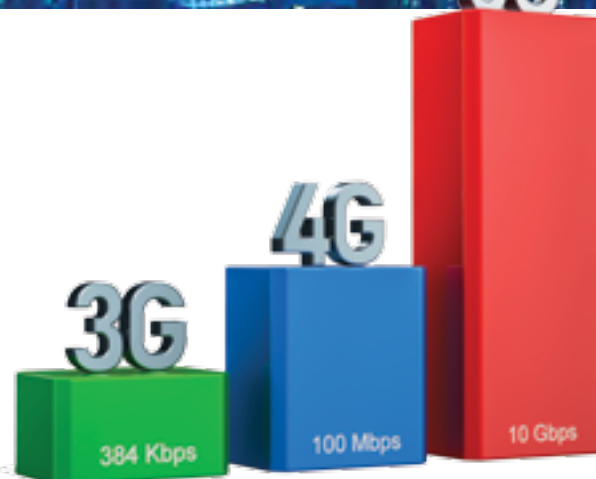
MPC members can now go up to the Sky Deck for a most memorable cityscape view of KL. Please enquire at MPC for more details.





The Good, The Bad and The Scary

The buzz over the 5G, the next generation wireless technology, has been heating up over the past year. 5G will indeed employ higher frequencies and bandwidth, enabling users to transfer wireless data faster (with rates up to 10Gbit per second) than older cellphone standards. Previous G networks have used frequencies between 700 MHz and 6 GHz. The 5G network will operate on frequencies between 28 and 100 GHz. To put that into perspective: 4G is 10 times faster than 3G. It is expected that 5G will be around 1,000 times faster than 4G.





The Good

- ✓ 5G means increased feeds and speeds in mobile networks, according to 21 century tech website, that also chronicled the bad and the scary.
- ✓ 5G will make the Internet-of-Things (IoT) really work so if you are planning to have a smart home equipped with lights, door locks, appliances and gadgets galore, the capacity to handle the traffic from all these devices, some with artificial intelligence, will be a no brainer.
- ✓ Smart agriculture will love 5G as field sensors will connect to survey drones, farm machinery and farmers making the determinations of when to plant, fertilize, water and harvest.
- ✓ Smart cities will use 5G to move traffic more effectively, implement-on-demand autonomous vehicle transportation, manage smart street lights, smart roads, sense the environment to ensure good air quality, and manage city services like garbage collection and recycling with new levels of efficiency and sustainability.
- ✓ Personal well-being with 5G will mean individuals will be far more aware of their health status and will be

able to share vital signs data with professionals, leading to faster and more effective medical interventions, with much better health outcomes.

- ✓ Telepresence, virtual and augmented reality will all become ubiquitous in the world of 5G. The retail bricks and mortar experience will become an augmented reality ride, even before you cross the threshold of a store. As you shop, you will learn about the products that surround you. Your grocery shopping cart will automatically tally the cost of everything you put in it and apply it to your credit or debit card. No checkout required.
- ✓ Entertainment will be turned upside down by 5G whether you are watching a movie in a Cineplex or on a home screen. Throw on a pair of virtual or augmented reality glasses and become immersed in the story. It won't be a holo-deck but it is like next to the real thing.
- ✓ The way we are governed will be altered by 5G with e-voting and participatory democracy facilitated by the technology's deployment.

The Bad

- ✗ With 5G, the radio spectrum being deployed and the number of network nodes multiplying by the billions will mean the air around us will be filled with radio waves at new frequencies which we have no way of knowing could lead to long-term negative health consequences. So many mysterious illnesses over the millennia that were thought to have been caused by air waves, remain a mystery until today. With 5G, could we have finally opened Pandora's Box?
- ✗ If you have built your communications infrastructure around 4G or 3G technology, then the advent of 5G will make everything you have invested in or rely on, obsolete.
- ✗ Existing smartphone technology will not translate to 5G. The applications that run in 4G will not work in 5G.
- ✗ Much of the infotainment and entertainment technology we own today will be useless, and you can be pretty sure that its replacements will come with a hefty price tag when they are first introduced.
- ✗ 5G is unable to travel great distances or pass through objects, thus the shorter length millimeter waves used in 5G need strengthening via booster antennas positioned on average 150 meters (500 feet) apart. That means in any city, the antennas will be everywhere, on street signs, lamp posts, traffic lights, any where possible.





The Scary

- ⊗ The deployment of 5G will make the surveillance state a reality. Smart sensors and devices will be everywhere. Policing of neighbourhoods could impact privacy and individual human rights.
- ⊗ Smart weapons and autonomous killing systems enabled by 5G will make wars unrecognizable and even more inhumane.
- ⊗ The workforce will be further squeezed by smart machine replacements as more robots will do more repetitive jobs once done by humans.
- ⊗ Existing system security will no longer be adequate requiring new encryption and network resilience protocols and countermeasures.
- ⊗ With smart machines able to communicate with each other, will the deployment of 5G bring on Skynet from the Terminator Series?
- ⊗ X-ray machines are considered high-frequency, while TV antennas, radio station or mobile phone base stations use lower frequency to transmit information. Different frequencies of wavelength interact with the body in different ways, but with greater numbers of low-frequency antennas will mean increased exposure to radio frequency radiation.
- ⊗ Around 250 scientists from around the world signed a petition recently to the United Nations and WHO outlining their concerns about 2G, 3G and 4G networks and their broadcast antennas that emit radio frequencies may produce cancer risks due to the electromagnetic field (EMF) radio waves they produce. A link between cancer, which often develops over periods of 20-30 years, and 5G radiation has not been determined. The technology is still too young to draw a conclusion.

So why are we still wanting to launch 5G knowing that there are so many unknowns and cautions in its deployment? The answer is that 5G will be needed as 4 billion more of us become connected through a global telecommunications network. And with all these humans, will come hundreds of billions of smart devices and sensors to share network bandwidth. Without 5G none of this is likely to happen.

You have to decide what is best for you and your loved ones. We will have to balance what we want and how healthy we want our lives to be. ♦



**Always
looking forward
to serve you**

Membership At The Iconic & Exclusive **MALAYSIAN PETROLEUM CLUB (MPC)**

Has Many Benefits

Membership at a private business club is prestigious and looks great on your LinkedIn profile. However, membership at the Malaysian Petroleum Club has many more benefits and creates opportunities for its Members beyond a great place to hang out.

Exclusive Membership

The iconic and prestigious Malaysian Petroleum Club is an exclusive Members-Only club situated on the 41st, 42nd and 43rd floors of Tower 2, PETRONAS Twin Towers. As part of the club's long-term objective of recruiting new members from today's dynamic younger generation, MPC is inviting you to be one of its exclusive members. We

urge you to take advantage of this special discount, which is for a limited period only.

Networking Opportunities

Perhaps the motivation for many members to join the Malaysian Petroleum Club, besides the obvious prestige, is the networking opportunities. Networking with like-minded people is a crucial part of success in the business world. MPC allows you that unique opportunity to mingle with the top executives of the oil and gas industry.

Not only can you network with the oil and gas fraternity but also foreign dignitaries and professional elites, who



are our club members. This will often result in contacts that last a lifetime. MPC provides the ideal environment to develop and foster these new and long term relationships.

Dining Privileges

The Members-Only dining rooms and other various lounges and bar are open for breakfast, lunch and dinner six days a week. A unique opportunity to dine with peers and Malaysia's who's who in a sophisticated environment with world-class cuisine. What's more, members enjoy 20% discount on Food & Beverages throughout the club. If you are looking for a more secluded environment there are many lovely private dining rooms, as well as other rooms for meetings and functions. Members receive a discounted rate when using the function spaces available and experience a top class service to go with it.

Other Benefits

- * Lots of Goodies On Your Birthday
- * New Member Card to quickly access the electronic gates on the ground floor
- * Discount On Tour Packages
- * Discount On Fees at Affiliated Clubs
- * MPC Resource Magazine (printed copy & digital online copy)
- * Sports & Recreational activities
- * Special Food and Other Interesting Promotions

Exclusivity Has Many Benefits And Rewards.

Sign Up For This Once-In-A-Lifetime Opportunity.

That Will Open Up Opportunities For A Lifetime.

Be A Member of the Malaysian Petroleum Club Today.



