



MALAYSIAN PETROLEUM CLUB

RESOURCE MAGAZINE

VOLUME 28.2 OCT 2020 KDN: PP7878/12/2012 (031611)

Double Lamb Rack Moussaka



Scan QR code for
Dulang Suite Menu



**MALAYSIAN
PETROLEUM
CLUB**

Non-Oil & Gas Corporate Companies: Here's Your Opportunity To Be A Member At The Iconic & Exclusive MALAYSIAN PETROLEUM CLUB (MPC)

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 for 1 years.

Criteria

The applicant must be from:

- Big C of a company & above
- Must be from a listed company or listed on Bursa Malaysia
- Must not be oil & gas related
- No entrance fees required during the trial period
- Monthly subscription fees RM230 per month
- RM1,000 security deposit (compulsory)
- Not eligible for the RM50 monthly rebate

To enquire or apply please contact:

MPC Hotline 012 711 8342 or Afaf 03 2166 3200



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CALLING ALL
*Members in their
Golden Years!*

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and you can enjoy
50% discount on your monthly
subscription fee for a lifetime.



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Member Get Members: Introduce 3 new members & receive RM1,000*

Introduce 3 confirmed new club members and you'll earn RM1,000 that will be credited into your MPC account. That's great isn't it? Get your colleagues and friends to be MPC members so that they can enjoy all the facilities and prestige of being a member just like you, and earn RM1,000.

So put your networking skills and contacts to good use. Start today!

** Member can use the RM1,000 credit for dine-in, take away & delivery.*



GET 3 CONFIRMED
NEW CLUB MEMBERS

Editorial MESSAGE

Dear readers,

On behalf of the Malaysian Petroleum Club, I would like to thank everyone for showering us with support ever since the MCO was lifted. It has been wonderful to see familiar faces back in our club, this time with masks on! While we are aware that it may not be convenient for some of you to visit us, we have made some changes in order for us to keep in touch. To start off, we are now more active on our social media platform, namely Instagram and Facebook.



With that, it would be easier for you to communicate with us, anytime and anywhere you want! Besides that, the information about our latest offers and promotions will now be available to you with just a few clicks of a button. So, make sure you check it out and give us a like and follow!

In this issue of our Resource Magazine, we will be doing a lot of learning! To name a few, we will be taking a dive into the history of clowns and also a foreign phrase that we think you should know.

As usual, if you have any suggestions, please do not hesitate to email us at enquiries@mpc.com.my under the subject: Resource Magazine. Without further ado, I am going to leave you to discover more about our wondrous world!

Happy reading!

