### MALAYSIAN PETROLEUM CLUB

RESOURCE MAGAZINE

VOLUME 30.1 JUL 2022 KDN: PP7878/12/2012 (031611

# Selamat Menyambut HRNMRDH



### VALUED PARTNER IN THE OIL, GAS AND PETROCHEMICAL INDUSTRIES

Upstream Assets & Services, Tank Terminals & Supply Base, EPCC, Plant Maintenance & Catalyst Handling Services, Specialist Products & Services, Fabrication, Digital Technology & Solutions

Pengerang Deepwater Terminals December 2020

**DIALOG Supports** 



www.dialogasia.com



# Buzness Lunch

### STARTER

Salad Nicoise Served with Tuna Chunk, French bean, Baby Potato, Black Olive, Tomato, Onion & Boiled Eggs, Finish with Vinaigrette Dressing

OR

Creamy Broccoli Soup Topped with Garlic Crouton and Cream

### MAIN COURSES

Grain Fed Beef Tenderloin Mushroom Risotto, Grill Seasonal Vegetables, Lotus Chips and Thyme Sauce

OR

Norwegian Salmon Fillet Served with Green Pea Puree, Zucchini, Alfalfa Sprout and Spicy Tomato Sauce

OR

Herb Crusted Chicken

Oven Baked Chicken Breast topped with Thyme and Rosemary Crust, Creamy Pasta with Olive and Tomato

### DESSERT

Caramel Cheese Cake Mango Coulis, Pistachio & Biscuit Crumble OR

Fruit Platter Mango, Watermelon, Dragon Fruits & Grape

### Coffee OR Tea RM 138/PAX

Venue : Dulang Suite Day : Monday to Friday From : 4 July 2022 Time : 12.pm – 2.30pm

MALAYSIAN PETROLEUM CLUB

Call/Whatsapp: MPC Hotline 012 711 8342 Joe 016 264 3122 Shikin 017 646 6183

20% discount for members

### Club Manager

MERDEKA! MERDEKA! MERDEKA!

Ves, Merdeka is fast approaching in August and we have special promotions lined up for you to celebrate our Merdeka in grand style this year at MPC. It also means we have passed the mid-point of 2022, and what an incredible 6 months it had been.

We thank you for your incredible patronage in supporting MPC's numerous promotions and for hosting your company and personal events at MPC. The recent Berbuka Puasa and Open House events were fully-booked, and many company events have been successfully held at MPC.

MPC members have also responded very well to our many food promotions. That's why we are continuing your favourites like the Dulang Business Lunch and Saturday Platter. Another favourite event will be starting soon – the reopening of Samarang Karaoke Lounge - where you can sing to your heart's content.

From breakfast, sandwiches and cakes to noodles, delicious Chinese wok dishes and set lunches, there's something for everyone at MPC. Look out for our Nasi Talam and Merdeka promotions. Check out your exclusive IAC resorts and hotels around the globe to start travelling again.

A very warm welcome to all our new MPC members. It's a great time to be an MPC member.

So be inspired and be excited by what we have specially lined up for you.

Selamat Merdeka.

**Shirley Tan** Club Manager

PRESIDENT Datuk Tengku Muhammad Taufik Tengku Aziz

TREASURER Pn. Liza Mustapha

SECRETARY En. Sareen Risham GENERAL COMMITTEE MEMBERS Datuk Hashim Wahir En. Noor Ilias Mohd Idris

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PUBLISHER Malaysian Petroleum Club Level 41, Tower 2, PETRONAS Twin Towers, Pesiaran KLCC, 50088 Kuala Lumpur, Malaysia. Tel : 03 2166 3200 Email: enquiries@mpc.com.my 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 Manager. For more information on the Club, write to the Secretary, Malaysian Petroleum Club. Bayan Bar Serving Lunch & Dinner

*Tsunami Char Kuey Teaw* Stir Fried Kuey Teaw with Crab, Prawn & Cockle

*Mee Hailam* Served with Chicken, Prawn and Squid

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*Chicken Wanton Noodle* Served with Deep Fried Wanton, Sliced Chicken & Siew Pak Choi

05

Mamak Style Fried Maggie Mee Stir- Fried with Seafood, Hard Bean Curd and Topped with Fried Eggs

> MALAYSIAN PETROLEUM CLUB

20% discount for members



### WOK A

\*Braised Crab Meat & Sweet Corn Soup \*Deep Fried Boneless Chicken In Onion Ring \*Steamed Red Snapper with Spicy Bean Paste \*Deep Fried Crispy Prawn with Golden Salted Yolk Paste \*Braised Two Type Bean Curd, Mushroom with Vegetable \*Golden Salted Fish Fried Rice with Vegetable \*Deep Fried Golden Shanghai Pancake with Pumpkin Sauce

