



# MALAYSIAN PETROLEUM CLUB

RESOURCE MAGAZINE

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*One*  
CANNOT  
**think WELL**  
*love well*  
**sleep well**  
IF *One*  
**has not**  
dined **well**

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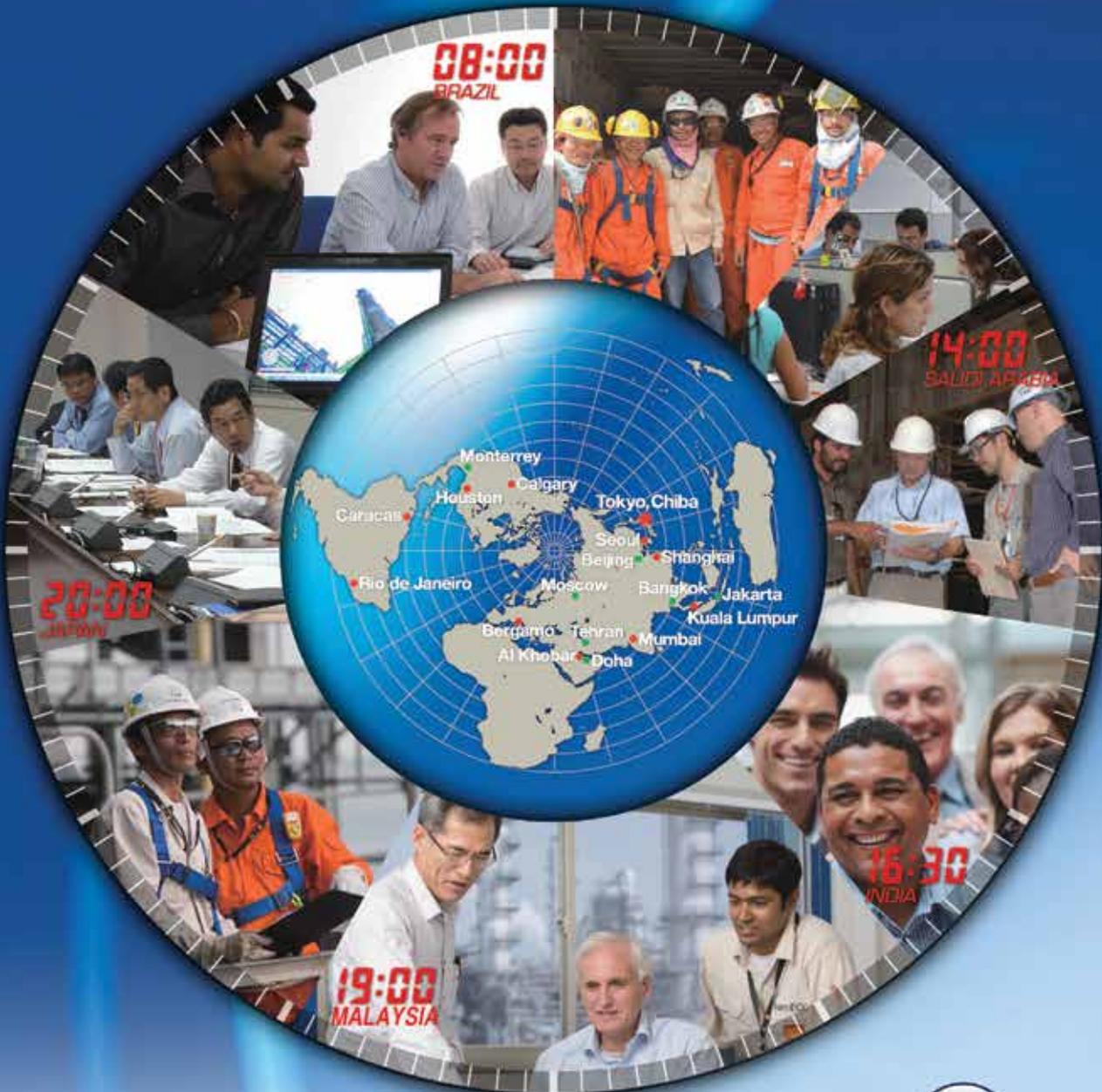
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# WORLDWIDE NETWORK TOYO NOW



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*Good Day* and Aloha as we head off to the Hawaiian Islands in this April issue. It is time for some romance Polynesian style or some precious bonding time with your family. Hawaii is truly a breathtaking vacation destination.

The recently concluded Malaysian Petroleum Golf Classic was a resounding success. Congratulations to all the winners and a big thank you to all the golf warriors who turned up to do battle on the greens. We also congratulate our MPC chefs for taking silver and bronze in the Penang International Halal Chefs Challenge 2019.

Early May will usher in the holy fasting month and we have prepared tantalizing “Selera Bazar” cuisines that offer lots and lots of varieties. We would like to wish all our Muslim members Selamat Berpuasa in advance.

We have also added some technology news besides healthy food and lifestyle choices. We need to look after ourselves better to accomplish even more. Happiness is good health, good food and good company to share it with.

So be inspired, be entertained and be very hungry. We so look forward to be of service to you. ◆

*Joanne Lee Abdullah*  
Club Operations Manager

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# What A Reso



*ounding*



# Malaysian Petroleum Golf Classic Championship

*Success!!!*

At the break of dawn, on Saturday, 23 February 2019, golf warriors gather at Kota Permai Golf & Country Club to do battle with their golf skills. This is the annual Malaysian Petroleum Golf Classic, the most awaited and anticipated golf event on the calendar of PETRONAS executives, vendors and foreign dignitaries.

This prestigious golf event was graced by 120 members of Malaysian Petroleum Club including the CEO and President of Petronas, Tan Sri Wan Zulkiflee Wan Arrifin and the who's who of the oil & gas industry.

All the participants were given a complimentary goodie bag comprising a pair of Foot Joy Golf shoes, a Titleist golf cap, a Foot Joy Golf shirt, one F1 tee and one exclusive MPC towel. The golf classic from 7am to 3pm had its share of thrills and spills and everyone had a fantastic time.

Congratulations to all the winners. And a big thank you to all who participated and made this prestigious event a resounding success.









# Winners Team



4)  
 (11) SCORE: 62  
 WINNING A TITLEIST PROFESSIONAL  
 BACK PACK / WORTH RM943  
 4a) AZHAM MANSOR  
 4b) TOM RUNGAI

5)  
 (11) SCORE: 62  
 WINNING A TITLEIST PROFESSIONAL  
 JET SETTER BAG / WORTH RM897  
 5a) M RAFI M YUNUS  
 5b) SAIFULBAHARI HAMID

6)  
 (8) SCORE: 63  
 WINNING A SM 7 VOKEY WEDGE /  
 WORTH RM835  
 6a) AHMAD MUZAMMIL AHMAD  
 NAZARI  
 6b) M FARID SUHAIMI

7)  
 (12) SCORE: 63  
 WINNING A TITLEIST PROFESSIONAL  
 BRIEFCASE / WORTH RM800  
 7a) ZABA ABDUL RAHIM  
 7b) ZAHIRI

8)  
 (7) SCORE: 65  
 WINNING A TITLEIST BOSTON BAG /  
 WORTH 540  
 8a) RIZAN ISMAIL  
 8b) ZAINAL ABIDIN ZAHARI

9)  
 (10) SCORE: 65  
 WINNING A TITLEIST PROFESSIONAL  
 POUCH / WORTH RM 520  
 9a) TONY OOI  
 9b) ZAINAL ABIDIN ZAINUDDIN

10)  
 (11) SCORE: 65  
 WINNING A TITLEIST CLUBLIFE DUFFEL  
 BAG / WORTH RM500  
 10a) M ZAKIR JAAFAR  
 10b) ZAMRI JAPAR

## PRIZES LIST

CHAMPION  
 (10) SCORE: 58  
 WINNING A SCOTTY PUTTER  
 NEWPORT 2 /  
 WORTH RM2,340  
 1a) MICHAEL AJANG  
 1b) RUSLAN AKHTAR RUZMAN AZLEE

2)  
 (11) SCORE: 61  
 WINNING A TITLEIST PROFESSIONAL  
 WHEEL ROLLER BAG / WORTH  
 RM1,378  
 2a) MOHD NORIZAM  
 2b) AZMI

3)  
 (8) SCORE: 61  
 WINNING A TITLEIST PROFESSIONAL  
 TRAVEL COVER / WORTH RM1,213  
 3a) AHMAD AZIN MOHD ZIN  
 3b) NOR HASNIZAM ABDUL HASAN





# YB Datuk Seri Mohd Redzuan Yusof

*Minister of Entrepreneur Development*





*What are some of the challenges that SMEs in Malaysia face and how will the Ministry of Entrepreneur Development help to overcome them?*

**YB Datuk Seri Redzuan:** After 2009, there was no Ministry of Entrepreneur Development. This new Ministry has been revived under the new government administration. It is like building from ground zero. From 2009, the focus was diminished and currently our main objective is to accelerate the growth of SMEs. The key task of the Ministry is to ensure SMEs become the main contributors to GDP. Following the vision of the honourable Prime Minister, Tun Mahathir, we have to bring education – and thus knowledge – into the entrepreneur industry.

There are several key challenges faced by entrepreneurs like access to funding, market access, innovation and technology adoption, human capital development, and legal and regulatory environment. The Ministry has and will put in place various initiatives to support the development of entrepreneurs and help overcome the challenges. The Government will continue to support the long-term agenda on SME development through the implementation of the National Entrepreneurship Framework (NEF) and all other future initiatives.

**Y**B Datuk Seri Mohd Redzuan became a member of the Malaysian Petroleum Club when he was attached to EXXON Gas from 1982 to 1989. After which he joined PETRONAS for three years, and left to set up his own business and became a successful businessman in his own right. Three years ago, YB Datuk Seri Redzuan again left the business world after he was invited by the top leaders of Bersatu to be one of its founding members.

Among his business accomplishment was that his company created engineering products for the oil and gas industry that are exported to 80 countries around the world. YB Datuk Seri Redzuan is committed to technological advancement and was the first person to bring in a showcase technology to Malaysia to build lightweight oil platforms: from concept to first oil completion in 12 months instead of the normal 26 – 32 months; low-cost and faster delivery to oil companies.

*How different has it been from the corporate world of business to now, as part of the government?*

**YB Datuk Seri Redzuan:** The administration of the government had been built on 61 years. Some practices are good, some bad. Whatever is good, we try to improve on it. Whatever is bad we will try to rectify it. That is what we have been trained to do in multinational companies, to make things better. So there are some differences, but the principle is the same. However, there is a lot of work to be done, to make things right again.



## How do Malaysian SMEs compare with ASEAN SMEs?

**YB Dato Seri Redzuan:** The contribution of Malaysian SMEs to GDP is currently 37.1% and we hope that would increase to 41% in 2020. Export is 17.3% and SMEs contribute 66% of employment. In a nutshell, Malaysia is ranked second, behind Singapore, among the 10 ASEAN member countries. We are ranked 1st in the areas of institutional framework and social enterprises and inclusive SMEs. 2nd in productivity, technology and innovation, environmental policies, access to finance, internationalization, legislation, regulation and tax. We are 3rd in entrepreneur education and skills. This is where we need to increase our efforts to educate our Malaysian entrepreneurs.

