



MALAYSIAN PETROLEUM CLUB
RESOURCE MAGAZINE

VOLUME 31. 2 OCT 2023 KDN: PP787B/12/2012 (031611)

HAPPY Diwali





PETRONAS

“Who says technology increases pollution?”

The application of CCUS technology can reduce 3 million tonnes of carbon from the atmosphere annually.



PETROLIUM NASIONAL BERHAD (PETRONAS) 20076-K

www.petronas.com

Passionate about Progress

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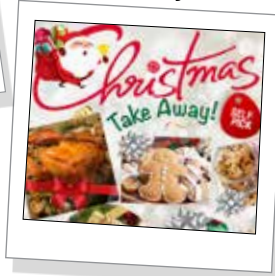


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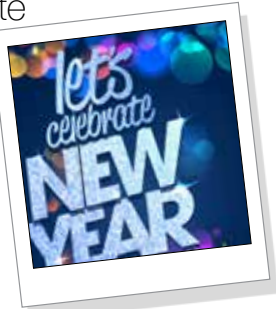
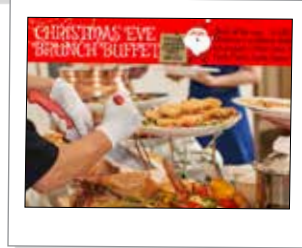
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MALAYSIAN
PETROLEUM
CLUB



MASQUERADE
GALA NIGHT DINNER



BOOK YOUR DATE

24.11.2023
FRIDAY AT 6PM

SHERATON IMPERIAL HOTEL
KUALA LUMPUR

10% OF SALES PROFIT WILL PROCEED
TOWARDS 3 CHARITY ORGANIZATIONS
(SELECTED BY MALAYSIAN PETROLEUM CLUB)

Surpassing Your EXPECTATIONS



Aspirations & Celebrations

The last quarter starts the countdown to the many year-end events at MPC to celebrate your achievements of 2023, and your aspirations for 2024. From the Gala Night to Christmas and New Year mega events, there are plenty of reasons to celebrate and be merry.

We all have great aspirations to be better year after year. As your new Club Manager, I also have aspirations to add more value for our members, by bringing MPC to the next level in culinary experience and member support services. As a trained executive chef, it has been my privilege to bring my expertise to other distinguished establishments in my previous postings. I was the Executive Sous Chef at Shangri-La Penang and has been the General Manager for a few hotels namely The Zenith Hotel Kuantan.

For starters, all MPC outlets – Temana, Seligi, Dulang and Bayan Bar – will undergo menu upgrades for enhanced dining experiences. And some good news - Temana and Seligi are open to families including children of members, after 6 pm daily, as of 15 September 2023.

There will also be complementary services that offer conveniences and surprising bargains when you make a trip to MPC like car care services and picking exquisite gifts for loved ones at discounted prices all within KLCC. There will also be collaborations with 5-star hotels in Kuala Lumpur and within Malaysia, for a much-needed break from work. All these, and many more, will be announced soon.

I am inspired by the heartfelt support of our members and our management, and I will endeavor to ensure MPC remains the preferred club that surpasses your expectations. Let us celebrate our aspirations at MPC, and let the countdown begin.

Charles Abdullah
Club Manager

PRESIDENT

Datuk Tengku Muhammad Taufik
Tengku Aziz

VICE PRESIDENT

Puan Siti Hurrairah Binti Sulaiman

TREASURER

Pn. Liza Mustapha

SECRETARY

En. Sareen Risham

GENERAL COMMITTEE MEMBERS

Datuk Hashim Wahir
En. Noor Ilias Mohd Idris
Mr. Masashi Shiraishi

CLUB MANAGER

Mr. Charles Abdullah
charles@mpc.com.my

DESIGN & EDITORIAL SERVICES

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

PUBLISHER

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

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December Event

MEMBERS COOKING CLASS

'Sous Vide' Style Hainanese Chicken Rice

TO INSPIRE
YOUR
INNER CHEF



Package includes:

- Step by step guidance by Chef
- MPC will provide cooking materials during the class: utensils, raw material & etc.
- Member RM 10 for non-member RM 50



MALAYSIAN
PETROLEUM
CLUB

Classes by
reservation only
03-2166 3200



**BAYAN
BAR** Buy 1
free 1
GLASS

House
Pouring Wine
Promotion
(Red & White)



MALAYSIAN
PETROLEUM
CLUB

For enquiries call:
03 2166 3200
Mathew 014 880 0059
Syahril 019 540 3799

2/10/2023-30/11/2023

MONDAY TO FRIDAY

12PM - 2:30PM



Malaysian Petroleum Club

BANANA LEAF PLATTER

DEEPAVALI SPECIAL WEEKLY LUNCH

MONDAY

Lamb Biryani Rice RM32

Basmati Biryani Rice with Raisin Lamb Biryani, Vegetables Dhalca Curry Acar Rampai, Fried Bitter Gourd Rasam Soup & Papadam Crackers

Chicken Biryani Rice RM25

Basmati Biryani Rice with Raisin Chicken Biryani, Vegetables Dhalca Curry Acar Rampai, Fried Bitter Gourd Rasam Soup & Papadam Crackers

TUESDAY - THURSDAY

Banana Leaf Platter Set A RM22

Nasi Putih, Ayam Bawang Mamak, Kobis Goreng Mamak, Fried Bitter Gourd, Papadam & Rasam Soup Dhalca, Plain Curry & Tomato Chutney

Banana Leaf Platter Set B RM22

Nasi Putih, Fried Tenggiri Fillet, Kobis Goreng Mamak, Fried Bitter Gourd, Papadam & Rasam Soup Dhalca, Plain Curry & Tomato Chutney

FRIDAY

Steamed White Rice RM20
Stir Fried Beef with Ginger, Green Vegetables with Oyster Sauce
Fish Crackers

BEVERAGE

Iced 3 Layer Tea RM11
Iced 3 Layer Coffee RM11

ADD ON

Jenahak Fish Head Curry (half) RM68
Squid Masala (300gm) RM35
Mutton Varuval RM35
Curry Omelette with Chili RM10
Papadam RM5
Plain Rice RM5

CHEF SPECIAL

Sup Tulang Rawan RM28

White Rice, Sambal Belacan & Fish Crackers

ALA CARTE

Grilled Chicken Chop RM22

with Fries, Salad, Coleslaw & Mushroom Sauce

Pori Bread RM15

with Chicken Curry & Alo Gobi

Cheese Nan Bread RM15

with Vegetables Dhalca & Chicken Keema

DESSERT

Pulut Mangga RM10
ABC RM5
Cendol RM5
2 Scoops of Ice Cream RM5
(Vanilla, Chocolate, Strawberry)

SELIGI 菜单 SPECIALTY MENU

Time :

6.30pm – 10pm

Day :

