



MALAYSIAN PETROLEUM CLUB
RESOURCE MAGAZINE

VOLUME 30.2 OCT 2022 KDN: PP7878/12/2012 (031611)



Happy ● ~ ●
Diwali



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


www.dialogasia.com

DIALOG Supports


MyKasih
foundation

4

Chinese Wok Menu



WOK A

- *Special Crab Meat & Sweet Corn Soup
- *Stir Fry Braised Chicken in Green Sauce
- *Stir-fried Beef & Eggplant with Garlic Sauce
- *Kung Pao Chicken with Vegetables Sautéed with Peanuts
- *Stir-fry Beef with Green Beans, Mushrooms and Pineapple
- *Stir-fry Chicken with Garlic Sauce and Vegetables
- *Stir-fry Chicken with Mushrooms Pineapple
- *Stir-fry Chicken with Mushrooms Pineapple

WOK B

- *Special Beef & Sweet Corn Soup
- *Stir-fried Chicken with Green Onion Sauce
- *Stir-fry Beef with Vegetables with Sautéed Green Beans
- *Stir-fry Beef with Green Beans & Pineapple
- *Stir-fry Chicken with Mushrooms Pineapple
- *Stir-fry Chicken with Mushrooms Pineapple

Promotion Start:
 7th March 2022
 Time :
 12pm – 2.30pm (Lunch)
 6.30pm – 9.30pm (Dinner)
 End..

Date: 24/12/2021 • Time: 6pm-10pm
Venue: Duling Suite

Christmas
Eve Set Dinner

APPLE PIE
Apple Pie and Malt Tartare
Fresh Potato Mashed Potatoes
Caramelized Citrus Ice

SUPP
Wild Mushroom Soup
Served with Potato Slices and Fresh herbs

Lime Corbier
MEAT COURSE
Roasted Turkey Brandy
Crispy Turkey Breast, Roasted Bruschetta
Vegetables, Savory Sauce and Grilled Bread

Grilled Australian Beef Tenderloin
Fried Potatoes, Cream Mashed Potatoes
Asparagus, Served with Garlic Cream, Sautéed
Cauliflower and a Natural Beef Pan
or

Pasta Salad and Gratin
Creamy Beef, Cold Salad, Truffle Sauce, Sautéed
Mushrooms, Lemon and Garlic Sauce
Spaghetti & Gratin with Truffle Sauce
Finished with the Warm Sauce

DESSERT
Caramel Cheese Cake

TURKEY
COO
BY THE
BEER
BROTHER

A photograph of a large, ornate conference room. The room features a long, curved wooden table with several water bottles and papers on it. Red upholstered chairs are arranged around the table. In the background, there is a large white projection screen and a chandelier hanging from the ceiling. The room has a classic, elegant feel with wood paneling and large windows with curtains.




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

Introduce 3 confirmed new club members and you'll win RM1,000 that will be credited into your MFC account. They'll give you 1000 points for each new member. It's that easy! MFC members in fact can win anything at all the time and any amount of things to increase the fun, and more! RM1,000!

To get your outstanding skills and creativity to bring us down. Start today!

*Maximum RM1,000 per person per year. All members are eligible.

**GET 3 CONFIRMED
NEW CLUB MEMBERS**

[illegible]A man with short dark hair, wearing a dark suit jacket over a white shirt, is singing enthusiastically into a microphone. He is positioned in the foreground, slightly to the left. The background is a dimly lit room with warm, golden lighting, featuring a large, curved, textured wall that resembles a modern interior design. The overall atmosphere is cozy and inviting.

Grab your mic and get ready to be a star!

Samarang Karaoke Lounge

REOPENING PROMO
 Birthday Parties
 Private Functions
 or the perfect place to showcase your crooning prowess with friends



MALAYSIAN PETROL CLUB

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

Introduce 3 confirmed new club members and your name enters RM1,000 cash draw that will be conducted on 30th May 2020. Members must have joined 1st May 2020 and must be confirmed as active. All MFC members are eligible to join. Visit our website for full regulations and conditions of joining or participating in the draw on 30th May 2020. Do not play misleadingly false and contrary to good sportsman spirit beliefs!

Remember the more you introduce, the greater your chance to win a cash prize!

**GET 3 CONFIRMED
NEW CLUB MEMBERS**

BUSINESS LUNCH

APPETIZER

CEASAR SALAD

Shredded Chicken Meat, Romaine Lettuce, Parmesan, Crouton, Beef Bacon & Caesar Dressing

or

CRÈME OF DUBARRY

Creamy Cauliflower Soup, Topped with Bread Cheese Stick, Saute Prawn Meat, Capers, Finished with Chives Oil

MAIN COURSE

PAN SEARING BEEF TENDERLOIN

Australian Beef Tenderloin Steak, Potato Gratin, Charred Baby Carrot & Asparagus Accompanied with Creamy Garlic Confit Beef Jus

or

GRILLED SALMON TROUT

Russet Mousseline, Onion Pickle, Cocktail Tomato, Parisienne Zucchini & Mustard Sauce

or

CHICKEN FRICASSEE

Creamy Boneless Chicken, Baked Turned Potatoes, Mushrooms, Green Peas & Onion

DESSERT

ITALIAN TIRAMISU

Layered Cream Cheese & Chocolate Cake, Dusted with Coffee Powder Finish with Ice Cream Quenelle

or

MIXED FRUITS PLATTER

Watermelon, Honey Dew & Grape

COFFEE OR TEA

RM138/pax



MALAYSIAN
PETROLEUM
CLUB

Call/Whatsapp:

MPC Hotline

012 711 8342

Joe 016 264 3122

Shikin 017 646 6183

Day: Monday to Friday

Venue : Dulang Suite

Time : 12.00 - 2.30pm

**20%
discount for
members**

Club Manager @YOUR SERVICE



End 2022 with a Big Bang!

