



MALAYSIAN PETROLEUM CLUB

RESOURCE MAGAZINE

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HAPPY
New Year



MALAYSIAN
PETROLEUM
CLUB

Where energies make tomorrow ●

Driving efficiency and growth through smart solutions

Technip Energies is a leading engineering and technology company for the energy transition. Through our extensive technology, products and services offering, we bring our clients' innovative projects to life.

What sets us apart is a seamless relationship between our labs and engineering centers and our experience in engaging with low-maturity technologies. This allows our licensed technology portfolio to stay ahead of the competition, and support the scale up of client's potential break-through technologies, turning their concepts into reality.

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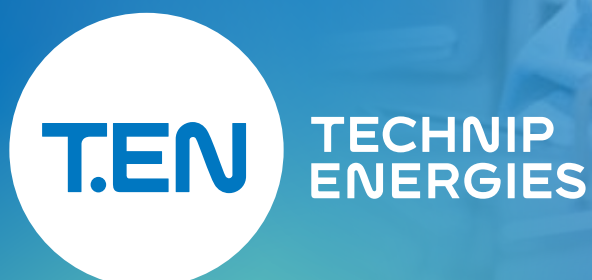


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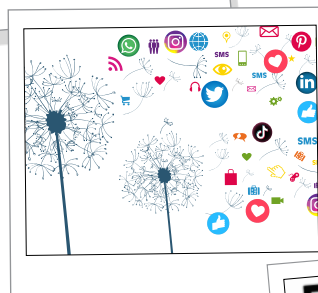


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MENU

BUSINESS LUNCH

Day: Monday to Friday
Venue : Dulang Suite
From : 4 January 2022
Time : 12.pm - 2.30pm



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STARTER

Traditional Caesar Salad

With BBQ Chicken Strips, Crouton,
Parmesan Cheese and Beef Dust
OR

Potato & Leek Cream Soup

Bread Cheese Stick, Fresh Crème & Chervil

MAIN COURSES

Grilled Australian Beef Tenderloin

Fondant Potato, Grilled Vegetables & Eringi Mushroom.
Finished with Natural Beef Jus
OR

Oven Roasted NZ Lamb Rack

Potato Au Gratin, Grilled Aubergine &
Asparagus Spears. Finished with Natural Lamb Jus
OR

Pan-Seared Barramundi

Creamy Garlic Spinach with Walnuts &
Burnt Pearl Onion. Finished with Ala Verde Sauce

DESSERT

Hazelnut Royal

Hazelnut Cake, Chocolate Milk Hazelnut Mousse,
Chocolate Crust & Raspberry Coulis
OR

Fruit Platter

Mango, Watermelon & Honey Dew

Coffee OR Tea

RM 128/PAX

**20%
discount for
members**

Club Manager @your service



A NEW CHAPTER IN 2022

First and foremost, I would like to extend my deepest appreciation, on behalf of MPC management & staff, to all our loyal members for your support, understanding and patronage since we were able to open our doors again. Thank you for coming back to MPC in droves for your breakfast, business lunches, as well as taking your family and friends to dine in here.

We are optimistic 2022 will come roaring back!

Incidentally, it is also the Year of the Tiger in the Chinese calendar. That's why we have super charged our kitchens to offer you plenty so that you can usher in 2022 with a loud bang! We have the Prosperity Pot Poon Chai that offers the best of the ocean delicacies including roasted chicken, black mushrooms, fatt choi for luck, vegetables and smoked duck fried rice. There is also the must-have Yee Sang and 3 delicious sets of mouth-watering Chinese New Year Menu. Weekday Business Lunch offers different courses and there's our family favourite Saturday Family Platter. Not forgetting our afternoon Tea and creamy, moist selection of cakes.

You may want to rediscover the magic of travel by going local to legendary Langkawi or to 200 exclusive clubs via your IAC membership. We have also included an article on Self Mastery to inspire yourself in 2022, or check out what's your Chinese horoscope. Don't forget our Member Birthday Gifts and member recruitment bonus.

So stay inspired, stay safe and stay optimistic with MPC in 2022. We are looking forward to serving you. Once again a very big and heartfelt thank you.

Happy 2022 !!

Shirley Tan
Club Manager



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Tengku Aziz

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SATURDAY

Family Platter

20%
DISCOUNT FOR
MEMBERS

MALAY SET

Curry Mee with Condiments

Steam White Rice

Ayam Goreng Berempah

Siakap Tiga Rasa

Daging Salai Masak Lemak

Sayur Campur Oyster Sauce

Ulam – Ulaman & Sambal Belacan
and Keropok Ikan

Lompat Tikam Gula Melaka

Free Flow

Coffee/Tea * Chilled Juice

RM228 (4 Paxs)



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SATURDAY
Family Platter

**20%
DISCOUNT FOR
MEMBERS**

WESTERN SET

Creamy Chicken Soup with
Garlic Bread

Deep Fried Escalope Chicken
Baked Lamb Meatball in Tomato Sauce
Grilled Cocktail Sausages
with Mushrooms
Sautee Potato with Bell Pepper
and Streaky Beef
Spaghetti Bolognese

Chef Sliced Cake of the Day

Free Flow
Coffee/Tea * Chilled Juice

RM228 (4 Paxs)



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SATURDAY

Family Platter

CHINESE SET

Seafood Yee Mee

Lemon Chicken

Stir Fried Beef with Black Pepper
and Capsicum

Sweet and Sour Seabass

Wok Fried Vegetables with Garlic

Cantonese Fried Rice

Prawn Crackers

Deep Fried Red Bean Pan Cake

Free Flow

Coffee/Tea * Chilled Juice

RM228 (4 Paxs)

**20%
DISCOUNT FOR
MEMBERS**



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Yee Sang Promotion

Promotion Period: 19 Jan – 15 Feb 2022

Dine-in and Take Away

20%
DISCOUNT FOR
MEMBERS

Fortune
Salmon
Yee Sang

Small RM 98
Large RM 138

Fortune
Vegetarian
Yee Sang

Small RM68
Large RM 88



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~ Whole Abalone ~
~ Fish Maw ~
~ Scallop ~
~ Tiger Prawn ~
~ Sea cucumber ~
~ Roast Chicken ~
~ Black Mushroom ~
~ Fatt Choi ~
~ Broccoli ~
~ White Radish ~
~ Chinese cabbage ~
with
Smoked Duck Fried Rice
RM488/5paxs

