



MALAYSIAN PETROLEUM CLUB

RESOURCE MAGAZINE

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花开富贵



2019



HAPPY NEW YEAR



All Aboard the Gas Transformation

The world's first floating LNG facility, **PFLNG SATU** was born to ensure the security of cleaner energy. The custom-built vessel pushes the boundaries of technology as it liquefies, produces, stores and offloads LNG while kilometres away at sea.

As an LNG megastructure, **PFLNG SATU** enables PETRONAS to monetise gas in a more sustainable manner, no matter how remote it resides.

Today, the engineering marvel leads the shift of the global energy landscape to choose gas as the cleaner source.

PETROLIUM NASIONAL BERHAD (PETRONAS) (20076-K)

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Malaysian Petroleum Golf Classic Championship



Date: *Saturday 23 Feb 2019*
Venue: *KOTA PERMAI GOLF & COUNTRY CLUB*
Tee Off: *8am* – Shortgun
Format of Play: *Texas Scramble* (Team of 2)
Entry Fee: *RM10,000* Per Flight/4 Paxs

- Welcome Cocktail Reception
- Prizes for Hole in One, Longest Drive, Nearest to Pin, Nearest to Line
- Lucky Draw, Goodies Bag
- Prize Presentation Lunch

A portion of the proceeds of the golf tournament will go to selected charity



A Very Happy New Year

We just said goodbye to 2018 with a fantastic New Year's eve dinner topped with spectacular fireworks. And we are excited about what 2019 may bring for each and every one of us. Your MPC Resources Magazine has a lot in store for you this year, as we constantly strive to add more sparkle to your lifestyle choices.

In this issue, we want to remind you to mark your calendar for our prestigious MPC Golf Classic, our Fatt Choy Chinese New Year delicacies @ Seligi, Lion Dance Performance and that special yearly Valentine's Day to shower your love one with a romantic, exclusive full-course Western dining. There will be special gifts awaiting you and your love one as well.

We are also pleased to announce that the former Kiku Japanese Restaurant has been completely and beautifully refurbished as an event space you can use for your corporate events, launches, and even personal, private functions like weddings, anniversaries and birthdays.

MPC is your exclusive private club that will accommodate your request, big or small. It truly offers you more than just exceptional dining experiences.

So be inspired, be entertained and be very hungry. See you soon. ♦

Joanne Lee Abdullah
Club Operations Manager



PRESIDENT
Tan Sri Wan Zulkiflee Wan Ariffin

VICE PRESIDENT
Datuk Iain Lo

GENERAL COMMITTEE MEMBERS
Mr. Genichi Ichikawa
Mr. Edward E. Graham
Puan Noor Afiza bt. Mohd Yusof
Datuk Hashim Wahir

SECRETARY
Sareen Risham

CLUB OPERATIONS MANAGER
Joanne Lee Abdullah

PUBLISHER
Malaysian Petroleum Club
Level 41, Tower 2, PETRONAS Twin Towers,
Pesiaran KLCC, 50088 Kuala Lumpur, Malaysia.
Tel : 03 2166 3200 Fax: 03 2166 3202
Email: enquiries@mpc.com.my

DESIGN & EDITORIAL SERVICES
Writer: Imran Beng
Handphone: 016 268 1290
Email: imran.roundsquare@gmail.com

Layout/Design: Jane Ang
Handphone: 016 6339293/016 3772800
Email: jane_a.mun@hotmail.com

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Club Moments



All I Want For Xmas Is Something Shiny

MPC celebrated Xmas with a gift exchange amongst the management and staff based on the theme of 'Something Shiny'. All the gifts bought and exchanged must have a shiny element to it. Could it be diamonds or diamond-wannabe stones? Or maybe a sequined bag or studded Michael Jackson-like glove? A few tinsel balls? That is left to the creative imagination of the management and staff of MPC.

There was a lot of food and drinks and loads of fun as the gifts were exchanged after dinner. Laughter. Gifts. Fun. What more could one ask for. Yes, all that glitters is not gold. It is the thought that counts. That each and everyone was remembered and appreciated by one and all. Merry Xmas. ♦

Happy Dance



MALAYSIAN PETROLEUM CLUB
STAFF CHRISTMAS GIFT EXCHANGE
21ST DECEMBER 2018

Club Moments



Deepavali Mystery Black Box Competition

MPC celebrated Deepavali with all its staff with a cooking competition that featured a black box with mystery ingredients much-like the Master Chef TV competition. Each team had to cook up a storm based on the ingredients in the black box. It was incredibly entertaining to watch all the teams scrambling all over to prepare their winning dishes. And the winning team was the team representing the Bangladeshi personnel of MPC. Great job and congratulations to the winning team. But there are no losers because everyone had loads of fun.

As a premier private club with several restaurants, of course there were lots of food and drinks, fun and laughter for everyone present. ♦



Always looking forward to serve you

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

Has Many Benefits

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

Unique Membership Discount

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

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

Networking Opportunities

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

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



Dining Privileges

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

Other Benefits

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

Exclusivity Has Many Benefits And Rewards.

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

That Will Open Up Opportunities For A Lifetime.

Be A Member of the Malaysian Petroleum Club Today.



Your Creative,
Flexible Venue
Spaces

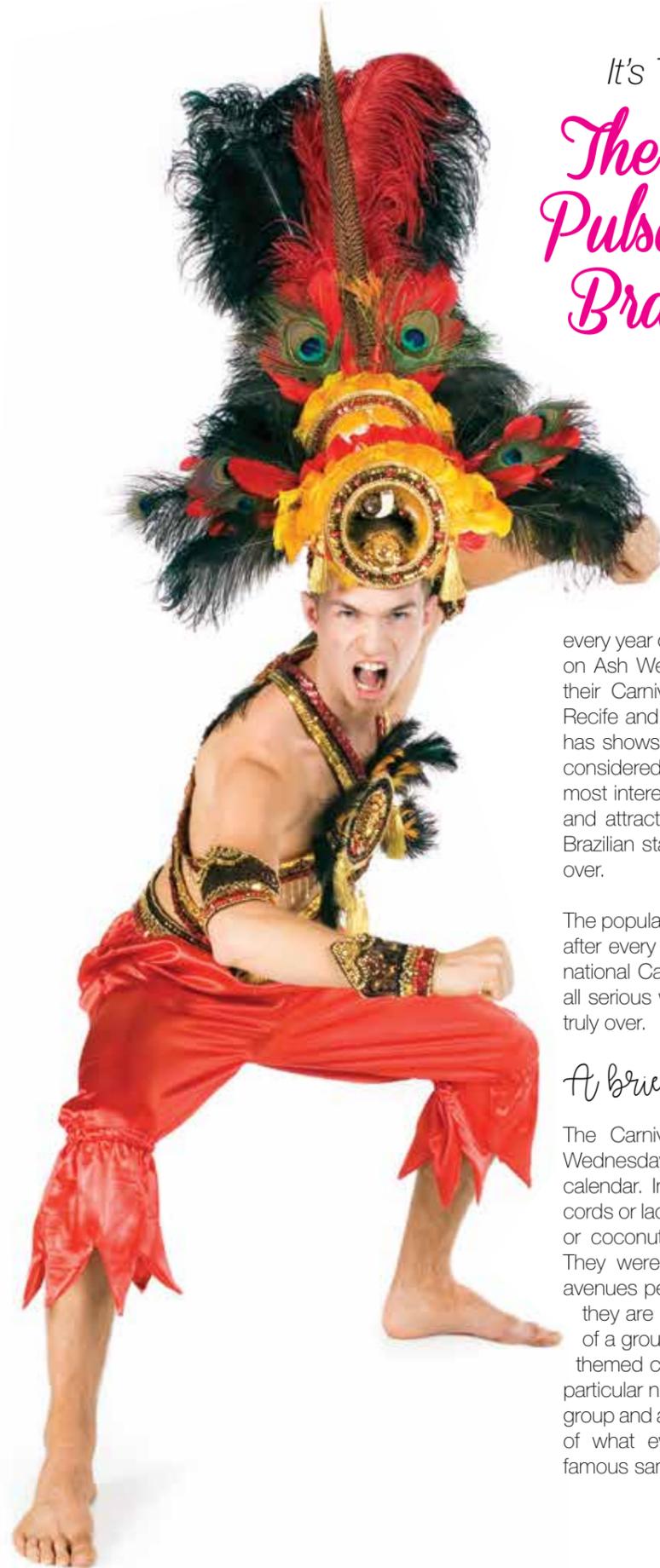


New Kiku

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.





It's The Mother of All Carnivals.

The Mind-Blowing, Pulsating Non-Stop Brazilian Carnival.

1 Feb – 9 Feb 2019

Brazil's Carnival has become the world's largest festival, known for its over-the-top costumes, extravagant floats, non-stop energetic samba or gyrate till you drop, and week-long street parties anywhere and everywhere. Carnival begins every year on the Friday before Shrove Tuesday and ends on Ash Wednesday. The cities most globally-known for their Carnival celebrations are Rio de Janeiro, Olinda, Recife and Salvador, yet almost every city in the country has shows, events and performances. Rio de Janeiro is considered the Carnival capital of the world. It hosts the most interesting and creative artistic event on the planet, and attracts millions of visitors and participants from all Brazilian states as well as international tourists the world over.

The popular saying that the year doesn't start in Brazil until after every Carnival, is not far from the truth as the long, national Carnival holidays seem to encourage putting off all serious work-related plans until after the festivities are truly over.

A brief history

The Carnival is celebrated five days preceding Ash Wednesday, which is the start of Lent in the Catholic calendar. In the late 18th century, the 'cordoes' literally cords or laces/strings combined with the 'danca do coco' or coconut dance were introduced in Rio de Janeiro. They were pageant groups that paraded through city avenues performing with instruments and dances. Today they are known as Carnaval blocos (blocks) consisting of a group of people who dress in costumes or special themed clothings. Blocos are generally associated with particular neighbourhoods, and made up of a percussion group and an entourage of revelers. These are the 'fathers' of what everyone today knows as the internationally famous samba schools.

Rio de Janeiro

Carnival unifies the nation completely for almost a week and festivities are intense, day and night, mainly in coastal cities. Rio's carnival alone drew 4.9 million people in 2011, with 400,000 being foreigners. In 2018, the unofficial numbers have soared many times more. This cultural manifestation is generally an extension of Afro-Brazilian culture, and later infused with traces of Portuguese and Christian influences.

The first registered samba school was called Deixa Falar, but disappeared later. Thus the first official samba school contest started in 1929 with only 3 samba schools. This formalized samba schools comprise very large groups of performers, financed by respected organizations, working year round in preparation for Carnival. Samba schools perform in the Sambadrome that runs for four entire nights. They are part of an official competition, divided into seven divisions, in which a single school will be declared the winner. Judging is based on 10 categories that include costume, flow, theme, band music quality and performance. Some samba schools also hold street parties in their neighbourhoods, through which they parade along with their followers.

