



MALAYSIAN PETROLEUM CLUB

RESOURCE MAGAZINE

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HAPPY
EARTH
Day
APRIL 22



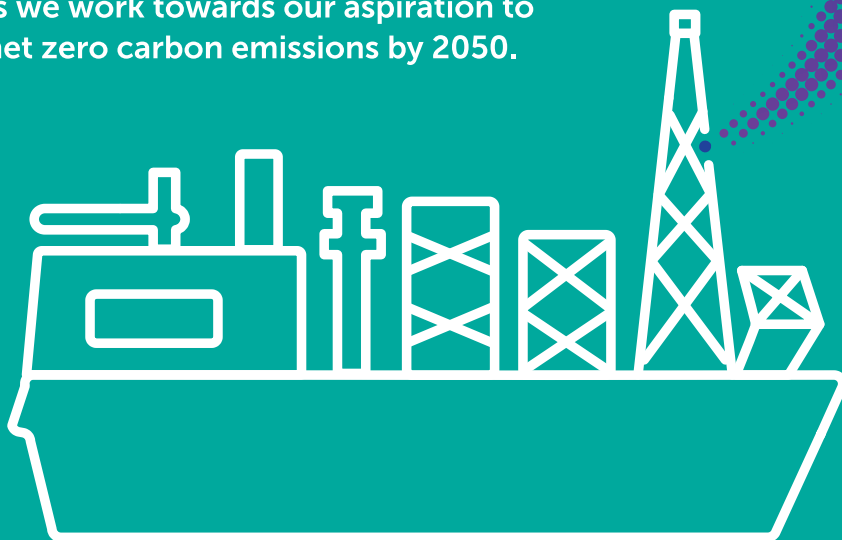
What does an energy company have to do with you, your bottom line, and a better tomorrow?

When you connect the dots, everything.

As a progressive energy and solutions partner, we enrich lives for a sustainable future. This is our purpose. Our aim is to reduce emissions, grow renewable energy, bring education to more, champion social impact and promote a circular economy. This drives us to find energy and solutions beyond today, increase education opportunities, help people live in harmony with nature, move cars with plastic bottles and much more.

So let's connect the dots and together,
create sustainable value for all.

Join us as we work towards our aspiration to
achieve net zero carbon emissions by 2050.



**NET
ZERO**
2050

Passionate about Progress

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MALAYSIAN
PETROLEUM
CLUB

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

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

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

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

GET 3 CONFIRMED
NEW CLUB MEMBERS



Club Manager

@your service



It's Spring...and it ushers in a time of growth and renewal with positive energy and abundance. It's a time when we have many good things to look forward to as we weather this pandemic. Let's reset our lives and enjoy what we can in this moment in time. Earth Day is celebrated on 22 April and it is even more special this year as we have a better perspective on how dependent we are on a healthy, clean and eco-sustainable earth we call home.

At MPC, we have an abundance of exciting food promotions to help you celebrate festivities in the new normal way. But what has never changed is our commitment to always serve you better. Enjoy our Nostalgia Fest for Iftar during the holy month of Ramadan, and Raya Open House with delicious Raya favourites with family and friends.

Indulge in our Saturday Platter, Dulang Suites specials and Temana Brasserie selections. Take part in our many Member offerings and enjoy the numerous interesting articles in your MPC magazine. We are also a part of the IAC International Associate Club, that means you, as a member of MPC, has access to over 250 global clubs in every continent.

March also witnessed the appointment of yours truly, Shirley Tan, as the Club Manager of MPC. And I take this opportunity to pledge my commitment to be always at your service. Let's reconnect and build new, meaningful relationships.

So stay informed and inspired with MPC. Most importantly, stay safe and stay healthy

Shirley Tan
Club Manager

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Tengku Aziz

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JUST *Breathe*

INHALE.....EXHALE.....



Yoga is an ancient Indian body of knowledge dating back to over 5,000 years. Yoga is a system for physical, mental, emotional and spiritual health and the different physical postures (asanas) practised had a purpose beyond our physical health.

Ancient yogis had a belief that in order for us to be in harmony with our environment and ourselves, we need to integrate the body, the mind and the spirit. The yogis formulated a way to achieve and maintain this balance through asanas, breathing (pranayama) and meditation - the three main yoga structures.

Today these timeless and holistic practices of yoga still work helping us to relieve stress, re-energise, build overall body strength, improve flexibility, gain confidence as well as look and feel younger.

The word yoga is derived from the ancient Sanskrit root 'yuj' which means to join, to yoke together to unify or unite as one.

One who follows the path of yoga is a yogi or yogin. People choose yoga to become healthier, lose weight, learn mindfulness, de-stress and bring calm, while others enjoy a high intensity super powered class. However, yoga does not seek to offer a quick fix to one's problems although it could provide a long-term program for living positively and mindfully.

Practicing yoga regularly in a class with expert guidance of an experienced teacher can help develop your skills and abilities, and enhance the qualities of overall body strength and tone, as well as stress management. You could also notice a difference to your posture, energy and confidence.

Which yoga type suits you?

With such a wide variety of yoga practices available these days it can be hard to decide which one is right for you. Listed below are only a few practices.

AIR YOGA uses an aerial hammock to deliver a workout inspired by circus aerialists and acrobats. Built around the





concept of aerial conditioning, the hammock is used to develop the three primary elements to allow freedom in the air - the pull up, the leg lift and the front and back split. The hammock also allows for a deeply relaxing "inversion" as it actively decompresses the spine. The result is a challenging, varied and fun workout suitable for all skill levels including those who are complete beginners. For people wanting to try something new, challenging and effective.

ASTHANGA consists of about 75 poses performed in the same sequence taking an hour

to two hours to complete. Each sequence begins with Sun Salutations, moving through standing and seated poses, inversions and back bends and ends with closing poses. Best suited to men, due to the upper body strength needed, or athletic women.

BIKRAM consists of a set of 26 poses with two breathing exercises. Classes are held in a heated room to help deeper stretching while preventing injury. Suited to people wanting a high power work out.

HATHA is the most widely practised form of yoga concentrating on physical health and mental wellbeing through the practice of asanas. Hatha Yoga promotes circulation in all organs, glands and tissues and aligning of muscles, helping with balance and flexibility. Suited to people wanting to improve their flexibility, balance and overall body strength and create calm within.

IYENGAR focuses mainly on finer adjustments in one's alignment and precision when performing poses. Yoga blocks and straps are widely used to help guide and assist the student. Suited to students wanting to improve their posture, stamina, flexibility, concentration and balance.





KUNDALINI involves unique and specialised practices that focus on the chakras and should always be taught under the guidance of a guru or a highly advanced Kundalini instructor.

QiYoga is self healing chi gung with Hatha Yoga, breath and meditation to improve flexibility and body strength while calming and restoring. More suited to the 40+ age group because of joint care practices and variations for people with high or low blood pressure. Women trying to fall pregnant, specifically with QiYoga for Fertility.

RAJA is a yoga of Patanjali where he explains the workings of the mind leading to the practise of posture, breath control and meditation to improve concentration. Appeals to a true spiritual seeker.