Your Creative, Flexible Venue Spaces





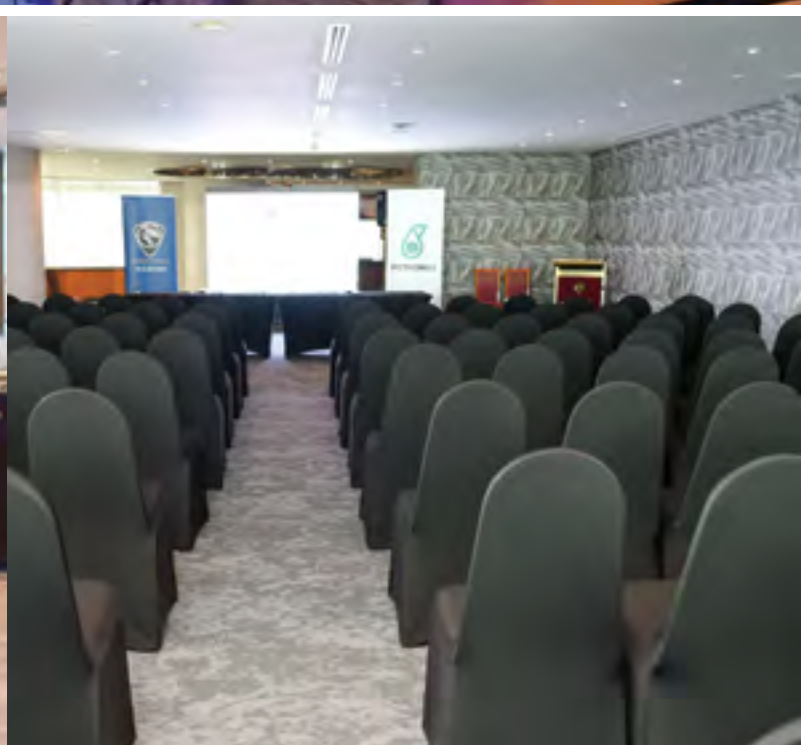


NEW KIKU

The New Kiku has been completely refurbished to create a new event space for our members. It can be used for any corporate events or even meetings. We can convert this elegantly appointed space to suit your need. It can be for personal functions like anniversaries, weddings, birthday parties, and reunion dinners.

Just let us know your event and we will help transform this space creatively for a memorable event.





travel

RUSSIA



Tourism in Russia has seen rapid growth since the late Soviet era. Its rich cultural heritage and great natural beauty place Russia among the most popular tourist destinations in the world. Russia has 23 UNESCO World Heritage Sites while many more are on UNESCO's tentative lists.

Major tourist routes in Russia include a travel around the Golden Ring of ancient cities, cruises on the big rivers including the Volga, and long journeys on the famous Trans-Siberian Railway. In 2013, Russia was visited by 33 million tourists, making it the 9th most visited country in the world, and the 7th most visited in Europe.

When we think of Russia we think of harsh climate right? Well, not so right. The climate of south-west Russia is more arid with hotter summers and shorter winters. The climate along the Far East is similar to that of Hokkaido, Japan and north-east China. While the most severe climate is in Siberia where the winters are very cold and summers are also very hot. Contrary to popular belief, the climate of Russia's most popular tourist destinations is not severe and is similar to Eastern Europe.

An Onion-Domed Fairy Tale

Welcome to Russia, the world's largest country that offers it all. From the famed onion-domed cathedrals and historic cities, to the artistic riches, epic train rides and vodka-fuelled nightlife.

If ancient walled fortresses and swirly-spired churches are on your must-see list, then Moscow and St Petersburg will satisfy even the most demanding of you. Twin repositories of eye-boggling national treasures, political energies and contemporary creativity the world has come to recognize and love.

If you are a culture vulture in search of inspiration from great artists and writers, then tread in the footsteps of literary greats like Tolstoy and Pushkin on their country estates, as recommended by the Lonely Planet. For the more adventurous, ski or climb lofty mountains in the Caucasus, go trekking or white water rafting in the Altai Republic, hike around Lake Baikal or scale an active volcano in Kamchatka.

A word of advice : bureaucracy and the occasional discomfort and inconvenience, especially away from the booming urban centers remain an integral part of the Russian travel experience. However a small degree of perseverance on your part will be amply rewarded by the boundless hospitality of the rural Russian people, so said Aleksandr Solzhenitsyn and Winston Churchill.



Moscow

One of the world's largest cities, Moscow is a modern metropolis whose ancient neighbourhoods are interspersed with newly built high-rises. It is also a city of rings: the innermost is the Kremlin itself, and further away are former defensive rings – Boulevard Ring and Garden Ring. Still farther ahead there is the Third Ring Road and the MKAD that delineate the city's borders. Some joked that the Mayor of Moscow is the Lord of the Rings. Most of the popular sights are contained within the Garden Ring.

It can be argued that Moscow and even the whole of Russia for that matter starts at the Red Square. An absolute must see for any visitor. After standing in line to visit Lenin's granite mausoleum, head over to GUM, Moscow's oldest department store. It houses luxury shops and is famous for its glass roof designed by one of Russia's most celebrated architects, Vladimir Shukhov.

On the opposite side of GUM, Kremlin's walls and towers rise above Red Square. Then you can walk through the Alexander Garden and past the grotto to the Kremlin's entrance. It's a treasure trove for any art and history lover – ancient gold-domed churches, icons galore and the resting place of Moscow tsars. On the other side of the Red Square is Moscow's iconic St Basil's Cathedral with its multi-coloured domes.

Saint Basil's Cathedral

Located in the impressive Red Square, St Basil's Cathedral is breathtaking with its spires appearing as if out of a fairytale. It is the most recognizable building in the country and is very much a symbol of Russia. It was commissioned by Ivan the Terrible to commemorate the victories over Kazan and Astrakhan. The cathedral consists of ten connected churches. The eclectic style with its colourful swirls, patterns and shapes is unique only to Russian architecture.

Red Square

Lying at the heart of Moscow, Red Square is one of the most visited destinations in all of Russia. Drenched in history, the huge square is home to incredible sights such as the Kremlin, St Basil's Cathedral and Lenin's Mausoleum. It is here in this former marketplace that many important moments in Russian history took place, from coronations to military parades and rock concerts.

Moscow Kremlin

This famously fortified complex is home to five remarkable palaces and four cathedrals and is the historical, political and spiritual center of the city. The Kremlin wall stretches







2,235 meters in length; one could spend an entire holiday exploring all the fascinating sights that they offer. With five squares to wander around, 20 towers to visit, and sites such as the Cathedral of the Dormition and the gold-roofed Cathedral of the Annunciation, visiting the Kremlin will really blow your mind at the sheer size and opulent lifestyle of the Russian Tsars. Don't forget to visit Terem Palace and Grand Kremlin Palace while you are here.

Bolshoi Theatre

The Bolshoi Theatre is the main theatre in the country. The Bolshoi Ballet Company was established in 1776 while the theatre only opened in 1825. The glittering six-tiered auditorium is lavishly and decadently decorated befitting the staging of world-class performances on its stage.

Gorky Park

Lying alongside the Moskva River, the huge Gorky Park has extensive gardens and is home to numerous cultural institutions like the Garage Museum of Contemporary Art. Pop-up exhibitions and festivals can be found from time to time in the park itself. There is also an open-air theatre and numerous eateries alongside a plethora of leisure activities.

Lenin Mausoleum

Opened to the public in 1924, Lenin's Mausoleum is one of the most popular tourist attractions in Moscow. The red granite structure located at the heart of the city in Red Square.



Lenin's embalmed body lies in a glass sarcophagus. It is a somewhat eerie experience walking past the former leader of the Soviet Union, but this is the only place in the world that you can walk past an embalmed famous and powerful late leader.

Christ the Savior Cathedral

This gorgeous Russian Orthodox Cathedral is located on the banks of the Moskva River, just a stone's throw from the Kremlin. The church as it stands today was consecrated in 2000, as the original church that stood here was destroyed on the command of Josef Stalin in 1931. With its delightful golden dome, spires and dazzling white façade, the cathedral is simply stunning.