Prosperity Pot Poon Choi

Comes with
Attractive Pot
樂快年新

20%
DISCOUNT FOR
MEMBERS

Dine-in and Take Away

Promotion Period: 19 Jan - 15 Feb 2022

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Chinese New Year Menu

SET A

Fortune Salmon Yee Sang

~~~~~

Braised Seafood & Sweet Corn Soup

~~~~~

Golden Roasted Chicken

~~~~~

HK Style Steamed Tiger Grouper

~~~~~

Salted Eggs King Prawn

~~~~~

Deluxe Mixed Vegetables with Fatt Choi

~~~~~

Seafood Fried Rice with Prawn Paste

~~~~~

Two Varieties of Chinese Pastry

~~~~~

Chinese Tea

RM 218net Per Pax
(Minimum 5 Paxs)

20%
DISCOUNT FOR
MEMBERS



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Promotion Period: 19/1/2022 - 15/2/2022

Chinese New Year Menu

SET B

Fortune Salmon Yee Sang
~~~~~

Szechuan Hot & Sour Soup  
~~~~~

Crispy Boneless Chicken with Oats
and Mayonnaise
~~~~~

Steam Cod Fish with Superior Soya  
Sauce  
~~~~~

Fried Prawn with Black Pepper
~~~~~

Abalone Mushrooms in Two Different  
Preparations  
~~~~~

Chinese Style Fried Rice with Garlic
~~~~~

Two Varieties of Chinese Pastry  
~~~~~

Chinese Tea

RM 238net Per Pax
(Minimum 5 Paxs)

20%
DISCOUNT FOR
MEMBERS



MALAYSIAN
PETROLEUM
CLUB

Promotion Period: 19/1/2022 - 15/2/2022

Chinese New Year Menu

SET C

Fortune Salmon Yee Sang
~~~~~

Four Seafood & Dried Scallop Soup  
~~~~~

Steamed Village Chicken with
Abalone Sauce
~~~~~

Steamed Chinese Pomfret  
Hong Kong Style  
~~~~~

Stir-Fried Prawns with Macadamia Nuts
~~~~~

Braised Sliced Abalone &  
Black Mushrooms  
~~~~~

Tom Yum Seafood Fried Rice
~~~~~

Soya Bean with Sea Coconut  
~~~~~

Chinese Tea

20%
DISCOUNT FOR
MEMBERS



MALAYSIAN
PETROLEUM
CLUB

RM 268net Per Pax
(Minimum 5 Paxs)

Promotion Period: 19/1/2022 - 15/2/2022

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.

Birthday Gifts *for You*

Free!
ONE SKY DECK
ADMISSION



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 reservation,
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Joe 016 264 3122 Or Shikin 017 646 6183**



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Birthday treats extended to your spouse*

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

For reservation:

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

**Supplementary card holder only.*



LET'S GO!

Langkawi islands reopen to tourists under local travel bubble plan

Most Malaysians had a heavy “aiyo” sigh when it was announced that MCO is constantly extending!

But good news Malaysians!

Malaysia lifted its inter-state travel ban, allowing tourist destinations to reopen to local travellers. Covid-19 will be treated as endemic and it is time for Malaysians to learn to live with the virus.

As travel returns, where to go?

Let's plan a Langkawi Island 3-Day getaway.

DAY 1:

Kuah and Langkawi Eagle Square

Start your journey in Langkawi by exploring the island's main 'city', Kuah. Although hardly a city by most standards, it's still the most populated place on the island, and it's the best place to start to get your bearings and to understand what Langkawi is all about.

You'll quickly realize once you've seen the large shopping malls and shops at the busy ferry terminal here that Langkawi is a duty-free, holiday island. Everything here is much cheaper than in mainland.

More than just shopping though, Kuah is the often overlooked heart of the island. Most tourists just skip

on through to reach the beaches, but this is where the locals live and where you will find some of the island's best local restaurants. Visit the enormous eagle statue that looks out over the beautiful bay and stroll around the lovely shorefront gardens and promenade before settling down for lunch outside one of the many restaurants clustered around the ferry port.

Pantai Cenang and Pantai Tengah

Once you've got a feel for Kuah, then next on the Langkawi travel itinerary is a trip to Pantai Cenang. This







is the longest and most popular beach on the island, and while Kuah might be the centre for locals, Cenang beach is the hub for tourists. Many of the best hotels are found here, as are some of Langkawi's best bars.

Despite being the busiest beach on the island, you will soon find that compared to many other southeast Asian beaches of a similar quality, Langkawi can be incredibly quiet and clean. If you do find yourself in a busy spot – particularly when the sun goes down – the beach is long enough for you to find a peaceful area.

If it is too busy, then just a short taxi ride away, or a long walk, is Pantai Tengah, a stretch of equally beautiful sand that's in a much quieter and much less developed location. Spend the late afternoon on the sands here and watch the glorious sunset over the ocean when the sky turns a fiery, tropical blend of reds and purples.

Head back to Pantai Cenang and enjoy dinner and evening drinks at one of the many restaurants or bars along the beachfront. It's the perfect place to spend your first evening in Langkawi.





DAY 2:

Langkawi Sky Bridge

Start the day nice and early and visit the Langkawi Sky Bridge before the crowds arrive. This spectacular feat of engineering allows visitors to quite literally walk between the mountains. After a long cable car ride you will arrive at a long viewing platform which extends out from the summit of Langkawi's second tallest peak. At a dizzying height of 700 metres, the dense jungle canopy is visible far below while the panoramic views are absolutely unparalleled. The Thai islands are very visible to the north, while the stunning mountains on the northern coastline of Langkawi can be seen in all their green and rugged glory.

Ride the cable car back down to the base of the peak, enjoy a few local street food snacks at the many stalls found by the entrance, and then head off to spend the rest of the day chasing waterfalls.

Chasing Waterfalls

Although Langkawi is best known as a beach holiday destination, make sure to include the glorious waterfalls on your Langkawi itinerary. The mountainous terrain and green jungle of the interior lends itself well to producing the ideal conditions needed for some truly epic waterfalls.

One of the best things to do in Langkawi is to visit the best waterfall of them all, the staggeringly high Seven Wells, which is located just around the corner from the Sky Bridge. In fact, you may have seen it on the cable car ride up to the peak, far below in the trees.





There are two main viewing areas for Seven Wells. A steep but short hike takes you from the car park to the top of the waterfall where you can stand on a small viewing area and watch the water plummet beneath you. The waterfall takes its name from the seven natural swimming pools which are found at the top here, and in the midday heat, the cold water will be irresistible. The smooth rock has formed natural slides, but don't worry, although it looks perilously close to the edge of the waterfall, the rocks form a natural barrier to add to the man-made one.

