Club Times

Align Work Purpose

- Live Shopping
- ► Malaysia's Most **Admired Athletes**
- Challenging Sports

Club Times is a quarterly publication of Berjaya Clubs produced exclusively for its members.

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Editorial

New year, new outlook!

Dear Member,

We here at Berjaya Clubs are very excited about this new year. We believe that 2018 is going to turn out to be a great year for all our members. This year, Berjaya Club Times will embark on a journey of self-discovery and self-improvement, because your greatest asset is you!

To start with, this issue features an engaging quiz that you can take to test how well your current job aligns with your life's purpose. The more your job serves your life values, the more satisfaction and happiness you'll experience on a day-to-day basis. So, enjoy yourself with the quiz!

As far as tech trends go, we take a look at the latest thing to hit our computer and phone screens: live shopping. Learn about how live video streaming is transforming the field of online shopping – and get some pointers on how you can get in on the business, if you wish!

Did you know that people are more likely to stick to an exercise programme that suits their personality type? Well, in this issue of Club Times, we showcase some sports that are especially suited to those who like a challenge. And, in our Top 5 section, we highlight five Malaysian athletes who deserve the most admiration, and why. Let them be your inspiration!

In our food and beverage section, we're taking a different angle and looking at dishes that might not be so well-known, but that you definitely must try! Starting with the East Coast, we're looking at some tantalising delights from Kuantan that will surely satisfy adventurous taste buds.

And as always, you'll find plenty of news, highlights and upcoming events at all our clubs, for your benefit and enjoyment as a family. Have a great read, and I'll see you down at the club!



Berjaya Clubs

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Tel: +6018-222 1919 Fax: +603-8766 7173 Email: staffield@berjayaclubs.com

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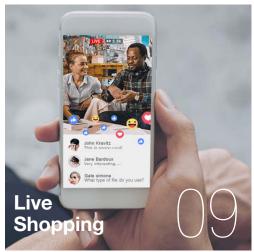
DESIGNED BY

Yellow Thumbprint Sdn Bhd (595768-P) B-3-13a Street Mall, One South Jalan OS Taman Serdang Perdana 6 43300 Seri Kembangan Selangor Tel: +603-8959 1221

Highlights

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Members' Privileges

Spotlight

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FEBRUARY 2018 MONDAY

24 FEBRUARY 2018 SATURDAY

CNY CHARITABLE VISIT TO OLD FOLK HOME

Time : 10.00 a.m.

Meeting Point : Club house Main lobby car-porch

Members who are interested to join can call Public Relations Department at 03-8996 1837 for more details.

ACROBATIC LION DANCE

Come and usher the chap goh mei year of dog with acrobatic lion dance

Time: 12.30 p.m. (Offices' Blessing)
2.00 p.m. (F&B outlets Blessing)
2.30 p.m. (Acrobatic Performance at

Clubhouse main lobby car-porch)



13 & 14 JANUARY 2018 10 & 11 FEBRUARY 2018 10 & 11 MARCH 2018

MONTHLY HORSE SHOW

For more information, call Equestrian Counter 03-2094 1979/ 1903

7 FEBRUARY 2018 WEDNESDAY

SHARE THE FESTIVE CHEER - CHARITY VISIT TO THE UNDERPRIVILEGE.

For more information, call Members Relation 03-2093 6308

24 FEBRUARY 2018 SATURDAY

CHINESE NEW YEAR LION DANCE & ACROBATIC PERFORMANCE

Horse Carriage Rides pick up point at pony petting area

Office & F&B Outlet Blessings

Acrobatic Performance at Sports Complex

: 10am - 12pm

: 8.30am - 11.30am

: 12pm - 12.30pm





$\int \frac{\text{MARCH 2018}}{\text{SATURDAY}}$

SWIMMING GALA

For further information, please contact S&R Dept 03-2094 1149.

EASTER CRAFT

For more information, call Members Relation 03-2093 6308.