Moscow Metro

It is not often that public transport looks like a work of art. So many stops on the Moscow Metro will astound visitors with their beauty and elegance. Decked in marble and with frescoes covering the walls, the stations are amazing to gaze upon and are part of one of the longest metro systems in the world.

GUM (Department Store)

It means 'Main Universal Store' in Russian, GUM is stunning. The glass roof will already blow your mind, as will the 200 luxury shops blow your pocket. This departmental store was opened in 1893. Its beautiful façade looks just as stunning and opulent alongside its other illustrious neighbours on Red Square.

Khamovniki

Khamovniki is Moscow's ancient textile district, named after the word 'kham' which is a type of cloth. Two main thoroughfares, Ostozhenka and Prechistenka, cut through the neighbourhood parallel to each other. The former turned into the Golden Mile of Moscow in the 1990s with the highest real estate prices and some of the best examples of new Russian architecture.

Khamovniki is like a literary quarter as several museums devoted to Russia's best-known writers – Leo Tolstoy, Alexander Pushkin and Ivan Turgenev are found here. There are also plenty to see for the art lover. The Multimedia Art Museum regularly hosts exhibitions by some of the best photographers from all over the world as well as contemporary art.

This just a sampling of what awaits you in Moscow. It is full of diversity and you just need to plan your day and night tour for the best enjoyable and memorable experiences.

St Petersburg

St Petersburg known as Petrograd in Russia, and formerly called Leningrad, is Russia's second largest city after Moscow. It has an estimated population of 6.2 million people and is an important Russian port on the Baltic Sea. Situated on the Neva River, it was founded by Tsar Peter the Great in 1703 and was the capital of Imperial Russia. St Petersburg is considered Russia's cultural capital and the Historic Center of Saint Petersburg is a UNESCO World Heritage Site. It is home to the Hermitage, one of the largest art museums in the world. Many foreign consulates, international corporations, banks and businesses have offices in St Petersburg.

It is one of the most beautiful cities in Europe, and in the world. Sometimes called the Venice of the North because

of its many canals, St Petersburg is truly a splendid sight to behold. Let's start the tour.

The Hermitage Museum

The Hermitage Museum complex consists of five buildings – Winter Palace, Large Hermitage, Small Hermitage, New Hermitage and the Theatre of Catherine the Great. Catherine the Great was the originator as she amassed over 4,000 paintings, 38,000 books, 10,000 engraved gems, 10,000 drawings, 16,000 coins and medals, and a natural history collection during her reign. The collections grew so fast that she had to embark on a major building programme expanding to the 1,000 sumptuous rooms we marvel at today.

Peter and Paul Fortress

There is plenty to see at the Peter and Paul Fortress including the Prison Museum and the Peter and Paul Cathedral.

The Catherine Palace

It is also known as the Summer Palace at Tsarskoe Selo and is part of a gorgeous complex of parks, guest houses, and the blue-and-gold palace. Visitors often feel astounded at how Russia's royalty once lived.

Peterhof

This is another beautiful palace complex renowned for its fountains and gardens, known as the playground of the tsars.

Church of Our Savior on the Spilled Blood

This church was built to memorialize Alexander II following his assassination in 1881 on that exact spot. The magnificent church with pink Italian marble floors and numerous mosaics was modeled after the 16th and 17th century churches.

The Bronze Horseman Statue

Made famous by Alexander Pushkin, this statue of Peter the Great sitting astride his horse is part of Russian culture and a symbol of St Petersburg. The Bronze Horseman is placed upon the



'Thunder Stone' that was dragged from far away and shaped to form the base of this memorial.

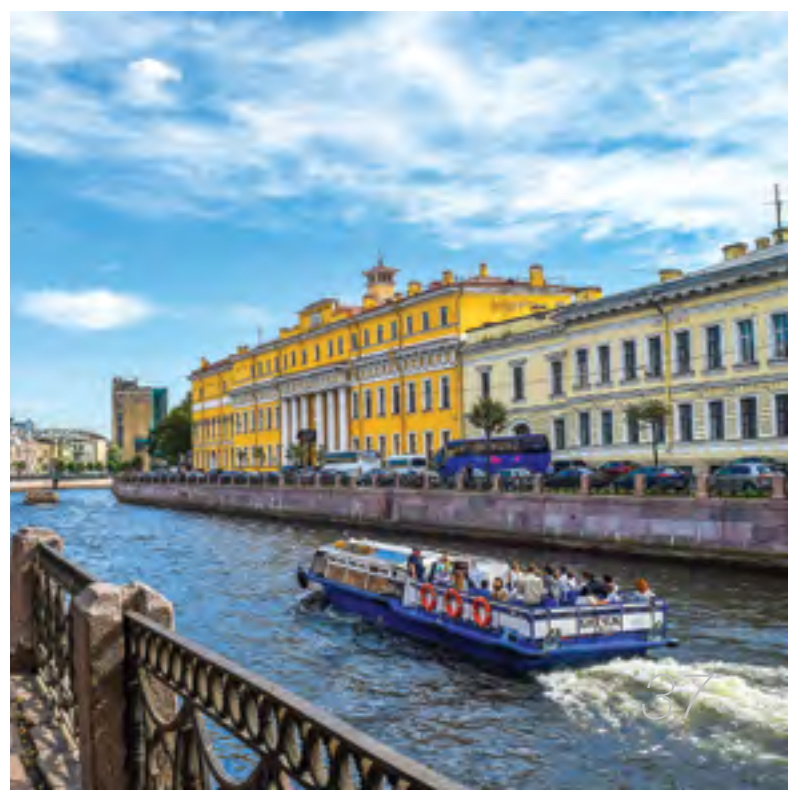
The Russian Museum

St Petersburg was founded by Peter the Great to be Russia's 'Window to the West'. That's why it should not be surprising that this museum holds one of the largest collections of Russian art in the world. Enjoy Russian art creations through the ages, from Byzantine-style icons to the Socialist Realism of Stalin's era.

Boat Tour

Boat tours in St Petersburg will give you an hour of sightseeing while sitting down. There are two basic routes – one that takes you on the main Neva River, and one that takes you on the smaller canals and the Fontanka. By day or night, boat tours will give you a splendid view of some of St Petersburg must-see sights. ♦





MORINGA. The New SUPER FOOD



Never heard of Moringa before?

Moringa is a plant that was discovered thousands of years ago for its beneficial properties. But it was only recently that Moringa (also called Ben oil tree) became known as one of the most impressive herbal supplements to be introduced into the holistic health market.

In 2008, the National Institute of Health USA called Moringa (*moringa oleifera*) the Plant of the Year. It was acknowledged that perhaps no other single species of plant measures up to the unique properties of Moringa, as this plant has the potential to help reverse multiple major environmental problems and provide for many unmet or unfulfilled human needs.

To date, over 1,300 studies, articles, reports have focused on Moringa benefits and the plant's healing abilities. Research shows that just about every part of the Moringa plant can be utilized in some way, whether to make a potent antioxidant tea or produce an oily substance that lubricates and nourishes the skin.





Throughout the world, Moringa is used to treat these wide ranging conditions:

inflammation-related diseases, cancer, diabetes, anemia, arthritis and rheumatism, allergies and asthma, constipation, stomach pains and diarrhea, epilepsy, stomach and intestinal ulcers, chronic headaches, heart problems including high blood pressure, kidney stones, fluid retention, thyroid disorders, low sex drive and bacterial, fungal, viral and parasitic infections.

Moringa is an excellent source of proteins, vitamin A, potassium, calcium and vitamin C. According to Kuli Kuli, an organization that harvests Moringa plants in Africa, gram for gram, Moringa contains:

- two times the amount of protein of yogurt
- four times the amount of vitamin A as carrots
- three times the amount of potassium as bananas
- four times the amount of calcium as cow's milk
- seven times the amount of vitamin C as oranges

Moringa is unique because nearly all its parts – leaves, seeds, flowers/pods, stem and roots – can be used as a source of nutrition and other medicinal properties that fight free radical damage. The most popular method is drying and grinding down the tree's antioxidant packed leaves to unlock the most Moringa benefits.

With an exceptionally high nutritional value, Moringa can be used to obtain important trace minerals, protein and phenolics. The plant contains a rare and unique combination of disease-preventing phytonutrients, including zeatin, quercetin, beta-sitosterol, caffeoylquinic acid and kaempferol – all are proven anti-inflammatories with strong medicinal values. It also contains isothiocyanates and flavonoids.

