



MALAYSIAN PETROLEUM CLUB

RESOURCE MAGAZINE

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Selamat
Hari Raya
Aidilfitri



There is a lot of science happening at ExxonMobil.

Since 1970, the scientists and engineers at ExxonMobil have contributed to nearly 30,000 patents for innovations in fields across our industry. Along with inventions to produce cleaner fuels, we continue to actively develop technologies such as carbon capture on a mass scale, next-generation biofuels made from algae, and high-efficiency engine lubricants. These are just a few of the technologies we're researching to reduce emissions on a global scale.

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Energy lives here™

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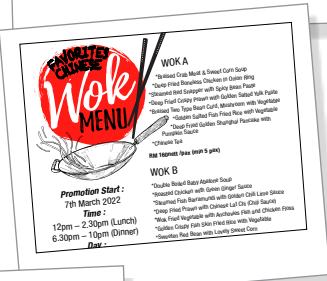
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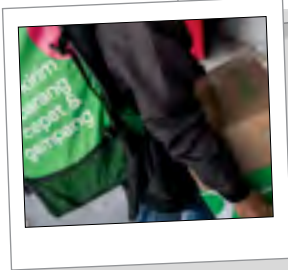
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MALAYSIAN
PETROLEUM
CLUB

**Selera Warisan
Ramadhan Buffet
04/04 to 30/04/2022
6.30PM-10.00PM**

RM148 nett (Adult)
RM74 nett (children 6-12 years &
seniors above 60 years)
MPC Members 20% discount

For reservation, Call/Whatsapp
MPC 03 2166 3200
Hotline 012 711 8342
Joe 016 264 3122 Or
Shikin 017 646 6183

SELERA WARISAN

*Food
Highlight*



★ *Star
Attraction*
**Roasted
Whole
Lamb**

Varieties of Authentic Malaysian Cuisines



Kids and Deep-fried Corner



Desserts



Grilled Stations



Seafood Counter and Salad



Club Manager
**@YOUR
SERVICE**

Selamat Berpuasa

The Holy Month of Ramadan Is Here Again!

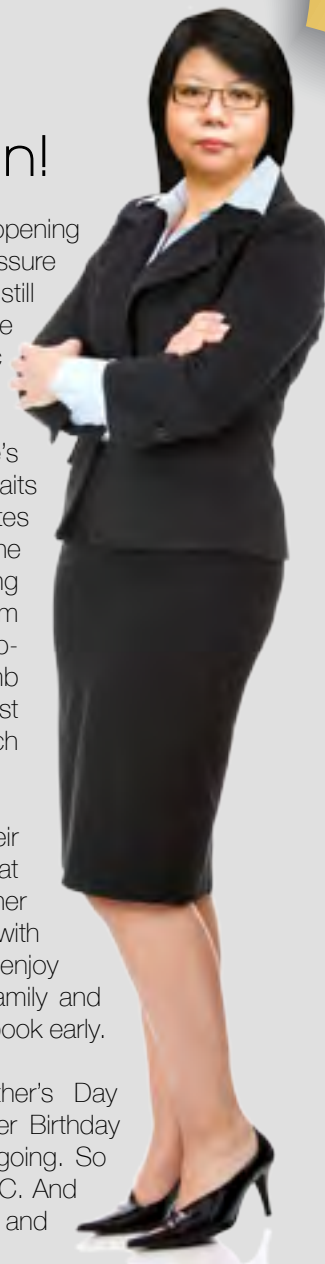
Ramadan 2022 coincides with the country's reopening of its borders, and MPC would like to reassure all our members and guests that the Club still maintains the new normal SOPs to ensure a safe environment for all. Yes, we have many fantastic reasons for you to visit MPC for the next 3 months.

In the spirit of Ramadan, a feast close to everyone's heart, the Selera Warisan Berbuka Buffet, awaits you and your loved ones at MPC. Tantalising tastes of heritage recipes handed down through the generations like Ayam Masak Lemak Cili Padi, Daging Dendeng, Steamed Fish and many stations from appetizers, soup and porridge to gulai kawah, kudap-kudap and dessert. The signature dish, Roast Lamb with Black Pepper, is at the Grill Station to name just a few. Be sure to get the Early Bird vouchers which are fast disappearing.

For members who prefer to Iftar@Home with their loved ones, there's the fast tapau takeaway that includes the must-have bubur lambok and other traditional delicacies. A wonderful way to berbuka with great food amidst great company. You can also enjoy Raya Open House @ MPC this year with your family and friends. Just call up to enquire what's in store and book early.

Watch out for MPC's Mother's Day and Father's Day Celebrations announcements emails. Our Member Birthday Gifts and member recruitment bonus are still on-going. So stay inspired, stay safe and stay connected to MPC. And enjoy all that we have specially prepared for you and your loved ones. See you soon!

Shirley Tan
Club Manager



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Tengku Aziz

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MALAYSIAN
PETROLEUM
CLUB

Iftar with Family

Ramadan Month
Tapau is back...

From 4pm – 6pm
05/04 to 29/04/22
Monday – Friday
Level 41, Tower 2,
Petronas Twin Towers



*Tapau
Jer...*



CELEBRATE RAYA OPEN HOUSE @MPC

- 2 Menu options
- Menu A - RM118.00 per pax
- Menu B - RM148.00 per pax
- Minimum 50 pax
- Any day except Sunday & P.H
- Choice of Lobby Lounge or KIKU
- Starting from 9 May till 31 May 2022

For reservation
Call/Whatsapp:
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012 711 8342,
Joe 016 264 3122
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MALAYSIAN
PETROLEUM
CLUB



MENU A

APPETIZER

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

MAIN ITEMS

Nasi Minyak/ Nasi Putih
Ayam Masak Merah
Beef Rendang
Mini Samosa with Mango Chutney
Fried Mee Hoon Siam
Acar Rampai

