



# MALAYSIAN PETROLEUM CLUB

## RESOURCE MAGAZINE

VOLUME 27.2 OCT 2019 KDN: PP7878/12/2012 (031611)

NOTHING  
BRINGS PEOPLE  
*together*  
LIKE  
**GOOD  
FOOD**



## There is a lot of science happening at ExxonMobil.

Since 1970, the scientists and engineers at ExxonMobil have contributed to nearly 30,000 patents for innovations in fields across our industry. Along with inventions to produce cleaner fuels, we continue to actively develop technologies such as carbon capture on a mass scale, next-generation biofuels made from algae, and high-efficiency engine lubricants. These are just a few of the technologies we're researching to reduce emissions on a global scale.

**ExxonMobil**

Energy lives here™



# Table of CONTENTS



2  
October  
Diwali  
Delights



5  
December  
Awesome American  
Food Fest



4  
November  
Mediterranean  
Magic



8  
The Malaysian  
Petroleum Gala Night  
SLINKY SEVENTIES



6  
New Year's Eve Party  
WILD WILD WEST

14  
International  
Associate Club (IAC)



18  
Peking Duck  
Promotion



54  
Western Silk  
Road



Oct @ Dulang

Happy  
*Diwali*



**OCTOBER @ DULANG**  
**SEMI BUFFET**  
LUNCH 12.30 to 2.30  
Tuesday, Wednesday  
& Thursday

## *Diwali Delights*

Deepavali or Diwali is the biggest and the brightest of all Hindu festivals. It is the festival of lights: deep means light and avalī means a row. Thus Deepavali is a row of lights. So come over to Dulang Suite @ MPC to enjoy the Best of Diwali De-Lights.

Indulge in succulent Tandoori, Lamb Rogan Josh, Fish Head Curry, Palak Paneer, Aloo Gobi and Briyani Rice. Or Puri, Naan, Pratha, Tosai and Roti Canai. End it all with Vadaai, Gulab Jamun, Laddu and Halwa.

Mmmmmmm.....  
Happy Diwali.





*Hello...Hello*



to all our Hindu members, friends, suppliers and staff, happy holidays and have safe journeys. Talking about journeys, we are still on the Silk Road, the western part of the Silk Road. While we are here, why not just drop by Greece, Turkey and Egypt for some much needed R&R. The most exciting news so far is that we are a part of the IAC, International Associate Club. That means you, the member of MPC, has access to over 250 global clubs in every continent. And how about some really smart apps to make travelling easier and more meaningful while you globe trot all over.

Block off 6 December as it is the Malaysian Petroleum Gala Night with Bjorn Again. Yes it's ABBA music for all the dancing queens and kings in the oil & gas fraternity. Slinky Seventies here we come.

There are also Diwali Delights, Mediterranean Magic and Awesome American food promotions all lined up for you. And we'll see you at the Wild Wild West Night on the last day of the year, 31 December 2019, as we usher in 2020.

Wow, so many super duper activities just for you. So be inspired, be entertained and be very hungry. This is the most opportune time to be a MPC member! ♦



*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  
Datuk Hashim Wahir

**SECRETARY**

Sareen Risham

**CLUB OPERATIONS MANAGER**

Joanne Lee Abdullah

**PUBLISHER**

Malaysian Petroleum Club  
Level 41, Tower 2, PETRONAS Twin Towers,  
Pesiaran KLCC, 50088 Kuala Lumpur, Malaysia.  
Tel : 03 2166 3200 Fax: 03 2166 3202  
Email: enquiries@mpc.com.my

**DESIGN & EDITORIAL SERVICES**

Writer: Imran Beng  
Handphone: 016 268 1290  
Email: imran.roundsquare@gmail.com

Layout/Design: Jane Ang  
Handphone: 016 6339293/016 3772800  
Email: jane\_a.mun@hotmail.com

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.



*Now @ Dulang*

# MEDITERRANEAN MAGIC

Enjoy the tastes and culture of the Mediterranean without having to cross an ocean or two. Cross over to KLCC Tower 2 to Dulang Suite @ MPC for the Best of Mediterranean cuisine. Taste the magic of Lamb or Chicken Mandi, Steamed Fish, Moussaka and Kebab.

Get started with Tabbouleh, Falafel, Hummus, Fattoush or Ghanoush with the excellent accompaniment of Flatbread, Panini, Assorted Pizza, and wash down with mouthwatering Minestrone Soup. Just make sure you leave room for these wonderful desserts like Baklava, Basbousa, Mahalabiah Pudding, Nougat or Tiramisu.

**NOVEMBER @ DULANG**  
**SEMI BUFFET**  
LUNCH 12.30 to 2.30  
Tuesday, Wednesday  
& Thursday





*Dec @ Dulang*

# Awesome American Food Fest

American cuisine is many things, including homey, diverse, ethnic, comfortable, gourmet, spicy, casual and formal. So come over to Dulang Suite @ MPC and feast on what makes America Great.



Nothing is as All-American as Barbeque & Grilled Beef Ribs, Porterhouse and Tomahawk Rib-eye. There are also Burgers, Hot Dogs, Buffalo Chicken Wings, Macaroni and Tacos. And a crazy selection of breads like Brioche, Ciabatta, Baguette, Corn Bread and Pizza. The list is mind-boggling so come and check it out. America here I come....

**DECEMBER @ DULANG  
SEMI BUFFET  
LUNCH 12.30 to 2.30  
Tuesday, Wednesday  
& Thursday**





MAMMA MIA  
SLINKY SEVENTIES  
THE MALAYSIAN PETROLEUM  
GALA NIGHT





- ★ Red Carpet Photo & Interview
- ★ Hors d'oeuvre & Cocktail Bar
- ★ 5-Course Gourmet Couture Cuisine

Everything that's old is new again. From chokers to wide-leg pants, it's back to retro fashion and music at the Malaysian Petroleum Gala Night. Yes the glorious return of the Slinky Seventies, which was a wild decade full of disco and revolutions. So dress up to your slinky best, put on your dancing shoes and have the time of your life. One night only !!





# International Entertainment !!



## The World's No 1 ABBA Tribute Show

Bjorn Again is a parody of the Swedish All-Time No 1 Pop Group ABBA. The show takes its name from Bjorn Ulvaeus, a member of ABBA, and is a pun on the phrase 'Born Again'. It was established in Melbourne, Australia in 1988 and had performed over 7,000 concerts in over 120 countries worldwide.

Be The Dancing Queen...  
or King. Yes, You Can  
Dance, You Can Jive,  
Having The Time Of Your  
Life...









I Do I Do I Do I Do I Do I Do



Purchase Tickets  
@ 03 2166 3200  
And Have The Time Of  
Your Life !!!!



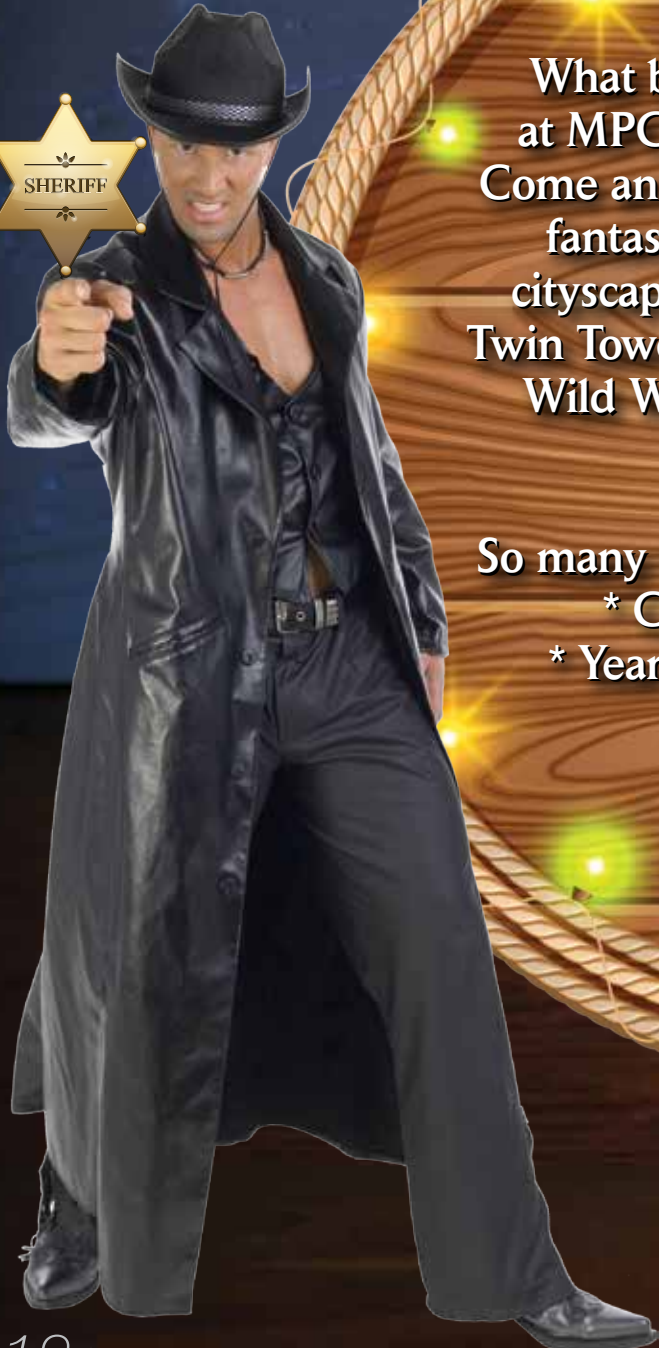


\*Dancing Queen \*Mamma Mia \*Gimme! Gimme!  
Gimme! \*The Winner Takes It All \*Super Trouper  
\*Voulez-Vous \*Chiquitita \*Fernando \*Thank You For The  
Music \*Waterloo



# WILD WILD

## NEW YEAR'S EVE PARTY BUFFET DINNER & SUPPER



What better way to usher in 2020 than at MPC's Wild Wild West themed night. Come and dance, dine, drink and watch the fantastic firework displays across KL's cityscape from the 42nd Floor of KLCC's Twin Towers. Come dressed in your favourite Wild Wild West costume complete with cowboy hat.

So many fun-filled activities await you like...

- \* Country & Western Live Band
- \* Year-End Lucky Draw Extravaganza
- \* Free Flow of Beverages
- \* Lots & Lots Of Food
- \* Mystery Door Gift
- \* Best Dressed Costume

**BEST  
DRESSED  
COSTUME**



# WEST



BOOKING @  
03 2166 3200,  
Asri  
012 828 6500 or  
Joe 016 2643122



# 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](http://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](http://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**







*Due To Popular Demand*

# MPC Saturday Seafood Brunch Buffet

11am – 3pm

Adult RM 168 nett

6-12 year old RM 98 nett

*Is Back!*

**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.**

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.