Monday to Saturday

20%
discount for
members



MALAYSIAN
PETROLEUM
CLUB

Call for reservations:
03 - 2166 3200

MENU 1

- * Three Hot Combination
- * Double Boiled Chicken & Dried Whelk Conch Soup
- * Roasted Chicken with Spicy Sesame Paste
- * Pan-fried Cod Fish with Honey Sauce
- * Fried King Prawn with Superior Sauce & Sweet Corn
- * Stir-fried Assorted Mushroom, Vegetable & Macadamia Nuts
- * Golden Fried Rice
- * Chilled Sea Coconut & Longan with Lemon
- * Two Varieties of Chinese Pastry

MYR 3,688 per table (8-10 pax)

MENU 2

- * Four Hot Combination
- * Double Boiled Chicken Maca & Dried Scallop Soup
- * Braised Village Chicken with Plum Sauce
- * Pan-fried Cod Fish with Butter
- * King Prawn with Superior Soya Sauce
- * Braised Fish Maw, Black Mushroom & Broccoli
- * Fried Rice "Sze Chuan" Style
- * Chilled Mango Sago
- * Two Varieties of Chinese Pastry

MYR 3,988 per table (8-10 pax)

MENU 3

- * Four Hot Combination
- * Double Boiled Abalone, Dried Scallop & Black Chicken Soup
- * Smoked Village Chicken
- * Steamed Seafood Platter in Superior Soya Sauce
- * Braised Fish Maw with Fried Garlic in Claypot
- * Fried Noodle with Superior Soya Sauce
- * Chilled Mango Sago
- * Two Varieties of Chinese Pastry

MYR 4,888 per table (8-10 pax)





MALAYSIAN
PETROLEUM
CLUB

Temana Brasserie

BREAKFAST 2 GO MENU

CLASSIC BREAKFAST

HALF BOILED EGGS

Salad, Soy Sauce and Toast Bread
RM 9



HALF BOILED EGGS (AYAM KAMPUNG)

Salad, Soy Sauce and Toast Bread
RM 12



HARD BOILED EGGS

Salad, Soy Sauce and Toast Bread
RM 9

SCRAMBLED EGGS

Salad, Grill Tomato and Toast Bread
RM 9



PLAIN OMELETTE

Salad, Grill Tomato, Hash Brown and Toast Bread
RM 12

HAWAIIAN OMELETTE

Salad, Grill Tomato, Baked Bean,
Hash Brown and Toast Bread
RM 15



AMERICAN BREAKFAST

Double Fried Eggs, Grilled Sausages, Salad,
Tomato, Baked Bean, Hash Brown Potato
and Toast Bread
RM 15



ASIAN

NASI LEMAK WITH FRIED EGGS
RM 9

**NASI LEMAK SAMBAL SOTONG
WITH FRIED EGGS**
RM 15

**NASI LEMAK SAMBAL KERANG
WITH FRIED EGGS**
RM 15

**NASI LEMAK FRIED CHICKEN
WITH FRIED EGGS**
RM 15

MEE HOON SIAM WITH FRIED EGGS
RM 9

CHEE CHEONG FUN
RM 12

KUEY TEAW / YELLOW MEE SOUP
RM 12

PRATHA BREAD WITH DHALL & SAMBAL
RM 7

ROTI TAMPAL WITH DHALL & SAMBAL
RM 9

ROTI BAKAR WITH KAYA
RM 7

CHICKEN MAYO SANDWICH
RM 7

CUCUR BADAK (3 PCS)
RM 5

CURRY PUFF (2 PCS)
RM 5



VENUE : TEMANA BRASSERIE, LEVEL 41

TIME : 7.30 AM - 10.30 AM

DAY : MONDAY - FRIDAY



MALAYSIAN
PETROLEUM
CLUB

Temana Brasserie

COFFEE 2 GO MENU



NACHOS CHIPS WITH AVOCADO DIPSRM 18

FRIED SAUSAGES, ANCHOVIES, ONION & SAMBALRM 15



FRENCH FRIES SALTED EGGSRM 15

MIXED PASEMBURRM 7

APPLE STRUDEL WITH VANILLA ICE CREAMRM 12

BANANA FRITTERRM 7

BANANA BALL (CEKODOK PISANG)RM 7

CUCUR UDANGRM 7

KEROPOK LEKORRM 7

ROTI BAKAR WITH KAYARM 7

CHICKEN MAYO SANDWICHRM 7

CUCUR BADA.....RM 5

MIX FRUITS.....RM 7

ABC.....RM 5



VENUE : TEMANA BRASSERIE, LEVEL 41

TIME : 3.00 PM - 6.30 PM

DAY : MONDAY - FRIDAY

@MPC...



AGM
11 September
2023



BES P2P Networking Dinner hosted by 19 September 2023



@MPC...continues



Chartered Accountancy Stream 1 (Engagement Session) - 15th August 2023



Club Manager - Shirley's Farewell 11 September 2023



PIDM
Corporate
Dinner
6 July 2023



The Merdeka Award Grant
For International Attachment 2023
25th August 2023



@MPC...continues

MPC Company Trip
to Hatyai - 31 August
- 2 September





Cake Delights



MALAYSIAN PETROLEUM CLUB

Experience the sheer delight of our Signature MPC In-House cake. Our Signature MPC Cake is a masterpiece of culinary artistry. Each layer of moist, tender cake is lovingly baked to perfection, and the sumptuous fillings between them create a symphony of flavors that will leave your taste buds in awe. Make your moments unforgettable with MPC Signature MPC In-House Cake from us.



MALAYSIAN
PETROLEUM
CLUB

Cake Delights



Carrot Cake
RM 128
Weight : 1kg



Mango Cheese Cake
RM 128
Weight : 1kg



Pandan Gula Melaka
RM 128
Weight : 1kg



Tiramisu
RM 135
Weight : 1kg



Chocolate Fudge Cake
RM 135
Weight : 1kg

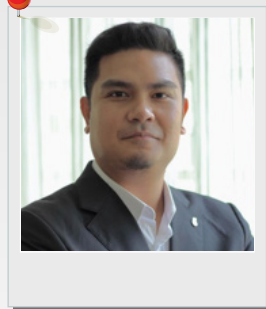


**Salted Caramel
Macadamia Cheese Cake**
RM 148
Weight : 1kg

All images are for illustration purpose only. Futured products contain allergens.
Pre-order two (2) days in advanced. MPC's Member 20% discount. Terms and conditions apply.