NOODLE COUNTER

Chicken Soto 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 Baulu,
Kuih Cakar Ayam, Kulh Bangkit, Tart Nenas,
Biskut Makmur, Biskut Kacang, Biskut Cornflake,
Kek Pandan, Kek Oren, Strawberry Jelly
Kuih Lapis, Kuih Koleh Kacang, Kuih Bingka Ubi
Ice Cream & Condiments, ABC

BEVERAGE COUNTER

Chilled Orange Juice & Air Sirap Bandung
Coffee/Tea

RM118.00 per pax
(Minimum 50pax)



**MALAYSIAN
PETROLEUM
CLUB**

MENU B

APPETIZER

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

SOUP COUNTER

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

MAIN ITEMS

Nasi Tomato/ Nasi Putih
Ayam Masak Merah
Beef Rendang
Mini Murtabak & Chicken Curry
Fried Mee Mamak
Beef & Chicken Satay with Peanut Sauce & condiments
Nasi Impit dengan Sayur Lodeh
Acar Rampai

NOODLE COUNTER

Nyonya Curry Mee

HEAT LAMP STATIONS

Roasted Lamb with Rosemary Sauce

PORRIDGE COUNTER

Serawa Durian, Bubur Cha-cha
Roti Benggali & Wholemeal Bread

DESSERTS

Slice Mixed Fruits, Batang Buruk, Putu Kacang, Dodol,
Kuih Baulu,, Kuih Cakar Ayam, Kulh Bangkit, Tart Nenas,
Biskut Makmur, Biskut Kacang, Almond London,
Biskut Cornflake,, Kek Pandan, Kek Oren,
Strawberry Jelly, Kuih Lapis, Kuih Koleh Kacang,
Kuih Bingka Ubi
ABC & Cendol, Ice Cream and Various Condiments and
Topping Sauce

BEVERAGE COUNTER

Chilled Orange Juice & Air Sirap Bandung
Coffee/Tea

RM148 per pax
(Minimum 50pax)



MALAYSIAN
PETROLEUM
CLUB

Anytime Sub@Bayan Bar

SUBMARINE SANDWICH

SPICY TUNA SANDWICH

Oblong Parmesan Bread,
Tuna Chunk with "Chili Padi", Fresh Salad, White Onion, Tomato,
Thousand Island Dressing and Potato Chips

RM 20

SLICED BEEF SANDWICH

Oblong Parmesan Bread,
Sliced Tender Beef Deep in Black Pepper Sauce, Fresh Salad,
Tomato, Gherkin Pickle, Mustard Dressing and Potato Chips

RM25

TERIYAKI SALMON SANDWICH

Oblong Sesame Bread,
Salmon Patties, Teriyaki Sauce, Fresh Salad, Bonito Flake,
Ginger Pickle, Onion, Mayonnaise and Potato Chip

RM 25



MALAYSIAN
PETROLEUM
CLUB

BUSINESS SET LUNCH

Day: Monday to Friday

Venue : Dulang Suite

From : April 2022

Time : 12.pm - 2.30pm

APPETIZER

Waldorf Salads

Chunk Apple, Grape, Celery and Nuts Mixed with Yogurt,
Served with Fresh Mixed Green Salads

OR

Creamy Carrot with Ginger Soup

Served with Beef Dust, Bread Stick and Fresh Herb

MAIN COURSES

Roast Herb Crusted Chicken

Creamy Potato Puree, Sautéed Roots Vegetables,
Grilled Mushroom & Chicken Jus

OR

Grilled Beef Tenderloin

Served with Lyonnaise Potato, Grill Trumpet Mushrooms,
Burnt Garlic, Topped with Alfalfa Sprout & Natural Beef Jus

OR

Pan Seared Salmon Fillet

Seared Salmon Fillet Served with Sautee Spinach & Edamame,
Cocktail Tomato Finished with Mustard Seed Sauce

DESSERT

Fresh Fruits Platter

Melon, Grape, Mango and Honey Dew

OR

Burnt Cheesecake

Sliced Cheese Cake served with Strawberry Ice Cream

Coffee *OR* Tea

RM 138/PAX



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20%
discount for
members



WOK A

- *Braised Crab Meat & Sweet Corn Soup
- *Deep Fried Boneless Chicken In Onion Ring
- *Steamed Red Snapper with Spicy Bean Paste
- *Deep Fried Crispy Prawn with Golden Salted Yolk Paste
- *Braised Two Type Bean Curd, Mushroom with Vegetable
- *Golden Salted Fish Fried Rice with Vegetable
- *Deep Fried Golden Shanghai Pancake with Pumpkin Sauce
- *Chinese Tea

RM 160nett /pax (min 5 pax)

WOK B

- *Double Boiled Baby Abalone Soup
- *Roasted Chicken with Green Ginger Sauce
- *Steamed Fish Barramundi with Golden Chili Lime Sauce
- *Deep Fried Prawn with Chinese Lat Chi (Chili Sauce)
- *Wok Fried Vegetable with Anchovies Fish and Chicken Floss
- *Golden Crispy Fish Skin Fried Rice with Vegetable
- *Sweeten Red Bean with Lovely Sweet Corn
- *Chinese Tea

RM 240nett/pax (min 5 pax)

ADD ON APPETIZER

Appertizer A

- *Deep Fried Chicken Dumpling with BBQ Sauce
- *Steam Golden Fong Kwong Mai with Egg Gravy

RM 100/10pax (min 5 pax)

Appertizer B

- *Koh Poh Sugar Cane Prawn with Chicken Floss
- *Deep Fried Bean Curd Roll with Sweet Thai Sauce
- *Steamed Otak-Otak Dumpling with Black Pepper Sauce

RM 160/10pax (min 5 pax)

Promotion Start :

7th March 2022

Time :

12pm – 2.30pm (Lunch)

6.30pm – 10pm (Dinner)

Day :

Monday to Saturday



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**20%
discount for
members**

