



MALAYSIAN PETROLEUM CLUB

RESOURCE MAGAZINE

VOLUME 29.1 JUL 2021 KDN: PP7878/12/2012 (031611)



Stay Safe, Stay Healthy!

TOGETHER
we can overcome
COVID-19





DIALOG

VALUED PARTNER IN THE OIL, GAS AND PETROCHEMICAL INDUSTRIES

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

Pengerang Deepwater Terminals
December 2020

DIALOG Supports

www.dialogasia.com


MyKasih
foundation

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**FREE
Clay Pot!**
Your set meal
comes
with a special
clay pot



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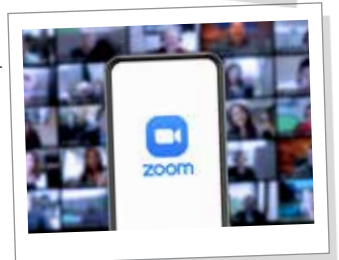
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MPC Food Delivery Service

Call/Whatsapp:

MPC Hotline

012 711 8342

Joe 016 264 3122

Shikin 017 646 6183

DELIVERY :

Daily except

Sunday & P.H

MEMBERS :

20% discount



MALAYSIAN
PETROLEUM
CLUB

**DELIVERY
DURING
MCO**



Club Manager

@your service



WFH with MPC home delivery!

Yes, working-from-home is our new normal in this difficult Covid-19 pandemic period. But you can still have delicious, quality food from MPC that you love. We are just a call or a Whatsapp message away. We have all compromised a lot during numerous lockdowns so why compromise even more on your meals when there is no need to? Call us today after checking out our numerous menus and we will deliver to your doorstep. What's more, Members enjoy a special discount.

There are so many to choose from: Nasi Arab, Penang Seafood Pasembor, Tiffin Set, Hi Tea and Express Dulang Set Lunch. While we are highlighting these monthly and weekly mouth-watering delicacies, we will also cater to your favourites from our Temana and Dulang menus. Come discuss with us. Let us be of service to you even when you have to work-from-home, or because dine-in is not allowed yet.

We have also included easy recipes that you can whip up a delicious quick meal while working from home. You can also indulge yourself with essential oils. Learn how to pamper yourself with the oils and what their benefits are. There's also a special Member-Get-Member promotion for Golden Members in their golden age. Check out our MPC Magazine for more information and benefits.

REMEMBER, as our esteem member, we have given you an e-voucher to celebrate your birthday and that of your spouse with MPC. So let us know and we will send all your birthday goodies to you via Home Delivery during this national lockdown. What's more, because you cannot celebrate the birthdays of your loved ones, friends and colleagues in person right now, why not send them exquisite meals for their birthday via MPC Home Delivery. They will love you for it.

So stay safe, stay healthy and stay assured that you can always order delicious, quality delicacies with MPC Delivery. We can overcome this together.

Shirley Tan
Club Manager

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Pn. Noor Afiza bt. Mohd Yusof
Datuk Hashim Wahir

CLUB MANAGER
Ms. Shirley Tan

DESIGN & EDITORIAL SERVICES
Layout/Design: Jane Ang
Hand phone: 016 6339293/016 3772800
Email: jane_a.mun@hotmail.com

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

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July Delivery

SET NASI ARAB

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

- Delivery : Daily except Sunday & P.H
- Promotion : 1st to 31st July 2021
- Members : 20% discount



SET
Ayam Bakar Clay Pot
Nasi Arab Basmathi,
Ayam Bakar,
Spicy Tomato Chutney,
Acar Mentah,
Papadum
RM210/5 pax

SET
Kambing Bakar Clay Pot
Nasi Arab Basmathi,
Kambing Bakar,
Spicy Tomato Chutney,
Acar Mentah,
Papadum
RM250/5 pax

FREE
Clay Pot !

Your set meal
comes
with a special
clay pot

Hi Tea Delivery
7 July- 30 August 2021
Daily except Sunday & P.H.

Hi Tea Pastries Set

- * *White Cookies with Chocolate Chips* (400gm)
- * *Layered Italian Tiramisu* (300gm)
- * *Vanilla Éclair* (4 pcs)
- * *Mushroom Quiche* (4pcs)

RM 75



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Call/Whatsapp:
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20%
discount for
members

Order below RM150, RM30 delivery charges apply

EXPRESS

DULANG SET LUNCH

• 1 July to 30 Aug 2021 • Dulang Suite • 12pm-2.30pm • Members 20% discount

STARTER

Oyster Florentine

Baked Oyster with Spinach and Topped with Mozzarella

Or

Crème Du Barry

Creamy Cauliflower Soup, Topped with Prawn Melba toast, Capers, Finished with Chives Oil

MAIN COURSE

Grilled Lamb Rack

Mint Risotto, Grill Asparagus Spears & Carrot, Rosemary Sauce

Or

Pan-Seared Salmon

Served with Edamame, Spinach & Onion Confit, Finished with Garlic Lemon Butter Sauce

Or

Pan-Seared Chicken Roulade

Mashed Potato, Cocktail Tomato, Grilled King Trumpet Mushrooms & Natural Chicken Jus

DESSERT

Italian Tiramisu

Layered Cream Cheese and Chocolate Cake, Coffee Syrup, Dusted with Coffee Powder
Finished with Scoop of Vanilla Ice Cream

Or

Fresh Fruits Platter

Melon, Strawberry and Mango

Coffee/Tea

RM 118 per pax



**MALAYSIAN
PETROLEUM
CLUB**

Penang SEAFOOD PASEMBOR

September Delivery



Deep-Fried Prawn
Filament Crab Stick
Fish Cake
Squid
Bean Curd
Fried Potato
Eggs, Fritters
Green Chili
Cucumber
Sweet Turnip
Peanut Gravy
RM150 (5 pax)

- **Delivery : Daily except Sunday & P.H**
- **Promotion : 1st to 30th Sept 2021**
- **Members : 20% discount**

Call/Whatsapp:
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**FREE
DELIVERY**



