



MALAYSIAN PETROLEUM CLUB RESOURCE MAGAZINE

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OMG!

OH, WHAT A NIGHT!

MPC Oil Men's Gala 2018





Malaysian Petroleum Golf Classic Championship

23 Feb 2019



A Hole-in-One Event Not To Be Missed !!

Are you the best golfer in the oil and gas industry? Do you have the best team? Find out on the greens. Take up this challenge @ Malaysian Petroleum Golf Classic Championship. Yes it's back. And it's back with a passion – vengeance for some - to find the best golfer and the best team.



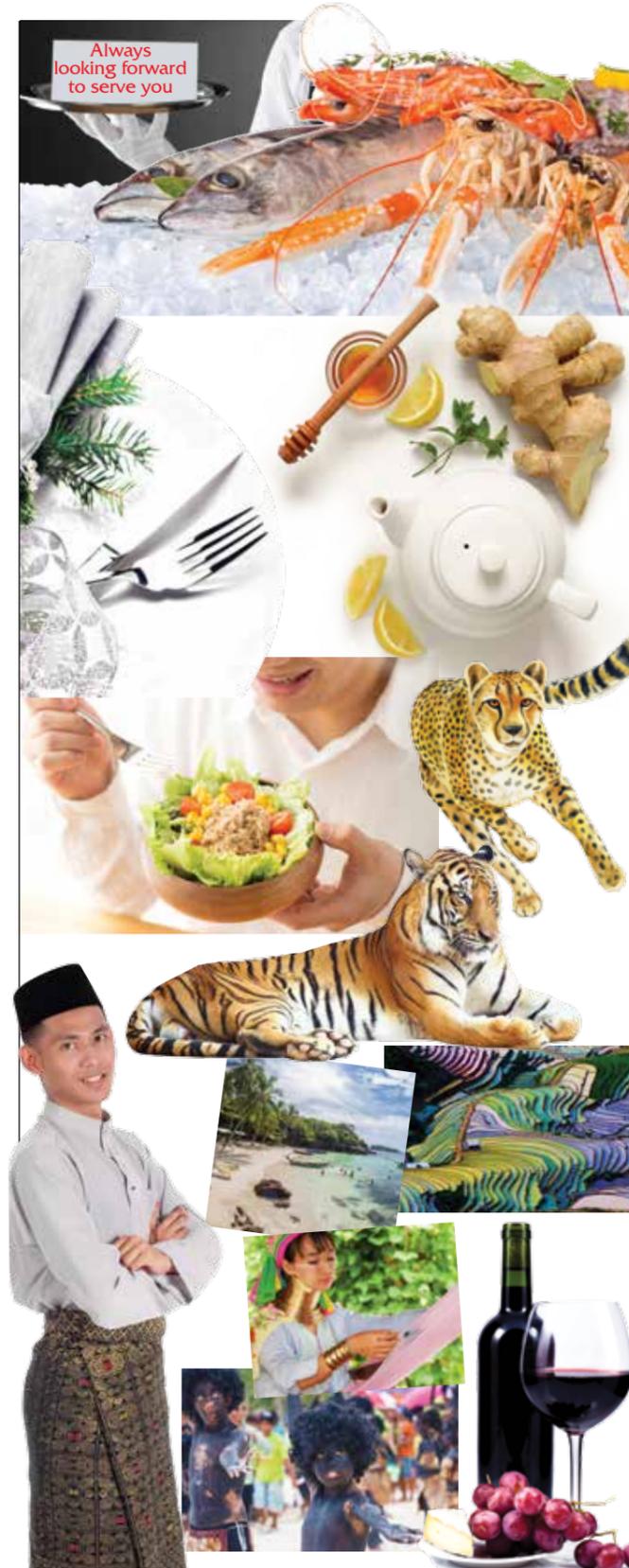
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Innovating together

TechnipFMC is at the center of the Malaysian oil and gas industry, as the leading solutions provider in Asia Pacific for hydrocarbon production and transformation.

With our 36 years of in-country experience in Malaysia, and Kuala Lumpur as our Asia Pacific operations Headquarters, TechnipFMC has created many technological firsts with Malaysia in the region.

From the first deepwater Tension Leg Platform in Asia Pacific, to the recent first producing FLNG in the world, we work together for shared success with our partners.

Discover more about how we're enhancing the performance of the world's energy industry.

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Apa Khabar



We have an activity-packed Q4 lined up for you at the club.

For starters, we have King Neptune inviting you to enjoy his Seafood Fest from the bounty of his vast ocean. So make a date with King Neptune at Dulang.

And who will be the King of the Greens? Sign up and challenge the best golfers from the oil and gas industry at our Malaysian Petroleum Golf Classic.

It is Auld Lang Syne as well as we bid a fond farewell to 2018 at our FANTABULOUS New Year's Eve Ball. Lots of fine dining and wining. Lots of entertainment. Lots of fireworks. Lots of memories to be made as we usher in the new year.

What else is brewing in this issue?

The part two of interesting coffee facts, as promised. The Wine, Cheese & Cigar is still on, so make a date with us. We want to make MPC your happening, buzzing, fun-filled private club that offers more than just exceptional dining experiences.

Yes, we want you to be inspired, be entertained and be very hungry.

Above everything else, be a proud MPC member 😊 ♦

Joanne Lee Abdullah
Club Operations Manager

Look Out For Our Christmas & New Year Eve's Party

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A Picture Is Worth A Thousand Words



We'll add on a few more words: Prestigious. Sensational. Action-Packed. Exciting. Memorable.

It was a night to remember. All the gentlemen came dressed in their tuxedos and maroon bow ties, and all the ladies in their fabulous dresses and gowns. All looking suave, smart and the ladies dressed to kill, of course. The night kicked off with the parade of the bond girls and 'Mr Bond' himself to the theme song of a Bond movie. Followed by the grand entrance of the CEO and President of PETRONAS, Tan Sri Wan Zulkiflee Wan Ariffin and his lovely wife, Puan Sri Dr Azura Ahmad Tajuddin, accompanied by the top elites of PETRONAS.

After an inspiring welcoming speech by YBhg Tan Sri Wan Zulkiflee, the waiters brought in the first of a 4-course fusion dinner; trooping in to the theme song of another Bond movie of course. The Jay Dancers took to the stage

and gave a rousing dance routine. Emcee James Thor did a wonderful job with his cheeky and witty repartee, entertaining everyone and ensuring an upbeat mood the whole night. Next the Comedy Court comprising Indi Nadarajah and Allan Pereira gave the audience a funny parody on government servants and the perennial debate about English or Bahasa Malaysia should play a greater role in education.

The Elecoltshot group gave a slick dance routine that would make Bond proud, followed by a modern circus precision dance-cum-stunt act by PsycuSix. Both the groups perform to an incredibly high standard, and the high caliber of the performers were self-evident. The choreography was electrifying and well-staged, and very well-received by the appreciating audience.

Soon it was the special Lucky Draw graced by the wife of our CEO and President, YBhg Puan Sri Dr Azura, who did the honours and gave away the attractive prizes. Joanne Lee Abdullah, MPC's Club Manager, was also on hand to





present a memento of a beautiful orchid plant to Puan Sri Dr Azura.

The undeniable highlight however was Sheila Majid belting out her famous hits one after another. Her wit, charm and humour were as captivating as her excellent vocals. The audience really stood up and danced to the beat of her songs, as the Queen of Jazz made her way to the floor to meet her fans. It was a truly memorable and captivating night from beginning to end. Soon it was time to say goodnight to all the guests and dignitaries. What a comeback the Oil Men's Gala made this year, and we're looking forward to the next OMG Gala next year. ♦



Always looking forward to serve you

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

Has Many Benefits

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

Unique Membership Discount

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

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

Networking Opportunities

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

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



Dining Privileges

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

Other Benefits

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

Exclusivity Has Many Benefits And Rewards.

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

That Will Open Up Opportunities For A Lifetime.

Be A Member of the Malaysian Petroleum Club Today.



Your Creative,
Flexible Venue
Spaces



Club Update

Please submit a **high-resolution passport-size photo** so that we can print it onto your **new member card.**

Your MPC membership card will be replaced with a new security card. You just need to touch the card at the security gates to gain entry. No need to register your name at the Petronas counters on the ground floor.

The Malaysian Petroleum Club is continually upgrading its services and amenities to serve you, the esteemed member, better. We thank you for your continued patronage of MPC and we will strive to provide a conducive atmosphere for you to relax with family and friends, network with fellow members, negotiate deals and hold meetings and special events. ♦



Get In Touch With Us Today

to find out more about your new membership card.

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FANTABULOUS

Watch Fireworks From The 42nd Floor KLCC Twin Towers

**New Year's Eve
Ball @ MPC
31 December 2018**

It's that time of the year again to say goodbye to another year; to celebrate all that you have achieved and persevered during the year. Yes, now is the time to put

everything away and party while you usher in the New Year. A new year filled with new hopes, to fulfill new dreams with a new resolve. Check out our FANTABULOUS

New Year Eve's party goodies just for you and your partner. Have lots of fun. Lots of great food, drinks and cocktails. Lots of entertainment. Lots of fireworks. Lots of memories.





So much for New Year resolutions; you have barely fulfilled the top 3 on your list of resolutions. Now your body is giving you hell. Well, there's hope yet. Here's how to reset some of the wrong ways you've have been letting yourself go.

You know there's always that superhero myth that floats around of the person who's trying to keep it all together – working, having a social life, a love life, keeping in shape, and it all falls apart eventually. Who can have it all, right? Chances are once you're trying to juggle it all, you're already feeling quite spent; correction, exhausted by the end of the day.

Being in our insta-age can see us trying to cram everything and more into our already busy schedules. Which is fine – sometimes. But if you've been under the weather or just always tired and can't function, then you know you've been a little naughty. Just some minor tweaks will put you on the road to recovery and good health. Read on and be inspired.

TRANSGRESSION #1

Sun-Shy

Always indoors? Working late again? No sun? Afraid of sunshine? Chances are your Vitamin D levels are on the low side. Not only will this impact the functioning of several of your body's systems, and also bring an overwhelming influx of yawns.

RESET:

Being hit with fatigue for no apparent reason calls for having your Vitamin D levels checked. If they are low, then make sure you take a Vitamin D supplement with your meal. Vitamin D is a fat-soluble vitamin. Or just go outside and get some sunshine. It is free, natural and energizing. Sunshine enhances your mood, relieves stress, improves sleep and can even help you fight obesity.



TRANSGRESSION #2

Fussy Over Food

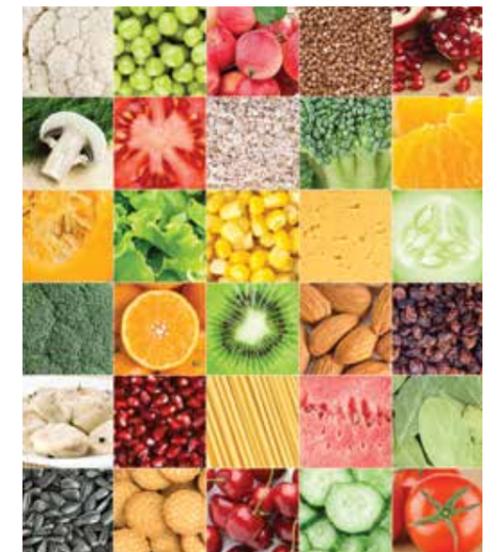
Or rather being too strict following certain food trends. Too much protein will mess with your body, so will too much carbohydrates, or too much of anything for that matter. The Paleo diet is too extreme. Then there's the Keto, SIRT, DASH diets. There's also the low-protein diet, and some people see carbs as the enemy. Truth is your body needs some carbs to make sure the brain has enough glucose to operate and to provide your muscles with energy. While too few carbs starve the muscle, forcing it to be broken down. The less muscle mass you have, the fewer kilojoules you burn, overall, reducing your metabolic rate.

