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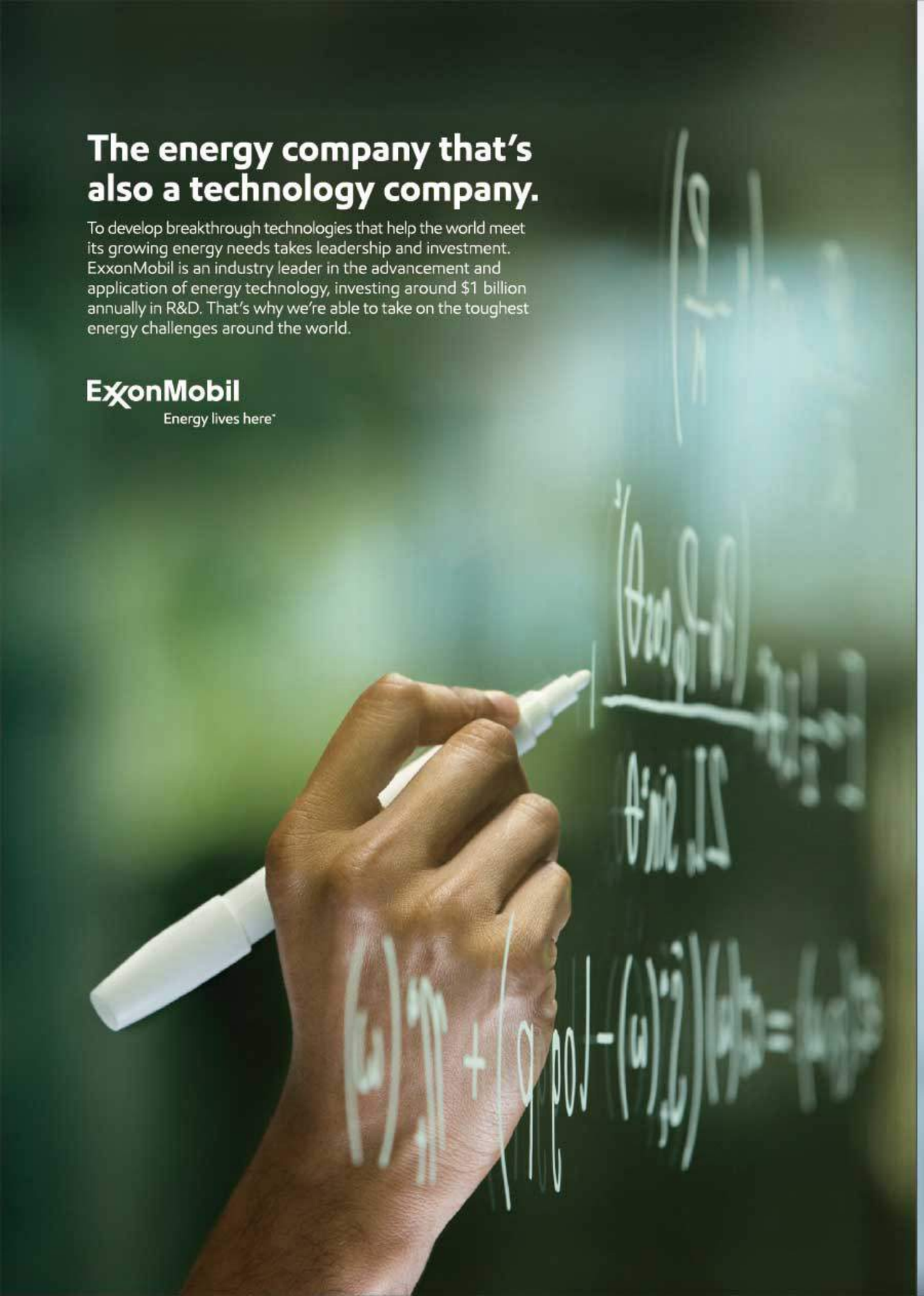


MALAYSIAN PETROLEUM CLUB

RESOURCE MAGAZINE

VOLUME 25.2 October 2017 KDN: PP7878/12/2012 (031611)

PARADIGM SHIFT

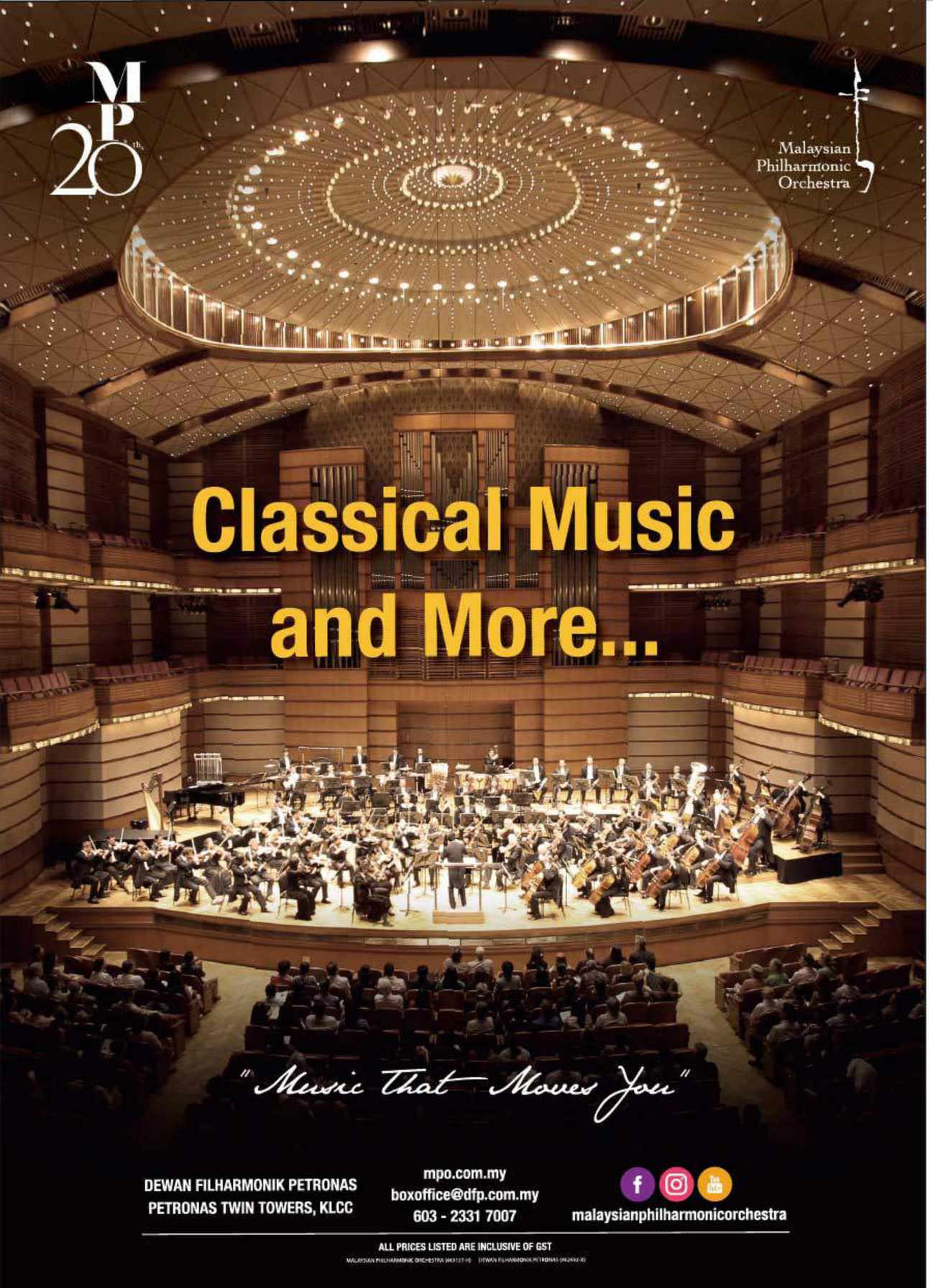
A MINDSET CHANGE

Tan Sri Dato' Seri Shahril Shamsuddin

MP 20th

Malaysian Philharmonic Orchestra

Classical Music and More...



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

There is no mistaking, as we come to the close of 2017, that this has been an unusually busy year for the Malaysian Petroleum Club (MPC). The quest to augment our exclusive status has always been a driving force and the regeneration of the club is very much in line with this ethos.

Members would have certainly noticed the gradual developments that have surrounded them in the past months and we are pleased to report that the reaction to them has been exceedingly positive.

The frequency of members' visits to the MPC is a testament to their approval and we are gratified that members have taken advantage of the fine dining facilities at the club.

The President has provided vital help in personally promoting the club and increasing reservations while we have been approached to spread our catering services beyond the club. The MPC, however, aims to afford more than banqueting.

The Annual Malaysian Petroleum Club Golf Classic received abundant praise from members and industry stakeholders. An absence of three years did not diminish the event in any way and it is here to stay.

We have also moved to create new events and benefits for members in the coming year. The concierge that we held to facilitate the purchase of the last F1 race at Sepang is a taste of more to come in 2018.

Members will be able to receive online statements and tax invoices while menus will be displayed and confirmed by our staff on iPads. The Dulang Suite is on course to unveil more indulgent cuisine soon while members could brace themselves for equally refreshing options at Temana Brasserie.

As we look forward to 2018, we would like to thank all of you for your invaluable support and advice and wish you a year of richness and great health.

JOANNE LEE ABDULLAH *(Club Operations Manager)*

PARADIGM SHIFT A MINDSET CHANGE

Interview with
President & Group CEO, Sapura Energy Berhad

Tan Sri Shahril, can you share with us your thoughts on Sapura Energy's growth to a global integrated upstream service company?

Our journey of growth has always been anchored on our people and their capabilities in leveraging technology and delivering fit for purpose solutions to our clients. As a company that started in Malaysia some twenty years ago performing maintenance of rotating equipment offshore, with the guidance of PETRONAS and other PSC contractors, we have transformed into an innovative solutions - based company offering services to an international customer base. We must continue to be close to our customers and understand their needs as this will drive and determine how we continue to add value in the future.

In Sapura, value is driven by the dedication and efforts of our people in advancing solutions towards efficiently delivering projects to our clients. Our people are the multiplier of the value of our assets. We strive to responsibly empower our people to exercise and nurture their skills and knowledge as well as grow their own professional capabilities.

The entrepreneurial spirit we work hard to instil in our people was what spurred the growth into new markets like Latin America and into new services segments. Besides concentrating on our home market, we will also continue to drive our expansion into new markets including the Middle East, West Africa and Europe.

You speak about character and a sense of responsibility that drives yourself and the company, how would you describe this?

It is important that we make a difference - delivering value to our clients is a trait ingrained in our Company. In doing so, we continue to stay true to our common sense of purpose in building technical and business competencies that we, as Malaysians can all be proud of. By building indigenous capabilities, we can help grow local industries, add value to our people, our clients and help develop and sustain the communities in which we operate.

The oil and gas industry continues to remain challenging, how do you see the industry context panning out in years to come?

The short-term prospects for the industry remain challenging due to the prolonged uncertainties in long-term oil prices. However, over the longer term, hydrocarbons will continue to remain an important and significant component of the energy mix for the foreseeable future.

The challenge will be in making sure these resources can be developed economically and sustainably. The industry's ability to create value has been challenged in the last few years partly due to increased technical complexity, design and engineering overspecification as well excesses in our operating philosophy.

We believe companies should aggressively be adopting technologies, pursuing collaborations in sharing cost and enhancing capabilities across the board. A pre-requisite to this is the development of a culture which encourages "thinking-out-of-the-box" and fostering early adoption of technology. There must be sharing of expertise and intellectual property to make technology accessible to all. We should all work towards a robust oil and gas ecosystem that fosters collaboration between owners, operators and contractors with each playing their respective roles in supporting a robust unified project IRR.

" We strive to responsibly empower our people to exercise and nurture their skills and knowledge as well as grow their own professional capabilities. "

How did you internalise such an ecosystem within Sapura Energy?