MONTH
OF MAY

EVERY SATURDAY

Lunch: 12pm – 2.30pm

Dinner: 6pm – 10pm

Pre-book for dinner before 4pm

CHINESE PLATTER

* Crabmeat & Sweet Corn Soup

* Oat Chicken with Mayonnaise

* Black Pepper Beef with Onion
and Capsicum

* Deep Fried Whole Sea bass
with Spicy Chili & Ginger
Sauce

* Sautee Green Vegetable with
Japanese Bean Curd

* Young Chow Fried Rice

* Prawn Crackers

* Sea Coconut with Ice Cream

* Free Flow

Coffee/Tea/Chilled Juice

RM238 (for 4 pax)

Call/Whatsapp:
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03 2166 3200



MALAYSIAN
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CLUB



MONTH
OF MAY

EVERY SATURDAY

Lunch: 12pm – 2.30pm

Dinner: 6pm – 10pm

Pre-book for dinner before 4pm

MALAY PLATTER

* Mee Udang with Condiments

* Steam White Rice

* Ayam Rendang

* Daging Dendeng

* Sea Bass with Mango and Thai sauce

* Acar Timun Dan Nenas

* Keropok Udang

* Sago Gula Melaka

* Free Flow

Coffee/Tea/Chilled Juice

RM238 (for 4 pax)



Call/Whatsapp:
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012 711 8342
03 2166 3200

MALAYSIAN
PETROLEUM
CLUB



EVERY **MONTH OF MAY** SATURDAY

Lunch: 12pm – 2.30pm

Dinner: 6pm – 10pm

Pre-book for dinner before 4pm

WESTERN PLATTER

* Creamy Mushroom Soup with Garlic Bread

* Deep Fried Crispy Chicken with Salad & Mushroom Sauce

* Beef Sandwich with Home-made Parmesan Bread

* Fish Finger with Tartare Sauce
Cheesy French Fries

* Spaghetti Carbonara with Chicken & Mushroom

* Chef Sliced Cake of the Day

* Free Flow
Coffee/Tea/Chilled Juice

RM238 (for 4 pax)



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The COVID-19 Pandemic

has increased the risk of
compulsive buying behavior
and online shopping addiction
among young consumers





The COVID-19 pandemic has accelerated the growth of digital businesses. But this positive economic development has also led to unfortunate unintended consequences, including a significant rise in online shopping addiction.

Individuals who spend more than they can afford to gain social status from their purchases or to satisfy unmet needs, such as that for love and affection, are prone to 'compulsive buying behaviour or shopping addiction'.

The rise of E-commerce

The rapid growth of e-commerce marketplaces amid the pandemic has aggravated the risk of shopping addiction, especially with digitally savvy societies, where the use of various online shopping platforms available has become a trend among youth.

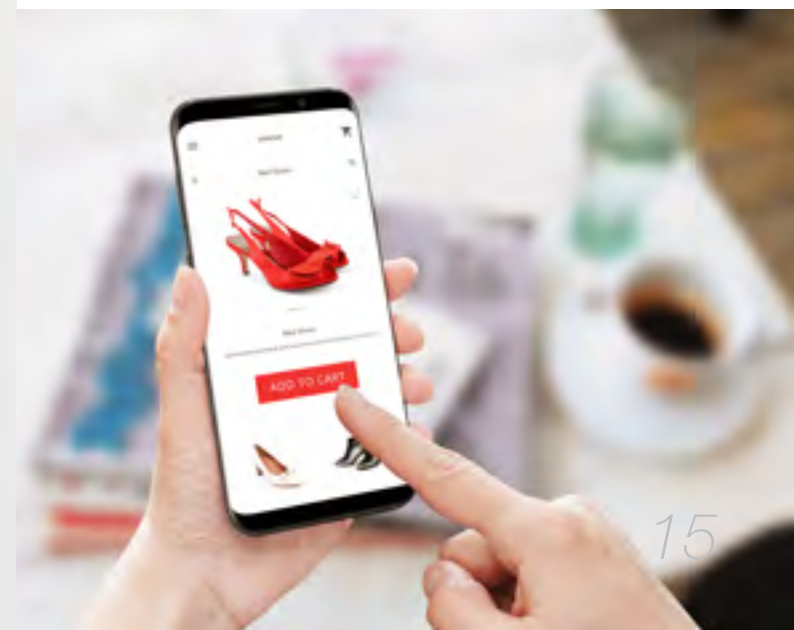
Additional pressures are heaped onto young shoppers by the stream of consecutive mega-sale events throughout the year, such as the Black Friday sale, 11/11, 12/12 etc.

Individually and collectively, these events prompt young shoppers to make larger purchases than are required to fulfil their needs.

Compulsive buying among youth is not spurred solely by the desire to possess products. Rather, the motivating factors include feelings of status, dominance, power, and prestige associated with the ownership of certain goods.

Vulnerable young consumers

Despite expert advice that the threshold for responsible saving should be 20% to provide adequate financial protection against 'rainy days', even high-income households tend to save below this threshold.



Youth whose primary goal is to present a prestigious and high-status appearance to the world will pursue an excessive degree of spending without any consideration for their future.

With their 'live-in-the-present' attitude, millennials can expend considerable efforts to keep up with the latest trends, showcasing them on social media to gain approval from others and potentially boost self-esteem.

Social media can provide the opportunity for the younger generation to evaluate themselves and to explore, express, and improve their identity through comparison with others.

By enabling young people to follow the lives of celebrities and well-known figures in various fields, social media provides an avenue that raises aspirational standards for the development of an idealised identity.

However, young people may fall victim to unrealistic expectations by comparing themselves against edited photos and curated lifestyles that may not be real.

This can lead to a loss of self-confidence due to a sense that any genuinely attainable lifestyle will fall short of the idealised images in terms of social and monetary status.

Excessive use of social media is claimed to expose youth to various identities in a way that can provoke identity confusion.

Confusion between an 'ideal' and 'real' identity is labelled in the psychological literature as a '[fragmented identity]' and social media has been indicted for eroding the healthier construct of a 'unified identity.'