2018 SUNDAY

A MARCH 2018 SUNDAY

CAPTAIN TROPHY

Time: 1.30pm

For more information and registration, please contact golf counter at 07-428 5431.

CHINESE NEW YEAR SPECIAL

Time: 1.30pm

For more information and registration, please contact golf counter at 07-428 5431.

283 FEBRUARY 2018 FRIDAY & SATURDAY

SQUASH COMPETITION

For more information and registration, please contact sport at 07-428 6001.



ClubTimes





A MARCH 2018 SUNDAY

CAR STICKER 2018–2020

New car stickers for 2018–2020 are ready for collection at Membership Department:

Mon-Fri: 9 am to 5 pm Sat: 9 am to 12 pm

Vehicles without valid car stickers are not allowed to park at the member parking area. Bring along your existing sticker and membership card when collecting your new sticker. Only two (2) stickers will be provided per member.

CNY CELEBRATION @ KDE

Gong Xi! Gong Xi! Wishing all members and guests a great year of enduring wealth and health. Come celebrate with us as we usher in the Year of the Dog with great anticipation and hope. Watch the prancing lions perform their acrobatic feats and get your adrenaline pumping. Make a date with us and enjoy this auspicious occasion with lots of joy and laughter.

Time: 2 pm

Venue: Clubhouse Main Porch

$25\frac{\text{MARCH 2018}}{\text{SUNDAY}}$

SWIMMING GALA

Registration or enquiry, please call 03-4251 4515. Terms & Conditions apply.





CHAP GOH MEI CLASSIC GOLF

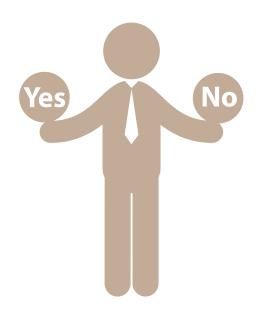
Registration or enquiry, please call 018-222 1919. Terms & Conditions apply.



Five days per week for more than 40 years, most people spend eight hours or more a day working. If you add up the number of hours you've spent at work, the number is staggering. Now, if one is going to spend a third of one's adult life at work, shouldn't one try as hard as possible to find a career that's fulfilling?

Yet, why do most people, according to surveys, stay in jobs that they're unhappy with? Many are too afraid to take risks – to fail pursuing a career they knew they would love. Others aren't willing to make financial sacrifices. Others make choices that contradict their own values. Finally, many people simply don't know what career they want.

A Forbes magazine article entitled "Why You Should Build a Career That Aligns with Your Life Purpose" reported that people are healthier and happier when they love their career. In the long run, healthier and happier people also make more money – even if they chose a career that was less financially lucrative than their other options. People who have found their life's purpose are passionate about their life. When their career choice matches their life's purpose, they are also more productive at work.



Take the quiz

Does your career align with your life's purpose? The simple yes/no quiz below can help you determine the answer to that question.

Cover Story

Club Times

Do you utilise your best personal characteristics on the job? For example, you might be very creative or very nurturing.



No

2 Is there a significant correlation between your professional and personal activities?
For example, you might be a professional teacher who does volunteer tutoring in your personal time or you might be a stockbroker who gives seminars on investment advice at the public library.



No

Is there a significant correlation between your work goals and your personal values? For example, you might be concerned about the plight of poor people in civic life while simultaneously working as a doctor or nurse in an emergency room.



No

Do you get as much or more satisfaction from your professional activities and accomplishments as your personal activities and accomplishments?



No

Do you care enough about your job that you keep a list of things to do as opposed to just waiting for your boss to tell you what to do?



No

Are there several things about your job that give you more satisfaction than receiving your paycheque?



No

Are you happy enough about your career choice that you would turn down an opportunity in a career that would pay you significantly more money?



No

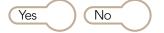


Cover Story

Are you so passionate about your work that you usually don't check to see how much time is left in your official work day?