All performers at the Sambadrome have to wear a theme-based costume. Some honoured members of the school or community may receive one costume for free, but normally, most will have to pay for their own costume. Tourists can have the same experience with some samba schools, but need to buy their own costumes from the school, which can be quite costly.

Bahia

There are several major differences between Carnival in the state of Bahia, in the northeast of Brazil, and Carnival in Rio. The musical styles are different. In Bahia, there are many rhythms including samba, samba-reggae, axe to name a few, while in Rio there is a multitude of samba styles like samba-enredo, samba de bloco, samba de embalo as well as the famous marchinhas played by the bandas in the streets.

By the 1970s, four main types of carnival groups developed in Bahia – Afoxes, Trios Eletricos, Amerindan and Blocos Afros. However, today, Bahia's Carnival consists mostly of Trios Eletricos. Every year, about half a million tourists are attracted to Salvador. It is also possible to watch everything from the Camarotes or ringside seats spread out along the way, offering more comfort to the visitors.





Pernambuco

The North East State of Pernambuco has unique Carnivals in its present capital in Recife and in its colonial capital, Olinda. Their main rhythms are the frevo and the maracatu. Galo da Madrugada is the biggest carnival parade in the world according to the Guinness Book of World Records. Frevo is Pernambucan dance-style with African and acrobatic origins, as it is fast and electrifying, often using an open umbrella and vigorous legs and arm movements.

Unlike Salvador and Rio, the festivities in Recife, Olinda do not include group competitions. Trocas and Maracatus, mostly of African influence, begin one week before Carnival and end one week later. Some well-known groups have funny names such as Tell Me You Love Me, Damn Eggmann which feature the famous giant

dancing doll that leads the group, Crazy Lover, Olinda's Underpants (no prizes for guessing what the performers wear) and the Door.

Sao Paulo

The Carnival in Sao Paulo takes place in the Anhembi Sambadrome on the Friday and Saturday night of the week of Carnival, as opposed to Rio's Carnival, which is held on Sunday and Monday nights. Various samba schools compete in a huge parade. Each school presents a different theme like in Rio which they express through their costumes, dance, music and the allegorical cars which are huge vehicles decorated according to the theme designed specifically for the parade.

Vai-Vai is the oldest school and has been the Special Group Champion for 15 times. It is also the most popular

as it has a larger fan-base and many supporters among the people of the city.

What Is Samba?

Originated in Bahia but developed in Rio de Janeiro between the end of the 19th century and the first years of the 20th century, the samba is still the most popular music styles of Brazil. From intimate samba-cancoes (samba songs) sung in bars to explosive parades performed during carnival, samba always evokes a warm and vibrant mood.

In the beginning of the 80s, after having been sent to the underground due to styles like disco and Brazilian rock, Samba reappeared in the media with a musical movement created in the suburbs of Rio de Janeiro. It was a renewed samba with new instruments like the banjo and tantan, and a new language filled with slang.

Travel

There are other famous styles like Frevo and Axe. Frevo is said to come from frever, which means to boil. The sound will make listeners and dancers feel like they are 'boiling' on the ground. Axe on the other hand, is not exactly about a style or musical movement, but rather about a useful brand name given to artists from Salvador who made music with roots from the northeastern Brazil, Caribbean and African rhythms with a pop-rock twist.

What Is Carnival Without Experiencing the Other Side Of Rio?

It would be a shame to go to Rio without experiencing a hike up Sugarloaf mountain, or standing in awe of the 38-meter Christ the Redeemer statue on Corcovado mountain. There are so many fascinating sights and sounds and tastes of Brazil to indulge while you are here for the Carnival.

You have heard of Copacobana and Ipanema beaches as they were made famous by pop songs, so you must go and experience why they are so famous. There are also so many other stunning, untouched beaches in Rio and all over Brazil. You can enjoy sports like beach volleyball, Frisbee or football. Brazilians are football-mad as they have some of the most famous footballers playing in world clubs. Or just do like the locals and just chill and enjoy every moment of the day and night. Go with the flow and feel rejuvenated every day.

What Is Carnival If You Are Not Here?

The Carnival is one of the most popular tourist destinations in the world. You have to come to Carnival to understand and experience it first-hand why it is such an exciting event that attracts millions of people year after year. So make your reservations soon to get the best deals from hotels, airlines and tickets for the Sambadrome event. Carnival is just round the corner, starting from 1 February 2019. You have hardly any time to waste. Go online and book your trip of a lifetime. Carnival is calling your name! You can go visit www.rio-carnival.net



Carnival Fun Facts

- ✓ The original concept of Carnival was the idea of working people wearing costumes to mock the clothes and mannerisms of the rich.
- ✓ Carnival begins when the Mayor of Rio hands over the keys to the city to King Momo, a mythical figure who leads the festivities. The tradition goes back to 1933. The current incumbent, who receives the keys on Friday, is like his predecessors – a jolly, fat man with a crown.
- ✓ There are no less than 587 street parties or blocos held in Rio city from mid-January to mid-February, which typically involve bands, costumes and revelers going wild. The largest called the Cordao Da Bola Preta (Big Cord of the Black Ball) takes place in the city center on Saturday and draws about one million people.

- ✓ Carnival has blocos for everyone, from those for geriatrics to those that cater to people with mental health problems. Nearly all of them have crazy names like Band of the Shrimp, Half a Dozen Crying Cats and I Am Normal But The Coconut Is Crazy. You get the idea right?
- ✓ Brazil's economic crisis has led to carnival cutbacks. Compared to last year, the Mangueira School (one of Brazil's successful schools) will have six not seven floats, and 4,000 dancers and musicians, not 5,000. It is still one of the greatest shows on earth.
- ✓ There is an estimated 25,000 portable toilets in Rio alone for the Carnival.
- ✓ In 2016, Brazil welcomed over one million tourists to the city for Carnival, who spent over US\$800 million according to officials. ♦

The Unbeatable Benefits of Beetroot



The beet is a bulbous, sweet root vegetable that most people either love or hate. It's not new on the block, but it has risen to superfood status over the last few years. And with good reasons...many good reasons, according to many health websites.

Despite its distinctive taste, beetroot is low in fat, full of powerful antioxidants, rich in Vitamin C, and helps in the absorption of iron. Beets are also good sources of folate, potassium and nitrates. Both the leaves and roots can also be eaten. While the pink root is sweet, the dark green leaves are bitter but very rich in calcium, iron and Vitamin A.

One cup of raw beets contains 58 calories and 13 grams of carbohydrates. Beetroots are best enjoyed raw and uncooked as cooking may destroy most of its nutrients. You can add them in salads or easier to just juice them up. A cup of beet juice is usually around 100 calories and 25 grams of carbohydrates. You can also add other fruits to be juiced with beetroot to enhance the flavor and add more goodness to your super juice.

Regulates your blood pressure

One of the benefits of beetroot juice is that it can help to temporarily lower high blood pressure. Researchers have attributed this to the presence of nitrates in beets. The naturally occurring nitrates increase nitric oxide found in the blood vessels that allow more oxygen to flow to your brain, heart and muscles, thus lowering high blood pressure. Researchers found that people who drank 8 ounces of beetroot juice daily lowered both systolic and diastolic blood pressure.

Who doesn't want glowing skin

Beets give you glowing health inside and outside. It acts as a great blood purifier, which is key in keeping your skin glowing and healthy. As it is packed with Vitamin C, beets help in clearing blemishes and evens out your skin tone while giving it a natural glow.





A great way to detox naturally

Beetroots are a unique source of betalains, a type of phytonutrient. These compounds are known to provide powerful antioxidant, anti-inflammatory and detoxification properties. Beetroot is also known as a liver-protective food and cleanser by helping to flush out all the toxins. With the help of compounds like methionine and glycine, it prevents fatty acids from building up and helps stimulate liver cells.

Boosts energy and stamina

Raw beetroot or its juice helps in opening the blood vessels and thus increases the flow of oxygen throughout your body, making you feel more energetic and active. That's why it is best to eat or drink it early in the morning to wake up your sleepy organs. It has often been promoted as a great workout drink and good for athletes, as it increases the flow of oxygen to the muscles, preparing them for the stress ahead.

According to a small 2012 study (conducted by Dept of Human Movement Sciences, Maastricht Medical Centre, The Netherlands), trained cyclists who drank 2 cups of beetroot juice daily improved their 10-kilometer time trial by approximately 12 seconds, while also reducing their maximum oxygen output.

Great for digestion & the liver

Beetroot with its pulp full of fiber helps regulate your digestive processes and also relieves constipation. Beetroot is also rich in betaine, an agent thought to be beneficial for good digestive health. It has been discovered that betaine increases stomach acid levels, in order to improve digestion. A glass of beetroot juice is a great home remedy for an upset stomach. Betaine also helps prevent or reduce fatty deposits in the liver, and protect the liver from toxins.

Lowers blood glucose

Though high in sugar, beetroot actually helps in regulating your blood sugar levels. Studies have shown that it does not lead to high glucose concentration in the blood. Instead, natural sugars in beetroot are released very slowly in the body to help prevent sudden spikes. In the form of the juice, it may actually help diabetics.

May improve muscle power in people with heart failure

Results of a 2015 study (conducted by Andrew R Coggan, PhD Cardiovascular Imaging Laboratory, Mallinckrodt Institute of Radiology) showed the benefits of nitrates in beetroot juice, when people with heart failure experienced a 13 percent increase in muscle power, two hours after drinking beetroot juice.

May slow the progression of dementia

According to a 2011 study (conducted by Tennille Presley, Ashley Morgan and Gary Miller), nitrates may help increase blood flow to the brain in older people and slow cognitive decline. After participants consumed a high-nitrate diet that included beetroot juice, their brain MRIs showed increase blood flow in the frontal lobes. The frontal lobes are associated with cognitive thinking and behavior. More studies are needed. But the potential of a high-nitrate diet to help prevent or slow dementia is certainly promising.

May prevent cancer

Beets get their rich red colour from betalaines, which are water-soluble antioxidants. According to a 2014 study (conducted by 3 researchers including Josefa Escribano from the University of Murcia, Spain), betalaines have chemo-preventive abilities against some cancer cell lines. Betalaines are thought to be free radical scavengers that help find and destroy unstable cells in the body.

Good source of other minerals

Our bodies can't function without essential minerals. Some minerals boost immune system while others support healthy bones and teeth. Besides potassium, beetroot juice is also packed with calcium, iron, magnesium,

manganese, phosphorous, sodium, zinc, copper and selenium.

Important Consideration

Your urine and stool may turn red or pinkish after eating or drinking beets. This condition, known as beeturia, is harmless but startling if you don't expect it. If you have low blood pressure, drinking beetroot juice regularly may increase the risk of your pressure dropping too low. Monitor your blood pressure regularly.