Another reason that is holding us back is that we are not empowering our younger generation to do what they do best – be creative, be imaginative, be hungry. Corporations have become politicized over the years, and that is why the new government wants to bring back Malaysia Inc, to have a separation of powers between politicians and technocrats. Politicians are policy-makers. Let the technocrats run the companies based on the policies that have been written. The best people to run the best corporations.

Malaysia serves as a role model country for the development of SMEs in ASEAN countries. But we will continue to enhance our systems, policies and open up vast opportunities for our Malaysian entrepreneurs, especially SMEs.

## How does YB unwind and what are your passions?

**YB Datuk Seri Redzuan:** My passion is golf but I have less time for golf now. I also love to travel but now when I travel it is only for work. For the last 3 years I have been working hard on the campaign trail and to help set up the party. And for the last 9 months I have been a Minister. So I have very little time for anything else except work. Of course I spend time with my family as much as I can. I have 4 grandchildren and 4 children. Two are married, two are still schooling - one studying in Germany and one studying in Melaka. My daughter works in Japan and my eldest son is in Kuala Lumpur. My wife was a banker until recently.

I love music in the classical rock genre; bands like Pink Floyd, Led Zeppelin and Queen, not heavy metal rock. I also like acoustic and orchestra music and sometimes I will attend the Petronas Philharmonic Orchestra shows. Latin music is also up my alley.

I like to meet people, to make new friends. And with my Ministry I now meet a lot of business and professional people from all over the world.



*What are your thoughts about MPC?*

**YB Datuk Seri Redzuan:** MPC is an organization or a platform for members to meet and connect with each other, as well as within the oil and gas industry. . In that respect, it has done very well as an iconic club to serve the oil and gas industry. It has great restaurants. And the mee goreng here is fantastic and very well known (commenting on the mee goreng that was served during the interview).

MPC should always maintain its prestigious and exclusive status. And reach out more to its members in promoting the club. ♦



Club Drama

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6.30PM-10.00PM  
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**Normal Price: RM128 nett (Adult)**  
**RM68 nett (children 6-12 years & senior citizens above 60 years old)**  
**MPC Members; 20% discount**

**EARLY BIRD!**  
*Price!*

**RM98 nett**

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# Tapau Jer... SEMANG!

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4PM-6PM**

6 May to 1 June 2019  
Monday - Friday  
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Always  
looking forward  
to serve you

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

### *Has Many Benefits*

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

#### *Unique Membership Discount*

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

Joining Fee : RM3,000 + RM1,000 Refundable Deposit. RM2,000 will then be credited into your card account. An opportunity not to be missed!!

#### *Networking Opportunities*

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

Not only can you network with the oil and gas fraternity but also foreign dignitaries and professional elites, who are our club members. This will often result in contacts that last a lifetime. MPC provides the ideal environment to develop and foster these new and long term relationships.



### ***Dining Privileges***

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

### ***Other Benefits***

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

***Exclusivity Has Many Benefits And Rewards.***

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

***That Will Open Up Opportunities For A Lifetime.***

***Be A Member of the Malaysian Petroleum Club Today.***



Your Creative,  
Flexible Venue  
Spaces





## New Kiku

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

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



# Aloha e komo mai

It means Hello, Welcome Home when you are greeted on arrival in Hawaii. The Hawaiian Islands are magical islands with magnificent sunrises and sunsets and the most romantic place for honeymoons.

These magnificent islands are one of the most geographically isolated places on earth. They comprise an archipelago of eight major islands, several atolls, numerous smaller islets and seamounts extending some 1,500 miles (2,400 kilometers) from the island of Hawaii in the south to the northernmost Kure Atoll.

Born of a volcanic hotspot rising from the sea floor of the Pacific Ocean, the Hawaiian archipelago was formed nearly 75 million years ago. Some of the earlier islands have since eroded while the youngest of the islands are still forming beneath the sea's surface to the Southeast.

This unique history of formation and isolation has given rise to breathtaking and extraordinary wonders. Perfect white sand beaches, abundant reefs, towering waterfalls, lush valleys, snow-capped mountains and fiery hot volcanic cauldrons captivate the hearts of those who visit, as well as those who call this beautiful place home.

From the unique natural environment of these islands a special culture has evolved. Native Hawaiians are the host culture here, and the values of Aloha of the early Polynesians have laid the foundation for the Hawaii we have come to love today. Since the 1700s, people of various cultures have been arriving on these shores, bringing their foods, music and different way of life. Today Hawaii is a bold showcase for farm-to-table fusion cuisine, culturally conscious fashion and innovation. Visitors will find themselves spoiled for options between romantic boutique getaways and family friendly five star resorts. High-





end retailers have put Hawaii on the map of world-class shopping destinations, and Hawaii's passionate chefs have created a gastronomic frenzy here.

As far forward as Hawaii has evolved, those looking to step back in time can still find the Old Hawaii tucked away off the beaten paths. The ancient stories still exist in the lovely hula hands of dancers who have taken upon themselves as keepers of the culture.

Over 7 million people visit Hawaii each year. While Hawaii is made of more than 100 islands, it is best known for its 8 main islands, and of these, only 7 are inhabited.

## *Hawaii*

Hawaii, also known as The Big Island, is not only the largest of the Hawaiian islands, it is also the largest island in the United States at 4,028 square miles. When visiting The Big Island, you must experience the Maunaloa Volcanoes, Kau Desert, Puna Fern Forest, Hawaii Volcanoes National Park and Kealahou Bay.





## Maui

Maui is 727 square miles and is the second largest island. Maui is most notable for its mountain ranges and valleys, and is often called the Valley Isle. While visiting Maui, make time to see the Kaanapali and Wailea resort areas and Haleakala, the largest dormant volcano crater in the world.

## Oahu

Oahu is by far the most popular destination among tourists, attracting nearly twice as many visitors as Maui each year. It is the third largest Hawaiian island, with 597 square miles. It is also the most populated and home to the capital, Honolulu. Must-sees during your stay include Waikiki and Pearl Harbor.



## Kauai

With 562 square miles, Kauai is the fourth largest of the Hawaiian islands, as well as the fourth most visited by tourists. Kauai's nickname is the Garden Island, because of its tropical climate, waterfalls and lush vegetation. If you're planning a trip to Kauai, you'll want to visit Waimea Canyon, Hanalei Bay and Poipu Beach.

## Molokai

Molokai is the fifth largest Hawaiian island and has 260 square miles. It is best known for agriculture and ranching and also famous for being home to the world's highest sea cliffs. Other attractions to check out include the Molokai volcanoes in the east and west, and the Hansen's Disease Settlement, a historic park.

## Niihau

It is highly unlikely you'll get the opportunity to visit Niihau, the seventh largest island because it is privately owned and is used for raising livestock. Niihau is 69 square miles.

## Kahoolawe

The smallest of the eight islands, Kahoolawe is a mere 45 square miles and is another island you are unlikely to visit in your travels. Kahoolawe is uninhabited and access is prohibited. It was once used as a target by the US military, which is still cleaning up unexploded artillery shells.

Now that you know all the main Hawaiian islands, let's get down to the serious question of how many islands you should visit during your Hawaii vacation. It is so easy to be overwhelmed when planning your first visit to Hawaii. When you look at photos of each of the six islands that are accessible, they all look incredibly enticing. Each island has its own attractions and personality that make it worth the journey. But time passes very fast too when you are in Hawaii, and before you know it your seven days are over.

There aren't any hard and fast rules for how many islands you can experience in one vacation, but based on tourists' feedbacks, if you have 1-8 days, it is recommended that you choose only one island for your base stay. If you want more, consider planning a day-trip island hop. This will save you considerable time checking in and out of hotels, waiting in airports, packing and unpacking at new destination hotel.

If you have 9-14 days, it is recommended to visit up to two islands. To experience all the islands, you will need 26-30 days at least. So start planning and see you there soon. Aloha e komo mai. ♦





# The Natural Wonders Of Honey & Cinnamon

The combination of honey and cinnamon has been used for centuries in both Chinese and Ayurveda traditional medicine (Ayurveda is a system of healing founded 5,000 years ago in India). Cinnamon is one of the oldest spices known to mankind while honey's remarkable healing properties date back to the days of the Egyptian Queen, Cleopatra, who was said to have taken frequent honey baths.

According to the website that promotes the benefits of honey, cinnamon's essential oils and honey's enzyme that produces hydrogen peroxide are known as 'anti-microbial' foods that help stop the growth of bacteria as well as fungi. They are also excellent beverage flavouring and as an embalming agent. In Ayurvedic medicine, honey is known as 'Yogavahi' which means "the carrier of the healing values of the herbs to the cells and tissues". Honey is also mentioned in the Holy Quran as a food and medicine for mankind.



It is believed that when combined with another substance, herb or spice for example, in a formulation, the special quality of honey enhances the medicinal properties of the formulation and helps them reach the deeper tissues in the body more effectively. Even though honey is sweet, if taken in the right dosage as a medicine, honey does not harm diabetic patients. Here is a list of diseases that can be alleviated by honey and cinnamon as per research.

### 1. Heart Disease

Add honey and cinnamon powder to your meals, especially during breakfast. It is believed that in the long term, this mixture can help prevent blockages in blood vessels, heart attacks and hypercholesterolemia.

### 2. Arthritis

Apply a paste made of the two ingredients on the affected part of the body and massage slowly. Drinking tea with honey and cinnamon daily can also help relieve pain and stiffness in the joints.

### 3. Hair Loss

Apply a paste of warm olive oil, a tablespoon of honey, a teaspoon of cinnamon powder before bathing, leave it for 15 min and wash.

### 4. Bladder Infections

Mix a teaspoon of cinnamon powder and half a teaspoon of honey in a glass of lukewarm water and drink. This can help destroy the bacteria in the urinary system.





## 5. Toothache

Apply a paste of the mixture on the aching tooth.

## 6. Cholesterol

Add honey to cinnamon powder mixed in boiled water or green tea and drink.

## 7. Colds

Make a glass of lukewarm honey water mixed with a pinch of cinnamon powder to help boost your immune system during the cold season or when you feel the early symptoms of a cold.

## 8. Indigestion

Cinnamon powder sprinkled on a spoonful of honey, taken before meals, can help relieve or reduce acidity and thus prevents indigestion.

## 9. Boost Immune System

Regularly drinking tea with honey and a little cinnamon powder can help strengthen the immune system and protect the body from viral and bacteria infections as well as inflammation.

## 10. Acne

A clinical study has shown that the combination of cinnamon bark extract and honey has the potential to act against the acne-causing bacteria. Mix the honey and cinnamon powder and apply the paste on the pimples before sleeping. Wash away the next morning.

## 11. Obesity

To reduce weight, drink a mixture of a teaspoon of honey and half teaspoon of cinnamon powder boiled with water, half an hour before breakfast.

Cinnamon has an insulin boosting property (a water soluble compound known as polyphenol type A polymer) that has the ability to boost insulin activity about 20 fold. This can benefit people who have high sugar levels (obese and pre-diabetic and diabetic people).

## 12. Bad Breath

Gargle the combination of honey and cinnamon powder mixed in warm water so that the breath stays fresh throughout the day, to it.

Note: If you have serious medical illness, please consult your doctor before you try these natural health concoctions. ◆

# HEAVENLY FRUITS

Fruits are one of the oldest forms of food known to man. There are

many references to fruits in ancient literature. According to the Holy Quran, fruits like grape, date, fig, olive, banana and pomegranate are gifts from Allah (God). They contain substantial quantities of essential nutrients in a rational proportion. Persons subsisting on this natural diet will enjoy good health.