From Seven Wells, head further to the north of Langkawi to visit the other spectacular waterfalls on this beautiful island. My personal favorites are the wild and remote Temurun Waterfall and the more accessible Durian Perangin Waterfall.

Langkawi Night Market

Langkawi hosts a night market every day of the week and it's a great opportunity to see local life and to try some of the best local delicacies on the island. The night market changes location every evening, however, so check locally where it's going to be held.

DAY 3:

Island Hopping

To really see the best of Langkawi, on day 3 it's time to hit the water and to join an island hopping trip. Langkawi is actually made up of 99 different islands, most of which are uninhabited. There are endless itinerary options here, but spend the morning out on the boat before it gets too hot, and ensure you visit Pulau Dayang Bunting where there's a huge freshwater lake you can swim in. Around the islands there are hundreds of eagles – the symbol of Langkawi – to be seen, and they are usually spotted feeding in secluded bays.

Tanjung Rhu

After island hopping around Langkawi, it's time to spend the afternoon relaxing on the white sands of Tanjung Rhu in the north of the island. It's the best beach on the island, and when traveling Langkawi in 3 days it can't be missed. There are spectacular views out over the islands to the north and of the surrounding limestone karsts too.

Kilim Geoforest Park

End your 3 days in Langkawi with an up close and spectacular tour of those towering limestone cliffs. Head down the road from Tanjung Rhu to the Kilim Geoforest Park found on the island's northeast side. Walk the mangrove boardwalks before taking a boat tour along the winding rivers that weave in and out of the trees under the shadow of the limestone karsts. This protected area is one of the most beautiful in Langkawi, and it's an incredible natural spectacle to finish your trip on!








Seven Keys to Self Mastery

NEW YEAR NEW START!

Yoga teacher Jen Kaz shares
insights into achieving a happier,
more fulfilling life.



All of us have motivation of some sort, that is, the desire to achieve that which you believe to be worthwhile.

Many people go through life never getting in touch with their greatness because they lack the motivation to push themselves or believe they haven't found worthwhile.

There is nothing the greatest genius can do that we can't. The only reason why we may not be aware of our genius is because we haven't yet discovered our self.

To help you discover your self, here are the seven keys to self motivation:

1. Your Life

Measure your mental attitude from 1-10 on how you feel about these aspects of your life:

Mental attitude
Physical appearance
Health
Work/environment
Relationship

How often do you read self development material to stay positive and improve your attitude? Is your physical appearance how you'd like it to be, or are you allowing yourself to become overweight not being mindful of food you're eating? Do you take time to exercise?

How is your everyday environment? Is it challenging, rewarding, stimulating or fulfilling you because this will of course affect how you feel about yourself and your motivation.

What impact is your relationship having on your life? Is it nourishing or toxic? Does it drain you or build you up?

How are you contributing, what are you giving to keep your relationship alive, bubbly and exciting?

“IT'S GOING TO BE HARD BUT HARD DOES NOT MEAN IMPOSSIBLE”

2. Be Involved

Work on yourself continuously to achieve self mastery.

Time invested will transform your life from wherever you are right now to exciting, energetic and fun. Read books to inspire and motivate you. Listen to motivational audio upon waking.

Whatever we hear in the first 20 minutes of waking will affect our day.

In the first 20 minutes of waking, our brain is operating at 10.5 wave cycles per second. That's when the subconscious mind is so impressionable. Whatever we hear in the first 20 minutes of waking will affect our day.

Listen to the same motivational audio over and over again because you'll hear something that you hadn't heard before and all of a sudden you'll get a breakthrough, a realisation. You'll hear something with a special meaning for you. Read books over and over and you'll see something you hadn't seen before.

Don't fall prey to the little voice that says, "you don't have time" or "you're too busy" or "I don't do that"! Ignore that negative talk.

As you continue to work on yourself you'll expand self mastery and expand your vision of yourself, and you'll notice a difference in your life.

Mindset

You'll see it reflected in your

Mental attitude

Physical state

Relationships with everyone

Finances

Social life

3. Develop Yourself

Develop a health plan. You can't feel well and do well without good health. Be mindful of your health and if you need to stop an unhealthy habit be proactive and take measures to stop it.

If you don't have your health, you don't have anything. Make your health plan your top priority.

4. Live Life with Energy and Passion

Mix with positive people. Stay away from negative people because being with negative people affects you. Smile and be happy - we've got a lot to be thankful for.

Negative people steal your energy, they bring you down.

5. Self Talk

You'll hear that little voice inside you say that you're tired, when really you're not tired, or that you can't do

“

**GREAT
THINGS
NEVER CAME
FROM
COMFORT
ZONES**

something when you know you can, or it'll fill you with fear sowing seeds of doubt.

85% of self talk is negative. Short circuit that voice, override it.

The biggest challenge that you have in life is YOU! 85% of self talk is negative. Short circuit that voice, override it. You've got to tell that voice to be quiet! If you don't fill yourself with positive self talk, no one else will.

6. Life

What do you want out of life? What do you want from your

NOTHING IS

impossible



***Job
Career
Relationship
Life ?***

If you're unsure, start asking yourself what you really do want - but you need to be exact.

Don't be vague. Be specific and as you do that it will stimulate the super conscious mind to find those things and identify with it. And once you begin to determine what it is you want, write it down, don't just think about. Once you write it down read it three times a day - morning, noon and night.

7. Meditation

Meditate on what it is you'd like. Meditation is communing with God (Cosmic Mind/Intelligence/Being, not theologically connected). Concentrate and visualise your desire into your very being and, as you

unfailingly acquire the knowledge you ask for, listen. That knowledge will come to you. Listen to the little voice that will speak.

Meditation is hearing the inner voice of the spirit that's forever talking to us. It's just that mostly we're too busy to take the time to hear it.

Dwell upon what you'd like to become until it is clear in your mind. Imagine whatever it is in the stillness of your meditation and hold fast to your desire.



**IF YOU WAIT
FOR PERFECT
CONDITIONS,
YOU'LL NEVER
GET ANYTHING
DONE.**





MALAYSIAN PETROLEUM CLUB 32ND AGM 17/12/21



Soup it up

Make that boring shop-bought lunch a nutritional superstar

Change up your croutons

Roasted sweet potato, parsnip and beetroot are all super-healthy stand-ins for bread croutons - they'll add fiber, vitamin C and immune-boosting phytonutrients. How to: Dice veggies and toss in olive oil, paprika and salt. Bake on tray at 200°C for 20-25 mins, tossing halfway through.