At the same time as wrestling with fragmented identities, youth are often swamped by an endless stream of advertisements for consumer products, the combination of which can lead to the development of compulsive buying disorder.





In the 'identity formation' stage of their lives, youth strive to impress their peers by increasing their consumption of material goods.

In this regard, social media can be criticised for promoting materialism and encouraging consumption-oriented attitudes in society.

If we are to confront and resolve the tension created by immersion in the idealised lives on display in social media, then both parents and the education system have important roles to play.

Observing parents' saving habits can ingrain similar behaviour in young people from an early age. While in-school financial education can also support and develop this positive modelling by improving financial knowledge and skills.

A financially literate younger generation will be well equipped to avoid compulsive buying behaviour becoming more and more common in increasingly materialistic societies.



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



50%
DISCOUNT
DINE IN



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.
- * Offers are non-transferable and not exchangeable for cash.
- * Not valid for promotional events and other promotional vouchers.



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for Your Spouse too!



MALAYSIAN PETROLEUM CLUB

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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Joe 016 264 3122 Or Shikin 017 646 6183**

**Supplementary card holder only.*



Free!
WHOLE CAKE



Free!
WINE/
SPARKLING
JUICE



Free!
ONE SKY DECK
ADMISSION



50%
DISCOUNT
DINE IN





Gabrielle “Coco” Chanel, friend of artist Jean Cocteau and lover of musician Igor Stravinsky, transformed women’s fashion across the world. Pablo Picasso said of her: “Chanel is the woman with the most sense in Europe”. Chanel’s fashion vision transformed both women’s appearances and definitions of luxury for the 20th century.

How did she pull this off, what is the continuing attraction, and how do we recognise her complex background, difficult choices and ongoing legacy?

With the opening of a new show, Gabrielle Chanel: Fashion Manifesto, at the National Gallery of Victoria, curated by Paris fashion museum the Galliera (supplemented with works drawn from the NGV’s collection), Chanel’s life and work are in the spotlight once more.

Who was Coco Chanel?

Coco Chanel was born in 1883 in Saumur, France, the illegitimate daughter of a street vendor, who struggled to raise her. She lived for a time with nuns, whose white linen and fine sewing influenced her later approach to good dressing.

Chanel began her life as a singer in cabarets, where she sang a tune that gave her the nickname “Coco”. She took up a series of lovers, not unusual for struggling women in that time, which gave her the capital to become a milliner, an occupation requiring modest investment and little space to set up.

In a foretaste of her later work with serial repetition, Chanel used basic templates, such as the boater or wide brimmed straw hats which she dressed very simply. Her work struck a modern note and was popularised by actresses.



CHANEL'S COMPLEX LEGACY



Making the modern woman

Chanel opened boutiques at Deauville and Biarritz, fashionable seaside resorts where she observed and wore beach garments made of the wool jersey that she later made her own signature. She took up with wealthy English men who introduced her to hunting dress and the Scottish tweeds that she also transformed into day wear for women.

We associate Chanel with the little black dress of the 1920s, which could be made of wool jersey for day or silk and tulle for evening. A short, tubular garment, it took the world by storm. Vogue called it the “Ford signed Chanel” in 1926, referring to the mass produced and affordable car that also came in only one colour.

The emphasis on the little black dress has distorted Chanel’s output, which always extended to vibrant but tonal colours, and other materials such as lace and satin for evening.

The little black dress also came from somewhere

The First World War brought with it the death of millions of young men, the disruption of succession in the great landed English estates, and the destruction of huge swathes of Europe. Cultural pessimism was common. Out went the lavish, historical styles associated with the robber barons and the Belle Époque.

France had the greatest casualties of WWI – nearly 2 million were dead. Chanel witnessed the collective mourning of thousands of French women dressed in black. She also saw the large numbers of women working in male occupations who suddenly wore uniforms with trousers, external pockets, overalls, and boiler suits.

The 1920s was a time of living for the moment and “experience culture”: sex, sport, travel, and fast-changing fashion. 1920s French women’s fashion was marked by a new engagement with the street and the notion of repetition. The Italian Futurists proposed cancelling fashion altogether. Chanel was ready for this change, even if her approach was more subtle.

In the 20th century the innovative silhouette and cut of clothes became the most important ambition for designers who wished to present new dress fashions. Cubist painters such as Picasso and Braque fractured the body. Their geometries were also adopted in clothing. Chanel both learned from and inspired the Paris modernist avant-gardes. The poet Colette remarked:

Chanel’s approach was modernist in that she was interested in the idea of a template for day-wear. In the







late 1920s she made suits with unlined jackets revealing the selvedge (reinforced edge of the piece of fabric) and oversteitching on the seaming.

Her monochrome palette which often used black, blue, red, beige and white was the opposite of the oriental sensuality of fashion design before the Great War. Her wide belts referred to both men's wear and working wear, as did her famous striped matelots. From military dress she used the concept of the jacket's lining extending to the revers, or lapel facings.

Chanel once noted: "One wears clothes with the shoulders. A dress should hang from the shoulders". Like her older contemporary Madeleine Vionnet, she created dresses that seemed diaphanous and sculptural simultaneously. Her use of pin tucks created dresses that clung so closely to the body they appeared almost nude.

Her 1920s dresses appear deceptively simple but include skirts pieced together with up to 20 panels. Although she usually cut on the straight grain, Chanel made clever use of fabrics with tensile qualities, such as lace, tulle, jersey, chiffon, georgette, crepe de chine and loosely woven tweeds, blurring the distinction between the flou (dress-making) and the tailleur (tailoring) by applying techniques from each process to the other.

Chanel did not depart from the lines of the body. The focus on the Chanel suit has deflected attention from her evening wear of the 1930s, which is notable for its hyper-feminine effects using lace and sequins and suggestions of the bustle skirts of the 1870s.