According to the International Journal of Pediatrics, in a research paper by Hamid Farhangi, Maryam Ajilian, Masumeh Saedi and Gholam Hasan Khodaei, fresh and dry fruits are not only a good food but also a good medicine. The Holy Quran is one of the reference books describing the importance of plants used for different ailments in various verses.

## OLIVE

According to estimates, the cultivation of olive tree dates back more than 7,000 years. Archaeological evidence indicates that olives were grown commercially in Crete as far back as 3000 BC by the Minoan civilization. Ancient Greek literature reveals uses of olive oil for body health. In the context of religious importance, olive tree and its fruit are narrated over several times in the Bible, both in the Old and New Testaments, as well as in the Holy Quran.

The olive tree has a long history of medicinal and nutritional values. Over the centuries, extracts from olive leaf have been used for promoting health and preservation. The traditional 'Mediterranean diet' in which olive oil is the main dietary fat, is considered to be one of the healthiest because of its strong association with the reduced incidence of cardiovascular diseases and certain cancers. Olive oil also contains high-levels of antioxidants, packed with vitamins and minerals. All these nutritional benefits have been researched and proven by modern science.

## DATES

The dates contain a high percentage of carbohydrates, fat, 15 salts and minerals, protein, vitamins and a high percentage of dietary fibre. The world production of dates has increased 2.9 times over 40 years, whereas the world population has doubled. The total world export of dates increased by 1.7% over 40 years. In many ways, dates may be considered as an almost ideal food, providing a wide range of essential nutrients and potential health benefits.

Dates are also free from cholesterol and rich in vitamin B1, B2, B3 and B5 along with vitamin A1 and C. Dates have been proven to improve digestive system as it contains soluble and insoluble fibres and different kinds of amino acids.

Dates are great energy boosters as they contain natural sugars like glucose, sucrose and fructose. To get more benefits, add dates to milk for



a nutritious snack. Dates are very low in calories and are extremely suitable for health conscious people. Dates are rich in potassium and very little sodium. This helps regulate a healthy nervous system. Researchers have revealed the fact that potassium intake up to a certain extent can reduce the risk of stroke.

Dates have high iron content and are useful in treating anemia, and its fluorine slows down tooth decay. Dates also help increase sexual stamina. Soak one handful of dates in goat's milk overnight. In the morning grind the dates in the milk and add honey and cardamom powder, and drink it. This heavenly food also cures abdominal cancer and improve eye sight. No side effect on the body and is completely natural, thus works better than any medicine.

## **BANANA**

Bananas are one of the most widely consumed fruits in the world for good reason. It packs a big nutritional punch, wrapped in its own packaging. Some scientists believe that the banana may have been the world's first fruit. Today, bananas are grown in at least 107 countries and ranked fourth among the world's food crops in monetary value. Americans consume more bananas than apples and oranges combined.

Banana is a very nutritive fruit, and contains water, protein, fats, carbohydrates, vast amounts of potassium, and packed with numerous vitamins and other minerals. Bananas reduce blood pressure, promote cell and muscle development, regulates the body's water equilibrium and heartbeat. Bananas also help keep the brain functioning normally, promote red cell production, help energy production, provide endurance against stress and cure heart diseases.

## **POMEGRANATE**

Pomegranates contain large amounts of potassium as well as minerals like phosphorus, calcium, iron and sodium, and vitamins A, B1, B2, B3 and C. Acting together with sodium, potassium regulates the body's water equilibrium and ensures that the heart beats normally. By maintaining the body's potassium-sodium balance, it also helps the nervous and muscular senses to function regularly, prevents edema and decreases the amount of sugar circulating in the blood. Pomegranates revive tired muscles and enable them to move easily, as well as strengthen the heart.

Pomegranate is nutritious and has a calorific value of 65. Its protein and fat contents are insignificant, but has high amounts of riboflavin, thiamine, niacin, vitamin C, calcium and phosphorus. The juice of the pomegranate is a favourite in many Middle Eastern countries. It is also used to make jellies, sauces, flavourants and syrups. Pomegranate juice is a powerful antioxidant. Until today, pomegranate is widely used in traditional and homeopathic medical systems around the world.

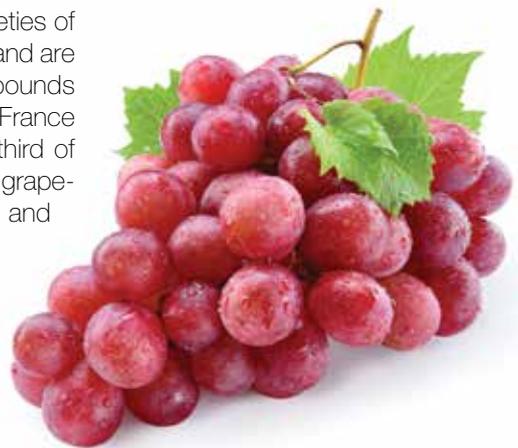
## **GRAPES**

Grapes have a long and abundant history. While they've grown wild since prehistoric times, evidence suggests they were cultivated in Asia as early as 5000 BC. Grapes were also pictured in hieroglyphics in ancient Egyptian burial tombs. During the ancient Greek and Roman civilizations, grapes



were revered for their use in winemaking. Around this time, over 90 varieties of grapes were already known. Worldwide, about 30,000 square miles of land are planted with grapes, resulting in the annual production of 150 trillion pounds of grapes. Grape production in 4 countries: Italy, China, Spain and France accounts for about half of all commercial production, and about one-third of all world vineyards are found in Italy, Spain and France. Other important grape-producing countries include Turkey, Chile, Argentina, Iran, South Africa and Australia.

Grapes are highly nutritive and rich in vitamins and metallic substances. About 20-25% of their content is sugar, which quickly enters the bloodstream. The high amounts of iron and sugar contained within each grape also fosters blood production and acts as a natural medicine for liver, kidney and digestive system diseases.



Grapes also strengthen the heart's muscles, are instrumental in treating bronchitis and coughing, and enhance the skin's beauty by purifying the blood. Since it increases the secretion of milk, nursing mothers are advised to drink grape juice. Some chemicals found in grapes even decrease the probability of skin cancer. Grapes are also high in antioxidants that are important for eye health like lutein and zeaxanthin. Red grapes contain the phytochemical resveratrol in their skins.

## **FIG**

Figs can trace their history back to the earliest of times with mentions in the Bible and other ancient writings. They are thought to have been first cultivated in Egypt. They then spread to ancient Crete and to ancient Greece, where they became a staple foodstuff in their traditional diets. Figs were held in high esteem by the Greeks and they created laws forbidding the export of the best quality figs.

The fig fruit is low in calories but contain health benefiting soluble dietary fibre, minerals, vitamins and pigment antioxidants. Dried figs have higher concentration of energy, minerals and vitamins.

Fresh figs, especially the black mission species, are high in poly-phenolic flavonoid antioxidants such as carotenes, lutein, tannins, chlorogenic acid, to name a few. They also contain vitamins A, E and K. Together these phytochemical compounds help scavenge harmful oxygen derived free radicals from the body and thereby protect from cancers, diabetes, degenerative diseases and infections. They also help lower blood sugar levels and control blood-glucose levels in type-II diabetes mellitus condition.

Fresh as well as dried figs contain the B-complex group of vitamins like niacin, pyridoxine, folates and pantothenic acid. These vitamins function as co-factors for metabolism of carbohydrates, proteins and fats. Figs also contain calcium, copper, potassium, manganese, iron, selenium and zinc. Potassium is an important component of cell and body fluids that help control heart rate and blood pressure. Copper is required in the production of red blood cells, while iron is required for red blood cell formation and cellular oxidation.

Remember to include these super fruits in your diet. Delicious, nutritious and immensely beneficial for so many of our bodily functions, these fruits are truly gifts sent from heaven. ◆



## Club Moments



Winners of Penang International Halal Chefs Challenge 2019

# Congrats MPC Chefs !!

4 chefs from MPC took part in the Penang International Halal Chefs Challenge 2019 and everyone emerged winners in two categories. The event was held at Setia Spice Arena, Penang from 1 – 3 March 2019.

In the trio's team event, MPC chefs won silver for the Modern Malaysian Cuisine. Ahmad Rusyaidi A Perus, Jaja Nazirah Jamaluddin and Muhammad Ikhwan Mohamad were the proud winners.

In the Asian Main Course (III) event for Lamb cuisine, Mohamad Aziz Jaini won bronze.

Congratulations Chefs, MPC is very proud of you. Keep up the excellent work and continue to shoot for the stars.



# NEW MEMBERS

## JANUARY – MARCH 2019

**MOHD REDHANI BIN  
ABDUL RAHMAN**  
ID: 12461  
January 2019  
Membership: Regular  
PETRONAS



**EZRAN BIN MAHADZIR**  
ID: 12457  
January 2019  
Membership: Regular  
PETRONAS



**MOHAMAD REZANA  
BIN ABDUL MALEK**  
ID: 12460  
January 2019  
Membership: Regular  
PETRONAS



**AHMAD NIZAM BIN  
ABDUL LATIF**  
ID: 12465  
January 2019  
Membership: Regular  
PETRONAS



**NOOR ILIAS MOHD IDRIS**  
ID: 12459  
January 2019  
Membership: Regular  
PETRONAS



**DATUK MD ARIF  
MAHMOOD**  
ID: 12462  
January 2019  
Membership: Regular  
PETRONAS



**AZFAR ZUBRI BIN  
SAFRI**  
ID: 12464  
January 2019  
Membership: Regular  
PETROSAR ACADEMY



**DURAIRAJ KRISHNAN**  
ID: 12466  
January 2019  
Membership: Regular  
SEPADU TECH SERVICES  
SDN BHD



**NORSAYANI BT  
MOHAMAD YAAKOB**  
ID: 12463  
January 2019  
Membership: Regular  
PETRONAS



**GANESH A/L KANAGARAJAH**  
ID: 12468  
January 2019  
Membership: Regular  
PETRONAS



**EZHAR YAZID B.JAAFAR**  
ID: 12470  
January 2019  
Membership: Regular  
PETRONAS



**MUHAMAD NASRI BIN JAMALUDDIN**  
ID: 12467  
January 2019  
Membership: Regular  
PETRONAS



**AFDZAL HIZAMAL BIN ABU BAKAR**  
ID: 12469  
January 2019  
Membership: Regular  
PETRONAS



**MJ LOGAA S**  
ID: 12472  
February 2019  
Membership: Regular  
RECAA ENGINEERING SDN BHD



**SHAHARUDDIN HAMID BIN MUSTAPHA**  
ID: 12474  
February 2019  
Membership: Regular  
PETRONAS



**ZULKARNAIN ISMAIL**  
ID: 12471  
February 2019  
Membership: Regular  
PETRONAS



**M.S. PRAKASH**  
ID: 12473  
February 2019  
Membership: Regular  
OM SRI BUMI ENGINEERING SDN BHD



**SHANMUGAM D. MOORTHY**  
ID: 12476  
February 2019  
Membership: Regular  
SEPADU TECH SERVICES SDN BHD



**ZAINAL SHAM KULOP ALANG**  
ID: 12478  
February 2019  
Membership: Regular  
ONYX ENGINEERING SDN BHD



**SUGUNADEVI ARJUNAN**  
ID: 12475  
February 2019  
Membership: Regular  
CHALPOINT (M) SDN BHD



**MOHD AIMRAN BIN MOHAMED**  
ID: 12477  
February 2019  
Membership: Regular  
PETRONAS



# New Members

**HAMZAH BIN JUHDI**

ID: 12480  
March 2019  
Membership: Regular  
OLIO GROUP



**GAURAV JOSHI**

ID: 12482  
March 2019  
Membership: Regular  
PETRONAS



**DZAFRI SHAM BIN AHMAD**

ID: 12479  
March 2019  
Membership: Regular  
PETRONAS



**EDDY KAMARUDDIN**

ID: 12481  
March 2019  
Membership: Regular  
BEICIP-FRANLAB ASIA



**MANABU DOI**

ID: 12484  
March 2019  
Membership: Regular  
JX NIPPON OIL



**JEEVA A/L A K BATCHA**

ID: 3322  
January 2019  
Membership: Associate  
DREAM DESTINATION TRAVEL  
& TOURS S/B