Say yes to yogurt

A dollop of natural yogurt makes soup creamier while amping up your calcium hit, for stronger bones and a healthy heart.

Pile on the greens

Stir a handful of spinach, kale or chard through soup while it's piping hot for an immune-system-boosting dose of zinc and vitamin C, plus stress-busting vitamin B and magnesium.

Spiced up

A helping of chopped red chilli will not only give the flavour of your lunch a kick, but your metabolism too.

Go nuts

Nuts and seeds add crunch and make soup more satisfying thanks to their protein and fiber. Pumpkin seeds, crushed almonds or pine nuts won't overpower the flavour.

Avocado

Sliced avocado is a tasty topper for almost all soups, especially spicy or bean-based varieties. It adds protein, skin-boosting vitamins and omega-3 for brain function.

Boost it with beans

Chickpeas, beans or lentils are a cheap-and-cheerful way to make soup more filling, while adding B vitamins for an energy boost.





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

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

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

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



GET 3 CONFIRMED
NEW CLUB MEMBERS

WORK IT OUT

To see which workouts worth the sweat

| | | |
|---|--|--|
| SOUL CYCLE CALORIES 600-900 | VS | RIDING A BIKE CALORIES 236 at 10 MPH |
| INTENSITY The amount of fat and card stores your body will burn depends on cadence, resistance, positioning, and training zones. |  | INTENSITY The right terrain is crucial. Uninterrupted terrain can be similar to a class, if you keep a steady pace, but interrupted terrain could take away momentum. |
| TONING Fluctuating between aerobic and anaerobic cardio (short, high intensity exercise) gets the best results for legs, glutes, and arms too. |  | TONING A leg workout is bound to happen, but it may not tone your bum and arms the way a class can. |
| INDOOR CYCLING GETS YOU THAT EXTRA INTENSITY YOU NEED TO BURN THE CALORIES YOU WANT IN LESS TIME | | |

| | | |
|---|---|---|
| CARDIO DANCE CLASS CALORIES 500-700 | VS | A NIGHT OF DANCING CALORIES 220 depending on dance style |
| INTENSITY If the choreography is challenging and keeps muscles moving, the workout is equivalent to light jogging. It's a perfect way to get active if you've been out of the gym. |  | INTENSITY If you're doing the same move over and over, it can be the equivalent to be warm-up of a Zumba or Vixen workout. |
| TONING Engaged core muscles help build abs, while squats shape glutes, and free weights tone arms. |  | TONING You may get sore from breaking it down, however, changes are you're just burning off the shot you pre-gamed with. |
| CARDIO DANCE CLASSES WILL GET YOUR BODY MOVING MORE TO HELP ACHIEVE A BETTER OVERALL WORKOUT | | |

| | | |
|--|--|---|
| TREADMILL INTERVALS CALORIES 700-1000 | VS | TRADITIONAL RUNNING CALORIES 530 at 5 MPH. |
| INTENSITY Running classes use speed and incline to give your body a demanding interval workout, pushing your fitness level. |  | INTENSITY Outdoors there are many uncontrollable variables, that can kill your pace and damper your workout. |
| TONING The great thing about running is the overall toning, but intervals help build muscle (particularly in your legs) when at an incline. |  | TONING A disciplined run with varying terrain will tone you up, but if you lose motivation or intensity, results won't be as head-turning as you expect. |
| IT'S REALLY A TOSS-UP AND DEPENDS ON THE ENVIRONMENT AND YOUR ROUTE | | |

| | | |
|--|--|---|
| CROSSFIT CALORIES 700-850 | VS | INSANITY WORKOUT DVD CALORIES 679.* |
| INTENSITY Classes give a full body workout by juxtaposing plyometric anaerobic spurts (i.e. box jumps) with heavy weight lifting. |  | INTENSITY Working out alone will not hold you to the standards a class or instructor will. Discipline is a must to make this work. |
| TONING Everything will be toned and shredded from the use of weights and the constant pushing of your body to it's limit. Expect overall hotness! |  | TONING The DVDs work both upper and lower body, and use cardio and resistance training to give you a total body workout without using weights. |
| ITS A TOSS-UP, BUT CROSSFIT KEEPS YOU MORE ACCOUNTABLE FOR GETTING INTO TIP-TOP SHAPE | | |

*Base on a 145lbs. woman, working out at high intensity for 60 minutes.

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.



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| CHICKEN LOBAK WITH CUCUMBER & THAI DIPS (1 Pc) | RM 5 |
| BANANA FRITTER (4 pcs) | RM 5 |
| CUCUR UDANG (2 pcs) | RM 5 |
| KEROPOK LEKOR (6 pcs) | RM 5 |
| CUT FRUITS PLATTER (Watermelon & Honey Dew) | RM 7 |



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Chocolate Moist Cake

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Chocolate Cheese Cake
Blueberry Cheese Cake
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*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.



The ultimate guide to

Social Media Platforms

Do you need to have a presence on all of them?

Social media continues to be a large part of any successful online marketing campaign. But with new social media apps entering the playing field, how do you know which platforms are the most important for you to have a presence on? While it's important to be where your target audience is, there are other factors you'll also want to consider. Here's your ultimate guide to each platform and whether you need to be present on them.

Facebook

Now considered the OG of social media platforms, it's hard to remember a time before Facebook was such a big part of online marketing. These days, you're missing out on a large portion of potential leads if you're not on Facebook. With an estimated 25 million Australians using the platform, it's a market you simply can't afford to ignore. The platform gives you the ability to share media in the form of photos, videos and stories, as well as post updates instantly. Your audience can also leave a review of your company and services for others to see. These reviews can then be shared with their own personal community, thus extending your reach. Having a company page on Facebook gives your existing leads the ability to follow you and stay up to date with what you're doing, instantly.

So, do you need to be on Facebook? The short answer is yes, you should be. Having a Facebook page is almost as important as being listed on Google given how many Aussies are using the platform to discover new brands.



Instagram

While not as old as Facebook, Instagram has a hold over much of the social media market. With new and improved features still being included on the app, such as Instagram Live and the ever-improving Stories feature, the power of visual content has allowed Instagram to dominate. Visual content, especially video, also continues to grow in popularity, increasing engagement on the platform. Instagram has many built-in features that allow brands to create and share short videos with nothing more than a smartphone, making it an affordable marketing tool for brands to increase their awareness and audience engagement. The platform is also one of the most efficient at allowing brands to directly communicate with their audience thanks to their built-in stories features which include the ability to host a Q&A.