Yours sincerely,

Joanne Lee Abdullah

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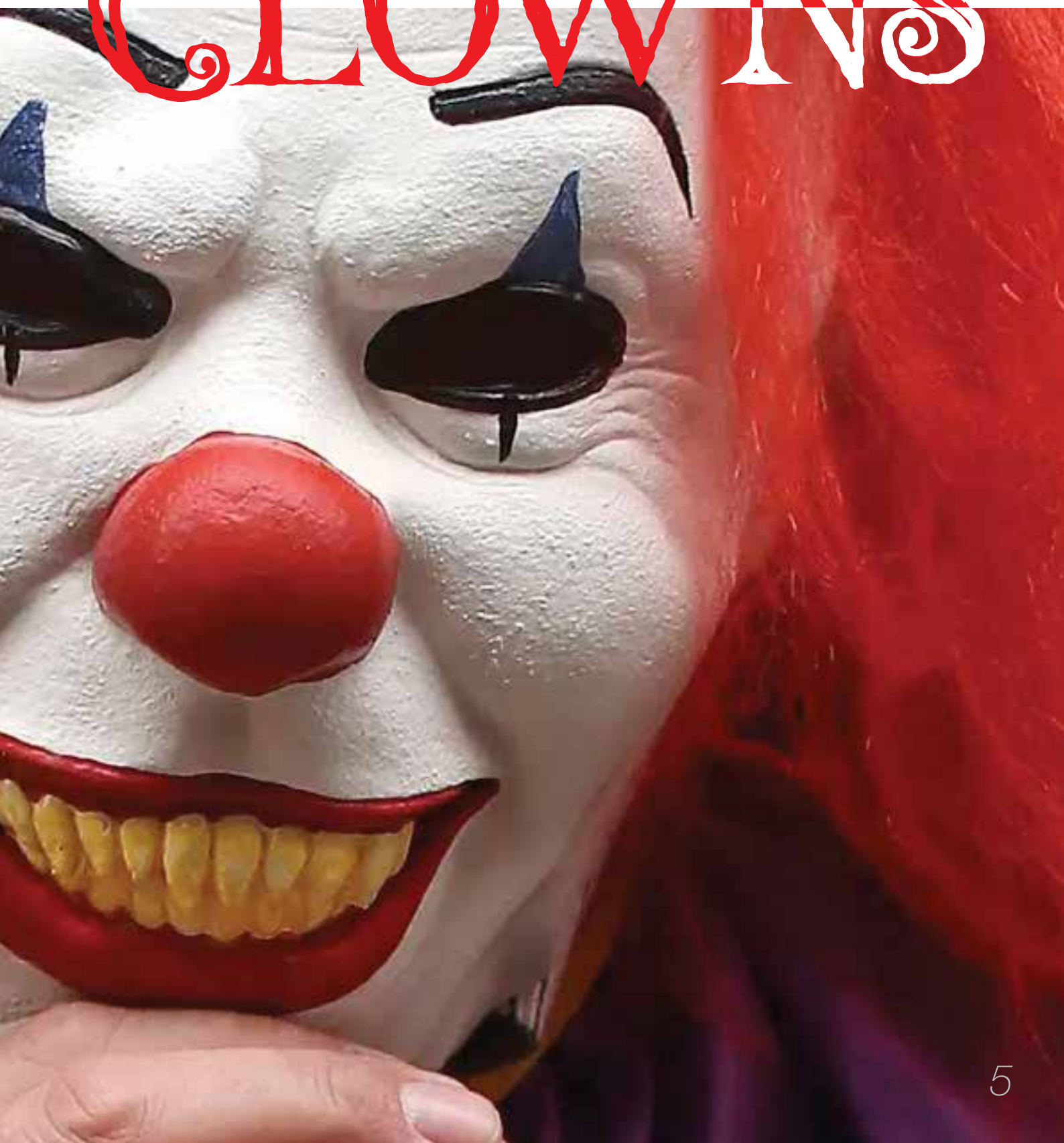
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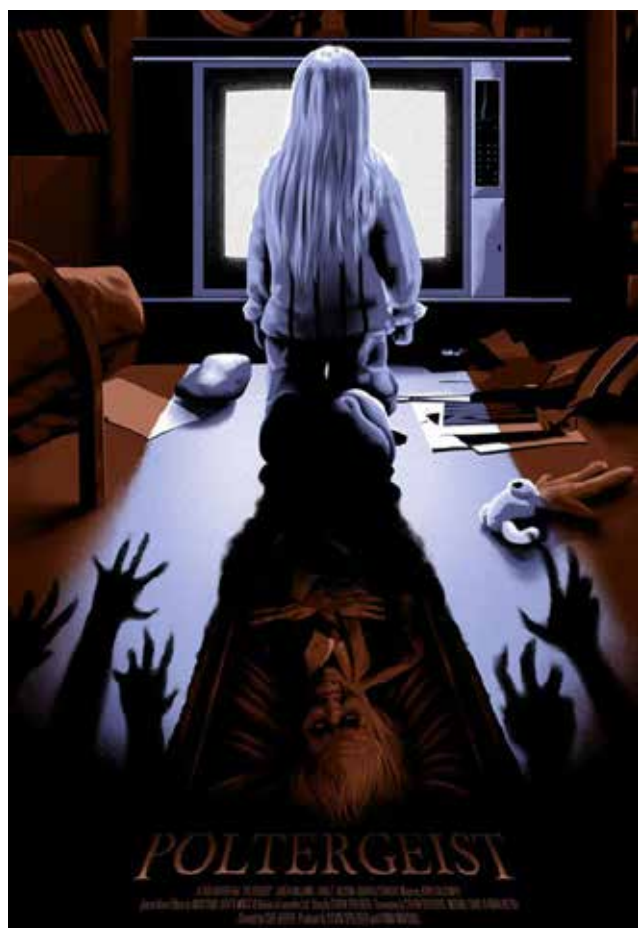
SEND IN THE CLOWNS