**HARDEEP SINGH**

ID: 12483  
March 2019  
Membership: Regular  
PETRONAS



**YASUTO ARIGA**

ID: 12485  
March 2019  
Membership: Regular  
JX NIPPON OIL



**JAMES NG HIAK HING**

ID: 3325  
January 2019  
Membership: Associate  
KIAN PTE.LTD



**DATO' SEBASTIAN KHOR**

ID: 3327  
March 2019  
Membership: Associate  
ENG SHENG SDN BHD



**MICHAEL JAMES BATES**

ID: 3324  
January 2019  
Membership: Associate  
RISKTEC SOLUTIONS



**MUHAMMAD BASHIRUDDIN**

ID: 3326  
February 2019  
Membership: Associate  
MARKAS TENTERA DARAT







Theodore Rubin a psychiatrist, author and past President of the American Institute for Psychoanalysis said that feeling angry is a universal human phenomenon. It is as basic as feeling hungry, lonely, loving or tired. He also wrote a book entitled *The Angry Book* which states “Don’t get even – get angry, and get over it!”

He is of the opinion that when you lose your temper it can be good for you. Suppressed or twisted anger can lead to anxiety, depression, insomnia, psychosomatic illnesses, alcoholism, frigidity, impotence and downright misery. But you have to first understand and learn how to release this anger. This is still a controversial approach and you need proper guidance to **LOSE YOUR TEMPER IN A POSITIVE WAY**. However, we are not discussing this approach in this article.

On the other side of spectrum, is it better to learn how to let go and not get angry; changing a negative emotion into a harmless one? You have to decide which argument has more merits and will lead you to that better place you want to journey to. So let us understand how anger affects us, and the people around us as well.

Have you noticed how negative emotions like anger and jealousy have the ability to grab your attention again and again and again for hours, days, weeks and even years. Meanwhile the so-called positive emotions like joy and contentment simply fade away? What makes some emotions so much more powerful than others?

## **ANGER & YOUR BRAIN**

You get stuck in traffic, you are late for work, then someone parks in your designated space, and your boss throws daggers at you with his eyes when you both pass each other on the corridor. And your anger builds up and up until you want to explode because your assistant forgot to photocopy the document you asked her to yesterday. But

when you let your anger out, it often leads to more anger rather than less.

Anger isn’t a bad emotion. At times anger serves as a protective evolutionary experience – it helps your brain to remember potential dangers and triggers heightened awareness when a similar situation happens. Talking about emotions, in fact emotions are far less important than what actions you decide to take after feeling that emotion. Will you go ballistic and smash things up? Will you say things you will regret for a long time?

## **ANGER & YOUR BODY**

What happens physically when you are angry? Your amygdala, the almond-shaped part of your brain responsible for the fight-flight response kicks into overdrive, flooding your body with chemicals that are useful if you need to fight. Your breathing speeds up, heart rate accelerates, and adrenaline is released, causing a hyper-state of arousal. At the same time, the pre-frontal cortex, the area that helps you to make good decisions and choices, is essentially suppressed by the amygdala. According to psychiatrist Rick Hanson, what happens next is the real problem when it comes to getting angry and exploding emotionally. The brain has a flagging system, like a memory bookmark, that saves the reference of the bad situation so that we can better avoid similar bad situations in the future. Your brain is designed to **HANG ON TO NEGATIVES** for your safety.

## **HAPPINESS & YOUR BRAIN**

The feeling of joy happens thanks to the release of dopamine, oxytocin, serotonin and endorphins (DOSE). The DOSE chemicals are responsible for the experiences you feel when you are happy. Unlike anger and fear, these experiences don’t burn themselves into your memory on their own. You can help level the strength of neurological happiness circuits, by intentionally replaying occasions



and experiences of joy. It's an effective way to build neural circuits by encouraging them to fire together repeatedly. This translates to benefits like lower blood pressure, fewer and less serious colds, combating stress and making pain more tolerable.

### **BENEFITS OF ENCOURAGING POSITIVE EMOTIONS**

Even the happiest people experience negative emotions like grief, sadness, fear or anger. BEING HAPPY ISN'T AN ABSENCE OF NEGATIVE FEELINGS. In fact, a healthy person experiences a full range of emotions. Sometimes however, even the healthiest mind can get stuck in an emotional rut. Part of the reason is EGO. Sally Kohn, a writer and political commentator, said that change will only happen when we start confronting hate with compassion rather than more hate. When you are aware of your pattern of anger, you will gain perspective that can help you step outside your pattern. Thus when you turn your focus from the past to the present, you open yourself to new possibilities.

When you hold on to negative emotions, you affect your health at a cellular level. The production of hormones is thrown off-balance, and the ability to fight infection drops. This isn't just about anger. Many people choose sadness over anger but sadness is really anger with less intensity.

### **6 WAYS TO LET GO OF ANGER**

Tamara Lechner, a certified meditation instructor, happiness expert and writer, further emphasizes that the powerful combination of physiology and repetitive thoughts can make letting go of anger a challenge. To make it easier, you can try the following.

**ACTION :** It's easy to get stuck in negative emotions when you have nothing to do. Do something that you enjoy like running, exercising, painting, singing, reading or write a journal.

**CONNECTION :** Hook up with a positive-thinking friend, not one who also likes to complain or have a negative disposition. Find someone who will help you to divert your mind towards something else.

**SUBSTITUTION :** You can't stop the anger or jealousy or any negative thoughts without replacing it with something else. You need an affirmation or slogan that you can often repeat to yourself, like THIS WILL PASS, NOTHING IS FOREVER, or whatever affirmation that works for you.

**MEDITATION :** The ancient practice of focusing the mind strengthens both your ability to focus on something positive and not on the negatives.

**BE GENTLE WITH YOURSELF :** Often, we are the hardest on ourselves. When you keep focusing on the negatives, you give that emotion more power over you. Cut yourself some slack. Everyone is fallible, and so are you. Learn to get over it and move on quickly.

**SLOW DOWN :** Take a deep breath when you are angry or upset. This is because your heart beat is already racing like an F1 car. All logic and reasoning is out the door. Don't say things you will regret later. It is said that there are two instances when you should not decide on anything – when you are upset and when you are too happy.

Negative emotions will always happen. The key is to feel them for what they are and then move past them. Don't suppress. Don't beat yourself up for having these emotions. Just reliving your moments of joy.

In the words of romance writer, Nicholas Sparks, the emotion that can break your heart is sometimes the one that can heal it.

Food for thought isn't it? ♦

# 2019 What's In Store?

**AI**  
**OPEN**

**DATA**

Technology is now evolving at such a rapid pace that annual predictions of trends can seem out-of-date before they can be published as an article. We have searched the Internet for future trends and we discovered a few trends that have the consensus of tech gurus and technocrats.

As technology evolves, it enables even faster change and progress, accelerating the rate of change until it becomes exponential. For 2019, a few technologies will impact industries in a big way, whether you are ready or not. In fact, in 2018, these technologies have already taken root around the world.

### Artificial Intelligence (AI)

Artificial Intelligence or AI has already achieved a lot of buzz in recent years. More so in 2019 as AI will affect how we live, work and play. AI refers to computer systems built to mimic human intelligence and perform tasks such as recognition of images, speech or patterns, and decision-making. AI can do these tasks faster, more accurately and consistently than humans.

AI has been around since 1956. We use AI every day in one form or another such as navigation apps, streaming services, smartphone personal assistants and smart home devices. It is also used to schedule trains, assess business risk, predict maintenance, and improve energy efficiency, among many other money-saving tasks. AI is also encroaching on our lives via drones and

autonomous vehicles for transporting food and delivering packages. AI is also making its mark in the medical industry by preparing medical treatments and as automated general 'personnel' in hospitals. The list goes on and on, and is ever expanding.

AI is one part of what we refer to as automation, and automation is a hot topic because of potential job loss. Experts say automation will eliminate 73 million more jobs by 2030. But it will also create 23 million new jobs by 2020, in development, programming, testing, support, and maintenance.

### Machine Learning

Machine Learning is a subset of AI. According to the Simplilearn website, machine learning computers are programmed to learn to do something they are not programmed to do – they literally learn by discovering patterns and insights from data. There are also subsets within the machine learning technology that includes neural networks, natural language processing (NLP) and deep learning. The scope is as wide as our imagination can take us.

Machine Learning is rapidly being deployed in all kinds of industries, creating a huge demand for skilled professionals. This market is expected to grow to \$8.81 billion by 2022, with applications in data analytics, data mining and pattern recognition. On the consumer end, Machine Learning will power web search results, real-time



ads and network intrusion detection, to name just a few of its contributions to the tech industry. If you think about it, more than half of our daily lives are so closely connected to the tech world.

## Robotic Process Automation (RPA)

Like AI and Machine Learning, the Robotic Process Automation, or RPA, is another technology that is automating jobs. RPA is the use of software to automate business processes such as interpreting applications, processing transactions, dealing with data, and even replying to emails. RPA automates repetitive tasks that people used to do.

These are not just the menial tasks of a low-paid worker. In fact, up to 45% of the activities we can do, can be automated, including the work of financial managers, doctors and CEOs.

## Blockchain

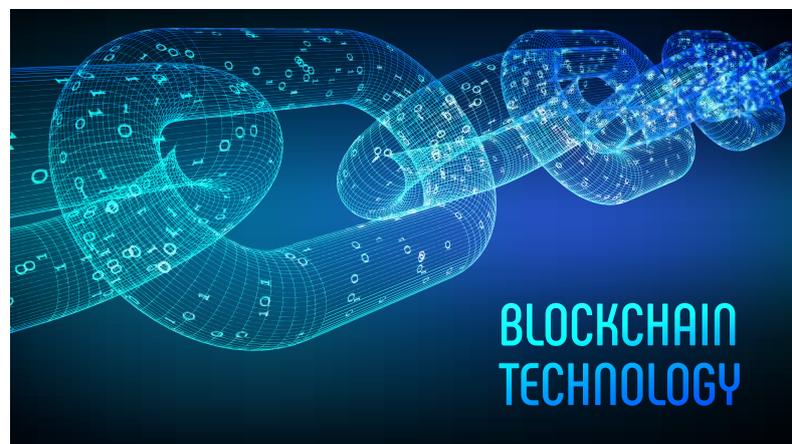
Most people think of blockchain technology in relation to cryptocurrencies such as Bitcoin. In reality, blockchain technology offers security that is useful in many ways. Blockchain is data you can add to, but not take away or change. Hence the term 'chain' as you are making a chain of data. Not being able to change the previous blocks of data is what makes it so secure. Blockchains are also consensus-driven, so no one entity can take control of the data. With blockchain, you don't need a trusted third-party to oversee or validate transactions.