It has been a good year, so end your year with a Big Bang at MPC!

First up, there's Diwali in October.

And we, Malaysians, do celebrate every festival together beramai-ramai.

Enjoy the Diwali Banana Leaf special menu with friends and family. Next...Be a part of MPC's glamorous Gala of the Year, on the evening of 25 November 2022. Book your tables today.

Then we have our very Merry Xmas Eve Dinner. It's not to be missed! The more the merrier. We also have a Special Xmas Day Turkey takeaway for you to celebrate at home with family and friends with good taste. Place your orders in advance.

What better way to end 2022 than at MPC New Year's Eve Party. It will be a night to remember. Excellent food, live performance, door gifts, great company and lots of fun and laughter. It's also a Kid-Friendly New Year Eve Dinner, so bring all your children and nephews and nieces for their most memorable night ever. There will be a spectacular fireworks display at KLCC's Sky Bridge at the stroke of midnight. Let's say goodbye to 2022 with the biggest bang, as we usher in a promising and exciting 2023.

Besides these exciting festivities, there are also the Business Lunches, Wok Specials @ Seligi Chinese restaurant, all-time-favourite Saturday Platter, Breakfast and Tea Time with goreng pisang and your other favourite delicacies. MPC has also prepared an incredible selection of mouth-watering cakes for you.

As the year comes to an end, we should all reflect on all the great things we have accomplished, and all the beautiful things we have still to complete. So be inspired, be amazing and be merry, always.

Shirley Tan
Club Manager



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Tengku Aziz

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En. Noor Ilias Mohd Idris

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FAVORITES
CHINESE

Wok MENU

Time :

12pm – 2.30pm (Lunch)

6.30pm – 10pm (Dinner)

Day :

Monday to Saturday

SET MENU A

Hot and Sour Soup with Sea Asparagus
Deep Fried Chicken with Wasabi Mayo
Steamed Red Snapper with Spicy Chili Sauce
Stir Fried Prawns with Mix Vegetable
Braised Bean curd with Mix Mushroom
Fried Rice with Golden Anchovies
Chilled Sea Coconut with Longan and
Fresh Lemon
Chinese Tea

MYR 1,800 net per table (7 - 10pax)

SET MENU B

Abalone Soup with Dried Seafood and Crab Meat
Crispy Chicken with Special Sesame Paste
Steamed Seabass with Bean paste and Chili
Deep Fried Prawns with Kam Heong Style
Wok Fried Vegetable with Salted Fish
Braised Mee Suah with Seafood
Chilled Soya Bean with Sago and Sea Coconut
Chinese Tea

MYR 2,400 net per table (7 - 10pax)

ADD ON APPETIZER

Appetizer A

- * Deep Fried Golden Fong Kwong Mal with BBQ Sauce
- * Steam Chicken Dumpling with Eqq Gravy

RM100/10pax (min 5 pax)

Appetizer B

- * Sugar Cane Prawn with Sweet Thai Sauce
- * Deep Fried Bean Curd Roll with BBQ Sauce
- * Steamed Otak-Otak Dumpling with Black Pepper Sauce

RM160/10pax (min 5 pax)



MALAYSIAN
PETROLEUM
CLUB

20%
discount for
members

Call for reservations:
03 - 2166 3200

EVERY SATURDAY FAMILY PLATTER FOR 4

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



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MALAY PLATTER

Mee Hoon Soup Bakso

White Rice

Ayam Goreng Berempah

Daging Masak Merah

Deep Fried Sea bass Salted Egg

Sautéed Mixed Vegetables

Fish Crackers

Cendol Kacang Merah



CHINESE PLATTER

Szechuan Hot & Sour Soup

Sweet Sour Beef

Fish Fillet with Black Pepper Sauce

Smoked Duck/ Deep Fried Chicken with

Barbeque Sauce

Stir-Fried Takuan & Vegetables

White Rice

Prawn Crackers

Crispy Rabbit Bun



WESTERN PLATTER

Broccoli Creamy Soup with Garlic Bread

Chicken Gordon Bleu Thyme Sauce

Beef Stew with Roots Vegetables and
Mushrooms

Fish Finger with Tartar Sauce

Sautéed Potato with Capsicum and
Streaky Beef

Spaghetti Marinara

Chef Sliced Cake of the Day



FREE FLOW

Coffee/Tea/Chilled Juice

RM248



20%
discount for
members

BANANA LEAF PLATTER

DIWALI INSPIRED MENU

Venue: Temana & Bayan Bar ~ Monday to Friday ~ 12pm - 2.30pm

MONDAY

LAMB BIRYANI RICE

Basmathi Biryani Rice with Raisin
Grilled Lamb Shoulder, Vegetables Dhalca Curry, Acar Rampai,
Fried Bitter Gourd & Papadum Crackers
RM 32

OR

CHICKEN BIRYANI RICE

Basmathi Biryani Rice with Raisin
Boneless Chicken Tandoori with Mint Cream Sauce,
Vegetables Dhalca Curry, Acar Rampai, Fried Bitter Gourd
& Papadum Crackers
RM 25

TUESDAY - FRIDAY

BANANA LEAF PLATTER SET A

Nasi Putih, Ayam Masala, Kobis Goreng Mamak, Fried Bitter Gourd,
Papadom & Rasam Soup, Dhalca, Plain Curry & Tomato Chutney
RM 20

BANANA LEAF PLATTER SET B

Nasi Putih, Ikan Tenggiri Curry, Kobis Goreng Mamak,
Fried Bitter Gourd, Papadom & Rasam Soup,
Dhalca, Plain Curry & Tomato Chutney
RM 20

ADD ON

Jenahak Fish Head Curry (half) RM 60
Squid Masala (300gm) RM 35
Mutton Varuval RM 35
Curry Omelette with Chili RM 5
Fried Mackerel Fillet RM 18
Papadom RM 5
Plain Rice RM 3