A Warm Welcome to our New Members

August – September 2023



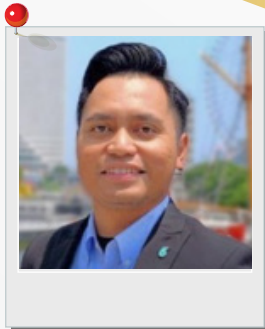
Amzar bin Haji Abdullah
Category: Regular
Date joined: 1 August 2023
ID: 12615
Company: PETRONAS | Refining,
Marketing & Trading



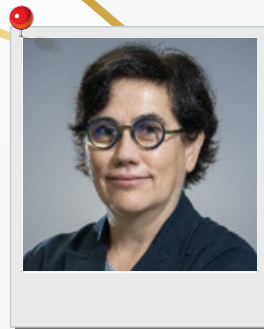
Katsunori Ozawa
Category: Regular
Date joined: 1 August 2023
ID: 12614
Company:
JX Nippon Oil & Gas Exploration
(Malaysia) Limited



Ariff Adry bin Adnan
Category: Regular
Date joined: 1 August 2023
ID: 12616
Company:
PETRONAS | Refining,
Marketing & Trading



Awadh Asyraf bin Supri
Category: Corporate
Date joined: 1 August 2023
ID: 2610
Company:
Gentari Hydrogen Sdn. Bhd.



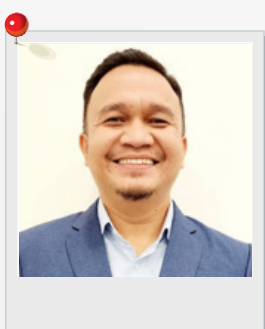
Michèle Azalbert
Category: Corporate
Date joined: 1 August 2023
ID: 2611
Company:
Gentari Hydrogen Sdn. Bhd.



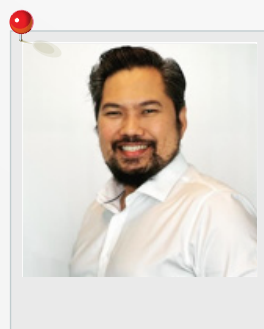
Azaharin bin Ahmad
Category: Regular
Date joined: 1 September 2023
ID: 12617
Company:
PETRONAS
Group Risk Management



Dinesh Gerard Sivasambo
Category: Regular
Date joined: 1 September 2023
ID: 12618
Company:
ExxonMobil Exploration &
Production Malaysia Inc.



Mohamad Syahezat bin Ismail
Category: Regular
Date joined: 1 September 2023
ID: 12619
Company:
PETRONAS Carigali Sdn. Bhd.



**Sazaazrain Shah bin
Mohamad Shani**
Category: Regular
Date joined: 1 September 2023
ID: 12620
Company:
PETRONAS | Strategic Planning &
Business Development



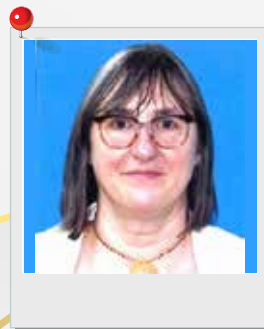
Mohamad Syafiq bin Yahya
Category: Regular
Date joined: 1 September 2023
ID: 12621
Company:
PETRONAS
Corporate Strategic Planning



Muhtar bin Suhaili
Category: Associate
Date joined: 1 September 2023
ID: 3352
Company:
Eastern Pacific Industrial
Corporation Berhad



Daniel Tait
Category: Associate
Date joined: 1 September 2023
ID: 3353
Company:
Score Asia Sdn. Bhd.



Ambassador Orla Tunney
Category: Diplomatic
Date joined: 1 September 2023
ID: 6029
Company:
Embassy of Ireland, Kuala Lumpur



Christmas

Take Away!

SELF PICK



MALAYSIAN
PETROLEUM
CLUB

CHRISTMAS EVE BRUNCH BUFFET

Kid-Friendly
CHRISTMAS
EVE BRUNCH
BUFFET
RM 220





Jingle all the way. . . to MPC and enjoy a sumptuous Christmas Eve Brunch Buffet : With free flow beverages (Champagne, Chilled Juice, Beer) Joyous Entertainment, Party Packs, Santa Clause/Balloons/ Gifts



MALAYSIAN
PETROLEUM
CLUB

Let's
celebrate

NEW
YEAR

@MPC

New Year's Eve Dinner

RM 368

Free flow beverages (full Bar), entertainment,
buffet dinner, party packs, balloons popping

Booking opens from 1 to 29 December 2022

20%
discount for
members



MALAYSIAN
PETROLEUM
CLUB

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



New Member Promotion

REGULAR MEMBERSHIP

Entrance Fee: RM3,180
Security Deposit: RM1,000

**RM2,000 will be reimbursed
as dine-in credit**



MALAYSIAN
PETROLEUM
CLUB

For enquiries call:
03 2166 3200
Mathew 014 880 0059
Syahril 019 540 3799
enquiries@mpc.com.my

Birthday Gifts

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.

When you dine at MPC:

- Free** - One Bottle of Wine/Sparkling Juice
- Free** - One Hour @ Samarang Karaoke Lounge
- Free** - Exclusive Sky Deck Viewing Experience
- Free** - One Birthday Cake
- 50%** - Discount for 4 – 10 people at any one of our restaurants

Terms & Conditions Apply

FOR YOU & Your Spouse*

We are extending all these treats to your spouse on his/her birthday to celebrate with family and friends.

*Supplementary card holder only.



Free!
WHOLE
CAKE



50%
DISCOUNT
FOR
DINE IN

Free!
BOTTLE OF
WINE/
SPARKLING
JUICE



Free!
ONE
SKY DECK
ADMISSION



Free!
1 HOUR
SAMARANG
LOUNGE



**MALAYSIAN
PETROLEUM
CLUB**

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





Seoul's warmest colours have arrived

So, if you want to have a nice and fun time with your loved ones then there is nothing better for you than to pack your bags now and explore autumn in this amazing country as soon as you can.

Vibrant Culture

The long history of South Korea is the main reason behind its varied and delightful traditions that are being practiced by the locals for over so many centuries. Even today, you can witness various music performances and the conventional Korean dance performed by the professionals in Hanbok which is their traditional dress. You can also rent and wear the apparel around Jeonju and Seoul to get yourself immerse in the culture. If you travel to the modern Seoul, there is a high probability that you will find the conventional Hanok home neighborhoods with amazing teahouses that have been there for decades. This wonderful mix of new and old is hard to miss for any person which is why it is advised for you to go and have a fun time watching the glorious beauty of this Country.

Shopping Spree With Your Gang

If you are a shopaholic then nobody can stop you from buying everything from the streets of South Korea because this country is your ultimate shopping destination. Ranging from some really wonderful skincare products in Myeongdong to those humongous and drool-worthy stores in the malls of Seoul, there is nothing you won't love. Especially for all the women out there who are still wondering is South Korea worth visiting, it is time for you to stop thinking and shop till you drop. You can also hop on the streets of Seoul to get the trendiest accessories and apparel for you and your girl gang so that you can show off your style when you get back in the city. Go on and make a list of everything you have ever wanted to buy!