\*Chinese Tea

RM 160nett /pax (min 5 pax)

WOK B

Promotion Start : 7th March 2022 *Time :* 12pm – 2.30pm (Lunch) 6.30pm – 10pm (Dinner) *Day :* Monday to Saturday



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\*Double Boiled Baby Abalone Soup \*Roasted Chicken with Green Ginger Sauce \*Steamed Fish Barramundi with Golden Chili Lime Sauce \*Deep Fried Prawn with Chinese Lat Chi (Chili Sauce) \*Wok Fried Vegetable with Anchovies Fish and Chicken Floss \*Golden Crispy Fish Skin Fried Rice with Vegetable \*Sweeten Red Bean with Lovely Sweet Corn \*Chinese Tea

RM 240nett/pax (min 5 pax)

### ADD ON APPETIZER

Appertizer A

\*Deep Fried Chicken Dumpling with BBQ Sauce \*Steam Golden Fong Kwong Mai with Egg Gravy

### RM 100/10pax (min 5 pax)

Appertizer B

\*Koh Poh Sugar Cane Prawn with Chicken Floss \*Deep Fried Bean Curd Roll with Sweet Thai Sauce \*Steamed Otak-Otak Dumpling with Black Pepper Sauce

RM 160/10pax (min 5 pax)

#### MALAY PLATTER Mee Udang with Condiments

Steam White Rice Ayam Rendang **Daging Dendeng** Sea Bass with Mango and Thai sauce Acar Timun Dan Nenas Keropok Udang

> Sago Gula Melaka  $\infty \infty$

#### CHINESE PLATTER Crabmeat and Sweet Corn Soup

Oat Chicken with Mayonnaise Black Pepper Beef with Onion and Capsicum Deep Fried Whole Sea bass with Spicy Chili & Ginger Sauce Sautee Green Vegetable with Japanese Bean curd Young Chow Fried Rice **Prawn Crackers** 

Sea Coconut with Ice Cream 

### WESTERN PLATTER

20

Creamy Mushroom Soup with Garlic Bread

Deep Fried Crispy Chicken with Salad & **Mushroom Sauce** Beef Sandwich with Home-Made Parmesan Bread Fish Finger with Tartare Sauce Cheesy French Fries Spaghetti Carbonara with Chicken & Mushroom

Chef Sliced Cake of the Day

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FREE FLOW Coffee/Tea/Chilled Juice

# **EVERY SATURDAY** PLATTER FOR 4

12pm to 2.30pm (Lunch) 6pm to 10pm (Dinner) Pre-Book for Dinner before 4pm

2M248 per Set

20% discount for members

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> \*Comes with one round of chilled juices



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HALF BOILED EGGS Salad, & Toast **RM 7** 

HARD BOILED EGGS Salad & Toast

### RM 7

SCRAMBLED EGGS Salad, Grill Tomato & Toast **RM 7** 

PLAIN OMELETTE Salad, Grill Tomato & Toast

#### RM 7

HAWAIIAN OMELETTE Salad, Grill Tomato & Toast **RM 12** 

AMERICAN BREAKFAST Fried Eggs, Salad, Grill Tomato, Baked Bean, Streaky Beef & Toast **RM 12** 

Coffee 2 Go Menu

NASI LEMAK with Egg RM 9

NASI LEMAK with Egg & SAMBAL SOTONG **RM 12** 

NASI LEMAK with Egg & SAMBAL KERANG **RM 12** 

MEE HOON SIAM with Egg **RM 9** 

FRIED RICE with Egg **RM 9** 

CHICKEN SANDWICH **RM 7** 

CURRY PUFF (2 PCS)

RM 5

MALAY KUIH OF THE DAY (3 PCS) RM 5

PRATHA BREAD with DHALL & SAMBAL **RM 7** 

ROTI TAMPAL, KUAH DALL & SAMBAL RM 9

ROTI BAKAR with KAYA

RM 7

LONTONG NASI IMPIT

RM 9

ADD ON Sambal Sotong/ Sambal Kerang RM 5

MALAYSIAN PETROLEUM CLUB



# Psychedelics: How they act on the brain to relieve depression

This article is republished from The Conversation By: Clare Tweedy - Teaching Fellow in Neuroscience, University of Leeds





p to 30% of people with depression don't respond to treatment with antidepressants. This may be down to differences in biology between patients and the fact that it often takes a long time to respond to the drugs – with some people giving up after a while. So there is an urgent need to expand the repertoire of drugs available to people with depression.

In recent years, attention has turned to psychedelics such as psilocybin, the active compound in "magic mushrooms". Despite a number of clinical trials showing that psilocybin can rapidly treat depression, including for cancer-related anxiety and depression, little is known about how psilocybin actually works to relieve depression in the brain.

Now two recent studies, published in The New England Journal of Medicine and Nature Medicine, have shed some light on this mysterious process.