If you're prone to calcium oxalate kidney stones, don't drink beetroot juice. Beets are high in oxalates, which are naturally occurring substances that form crystals in your urine. They may lead to stones.

Beets are healthy for you no matter how you choose to consume them. But juicing beets is a superior way to enjoy them. You can add some apple slices, mint or citrus to balance out the earthy taste. Start consuming a little at first, and increase the consumption after your body has adjusted to it.

So beat back illnesses and diseases naturally and holistically. Beat them with beets :) ♦

NEON NIGHT

New Year

- CELEBRATION -

MONDAY 7:00PM

31 · 12 · 18

What a year 2018 turned out to be ! And to celebrate all our challenges, triumphs and successes, MPC held a New Year's Eve Extravaganza 'Neon Night' on the last day of 2018. Guests were treated to a sumptuous international buffet and supper, while being entertained by the DJ throughout the whole evening. All guests were also given a New Year's party pack at the entrance, and thoroughly enjoyed the Bingo Game to while away the time as everyone waited for the stroke of midnight to watch the incredible, breathtaking display of fireworks from the 42nd level of KLCC Tower.

There was also a special Lazerman Show that featured a neon laser drum performance by 5 energetic ladies. What a fantastic performance! But the highlight has to be the fireworks display shooting out from Petronas KLCC Towers. Thunderous. Heart-stopping. Mind-blowing. An incredible experience watching the fireworks up-close and personal from the 42nd floor, is not something many get to experience in their lifetime.

And as we say goodbye to 2018, we welcome 2019 enthusiastically as the new year greets us with its immense promise of better things to come. ♦



Saying Goodbye
To 2018 With A
Huge Bang

CHINESE PAPER CUTTING.

The Oldest & Most Popular Chinese Folk Art.

Chinese paper-cutting in China may date back to the early centuries since paper was invented by Cai Lun in Han Dynasty in the 2nd century. According to archaeological records, it originated from the 6th century, although some historians believe that its history could be traced as far back as the Warring States period around 3 BC long before paper was invented. At that time, people used other thin materials like leaves, silver foil, silk and even leather to carve hollowed patterns. Later when paper was invented, people realized that this material was easy to cut, store and discard, and paper became the main material for this type of skillful artwork.

This art was then passed on to the Tang dynasty, and it was during the Ming and Qing dynasties (1368-1912), that this folk art witnessed its most thriving period. For a thousand years, mainly women have been making paper-cuts as part of their leisure activities. They created different types of paper-cutting and shared, perfected and passed down this traditional craftsmanship to their children and grand children.

Purpose Of Paper Cuttings

Paper cuttings were initially created for worshipping ancestors and gods. Women used to paste golden and silver foil cuttings onto their hair at the temple and men used them in sacred rituals. Later, they were used during festivals to decorate gates and windows and these are still used today for interior decoration, festivities such as weddings, birthdays and ceremonies, or for prayers and to ward off evil amongst others.

Paper cuttings can be geographically divided into southern and northern styles. The southern style is mainly represented by works from Yangzhou in Jiangsu Province and Leqing in Zhejiang Province, which feature

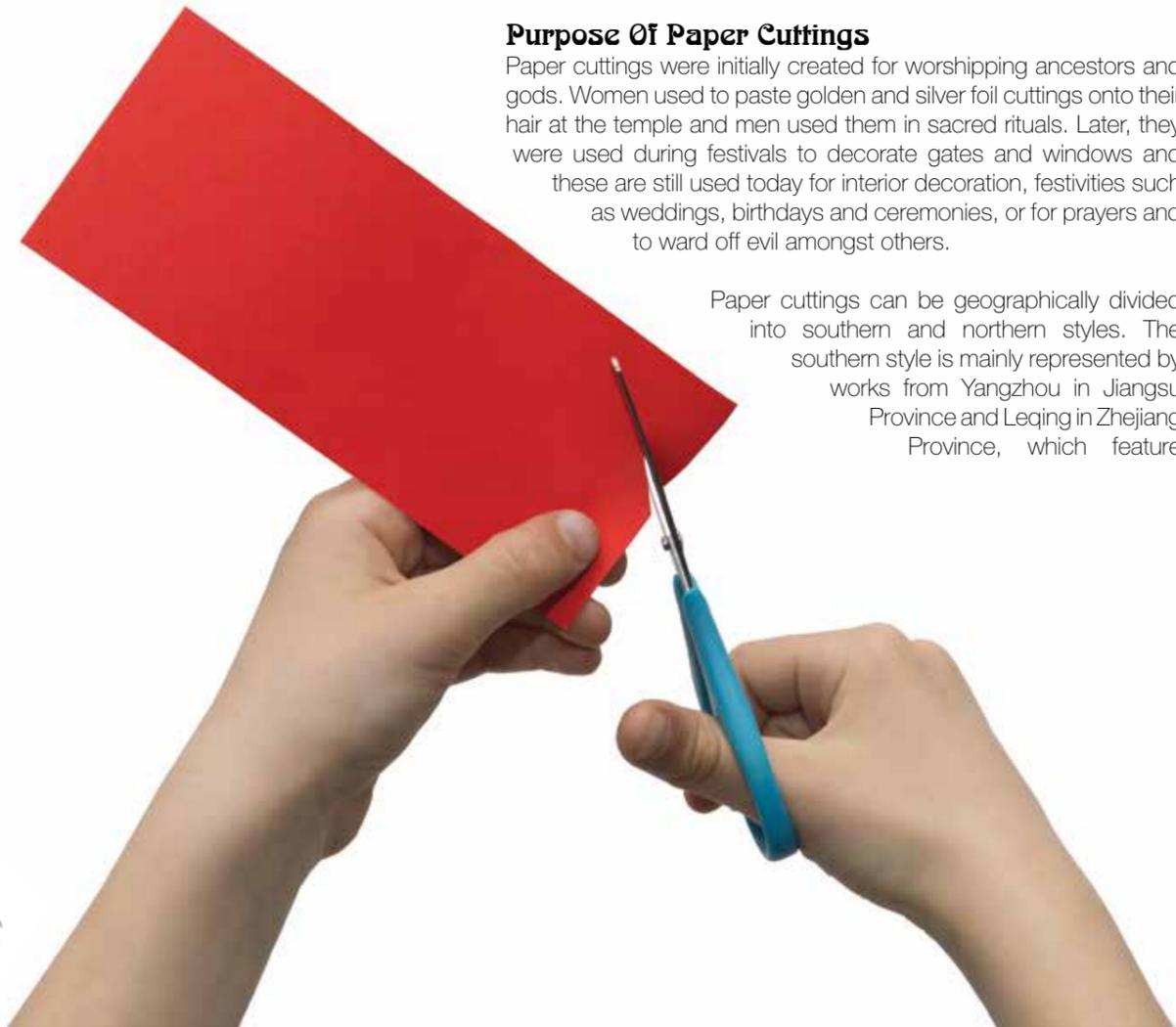
ingenious and beautiful designs and exquisite shapes and patterns. The northern style mainly from Yuxian and Fengning in Hebei Province and northern Shaanxi, features exaggerated shapes, vivid depictions and diverse patterns.

The style of window paper-cuts is usually free-flowing, except for floral patterns which are more complicated. The themes of window paper-cuts are wide ranging, but traditionally more based on stories of Chinese opera. As most buyers of paper cuts were farmers, the paper cuts usually portray farming, spinning, fishing and poultry farming.

Today, paper cuttings are solely decorative in nature. They liven up walls, windows, doors, columns, mirrors, lamps and lanterns in homes and are also pasted on presents or are given as gifts. Paper cut outs pasted on or near entrances are supposed to bring good luck. For the younger generation, paper cut outs are used to decorate their school paraphernalia and books.

Popular Themes

With a pair of scissors cutting through a piece of red paper, the paper cuttings can reveal a simple but mind-boggling beauty. The vividly depicted paper cuttings have different





meanings. Some express the wish for a bountiful harvest or a wealthy life via a golden paper cutting design, or good fortune and a surplus year depicting a carp jumping over a dragon gate. Some depict animals and plants like polecats, lions, Kylins (Chinese mythical creature), jade rabbit (from a Chinese legend), pomegranates and peonies (a very popular flower used in a lot of Chinese folk art).

Some illustrate legendary figures or scenes from traditional myths or stories, such as paper cuttings of the Yellow Emperor, the meeting of Nuilang and Zhinü and 24 stories of filial piety. The paper cuts depicting a doll with two twisted hair on each side of the head convey people's gratitude towards life, while the fish swimming amongst the lotus flower illustrate the strong passion for life.

The most famous paper cutting characters in Chinese are Fu, meaning luck and Xi, meaning double happiness, usually used during Chinese New Year's Festival. Window paper cuts also have a close relationship with Spring, as it has been used to welcome and greet the spring season since ancient times in China. By pasting window cut outs, the Chinese people decorate their homes to express their joy, happiness and good wishes.

The Intricate Art

There are basic cut-outs consisting of a single image and symmetrical designs that are usually created by some folding over a proportioned crease. Then the shape is cut out so that when unfolded, it forms a symmetrical design. Chinese paper cuttings are usually symmetrical and in even number series of 2, 4, 24 and so forth.

There are two methods of creation. One using scissors, the other using a knife. In the scissors method, several pieces of paper or up to eight folds are fastened together and the motif is then cut out with a sharp scissors. The knife cuttings are fashioned by putting several layers of paper on a relatively soft foundation consisting of a combination of tallow and ash. Skilled crafters can even cut out different drawings freely without stopping.

When you look at the cut outs, you'll be amazed by the true to life expressions of the figure's sentiment or appearance, or the portrayal of natural plants and animals' diverse gestures. Like the patterns of chrysanthemum displaying the curling petals, the pied magpies showing their tiny feathers or a married daughter returning to her parents' home or young people paying respects to their parents.

Chinese paper cut-outs remain a favourite for many Chinese people as well as international tourists for its charm and intricate, ingenious hand-made life-like art. To create the three-dimensional scenes pop out visually from the paper that are usually in monochrome, artisans must use their imagination and incredible skills to create their work of art.

You have to hold one paper cutting in your hands to truly appreciate the intricate beauty and the incredible skills of the artist that made the paper cut out. It represents an art that has evolved for a thousand years and it is an art piece that will liven up your home or office. A cherished Chinese heritage created from a simple piece of red paper. ♦





DELL

RISIS

SWAROVSKI

Club Promo

Lion Dance Performance @ Seligi

LION DANCE PERFORMANCE IS ON 9 FEB, 12.30 PM



We want to help you usher in the Chinese New Year with prosperity and a very loud bang. Come and enjoy the lion dance performance at Seligi while you and your family dine and feast on our auspicious fatt choy dishes. Our Set Menu Promotion is from 22 Jan – 19 Feb 2019. For reservation please call 03 2166 3200.