**MALAYSIAN
PETROLEUM
CLUB**

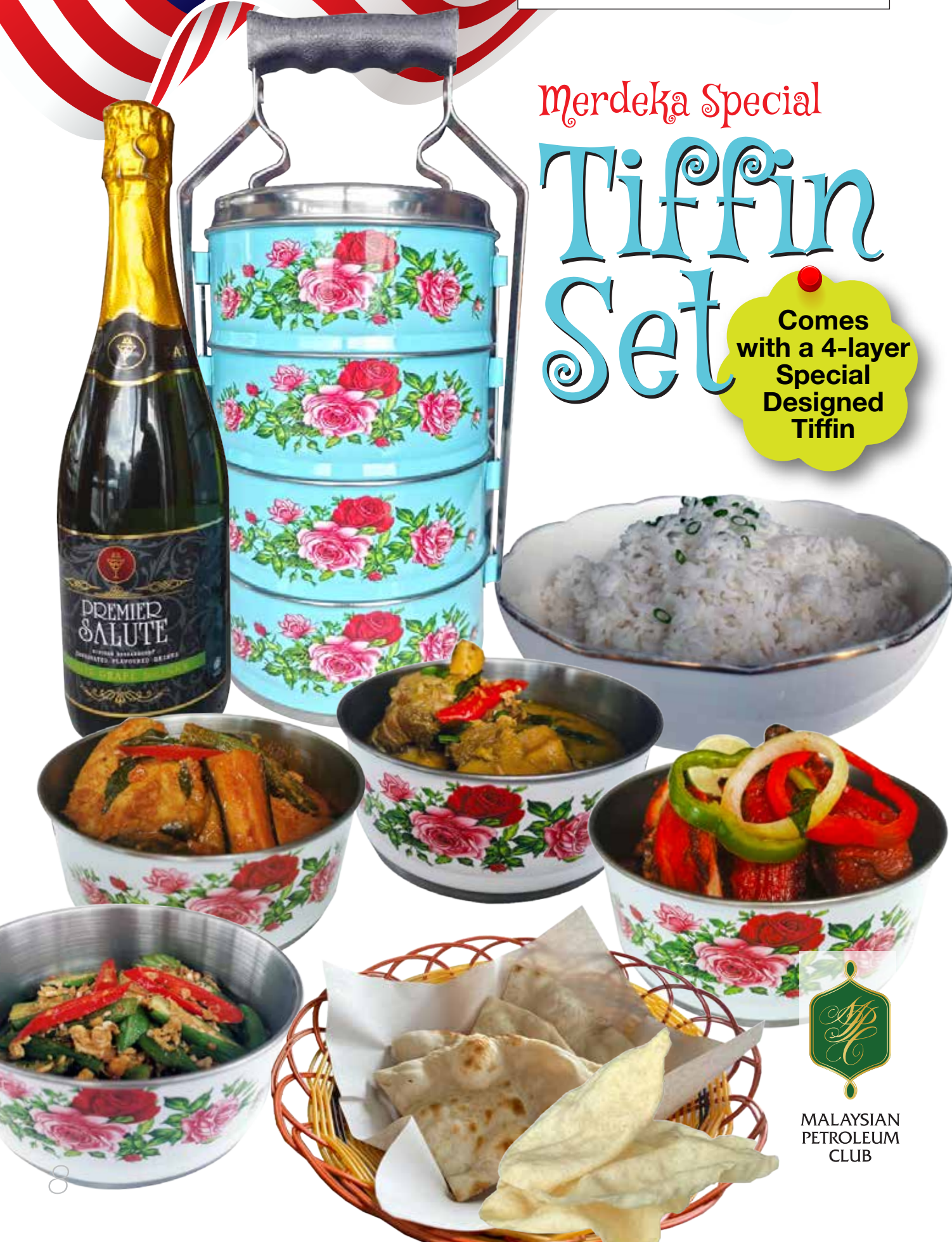


August Delivery

Merdeka Special

Tiffin Set

Comes
with a 4-layer
Special
Designed
Tiffin



MALAYSIAN
PETROLEUM
CLUB

Merdeka Special

Tiffin Set Menu

All sets come with a 4 layer special designed tiffin & a bottle of sparkling juice

Set A

Steamed White Rice
Chicken Curry Kapitan
Beef Dendeng
Gulai Lemak Nangka & Udang
Sambal Ikan Bilis & Tempe
Ulam Sambal Belacan
Keropok Ikan

RM280 (4pax)

Set B

Steam White Rice
Chicken Tandoori
Tenggiri Fish Curry
Lamb Shank Korma with Potato
Fried Ladies Finger with Egg
Nan Bread
Papadom

RM280 (4 Pax)

Set C

Deep-Fried Crab Claw & Chicken Roll
with Thai Chili Glaze
Crispy Boneless Chicken with
Oat & Mayonnaise
Minced Beef with Japanese Bean Curd
Stir-Fried Green Vegetables with Garlic
Seafood Fried Rice
Prawn Cracker

RM280 (4 Pax)



MALAYSIAN
PETROLEUM
CLUB

**FREE
DELIVERY**

Delivery :

Daily except Sunday & P.H.

Promotion :

2nd to 30th Aug 2021

Members :

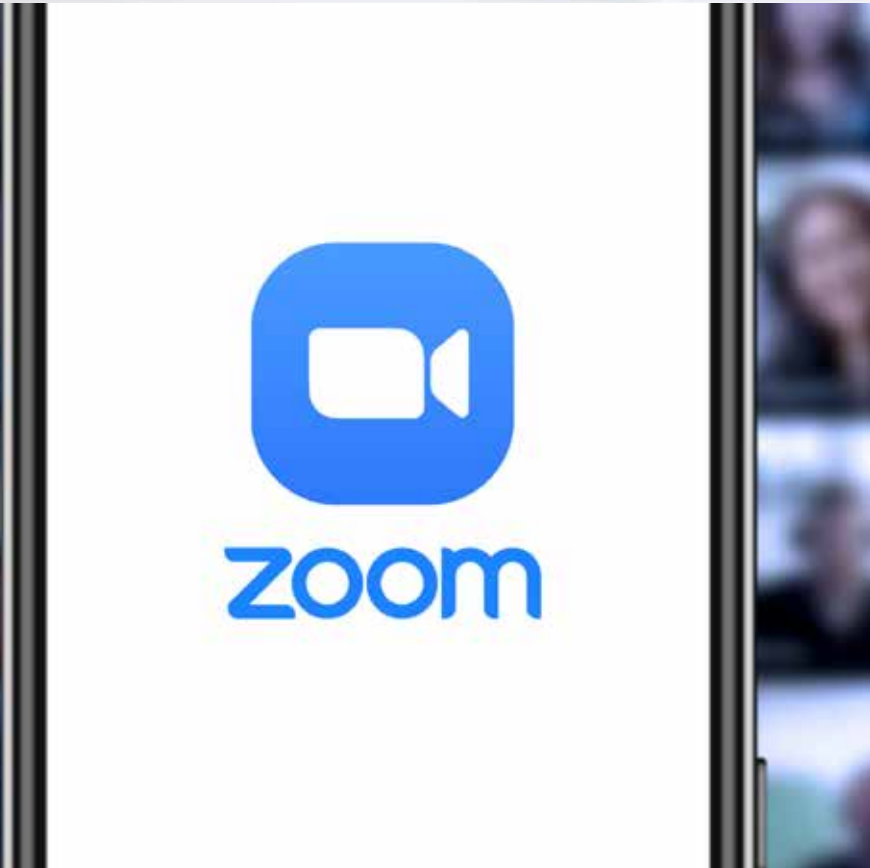
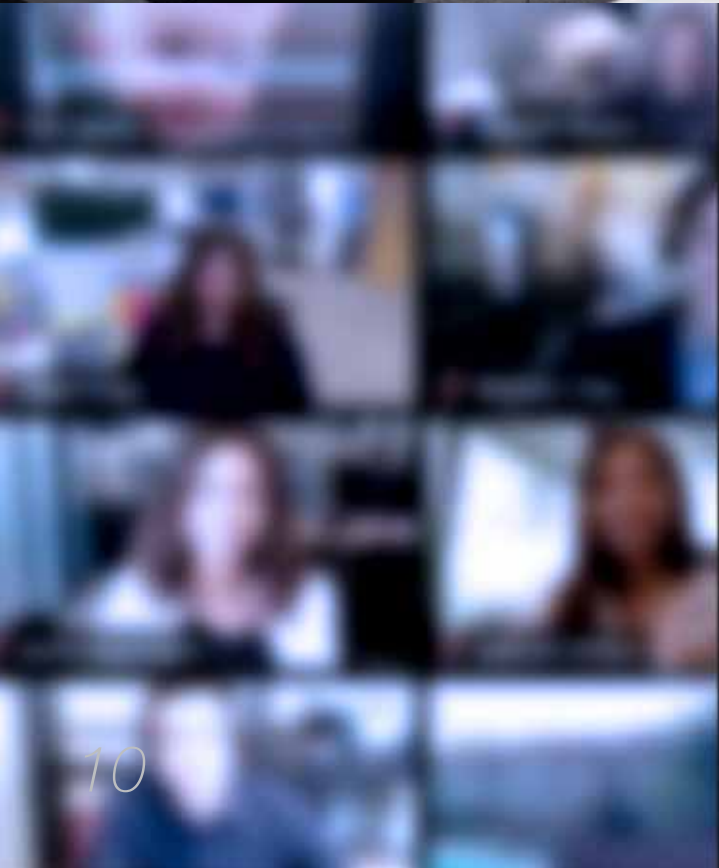
20% discount

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The COVID working-from-home revolution:

Are too many online meetings and notifications getting you down?



Online communication tools – from email to virtual chat and video-conferencing – have transformed the way we work. In many respects they've made life easier. Without them we could not have made the shift to remote working during the COVID pandemic.