Tasty Cuisine

The most popular and favorite characteristic of South Korean cuisine among the tourists is its various flavorsome side dishes like Banchan and Panchan etc. that can be spotted with every meal. Food is definitely the ultimate reason to visit South Korea as this is a place where you can give a relishing experience to your taste buds. Kimchi, made from fermented and salted vegetables which are kept in the jars for a lot of months is something that is worth every bite of yours. There are a lot of iconic delicacies which you must try like Japchae, Bulgogi and rice bowl Bibimbap etc. You can also enjoy the very palatable hot dogs, potatoes and fish cakes and pastries that are designed in the shape of a fish and savor the taste. There is no wonder why the Koreans are so proud of their cuisines as once you get a taste, you will definitely end up craving for more.

Epic History

South Korea has a very ancient history and the locals are very proud of their tradition which is why you can still see a lot of prevalent heritage sites in several cities of this country which are still intact. Whether you visit the chief palace which is situated in the city of Seoul or you get to explore the Gyeongbokgung Palace, you can feel the wonderful aura. When it comes to describing the South Korean history, Gyeongju is certainly an important destination for all the history lovers and that is why it is also known as a museum without the walls. Being the former capital of Korea, this city is a home to many palaces, tombs, and temples.



Exciting Theme Parks

For an adventure junkie, this place is a pure heaven as you can have a fun time with your crazy bunch of friends in plenty of theme parks in the city of Seoul. There are so many amusement parks in this city that offers you some thrilling rides so that you can make the most of your time in this beautiful country. You can take a mind-blowing ride in Everland, the biggest theme park in South Korea or you can also opt for Lotte World to check out some folk museums and do ice-skating. Make sure to get the adrenaline-pumping experience so that the next time someone asks you why is South Korea a good place to visit, you know the answer.





Health Check: What is Cellulite?



Most women (85%) and a small number of men have cellulite, usually on the thighs, buttocks and upper arms. It's a normal pattern of fat for people of all shapes and sizes.

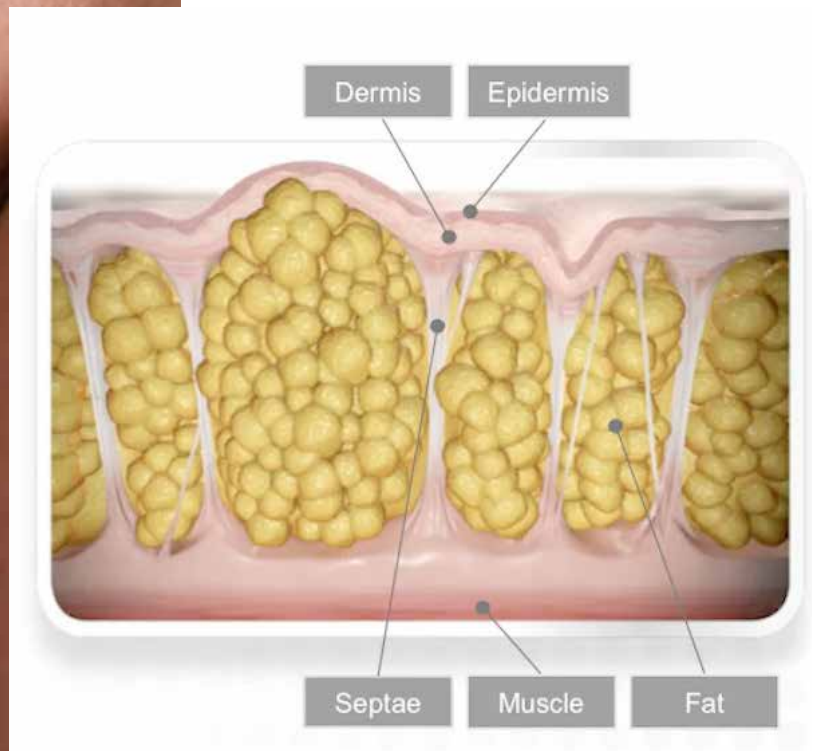
The dimpling of cellulite, or gynoid lipodystrophy as it's medically known, is caused by alterations to the layer of fat beneath the skin, known as subcutaneous fat.

Cellulite can be hard, soft or oedematous (swollen). Hard cellulite is seen in young women who exercise regularly. Soft cellulite is more common in inactive women who have recently lost weight. Oedematous cellulite is seen in women who are overweight.

Why do we have subcutaneous fat?

The fat tissue beneath our skin has three main functions. It acts as a shock absorber to dissipate external forces applied to the skin, to protect the underlying muscle and overlying skin. Fat in the feet aids walking, while fat on the buttocks aids sitting.

Second, fat provides thermal insulation and helps regulate and maintain our core body temperature. Underweight people feel the cold more. Overweight people find heat and hot climates more difficult.



Third, fat stores surplus energy when food supply is irregular. Feasting leads to fat accumulation. Fat stores can release energy slowly and evenly to help us endure famine. Fat tissue is an integral part of a very sophisticated energy storage and delivery system that allows humans to get by comfortably with three meals a day, while other mammals such as sheep need to feed almost continuously for 80% of their waking hours.

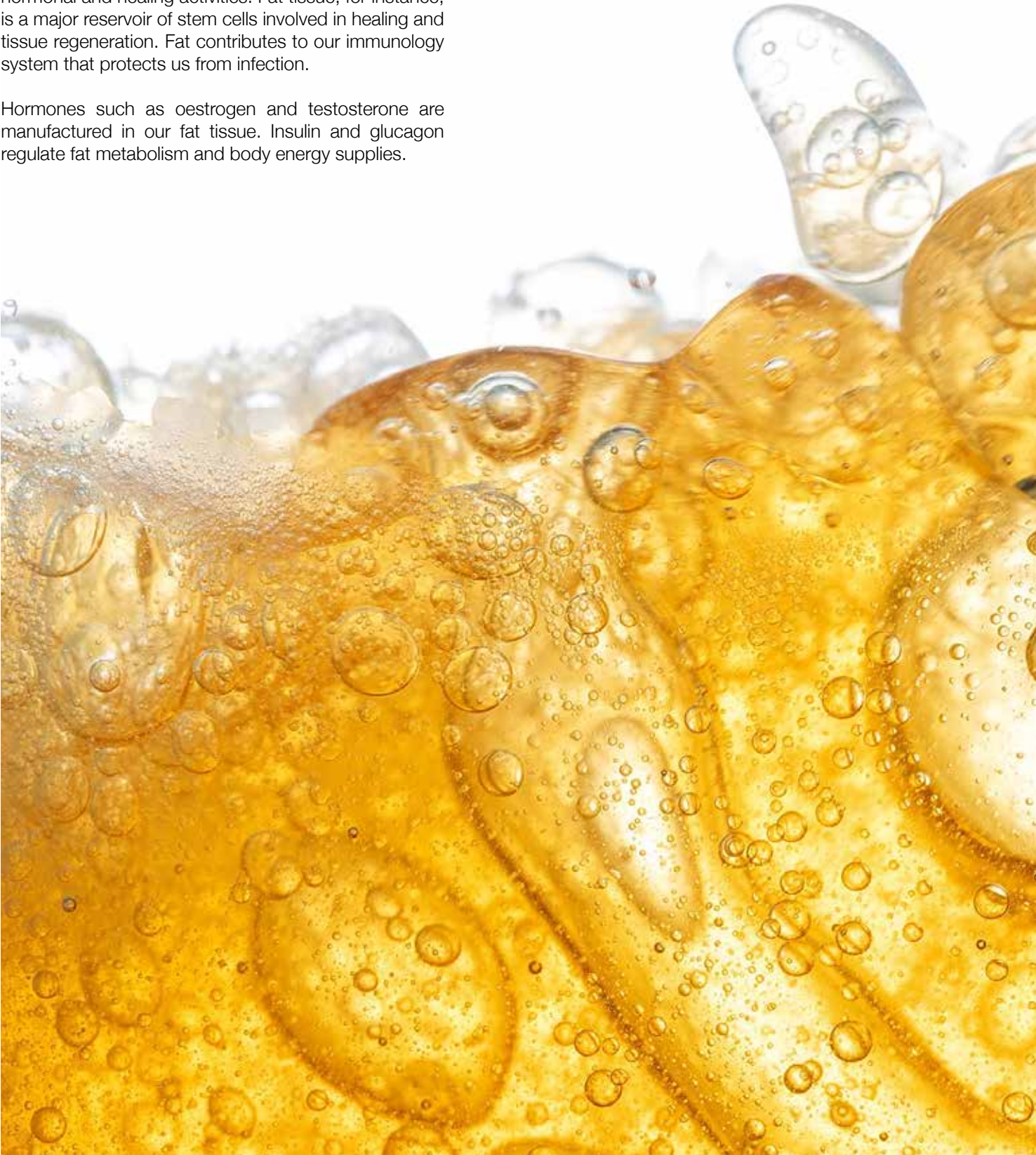
Apart from these main functions, subcutaneous fat participates in many of the body's other metabolic, hormonal and healing activities. Fat tissue, for instance, is a major reservoir of stem cells involved in healing and tissue regeneration. Fat contributes to our immunology system that protects us from infection.