YIN yoga is a more restorative form of yoga that focuses on relaxing the muscles and moving deep into the stretch, engaging the

connective tissues. These poses are held from three to five minutes without straining the muscles. Suited for people wanting calm, flexibility and greater joint mobility.

With so many styles and varieties of yoga, the sheer choice can be discouraging. The best way is to attend at least three classes before deciding on the style that suits you best.

Remember that yoga is work in progress! ♦



5 Hari Raya food that you have to try!



After Ramadan is over, Muslims would get ready to celebrate Hari Raya Aidilfitri. This is often the perfect time for them to indulge in delicious food after fasting for a month. Naturally, it has also slowly becoming a well-known fact that it is almost impossible to celebrate Hari Raya without good food. Of course, we would not want to leave you out celebrating this wonderful festival without having to know what delicious food to look out for! Without wasting anymore time, let us look into 5 Hari Raya dishes as well as snacks that you have to try!



Rendang

Raya would not be “official” without this dish! Typically consists of beef, rendang is a dish cooked in high amount of coconut milk with spices. Whether you are celebrating with your family or friends, you will most likely see this dish on the dining table of Muslim households especially during Hari Raya in Malaysia.

Ketupat

You may have seen pictures of this iconic dish on Hari Raya cards or even on green packets. Ketupat is actually a rice cake packed inside a green, diamond-shaped palm leaf pouch. This dish actually serves a purpose of complimenting other dishes, which is why you may notice that many Muslims would eat it with other dishes like Rendang.

Lemang

Famous during Hari Raya, Lemang is a dish made of glutinous rice, coconut and salt. It is cooked in a bamboo tube and coated with banana leaves in order to not let it stick to the bamboo. Similarly, to ketupat, it is often eaten with other dishes.

Dodol

Dodol is a sticky, thick and sweet snack made from coconut milk, sugar cane and rice flour. It is also arguably one of the hardest snack to make, as it is typically made by constantly stirring it in a big wok for hours. Therefore, it is impossible not to appreciate this incredibly delicious snack. If you are into sweet food, this is compulsory to look out for! It is also recently available in different flavours such as Durian.

Honey Cornflakes

Imagine the taste when you mix cornflakes cereal, butter and honey. That is what you will get from the honey cornflakes! It is actually considered a go-to snack especially during the Hari Raya as it is the snack that is loved by both children and adults.





Origins of Rendang

Beef rendang is of Indonesian origin, a delicious concoction from the Minangkabau ethnic group of Indonesia.

It's often served at ceremonial occasions and to honour guests. I believe the dish came to Malaysia when the Minangkabau settlers from Sumatra migrated to the southern part of the Malay peninsula during the era of the Melaka Sultanate. This dish is well loved by many Malaysians, especially the Malay community.

While beef rendang is the poster child, there are variations such as chicken rendang and lamb rendang. They are all absolutely delicious and best with lemang or ketupat.

What Kind of Beef for Rendang?

I used boneless beef short ribs or stew beef. The cut of beef will ensure that you have soft and tender beef once it's cooked.

You have to cut the beef into small pieces to ensure that after the slow cooking, each chunk of beef is tender with the aromatic rendang curry paste.

Secret Ingredient of Rendang Sauce

To make the best rendang, you need to have the secret ingredient which is kerisik or toasted coconut.

You also need to cook on low heat to slowly stew and simmer the meat and reduce the rendang sauce.

I read that the Minangkabaus save the dish for months as the complex taste and flavour develop over time.

Ingredients

- 1 1/2 lbs. (0.6 kg) boneless beef short ribs, cut into cubes
- 5 tablespoons cooking oil
- 1 stick cinnamon, about 2-inch length
- 3 cloves
- 3 star anise
- 3 cardamom pods
- 1 lemongrass, cut into 4-inch length and pounded
- 1 cup thick coconut milk, coconut cream
- 1 cup water
- 2 teaspoons tamarind pulp, soaked in some warm water for the juice and discard the seeds
- 6 kaffir lime leaves, very finely sliced
- 6 tablespoons kerisik, toasted coconut
- 1 tablespoon sugar or palm sugar to taste
- salt to taste

Spice Paste:

- 5 shallots
- 1 inch galangal
- 3 lemongrass (white part only)
- 5 cloves garlic
- 1 inch ginger
- 10-12 dried chilies, soaked in warm water and seeded

Instructions

- 1.** Chop the spice paste ingredients and then blend it in a food processor until fine.
- 2.** Heat the oil in a stew pot, add the spice paste, cinnamon, cloves, star anise, and cardamom and stir-fry until aromatic. Add the beef and the pounded lemongrass and stir for 1 minute. Add the coconut milk, tamarind juice, water, and simmer on medium heat, stirring frequently until the meat is almost cooked. Add the kaffir lime leaves, kerisik (toasted coconut), sugar or palm sugar, stirring to blend well with the meat.
- 3.** Lower the heat to low, cover the lid, and simmer for 1 to 1 1/2 hours or until the meat is really tender and the gravy has dried up. Add more salt and sugar to taste. Serve immediately with steamed rice and save some for overnight.

Notes

To prepare the kerisik or toasted coconut, just add the grated coconut to a dry wok and stir continuously until they turn golden brown.

Prep Time 15 minutes

Cook Time 1 hour 30 minutes

Total Time 1 hour 45 minutes

Serving Size 4 People

CALLING ALL *Members in their Golden Years!*

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



STEP 1

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



STEP 2

Only applicable for the members above 70 years old.



STEP 3

Still entitled for the RM50 monthly rebate.



STEP 4

The new member must be approved by the General Committee.



STEP 5

Approval will remain the same as in the constitutions.



**MALAYSIAN
PETROLEUM
CLUB**

**MEMBERSHIP
DEPARTMENT:**

**Dewi: 010 377 9542
Janette: 012 219 0918**

Ramadan Iftar at MPC will be a

NOSTALGIA FEST

the whole family can enjoy!

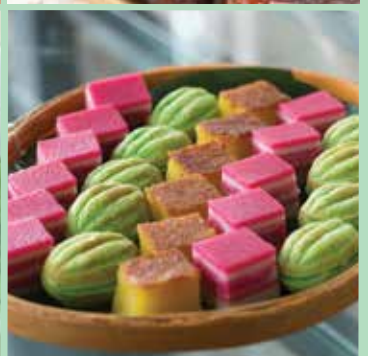
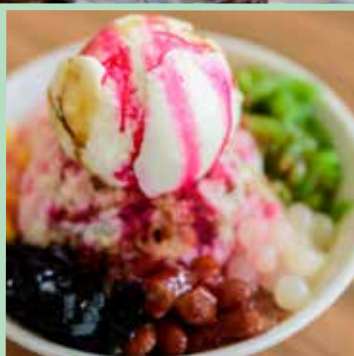
RM138 nett per person 20% discount for members

**Chef's
Specialty**
**ROASTED
LAMB**



16 April till 8 May 2021
6.30pm to 10.00pm
We are open on P.H
(close on Sundays)

For reservation Call/Whatsapp:
MPC Hotline 012 711 8342,
Janette 012 2190918
Joe 016 264 3122
Shikin 017 646 6183



SATURDAY PLATTER

Back By Popular demand!