Are you so passionate about your work that you enjoy working overtime occasionally?



Are you so passionate about your work that you are all right when you must sometimes cancel dates and other personal appointments when something work-related comes up at the last minute?



When you're off the clock, do ideas about how to do your job better regularly come into your head?



When ideas do come into your head, do you write them down, so you can implement them?



Are you willing to risk the scorn of others to continue working in your career such as listening to friends and family call you a "loser" for working in a low-paying career?



Are you willing to spend years working a second job to survive while you develop the skills needed to succeed in a career that matches your life's purpose?



Are you willing to spend years learning the craft of your chosen career while making numerous financial sacrifices such as sharing an apartment, going on fewer vacations, etc?



Check your score

The more "yes" answers you give, the more likely it is that you have chosen the right career.

12 - 15 "Yeses"

You should probably stay in your career even if people look at you dubiously when you tell them your career.

8 - 11 "Yeses"

You should probably remain in your career even if someone offers you a significant increase in remuneration to switch careers.

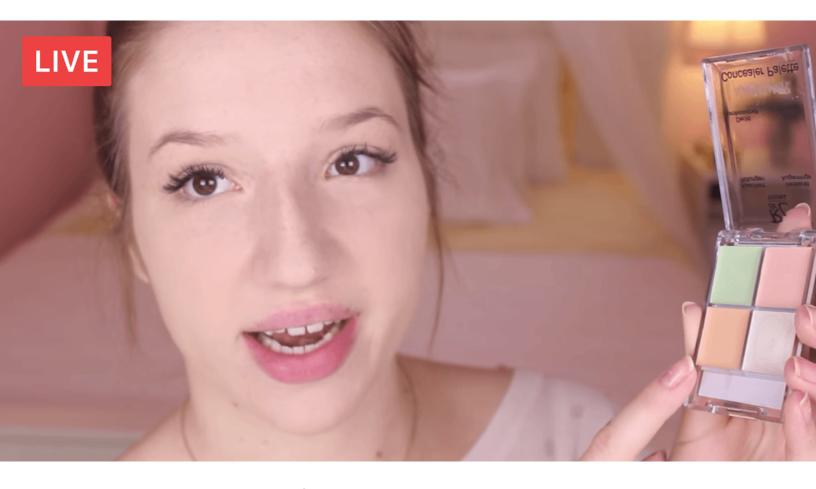
4 - 7 "Yeses"

You should probably explore different careers.

0 - 3 "Yeses"

You should probably put on your running shoes and run as fast as you can to another career option.

Our hope for you is to find yourself in a career that allows you to fully express your life's purpose. We wish you all the best!



Live Shopping

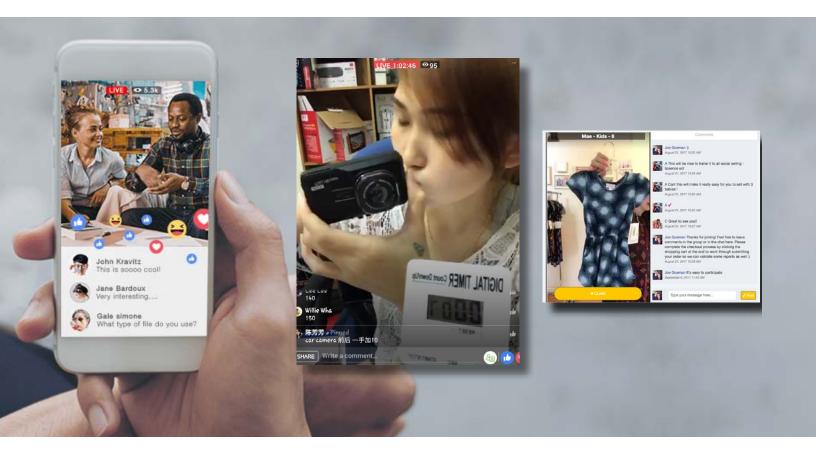
Online retail has taken one more step into the future, with live shopping features delivered through live stream apps such as Facebook Live. Facebook users can now do much more than make friends jealous with videos of vacations and great meals. While, retailers can now directly sell products in real time through live streams with easy, one-click functionality.