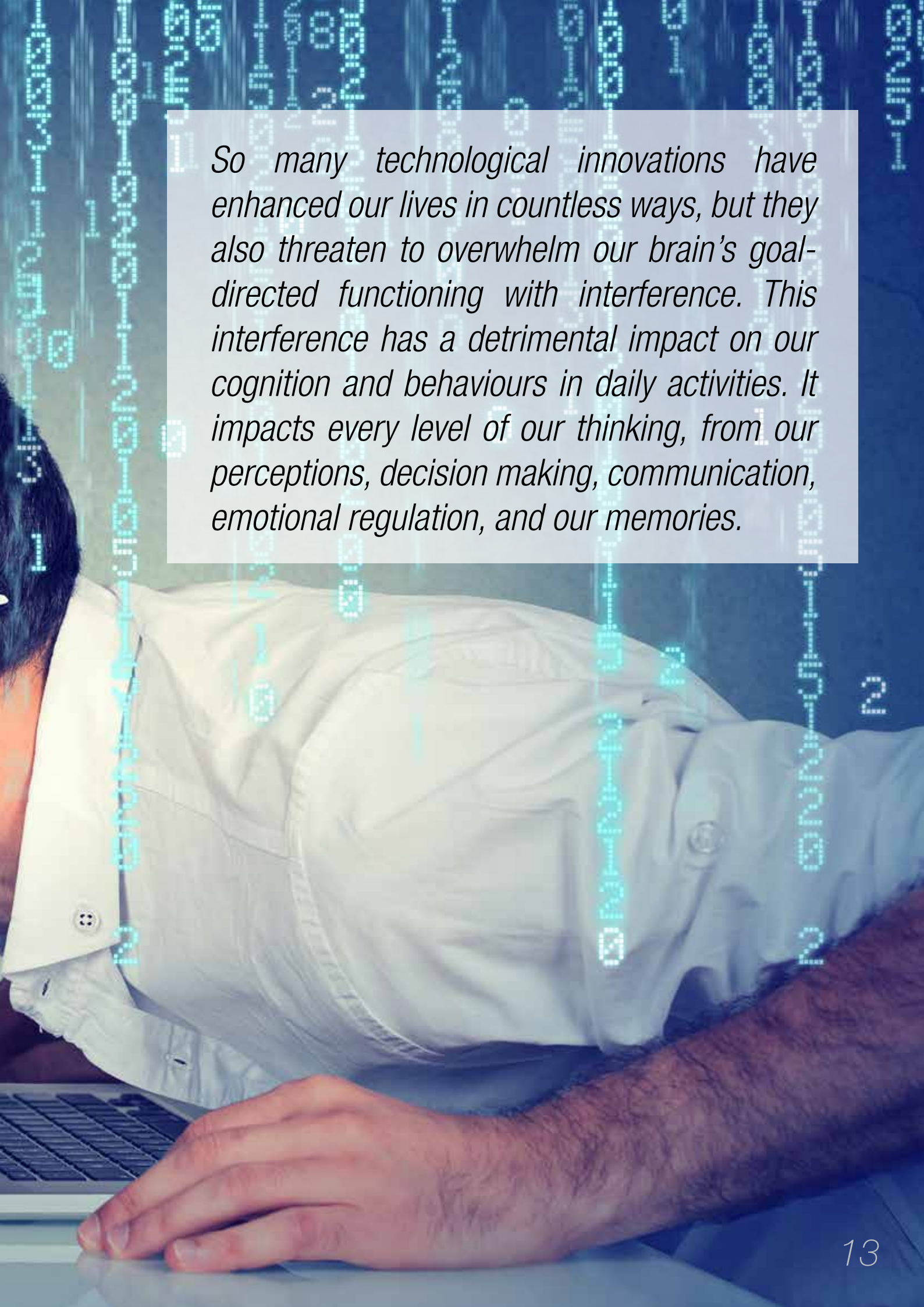
But are we now overly connected?

I and my colleagues have interviewed 120 experts from around the world to get a handle on the effects of 2020's working-from-home revolution.

What they told us suggests the desire to compensate for the lack of physical interaction is compounding digital overload – the phenomenon that technology researchers Larry Rosen and Alexandra Samuel described in the Harvard Business Review way back in 2015 as perhaps “the defining problem of today's workplace”.

As Rosen, a pioneer in the “psychology of technology”, explains in *The Distracted Mind: Ancient Brains in a High-Tech World*, his 2016 book co-written with neuroscientist Adam Gazzaley, our brains have not evolved for media multitasking.



A person wearing a white button-down shirt is shown from the side, resting their head on their hand while sitting at a desk with a laptop. The background is a dark blue gradient with vertical streaks of glowing green and yellow binary code (0s and 1s) falling like rain. A semi-transparent white rectangular box is positioned in the upper half of the image, containing a paragraph of text.

So many technological innovations have enhanced our lives in countless ways, but they also threaten to overwhelm our brain's goal-directed functioning with interference. This interference has a detrimental impact on our cognition and behaviours in daily activities. It impacts every level of our thinking, from our perceptions, decision making, communication, emotional regulation, and our memories.

On average, they reported using nine collaboration and communication tools every day. If that seems excessive, count how many you use. More than likely you have software for writing, email, instant message, calendars, file sharing, conferencing, work organisation and password management. That's nine just there.

More online fatigue

Our respondents also reported increased fatigue from being online all the time, and from being expected to send and respond to messages. As one of interviewee put it, the old problem of lack of information has been overtaken by how to keep up with all the information we are expected to take in and provide.

Online meetings were cited as particularly exhausting. This concurs with research showing the demands of constantly observing ourselves as performers leads to "Zoom fatigue".

3 tips to manage digital overload

You may not have much influence over the number of tools you use. But you can control how you use them. The key is to reduce "goal interference" – anything that interrupts or distracts you from the task in front of you.

Here are three simple principles to manage the load.

1. Switch between tasks less often

Research shows the idea of multitasking is a myth. Maybe we can cope with two things at time, such listening to music while working. But for any task requiring focus we have to make a cognitive switch. Studies show the more we switch, the worse we get at focusing on what's relevant to the task before us. Make fewer switches to maximise your ability to filter out interference from thoughts about other tasks.

2. Schedule set times for regular tasks

Behavioural experiments show those who check emails just a few times a day report lower stress than those who constantly check throughout the day. Make the effort to do related tasks in set times blocks (say 30 minutes). Give yourself the opportunity to really concentrate. Switch off unnecessary notifications and other distractions.