This increased security feature is why blockchain is used for cryptocurrencies, and why it can play a significant role in protecting information such a personal medical data. Blockchain could be used to drastically improve the global supply chain, as well as protect assets such as art and real estate.

## Edge Computing

This used to be a technology trend to watch, but cloud computing has become mainstream, with major players such as AWS (Amazon Web Services), Microsoft Azure and Google Cloud dominating the market. While cloud computing is no longer the emerging technology, Edge Computing is.

As the quantity of data we're dealing with continues to increase, we realize there are shortcomings with cloud computing in some situations. Edge computing is designed to get data to a datacenter for processing faster. It can exist "on the edge", closer to where computing needs to happen. Edge computing will increase as the use of The Internet of Things (IoT) devices increases. By 2022, the global edge computing market is expected to reach \$6.72 billion.





## Virtual Reality and Augmented Reality

Virtual Reality (VR) immerses the user in the environment while Augmented Reality (AR) enhances their environment. VR initially was used for gaming, but has now moved into training for army personnel and pilots. The popular Pokemon Go game is an example of AR.

Both VR and AR have enormous potential in training, entertainment, education, marketing and even rehabilitation after an injury. Either one could be used to train doctors to do surgery, offer museum goers a deeper experience, enhance theme parks, or even enhance marketing. The uses are mind-boggling, just let your imagination go.

## Internet of Things (IoT)

It may sound like a game on your smartphone, but the Internet of Things (IoT) is really the future. Many 'things' like apps, games, utility controls, security access, devices, home appliances, to name a few, are now being built with WiFi connectivity. This means they are connected to the Internet and to each other as well. They will be more connected to the Internet and exchange data with each other, using the internet as the medium. The number of IoT devices reached 8.4 billion in 2017 and is expected to reach 30 billion devices by 2020.



As consumers, we are already using and benefiting from IoT. We can lock our doors remotely, preheat our ovens on our way home, start the air-conditioning in our cars before we reach our cars, or tracking our fitness on our Fitbits.

IoT can enable better safety, efficiency and decision-making for businesses as data is collected and analyzed. It can enable predictive maintenance, speed up medical care, improve customer service and offer so many more benefits we haven't even imagined yet. In fact, the only obstacle to this technology is the lack of competent highly skilled IT personnel and engineers currently. ♦



# How to tell if your phone has been hacked?

In many developed countries and fast-developing countries, government spying is such a common refrain that the global community may have become desensitized to the notion that governments can tap our phones and hack our computers whenever it wants. There are also other parties involved like hackers, criminals and even people we know like our spouse or employer who may invade our privacy without our knowledge. From targeted breaches or vendetta snooping to opportunistic hacking for fun or other malicious intent, there are seven ways someone could be spying on your cell phone. So what can you do about it and how?

## 1. Spy Apps

According to a tech website, Techlicious, there are a lot of phone monitoring apps designed to covertly track someone's location and snoop on their communications. These apps can be used to remotely view text messages, emails, Internet history, photos, log phone calls and GPS locations. Some may even hijack the phone's microphone to record conversations. Basically, almost anything a hacker could possibly want to carry out, these apps would facilitate it.



### *How to protect yourself:*

- ✓ Installing spy apps require physical access to your phone or device. Ensuring you have a high-level passcode or password on your phone greatly reduces the chances of someone accessing and installing spy apps.
- ✓ Constantly check your app lists for the ones you don't recognize.
- ✓ Don't jailbreak your iPhone. All apps will show up, if you didn't opt to jailbreak your iPhone. Spy apps that tamper with system-level functions don't make it onto the App Store.
- ✓ Android users can download a mobile security app that will flag malicious programs.

## **2. Phishing by message**

Whether it is a text claiming to be from your financial institution or a 'friend' asking you to check out a photo of you last night, SMSes containing deceptive links can scrape sensitive information. This is known as phishing or smishing.

Android phones are more susceptible to fall prey to messages with links to download malicious apps. iPhones that are not 'jailbroken' can't download apps from anywhere except the App Store. These malicious apps expose a user's phone data or contain a phishing overlay designed to steal login information from targeted apps like user's bank or email app.

### *How to protect yourself:*

- ✓ Keep in mind that your banks will never ask you to input your full password or PIN.
- ✓ Avoid clicking on links from numbers you don't know, or vague messages from 'friends' especially if you can't see the full URL.
- ✓ If you do click on the link and end up downloading an app, your Android phone should notify you. Delete the app immediately and run a mobile security scan.

## **3. SS7 global phone network vulnerability**

Recently it was discovered that a communication protocol for mobile networks across the world – Signalling System No.7 (SS7) – has a vulnerability that lets hackers spy

on text messages, phone calls and locations, armed only with someone's mobile phone number. An added concern is that a text message is a common means to receive two-factor authentication codes from email services or financial institutions. If these were intercepted, an enterprising hacker could access protected accounts, wrecking financial and personal havoc.

### *How to protect yourself:*

- ✓ Use an end-to-end encrypted message service that works over the Internet (thus bypassing the SS7 protocol) like WhatsApp, Signal and Wickr Me. All these apps encrypt messages and calls, preventing anyone from intercepting or interfering with your communications.
- ✓ Be aware that if you are a potentially targeted group (political leader, CEO, celebrity or person of high worth), your phone conversations could be monitored, and take necessary measures to prevent this from happening.

## **4. Snooping via open Wi-Fi networks**

Password free Wi-Fi network with full signal bars can entice you to login to the system. Most of the time be cautious about these 'free' offerings. Any eavesdropper on an unsecured Wi-Fi network can view all its unencrypted traffic. Nefarious public hotspots can redirect you to lookalike banking or email sites designed to capture your username and password. Anyone can set up a login-free Wi-Fi network named after the café you are visiting, even your neighbour or the friendly guy sitting across you in the café.

### *How to protect yourself:*

- ✓ Use only secured networks where all traffic is encrypted by default during transmission to prevent others from snooping on your Wi-Fi signal.
- ✓ Download a VPN app to encrypt your smartphone traffic. SurfEasy VPN provides 500 MB of traffic free, after which you have to pay.
- ✓ If you must connect to a public network and don't have a VPN app, avoid entering in login details for banking sites or email. And never enter private information unless you have a secure connection to the other site (look for 'https' in the URL, and a green lock icon in the address bar).

## **5. Unauthorized access to iCloud or Google account**

Hacked iCloud and Google accounts offer access to a mind-boggling amount of information backed up from your smartphone – photos, phonebooks, current location, messages, call logs, and in the case of the iCloud Keychain, saved passwords to email accounts, browsers and other apps. And there are spyware sellers who specifically market their products against these vulnerabilities.





This is a big risk. All an attacker needs is an email address. He or she does not need access to your phone nor phone number. If you happen to use your name in your email address, your primary email address to sign up for iCloud or Google, and a weak password that incorporates personally identifiable information, it wouldn't be difficult for a hacker who can easily glean such information from social networks or search engines.

***How to protect yourself:***

- ✓ Create a strong password for all your accounts.
- ✓ Enable login notifications so you're aware of sign-in from new computers or locations.
- ✓ Enable two-factor authentication so that even if someone discovers your password, they can't access your account without access to your phone.
- ✓ To prevent someone resetting your password, lie when setting up standard password security questions. You would be amazed how many security questions rely on information that is easily available on the Internet or is widely known by your family and friends. For example, if your mother's maiden name is Suzy, lie and give another name instead. But make sure you remember that name.





## 6. Malicious charging stations

These days, smartphones batteries barely last one day with our busy professional and personal lifestyles, and hackers take advantage of our need to juice our batteries. There are charging stations in many public places like malls, cafes and restaurants. Our standard USB cables transfer data as well as charge battery. Older Android phones may even automatically mount the hard drive upon connection to any computer, exposing its data to the unscrupulous hacker.

### *How to protect yourself:*

- ✓ Don't plug into unknown devices. Bring a wall charger. You might want to invest in a charge-only USB cable like PortaPow.
- ✓ If a public computer is your only option to revive a dead battery, select the "Charge only" option (Android phones) if you get a pop-up when you plug in, or deny access from other computer (iPhone).

## 7. FBI's StingRay or other fake cellular towers

It is essentially a fake network tower that mimics bona fide network towers. StingRays, and similar 'fake' wireless carrier towers, force nearby cell phones to drop their existing carrier connection to connect to the StingRay instead. The hacker or criminal or government, is then able to monitor calls and texts made by these phones.

As StingRays have a radius of 1 km, an attempt to monitor a suspect's phone in a crowded city center could amount to tens of thousands of phones being tapped.

### *How to protect yourself:*

- ✓ Use encrypted messaging and voice call apps, particularly if you are in a situation that could be of government interest such as a peaceful protest. Signal and Wickr Me (both free for Android and iOS) encrypt all calls and messages. Most encryption in use today are unbreakable, and a single phone call would take 10-15 years to encrypt.

These are exciting yet challenging times as we are no longer in the realm of technology that costs millions of dollars, which only the government has access to. Individuals with intent to interfere with communications have the ability to do it with cheap yet highly effective hacking apps and tools. They have the knowledge that may be even more advanced than law enforcement.

We just have to be more cautious and ensure we have tools or apps that can deter such illegal and unethical activities. ◆







Want a completely  
legal performance-  
enhancing drug?

**W**hat if you were told that you already have it and are not using it to its full potential? What's more, every 24 hours you have the opportunity to pick up your prescription for health and performance. You have guessed it right?

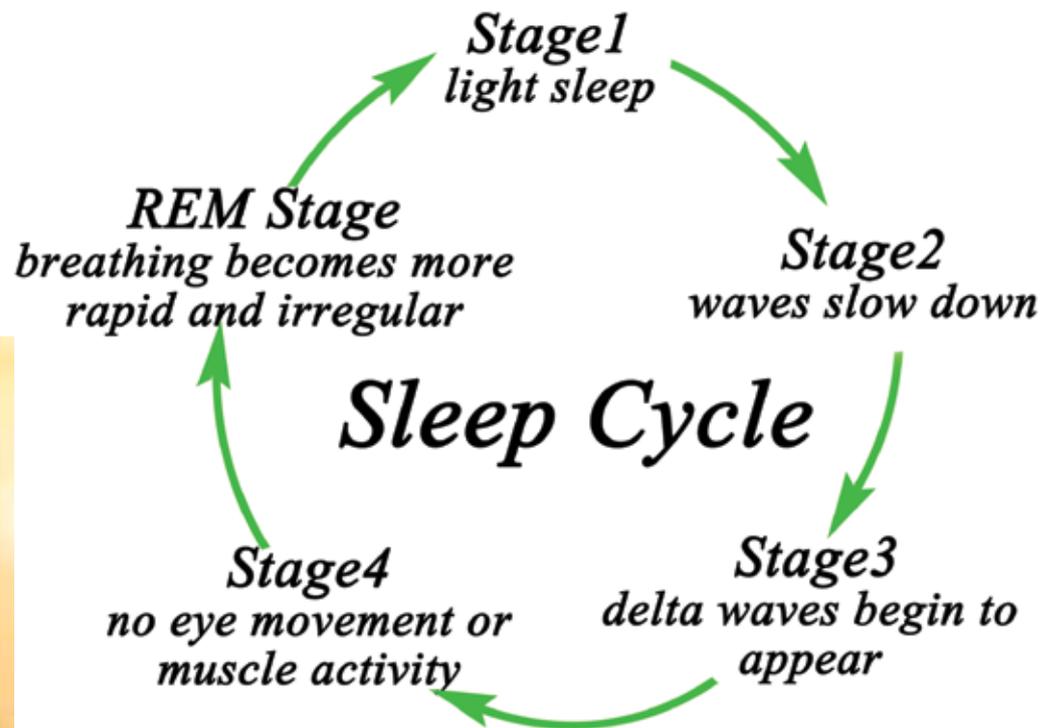


**Sleep.** If you get less than 7 hours of sleep every night, you are depriving yourself of the most natural, legal and powerful drug in the marketplace. So why are you still sleeping less?