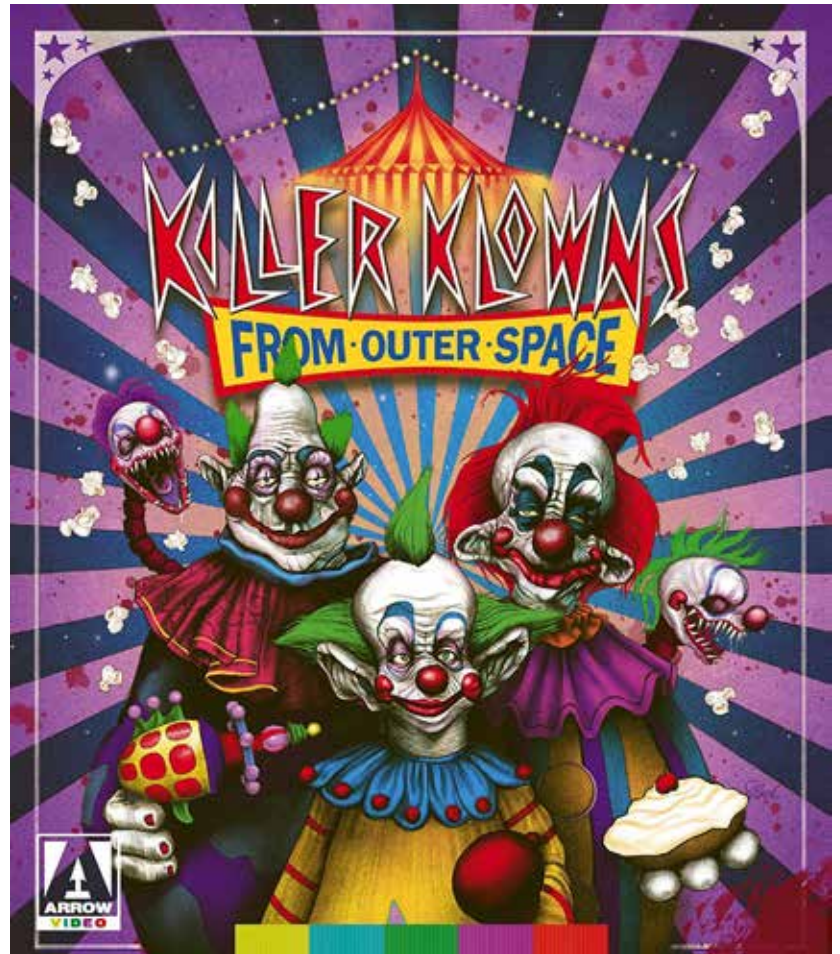


With Halloween right around the corner, horror-loving people emerge from the shadows as they prepare themselves for this spooky season. No doubt people would be huddled up in blankets marathoning horror films. Perhaps one of the most famous horror movie tropes in these movies is a killer clown; a clown that kills—as if they weren't scary enough to begin with.

But this leads us to the question of: what is it about clowns that make them scary? What with the increasing depictions of killer clowns in the media and the 2016 clown sightings that overtook certain countries, the perception of clowns now is a mix of entertainment and horror. It was not always like this; in fact, jesters during ancient times were treated and regarded well because they were a source of entertainment. The earliest recording of clowns can be traced back to Ancient Egypt. Though they were not called clowns during those times, there were specific people tasked to entertain the Pharaohs and their families. Harnessing skills of juggling and aerobics, they put on shows for the royals and sometimes dressed up in costumes and masks to imitate the Egyptian gods through dance. Very similarly, jesters or Stupidus in Ancient Rome were tasked with acting out mimes or giving out riddles and were often given leeway in their jokes; something not everyone had the privilege of.