Psilocybin is a hallucinogen that changes the brain's response to a chemical called serotonin. When broken down by the liver (into "psilocin"), it causes an altered state of consciousness and perception in users.

Previous studies, using functional MRI (fMRI) brain scanning, have shown that psilocybin seems to reduce activity in the medial prefrontal cortex, an area of the brain that helps regulate a number of cognitive functions, including attention, inhibitory control, habits and memory. The compound also decreases connections between this area and the posterior cingulate cortex, an area that may play a role in regulating memory and emotions.

An active connection between these two brain areas is normally a feature of the brain's "default mode network". This network is active when we rest and focus internally, perhaps reminiscing about the past, envisioning the future or thinking about ourselves or others. By reducing the activity of the network, psilocybin may well be removing the constraints of the internal "self" – with users reporting an "opened mind" with increased perception of the world around them.

Interestingly, rumination, a state of being "stuck" in negative thoughts, particularly about oneself, is a hallmark of depression. And we know that patients with higher levels of negative rumination tend to show increased activity of the default mode network compared with other networks at rest – literally becoming less responsive to the world around them. It remains to be seen, however, if the symptoms of depression cause this altered activity, or if those with a more active default mode network are more prone to depression.





### New results

The most compelling evidence of how psilocybin works comes from a double-blind randomised controlled trial (the gold-standard of clinical studies) that compared a group of depressed people taking psilocybin with those taking the existing antidepressant drug escitalopram – something that's never been done before. The trial was further analysed using fMRI brain scans, and the results were compared with other fMRI findings from another recent clinical trial.

Just one day after the first dose of psilocybin, fMRI measures revealed an overall increase in connectivity between the brain's various networks, which are typically reduced in those with severe depression. The default mode network was simultaneously reduced, while connectivity between it and other networks was increased – backing up previous, smaller studies.

The dose increased connectivity more in some people than others. But the studies showed that the people who had the biggest boost in connection between networks also had the greatest improvement in their symptoms six months later.





The brains of people taking escitalopram, on the other hand, showed no change in connectivity between the default mode and other brain networks six weeks after treatment started. It is possible that escitalopram may bring about changes at a later time point. But the rapid onset of psilocybin's antidepressant effect means it may be ideal for people who don't respond to existing antidepressants.

The study proposes that the observed effect may be due to psilocybin having more concentrated action on receptors in the brain called "serotonergic 5-HT2A receptors" than escitalopram. These receptors are activated by serotonin and are active throughout network brain areas, including the default mode network. We already know that the level of binding by psilocybin to these receptors leads to psychedelic effects. Exactly how their activation leads to changes in network connectivity is still to be explored though.

### The end of traditional antidepressants?

This does raise the question of whether altered activity of the brain's networks is required for treating depression. Many people taking traditional antidepressants still report an improvement in their symptoms without it. In fact, the study showed that, six weeks after commencing treatment, both groups reported improvement in their symptoms.

According to some depression rating scales, however, psilocybin had the greatest effect on overall mental wellbeing. And a greater proportion of patients treated with psilocybin showed a clinical response compared with those treated with escitalopram (70% versus 48%). More patients in the psilocybin group were also still in remission at six weeks (57% versus 28%). The fact that some patients still do not respond to psilocybin, or relapse after treatment, shows just how difficult it can be to treat depression.

What's more, mental health professionals supported both treatment groups during and after the trial. The success of psilocybin is heavily dependent on the environment in which it is taken. This means it is a bad idea to use it for self-medicating. Also, patients were carefully selected for psilocybin-assisted therapy based on their history to avoid the risk of psychosis and other adverse effects.

Regardless of the caveats, these studies are incredibly promising and move us closer to expanding the available treatment options for patients with depression. What's more, internalised negative thought processes are not specific to depression. In due course, other disorders, such as addiction or anxiety, may also benefit from psilocybin-assisted therapy.

## Dulang Suite FINE DINING





Exquisite dining, surrounded by lofty windows for a panoramic view of KL's city skyline, makes Dulang the most spectacular place to wine and dine in style.











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We want to make your Birthday really special, as an exclusive member of MPC. We have put together all these treats, just for you to celebrate with your family and friends, at any of our finest restaurants.

### When you dine at MPC:

Free - One Bottle of Wine/Sparkling Juice,
Free - One Birthday Cake
Free - Exclusive Sky Deck Viewing Experience.
50% - Discount for 4 – 10 people at any one of our restaurants.

for You

Free! WINE/ SPARKLING JUICE

#### **Terms & Conditions :**

Free

WHOLE CAKE

Free! ONE SKY DECK ADMISSION

- \* Physical voucher is not required.
- \* Members are required to provide their
- membership number for verification upon redemption.
- \* The offer is valid 3 months from your birthday month only.
- \* Expiry date will not be extended under any circumstances.
- \* The Malaysian Petroleum Club reserves the right of final interpretation of all terms and conditions.
- \* Advance reservation required, subject to availability.
- \* Offers are non-transferable and not exchangeable for cash.
- \* Not valid for promotional events and other promotional vouchers.