The effects of insufficient sleep on the human body warrant serious attention. The short-term consequences of insufficient sleep include impaired judgement, mood swings, learning inabilities, memory lapses and information retention. These of course would increase the risk of accidents and injury. Chronic sleep deprivation in the long term can increase the risk of obesity, diabetes and heart diseases, and these have been lined with early mortality. Sleep has been studied extensively for many years. To sleep is to lose consciousness for several hours a day and this causes significant physical changes to your body. Your brain wave activity, breathing, heart rate, body temperature and physiological functions will all change. While some body functions increase, others will decrease considerably. According to netcare medical website, sleep is the time when your body begins to repair any physical damage you have undergone. For example, your body starts knitting the muscle fibres you've damaged during your last training or sporting activities. Most people require between seven and eight hours of sleep every night to reap its full benefits. Athletes may need more sleep.

Sparta science, a sports website, explains that the Human Growth Hormone (HGH) is naturally secreted by the body, and stimulates cell growth and reproduction in humans and other animals. The effects of HGH in humans are far reaching and include decreased body fat, increased muscle mass, increased bone density, increased energy levels and immune system functions, and even improved skin tone and texture.





That's why you should give your body all the opportunities to produce its own HGH. The peak time for HGH secretion in humans is about an hour after you fall asleep. Research by Judith Davidson at the Western Division of Toronto Hospital showed that HGH secretion was greatest during slow wave sleep (deep sleep). In addition, researchers at the Max Planck Institute of Psychiatry in Munich, Germany found that sleep deprivation significantly decreases HGH secretion, especially in young adults (less than 24 years old).

So how can you get better sleep? By aiming for 8-9 hours of sleep a night, make sure your bedroom is like a "sleep cave", so it is cool and dark. Limit the amount of electronics near your head while you sleep. The electromagnetic field they give off negatively affects deep sleep. In addition, try to go to sleep and wake up at about the same time every day.

Research at the Medical University of Lubeck Germany, in the Department of Clinical Neuroendocrinology, showed that disruption of your circadian rhythm (sleep-wake cycle), significantly increases cortisol secretion. Cortisol is known as the 'stress hormone', it increases your blood pressure and blood sugar, and reduces your immune responses. ♦





## Go Fly Kites ? ?

Why would “go fly a kite” be used as a phrase to tell someone annoying to go away is perplexing to say the least. This idiom was popular in the 1940s but its origins remain a mystery.

Instead this idiom should express “go and have a wonderful carefree time”, because that’s what you will experience when you actually go fly kites with your friends or family. Feeling the wind caressing your face and playing with your hair as you see your kite lift off and fly higher and higher is truly exhilarating and spiritually uplifting.

Kites have a long and varied history around the world, particularly in Asia and ASEAN. They were definitely invented in Asia, though their exact origin can only be speculated. Many early sources point to China as materials ideal for kite making were already available in China: silk fabric for sail material, fine high-tensile-strength silk for the kite line and resilient bamboo for a strong, lightweight framework.

The 5th century BC Chinese philosophers Mozi and Lu Ban were thought to be the inventors of the kite. By 549 AD, paper kites were already recorded in Chinese history. Ancient and medieval Chinese sources describe kites being used for measuring distances, testing the wind, lifting men, signaling and communication for military operations. Kites were decorated with mythological motifs and legendary figures; some were fitted with strings and whistles to make musical sounds while flying in the wind.

Many different types of kites are flown individually and at festivals. Kites were made for recreation, art form or other practical purposes. Sport kites can be flown in an aerial ballet, while power kites are multi-line steerable kites designed to generate a large force to power activities like kite surfing, kite fishing and kite buggie among many other types of sports.

After its introduction into India, the kite further evolved into the fighter kite, known as the “patang” and thousands of this patang are flown every year on festivals such as Makar Sankranti. The fighting kites were flown by participants to cut down other kites. Fighter kites are usually small, flat, diamond-shaped kites made of paper and bamboo. The strings are also coated with a mixture of ground glass powder and glue.

In Afghanistan, kite flying is a very popular sport known as Gudiparan Bazi. In Pakistan, kite flying is known as Gudi-Bazi or Patang-Bazi, and are flown by the hundreds during the spring celebration of Jashn-e-Baharaan. In urban centers, especially in Lahore, kite flying is a popular pastime.

In Japan, kite flying is traditionally enjoyed by children in New Year's holidays and in the Boy's Festival in May. There is a tradition to celebrate a new baby boy with a new kite in some parts of Japan. There are many kite festivals throughout Japan and the most famous one is “Yokaichi Giant Kite Festival” in Higashiomi Shiga, which began in 1841. The biggest kite ever created for this festival is 62 feet wide and 67 feet high, and weighs 3,307 pounds (1,500 kg).

In the Hamamatsu Kite Festival in Shizuoka, more than 100 kites are flown in the sky over the Nakatajima Sand Dunes that overlooks the Enshunada Sea. Parents who have a new born baby prepare a new kite and write their baby's name on the kite before letting the kite soar as high as it can go.

Polynesian traditional kites are sometimes used at ceremonies and variants of traditional kites for amusement. Older pieces are kept in museums. The Polynesian kites can be found as far as New Zealand. Kites are also very popular in South and Central America. Kites have also made their way to Europe. In Greece and Cyprus, flying kites is a tradition for Clean Monday, the first day of Lent. In the British Overseas Territory of Bermuda, traditional Bermuda kites are made and flown at Easter, to symbolize Christ's ascent. Bermuda kites hold the world's record for altitude and duration.

Closer to home in Indonesia, kites are flown for both sport and recreation. One of the most popular kite variants is from Bali. Balinese kites are unique and they have different designs and forms like birds, butterflies, dragons and boats to name a few. There are also sound-making kites where large bows are attached to the front of the kites to make a deep throbbing vibration.







## The Malaysian Wau

The kite is called a Wau in Malaysia because the shape of the wings is similar to the Arabic letter, pronounced as 'wow'. Kite making and kite flying is a marvelous tradition of the people of the East coast states of Kelantan and Terengganu, especially during harvest time.



One legend says that farmers used kites as a kind of flying scarecrows in the fields. The sound made by the kite also lulled their children to sleep, so they could work with little interruption. Another popular belief is that coastal inhabitants once employed fishing kites made from palm leaves and fitted with a line and hook to catch fish.

Apart from the performance and appearance of the Malaysian kite, the sound is considered important as well. The sound created or 'dengung' as it is called depends on the force of the wind. The higher the kite, the faster the wind and thus, the higher the pitch would be produced. There are various types of wau such as Wau Kuching (cat kite), Wau Merak (peacock kite) and Wau Bulan (moon kite). Each wau has its own design and size.

## Wau Bulan

Named because of its famous crescent moon-shaped tailpiece, this kite usually has a 2.5 metres wing span and height measuring up to 3.5 metres. This light and versatile wau bulan is the favourite for competitions and is made from bamboo and paper. To make the winning kite, a special bamboo – pokok buloh duri – is used. In a windy day, a wau bulan can reach a height of more than 450 metres. Malaysian Airline has adopted the wau kucing as its logo to symbolize controlled flight. In fact, the reverse side of the Malaysian fifty sen also features a wau. Each and every kite is painstakingly and richly decorated with floral motifs and bold colours so every wau is quite different from each other.

Among the many types of wau besides the Wau Bulan, Wau Kucing and Wau Merak, are the Wau Dodo Helang, Wau Kebayak, Wau Daun, Wau Jala Budi, Wau Kikik, Wau Puyuh, Wau Kapal, Wau Seri Bulan, Wau Kangkang and Wau Seri Negeri to name a few.

The wau comes almost second to none when one mentions about Malaysia's cultural heritage. An incredible art form albeit close to extinction amongst the younger generation. Take a drive to the states of Kelantan and Terengganu and choose the Wau that speaks to you. You will be investing in Malaysia's proud heritage.

Better still, while you are there, why not go fly a kite? ♦

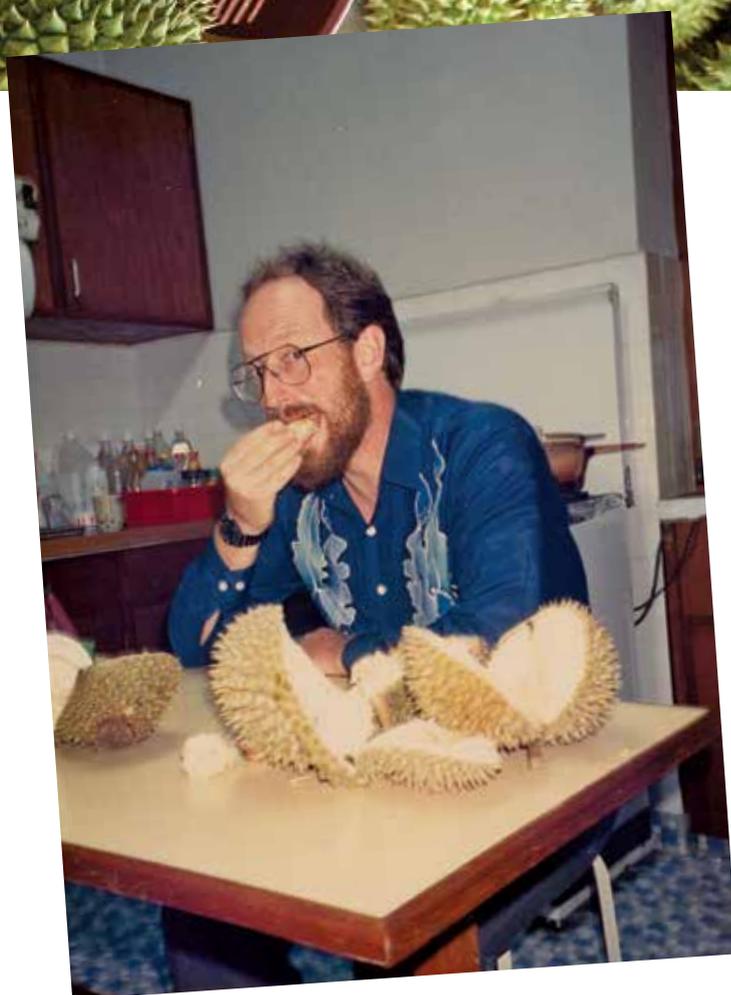
Guest Writer

# Up the apples and pears...



It didn't take me too long to realise that the way that mat sallehs' peel fruit is a constant source of amusement for Malaysians, right up there with watching the first time foreigners step off the pavement onto a pedestrian crossing in KL, expecting to be given the right of way, and those given sambal durian petai to try as an accompaniment to ice cream (In fact, my training in the ways of Malaysian humour was often characterised by bouts of extreme seriousness in others, followed by short interludes of normal frivolity: and it seems to be on the increase. Isn't ironic that a race of such diverse people often seem to be afraid to laugh at each other: Just another perplexing thing that is faced by an outsider. Smile, yes, but guffaw, peel with laughter and slap each other on the back... probably not... and definitely not when the serious question of fruit is on the menu.