一帆风顺 SET MENU A

- 鸿运三文鱼生
SALMON YEE SANG
- 福气喜洋洋
BRAISED SEAFOOD & SWEET CORN SOUP
- 金鸡来报喜
GOLDEN ROASTED CHICKEN
- 喜庆蒸鳕鱼
STEAMED COD FISH WITH SUPERIOR SOYA SAUCE
- 锦绣富贵虾
SAUTÉED PRAWNS WITH VEGETABLES
- 发财罗汉斋
DELUXE MIXED VEGETABLES WITH (FATT CHOY)
- 春天庆丰收
SEAFOOD FRIED RICE WITH PRAWN PASTE
- 双星齐新年
TWO VARIETIES OF CHINESE PASTRIES

PRICE: RM188 PER PAX
MINIMUM 5 PAX

财运亨通 SET MENU B

- 鸿运三文鱼生
SALMON YEE SANG
- 龙皇展高飞
BRAISED SEAFOOD & DRIED SCALLOPS SOUP
- 百灵开心金鸡
BRAISED CHICKEN ABALONE MUSHROOM & SEA CUCUMBER
- 团圆蒸昌鱼
STEAMED POMFRET WITH SUPERIOR SOYA SAUCE
- 龙凤呈祥虾 好市发财日
FRIED PRAWN WITH BLACK PEPPER
- 好市发财日
BRAISED FISH MAW WITH SEA ASPARAGUS
- 色香味俱全
CHINESE STYLE FRIED RICE IN LOTUS LEAF
- 双星齐新年
TWO VARIETIES OF CHINESE PASTRIES

PRICE: RM228 PER PAX
MINIMUM: 5 PAX

YEE SANG PROMOTION 2019

	SMALL	BIG
1) ABALONE YEE SANG	RM 188	RM 288
2) SALMON YEE SANG	RM 118	RM 168
3) VEGETARIAN YEE SANG	RM 88	RM 128

福星高照 SET MENU C

- 鸿运三文鱼生
SALMON YEE SANG
- 金钱展翅来
BRAISED SUPERIOR SHARK FIN SOUP WITH SEAFOOD
- 鸡迎锦绣春
STEAMED VILLAGE ORGANIC CHICKEN WITH SUPERIOR SOYA SAUCE
- 年年庆有余
GOLDEN DEEP FRIED COD FISH WITH SPECIAL BBQ SAUCE
- 开心嘻哈笑
GOLDEN FRIED BUTTER KING PRAWN
- 包你发大财
BRAISED ABALONE & SEA CUCUMBER IN OYSTER SAUCE
- 丰收庆团圆
HONG KONG STYLE NOODLE WITH SEAFOOD
- 双星齐新年
TWO VARIETIES OF CHINESE PASTRIES

PRICE: RM268 PER PAX
MINIMUM: 5 PAX

MPC Gives You More Goodies

*20% Discount At All Outlets.



*Super Birthday Treats

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



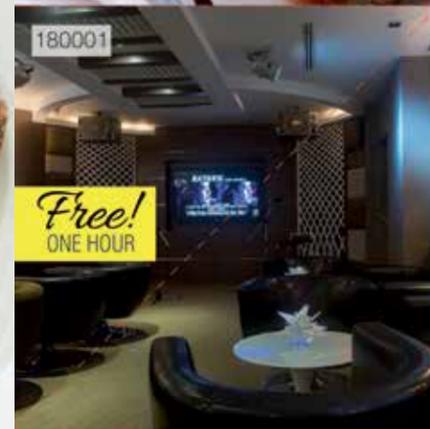
Let's Celebrate

Your Birthday!

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

You'll be spoilt for choice.

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



New Members



JOHARI BIN MOHD NOH
ID: 12442
October 2018
Membership: Regular
Marine Creations Sdn Bhd



YUSRI BIN MOHAMAD
ID: 12429
October 2018
Membership: Regular
Deleum Berhad



MUHAMMAD AFIFI BIN CHE RAWI
ID: 12443
November 2018
Membership: Regular
Braemar Services Ltd.



YOHANIS ISMAIL
ID: 12445
November 2018
Membership: Regular
PETRONAS



OMAR SUHAIMI B. ABU HASSAN
ID: 12449
December 2018
Membership: Regular
Wan Husin & Associates Sdn Bhd



SANI ZUHAIRI BIN ZAINUDIN
ID: 12451
December 2018
Membership: Regular
PETRONAS



AZMIR BIN ZAMRI
ID: 12452
December 2018
Membership: Regular
PETRONAS



MUHAMMAD FIRDAUS BIN DATO' ABDUL MANAF
ID: 12453
December 2018
Membership: Regular
PETROZONE



DR ALAN TAN YEW CHOON
ID: 12445
November 2018
Membership: Regular
PETRONAS



DR ZULKIFLI BIN MOHAMAD YUNUS
ID: 12446
November 2018
Membership: Regular
PETRONAS



BENJAMIN CHOO CHOON BON
ID: 12447
November 2018
Membership: Regular
Murphy Sarawak Oil Co. Ltd



RAZLINAR BIN ABDUL RAZAK
ID: 12448
November 2018
Membership: Regular
Waver Offshore Sdn Bhd



JEON SEUNG MIN
ID: 12454
December 2018
Membership: Regular
Jade Ocean Tankers Sdn Bhd



SAREN BIN RISHAM
ID: 12456
December 2018
Membership: Regular
Dewan Filharmonik Petronas



MD. SHAH BIN MAHMOOD
ID: 12458
December 2018
Membership: Regular
PETRONAS



DR BILLY CHOONG BING LIANG
ID: 3323
December 2018
Membership: Associate
MYDENTIST



DR FIRAS RAAD
ID: 6025
November 2018
Membership: Diplomatic
WORLD BANK



DATUK AHMAD NIZAM BIN SALLEH
ID: 2570
November 2018
Membership: Corporate
PETRONAS



ZAKIAH BINTI JAAFAR
ID: 2571
November 2018
Membership: Corporate
PETRONAS



KHAIRULANWAR BIN ZAKARIA
ID: 12450
November 2018
Membership: Regular



ALEX CHOO
ID: 3328
December 2018
Membership: Associate
Puncak Renovasi (M) Sdn Bhd



MUHAMMAD AZMAN BIN CHE ANI
ID: 3321
December 2018
Membership: Associate
KPMG

Club Promo

Valentine's Day Special

RM760 a couple

Full Western Set Meal
Plus Special Free Gifts



APPETIZER

CURED SALMON GRAVLAX

Served With Cucumber Dill Salad,
Beetroot Orange Ginger Fluid Gel, Aragula & Rapsberry

ASPARAGUS MENTON CITRUS

Served With Grapefruit Segment, Orange Yogurt Sauce, Basil Oil

OYSTER ASIAN GRANITA

A Touch Of Asian Taste On Half Of Dozen Fresh Oysters On The Rock

SOUP

CREAM OF DUBARRY

Capers, Cauliflower Crumble, Cilantro Oil,
Accompanied With Bread Cheese Stick

DOUBLE BOILED CHICKEN CONSOMME'

Tortellini Duxxel & Scallion



MAIN COURSE

GRILLED BLACK ANGUS TENDERLOIN

Gratin Potato, Roasted Cocktail Tomato, Sautee Asparagus,
Accompanied with Creamy Mustard Garlic & Beef Jus

LAMB LOIN CARROT GREMOLATA

Potato Fondant, Deep-Fried Spinach, Coated Asparagus,
Accompanied with Berry Lamb Jus

PAN-SEARED SPICED DUCK BREAST

Thyme Infused Mashed Sweet Potato, Pickled of Green Apple,
Red Raddish, Plum Chutney, Baked Grape, Orange Ginger Sauce.

STEAM BAKED SCALLED COD FISH

Scalped Potato On Cod Fish, Sautee Baby Corn,
Ribbioned Green Zucchini, Accompanied with Pepper Sauce

DESSERT

BLOOD POISON ROSE

Apple, rose citrus, mango ice-cream, and peanut crunch

LITE CHOCOLATE CAKE

Soft chocolate cake, orange choc cream, rose sauce, and peanut crunch

PETIT FOUR

COFFEE & TEA



For reservation please call 03 2166 3200

Fancy A Game Of Congkak?



Mancala is one of the oldest known games still played until today. Mancala is a generic name for two players based on strategy and mental calculation. It is played with small stones, beans or seeds with rows of holes on a board. Versions of this game date back to the 4th century, with one found in a ruined Roman-Egyptian fort.

It has many names in different parts of the world.

- * Ali Guli Mane played in Southern India; also called Omanu Guntalu in Telugu
- * Bao la Kiswahili played in East Africa
- * Kalah, the North American version
- * Oware, played in Western Africa and the Caribbean
- * Toguz Korgool, played in Kyrgyzstan and Kazakhstan
- * Congkak, played in Southeast Asia

Most probably, Congkak was introduced by Indian merchants and labourers when they visited or migrated to Southeast Asia. The word Congkak is believed to originate from old Malay language that means 'mental calculation', which is a prerequisite in the game. There are different names for this game in Southeast Asia like Dakon (Java), Sungka (Philippines), Jogklak (interior of Java), Dentuman (Lampung), Mokaotan (Celebes), Chonka (Sri Lanka) and Naranj (Maldives) to name a few.

The Congkak board is usually carved out of wood like Teak or Mahogany and can be passed down the generations within the family. These boards are carved into various shapes to resemble a boat, naga (dragon), mythical birds (Jentayu) or other shapes of one's preference.

The board has 14 holes in two rows with 7 holes each, plus a bigger hole at both ends for each player like a storehouse. Each player controls the seven holes on their respective sides. A total of 98 pieces of seeds, stones or shells are used. The objective is to 'capture' more seeds in the storehouse from one's opponent.

Before the game starts, 7 seeds are placed in each hole and that adds up to 98 seeds in total. Both players begin simultaneously by scooping up all the seeds in any hole or 'house' on their own side, and start dropping each seed into the next house and continue clockwise, depositing one seed into every consecutive house, including into the big hole or warehouse. But the seed is not deposited in the opponent's warehouse hole.

When the last seed is deposited into the house on your side or the opponent's, you can scoop up all the seeds in the house and continue depositing one seed into each consecutive house in a clockwise manner.

If your last seed is deposited in an empty house on your side, then you can scoop up all the seeds in the house of your opponent that is directly facing your empty house. However, if your last seed is deposited in an empty house on your opponent's side, then you lose a turn. The aim is to collect the most seeds, and when either player has no more seeds left, he or she loses.



Merdeka Award Grant for International Attachment



Deputy Yang di-Pertuan Agong, and Royal Patron of the Merdeka Award Trust, His Majesty Sultan Nazrin Muizzuddin Shah, presented certificates for the Merdeka Award Grant for International Attachment, with this year's selection of three outstanding research proposals. This Award Ceremony was held at the Malaysian Petroleum Club, KLCC Twin Towers.