Facebook Live has differentiated itself from competitors Periscope and Snapchat (and even sister offering Instagram Stories), even though Periscope

came right behind, with Nissan, Doritos and Coach partnerships. The market will eventually catch up, but as we speak, Facebook Live is currently the easiest to use and has the most scale by far. Why should sellers and buyers use Facebook Live for Live Shopping right now? Let's take a look.



Club Times



Audience Targeting

Facebook already has one of the most robust audience taraetina mechanisms any social media platform on the market. When you add Live Shopping to the experience, what you get is something truly special. Imagine a buying experience in which you only see brands that are relevant to you. Live Shopping basically only gives you the "commercials" that fit in with your natural viewing experience!

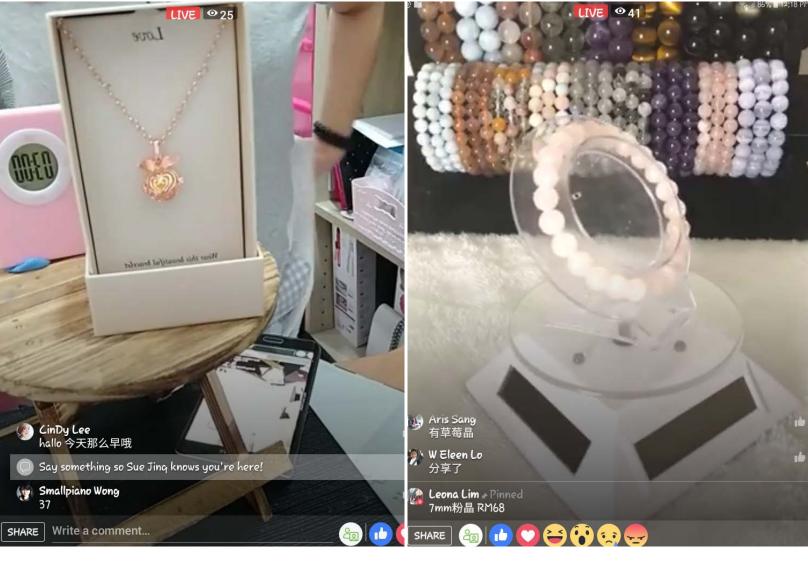
New Products Come Here First

Millennials moving are away from TV, and younger generations (Gen Z) are following suit. Companies with the newest products are following this audience. If you want to stay abreast of the latest in fashion, tech and other industries. Live Shopping is the way to go. By the time these products get to TV or radio, they will already be old!

Quick Buying Experience

With Live Shopping, you never have to leave the stream you are watching to buy the product that you want. The carousel of relevant products scrolls smoothly along the bottom of the stream. All the buyer has to do is check the price and click the "buy" button for the chosen product. The order completes in a matter of seconds, and the buyer returns to an uninterrupted viewing experience (and other products to buy as well).

The New Gen



Engaging, Live Presenters

The new generation of online salesmen are much better at producing live shopping "commercials" than Hollywood old-schoolers. Products are always relevant to the stream and incorporated into the programming in a completely organic way. More than that, the content is entertaining and may even showcase the product in use, so buyers know exactly what the product represents and how it works!

You Can Do It, Too

Another benefit Live to Shopping is that viewers can easily become sellers! All that you need is a stream or a product (or both), and you can get in where you fit in. Just like on mainstream Facebook, Facebook Live allows anyone with something to sell, the ability to do so. Live streaming is the home shopping network of the future. Get on board in the beginning stages, for best results!