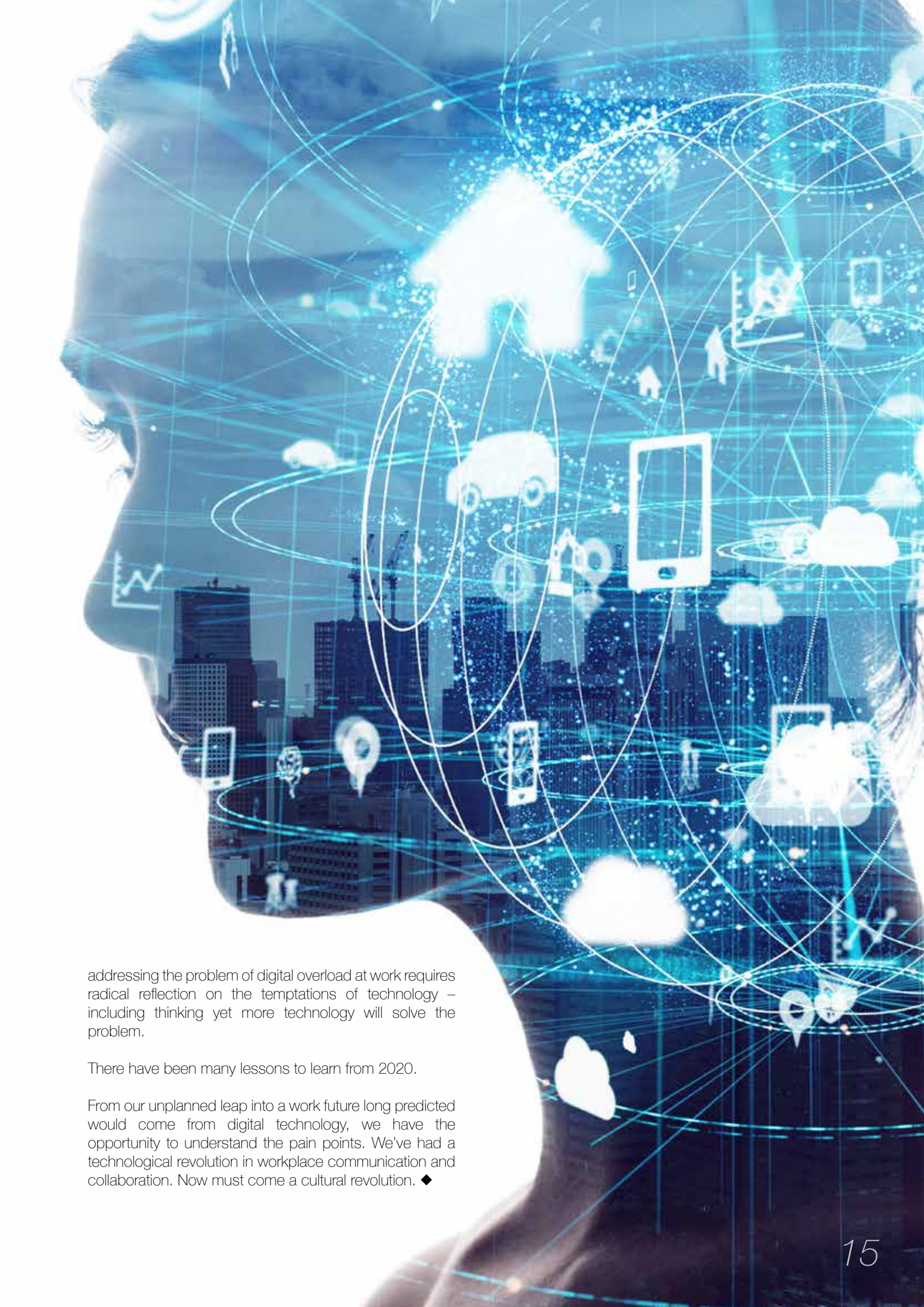
3. Limit unnecessary communication

Sharing information is important – knowledge is power, after all. But too much information becomes just another distraction. As another adage goes, data isn't information, information isn't knowledge, knowledge isn't understanding, and understanding isn't wisdom. Information in the digital age is a bit like food. Tens of thousands of years of scarcity has conditioned us to crave it. But abundance means we have to consciously check ourselves from consuming too much.

Changing work culture

These three tips are far from a complete solution, of course. As our interviewees underlined,





addressing the problem of digital overload at work requires radical reflection on the temptations of technology – including thinking yet more technology will solve the problem.

There have been many lessons to learn from 2020.

From our unplanned leap into a work future long predicted would come from digital technology, we have the opportunity to understand the pain points. We've had a technological revolution in workplace communication and collaboration. Now must come a cultural revolution. ♦

Egg Fried Rice



Ingredients

- 2 servings of rice about 3 cups cooked rice
- 3 large eggs
- 3 to 4 spring onions, finely chopped (about 1 cup)
- vegetable or canola oil for frying
- 1 tablespoon soy sauce
- salt and pepper to taste
- 1/2 tablespoon sesame oil
- 1/2 teaspoon sesame seeds

Instructions

1. Finely chop the spring onions.
2. Crack and beat the eggs in a bowl with chopsticks or a fork.
3. Heat a large skillet over medium high heat with 2 tablespoons of oil. Add 2/3 of the spring onions, and stir fry until soft and fragrant.
4. Reduce the heat to medium low and add the eggs, and gently stir to scramble until the eggs are set but still a bit runny. Transfer to a plate.
5. Turn the heat up to medium high. Add 2 tablespoons of oil, and stir fry the remaining spring onions until soft and fragrant. Stir in 1 tablespoon of soy sauce.
6. Add the rice, and fry the rice, stirring well and breaking up the clumped up rice, until well toasted.
7. Return the eggs to the pan and mix well with the rice, breaking up the eggs. Add salt and pepper to taste, sesame oil, and sesame seeds. Serve hot.



CALLING ALL *Members in their Golden Years!*

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



STEP 1

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



STEP 2

Only applicable for the members above 70 years old.



STEP 3

Still entitled for the RM50 monthly rebate.



STEP 4

The new member must be approved by the General Committee.



STEP 5

Approval will remain the same as in the constitutions.



**MALAYSIAN
PETROLEUM
CLUB**

**MEMBERSHIP
DEPARTMENT:
Dewi: 010 377 9542**



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

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

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

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

GET 3 CONFIRMED
NEW CLUB MEMBERS



SATURDAY PLATTER

Back By Popular demand!

**AVAILABLE FOR
DELIVERY ONLY**

- From 22 May 2021
- EVERY SATURDAY

MALAY PLATTER -RM228

Soto Ayam & Bergedil

Chicken & Beef Satay with Condiments
Kampung Fried Rice/ Steamed White Rice
Fried Chicken with Local Spice
Mackerel Asam Pedas with Lady Fingers
Fried Vegetable with Prawn
"Ulam-Ulaman & Sambal Belacan"
Salted Fish

2 Type of Malay Kuih



CHINESE PLATTER -RM228

Deep- Fried Special

Spring Roll & Chicken Lobak served with
Thai Dip

Buttered Chicken
Stir Fried Beef with Spring Onion
Wok Fried Prawn with Dried Chili
Sauteed Mix Vegetables with Beancurd
Cantonese Fried Rice
Laksa Sarawak

Assorted Malay Kuih



WESTERN PLATTER -RM228

Mushroom Soup with Garlic Bread

Deep Fried Chicken Chop with Mushroom
Sauce

Grilled Lamb Shoulder with Black Pepper
Sauce

Spicy Potato Wedges

Sauteed Seasonal Green Vegetables

Baked Meatball Carbonara with Mushroom
Spaghetti Aglio-Olio

Hot Waffle



4 DRINKS

Chilled Juice



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What are Essential Oils?





Essential oils are concentrated extracts of various plants. Practitioners use them in natural and alternative health practices, such as aromatherapy and naturopathy.

Essential oils are liquid extracts of various potentially beneficial plants. Manufacturing processes can extract the useful compounds from these plants.

Essential oils often have a much stronger smell than the plants they come from and contain higher levels of active ingredients. This has to do with the amount of plant matter required to make essential oil.



Interest in essential oils has revived in recent decades with the popularity of aromatherapy, a branch of alternative medicine that uses essential oils and other aromatic compounds.

There are different ways that manufacturers extract the essential oils, including:

Steam or water distillation. This process passes water or hot steam through the plants, pulling the essential compounds away from the plant matter.

Cold pressing. This process works by mechanically pressing or squeezing plant matter to cause it to release essential juices or oils. A simple example of this would

be smelling the fresh scent of lemon after squeezing or zesting a lemon peel.

After extracting the active compounds from the plant matter, some manufacturers may add them to a carrier oil to get more product from the same amount of essential oil. These products would no longer be pure essential oils, but a mixture.

Uses

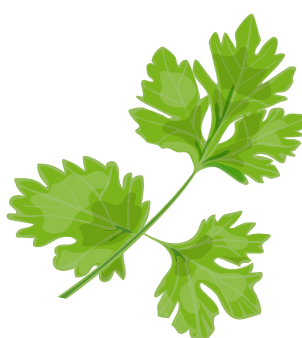
Manufacturers use essential oils to create a range of products. The cosmetic and makeup industry use essential oils to create perfumes, add fragrance to creams and body washes, and even as sources of natural antioxidants in some beauty care products.



Valerian



Rose



Parsley



Rosemary



Melissa



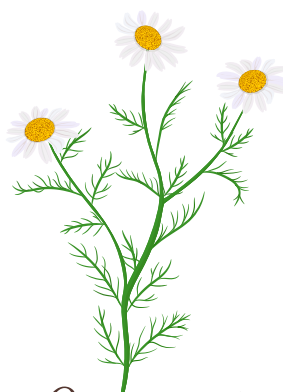
Lavender



Anise



Sage



Chamomile



Peppermint

Many natural medicine practitioners, such as aromatherapists, use essential oils. Aromatherapy involves diffusing these essential oils into the air.

Aromatherapists believe that breathing in essential oils might allow them to enter the lungs and bloodstream, where some of the potentially helpful compounds may benefit the body.

Anyone who has used a mentholated vapor rub to help clear their sinuses has used a form of aromatherapy. As inhaling menthol in this way can reduce feelings of congestion and shortness of breath.

As well as inhaling them, adding essential oils to a carrier oil and massaging them into the skin may also deliver the active compounds to the body.

People should never apply essential oils directly to the skin without diluting them, unless under the direct guidance of a healthcare professional.

It is also dangerous to swallow essential oils. Not only are essential oils extremely concentrated, but they can also irritate the sensitive cells inside the body.

Are they effective?