As a child, growing up in the southwest of Cornwall more than half a century ago, the closest I got to anything remotely resembling an exotic fruit (unless you count fey Uncle Albert...) was a coconut that I won by throwing small wooden balls at a pyramid of tins in a fairground stall on the quay, or the odd and horrendously expensive pomegranate that, we were told, came all the way from Iran. The coconut was a disappointment, having been shied at so many times that it was dry and almost tasteless, but the pomegranate was blood red, juicy and redolent of Middle





Eastern spices and Arabian mystique. We used to pick the small seeds out with a hatpin, not so much because it was a better way of eating them, but (I suspect...) it took so much longer and stretched out the mouthwatering experience by an hour or more. Other than that, it was apples and oranges, gooseberries, red and black currants, raspberries, loganberries, and in the spring, blackberries.

The blackberries were plentiful (if you knew where to look). As a family, we would go on blackberry searches, packed into my mother's Austin A35, and come back with our lips and our fingers stained like Parker's Indian Ink. On picnics, if we were very lucky, we would find blueberries and tiny wild strawberries amongst the heather and bracken, over the moors above Gold Diggings or The Cheesewring. None of those ever got to the kitchen table, I'm afraid, but my mum would make jam with the fruit we'd pick, and that was part and parcel of my childhood memories.

In Seremban there is a particular corner of the road near the Fire Station where, if it's the right season, you'll find the best selection of durians: the King of fruits. The stalls 'announce' themselves well before you reach them, with the most pungent odour wafting through the air. Oscar Wilde, (or was it Noel Coward, I forget) apparently, described the taste and smell as being akin to eating custard in a toilet, but I couldn't go that far, being converted to an aficionado of the fruit a long time ago.

The first time I tried durian was during a visit from Marjons' College, Plymouth, to KL for a series of lectures and two conferences lasting





a fortnight (they did seem to want to get the best out of me, and if that meant being on call the whole week, well, that meant, every minute of every day. I was perfectly content, providing that I had a large can of mosquito repellent at hand at all times [I preferred the 'suicidal fatal death killer' version, but sadly, they'd run out of that] stationing myself next to anything that would blow cold air out, and steadfastly eschewing the small green peppers (chilli api) that I was assured would do wonders for my digestion and my libido, but gave me conniptions in the worst way.

The intervening Sunday was slated to be an off-day, and my host most graciously offered to drive me out into the boondocks on a hunt for the best fruit that the country could offer. We started our search in Kuala Pilah, where I picked both yellow and red rambutan and mangosteens in an orchard belonging to the matriarch of the family that I would later join as a bona-fide family member. This is where my education in the art of separating fruit from skin began in earnest. Particularly when the mat salleh in question... moi... had only really experienced peeling apples or oranges before. My gran, Ethel; always the helpful one, used to say





that you never need to peel fruit: Apples: wash and eat; Oranges: quarter them and eat out of the skin; and everything else, just eat... Anyway, everyone was looking at me when I picked a bowl-full, waiting to see how I would cope and sneaking gleeful glances at each other. I quickly realised that this was all part of the fun, particularly when I tried to short-circuit the process and eat a hairy rambutan by putting the whole thing into my mouth, hairs, stray kerengga and all ("Okay, scrap that idea, Omes, and let's move on...").

The mangosteens were another matter: I tried 'twisting my fingers and screwing to right and left', as my amused colleagues did with the rambutans, but all that accomplished was to mash the plump sphere into smithereens and stain my palms with a different colour of Parker's Ink. I tried biting into one, but that left a nasty taste on my tongue and ruined the fruit entirely, so I was forced to call for reinforcements again. The matriarch of the family showed me how, pressing her thumbs into the globular skin in a vague circle and lifting the top off to display the white segments beneath. She also told me that the markings underneath the fruit would neatly coincide with the number of segments the fruit would be divided into. Nature at its finest...

Durian was an experience that occurred on a completely different level, altogether. The fruit had been extolled, by many in my coterie of friends, both in the UK, and obviously, the Far East, as something that people will love or hate. Moreover, the tendency of Europeans to throw up if they get as much as a whiff of them, leave alone, eating the freshly opened segments exposed by the wayside seller's cleaver... well, I have to admit that I was not a little intimidated. I was told to breath shallowly, or not at all, scoop up a deteriorating lump of vaguely cadaverous flesh, separate the edible fruit from the inedible pit, and prepared for... a mouthful of heaven...

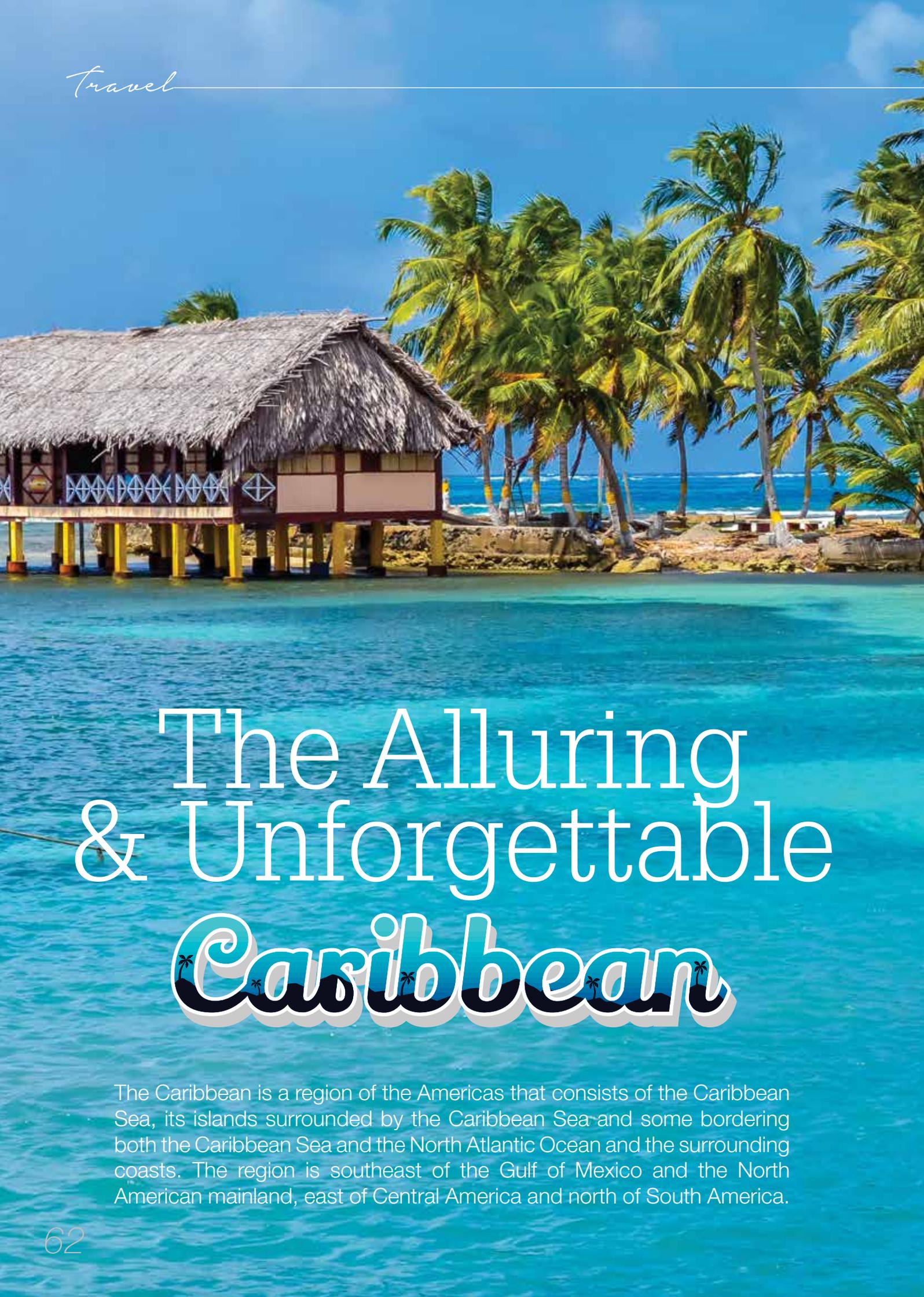
We opened about ten fruits that day, each one guaranteed by the wizened old man to be creepy-crawly free, and ended up with eight large crenellated grenades that were quickly cleaved and consigned to the depths. As this feast was going on, I was regaled with tales of "The Lore of the Durian", part of which revealed such unfathomable sense as: a) Don't stand under durian trees in the early morning because the ripe durian fall during the early hours of the morning (The idea of being hit with one of these green, spiked unexploded bombs was enough for me to promise myself to view durian plantations from a very safe distance, indeed, or wear a crash helmet and cast iron shoulder pads, should I be tempted); b) Don't consume liquor after eating durian. (The warnings I was given were absolutely dire!); c) The fruit is likely to foment in the stomach and cause both indigestion and internal heating (particularly

if you eat a lot). This can be readily cured (I have been told, many times...) by pouring a little water into a piece of durian 'skin' and drinking it. (No idea why... but if you are a 'believer', just follow the advice); d) Kampung durian is likely to smell stronger than 'farmed' durian; e) Kampung durian will sometimes feature oddly shaped fruit, as if such fruit had grown in a misshapen form, but that is even better, because those fruits will taste sweeter and the pits, smaller... and so on... I am still learning "The Lore of the Durian". Who knows, maybe I will write up this unwritten "lore" and make a fortune... or maybe not.

Back in the day, I would make it a point to buy fruit along the Kajang/Seremban road on my way home from work in Bangi, even more of a diversion if the traffic was slow-moving, as the highway only then reached as far as an oil palm plantation south of Nilai (and boy, could it be 'slow-moving'... once, I watched a guy get out of a taxi on that road, gesticulating furiously as he paid the driver off and disappear into a bar. I could occasionally see him through the door, quaffing a "adult beverages" and playing pool. As the traffic seemed to be clearing, an hour later, the same guy walked out of the bar, somewhat unsteadily, and hailed the same taxi. The interrupted conversation between passenger and driver can only be guessed at, but I imagine something along the lines of a Monty Python sketch... "Good Evening, cabbie... wait a minute, have we met before?" Only in Malaysia, I tell you...). At that time, this naïve mat salleh didn't understand that you could buy "parts" of a fruit, rather than have to buy the whole thing, so my wife was somewhat astonished when I turn up with a giant buah nangka (jackfruit) and an equally enormous buah cempedak (also known, somewhat ingenuously, as 'jill-fruit') filling the back seat of my now extremely aromatic car, and wearing seatbelts. I tried to explain to the couple manning the stall that I wanted the sweeter fruit, but, unable to explain which one I wanted and why, I was somewhat coerced into buying both... Anyway, the smell lasted a bit longer than the resinous stains on the upholstery... in fact; they were still there when we sold the car three years later.