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# for Your Spouse too! t Birthday treats extended to your spouse\*

We want to make your spouse's Birthday really special too. All these treats, just for your spouse to celebrate with family and friends.

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\*Supplementary card holder only.



Free

WHOLE CAKE

Bacteria living on our skin emit odours which entice mosquitoes

Only female mosquitoes bite, and only then when they're ovulating. Superior of the more than 3,000 mosquito species actually specialise in biting humans. Instead, most are opportunistic feeders – feeding when they are able and from lots of different sources. But Aedes aegypti and Anopheles gambiae are well known for their preference for human blood and their role as vectors which transmit disease in humans. Ae. aegypti has been linked to zika and dengue, while An. gambiae carries the parasite which causes malaria.

Not only do certain mosquito species show very strong preferences for obtaining their blood meals from humans, they also appear to discriminate between people when choosing their next meal. Personally, I'm lucky – I don't tend to get bitten much. I've shared rooms with people who end up covered in bites while I escape with only a nibble or two. I'm sure you've noticed something similar, whichever side of the arrangement you might fall.

Although this is only an anecdote, it is backed up by research. So why is it happening? What factors might influence the mosquito's choice?

There are many old wives' tales on the matter, some more plausible than others. Some think that blood type, having fair skin, being sweaty and even eating foods with garlic or apple cider vinegar can influence biting rates one way or the other. There are plenty of these anecdotes and for the most part they don't appear to have much influence when scientifically tested. But a great deal of research effort is spent on understanding mosquito feeding choices, primarily in the hope of manipulating their behaviour to control disease in humans.

All mosquito species use carbon dioxide as a long-range indicator that a host is nearby. However, CO<sub>2</sub> is ubiquitous and provides little information to help a specialist mosquito identify its preferred target. Lactic acid has been demonstrated to be a significant attractant alongside CO<sub>2</sub> and is much more prevalent in human odour than in other animals. Other compounds such as ammonia, some carboxylic acids, acetone and sulcatone also help complement this human bouquet.

Of course, this doesn't tell us why my companions are generally bitten more than me, it just explains why humans end up as a mosquito's meal and not a bird, cow or lizard. The best evidence for what motivates a mosquito's choice between different people is the variation in our skin microbiota.

# Why mosquitoes bite some people more than others?

This article is republished from The Conversation Richard Halfpenny, Lecturer in Biological Sciences, Staffordshire University





### The human skin's microbiota

This microbiota is mostly non-pathogenic bacteria and fungi which live on our skin and in pores and hair follicles. The odour combination they emit in the form of volatile organic compounds is the critical factor in telling mosquitoes how tasty we'd be.

Our skin microbiota is not readily passed between people through contact. We have an estimated 1m bacteria per square cm of skin, often comprising hundreds of species. This means that mosquitoes choosing between different people might not be selecting based upon "us" but rather the composition of the micro-organisms that live on our skin.

Given the variation and abundance of bacteria in our skin's microbiota, it is perhaps unsurprising that the incredibly sensitive smell and taste apparatus of a host-seeking female mosquito can detect these differences. We only need to consider female behaviour here as only they bite, and only then when they are producing their eggs.

The composition of our skin microbiota mostly depends on our environment – what we eat and where we live. Everything we touch, eat, drink and wash with has the potential to introduce new microbes, but there's evidence that a person's genetics can also influence skin microbiota to a lesser extent. Genetic variation is thought to affect how hospitable your skin is to the various species of microbes that live on it. This may be through genetically controlled production of proteins in the skin that act as barriers and prevent microbes from establishing and growing on the skin, or through more mundane aspects such as a person's tendency to sweat or how oily their skin is.

It's worth remembering that, as pure sweat has no discernible odour, sweating itself may not be responsible for attracting mosquitoes. Rather, the variation in the chemical composition of sweat, and sweat production rates between people, might result in beneficial conditions for some microbes that can attract mosquitoes.

While we're pretty sure that mosquitoes choose their human hosts according to the bacteria which live on our skin, it's less clear why they prefer the odour signature of some skin's microbial life over others. If we could learn this secret, perhaps we could change our skin's bacterial composition to make ourselves less appetising targets.



# Amazing Overwater Bungalows & Villas in Thailand

Here are 5 overwater villas in Thailand to check out on your next Thai holiday.

he world's first overwater bungalows may have originated in Bora Bora back in 1970, but they've been popping up all over the world ever since. Thailand is no different, overwater bungalows in Thailand are now in 5 destinations across the country.