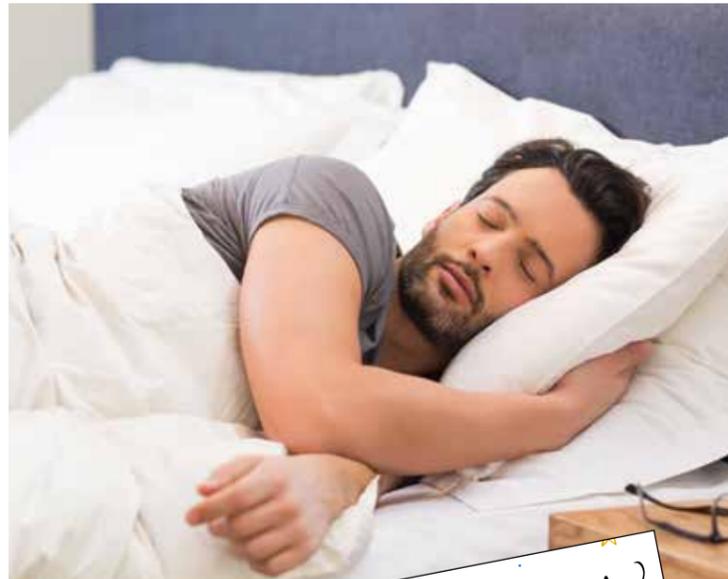
RESET:

Read up and learn about real nutrition for the body. Not diet fads. Learn about having a balanced diet comprising proteins, carbohydrates, good fats, fruits, vegetables, herbs and nuts. Learn that eating a bit less like the Japanese people, who are renowned for their good health and longevity, does wonders for the body and mind. Learn that eating regularly-timed meals are important too, and not eating dinner as supper is important as late night



meals will impair our sleep and digestion. So reset your mind by researching and reading up on raw whole foods that you cook, and why processed foods are causing havoc to your body, mind and health. Above everything, eat sensibly and in moderation.





But first, Sleep.

TRANSGRESSION #3

Neglecting The H2O

Where's your water bottle right now? Do you even have one at your office desk, next to your favourite TV chair at home or by your bedside? If the answer is no, then there's a good chance you are not drinking enough. Today it is usually recommended that the total volume of daily water intake is 3.7 liters (15 cups) for the average adult male and 2.7 liters (11 cups) for the average adult female. Keeping well-hydrated has many health benefits including maintaining optimum efficiency for your internal organs, keeping you cool, flushing out toxins from your body and many other important functions.

RESET:

Try to keep a water bottle at places where you spend a lot of time like in your office and favourite TV chair at home. Put one by your bedside so you can drink first thing you wake up. You can also help ensure you remember to sip some fluids by adding flavor into your water bottle. Or drink a glass of water after every bathroom break. Use an app to track the number of cups you have consumed. Drink soups during your meals. Eat lots of fruits as they are packed with fluids.

TRANSGRESSION #4

Not Getting Quality Sleep

Blame our digital lives and our desire to want to achieve everything asap for the ever-shrinking sleep schedule. It goes without saying that if you're getting less than six hours' sleep a night, you're going to be tired. And there are consequences for that. Not getting enough ZZZZZZZs is not only linked with lower energy levels, but an increased risk of weight gain. Your skin doesn't go through its proper healing cycle and you end up with eye-bags and dull skin, for starters. Other health issues will also go downhill from here on. Your work will suffer as it is really difficult to concentrate and be productive at this rate.

RESET:

Try prioritizing your life. What is most important to your life, and what is really ok to let go. Like, is all-night Netflix worth it? Or hanging out with your best buds until 3am on a weekday worth it? Will meeting



all your deadlines by burning the midnight oil every night save the world, or end your world faster? Work hard by all means, but work smart – prioritize. Everyone needs a minimum of 7 hours of sleep, unless you have great genes. 8 hours would be wonderful for you, your brain, your heart, your health, your loved ones and your productivity. Trust us on this one.

TRANSGRESSION #5

Over-Exercising

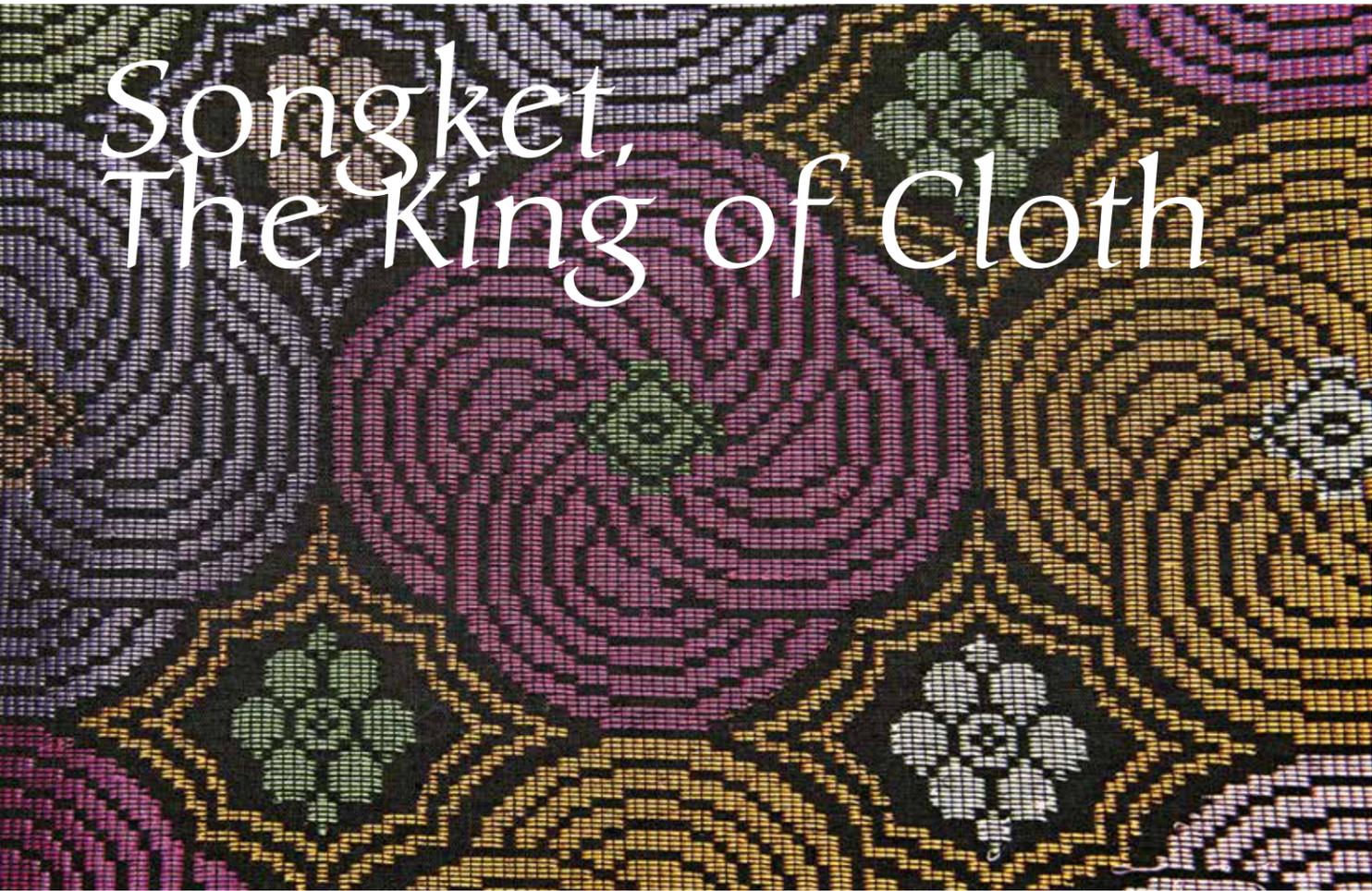
For majority of the people above 35, their problem is not exercising. But we are just addressing the minority who exercise, for now. Sometimes we can do way too much gym, jogging, playing games like badminton, tennis, futsal, football, yoga, Pilates and anything physical. Yes we all need to exercise but training for more than one hour each day, then decreasing your calorie intake can lead to disaster. But for those who have been keeping fit consistently over the years, exercising every day may not be disastrous. However, as we age, be aware that our bodies are more prone to wear and injuries, and slower recovery.



RESET:

Make sure you are in tune with your body, and give yourself some time off to recover and be strong again. Sometimes we need to change the activity depending on how our body feels, like a slow swim or slow walk. Perform age-appropriate activities, yes the mind is always thinking you are forever young, but the body will definitely disagree. Remember to feed your body after every physical activity. For every hour of intense activity, you need about 835 to 1,255 extra kJs a day in food terms, this means a mini meal or snack. But don't stop exercising. Just do it.....sensibly. ♦

Songket, The King of Cloth



Songket is a luxurious hand-woven fabric, lavishly woven with gold or silver threads. Traditionally, songket is only worn by Malay royals or officials during formal ceremonies, but nowadays it is being used not only as fashion wear but also as fashion accessories such as songket handbags, placemats, cushion covers, table runners and as other gift items.



Grace Selvyanagam in her book entitled, "Songket : Malaysia's Woven Treasure" stated that the term songket is derived from the Malay word 'menyongket' which means to embroider with gold or silver threads. Songket has a rich cultural history in the Malay archipelago comprising modern-day Malaysia, Indonesia, Brunei, Singapore and Southern Thailand. The metallic threads stand out against the background cloth to create a shimmering effect. In the weaving process, the metallic threads are inserted in between the silk or cotton weft (latitudinal) threads in a technique called supplementary weft weaving technique.



The beauty of songket lies in the elaborate design of the patterns or motifs that are intricately woven on the cloth. When several motifs are arranged within parts of the songket, it creates a stunning effect on the cloth. The motifs usually depict the basic 4-petal pucuk rebung (bamboo shoot) and other floral, abstract and geometrical designs.

Songket weavers are women living in kampungs (villages) near the sea or tropical forest. Thus, traditionally, most of the motifs they weave reflect the environment they live and work in. The most common flora and fauna



Culture

motifs besides the pucuk rebung are the bunga tampuk kesemak (corolla of the persimmon fruit), unduk-unduk (sea-horse), siku keluang (elbow of the flying fox) and other inspirations from their surrounding natural settings. Even the trailing clouds, the waves from the sea and Malay delicacies are translated into motifs like awan larat, ombak-ombak and tepung talam. In Malaysia, majority of the songket weavers are found in the states of Kelantan and Trengganu. Unfortunately, this is a dying legacy as young people these days are not interested to learn the intricate art of songket weaving.

There are two categories of songket weaving equipment : the main weaving equipment frame made from wood or bamboo, and the supporting equipment which includes thread stretching tool, motif making tool, thread inserting and picking tools. If you ever have an opportunity to watch the weavers at work, you will be enthralled at how tedious and intricate the work is. Sometimes the weavers fall into

a rhythm from the sound made from the weaving tools. Such a fascinating and absorbing scene to experience.

The songket technique itself involves the insertion of decorative threads in between the wefts as they are woven into the warp, which is fixed to the loom. First the basic cloth is woven with even or plain weaving. Then the decoration is woven into the basic cloth. The shinning gold, silver or silk threads are then inserted and woven into the plain cloth, resulting in a shimmering effect of golden pattern against darker plain background.

Everyone should have a few songket items to call their own. Not only will they be valuable heirlooms to pass down to future generations, as this is a dying art, songket is truly a beautiful and splendid art form befitting its status as the King of the Cloth. ♦



Club Member

Ezani Dato Abu Bakar *Swinging To His Own Tune: between Golf and the Performing Arts*



Ezani Dato Abu Bakar, who has travelled the world and lived in the UK for 25 years, has two real passions in life – golf and the performing arts. Currently, he is the Committee Member of the Royal Selangor Golf Club in charge of Communication, PR and Event, as well as being the vice-captain of the RSGC team. Ezani has been a member of the RSGC since 1984 and is the second-generation member of RSGC, the first-generation was his late father, and the third-generation is his son. During his heyday, he is credited with a 6 handicap, but has a 16 handicap today.

Club Member



Ezani still plays 9-hole golf four times a week at the RSGC and takes part in RSGC events and club-to-club invitations all over the world.

He started playing golf when he was 6 years old and has never looked back. However, there was another passion that would also vie for his attention and provided a creative outlet for him all these years - music and eventually, the performing arts.

Ezani recalled an uncle telling him that when he was very young, he would only sleep when music was played. It was as if music is in his blood, an in-born talent waiting to be set free. Ezani is a self-taught musician, and when he was studying in the UK, he joined a band to earn extra pocket money. During his first gig or stage performance, he was the drummer of the band. His second stage performance he played the bass guitar and for the third, he was the keyboardist. He has such diverse talent and passion to learn to play so many instruments, and today he is also a saxophonist.

Of late, for the past 4 years, he has given voice to his immense talents by singing in a quartet. This quartet has sung to full houses in various venues around the Klang Valley and beyond. Ezani has also played a starring role in a soon-to-be released local movie, and without a doubt, Ezani will continue to be involved in more performing arts projects in the future.





Malaysian Petroleum Club

Ezani Dato Abu Bakar is also a long-distinguished member of the Malaysian Petroleum Club, having joined in 1998, when the club was housed in the DayaBumi building. During the early years, Ezani was an IT solutions provider to PETRONAS.