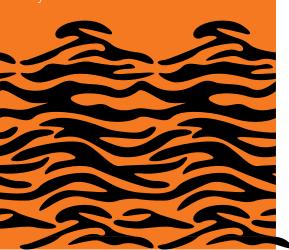






ADMIRED ATHLETES

There have been many skilled and admired Malaysian athletes throughout the years. They represent many varied sports, and demonstrate excellence in many aspects. While it is difficult to choose the best, these five athletes symbolise the best of the best.





LEE CHONG WEI

One of the marks of a true champion is coming back from defeat. Lee Chong Wei is a national hero, earning many awards that brought attention to him and the country he represents. He went to the 2012 London Olympics

and came back with a silver medal. Unfortunately, in 2014, he suffered a temporary ban, but came back strong in the Malaysian Masters Titles and Asian Badminton Championship, securing his place at Number One.

ClubTimes





She has earned the honorary title Datuk because she proved herself Number One in squash from 2006 until 2015, bringing great honour to Malaysia. Nicol won 10 Hong Kong Open Titles and 5 Qatar Open Finals, and has participated in 80 Women's International Squash Players Association titles. At 34, she has no intention of slowing down.



MOHD AZIZULHASNI BIN AWANG

Nicknamed "Pocket the Rocketman" due to his small size. Azizulhasni is the first Malaysian professional track cyclist to win a medal at the UCI Track Cycling World Championships and the Olympic Games. In fact, Azizulhasni was the flag bearer for Malaysia at the 2008 Olympics Parade of Nations. He won his first World Championship medal in 2009, a silver medal in the individual sprint. He won his first Olympic medal in 2016, a bronze in the individual keirin. Most recently, in 2017, Azizulhasni won his first World Championship title in the keirin and became the first Malaysian to ever wear the coveted rainbow jersey. A proud achievement, indeed!



SAZALI SAMAD

Following in the footsteps of great Malaysian bodybuilders like pioneer Bujang Taha, Sazali has so far been more successful than any other Asian bodybuilder. With eight Mr Asia titles and eight world titles, including Mr Universe Bantamweight, he truly exemplifies what is best in the sport. He is also a subinspector for the police force and a loving family man, with a wife and four children. He most recently won a Mr Universe title at the World Bodybuilding Championship in India in 2014.



PANDELELA RINONG

Another Olympic medallist, Pandelela won a bronze medal in London in 2012 for the 10-metre diving event. She was the first Malaysian athlete to win an Olympic medal at a sport that wasn't badminton. She continues to achieve honours and awards,

including a finish in the World Aquatic Championships which set her up to be the first Malaysian athlete at the Rio Olympics. Her coach thinks she is paving the way for other young divers to achieve great things too.



These Top 5 Most Admired Malaysian Athletes prove that Malaysia has what it takes to win on the world stage. Let's support our local sportsmen and sportswomen!



Different sports appeal to different people. This has largely to do with one's personality type. While there are many sports which can be played simply for fun and relaxation, for example, there are some sports which are especially favoured by the kind of people who love challenges. These sports force the participants to hone their skills in many areas, excelling in many areas in order to achieve higher levels.



ClubTimes





While archery looks easy to the observer, it actually involves a surprising set of skills. And while arm strength might seem the most important, archers lift weights and do cardio to gain necessary core strength.

The first skill, which is the most important, is focus. One millisecond of inattention could cause the archer to not only miss the target, but cause great damage. Archers also need to be surprisingly coordinated, in order to deal with the tiny variations as they line up their shots. When people are developing their skills, they are surprised to find that form is more important than good aim.



2 BOXING

It will come as no surprise to boxing fans that boxers engage in endless hours of hard work just to achieve the minimal fitness in order to compete in the sport. Boxers must be in top physical shape, and possess speed, strength and hand-eye coordination.

Even though it seems like a short amount of time, the three minutes that boxers must stay in the ring during a round require an enormous amount of stamina. Anyone who doubts it can try punching a bag for three minutes to see how difficult it actually is.