Internalising an ecosystem is a continuous and dynamic process. It requires a fundamental shift in mindset - we cannot be doing the same thing whilst expecting a different outcome. This journey towards a collaborative ecosystem is a journey without an end. We have started the journey here at Sapura Energy. We had to rethink and transform the way we operate. We cannot operate in the same manner we did over the past two decades when we started out as a vendor to PETRONAS. Thanks to the policies and objectives of PETRONAS and other PSC contractors, we have come this far. It is important that we succeed in the eyes of PETRONAS and our PSC contractors as a partner and a Malaysian company grown out of their policies. Besides winning work in our home market, we have to continue growing our global footprint and enhancing our service offerings in core markets beyond the shores of Malaysia.

The new paradigm in the oil and gas industry today will be the "new normal" as many would call it. We had to make many difficult decisions during this challenging period to re-engineer our organisational effectiveness and sharpen our cost structures in order to remain relevant. We had to break down barriers and establish new parameters. We integrated and optimised existing teams, skill sets and knowledge and ultimately created multidisciplinary teams who would work together, sharing knowledge and trusting each other implicitly to win and execute work.

This was not an easy task; we continue even today to fine-tune the organisation and mould the mindsets to achieve the end objective in this constantly changing environment. For us, the best time to introduce change is when there is uncertainty in the market. It is important that we transform early and fast and to come out stronger.

Give us your view on the Malaysian Petroleum Club and how you think we can improve to serve its members better?

The Malaysian Petroleum Club has set itself apart as one of the premier business clubs in Kuala Lumpur centred around the Malaysian oil and gas industry. It has much to offer to its members and the industry as a whole. I have always enjoyed my visits to the MPC be it for a meeting or for dining.

I am heartened to see many new activities being carried out by the club of late. With the club's ongoing revitalisation plans, it would continue to create more activities that will bring people together for informal networking and promote cross-fertilisation of ideas within the industry.

> "Internalising an ecosystem is a continuous and dynamic process. It requires a fundamental shift in mindset."

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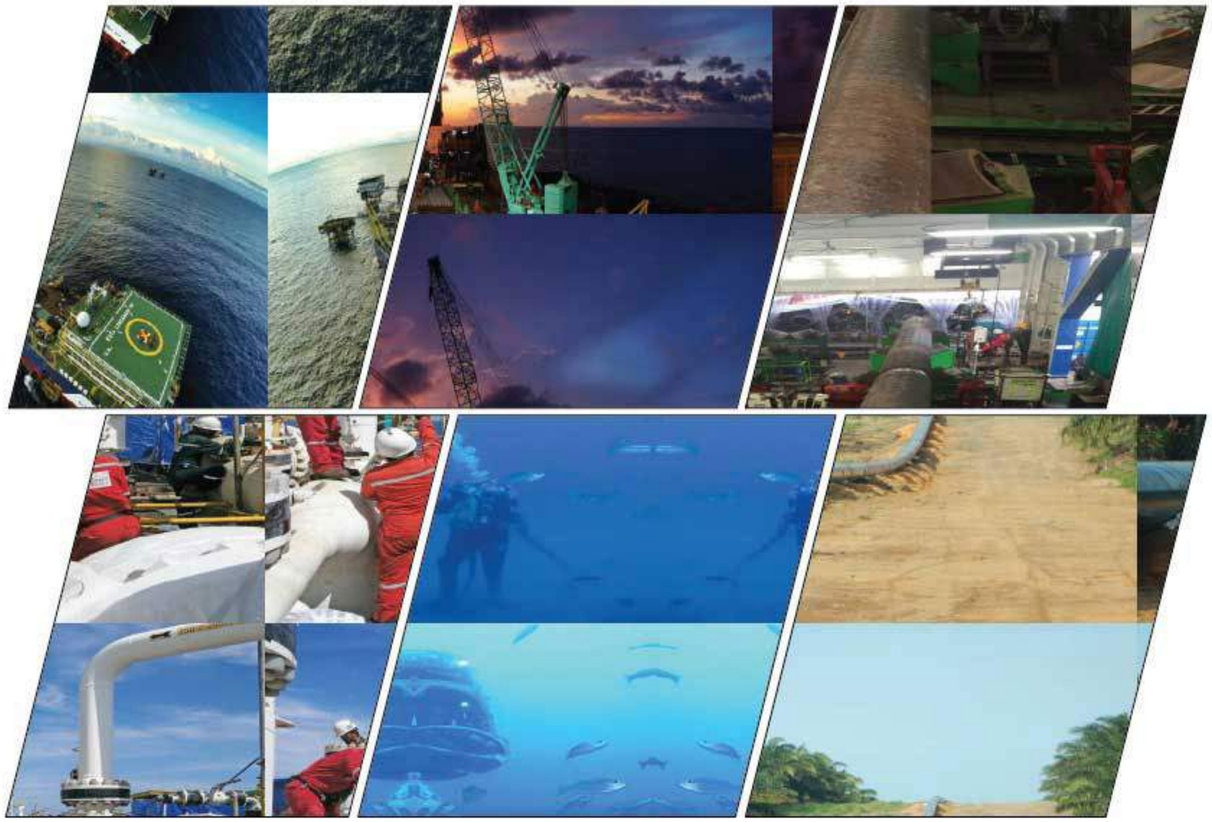

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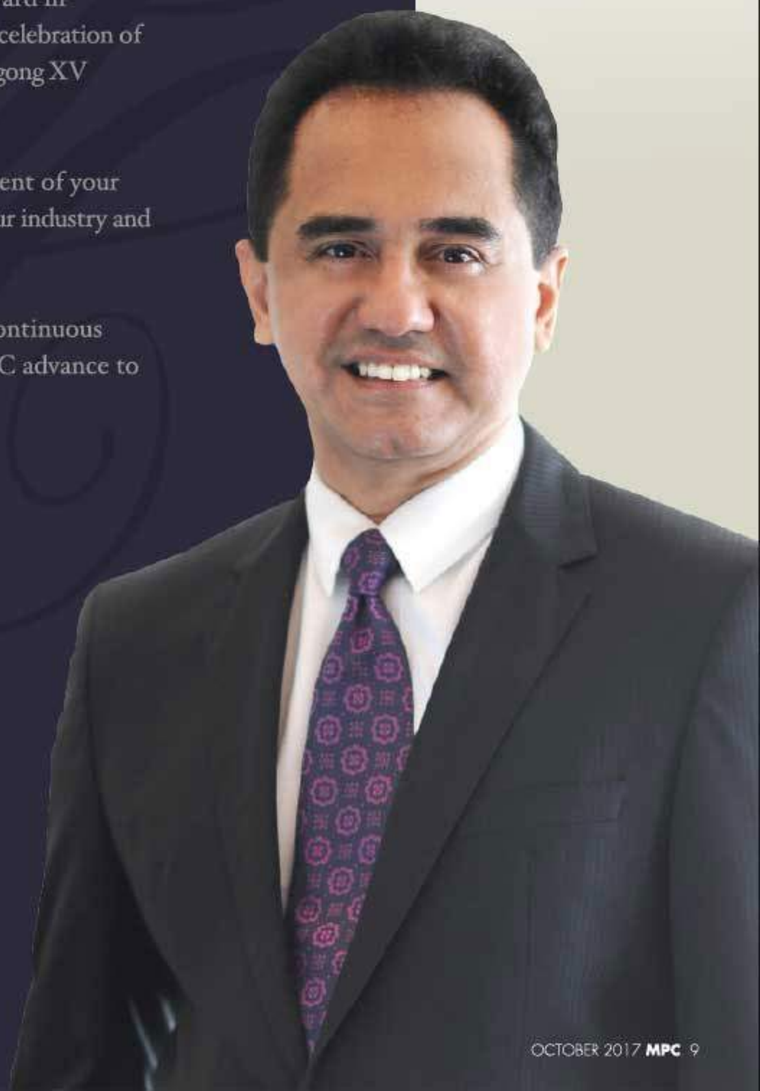
Heartiest Congratulations Tan Sri

We take great pleasure in extending warm wishes to our President **Tan Sri Wan Zulkiflee Wan Ariffin** on receiving the country's exalted award in conjunction with the official birthday celebration of His Majesty The Yang Di - Pertuan Agong XV Sultan Muhammad V.

Tan Sri, this title bears proud testament of your diligence and dedication in serving our industry and its community.

We look forward to receiving your continuous guidance and wisdom in helping MPC advance to greater heights.



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THE RELUCTANT LOYALIST

A firm order from her boss broke Shirley Tan's hesitancy as she finally acceded to an interview that revealed an individual who is as much an institution as the club that she serves.

It would be unwise to describe Shirley Tan as a part of the fabric of the Malaysian Petroleum Club (MPC) when Tan is, in fact, an institution within the MPC. A reluctant interviewee, she laced her vivid recollections on the evolution of the MPC with easy chuckles and broad smiles that ran contrary to her seemingly stern shell.

The Head of Finance and Membership Management is a familiar presence to long-standing MPC members and is the go-to person for the club regulars when they need to resolve any issues if the usual channels did not produce the desired solutions.

Tan, however, stressed that she prefers to remain in the background - the main reason for her tenacious hesitancy over this interview - and allow her work at MPC to speak for itself. Tan's career arc is welded to the history of the club, which she joined in August 1995, almost four years after the club's soft launch in September 1991.

The Malaccan is one of only four who remain at the club after it departed from its roots at Dayabumi Complex - a major skyscraper landmark in Kuala Lumpur in the 1980s which housed the modest PETRONAS headquarters - to its present location. The 22 years spent at the club and a compendium of roles that she had helmed during this period place her as an authority on MPC.

The Finance and Administration office provided Tan's baptism at MPC and she branched out to a number of departments and tasks that included stints at the Human Resources to Food and Beverage sections as well as in organising events. These diverse spells helped Tan acquire and hone her multitasking skills that were required at MPC after it was fully operational on February 27, 1992.

"The entire staff then was in the region of 40. My first impression of the MPC was that it was a gentlemen's club. It was a small (space) as the club only covered one floor but it was first class. The cutlery were imported (from western Europe) and the fine dining accommodated only 20 people," Tan recalled.

"The coffee house wasn't that big and (took in about) 50 people, as many which was as the Chinese restaurant. The bar and karaoke had room for between 20 and 30 people. Even though we accepted bookings for corporate functions and annual general meetings, the focus was always on exclusivity."

This emphasis was enhanced when the MPC moved to the Petronas Twin Towers. While the membership remained at its 800 base – mainly due to the need to retain its élite standing - the glitz that imbued the club with a globally recognisable address added another dimension of distinctiveness.

Naturally, the size of the space was the first impression that struck Tan. Its accessibility at the city centre, facilities and dining options on the two floors encouraged members to patronise it more regularly and at longer stretches. It followed that the quality of service needed to increase.

"More members started using the club and our staff members, which is over 60 now, were trained to meet the service standards that came with the new home. In terms of food and beverage, we turned in better revenues and this helped us towards self-funding the operations," she said.

While Tan's primary concern are at the moment finance, her adeptness at handling assorted tasks sees her clocking out at 8pm or 9pm on a routine basis. She finds it surprising that her younger colleagues at not proficient in juggling various chores at the same time. This has prompted her to ease them into their key responsibilities and motivate them to accept additional duties.

Many of her junior work mates, including staff at house keeping, look up for her when they stumble into professional and personal problems. Tan revealed that she is akin to "a big sister" to them and it was the presence of this intimate working environment that has also contributed to her longevity at the club.

"The people that I've worked and work with (have played their part in fostering) the family-like atmosphere. They are easy to work with and fit into our environment (effortlessly). The bosses that I've had had different leadership styles. But it is how you push on with the team that raises you to another level," Tan reflected.

This has been a very hectic year for Tan and the MPC. The move to "digitalise" the club corresponds with the necessity to improve service standards. This transition will continue into 2018 and Tan is expecting the club to grow even further.

A single feature of the MPC, however, would be unchanged: Tan will remain in the background, enjoying "doing a lot of things" and supporting the running of the club away from the glare of the community. This has been Tan's story: she has hardly ventured into the front line while being very much an integral part of it.

IT'S LAMB FOR LUNCH

The December Western Set Promotion at Dulang Suite is an exercise in refined taste. The first of three-course meal is a choice between Spaghetti Basil Pesto with Prawn or Minestrone Scallop Soup. Diners will be spoilt with luscious lamb options for the main course while the rich Blueberry Mango Mousse with Chocolate Dome makes up the dessert.

