

ClubTimes

Happy New Year, New Malaysia!

Dear Member,

Last year marked a pivotal moment in our nation's history, when the Federal Government saw a change for the first time since our nation's Independence decades ago. As we enter yet another new year full of hope and promise, we consider it fitting to take a look at the opportunities that lie ahead of us as "Malaysia Baharu." That's what we begin this issue with – a celebration of ourselves as a nation, with a nod to what we can expect in the near future, as well as our roles in building that future.

Keeping to the Malaysia theme, we explore five interesting historical aspects of Kuala Lumpur and its surroundings, that you might not have known before. Also, we have an article discussing the various merits of casual dining versus fine dining. Because, as you might well realise, eating good food is intricately woven into our daily life as a multicultural nation with its many cuisines.

And with the Chinese New Year coming up quickly, have you ever wondered what happens on Chap Goh Meh, the last day of the celebrations? Traditionally, young people would toss mandarin oranges into the river. How does that compare with today's user behaviour of using dating apps? Let's find out.

Finally, as a guide to keeping fit, remember that it takes a comprehensive physical fitness plan to stay in top form. Some are great for cardio health, some are great for building muscle... This issue, we come out swinging with an examination of the game of kings, golf. Learn about how golf can be great for your peace of mind.

So, when you're planning your visits to the club for fun and fitness, peruse this newsletter with all the news of past memorable events and upcoming exciting events – and I'll see you, this year as always, at the club.

Yours faithfully,

Khor Poh Waa



Berjaya Clubs

BUKIT JALIL GOLF & COUNTRY RESORT

Berjaya Golf Resort Berhad (223292-U) Jalan Jalil Perkasa 3, Bukit Jalil, 57000 Kuala Lumpur. Tel: +603-8994 1600 Fax: +603-8994 1542 Email: jalil@berjayaclubs.com

KELAB DARUL EHSAN

KDE Recreation Berhad (121237-P)
Taman Tun Abdul Razak, Jalan Kerja Air Lama,
68000 Ampang Jaya, Selangor.
Tel: +603-4257 2333 Fax: +603-4257 2335
Email: kde@berjayaclubs.com

STAFFIELD COUNTRY RESORT

Staffield Country Resort Berhad (77094-M)
Batu 13, Seremban-KL, 71700 Mantin,
Negeri Sembilan.
Tel: +6018-222 1919 Fax: +603-8766 7173
Email: staffield@berjayaclubs.com

BUKIT KIARA EQUESTRIAN & COUNTRY RESORT

Bukit Kiara Resort Berhad (169558-D) Jalan Bukit Kiara, Off Jalan Damansara 60000 Kuala Lumpur. Tel: +603-2093 1222 Fax: +603-2096 2825 Email: kiara@berjayaclubs.com

BUKIT BANANG GOLF & COUNTRY CLUB

Indah Corporation Berhad (26003-H)

1, Persiaran Gemilang, Bandar Banang Jaya,
83000 Batu Pahat, Johor Darul Takzim.

Tel: +607-428 6001 Fax: +607-428 5267

Email: banang@berjayaclubs.com

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

ClubTimes

Highlights

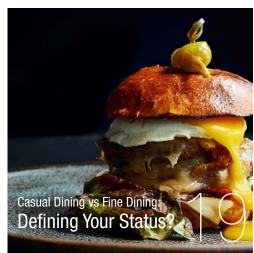
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Members' Privileges

Spotlight

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Club Times



$\begin{array}{c} 1 \bigcirc \frac{\text{FEBRUARY 2019}}{\text{SATURDAY}} \end{array}$

CHINESE NEW YEAR 2019 ACROBATIC LION DANCE

It's time to ring in the Chinese New Year mood with the very first lion dance exhibition for the year, which will take place at 2:00pm in our Main Lobby. Be there for a joyous and rousing performance!



MARCH 2019

O-1 O MARCH 2019
SATURDAY & SUNDAY

SWIMMING GALA

It will be a splashing fun time at our great big gala by the pool. Make sure you're there for an enjoyable, memorable day with friends and family!

Call 03-4251 4515 for more details.

KDE MASTERS 2018 STROKEPLAY NETT

The KDE Masters tournament returns for yet another thrilling season!

For enquiries and registration, please call 03-4251 2321 / 03-4251 2137 or e-mail kde.sports@berjayaclubs.com



 $1 \bigcirc \frac{\text{JANUARY 2019}}{\text{SATURDAY}}$

26827 JANUARY 2019 SATURDAY & SUNDAY

CHINESE CALLIGRAPHY - A GREAT CHINESE NEW YEAR ACTIVITY

JUNIOR ARCHERY

Learn to write simple Chinese calligraphy to decorate your home in time for Chinese New Year. A nominal participation fee applies.