- From 22 May 2021
- EVERY SATURDAY
- 12NOON TILL 10PM
- LOBBY LOUNGE

**OPTION TO VISIT
THE SKYBRIDGE**

MALAY PLATTER -RM228

Soto Ayam & Bergedil

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

2 Type of Malay Kuih



CHINESE PLATTER -RM228

Deep- Fried Special

Spring Roll & Chicken Lobak served with
Thai Dip

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

Assorted Malay Kuih



WESTERN PLATTER -RM228

Mushroom Soup with Garlic Bread

Deep Fried Chicken Chop with Mushroom
Sauce
Grilled Lamb Shoulder with Black Pepper
Sauce
Spicy Potato Wedges
Sauteed Seasonal Green Vegetables
Baked Meatball Carbonara with Mushroom
Spaghetti Aglio-Olio

Hot Waffle



FREE FLOW


Coffee/Tea
Chilled Juice
Ice Cream Counter



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Call/Whatsapp:
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MALAYSIAN
PETROLEUM
CLUB



SAFE AND HASSEL-FREE RAYA OPEN HOUSE @MPC

- 2 Menu options
- Minimum 50 pax
- Any day except Sunday & P.H
- Choice of Lobby Lounge or KIKU
- Menu A - RM118.00 per pax
- Menu B - RM148.00 per pax
- Starting from 17 May till
11 June 2021

For reservation
Call/Whatsapp:
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Janette 012 2190918
Joe 016 264 3122
Shikin 017 646 6183



MALAYSIAN
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CLUB



MENU 1

APPETIZER

Gado-Gado with Peanut Sauce
Ketupat & Lemang
Serunding Ayam & Daging

MAIN ITEMS

Nasi Minyak / Nasi Putih
Ayam Masak Merah
Daging Rendang
Fried Mee Hoon Siam
Nasi Impit dengan Sayur Lodeh
Acar Rampai

NOODLE COUNTER

Soto Ayam with Condiments

HEAT LAMP STATIONS

Roasted Chicken with Percik Sauce

PORRIDGE COUNTER

Pengat Pisang & Bubur Cha-Cha
Roti Benggali & Wholemeal Bread

DESSERTS

Batang Buruk, Putu Kacang, Dodol, Kuih Bahulu,
Kuih Cakar Ayam, Kuih Bangkit, Tart Nenas, Biskut Makmur,
Biskut Kacang, Almond London, Biskut Cornflake,
Kuih Lapis, Kuih Koleh Kacang, Kuih Bingka Ubi
Slice Mixed Fruits

BEVERAGE COUNTER

ABC & Cendol
Ice Cream Counter
Chilled Orange Juice & Air Sirap Bandung
Teh Tarik

RM118.00 per pax
(Minimum 50pax)



**MALAYSIAN
PETROLEUM
CLUB**

MENU 2

APPETIZER

Gado-Gado with Peanut Sauce
Ketupat & Lemang
Serunding Ayam & Daging

SOUP COUNTER

Cream of Chicken Soup & Sup Tulang Rawan
Wholemeal Roll, Soft Bun, Garlic Bread, French Baguette

MAIN ITEMS

Nasi Minyak / Nasi Putih
Ayam Masak Merah
Daging Rendang Tok
Mini Murtabak & Chicken Curry
Fried Mee Mamak
Nasi Impit dengan Sayur Lodeh
Acar Rampai

NOODLE COUNTER

Nyonya Curry Mee with Condiments

HEAT LAMP STATIONS

Roasted Lamb with Rosemary Sauce & Tamarind Sauce
Beef & Chicken Satay with Peanut Sauce & Condiments

PORRIDGE COUNTER

Bubur Pulut Hitam & Bubur Cha-cha
Roti Benggali & Wholemeal Bread

DESSERTS

Batang Buruk, Putu Kacang, Dodol, Kuih Bahulu,
Kuih Cakar Ayam, Kuih Bangkit, Tart Nenas, Biskut Makmur
Biskut Kacang, Almond London, Biskut Cornflake,
Kuih Lapis, Kuih Koleh Kacang, Kuih Bingka Ubi

BEVERAGE COUNTER

ABC & Cendol
Selection of Ice Cream from Trolley
Vanilla, Chocolate, Strawberry and Various Topping / Sauce
Assorted Ice Cream Potong
Chilled Orange, Guava Juice & Air Sirap Bandung
Teh Tarik

RM148 per pax
(Minimum 50pax)



**MALAYSIAN
PETROLEUM
CLUB**

Cakes



Banana Cake
Black Forest Cake
Chocolate Cake
Chocolate Moist Cake

RM75.00 per kg

Tiramisu Cake
Carrot Cake
Fruit Cake

RM80.00 per kg

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

RM85.00 per kg

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

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

*Additional Charges for customization or special requirement for decoration.



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CLUB



MALAYSIAN
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Happy Birthday

Free!
WHOLE CAKE



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

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

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

Free - Exclusive Sky Deck Viewing Experience.

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

Free!
ONE SKY DECK
ADMISSION

Free!
WINE/
SPARKLING
JUICE



Terms & Conditions :

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

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Janette 012 2190918
Or Joe 016 264 3122
Shikin 017 646 6183**



50%
DISCOUNT
DINE IN

Good News!



MALAYSIAN
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Birthday treats extended to your spouse*



Free!
WHOLE CAKE

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

For reservation:

**Call/Whatsapp MPC Hotline 012 711 8342,
Janette 012 2190918 Or Joe 016 264 3122
Shikin 017 646 6183**

**Supplementary card holder only.*



Free!
WINE/
SPARKLING
JUICE



Free!
ONE SKY DECK
ADMISSION



50%
DISCOUNT
DINE IN





Dulang Suite

FINE DINING



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



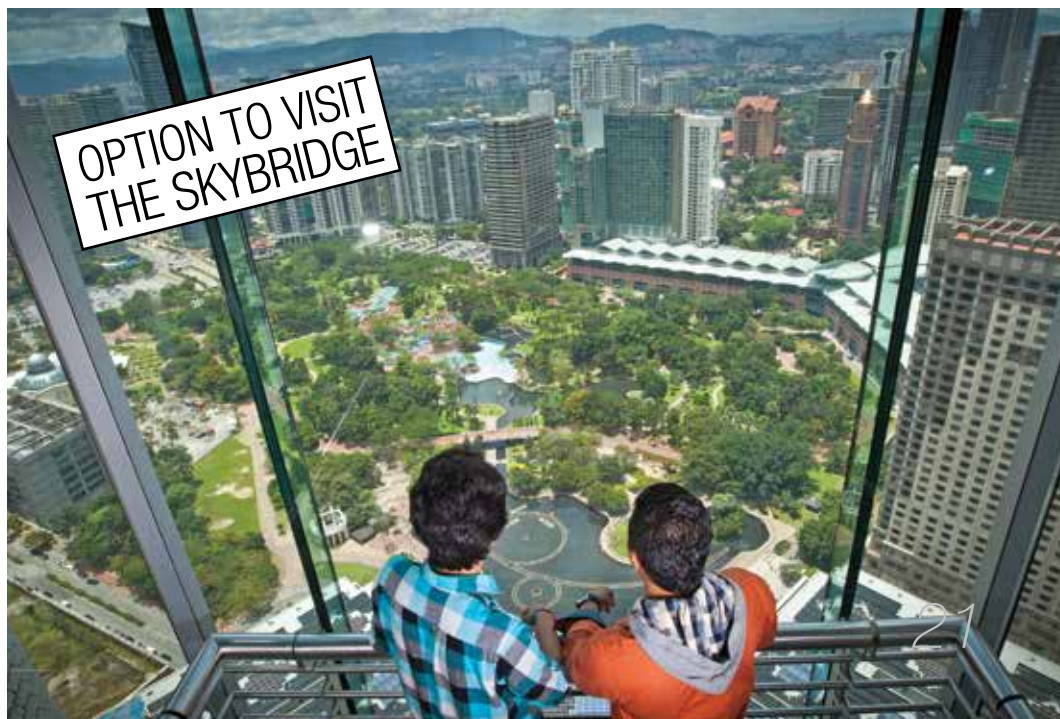


**SCAN QR CODE
FOR MENU**

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



**MALAYSIAN
PETROLEUM
CLUB**



6-COURSE
CHEF'S TASTING MENU @
DULANG SUITES
MENU 1

COCONUT 50°C POACHED PRAWN &
BURNT PINEAPPLE



ESSENTIAL DOUBLE BOILED
CHICKEN CONSOMMÉ



GRILLED BEEF WITH POTATO SCALLOP &
CHINESE KALE



LEMON MINT SORBET



BARRAMUNDI WITH CONFIT LEEK & RADISH



APPLE CARAMEL WITH COOKIES & VANILLA



PETIT FOUR
COFFEE & TEA



MALAYSIAN
PETROLEUM
CLUB



RM 385.00
PER PAX

1 JUNE TILL 31 JULY 2021
DAILY EXCEPT SUNDAY & P.H

6-COURSE
CHEF'S TASTING MENU @
DULANG SUITES
MENU 2

BURNT CURED SALMON & CUCUMBER



WILD MUSHROOM SOUP



HERBS CRUSTED OVEN BAKED LAMB RACK
WITH PATATE PAVES & ASPARAGUS



RASPBERRY POMEGRANATE SORBET



COD FISH WITH SOY EGG YOLK & TOMATO



CHOCOLATE DOME & RASPBERRY



PETIT FOUR
COFFEE & TEA

RM 385.00
PER PAX



MALAYSIAN
PETROLEUM
CLUB



1 JUNE TILL 31 JULY 2021
DAILY EXCEPT SUNDAY & P.H

Temana Brasserie

FUSION DINING



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



**SCAN QR CODE
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Janette 012 219 0918
Joe 016 264 3122
Shikin 017 646 6183



**MALAYSIAN
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CLUB**

**OPTION TO VISIT
THE SKYBRIDGE**



Special Dish from Borneo



Laksa Sarawak RM15.00



Mee Kolok Daging / Ayam RM15.00



5 Ways Companies Are Sustaining the Environment

In 2015, the Sustainable Development Goals (SDGs) were established by the United Nations General Assembly as a blueprint for the betterment of the planet and the people globally.

Among the 17 goals are goals relating to nature from Sustainable Cities and Communities to Life below Water. There is a lot to be done to achieve these SDGs by each country and global citizen. Nonetheless, it is not impossible. Here are some ways companies and entrepreneurs are moving towards a sustainable environment:

1. The CloudFisher by Aqualonis

Just as its name says, the CloudFisher is a fog collector, harvesting water from the fogs that pass through it to obtain clean drinking water. This innovation was developed by the German WaterFoundation and then manufactured by Aqualonis. Created mainly for areas with much harder access to water, the CloudFisher is a netlike structure made by 3D mesh that imitates a spider's web. As the fog passes through the net, water droplets get caught in the mesh and slowly move downwards to a trough that leads to a reservoir. It was first tested on Mount Boutmezguida in Morocco by the Foundation for a period of 18 months, collecting over 600 litres of water at its best days. With this innovation, the SDG Goal 6 of Clean Water and Sanitation is targeted. The CloudFisher has also been installed in a few other countries.

2. Wind turbines by Capture Mobility

Sanwal Muneer, young founder of Capture Mobility designed an 8-inch tall wind turbine model to convert the wind turbulence from daily traffic into electrical energy. The turbine is made out of recyclable carbon fiber and is easy to transport and install onto road streetlamps. Designed with helical blades instead of the traditional vertical blades, air flow from both sides of the traffic is captured. The turbines are designed with filter sheets too to help reduce air pollution. Electricity garnered by one turbine is enough to power a small home. Though it may not seem like much, similar models have been created by other companies throughout the few years after Muneer's success in 2015. The recent being the traffic-powered wind turbines by Alpha 311 in 2020. Plans to install these turbines onto UK's highway streetlamps are also in the works.

While the above companies work with renewable energy, these following companies work with what we already





have, mainly waste and products from human activities by repurposing them.

3. Beyond Bins by Biji-Biji Initiative

Our very own Malaysian social enterprise, Biji-Biji Initiative started the Beyond Bins campaign with a focus on the people and the planet. While creating recycled products made from plastic waste, the enterprise aims to create a circular economy involving corporate players, partners and underserved communities. Communities are given machines and training of how to transform plastic waste into products such as coasters, notebooks and keychains which can be bought and ordered. Not only that, the enterprise has their own ethical fashion label called Biji-Biji that also sells handbags made out of seatbelts! It sure is a progressive step in repurposing materials around us.

4. Bio-digesters by Sistema.bio

As Sistema.bio believes, there is no such thing as waste, but rather resources. It is an optimistic way of looking at things but with their bio-digesters, one can see what they mean. As the name implies, these bio-digesters essentially use waste from farming and livestock as a means to provide gas and electricity to the farmers' households. In the bio-digesters, waste gets broken down, releasing methane gas. This gas can be linked to one's kitchen through tubing and be used for cooking or converted to mechanical energy through an engine. The remnants of the waste could then be used as fertilisers. Through their product and service, they strive towards a few SDGS including Affordable and Clean Energy and Climate Action.

5. Food composters by Menteri Alam EKO (MAEKO)

MAEKO was started by three individuals with the passion to solve one of Malaysia's big issues - food waste. Being a country with citizens who love and are proud of our food, the food waste accumulated at the end of the day is a lot and the MAEKO founders decided composting was a great solution to the issue. Their food composters made with cutting-edge technology enables food waste to be decomposed within 24 hours due to its specially designed crusher unit. Having options for various industries including homes, these composters reduce greenhouse gas by more than 50% as well as one's carbon footprints. It surely tackles the issue of food waste efficiently as the compost can then be used as nutrients for plants.