Lamb Rack Spinach Feta Cheese

Braised Lamb Shank

Lamb Roulade Spinach

CHEF'S RECOMMENDATION

This space's uniqueness lies in the menu itself: the selections on it are shaped by popular orders from the guests. Temana, which maintains its relaxed setting in keeping with the brasserie concept, also benefits from the Chef's recommendations and proposes imaginative interpretations of long-standing local and western favourites.

Char Kway Teow

Norwegian Salmon

Ace of Club Sandwich

CHEF SOO SPECIALS

A sumptuous interior that showcases chinoiserie and traditional art matches the most authentic dishes at Seligi. The menu that Chef Soo has assembled does not compromise on classical recipes - including the first - ever appearance of the Peking Duck at the club. This year - end special is supplemented by diverse delicacies to be shared by friends and family.

Steamed Sliced Cod with Mushroom and Chicken Ham

Peking Duck in December

Braised Cod Fish with Oyster Sauce

BAYAN BAR

If a glass of scotch and a good cigar are a great way to end the day, the splendid surroundings of the Bayan Bar is the best place to enjoy them. To complement the posh and pleasing setting, the Bayan Bar offers one of the most comprehensive selections of drinks and cocktails in the city.

While it is renowned for its eclectic range of single malts, the choices of other spirits behind the bar are equally impressive, along with a variety of fine wines from across the world. For those who prefer to dine in a bar rather than in a restaurant, the Bayan Bar offers an enticing assortment of delicacies in sumptuous surroundings.

SEMARANG LOUNGE

This exclusive lounge provides a cool and stylish environment for belting out your favourite tunes with friends or family.

The private karaoke room, which can accommodate 22 guests at any one time, is equipped with a 64 - inch flat screen and a state - of - the - art audio surround system with TV, Karaoke and with a Blu - Ray format designed to display high definition videos.

The Semarang Lounge is a popular casual alternative to the usual meeting venues as it can combine work with play and relaxation.

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The Reading Room offers a sophisticated space for avid and demanding readers to cultivate their love of literature with a high range of newspapers, magazines and books and connecting with the latest events via iPads.

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ISETAN – FAREWELL DINNER

Isetan Mitsukoshi Holdings helmed a farewell dinner on October 27 for compatriots who were in town to attend the Asia-Pacific Retailers Convention & Exhibition (APRCE). The delegates joined other guests representing Isetan's tenants and suppliers all numbering 190 for a four-course fine dining experience prepared by Chef Shahrul Mohmad. The guests indulged in games before the evening closed with a spectacular orchestra performance under Malaysian Philharmonic Orchestra (MPO)'s Resident Conductor, Naohisa Furusawa.

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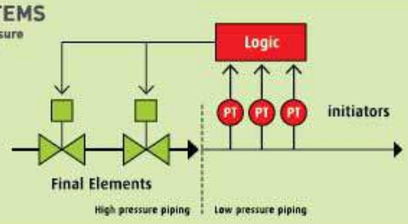

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The Institute PETRONAS (INSTEP) hosted the inaugural INSTEP Experiential Business Networking 2.0 (IEBN) on October 16. The event gathered individuals from the oil and gas industry for the training, learning, education and development of their technical workforce. The day for the 70 participants commenced with breakfast while lunch was at Dulang Suite on the 42nd floor of the Petronas Twin Towers. A guided visit to the sky bridge supplied a memorable ending to the workshop.

Jack Pegram
Managing Director, Getenergy Event

Dato' Raiha Azni Senior Vice President, PETRONAS Group HRM and Chairman, PETRONAS Technical Training Sdn Bhd (PTTSB)

Mr. Chandramohan.M.Saminathan
Chief Executive Officer of INSTEP
(Institut Teknologi Petroleum Petronas)

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PETRA

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PETRONAS-SCI partnership is geared towards allowing Sprinta Racing team to compete in top championships and develop talent.

Pn Noor Afiza M Yusof

Y Bhg. Dato' Sri Syed Zainal Abidin

PETRONAS Sprinta Racing team

PETRONAS and Sepang International Circuit (SIC) formalised their strategic partnership on further advancing of two-wheel motorsport in Malaysia and Asia in a boon for racers associated with the game. The event held on October 24 doubled up as the unveiling of the PETRONAS Sprinta Racing team, which will be spearheaded by Hafizh Syahrin Abdullah.
The PETRONAS-SIC partnership will fuel the racing team to compete in global two-wheel championships as well as in developing talent.

Hafizh Syahrin Abdullah

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A warm welcome to our new members

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Embassy of United Arab Emirates

Edward E Graham (12422)
Exxonmobil Exploration and Production Malaysia Inc.

Dato' Sri Lawrence Foong (3311)
Commercial Circle (M) Sdn Bhd

Ezhar Yazid Jaafar (2562)
PETRONAS LNG Ltd

Ezran Mahadzir (2563)
PETRONAS LNG Ltd

August

Toyohisa Tsuzuki (2048)
Toyo Engineering & Construction Sdn Bhd

Arnaud Humbert (3313)
ITP - Interpipe

Gan Chun Hui (3312)
Blackhem (M) Sdn Bhd

September

Jorge Milathianakis (2564)
Repsol Oil & Gas Malaysia Limited

Wan Ahmad Ikram Bin Wan Ahmad Lotfi (2284)
Perbadanan Insurans Deposit Malaysia (PIDM)

Ban Yandong (2565)
898 MALL Sdn Bhd

Gao Rui (2566)
898 MALL Sdn Bhd

Akito Usami (12423)
JXTG Nippon Oil & Energy Corporation

RETURN OF A TRUE CLASSIC

The Annual Malaysian Petroleum Golf Classic tournament returned after a short hiatus to much flourish and is set to reclaim its place as a much-awaited industry event

The first signs that the Annual Malaysian Petroleum Club Golf Classic (AMPCGC) tournament was on its way to a successful comeback was when participants trickled in at the Tropicana Golf & Country Resort as early as 6.30am for a tee-off tagged at 8.30am.

Tardiness was certainly not a problem for the 27th edition of the tourney, which resumed after a three-year break, and the enthusiasm that the teams expended on August 19 at the event ensured that it would be a yearly tourney again.

In the past, the tournament was a three-day affair. It presented networking opportunities as well as a platform to seek and strengthen camaraderie amongst oil and gas industry members, Malaysian Petroleum Club (MPC) members and their invited guests.

The first day was marked by a cocktail reception that was dedicated to building and creating relationships while the tournament proper followed this social gathering in the subsequent days.

This year's chapter condensed the previous arrangement into a single day but there was no shortage of action and excitement for participants-almost all of whom who were dressed for the occasion-on and off the green.

A number of 51 teams contested the tournament. Registration was followed by the distribution of goodie bags and buffet-style breakfast before the referee, sanctioned by the Malaysian Golf Association (MGA), proceeded to brief the teams on the rules and format of play.

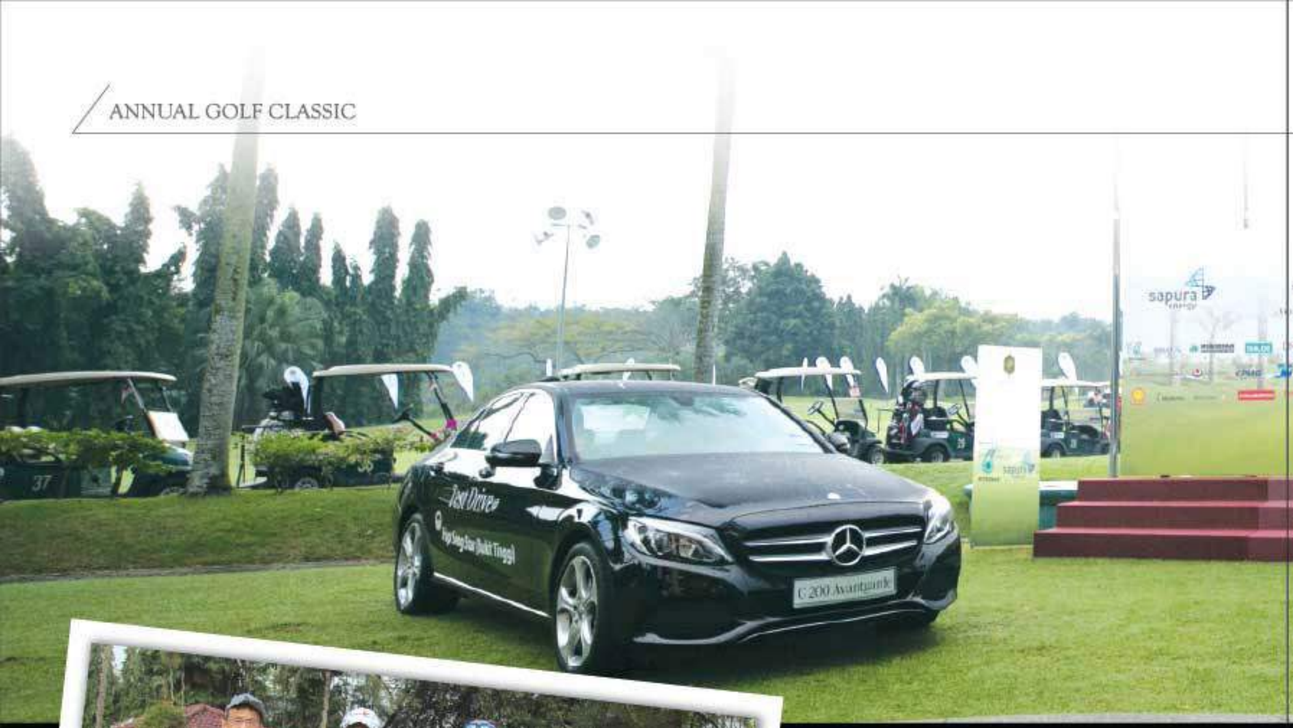
The MGA was sought at every turn in the organisation of the event, as this was the first ever tournament to be managed by the MPC on its own. In bypassing the use of an event management company, the MPC found itself on a steep learning curve.

The MPC navigated the regulations laid down by the MGA, which included handing over a deposit and collecting the refund after the results of the tournament were shared with the body. There were also no cash prizes on offer so as to retain the tournament's amateur status, as required by the MGA.

Visits were also undertaken to the Ministry of Youth and Sports, which was charged with vetting the event and its location. All the hard work bore fruition as, on the day, the event delivered on its promise especially in allowing participants to socialise and network.

These are the tenets of the club and it was pleasing to see these values fleshed out by the tournament. It was important that the individuals abandoned work-related worries and employed one another in activities that were designed to promote he MPC's ideals.

The fun factor was increased by the presence of the halfway hut that liberally lined up drinks and light food for participants to refuel and the laxity on the part of the referee in enforcing the rules. The course master too flawlessly played his role by pushing on the participants to complete the contest.



The tourney ended when the last team returned at about 2.30pm generously past the 1.00pm deadline. The winners of the tournament were announced during the Chinese set lunch and participants were kept entertained by emcee James Thor and a show that included dances, fire eating and Speed Painting.

The top prizes of Mercedes-Benz and Harley Davidson automobiles for the Hole-in-One were unfortunately unclaimed. The more diligent participants, however, helped themselves to eight other rewards while the rest was comforted by the lucky draw treats and the fact that proceeds from the event will be channeled to eight selected charities and shelter homes.

The unexpected climax on August 19 was the surprise that the club had planned for President Tan Sri Wan Zulkiflee and Treasurer Datuk George Ratilal for their shared birthday. A cake was rolled out for the duo and portraits were given away as gifts, in a fitting finale to the event that closed when the last team left at 4.30pm.

The feedback from the participants was encouraging: the immaculate organisation of the tournament was lauded while high appreciation was reserved for its overall quality. Benchmarks have certainly been raised and the MPC have taken onboard the participants' comments to produce an even more memorable AMPCGC for 2018.

THANK YOU...

Thank you so much for your participation in the Malaysian Petroleum Golf Classic 2017. We could not have done it without your participation. It really turned out to be an enjoyable and exciting day. Together with your support, we hope this annual event gets better every year.

Special thanks to our sponsors PETRONAS and Sapura Energy Berhad. It was a wonderful success. We also wish to extend our appreciation to the novelty and prize sponsors namely Boskalis Malaysia, Muhibbah Engineering, Dialog Group, BOSCH Home Appliances, MST Golf and Transview Golf, as well as our venue host Tropicana Golf & Country Resort.