How then, did this entity whose tomfoolery nature brought delight and laughter to the masses become a source of



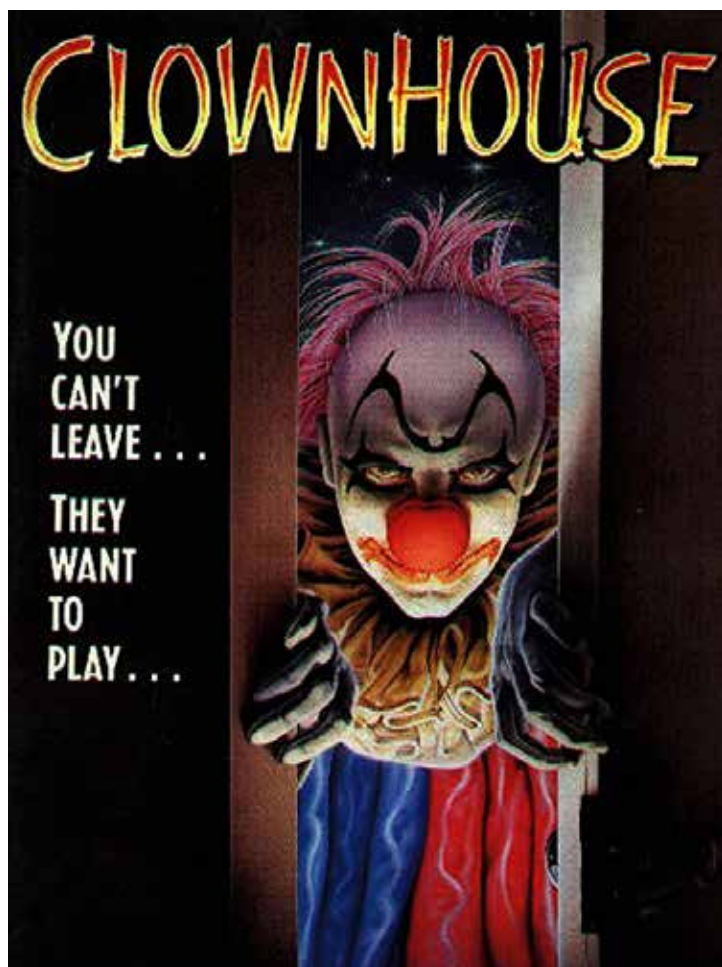


fear? This could be attributed to John Wayne Gacy, an American serial killer who used his getup as 'Pogo the Clown' to lure young boys. The idea of it unsettled many back in the 70s and parents became more wary of these paint-covered faces. The killer clown trope was also something that played a part in changing the view of clowns. In movies like *Poltergeist* (1982), clowns were perceived as a scary, twisted entity; very far from the familyfriendly jester they were known as. Popularised through Stephen King's novel *IT* (1986), killer clowns would go on to become a horror movie trope; evident in *Killer Klowns from Outer Space* (1988), *Clownhouse* (1989) and most notably the miniseries adaptation of *IT* in 1990 featuring Tim Curry as Pennywise the Dancing Clown. Last year itself was a big year for clowns in film. The sequel *It Chapter Two* and *Joker* brought clowns on the big screen once more; each film bringing its own rendition of iconic clowns that have been known for decades.

The media's portrayal of these clowns serves in influencing people's view on them and though this cannot be understated, psychologist Dr. Rami Nader claims that the reason why people get unsettled by clowns is because they hide their true identity. The makeup and wigs put up a façade that outsiders cannot decipher. Who is the person behind the mask? What are their true feelings despite the painted smile on their face? It could be anyone with a malicious intent and that in itself is why people feel like they cannot trust clowns. And they have a reason to be fearful; after all, it was the guise John Wayne Gacy was able to use to get away with his crimes.



In line with this, psychology professor Dr. Frank McAndrew agrees that clowns have an ambiguity about them that puts us on edge whenever we see them. If you were participating in one of their comical acts, you



might feel uneasy because though it could be a harmless trick, you're still not entirely certain you'll end up being humiliated or part of the joke. Take for example the opening scene of the movie *It* (2017). In an attempt to get back his paper boat, Georgie meets Pennywise in a sewer drain. The idea of speaking to a clown in a dark drain would send anyone running, but Pennywise is able to entrap Georgie with his circus clown act, speaking to him in a playful tone and describing the magic of the circus and the sounds of the popcorn going pop, pop, pop! Well, it didn't turn out well for Georgie in the end.