*Chef Lai's  
Signature  
Dish*

**Seligi's Lunch & Dinner Promotion**

# **Peking Duck**

## **RM268**

**P**eking 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 Black Pepper Style or Ginger & Spring Onion. And lastly, the bones and some meat are cooked to make Salted Vegetable Soup or Deep-fried with Salt & Pepper. Treat yourself and feast like an Emperor or Empress. You deserve it.

### **Serving Method**

- 3 Ways:**
- |                  |   |
|------------------|---|
| <b>1. Skin:</b>  | <b>Served with Condiments</b>   |
| <b>2. Meat:</b>  | <b>Black Pepper Style or<br/>Ginger &amp; Spring Onion</b>                                    |
| <b>3. Bones:</b> | <b>(Optional) Add RM20<br/>Salted Vegetable Soup or<br/>Deep-fried with Salt &amp; Pepper</b> |





# WE ARE SERVING **DIM SUM** LUNCH, MONDAY TO SATURDAY

12noon to 2.30pm  
@ Seligi Pavilion  
members get 20% discount





# 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.



**Live Draw 31 Dec 2019 @  
Wild Wild West New  
Year's Eve Party. Submit  
your receipts today to  
win prizes.**



Club Promo



**Last change to win  
a Vivo. Contest ends  
31 Oct 2019**

# 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.



Dulang Suite



Lemana Brasserie



Teligi Pavilion

# 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.





# Smart Apps for Smart Travel







The world can be your oyster with a little (or a lot of) help from the best travel apps around. Who needs a travel agent when you have a smartphone? Planning a trip can be a pain but it's 2019 and you have all the necessary tools to make mapping out your vacation a breeze. Here are some of the necessary apps that have both Android and IOS versions.

### MyTSA

Airport travel, especially within the United States, can be a confusing and daunting experience. MyTSA, a US government sponsored app, demystifies all the rules you need to follow in order to avoid unpleasant situations and possible delays by security agents who are trying to do their jobs. Discover which items you can bring with you through the security checkpoint

and onto the aircraft, request live assistance from the Transportation Safety Administration, check how historically busy your chosen airport will be on a given day, check crowd-sourced security wait times and offer your own estimates, check for delays and current weather conditions and how to access and sign up for TSA PreCheck to get you through security in a jiffy.



### WhatsApp

This is a no brainer. WhatsApp has more than a billion users and it's highly likely you'll run into someone abroad that uses the service. WhatsApp is also an easy way to keep in touch with people back home. You'll still need a data connection or Wi-Fi to be able to send messages.

### WeChat

With popular websites like Google, Facebook and Instagram blocked, WeChat is a social media platform in mainland China that has grown in popularity in recent years. Its translation tool and pay feature are two of the most helpful features to travellers. To translate text or words outside the app such as a restaurant menu or a Mandarin-only website, tap the Discover tab on the bottom of the app and choose the Scan option. The Scan page will allow you to scan QR codes or take pictures of text for translation.







If you receive messages in Chinese, simply long-press on the text to see an instant translation in more than 20 different languages, including English.

There are so many other helpful features in this app like WeChat Pay. So make sure you download it especially if you are visiting China.

## Line

This Japanese messaging app has 164 million users spanning Japan, Taiwan, Thailand and Indonesia – making it versatile if you're planning to visit any or all of these countries. Line's most practical services besides the

Line Pay is Line Man. It is a daily assistant feature that helps users order from restaurants and convenience stores, hail taxis and receive and send parcels.



## KakaoTalk

As of October 2018, KakaoTalk has 44 million active users in South Korea, a country with approximately 51 million people. There are many similarities between KakaoTalk and Line, as each has a range of emojis that are a draw for users. KakaoMap is a map apps that allows you to search for places and map your way there via foot, car, bike and public transportation. The feature Kakao T can be used to hail taxis, get driving directions and find parking spots.

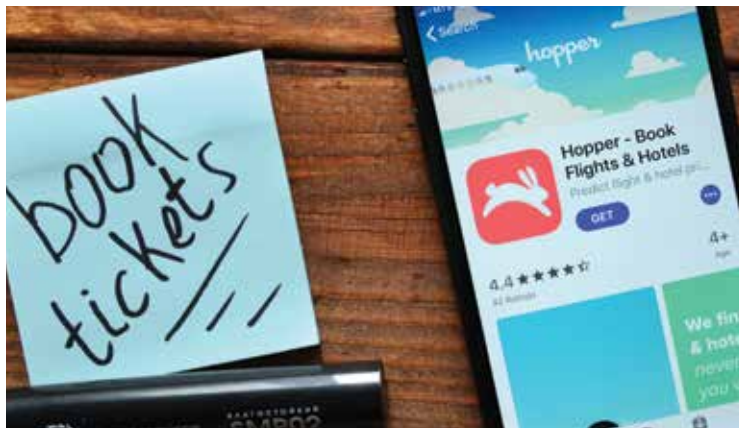
## Kayak

For many, Kayak has been the go-to trip planning destination for quite a while – and for good reasons. Like SkyScanner, Kayak searches across various travel sites for rental cars, hotels, and flights. Kayak often has exclusive deals you won't find on other sites, and you can set price alerts and use Price Forecast to see whether you should buy now or wait.



## Hopper

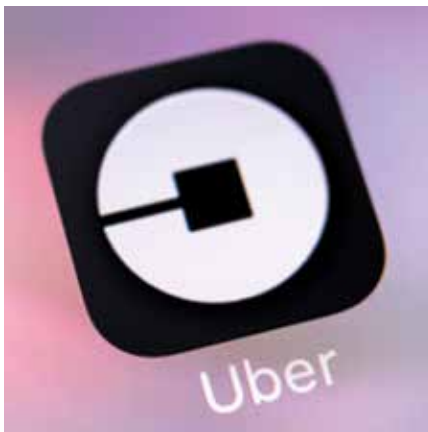
If you're looking to get the cheapest possible price for a plane ticket, you need to download the award-winning Hopper. Like Kayak and SkyScanner, you can look at the cheapest dates to fly, but Hopper prides itself on telling you when to buy your tickets via push notifications. The company claims it can save you up to 40% on your next flight by analyzing and tracking billions of flights.



## Uber

Active in about 173 countries and 785 metropolitan areas, Uber is the global king of ridesharing apps. The app pioneered on-demand services, and it can be particularly handy when you're abroad. You can quickly request a car directly within the app after perusing an assortment of differing vehicle rates and fare quotes. Then you can connect with your personal driver, track the approaching car's location and securely pay your fare using a credit card.





## Google Maps

Google Maps is widely regarded as the best navigation app around. It offers directions for travel by car, on public transit, on foot, by cab or on bicycle. You'll find it fairly reliable in offering up local transportation options in many countries, and you can also download specific areas for offline use. You can also use Maps to find out when places like museums or restaurants open and close, and check how busy a place is in real time.



## Packpoint

Making a checklist of everything you need to pack can be useful, but what if one has already been made for you? Packpoint looks at the weather forecast for the dates and location of your trip. It will also ask you to select activities you may participate in during your trip, like a meeting for business, a swim at a pool or a fancy dinner. It will then offer up a list of items you should pack based on these activities, along with the general items you would need on any trip. You can remove items deemed unnecessary as well as share lists with others, in case your friends or family members need some help too.



## XE Currency

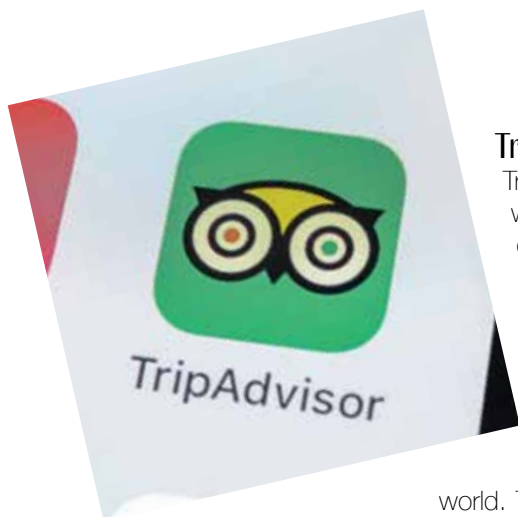
While it may not be the prettiest app, XE Currency is one of the more robust currency converter apps. It's constantly being updated and offers live exchange rates for every world currency and precious metals. What's great is that it can store the most recent rates so you can access them if your device is offline.

## Mobile Passport

Travelling to the US? Mobile Passport lets you skip the regular line to enter the country and is officially authorized by US Customs and Border Protection. All you need to do is add your passport information by scanning it with your phone camera. Mobile Passport is accepted in 24 airports in the USA.







### TripAdvisor

TripAdvisor is a catch-all app when it comes to travel. You can quickly peruse millions of reviews, opinions, videos and photos pertaining to just about anything related to your trip – bars, hotels, restaurants, airlines, places of interest – and is supported by nearly all the countries in the

world. There are also forums you can post questions or add opinions.



### Yelp

Yelp has officially become the Yellow Pages of restaurants and bars, and its usage extend not just to the US but all around the world. Its most powerful feature is the sheer number of reviews housed in the app. Yelp also offers hours of operation, a phone number for listings and sometimes even a menu.

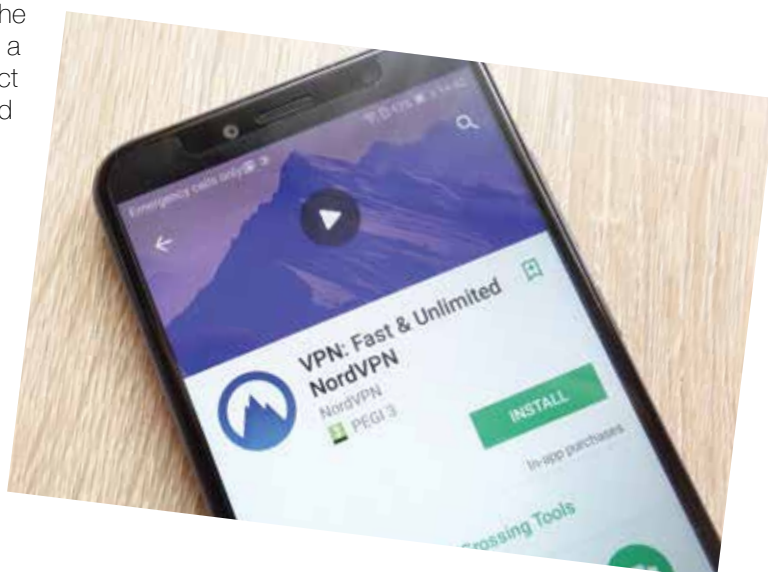
### Google Translate

Google Translate provides translations that are now more conversational thanks to machine learning between more than 100 different languages. You can listen to translations out loud and translate dictation and your own handwriting on the screen. You can star your favourite words or phrases for offline access or view dictionary results for a single word or phrase.