From generating renewable energy to repurposing materials and waste, these companies do their part in sustaining the environment and making the world a greener place. Just like other companies that strive towards a greener and fairer future for everyone and the Earth, let us build communities that strive towards the same goals as well and do our part. ♦

MPC — Your Gateway To 250 International Clubs Around The World.



Welcome to the International Associate Club (IAC), a global reciprocal affiliation network, which currently includes 250 private City, Country and Sporting Clubs, as well as prestigious Golf Resorts in over 50 countries.

This means you have direct access to IAC member clubs that offer a wide range of facilities, including 60 golf courses, over 100 clubs with sports facilities and, for that business trip, prestigious venues suitable for conferences and entertainment in most key cities.

All Clubs must meet exacting standards of service and luxury to qualify as an affiliate to this exclusive global membership club network. IAC has a strong presence in all continents and is continually adding new clubs every year. To-date, IAC worldwide membership exceeds 330,000.

IAC's website www.iacworldwide.com provides all the relevant information you need for your prospective visits to IAC clubs, including the location of the club, amenities available, opening times and much more. Their brand new booking system will also allow you to make your own bookings with a few simple clicks: whether it's reserving a table in a club restaurant or booking a round of golf, it's all very easy.

MPC members who wish to visit any of the clubs during their travels must first obtain a letter that is duly signed by MPC's Club Manager. They will then be given a membership card that must be presented at the club or clubs they wish to visit to enjoy all the benefits and facilities.

Happy Clubbing!

**Collect your IAC Card at
MPC after you have
registered at this IAC website
www.iacworldwide.com
as a member of IAC.**

Register for your IAC account

Please fill out the fields below in order to access the IAC
Membership Portal.

Last name

Home club

Membership number

☐ I already have a membership card.

REGISTER

Already have an account? [Sign In](#)

IAC APP STEP-BY-STEP GUIDE

NEW!

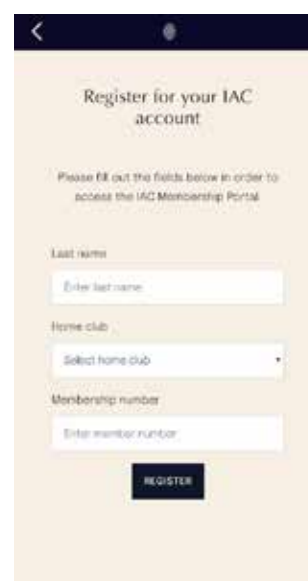
Download The App



App Registration



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



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



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

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

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

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



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

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



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

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



Fasting during Ramadan: Everything You Need to Know!

Ramadan, as we all know is a sacred month in the Islamic culture where Muslims would fast. While we get ready to celebrate this special occasion, let us all take a look into the origin of Ramadan and the benefits of fasting in order to further understand this said month that Muslims hold dearly to their hearts.

Origin of Ramadan

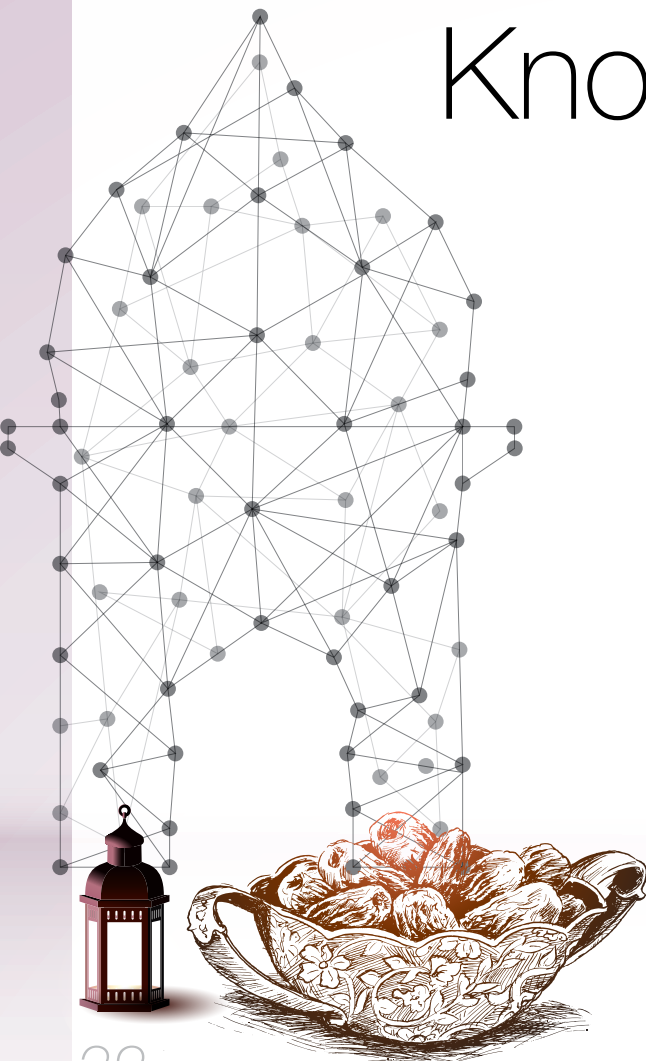
Ramadan, in which the word derives from the Arabic root "ar-ramad", is defined to be a period of burning heat. It is believed by the Muslims that during this period, the revelation called Laylat Al Qadar (Night of Power) occurred. This said revelation is very important to Muslims as it marks the event where angel Jibril revealed Quran, the Islamic holy book to Prophet Muhammad. Quran is known to be the religious texts of Islam for it consists of words by Allah along with Prophet Muhammad's thoughts and good deeds. In order to celebrate the revelation of this holy book that plays a part in guiding Muslims into the right path, Muslims would fast during Ramadan every year.

What Happens during The Month of Ramadan?

During Ramadan, Muslims would do a lot of self-reflecting in order to build strong relationships with Allah. To do so, they must fast every day during the month between the period of sunrise and sunset. In other words, they would need to stop themselves from eating and drinking in order to feel for the people who are less fortunate. Besides that, they are also refrained from having any sexual intercourse during the fasting period. Instead, Muslims are required to recite the Quran and pray religiously to humble themselves and avoid negative actions that could potentially harm and hurt others like fighting as well as gossiping. Another reason why Ramadan is special for the Muslims is because it also provides opportunity for them to bond with their friends and families over meals. Typically, they would do so during pre-dawn meals (sahur), and also when they break their fast after sunset (Magrib prayer).

Exemption of Fasting

While fasting is generally compulsory for every Muslims, there are also exemptions. Fasting is exempted for elderly as well as those who are pregnant, menstruating, travelling or falling ill.



Benefits of Fasting

A number of studies have shown that fasting actually provides a lot of benefits to our health. So if living a healthier life is one of your goals for this year, you might want to consider fasting along with your Muslim friends as one of the alternatives [Please note that fasting may also not be suitable for everyone (as seen from the section “Exemption of fasting”), so please consult professional’s advice before proceeding]. Without further ado, let us take a look into 5 main benefits of fasting.