Among them were Universiti Teknologi PETRONAS' (UTP) PHD candidate Aishah Ismail, Dr Lee Tian Khoon a Lecturer and Post-Doctoral from Universiti Kebangsaan Malaysia (UKM) and Dr Ong Wee Jun, Assistant Professor from Xiamen University Malaysia.

The Grant will allow the recipients to pursue a short-term attachment of up to three months to participate in

collaborative projects or programmes at internationally-recognised host institutions, corporations, agencies and organisations of their choice.

Speaking at the announcement ceremony on behalf of the Merdeka Award Founding Members, PETRONAS President and Group CEO, Tan Sri Wan Zulkiflee said: "It

scanning assessment delays treatment and reduces the patient's chance of recovery," Aishah explains.

The other two research proposals were focused on finding new energy sources. Dr Lee who is undergoing Post-Doctoral at Fuel Cell Institute, UKM aims to convert rubber materials for advanced energy storage and conversion. "The goal of my research is to further increase the economic value of rubber. The success of this study will open a whole new market for rubber industries as well as widen the application of rubber as renewable resources," he said.

Talking on the feasibility of using rubber as an electrical conductor, Dr Lee explained that his initial studies have successfully developed lithium-polymer ion battery from polymer electrolytes using nanomaterial from natural rubber.

is the aim of the Merdeka Award Grant for International Attachment to encourage and awaken the potential of young talents to new possibilities, and provide inspiration to broaden their expertise, drive greater creativity and purpose. This year we continue to surface young individuals who have demonstrated a pioneering spirit with their novel ideas and proposals that are relevant in meeting the modern day challenges and needs of the nation and the world," Tan Sri Wan Zulkiflee added.

Aishah who is currently attached to the Center of Intelligent Signal and Imaging Research at UTP, is focusing her research on the application of Deep Learning approach to identify stroke biomarkers. She hopes to detect the biomarker, through examining the eyes, for early signs of stroke which will allow for early prevention measures and treatment.

"Stroke is a key cause of major adult disability and the third largest cause of death in Malaysia. Stroke diagnosis should be done within the first three hours of its onset. Long-hour

electrolytes using nanomaterial from natural rubber.

Meanwhile, Dr Ong who is very passionate about the environment, is focusing his research on solar energy conversion and energy storage to address energy security and environmental issues by mimicking the natural photosynthesis process to convert energy from the sun. "My research aims to develop a renewable energy device for large-scale application which sets the stage for a shift from chemical industry powered by fossil fuels to one powered by the sun," he said. Adding that the success of this research will contribute to Malaysia's movement toward the use of green technology, by employing next generation nanomaterials to attain sustainable development and contribute to a high-income economy.

The Merdeka Award Grant for International Attachment was launched in 2012 as a signature programme of the Merdeka Award. To date, a total of 14 young Malaysians have received the Grant, with 11 of them having completed their international attachments. ♦



Collaborative Working Model Enablement Program

The CoE Transformation Office organized the Collaborative Working Model (CWM) Gallery Walk at the Malaysia Petroleum Club on 24th October 2018. The event was to showcase the epitome learnings of the 85 participants who graduated from the CWM Enablement program.

The CWM enablement program was designed to enable a group of collaborative leaders to learn and apply the CWM tool and methodology in their respective business areas to unlock complex interaction and drive business performance.

The event was graced by more than 300 guests from Upstream D&P fraternity including senior leadership team Mr Chen Kah Seong - VP CoE, Mr Adif Zulkifli - SVP D&P, as well as leaders and members from Corporate, Downstream and PD&T.

In his welcoming speech, Mr. Chen gave recognition to the CWM core team and the committed CWM pilot enablement program



participants for maturing the CWM from a concept phase into a successful pilot programme.

The event was then officiated by En. Adif and in his speech, he congratulated the team on this milestone and urged to embrace the power of Collaboration. On top of that, En. Adif also encouraged graduates from CWM pilot enablement programme to step up and make it a pervasive culture by teaching others about the tool. He also aspired to sustain and scale up the application of CWM to broader business areas across PETRONAS.

The CWM Gallery Walk displayed poster showcases produced by the 11 project teams from PED (FDP Teams), OE and SKO allowing guests to view and experience the CWM application in different context and business areas.

Attendees were also treated with fun and experiential learning games to test their active listening skill, which is one of the soft skills that expand individual toolkit to improve collaboration within teams.

To find out more about CWM, you may reach out to the CWM Core Team mohdaffendy@petronas.com.my and explore the opportunity to apply the methodology and tools in your project or task. ♦



Healthy Living



**10,000
STEPS**



**TO GOOD
HEALTH**

These days with the help of smart phones, apps and gadgets, people are more aware of the 10,000 steps regime for good health. But how did we arrive at the magical figure of 10,000?

It all started in Japan in the 1960s as part of a marketing campaign to encourage people to be more health-conscious. This was in the run-up to the 1964 Tokyo Olympics. It was called Manpo-Kei. In Japanese, "man" means 10,000, 'po' means steps and 'kei' means meter. So it was literally a 10,000 steps meter.

The device was an early pedometer, based on the work of Dr Yoshiro Hatano, a young academic at Kyushu University of Health and Welfare. Dr Hatano was worried that the Japanese people were following the sedentary American lifestyle of watching baseball and too much beer drinking and unhealthy snacking. He reckoned that if he could persuade his fellow Japanese to increase their daily steps from 4,000 to 10,000, then they could burn off approximately 500 extra calories a day and remain slim.

How many steps per day are sufficient?

Many of the more sophisticated pedometers and activity trackers measure whether the steps you take are brisk enough to meet the standard of moderate-to-vigorous-intensity physical activity. For example, FitBit calls this measure, active minutes. They include a daily goal of 30 minutes of enhanced level of activity, which is recommended to reduce health risks. If 3,000 steps you take each day are at a pace of 100 per minute for at least 10 minutes, you will meet this goal. Your pedometer seller or gym trainer could make it easier for you to understand.

Even a small increase in steps per day, as opposed to being inactive, can make a difference in health. Even numbers as low as 6,000 steps per day were shown to correlate with a lower death rate for men. However, 10,000 steps can be too challenging for the elderly, people who are sedentary or who have chronic diseases.

If losing weight or preventing weight gain is your top concern, you may need even more moderate-intensity physical activity, as much as 60-90 minutes, most days of the week. That would mean an additional boost to your step count of another 3,000 – 6,000 steps for a total of as many as 15,000 steps per day.

Studies in an Old Order Amish community, found that they walked more than the recommended steps per day and had very low levels of obesity. Experts view 10,000 steps per day as too few for children. Children need 60 minutes per day of moderate-to-vigorous-intensity physical activity, twice that needed by adults. The recommended number of pedometer steps per day for children aged 6 – 12 is 12,000 steps for girls and 15,000 for boys.

How active are you based on how many steps per day you walk ?

Catherine Tudor-Locke of the University of Massachusetts who has been studying pedometer walking for many years, categorized healthy adults based on the steps per day they logged. The categories are as follows:

- * Sedentary Lifestyle – under 5,000 steps per day is an indicator of being inactive and sitting too much, which increases health risks.
- * Low Active – 5,000 to 7,499 steps per day is typical of daily activity excluding sports and exercise, and might be considered low active. The average American walks 5,900 to 6,900 steps per day, putting the majority in the low active category.

* Somewhat Active – 7,500 to 9,999 steps per day likely includes some exercise or walking (and/or a job that requires more walking) and might be considered somewhat active.

* Active – 10,000 steps per day indicates that the individual is active. This makes it a good daily goal for healthy people who want to affirm that they are on the right track to a healthier life.

* Highly Active – Individuals who take more than 12,500 steps per day are classified as highly active, and very healthy individuals.

It doesn't matter if you can achieve 10,000 steps a day now. The main thing is to be conscious of taking more steps per day in your daily routine. Like parking your car a bit further or taking public transport so you can walk the rest of the way to work and back. Or taking a few flights of stairs before you take the lift. Invest in a few pairs of comfortable shoes so you can walk more. That's right. Walk to a healthier, more energetic and more dynamic version of you. Today. ♦



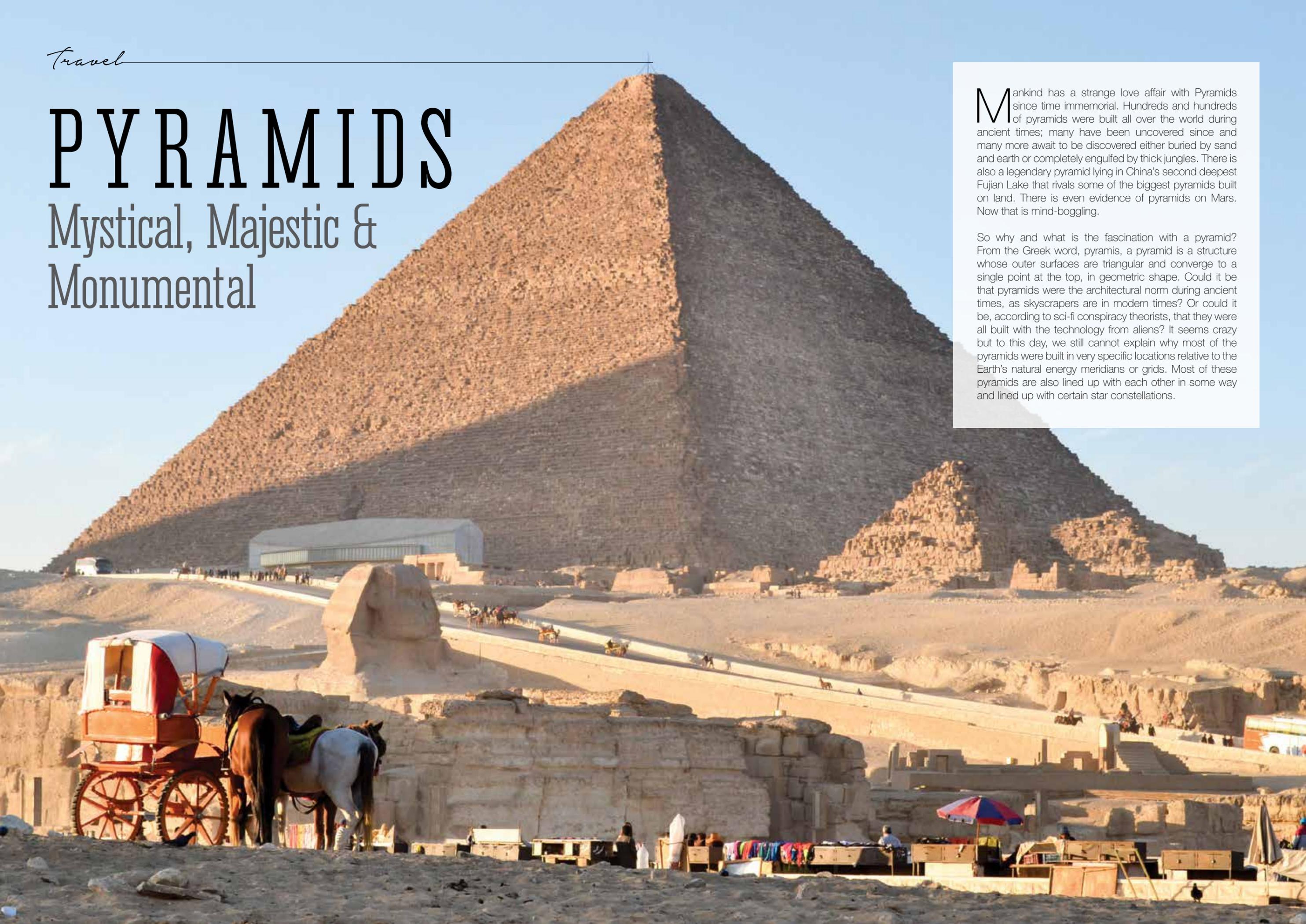
Travel

PYRAMIDS

Mystical, Majestic &
Monumental

Mankind has a strange love affair with Pyramids since time immemorial. Hundreds and hundreds of pyramids were built all over the world during ancient times; many have been uncovered since and many more await to be discovered either buried by sand and earth or completely engulfed by thick jungles. There is also a legendary pyramid lying in China's second deepest Fujian Lake that rivals some of the biggest pyramids built on land. There is even evidence of pyramids on Mars. Now that is mind-boggling.