Another reason why clowns are scary is because they fall under the 'uncanny valley'. The uncanny valley is a term coined by Masahiro Mori who described it as our revulsion towards something that appears to be human but not quite human at the same time. This strange contradiction triggers our fear because it is not entirely one thing. We recognise it, but very similarly, we do not. Clowns are by all means, human. We know that the person in the suit is one of us and yet, because of the exaggerated features of a clown like the big red nose or the painted face, we cannot see them as such and because of this, we feel

uneasy around them. The same goes for robots that resemble humans or wax mannequins that emulate the features of a human but lack the life of one.

Being a clown is still very much a profession nowadays albeit a dying one, some would argue. Having a fear of them – coulrophobia, is the word- can stem from these reasons or maybe you had bad experiences with a clown when you were younger. Despite this, the image of a clown has changed immensely from something that used to resonate delight to something that now invokes fear. At the end of the day, it is important to remember that they are still human beings despite the getup, so as long as you're cautious, clowns are just well, clowns. They are there to spread joy with silly tricks and balloon animals, so by all means, send in the clowns. ♦



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Lemana Brasserie



Seligi Pavilion



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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 - 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.





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OCTOBER *Friends & Family* **PLATTER**

• EVERY SATURDAY 12PM TO 10.30PM • LOBBY LOUNGE



MUHIBAH PLATTER

For up to 4 Pax - RM 228

APPETIZERS

Mini Samosa, Spring Roll, Chicken Lobak and Keropok Lekor served with Chilli & Mango Chutney Dip

MAINS

Fried Chicken Wings, Sweet Sour Fish, Buttered Prawn, Sautéed Mix Vegetables with Bean Curd, Chinese Fried Rice, Nyonya Curry Mee

DESSERTS

Assorted Malay Kuih

Free Flow

Coffee/Tea, Chilled Juice and Ice Cream

JAPANESE PLATTER

For up to 4 Pax - RM 250

APPETIZERS

California Maki Roll, Nigiri Salmon & Inari Sushi

MAINS

Hot Tori Udon, Chicken Karaage, Seafood and Vegetables Tempura, Vegetable Teppanyaki, Chawanmushi

DESSERTS

Sliced Cheesecake

Free Flow

Coffee/Tea, Chilled Juice and Ice Cream



WESTERN PLATTER

For up to 4 Pax - RM 228

STARTER

Mushroom Soup with Garlic Bread

MAINS

Grilled Chicken, Grilled Lamb Shoulder with Black Pepper Sauce & Spicy Potato Wedges, Sautéed Seasonal Green Vegetables, Chicken Mac & Cheese, Spaghetti Meatball

DESSERTS

Hot Waffle

Free Flow

Coffee/Tea, Chilled Juice and Ice Cream

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Your MPC Member SmartCard

MPC is constantly upgrading its services, facilities and technologies in order to provide you with premium benefits you deserve as a club member. One of the benefits is your member SmartCard. More uses for your SmartCard will be added by integrating technological innovations for seamless access to club facilities, that will be added from time to time.

#1 SmartCard Benefit : Easy Air-Gate Access

You already have easy access through the Air-Gate with your SmartCard, on the ground floor of KLCC, which we have introduced many months ago, without the need to register at the MPC counter.

#2 SmartCard Benefit : Bayan Bar Sliding Glass Door

Since January 2020, we have installed a new sliding glass door for Bayan Bar, which you can access by touching your SmartCard on the electronic pad. There is also a New Coffee Bar where you can help yourself to as many cups of coffee and espressos, as well as cookies, free of charge. However, non-members will be charged a nominal sum of RM10 per person. This is very convenient as you can quickly grab a cup of coffee and some cookies for yourself and your guests, and get right down to your discussions. Or for just a quick breather from your hectic schedule, before you head out again.

#3 SmartCard Benefit : Coming Soon !



CALLING ALL *Members in their Golden Years!*

Introduce a New Member
and you can enjoy
50% discount on your monthly
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STEP 1

Introducer must be from Individual Membership (Regular and Associate).



STEP 2

Only applicable for the members above 70 years old.



STEP 3

Still entitled for the RM50 monthly rebate.



STEP 4

The new member must be approved by the General Committee.



STEP 5

Approval will remain the same as in the constitutions.



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DEPARTMENT:**

**Afaf: 017 377 9411
Janette: 012 219 0918**

MPC — Your Gateway To 250 International Clubs Around The World.