Please call Member Relations at 03-2093 6308 for more information.

Junior tournament among members and guests.

Call Sports 03-2094 1149 for more information.

12 JANUARY 2019 9 FEBRUARY 2019 9 MARCH 2019

EQUESTRIAN TRAINING COMPETITION

CHINESE NEW YEAR 2019 TRADITIONAL LION DANCE ACROBATIC PERFORMANCE

Open to members and public.

Call Equestrian Counter 03-2094 1979 for more information.

Come and join us in ushering in Chinese New Year. Invite your family and friends to the celebratory events we have prepared. All are welcome!

Horse Carriage Rides & Pony Petting, 9.00am-11.30am

Lion Dance Acrobatic Performance at the Sports Complex Lobby, 11.30am

25 FEBRUARY 2019 MONDAY

283 MARCH 2019 SATURDAY & SUNDAY

JUNIOR BADMINTON (U12)

TENNIS OPEN

Call Sports 03-2094 1149 for more information.

Call Sports 03-2094 1149 for more information.



 $23\frac{\text{MARCH 2019}}{\text{SATURDAY}}$

 $23\frac{\text{MARCH 2019}}{\text{SATURDAY}}$

ARCHERY DISCOVERY

BASIC HORSE MANAGEMENT COURSE PART 1

Call Sports 03-2094 1149 for more information.

Open to members and public. Learn the basic horsemanship and handling horses. Open to 10 years and above. Class activity will be conducted in group of 4 or 5.

Call Equestrian Counter 03-2094 1979 for more information.



PIZZA & PIE WORKSHOP

Open to kids. Participant fee applies. Each child gets to take home 1 pizza and 1 pie.

Call Members Relation 03-2093 6308 for more information.



After 61 years of Independence from Great Britain, Malaysia ushered in a new government on 9th May 2018. That date now marks the moment in history when the world greeted the "New Malaysia." The leadership change is expected to be a transformative one. The whole country is exhilarated, look forward to what can be anticipated over the next five to ten years. People throughout the country are sensing greater hope, and it's like a breath of fresh air. There's a feeling that Malaysia is truly new, and it's hard to

describe how exhilarating it is to hear everyone expressing a great new optimism.

A new era for Malaysia started with the returning Prime Minister, Tun Dr Mahathir Mohamad, announcing a two-day holiday after 9th May, to celebrate the national government transition. It felt rather like a New Year celebration. In the cafés and restaurants, everyone was excited. Older citizens expressed delight at their opportunity to witness the profound change.

Most notably, over these past seven months that have followed the government transition, a new attitude looking forward advancements in civil society and the economy has spread throughout the country. Citizens are eager to give the new national leadership an opportunity to act in the best interest of the people.

Let's consider what citizens and visitors may expect to find in the country through the coming decade that will be different than in the past.





New Malaysia, New Economic Outlook

With new rules and attitudes in leadership, Malaysia is anticipated to make some exciting progress over the next 5 to 10 years. In fact, the World Bank predicts that between 2020 and 2024, Malaysia will reach the status of "high-income nation." Continued economic expansion is expected to be supported by sustained strong rates of consumer spending.

Going forward from the 2018 national turning point, local and foreign investors are naturally responding positively to the new transparency

fresh and approach to corporate governance, which the are among leading principles of the new government. The Business Confidence Index, published in June 2018 by the Rating Agency of Malaysia (RAM), indicates that business leaders are expressing a positive outlook on the future of their companies. Market participants are expecting clear and effective policies to have a positive impact on the business sector.

New Technology Advancements

Malaysian companies are now looking to adopt new technologies that will

facilitate their expansion plans. Recognising the importance of technology to the Malaysian economy, the government has reinforced its commitment to work through the Malaysia Digital Economy Corporation (MDEC) to further support the country's success in its Digital Free Trade Zone.

Advancements are to focus on proliferation of Industry 4.0, connectivity enabling Malaysian businesses to fully leverage the internet of things (IoT), artificial intelligence (AI), machine learning (ML), big data analytics, and opportunities for development of smart cities. More broadly, the

national objective is to embrace the technologies that will affect virtually all aspects of modern life in Malaysian society over the years to come, while ensuring that these changes do not increase the gap of income inequality.

Exciting Business and Financial Sector Developments

There is the sense throughout Malaysia that the people have risen to the occasion and now have leadership of their own choosing. There is a great enthusiasm and air of confidence in the new possibilities, greater honesty, justice and celebration of diversity under the new government.