While Ezani likes the classic English look of the old MPC at DayaBumi, he acknowledges that MPC at KLCC Twin Towers is luxuriously-appointed and very exclusive. When asked what would be the way forward for MPC, Ezani believes in maintaining the exclusiveness of a members-only club. However, the club has to be relevant and accommodate the new generation of members who are younger. It will be a fine balance between exclusiveness and relevance for older and younger members alike. Ezani also emphasized the importance of having more events to attract more members to patronize the club. ♦



Wine, Cheese & Cigar Night

Event Date : Friday, 19 October 2018
Confirmation of Attendance : Friday, 12 October 2018
Time / Venue : 5.00pm / MPC – Dulang Suite
No. Of Attendee : 100 Attendees
 – Members and Guests
Charges : RM 300 per member
 RM 350 per guest
Cigar : Complimentary for all who sign up



PRIVILEGED GOLFING RATES FOR MALAYSIAN PETROLEUM CLUB MEMBERS

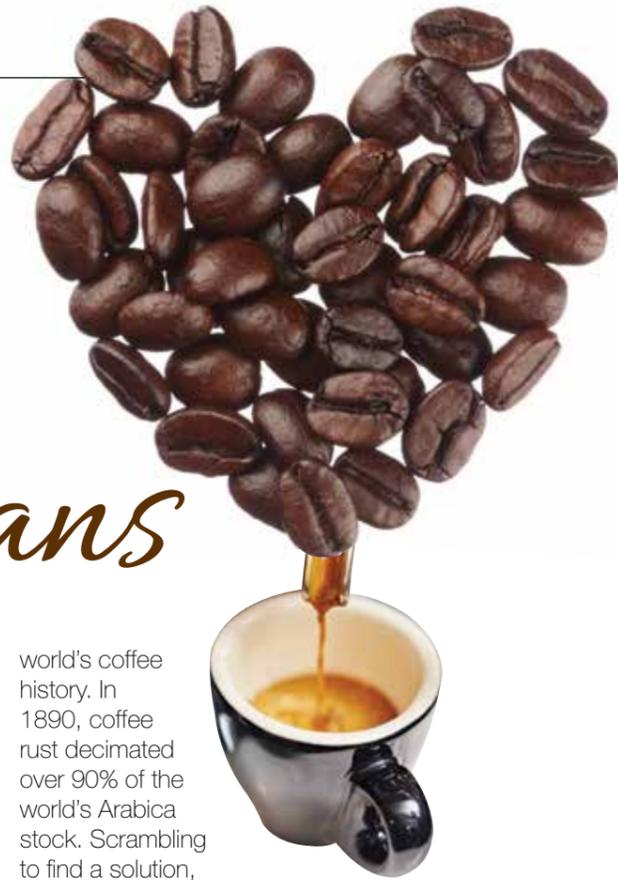
Weekday (AM / PM) RM 260	Weekend (PM) RM 360 Upgrade AM play add RM 150
<ul style="list-style-type: none"> • Rates above are inclusive of green fees, buggy (twin sharing), insurance. • Rates exclude caddy. Caddy is compulsory, subject to availability. • Requests to play morning WE/PH shall be subject to availability. 	

Terms & Conditions

1. Booking shall be done through the Malaysian Petroleum Club only. No walk-ins will be entertained.
2. Prior bookings of at least 24 hours is required before play and subject to availability.
3. Rates above are not valid for tournaments.
4. No rain checks allowed.

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The 4 Main Types of Coffee Beans



Arabica (*Coffea Arabica*)

It accounts for over 60% of the world's coffee production. Arabica beans are grown at high altitudes, in areas that receive even rainfall, with plenty of shade. Arabica trees are easy to care for as they are relatively small (no taller than six feet) thus, easy to prune and harvest.

However, Arabica is the most delicate of the 4 types of coffee beans. It is easily influenced by its environment and prone to disease. It has to be farmed with care. But it has superior quality with a bright body and possesses a satisfying amount of acidity. This means that the Arabica gives you multi-layered intricacy of flavours and aromas.

The quality of the Arabica bean diminishes when served cold or with creamer. It is best served hot, perhaps brewed with the pour-over or drip-coffee technique. Popular varieties of Arabica coffee are Typica, Caturra, Bourbon, and Blue Mountain.

Robusta (*Coffea Caniphora*)

Robusta is second to Arabica as the world's most produced coffee. That's how it got its name, robust, as it is extremely tolerant of its environment and practically immune to diseases. Robusta coffee trees can withstand different altitudes, but require a hot climate where rainfall is irregular.

Robusta coffee beans have almost double the amount of caffeine of Arabica beans. The caffeine acts as a means of self-defense to diseases. Higher quality Robusta beans have a smooth texture, low acidity and often have hints of chocolate associated with their flavor profile. This is a perfect coffee for cream and sugar lovers. A good quality Robusta will not lose flavor when added with milk or sugar and is the ideal choice for Vietnamese Coffee and Iced Coffee.

Liberica (*Coffea Liberica*)

Liberica is harder to come by in the coffee world these days, but this varietal has an important place in the

world's coffee history. In 1890, coffee rust decimated over 90% of the world's Arabica stock. Scrambling to find a solution, farmers and government agents turned to the Liberica plant. The first country to experiment with this was the Philippines (which was a US territory at that time). It was an excellent decision that greatly helped the Philippines' economy as they were the only coffee supplier for a period of time.

However, the US cut off all supplies from the Philippines, when it declared independence from the US. It wasn't until 1995 that Liberica made an appearance in the coffee world again. But it was a bit too late to dislodge the Arabica from its number one position as the world's most produced and sought-after coffee bean.

Liberica beans are larger than the others, often asymmetrical and are the only coffee bean in the world that has such an irregular shape. The beans have a unique aroma – floral and fruity notes – with a full body that possesses a smoky taste, unlike any coffee one has ever tasted.

Excelsa (*Coffea Excelsa*)

Although Excelsa has been recently re-classified as a member of the Liberica family, the two couldn't be more different. The only similarities with Liberica is that it grows as a large 20-30 ft tree at similar altitudes and has an almond-like shape. It grows mainly in Southeast Asia and accounts for a mere 7% of the world's coffee production. Excelsa has a tart and fruity body which are flavours reminiscent of a light roast, but somehow also has dark roasty notes. This mystery lures coffee drinkers from around the world to try and seek out this varietal. ♦



It's just coffee, right?

Unless you are a coffee aficionado, ordering a cup of coffee can be quite daunting. Even if you picked one because it sounds good, do you know what is in your coffee and how it is made? Here is a list to help those of us who are coffee novices to understand the different types of coffee out there.

Espresso

It is pure coffee in liquid form. Espresso or 'short black' is made by forcing a small amount of very hot water through finely grounded coffee beans. The result is a rich concentration of coffee in liquid form. The caffeine content in an average serving of an espresso shot ranges from 120 to 170 milligrams.

Caffe Americano

If you like to savour the flavours of a good coffee, then order Caffe Americano. It is made by adding hot water to one or more shots of espresso, and the concentration of caffeine depends on the number of espresso shots you add. The caffeine content in an average serving of an Americano is around 150 mg.

Café Cubano

Café Cubano as its name suggests is Cuban coffee. It is a variation of the original espresso that is known to have originated from Cuba. Essentially, it is a sweet espresso shot made by adding demerara sugar while brewing.

Caffe Crema

This is basically an espresso shot but with foam on the top. The foam is generated due to long pull brewing that lasts anywhere between 20 and 30 seconds. The coffee used is coarse grounded coffee, as it ensures that the coffee is not over-extracted.

Café Zorro

Café Zorro is a double espresso shot with hot water added to it in a 1:1 ratio.

Doppio

Doppio or 'Double Espresso' is basically a double shot that is extracted simultaneously using double coffee filters. This is how coffee is prepared in modern coffee houses like Costa.

Costa is UK's favourite coffee house, and the largest and fastest growing coffee shop chain in the UK.

Espresso Romano

An Espresso Romano is a shot of espresso served with a slice of lemon. While that is an interesting combination, it has no links to the Romans.

Guillermo

This is a variation of the Espresso Romano, made by pouring a shot of espresso over slices of lime.

Ristretto

Ristretto is one of the most popular variations of an espresso that you've probably heard of.

A Ristretto is a more concentrated version of the traditional espresso, but you pass half the amount of water through the same amount of ground coffee.

Cappuccino

Cappuccino is like the king of coffee-based beverages.

coffee?



Americano



Cappuccino



Doppio



Macchiato



Mocha



Galão



Cortado



Flat white



Affogato



Café con Leche



Espresso Romano



Breve



Caffè latte



Espresso



Espresso

To make a cappuccino, hot milk is added to a shot or two of espresso and is topped with foamed milk. So you get both the rich flavor of coffee and the smooth texture that comes with milk froth.

Antoccino

This is a variation of the traditional cappuccino; an Antoccino is a 1:1 composition of a single shot of espresso and hot milk.

Breve

A Breve is a combination of espresso, milk and cream. While half of the composition comes from one espresso shot, the other half has varying amounts of milk and cream.

Café Bombon

Of Spanish origins, Café Bombon is made by adding sweetened condensed milk to a shot of espresso in a 1:1 ratio. It also has a visual signature to it, and generally served in a glass. The milk is added gradually so that it settles on the bottom that creates aesthetically pleasing separation bands.

Cortado

Cortado is the Spanish verb for cutting and it effectively captures the essence of this drink, which is to stain or cut the espresso with a small amount of milk. Thus, it is made from espresso and a little amount of steamed milk.

Espressino

An Espressino is espresso and steamed milk and cocoa powder.

Flat White

It is made with micro foam, which is steamed milk with a very small amount of foam over espresso. The number of shots and amount of milk used can vary but the coffee content is always more than the milk quantity.

What differentiates Flat White from Cappuccino or the latte is the variation in texture.

Café Latte

Café Latte is Italian for milk coffee. It is a composition of an espresso shot and steamed milk in a 1:3 ratio. Just like Cappuccino, Caffé Latte also features milk foam at the top. This is popular among people who love the mild flavours of coffee.

Piccolo Latte

A Piccolo Latte is a Café Latte made in an espresso cup. This means it has a very strong but mellowed down espresso taste thanks to the steamed milk and micro foam within it.

Galao

Galao is a hot Portuguese drink that is espresso with foamed milk in the 1:3 ratio. The proportion is similar to Caffé Latte.

Café au lait

Café au lait is French for 'Coffee with Milk' – an espresso shot with hot milk.

Mochaccino

A Mochaccino is basically Cappuccino with chocolate flavouring.

Macchiato

Macchiato is an espresso shot with a very small amount of foamed milk. Macchiato offers both a strong aroma and intense flavours of coffee. The milk is foamed directly into the cup and espresso is later added to it. A pinch of cocoa powder can be added as per preference.

Mocha

Mocha is a mix between a Cappuccino and hot chocolate. It is made by mixing chocolate powder with an espresso shot and adding steamed milk and micro foam into the beverage.

Affogato

This is a simple dessert coffee that is a real treat during summer or after dinner. It is made by placing one big scoop of vanilla ice cream within a single or double shot of espresso. ♦



PETRONAS MESRA BONANZA WINNERS TAKE HOME HOLIDAY PACKAGES, BIKES, CASH AND GADGETS



29 June 2018, Kuala Lumpur – Following the launch of the Mesra Bonanza campaign in April, PETRONAS Dagangan Berhad (PDB) today rewarded its first round of grand prize winners, which saw 44 lucky customers walk home with their wins comprising holiday packages, bikes, cash and gadgets.

At the prize-giving ceremony, ten winners took home holiday packages of their choice worth RM20,000 each, whereas three winners rewarded with an all-expenses paid trip for two persons each to catch the upcoming Formula One race in Silverstone, UK, while three winners walked away with RM50,000 cash. Additionally, 14 winners took home with them a Yamaha scooter and a Samsung Smart TV, respectively.

Speaking at the event, PDB's Managing Director and Chief Executive Officer, Dato' Sri Syed Zainal Abidin said, "Mesra Bonanza is the result from us seeing through our customers' lens as we embark on a non-conventional way to reward our customers' loyalty with things that truly matter."

"What's unique about Mesra Bonanza is that unlike other promotions, where you have to spend beyond your usual expenses to be eligible to participate, our customers do not need to go above and beyond in their spending as the minimum amount to be eligible is only at RM30. To put it simply, just fuel up, swipe their Mesra card and they will automatically be in the running to win these fantastic prizes," he added.

The campaign, which runs from 16 April until 31 December 2018, offers 165 monthly prizes and 44 grand prizes every two months. The monthly prizes include Samsung S9, GoPro Hero6 Black, Lego Speed Champion set, RM500 worth of Lazada and Watsons shopping vouchers, as well as RM1,000 worth of Mesra points.