While many people won't be able to achieve the amount of stamina necessary to enjoy boxing, the single largest challenge is overcoming fear. When in the ring, the object of your opponent is to hurt his opponent. Every boxer knows that going in, and that getting hurt is a normal part of the sport. Sometimes injuries are serious.

ClubTimes





Karate is a sport where the people who practice can constantly challenge themselves and improve their skills. In fact, most people have noticed the belts that are used in karate which show the level of the practitioner.

As with boxing, karate requires participants to have a high level of fitness in order to practice moves with all parts of the body. Multiple muscle groups are used in different ways in

every workout. Users advance through levels by constantly challenging themselves instead of competing with others, while practicing principles of spirituality.

Are you someone who loves challenges? You can participate in these sports by calling for more info:





Hidden Delights

When someone is lucky enough to visit Kuantan, there are some experiences that must be tried. Among the most important thing is trying the dishes most favoured by locals, which are both unique and delicious.



Ikan Patin Tempoyak

This delectable dish is the region's most popular way to cook freshwater silver catfish. While it has a powerful smell,



it is worth it to sample this famous food. Cooked in a slightly watery, yellow gravy, ikan patin masak tempoyak is served with steamed white rice. The ikan patin itself is soft and smooth. Sides include sambal belacan, a spicy hot sauce, and ulam (raw salad).

The strong smell of this tasty dish comes from the tempoyak, which is made from fermented durian, the king of fruits found only in Southeast Asia. Besides adding a distinct flavour, the tempoyak acts as a natural food preservative.





Kuantan Seafood

Seafood is fresh and plentiful in Kuantan and its surrounding areas, being a seaside town. Here, seafood is served in many ethnic styles, including Malay, Chinese and Thai. Diners can find seafood for every meal, including breakfast!

Examples of the varied and amazing dishes include squid

fried with salted egg, asam steamed fish, butter prawns, salted egg crabs and grilled fish. Many restaurants have their own specialties, and are welcoming to both families and business travellers. Visitors can try unusual fish species, which are not found in other areas, and fresh favourites.

Food & Beverage



Asam laksa

In 2011, this fish and tamarind-based noodle soup was listed as the 26th most delicious food in the world, on CNN Go. Asam refers to any ingredient that makes a dish taste sour, including tamarind and gelugur. Asam laksa most often uses kokum, a local tamarind, and its sour taste is thought to help with digestion and other health issues.

The main ingredients of asam laks ainclude shredded fish, usually a local mackerel called ikan kembung, and different thinly-sliced vegetables

including cucumber, onion, lettuce and red chilis. The dish is also flavoured with ginger, mint and pineapple.

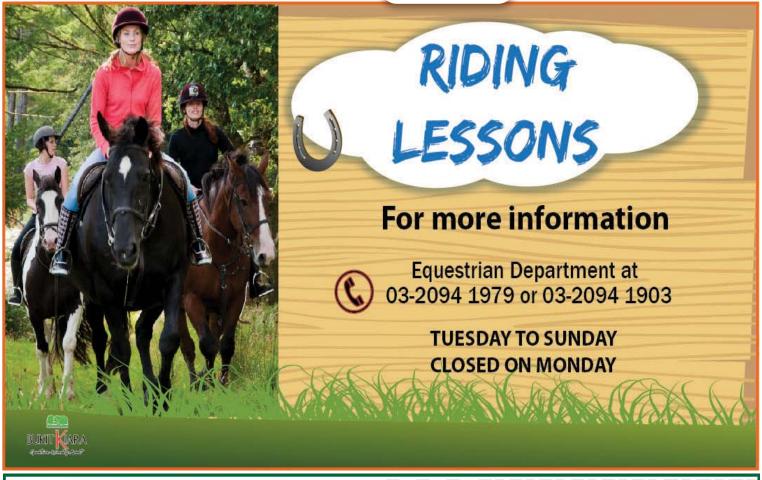
There are several kinds of asam laksa, including Perlis laksa, which uses catfish and eel; Kedah laksa, which adds sliced boiled eggs and rice noodles; and Kuala Kangsar laksa, made of homemade wheat flour. Nevertheless, Kuantan asam laksa is the favourite of the locals.