THE LONG-AWAITED RETURN

Edward E. Graham (Ed), President and Chairman of ExxonMobil Exploration and Production Malaysia Inc. returns to Kuala Lumpur and shares his thoughts on work, settling down in the city and driving on the wrong side of the road...

Ed was appointed as the President and Chairman of ExxonMobil Exploration and Production Malaysia Inc. and Chairman of the ExxonMobil Subsidiaries in Malaysia in June.

Ed began his career with ExxonMobil in 1989 when he joined Exxon Production Research Co. in Houston. He went on to helm various technical, supervisory and management positions in facilities surveillance, projects and production operations within the U.S.

His appointment as ExxonMobil Canada's Operations Technical Manager took him to Newfoundland. Ed later became the Operations Manager, where he was responsible for operations, maintenance, construction and logistics activities for the Hibernia and Sable production assets.

In 2010, he returned to functional headquarters in Houston where he assumed the post of ExxonMobil Production Company SSH&E Manager. Matters related to safety, security, health and environmental teams located around the globe supporting ExxonMobil's production operations came under his supervision.

Ed was made ExxonMobil Production Company's Producing Operations Manager two years later and oversaw the functional oversight of the company's operations, maintenance, and global logistics teams.

In 2013, he served as the Vice President and Production Manager for ExxonMobil Iraq Limited where he was responsible for the company's oil and gas operations in Iraq that included managing the development of the world-class West Qurna I oilfield. Ed generously spared his time for this interview.

Ed serves on the Board of Trustees of the Merdeka Award, which is headed by its royal patron, His Royal Highness Sultan Nazrin Muizzuddin Shah

- *What is your main focus as the President and Chairman of ExxonMobil Exploration and Production Malaysia Inc. and chairman of the other ExxonMobil subsidiaries in Malaysia?*
  My objective is to help the organisation become the undisputed leader of the oil and gas industry in Malaysia. We have a strong relationship with Petronas, and I hope to further strengthen our partnership. We also have a growing presence in Kuala Lumpur in providing engineering and IT support to other ExxonMobil affiliates around the world. This has become possible due to the digital revolution that is reshaping our world. Our office in Kuala Lumpur is at the forefront of that change, and I will be working every day to help promote Malaysia as the preferred location for future global support services within ExxonMobil.

- *Your arrival here coincides with an increasing tough phase in the industry. What are your expectations for ExxonMobil in Malaysia in the coming year?*
  It is definitely a challenging time for the industry, and a period of significant change. My expectations for ExxonMobil in Malaysia would be that we embrace opportunities to change and improve, while holding true to our principles of high integrity, operational excellence and investment discipline.

- *How would ExxonMobil uphold the highest standards of safety and environmental protection in its operations in Malaysia?*
  The only way to maintain a high standard in safety and environmental protection is to make it a core value, not just a priority. Further, safety and environmental protection are not just the right thing to do, they are also good business. Maintaining high performance in these areas requires the organisation to be disciplined and focused, qualities that are necessary to succeed in this challenging business environment.

Speaking on a panel with Academy of Sciences Malaysia and Ministry of Education representatives on the importance of STEM education and building STEM talent

- *What was your initial reaction upon hearing of the posting to Malaysia?*
  To be honest, my first reaction was complete surprise. Malaysia is one of the premier work locations within ExxonMobil and to be asked to serve as its President and Chairman was quite humbling. The surprise quickly turned into excitement, thinking about the new experiences and opportunities it would offer my wife Marta Fonseca, Carmen and Jackson, my two children who are still living at home, and me. My oldest son, Will, is a freshman in college in the United States at Rose-Hulman Institute of Technology.

- *What was your impression of Malaysia and how much did you know about Kuala Lumpur before your transfer?*
  Early in my ExxonMobil career, in 1992, I had the opportunity to work in Malaysia for seven months on a short-term assignment. It was an incredibly rewarding experience for me, and I always hoped I would have an opportunity to return someday to Kuala Lumpur with my family.

- *Has the city lived up to your expectations thus far?*
  Kuala Lumpur has changed a lot since my time here in 1992. It now has a lot of the attributes of any large, modern city. Unfortunately, that makes it much like others around the world. But, as my family and I settle into our new home, we are finding opportunities to still experience the diverse cultural and social environment that I found so enriching back in 1992.

- *How difficult has it been for you (and the family) to settle down in the city?*
  I would have to say our transition here has been fairly smooth. Driving on the "wrong" side of the road has been a big change though! So far, my ventures have been mostly successful with no accidents, although one day I did find myself going into the KLCC parking area when that wasn't my intention. But, without the help of Waze, travelling around Kuala Lumpur would be very, very difficult!

- *What is it about Malaysia that you like and dislike?*
  Having spent the last four years living in the desert, the green of the jungle and regular rainfall are just awesome. Greenery and water represent life. I have not identified anything specific to dislike at this point.

- *Have Malaysia's culture and food made an impact on you?*
  What comes to mind when I think "Malaysia" is the diverse culture and incredible food! The tolerance for diversity and inclusion is truly a model for the rest of the world. It is what makes Malaysia special, and something all Malaysians should work hard to enshrine going forward.

- *What are your interests outside of your profession? Are there any new interests that you have found in Malaysia?*
  I enjoy supporting my family's activities. I am an Assistant Scoutmaster for my son's Boy Scout troop. I also enjoy reading and studying history. I am an average golfer so I am looking forward to playing more and improving my game.

- *How would you compare the lifestyle here to that in Iraq?*
  I spent my weekdays in Iraq at work camps near the oil fields while my weekends were spent in Dubai where my family and I lived. Iraq is an amazing place with a long and rich history whilst Dubai is also special - what the United Arab Emirates have built up out of the desert is truly amazing. I do, however, find Kuala Lumpur to be much more interesting and full of life. Kuala Lumpur has a soul of its own, and you can feel it wherever you go.

- *Have you experienced the Malaysian Petroleum Club and if yes, how would you rate it?*
  Yes, I have been there several times already for both business meetings and meals. I really enjoyed the Japanese restaurant – the submerged table created great ambiance and the food was excellent.

- *What will keep you coming back to the Malaysian Petroleum Club?*
  The facilities at the club are excellent and the club's location is very convenient (as it is situated near) my office. The key factor that will keep me coming back is the quality of the food. It needs to compete with the other options available in the KLCC area.

With Terengganu State Legislative Assembly Speaker Dato' Mohd Zubir Embong and Terengganu State Secretary Dato' Haji Wan Nawawi Haji Wan Ismail at a presentation of ExxonMobil's contributions for STEM and English language development initiatives

REPSOL KINABALU REDEVELOPMENT PROJECT ACHIEVES FIRST OIL

9th November 2017, Kota Kinabalu, Sabah - Repsol Oil & Gas Malaysia, achieved first oil production from its Kinabalu Redevelopment Project in Kinabalu field, Sabah on the 27 Nov 2017. The commemoration of the first oil event was officiated by Sabah Head of State, His Excellency TYT Tun DSP Haji (Dr) Juhar bin Datuk Haji Mahiruddin and Repsol's executives, today at the Kinabalu facilities offshore.

A new bridge - linked wellhead platform, was successfully and safely installed on June 8, 2017 by Repsol, who operates the Kinabalu Block. The new platform and facilities, which is connected to the existing platform, will allow Repsol to fulfill its commitment to 'Breath New Life" into the asset since assuming operatorship in late 2012.

The 2,900 tonne platform, 1570 tonne topside, 1,336 - tonne jacket and 318 - tonne bridge were built at a local fabrication yard and, involved a workforce of over 1,000 personnel comprising construction workers, sub-contractors and the company project management team. The onshore construction phase recorded 1.3 million manhours without a single lost time injury (LTI), This demonstrates Repsol's strong safety commitment through the project team and the contractors at the fabrication sites.

Repsol and PETRONAS Carigali has invested over USD 156MUSD of 305MUSD capital expenditure to increase oil recovery and production over the life of the PSC. This will add to the list of fields in Malaysia where improved oil recovery techniques are being used to increase both production and reserves from Malaysia.

With the new facilities and wells, production from Kinabalu is expected to increase to 15,000 barrels of oil per day with 30 million standard cubic feet per day of non-associated gas.

Repsol hold a 60% working interest and operate while PETRONAS Carigali holds the remaining 40%. The PSC is a first "progressive volume-based (PVB)" PSC to be awarded by PETRONAS. The PVB PSC was specifically designed to incentivize contractors to improve oil recovery and increase production from challenging mature oil fields.

ABOUT REPSOL

Repsol is an integrated oil and gas company based in Madrid, Spain. The company is present in more than 40 countries, boasting one of the world's fastest - growing portfolios in terms of production, and refining assets that are amongst the most efficient in Europe.

Repsol's focus on innovation and technology has allowed the company to develop world-class solutions in both exploration and production, as well as in fuels, plastics and lubricants. The company's 2016 - 2020 Strategic Plan is focused primarily on the optimisation of resources to prioritise performance and efficiency.

Repsol has had a presence in Malaysia since 2011, supplying lubricants to a variety of local manufacturing industries. With Repsol's acquisition of Talisman Energy Inc. in May 2015, Repsol expanded its presence in the Asia - Pacific region to include the Upstream E&P sector with operations in Malaysia, Indonesia, Vietnam, Australia and Papua New Guinea.

In Malaysia, Repsol operates Block PM3 CAA; 14 offshore oil and gas facilities referred to as the "Southern Fields," and the "Northern Fields' providing oil revenues and gas resources to both Malaysia and Vietnam and fuels approximately 20% of Vietnam's gas fired electrical generating capacity.

In addition, Repsol holds interest in Block PM305 and Block PM314 offshore Peninsular Malaysia in partnership with PETRONAS Carigali. In East Malaysia, Repsol has operated interest in the Kinabalu Oil PSC in partnership with PETRONAS Carigali and has been operating the Kinabalu Platform since December 2012. Repsol also holds working interest in exploration Block SB309, off the west coast of Sabah.

INVESTING IN HUMAN CAPITAL GROWTH

The building of MRSM in Ranau and Bintulu supports efforts to deliver better access to education and is in line with the Education Blueprint's public-private partnership

PETRONAS have embarked on the construction of two MARA Junior Science Colleges (Maktab Rendah Sains Mara) in Ranau (Sabah) and Bintulu (Sarawak) in support of the Malaysian Education Blueprint 2013-2025.

The MRSM Ranau is a collaborative effort between the Sabah State Government, PETRONAS and Majlis Amanah Rakyat (MARA) and is part of the total commitment by PETRONAS towards human capital development and education in Sabah for the 2014-2019 period.

In Sarawak, PETRONAS is working with Yayasan Sarawak and Majlis Amanah Rakyat (MARA) to support the increase in the student population in the state and complements the state government's ongoing efforts to improve the quality of education.

This includes providing students with a conducive learning environment and equipping them with appropriate skills and knowledge to prepare the younger generation as the state increasingly moves towards digitalisation.

These projects mark PETRONAS' concerted effort to encourage and promote students' interest in Science, Technology, Engineering and Mathematics (STEM) studies and eventually produce more experts and professionals in the STEM-related fields.

The presence of these colleges in Ranau and Bintulu - which are expected to open their doors in 2020 and 2021 respectively - also ensure that deserving students have an opportunity to pursue their studies under a secondary education system that emphasises on the importance of STEM subjects.

The construction of MRSM Ranau, located not far from the Ranau Sports Complex and with a gross floor area of 26,000 square metres, is scheduled to commence in the third quarter of 2018. The building of the college in Bintulu, which shares the same square metre space as its Sabahan equivalent, would begin in 2018.

Both colleges will accommodate up to 450 students and house academic blocks, science laboratories, hostels, multipurpose hall, sports facilities, living quarters for teachers and a surau.

Ceremonies to launch the projects were held on October 26 in Ranau and October 27 in Bintulu. In Ranau, the event was officiated by the Chief Minister of Sabah, Tan Sri Datuk Seri Panglima Musa Haji Aman.

Also present were members of the Sabah state cabinet and senior state government officials, PETRONAS senior management as well as senior officials from MARA.

"This collaboration between the Sabah State Government, PETRONAS and MARA will ensure that the young generation is equipped with the right knowledge and skills to face the challenges of the future," Tan Sri Musa, in his speech at the ceremony, said.