There remain two more rounds of grand prizes to be given away and they are scheduled for this October and December.

To be in the running for the monthly prizes, customers need to spend a minimum of RM30 in a single receipt

for any purchases made on fuels and Kedai Mesra items. For the bi-monthly grand prizes, customers need to accumulate RM500 worth of purchase of any fuels or items at Kedai Mesra within two months.

For the all-expenses paid F1 live viewing overseas, the prize is only exclusive to PETRONAS Primax 97 customers who fuel up RM500 within two months, over and above the other grand prizes.

The Mesra Bonanza campaign is also supported by PDB's wide-ranging partners including Maybank, Watsons, Lazada and Samsung.

For more details about the Mesra Bonanza campaign, logon to www.mymesra.com.my. ♦



ANDS Cocktail Reception Dinner

For the 33 high achievers of the cosmetic company, ANDS, from Japan, this trip to Malaysia was their sales incentive trip. And the cocktails reception dinner on 2 July 2018 held at MPC was the climax to the trip. This is an annual sales event for the company and to celebrate with the staff were the senior management of ANDS.

The company expressed their heartfelt thanks to the management and staff of MPC for their excellent service and for accommodating their last minute requests to successfully plan and manage this special event. The food was delicious and the whole event was wonderfully received by all who attended the reception dinner. ♦



From King Neptune's Deep Ocean
Dulang Seafood Fiesta
@ The Dulang Suite

Oct - Nov

From the sea into the excellent hands of our chefs, who will transform your highest-quality seafood into the most delicious, succulent, mouth-watering array of dishes.

Crabs. King Prawns. Mussels. Oysters. Squid. Scallops. Salmon. Seabass. Jellyfish. Seaweed. And many more yummys. ♦



MPC Gives You More Goodies

*20% Discount At All Outlets.



*Super Birthday Treats

- 50% Discount at all F&B Outlets
- Free Cake
- Free Birthday Gift
- 20% for Beverages
- Free One Hour @ Semarang Karaoke Lounge
- Free Bottle of Wine or Sparkling Juice
- During Birthday Period



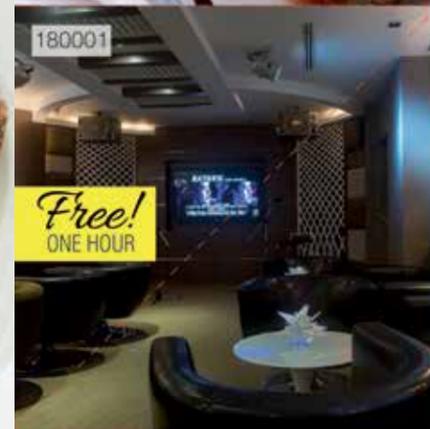
Let's Celebrate

Your Birthday!

We want to make your Birthday really special, as an exclusive member of our Malaysian Petroleum Club. That's why we have put together all these treats, just for you to celebrate with your family and friends, at any of our finest restaurants. Or in all of them!

You'll be spoilt for choice.

From the classic splendour of the Dulang Suite, or the exquisite Chinese cuisine at the Seligi Pavilion, or a sumptuous buffet lunch at the Temana Brasserie. Not forgetting an enjoyable karaoke session at the Semarang Music Room. You may need more than a day to enjoy all your discounts at all of our finest outlets.



WHO'S NEW

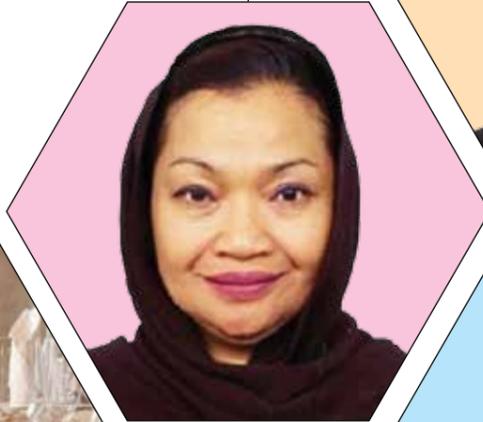
ZIARIL FAIZ BIN ZAKARI
ID: 12435
August 2018
Membership: Regular
PETRONAS



LEE SUN LONG
ID: 12439
September 2018
Membership: Regular
SEPADU TECH SERVICES
SDN BHD



**NOOR AFIZA BINTI
MOHD YUSOF**
ID: 12433
July 2018
Membership: Regular
PETRONAS



HARSUKHVIR SINGH
ID: 12436
August 2018
Membership: Regular
PETRONAS



**AMER SYAHREMY
BIN SAIFUDDIN**
ID: 12440
September 2018
Membership: Regular
PETRONAS



**IKHWAN HAMZAH
BIN AZIZAN**
ID: 12434
August 2018
Membership: Regular
PETRONAS



MAURICE PATTISON
ID: 12437
August 2018
Membership: Regular
PATTISON CONSULTING
GROUP SDN BHD



**DATO' DZULKIFLI
MAHMUD**
ID: 12438
September 2018
Membership: Regular
ASTURI METAL BUILDERS
SDN BHD



DATO' ROZANO SAAD
ID: 12441
September 2018
Membership: Regular
PETRONAS



**AINUL AZHAR
AINUL JAMAL**
ID: 2569
September 2018
Membership: Corporate
PETRONAS



The Wanders Of Ginger

helps in weight loss by activating your digestive juices and making it easier for effective digestion of your meals. It is a fat burner and makes you feel fuller for a longer time.

Ginger helps exhausted muscles to recover faster, thus helping you to become more active. It controls glucose levels and has a direct impact on weight and energy levels. Your body needs help in absorbing essential nutrients properly and ginger helps in improving that absorption.

According to research, the herb is also effective in improving concentration. Ginger helps in reducing arthritic inflammation via its anti-inflammatory properties. It also helps in opening the airways and eases pain symptoms associated with the problem. Taking ginger may not help

Ginger is one of the most health-rich plants and has been used for thousands of years by the early Egyptian, Chinese and Indian traditional holistic healing. It has always been popular in Asian cultures, but it is now slowly taking over the world. The easiest and best ways to use it, is to prepare ginger tea or use ginger as a food supplement. Its raw version is called a ginger root, but it's not a root at all. It's actually a rhizome, a plant stem. Ginger is also a cousin to other superfoods such as the well-known turmeric and cardamom.

The Many Pluses To Consuming Ginger

There are so many health benefits of consuming ginger and everyone should include ginger in their diet as much as possible. Here's why...

Those who consume ginger everyday can eliminate the chances of getting irritable bowel syndrome. According to a study, ginger can also protect against Alzheimer's disease as it works by slowing down the loss of brain cells. Ginger



in fully resolving your asthma condition, but you can use it as part of your overall treatment approach.

Let's continue with the never-ending goodness of ginger. Ginger also helps in improving your circulation and thus makes you feel more energetic. It also helps in opening the pores, further boosting the circulation function. Ginger is effective in stopping motion sickness and the different symptoms associated with it. Besides you will not feel nauseous, giddy, vomit or break out in cold sweats when you consume ginger drink or ginger products before and during your journey.

Ginger can also be used for avoiding heartburn. It works by eliminating excess acid responsible for triggering heartburn. Ginger doesn't cause any side effects if consumed over a long period of time. There are various anti-gas and anti-acid products available in the market but ginger gives you an entirely natural way for treating this problem. When you take ginger tea regularly before sleep, it can effectively help you overnight while you are sleeping, by clearing your digestive system and neutralizing any problems within your digestive system.

Ginger also helps in giving you relief from pain, doesn't matter what type of pain you are enduring. This is because of the anti-inflammatory benefits of ginger can help you feel less pain. You can start with a cup of ginger tea in the morning and drink it for a few days to see how it improves your overall health and managing pain effectively.

Ginger also has a magical effect on the sinuses, helping to unclog the sinuses and effective drainage. Your breath will thank you too for consuming ginger. It helps in cleaning your palate and gives a fresh feeling to your mouth. Ginger as we have stated earlier, helps in improving your circulatory system and that is why ginger has been used as an aphrodisiac for centuries. In fact, it is one of those rare aphrodisiacs that work the same way for men and women. It will also help strengthen your immune system, which means less chances of getting sick, and recovering faster if you become ill.



Quite a large number of studies have proven ginger's potential in fighting cancer, especially in destroying ovarian cancer cells.

There are just too many wonderful properties of ginger that you just cannot ignore anymore. It may be considered heavy by traditional health practitioners, but as with every healthy practice and lifestyle change, moderation is key to long-term success. Just add some ginger into your diet and experience for yourself if it really heats up your life in a positive way.

Other than being nutritious, ginger is also tasty and gives your food and drinks a special flavor. Enjoy and stay healthy! ♦



Breathtaking Luxurious African Safari

They say Africa changes you forever. To go on a safari is to experience the greatest outdoor adventure holiday of them all. To live for a while in the sun and the wind, looking for lions on the never-ending savannahs or watching the spectacle of the wildebeest migration is enough to take your breath away. You can't tear your eyes away from seeing a live lion, or rhino or elephant just 10 feet away from you. This is not the National Geographic channel. This is real. Wow, the lion is bigger than you think, and the elephant, the whole herd of them, gentle giants that will make your heart leap out from your chest. It is a bit scary but so very invigorating and thrilling. You will never forget this experience for the rest of your life.

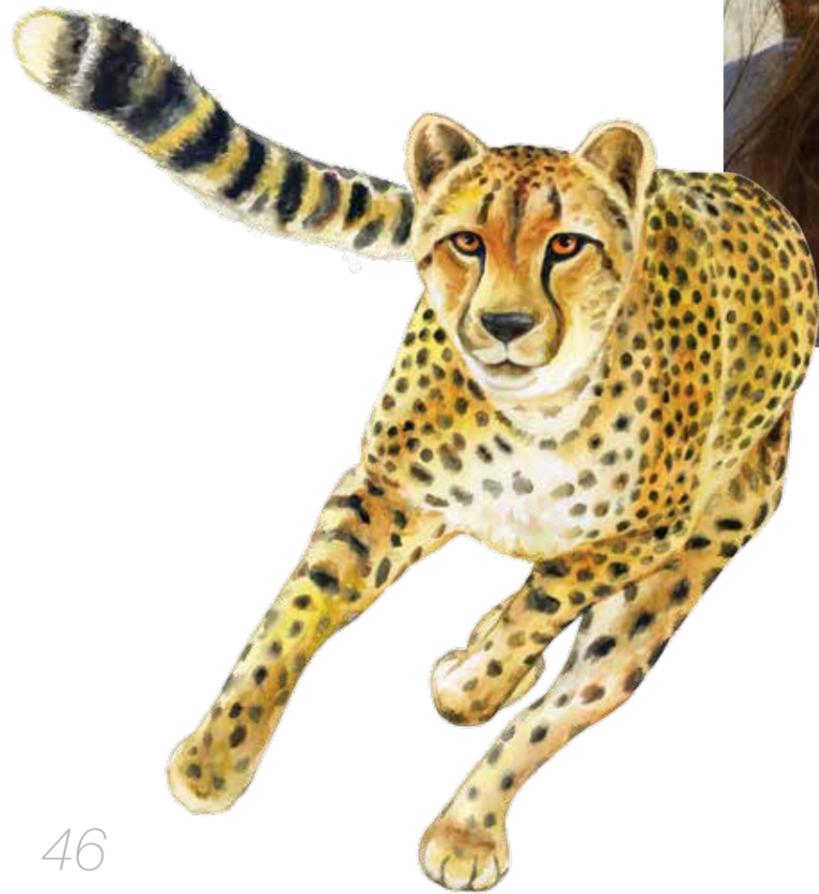
Africa is such a vast continent to explore. Yet each destination is uniquely intriguing; offering mind-boggling experiences. Examples of these destinations are: the best of Zimbabwe, classic Zambia, essential South Africa and Victoria falls, iconic Botswana, inspiring East Africa, exclusive sights of Kenya, Kruger and the Cape, thrilling Tanzania, to name a few. These new luxury safaris offer premium views, expert guidance and the chance to truly get among rhinos, hyenas and hippos.

Discerning travellers, as such as yourself, yet to go on a safari holiday should know it is possible to do so without sacrificing an ounce of comfort. You will be staying in luxury safari camps and lodges whose facilities are the equal of any world-class city hotel, and romantic locations which are second to none. Most of these exclusive and luxurious accommodations blend effortlessly with the bush, allowing guests to continuously experience the natural beauty of their surroundings. Some have glass-walled bedrooms to make you feel safe in this wild





Escape your concrete jungle and be inspired by the wonders of the real jungle.



environment. Some are like camping under the stars, yet comfortable and with safety of the guests in mind. Nearly all come air-conditioned with en-suite bathrooms. Even when they are called 'tents', these are 5-star grand tents that rival 5-star hotel rooms, but with magnificent views. There are even luxurious tree-house accommodations in prime-spotting locations.