### Nord VPN

On your travels, you may find that certain countries block select websites like Facebook and Google. Or perhaps you want to watch some TV from back home. One way to get around these problems is to use a VPN, or Virtual Private Network. It is also a good idea to use a VPN whenever you want to connect to a public or hotel Wi-Fi network to protect your privacy. Nord VPN has thousands of servers across the globe, as do other VPN providers. For a small subscription fee, you can protect your privacy whether you travel or not, and choose your own DNS server address. ♦





# MALAYSIAN PETROLEUM CLUB 30TH AGM

1) The Secretary reported 21 proxies and 13 members were present in person and Tan Sri Chairman called the meeting to order with sufficient quorum at around 4.35pm.

2) Tan Sri Chairman started the meeting with a note of appreciation to Datuk George who has resigned as Treasurer and introduced Puan Liza Mustapha as the new Treasurer of MPC.

3) Agenda 1 – confirmation of minutes of the 29th AGM held on 27 July 2018.

Tan Sri Chairman informed that the minutes was circulated to all members and requested to adopt the minutes if there are no amendments. The minutes was adopted without amendment.

**Proposed by :**

**Puan Zahariah Abdul Rahman (10612)**

**Seconded by : Cik Yohanis (12444)**

4) Reports on the Affairs of the Club by Club Operations Manager.

Joanne presented the reports with slides including the affiliations and upcoming affiliation with International Associates Club. No question was raised and the report was adopted. Tan Sri Chairman thanked Joanne and the MPC Team for creating lots of activities for members.

**Proposed by :**

**Encik Omar Suhaimi (12449)**

**Seconded by : Encik Halim (10942)**

5) Adoption on the audited accounts of the club for FY ending 31 march 2019.

No question was raised and it was adopted.

**Proposed by : En Halim (10942)**

**Seconded by : Mr Maurice Pattison (12437)**

6) The Secretary informed that no other issues were received from members. Ms Hanis who was present asked if she could raise the issue which requested the GC to extend the promotion until August 2019 and Tan Sri Chairman replied that the meeting took note of her request.

Tan Sri Chairman announced the Resolution on the Increase of Subscription Fee and requested for a vote by the raising of hands from the floor. 16 voted for and 1 against.

The resolution was passed at the meeting.

No other matters were raised and the meeting adjourned at 5.00pm.







# Garlic.

Proven To Be 100 Times More Effective Than Antibiotics.

Just add garlic to your cooking and your dishes (and kitchen) will smell deliciously aromatic. But there's more to garlic than just its appetizing aroma. A Washington State study published in the journal of Antimicrobial Chemotherapy centered on the compound, Campylobacter, one of the most common bacteria in the world that is responsible for different food-borne diseases. This bacteria causes abdominal pain, fever and diarrhea among other afflictions.

However, researchers discovered something amazing, that garlic can destroy Campylobacter, 100 times more effectively than antibiotics such as ciprofloxacin, erythromycin and other common antibiotics. What's more, garlic works much faster!

**More Health Benefits**  
Garlic is one of the healthiest vegetables out there, and here are a few reasons why you should add it to your diet more often.



–*Boost The Immune System* – Garlic stimulates the cells within the immune system, thus improving your body's overall well-being. So make sure you consume it as often as possible to avoid visiting the doctor.

–*Reduces The Incidence & Length of Colds And Flu* – If you are down with the flu, garlic can reduce the number of days you are sick by up to 61% according to a study.

–*Lowers Blood Pressure* – Research shows that garlic is as effective as Atenolol – a commonly used medication for reducing blood pressure levels.

–*Detoxes The Body* – A study published in the Avicenna Journal of Phytomedicine states that garlic can help remove toxic heavy metals in the body. It can also alleviate the side effects of toxicity such as headaches and migranes.

–*Helps Reduce The Risk Of Cardiovascular Diseases* – Garlic contains certain compounds that can cut the risk of cardiovascular diseases. Other impressive benefits of this vegetable are its anti-microbial and anti-tumor properties.



→ **Improves Cholesterol Levels** – Garlic can reduce the bad cholesterol (LDL) and total cholesterol levels by up to 15%. However, it has no reliable effect on good cholesterol levels (HDL).

→ **Helps Prevent Alzheimer's & Dementia**

– The antioxidants in garlic improve the body's protective mechanism against oxidative damage. These antioxidant properties of garlic, along with its ability to reduce blood pressure and cholesterol levels, help lower the risk of dementia, Alzheimer's and other common brain diseases.

→ **Helps Improve Bone Health** – An animal study suggests that garlic can help increase estrogen in the body, thus minimizing bone loss. Another human study shows that taking a dose of dry garlic extract or two grams of raw garlic every day can help reduce a marker of estrogen deficiency in menopausal women.

All research points to the fact that garlic is one of the most powerful vegetables that helps you to lead a healthy and happy life. So add more garlic to your life. It's cheap, easily available and makes your food super yummy. ♦







# 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.









# Turkey Is A Dazzling Destination That Straddles Asia & Europe.

Turkey is home to some of the most alluring destinations, shrouded in an elegant archaic aura. A jewel in the crown for art and history lovers, Turkey also offers some of the most exotic spots for adventure junkies and nature lovers. Its pristine white terraces amid the green landscape will leave you wondering at nature's bounty. So varied are the wonderful experiences Turkey has to offer that you will definitely need more than one visit to truly enjoy all of Turkey.

## Istanbul

Istanbul is Turkey's most populous city as well as its cultural and financial hub. Located on both sides of the Bosphorous, the narrow strait between the Black Sea and the Marmara Sea, Istanbul bridges Asia and Europe, both physically and culturally. It has an estimated population of 19 million people, making it one of the largest cities in Europe and the world.

The Sultanahmet Old City is where most of the famous historical sights are located; the Constantinople of the Roman, Byzantine and much of the Ottoman periods. The Galata houses many of the nightlife venues of the city which includes the districts of Beyoglu, Istiklal Street and Taksim Square.

The New City is the business district with many modern shopping malls and include the Elmadag, Nisantasi and Etiler districts. The Bosphorous is dotted by numerous palaces, parks, water-front mansions and bohemian neighbours such as Besiktas and Ortakoy.

The Golden Horn is an excellent getaway from the city, made up of an archipelago of nine car-free islands. The Asian Side is the eastern half of Istanbul with lovely neighbours at the Marmara and Bosphorous coasts. The Western Suburbs is the western chunk on the European side.

## Ankara

Ankara is located at the crossing point of the routes from east to west and north to south – thus its influence and importance on commercial routes back to the very







early period of the Assyrian Trade Colonies. It is the capital of Turkey and has a population of 4.5 million. Ankara is the administrative center of Turkey and has a huge university town. It is a sprawling modern metropolis speckled with reminders of its varied and long history. Old castles and ruins from Hittite, Phrygian, Hellenistic, Roman, Byzantine and Ottoman civilizations dot the landscape.

### Sultan Ahmed Mosque

The Blue Mosque, as it is popularly known, was constructed between 1609 and 1616 during the rein of Ahmed, and contains the tomb of Ahmed, a madrasah and a hospice. Hand-painted blue tiles adorn the mosque's interior walls, and at night the mosque is bathed in blue as lights frame the mosque's five main domes, six minarets and eight secondary domes. It is considered to be the last great classical mosque of its time.

### Aya Sofya

Renowned as one of the most beautiful buildings in the world, the spellbinding Byzantine glory of Aya Sofya Museum (Hagia Sophia) is one of the top must-see attractions in all of Turkey. The staggering bulk of its exterior is rimmed by the delicate minarets added after the Ottoman conquest, while the stupendous frescoed interiors is a grand reminder of the old Constantinople's might and power.



## Ephesus

The mighty ruin of Ephesus is a city of colossal monuments and marble-columned roads. One of the most complete, still-standing, Roman cities in the Mediterranean region, this is the place to experience what life must have been during the height of the Roman Empire. A sight-seeing trip here will take at least half a day to cover the major highlights, longer if you want to take in everything it has to offer.

## Cappadocia

The Cappadocia is a rock valley that had been formed in a millennia by the natural agents of wind and water. Its craggy ridges are perfect for hiking while its scenic beauty can be captured brilliantly from a hot air balloon. The surreal swooping rock valleys are every photographer's dream. If the lunar-scape isn't enough to tempt you, go explore the frescoed rock-cut churches of the Byzantine era.

## Topkapi Palace

Sumptuous beyond belief, the Topkapi Palace takes you into the fantastical, opulent world of the Sultans. It was from here that the Sultans of the Ottoman era carved out an empire that would extend into Europe and right through the Middle East into Africa. The interiors with their decadently exuberant tiling and lavish jeweled décor are an unforgettable peek into the Ottoman's power base.

## Pamukkale

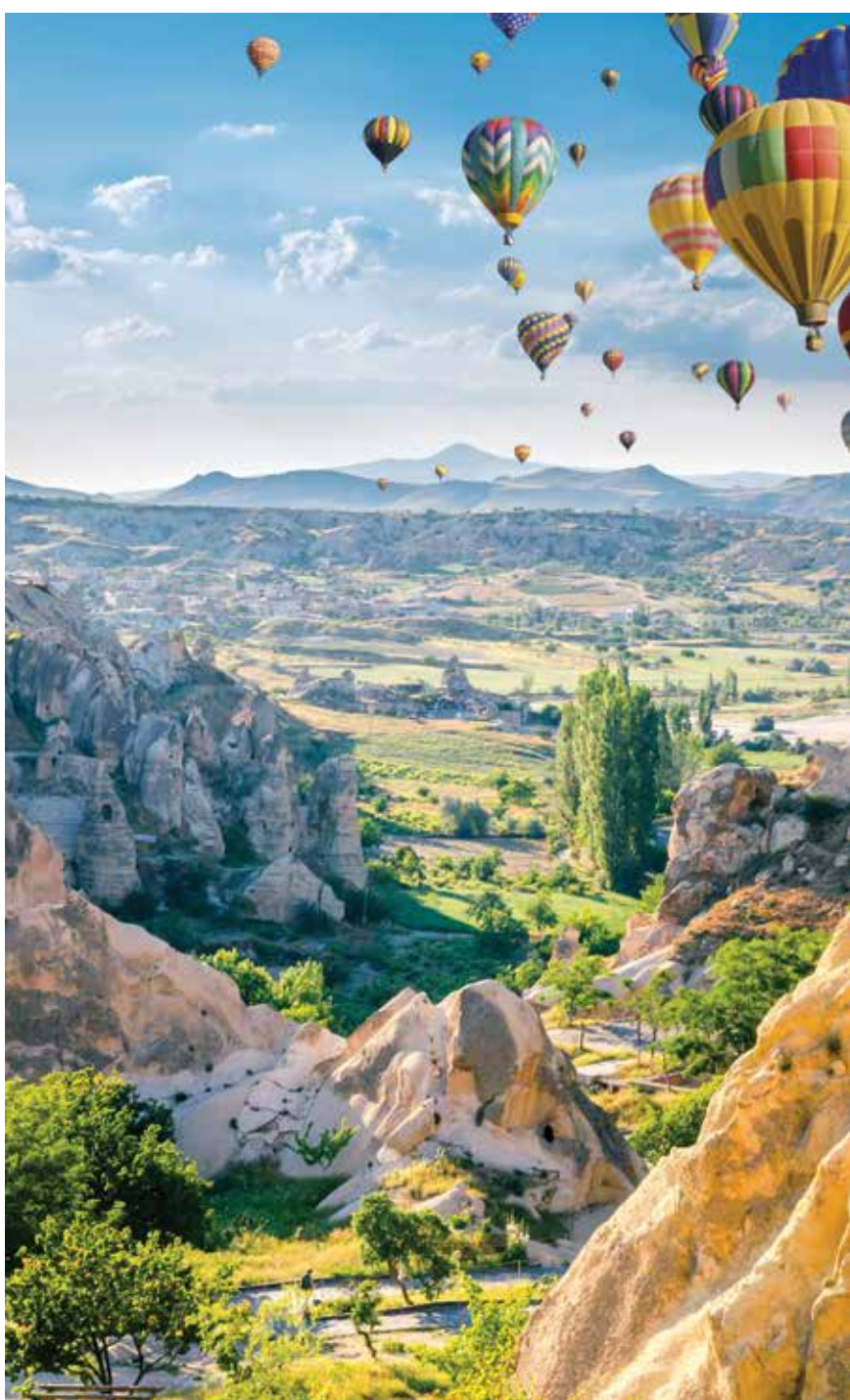
One of Turkey's most famous natural wonders is the pure white travertine terraces of Pamukkale (translated as Cotton Castle). It cascades down the slope like a snowfield amidst the green landscape. Another attraction here is the vast and rambling ruins of the Roman Hierapolis, an ancient spa town, that lies at the top of this calcite hill.