The best part about staying in a floating hotel in Thailand is that this luxury is very affordable compared to most other places in the world. Some amazing places for an epic Thailand honeymoon that won't break the bank.



### Khao Sok Lake National Park Overwater Bungalows

Head to Khao Sok Lake National Park and stay in a floating bungalow on Khao Sok Lake. Wake up on the lake looking out at the limestone mountain range and gorgeous sandstone rocks that rise 900-1800 feet above sea level. Khao Sok Lake National park is estimated to be home to over five percent of the world's species, with the most famous being the Asian elephant.

Khao Soak Lake park is the largest portion of relatively untouched & unspoiled jungle in all of southern Thailand. This piece of rainforest is said to be older and more diverse than even the Amazon rainforest. There are several Khao Sok floating bungalows, but 500 Rai Khao Sok Floating Resort and Panvaree Resort Khao Sok Lake are now on our bucket list. You might want to avoid May-November as this is one of the wettest regions in Thailand, the mountain range gets hit by the monsoon rains from both the Gulf of Thailand and the Andaman Sea. The nearest airport is Surat Thani, click here for the shuttle from Surat Thani to Khao Sok. 500 Rai Khao Sok Floating Resort also offers transport. You will have to take a boat from the pier to your specific floating resort.

500 Rai Floating Resort Booking.com | Trip Advisor Panvaree Resort Khao Sok Lake Online Specials Booking.com | Trip Advisor

### The River Kwai Floating Villas — Kanchanaburi, Thailand

Another unique overwater bungalow Thailand experience is in Kanchanaburi on the River Kwai. There are several floating hotels in Kanchanaburi bookable online, but The Float House River Kwai offers boutique villas each with its own private pier and balcony with mountain views. Make sure to check out the Hellfire Pass trekking trail. The trail was part of the trail made by prisoners who walked while constructing the Death Railway during the Second World War. There are several waterfalls to chase as well like: Erawan waterfall, Saiyok Waterfalls, Saiyok Noi Waterfalls, and more.

Kanchanaburi is only 3 hours away by shuttle bus from Bangkok, click here for the schedule. There are several floating hotels on the River Kwai so you'll have to arrange with them how to get there from Kanchanaburi. The Float House River Kwai has a few longtails from the Resotel Pier, confirm the boat schedule with them.

#### The Float House River Kwai Booking.com | Trip Advisor River Kwai Jungle Rafts Booking.com | Trip Advisor

River Kwai Resotel Booking.com | Trip Advisor





Escape to a small Thai island barely known to most tourists. If you are island hopping in Thailand try and work in Koh Phayam. In the Andaman Sea lies Koh Phayam just south of Myanmar (possibly consider a Myanmar honeymoon), a part of Thailand that still feels raw. Koh Phayam may not be for everyone. There are no ATMs on the island, no cars, and no worries. But if you ask us The Blue Sky Resort on Koh Phayam is the place we've been searching for. The resort's concept is "The Maldives in Thailand" and their overwater villas are situated on the sea and surrounded by a gorgeous forest.

Travel to Koh Phayam from Ranong is only 45 minutes by speedboat, you can fly to Ranong from Bangkok or take a shuttle from Phuket. Ferry to Koh Phayam from Ranong schedule and to book tickets, the average price is 350 baht.

Check Online Specials Hotels.com | Booking.com





### Koh Lanta Overwater Bungalows

For a more local overwater bungalow head to the Mango House on Koh Lanta. They offer wooden pole houses located in an old Chinese fishing village often referred to as Lanta Old Town. Staying in Lanta Old Town you'll get a good look at a traditional Thai village but yet you are only 15-minutes away from the main tourist beaches and hotspots.

Koh Lanta is easily reached by ferry from several other Thai islands or by car from Krabi. Click here for the ferry to Koh Lanta schedule and to book tickets.

Check Online Specials | Agoda | Trip Advisor







Wake up literally sleeping on top of the Gulf of Thailand. There is one Koh Samui hotel with luxury overwater bungalows. The KC Resort & Over Water Villas, the villas are complete with a private infinity pool. Traveling to Koh Samui is an easy direct flight from Bangkok and several other Thailand destinations.

The KC Resort & Over Water Villas are the most luxurious overwater bungalows available in Thailand and the most comparable to that of the Maldives. Click here for the ferry to Koh Samui schedule and to book tickets.

Check Online Specials Hotels.com | Booking.com







#### Koh Lipe

There are several Thai islands that don't have overwater bungalows but still have amazing beachfront villas. Our personal favorite is Koh Lipe which is nicknamed "The Maldives of Thailand", a name it well deserved. Spectacular Western gastronomy blending with Asian flavours is at the heart of this cosy, chic restaurant.





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## Temana Brasserie











## Seligi Pavilion AUTHENTIC CHINESE CUISINE

Inspire your palate with specialty Chinese culinary offerings for an elevated dining experience.