On top of all that is the superb international cuisine, well-stocked wine cellar, spa, gym and massage rooms. The beauty of these safari trips is the privacy, tranquility and the flexibility to let days unfold at a pace that suits everyone, including the extent and ambition of game drives. Best of all, some of these luxury safari operators are situated

in such a remote location, which has one of the highest land-to-guest ratios, that other vehicles are a much more endangered species than cheetahs and rhinos.

There are so many luxurious safari operators, villas, lodges, and destinations to choose from. Africa truly offers some of the best wildlife viewing opportunities in the world. The Big Five – lion, elephant, rhino, buffalo, and the elusive leopard – take center stage on a safari, but don't forget that the smaller, less glamorous animals like the impalas, zebras, hyenas and giraffes can be just as fun and exciting to track and see. When it comes to safaris, nothing can really beat the Great Migration in

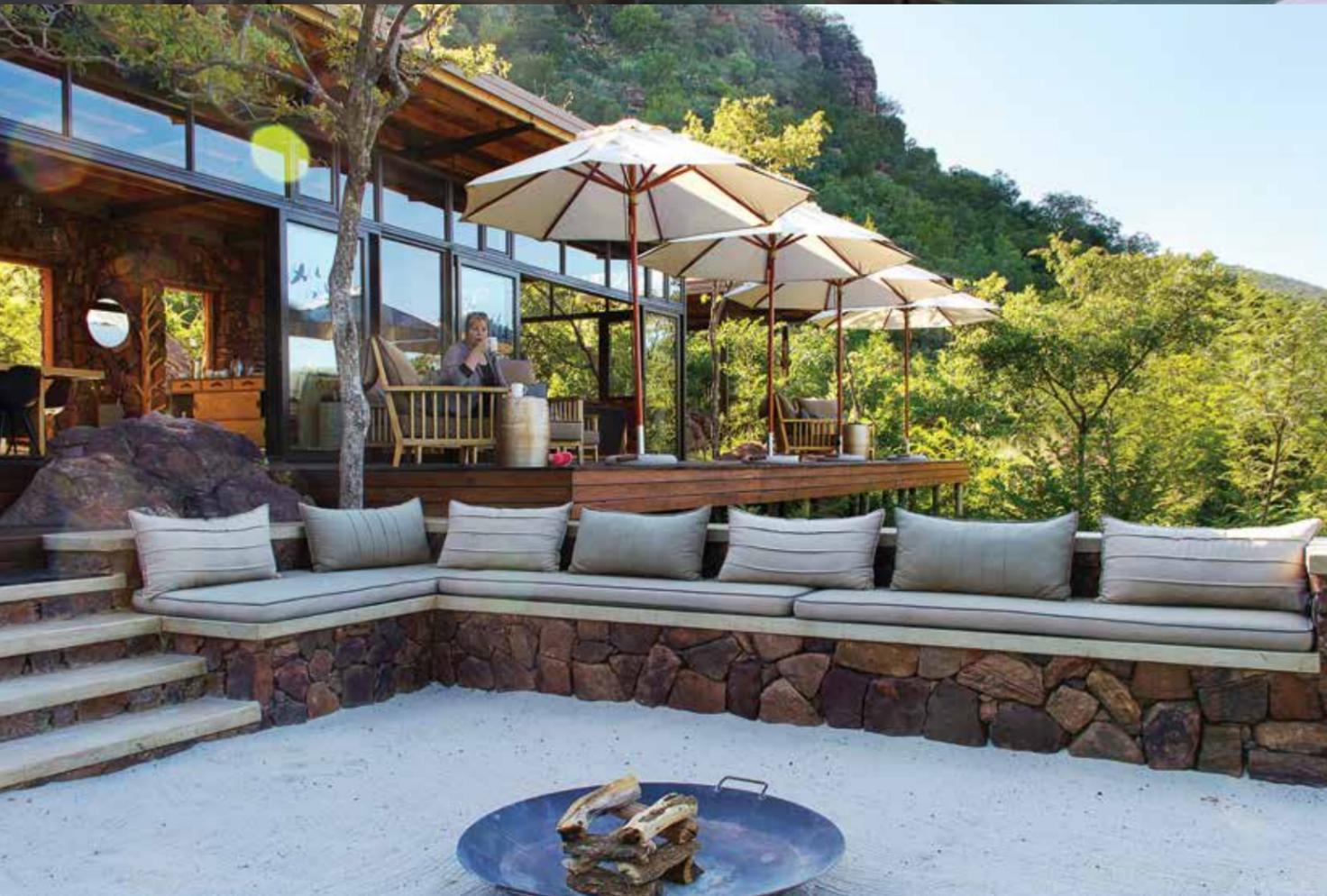


Tanzania's Serengeti or Kenya's Masai Mara. Other great safari destinations are the Okavango Delta in Botswana and Kruger National Park in South Africa.

You have to do your homework to find the best operator or villa to suit your requirement. But the main thing is to go for an African Safari. That must be on everyone's MUST DO list. A safari saves you travel planning time as most operators will make sure everything goes without a hitch, so you simply focus on enjoying your vacation. A safari offers excellent photographic opportunities. You just can't help yourself, you will want to snap everything. In fact, anywhere you point your camera, it will be magical. Just remember to pack extra power banks and storage cards.

It is also the only way you can get up close and personal with the wildlife. Next to you in the flesh. You'll marvel at their beauty, power and savagery. The life and death moment at any time of day or night. Going on a safari also allows you to support conservation efforts. Most of the safari packages include conservation fees for the parks you visit. Many safaris offer the possibility to stay in environmentally responsible lodges and camps that contribute to the well-being of local communities and wildlife.

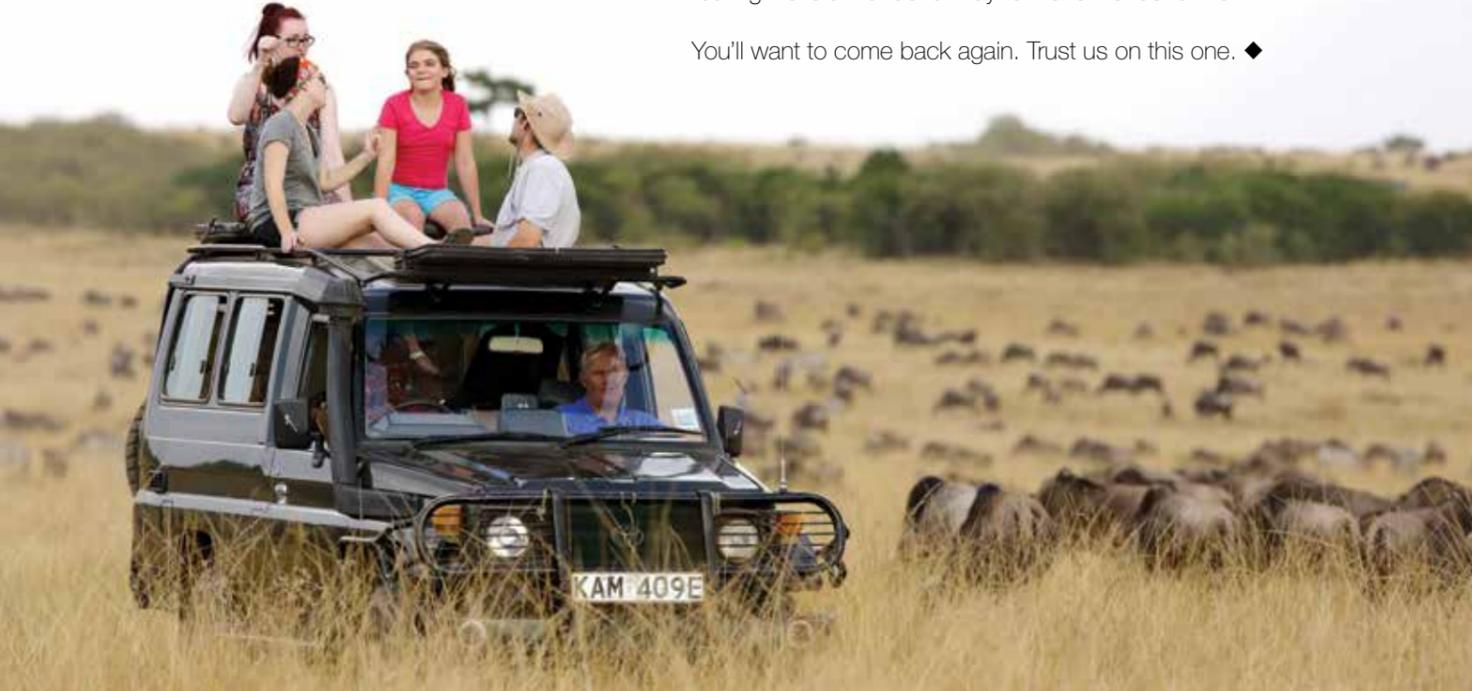
It is a valuable learning experience for you and your family. It is very cathartic, invigorating and to some extent,



Lifestyle

humbling experience when you realize that you have very little power compared to nature's raw power. Most safaris are created for small groups, so you'll get to know your travel companions. Sharing stories, love of wildlife, and reminiscing about the day's adventures as you fine dine, sipping your favourite drink by a roaring fire is a wonderful way to make friends for life.

You'll want to come back again. Trust us on this one. ♦



Sports

It is not soccer. Not volleyball.
Not gymnastics. Not Capoeira.

IT IS

BOSSABALL

IT'S ALL OF THE ABOVE,
AND MORE...

It combines the fluid movements of Capoeira, beach volley, gymnastics, soccer or British football into one challenging game. Throw in some great dance music and you have the new-age sport called BOSSABALL.

Bossaball is a team sport that originated in Spain and was conceptualized by a Belgian, Filip Eyckmans in 2005. It is a ball game between two teams played on an inflatable court.



Sports

featuring a trampoline on each side of the net. The trampolines allow the players to bounce high enough to spike the ball over the net that is tied high up.

The word 'bossa' which is sometimes translated as style, flair or attitude in Brazilian Portuguese, is commonly associated with Bossa Nova, a samba influenced type of Brazilian music. The name Bossaball, therefore expresses the aim to combine sports, music and positive vibrations.

Bossaball is today played in many countries including Brazil, Argentina, Mexico, Turkey, Netherlands, Spain, Germany, France, Switzerland, Portugal, Greece, Slovenia, Hungary, Czech Republic, Romania, Egypt, Saudi Arabia, Qatar, Kuwait, Singapore, Chile, Ecuador, Venezuela and Paraguay. And the interest for the game continues to spread around the globe.

Bossaball is played between two teams of 4 players. The aim is for each team to ground the ball on the opponent's field or side. The height of the net is adjusted for different levels of players such as professionals, intermediates, beginners or children.

One player is positioned in the trampoline as the attacker, while the others are on the inflatable to pass the ball to the attacker. It is much like sepak takraw except played on an inflatable surface for safety and a trampoline for the 'killer' to bounce high up to slam the ball into the opponents side with his legs, hands or head.

Sounds really fun, energetic and challenging especially when you have loud pulsating music blasting away to keep your adrenaline up and running.



The person overseeing the game is called the Samba Referee and does not only makes the call but also serves as the Master of Ceremonies with the help of a whistle, microphone, percussion instruments and DJ set. Wow, what a referee.

Maybe Bossaball will make its way to Malaysia one day. So now you know the game, maybe you may want to try it next time you are abroad. But get your doctor's advise first before proceeding. ♦



Hidden Gems for A Quick, Short Getaway

Tired of all those popular tourist destinations? Krabi makes you crabby having to compete for space with bus-packed loads of tourist right? Well now we have unearthed a few hidden gems for your quick getaway. But don't spread the news around or they won't stay hidden from the hordes of tourists.

Tri-coloured Lakes @ Mount Kelimutu, Flores, Indonesia

Mount Kelimutu is a volcano in Flores, one of the many volcanoes in Indonesia. The most famous and unique attraction here is the tri-coloured Kelimutu lake within the summit of the craters at 1,690m. It consists of 3 lakes together of varying colours from each other and also at different times, making them surreal and exciting, waiting for you to discover.

One of these lakes is Tiwu ata Mbupu (Lake of Old People) which is usually blue. The other two lakes are Tiwu Nuwa Muri Koo Fai (Lake of Young Men and Maidens) and Tiwu Ata Polo (Bewitched or Enchanted Lake), which are green or red respectively and are only separated by a crater wall.