Hormones such as oestrogen and testosterone are manufactured in our fat tissue. Insulin and glucagon regulate fat metabolism and body energy supplies.

Compartments of fat

Fat is a liquid at body temperature. Thin fibrous connective tissue, called septae, separate the liquid fat into small compartments of similar size.

Septae attach the skin on top to the muscle and underlying tissue below. This produces normal skin contours, brings our skin back into place after pinching and essentially stops gravity sending all our fat to our feet and ankles when we stand up.



How does cellulite form?

Cellulite occurs primarily due to changes in the amount and composition of fat within the fat cells (adipocytes) and alterations in the connective tissue, the septae.

These changes are thought to be caused by alterations in the blood vessels and circulation in the subcutaneous tissue and are influenced by genes and hormones, and exacerbated by a sedentary lifestyle and obesity.

In cellulite, the fibrous collagen walls of the septae thicken and become rigid. The stiffened septae stick together to produce larger and more irregularly sized balls of fat.

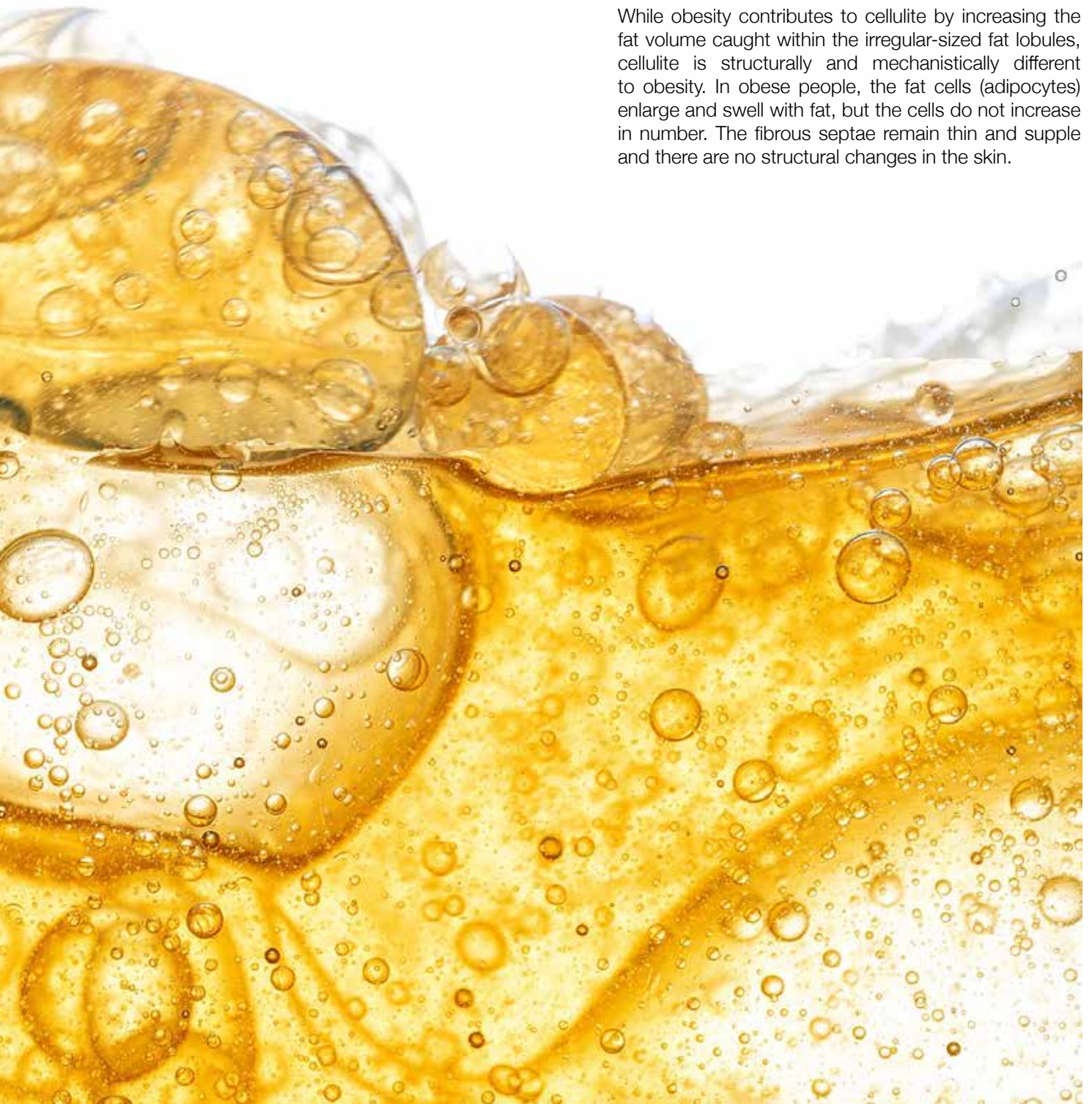
Think of septae as balloons filled with water. The balloons change from being similar in size, soft and flaccid to become irregular in size, thick, hard and inflexible.