Some essential oils can be effective, depending on what a person uses them for.

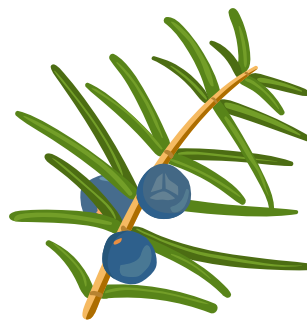
There is a range of plants that contain potentially active compounds. Manufacturers have turned dozens of these plant oils into essential oil products. Some of the most popular essential oils include:



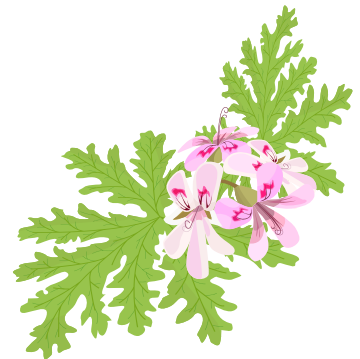
Bay leaves



Oregano



Juniper



Rose geranium



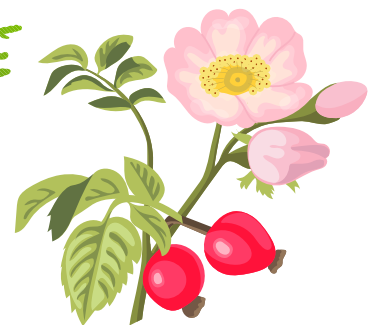
Lemongrass



Basil



Cypress



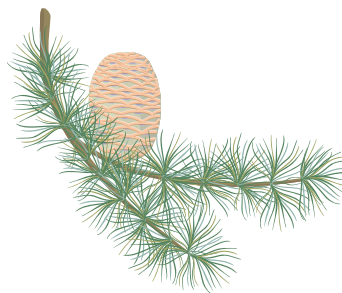
Rosehip



Marjoram



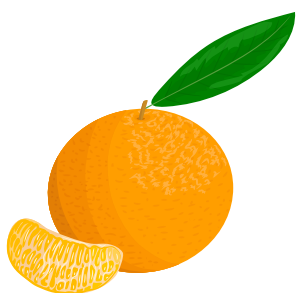
Thyme



Cedar



Pine



Tangerine



Bergamot



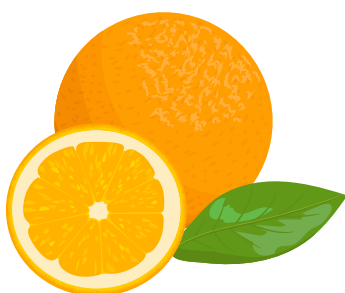
Sandalwood



Patchouli



Neroli



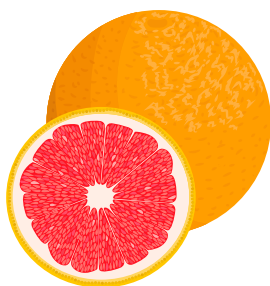
Orange



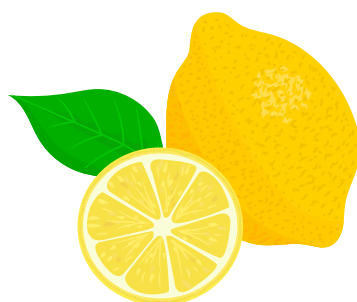
Neem



Cloves



Grapefruit



Lemon



Jasmine



Eucalyptus



The compounds in these oils may have some health effects on the human body, the following common health conditions may benefit from the use of essential oils:

headaches
constipation
depression
cold sores
sinus infections
sore muscles
anxiety



Tea tree



Nutmeg



Cardamom



Cinnamon

Essential oils



Vanilla



Ginger



Ylang-ylang



Myrrh



Frankincense



Camphor

Risks

Essential oils are generally safe when a person uses them correctly. Always dilute essential oils before applying them to the skin and never ingest them.

Like medications, essential oils must be treated with respect. It is important to seek professional advice and to follow instructions carefully. ♦





MALAYSIAN
PETROLEUM
CLUB

Happy Birthday

Free!
WHOLE CAKE



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

Free - One Bottle of Wine/Sparkling Juice, when you dine at MPC.

Free - One Birthday Cake, when you dine at MPC.

Free - Exclusive Sky Deck Viewing Experience.

50% - Discount for 4 – 10 people at any one of our restaurants.

Free!
ONE SKY DECK
ADMISSION

Free!
WINE/
SPARKLING
JUICE



Terms & Conditions :

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

**For reservation,
Call/Whatsapp
MPC Hotline
012 711 8342
Or Joe 016 264 3122
Shikin 017 646 6183**



50%
DISCOUNT
DINE IN

Good News!



MALAYSIAN
PETROLEUM
CLUB

Birthday treats extended to your spouse*



Free!
WHOLE CAKE

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

For reservation:

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

**Supplementary card holder only.*



Free!
WINE/
SPARKLING
JUICE



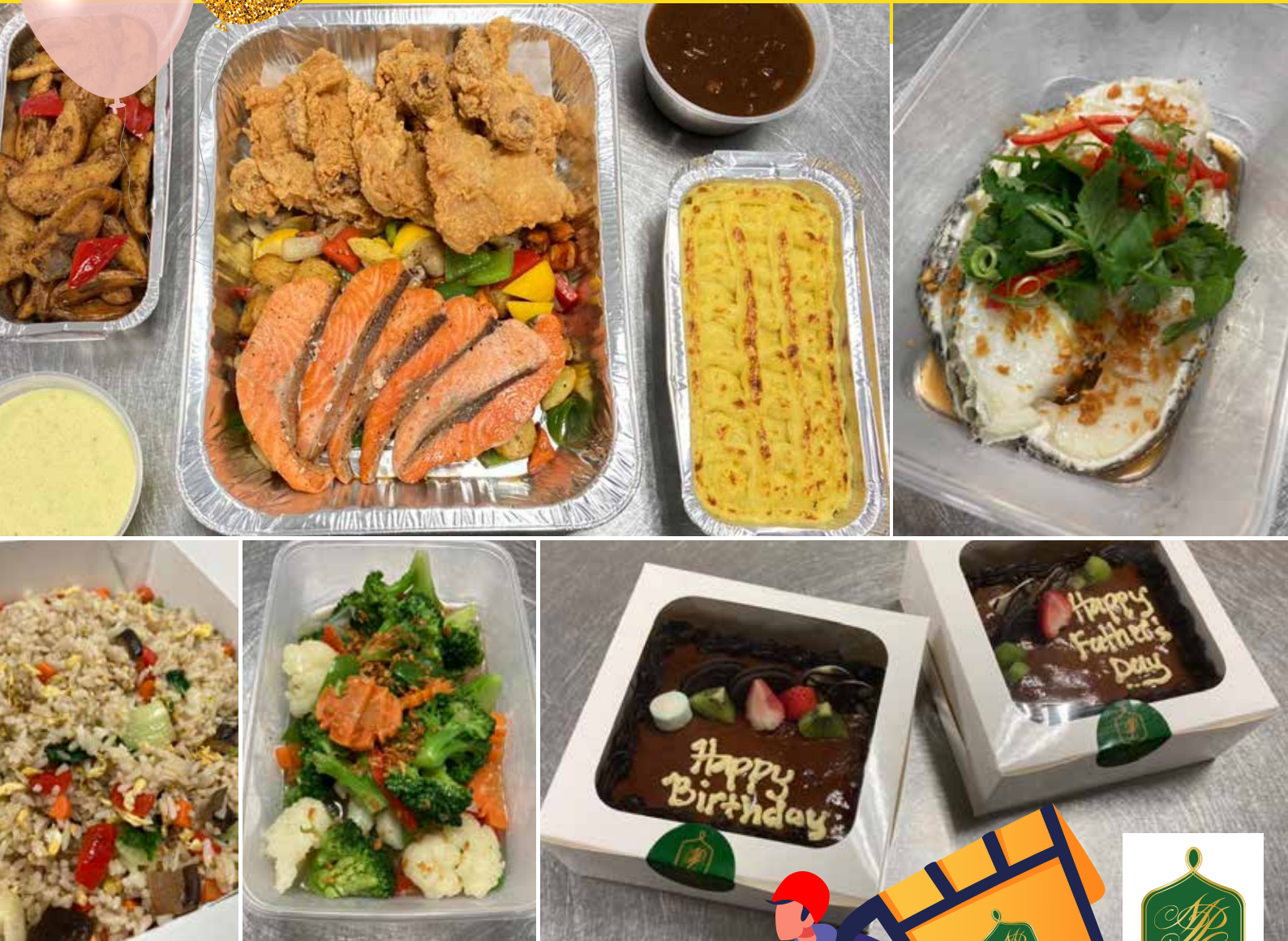
Free!
ONE SKY DECK
ADMISSION



50%
DISCOUNT
DINE IN



*All packed and ready
to be despatch to your
Birthday Party*



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

Delivery : Daily except Sunday & P.H.