So, do you need to create an Instagram account? Well, that depends on what you're trying to achieve with your online marketing strategy. If you can be visual and you think your brand could benefit from being able to communicate with your audience, you should probably create an account. Instagram is also the perfect platform to explore the opportunities of video content for brands who aren't sure about it yet.

Twitter

Majority of Twitter users are aged between 18 and 49. Businesses can benefit from using Twitter by targeting customers and making regular updates. The platform allows short updates, hashtags and visual content which can all be used to develop relationships with audiences directly over a period of time, rather than just in one-off





But, is Twitter the place for you and your brand? Twitter gives you the opportunity to create a personality for your brand and directly interact with your audience so it can be incredibly effective in improving your brand's credibility and engagement. In saying that, the platform is less creative and innovative than Instagram and Facebook and tends to lend itself more effectively to corporate businesses or the hospitality industry.

While it's a more professional platform, LinkedIn does have a place in the social media marketing world. The majority of brands use LinkedIn for their

own employees as a way to create and foster a digital community for their brand. LinkedIn is a great tool for finding new employees and networking with others in the same industry as you. In the context of careers, it is essential that your business is known in your industry as your social capital and influence come from your network. Potential employees will always prefer brands they know and trust over those they don't know.

So, should you create a LinkedIn profile? Yes, but your approach to your social media strategy here should focus more on your past, current and future employees, rather than clients. Whether or not you gain new leads will depend on your approach to your LinkedIn strategy. LinkedIn can be incredibly effective in connecting you and your brand to the right person for a job and cementing your place as a brand to trust in your industry.

Snapchat

Snapchat was threatened with the introduction of Instagram stories but the mobile platform has managed to stay alive thanks to its appeal to younger users. In fact, 82 per cent of all Snapchat users are 34 years old or younger. The premise of Snapchat is sharing short-lived photo and video media that disappears after just 24 hours. The app connects users with brands and content creators and is designed to be playful, casual and fun. One of the most appealing features for businesses is the sponsored filters which allow brands to create a filter for users to create content with.

But, do you need to be on Snapchat? That depends on the age and interests of your target audience. While Snapchat usage has declined worldwide, but it's younger users like the creative app and offers fewer opportunities to engage with audiences directly compared to Instagram and Facebook.

TikTok

The new kid on the block, TikTok, enjoyed a huge surge in users during the Covid-19 lockdowns worldwide, especially among celebrities. TikTok allows users to upload 60-second videos to the app, using tagging and hashtags to connect with other users. The mobile app is designed for users to create and share compelling, funny and relevant video content so it's not going to be for every brand. Whether TikTok is right for your brand depends also on the industry you're in and what your brand identity is. Many businesses are yet to experiment with video content and jumping on the TikTok bandwagon could be the best way to do that. TikTok videos can be saved and shared to your Instagram and Facebook pages and stories too so you can measure the engagement across these social media platforms.

While you don't need to be present on all of these social media platforms, you do need to be where your audience is. Remember to always focus on quality over quantity. You could be present on every social media app in the list above, but there's no point in using the time and energy if your audience isn't there, to begin with.





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Is Coffee Actually Good?



Caviar Feeling is a digital publication specialized in reviewing the latest and the best in clean beauty, wellness and lifestyle.

At Caviar Feeling we love the ritual of having a good coffee. Every morning, after our usual meditation and workout, we love to take some time to enjoy the best coffee. However, coffee used to have a bit of a bad reputation here

at CF, nonetheless, after talking with many experts in the health and wellness industries, we realised that coffee is packed with free-radical-fighting antioxidants and has amazing benefits that can improve brain function, particularly if you pair it with healthy fats to restraint the nerves. So we wanted to share with you some good reasons to love coffee in moderation, of course, how to make the best coffee at home and get the most of it.

How Should We Drink Coffee

Coffee can be a little bit aggressive on the digestive tract, as it's quite acidic, so the best way people should drink coffee is with their first meal of the day as it helps to slow down the absorption of the caffeine and reducing any crashing. The key with coffee is dealing in the right dosage and best timing like pretty much everything in life. Apples are super healthy and eating one apple has awesome benefits however if you eat 12 apples at once you'll get extra calories and sugars that might not leave you feeling your best, so it's never going to be great for anybody to drink five or six cups of coffee a day.

What are coffee's potential health benefits?

Coffee starts from the most natural way (as a seed of a fruit) cleaned, dried, and roasted before we grind it up and drink it

Pick The Right Coffee Machine

1. High concentration of Antioxidants
2. Fight environmental Toxins that damage cells and trigger ageing
3. One small cup of coffee contains about 387 mg of antioxidants
4. Caffeine increases alertness energy
5. Improve brain function and physical performance



How to Make The Best Coffee at Home

A sleek upgrade you will appreciate every day, the EM5000 Café Barista is the easier way to get cafe-quality coffee with everything your needs, and nothing you don't. Start to make the best coffee any time of the day, by simply filling up the water tank, adding a good quality coffee to the filter, and hitting start for a spontaneous brew. It also features a separate hot-water dispenser which is great for making a cup of tea or hot chocolate.

To be honest, I've never been part of the coffee club until late last year when my brain decided to start enjoying the taste of ground beans, but with a steady but smooth pace the cappuccino and I, bonded as two good soul mates, my favorite part is the frothing milk on the top of each shot, and if you are like me you'll like to know that you can get the same sensation with the automatic Milk Frothing function that takes out the guesswork and make smooth, frothy milk at a touch of a button from this profesh yet cute coffee machine.

Choose a Good Quality Ground Coffee

Harris, Ground Coffee has a smooth taste with a delicate aroma. Perfect to share with your coffee club fellows (friends, family, or colleagues). This is indeed the right call at any time of the day, the CF team raves about the 100% certified organic Arabica flavor, a formula sourced from the Rainforest Alliance Certified farms, delivering a medium roasted finish for a balanced, rich coffee with milky chocolate notes on top (perfect at any occasion from that morning boost to the after lunch pick me up).

To sum up, this delicious Harris Organic blend is for those that want a versatile coffee that not only tastes amazing but is organically grown and ethically sourced and roasted in Australia.

The Best Instantaneous Coffee

In case you don't have a coffee machine yet, and you like the coffee flavour but not its effect, we have a great delicious yet healthy option for you, FYI once you'll try it you will definitely thank us.