## The Anatomy Of COFFEE



#### BULLETPROOF

1 cup of brewed coffee with 1 to 2 tablespoons of the MCT oil and another tablespoon or two of unsalted butter.

CORTADO Equal parts of milk and espresso are used to brew a cortado, the milk, although steamed, has little to no foam.





GREEN EYE A green eye uses 3 espresso shots with its drip coffee, a coffee to help pull through an especially sluggish day.

FLAT WHITE 1 part espresso, 2 parts steamed milk. A bit like a latte, only with a little less milk. A double shot of espresso topped with microfoam milk, so you get a smooth texture.



When best t drink c

New research s 10am and noon or 2 prime windows for yo Drink it any earlier in can interfere with the body's natural awa You've bee We know, you look at the menu in your local coffee shop and feel like you need a PhD in beverage studies to understand it. And that's before you even think about the caffeine (400mg a day max).

#### BREVE

CAFFEINE 80mg

Made with a shot of espresso, steamed halfand-half, and a layer of milk foam, caffè breve has more foam than the average milk-based espresso coffee.



MACCHIATO An espresso, topped with foamed milk. Pronounce this one 'mah-key-ah-toh'. Essentially an espresso with a dash of milk to 'cut' through the coffee taste

#### is the ime to coffee?

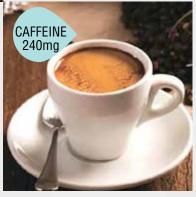
shows between pm and 5pm are the our daily caffeine hit. In the morning and it production of your akening hormone. en warned. CAPPUCCINO A cappuccino is usually one-third espresso and one-third steamed milk, followed by one-third of creamy milk foam on top.

CAFFEINE 200mg





LONG BLACK The difference between an Americano & a Long Black. Americano : hot water is added to a shot of espresso. Long Black : a shot of espresso is added to a cup already filled with hot water.



#### A Warm Welcome to our New Members



EN. RAIS BIN IMRAN Category: Corporate Date joined: 1 Nov 2021 ID: 2591 UEM Edgenta Berhad, Kuala Lumpur



EN. ADI HUSAINI BIN ABDUL RANI Category: Regular Date joined: 1 Dec 2021 ID: 12578 Petroliam Nasional Berhad



PUAN ALENA BINTI HASHIM Category: Regular Date joined: 1 Dec 2021 ID: 12579 Petroliam Nasional Berhad



PUAN PUTERI NORLIZAWATI BINTI MOHD ISMAIL Category: Regular Date joined: 1 Jan 2022 ID: 12580 Petroliam Nasional Berhad



EN. MOHAMED SHAFEII BIN ABDUL GAFFOOR Category: Regular Date joined: 1 Jan 2022 ID: 12581 Panah Jaya Services Sdn. Bhd.



EN. ANWAR HUSEN BIN AKBAR ALI Category: Regular Date joined: 1 Feb 2022 ID: 12582 Petroliam Nasional Berhad



EN. THAYAPARAN SANGARAPILLAI Category: Corporate Date joined: 1 Feb 2022 ID: 2592 Petroliam Nasional Berhad



DATO' KAMARUZAMAN BIN ALI Category: Associate Date joined: 1 Feb 2022 ID: 3344 Global Engineering & Automation Resources (Malaysia) Sdn. Bhd



DATUK KEE MUSTAFA Category: Corporate Date joined: 1 Apr 2022 ID: 2593 Petroliam Nasional Berhad



EN. LEEM WHY CHONG Category: Associate Date joined: 1 May 2022 ID: 3345 Syarikat Takaful Malaysia Keluarga Berhad



DATO' SRI KING LIM CHIN FUI Category: Regular Date joined: 1 May 2022 ID: 12583 FIVE Petroleum Malaysia Sdn. Bhd.



MR. KEI TAKAHASHI Category: Regular Date joined: 1 May 2022 ID: 12584 JX Nippon Oil & Gas Exploration (Malaysia) Limited



DATO' SATISHKUMAR MANOHRAN Category: Associate Date joined: 1 May 2022 ID: 3346 Linsun Engineering Sdn. Bhd.