This feels lumpy rather than smooth, and when we apply and release pressure, it does not recoil as readily as skin elsewhere.

What causes cellulite?

Oestrogen is the most important hormone involved in the production of cellulite, and explains why it predominately (but not exclusively) affects women, it begins after puberty and gets worse during pregnancy and with oestrogen therapy.

While obesity contributes to cellulite by increasing the fat volume caught within the irregular-sized fat lobules, cellulite is structurally and mechanistically different to obesity. In obese people, the fat cells (adipocytes) enlarge and swell with fat, but the cells do not increase in number. The fibrous septae remain thin and supple and there are no structural changes in the skin.



Cellulite is more common in Anglo-Saxon women than Asian or black women. Mediterranean women are more likely to develop cellulite on their hips while Celtic women may develop it on their lower abdomen.

Reduced muscle activity and muscle mass associated with a sedentary lifestyle aggravate cellulite by affecting the blood's circulation to the heart and the circulation within the fat tissue.

What if your cellulite bothers you?

Having cellulite doesn't mean you are overweight, it can happen with thin people too. Furthermore, losing weight might decrease cellulite if you are overweight. The causes of cellulite are not well understood yet, but there are several theories that have been put forth as explanations. Among these are:

- Hormonal factors – Hormones likely play an important role in cellulite development.
- Genetics – certain genes are required for cellulite development. Genes may predispose an individual to particular characteristics associated with cellulite, such as gender, race, slow metabolism, distribution of fat just underneath the skin, and circulatory insufficiency.
- Poor Diet – people who eat too much fat, carbohydrates, or salt and too little fiber are likely to have greater amounts of cellulite.
- Lifestyle factors – cellulite may be more prevalent in smokers, those who do not exercise, and those who sit or stand in one position for long periods of time.
- Clothing – underwear with tight elastic across the buttocks (limiting blood flow) may contribute to the formation of cellulite.
- Slow – slow metabolism can cause cellulite, so we need to eat properly in order to increase our metabolism.
- Thickness and color of your skin- cellulite tends to be less noticeable on darker skin. If you have light skin and plan to be out in a bathing suit or short shorts, applying a self- tanner may make the bumps and dimples on your things less noticeable.





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Biofuel: how new microalgae technologies can hasten the end of our reliance on oil

This article is republished from The Conversation

Authors: Callum Russell, Chemical Engineering PhD, University of the West of Scotland



Microalgae have been used by the Chinese for medicinal and nutritional purposes for thousands of years in the belief they could cure almost any health condition. The idea that microalgae have extraordinary healing powers isn't as far-fetched as some might think. Though the ancient Chinese believed the microalgae was responsible for health-improving benefits, we now know that it was in fact the biochemical compounds produced by these microscopic creatures that provided the "magic".

There are approximately 100,000 species of microalgae, each with their own distinct set of properties. This diversity allows microalgae to flourish in almost every environment on Earth. Mostly they exist in aquatic

habitats such as fresh or wastewater, but they have been found in moist soil – and even snowbanks too.

Microalgae are usually described as being green, and this is true for species such as *B. braunii* and *C. vulgaris*. But there are other species, such as *C. officinalis*, which is red or *F. spiralis*, which is brown. Each classification produces different types or quantities of biochemical compounds, making some more useful for certain applications than others.

Over the past few decades research has demonstrated the huge potential of microalgae, especially in the production of biofuel – fuel that is created from plant material or animal waste. I wanted to review this research





to provide a framework to establish the most suitable microalgae species for large-scale biofuel production that can ultimately rival oil and gas giants and reduce our reliance on fossil fuels.

The magic of microalgae

Microalgae have a unique ability to convert sunlight and carbon dioxide into a wide range of biochemical compounds. Despite being classed as animals, they metabolise the same way as plants, producing oxygen to replenish what we humans consume. This cycle acts as a carbon capture system, whereby harmful CO₂ in the atmosphere is converted to useful oxygen. Microalgae also produce a wide range of other compounds found inside the cells, and these are what make microalgae so good at combating the effects of global warming.

Generally, the products from microalgae can be grouped into three classes: proteins, carbohydrates and lipids (fats). But research has found that there are several other high-value biochemical compounds that have significant applications in a wide range of different industries. For example, microalgae produce compounds known as carotenoids, more commonly known as dyes or pigments. These compounds are responsible for giving salmon its pink colour, as the food they eat contains high quantities of carotenoids.

Another high-value class of compounds are polyunsaturated fatty acids (PUFA). These compounds are part of the lipid family and play a vital role in supplying the cells with energy. Microalgae have been deemed one of the richest sources of these compounds, which help treat the effects of diabetes and arthritis.

But how is it possible for these organisms to produce oil that can be used in cars? The petrol and diesel currently used is derived from crude oil that was formed millions of years ago from dead sea creatures. But modern biofuel is produced from living organisms on a real-time basis.

How biofuel is produced

Biofuel made from microalgae is currently one of the most promising fossil fuel alternatives to sustain the world's energy demand. This is no easy task, especially having to compete with a highly profitable industry that has been established for more than a century. But unlike oil, which is non-renewable, biofuel is a renewable and sustainable source of fuel. Unfortunately, the economics of biofuel can't yet compete with traditional fossil fuels. It all boils down to the bottom line, and currently the scale-up technology required isn't here yet.

Microalgae don't directly produce biofuel – they produce lipids (fats). To make biofuel these fats must be converted through a process known as transesterification. The process involves removing as much water as possible, known as dewatering, but this requires significant amounts of energy, resulting in high operating costs. As a result, the overall process becomes too expensive to compete with the oil and gas industry, despite its positive environmental impact.

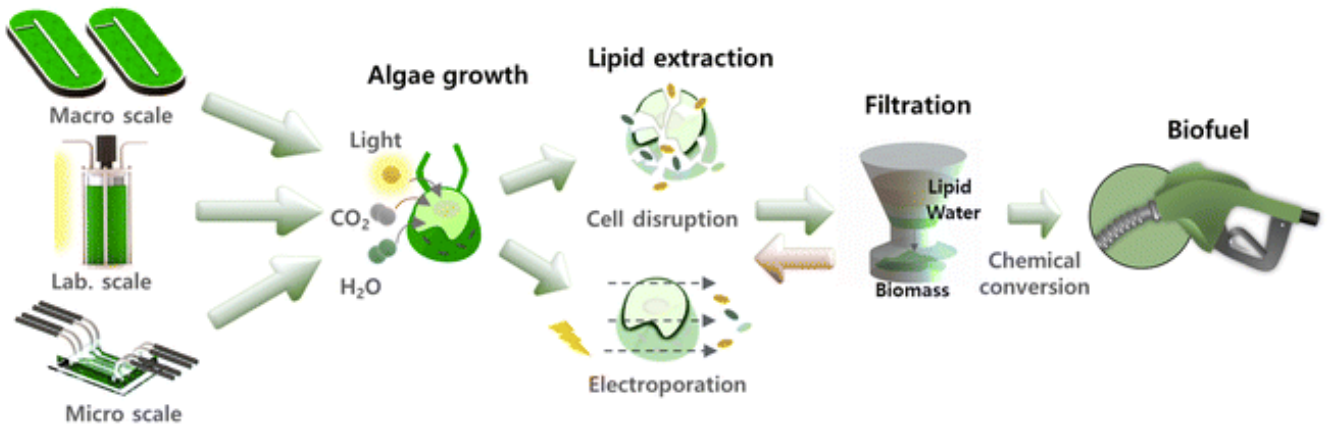
Economics aside, the future for microalgae cultivation and lipid extraction is extremely promising. The development of hybrid technologies will accelerate the global shift to reducing our reliance on fossil fuels. These include cell factories that use gold nanoparticles – subatomic particles similar to atoms that form the building blocks of physical matter – to increase production rates and increase efficiencies.