The best time to go is during the dry season from May to September. Lodging can easily be found along the main roads with unique locations like Kelimutu Crater Lakes Eco Lodge that uses solar power, or Bintang Lodge by Tobias, the only lodging with a working internet connection. For more comfortable options, you can choose to stay in Maumere which is 4 hours away. ♦



Phu Quoc Islands, Vietnam

Phu Quoc (pronounced "fookwok") – an unassuming Vietnamese island sitting off the coast of Cambodia – is one of South-East Asia's best-kept secret. It is in fact a district made up of 28 islands, most of which are uninhabited while some are planned for development as private resorts.

In 2008, Phuc Quoc was voted The Cleanest and Most Beautiful Beach in the World by ABC News. One of the beautiful remote islands is Hon Xuang – often referred to as the Robinson Crusoe island after the novel of the same name – and can currently only be reached by boat.

Hon Thom, the district's second largest island (also known as Pineapple Island) is connected to Phu Quoc Island via what's known to be the world's longest oversea cable car, which travels a total distance of about 8 kilometers in 8.5 seconds, carrying up to 3,500 passengers per hour in 70 cabins. With plans underway for the island to be fully transformed into a marine park, it offers several watersports activities including snorkeling, diving and yachting tours of the An Thoi archipelago (which occupies 15 of the district's islands).

Khem Beach is one of the most beautiful with ice-cream-soft sand, overlooking Emerald Bay with powdery white sands caressed by champagne-like effervescent waves. Sao Beach is considered the crown jewel of Phuc Quoc, is also known for its snow white beaches, while Long Beach on the west side is ideal for watching incredible sunsets.

You can opt to stay in a handful of five-star resorts like the stylish and elegant JW Marriott Emerald Bay Resort & Spa, or the Intercontinental Phu Quoc Long Beach Resort. In fact, there are lots of 4-star accommodations to choose from, some which are excellent value for money. So do some research before you book. ♦



Sapa Rice Terraces, Vietnam



Before we delve into how beautiful Sapa is, there are in fact many destinations that offer cool high altitude rice terraces around Southeast Asia and Asia. There is the famous Benaue rice terraces in Ifugao, Philippines, but a bit too overcrowded with tourists during certain times of the year. It has the steepest rice terraces that date back 2,000 years. There are also 2 famous rice terraces in China, in Jiabang,



Guizhou and Yuanyang, in Yunnan, which can be very colourful and picturesque during certain times of the year when the pink peach blossom and white pear blossom fill the land with incredible natural colours.

Tegalalang in Ubud, Bali, Indonesia is also famed for its rice terraces, as well as Annapurna in Nepal. There's also one in Japan in Hamanoura, Saga Prefecture, which is called 'senmaida' which means thousand rice fields by the locals.

In Vietnam, besides Sapa, there is another rice terrace in Mu Cang Chai. But to reach there, you have to conquer Khau Pha Pass, which is one of the most winding, dangerous and hair-raising passes of the country. So maybe we should opt to go to Sapa which is close to Malaysia, and quite hassle-free to travel to. It is located 308 kilometers northwest of Hanoi, and have been cultivated for hundreds of years by ethnic minorities such as the H'mong, the Dao, Tay and Ha Nhi tribes.

Besides the rice terraces, there are other attractions that can keep you busy for a few days. Explore the cultural diversity of the ethnic tribes via local guides and day tours. You can visit the Sapa market and buy exquisite and unique handmade products and colourful clothing of the diverse ethnic groups. You can go for organized trekking or visit the Silver Waterfall. There are many top-end hotels and resorts to choose from which also provide day tours and guides. ♦



Chiang Rai, Thailand



Chiang Rai is the northern-most large city in Thailand, and remains a sleepy provincial town with a pleasant atmosphere. Compared to its sister Chiang Mai, it has a more relaxed and down-to-earth feel but is never short on historical and cultural attractions of its own. Founded in 1262 as the capital of the Mengrai Dynasty, Chiang Rai retains a strong Lanna identity, mostly through its impressive collection of temples, art, language, cuisine and music. Chiang Rai was conquered by Burma (Myanmar today) and remained under Burmese rule for a few hundred years. In 1899, Chiang Rai was annexed, and in 1933 was proclaimed a province of Thailand. Thus Chiang Rai is unique as it has both Burmese and Thai influences until today.

In 1432, during the reign of King Sam Fang Kaen of the Mangrai dynasty, the Phra Kaeo, or Emerald Buddha statue, the most revered in all of Thailand, was discovered in Chiang Rai when an earthquake split the chedi (a Buddhist stupa) at Wat Phra Kaeo. Today, this Emerald Buddha statue is housed in the Temple of the Emerald Buddha on the grounds of the Grand Palace in Bangkok.

But unlike Chiang Mai, the city offers little diversity when it comes to nightlife, entertainment and shopping. Most of the shops and commerce are concentrated in the area around the Clock Tower. Chiang Rai is the ideal destination to catch your breath, unwind and chill. A perfect destination that helps you to really relax and laze around to think things through with great clarity before you return to your hectic corporate world.

Chiang Rai is gradually developing its tourist sector, beginning with its own Night Bazaar, Saturday Walking Street and Jazz Festival. There is also the majestic Wat Rong Khun, or the



White Temple, and the Lion Hill to explore and enjoy its ancient, natural beauty. To fully appreciate the beauty of Mae Kok, it is best to hire a long-tail boat and take in the scenery along the two riverbanks. At the end of the day, Chiang Rai City is all about savouring each moment as it comes. It is about making your own moments and cherishing them. ♦



Ati-Atihan Kalibo, Panay Philippines

This is to get your energy level up to the max as this is the Mother of all Festivals in the Philippines. The Ati-Atihan Festival is a feast held annually in January, in honor of the Saint Nino (Infant Jesus), concluding on the third Sunday, in the town of Kalibo, Aklan in the island of Panay, Philippines. The name Ati-Atihan means "to be like Atis", the local name of the Aeta aborigines, who first settled in Panay Island and other parts of the archipelago. The festival consists of tribal dances and music accompanied by indigenous costumes and parade along the streets.

Everyone 'blackened' themselves to resemble the aborigines. A bit of history is in order. The festival is believed to date back to the year 1200 when a group of Malay chieftains from Borneo fled the tyrant Sultan Makatunaw. They eventually found their way to the island of Panay. They made a deal with the Atis chiefs (aborigines) and settled on the island. Some years later, the aborigines Atis were struggling because of a draught and came down from the mountains to look for food and exchange handicrafts with the Malay immigrants for food. The deal was successful and the Atis were so happy, they held a festival of dance, music and drum beats for the Malay settlers. And this tradition has continued until today. Since the Spanish arrived in the Philippines, this festival has taken on a Catholic flavor as a celebration.

But the real excitement takes place on the streets, with scenes that are inevitably compared to as the mini Brazilian Mardi Gras festival. The dancing from all the 'costumed tribes' never ends. It goes on and on and on. These costumed tribes today compete for cash prizes and prestige of their neighbours. Their traditional style of dance, accompanied by drums and song-like chants are known as "sad-sad" despite it being the absolute embodiment of "happy-happy".

It is a crazy fun-filled, loud, sweaty, tiring festival. But you must be a part of it at least once in your life, just to see how you look when you 'blackened' your face and arms and legs. Definitely Instagram and Facebook worthy pictures every where you turn. ♦

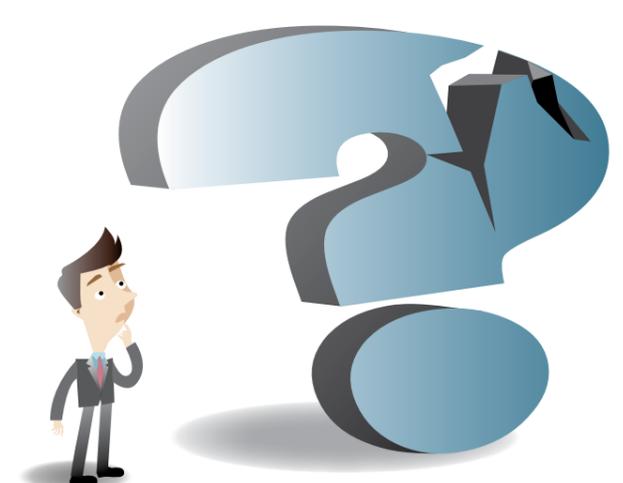


Oil & Gas Trivia Quiz

See how much you know about the Oil & Gas Industry.

Answers are placed at the bottom of the page.

- The word 'Petroleum' is a word from which language...
A. French B. Russian
C. Greek D. English
- Crude oil is measured in barrels, which is equivalent to ____ U.S. gallons.
A. 25 B. 38
C. 42 D. 54
- The world's largest oil field is found in _____.
A. Iraq B. Saudi Arabia
C. Syria D. Norway
- 80% of all oil spills are caused by _____.
A. Faulty machinery B. Natural disaster
C. Human error D. Earth's magnetic force
- The largest oil spill in history, the _____ in 2010, spilled 4.2 million barrels of oil.
A. DarkWater Horizon
B. DeepWater Horizon
C. BlackWater Horizon
D. LastWater Horizon
- In 2010, the average price of gas in Caracas, Venezuela is _____ per gallon.
A. \$1.60 B. \$1.05
C. 48 cents D. 12 cents
- The U.S. has 4% of the world's population but uses _____ of the world's oil.
A. 25% B. 70%
C. 10% D. 40%
- Crude oil was first pumped from the ground in _____, 2,500 years ago.
A. Saudi Arabia B. China
C. USA D. South America
- _____ supplies the most crude to the US (1.9 million barrels a day).
A. Saudi Arabia B. Mexico
C. Libya D. Canada
- Total daily oil consumption around the world is approximately _____ barrels.
A. 54,003,054 B. 802,465,000
C. 1,603,890 D. 84,365,000



Answers:

1. C 2. C 3. B 4. C 5. B 6. D 7. A 8. B 9. D 10. D

Islands...

There is something very magical about islands. I'm not really talking about a big island, like the United Kingdom for example, I'm talking about something that you can see around from a high vantage point, or walk around in a day... small, but perfectly formed, possessing their own unique character and little nooks and crannies in forgotten places, just around the corner, mysterious and ethereal, and being discovered and re-discovered as we speak... Anyway, the 'British Isles' are nice, but, more often than not, you need a thermal wetsuit, crampons and an ice axe just to get to the corner shop.

Howsumdiver... St. George's Island is exactly the sort of island that I am taking about. Situated a bare mile east south east from the mouth of the Looe River in Cornwall, I grew up seeing its tell-tale copse of trees from the top of the Wooldown near my house, snuggled into the lee of any inclement weather, and I fished from my boat in its clear waters (didn't catch a lot, but I guess I left about two hundred assorted hooks and swivels in the kelp stumps and a ton or more of lead sinkers). On the lowest of lowest spring tides, we'd sometimes splash through the shallows from the mainland and beard the owners in their small home, grabbing a likely cuppa on the pebbly beach for a brief respite from the weather, and then slogging back again before the tide came back in. Actually, 'bearding them in their den' probably didn't do them favours, as the island had been bought by two aging spinsters: the Atkins' sisters, when I was in high school. One of them operated a small pottery and painted in the cottage, while the other taught needlework (Ooops, I meant 'Home Economics') in the high school and returned to the island on weekends (weather permitting, and of course, it often didn't "permit").

At least they didn't do anything to upset the wildlife. The previous owner had owned a large hotel and bar on the seafront and occasionally used to party with his up-town mates in the comfort of the sprawling cottage. One time



he had the bright idea of releasing some red deer on the island a day before they arrived in their shooting brakes, boarding an open boat for the island and then sponsoring a deer hunt and shooting them for sport (I know... way ahead of you, pilgrim!). The day dawned bright and sunny. Everyone loaded up, hip-flasks at the ready and, sure of a good day's hunting, landed from the beach and shambled into the tiny copse, (no doubt, already tasting the venison steaks). Of course, the small herd had done what any self-respecting deer had done, and, disturbed by the loading and unloading of the boats, the raucous cries of the seagulls and the lack of anything to eat... had swum ashore in the night and disappeared. Indeed, it is said that there is still a large population of feral deer living in the gorse furze between Hannafore and Talland Bay, very happy with life, thank you, and all thanks to the erstwhile owner of Looe's only Island.

A Brief Resume...

Omarr Salahuddin was brought up in a small fishing village on the southern coast of Cornwall; was taught to handle a smoothing plane and a boat's tiller from an early age, and then learned to value the written word and draw on life's lessons from some long-suffering teachers that he was fortunate to have in his earliest years.