These days, we are always on the lookout for the appearance of roadside stalls and fruit stands as we drive into the interior, or cruise up the highway. Actually, we look for any kind of interesting food or distinctly regional produce, to be honest. We've bought 'stingless bee honey' from Kuala Pilah, corn-on-the-cob from Kemasik, Pomaloes from Ipoh, Otak-otak from Dungun, and periwinkles from Malacca. In fact, we seem to have a problem going anywhere without stopping and buying something on the way. Some would say that this is now verging on a problematic scenario, and that only strict counseling in the hands of the best psychologists is required. All I have to say to those who say that, is... "Is that a fruit stall I can see ahead?" ♦

By: Omar Salahuddin



# The Alluring & Unforgettable Caribbean

The Caribbean is a region of the Americas that consists of the Caribbean Sea, its islands surrounded by the Caribbean Sea and some bordering both the Caribbean Sea and the North Atlantic Ocean and the surrounding coasts. The region is southeast of the Gulf of Mexico and the North American mainland, east of Central America and north of South America.





Wow, that's a very large area to cover. To simplify it, the Caribbean comprises more than 700 islands and many countries, regions and territories. These include Belize, Nicaragua, the Caribbean region of Colombia, Cozumel, the Yucatan Peninsula, Margarita Island, Guyana (Guyana, Suriname, French Guiana, Guayana region in Venezuela, and Amapa in Brazil), Costa Rica, Dominican Republic, Aruba, Curacao, Barbados, Cuba, Grenada. Cayman Islands, Bahamas, Turks and Caicos, Haiti, Jamaica, Anguilla, Antigua and Barbuda, Saint Barthelemy, Saba, Sint Eustatius, Saint Kitts and Nevis, Montserrat, Guadeloupe, Martinique, Saint Lucia, Saint Vincent and the Grenadines, Trinidad and Tobago, Trinidad and Bonaire.

The Caribbean can also be expanded to include territories with strong cultural and historical connections to slavery, European colonization and the plantation system. The climate is tropical, varying from tropical rainforest to tropical savanna. The Caribbean is generally sunny much of the year. But there are hurricanes from June to November, but they occur more frequently in August and September.

To make it easier to decide where you want to go in the Caribbean, here are some of the best Caribbean Islands to visit.

## ***Grand Cayman***

Here is home to one of the best beaches in the world. But it's also so much more. Seven Mile Beach is home to two of the most luxurious hotels in the Caribbean – the Ritz-Carlton Grand Cayman and the Kimpton Seafire – that offer unparalleled luxurious comfort and ease, and a vast array of culinary options. You can also check out other accommodations in Camana Bay.

The Cayman Islands is a sophisticated, well-developed and easy-to-explore destination and that's why it's the #1 destination to visit in 2019.

## ***Abaco***

Abaco offers incredible island hopping, out-of-this-world beaches, deep sea fishing, golfing, boating and more. The island chain of Abaco might be the most complete destination in the Bahamas according to the Caribbean Journey website. It may be the best kept secret in the hemisphere. From historic towns to charming little island hotels to some of the most legendary bars in the Caribbean. In short, it's a Caribbean destination for people who are in love with the Caribbean. It's just about perfect. And it's time to discover it. Now.

## ***Nelson's Dockyard, Antigua***

One of the newest UNESCO World Heritage sites in the Caribbean, this exquisitely preserved 18th-century dockyard was once the stomping ground of Admiral Horatio Lord Nelson. Set on a beautiful historic marina, it's home to several charming boutique hotels – the Copper and Lumber, and the Admiral's Inn. It's a place where you can travel back in time, have a glass of rum or juice with history, and still manage to laze around on the beautiful sand and sea.

## ***Downtown Nassau***

If you haven't been to the capital of The Bahamas lately, it's time to return because you'll see a completely different destination. Downtown Nassau has quietly become a fascinating, culturally rich and most importantly, a walkable place filled with great restaurants from Café Matisse to Lukka Kairi. There are also boutique hotels, museums and art galleries that make for the perfect getaway.



### ***St Kitts***

When the Park Hyatt debuted in 2017, it marked a sea of change for this little island in Eastern Caribbean. Now St Kitts is firmly on the radar of sophisticated travellers the world over. They are beginning to love the charm of this pristine, green-hilled island. That means shopping in Basseterre, having long beach lunches on Cockleshell Bay and spending romantic getaways at the hillside Belle Mont Farm, an eco-style hotel that's one of the most closely guarded secrets in the Caribbean.

### ***The South Coast of Barbados***

The beaches are blindingly white, the hotels are sleek and food is excellent. This is a place that is developed into a new tourism boost for the island. Whether you're at one of the Sandal's two all-inclusive hotels, spending a beach-craze week at the Sea Breeze Beach House, enjoying Oistins Fish Fry or partying the night away in the St Lawrence Gap, you'll discover another side of Barbados. One that is authentic and full of fun.

### ***Curacao***

Willemstad is one of the most beautiful urban centers in the Caribbean, with its colourful architecture, walk-able streets and world-class shopping. But you'll also be amazed that Curacao is one of the Caribbean's great undiscovered beach destinations. That means completely empty stretches of sand with stunning scenery or party-style beach clubs where you can dance the day, and night, away. Then you can retire to the best Caribbean luxury hotel not many have heard of – the Baoase Luxury Resort.

### ***Montego Bay, Jamaica***

There are the luxury all-inclusive resorts here. But Jamaica's tourism capital has some of the most iconic hotels in the Caribbean too. And they're waiting for you to discover them. There are the celebrity favourites like Round Hill and Half Moon, and the new additions like

S Hotel, an injection of chic energy to Montego Bay's famous Hip Strip. The area has also jumped to the top of the Caribbean golf world, with arguably the region's greatest concentration of world-class courses within a stone's throw of each other.

## ***The Grenadines***

With new air service to the 'mainland' St Vincent, it's never been easier to get to the Grenadines, a chain of islands that is still one of the most visually stunning corners of the Caribbean. And this includes its privileged collection of private islands resort where the luxe-castaway experience is a daily offering. The top pick is still Palm Island.

## ***Playa del Carmen***

While the Caribbean coast of Mexico is unsurprisingly known for its resorts, there are some great urban destinations dotting the coast, none better than the always-bustling Playa del Carmen, a beach town that has some of the best nightlife in the entire region. Of course, you can find great places to stay here too, from the rebranded Hilton Playa del Carmen to the hip Thompson resort.

## ***Providenciales, Turks and Caicos***

There's a mind-boggling large collection of terrific places to stay on this island, from the Palms and the Shore Club to Amanyara and Point Grace. But the great hotels are just the beginning here. This is a foodie hotspot, a golfer's paradise and most importantly, an unpretentious luxury destination you'll ever encounter.

These are just a small sampling of the incredible, mind-blowing, spirit-lifting destinations from around the Caribbean. We dare say there are thousands of luxurious and quaint unforgettable resorts, towns, restaurants, urban centers and magical discoveries awaiting you in the Caribbean. Doesn't matter where you decide. Just decide to come to the Caribbean. ♦





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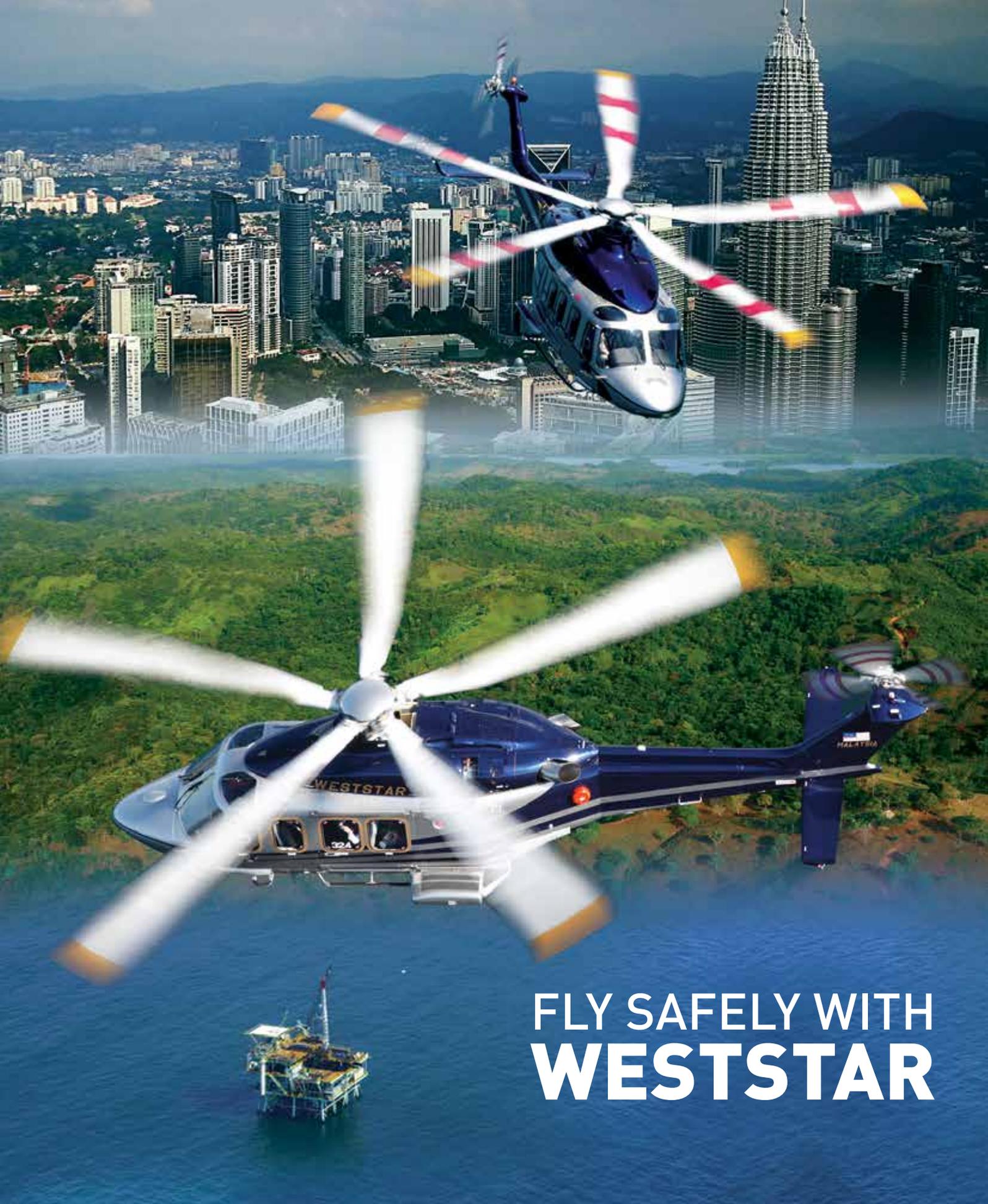
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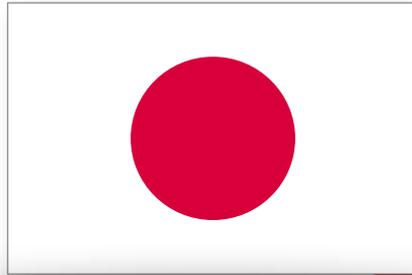
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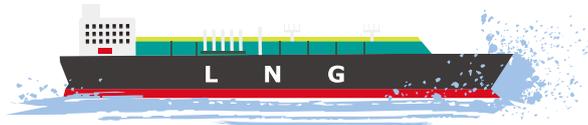
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