Numerous studies have shown that these compounds are protective of the heart, natural circulatory stimulants, and possess anti-tumor, anti-epileptic, anti-ulcer, anti-spasmodic, anti-hypertensive and anti-diabetic effects.

Besides the valuable leaves, the pods of the Moringa tree also contain seeds that hold a healing oil. This oil can be used to cook with or put directly onto the surface of the body. Several popular uses of Moringa oil include helping to retain the skin's moisture, speed up wound healing and soothe dry or burnt skin.

Another interesting use of the seeds is for water purification. Combining Moringa seeds with water helps impurities cling to the seeds so they can be removed, leaving behind better quality water that has less toxins. Salt also binds with Moringa seeds, which is beneficial for producing fresh-tasting water. 0.2 grams of ground Moringa seed can turn one liter of contaminated water into safe drinking water.

Moringa is known by over 100 names in different languages around the world. This easy-to-grow tropical plant species is native to the Himalayan mountains and parts of India and Africa. It has been proven to be packed with over 90 protective compounds.

Before you try Moringa, please check with your medical professional if it is safe for you, especially if you are on any medication for certain ailments. However, from research, Moringa is well tolerated by most people, and the main side effect is the laxative effects in large quantities. ♦







Purple

There are so many benefits of eating purple vegetables and fruits. It is true that fruits and vegetables contain more essential nutrients like vitamins and minerals than any other food. They come in different shades of yellow, green, red, purple, to name a few.

Eggplant, prunes, concord grapes, blackcurrant, purple cabbage, purple carrots, onions, purple Brussels sprouts and purple asparagus are some more examples. In fact, figs, passion fruit, raisins, plums, and berries like blackberries, blueberries, elderberries, cranberries, chokeberries and bilberries also count as purple foods.

The colour purple often symbolizes royalty and magic. The last few years, purple vegetables have been popping up in many grocery stores and local farmer markets, from vibrant purple cauliflower to the darker skins of purple potatoes. It's time to indulge in these power-packed purple goodness.

Power!

. Slow Down The Aging Process

The deep purple colour of fruits and vegetables is usually a sign these foods are loaded with antioxidants. A particular type of antioxidant called anthocyanins give plants including flowers the vivid violet colours. Anthocyanins protect purple vegetables from sunlight damage, cold temperatures, and other stressors. Plus they attract pollinators like bees and butterflies.

These purple wonders slow down the aging process. The darker they are, the better for you.

. Balance Blood Pressure

Purple foods also contain flavonoids which help balance the blood pressure levels. Consume them to reduce the risk of high blood pressure and other heart problems. They also help keep cancer at bay in the long term.

. Protect From Urinary Tract Infection

Thanks to the presence of anthocyanins, purple fruits and vegetables prevent urinary tract infections. They prevent E.coli or similar bacteria cling to the walls of the urinary tract.

. Support Heart Health

Adding purple fruits and vegetables in your diet is a perfect way to love your heart, as they contain heart-friendly nutrients, antioxidants and anthocyanins that will keep your heart healthy all the time.

. Reduce Risk Of Colon Cancer

The skin of these purple foods contain anthocyanins that reduce the risk of colon cancer. Anthocyanins have consistently shown to reduce inflammation. Inflammation is one of the underlying causes of many diseases of



our time, including Alzheimer's, allergies, arthritis and joint pains, depression and obesity. So make sure you add them in your everyday diet.

For centuries, people have used anthocyanins in herbal medicines from dried leaves, berries, roots and seeds as well. They can help protect and heal your cells from damage and protect you from many lifestyle diseases like cancer, diabetes, cardiovascular and neurological diseases, hypertension, liver disorders and kidney stones.

A 2003 study published in the Archives of Pharmacal Research showed the memory-enhancing effects of eating purple sweet potatoes. Anthocyanins are able to cross the blood-brain barrier and localize inside the brain regions involved in learning and memory.

The deeper the purple, the better it is for you. Go indulge in purple power today. ♦

New Members

**DR PASCAL
JOSEPHUS
PETRONELLA HOS**
ID: 12486
APRIL 2019
Membership: Regular
SEA HIBISCUS
SDN BHD



HENRY L. JIMENO
ID: 12494
May 2019
Membership: Regular
ONYX ENGINEERING
SDN BHD



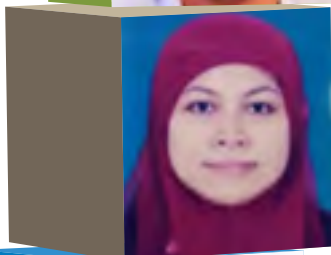
ANTON S. HASHIM
ID: 12487
April 2019
Membership: Regular
PETRONAS DAGANGAN
BERHAD



KEVIN TAN
ID: 12495
May 2019
Membership: Regular
VALSER OIL & GAS
SDN BHD



FATHIN ANUAR
ID: 12488
April 2019
Membership: Regular
PETRONAS



**MOHD RAFFI AWG
AHMAD**
ID: 12496
May 2019
Membership: Regular
AWH INTERNATIONAL
LOGISTICS SDN BHD



**NUR LAILA BT AHMAD
KHAIRUMMUZAMMIL**
ID: 12489
April 2019
Membership: Regular
PETRONAS



**CARL FRANCIS
SPEARS**
ID: 12497
May 2019
Membership: Regular
SCHLUMBERGER



MAZWAN BIN MAT ALI
ID: 12490
April 2019
Membership: Regular
PETRONAS



RAMLI ATAN
ID: 12498
May 2019
Membership: Regular
PETRONAS
LEADERSHIP
CENTRE



**AFFIAN BIN
JANTAN**
ID: 12491
April 2019
Membership: Regular
SCHLUMBERGER



**ZAINUBIAH
BINTI ABD AZIZ**
ID: 12499
May 2019
Membership: Regular
PETRONAS
LEADERSHIP
CENTRE



ATSUSHI FUJINO
ID: 12492
April 2019
Membership: Regular
JX NIPPON OIL & GAS
EXPLORATION



**NORSIAH BINTI
AYUB**
ID: 12500
May 2019
Membership: Regular
PETRONAS
CHEMICALS
GROUP



**THEINAMUTHAN A/L
THIRUVIDA SELVAN**
ID: 12493
May 2019
Membership: Regular
VESTERA RESOURCES
SDN BHD



DOMANIC GUNAU
ID: 12501
May 2019
Membership: Regular
PETRONAS DIGITAL
COLLABORATION
CENTRE



ERIC VOON

ID: 12502

May 2019

Membership: Regular
SCHLUMBERGER**YAN KAI**

ID: 2574

April 2019

Membership: Corporate
898 MALL SDN BHD**TSUKASA SAITO**

ID: 12503

May 2019

Membership: Regular
MITSUBISHI CORP KL**DATO' CHEVY BEH**

ID: 3329

April 2019

Membership: Associate
BOOKDOC**SUNILDEEP SINGH
DHALIWAL**

ID: 12504

May 2019

Membership: Regular
HANDAL RESOURCES
BERHAD**ROSDI AB RAHMAN**

ID: 2563

April 2019

Membership: Corporate
PETRONAS**WAN SHARIZ
NURUDDIN BIN
MOHAMED ZAIN**

ID: 12505

May 2019

Membership: Regular
HANDAL RESOURCES
BERHAD**VINAYAK
PRABHAKAR
PRADHAN**

ID: 6017

April 2019

Membership: Diplomatic
PETRONAS**MOHD SHAHFREE
MOHD YUSOF**

ID: 12506

May 2019

Membership: Regular
PETRONAS**LIM TUANG OOI**

ID: 2575

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KHAZANAH NASIONAL**GILBERT TAN @
MOHD NAZRI**

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SARAWAK LIMITED**TSUYOSHI
KAWAKAMI**

ID: 2449

May 2019

Membership: Corporate
MARUBENI
CORPORATION**DATO' SRI SYED
ZAINAL ABIDIN BIN
SYED MOHAMED
TAHIR**

ID: 12508

May 2019

Membership: Regular
PETRONAS**MAMDOUH BADAWI**

ID: 2235

May 2019

Membership: Corporate
SapuraOMV Upstream
(Sarawak) Inc.**LIU FENG**

ID: 2548

April 2019

Membership: Corporate
INDUSTRIAL AND
COMMERCIALBANK
OF CHINA (MALAYSIA)
BERHAD**WOLFGANG STOCK**

ID: 2236

May 2019

Membership: Corporate
SapuraOMV Upstream
(Sarawak) Inc.