ALA CARTE

Grilled Chicken Chop with Butter Rice,
Salad & Mushroom Sauce RM 19
Grilled Lamb served with Butter Rice, Salad
& Black pepper Sauce RM 30
Spaghetti Aglio- Olio with Chicken
and Black Olive RM 20
Mixed Satay with Condiments and Peanuts Sauce RM 18
Pori Bread with Chicken Curry RM 10

DESSERT

Pulut Mangga RM 10
ABC RM 5
Cendol RM 5
2 Scoops of Ice Cream RM 5
(Vanilla, Chocolate, Strawberry)

CHEF SPECIAL

OXTAIL SOUP
White Rice, Acar Rampai & Fish Crackers RM 28



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It's Coffee time

& BREAKFAST!
8AM to 11AM

Egg Station

HALF BOILED EGGS

Salad, & Toast

RM 7

HARD BOILED EGGS

Salad & Toast

RM 7

SCRAMBLED EGGS

Salad, Grill Tomato & Toast

RM 7

PLAIN OMELETTE

Salad, Grill Tomato & Toast

RM 7

HAWAIIAN OMELETTE

Salad, Grill Tomato & Toast

RM 12

AMERICAN BREAKFAST

Fried Eggs, Salad, Grill Tomato,
Baked Bean, Streaky Beef & Toast

RM 12

Coffee 2 Go Menu

NASI LEMAK with Egg

RM 9

NASI LEMAK with Egg & SAMBAL SOTONG

RM 12

NASI LEMAK with Egg & SAMBAL KERANG

RM 12

MEE HOON SIAM with Egg

RM 9

FRIED RICE with Egg

RM 9

CHICKEN SANDWICH

RM 7

CURRY PUFF (2 PCS)

RM 5

MALAY KUIH OF THE DAY (3 PCS)

RM 5

PRATHA BREAD with DHALL & SAMBAL

RM 7

ROTI TAMPAL, KUAH DALL & SAMBAL

RM 9

ROTI BAKAR with KAYA

RM 7

LONTONG NASI IMPIT

RM 9

ADD ON

Sambal Sotong/

Sambal Kerang

RM 5



Grab your mic and get
ready to be a star!

Samarang Karaoke Lounge

REOPENING PROMO

Birthday Parties,
Private Functions
or the perfect place
to showcase your
crooning prowess
with friends

First 2 hours : RM350*
**Subsequent hour :
RM100**

Starting time : 3pm
**Room Capacity :
Max. 15 pax**

**Comes with one round of
chilled juices*



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The Most Awaited
Malaysian Petroleum Gala

GLITZ AND GLAM

Glitz and Glam @
Malaysian
Petroleum Club.
Book your date:

25/11/2022

Time: 8.00pm

Programme:

Pre-dinner Cocktail

Western Set Dinner

Live Band

Saxophone Solo

Violin Performance

Showtime with Faizal Tahir

Games

Lucky Draw



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Call/WhatsApp:

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Joe 016 264 3122

Syahril 019 540 3799

COFFEE/TEA 2 GO
3.00 – 7.00 pm

Goreng Pisang!



**MALAYSIAN
PETROLEUM
CLUB**



MALAYSIAN
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CLUB

Date: 24/12/2022 • Time: 6pm-10pm

Venue: Dulang Suite

Christmas Eve Set Dinner

APPETIZER

Apple Prawn Meat Tartare

Fresh Picked Mixed Mesclun, Crostini & Coriander Citrus oil

SOUP

Wild Mushroom Soup

Served with Bread Stick and Fresh Herb

Lime Sorbet

MAIN COURSE

Roasted Turkey Roulade

Creamy Potato Puree, Sautéed Roots Vegetables, Morel Mushroom, Giblet Sauce & Cranberry Coulis

Or

Grilled Australian Beef Tenderloin

Fondant Potato, Grill Trumpet Mushrooms, Asparagus Spears and Baby Carrot, Topped with Caramelized Onion & Natural Beef Jus

Or

Pan Seared Cod Gremolata

Seared Black Cod Fillet, Topped with Mixture of Parsley, Lemon zest and Garlic, Sautéed Spinach & Edamame and Cocktail Tomato Finished with Ala Verde Sauce

DESSERT

Caramel Cheese Cake

Mango Coulis, Pistachio & Biscuit Crumble

Coffee or Tea

Petit Four

1 Round House Wine/ Sparkling Juice

TURKEY

RM258/pax

COD

RM318/pax

BEEF

RM358/pax

Call/Whatsapp:

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CHRISTMAS Take Away!

From:
22/12/2022 to
31/12/2022

TRADITIONAL ROASTED WHOLE TURKEY (5kg)

Accompanied with Cranberry Sauce & Giblet Sauce, Braised Baby Potato with Beef Bacon, Roasted Sweet Potato, Carrot, Pumpkin, Asparagus
RM 480

ROASTED WHOLE CHICKEN (2kg)

Accompanied with Cranberry Sauce & Giblet Sauce, Braised Baby Potato with Beef Bacon, Roasted Sweet Potato, Carrot, Pumpkin, Asparagus
RM 150



CAKE & COOKIES

Fruits Cake (1kg)

RM 90

Chocolate Yule Log (1kg)

RM 85

Chocolate Chip Cookies (250gm)

RM 28

Ginger Bread (250gm)

RM 28

**SELF
PICK**



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Kid-Friendly New Year's Eve Party

Celebrate this New Year's Eve with great gusto and delight in MPC,
complete with flamboyant fireworks @ Sky bridge.