Chanel was interested in a playful and conceptual design approach, in which real gems might be intermingled with fakes, and a practical pocket-book bag, first introduced



in 1927, could hold everything a woman required for the day. There was no need to flaunt money in materials and craft, but luxury could be expressed in subtle ways that only other women might recognise.

Yet, this was no “democratic” move in any sense of the word. Chanel’s modern luxury was for those “in the know” and it continued to cost a great deal.

Chanel’s innovative luxury

Chanel was probably the person who contributed most to redefining luxury in the first half of the twentieth century.

We associate Chanel with the term chic, although this was not her invention. Théophile Gautier, the French journalist and literary critic, used the term in 1864, calling it “a dreadful and bizarre word of modern fabrication”.

With Chanel, chic came to mean an approach to style that was not simply dependent upon money, although money often helps. This explains her use of simple materials, muted colours, and rigid lines. She claimed that she was not interested in diamonds and pearls — many of hers were in fact fine fakes crafted by the jeweller Verdura.

Chanel’s concept of luxury had as its opposite, vulgarity. She was revolted by the approach to luxury connected with the vibrant Ballets Russes of the early 1910s and the associated fashions, perfumes, and household products retailed most notably by the fashion designer Paul Poiret:

In the case of Chanel, clothes can be seen as dynamic forces that helped produce the “modern woman” – not the other way around, that is to say the women becoming modern and demanding fresh clothes.

Coco Chanel was among those at this time who argued that luxury was not necessarily physically embodied in artefacts: diamonds could therefore be replaced by imitation paste, silk or velvet by a wool jersey.


Chanel was partisan in a titanic struggle between the protectors of elite forms of luxury (today referred to as “metaluxury” or “über luxury”) and the growing middle class comforts and commodities of the time.

Chanel Number 5

Although known as a couturière, Chanel made her fortune from the sale of Chanel Number 5, a very expensive perfume made with the rarest luxury ingredients from the south of France but with the novelty of adding synthetic ingredients.

The base was an Imperial Russian scent whose heaviness was alleviated by the new aldehydes which gave a sharp floral and ylang ylang kick. It was first released in 1922 in its medicinal looking bottle, stripped of all historical association.





CHANCE
CHANEL

Chanel was not the sole author of these ideas regarding a luxurious simplicity. Clearly associated with wider aesthetic minimalism, they appear also in the popular writings of decorator Elsie de Wolfe, who wrote in 1913 that “the woman who wears paste jewels is not so conspicuously wrong as the woman who plasters herself with too many real jewels at the wrong time”.

Luxury and the right wing

Chanel's redefinition of luxury was part of a wider French debate about twentieth century taste and manufactures. One of her great loves was the French illustrator and entrepreneur Paul Iribe, who designed the famous art deco rose motif.

Iribe also ran a pro-nationalist magazine called *The Witness* (*le Témoin*) between 1933-35. Only red, white and blue ink, the colours of the French tri-couleur, was used in the printing. Iribe promoted the idea that France was the pre-eminent centre of luxury and criticised modern German and American design and also Jewish business. Iribe depicted Chanel as Marianne – saviour of the French, on one of the covers of *The Witness*.

Iribe was also behind an intriguing publication, the *Defence of Luxury* (1932), a printed manifesto that attacked aesthetic modernism, maintaining that France remained the centre of luxury despite the rise of other societies, particularly North America and Germany.

The *Défense* also had anti-Semitic and anti-cosmopolitan overtones, suggesting an international conspiracy was attempting to drive away the old value system that had created France as the pinnacle of luxury taste and style. Aristocracy and a “pure” French race were required, Iribe argued, in order for luxury manufacturing to continue.

Chanel's designs, nonetheless, in their focus on craftsmanship, taste, and elite luxury (they were extremely expensive), were both a reaction to the state of affairs Iribe posited and also a confirmation Paris remained the centre of luxury.

Chanel's own anti-Semitism, not uncommon for high-society elites of the time, came to stand as a shadow over the subtlety of her designs later in life, as did her relationship with high ranking Nazis, including her lover, during the Occupation of Paris.

Many claims, some disputed, have been made about Chanel's level of collaboration with the Nazis, but



she clearly benefited from her highly placed and opportunistic access to powerful people in France and England.

Chanel worked against the Wertheimer family who risked having their businesses Aryanised (sold to non-Jewish owners), partly because she resented the great profits they made from her house due to their earlier stock control. Following the war, enquiries were made into Chanel's relationship with the Nazis and with the possible support of Winston Churchill (whose English aristocratic friend had been her lover) she retreated to Lausanne in Switzerland.

Chanel's comeback

Returning to work in 1954, Chanel surprised everyone with the famous two piece Chanel suit, worn with a co-ordinating blouse. The irony of the template is that it could be modified with trims and details in order to maintain a sense of something fashionable and timeless (out of fashion) simultaneously. The cost of these simple looking clothes is indicated in a 1965 order for Marlene Dietrich: a white day suit cost US\$6000, perhaps US\$55,000 today.

The controlled and modernist Chanel chromatic was a striking foil to much 1960s fashion, particularly colourful and more revealing styles for women. Chanel herself once said that she would not be surprised if women might start showing their "ass" in the future; the sight of belly buttons and midriffs was enough to horrify her in the 1960s and 1970s.

Chanel would have been very puzzled by our contemporary bust ops and "facework": she once said: "I can think of nothing more ageing than trying to make oneself look younger".

Chanel died in 1971 aged 87. Let's conclude by giving her the last word, in the grumpy attitude typical of many of her pronouncements of the 1960s:

I have dressed the whole world and, today, it goes about naked.



Danger of Sedentary

Inactivity can take a toll on health in just two weeks

As the world faces the COVID-19 stay at home/lockdown, people also face a serious risk from reduced physical activity — especially older adults. Developing a plan to be physically active now will help you to stay strong and healthy through the COVID-19 pandemic ahead.

While most people are aware of the benefits of physical activity — increased muscle and strength, reduced risk of disease, better quality of life and a lower risk of death — we tend to be less aware of how damaging and expensive reduced physical activity can be.