West Lake Mansion,
Hangzhou, China

Welcome to the International Associate Club (IAC), a global reciprocal affiliation network, which currently includes 250 private City, Country and Sporting Clubs, as well as prestigious Golf Resorts in over 50 countries.

This means you have direct access to IAC member clubs that offer a wide range of facilities, including 60 golf courses, over 100 clubs with sports facilities and, for that business trip, prestigious venues suitable for conferences and entertainment in most key cities.

All Clubs must meet exacting standards of service and luxury to qualify as an affiliate to this exclusive global membership club network. IAC has a strong presence in all continents and is continually adding new clubs every year. To-date, IAC worldwide membership exceeds 330,000.

IAC's website www.iacworldwide.com provides all the relevant information you need for your prospective visits to IAC clubs, including the location of the club, amenities available, opening times and much more. Their brand new booking system will also allow you to make your own bookings with a few simple clicks: whether it's reserving a table in a club restaurant or booking a round of golf, it's all very easy.

MPC members who wish to visit any of the clubs during their travels must first obtain a letter that is duly signed by MPC's Club Manager. They will then be given a membership card that must be presented at the club or clubs they wish to visit to enjoy all the benefits and facilities.

Happy Clubbing!

**Collect your IAC Card at
MPC after you have
registered at this IAC website
www.iacworldwide.com
as a member of IAC.**

Register for your IAC account

Please fill out the fields below in order to access the IAC
Membership Portal.

Last name

Enter last name

Home club

Malaysian Petroleum Club

Membership number

Enter member number

☐ I already have a membership card.

REGISTER



Devonshire Club, London, UK



The Vintage, Hunter Valley, Australia



Capital Club Bahrain, UAE



Bali National Golf Club, Bali, Indonesia

LAGOM är bäst

"Not too little, not too much, just right"

This phrase is often used to describe the nature of Lagom, a Swedish way of life. The word itself roughly translates to just enough, and it can be applied to nearly every aspect of life. The Swedish apply this way of thinking in their lives; seeking to maintain a perfect balance. The thing about lagom is that it is not a fixed rule that tells you what you can or cannot do. It is rather a guideline that one can use to decide what is optimal in a situation. So, for example, if you were to decorate your house, you would put out the essential furniture and add your own personal touches to make it cosy, but you do not add a grand chandelier as it would be too flashy. You can even apply it in your wardrobe by having simple clothes instead of overly expensive designer clothes. You could even apply it to how much you eat-which we all know, Malaysians love to eat.

So, why does this mindset matter? In a hectic world such as this, it is important to maintain a proper balance in life. Due to the accessibility modern technology offers us, it can be difficult to maintain a proper work-life balance. Whether it be checking your emails or tracking a campaign, people might find themselves working after hours or during the weekends. It could be attributed to one's efforts to succeed or to appease a boss but longer working hours has detrimental effects on the mind and body.

Overworking can lead to fatigue caused by the lack of sleep which could then result in a higher risk of getting chronic illnesses like heart disease. The stress resulting from overworking could also increase the risk of getting heart-related diseases because our bodies release cortisol, a hormone that serves in fuelling our body's fight-or-flight response and regulating our blood



pressure amongst other things. After a particularly stressful event, our cortisol level should calm down from its high and normalise our blood pressure and most importantly, the condition of the heart. Overworking leads to a prolonged period of stress that does not allow the body its rest and the cortisol level remains high, leading to health problems involving our mood, our hearts and overall body function.

When overworking gets taken to a degree higher, it can lead to burnout, a syndrome consisting of several symptoms mainly due to the pressure of work. Classified as an occupational phenomenon in the 11th Revision of the International Classification of Diseases (ICD-11), burnout can be characterised by three dimensions: feelings of energy depletion, an increased mental distance from

one's job and an overall reduction in professional efficacy. Coined by psychologist Herbert Freudenberger in the 1970s, the term 'burnout' was described by him to be in a state of exhaustion by making excessive demands on energy, strength or resources in the workplace. Though he originally intended it for those who work in the helping professions like doctors and nurses, the term can now be used in any profession because of the high demand of



one's efforts in their respective job or the overall working environment. He also said that certain personality factors can put someone at risk of reaching burnout, the primary one being those who fall under the category of "the dedicated and the committed". As they are more likely to dedicate themselves entirely to their work, they display a high disposition to reaching this state.