Another potential solution is a process known as “milking”. Traditional cultivation methods for microalgae mean they are destroyed after the cultivation period has ended, which limits the full potential of what each cell can offer. Just like milking a cow, the process can be repeated without killing the cow, and the same goes for microalgae. By repeatedly removing high-value compounds from the same culture of microalgae, the high production cost issues can be removed, resulting in a sustainable and scalable process for the future.

This would result in biofuel becoming cost competitive with current fossil fuels, helping to accelerate the shift towards alternative energy sources. Unfortunately, the prospect of competitive biofuel production has some way to go before it can rival fossil fuel prices and quantities. But these developing technologies have the potential to speed up the transition needed to help the world reach its 2050 emissions targets.



Multi-scale microalgae bioreactors



Eggs and Health: Unscrambling the Message

This article is republished from The Conversation

Authors: Tom Sanders

Emeritus Professor of Nutrition & Dietetics, King's College London

It's hard to keep up with the message on eggs. Are they good for you or not? In the 1960s, people were told: "Go to work on an egg". But in the 1970s the public was advised to avoid eggs because they were linked to high blood cholesterol. The negative press on eggs continued in the 1980s when raw eggs were linked to salmonella poisoning. The message changed in 1999 when a study, published in JAMA, a leading medical journal, found no link between egg consumption and the risk of cardiovascular disease – except possibly in people with type 2 diabetes. This lack of a relationship between egg consumption and cardiovascular disease was reaffirmed in 2013 in an analysis of 17 reports of studies involving over 3m participants. Indeed, eggs seemed to have been rehabilitated as part of a healthy diet, so much so that it became fashionable to keep chickens.





Eggs were in the news again in 2018 when a report from China on half a million people noted a lower incidence of cardiovascular disease (mainly haemorrhagic stroke) in people who regularly ate eggs, for reasons that remain uncertain but could be due their to contribution to protein intake, as suggested by previous studies in Japan, which has one of the highest intakes of eggs in the world. But now the doom merchants are back, warning that eggs can kill.

This latest report, published in JAMA, followed nearly 30,000 participants for an average of 17 years. Of these 5,400 had a cardiovascular disease "event" (heart attack or stroke). The researchers found that each egg consumed was associated with a 2.2% greater absolute risk of cardiovascular disease over the follow-up period (roughly 22 extra cases of cardiovascular disease per 1,000 participants).





NUTRITIONAL VALUE PER 100 G

-  Protein 12.6 g
-  Fats 10.6 g
-  Carbohydrates 1.12 g
-  Energy 647 kJ (155 kcal)

MINERALS

CALCIUM	(5%) 50 MG
IRON	(9%) 1.2 MG
MAGNESIUM	(3%) 10 MG
PHOSPHORUS	(25%) 172 MG
POTASSIUM	(3%) 126 MG
SODIUM	(8%) 124 MG
ZINC	(11%) 1.0 MG



VITAMINS

VITAMIN A EQUIV	(19%) 149 µg
THIAMINE (B1)	(6%) 0.066 MG
RIBOFLAVIN (B2)	(42%) 0.5 MG
NIACIN (B3)	(0%) 0.064 MG
PANTOTHENIC ACID (B5)	(28%) 1.4 MG
VITAMIN B6	(9%) 0.121 MG
FOLATE (B9)	(11%) 44 µg
VITAMIN B12	(46%) 1.11 µg
CHOLINE	(60%) 294 MG
VITAMIN D	(115%) 87 IU
VITAMIN E	(7%) 1.03 MG
VITAMIN K	(0%) 0.3 µg

PROTEIN

Tryptophan, Threonine, Isoleucine, Leucine, Lysine, Methionine, Cystine, Phenylalanine, Tyrosine, Valine, Arginine, Histidine, Alanine, Aspartic acid, Glutamic acid, Glycine, Proline, Serine.

OTHER CONSTITUENTS

Water	75 g
Cholesterol	373 mg

COLOR OF EGGSHELL

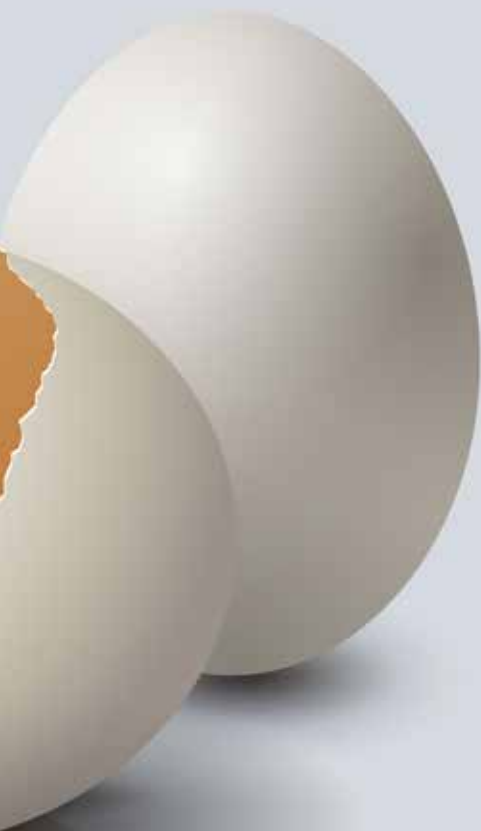


INFOGRA

EGG AS FOOD



PHICS



The statistical methods used were robust, and the pooled data from six studies represents the ethnic diversity of the US population and the diets of ordinary Americans.

The study's limitations are the dependence on a single measure of dietary intake at the start of the study and the strong correlation of egg intake with obesity and unhealthy lifestyles, such as smoking, eating lots of red and processed meat, and not eating a lot of fruit and veg. Statistical adjustments were made to correct these confounding factors (things that mask true associations). However, these corrections are imperfect and invalid when the correlations with egg intake is very strong. For example, in the US eggs are often eaten with bacon, sausages or burgers, so it's impossible to disentangle the effects on CVD risk of eggs from these fatty meat products.