## Sumela Monastery

Set into a cliff face, Sumela Monastery (Monastery of the Virgin Mary) is the main attraction for travellers along the Black Sea coast. Exploring this abandoned religious complex will reveal a church interior crammed with dazzling and vibrant frescoes that was built during the Byzantine period and remain until today even though worn and faded through time.

## Ani

The derelict buildings of the powerful Silk Road city of Ani lies abandoned on the plains close to Turkey's













modern border with Armenia. Once the Armenian capital, Ani's golden age came to an end in the 14th century after numerous raids by the Mongols, and devastation by an earthquake.

## Mount Nemrut

Mount Nemrut's summit funerary lies scattered with the broken remnants of once mammoth statues that once guarded it. It is the top must-see destination of Eastern Turkey. The giant stone heads of long forgotten gods stare out, casting an eerie atmosphere over the barren mountain top.

## Antalya

Antalya is a Turkish resort city with a yacht-filled Old Harbour and beaches flanked by large hotels. It's a gateway to Turkey's southern Mediterranean region, known as the Turquoise Coast for its blue waters. Remnants from Antalya's time as a major Roman port include Hadrian's Gate, built to honor the Roman emperor's visit in 130AD and 2nd century Hidirlik Tower.

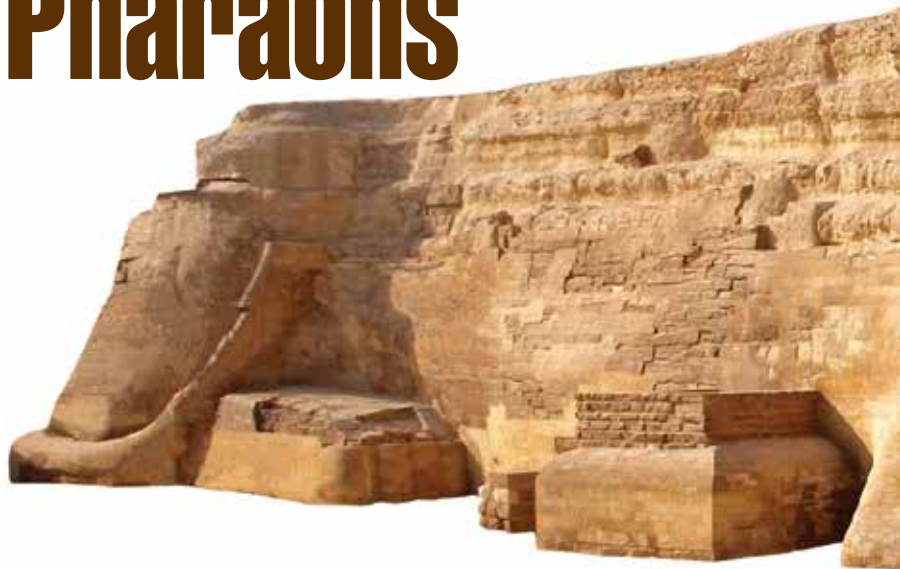
## Aspendos

As with all ancient towns, the ruins are the biggest attraction south of Antalya. What makes Aspendos Theatre so magnificent is its spellbinding height of 315 feet and it is the most well preserved Roman theatre outside of Italy. You'll also find remnants of ancient basilicas, aqueducts and other splendid architectural wonders. ♦





# Egypt, Land Of The Ancient Pharaohs & Endless Adventures

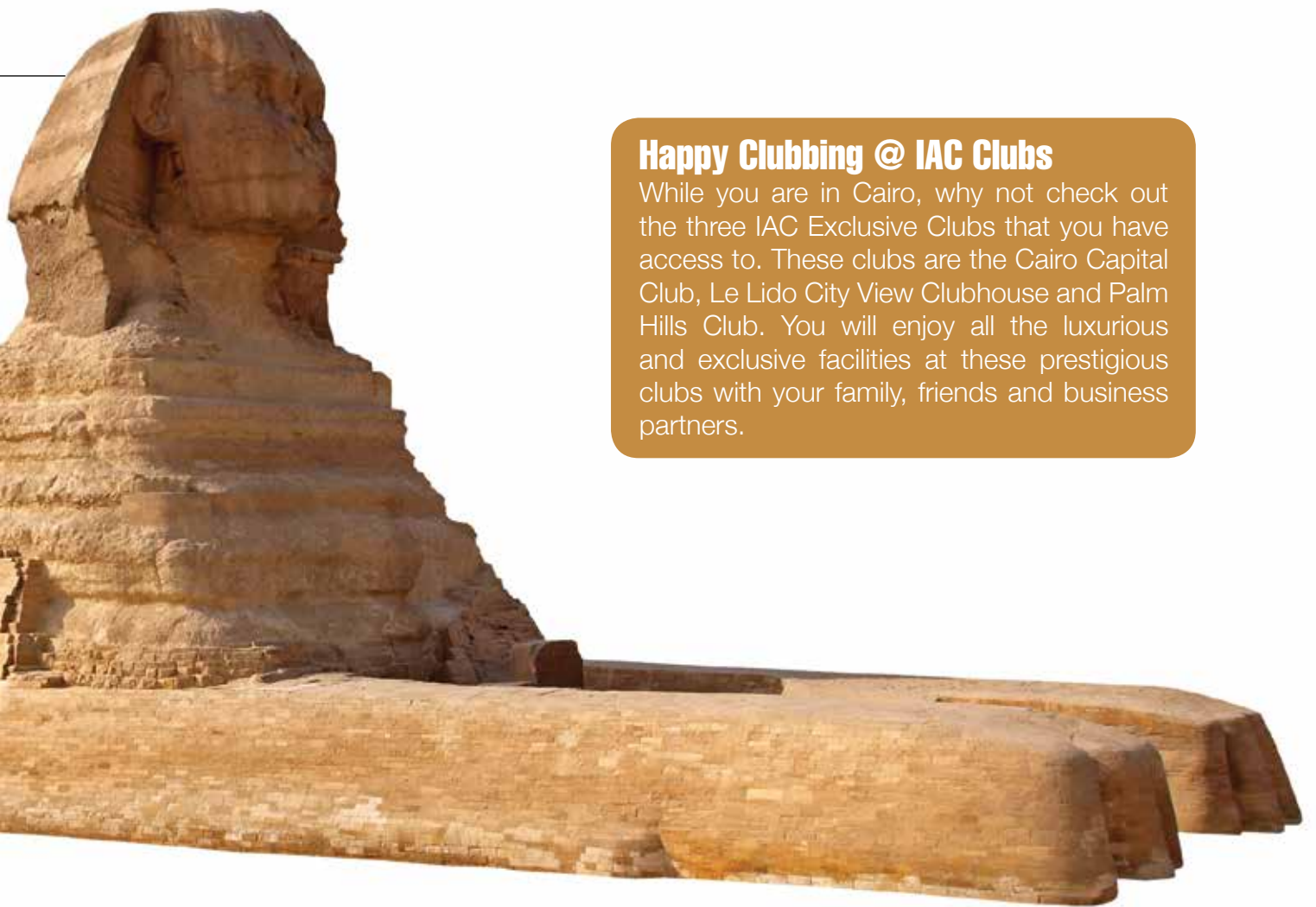


Egypt is a dazzling destination of temples and tombs. It also offers vast tracks of desert to explore, superb scuba diving sites and the famed Nile River cruise. Beach lovers head to the Sinai to soak up the sun, while archaeology enthusiasts will have a field day in Luxor. Egypt has so much for travellers to see and do. It's the perfect country for a mix of activities combining culture, adventure and relaxation.

## Cairo

Cairo features many of the must-see attractions in Egypt not only because it is the largest Egyptian city but it is located right next to the Nile River. It was founded way back in 969 AD and is home to the world-renowned Egyptian Museum where the treasures from the tomb of Tutankhamun are displayed in all their glory. Other must-see attractions are the Pyramids of Giza, Valley Temple, Great Sphinx, Alabaster Mosque and Khan El Khalili Bazaar, with its mind-boggling labyrinth souk offering an incredible array of unusual souvenirs and collectibles.





## Happy Clubbing @ IAC Clubs

While you are in Cairo, why not check out the three IAC Exclusive Clubs that you have access to. These clubs are the Cairo Capital Club, Le Lido City View Clubhouse and Palm Hills Club. You will enjoy all the luxurious and exclusive facilities at these prestigious clubs with your family, friends and business partners.

### Luxor

Luxor is a famous southern Egyptian city that is home to the Valley of the Kings, Karnak Temple, Luxor Temple, the Colossi of Memnon and Hatshepsut Temple. While the East Bank brims with vibrant souk activities, the quieter West Bank is home to a bundle of tombs and temples that has been called the biggest open-air museum in the world. It's like stepping back in time and following in the steps of the ancient pharaohs.

### Aswan

Egypt's most tranquil town is Aswan, set upon the meandering Nile River. With the orange-hued dunes as a backdrop, this is the perfect place to stop and unwind for a few days and soak-up the atmosphere. Take a river ferry across to Elephantine Island and stroll the colourful streets of the Nubian village. Or ride a camel to the desert monastery of St Simeon on the East Bank. Or just do nothing but take in the sights and sounds of this exotic destination.