The Silk Road

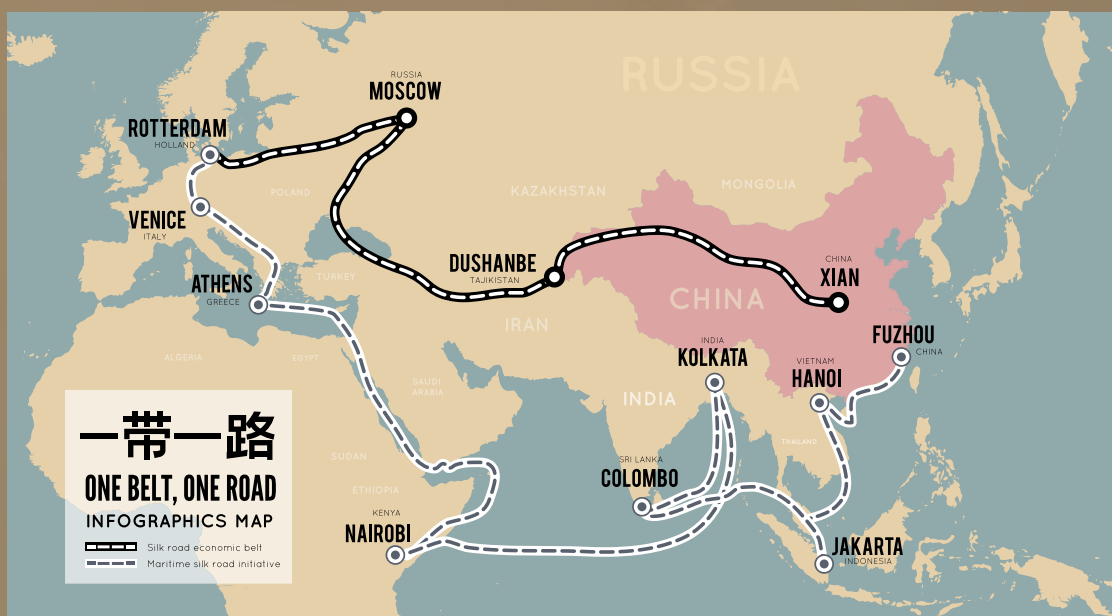
The Silk Road was an ancient network of trade routes that connected the East and West. It was central to cultural interaction between the regions for many centuries. The Silk Road primarily refers to the terrestrial routes

connecting East Asia and Southeast Asia with East Africa, West Asia and Southern Europe.

The name the Silk Road was coined by Baron Ferdinand von Richthofen in 1877 when he made several expeditions to China from 1868 to 1872. Although the term was coined in the 19th century, it did not gain widespread acceptance in academia or gain public popularity until the 20th century. The first book entitled The Silk Road was by Swedish geographer Sven Hedin in 1938.

The Southern stretches of the Silk Road, from Khotan to China, were first used for jade and not silk transport, as long as 5000 BCE and is still in use today. The term Jade Road would have been more appropriate than Silk Road. However, the Silk Road has a far larger geographical area compared to the jade routes.





Long, Long History

It is believed that the Silk Road was established during the Han Dynasty of China, to link the regions of the ancient world in commerce between 130 BCE – 1453 CE. As the Silk Road was not a single thoroughfare from east to west, the term Silk Routes has become increasingly favoured by historians. However the Silk Road is the more commonly recognizable name.

The network was used regularly when the Han officially opened trade with the west up until 1453CE, when the Ottoman Empire boycotted trade with the west and closed the routes. By this time, Europeans have become accustomed to the goods from the east, and so merchants needed to find a new trade route to meet the demands for these eastern goods.

The closure of the Silk Road initiated the Age of Discovery (1453 – 1660 CE) defined by European explorers taking to the sea and charting new water routes to replace over-land trade. This period would hugely impact cultures around the world as European ships claimed some lands in the name of their gods and countries, and influenced and forced people of foreign lands to accept them, their god and country.

The Silk Road from its opening to its closure had so great an impact on the development of world civilizations that it would be difficult to imagine the modern world without it.

Persian Royal Road

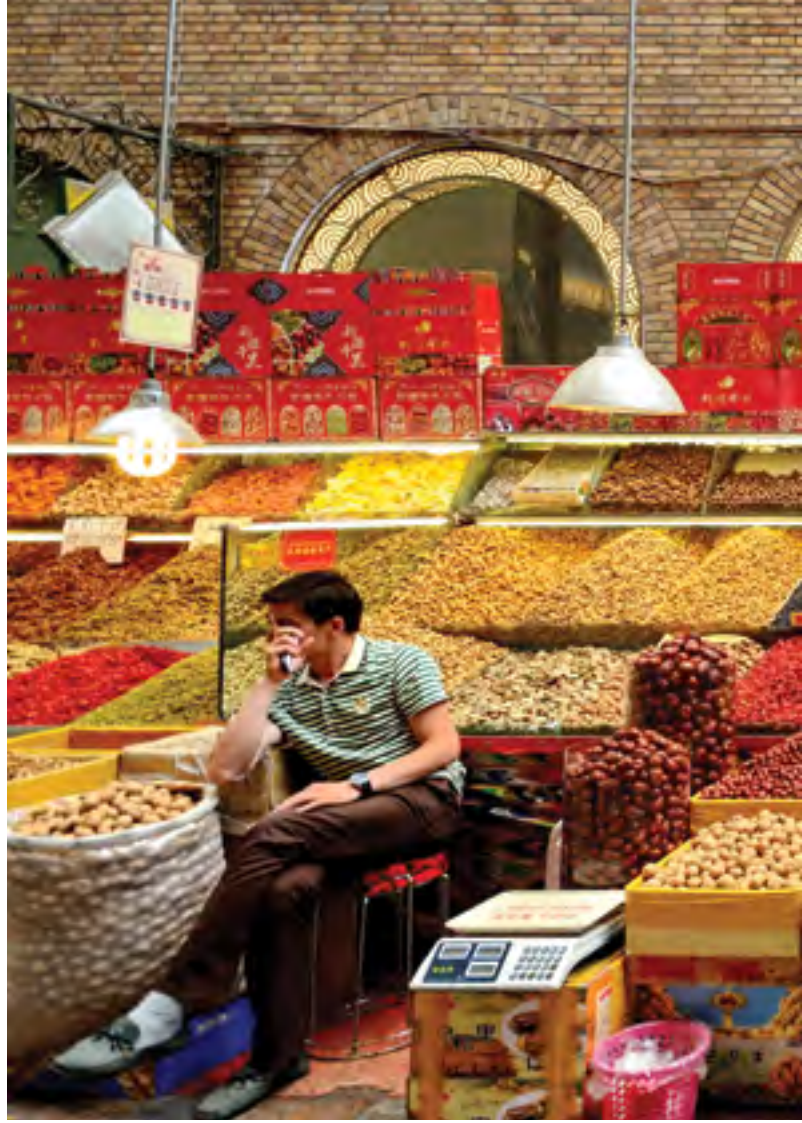
The history of the Silk Road pre-dates the Han Dynasty in practice. The Achaemenid Empire (500-330BCE) established one of the main arteries of the Silk Road. The Persian Royal Road ran from Susa in north Persia (modern day Iran) to the Mediterranean Sea in Asia Minor (modern day Turkey). The Persians maintained the Royal Road carefully and expanded it through smaller side roads that eventually crossed into the Indian sub-continent, across Mesopotamia and over into Egypt.

China & the West

After Alexander the Great conquered the Persians, he established the city of Alexandria in 339 BCE in the Fergana Valley of Neb (modern day Tajikistan). Leaving behind his wounded veterans in the city, Alexandria moved on. In time, these Macedonian warriors intermarried with the indigenous people, and extended their empire as far as the Seres. 'Seres' was the name that the Greeks and Romans called China, which means 'the land where silk came from'. It is believed that the first contact between China and the west was around 200 BCE.