Bringing it back to the mindset of Lagom, going by this philosophy allows you to find a proper balance between your social life and your work life. By living in moderation, it means to neither overwork oneself nor to sluggishly go about life. It is all about finding that optimal balance for yourself and your wellbeing. How can this be implemented in the workplace? In Sweden, employers and employees alike display this lagom concept both in how they work as a team to how they take short breaks to find time to relax during the working day. These short breaks are called Fika and its Malaysian equivalent would be something like going to the mamak to lepak.



During fika, colleagues gather at least once a day to stop work and have a short coffee break; with some Swedish companies even making it mandatory to have this break. It offers a small reprieve for one to destress before they continue with their work for the day.

So, before doing something, try asking yourself, "Is this lagom?". It differs for everyone, but if you start questioning what you do and how much you are doing, perhaps you'll find a truth you do not know yet. After all, as the Swedes say, "Lagom är bäst". ♦

medical
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HAPPY
LEISURE
ENERGY
GOOD
HAPPY
CANDID
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KATION
HAPPINESS
DAD



An Inborn Gift



If there was anything we humans share in common – amongst many aspects, actually- it is our ability to adapt. As humans, we are able to adapt to our environment albeit some are able to adapt faster than others.

Credited to the Greek philosopher Heraclitus, the quote: “The only thing that is constant is change,” rings truth none of us can deny. Life constantly changes whether we want it to or not.

Throughout a person's lifespan, we evolve in the way we think, the things we do and how we react to things. With each phase of life, we mature, and our ideals and perspectives develop as well due to our past experiences. Biologically speaking, we are able to change according to our environment. Having what is termed biological plasticity, humans can adapt in ways that would allow us a fitness to survive one's environment, born out of a successful interaction with said environment.

As with most things, it is not always the same for everyone. There live slow to warm up people who would face difficulties in adapting to a new environment. These people require more time and effort to adjust as opposed

to someone that is quick to alter one's self in response to the situation. The latter of the two consists of people who score high along the continuum of openness, a personality trait that allows them the ease and readiness to adapt as quickly as they do.

So, why does being able to adapt favour humans? Firstly, it ensures our continued survival, that much is clear. From the age of cavemen, our ancestors' ability to adapt allowed them to navigate their harsh environment and along with it came the birth of stone weapons and fire; things that have now evolved into electrical devices and stoves. During this time of a pandemic, our gift to adapt plays a big role.

There are two ways in which one may adapt to something: assimilation and accommodation. Assimilation is a process during which an individual learns from their environment; taking in new information and converting it to fit one's already existing view of the world. We all have schemas: a cognitive framework that helps us to organise and interpret information. Some would even call it the building blocks of the way we interpret information. When a new piece of information fits into an individual's already existing schema, it can be easily assimilated into it. For example, if you were already familiar with technology, the



shift to virtual classes due to the pandemic would not be as jarring to you as opposed to an old teacher who perhaps had no prior experience with the internet who now has to learn how to conduct classes online. Because there is already a basis of knowledge of the topic and this new information fits into the box of this basis, it can be assimilated.

Accommodation, on the other hand, is when an individual alters their views on something to accommodate new information. The information the environment presents can either have no basis whatsoever, or it poses a challenge to one's already existing beliefs. In response to this new piece of information, one either forms a new schema or alters an existing schema. Taking the example of the old teacher who suddenly has to shift to online classes. If they had no experience with the internet, virtual classes would be a completely new thing; one which they would have to learn to accommodate. In response to this, they can learn how the classes are to be conducted or how video calls work. It might take a long time as they are after all exploring new ground. But in time, they would learn to accommodate this new information partly because the situation calls for it.

If someone had told you a year ago that you would be required to wear a face mask and are encouraged to stay home because of a disease, you might not have believed them. And yet, here we all are. Our continued efforts to maintain social distancing and practice self-hygiene are laudable in every sense; it ensures our survival as a human race. Sure, at the very beginning of the lockdown, things were slightly chaotic. Suddenly, classes were shifted online, office meetings were now virtual ones, and everyone was stuck in their homes. Life was suddenly put on hold and yet it was still going on at the same time. Despite the abrupt change to our everyday lives, over time, it became the new norm. We adapted to it because the situation demanded it.