MALAYSIAN
PETROLEUM
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**MINIMUM
ORDER
REQUIRED**

September Delivery **SET NASI KERABU**

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

- **Delivery : Daily except Sunday & P.H**
- **Promotion : 1st to 30th Sept 2021**
- **Members : 20% discount**



SET

Ayam Percik

Nasi Biru Bunga Telang
Ayam Percik
Ulam Campur
Serunding Kelapa,
Keropok Ikan
Telur Masin
Budu & Sambal Cili
Pepes Ayam
Lompat Tikam

RM188 (5 pax)

SET

Daging Bakar

Nasi Biru Bunga Telang
Daging Bakar
Ulam Campur
Serunding Kelapa
Keropok Ikan
Telur Masin
Budu & Sambal Cili
Pepes Ayam
Lompat Tikam

RM218 (5 pax)





Dulang Suite

FINE DINING



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





**SCAN QR CODE
FOR MENU**

For reservation Call/Whatsapp:
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Joe 016 264 3122
Shikin 017 646 6183



**MALAYSIAN
PETROLEUM
CLUB**



Temana Brasserie

FUSION DINING



Spectacular Western gastronomy blending with Asian flavours is at the heart of this cosy, chic restaurant.



**SCAN QR CODE
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THE SKYBRIDGE**



Cakes



Banana Cake
Black Forest Cake
Chocolate Cake
Chocolate Moist Cake

RM75.00 per kg

Tiramisu Cake
Carrot Cake
Fruit Cake

RM80.00 per kg

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

RM85.00 per kg

*For cake from the list above, we require at least 1 day order in advance.

*For customized cake, we require at least 5 days order in advance

*Additional Charges for customization or special requirement for decoration.



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THINGS TO DO AT HOME DURING LOCK DOWN

Remember the good old days, when you had a hobby and enough time to pursue it? What was it? Reading, painting, singing, dancing, anything! Now would be a good time to look back into your old box of hobbies and bring them out for entertainment. If you are unfortunately one of those, like us, who were not gifted with such talents. It's time for you to pursue a new hobby, or to catch up on some of the things that you put off for too long. Here are some things you could do.

Create a schedule:

Write everything you're going to do during the day. Writing things down makes it simpler for you to follow them through. Planning a schedule will also increase your motivation to stay healthy, which will help you follow the schedule on a timely basis.



Binge-watch your favourite series:

There is plenty of those web series we have pushed on our watchlist. Time to bring the stash out. Let's binge-watch them and fulfill our curiosity.

Read a book:

Did you know? Reading a book in a quiet environment is very calming. Let's feed our inner bookworm and snuggle up with your favourite book. Tip from us- Pair this session with a cup of hot chocolate or a hot coffee.





Write a novel:

Love writing? Do it, you have always wanted to write a short story or a novel, but couldn't find the time to? Then let your creative juices flow and compose your favourite poetry or story. Express your thoughts, feelings and ideas freely without being judged by society.

Stay active at home:

Can't go to the gym? Why don't you bring your gym to home? Do all your regular calf exercises, push-ups and planks like there's no tomorrow, all within the safety of your own home.

If you're trying to lose weight for a long time, make the most of this time. All you need is a corner of your house where you have the best space. There are lots of fitness routines available on the internet which you can choose according to your age and type of body.

Interact with your kids:

Time to bring out the inner kid in you. Remember those games from the good old days? With the Y generation not so active in indoor and outdoor activities, now is a great



time for you as a parent to connect with your child on a whole different level. How about some traditional games? Like Congkak, Batu Seremban, Yeh-yeh jumping rope or kicking the Capteh. Let's have some fun!!

Cook amazing healthy and tasty recipes:

Had a recipe in mind that you wanted to try out for a long time or a recipe on YouTube that you suddenly have the urge to try. Go ahead, prepare yourself a meal and enjoy it in candlelight. (Because why not!?) Here's a tip- Stocking up on pasta, beans, canned vegetables and spices is a smart idea so that more of your favourite recipes are within reach.





Get enough sleep:

Sleep plays a vital role in our immune system, metabolism and even our learning. This time is the only time you would feel so stress-free. Let's go to sleep everybody!!

We know how this COVID-19 pandemic has turned all our lives upside down and we will take a while to adapt to it. We hope the ideas we shared would help you out in more ways than one. Till then, stay safe, spend quality time with your family and loved ones. ♦

Is Turmeric Beneficial to Diabetics?

Consuming turmeric has long been suggested as a natural treatment alternative for several medical conditions. One such condition that may benefit from the consumption of turmeric is diabetes. While there is currently no definitive writeup outlining the full effects of diabetics consuming turmeric, there is plenty of anecdotal evidence and some preliminary studies that suggest consuming turmeric may help stop the progression or reduce the symptoms of diabetes.





So, how might turmeric be beneficial to those suffering from diabetes or prediabetes? Well, a lot of the reports mention turmeric's suspected ability to lower a person's blood sugar levels. This reduction in blood sugar is often credited to curcumin—a polyphenolic compound found in turmeric—which has been shown to improve insulin function. Curcumin is also believed to help protect the beta cells that produce insulin.

Though the good news is that curcumin seemingly possesses qualities beneficial to diabetics, the bad news is that the body has a difficult time absorbing it. To help better process the curcumin so it can begin to improve insulin function within the body, other substances may need to be consumed alongside to help increase curcumin absorption. One substance that can help aid in the absorption of curcumin is piperine—a chemical found in black pepper.

That said, is there an easy way for diabetics to incorporate more curcumin in their diets so they can begin to reap its many benefits? There sure is—simply cook more meals containing turmeric and black pepper. Fortunately, cooking with both substances is relatively easy as both turmeric and black pepper are found in many popular dishes including several varieties of curry.

As not everyone will find the taste of turmeric, black pepper, or both all that appealing, it's also worth noting that curcumin capsules can be found in the wellness aisle of many pharmacies and grocery stores. If you decide to go the capsule route, then consider seeking out a brand of curcumin capsule that also contains piperine to help aid in the curcumin absorption..◆



Homemade Japanese Furikake Seasoning 日本食

Furikake (Foo-ree-kah-kay) is a Japanese seasoning typically made with toasted sesame seeds, nori, salt, sugar. It varies from region to region can also include anything from bonito flakes, to chili flakes to miso powder to shitake powder to poppy seeds. Some versions even include dried shiso leaves.

Furikake is absolutely wonderful on just a simple bowl of rice, porridge, or udon noodles. It's also perfect for seasoning onigiri (Japanese rice balls), soba noodle





salad, grilled salmon, or rice crackers. But don't stop there, furikake is so versatile that I love to get creative and sprinkle it on these as well:

- Avocado – this is my favorite. Keep it simple and halve the avocado and season it with furikake as an afternoon snack. For a savory breakfast, smear your toasted bread with mashed avocado before you give it a good sprinkle of furikake. It's a Japanese-twist on avocado toast.
- Egg – you can totally replace salt and pepper with furikake on a fried egg or soft-boiled egg when you want something more punchy.
- Popcorn – planning on binge-watching Japanese shows on Netflix or a Japanese movie night? Flavor your homemade popcorn with furikake to keep to the theme.
- Pasta – oh yes, you can top furikake on Mentaiko Pasta, cacio e pepe pasta, or any simple creamy pasta.

So next time, don't toss the kombu and bonito after making dashi, and instead, create some homemade furikake seasoning and sprinkle it in your favorite dishes. If you make a big batch, you can even freeze the seasoning for a month. Furikake also makes a great holiday gift. Just pack the Japanese seasoning in a cute little glass jar to surprise your foodie friends and family!