Weight Loss

When we refrain ourselves from drinking and eating for a certain period of time, a process called Ketosis would happen. Ketosis is when the body starts to burn stored fat as the primary power source. This would lead to loss of fats, and ultimately helps in losing weight. Fasting also eventually leads to a decrease in appetite. Therefore, we might find ourselves consuming smaller portion of food when we fast.

Faster Metabolism and Lower Blood Pressure

Fasting helps in gluconeogenesis, which is a process of producing its own sugar. This is because when we fast, our body would resort to other materials to produce energy when we do not have our usual sugar intake. The liver helps in breaking down non-carbohydrate materials like amino acids into glucose energy. With that, it would provide us with faster metabolism and also lower our blood pressure.

Better Mental Health and Cognitive Function

As fasting helps in reducing sugar, calorie and salt intake, it can actually assist in providing mental clarity, attaining sharper focus and strengthening the mind. Other than that, fasting also helps in producing more endorphins in our blood, which in turn provide us with better mental health. It is also proven that fasting can do wonders to our brain the same way physical exercise would.

Better Immune System

The immune system normally consists of white blood cells. By fasting, it recycles the old white blood cells in the immune system. That way, it creates a healthier immune system. In addition to that, our body will also assist in

regenerating our stem cells that make up of white and red blood cells with platelets once we consume food again.

Detoxifying

Fasting actually helps in detoxifying. By not eating or drinking for a certain period of time, our body will cleanse the digestive system. Thus, it will contribute a lot in improving blood circulation as well as getting rid of harmful toxins in our body. ♦

Beautiful Mother Earth





Earth Day 2021

Earth is an amazing place, but we would need to do more for it to stay the way it is. Let us all shower our planet with love and appreciation on 22nd April by joining the biggest environmental movement of all time, Earth Day. Believe it or not, we would change the world with just small gestures. By taking part in activities like picking up litter, we can actually help the earth to become a much healthier place with little to no pollution.

Brief History of Earth Day

The first ever Earth Day can be traced back to 1970, when a senator from Wisconsin, United States decided to have a national demonstration that aims to raise awareness on environmental issues. It seemed to be a success, as the United States government created the Environmental Protection Agency in response. Fast forward to 20 years later, Earth Day was already widely celebrated in over 140 countries.

3 ways to celebrate Earth Day

1. Plant a tree

If planting happens to be something that you have been wanting to try out, April 22 would be a perfect time. This is because research has shown that around 15 billion trees are cut down every year. By planting trees, it can actually provide benefits for humans as it releases oxygen while absorbing carbon dioxide, making the air that we breathe to be clearer as well as organic. Besides that, most of it would even reduce the need for air-conditioning as they provide shade.

2. Throw your waste responsibly

Did you know that a plastic bottle can take up to 450 years for it to decompose? Not only that, things that are made out of cardboard like toilet paper tubes also take up to 2 months to decompose. So the next time before you want to throw these items out, make sure to check if they can be reused. For example, empty plastic bottles can actually make a good flower pot. That said, it is more efficient to reuse the plastic bottles than to throw them as that would mean years and years of decomposition.

3. Turn off the lights

Electricity is normally produced from fossil fuels that help in the contribution of climate change. Therefore, make sure to only use what is necessary when it comes to it. For example, you would not need to turn on the lamp if the sun is out, the same way you would not turn on the fan if you are not in the room.

Although most of the steps listed are pretty well-known and easy, it would only work if we do it together. So, let's take our first step in healing the world during the Earth Day, and slowly making it our habit in order to enjoy our beautiful planet for as long as we can! ♦



Throw your waste responsibly

PAPER



PLASTIC



GLASS



METAL



E-WASTE



MIXED



The Lady in the Portrait



Regarded as one of the world's most famous paintings, the Mona Lisa, also known as La Gioconda in Italian and La Joconde in French, has gathered crowds of millions into the Louvre Museum in Paris. Some may know her for her enigmatic smile. Some may even know her from that one scene in Looney Tunes: Back in Action. Painted by none other than Leonardo da Vinci, the painting is either a beauty to behold or a mystery

in itself with some people claiming that no matter which direction they viewed her from, her eyes always seem to follow them.

The painting itself is a half-body portrait of a woman with a distant landscape as a backdrop. The subject, a woman dressed in Florentine clothes with a veil atop her head. Until this day, the sitter of this portrait still remains



a mystery though many historians have argued that the woman in the portrait is in fact Lisa Gherardini, the wife of Florentine silk merchant, Francesco del Giocondo who had commissioned a painting of his wife. Other speculations include the sitter being Leonardo's mother, and another theory, due to the resemblance between the painting and its artist, is that the Mona Lisa is Leonardo's self-portrait.

Leonardo da Vinci first started on the painting in 1503 in Italy, and it was believed to be painted over a number of years. Leonardo brought it and his other works with him to France where he was offered the title of Premier Painter and Engineer and Architect of the King by King Francis I of France. The painting was discovered after Leonardo's death in 1519 in his studio in France. The painting was later acquired by King Francis I, and being an avid patron of the arts, the painting joined the royal collection of art in the Palace of Fontainebleau where it remained for a century. It was later removed by King Louis XIV and displayed in the Palace of Versailles. Around the period of the French Revolution, it was briefly displayed in Napoleon's bedroom before finally being installed in the Louvre. Even then, it would not be the last time it was removed.

In 1911, the Mona Lisa was stolen. The painting was already known as a masterpiece before then, but it was after the theft, that its fame skyrocketed. The disappearance of the Mona Lisa caused a stir in media, making worldwide headlines. Who had stolen the smiling lady? For years, investigations were carried out to catch the thief. During this time, even the poet Guillaume Apollinaire and artist Pablo Picasso were brought in for questioning under suspicion of stealing it.

It was in 1913, two years after its disappearance, that the culprit had been caught. Vincenzo Peruggia, a worker

in the museum, had taken the painting off its wall one Monday when the museum was closed to the public. He took the painting out from its frame, and with it in hand, he hid it under his regulation smock and simply exited the Louvre Museum and went back to his apartment where he kept the painting in his closet. Peruggia believed that the painting belonged to Italy and intended to bring it back. Years later in Florence, an art dealer received a letter from Peruggia who had signed under the alias of Leonardo, saying that he wished to return the painting to Italy. The dealer agreed to meet, and Peruggia presented them the painting which he had hidden under the false bottom of his trunk. Expecting to be paid for it, he awaited the dealer in his hotel room but was in for a surprise when he opened the door. He was later arrested, spending eight months in jail before being released after an Italian psychiatrist had deemed him mentally deficient. The painting was returned to the Louvre, and its return saw a great measure of celebration.

Now, the painting is heavily guarded, protected by bullet proof glass and sectioned off so people cannot touch it at its place in the museum. It is housed in the Denon Wing of the Louvre Museum, and if you ever travel there, be sure to marvel at the other masterpieces like the beautiful but tragic *The Raft of the Medusa* by Théodore Géricault, and *Liberty Leading the People* by Eugène Delacroix.