EN. HARRIS SAIFI BIN HAKIMI Category: Regular Date joined: 1 Jun 2022 ID: 12585 Petroliam Nasional Berhad



EN. ABDULLAH BIN ABDUL RAHMAN Category: Regular Date joined: 1 Jun 2022 ID: 12586 PETCO Trading Labuan Company Limited



EN. MUHAMMAD AIZAT BIN ABU BAKAR Category: Regular Date joined: 1 Jun 2022 ID: 12587 Petroliam Nasional Berhad



EN. MOHD KHAIRUL ZARIR BIN AHMED LOKMAN Category: Regular Date joined: 1 Jun 2022 ID: 12588 Petroliam Nasional Berhad



EN. NOR AZMAN BIN ZAINAL Category: Corporate Date joined: 1 Jun 2022 ID: 2594 Syarikat Takaful Malaysia Keluarga Berhad



HER EXCELLENCY HILARY REILLY Category: Diplomatic Date joined: 1 Jun 2022 ID: 6027 Embassy of Ireland, Kuala Lumpur



MR. TIMOTHY MICHAEL VIRTUE Category: Associate Date joined: 1 Jul 2022 ID: 3347 TechView Partners Private Limited



EN. SYAHARUDIN BIN HASSAN Category: Regular Date joined: 1 Jul 2022 ID: 12589 Petroliam Nasional Berhad



EN. KHAIRUL HAMIDI BIN KHALID Category: Regular Date joined: 1 Jul 2022 ID: 12590 Petroliam Nasional Berhad

## Digital plays key role in accelerating the energy transition

Technip Energies is a leading engineering and technology company for the energy industry and its transition. Our industry is transforming itself rapidly and digital is helping to accelerate the trend. Digital is now much more than an opportunity for more efficient and flawless operations; it is a necessity, especially as the energy industry undergoes structural changes and fundamentally rethinks current business models and traditional ways of working.

Industry News ...

How does such a company address decarbonization at scale of a sector like liquefied natural gas (LNG), industrialize new energy sources like floating offshore wind, or connect the dots across various industries to enable the circular economy? While there are no simple answers, success in this new context may lie in capturing and connecting data and leveraging its full value in the right collaborative environment. "Our industry's digital ecosystem is still fragmented and very dynamic," said François Haynes, Technip Energies' Vice President of Digita*l Services.* "There is an array of players pitching different solutions to contractors and our clients, including officials from software giants, equipment and control systems, product lifecycle and digital engineering. On top of that, contractors are now faced with strong competition and even disruption from digital newcomers in their areas of operation."

# From *doing* digital to *being* digital

Technip Energies has taken a pragmatic yet forward-looking approach towards digital. We have the ambition to fully embrace digital capabilities as a core enabler of sustainable and profitable business performance, including revenue growth, greater internal efficiency, enhanced collaboration across the entire value chain and creation of new business models. We are progressing our journey to become digital along three strategic goals:

- Data and digital foundations: Strengthening our data culture and data management practice to create more data-driven business value.
- **Digital project execution:** Establishing digital project management practice as a competitive differentiator.
- **Digital services:** Driving the energy transition with leading digital services covering the entire plant's life cycle.

Our Executive Committee is fully committed to these efforts recognizing strong executive-level sponsorship is key to promoting and sustaining digital transformation throughout the company.



## Beyond by T.EN™ digital services offerings

Technip Energies is meeting the digital technology demands of the energy industry by offering our clients dedicated tools that connect engineering with data. Employing virtual plant technology and sensors that track real-time data, our global digital services team is forging new frontiers to optimize monitoring, modeling, maintenance and security.

Our goal is to become a leader in digital services for the energy transition throughout the life of a plant. Our 60 years of extensive knowledge put us in a unique position to deliver digitally enabled lifecycle services to our clients, including concept optimization, advisory services, project delivery assistance, decarbonization and plant performance improvement.

Beyond by T.EN<sup>™</sup> is our suite of digital services. "Beyond" conveys the idea of pushing the limits to meet clients' evolving needs and transition beyond oil and gas and our core EPC business. Our complete range of innovative digital solutions is easily accessible at our new Beyond by T.EN<sup>™</sup> web platform. Although we are renowned for our EPC and technology expertise, we are excited to now be recognized as a digital services provider by our clients. We are building on strong foundations and adopting a start-up approach to develop new digital products that our clients need. We are achieving our goals by:

- Leveraging our unique integrator position and know-how to develop suites of solutions that address our clients' broad challenges including asset and product life cycle decarbonisation in traditional markets or life of field services such as digital twin technology in our floating offshore wind business;
- Promoting a stronger clientcentric approach and transforming our client experience with true digital interaction;
- Establishing a dedicated business to address the specificities of digital services with a particular skillset, including business expertise, digital technologies and product marketing, and the right focus to address these new markets; and



• Engaging strategically with the right technology partners to expand our offering beyond our core expertise.

Digital services is a key area of growth and value creation across many industries. Digital has particular impact in the energy sector where access and processing of the right data, combined with advanced domain knowledge, is the silver bullet for optimal efficiency and sustainability from concept design to project delivery and beyond.

Click to visit

Beyond.technipenergies.com
Beyond by T.EN™ - YouTube
Technipenergies.com



## Bayan Bar Most popular eatery in MPC!

Whether it's a Coffee/Tea break, Business Lunch, Dinner or simply to relax away from crowd, Bayan Bar it is!