Adrenal Reset Mocha is a non-caffeinated option for those who love a coffee but don't want to stay up until 2 am, also if you're new to coffee, this will be a great starting point.

The Before You Speak range is such a hero to save the day, an alternative to good coffee with health on the back. Each coffee is infused with a variety of carefully selected superfoods to help regulate stress, fight fatigue, aid your sleep cycle, and muscle recovery — all while promoting



GOOD MORNING



a calm and relaxing vibe the Adrenal Fatigue is something many people may experience and not even realize.

Consuming caffeine over an extended period of time can potentially damage your Adrenals causing adrenal fatigue. Eventually, one may build up an intolerance to caffeine, and won't experience the effects. This is where the adrenal glands work overtime to try and produce more cortisol throughout the body.

Here's a list with the top 3 ingredients we love the most from this blend:

Zinc

As with all Zinc supplements, the total value of Zinc Citrate is not representative of the amount of elemental Zinc being absorbed by the body. As Zinc Citrate only provides approximately 34% of its weight in elemental Zinc the total dose is around 10.2mg which is within the recommended range for healthy adults.

Ashwagandha

It has traditionally been used in the Indian Ayurvedic system of medicine as a tonic or adaptogen to promote energy levels, mental clarity, and a youthful state. Adaptogens work in the body to help us "adapt" and resist stress.

Valerian Root Extract

A herbal extract that boasts an impressive list of health benefits when it comes to achieving a night of deep and



satisfying sleep. Valerian Root Extract may also help to soothe anxiety, headaches, post-exercise muscle pain, and fatigue.

If you walk away from this article with anything, let it be three simple things

If you like to drink coffee, allow yourself to enjoy it. The attitude is everything and determines so much more than anything we ingest.

If something coffee isn't agreeing with you and your digestion, have the courage to listen to your body and don't fear making a change. Nowadays we can find amazing alternatives as we mentioned before.

Everybody is different. This doesn't mean that the adventure for health need be painful. It really starts and ends with one question:
"HOW DO I FEEL?"





2022

YEAR OF THE TIGER



Lucky colour of the year 2022

Blue, Green, Red, Yellow

The Chinese horoscope 2022 offers 4 main lucky colours during the Year of the Water Tiger, blue, green, red and yellow. However, the use of each of these lucky colours must be done according to the area for which you want to optimize your chances of success. Thus blue will be preferred for negotiations, job interviews and communication, green to adapt to a new job, a new place to live or a new start in general, red for romantic meetings and in anticipation of the birth of a baby boy or girl and finally yellow for the acquisition of real estate or the transmission of wealth. White and golden colours, representative of the element Metal Yang, play a balancing role of the energy flows of the 5 elements in 2022. Hence, it is particularly recommended for individuals who are weak or deficient in water element (Metal creates Water) to use white and gold to ward off bad luck. White and golden can then be used as a splash of colour, for example in clothing choices (scarf or mask colour), accessories (wallet, handbag) or in the form of a talisman (bracelet, necklace, protective stone).

Before reading 2022 Chinese Zodiac Predictions, you have to know what your Chinese animal sign in Chinese astrology is. 2022 is the year of the Black-Water Tiger. The 2022 Chinese New Year Day is on Tuesday, February 1, 2022. That is the 4719th Chinese year. The first day of the Chinese astrological year is the first day of Tiger Month. The first day of the Water Tiger is on February 4, 2022. If a baby was born before February 4, then the baby's Chinese Zodiac sign is Ox, not the Tiger.



Rat

The Chinese Rat can look forward to the Year 2022 with a lot of transformations. You can also expect some happy news. Professionals should avoid relocation to a new job or place. Business trips will yield handsome profits in August, leading to some losses in September and October 2022. You can improve finances by limiting expenses and by having a strict budget.

Relation with your spouse will be delightful in 2022. Single persons can look forward to new relationships with the probability of marriage. Health will be fragile due to professional stress.

Earth Rat Birth Year: 1948, 2008, Metal Rat Birth Year: 1960, 2020, Water Rat Birth Year: 1972, Wood Rat Birth Year: 1984, Fire Rat Birth Year: 1996



Ox

The year 2022 threatens to be a stressful period for the Ox. You have to make quick decisions on various challenging matters and wait out for the rewards to come. The year is not promising for radical changes as you will face a lot of hostility. Control your anger, and do not poke your nose into other's affairs.

You can enhance career prospects by improving skills and advanced training in 2022. You can expect a promotion to a senior position. Life for business people will be full of turbulence and turmoil. They have to be patient and allow the confusion to subside. Speculation has no place this year, and you should make savings after due deliberation.

Chinese horoscope 2022 predicts singles will get into promising relationships. Those in confirmed partnerships can expect to get married. Married couples may face some hiccups in their relationships. Health will be fabulous but prone to mishaps. Avoid challenging activities like trekking.

Earth Bull Birth Year: 1949, 2009, Metal Ox Birth Year: 1961, 2021, Water Oxen Birth Year: 1973, Wood Ox Birth Year: 1985, Fire Oxen Birth Year: 1937, 1997



Tiger

The Year of the Black Water Tiger 2022 promises to be a year of transformations. This year is good for making plans for the next twenty years. Professional Tigers looking for improving their prospects by a change of job or self-employment can do so in the first half of the year. Others will support your prompt actions.

Expenses will soar, and saving money might become difficult. Business people should be wary of their staff who can damage the venture. A relationship with your spouse will be volatile, and you must control your anger and avoid quarrels. Singles will be able to get into relationships but should be careful in committing themselves. Health will not pose any problems. If you want to enjoy the year, be modest and diplomatic. Do not get into unnecessary fights over small matters.

Earth Tigers Birth Years: 1938, 1998, Metal Tiger Birth Year: 1950, 2010, Water Tiger Birth Year: 1962, 2022, Wood Tiger Birth Year: 1974, Fire Tiger Birth Year: 1986





Rabbit

The year 2022 brings different destinies for male and female Chinese zodiac Rabbits. Male Rabbits can look forward to improving their professional prospects through advanced studies or by changing their present jobs. Female Rabbits may face financial losses and are advised to avoid taking risks.

Rabbits will have an enjoyable year with their love partners. They should keep their spouses happy to prevent them from straying. Rabbits can undertake a pleasure trip with their partners at the end of the year of the tiger.

Business people should avoid speculative ventures and unnecessary expenses. They might face a tough time in their workplace and will face a lot of opposition. You should scrutinize investments thoroughly. Chinese horoscope for 2022 foretells that money flow is erratic and irregular. Proper diet and relaxation will be necessary if Rabbits have to maintain their good health.