Goods Traded

There were many, many different types of merchandise that were traded along the Silk Road, and true to its name, it was the popularity of Chinese silk that was highly sought-







after by the Romans. That's how the Silk Road stretched from China through India, Asia Minor, Mesopotamia to Egypt, the African continent, Greece, Rome and Britain. The northern Mesopotamian region (modern day Iran) became China's closest partner in trade, initiating important cultural exchanges. Paper that was invented during the Han Dynasty and gunpowder, another Chinese invention, had a greater impact on culture than silk. The rich spices of the east also contributed immensely.

Romans Love Silk

Prior to becoming Emperor Augustus, Octavian Caesar seized on the controversial topic of silk clothing to

denounce his adversaries Mark Anthony and Cleopatra VII as immoral as they both love Chinese silk. Silk was increasingly associated with being licentious. Octavian would triumph over Anthony and Cleopatra but he could do nothing to curtail the popularity of silk.

The Silk Road Legacy

The greatest value of the Silk Road was the exchange of culture. Art, religion, philosophy, technology, language, science, architecture, and every element of civilization were exchanged along these routes, carried together with the commercial goods the merchants traded from country to country.



The closing of the Silk Road forced merchants to take to the sea to ply their trade. In its time, the Silk Road served to broaden people's understanding of the world they lived in. The closure of the Silk Road would propel Europeans across the ocean to explore, and eventually conquer and exploit the so-called New World of the Americas. Thus, the Silk Road can be said to have established the groundwork for the development of the modern world.

The Belt and Road Initiative

The current modern-day Belt and Road Initiative (BRI) is a global development strategy adopted by the Chinese government involving infrastructure development and investments in 152 countries and international organisations

in Asia, Europe, Africa, Middle East and the Americas. Belt refers to the overland routes for road and rail transportation, called the 'Silk Road Economic Belt', whereas the 'Road' refers to the sea routes or the '21st Century Maritime Silk Road' with a targeted completion date of 2049.

Silk Road Tourism

From Xi'an to Kashgar, the Silk Road connects nearly 50 cities and towns, some have existed more than one thousand years. Some of them are located amidst spectacular landscape. It is thought that if one were to travel along the Silk Road today and visited every city it would take a few years. Here are some of the more interesting destinations, with the starting point from China.

Xi'an

Xi'an is the capital of 13 ancient Chinese dynasties. It is also the starting point of the China Silk Road. Xi'an is the perfect representation of Chinese history and dynastic culture. It has some of the oldest and most spectacular museums and temples in China.

Luoyang

Luoyang located in the west of Henan province in central China, is one of the cradles of Chinese civilization, and one of the Four Great Ancient Capitals of China. It is a charming city with 21 state-level cultural and historical heritage sites, as well as the UNESCO World Heritage Site – Longmen Grottoes, the first Buddhist temple, as well as White Horse Temple and the world famous Shaolin Temple.

Turpan

Both northern and middle Silk Road routes pass Turpan, an ancient city with spectacular natural landscapes : vast expanse of desert, lush and exuberant valleys. Turpan dates back more than four thousand years and is definitely worth a visit.

Urumqi

Urumqi which means beautiful pasture in Mongolian, is the capital city as well as the transport and economic center of the Xinjiang Uygur Autonomous region. Urumqi played a very important role on the ancient northern Silk Road. It also offers some of the most stunning sights from sparkling glaciers, majestic mountains, picturesque Tianchi Lake and a colourful bay.

Kashgar

Known as the authentic islamic cultural center, Kashgar is located in the western-most corner of Xinjiang, near to Kyrgyzstan, Uzbekistan and India. Kashgar has been an important trade and cultural center for more than two millennia. This is the largest bazaar in Asia with a daily traffic of more than 100,000 people. There are many places to visit like the famous Abakh Hoja Tomb, Id Kah Mosque, Old Town, Karakul Lake and Mt Muztagata. ♦

Other Countries on the Silk Road in the next issue of MPC magazine

Uzbekistan, Azerbaijan and Kazakhstan are all on the ancient Silk Road and have many cities that have thrived for hundreds and thousands of years. There is also the Western Silk Road roadmap that covers Greece, Bulgaria, Cyprus, Egypt, France, Ireland, Iran, Italy, Montenegro, Romania, Spain, Turkey and United Kingdom to name a few.







WAYANG KULIT

The Magic of Light, Shadow & Storytelling



Wayang Kulit is a traditional form of puppet-shadow play originally found in the cultures of Java, Bali and Lombok in Indonesia. It is one of the age-old performances that is still being practiced today but is slowly dying out. It is a wonderful performance of music, light, shadow and masterful storytelling all at one go, transporting you back to an era that has gone by. This specialty theatre is a must-watch if you ever get the opportunity and is today only performed in Kedah and Kelantan.



The Wayang Kulit is a live theatre performance orchestrated by the main puppeteer, the Tok Dalang, who controls and breathes life into various puppets as he narrates epic dramas to the accompaniment of live music. The Wayang Kulit stage is a basic setup consisting of an area for the spectators who usually sit on the ground. Another area, separated by a linen cloth which is essentially the screen, is where all the puppets, musicians and Tok Dalang are seated.

Puppets used in Wayang Kulit were originally made out of water buffalo hide, hence the name Kulit that means animal hide. The best puppets are typically made from young female buffalo parchment cured for up to 10 years. Each puppet is a stylized exaggeration of the human shape and given a distinctive appearance, mounted on a bamboo stick. The puppets also have 'joined arms' which are manipulated by the Tok Dalang to bring the puppets to life.





To create the shadow play, light from an electrical or oil lamp is projected towards the puppets thus casting shadows on a fabric screen separating the performers and the audience. The Tok Dalang sits behind the screen, and starts manipulating the puppets and towards the climax of the performance he manipulates more than 10 puppets at the same time, and the performance may last a few hours.

The language used in the performance is usually the Kelantanese or Kedahan dialects, and even if you don't understand the language, the actions of the shadow play and the tones and shrills of the Tok Dalang can give you a very good idea of the storyline. Talking about the storyline, historically, the stories narrated are strongly influenced by Hindu and Javanese cultures. Maharaja Wana (Rawana), Sri Rama, Siti Dewa, Laksamana and the court jesters, Pak Dogol and Wan Long are some of the main characters in most performances. Modern day Wayang Kulit performances are now based on current issues both national and global, as well as comedy and entertaining themes. In fact, an adaptation of Star Wars had recently emerged as a variation of the modern-day Wayang Kulit.

There are four main versions of the traditional Wayang Kulit in Malaysia: Wayang Kulit Siam (Kelantan), Wayang Kulit Gedek (Kedah), Wayang Kulit Jawa (Selangor and Johor), and Wayang Kulit Melayu (Terengganu). Pak Dain from Kelantan is recognized as the very few authentic Wayang Kulit performer who is a grand master Tok Dalang.



Guest Writer

Selamat Hari Raya, Janners...



Most of you will not remember your first Hari Raya, simply because you were still snuggled up in the warmth of your own family and still on a largely milk diet, so the wonders of kuah kacang and freshly barbecued satay, tapai manis (sweet fermented rice), kueh siput (Snails' biscuits – not as evil as it sounds) and unusually non-crispy rendang will not have featured in your young thinking. As an assistant lecturer in Plymouth in the 90s and partially responsible for shepherding several groups of Malaysian students doing teaching degrees, these delights were entirely new to me, as were the rigours of fasting for a month.

I decided to try to fast myself a year later, more to keep in sympathy with the students in my classes rather than for any particularly religious reason, also thinking that it wouldn't hurt to shed a few pounds on the way. However, I was to second guess myself, particularly when the time for breaking fast stretched past ten PM in the night, and the time for fasting again started before 4AM. It was difficult to maintain the regime demanded, more because I was doing it alone and the interruptions to my sleep pattern meant that I quickly tired of getting up at 3:30am to gulp down a bowl of cornflakes and a glass of water, and instead, substituting the cereal and water with some tepid Ribena in the darkest hours and promptly falling asleep again.