Access Bayan Bar by touching your SmartCard on the electronic pad. Heads to the popular Coffee Station where you can help yourself to as many cups of coffee and espressos, as well as cookies, free of charge. However, non-members will be charged a nominal sum of RM10 per person. This is very convenient as you can quickly grab a cup of coffee and some cookies for yourself and your guests, and get right down to your discussions. Or for just a quick breather from your hectic schedule, before you head out again.













# 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.

















lexible Event & Meeting Spaces

#### Tapis Room/ Meeting Room

#### Half Day

- **1.** RM 198 Nett/Pax (Min. 10 Pax)
   1 x Coffee Break
- 2. RM 268 Nett/Pax (Min. 10 Pax)
  - 1 x Coffee Break
  - 1 x Set Lunch

#### Full Day

- 3. RM 298 Nett/Pax (Min. 10 Pax)
  - 2 x Coffee Break
  - 1 x Set Lunch

#### Kiku Hall/ Lobby Lounge

#### Half Day

- 1. RM298.00 Nett/Pax (Min. 10 Pax)
  - 1 x Coffee Break
- 2. RM368.00 Nett/Pax (Min. 10 Pax)
  - 1 x Coffee Break
  - 1 x Set Lunch

#### Full Day

- 3. RM 398.00 Nett/Pax (Min. 10 Pax)
  - 2 x Coffee Break
  - 1 x Set Lunch



#### The rate charges inclusive of :

- One main meeting room with boardroom setup
- Complimentary usage of white screen
- Conference materials such as writing pads, pencils
- Flipchart & White Board
- 1 x Bottled Drinking Water (Half day)
- -1 x 2 Bottled Drinking Water (Full day)
- Sweets throughout meeting

#### **Others (Optional)**

- Projector Rental/White Screen
- Flipchart & White Board

#### PA System

- Microphone/Speakers/Rostrum
- Rostrum only
- LED Screen

## Pricing for optional items please consult our sales team.



MALAYSIAN PETROLEUM CLUB

For enquiries contact: MPC Hotline 012 711 8342

INDRA 012 252 8277 indra@mpc.com.my

SHIKIN 017 646 6183 shikin@mpc.com.my

## MPC Members can benefit from visitor privileges to over 200 Clubs worldwide



ur club is a member of the IAC network, and you can make use of the full network and partner benefits.

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Chocolate Cake Chocolate Moist Cake

Banana Cake Black Forest Cake

#### RM75.00 per kg

Tiramisu Cake Carrot Cake Fruit Cake

#### RM80.00 per kg

Marble Cheese Cake Chocolate Cheese Cake Blueberry Cheese Cake Red Velvet Cake

#### RM85.00 per kg



\*For cake from the list above, we require at least 1 day order in advance. \*For customized cake, we require at least 5 days order in advance \*Additional Charges for customization or special requirement for decoration.











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



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

Only applicable for the members above 70 years old.

Still entitled for the RM50 monthly rebate.

The new member must be approved by the General Committee.

Approval will remain the same as in the constitutions.





MEMBERSHIP DEPARTMENT: 03 2166 3200



MALAYSIAN PETROLEUM CLUB

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

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

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



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## Digital value driving solutions

At Technip Energies, we are fully invested in harnessing the power of digital in the energies transition journey. With a solution-based approach connecting data across the full project lifecycle, we deliver sustainable growth, broaden opportunities and support new business models.

Our 60 years of experience in energy gives us the unique ability to provide digitally enabled services from concept optimization & advisory services to project delivery assistance, decarbonization & plant performance improvement.

Contact us today to learn about Beyond by T.EN™, our full suite of digital services.

**Technip Energies Asia Pacific** Kuala Lumpur – Malaysia T +603 2116 7888

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#### T.EN TECHNIP ENERGIES

## ADVANCING CLIMATE SOLUTIONS

Every day, more than 23,000 scientists and engineers at ExxonMobil are working to develop solutions for the world's most complex energy challenges.

For nearly 140 years, ExxonMobil has had a history of meeting the world's energy needs with groundbreaking, scalable innovations, and we are committed to reducing emissions from our operated assets in support of a net-zero future.

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## What do floating platforms have to do with your next business deal?

## At PETRONAS, we connect the dots to give our partners a competitive edge.

We are always passionate about finding new ways to enhance our operations, to create more rewarding collaborations with our partners. Our floating LNG facilities are made for both shallow and deep waters. PFLNG SATU can go up to 200m while PFLNG DUA goes as far as 1500m. They are equipped with industry-leading technology to help our partners explore further and deeper, and with greater efficiency. We offer all-in-one solutions vessels that allow for a sustainable supply of natural gas, the cleaner fuel. Which means more profit for your business, while collectively lowering all of our carbon footprint.

Our passion for progress is why we connect the dots and create sustainable value for all.



Discover the connections we can make.



**Passionate about Progress**