Kid-Friendly New Year's Eve Party

Bring your kids on this event of
Buffet Dinner & Supper with
Door Gift, Games, Clown Ballon &
Live Performance

Booking opens from
1 to 29 December 2022

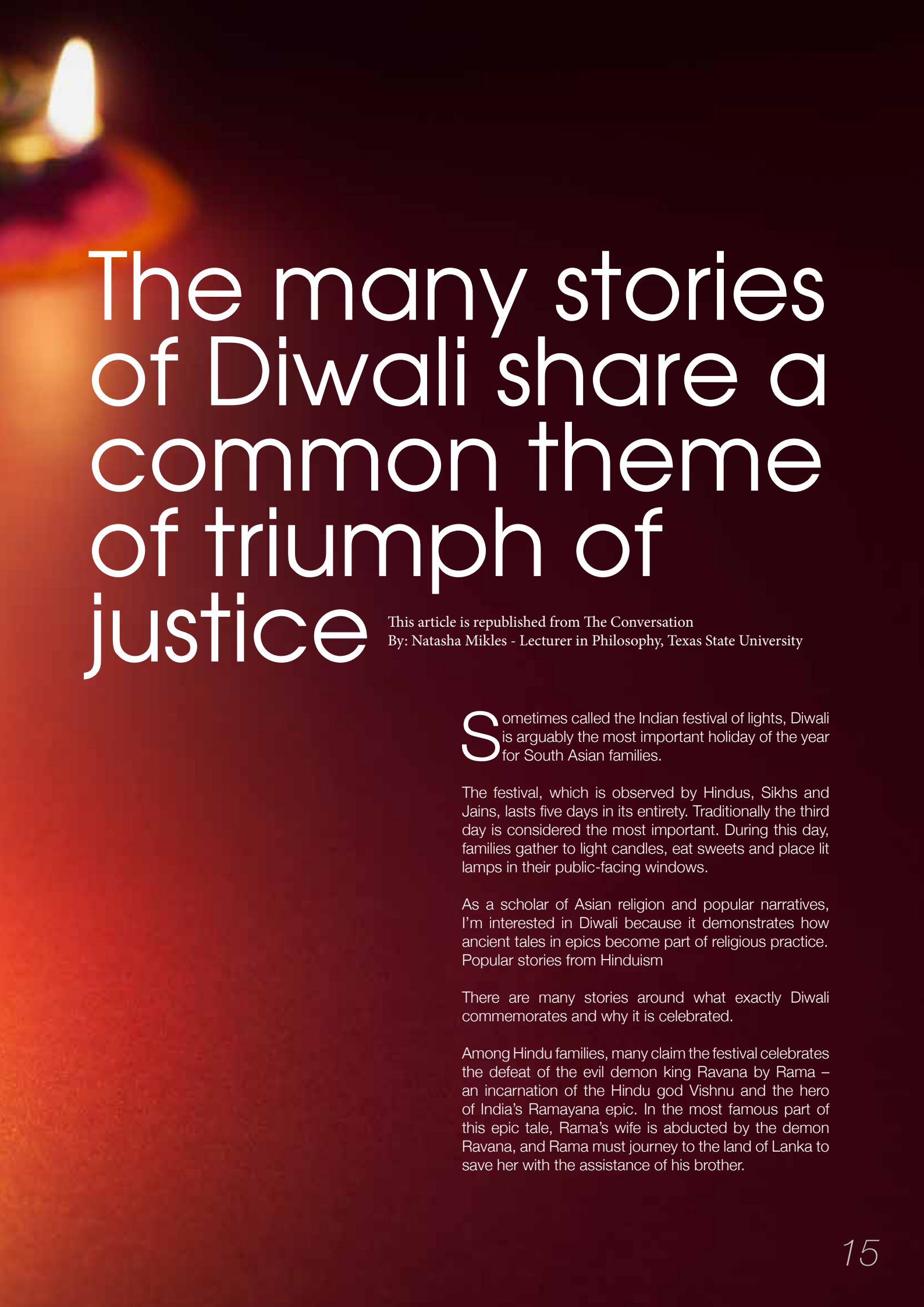
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The many stories of Diwali share a common theme of triumph of justice

This article is republished from The Conversation
By: Natasha Mikles - Lecturer in Philosophy, Texas State University

Sometimes called the Indian festival of lights, Diwali is arguably the most important holiday of the year for South Asian families.

The festival, which is observed by Hindus, Sikhs and Jains, lasts five days in its entirety. Traditionally the third day is considered the most important. During this day, families gather to light candles, eat sweets and place lit lamps in their public-facing windows.

As a scholar of Asian religion and popular narratives, I'm interested in Diwali because it demonstrates how ancient tales in epics become part of religious practice. Popular stories from Hinduism

There are many stories around what exactly Diwali commemorates and why it is celebrated.

Among Hindu families, many claim the festival celebrates the defeat of the evil demon king Ravana by Rama – an incarnation of the Hindu god Vishnu and the hero of India's Ramayana epic. In the most famous part of this epic tale, Rama's wife is abducted by the demon Ravana, and Rama must journey to the land of Lanka to save her with the assistance of his brother.

A different tradition states that the festival commemorates the defeat of the demon Narakasura by Lord Krishna. Like Rama, Krishna is an incarnation of the god Vishnu, who has come to assist humanity in its time of need.

Stories tell of Krishna's efforts to rid the world of demons. In this particular story, the King Naraka gains extraordinary abilities through a deal with a demon and becomes intoxicated with power.

Narakasura, as he is now called, destroys the kingdoms around him and eventually plans to assault even the heavens. Krishna appears and uses his divine powers to neutralize Narakasura's weapons, eventually beheading him with a multi-pronged discus.

Other traditions associate the festival with the birth of the goddess Lakshmi and her marriage to Vishnu. In the Hindu tradition, Lakshmi is worshipped as the goddess of wealth, while Vishnu is seen as the preserver of humanity.

While there are many stories of her birth, the most prevalent is that Lakshmi appeared during the churning of the divine ocean of milk from which the nectar of immortality comes during a fight between the gods and demons. After appearing, she chooses to marry Vishnu and to assist him in working for the benefit of humanity.