Earth Rabbits Birth Year: 1939, 1999, Metal Rabbit Birth Year: 1951, 2011, Water Rabbit Birth Year: 1963, 2023, Wood Rabbits Birth Year: 1975, Fire Rabbit Birth Year: 1987



Dragon

The Year 2022 will be highly active for the Dragon, and there will be both fortunate and unfortunate events. Their career requires more attention and meticulousness. Initially, there will be hardships, but in the end, you will have a rewarding year. If you want to change your job or start a new business project, the year is promising. Be clear about your goals in a career.

You should maintain cordial relationships with all, and ego has no place in dealing with others. You should solve problems with diplomacy and patience. Finances require deft handling. Expenses will overshoot income, and you have to be careful about financial disasters.

Singles in committed relationships may tie the knot this year. Marital life will be full of ups and downs, and there will be constant bickering. A continuous dialogue will keep the marriage alive. Tragedy in the form of the death of a member may upset family happiness. Health will be disturbed by frequent problems. Relaxation and the right diet will put you on the right track.

Earth Dragon Birth Year: 1988, Metal Dragon Birth Years: 1940, 2000, Water Dragon Birth Year: 1952, 2012, Wood Dragon Birth Year: 1964, 2024, Fire Dragon Birth Year: 1976



Snake

Destiny will play an essential role in the lives of the Snake during the Year of Tiger 2022. It will be full of strange happenings and minor misfortunes which might stress you unnecessarily. You have to kick your sluggishness and actively involve yourself in starting a new venture. Planning and execution will keep you busy. Female Snakes will do well financially if they have their own business. Professionals will advance in their careers with promotions and salary increases.

Male Snake will be less fortunate. You have to focus on your work and be diplomatic in your dealings with colleagues. Avoid confrontations and be pleased with all. Life will become tolerable if you control your anger and seek the support of others.

Female Snake will have plenty of opportunities to get into short-term romantic alliances. Male Snake will be highly unpredictable in relationships. Married life might be a little turbulent, and frequent communication with your partner will help continue the alliance. Health will be excellent with proper relaxation.

Earth Snake Birth Year: 1989, Metal Snake Birth Year: 1941, 2001, Water Snake Birth Year: 1953, 2013, Wood Snake Birth Year: 1965, 2025, Fire Snake Birth Year: 1977



Horse

The Horse will have to face turbulence and turmoil during 2022. Hence progress in life will be steady and slow. Despite the conflicts, the year will be somewhat pleasant. The first half of the year will be full of obstacles and setbacks. Concentrating on your objectives and overcoming opposition from others will yield results in the second half.

Chinese zodiac 2022 predicts that your career will give small returns despite a lot of hard work. You can make money by investing money. The year is promising for investments. Do not indulge in speculative projects and savings. New romantic partnerships are in the offing. Extramarital affairs will spoil the harmony in married life. You have to be careful in preserving your marital relations. Social life will be stressful with quarrels and loss of trusted friends. Health will be good with minor problems.

Earth Horse Birth Year: 1978, Metal Horse Birth Year: 1990, Water Horses Birth Year: 1942, 2002, Wood Horses Birth Year: 1954, 2014, Fire Horse Birth Year: 1966, 2026



Ram

Predictions for the Ram for the Tiger Year 2022 suggest riches and recognition. Career people will prosper with the support of friends and with high rewards. You can go abroad to improve your prospects in life. Sheep employees will find new ways to make additional money but should be wary of office politics. Having cordial relationships with all will help you to further your career. Hard work will bring recognition and contentment with financial gains.

Finances will be fabulous during the first half of 2022 for the Chinese goat. Relations may create a few problems in your family atmosphere. Singles will get into love relationships and may end up tying the knot. Married couples tend to experiment. Health will be excellent with minor issues.

Earth Ram Birth Year: 1979, Metal Sheep Birth Year: 1991, Water Goat Birth Year: 1943, 2003, Wood Sheep – Birth Year 1955, 2015, Fire Sheep – Birth Year: 1967, 2027



Monkey

Chinese forecasts for the Monkey for 2022 indicate that this will be an essential and delightful year. You have to shed your sluggishness and be watchful about attacks from others. Take support from your friends for achieving success in your projects. Do not take any risks and be tolerant in all circumstances.

Finances will show a decline due to large procurements, and money flow should be regulated by having a financial plan. If you are getting into new ventures, go through the provisions of the agreement thoroughly.

Monkey is highly emotional and will disagree over small issues. This will affect your love relationships. Marriages may end up in separation if you are not patient and unnecessarily fight with your partner. Try to develop good relations with your spouse and make efforts to save your marriage. Planning for a child should be done after some thought. Health will be reasonable if you control your depression and excitement.

Earth Monkey Birth Year: 1968, 2028, Metal Monkey Birth Year: 1980, Water Monkey Birth Year: 1992, Wood Monkey Birth Year: 1944, 2004, Fire Monkeys Birth Year: 1956, 2016





Rooster

The Chinese Horoscope 2022 for Rooster foretells a lively, stimulating, and extremely profitable year. Professionals and business people will have a great year. The year is auspicious for changing jobs for better prospects. People in business can start new ventures. You will achieve your ambitions if you can take care of the opposition in your stride.

Fortunes will fluctuate as money flow will be erratic in the second half of the year. You can overcome these problems with tact and flexibility. Singles will have excellent opportunities for marriage. Married people should desist from extramarital flings. Otherwise, their life will become wretched. Tension will result in health problems, and hence, sufficient relaxation is necessary.

Earth Rooster Birth Year: 1969, 2029, Metal Rooster Birth Year: 1981, Water Rooster Birth Year: 1993, Wood Rooster Birth Year: 1945, 2005, Fire Rooster Birth Year: 1957, 2017



Dog

Fortunes for the Dog in the Black Water Tiger Year 2022 will be fluctuating, and disaster is waiting to happen. Professionals will face a harsh working environment, and the year is not hopeful for a job change. Financial prospects are not encouraging, and you have to cut expenses to stay afloat.

This will be a good year for students, and advanced studies overseas will be rewarding. Business people can think of putting money into projects abroad. Dogs in the entertainment industry will prosper with new contacts and relationships. Married persons will have a better life, while the family atmosphere may be worrisome with members' health problems.

Avoid conflict with your spouse and relations, and be strict in yielding to their unreasonable requirements. Health will usually be excellent except for some occasional fluctuations in mood.