So why and what is the fascination with a pyramid? From the Greek word, pyramis, a pyramid is a structure whose outer surfaces are triangular and converge to a single point at the top, in geometric shape. Could it be that pyramids were the architectural norm during ancient times, as skyscrapers are in modern times? Or could it be, according to sci-fi conspiracy theorists, that they were all built with the technology from aliens? It seems crazy but to this day, we still cannot explain why most of the pyramids were built in very specific locations relative to the Earth's natural energy meridians or grids. Most of these pyramids are also lined up with each other in some way and lined up with certain star constellations.





High On The Bucket List

Going to visit one of the many pyramids found all over the world must be high on everyone's bucket list. Don't just settle for a visit to Egypt's many colossal pyramids. You can also visit many of the other famous pyramids around the world, though it may take a few trips to complete this bucket list. But we have to start somewhere, right?

Giza

Probably the most famous pyramid in the world, Giza is home to ancient Egypt's Great Pyramid, the famous Sphinx and two other amazing pyramids. The largest pyramid in Giza, and in the world, belongs to the second King of the Fourth Dynasty, Khufu or Cheop. The Khufu Pyramid at 145 meters tall is one of the seven wonders of the world.

Saqqara

Saqqara contains eleven major pyramids sprawled over six miles, including the first ever pyramid known as the Step Pyramid and Serapeum, the funerary complex of pharaoh Djoser. You can also visit the Mastaba of Akhti-Hotep and Ptah-Hotep, two famous pharaohs of ancient Egypt.

Dahshur

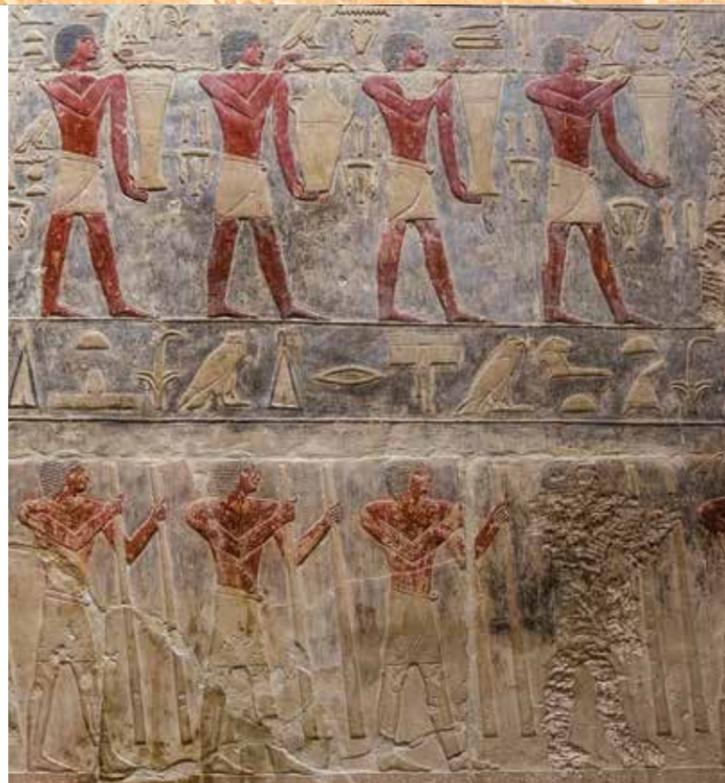
Dahshur was once home to eleven ancient pyramids, of which few have survived. However, for those wishing to view Egypt's pyramids in peace and quiet, Dahshur is the place to go. Unlike the more popular Giza and Saqqara, Dahshur has not become a tourist hotspot, despite being the site for the Red Pyramid and the Bent Pyramid built by pharaoh Sneferu, the father of Khufu.

Alien Technology?

Most of the pyramids were built often out of granite. The difference between granite and concrete is huge. Granite is incredibly hard, dense and heavy. Pyramids were built by hundreds of these solid granite blocks, each weighing up to 300 tons. A ton is about 2,000 pounds. That would require a fleet of our best cranes to try to move one granite block into place. In ancient times, these granite blocks were cut out and moved a great distance to where it is finally placed and arranged to form a pyramid. It would be a tall order for us using today's modern technology and logistics to replicate the construction and assembly of those ancient pyramids.

The advance engineering technology used in ancient times are still baffling modern engineers today. And none of our modern architectural wonders can outlast the pyramids that have stood the test of time for tens of thousands of years.

Some sci-fi theorists think that the pyramids were power stations to extract the Earth's powerful natural energies, as well as to be used as towers to communicate with aliens and other faraway planets. Improbable but not impossible.





Machu Picchu one of the most famous archaeological sites in the world today. The site covers a massive 80,000 acres.

Other Pyramids

There are too many pyramids to describe all for the purpose of this article but some worth mentioning are the Great Pyramid of Cholula in Mexico, the La Danta, El Mirador a Mayan complex in jungles of Guatemala, Pyramid of Cestius in Rome, and the legendary 1,000 feet White Pyramid of Xian, China.

Pyramid-style Structures

There are also many structures that were built with the pyramid-style architecture found in other parts of the world. One of them is the Angkor Wat, an ancient Khmer empire complex in Cambodia, the Borobudur in Indonesia and the Brihadisvara Temple, built by the Chola Empire in Tamil Nadu, India.

For those who have a penchant for pyramids but prefer a modern setting, you can visit the LUXOR Pyramid in Las Vegas, which is a mega resort, or the Louvre Pyramid in Paris that serves as the main entrance to the Louvre Museum.

If you still need a bit more inspiration, you can simply take a trip to our very own Sunway Pyramid for some tea and scones, while you plan out your trip of a lifetime to visit some of the Great Pyramids of the world. ♦



Teotihuacan

The Pyramid of the Sun at Teotihuacan measures 225m by 222m at its base and 75m high is one of the largest and most impressive pyramids on the planet. Teotihuacan was the holy Mesoamerican city built around 400 BC in what is now Mexico. The Pyramid of the Sun is impressive because of its sheer size and that it is incredibly well-preserved.

Chichen Itza

Stunningly well-preserved and imposingly beautiful, Chichen Itza is one of Mexico's most incredible historical sites, and includes the world famous step-pyramid known as El Castillo. A UNESCO World Heritage Site, as those found in Egypt, Chichen Itza is actually made up of two cities built by two tribes, the Mayas and Toltecs, in the forests of the Yucatan Peninsular.

Machu Picchu

The Pyramid of Intiwatana is located on a 15th-century Inca site on a ridge between the Huayna Picchu and Machu Picchu mountains in Peru. It sits 7,970 feet or 2,430 meters above sea level on the eastern slope of the Andes. The site's excellent preservation, the quality of its architecture, and the breathtaking mountain vista it occupies, has made



THE ROAR OF PROSPERITY WITH EVERY DRUM BEAT



The thunderous, rhythmic beats of the drums and the deafening clang of cymbals will disrupt all your senses, in a wonderful way. It will draw you in to watch every acrobatic step of the lion dance performers. Mesmerizing. Enthralling. Invigorating. That's the magic of the lion dance performance. The life-like movements of the 'lions' will amuse you, while their feats of kung fu acrobatics will take your breath away.

This traditional dance in Chinese culture has been performed for hundreds of years as far back as the Han dynasty. Throughout Chinese history many dance forms have been inspired by animals. Yet, lions are not native to China. Therefore there is a possibility that the lion dance originated outside China, possibly from India or Persia, when lions were presented to the Han court by emissaries from Central Asia. Yet, lion dance has been recorded in China as early as the third century AD by the Three Kingdoms scholar Meng Kang. Without a doubt, lion dance is truly a Chinese dance performed throughout China and Asia for millennia to usher in good luck and fortune during Chinese New Year and all auspicious occasions like business opening events, special celebrations, weddings and may be used to honour special guests by the Chinese communities.

SOUTHERN LION

There are two main forms of the Chinese lion dance – the Northern and Southern Lions. Both forms are commonly found throughout China, but around the world especially in South East Asia, the Southern Lion predominates as it was spread by the Chinese diaspora communities who are historically mostly of Southern Chinese origin from Guangdong province.

The Southern Lion consists of three styles. Hok San and Fushan lion dances were named after their place of origin. Fut Hok is a hybrid of the former two and created in Singapore in the early 1960s by Kong Chow Wui Koon.

The Southern Lion has a single horn and has a head traditionally constructed using paper mache over a bamboo frame covered with gauze, then painted and decorated with fur. The body is made of durable layered cloth trimmed with fur. The two performers wear pants that match the top layer of the lion body.

Fushan is the style many kung fu schools have adopted through the generations. It requires power in all its moves and strength in posture, using kung fu stances to help with the sharp movements and to illustrate 'emotions'. Only the most advanced students are allowed to perform.

The Hok San or He Shan style is known for its richness of expression, unique footwork, impressive mimicry of the lion's natural movements and vigorous drumming style. This style in fact mimics the antics of cats, but then again lions are big cats.



DIFFERENT COLOURS

Southern Lions also come in different colours.

Liu Bei – This is the eldest of three brother ‘lions’ and has a yellow face with white beard and fur to denote his wisdom. It also a multi-coloured tail and has three coins on its collar.