In southern India, Hindu families commemorate the defeat of the demon Hiranyakshipu by Narasimha, the lion-headed incarnation of Vishnu. Like many Indian stories, Hiranyakshipu is a demi-god who believes he is immortal after receiving a divine blessing from the Hindu creator-god Brahma that lists the conditions for his death.

According to the boon, he cannot be killed at day or at night, inside or outside, by human or by animal, by projectile weapons or by hand weapons, and neither on the ground nor in the sky.

In response to Hiranyakshipu's terrorizing of the heavens and Earth, Vishnu then incarnates as the lion-headed god Narasimha to kill the demon. He kills him at dusk, on the step of his house, as a chimeric lion with his claws as he lies on Narasimha's lap – all conditions that satisfy the elements of the boon.





Stories from other religions

The Diwali tradition is celebrated by Jains and Sikhs as well, who have their own interpretations of the festival. For Jains, Diwali celebrates the nirvana, or enlightenment, of Mahavira, the 24th spiritual teacher of the Jain path and the contemporary tradition's founder.

Sikhs consider Diwali a commemoration of the release of Guru Hargobind, the sixth of 10 spiritual leaders, and 52 other men who were imprisoned by the Mughal Empire that ruled the Indian subcontinent from 1526 to 1857.

After the public execution of his father by Mughal leaders, Guru Hargobind became increasingly passionate about forming an independent Sikh homeland through military action if necessary. He was eventually jailed by the Mughal Emperor Jahangir, but was released two years later on the day of Diwali.

Popular legends state that when he was freed, Guru Hargobind tricked the Mughal emperor into allowing him to bring out as many men as could hold onto the hem of his cloak and, in this way, helped release 52 other prisoners who held onto 52 threads coming off of his garment.

Origins of Diwali

The multiplicity of interpretations for why Diwali is celebrated and questions regarding the festival's exact origins may have one potential answer: that the narrative of origins is an afterthought to rituals.

This problem is illustrated in a well-known episode of the sitcom "The Office," where the Dunder Mifflin team attends a Diwali celebration at a local Hindu temple. Before they go, they ask Kelly – the Hindu office worker who is playing hostess – to explain the origins of the festival.

She demurs, stating "I don't know; it's really old, I think," before excitedly discussing the beautiful clothes everyone wears, the dancing and the food. Mindy Kaling, who plays Kelly and wrote the episode, explained that she based Kelly's cluelessness on her own, noting that – despite identifying as Hindu – she had to do significant research into her own religious tradition to write the episode.

In other words, while she was aware of and excited about the rituals, the narrative explanation was secondary to joining with her community in celebration.

But this does not mean that narrative may be inconsequential. It is important to think what these multiple narratives about Diwali's origins may be able to tell us about the Indian culture.

Asian religions scholar Robert Ford Campany suggests that narratives entail a subtle form of argument that "reveal, argue, or assume something significant about the world, about spirits, about relations between humans and other beings, or about the afterlife and the dead."

Perhaps these diverse origin stories of Diwali point to a shared argument that Indian culture is making about the world: that good – whether as one of the many avatars of Lord Vishnu, an enlightened Jain prince, or an imprisoned guru – will necessarily triumph over the evils of demons, injustice and ignorance.

Certainly that's an argument worth celebrating, especially in the chaotic times we live in today.







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

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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.

When you dine at MPC:

Free - One Bottle of Wine/Sparkling Juice,

Free - One Birthday Cake

Free - Exclusive Sky Deck Viewing Experience.

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

Free!
ONE SKY DECK
ADMISSION



Birthday Gifts *for You*

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.
- * 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.
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- * Not valid for promotional events and other promotional vouchers.

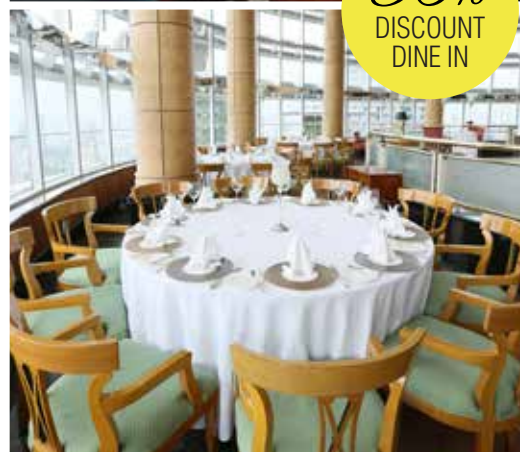


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50%
DISCOUNT
DINE IN



for Your
Spouse
too!



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Birthday treats extended to your spouse*

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

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**Supplementary card holder only.*