The loss of muscle and strength as you get older (known as sarcopenia) is something with which we are all familiar. We have all heard older family members say, “I’m just not as strong as I used to be,” or “I just can’t do that anymore.” But did you know that inactivity can make muscle loss a whole lot worse?







Health effects of inactivity

Physical inactivity can be forced on a person by an acute event such as a broken arm or leg or becoming bed-bound due to illness. However, reduced physical activity, such as step reduction, is a long-term choice that brings about multiple negative health consequences.

Insulin resistance (a warning sign for the development of type 2 diabetes), reduced muscle mass, increased body fat and poor sleep quality are just some of the health concerns caused by physical inactivity. Physical inactivity is also a major contributor to poor mental health and social isolation, which can be particularly problematic for older adults.

The health effects of inactivity start piling up within days

McMaster University researchers have shown that reducing daily steps to fewer than 1,500 — similar to the activity level of people who are housebound during this pandemic — for just two weeks can reduce an older person's insulin sensitivity by as much as one-third. The same period of inactivity also led to individuals over age 65 losing as much as four per cent of their leg muscle.

To make matters worse, once an older individual loses muscle, it is much more difficult to restore. Even when the research subjects returned to their normal daily routines, they did not regain their lost muscle. Effectively, older individuals simply don't possess the same ability to bounce back that younger people do.



Regaining muscle requires deliberate effort. So, it truly is a case of use it or lose it.

Resistance is not futile

As a muscle physiologist with a keen interest in healthy aging, I'm pleased to report it's not all doom and gloom. There are some things you can do — resistance exercise and eating your protein — to keep and even build muscle, get stronger and maintain your health for this pandemic and beyond.

The most effective way to maintain the muscle you have is strength training, or resistance exercise, which, put simply, means performing work against an additional load. And it doesn't have to be complicated. If you have access to a gym to use free-weights and guided-motion

machines, that's great. However, there are many valuable alternatives you can easily do at home. Body-weight exercises such as push-ups, squats and lunges, elastic-band exercises and stair-climbing are just a few options that will help you to meet the World Health Organization's latest physical activity guidelines.

The good news for those who may be put off by the sound of resistance exercise is that doing any exercise with a high degree of effort will help you to get stronger and prevent (at least some) muscle loss. If, for any reason, performing resistance exercise isn't possible, simply adding a walk, a bike ride or some lower-intensity strength exercises such as Yoga or Pilates to your daily routine can have significant physical and mental health benefits.

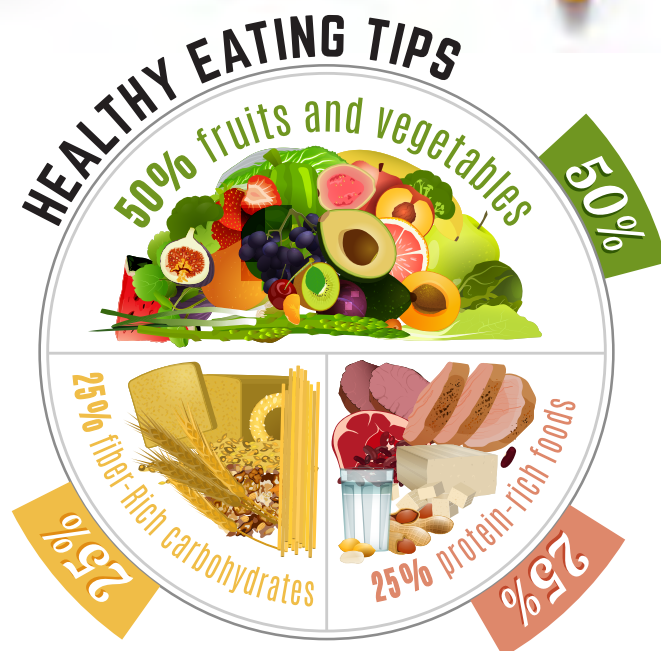
Protein and muscle

Of course, a healthy diet and avoiding overeating are also critical to staying healthy. Protein-rich foods are particularly important, since they make you feel fuller for longer and provide building blocks for your muscles.

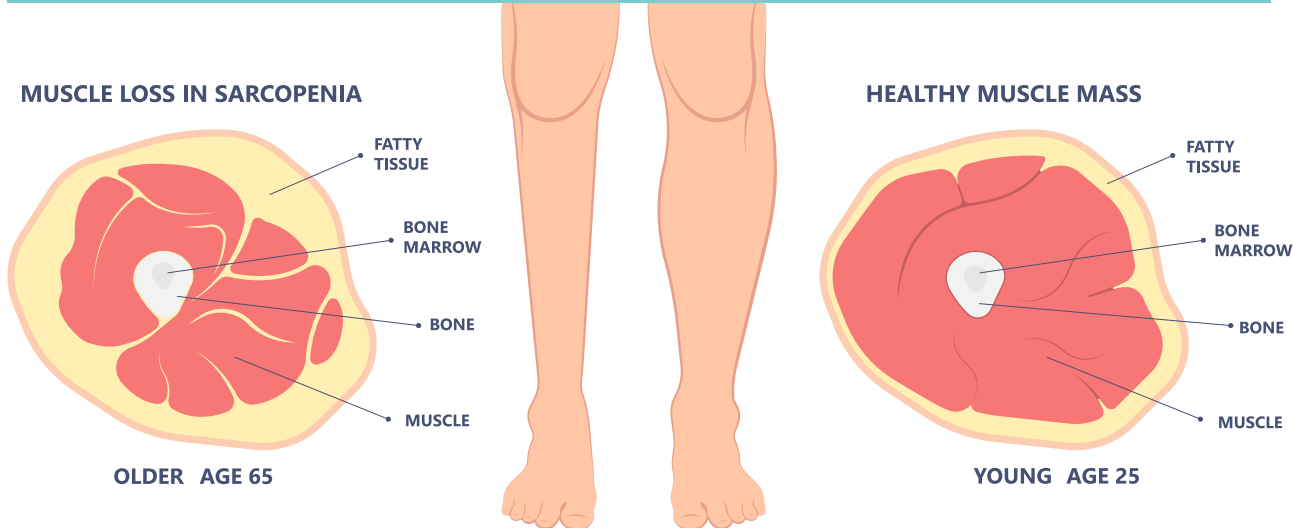
It is generally agreed that older adults need more protein than current guidelines suggest.