Guan Gong – This lion has a red based face with black bristles and a long black beard. The tail is red and black with white trim and has two coins on its collar since ‘he’ is considered the second brother.

Zhang Fei – Black based face with short black beard, small ears and black tail, this lion is the youngest of the brothers and has one coin on its collar. This lion is known as the Dou Shi or the Fighting Lion as it has a quick temper and loves to fight.

Later, three more lions were added to the family. The Green Faced, the Yellow faced (different shade of yellow from Liu Bei) and the White faced lion that is known as a funeral lion used to commemorate the funeral of a Master or important head of an association. This white lion is rarely used and is difficult to catch a glimpse of it.

OTHER LIONS

The Chinese Lion has inspired other countries to develop their own lions. In Japan, the lion is known as shishi-mai in Japanese. The dance is commonly performed during New Year to bring good luck and drive



away evil spirits. In some of these performances, the lions may bite people on the head to bring good luck. There are as many as 9,000 variations of the dance found throughout Japan.

The Korean Lion is known as Sanye, the old Chinese word for lion, and has been around as early as the 6th century during King Jinheung’s reign. Lion dance in Korea is a form of exorcism ritual performed during the New Year. There are also many variations of the lion dance found throughout Korea.

The Tibetan Lion is called the snow lion dance called the Sengge Garcham. It is also performed in Nepal and Northeastern India. It is performed to symbolize power and strength, fearlessness and joy, and very auspicious.

The Indonesian Lion is known as Barongsai. In some parts of Indonesia it looks distinctively different from the Chinese Lion. The Reog dance of Ponorogo in Java involves a lion figure known as Singa Barong and is performed on special occasions like Eidil Fitri, City anniversary or Independence Day carnival.

NORTHERN LION

The Chinese Northern Lion dance is often performed as a pair of male and female lions. They have a gold-painted wooden and long shaggy orange and yellow hair with a red bow on its head to indicate a male lion, and a green bow to represent the female lion.

Northern lions resemble the Pekingese or Fu Dogs. They are more playful compared to the Southern Lions, and seen less outside of China. ♦



Deck the Halls with Boughs of Holly...



“Tis the season to be merry, Tra-la-lah... and in the depths of a wet, cold and often dark dreary UK mid-winter, most of us had nothing better to do than to make merry. Well, it beats the alternatives. Even though the winters in Cornwall are mild in comparison with the north, the climate tended towards the appearance of the “soggy bottom boys”, rather than the “bracing Spartan” of picturesque snowy days. Christmas was always a welcoming break from these darker days, a splash of colour amidst the brown detritus of fallen leaves, muddy lanes and the turn of the equinoxial tides. With the advent of longer and longer holidays, the Christmas has morphed into New Year, and now starts well before Santa’s reindeer have been harnessed for a trial flight and ends long after the search for more aspirin.

Turkey with all the trimmings:

We always had a turkey on Christmas day, probably 12 kilos, at least, which would be giving off the most delicious smells in the kitchen downstairs when we got up to begin the day: a day that always began by finding our bulging red stockings on the coverlet of our beds.

As an impressionable five year old, I'd always have problems sorting out my allegiances, with Father Noel appearing to be the bearer of so many gifts that then would (also) bear the names of so many of my Aunt's and Uncles on the 'greeting' cards. In fact, this mystical dissolution of fact, in terms of whom to thank for the presents (Santa, or my family members?) was also borne out by the fact that we had to thank everyone for them, in writing, shortly after the new year had been observed. My parents had a firm set of courtesies in place, and sending 'Thank-you cards' was high on the list, no excuses. No one had to thank Father Christmas, apparently, which seemed to me a bit surly and ungrateful... (Unless he wasn't the one who put them in the first place, which begs the question... Don't even go there, Omes! Do you see how much of my youth was beset by fundamental questions of deep philosophy and pre-adolescent angst?).

We had a cast-iron Aga range in the inglenook in the kitchen and we did all the cooking there, as well as warm ourselves in inclement weather and hang up bunches of herbs to dry. Mum would start the bird cooking just after we came home from the late church service on Christmas Eve and be done to a turn by 2pm the next day. My brother, sister

and I were members of the choir, and the Christmas carols were always favourites, sung with great gusto by rosy, smiling faces, rather than any sense of inherent religious fervour or choral nicety. 'Just belt it out', seemed to be the prevailing wisdom at the time. There was always a tureen of soup or stew on the go too on one of the hotplates, which got added to with the addition of vegetables from the garden or the odd game bird donated by one of my father's friends. Like the curry pots in Line Clear in Penang, Mum's stew pot never seemed to empty...

The turkey, once served just after the Queen's speech was done, was accompanied by Brussels sprouts, roasted and mashed spuds, mashed carrots and Swedes, roasted parsnips, cranberry sauce and chestnut stuffing (my grandmother, Granny Dan, once claimed that my ancestors (pirates, wreckers, smugglers and scallywags to a man), had helped Bonny Prince Charlie to escape to France in a Looe lugger on one of his failed attempts to wrest the crown from the James's, so we had always cast a choleric eye on the machinations of royalty, at her behest, but my mother's side of the family was Royalist, through-and-through: God bless her cotton socks). The turkey would be attacked at least twice a day, until the denuded carcass would eventually disappear into the large soup pot, together with all the scraps, leftover vegetables and scrag ends of stuffing that were left. There was only one exception to this unwritten and immutable lore: once, when I was about 5 or 6, my long-suffering matriarch decided that she'd had enough of the free-range gobblers faithfully provided by Stacey's farm at Horning Tops every December and thought we'd have a nice goose instead. (You see, she'd found a nice recipe for goose in the pages of Women's Realm magazine, and thought she'd give it a try... something to do with geese having more fat under the skin, whereas turkeys, apparently, have a tendency to dry out.) (My roast turkey... *surreptitious plug*... doesn't dry up simply because I lay strips of turkey bacon over the bird before wrapping it in an envelope of tin foil and baste it well before enclosing it. Ha, ha, ha... bet you didn't know that there would be cooking hints in this article). Anyway, I never forgot the look that my father had on his face when the goose made its epic entrance. Not exactly "The Wrath of Armageddon", but close... silent, but speaking volumes...



Guest Writer

Dressing the tree:

It is also an important part of Christmas to have a decorated tree in the house, usually in the living room, because it brings a breath of green into a house that has been denied any colour at all, apart from fallen leaves, but the choice of tree is crucial too. When I was a knee-high to a grasshopper, we tried an assortment of spruce and firs, some with roots on and some without, but the same distressing result: Conifers do not do well in the kind of environment that the average sitting room represents in Cornwall - normally, stiflingly hot and bedecked by an assortment of flashing lights and swinging baubles. If you have a rooted tree and try to water the pot, you run the risk of walking the Green Mile before your time, so the needles fall in increasing numbers until the carpet resembles a Fakir's nail bed and the branches show skeletally through.

When it came to our own tree in S'omban, we bought a nice blue spruce, already rooted and potted from a garden centre in Paroi, with the thinking that we'd dig it up again the next year. Some hopes... That New Year, the replanted tree seemed to find it embarrassing to be seen next to the house and strained to be further off, with the branches on one side withering and the roots digging themselves up again, like a trifid. Too scary, so we dug it up again and moved it to the verge opposite, where it apparently didn't like the position either and walked off into the night, never to be seen again. My daughter thinks that someone saw the tree and filched it. Personally, I think it hitched a ride in the dark and got dropped off near the access road to Genting Highlands, where there are plenty of their mates standing in the highlands, but then, I've always been a little fanciful.

Anyway, these days, we have a collapsible tree that comes in three parts, is made of wire and glittery green floss and tinsel, and is easy to erect (just as long as I can remember where I left the legs last year) and maintain. It doesn't shed needles, stows away nicely in a single black plastic bag when twelfth night comes due, and is unaffected by changes in politics, the state of the tide or Brexiteers.

From time to time, my family has assembled a collection of baubles, ornaments and toys that grace the Christmas tree. Some of these were donated by my mum when we married and found a home in Malaysia, and others have appeared when people have been 'abroad' for trips. For instance, I got a set of wooden ornaments from a market in Prague years ago, a bit heavy for the wire branches and almost uniformly green, but easily rectified by a judicious lick of red paint. My daughter, on the other hand,

likes the glass baubles: the more ostentatious and fragile the better, which also means that Dad has to mend them from time-to-time (Perish the thought that anything could be thrown away...). I have discovered that a lot of the repairs can be accomplished with Araldite glue and twists of thin wire, but don't tell my daughter (winks subtly). The only cautionary note that I would give you: be sure that you hang these ornaments evenly, starting with the heaviest ones at the bottom, spreading them around, layer by layer. We've had two episodes when "hasty dangling" has meant near disaster. Not quite Nakatomi Plaza disastrous, but needing instant support until the rear portions of the tree could be similarly adorned.

Not the Usual Suspects:

Like all other Malaysian festivals, Christmas is a time for inviting friends and family to spend time in the home, having a drink, a mince pie or two and maybe a serving of stew while we reminisce together.

When I was a lecturer in Plymouth, I took a year off to pursue a higher degree and supplemented my abject poverty by washing dishes at a Curry House, four or five nights a week and renting out rooms in my house to students (not strictly kosher, but it kept the wolves from the door). As it happened, my Malaysian girlfriend (now my "significant other") asked several of her friends if they would be interested, and suddenly, we had a South Western version of Malaysian House. I couldn't afford a bedroom myself, so I slept on the floor in the living room... good for my back, but not so good for my reputation as a provider of comfort.

Over the holidays, people would gather in our house, spending time together, cooking together and eating together. One of my students, Hakim (top floor at the back) ordered a halal turkey. When he eventually came home



from his part-time job in another restaurant, we realised this thing was huge and completely filled our struggling oven. Stuffed, anointed and suitably armoured, we closed the door on it at around 2 AM. However, sensing that something was wrong, I went down at around 4 to make sure and found the oven door had sprung open and was busily trying to blister the paint off the walls in the kitchen with no discernable thermostat to help matters. MacGyver always a solution, as did we: I took out one of the ropes in my sailing bag and lashed it tight around the whole cooker. After that, the day proceeded normally... well, as normally as things used to go in Clifton Place.

Eventually, we had about 18 guests for Christmas lunch: my Malaysian students, a sprinkling of Omani Naval cadets, two Saudi Arabian coastguards, and a lone Italian who didn't seem to belong to anyone. No matter, everyone got fed, and then we had Christmas pudding with lashings of white custard, mince pies with clotted cream and my sister's Christmas cake to top it all off. Lucky we'd had 'Hulk the halal Turkey' after all.

This tradition has survived. We always have guests over on Christmas day now: itinerant Malaysian lawyers seeking sustenance, an Australian teacher on leave from Bangkok, an American professor trying to make sense of Trumpestein politics, and friends who just pop in and stay for a while to enjoy being part of the camaraderie. And that is the real meaning of Christmas. It's not just about the decorations, or the tree... nor the cooking of the turkey, or even the pressies. Christmas is all about being together, family, friends and new acquaintances, and enjoying just being there.