### Alexandria

Alexandria is known as the Pearl of the Mediterranean because of its high affinity towards the Mediterranean culture as opposed to Middle Eastern. It was originally built by Alexander the Great and was the center of learning in the ancient world. Despite its decline many years ago, it is now a bustling tourist attraction and the second largest city in all of Egypt. It offers stunning underwater activities, a lot of other excursion options and endless beaches to







relax and enjoy water activities. Some of the interesting attraction here are Qaitbay Citadel, Montazah Palace, Catacomb of Kom El-Shoqafa, Pompey Pillar and the Alexandria New Library.

## Sharm el Sheikh

Sharm el Sheikh offers stunning white sandy beaches and crystal clear warm waters. You can enjoy a myriad underwater activities ranging from swimming to snorkeling and scuba diving. The elegant interiors and gastronomical cuisine offer more reasons why this is a very popular luxurious resort for world travellers.

## Abu Simbel

Even in a country festooned with temples, Abu Simbel is somewhat special. This is because of Ramses' Great Temple, adorned with colossal statuary standing guard outside the great temple, and an interior that is extensively decorated with wall paintings and hieroglyphics. It is also awesome because of its megalithic proportions. Abu Simbel is an incredible feat of engineering when the entire temple was moved from its original site, which was expected to be underwater due to the Aswan dam. It was moved during the 1960s in a massive UNESCO operation that took four years.

## Abydos

Dusty Abydos town wouldn't make much of a rating on the tourism radar if it wasn't for the incredible temple at its doorstep. The Abydos Temple of Osiris is one of ancient Egypt's most fascinating artistic treasures. Its mega columns and huge walls, covered in beautiful hieroglyphics and intricate paintings, are spellbinding sights. What's even better is that you don't have to jostle with thousands of visitors as this temple receives less attention from visitors and tour companies.

## Nile Cruising

Egypt is defined by the Nile. For many visitors, a multi-day cruise on this famed waterway, that witnessed the rise and fall of the Pharaohs, as the highlight of their Egyptian holiday. Cruising down the Nile is also the most relaxing and awe-inspiring way to see all the temples that stud the banks of the Nile, on the route between Luxor and Aswan. The two famous sights on a Nile Cruise are the Temple of Kom Ombo and Edfu's Temple of Horus.

## Saqqara

Everyone has heard of the Pyramid of Giza but it is not the only stunning pyramid in Egypt. Day-tripping from Cairo, Saqqara is the vast necropolis of the Old Kingdom of pharaohs and showcases how the ancient Egyptians have advanced architectural and engineering knowledge to build the Step Pyramid, Bent Pyramid and Red Pyramid.



## Hurghada

As the third largest city in Egypt, and one of the main tourist centers, Hurghada is packed with endless opportunities to go exploring, or view the stunning Red Sea, as well as camel or 4WD excursions into the desert. There are also lots of places and bargains for shopping die-hards in this stunning coastal Egyptian city. ♦





*Culture*

# SARAH & SARAWAK







## **AN ENCHANTING ENSEMBLE OF EXOTIC MUSIC & INSTRUMENTS.**

Sabah and Sarawak, located on the island of Borneo, have incredible diversity in terms of dance, music and musical instruments due to the many ethnic groups who call Sabah and Sarawak home for many, many generations. In fact, most Malaysians living in Peninsular Malaysia are remotely familiar with the ethnic composition of the people of Sabah and Sarawak. This article will attempt to throw some light on the musical instruments used in Sabah and Sarawak, and would like to apologize in advance should there be any errors in attempting to classify these exotic musical instruments.





## SARAWAK

The ethnic groups who call Sarawak home are numerous and we will identify only the main ones. These comprise Iban, Melanau, Bidayuh, Orang Ulu, Kelabit, Lun Bawang, Kayan and Kenyah, Penan, Bisaya, Tagal and Punan Bah. There are 40 ethnic groups that speak 45 different dialects.

### Sape

The sape or sapeh, is one of the string instruments from the lute family with a short neck. It is made from soft wood and has an elongated body that is hollowed out and functions as a resonator. The shape of the body looks like a sampan (boat) and is often called the boat lute in the west. Today, sape reach a length of over a meter and decorated with exotic tribal motifs and design.

The sape is a traditional lute for many of the Orang Ulu (upriver people) who live in longhouses that line the rivers of Central Borneo. It is also popular among the Kayan and Kenyah tribes and is one of the main musical instruments accompanying dances like the Datun Julud (hombill dance performed by ladies) and the Ngajat (warrior dance associated with headhunting according to legends).

### Kelabit Bamboo Tube Zither

The Kelabit Tube Zither also known as pagang is made from a length of bamboo tube closed at both ends by the natural bamboo nodes. The strings are finely cut strips from the surface of the bamboo tube itself that are still attached to the tube at either end.

### Keringut, Selingut or Selingup

This is a five-holed nose flute used by many ethnic tribes in Sarawak from the Kenyah, Kayan, Penan and Orang Ulu. It is played during funeral ceremonies or between lovers in some tribes as its soft beautiful tone is carried surprisingly well in the night. The nose flute has almost totally disappeared in the region and very few within the different communities can play or even own this instrument.

## SABAH

The ethnic groups who call Sabah home are numerous and we will identify only the main ones. These comprise Kadazan-Dusun, Murut, Bajau, Illanun, Lundayeh, Rungus, Tidong, Kedayan and Suluk.

### Telingut

Telingut, a long end-blown mouth flute, is usually made from telang bamboo and has three holes in which one is used for blowing, and the other two for different pitch sound reproductions.







### ***Suling***

Suling, a side-blown mouth flute has six holes and made from sebling bamboo. It can be played solo by either men or womenfolk.

### ***Bas***

In Borneo, the bas resonator is made from large bulu talang bamboo. Five bas sizes are commonly used and are believed to have originated from Sulawesi and introduced to the local community.

### ***Tafe***

The body of the tafe, a strummed lute with two brass or wire strings, is made from soft wood from the trunk of the jackfruit tree. The two-string instrument is usually played solo or as accompanying instrument for dance.

### ***Sekafi***

Sekafi is a short-necked plucked lute similar to the sape of the Orang Ulu community in Sarawak. It is a strummed lute with three brass or wire strings. Like the tafe, it is made from soft wood. The surface of the instrument is painted with special tribal designs. What differentiates the sekafi and the sape are the decorative motifs and designs on the instrument. ♦





# Iron's Irony. It Can Help You Or Kill You.



Today, iron is the new cholesterol because elevated iron levels can cause diseases stretching from diabetes to cancer. Any adult who grew up watching Popeye squeeze a can of spinach will tell you that iron makes you strong. The idea is so ingrained that doctors find it difficult to teach their patients and the public at large, that too much iron actually fuels heart disease, cancer, diabetes and other potentially fatal diseases.

Iron is an essential nutrient, and has long been one of the common nutritional deficiencies in our diet. That is why baby foods, infant formula and many other child-friendly foods like breakfast cereals, breads, rice and pasta, are fortified with iron. Today, iron deficiency is more likely in infants who are exclusively breast-fed, young children who consume too much milk, menstruating and pregnant women, vegans and strict vegetarians, and people who take medications that cause internal bleeding or interfere with iron absorption.

Iron is an essential part of the proteins that transport oxygen in the body. Hemoglobin, the oxygen-carrying protein in red blood cells, accounts for two-thirds of the





body's iron supply. Smaller amounts are found in myoglobin, the protein that supplies oxygen to muscles and in enzymes needed for various biochemical reactions. In addition, a varying amount of iron is stored in proteins that release it to the blood when needed.

Iron deficiency is indeed a major health concern for billions of people, mostly in developing nations. Low levels of iron in the bloodstream leave the body fatigued and vulnerable to diseases. This is a crushing blow to worker productivity and contributes to the cycle of poverty in which less productive workers earn lower wages and are trapped in the vicious cycle of poverty for many generations. Low blood iron is also a concern for women of child-bearing age because of blood lost, and thus iron, during their monthly periods.







Heme iron from shellfish, fish, liver, poultry and red meat is more readily absorbed by the body than non-heme iron from vegetables, fortified foods and supplements. Various factors can impede or enhance the absorption of iron. Some vegetables like spinach contain oxalic acid that interferes with iron absorption (sorry Popeye, science is not on your side). High fiber foods like whole grains that contain phytates and foods high in calcium (hence the problem with too much milk) also diminish the amount of iron that enters blood. But vitamin C and other acids naturally present in fruits, fruit juices and some vegetables increase iron absorption.

## The Free Radical Factor

Iron's effect at the molecular level in the body is well known. Iron creates free radicals, which are reactive molecules that attack the cell walls and DNA, causing diseases. More iron means more damage and more diseases. Iron also suppresses the immune system, promotes cancer cell growth and triggers the creation of blood-clotting platelets, thus increasing the risk of heart disease and stroke among others.

## Hazards of Iron Overload

Nutrition Action Healthletter published by the Center for Science in the Public Interest, summarized the latest evidence for the effects of excess iron stores.

The problem with too much stored iron is that, short of bleeding, the body cannot easily get rid of the iron. Menstruating women are unlikely to have a problem, but





for others with high iron levels, the recommended treatments include phlebotomy and frequent blood donation.

Without these measures, excess iron gets deposited in the liver, heart and pancreas where it can cause cirrhosis, liver cancer, cardiac arrhythmias and diabetes. High levels of iron have also been found in the brains of people with neurodegenerative diseases like Alzheimer's, Parkinson and Lou Gehrig's disease.

The high evidence of high iron levels causing major diseases have been researched by the Framingham Researchers, Christina Ellervik, Ernest Graf and John Eton, Jean Lhermitte, Louis Goodman, Zacharski, University of Kentucky Medical Center and more than 50 publications and research papers over a period of 60 years. And yet, the public is still in the dark about this potentially fatal fact regarding iron overload.

Nonetheless, there are ample health and environmental reasons to limit consumption of red meat to no more than two or three times a week and focus more on poultry, seafood and plant sources of protein like dried beans and peas, nuts and foods made from them.