Free!
WHOLE CAKE



Free!
WINE/
SPARKLING
JUICE



Free!
ONE SKY DECK
ADMISSION

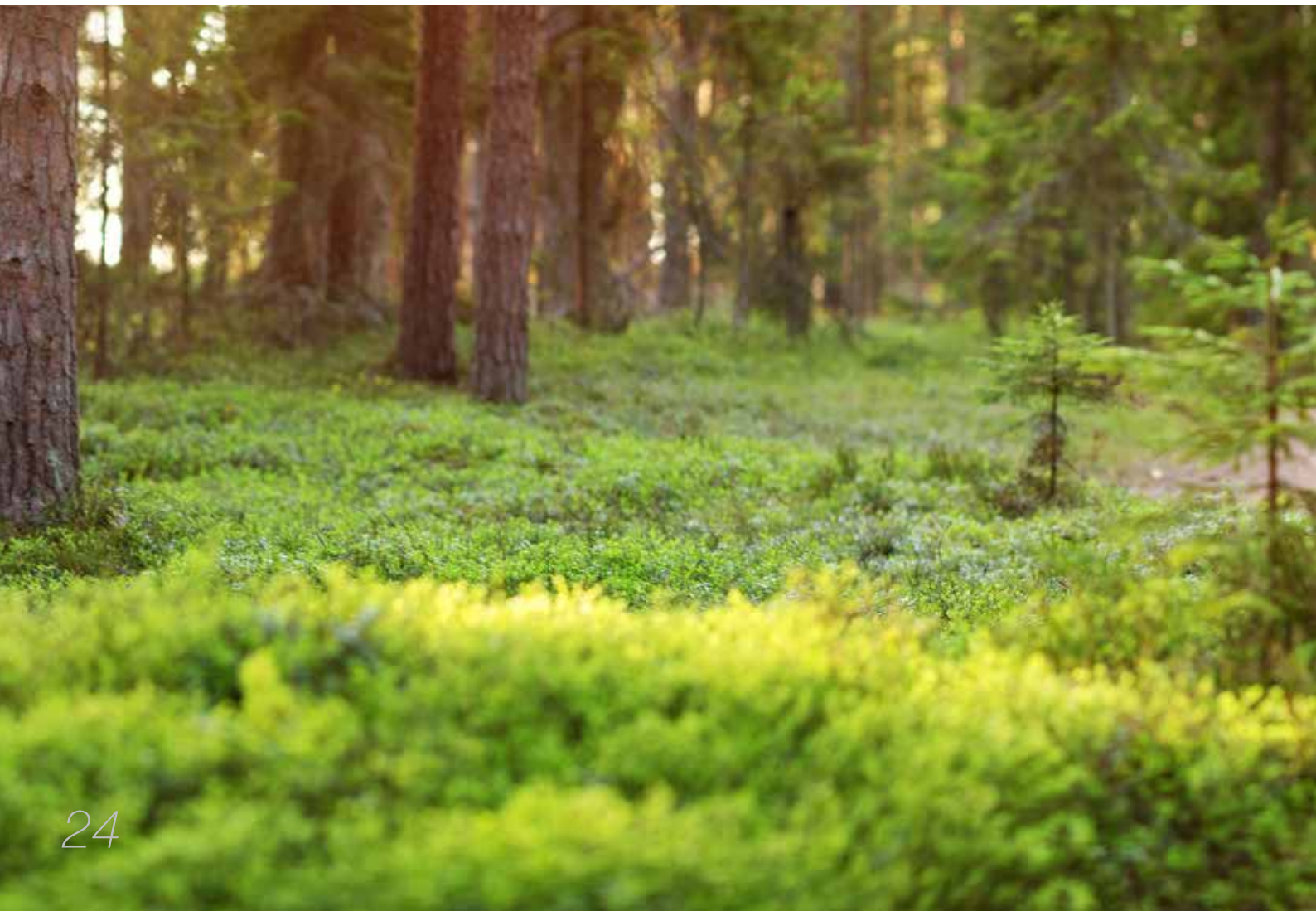


50%
DISCOUNT
DINE IN



Why a walk in the woods really does help your body and your soul

This article is republished from The Conversation
Jeffrey Craig – Principal Research Fellow, Murdoch Children's Research Institute
Susan L. Prescott – Professor of Paediatrics, The University of Western Australia



Have you ever wondered why you feel healthier and happier when you stroll through the trees or frolic by the sea? Is it just that you're spending time away from work, de-stressing and taking in the view? Or is there more to it?

For more than 20 years, scientists have been trying to determine the mechanisms by which exposure to biodiversity improves health. Japanese scientists pioneered the search when they travelled to the island of Yakushima, famous for its biodiversity.

The Japanese already had a name for the experience of well-being in nature: *shinrin-yoku* or "forest bathing".

We do know that a diverse ecosystem supports a varied and beneficial microbial community living around and inside us.

We also know that exposure to green space, even within urban environments, increases our physical and mental well-being. But what are the mechanisms?

The forest air

The Japanese researchers suggested that we are taking in beneficial substances when we breathe forest air.

Research has identified three major inhaled factors that can make us feel healthier. These factors are beneficial bacteria, plant-derived essential oils and negatively-charged ions.

From birth to the grave, beneficial bacteria surround us; they live in the environment and, importantly, in the air we breathe. We also share almost our entire body with them. The more interaction we have with them, the happier and healthier we are.

This is in part due to our gut-dwelling bacteria, which break down the food we cannot digest and produce substances that benefit us both physically and mentally.


Plants and the bacteria living on them can produce essential oils to fight off harmful microorganisms. These are referred to collectively as *phytoncides*, literally, "plant-derived exterminators".

Research on the health benefits of plant essential oils is in its infancy. But one recent study found that a *phytoncide* from Korean pine trees improved the health and bacterial make-up of pigs.

Notwithstanding some of the pseudoscience that gets wrapped around negative ion generating machines,





A person's arm, wearing a bright yellow long-sleeved shirt, is extended horizontally from the left side of the frame. The hand is open, palm facing down, as if reaching out or gesturing. In the background, a paved path with white dashed lines on the right side leads into a dense forest of green trees. The scene is brightly lit, suggesting a sunny day.

there is evidence that negative air ions may influence mental outlook in beneficial ways. There are relatively higher levels of negative air ions in forested areas and close to bodies of water. This may factor into the benefits of walking in a forest or near the ocean.

**But as the German writer Goethe once said:
Nature has neither kernel nor shell; she is everything at once.**

Bacteria, essential oils and negative ions interact and influence each other. For example, negative ions and phytoncides may dictate the microbial make-up within a natural environment. There is evidence that this could also be taking place in the human gut.

More to be done

Nature-relatedness, or biophilia in which an individual feels connected to nature, has been linked with better health.

But we have a long way to go before we can more fully understand the mechanisms by which an innate love of nature can benefit our health. An important part of this discussion – an overlooked one in our opinion – is further understanding of an individual's connection to nature.