*Merry Christmas, and
a very happy and prosperous
New Year...*

Omar Salahuddin

World Energy Cities Partnership (WECP)

The Annual General Meeting was held from 16 – 19 October 2018, was held at the KLCC Convention Center. This was an opportunity for participants from the Energy, and other related industries like Oil & Gas, to meet as well as to have productive and positive dialogue with prominent speakers from the industries.

Based on the theme, Powering Collaboration Between Green Technology and Industry 4.0 In Cities Towards Achieving Sustainable Development Goals For A Sustainable Future.

Two dialogue sessions were held at the Malaysian Petroleum Club on 18 October 2018. Based on the themes, 'Grow In Asia From Malaysia' and 'Cross Industry Synergies', these two dialogue sessions were more related to the Oil & Gas industry and its

role in producing sustainable energy towards a sustainable future.

All the international participants and expert panel of speakers had an excellent dialogue session complemented with a luxurious environment and excellent dining at the Malaysian Petroleum Club. ♦



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Petronas Dagangan Berhad Long Service Award



A total of 51 PETRONAS Dagangan Berhad (PDB) employees were the proud recipients of the Long Service Award FY2018, which aims to recognise staff who have served the company for 15, 20 and 25 years.

The high-tea session was held at the Malaysian Petroleum Club (MPC), Tower 2 of PETRONAS Twin Towers on 3 October 2018, with employees receiving their award based on three categories, depending on their years of service. 45 staff attended the event to receive their plaques, while several members of the Leadership Team (LT) were also present to witness the occasion.

YEARS OF SERVICE	NUMBER OF RECIPIENTS
25	16
20	14
15	15

In his address, PDB MD/CEO Dato' Sri Syed Zainal Abidin Syed Mohamed Tahir congratulated the employees for accomplishing this memorable milestone in their careers with PETRONAS.

"The years you put into the company is nothing to be scoffed at. It takes a lot of passion and perseverance to get us to where we are today: the sweat, blood and tears – it's the sum of everyone's collective effort. Like a circle, the pursuit of excellence has no end. I hope you will bear this in mind and continue to uphold and nurture the trust and demonstrate the PETRONAS Values and Culture Beliefs that have kept all of us going," said Dato' Sri Syed Zainal.

"To reiterate my message during the recent town hall, let us all go on full throttle in your job, to continue to set new benchmarks for yourself and help the company grow," he said, in addition to encouraging employees to be role models to the new generation of talents in the company. "By doing so, we will empower them to continue creating the success story for PETRONAS," he said.

Following this, Dato' Sri Syed Zainal handed out Focus Recognitions and presented the Long Service Awards to recipients.

Congratulations to all the PDB Long Service Award FY2018 recipients! ♦



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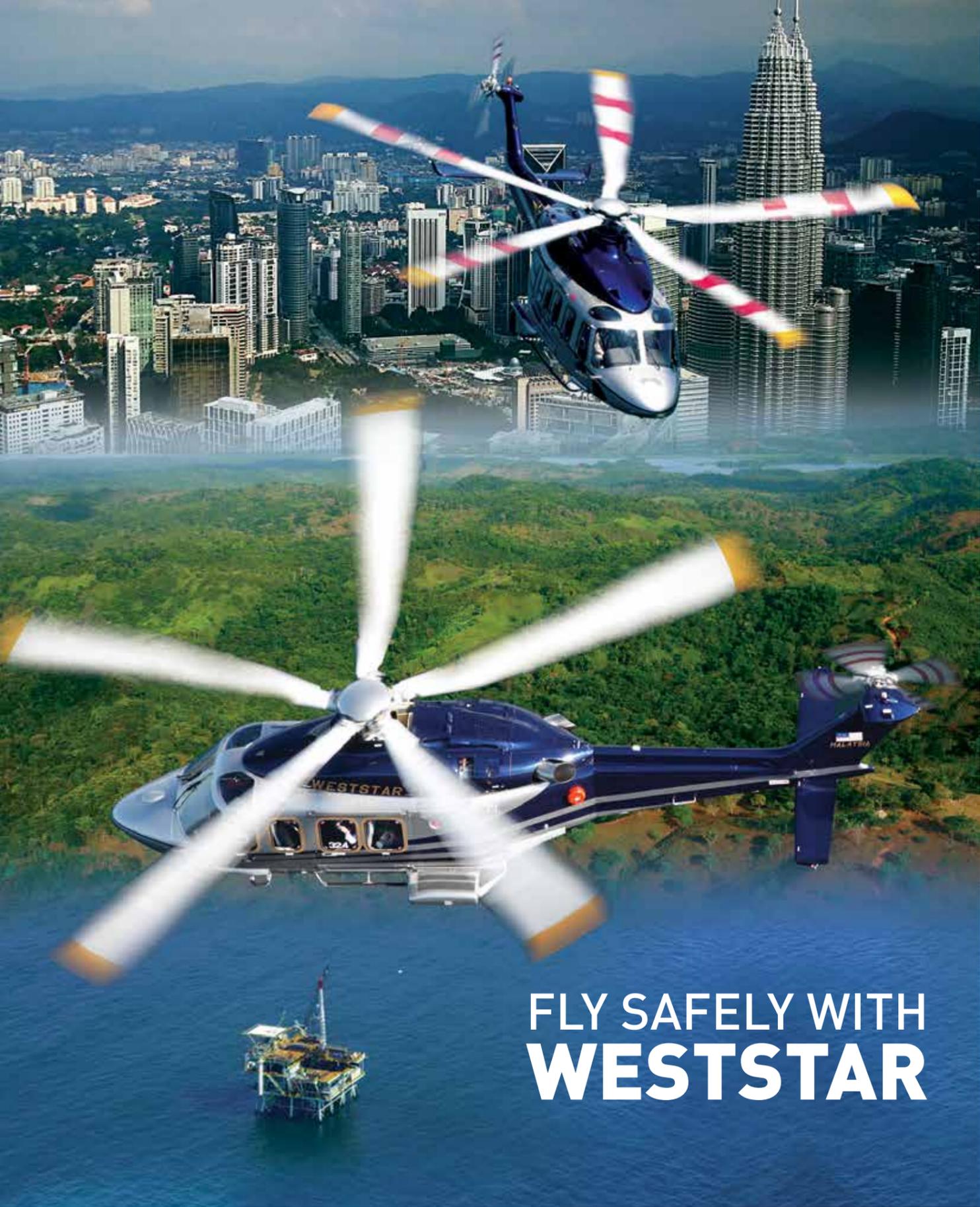
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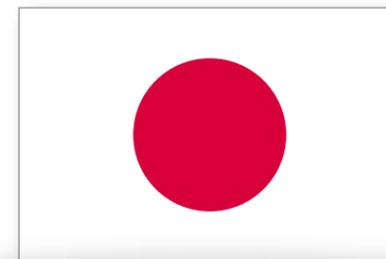




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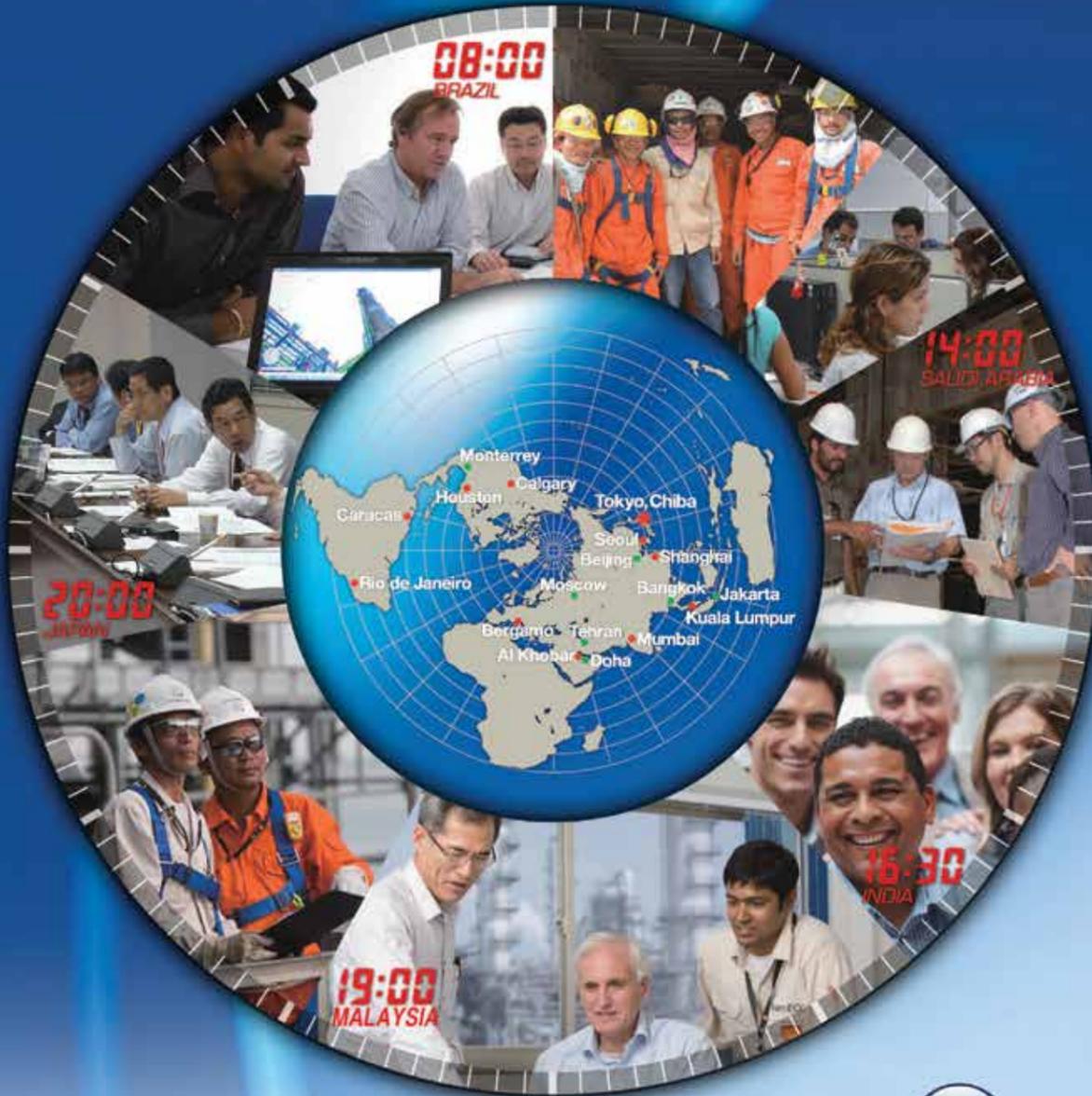


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