Better yet, see you at the blood bank. While you are indeed helping others by donating your blood, the biggest health beneficiary is in fact.....you. ♦





# NEW MEMBERS

**FAREH ISHRAF BIN  
MD HANIPAH**  
ID: 12509  
JUNE 2019  
Membership: Regular  
ADVOCATEUR



**PATHMAKANTHAN  
GANESAMOORTHY**  
ID: 12513  
JUNE 2019  
Membership: Regular  
PETRONAS



**ROSLI BONI**  
ID: 12518  
JULY 2019  
Membership: Regular  
WEHAYA  
SDN BHD



**DEV MENON  
GOPALAN**  
ID: 12519  
JULY 2019  
Membership: Regular  
DP FLUITEQ  
SDN BHD



**HAJI NIK MUSTAPHA  
FATHIL**  
ID: 12514  
JUNE 2019  
Membership: Regular  
OMNI OIL  
TECHNOLOGIES



**MD REZA HUZAINIE  
BIN MD YUSSOF**  
ID: 12510  
JUNE 2019  
Membership: Regular  
CONOCOPHILLIPS  
MALAYSIA LTD



**HISHAM B  
MAAULOT**  
ID: 12520  
JULY 2019  
Membership: Regular  
PETRONAS



**LIZA MUSTAPHA**  
ID: 12515  
JUNE 2019  
Membership: Regular  
PETRONAS



**AHMAD RAJI  
AFIFUDDIN**  
ID: 12511  
JUNE 2019  
Membership: Regular  
KEMAMAN LMP  
SDN BHD



**KEITH  
JESUDASAN**  
ID: 12521  
JULY 2019  
Membership: Regular  
SCHLUMBERGER



**RACHEAL  
NAVAMONY**  
ID: 12516  
JULY 2019  
Membership: Regular  
PETRONAS



**RISHAM AKASHAH  
KAMARUZAMAN**  
ID: 12512  
JUNE 2019  
Membership: Regular  
KEMAMAN LMP  
SDN BHD



**JOSEPH KOH**  
ID: 12522  
JULY 2019  
Membership: Regular  
SANTUBONG SDN BHD



**NORAFIZAL  
MAT SAAD**  
ID: 12517  
JULY 2019  
Membership: Regular  
PETRONAS



**ASHRAF  
ROZALI**  
ID: 12523  
JULY 2019  
Membership: Regular  
AWS





**MOHD BAKKE  
SALLEH**

ID: 2576  
JULY 2019  
Membership: Corporate  
PETRONAS



**JANICE  
CHIA EE-FUNN**

ID: 12528  
AUG 2019  
Membership: Regular  
PETRONAS



**MOHD AZLI  
BIN ISHAK**

ID: 12533  
AUG 2019  
Membership: Regular  
PETRONAS



**AHMAD FARIS  
RABIDIN**

ID: 2577  
JULY 2019  
Membership: Corporate  
PETRONAS



**SHAIFULIZAM  
BIN MOHD SALLEH**

ID: 12529  
AUG 2019  
Membership: Regular  
TRISYSTEM



**NAZRI ABD LATIFF**

ID: 12524  
JULY 2019  
Membership: Regular  
PETRONAS



**ABDULLAH  
ABU SAMAH**

ID: 3330  
AUG 2019  
Membership: Associate  
KPMG



**MOHAMAD  
OTHMAN**

ID: 12530  
AUG 2019  
Membership: Regular  
PETRONAS



**MOHD SHARIFF  
BIN KADER**

ID: 12525  
AUG 2019  
Membership: Regular  
PETRONAS



**KAYSE FOO  
SHIOU VOON**

ID: 2578  
AUG 2019  
Membership: Corporate  
KHAZANAH



**AHMAD FAISAL  
BIN BAKAR**

ID: 12531  
AUG 2019  
Membership: Regular  
PETRONAS



**EMI SUHARDI BIN  
MOHD FADZIL**

ID: 12526  
AUG 2019  
Membership: Regular  
PETRONAS



**BOON TE LEE**

ID: 12532  
AUG 2019  
Membership: Regular  
TURCOMP



**MEGAWATI BINTI  
MOHD ALI**

ID: 12527  
AUG 2019  
Membership: Regular  
PETRONAS



*WELCOME !*



## *Silk Road Continues*

---





# Western Silk Road

In this continuation article of the Silk Road, also called Silk Route, we explore the western part of the Silk Road that linked China with the west. This all-important trade route carried goods and ideas between the two great civilisations of Rome and China during those early centuries. Silk went westward, and wools, gold and silver went east.

The Silk Road, the first global trade route in history, had a scope and importance far greater than the simple exchange of goods. The interconnected routes served as a vehicle for fruitful exchange of arts, religion, cultures, ideas and even technology of its time. The Silk Road has been commonly acclaimed as the greatest route in the history of mankind. It had and is still contributing greatly to the common prosperity and development of humankind for almost two millennia and offers us incredible monuments, gastronomy ideas, formulas, scriptures and books, as well as architectural designs, linguistic expressions and so much more.





In general the Western Silk Road comprise these countries:  
 - Albania - Iraq - Armenia - Italy - Azerbaijan - Former Yugoslav Republic of - Bulgaria Macedonia - Bosnia and Herzegovina - Montenegro - Croatia - Romania - Egypt - Russian Federation - France - San Marino - Georgia - Serbia - Greece - Slovenia - Ireland - Spain - Iran - Turkey - United Kingdom

Armenia, together with the Caucasus, has strong Silk Road links, having served as a gateway for traders travelling east and west. Their main trade goods were artisanal products such as carpets, garments, belts and jewellery, as well as nut tree, red and yellow arsenic, mineral pitch, mercury, blue copperas, silver, lead and medicinal herbs of copious quantities. Armenian horses were also had strong demand.

Bulgaria can rightly be considered a melting pot, with cultures and religions traversing through its crossroad territories for centuries. Bulgaria preserves historic memories, archaeological monuments and intangible heritage of ancient civilisations.

Greece's connection to the Silk Road is too vast to summarise in a few lines or even a few chapters. After the death of Alexander the Great, the Seleucid Empire extended their empire as far as the Seres (the land where silk come from, meaning China). For example, the region of Eastern Macedonia and Thrace had significant Silk Road links. The region is home to Evros, Alexandroupoli and Soufli, important silk centers. Discovered Hellenistic tombs indicate that Soufli has been inhabited since the Alexandrian period. The region of the Peloponnese is also home to significant Silk Road heritage, especially in Kalamata. During the 19th century, Kalamata become a silk trade hub connected via land and sea routes. Numerous villages surrounding the area bear names derived from the word 'metaxi' which means silk in the Greek language.

In the 11th century, a demographic boom contributed to the military rise and economic development of Italian cities such as Venice, Genoa and Pisa. During this time, and led by the Republics of Venice and Genoa, detailed nautical charts – portolani – emerged that greatly deepened the cartographical and geographical knowledge of the Mediterranean basin.

Trade fostered by the Silk Road also greatly contributed to the development and mastering of techniques related to the Italian arts and crafts sector. Ravenna became an important mosaic-manufacturing center, while Venice mastered glass-manufacturing techniques. With the acquisition of know-how, the silk manufacturing trade greatly contributed to the further development of other relevant Italian cities such as Bologna, Como, Naples, Piedmont, Lucca and Forlì.

Spain's connection to the historic Silk Road routes dates back as far as the ninth century, a period during which silk and other valuable goods reached the Iberian Peninsular











via a route passing through India, Arabia and the Islamic North African territories. Known as *spaniscum* during the early years, Andalusian silk soon gained an international reputation for quality, which allowed for a strong industry to emerge from the tenth century onwards. Primarily centered on the cities of Granada, Almeria and Malaga, the silk trade greatly impacted the economic outlook of the Spanish territories, influencing trade relations, regulatory provisions, land rights and city-land relations. The decentralization and specialization of the silk trade soon extended to the regions of Murcia, Valencia, and even, in peace time, to Castile.

Bridging Europe with Asia, Turkey has been tantamount to the history and importance of the historic Silk Road routes. Cherishing Roman, Byzantine and Ottoman heritage, Istanbul is rightly considered one of the main crossroad cities of the Silk Road. Aksaray, Bursa, Konya and Nevsehir also contributed greatly to the growth, exchange and dissemination of products, techniques and ideas throughout Europe.

Aksaray's splendor dates back to the Seljuk era. Eastern goods on their way to the port of Antalya or to the cities of Konya and Kayseri had to pass through Aksaray. The city





became famous for its caravanserais, and it is here that the earliest examples of Seljuk architectural guesthouses and inns can be found. The Sultanhani (Sultan's Inn) of Aksaray was built in 1229 and is not to be a missed destination on the Silk Road.

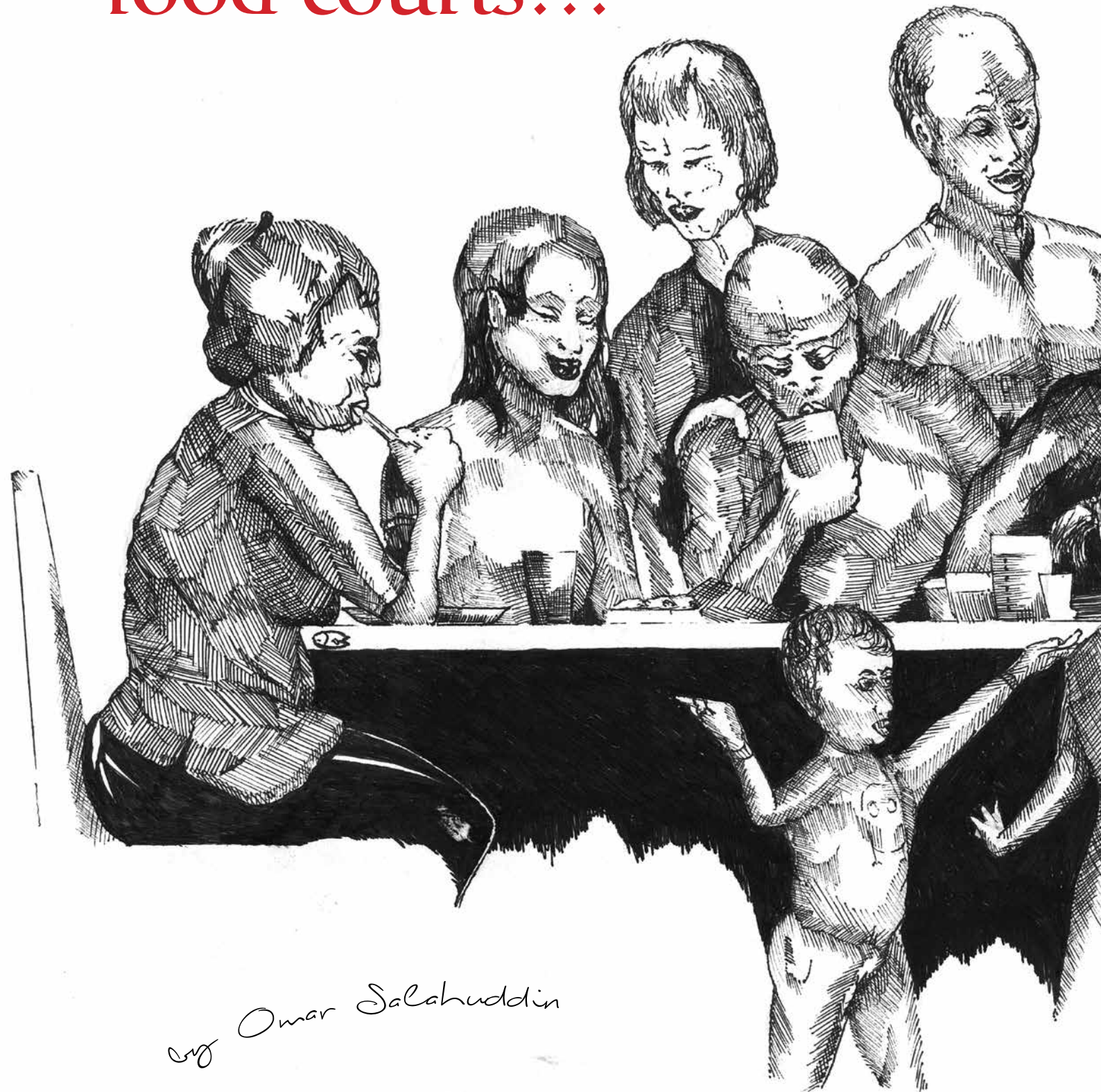
As the most extensive country in the world, the Russian Federation entertained multiple Silk Road connections. The biggest cities, Moscow, Saint Petersburg and Kazan function as entry points to the country. All three cities contain important Silk Road heritage, including oriental

art collections, ethnographic collections, silk fabrics and textiles, including archaeological findings.