PETRONAS President & Group Chief Executive Officer Tan Sri Wan Zulkiflee Wan Ariffin reinforced the views of the Chief Minister.

"Education is the single most important tool for improving equality of life. Through the construction of the MRSM, PETRONAS remains steadfast in supporting and working closely with the government of Sabah to help contribute towards providing better access to education and capability building.

"We truly believe that empowering individuals through quality education, the right knowledge, skills and resources is key in the development of human capital that will benefit not only Sabah but also Malaysia," he said.

The event in Bintulu was graced by Chief Minister Datuk Patinggi (Dr) Abang Johari Tun Openg. Members of the Sarawak senior State Government officials, PETRONAS' senior management officials as well as senior officials from Yayasan Sarawak and MARA accompanied him.

"Through the construction of the school, PETRONAS remains steadfast in supporting and working closely with the government of Sarawak to help contribute towards improving the lives of the communities in the state," Tan Sri Wan Zulkiflee said.

"Our education initiatives focus on providing better access to education and capability building. We truly believe that empowering individuals through quality education, the right knowledge, skills and resources is key in the development of human capital that will benefit not only the state but also Malaysia."

Apart from the colleges, PETRONAS is also constructing two hostels (Asrama Harian Luar Bandar) at SK Balambangan Banggi in Ranau and another at SK Orang Kaya Muda Pakeri, Paloh in the Daro district of Mukah division.

Both hostels will provide better access to education for rural students residing in Pulau Balambangan, an island off Kudat in the northern part of Sabah, and those living in Kampung Paloh, Kampung Berangan and Kampung Kedang for the Bintulu area.

The construction of both hostels will commence next year and would be completed in 2019, with each of them accommodating 120 students.

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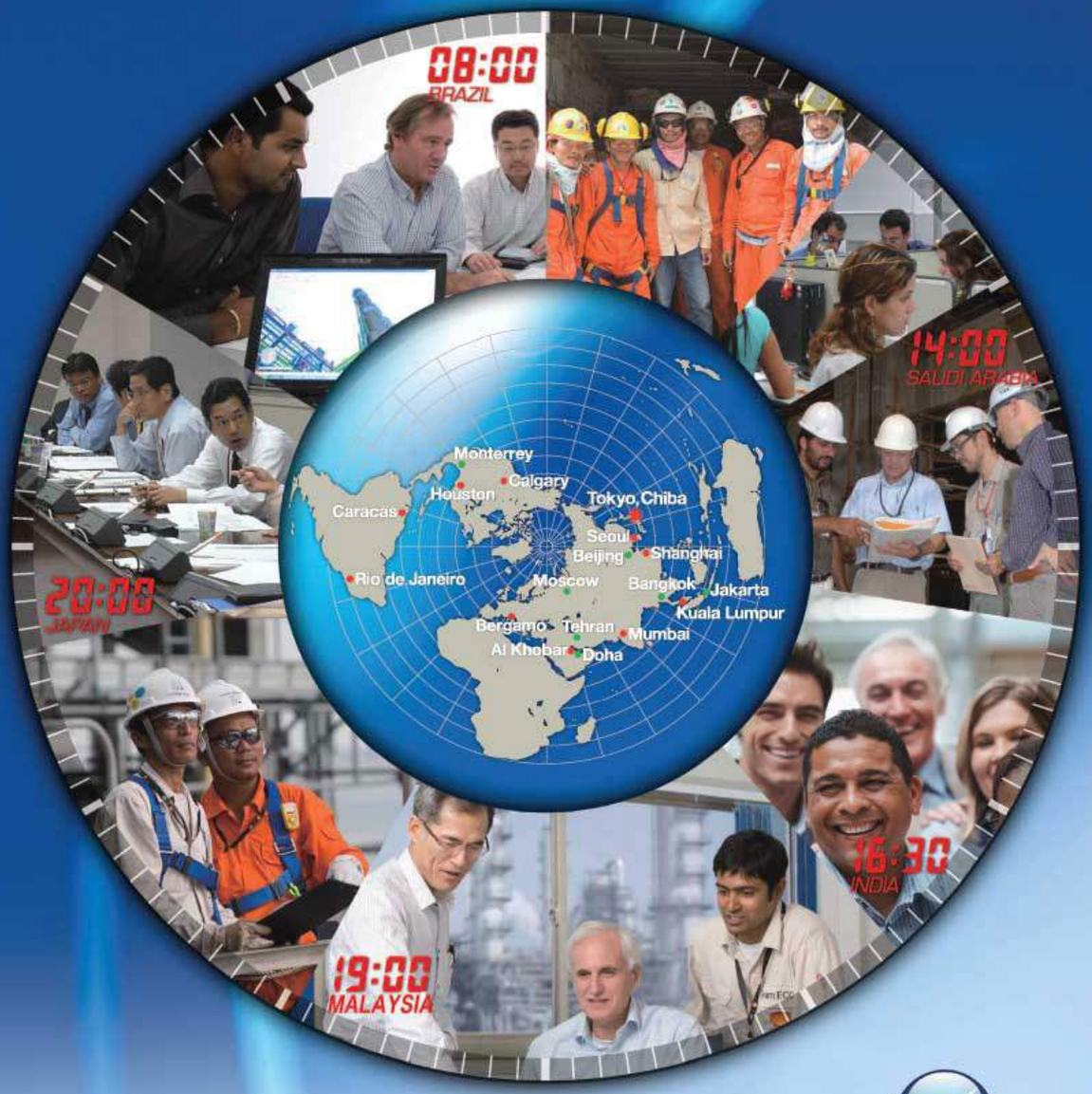

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Palm Garden Golf Club is one of the most spectacular and beautiful golf courses one is likely to play. Strategically nestled in Putrajaya, Malaysia's administrative capital, Palm Garden Golf Club is located in IOI Resort City along with the hotels, Putrajaya Marriott, Le Meridien, and Palm Garden plus the mega shopping mall IOI City Mall all just within 5 minutes of driving distance. Only a mere 20 minutes drive to the heart of Kuala Lumpur and 25 minutes drive to KLIA, Palm Garden Golf Club is an ideal stopover for travelers wishing to squeeze in a round of golf prior to departure.

With its enchanting landscape and undulating fairways, course designer Ted Parslow has once again proven his mettle, which is akin to a master jeweler, transforming an uncut stone into a gemstone. The course embarked on a major redesign in 2010 and the newly reconstructed 18 holes opened for play in April 2012. Open for play 7 days a week, Palm Garden is the first Premier Public Course to allow buggy on course. The club also offers play on a jumbo flight, whereby up to 6 people are allowed to tee off per flight. Palm Garden is also the first golf club in Malaysia to introduce the Big Hole Golf (the size is an 8" cup and available on every 1st Wednesday of each month) making it into the Malaysia Book of Records. Thanks to bigger holes on the green, golfers are now able to enjoy a fun golfing format in addition to holing out very much easier from the fairways.

The greens are carpeted with Bermuda Tifdwarf, while the tee boxes and fairways are planted with Hybrid Zoysia. The feature of this crown jewel is its numerous "trade-mark" high lipped bunkers and challenging greens with average speed of 10.5' on the stimpmeter. The unique two tier drink hut which is strategically located in the heart of the course offers breath-taking views of the course and the surrounding wetlands.

The new course is complemented by a Mediterranean styled clubhouse adjoining the recreational facilities section, which comprises of an Infiniti, Jacuzzi and wading pools, mini gymnasium, tennis court and sauna. The R5ve Café offers a panoramic and breathtaking view of the course while diners enjoy a delectable selection of local and western cuisines. The venue has now become the favourite playground of the country's elite, including top politicians, royalties, corporate figures and numerous corporate and private events are hosted here on a regular basis.

Palm Garden has been accorded numerous accolades since its opening in 2012, the recent being voted as the club with the 'Best Greens' by ParGolf People's Choice Award 2017, the SuperBrands Award 2017, as well as being nominated for being the 'Best Maintained Golf Course' by Malaysia Golf Awards 2017.

Palm Garden GOLF CLUB
IOI Resort City · Putrajaya

INTENTIONS INTO ACTION:
Realising the SDGs

By: Brian Cracknell

Acting in line with the United Nation's call, companies are now raising awareness and incorporating Sustainable Development Goals into their business plans.

The UN Sustainable Development Goals (SDGs) provide a firm foundation for individual businesses to be a force for good. Ban Ki Moon, ex - UN Secretary - General, set out the role of business in contributing to the SDGs and affirmed that business must take the lead in addressing them.

On 25 September 2015, countries adopted a set of goals to end poverty, protect the planet, and ensure prosperity for all as part of a new sustainable development agenda. Each of the 17 SDGs has specific targets to be achieved by 2030.

Outcome Focussed

Acting in line with the UN call, companies are now raising awareness and incorporating SDGs into their business plans. Nevertheless, actively engaging and focussing efforts around them is lacking. Businesses should not wait for society and consumers to consider the SDGs as important business priorities. They need to spur the process, not just because of SDG brand value among consumers.

It is not just about funding. Projects, the precursor to assets, are critical to achieving this goal. Businesses need to focus on outcomes through their projects and the ensuing benefits and deliverables. Innovation is a given. Rather, transformative projects are central to achieving the SDGs. Project managers and project sponsors must build sustainability in planning, doing, monitoring and handover. How can this be measured and demonstrated? New metrics and tools are needed.

Thinking innovatively about how we deliver, not what we deliver, is where business success lies. For example, responsible behaviour is fundamental to how a company does business, not an optional add-on. We must all embed responsible business practice into business-as-usual.

Harnessing Resources

So it is a case of matching business priorities with sustainability impacts. How can we harness project resources to contribute toward a wider view based on People, Planet, Profit, Process and Product (P5) and align with the SDGs? SDGs should not become another box to tick, another factor buried in a sustainability report.

But how to select from the wide-ranging 17 issues? The answer is to find where to unlock potential, build capacity and deliver benefits in your own particular business context. Start by identifying where your work naturally aligns with the SDGs. On which goals does your company have an impact? Do not confine your contribution solely to implementing a particular goal. Ensure business actions align with SDG implementation, and raise awareness about the SDGs themselves and their potential for a better world.

Looking at SDG 6 - Clean Water and Sanitation - we can address this from a project perspective, on the basis of three key impacts:

- **Quality** - impact on water quality that the project and/or the project's product will have on the habitats and species affected, over the total asset lifecycle
- **Consumption** - amount of water that the project and/or the project's product will withdraw during its life cycle
- **Displacement** - amount of water to be displaced from the natural water table as a result of the project or project's product

The question is: does the project manager have policies and procedures in place (governance) to account for water and sanitation? Does it extend to distributors and suppliers?

McDonald's India recharges 106,400 of water annually, using about 50 percent of rainwater that falls on its restaurant roofs. Responsible recycling such as this achieves several sustainable project outcomes, including:

- Protects natural resources by reducing need to source raw materials
- Provides marketing opportunities where the project or organisation can demonstrate their use of responsibly sourced materials

This supports SDG 12, to substantially reduce waste through preventing, reducing, recycling and reusing.

Local procurement adherence also achieves a number of sustainable project outcomes like reducing CO2 from transportation and supporting improvement of supplier capacity and experience. This, in turn, supports SDG 12, promoting sustainable public procurement practices in line with national policies and priorities.

Goal 13, Climate Change, is clearly a way for many companies to:

- Strengthen resilience and adaptive capacity
- Integrate climate change measures
- Improve education, awareness-raising and human and institutional capacity.

Each year humans consume 1.6 planets' worth of resources. Regenerative Development must become the central focus - to repair what has been damaged while ensuring that current needs are met and safeguarding resources for the future.

The Global Goals are inherently interconnected. Action taken toward one Goal can support achievement of others in, say, finance, technology and capacity building. Partnering for the Goals, SDG 17, is an example: Can you support others in achieving their goals? How to help governments achieve one of their targets? Are there industry coalitions that allow for contributions for the greater good? Can the project play a supporting role?

A great example is Unilever, a Fortune 500 company which has partnered with organisations like Greenpeace and The Rainforest Alliance.

This shows that, to move beyond 'business as usual' to sustainable business, we need a certain type of leadership. Sustainability and strategy go hand in hand. Leaders need to recognise and articulate this.