Now, we are all more cautious of germs and are suddenly realising that certain things are not needed in our lives. That one trip to the mall, the nightly lepak sessions with friends; things that used to be part of our daily lives have now been changed. As once our ancestors did with the discovery of fire, we now do with our handling of the pandemic; and that is really all the indication you need to showcase the beauty that is mankind's ability to adapt. ♦







An advocate for the world



“Hurry! Grab me some neem leaves,” The words leave Abu Bakar’s lips as he checks up on one of his children to see if the chickenpox had gotten worse. As a father of 3, who is also an advocate for nature, Abu Bakar always believes that medicine is not the only solution for curing people, for he believes that plants heal. Soon enough, quick and feathery footsteps slowly approaching Abu Bakar. It turns out to be Jehan with her hands full of leaves that her father had previously requested. Without wasting any more time, her father takes the leaves off of Jehan and grinds them in a paste before using it on his child. Stunned and amazed, Jehan proceeds to ask him a question that would eventually change her life, “Ayah, why didn’t you use calamine lotion?”





Abu Bakar chuckles before answering the question that was filling his daughter's curious mind. "Jehan, there are a lot of plants out there that heals. It is up to you to find out and learn about them." Ever since then, two things have officially emerged: Jehan's passion for the environment and the growing admiration of her father.

With that said, Jehan has a new aim in her life: To speak for those who cannot speak for themselves. In this case, she has vowed to speak for the people and the nature that God had provided humans. Despite having a dream of becoming a kindergarten teacher, she decided to become a lawyer instead to fulfill her father's longtime dream of becoming one. For the next few years, Jehan studies in Universiti Kebangsaan Malaysia to obtain her law degree. Upon graduating, she moves to Kuala Lumpur to work for a few years before marrying the love of her life and have two children. Of course, being a lawyer meant that one would continuously be invited to parties and gala dinners that focus on different organizations and movements. As someone who hates social events, Jehan meets up with the members of the Malaysian Nature Society and goes hiking with them instead. She is adamant that hiking would accomplish the goal of experiencing nature first-hand. Jehan ends up enjoying the company of the members and decides to keep in touch with them along with members of other branches. As seen on different media platforms, the environment seems to be destroyed constantly, with animals having plastics in their stomach and pollution becoming a rising problem. For a nature lover like Jehan, she cannot help but to feel hopeless and helpless. However, she decided that it needs to stop. From there, it is officially the start of her long advocacy for the environment.





To Jehan, speaking up for the environment is something that she never finds difficult, for she believes that small steps will eventually lead to something bigger. With the quality of nature being on a constant decline, she believes that it is something that people can no longer ignore. As a result, she provided a solution that brings an end to the harming of nature and provides a start to a safer and greener lifestyle. In other words, Jehan launched her own product line: Le Stary Natural. It consists of shower foams, shampoos, lotions and deodorants that are made from organic and natural ingredients without any plastic packaging. By making small steps like changing the products that are deemed necessities, it can create a huge impact that helps with the healing of the environment greater than anyone can imagine. However, she cannot do this alone as she needs all the help she can get. To support Jehan in her journey of saving the environment, visit www.facebook.com/LeStaryNatural for more information about natural and organic products. By doing so, you have initiated your small steps. What are you waiting for? Together, we shall become an advocate for the world! ♦





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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.





DIALOG

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



A black and white photograph of an offshore oil and gas platform. The platform is a complex structure with multiple levels, stairs, and railings. A supply vessel is docked alongside the platform, with a gangway connecting them. The vessel has "SAFETY FIRST" written on its side. The background shows the ocean and a hazy sky.

Synergising Partnerships

PETRA is an integrated brownfield oil and gas service provider that is on a journey of expansion and growth. To do so, we continuously look to forge meaningful and beneficial partnerships. After all, 'synergising partnerships' reflects who we are, and what we stand for.

www.petraenergy.com.my



PETRA

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At TechnipFMC, we believe in unity. We are, after all, united by one single purpose - to enhance the performance of the world's energy industry.

Therefore, when the world needed us recently, the women and men of TechnipFMC stood up and extended a helping hand.

Worldwide, wherever we could, medical protective gears were sourced, hand-made, and sent to health care professionals.

Together makes us stronger. We applaud the people who devote their energy to making our community a better place to live.

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