Earth Dog Birth Year: 1958, 2018, Metal Dog Birth Year: 1970, 2030, Water Dog Birth Year: 1982, Wood Dog Birth Year: 1994, Fire Dog Birth Year: 1946, 2006



Pig

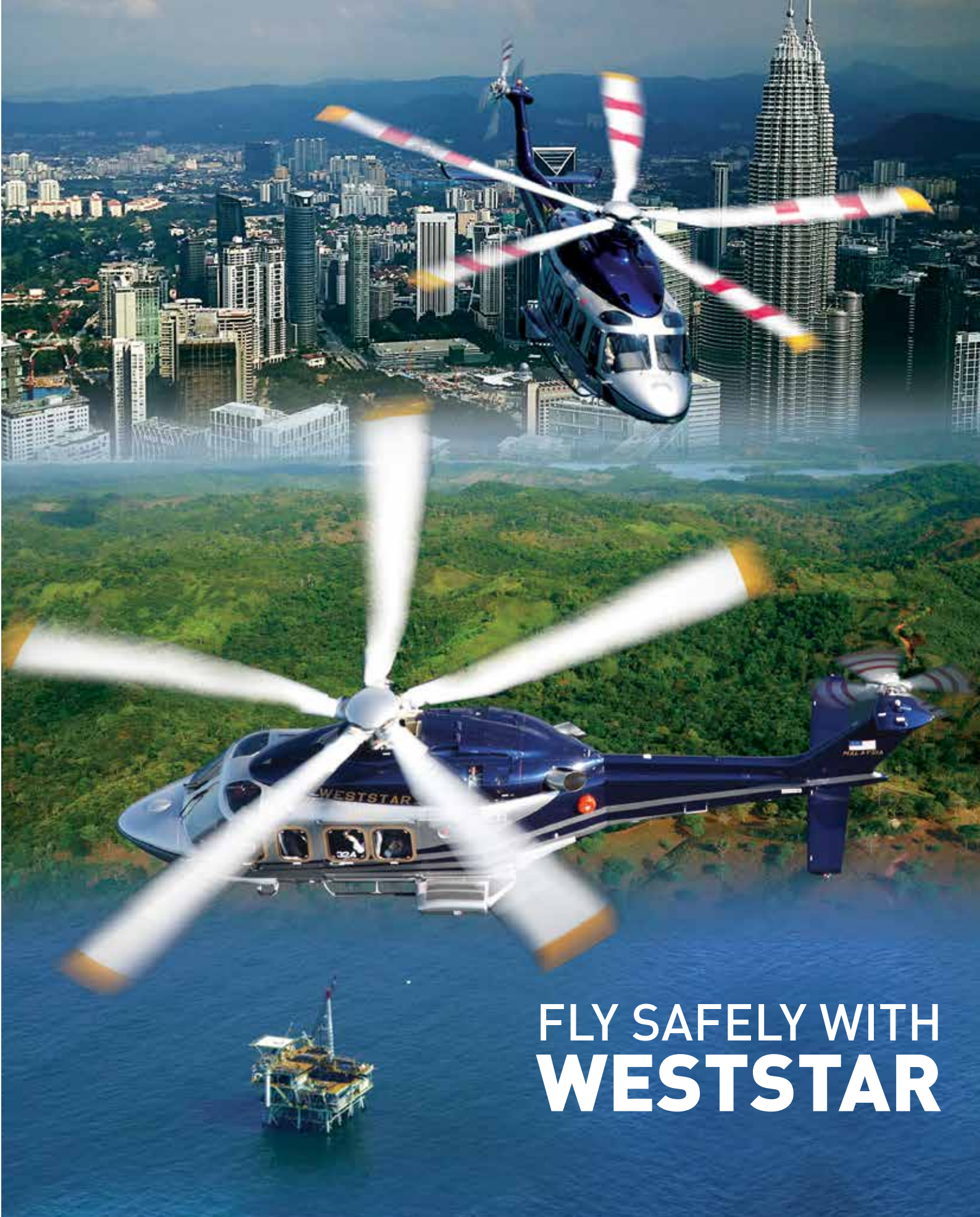
Life for the Pig can be perilous and ambiguous during the year 2022. You may not be able to control the situation. Be straightforward in dealings and avoid greed. Execute your plans after proper study and analysis. Legal hassles will follow if you are not meticulous before getting into business deals.

The Boar should be prepared for unforeseen financial expenditure in their business activities. It would help if you avoided lending or borrowing money. Be wary of treacherous colleagues. Some of you can expect a sudden windfall from unknown sources. Tone down your targets and be old-fashioned in your ideas.

Life with your spouse will be a little tricky, says the 2022 Chinese horoscope. Singles might not be successful in getting into successful love relationships. Health will be full of minor illnesses and mishaps. Still, with strong determination, persistence, and hard work, you can turn the year 2022 into a gratifying year.

Earth Pig Birth Year: 1959, 2019, Metal Pig Birth Year: 1971, 2031, Water Pig Birth Year: 1983, Wood Boar Birth Year: 1995, Fire Pig Birth Year: 1947, 2007





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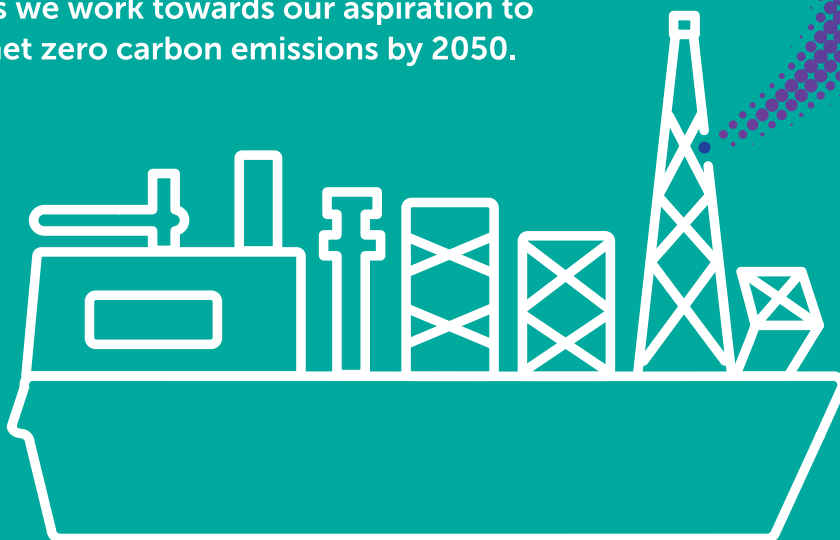
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