Also, the increased risk was much greater than would be predicted from the known effects of eggs on blood cholesterol levels. These findings need to be considered in the context of the North American dietary pattern because they may not apply to other dietary patterns, especially Asian.

Observational studies such as these can only show associations (they cannot prove causation), so they should be treated with caution.

The role of cholesterol

The average egg consumption in most countries is usually only three or four eggs a week. A medium-sized egg provides 226mg cholesterol and average cholesterol intakes typically range between 200-250mg per day. It is easy to be confused by a high blood cholesterol level, which increases the risk of cardiovascular disease, and its relationship with dietary cholesterol, which is mainly provided by eggs. Very high blood cholesterol levels are usually inherited or caused by a lack of some hormones (such as thyroid hormone). But moderate increases in blood cholesterol are related to diet.

In 1916 a Dutch physician, Cornelis De Langen, noted that the Dutch in Java, an island in Indonesia, had atherosclerosis (plaque build-up inside the arteries) and cardiovascular disease, but this was uncommon in the Javanese on their native diet, which was mainly based on plant foods with a few eggs a week. He linked high blood cholesterol to heart disease and showed that putting the Javanese on a Dutch diet increased their blood cholesterol by about one millimoles per litre (mmol/L), which is quite a large effect.

Most adults in North America, Europe and Australasia have moderately increased blood cholesterol levels as a result of middle-aged spread, saturated fat intake and, to some extent, cholesterol intake. Randomised controlled trials, where participants are fed increasing amounts of eggs, have found that each 200mg of cholesterol from eggs increases the harmful form of blood cholesterol, low-density lipoprotein (LDL), by only 0.1mmol/L (about a 3% increase). But dietary cholesterol also enhances the LDL cholesterol-raising effect of saturated fat.

Meat eaters who reduce their saturated fat intake can expect to lower their LDL cholesterol by 0.3mmol/L. But LDL cholesterol is typically 2.4mmol/L in vegans, who consume no cholesterol and have low intakes of saturated acids, compared with meat eaters where the average is 3.5mmol/L.

Not the same risk for everyone

Between a quarter and a third of the population inherit a version (an “allele”, in the jargon) of the APOE gene called e4 that makes them much more sensitive to dietary cholesterol than those who carry the more common e3 allele. They can show a 10% increase in LDL cholesterol with dietary cholesterol from eggs.

There is also variability on how much cholesterol is absorbed. Most of the cholesterol in the small intestine is derived from bile secreted from the liver rather than from eggs. Plant sterols, which are added to some foods, such as yogurt drinks and margarine, block cholesterol absorption and lower LDL cholesterol by up to 10%. So even people who carry the e4 allele can eat eggs without increasing their LDL cholesterol if they consume plant sterols in the same meal.

The American diet contains large amounts of meat and eggs, and it seems probable that a high intake of cholesterol (about 600mg per day, equal to two to three eggs a day) adds to the risk of cardiovascular disease, particularly in people with type 2 diabetes. There is also good reason to caution younger people about the risks of following the fad of high-protein diets that may include eating several eggs a day. Otherwise, eating eggs in moderation (three to four eggs a week) makes a useful contribution to nutrient intake and is harmless.







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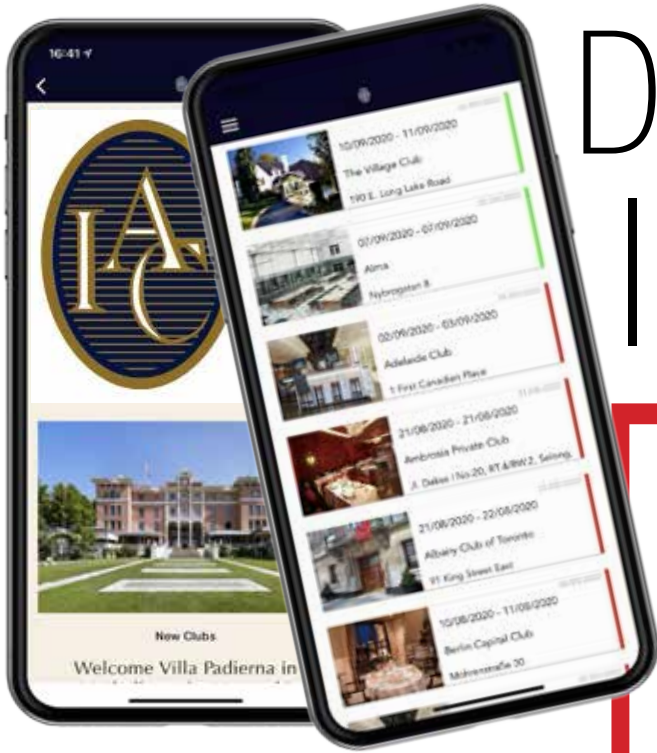
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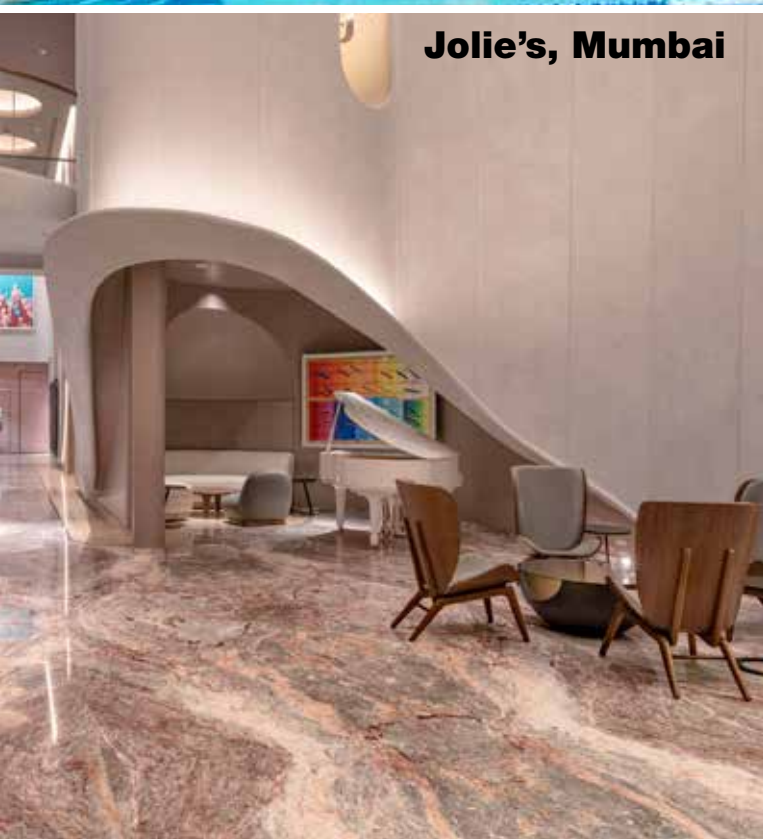


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