The most surprising information about the Silk Road, which many may not know, is that Britain is part of the Silk Road. Macclesfield, a town in the North-West is known as the 'silk capital of England' having had interactions with China for more than 400 years. It is regarded as the Western end of the ancient Silk Road in Europe. ◆



Socrates would have  
approved of Chinese  
food courts...



by Omar Salahuddin



Legend tells us that the father of philosophy and democratic process rarely ventured outside Athens, preferring to live in a modest home with his somewhat intemperate housekeeper; doing a little teaching, perched on the rocks outside the temple under the olive trees, and then adjourning for meals to the city below through the Beule Gate. Socrates was a keen observer of life and the people of the city and, spurred on with the thought that his housekeeper was not too keen on cooking herself, would park his derriere on a bench in one of his favourite café or bar, order a glass of wine and a stick of fried chicken and revel in the sights and sounds of his city: the press of humanity... strange languages, the smells of exotic spices and cooking meats, conversations with the motley crew of temple goers, peddlers, helots and the students that thronged about him.

Some 2070 years later, I sit at a white formica table as the sun sets over Seremban and similarly revel in the sounds, tastes, smells and general panoply of life in my favourite Chinese Food Court and I dream that the ugly old man sharing the table and the camaraderie with me has shaken off the odd dose of hemlock and is now pestering me to pay for a plate of chicken satay, a teh tarik and a bowl of mixed fruit.

We had nothing like this in Cornwall. Sure, we had restaurants and we had cafes and so on, but Malaysian Food Courts are on a totally different plane of existence. For a start (and I'm just launching into the void on this one), it's not really about the food. There's an insistence on social functionality that transcends the need to just feed your face and leave. Chinese Food Courts embody sociability. The whole restaurant hums with an essence that is at once, vivid and vital. No one goes to sleep in a Chinese Food Court... whether this is because some older citizens might actually get eaten in the headlong rush to eat, drink and be merry, or maybe, it's because everyone is involved in the enveloping experience, but everybody is part of it.

That's me, sitting in the corner, table 29, and just taking in the precious humanity of life in a Chinese food restaurant in Malaysia, and just taking it all in... Come with me for a moment and hear the snatches of conversation...

An extended family, extending from babes in arms to hoary old timers with liver spots on their cheeks, come in to the restaurant, taking their seats a moment before I do.

The age gaps are marked, not by years, but by access to technology. Babies just slurp, or grizzle, if Mum is involved in the general hubbub. Children below five or six are content to slurp noodles and eye the nearest coke can. Then we watch the pre-adult group, immersed in their hand phones and the internet, eyes for nothing but the cartoon destruction taking place at the end of a disembodied gun... At least the father figure of the group with the Thai locket on the back of his chunky necklace, knows how to get things organised: after one curt command from his significant other, he slumps in resignation and motions towards the guy with the tablet. The Bangladeshi waiter with the tablet has seen it all before, and takes their







orders without seeming to pause in his circuit of the table, tapping out their drink orders and two bowls of soft boiled eggs, and then he's off again...

The chunky Malay guy in the down-at-heel flip-flops who walks at a quarter to three, smiling his myopic smile. This is the guy who operates the stall selling satay with all the trimmings. His slippers have seen better days, but I'm not complaining, principally because he grills the satay to perfection and serves an extra portion of peanut sauce without being asked. With his shuffling gait and a reversed floury cap, he gestures vacantly in my direction: He's only got two ten-stick bunches left, and then he's on his way home on his kapchai Honda and another day done...

The Ah Moi with the big... lungs, who serves people with a permanent scowl, as if it was the customers' fault that the previous table got your order. These are all part of the landscape of the Chinese Food Court...

All sorts come here to eat, from the mundane to the elite. My Myvi can be parked next to a Lambo; a Station Wagon next to a Beamer. All it takes is the price of admission and you're in - and as there is no cover charge, everyone is invited. As proof, I've never seen anyone turned away. Even the vacantly staring tramp, with a mouthful of gaps where his teeth should be, that turns up after eleven, gets a plate of noodles donated by one of the stall holders and is politely moved down wind and towards the no-smoking zone at the rear. Like I say, politely democratic, but ultimately, caring...

The somewhat strange and maniacal cackling that can be heard is coming from a young man who's special, but eventually blends into the general hubbub. After all, what would a Chinese Food Court be without a level of noise that varies from a roar from the terraces at Uptown Park as Noble lashes another one into the net, to the take-off point of a Jumbo jet at KLIA. His ever attentive father wipes his face from time to time, while he converses in a series of grunts, whistles and arpeggios, high-fiving people who take the time to make contact and occasionally taking a slurp at his own noodles. At times, he seems to make more sense than the entire throng; talking nineteen to the dozen, but only make a ha'porth of sense, as my Granny Ethel would say.

I used to think that the fact that everyone seems to talk at a volume designed to deafen lesser mortals was because it was something cultural, or maybe, a vain attempt to win the debate by means of sheer volume. Now, I believe that it's actually something to do with the need to communicate with those who are hard of hearing and that includes those who are part of the ancestral legion who still consider themselves part of the family. Creepy? You'd believe it... Some of these Food Courts are populated by more than just the Quick and the Bread...

Men seem to be fixated on T-shirts that sport the names of English football teams, hardware manufacturers, tyres, or sporting goods brands, with the ubiquitous Man U, Liverpool and Chelsea teams well to the fore in this case, followed by Lim Tyres, Ho Hup, and the usual slew of





people reliving their dreams on the badminton courts of their youth.

Ladies, on the other hand, alternate between stretched denim and shorts, the shorter the better in some cases, but between short longs and the more daring, Daisy Dukes. Ladies like a bit of bling, in terms of their t-shirts...

The couple sitting on their own, the lady enjoying a bowl of noodles and coughing discretely when the chili jeruk kicks in, and the husband sitting stock still for long periods, focusing on a vision that is as real for him as the opposing murk is for the rest of us. This is another unseen instance of that intangible thing that makes Chinese Food Courts so incredibly important: it leaves the dreamers that small space between the substance of their lives and the ether between: a space that allows people to sort things out for themselves. This is incredibly important, because we often don't give ourselves time to observe ourselves within our own social setting... watch our family members cohabit with each other in the security of that social conclave. Family just getting to be family.

I glance, surreptitiously, at my vestigial Athenian partner at the table and think, not for the first time, that CFCs should be promoted as the focal point of efforts to engender a sense of multiculturalism in the country and restore any sort of rift in the fabric of unity and harmony that we all enjoy: A virtual melting pot of peaceful interaction that rarely exists anywhere else.

Our politicians could learn from them too. The Chinese Food Court runs like a very well run machine. From the purveyors of the food to the bucket boys that clear up afterwards: everyone has a sharply defined role to play. The only real time that I remember being party to a similar level of demarcation was when some of my friends took up apprenticeships with the Naval dockyard in Plymouth on leaving school, but then, most of them seemed to avoid work at any cost, shirking the hard yards in favour of becoming past masters of the con-job instead. For example, I was told a story by one of my sailing buddies that a pair of workmen in the yard would walk around, one following the other, with their hands wrapped in heavy gloves, pretending to be holding a heavy pane of glass. They didn't actually have any glass at all, but had perfected their act, like an English version of Marcel Marceau, the French mime artiste.

In the CFCs that I go too, there are a number of managers who direct operations, take money, handle complaints and generally dispense assistance wherever it is needed. I have rarely seen people complain about their food, or the standard of cleanliness. For me, a bad cook would be quickly dismissed and the stall given to someone better; and similarly with the restaurant workers.

As I try to merge into the camouflage of the crowd and observe this manifestation of Malaysian culture for myself, I thank the powers that be for the unique experience, being played out in Chinese Food Courts the length and breadth of the country on a daily basis. May this kind of thing go on. Would you agree with me, Socrates? ♦





# Breathtaking Greece

Greece is ancient ruins basking in sun-bleached piercing blue skies, with the balmy Aegean sea lapping an endless coastline. Coupled with a culture alive with passionate music, wonderful cuisine and thrill-seeking activities, and you'll understand why Greece is the must-visit destination on everyone's favourite list.

While its economic reputation has taken a battering, Greece remains a premier-league travel destination. It is the opportune time to have a holiday of a lifetime that will satisfy all types of travellers. The Minoans, Romans, Arabs, Latin Crusaders, Venetians, Slavs, Albanians and Turks have all left their mark, and almost every town or village has a link to the past, whether it's a delicately crumbling temple to Aphrodite, a forbidding Venetian fort or a dusty Byzantine monastery decorated with exquisite frescoes.







Yet perhaps Greece's greatest riches are its islands, ranging from backwaters where the boat calls twice a week to resorts as modern and luxurious as any in the Mediterranean. There are around 1,200 to 6,000 islands and islets scattered in the Aegean and Ionian Seas, of which only 227 islands are inhabited. The Greek Archipelago takes up 7,500 km of the country's total 16,000 km coastline, offering a highly diversified landscape : beaches stretching over many kilometers, sheltered bays and coves, sandy beaches with sand-dunes, pebble beaches, coastal caves with steep rocks and dark coloured sand typical of volcanic soil and coastal wetlands.

Here are some of the top 10 best Greek destinations according to the 2019 Traveler's Choice Awards, based on reviews by millions of travellers worldwide.

## Crete

The birthplace of both the King of the Olympian gods and of modern European civilization, Crete is a Mediterranean jewel. It is rich with archaeological and mythological history that's reflected in its ancient ruins and cultural attractions. Just soak up the charming atmosphere of Chania Town's Old Venetian Harbour or the fortresses and monasteries of Rethymnon. The awesome Minoan ruins of Malia date back to 1900 BC and majestic Mount Ida is said to be home to the cave where Zeus was born.

## Santorini

Even if you've never been to this Cycladic island in the Aegean Sea, you'll recognize it immediately – candy-coloured houses carved into cliffs, sapphire waters, gleaming white buildings topped with half-spheres the colour of a stormy sky. Here you'll find peace as you roam the black sand beaches or the streets of a provincial village like Imerovigli. Beautiful Oia is world famous for its sunsets, which seem tinted with every shade of an artist's palette.

## Rhodes

The largest of the twelve Dodecanese islands on the Aegean's eastern edge, Rhodes is also its most popular. The well-preserved medieval city of Rhodes sits at the north of the island of the same name. High-rise hotels line the northern and eastern coastlines. Small villages and resorts dot the island's other shores. Whether your interests are beaches, bars or ancient sites, Rhodes offers an abundance of all three. Authentic Greece can be found in the hilly interior of the 50-mile-long island.