A good, easily achievable, target would be to eat 25 to 40 grams of protein with each meal (about one or two palm-sized portions). This equates to approximately 1.2 to 1.6 grams of protein per kilogram of body mass each day. Also, getting your protein from both animal (dairy, meat, fish, and eggs) and plant-based (beans, nuts, seeds, and lentils) sources may be beneficial.

Given how quickly inactivity and poor nutrition can sap your strength and your health, doing something now is the best way to power through the pandemic and beyond.



SARCOPENIA



MUSCLE LOSS IN SARCOPENIA

HEALTHY MUSCLE MASS

OLDER AGE 65

YOUNG AGE 25

THE BEST



DAY EVER!

You don't have to wait until mother's day
to treat your mom but
at MPC we want to make this day extra special.

Look out for it soon!



MALAYSIAN
PETROLEUM
CLUB

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



SET LUNCH *Dulang Fusion*

Day : Monday to Friday

Venue : Dulang Suite

From : 9 May 2022

Time : 12.pm – 2.30pm



MALAYSIAN
PETROLEUM
CLUB

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MPC Hotline

012 711 8342

Joe 016 264 3122

Shikin 017 646 6183

STARTER

Prawn & Mango Salad

Pan Seared Prawn Meat with mixture of Julienne Young Mango, Anchovy, Cilantro Leaf and Chili Lime Dressing topped with Squid Ink Tuile

Or

Creamy Pumpkin Soup

Served with Spicy Croutons

MAIN COURSE

Charred Beef Tenderloin

With Curried Fondant Potato, Mushroom Ragout, Cocktail Tomato
Served with Sarawak Pepper Sauce

Or

Poach Sole Roulade with 'Percik' Sauce

Served with Pilaf Rice Parcel,
Grilled Vegetables & Mild Spiced Coconut
and Chilli Sauce

Or

Golden Oat Chicken

Deep Fried Chicken coated with Oat served
with Garlic Potato Mousseline, Sautee Local
Kale and Orange Hollandaise

DESSERT

Sea Coconut & Longan

Served with Scoop of Vanilla Ice Cream

Or



Fruits Platter

Mango, Watermelon & Honey Dew

Coffee/Tea

RM138/pax

20%
discount for
members



To the world
you are a *Dad*.

To our family you
are the world.

We are busy growing up,
we often forget dad are growing old.
Make this father's day best day ever at MPC.

*Happiness is...
spending time with
my dad!*



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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

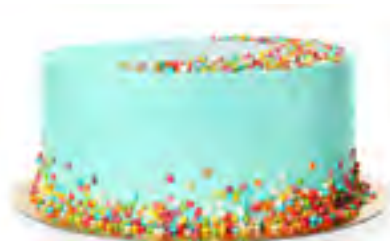
Marble Cheese Cake
Chocolate Cheese Cake
Blueberry Cheese Cake
Red Velvet Cake

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.





HOW TO DESIGN THE PERFECT GALLERY WALL

Can't decide between
artsy pieces, quirky
prints and cute photos?
No problem! We can make
them look ah-mazing together.

GET PREPPY

The quickest way to your wall looking like a hot mess is to freestyle it. Although it may take a bit more time, you will thank us for this later.

STEP 1

Play around with the frames on the floor, mixing and matching until you love the arrangement.

STEP 2

Trace the shapes of the frames you've selected onto tracing paper and cut them all out.

STEP 3

Tape your cut-outs to the wall. Make sure the height of your display and how it fills the space.

STEP 4

Prepping with paper makes placing the nail easy. Once you've hammered it in, tear the paper away.

STEP 5

Hang your frames (one by one) and prepare for adoration.





FRAME IT

You can go as cheap or as luxe as you like with frames, We love IKEA for grabbing different-sized options that still match other. A mix of different frame shapes and styles can look amazing too. For a slightly more “matched” approach, choose different styles in the same colour.





Bayan Bar

Most popular eatery in MPC!

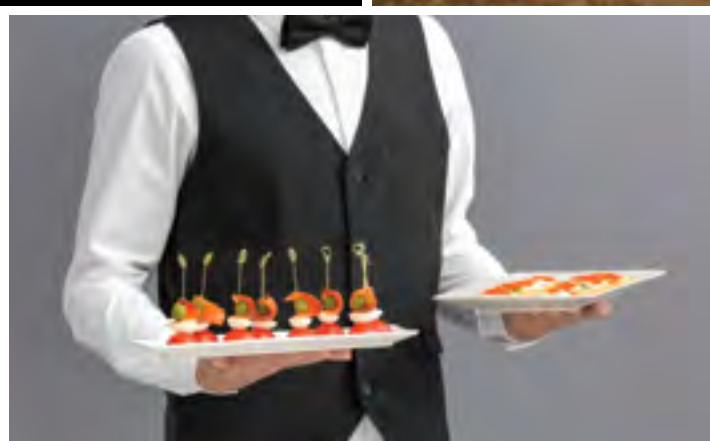
Whether it's a Coffee/Tea break, Business Lunch, Dinner or simply to relax away from crowd, Bayan Bar it is!

Access Bayan Bar by touching your SmartCard on the electronic pad. Heads to the popular Coffee Station where you can help yourself to as many cups of coffee and espressos, as well as cookies, free of charge. However, non-members will be charged a nominal sum of RM10 per person. This is very convenient as you can quickly grab a cup of coffee and some cookies for yourself and your guests, and get right down to your discussions. Or for just a quick breather from your hectic schedule, before you head out again.