Then, with his luck still running true to form, he washed up on Malaysia's shores in the 90s, found work as a journeyman teacher, married a Minangkabau Princess in the fruitful fields of Negeri Sembilan, and now, older, but not necessarily wiser, he plays at being semi-retired, while hankering after a job as an itinerant boatbuilder.

A few years ago, I was fortunate to be involved in a debate tournament being hosted by alumni from UPM and staged in a hotel in Kuah, Langkawi. The competition involved university students from all over South East Asia, including those from Korea, Japan, Singapore and Indonesia, and a lot of their coaches, attached adjudicators and general camp-followers, filled several floors in the out-of-season tower block.





During the first briefing, some naïve nerdasaurus, definitely one of those who missed an earlier daylight flight, asked where the beach was. The response was immediate: "It's a bloody island, mate. Walk straight in any direction and when you feel your feet getting wet, stop!"

A bit harsh, perhaps, but it did provide the major reasons why islands continue to intrigue: somewhat obviously, they are surrounded on every side with water... you need a means of getting to them that doesn't involve drowning, shark wrangling, or turtle-riding, and the resources are almost always limited. In other words, is you want to consume something exotic or expensive, it's probably better if you bring it with you, yourself...

When I first came to Malaysia, I quickly became fascinated by the small islands dotted around the Malaysian archipelago: such as the islands on Malaysia's west coast, predominantly the Eagle's Island, Langkawi, and the hidden secret that is the country's westernmost point of land: Pulau Perak. However, my own versions of paradise can be found on the east coast, and though most of us are spoiled for choice, I have two definite favourites: Pulau Aur, seventy kilometers off the coast of Mersing, Johor, and my all-time favourite slice of heaven, Pulau Perhentian, just an hour's ride on a fast boat from Kuala Besut.

If you are looking for a sense of adventure, good snorkeling and diving, and visiting an island chain a little bit farther off the beaten track, yet to suffer the unbridled ravages of e-tourism, then Pulau Aur fits the bill. I once picked up two unbroken chambered nautilus shells from a secluded cove on Aur's western side, was chased off a coral head by a very large moray eel that seemed to resent the intrusion, and swam with a pair of mind-bogglingly huge mantas; and then you realise that Pulau Aur is almost within touching distance of Singapore. Truly, a hidden gem.

However, I have been undeniably and forever afflicted by the sense of belonging that I first experienced when first visiting Perhentian in the early 90s. I was deeply affected, not knowing really why, only becoming aware of the beauty of the island as it rose above the calm seas, like a gradual clearing of the mind: the purest of airs, the drifting scents and perfumes of fecund foliage... azure water, deepening into sapphire and then jade... As we came in to the anchorage, I flipped a coin off the side of the boat and watched it slip and slide, see-sawing down in the gin-clear fluid, and coming to rest twenty-five feet below, still clearly visible on the sand. I was entranced... and still am.

Like several of the Malaysian islands, Perhentian is a part of a small island chain, and comprises two larger islands and a smattering of smaller ones: The "Small Island", Pulau Kechik, where the original village was situated and most of the fruit and clove trees were grown, and somewhat predictably, The "Big Island", Pulau Besar, where the fishermen used to beach their boats for careening and painting. When I was first there in the early nineties, helping my friend, Wan Kadir, scout for a piece of land to buy, there were only two stops on the itinerary: the rickety pier jutting out from the beach at the kampong, and the concrete pier at Coral Beach on the bigger island, built to serve the guests at the resort.

Of course, the bare half-dozen wooden ferryboats that served the islands then have been superseded by a whole host of sleek, colourful speedboats, buzzing impatiently in regulated echelons, darting here and there across the furrows as pale tourists are disgorged at the rafts opposite the resorts, and then, re-absorbed days later, peeling like overcooked prawns and pinkly glowing. All the oil in the world won't help you if you are the slightest bit sensitive to the sun (and everyone is!), and I still find myself forgetting to apply lotion, somewhere... The last time, the backs of

my ears got deep-fried when I went for a long swim, and the time before that, I went sailing and forgot to cover the bare skin on my feet when I shook off my crocs. Learning can be a painful process for mat salleh...

Behind Pulau Besar, is the real reason why the Perhentian Islands bears its name. Tucked away in a small cove to the south, above a tumble of granite boulders, is the spring known as Air Berani, which literally means, Brave Water. It's here that a lot of sailing ships plying the ancient trade routes from Northern China, through the Straits of Singapore and into the Riau Archipelago, would stop by for fresh water. The spring has never been known to dry up, even though the spring appears to percolate downwards through the rocks themselves, and of course, the water is known to have mystical powers of healing: well, good enough to fortify countless generations of sailors making long voyages across the breast of the monsoon, cure skin diseases and weakness in the joints...

Moreover, this is not the only "magical" thing about this place. If you stand by the spring and are quietly observant, you will eventually notice tiny shrimps, flitting amongst the fringes of the tiny pool, where helpful sailors have arranged boulders to trap the water before it pours out over the sand. This might not impress people too much, particularly those more concerned with getting a signal on a handphone, or wilting in the shade of a parasol, but consider this... Where did the shrimps actually come from? They are fresh water shrimps and cannot survive in anything but pure water, so they couldn't have just decided to up-stakes and move to a more convenient pond. Nor is there is any other spring that supplements this one, or feeds into it. Therefore, they have been there, in that tiny pool of spring water, evolving by themselves and surviving for eons, even after the islands were inundated by glacial floodwater a million years

ago (give or take a couple of millennia or so). Maybe there is something magical in that water, after all...

My friend, Wan, ended up buying that piece of land, quickly retired as a professor of psychology, and now operates a low-density resort with a few chalets, "The Reef", opposite the channel between the islands. He has the respect due to his academic standing from the villagers (everyone in the kampung calls him 'Chikgu') and from his crew of workers, and seems as snug as a bug in a rug. We still hatch Quixotic plans together. For instance, we still have to land one of those big marlin that migrate along the coast from time to time (We can catch them, alright, but seeing them tail-walking over the horizon at a rate of knots and disappear is becoming like one of Hemmingway's unfinished novels). In fact, I'm leaning towards a suspicion that it is actually only one fish, and it has been sent to tempt us from time to time, just so that we keep pace with the upkeep of the boats, the design of lures and fancy rigs, and embellishing the tales of the one that got away... again.

So, we have come up with yet another plan: resurrect an old woodturning lathe that Wan found in an antique shop in KL and use old pieces of driftwood and fallen trees on the beach at Perhentian to make wooden furniture and bowls. There are still wrinkles to be ironed out in this plan, not least of which is the fact that we have no idea how to make wooden bowls on a lathe, even if it can be made to work, but it's the thought that counts, as Granny Dan would say...

And while the pace of life on the mainland continues apace, the murmur of the waves across the reef, the cooing of the Rawa pigeons in the Casuarina trees behind the chalet, and the cool, unsullied breeze that wafts through them, tells me exactly where I am... I am on an island. ♦

PETRONAS

Establishes Centre For Advanced Imaging



Kuala Lumpur, 3 September – PETRONAS, through its subsidiary, PETRONAS Carigali Sdn Bhd (PETRONAS Carigali) has established a new Centre for Advanced Imaging (CAI), located at the PETRONAS Twin Towers, as part of its Exploration organisation in collaboration with CGG, a fully integrated global Geoscience company. The CAI is a collaborative venture aimed at supporting PETRONAS' growth strategy in expanding its resource base through exploration.

The CAI is supported with a high-performance computing facility and CGG's cutting-edge subsurface imaging technologies as part of the venture. A ceremony to commemorate the venture was held at the PETRONAS Twin Towers on 27 August 2018. PETRONAS Vice President of Exploration, Emeliana Rice-Oxley, the CEO of CGG, Sophie Zurquiyah, and key personnel from both companies were present at the event.

Speaking at the event, Emeliana said, "Having access to CGG's latest technology and expertise in high-end seismic and multi-physics imaging, and reservoir characterisation, is in line with PETRONAS' corporate themes of collaboration, digital, pace and competency; augmenting PETRONAS' global exploration efforts to expand our resource base through exploration."

CAI is unique in that it focuses on collaboration in three key areas which are seismic processing, reservoir characterisation and multi-physics imaging. This provides CAI with the capability to undertake in-house seismic data processing, quantitative seismic interpretation and multi-physics processing at the pace and priority as needed. Seismic and multi-physics imaging and interpretation capabilities are fundamental to successful exploration strategy and efforts, managing exploration and development risks and maximising the potential of reserves. ♦



RGTP: The Gateway to Pengerang

By: Asrif Yusoff



The sun was just rising towards midday on the bright November morning, and the sea was calm over the Straits of Johor. By the bay of Pengerang, the region's newly-transformed industrial district, the staff on-duty at Regasification Terminal Pengerang (RGTP) were eagerly awaiting the arrival of the Seri Begawan. The liquefied natural gas (LNG) vessel has travelled over 3,500 nautical miles in its ten-day voyage from the Gladstone plant in Queensland, carrying 147,000 m3 of LNG to be supplied to customers in the Pengerang Integrated Complex (PIC).

At 10:40 am, the Seri Begawan safely berthed to unload its first drop of LNG marking the milestone of the first commercial cargo for RGTP -- the gateway to Pengerang.

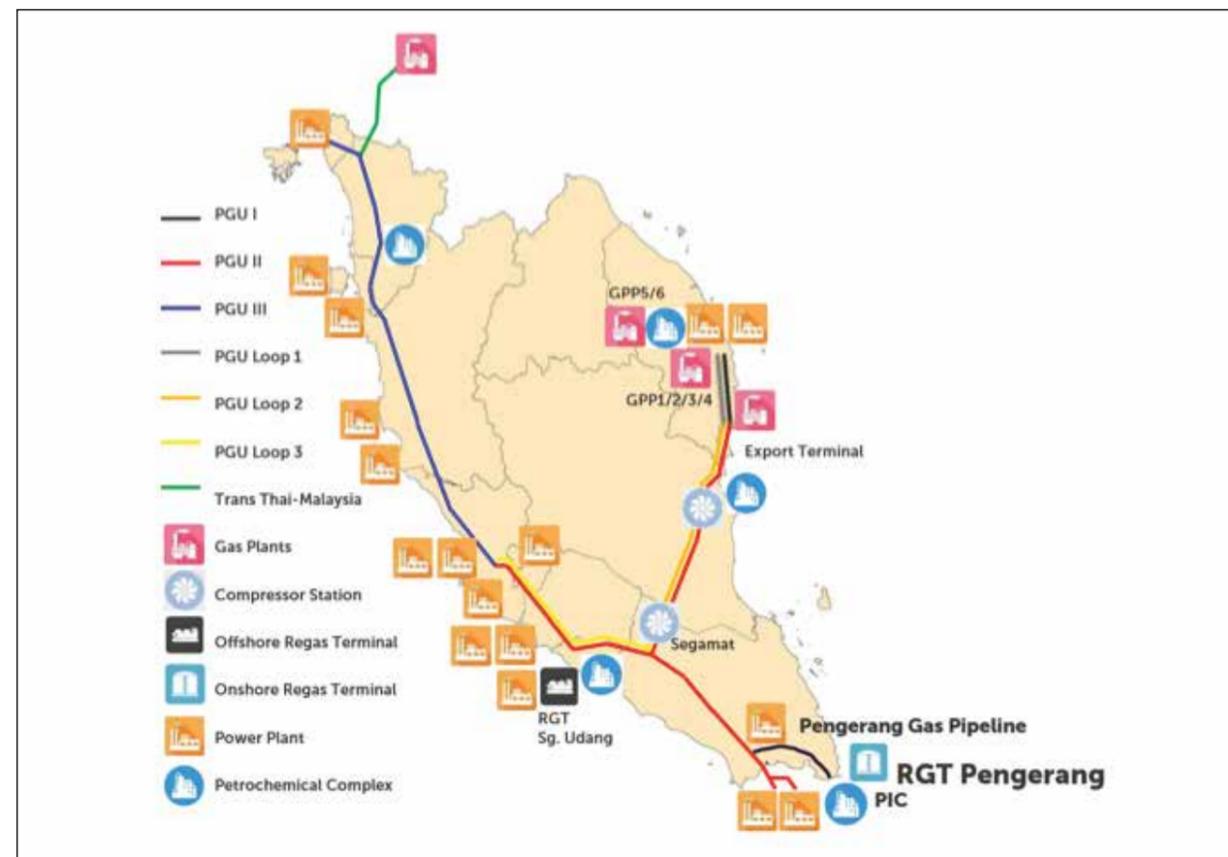
Fuelling a historic development

Located just 100 kilometres outside Johor Bahru, PIC occupies over 6,000 acres of land in the southern coast of the peninsular. Formerly a quiet township by the sea, Pengerang was announced as the site of an integrated petroleum complex development in support of the government's Economic Transformation Programme at

the turn of the decade. The development is intended to produce premium differentiated petrochemicals to meet market demand for petroleum products, as well as to fulfil domestic requirement for Euro 5 fuel.