Visitors to the Kuantan area should try all these dishes,

which are unique and will give them a once-in-a-lifetime experience. (Unless you come back for more, which you will want to!) You can find recommendations on the internet to start with, but the best thing to do is to ask advice from the locals, on where to find restaurants which have the best dishes.









Members' Privileges





OUR QUALIFIED AND AUTHORISED COACHES & INSTRUCTORS

AEROBIC/ZUMBA LILANI PERERA FITNESS SYAHRIZAL ZAINAL ABIDIN

BADMINTON LEE GUAN CHONG **TENNIS** JOHN LIM

CHOO GEE CHANG VIJAYA SINGHAM

SWIMMING ALBERT CHIN YOGA LILY YONG

LILY CHEW

CHI KUNG HEW CHEE WAI
EQUESTRIAN SYAMRI SANTAROENA

HANDRY MEWENGKANG ARCHERY TENG WEI

SCUBA JALIL AZIZ







PETER DAVID HALL







ONLY REGISTERED COACHES AND INSTRUCTORS ARE ALLOWED TO CONDUCT LESSONS. PLEASE ENSURE LESSON PAYMENT IS THROUGH THE SPORTS COUNTER / EQUESTRIAN COUNTER. NO PAYMENT TO COACHES AND INSTRUCTORS IS ALLOWED. ANY OTHER PERSON FOUND COACHING IS DEEMED AS UNAUTHORISED.









DUYONG RESTAURANT

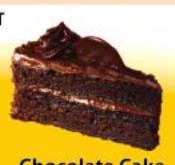




CAKE OF THE MONTH at DUYONG RESTAURANT







Chocolate Cake

GOLFER'S CAFE'



Hokkien Mee



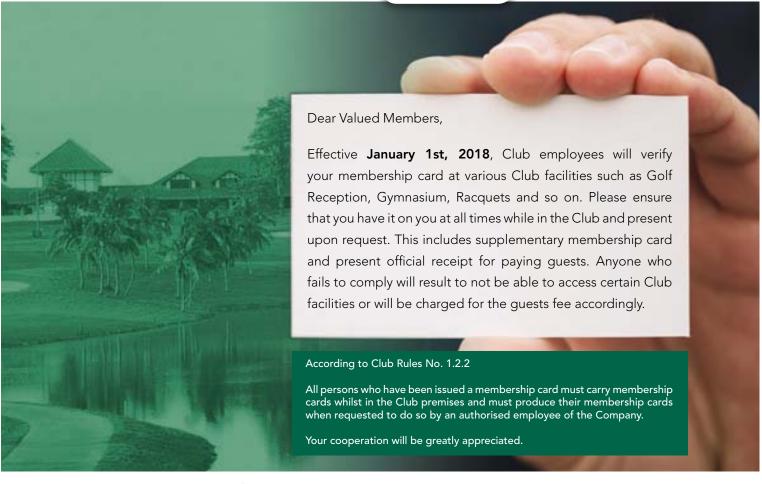
Nasi Goreng Pattaya



Nasi Goreng Berlauk

Members' Privileges

















Charitable Visit to Rumah Kasih Harmoni

7 October 2017

ClubTimes



Ms. Karen Ng distributing some stationery sets and toys while Hisham (in blue tee shirt) looks on



A little 5-year-old Norain happily posing with gifts she received



The Management team with all the orphans and the contributions to Rumah Kasih Harmoni



Hisham Razali (fourth from right on stage) hands over the mock cheque to Noor Azam, Warden of Rumah Kasih Harmoni



Visvanathan @ Joe keeping himself occupied with cleaning window panes



Some of the volunteers were engrossed with the cleaning of stubborn dirt on the window panes



After washing clean the window panes, helpers reinstalled them

n Saturday, 7th October 2017. Heads all Departments paid a visit to Rumah Kasih Harmoni charitable home for children. Also present were Mr & Mrs Danny Chong, who contributed RM1,000 to the home, while Bukit Jalil Golf & Country Resort contributed RM2,760. The funds were collected from the recently concluded Malaysia Day Charity Golf 2017 from the Bull's Eye collection, golfers' donations and sale of handphones.