We may never know the true reason behind her mysterious smile, and we may never know what the painting conveys. But what we do know is that the Mona Lisa, through all its travels throughout the centuries, will remain one of the most famous paintings in history and her smile will live on. ♦



Safety Tips for

Global warming increases the Earth's average surface temperature due to greenhouse gases that collect in the atmosphere like a thickening blanket, trapping the sun's heat and causing the planet to warm up, while some steps to reduce the effects can help but here are some safety tips for self protection against the damaging rays of the sun.

Plan outdoor events for the morning or late afternoon

By scheduling any outdoor events for the morning or late afternoon, you can avoid the most harmful hours of the day which fall between 11am and 4pm. If you do need to venture outdoors during these hours, try to stay in the shade and wear adequate sunscreen during the outing. Long-sleeved shirts, pants, and wide-brimmed hats should also be seriously considered.

For Sunny Days

Use a quality sunscreen with an SPF of 15 or greater

SPF, which stands for Sun Protection Factor, is an indicator representing the effectiveness of sun protection for any given product. The higher the SPF, the better the protection you will have against the harmful rays of the sun. For the most complete coverage, it is important to find a sunscreen that offers broad spectrum coverage (coverage for both UVA and UVB rays) with an SPF of at least 15 (SPF 15 meaning you can spend 15 times longer outdoors, before getting a sunburn).





Apply sunscreen 20 minutes before going out into the sun

This is because it takes around 20 minutes for the chemicals in the sunscreen to bind to the surface of the skin, activating the protective chemicals in the sunscreen. It is also important to reapply sunscreen every few hours throughout the day to maintain an adequate level of protection. If you have been swimming or excessively sweating, immediate reapplication is recommended.

Wear sunglasses with both UVA and UVB protection

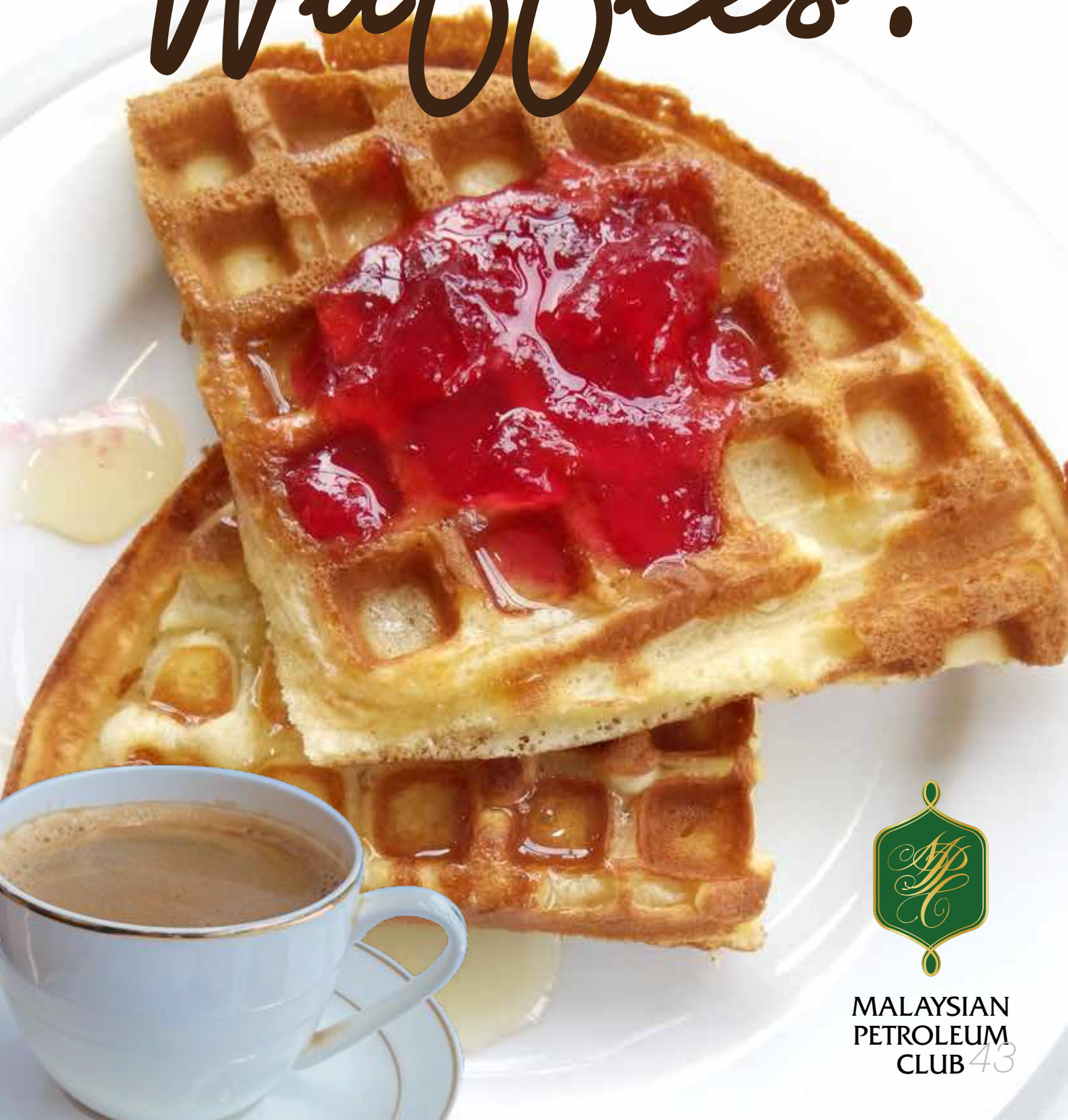
In the same way that it is important for your sunscreen to contain both UVA and UVB protection, it is also essential that your sunglasses provide the same broad spectrum coverage. Making sure that your sunglasses have 99% - 100% protection from both forms of UV rays will help prevent conditions like photokeratitis (or "sunburn" of the cornea) and more serious conditions like permanent retinal damage.

Because prolonged exposure to sunlight can have a negative impact on our health, it is very important that we do all we can to protect ourselves from the harmful UV rays of the sun. By planning outdoor activities during the morning and late afternoon, applying an SPF 15 or greater sunscreen 20 minutes before going outside, and wearing sunglasses with both UVA and UVB protection, we can help to prevent such harmful conditions as sunburn, eye damage, prematurely aged skin, and skin cancer. ♦



COFFEE/TEA 2 GO
3.00 – 7.00 pm

Hot Waffles!