Ingredients

- ½ cup white sesame seeds
- 2–3 seasoned nori sheets or plain
- ½ teaspoon salt, more to taste
- ½ teaspoon sugar (optional, but good)
- 2 teaspoons shiitake powder (toast alongside sesame seeds in the pan)
- 1 tablespoon dulse seaweed (toast alongside sesame seeds in the pan)
- 1 tablespoon black sesame seeds



- 1–3 tablespoons bonito flakes
- ½ teaspoon wasabi powder
- 1 teaspoon kelp powder
- ¼ teaspoon red chili pepper flakes
- 1 teaspoon miso powder
- 2 teaspoons dried shiso leaves



Instructions

1. In a spice grinder, pulse sesame seeds 1 or 2 times so that the seeds are partially ground, leaving some whole, taking care they grind quickly.
2. Place seeds in a cast iron pan (or sauté pan) on low heat, stirring every minute or so until they become fragrant and lightly toasted, 7-8 minutes.
3. Cut nori into small strips or you can also crumble with your hands.
4. Add to sesame seeds in a small bowl, along with salt and sugar.
5. Add the other additional ingredients. Toss until well mixed.
6. When cool store in an air tight container. Enjoy!



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App Registration

A screenshot of the IAC website registration page. It features the IAC logo at the top. Below it are input fields for 'Email address' and 'Password'. There is a checkbox for 'Keep me logged in' and a link for 'Forgot password?'. A 'Sign In' button is located below the password field. At the bottom, there is a link that says 'Not a member? Register here', which is circled in red. A red arrow points from this link towards the app registration form on the right.

You may also register via the App and it will take you to website registration page.

A screenshot of the IAC app registration screen. The title is 'Register for your IAC account'. Below it, a subtitle says 'Please fill out the fields below in order to access the IAC Membership Portal'. The form includes input fields for 'Last name' (with a hint 'Enter last name'), 'Home club' (with a dropdown menu 'Select home club'), and 'Membership number' (with a hint 'Enter member number'). A dark blue 'REGISTER' button is at the bottom.

Register with your Club membership number, surname and home club. You will then be asked to fill in a few details and to create a username and password.



*When tapping on “Clubs”, you will see a list of all worldwide clubs and you may search for Clubs you wish to book or for Clubs in your proximity.

*The “Bookings” tab will show you a list of all previous bookings as well as a summary of your upcoming club visits.

*In the “News” section you can keep up-to-date with all the latest happenings from around the network, including new clubs and partners.

*In the “Benefits” tab you may find all our partners through which you may redeem exclusive offers.



*On each Club page, you may find comprehensive information on the amenities available, the opening hours as well as relevant contact information.

*You may also book your upcoming visit by tapping „Book“.



*Members may also view their digital IAC membership card, which shows their home club, name, membership number and expiry date.

*This may be used as a valid form of identification.