The ecosystem in which a business operates informs corporate strategy, decision-making and project objectives. Project managers and their teams must be aware of the Global Goals and how to work with them effectively to generate optimal sustainable impact.

Sustainable Reality

Just creating sustainable products is not going to solve the problems that humanity faces. We must regenerate what was lost in the process. The global movement towards regeneration has begun and is gaining momentum. Rapid population growth, overconsumption and massive destruction of Nature, made more potent by technological developments, result in human-induced impacts.

Alarming news arrives daily from around the world, yet degenerative development continues.

We must ensure that projects not only drive innovation, but do no harm in the process. Pool ideas to drive transformation, look for more efficiencies but also commit to project success.

For projects, the questions "Should we be doing X?" and "What are the impacts beyond Time, Cost and Scope?" must be answered. "Is this project going to over-consume natural resources, contribute to biodiversity loss, or increase carbon in the atmosphere?" Above all, "Is this the best way to realise the intended benefit?"

Sustainability and its reality is becoming a transformative force. Only success in governance, social behaviour and environmental stewardship will enable businesses to sustain long-term financial success.

TAKING THE ROAD LESS TRAVELLED

By: Group Strategic Communications, PETRONAS

On August 21st, 14 members of the media braved into the depths of the jungle. And not just any jungle - but Sabah's largest remaining untouched lowland dipterocarp forest. They came to join some 100 researchers and scientists from the world over for the Imbak Canyon Scientific Expedition. The mission was to conduct a study at Batu Timbang, an unexplored area within the valley.

The journey in itself was a stunning discovery.

Located about 300 kilometres away from Kota Kinabalu, Imbak Canyon is a treasure trove gazetted as a Class 1 Forest Reserve by the State Government in 2009, making it one of Sabah's most promising eco-tourism products.

Petroliam Nasional Berhad (PETRONAS), Malaysia's national oil and gas company came into the picture back in 2010 with the initiation of partnership with Yayasan Sabah to conserve the majestic 30,000 hectares of Imbak Canyon Conservation Area (ICCA). PETRONAS is investing a total of RM83 million for the promotion of ICCA which also includes the construction of the Imbak Canyon Studies Centre (ICSC).

It took the delegation close to nine hours to reach Imbak Canyon from Kota Kinabalu due to rough weather conditions. On a good day, it would take about seven hours. Half of the journey was on paved roads, while the rest was on gravel and dirt roads accessible only by getting onto four wheel drive vehicles.

COMPLEX IN THE HEART OF THE FOREST

Emerging in view is the first destination, the Imbak Canyon Studies Centre, a complex unlikely to be found in the middle of the jungle. Complete with state-of-the-art laboratories and modern facilities, it allows research works to be done on specimens close to its natural habitat. The centre is a part of PETRONAS' long-term Corporate Social Investment efforts under the Environment thrust. The newly erected complex is already housing studies - from over 600 unique species of flora and fauna, a gene bank is being created for conservation efforts as well as to promote sustainable use of natural resources for pharmaceutical and biotechnological needs.

Built with environment in mind, the complex, complete with living quarters of a 3-star hotel standards is complemented with solar power supply. At one time, the living quarters can accommodate up to 250 visitors.

Living Quarters

ICSC Office Complex

Wisdom Tree - *One can't help but wonder what a 1,000 year-old tree has borne in its lifetime. Growing at only 0.55 in diametre every year, the 250 feet Big Belian tree is nature's display of patience and perseverance at its best.*

Tengku - Adlinni - *the smallest rafflesia breed*

Ever Flowing - *the pure gleam of the 30 - metre wide Imbak Falls is one of the many inspirations to preserve the valley for future generations*

GOING DEEPER INTO THE UNKNOWN

Not letting the comfort of modern amenities distract their journey, the delegation got back on the roads towards Batu Timbang base camp to witness the scientists and researchers at work. Stopping them at the tracks was a delicate beauty, Tengku-Adlinni, the name of the smallest rafflesia breed. The simply stunning flower takes about 9 months to reach its maturity only to bloom for a week or two. Such is nature, gracing visitors with the surprise of its splendour.

Nature never fails to mesmerise, and living in modern times, it is easy to forget its critical role in our daily lives. It is up to us to play our role to reciprocate and preserve our habitat. The growing interest in Imbak Canyon as a catalytic effect of the Imbak Canyon Studies Centre opens opportunities to surrounding communities in Tongod district to widen their source of income - not to mention the pride of having their natural heritage receive global attention.

Being encapsulated in nature can be one of the most humbling experiences, realising that there are many more secrets and wisdom of Mother Earth waiting to be discovered. When PETRONAS and Yayasan Sabah took the road less travelled to invest in this valley's future, it paved the way for more of us to have the opportunity to do so.

Immersed with nature - *a researcher on-site setting up traps to catch bats to document amongst others; the species, age, diet, and sociability.*

Making Progress - *Scientists and researchers share their findings from rare species of frogs, bats and birds, for the future of the Batu Timbang base camp.*

Appreciating the Artisan

By: Jacqueline Pereira

The demand for artisanal appreciation has created a more mindful market, catering to those who prefer meaningful purchases.

A market tote woven by marginalised aboriginal women. Repurposing discarded safety belts. Locally sourced materials lovingly fashioned into contemporary design for global appeal.

The demand for artisanal appreciation has created a more mindful market, catering to those who prefer meaningful purchases. Although not a new trend, it has gained traction recently, tapping into the need to be more conscious of our environment and the world around us. Also, taking into account sustainable societal needs, keen purchasers don't mind paying a premium if they are assured by the knowledge that they are giving back to sidelined communities. In reducing wastefulness, not only is excess reined in, but the improved environment ultimately benefits future generations.

As early as 1997, UNESCO and the International Trade Centre's (ITC) final report defined craft or artisanal products as those produced by artisans either completely by hand, aided with hand-tools, or even by mechanical means. As long as the artisan's direct manual contribution remains the most substantial component of the finished product.

Artisanal products are rooted in their distinctive features - be they utilitarian, aesthetic, artistic, creative, culturally attached, decorative, functional, traditional, or religiously and socially symbolic and significant.

Allo scarf from Nepal

Creating Culture

The Allo scarf is neither as soft as cashmere, nor as warm as wool. Yet it's meant to keep you warm when it's cold, and cool when it's hot. That's not all. Women in Nepal's villages harvest the Giant Himalayan Nettle stems to extract its fibre. This is minimally treated so that the nettle, like linen, softens with use.

As part of Nepal's growing sustainability endeavours, village women knit these scarves. Their handiwork is then sold in Kathmandu's 'Craft with Conscience' shops. After the fibre is spun into yarn, the scarves are hand-knitted, preserving their natural tones. The type of nettle on which the fibre grows determines its unrefined shades. The intricate lace motifs, too, are a treasured legacy of different villages.

Senijari, a heritage-inspired lifestyle brand, promotes Malaysian craft through unique contemporary designs and products. For instance, songket, a traditional special-occasion fabric, is interwoven into intricate edgy jewellery and crisp, cool table runners. In Malay 'art' is 'seni' and 'jari' means 'fingers', thus symbolising the act of creating art by the human hand. Each unique handmade piece embodies the Malaysian artisan's individuality and skill, enhanced by European design.

To ensure sustainability, viability and visibility in today's world, social enterprise Senijari works very closely with local artisans. This is to ensure the quality of work, but also to assure the commissions provide a sustainable income to the rural artisans, as well as preserving and safeguarding heritage craft.

Kedai Bikin's artisan at work

Sustaining Society

Small-scale companies focusing on local craftsmanship especially embrace this Artisan Economy. With well-travelled customers preferring to make conscious choices, the demand for local sustainable products is growing.

A progressive idea from the Biji-biji Initiative is to champion sustainable living through creative re-use of waste material such as discarded safety belts made into purses, pouches and bags. With more than 90 per cent of materials procured locally, they merge the sciences behind sustainability with a passion for design and art.

By contrast, Helping Hands Penan is an NGO that grew from a school's social visit. Handmade by displaced Penan people, a nomadic tribe in East Malaysia, the light PVC bags are increasingly sought after, selling out at every pop-up stall. While production is monitored and quality controlled, the NGO ensures that proceeds flow back to help fund the tribe's youth educational, social and economic needs.

Producing small quantities of meaningful artisanal products in an environmentally friendly way ensures social enterprises with potential improve the overall economy. Each product comes with a strong story-a key selling point. Local, authentic and sustainable, creative craft is cause for celebration.

Telling Stories

Every item in the eclectic Kedai Bikin tells a story. The item's history, the person who makes it and - most significantly - where it comes from. Embodying a cool, tropical vibe with a touch of LA inspiration, the retro items have been modernised to fit with contemporary lifestyles.

In valuing its Malaysian identity, the brand revives the past and pushes the envelope by working with selected artisans to add to the item's aesthetic appeal.

Kedai Bikin offers a range of Malaysian - crafted home accessories and customised fittings. Working directly with Malaysian artisans, they also invest in regional talent to create a platform, nurturing individual, well - designed and reasonably priced furniture without compromising artisanal qualities.

From handmade ceramics to Merdeka string chairs, the array of sustainable pieces takes you back to a well - remembered past. Yet each aspect of the furniture, bedding or bags is fine - tuned to suit modern sensibilities. Minimal and functional, the items are user - friendly and come with their own compelling tales. To keep the conversation going...

Merdeka Chairs, black and white

String Family Kedai Bikin

Pattern printed skirt

Old Malaya

Nala Designs, a lifestyle brand, specialises in pattern design. Its Dutch creative director, Lisette Scheers, who's always lived in Malaysia, is inspired by Asian culture and heritage.

With a penchant for Old Malaya she translates these modern nostalgia patterns into different media such as fabrics, wallpaper, handbags, clothing, accessories, home - ware and stationery. Illustrated by hand, all the designs and colours encapsulate South East Asian diversity.

Reminiscent of simpler, more laid - back times, her designs draw on Malaysia's multi - cultural history and influences, reproduced in a range of refreshing, colourful and contemporary products.

Stools galore at Nala Designs

Fabric foot work

Helping Hands Penan's handiwork

Dewan Filharmonik PETRONAS

DEWAN FILHARMONIK PETRONAS (DFP) is home to the Malaysian Philharmonic Orchestra (MPO) and is Malaysia's first concert hall dedicated to classical music. Located at the PETRONAS Twin Towers, it was officially opened on 17 August 1998 by the patron of the MPO, Tun Dr. Siti Hasmah Haji Mohd Ali and former Prime Minister, Tun Dr. Mahathir Mohamad.

Designed by Cesar Pelli, the hall takes its inspiration from the traditional shoe-box shape of the great 19th century European concert halls with the magnificent Klais Pipe Organ providing a spectacular backdrop to the hall's stage.

The hall seats 920 people at one time, which includes box seats, corporate suites and a royal suite. Acoustics experts Kirkegaard and Associates have incorporated unique acoustical devices into its design to maximize the hall's natural spectacular backdrop to the hall's stage.

The hall seats 920 people at one time, which includes box seats, corporate suites and a royal suite. Acoustics experts Kirkegaard and Associates have incorporated unique acoustical devices into its design to maximize the hall's natural qualities.

Celebrating its 18th anniversary in 2016, DFP plays an integral part in the music and cultural landscape of Malaysia and the city of Kuala Lumpur. It continues to enthrall listeners as it has done since the day it first opened its doors. In addition to stimulating and enriching concerts by the MPO, world renowned orchestras including the New York Philharmonic, Philadelphia Orchestra, BBC Symphony and Vienna Symphony have performed in this hall.

Beyond classical music, DFP has hosted prominent ensembles of other music genres such as the Count Basie Orchestra, Yellowjackets, Ladysmith Black Mambazo, Mezzoforte, Pink Martini and Gotan Project. International stars that have graced the stage are Harry Connick Jr., Anoushka Shankar, Laura Fygi, Zakir Hussain, Larry Carlton and Diana Krall.

Renowned Malaysian artists including SM Salim, Sheila Majid, M Nasir, Siti Nurhaliza, Jamal Abdillah, Khadijah Ibrahim, Ramli Sarip, Ella, Yuna, Aizat, Hafiz, Najwa and Dayang Nurfaizah have mesmerised audiences at DFP.

Concerts by talented young Malaysians from the Malaysian Philharmonic Youth Orchestra (MPYO) continue to be hosted at this venue.