Of course, I wasn't really observing the 'niceties' of the religious prescription, which seemed to me at the time to involve a legion of prayers (almost incantations) in a language I couldn't understand and ritualistic observations at every turn, but I felt good about the 'test' that I was putting myself through: almost 'good for the soul', whether or not I was doing it correctly. On the plus side of the experience, after the end of the fast, I'd lost 14lbs (quickly putting it back on when the satay and kuah kacang made it's rounds again) and gained a measure of respect by colleagues and students alike for having made the effort.

In Malaysia, I was to discover that the preparations for Raya start well before the actual holiday itself, and this, itself, has evolved into a series of events that are almost 'dictated' now by what is to come. For instance, as part



of the introduction into the ways of the family I had married into, in the first year of our marriage, we made a huge wok-full of something called dodol at one time: a kind of gravy-like substance, containing coconut milk, brown sugar extracted from nipah palms, white sugar and ground glutinous rice, that gradually thickened over the open fire and had to be stirred constantly to prevent it burning. After eight hours of my hairy legs being scorched by the licking

flames and stirring the gently bubbling mixture, it was an ancient great-aunt that eventually used a fold of banana leaf, slapped it on the blackening lava and pronounced it 'done'.

Then it was all hands to the pump to scoop up the steaming goo with long-handled spatulas, using twists of banana stalks to scrape it into the containers, where



it was to settle and harden. As I looked ruefully at my reddened shins, I was gleefully told that we'd do this again when fasting month was nigh. In my own mind, I immediately decided to wear long pants as a precaution against roasted knees, keeping my efforts with the stirring stick to a minimum until the hard yards are required and thought, 'This has all the makings of becoming a family tradition:' and so it has.

The second tradition that my family has (in common with most of the female Muslim population in the country) is the making of various types of biscuits, sweetmeats and cakes, to be presented in a series of decorated jars and bottles on the first day of Hari Raya. This is definitely an opportunity for the ladies to show their unique skills and set them apart from mere mortals. My family has an abundance of the fairer sex, and all have their own favourites to make: one of the spinster sister-in-laws' is justly proud of her pineapple tarts; another, the more savoury kueh gunting, a mixture of salty dough and curry leaves that is made by cutting strips of the dough using ordinary scissors and then baking them. Another aunt specializes in making kueh Makmur, also known as Kueh Arab; small white balls of sweet soft dough that I, personally, try to avoid, so sweet are they that I can feel my stomach rebelling, even now, and setting my teeth on edge: Definitely Diabetes-R-Us.

The last tradition that I'll mention is the make-up of the menu. Every house, at least in Seremban, has a number of traditional dishes that are served as part of the main meal. The menu is always the same, with only minor variations. Once again, the prowess of the ladies in terms of their culinary arts have to be proven on the field of battle, with every morsel of beef or chicken rendang, every bowl of lontong (spicy vegetables with bean sprouts in a milky gravy) with kuah kacang, and every helping of nasi lemak (glutinous rice cooked in a bamboo stem) compared, dissected and appraised by everyone else. You can see the process happening before your own eyes: smell, taste, extraneous perfumes and seasoning, all have to be assessed by the ladies of the court before judgment is covertly given. There is no appeal process. Once the court has judged your rendang as lacking in any way, it will languish on the table next year, with the excuse, "Sorry, mackik. We've just come from Great Aunt Yatie's, and I couldn't eat another thing."

Every year we make the same three-day pilgrimage; do the rounds in Seremban on the first day, Seri Menanti, Parit and then Sawah Lebar in Kuala Pilah on the second, and the legion of uncles and their families in Kuala Lumpur to complete the "must do" visits on day three. Hari Raya would not be the same without those three traditional days.



As the houses on day one seem to bulge in proportion to the number of children that are shoved into them by sisters, brothers, cousins and grandchildren, so do the tables seem to get weighed down by the food upon them, and the lack of space on sorely pressed sofas seems to decrease in proportion. Many of the older residents in the town, my relatives included, bought small houses during the housing booms in the suburbs, being government servants in Land Offices, or the Civil Services. These parents had children, bought homes of their own and the number multiplied. Nowadays, this multiplication results in an explosion in reverse, an implosion, if you will, as the growing families 'balik kampung' and get together again.

Even my arms have been filled with an assortment of children in the last three years, most of them sucking on plastic dummies or looking at me in some kind of amazement; at the beard, and the suspiciously mat salleh countenance. Babies don't cry when I hold them, they exist in a state of shock. This is used to good effect by their parents, as I think that I am used as an example akin to the Cookie Monster or Darth Vader. "If you don't behave, Pak Omar will be around!"

These days, every Hari Raya day is marked, not by the food that people serve or the opportunity to interact with the new additions to the family, but the chance to

take photos in favoured places alongside the same faces that have appeared in other group compilations in "then and now" comparisons. For instance, our second day visit to the heart of the state in Kuala Pilah was punctuated by numerous visits to scenic interest and immediately recorded by social media and Instagram for general distribution throughout the Vogonsphere, or whatever they call it.

This was after the usual jam on the roads from the outskirts of Seremban, leading towards the pass over Bukit Putus and down the hill to Ulu Bendul, took two and a half hours. We were almost down to 'I spy with my little eye...' and a garbled version of 'Ol' MacDonald's Farm' by the time we arrived in Parit, but we arrived in time for Nenek's (Grandmother's) cooking and the usual photo opp' on the wooden stairs. I was given another wide-eyed sproglet to hold, and got the usual Cookie Monster reaction in return, but I was getting used to this and took it in my stride. Just

like startled animals, I realise the trick is not to look into the white of their eyes, but ignore whimpering and studiously look everywhere but the child in question. Try it, it works!

The next house was deserted, as a quick call established that Uncle Hitam and family has to rush outstation to visit an invalid, which left us to reroute and backtrack on the already crowded main roads and use byroads instead. This is where one of these mystifying "apps" came into it's own, taking us in tiny tracks through rubber groves and ripening rice fields towards Sri Menanti, our last port of call.

By this time, I was beginning to feel the deleterious effects of too much rendang (none of which was crispy, thank goodness), rose syrup and a lack of real activity, but at least the children were a little bigger and not so inclined to adopt horrified expressions, and the relatives were gracious and welcoming as ever.

So that is the story of my Raya history. We haven't solved the problems of overfull houses in Seremban, or the traffic jams over Bukit Putus, but at least, we still have each other. Now, what does the P stand for "...in my little eye," again? ♦

Food for Thought

Cakes Glorious Cakes





It is said that cakes are the happiest type of food for many people around the world. There are many different types of cakes and many different ways of categorizing them. Professional bakers categorize cakes by ingredients and mixing method, while home bakers tend to categorize by flavouring – chocolate cakes, fruit cakes and so on. Depending on how the batter is prepared, you will find that the final texture and colour will vary. But according to most professional and home bakers, if you follow the recipe closely and you have a general knowledge of how to bake, your cakes will turn out fabulously. Here are some of the basic cake categories...

Butter Cake

Butter cakes are also called shortened cakes or creamed cakes, and contain butter, margarine or vegetable shortening that contribute to a finely textured, tender and moist cake. After the creaming, eggs are added to aerate the batter a bit. Flour and sometimes another ingredient like milk, is added to give it structure and texture, whilst baking powder or baking soda ensures that it rises in the oven. Different types of cake batter within the butter cake family include chocolate, white, yellow and marble; for white and yellow cakes colouring typically depends on whether they have whole eggs or extra egg yolks in them (yellow cake) or egg whites only (white cake).



Pound Cake

Pound cake is a relative of butter cake. It's so called because it can be measured as a matter of proportion: a pound of butter, a pound of sugar, a pound of eggs and a pound of flour. In some pound cake recipes, you'll see the eggs separated and the egg whites whipped and folded into the batter, to leaven it. In other recipes, you'll find leaveners like baking soda and baking powder, bringing it well into the butter-cake fold. These cakes are usually very lightly flavoured and served plain or topped with a simple glaze or white icing. A pound cake is usually baked in a loaf or Bundt pan. Many coffee cakes, sour cream cakes, and fruit crumb cakes are variations of pound cake.



Sponge Cake

A light cake with leavening from only beaten egg whites, no baking powder and little or no butter, thus very little fat content. As such, a sponge cake can be soaked with flavoured syrups and other liquids. There are two varieties of sponge cakes – biscuit sponge and genoise sponge.