Psychologists have convincingly demonstrated connections between nature relatedness and mental well-being. But how does a greater personal affinity to nature interact with dietary habits, personal microbiome, physical activity levels and many other lifestyle variables that might be intertwined with having such an affinity?

In the meantime, while scientists turn over stones and search for important mechanistic clues – including those related to biodiversity – there are many simple ways to capitalise on our biophilia.

Why not run in the park or by a river instead of on a treadmill, or take a walk through a park on the way to work or at lunchtime?

Critically, there is increasing evidence that we can help shape our children's mental and physical health by exposing them to more green environments as they work, rest and play. The US-based Children and Nature Network is a great resource of research news and activities bringing children and nature together.

In the World Health Organization report Connecting Global Priorities – Biodiversity and Human Health, released in December last year, it was concluded that:

Considering 'microbial diversity' as an ecosystem service provider may contribute to bridging the chasm between ecology and medicine/immunology the relationships our individual bodies have with our microbiomes are a microcosm for the vital relationships our species shares with countless other organisms with which we share the planet.

It is easy to see that discussions of natural environments and human health are no mere matter of intellectual fancy.

In a paper published last month in Journal of Physiological Anthropology, we've called for more research into the links between biodiversity and human physical and mental well-being, particular in relation to childhood, that most formative of times.

Wouldn't it be good if by nurturing our environment we were also nurturing our children's future health?





Social media can help young people live healthy lives

This article is republished from The Conversation

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We often hear of the harms of social media on teens and young people, especially on their mental health and self-esteem. And while it's true that there is evidence of links between the two, our latest research on young girls and young boys has revealed that social media isn't always negative for young people.

In some cases, we found, it can actually positively influence their health and wellbeing, by helping them learn about healthy eating, or about new workouts to try. We also found that social media provided a space for young people to talk to each other about issues of health.

For our study, conducted by researchers from the University of Birmingham and Örebro University, we recruited over 1,300 young girls and boys, aged 13-18, from ten UK schools. We were interested in better understanding how young people use social media, and how they feel it impacts their health and wellbeing.

To do this we selected 84 participants from the main sample and had them take part in small focus group interviews. The teenagers shared examples of health-related social media posts that they had accessed or used (such as smoothie recipes, a workout, or a celebrity's post), and then explained why and how they had used the information in the social media post.

They also discussed the types of social media posts they would ignore and not use (such as workouts that were not age appropriate). They were then asked about how they used social media as part of their daily lives and how they thought it affected their health and wellbeing.

The results showed that social media often had a positive influence on the young people's motivation to be physically active and on their ability to make conscious diet choices. Social media also allowed them to access information they found inspirational, and learn about different apps they could use to be physically active or monitor their progress. They reported that likes, comments, and views on their social media posts also helped them stay motivated to exercise.



ocial
edia



Encouragingly, the young people we spoke to were also highly critical users of social media and thought carefully about the content they were engaging with online. For instance, the teenagers reported that they would often ignore content that had the potential to lead to harm, such as images or videos that presented unrealistic workouts or expectations for their bodies.

#GymLads vs #SkinnyGirls

Our study also showed that boys and girls interacted with social media differently, revealing different, gendered, concerns about health and wellbeing.

Boys tended to report accessing health-related information to help them be more physically active and

used social media to chat with friends. But many said they experienced pressure from social media to look “ripped” (muscular) but not too slim.

To cope with this pressure, many told us that they used irony and humour in their posts to avoid ridicule from friends, or as a coping mechanism if they felt they didn’t “fit in” because of their physique. For instance, the boys in our study explained how they used the hashtag #gymLad when posting selfies. While some used it in a literal sense (if their body was ripped), others used it ironically.

Our results indicate that girls, on the other hand, tend to use social media apps like SnapChat and Instagram to learn about health, and to find support from friends and followers and keep in touch with their peers.

But the girls also said that they were wary of skinny or fat shaming online, and were on constant alert of



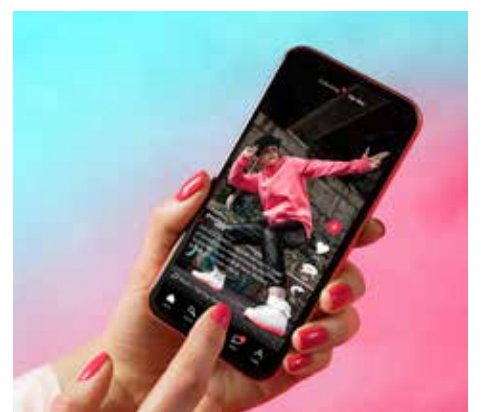
education

such posts. Many also said they faced contradictory pressures to be thin but not too thin, and that while it was acceptable to be “fake” (for example, through the use of filters on their photos), many felt that they couldn’t be “too fake”, and that a natural look was preferred. To avoid being skinny or fat shamed, many told us they used terms like “chunky monkey” in their posts – even if they knew they were thin.

Although many of the young people’s experiences of social media were positive in terms of health, it was evident that some of the time, they found themselves in a position of vulnerability. Some said they experienced

bullying and heightened levels of body dysmorphia on social media. We found that these risks were particularly evident when their online profiles were public, and when the content shared by others, including their friends, made them feel bad about their bodies. If young people are vulnerable, for whatever reason, social media use has the potential to intensify those vulnerabilities.

While the risks should certainly not be overlooked, our findings show that social media can actually be positive for young people’s health and wellbeing. We also know from other research that a benefit of social media is that it provides real-time, low-cost information, and support from peers. Empowering young people to use social media safely, critically and responsibly may thus help them continue to live healthy lives.





Let's go TRAVEL

After two years of border closures replete with a host of quarantine and travel restrictions, free travel has finally returned, to most places, for the vaccinated.

Malaysian many of whom have been largely confined to their homes for months, are starting to dream again of beaches, mountains and monuments.