**MALAYSIAN
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KIKU

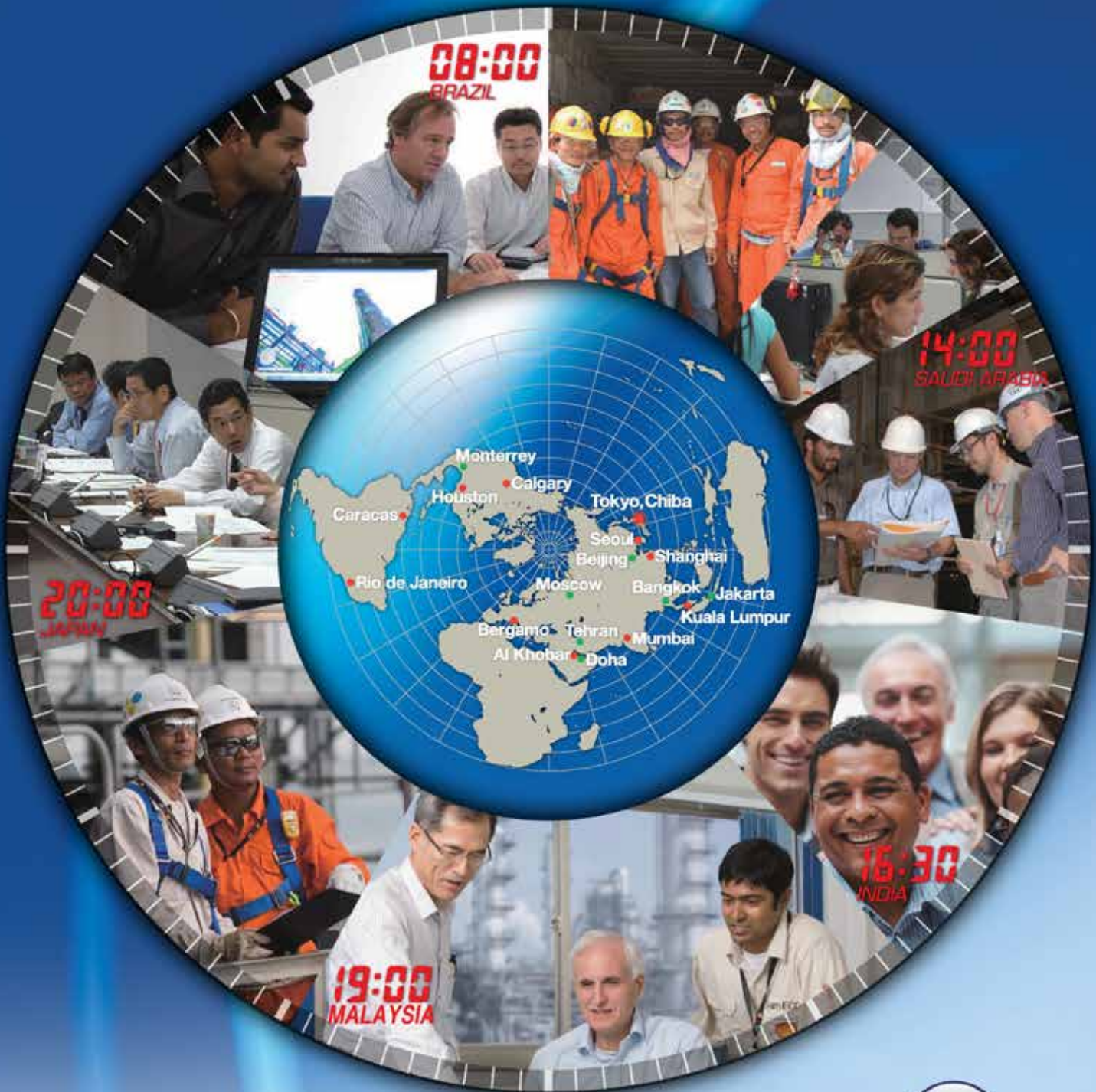
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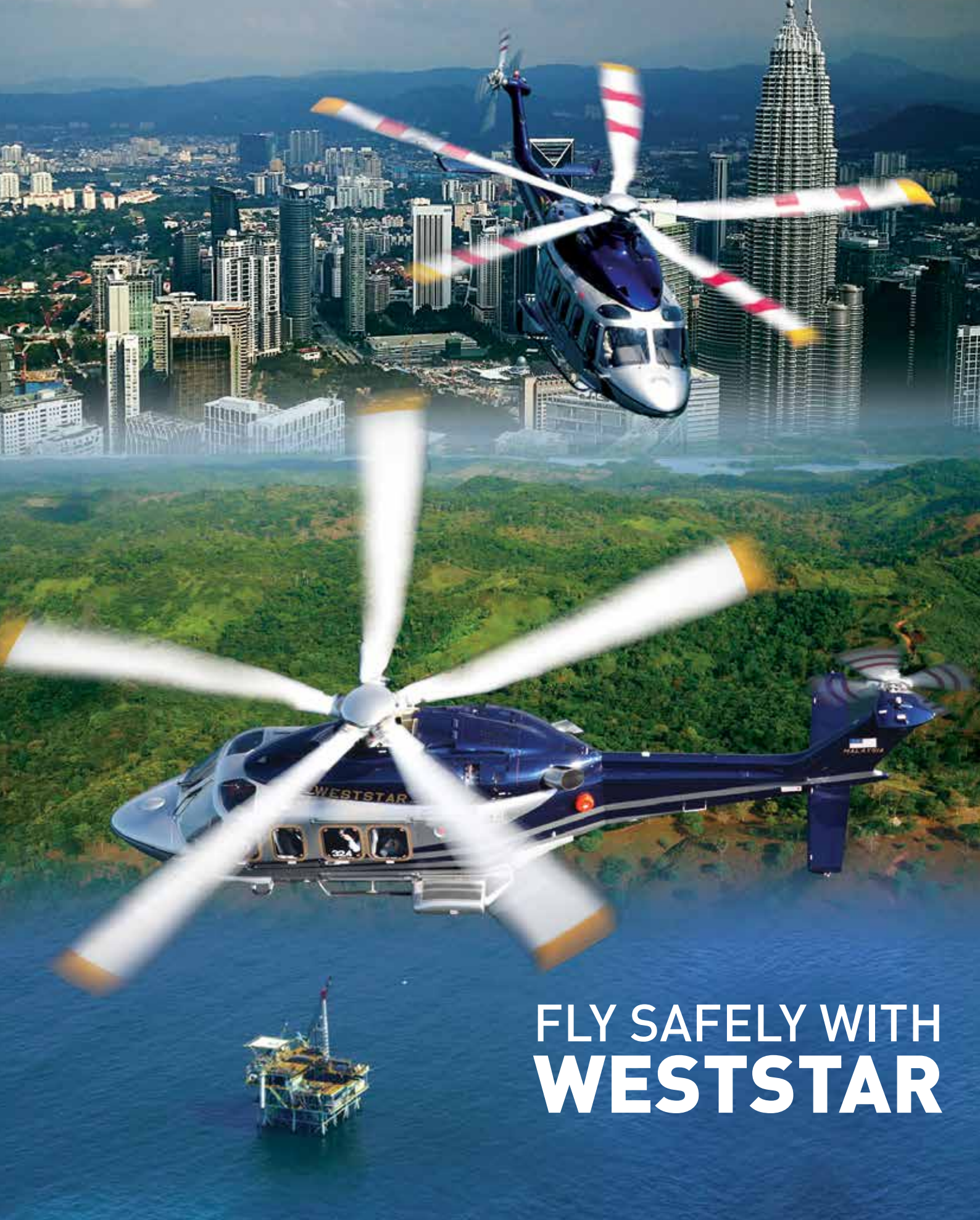


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