The site had undergone vast infrastructural growth over the past five years as work gets underway ahead of PIC's target ready-for-start-up in 2019. PIC is the largest downstream investment to date by PETRONAS, the national oil company, and will comprise of the Refinery and Petrochemical Integrated Development (RAPID) as well as six Associated Facilities. From this development, the refinery is expected to refine 300,000 barrels of crude per day while the petrochemical complex is capable of producing 3.6 million tonnes of products annually.

Adjacent to the refinery and plants is the Pengerang Co-generation Plant (PCP), a facility built to power the whole of PIC with 1,220 megawatt of electricity for consumers within the complex as well as the national grid, and up to 1,480 tonnes of steam. Adopting the breakthrough Siemens H-class technology, PCP was designed for high efficiency befitting its stature as one of the largest co-generation plants in the region.



RGTP functions as the link that bridges these facilities with their source of energy: LNG cargoes that are delivered by sea. RGTP offers a range of services including LNG unloading, reloading, storage, handling, and regasification. With two units of 200,000 m3 LNG storage tanks, about the capacity of 80 Olympic-sized pools and expected to be the largest in the region, RGTP is capable of sending out up to 490 mmscfd of gas to its customers in PIC as well as the Peninsular Gas Utilisation (PGU) network across West Malaysia.

Partnering for growth

As the primary source of gas for PIC, the development of RGTP was undertaken by Pengerang LNG (Two) Sdn Bhd (PLNG2), a joint-venture between PETRONAS Gas Berhad (PGB), Dialog Group Berhad, and Permodalan Darul Ta'zim. In 2014, leveraging on its experience and expertise, PETRONAS Technical Services Sdn Bhd was appointed as the project management consultant for the project.

Based on competitive bidding, a consortium comprising of Samsung C&T Corporation, Whessoe Engineering Ltd, Science-Tech Solutions Sdn Bhd, and Samsung C&T (KL) Sdn Bhd was awarded with the contract to conduct engineering, procurement, construction and commissioning for the project. In April 2015, construction began for the

project with a workforce of almost 2,000 people to be deployed over the 42-month timeline of the development.

In August 2016, the project achieved a key milestone by 'air-raising' the 1,000-tonne roof of RGTP's LNG Tank 1. Regarded as one of the most critical phases of the project, the engineering feat involved the pneumatical (by air) thrusting of a steel dome structure over the height of 53 metres. According to the Project Director Md Shah Mahmood, "The achievement is not only significant for the development of RGTP, but also for the timely start-up of PIC."

For the operations and maintenance of RGTP, the service of Regas Terminal (Sg. Udang) Sdn. Bhd (RGTSU), a wholly-owned subsidiary of PGB, was acquired taking advantage of their expertise in operating the country's first regasification facility in Melaka since 2013. RGTSU works closely with Johor Port Berhad, Pengerang Terminals (Two) Sdn Bhd, and Pengerang Marine Operations Sdn Bhd in ensuring smooth operations within the integrated ecosystem of the terminal, jetty, and regasification facility.

As of March 2018, RGTP has recorded over 160,000 safe manhours without major HSE incident, while maintaining high plant reliability and availability, since its commercial operations in November 2017. A testament of the team's focus on safety and operational excellence.



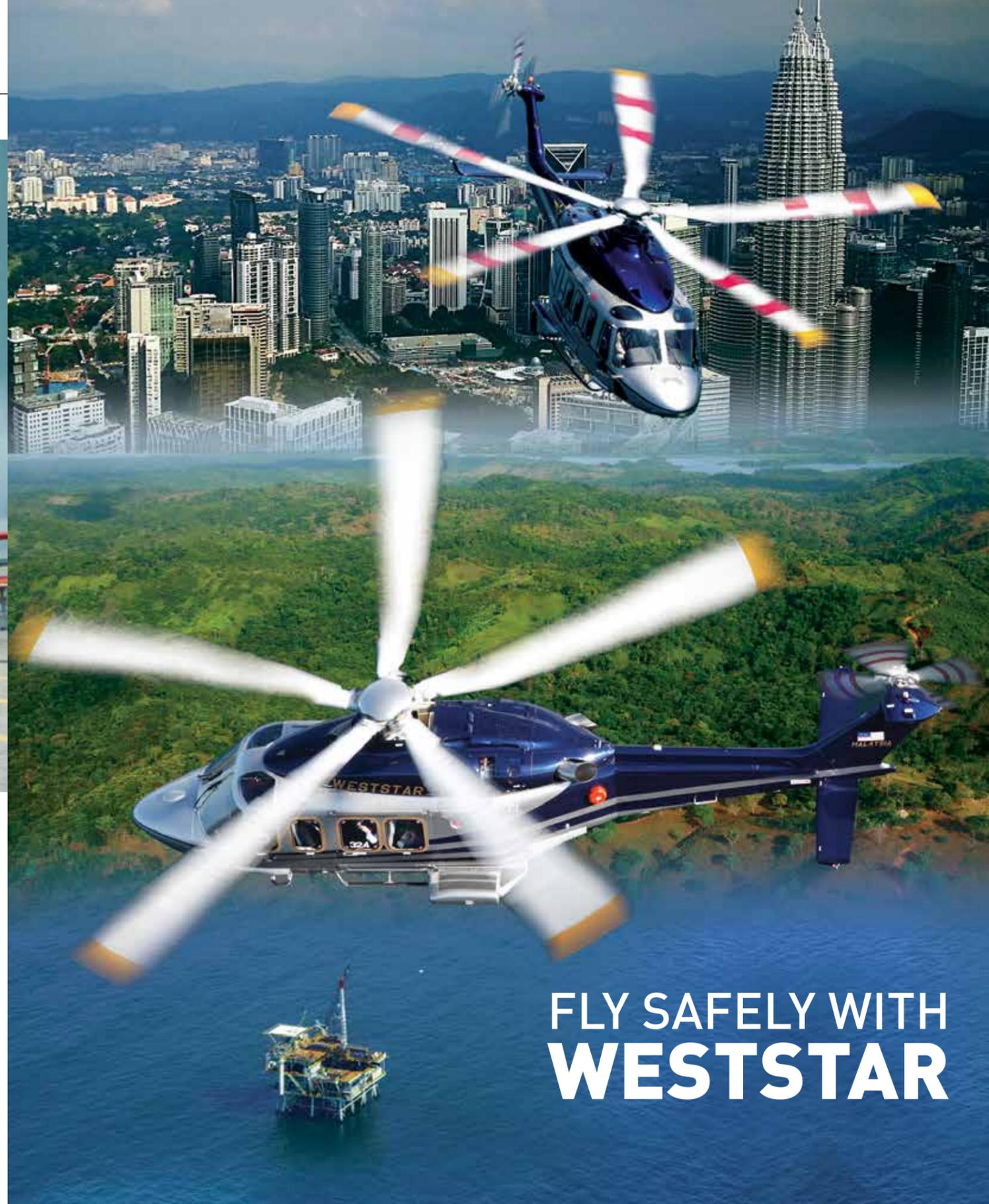
Building for the future

Commenting on the successful delivery of the first commercial cargo, PGB Managing Director & CEO and PLNG2 Chairman Kamal Bahrin Ahmad said, "The commencement of commercial operations of RGTP marks a very significant growth milestone for PGB. It strengthens our regasification business segment and will provide additional revenue stream to our business."

In addition to its on-schedule completion, the RGTP project had also successfully clocked in over 10 million safe man-hours without lost time injury by August 2017. An achievement that reflects the strict compliance to health, safety, and environment throughout the progress of the project.

Evidently, the successful construction and operation of RGTP is the joint effort of many parties and this collaborative spirit has been commended by PLNG2 CEO Abdul Razak Saim. "The Project Team has worked closely with the Operations Team very early on to prepare for operational readiness and a smooth handover," he said. "This is a true reflection of our cultural beliefs of nurturing trust and aspiring for shared success."

With the capability of receiving up to 90 LNG standard to Q-Max carriers annually, RGTP has to date successfully received twelve cargoes from around the globe. Moving forward, with the completion of PIC on the horizon and the implementation of the Third Party Access System in the Malaysian gas industry, RGTP is expected to continuously receive LNG cargoes from across the globe to be transformed in gas in powering up Pengerang and beyond. ♦



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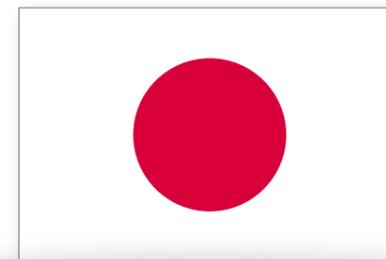
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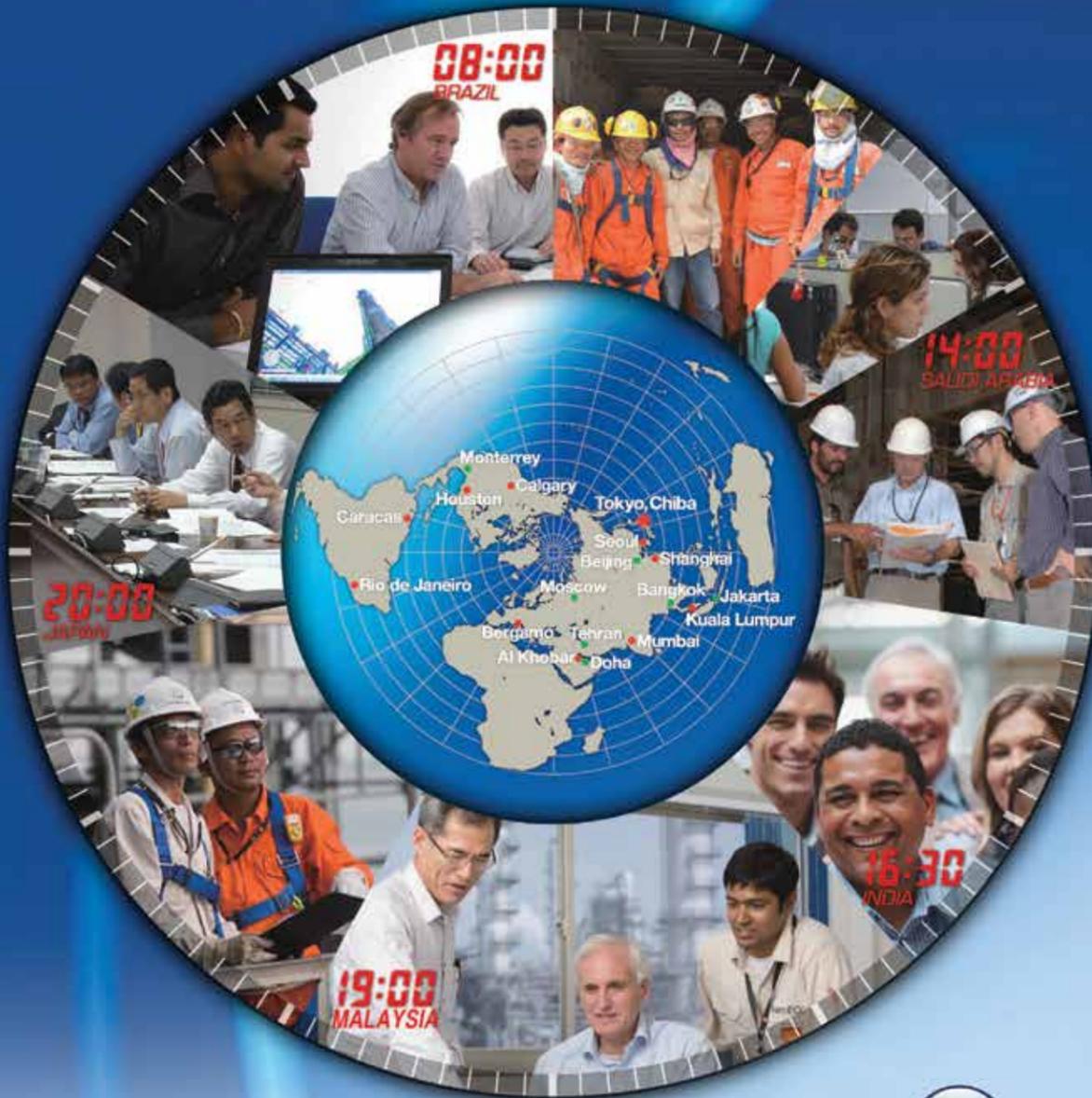


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