## Corfu

Corfu is studded with whitewashed houses, Byzantine churches and the remains of Venetian fortresses and Greek temples. Wander through the ancient streets of the Roman village of Kassiopi or explore the central Esplanade of the eponymous Corfu Town. For a DIY spa experience, lather yourself in mineral mud on the shore of the Canal D'Amour. Legend has it that the waterfalls of Nymphes used to attract the mythological beauties of the same name, who would flock to the village to bathe in the pristine waters.





## Mykonos

If the mention of Mykonos doesn't immediately bring to mind bright white buildings, turquoise skies and tanned bodies lining golden sandy beaches, then it's time to head over here and stop living under a rock! One of the most popular Greek islands in the Aegean Sea, Mykonos is all about energy and attracts a diverse and upscale crowd that thrives on its stylish nightlife. During the day, some privacy can be had in the more secluded north beaches, but the south beaches are all party. Ski, ski-jet, windsurf, horseback ride, parasail or just save up your energy for the evening ahead, like most of your fellow travellers in Mykonos.



## Athens

Spotless parks and streets, an ultra modern subway, new freeways, an accessible airport and all signs in perfect English make the city easily negotiable. Meriting more than a stopover en route to the islands, sophisticated Athens sites include many pillars of Western history, from the Acropolis to the Temple of Olympian Zeus, as well as treasures in the National Archaeological Museum. ♦





# Sing, eat, drink and be happy !

## Semarang Karaoke Lounge Promo



SPEND  
RM300  
on F&B  
Free 1hr  
use of  
Semarang  
Karaoke



SPEND  
RM500  
on F&B  
Free 2hrs  
use of  
Semarang  
Karaoke



SPEND  
RM800  
on F&B  
Free 3hrs  
use of  
Semarang  
Karaoke



SPEND  
RM1000  
on F&B  
Free 5hrs  
use of  
Semarang  
Karaoke



BOOK  
Birthday Parties,  
Private Functions  
or the perfect place  
to showcase your  
crooning prowess.  
Max. 10 Paxs



# 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](http://www.petraenergy.com.my)



**PETRA**



# Connecting Markets to Reliable and Flexible Integrated LNG Solutions

JAMALCO is a trusted partner, ensuring the safety and reliability of PETRONAS LNG cargoes to Japan, bringing low carbon energy to the Far East market for more than 35 years.



## Japan Malaysia LNG Co., Ltd. (JAMALCO)

17F Nisseki Yokohama Bldg. 1-1-8  
Sakuragi-cho, Naka-ku Yokohama  
231-0062 JAPAN  
TEL +8145683-1330  
[jamalco.admin@petronas.com](mailto:jamalco.admin@petronas.com)  
[www.petronas.com](http://www.petronas.com)



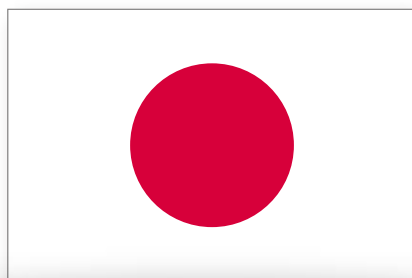


**We are more like  
your partners**

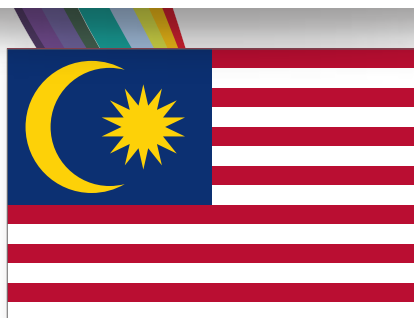
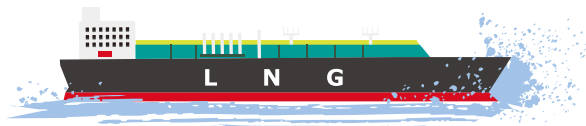


Chiba Kaiun Sangyo Co., Ltd.  
Chiyoda Sekiyu Corporation  
Daito Corporation  
Fuji Trading Co., Ltd.  
Global Energy Corporation  
Inchcape Shipping Services (Japan) Ltd.  
Izumi Kairiku Sagyo Co., Ltd.  
Nippon Kaiji Kentei Kyokai  
Shin-Nippon Kaiyosha  
Tokyo Kisen Co., Ltd.  
YCS Co., Ltd.  
(in alphabetical order)





# Ready to Sail for New Era with **Good Partnership**



Dokai Marine Systems Ltd.  
Hayakomaunyu Co., Ltd.  
Heisei Shipping Agencies Ltd.  
Isewan Bosai K.K.  
Miyagi Marine Service Co., Ltd.  
Naikai Tug Boat Service Co., Ltd.  
Nihon Tug-Boat Co., Ltd.  
NYK Line  
Sanko Co., Ltd.  
Sanyo Kaiji Co., Ltd.  
Shin Nihon Kentei Kyokai  
Taihei LNG Co., Ltd.  
(in alphabetical order)





FLY SAFELY WITH  
**WESTSTAR**

**[www.weststar-aviation.aero](http://www.weststar-aviation.aero)**  
**[info@weststar-aviation.aero](mailto:info@weststar-aviation.aero)**

Weststar Aviation Services Sdn. Bhd. (612066-P) Menara Weststar, Dataran Weststar,  
Jalan Lingkaran Tengah II, 68000 Ampang, Selangor Darul Ehsan.  
Tel: (+603) 4102 3333 Fax: (+603) 4105 5933



**WESTSTAR AVIATION SERVICES**





# Partner of Choice in the Drilling Industry

Drilling across the region with a fleet of premium jack-up rigs. With versatile hydraulic workover units ready to carry out repair and remedial work on various types of wells.

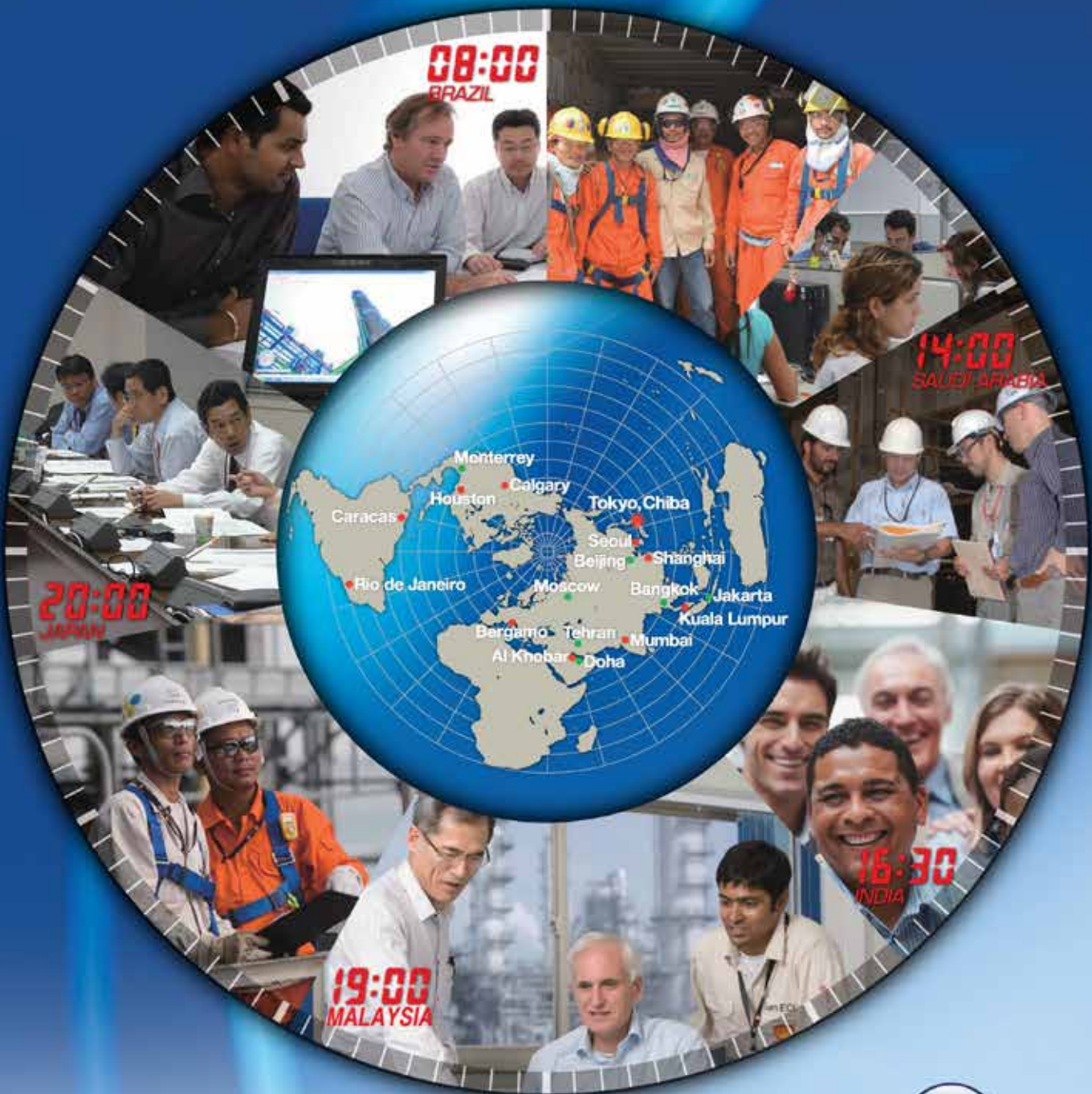
**VELESTO**  
energy

**Velesto Energy Berhad** (878786-H)  
(formerly known as UMW Oil & Gas Corporation Berhad)

[www.velesto.com](http://www.velesto.com)



# WORLDWIDE NETWORK **TOYO NOW**



TOYO's worldwide network comprises twelve core Global Toyo companies working 24/7 to engineer the right solutions. They share regional know-how and cutting-edge technologies to ensure the success of client projects.



**TOYO ENGINEERING & CONSTRUCTION Sdn Bhd** (152170-T)

Suite 25.4, 25th Floor, Menara Haw Par, Jalan Sultan Ismail,  
50250 Kuala Lumpur, Malaysia

Tel : (60-3) 2731-1100 Fax: (60-3) 2731-1110

[www.toyo-m.com.my](http://www.toyo-m.com.my)



# DIALOG

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







**PETRONAS**



## All Aboard the Gas Transformation

The world's first floating LNG facility, **PFLNG SATU** was born to ensure the security of cleaner energy. The custom-built vessel pushes the boundaries of technology as it liquefies, produces, stores and offloads LNG while kilometres away at sea.

As an LNG megastructure, **PFLNG SATU** enables PETRONAS to monetise gas in a more sustainable manner, no matter how remote it resides.

Today, the engineering marvel leads the shift of the global energy landscape to choose gas as the cleaner source.