DFP's success is also attributed to its exceptional architectural design, superior acoustics and recording studio modelled after the legendary Abbey Road Studios.

REGAL AND HAPPY HOURS AT THE MPO

The presentation of fabulous concerts in November continues with the Concert of Community Youth Orchestras on November 24 (Friday) at 8.30 pm.

This programme, which celebrates the establishment of community youth orchestras in Malaysia, showcases the winners from the Ministry of Education's Wind Orchestra annual competition. The glittering finale features the best secondary school talent from Kelantan to Sarawak.

Paul Dyer leads the Regal Royal Fireworks on November 25 (Saturday, 8.30pm) and November 26 (Sunday, 3pm). The highlights of this elegant baroque concert are two rarely played arrangements, Sinfonia No. 5 by Brescianello and Rittler's Ciaccona à 7, that preface Bach's Regal Suite No. 4 with its high and festive trumpet parts.

Teenage Mozart's sparkling Divertimento that precedes Handel's perennial audience favourite, Music for the Royal Fireworks, written to celebrate the end of the war of the Austrian succession and the Aix-la-Chapelle treaty, are also part of performances.

The month ends with Happy Hour - Madrugada: Night Music where musicians and dancers combine for a show that blurs the lines between classical and mainstream compositions.

Artists hailing from four continents unite for one special evening only on November 29 (Wednesday, 6.30pm) to perform music of Brazil, Italy, Turkey, Estonia, as well as Grammy and Pulitzer Prize winning composers John Corigliano and William Bolcom.

Ella

'Live' with the MPO

A Rock Queen's Journey

MPO CLOSES THE YEAR WITH A BANG!

Dewan Filharmonik PETRONAS (DFP) will close the fabulous year of merry music-making with a variety of music offerings.

Local rock queen Ella will collaborate with the Malaysian Philharmonic Orchestra (MPO) presenting her timeless hits in symphonic arrangements on Saturday, 2 December 2017 and Sunday, 3 December 2017 at 8.30 pm. Conductor Ahmad Muriz Che Rose will weave magic to lead the orchestra in concerts themed A Rock Queen's Journey.

Next up are concerts themed Classics at the Movies scheduled on Friday, 8 December 2017 and Saturday, 9 December 2017 at 8.30 pm. Naohisa Furusawa will lead the MPO through the soundtracks from movies such as Pirates of the Caribbean, Platoon, Star Wars, Titanic, The Sting, Die Hard and Superman.
The concerts will also witness the MPO performing side-by-side with its protégé, the Malaysian Philharmonic Youth Orchestra (MPYO).

The MPYO will hold its own concert themed Elixir of Youth on Sunday, 10 December 2017 at 3.00 pm. The concert will witness Malaysian child prodigy Tengku Irfan returning to the DFP podium and debuts as a conductor in Malaysia. He will co-conduct the MPYO with Naohisa Furusawa in a repertoire that comprises works of Ravel, Barber, Dvorak and his own composition.

A chamber concert is scheduled on Monday, 11 December 2017 at 8.30 pm whereby the musicians of MPO and MPYO will present engaging repertoire.

Highenden, Benjamin Disraeli's country home Bateman's gardens

Home Visits

By: Jacqueline Pereira

Well preserved homes of famous people offer insights into their lives in a long-past era.

A person's home is not only his castle. The home as a purveyor of personality often reveals fascinating facets of the owner that are not on display.

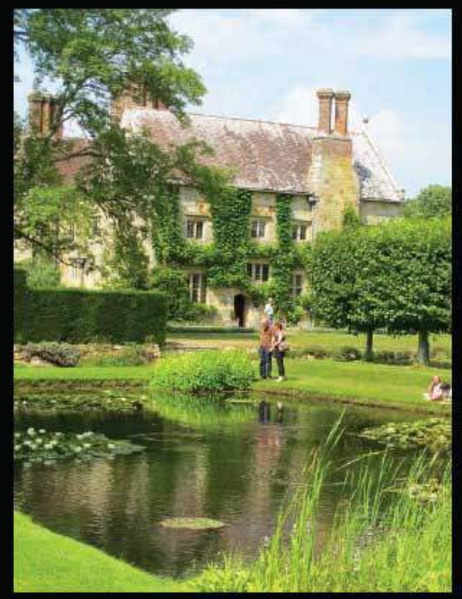
Staying away from crowds, I like nothing better than scanning the top of a writing table in a book-filled study and looking out of windows at magnificently blooming gardens. Sometimes I wander into famous people's tiny separate bedrooms, imagining their thoughts before bed. Or I sit (if allowed!) in a chair and take in the view of rolling hills from a reading nook. I greedily devour the old newsletters, signposts and letters, in awe of the effort and time spent in communicating thoughts and words.

Whenever I am in England, I consider it a treat if I manage a half-day visit to a famous person's historic home. Wondering at the lives they led is inspiring, once you realise their great impact on history and how unwittingly they changed the way we view the world.

If you are a novice, there's no better place to begin than at the UK's National Trust. Founded by a social reformer, a priest and a lawyer in 1895, the charity preserves the nation's heritage and open spaces in England, Wales and Northern Ireland. Among other things, they care for coastlines, castles and one of the world's largest art collections.

The Trust bought its first house for just £10, saving Alfriston Clergy House in 1896 and restoring it to its former glory. They protect all kinds of endangered wildlife, too, and grow and serve 18th-century vegetables on the menu at Attingham Park's Carriage House Café. All places donated to the Trust remain in their care forever, accessible to everyone. In 1943 author Beatrix Potter-one of their biggest supporters-donated 4,000 acres of countryside and 14 working farms to the Trust, as well as her 17th-century farmhouse, Hill Top, in Cumbria.

The Trust's excellent site www.nationaltrust.org.uk lists recommended places, seasonal displays and even a podcast series on walking. Best of all, they currently take care of over 500 historic houses, castles, ancient monuments, gardens, parks and nature reserves.



Bateman's gardens

A rich and colourful past

My first 'famous home' visit more than two decades ago was to Petworth, a stately mansion nestled in the South Downs, on a perfect summer's day. Only the Chapel survives from the original medieval house but, after 1682, when Elizabeth Percy, daughter and only heir of the 11th Earl of Northumberland, married Charles Seymour, 6th Duke of Somerset, Petworth was completely rebuilt as a palatial baroque mansion.

I still remember walking through the great halls that still house the National Trust's finest art collection, admiring the depth of desire embedded within the four walls. Ornate curtains, exquisite carpets and antique furniture, each piece carrying its tale through the centuries. After strolling through the 700-acre deer park, with deer roaming nearby, I sat on the lawn to soak in the view.

George Bernard Shaw's bedroom

Time for tea

Then there was the time I marveled at the minute notebooks in which the Bronte sisters used to write, displayed in a glass case at the Brontë Parsonage Museum. At the Wordsworth House and Garden, I sat on the couch where the poet was inspired to write 'I Wandered Lonely as a Cloud'. I also found out there that, instead of writing himself, he used to dictate to his sister, a wonderful writer whose talent was never realised. At the Jane Austen Centre, the novelist's home in Bath and the backdrop to two of her novels, Northanger Abbey and Persuasion, a permanent exhibition welcomes fans with tours and talks.

Most often, these homes have a great little bookshop and a lunch or tea room with delectable cream teas, topping off each perfect outing.

Clear blue skies. Meaningful memorabilia. A wandering cat or two. And a person's presence that makes a house a home.

Shaw's Corner
George Bernard Shaw, Irish playwright and political activist
Shaw chose to live in this village after seeing a tombstone marking 70 years as a brief lifespan. He saw it as the right place to look forward to a long, fruitful old age. He lived for 44 years in the Edwardian villa built as a new rectory for the village in 1902.

Shaw's Corner

Kipling's study

In the image of The Jungle Book, one of Kipling's most-loved novels

Almost as if they had just left the room for awhile, Bateman's

I especially loved the garden's wildflower patch, buzzing with all sorts of insects hovering over wild blooms of every variety and hue. Another favourite spot was the revolving summerhouse at the far end of the garden where Shaw used to write.

Shaw was highly prolific, writing nearly 60 plays, and over 250,000 letters, articles and pamphlets. During his lifetime he was one of the world's most photographed and most quoted men - his words and opinions still resonate deeply today.

Bateman's
Rudyard Kipling, writer, 1907 Nobel Prize for Literature
One of his most famous homes, Kipling and his wife fell in love with the Jacobean house as soon as they saw it. It was built in 1634 and the couple lived there with their family for 34 years, regarding it as "A good and peaceable place'. Surrounded by the wooded landscape of the Sussex Weald, the 17th-century house, with its mullioned windows and oak beams, provided a sanctuary to this world-famous writer.

My favourite spot is his study, left almost untouched. The book-lined shelves, his messy desk covered in ink spots, and the day-bed make it very much his space. From the desk, the view of a road winding its way through undulating hills would inspire anyone. As would the incredible rose garden and waterlily pond.

The writer at Bateman's

Hughenden
Benjamin Disraeli, Victorian Prime Minister and author
The country home where the statesman lived from 1848 to 1881 has a rich history. Other than being the home of a charismatic personality with a colourful private life, it was also a base for a secret map-making organisation during the Second World War.

Hughenden's Second World War exhibition highlighted its wartime activities that only came to light about 60 years afterwards through a chance visit by an ex-staff member of the house.

With interactive exhibits and eye-witness accounts, as I wandered through the cellars where they had recreated a dark room, an ice house, sleeping quarters and living space it was like being taken on a private tour into the past.

Delectable sustenance at Hughenden

Hughenden was the base for a secret map - making organisation during the Second World War

Lush red. Rich textures. Giant geometric shapes.

There's more. Fashion designers this season have broken boundaThere's more. Fashion designers this season have brokenboundaries. Yet retained previous seasonal trends that have weathered well. Vibrant, vital hues accented with a twist of frippery and fun.

Take the colour red. It's worn boldly as the colour of the season, even flashily from head to toe. Givenchy created an entire collection dedicated to this intrepid hue. Think back to slinky dresses at Versace, slick coats at Giorgio Armani and those over-the-knee boots at Fendi. Sparkle and shine lit the runways with shoes that shimmered. From Chanel's space - age theme to Saint Laurent's diamanté pairs, it was go bling or do not go anywhere at all. Whether oversized tweed jackets, slouchy trousers or enormous holdalls, big was wildly brazen.

This season, too, it's all about going over-the-top - but subtly. With a careful curator's eye and an inherent sense of understated style.

A feminine, structured bag, the Kan I beautifully marries modern functionality with ingenious creativity.Perfect for night or day, with a handle or shoulder strap, it is a quirky yet elegant take on a staple accessory. This contemporary bag is accented with the new logo, a single F, and embellished with surprising, exquisite details. Embodying the Fendi muse, framing her free spirit in Fendi's graphic heritage.

Iconic Modernity, Fendi

Unconventional Classics, MCM

Combining bold craftsmanship with unconventional style, MCM (Modern Creation Munich) Fall Winter 2017 Collection is luxuriously modern - day. Framed in sophisticated shapes, the sunglasses subtly capture modern glamour in their perfect balance of image and function. Mixed materials and distinctive metal details create contrasts that prompt interest.

Endlessly Rejuvenating, Menard

Formulated for dynamic, progressive women, Authent II is a revolutionary cream that unceasingly rejuvenates. Breaking away from traditional approaches, the creators of this cream seek a substance that nestles deep in the skin, bringing about beauty brimming with suppleness. The resulting rich, smooth cream with a melting texture offers hints of aromatic rose, orange flower and violet. Immediately absorbent, the cream delivers luminosity with lasting moisture. Extracts of Semi - Plena Rose, Purple Barley Seed, Oil - Soluble Sweet Cherry Seed and Boat Sterculia Seed add specialised moisturising ingredients.

Revel in the familiar yet unexpected revelations of the Autumn Winter

BREAKING BOUNDARIES

By: Jacqueline Pereira

Essence of Design, Lanvin

Ever[illegible] Lanvin Men's ready-to-we[illegible] an unexpected detail, the subtlety of a shift, the humility of a fabric. Emblematic elements of the masculine wardrobe - check shirt, parka, duffle-coat or chinos - have all been reworked and enriched. "I wanted to concentrate on the essence of the design, the construction and proportions", explained Lanvin's artistic director. Malaysia's first flagship LANVIN store is located in Pavilion Kuala Lumpur.