A convoy of 3 vehicles from the company HILUX was loaded with goodies, household products and food products, candies for the children, electrical items, drums of paint and accessories for painting works. The team of volunteers really "got their hands dirty" with the painting work, mopping the floors, and changing more than 30 light fittings and bulbs.

The team led by Club Manager Hisham Razali had indeed put a smile on all the kids' faces. Thank you to all volunteers for making this charitable event a great success!



Shafiee from Human Resource Department removing the peeled paint before putting up a fresh coat



What We Do 2017









t the Riding for the Disabled Association's (RDA) branch of Bukit Kiara, our horses and ponies help children and young people with physical and mental disabilities from selected schools and centres in horseassisted therapy sessions. Currently held on Tuesday and Thursday mornings, the sessions are run entirely by volunteers, some of whom are members of the club. The branch is part of RDA Malaysia based at the Royal Selangor Polo Club, Ampang.

On 10th October 2017, RDA Bukit Kiara held its annual gymkhana (family sports day) with a Halloween theme. There were games and fun activities for the children as well as a costume competition. RDA's Royal Patron, YAM Raja Dato' Seri Azureen Sultan Azlan Shah, graced the occasion and gave

away prizes to the winners. Each child also received a present.

While the club provided the facilities, horses and ponies, the gymkhana was also supported by its regular sponsors: 7-Eleven (tee shirts), Bukit Kiara Saddle Coffeehouse (lunch) and Pacific Horseland (rosettes for winners). In addition, many others contributed to the presents and goody bags.

RDA Bukit Kiara has been able to provide its voluntary services since December 1994, thanks to financial assistance from various sponsors over the years. The branch takes pride in the exceptional dedication and commitment of its RDA-certified instructors and volunteers. They continue to give their best, motivated by the marvellous progress and enthusiasm of the riders over the years.





Annual General Meeting

16 November 2017



eeting with community. Election for Chairman of community. Discussing issue and problem with community. Name for election chairman Dato Jaswant Singh, En Kamisan, Kelvin Koh Kok Eng, Neo Thiang King and Micheal Lim Tuck Seng.













Malay Wedding

17 November 2017



dedding ceremony Ms Kamaliah and her partner. Event organize by Ms Kamaliah parent's. Ceremony start 3 P.M. The bride marched to the pelamin with accompanied by the kompang. The ceremony was amazed with a zapin show. Wedding ceremony end at 11.30P.M.

















BP Sikh Golf Tournamment

4 November 2017



articipant from member and guest 80 pax. Organize by Dato Jaswant Singh and Mr Vindi Singh Shotgun start at 1 P.M follow by dinner and prize giving at B&S Hotel Batu Pahat. 1st runner with overall point 46 Mr. Satha, 2nd runner with overall point 41 was Mr. Sivasambu and 3rd runner with overall point 41 was mr. Hk Likm.

















Sharp Invitation Cup 2017

9 December 2017



organize Sharp vent by Manufacturing Corporation (M) SDN BHD. Participant 30 paxBreakfast at 7A.M. Shotgun start at 8 A.M followed by lunch and prize giving at Indah Room Bukit Banang. 1ST runner with overall point 46 was Chin Dung Wen, 2nd runner with overall point 46 was Mohammad Zarar Bin Mohamed Jenu and 3rd runner with overall point 42 was Nor Ariffin Kemad. Event finish at 3P.M