KIKU





The New KIKU has been completely refurbished to create a new event space for our members. It can be used for any corporate events or even meetings. We can convert this elegantly appointed space to suit your need. It can be for personal functions like anniversaries, weddings, birthday parties, and reunion dinners.

Just let us know your event and we will help transform this space creatively for a memorable event.





THE DEAL WITH

C



L



We're a nation obsessed with calories: we use apps to track how many we're using, buy watches to check how many we're burning, and scour packets and restaurant menus to see how many we're eating. And yet our clothes are getting bigger and our collective health is getting worse. Turns out calories are much more complicated than we thought. Here are some things we thought you should know...

DON'T TRUST LABELS

The way food calories are measured ignores several factors of the digestive process, including the production of digestive acids and enzymes and muscular actions necessary to move food through the gut. This lack of accuracy means some labels could be out by as much as 50%.

And labels don't have to be entirely accurate. As the European commission that sets food regulations allows margin of error on food labelling.

FACT SHEET

Try to stick to foods that are close to their natural state as possible. Calorie labels tend to be pretty accurate for processed foods such as crisps or white bread, but are likely to overestimate the amount in, say, a handful of almonds. But you also need to think about what's been done



to the food. For example, a whole unprocessed potato represents around 200 calories, turn it into mash and the calorie count goes up by around 50%, because the processing removes much of the work your body would be doing digesting it (and that's before you add butter and milk). So be aware of the journey your food has been on!



FITNESS TRACKER LIES

Just invested in a bit of fitness arm-candy, have you? We've got bad news: For counting steps, the monitors were generally accurate for structured exercise (except cycling), but undercounts ranged between 35% and 64% for steps.

In a report in 2019 the International Journal of Environmental Research and Public Health researchers concluded that activity trackers aren't accurate enough to reliably determine calories burned.

FACT SHEET

Consistently using a fitness tracker that tracks your movement, such as a smartphone apps or other wearable device, though less accurate—can increase your steps per day by more than a mile, especially if you establish a heart-smart daily goal.

CALORIES AREN'T EQUAL

It's what you eat, not how many calories you consume, that has an impact on your metabolism. Sorry, a 250-calorie doughnut is not the same as 250 calories of veggies. In one US study, people on a very-low-card diet burnt 300 calories a day more than those on a low-fat one, due to the increase in metabolism. Simple carbs cause a spike in insulin that will have you searching for the triple-choc cookies – again.

FACT SHEET

To keep your metabolism high while losing weight, base your diet on an Atkins-style ratio of 10% of calories from carbs, 60% from fats and 30% from protein – try a chicken, avocado salad with olive oil.

GET ENOUGH OF SLEEP

You'd think less sleep + more moving = greater calorie burn. But actually the opposite is true – because you can't eat when you're asleep. A study found that people scraping by on five hours' sleep a night experienced a 6% increase in calorie intake. Study subjects packed on whopping 2lbs in five days, thanks to a sluggish metabolism and extra snacking.

FACT SHEET

You can burn energy just by standing. Researchers found that workers who usually sit all day could burn 750 more calories across a week simply by standing for three extra hours a day. So buy a stand-up desk and double that weekly total.

MPC Members can benefit from visitor privileges to over 200 Clubs worldwide



Our club is a member of the IAC network, and you can make use of the full network and partner benefits.

The IAC network has member clubs in more than 40 countries with a wide range of facilities, including some 60 golf courses, over 100 clubs with athletic and/or sports facilities and, for that business trip, prestigious venues suitable for conferences or entertainment in most key cities.

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IAC's website provides all the relevant information you need for your prospective visits of IAC clubs, including the location of the club, amenities available, opening times and much more. Their 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 to booking a round of golf, it's very easy.

You may also access IAC on the move by downloading the IAC App via App Store or Play Store and make your bookings, redeem partner benefits and view your digital membership card. Download now via the following QR Code:

IAC will also update you with all new Clubs and partners that have joined the network so that you will always be kept up to date. How to access these clubs? If you haven't yet then register on the website (www.iacworldwide.com) or directly via the App with your membership number/ID and your name.



IAC is foregoing the need to present a physical card when visiting Club.

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West Lake Mansion, Hangzhou, China

HOW SUGARY IS YOUR SALAD?

Yep, you read that right, there could be a sugar bomb hiding between that leaves

Prepare yourself for some not-so-sweet news, the humble salad that paragon of edible virtue, might not be so virtuous after all. Yes, vegetable do contain sugar. This sugar is bound up in the plant cells, so it takes longer for the body to break it down and it's released more slowly than the sugars you'd find in cakes or biscuits. That said, some vegetable are higher in sweet stuff than others. Read on for what to serve (and what to swerve) if you're trying to avoid sugar overload.



EAT YOUR HEART OUT

These little nutrient bombs all contain less than 2g sugar per 100g - so feel free to add a handful to your salad



AVOCADO
0.7g Sugar
per 100g



CUCUMBER
1.7g Sugar
per 100g



ASPARAGUS
1.9g Sugar
per 100g



ARUGULA
1.9g Sugar
per 100g



CELERY
1.3g Sugar
per 100g



PUMPKIN SEED
1.4g Sugar
per 100g

APPROACH WITH CAUTION

We're not saying don't eat these - they're all nutrient-packed. Just pay attention to how they add up



APPLE
10.4g Sugar
per 100g



BEETROOT
6.8g Sugar
per 100g



ONION
4.2g Sugar
per 100g



SWEET POTATO
4.5g Sugar
per 100g



CORN
6.5g Sugar
per 100g



TOMATO
2.6g Sugar
per 100g

A HEALTHY SALAD DRESSING

You might not realize it, but many store-bought bottle dressings are with added sugars. Making your own simple recipes it can help you to avoid these added sugars and other unhealthy ingredients.



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.*





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At PETRONAS, we connect the dots to give our partners a competitive edge.

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