Genoise Cake

In Italy and France, a sponge cake is called genoise. In genoise, whole eggs are beaten with sugar until they are thick and ribbony, then flour (and sometimes butter) is added and the batter is baked. It is then baked in a round cake pan and simply frosted, but genoise is also pliable enough to be baked in a jelly-roll pan and rolled up into a roulade.



Genoise lacks much assertive flavour on its own, but it is often used to construct layered or rolled cakes when a lighter texture than a butter cake is desired. To add flavour and moisture, genoise cake layers are always moistened with a flavoured syrup, and they are often sliced into thin horizontal layers and stacked with rich fillings such as buttercream. These layer cakes, common in the coffeehouses of Europe, are called European-style to distinguish them from American-style butter layer cakes, that generally have fewer, thicker layers.

Biscuit Cake

Biscuit (always pronounced the French way as bees-kwee) cakes are another type of sponge cake containing both egg whites and yolks, but unlike genoise, the whites and yolks are whipped separately and then folded back together. This creates a light batter that is drier than a genoise but holds its shape better after mixing. For this reason, it's often used for piped shapes such as ladyfingers. If baked in a tube pan like an angel food cake, it makes a very chewy sponge that was popular in the early 20th century but has since fallen out of favour.



Angel Food Cake

Angel food cakes are made with egg whites alone, no yolks. The whites are whipped with sugar until very firm before flour is gently folded in, resulting in a snowy-white airy and delicate cake that marries beautifully with fruit. Most angel food cakes have a spongy, chewy quality derived from their relatively high sugar content and the absence of egg yolks. Baked in ungreased two-piece tube pans, angel food cakes are cooled by being



inverted, since this type of cake would collapse if cooled right-side-up in the pan or if removed from the pan while still warm. There is also no butter so this cake is fat-free.

Chiffon Cake

This fairly recent American creation was invented by a salesman who sold the recipe to General Mills. The company then distributed the recipe through marketing materials in the 1940s and 1950s. A classic chiffon cake is kind of a cross between an oil cake and a sponge cake. It is light like sponge cake but easier to make because there are no egg whites to beat and fold in. Plus there's more fat content in it, so it's more tender and moist than sponge cake. Chiffon cakes can be baked in tube pans like angel food cakes or layered with fillings and frostings.

Baked Flourless Cake

These include baked cheesecakes and flourless chocolate cakes. For easy removal, they're often made in a springform pan, though some can also be made in regular round layer cake pans. Often the pan is placed in a larger pan that's half-filled with water to insulate the delicate, creamy cake from the oven's strong bottom heat which might give the baked cake a porous rather than silky texture.

Unbaked Flourless Cake

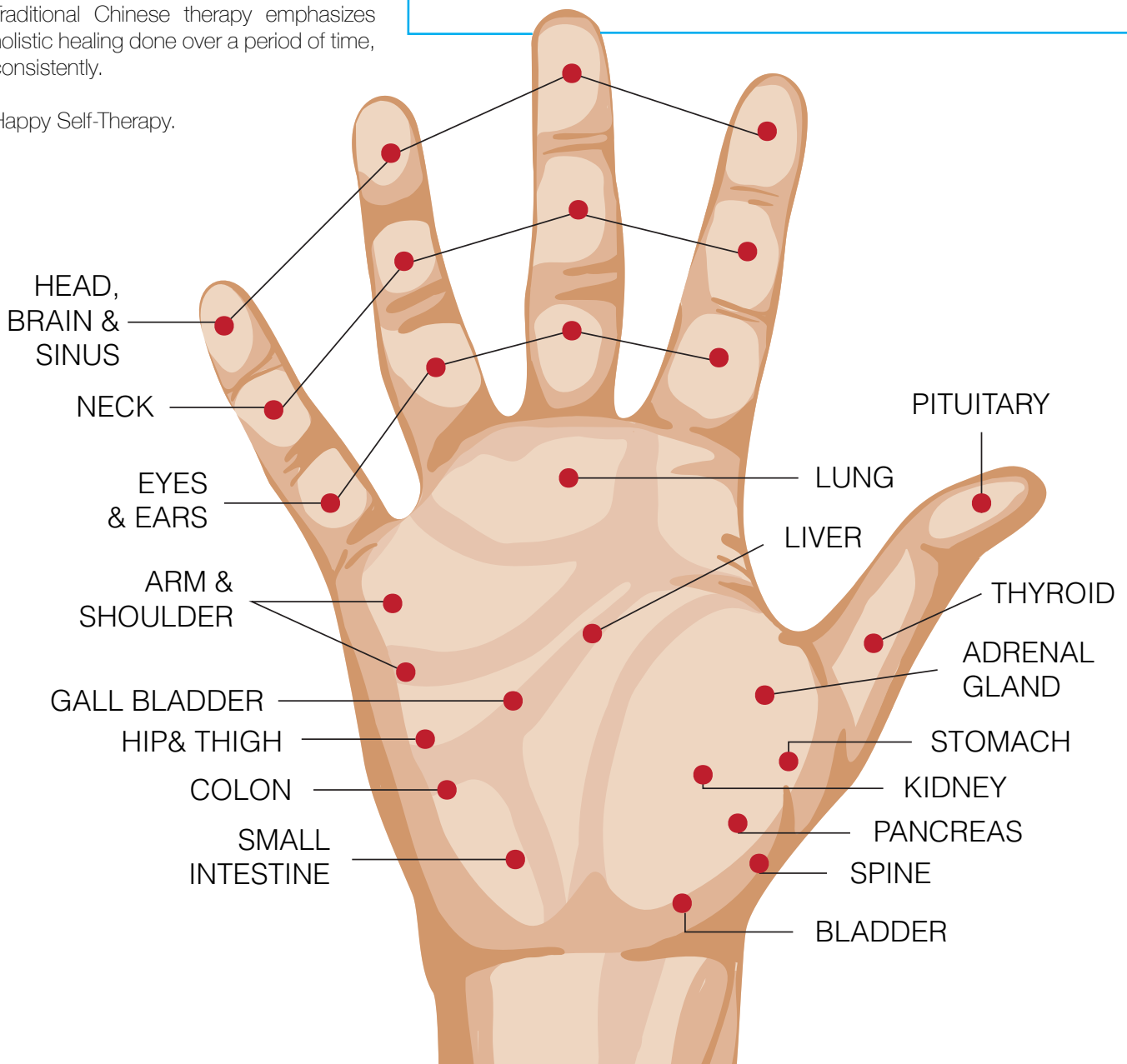
These types of cakes are typically molded in a dessert ring then simply chilled before unmolding. They often have a crust or bottom layer that is baked before the mousse is added. ♦

Did you know that pain from different parts of your body can be alleviated by pressing on specific points on your palms and hands? This is possible because each finger is connected to at least one specific organ in the body. If you feel discomfort or pain in certain places when you press or massage that spot, it means there may be some problems related to that particular organ or organs. This is by no means a quick fix to the problem. However, you can improve the condition of that organ by diligently pressing on that particular spot or area over a period of time. Even when there is no pain, there is no harm to continue pressing the points to maintain a healthy equilibrium according to traditional Chinese health practitioners.

This is something we can do everyday when we are watching TV, or thinking about solutions in our office, or even when we are reading articles and reports. There is no harm to try it even if you are less convinced about its efficacy. Traditional Chinese therapy emphasizes holistic healing done over a period of time, consistently.

Happy Self-Therapy.

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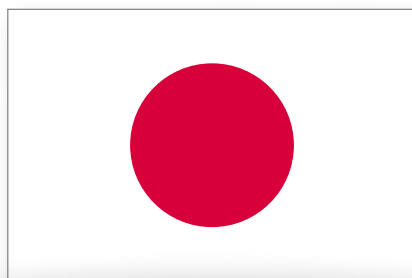
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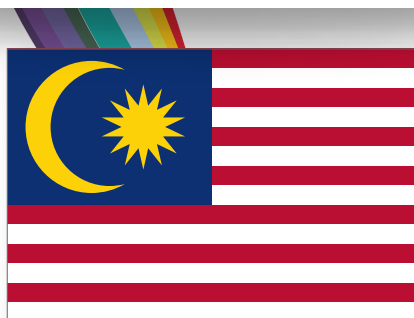
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