Urban perspective, ic!berlin

The latest urban collection is inspired by the mid - 20th - century brutalist architecture movement, encapsulating uptown office buildings and dilapidated downtown housing estates. With its new 3D collection ic!berlin explores ideas of perspective and contradiction with fresh hybrid constructions, printed textures and seasonal plotic colours. Allowing for free exploration of shape, construction and ideas.

SLOW MOVEMENT

By: Jacqueline Pereira

The rise of slow movement activities incorporating low-intensity steady state (LISS) exercises has proven benefits for health, weight loss and wellbeing.

A 60-something British Army colonel went on a mission to track down a 'Fountain of Youth' formula he had heard about when stationed in India. He returned four years later, completely transformed, brimming with good health and vitality and looking no more than 35.

His friend, US author Peter Kelder, captured the experience in his book, Eye Of Revelation: The Original Five Rites of Rejuvenation in the 1930s. The retired colonel, who stayed in a monastery, claimed that the Rites, now commonly known as the Five Tibetan Rites, were all that was needed to slow the ageing process.

Slow movement exercises are not a new phenomenon. The Rites, apparently first formulated 2,000 years ago, take about 20 minutes a day. They each incorporate 21 repetitions. Preferably performed a few times a day, the simple yoga-based postures align energy chakras.

The repeated movements emphasise breath synchronisation and flow, rather than speed or number of repetitions. It is believed that, in activating and balancing the body's energy points, the physical body follows suit in functioning properly.

Some of the Rites' benefits include increased energy; weight control; normalising hormonal imbalances; improved digestion, mental clarity and sleep; less stress and developing core and arm strength.

TAKING IT SLOW

Research increasingly shows that low-intensity exercises not only offer more health benefits - especially to the immune system - but is also a more sustainable approach to long-term exercise.

Meanwhile, the more popular high-intensity training boasts increased metabolism, better fat loss and more calories burnt in a short time. The promised results motivate those who are especially pressed for time.

But the rise of the slow exercise movement has proven that pushing your body may not be the most effective way to lose weight or tone up. However, slow exercises can be harder than high-intensity workouts because they require you to focus more on muscle groups and spend more time holding certain poses, instead of trying to do as many repetitions as possible. Rather than getting the heart rate up, these exercises aim at keeping it between 60 and 80 percent - the optimal fat-burning zone.

This movement, labelled LISS (low-intensity steady state) focuses on maintaining the same pace for a set time, usually 30 to 60 minutes. The exercises are also safer and easier on the joints, as movements are performed precisely to gain maximum benefit. Slowing everything down actually turns it into a high-intensity exercise.

The super-slow movement allows your muscle, at the microscopic level, to access the maximum number of cross-bridges between the protein filaments that produce movement in the muscle.

Experts say it is also harder as, to be effective, one has to get to the point of muscle fatigue, thus ending sessions feeling quite spent. Low-intensity exercises mean more oxygen can course through the body. As fat needs oxygen to break down, more is burned. Another plus - exercising slowly means not risking injury. It also builds strong bones and joints.

Low-intensity exercises and incidental daily everyday movements such as shopping, walking upstairs or doing housework also count as low-intensity exercise. To understand exercise intensity it is helpful to know your maximum heart rate (MHR). Low-intensity exercise gets you to about 40 to 50 percent of your MHR. Or take the talk test; if you can talk and sing while exercising without running out of breath, you are exercising at low intensity.

In slowing down and taking stock of your exercise routine, opt for a gentler, more sustainable fitness approach for your general wellbeing.

LOW-IMPACT EXERCISES

Most trainers define low-impact as exercise where one foot stays on the ground at all times. Choose from these:

1. Walking

A stress-free way to get moving and clear your mind. Head uphill or add weights, if it takes too leisurely a turn. Don't miss out on a lunchtime stroll, choose your feet over your car.

2. Yoga

An ancient practice that improves strength, flexibility and muscle tone, while calming the mind and reducing stress. A series of deep-breathing postures held for a set time period.

3. Tai Chi

A gentle, fluid movement that improves fitness, flexibility, concentration and strength. The flowing succession of slow and graceful movements burns calories and raises heart rate significantly.

4. Swimming

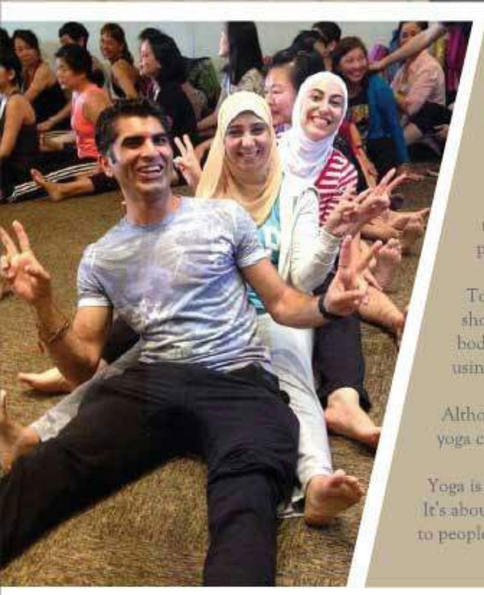
Swimming is a great low-impact exercise with several benefits, from strengthening shoulders to improving lung function. An ideal workout, especially for beginning to get fit or recovering from an injury.

5. Hiking

Hiking's benefits are many: burning up to 370 calories an hour, improving cardio-respiratory fitness, lowering risk of coronary heart disease and stroke, high blood pressure and type-2 diabetes. It works almost every part of the body, too.

6. Golf

Bonus points for skipping the golf cart, carrying your own clubs and walking the course. It is also relaxing to be outdoors, soaking up Vitamin D and promoting bone growth. Golf's social aspect also connects community and maintains relationships.



Deep

Deep Yoga Centre, Country Heights, Kajang

"I have been practising yoga for more than 20 years and it has become a part of my life. I feel joy when I move body according to the postures. Yoga means to be present, literally being in the moment without thinking about the past or the future. So when I begin to move my body, my mind stays present. Yoga is a holistic science that, with practice, helps the mind become more peaceful, celebrative and creative.

To me yoga is the alternative therapy to 21st-century symptoms, including back pain, hunched shoulders and joint aches - all pressures inflicted on the lumbar spine. Bad posture creates pain in the body when we don't know how to breathe, sit, walk or stand properly. Once we learn the right way, using certain positions, our muscles will be strong to hold our bodies well.

Although you can begin yoga at any age, be mindful of your own physical capabilities and limitations, as yoga can be strenuous. I only do posture practice for five days and breathing practice for the other two.

Yoga is a slow-movement exercise. I don't do any other exercises. My body's healthy and so is my mind. It's about self-assessment in creating good posture and breathing patterns. I focus on spreading good energy to people around me. To me, yoga is a complete science, only I must be aware how I use it.

Seema Viswanathan

Editor-In-Chief: female, Her World, SHAPE, Blu Inc Media

"I used to hike when I was younger, then I became really unfit. Five years ago I started bootcamp and then went to Nepal in 2015. I did a little hiking there, rekindling my love for it. I'm also now in much better physical shape for it.

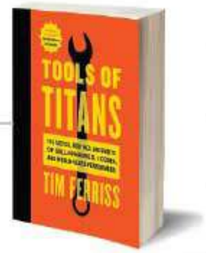
For me there aren't any lows in hiking... the aches and pains from the physical exertion have become what we call 'a good sore'. I just feel positive and full of life after a hike. Especially as we hunt for a good meal afterwards! I go on hikes almost every other weekend. My favourite trails? Prague, Nepal and, of course, Mount Kinabalu.

Although hiking burns many calories, I still stick to my thrice-weekly HIIT, weights and functional training sessions so I can do better on hikes. Generally, I prefer a low-intensity workout. I'm a slow hiker, but I can go far.

I'd recommend hiking to others for the joys and benefits of 'forest bathing'. Nothing revitalises quite like the 'green' and 'clean' air in a forest, the silence or general good nature of other hikers you meet on the trails."

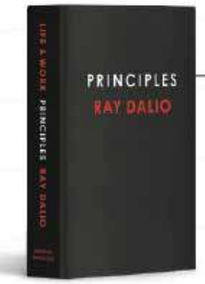
FIVE MUST-READ BOOKS OF 2017

The growth of leading CEOs is often tied to their unquenchable thirst for knowledge and books supply a rich source of information and insights. We compile five tomes on business and leadership that you might want to pick up soon...



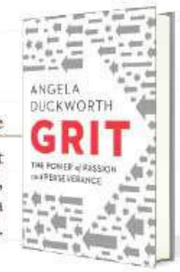
1. **Tools of the Titans: The Tactics, Routines, and Habits of Billionaires, Icons and World-Class Performers**

The host of The Tim Ferris Show spoke at length to over 200 renowned figures ranging from entertainment superstars to Special Operations commanders to black-market biochemists to distill their ideas and strategies into 704-pages. Ferris has broken down the tome - published in December 2016 - into chapters such as fitness, money and wealth for readers who prefer to skip and skim books.



2. **Principles: Life and Work**

In his 592-page recollection, Dalio - who founded investment firm Bridgewater Associates out of his small New York apartment in 1975 - reveals the unconventional principles that he has developed, honed and applied to earn more money for his clients than any of his hedge fund rivals. Dalio also explains how these distinctive principles defined Bridgewater's culture and underpinned his success.

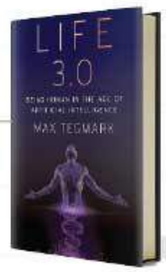


3. **Grit: The Power of Passion and Perseverance**

A 333-page rumination on a human trait may not be everyone's liking but Angela Duckworth puts out a strong argument for "grit" to be a better indicator of success than IQ and talent. In Grit, Duckworth - who has advised the White House, World Bank and Fortune 500 CEOs - produces a perceptive and practical approach to discovering and developing maximum potential.

4. **Hit Refresh: The Quest to Rediscover Microsoft's Soul and Imagine a Better Future for Everyone**

This 273-page story of corporate reinvention at Microsoft, co-authored by its CEO Satya Nadella, is intertwined with his personal journey. Nadella recalls how the company rediscovered its soul and, in the process, changed its working culture, a viciously competitive landscape and partners. He also advocates that our values to be placed higher above all as we brace for the next wave of digital disruption.



5. **Life 3.0: Being Human in the Age of Artificial Intelligence**

Stephen Hawking identified Artificial Intelligence as the "most important conversation of our time" and welcomed Max Tegmark's 384-page work as a "thought-provoking book (that) will help you join it." An MIT professor, Tegmark examines the question on how we could prosper through automation without leaving others lacking income and purpose. An odd choice here but Tegmark's contemplations are worth exploring.

FIVE USEFUL APPS IN 2017

Companies are as good as the tools on which they rely on and deploying the right applications has never been more crucial than today. In this list, we suggest five beneficial downloads of the year

1. NetSuite

This is the app that you might want to possess for scalable enterprise resource planning at your fingertips - especially when you are away from your desktop or laptop - that allows the management of expense reports, purchase orders, business dashboards and security records. The app is tagged as the world's fastest growing financial management system with more than 20,000 global organisations signed up.

Slack .2

A chat platform that was born out of a now-defunct online game, Slack has transformed into a team communication tool that collates exchanges - whether you belong to a large corporation or small enterprise - under a single section. This enables users to track and organise conversations by topics and projects and integrate workflow from existing tools from Google Drive to Zendesk.

3. Salesforce

Salesforce merges your Chatter, CRM, custom apps, and business processes into a single integrated platform for the creation of client-centric business that includes marketing, sales, customer service and business analysis. Live updates and a real-time view of your business plus reports and dashboards are available when you need them so you can make informed decisions from anywhere.

BambooHR .4

A cloud-based human resources (HR) software service for small and midsize businesses, BambooHR facilitates applicant tracking, benefits administration and performance reviews. HR professionals and managers will be kept abreast of organisational data such as employee turnover and retention and access a company directory that includes phone numbers, emails, photos and titles.

5. Trello

This project management app permits members to discuss a project or a task in real-time and loops everybody in via task assignments, activity log, and email notifications. The app uses the concept of boards, which correspond to projects, contain cards which contain task lists that can be used to track the progress of projects or to categorise items.

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