Those who choose to travel now will also benefit from many destinations' removal of testing requirements, making at least some trips more convenient and less expensive than they were.



Thailand

Thailand is one of the first countries in Asia to reopen to fully vaccinated travellers. The authorities of Thailand announced early this year that the entire country will be reopening its borders to vaccinated travellers of all nationalities. Who's excited for authentic tom yum, pad thai, and Thai massages?

Quarantine upon arrival: **not required**
Swab test: **not required from 1 May 2022**







Singapore

Travelling with your kids and your loved ones? There's a whole lot of fun to be found in Singapore. As of 1 April 2022, Singapore will be replacing the VTL with a brand new Vaccinated Travel Framework (VTF) and easing its COVID-19 travel restrictions - travellers will no longer need to take any on-arrival tests or travel via designated VTL flights or buses!

Quarantine upon arrival: **not required**
Swab test: **not required from 26 April 2022**



Vietnam

Malaysians can fly to Vietnam for bowls of authentic pho and spring rolls! Vietnam announced the reopening borders to international tourists from 15 March 2022, three months earlier than the country's initial plans.

Quarantine upon arrival: **not required**
Swab test: **not required from 15 May 2022**









Cambodia

Always wanted to visit the majestic Angkor Wat? Cambodia has reopened its borders to all fully vaccinated travellers since 15 November 2021. In March 2022, Cambodia abolished the need to take pre-departure and on-arrival PCR tests, so travellers are now free to travel throughout all cities and provinces in Cambodia right upon touching down!

Quarantine upon arrival: **not required**
Swab test: **not required from 6 April 2022**





Indonesia

Sunny, vibrant, and fun-loving, Bali a hugely popular travel destination for Malaysians prior to the pandemic, whether for a romantic honeymoon or a fun family getaway. The Indonesian government announced that they will be dropping the existing travel requirements for Bali, Jakarta, Surabaya, Batam, and the Riau Islands from 6 April onwards,

Quarantine upon arrival: **not required**
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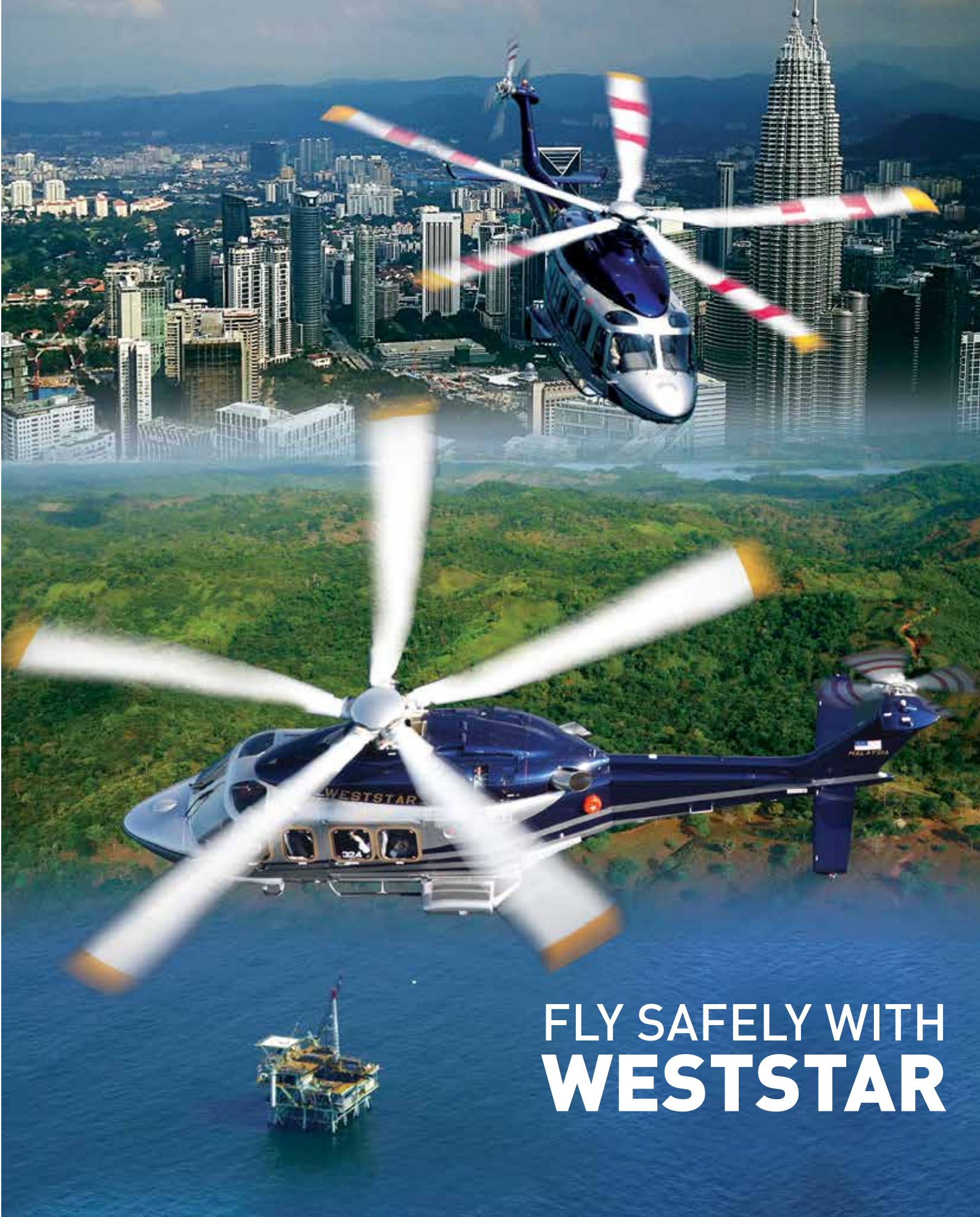
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