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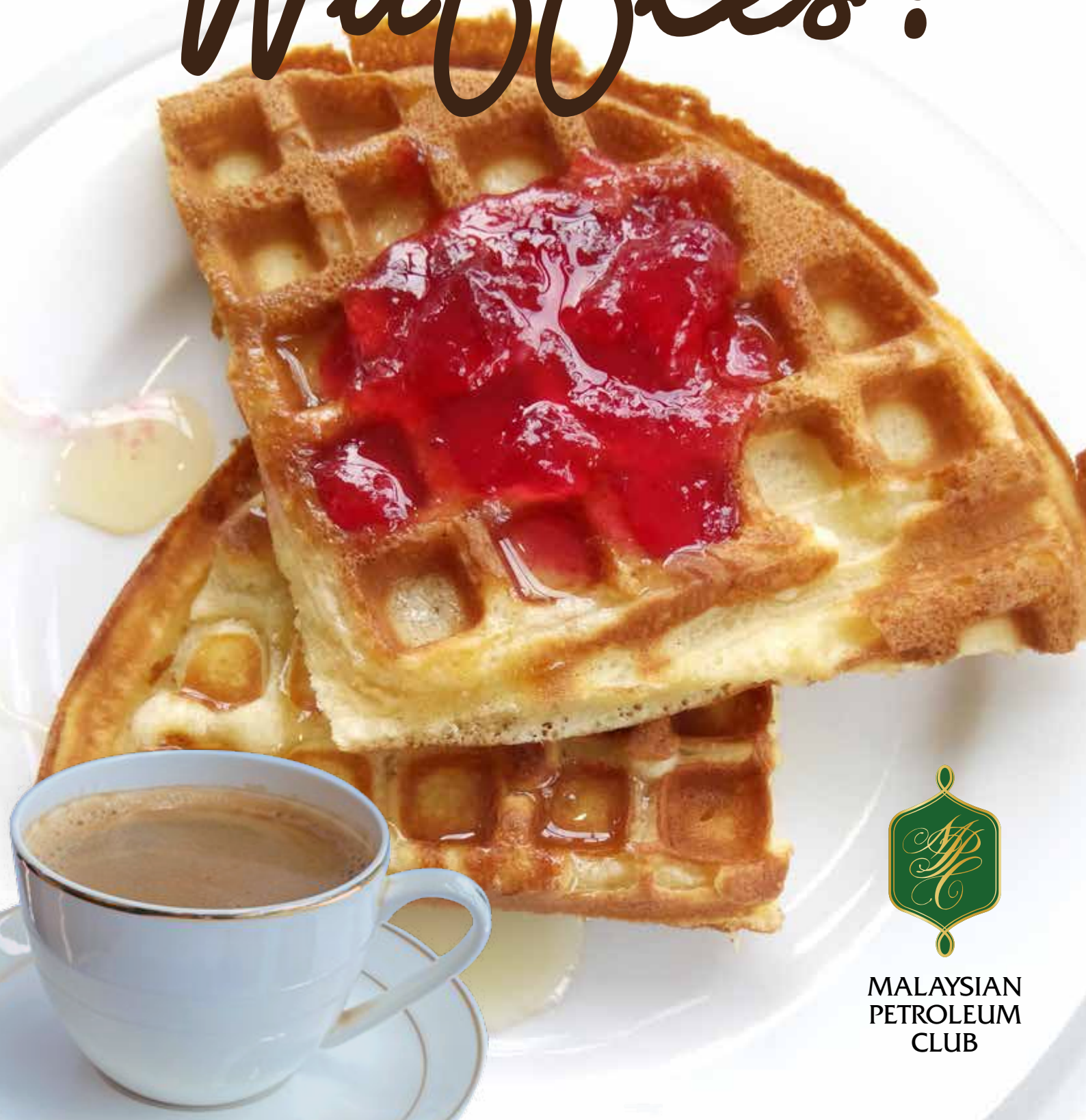
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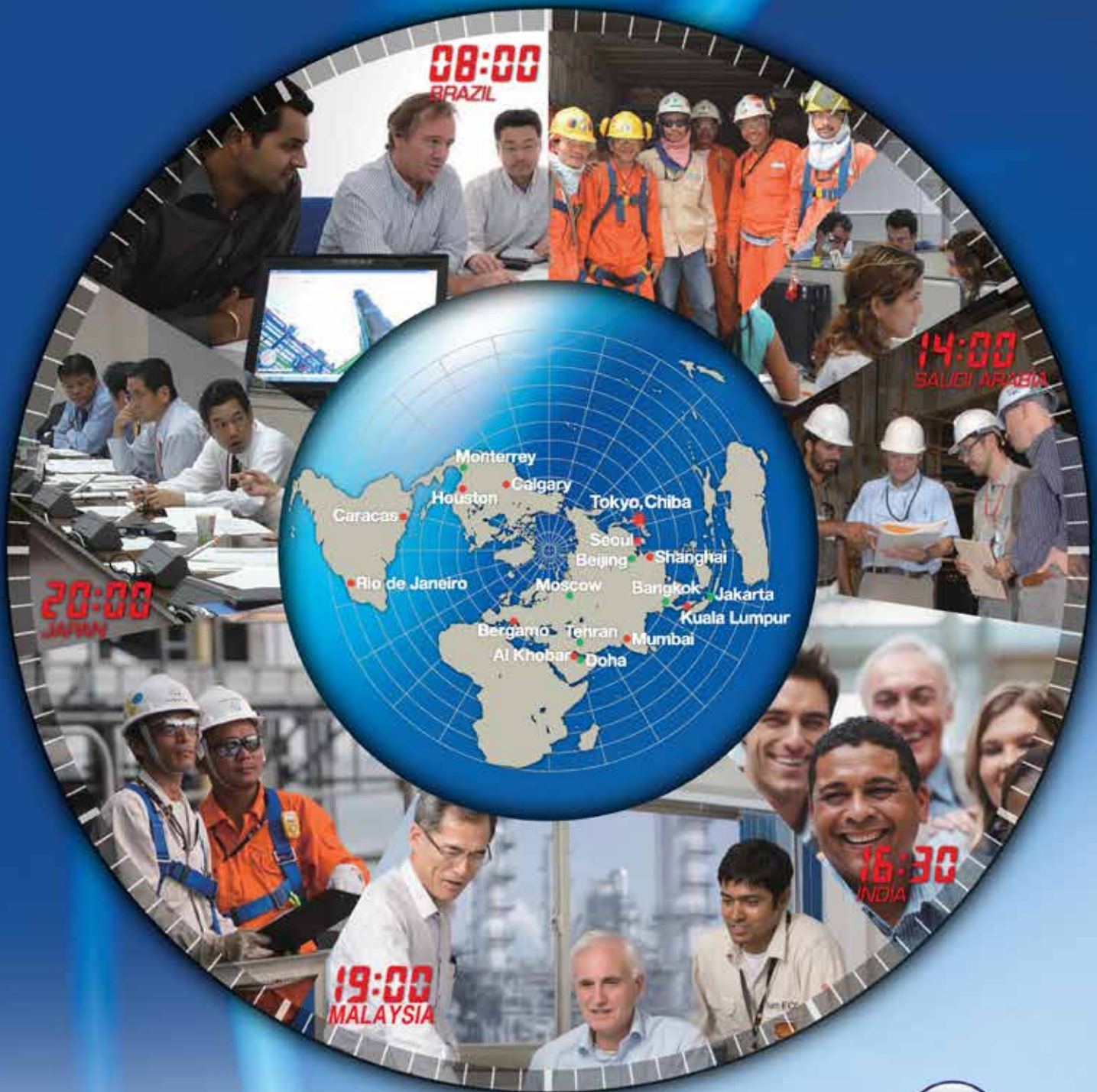
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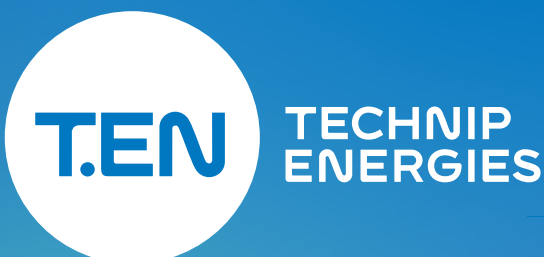
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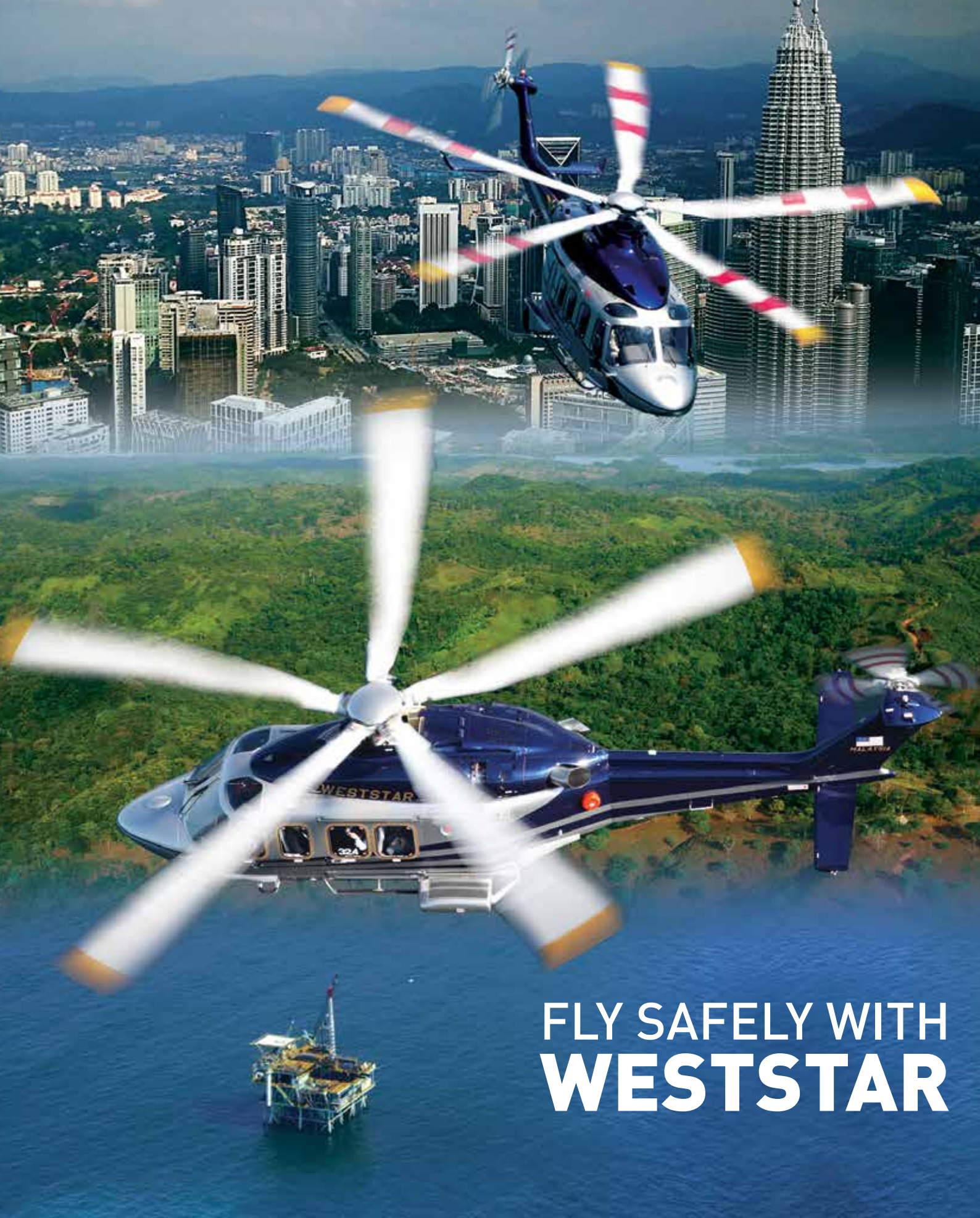
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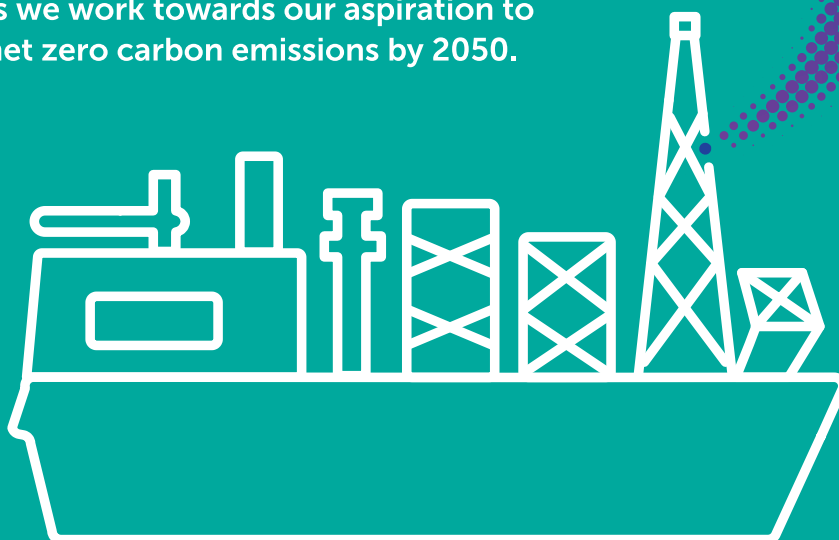
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