This sense of heightened optimism can be expected to reflect on activity across consumer markets. Development plans include stimulation of economic

activity through targeting businesses in the high-technology sector, knowledge sector, and research and development area, among other industries.

A Promising Future Outlook for Malaysia

From human rights workers, to scholars, to entrepreneurs, people in every sector are expressing great excitement about the government change and strong new hope for the future of Malaysia.

The future of Malaysia's economic and social development will, of course, be affected by the efficiency of the new government in implementing its new policies. Malaysian companies are wisely strengthening their market opportunities in the nation's domestic economy as well as expanding their operations into other Asean and Asia Pacific markets. With all economic factors taken together, about 67% of Malaysian business leaders are optimistic about the 'country's prospects for economic improvement over the next year, reportedly per the Malaysian Business Sentiment Survey for 2018–2019.

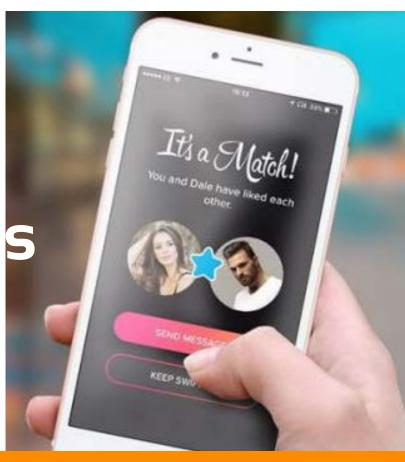
Overall, potential foreign trade wars notwithstanding, Malaysian business community is expressing a very positive perspective, with 71% of business leaders saying they're confident about the outlook for their companies. Speculate as we may about the future, what is certain right now is that people throughout the country are looking forward to the future with a new eagerness and appreciating a new sense of freedom. In recognising a world of fresh possibilities they've never dared envision before, the rakyat are generating a noticeably livelier energy, even an enhanced national self-identity - a New Malaysia.











Chap Goh Mei:

Tossing Oranges vs Dating Apps When it comes to having fun, which is easier?

What's the better way for modern Malaysian youth to find love – throwing oranges or using dating apps? The question is a major one, as culture clashes with technology when it comes to a time-honoured traditional Malaysian holiday.



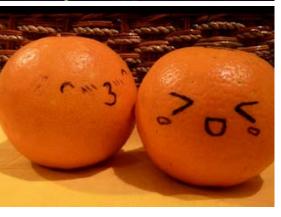
The Tradition of Chap Goh Mei

Also known as Chinese Valentine's Day, Chap Goh Mei has its roots in the lantern festival that marks the multi-day Chinese New Year celebration. In the Hokkien dialect, Chap Goh

Mei means "the 15th night of Chinese New Year." The night, which is the last night of the Chinese New Year celebrations, is typically reserved for family meals, offerings and prayers.

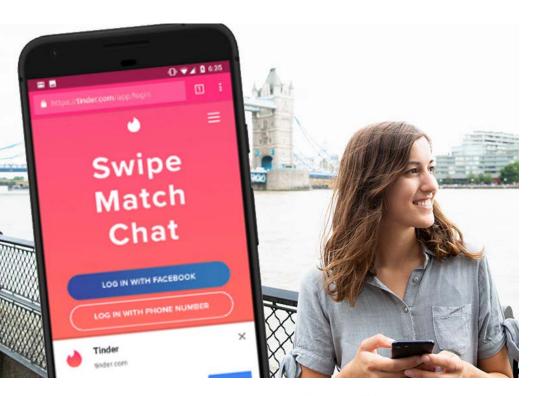






It's also a night of courtship. Historically, young Chinese women would make their way to temple, dressed in their finest clothes, to prospective suitors. find In precolonial Penang, a northern state in Malaysia, it was a night when debutantes would be introduced to the neighbourhood via rickshaw rides. One of the traditions involves the young ladies throwing mandarin oranges or tangerines into the sea. Legend holds that the throwing of these fruits means these young women would find a good husband.

The throwing of mandarin oranges is meant to be a signal that women are available for marriage. It's also said that if someone notices a mandarin orange floating in the water and picks it up, the maiden who tossed it will be likely to find a good spouse. The tradition has continued today among some Chinese as a way to celebrate a day of courting.



Modern Times and Dating Apps

However, will today's young ladies continue to rely on throwing oranges? With the growth of dating apps as a way to find a partner, young people have more options to find a potential partner. There are plenty of options available. Among the most popular Malaysian dating apps are:



Tinder

Perhaps the best-known app worldwide, Tinder is simple to use – swipe right if you like what you see, swipe left if you don't. The app sets up chatting if there's a mutual match



WeChat

Use the Shake feature on this app to be connected to another "shaker" around the world. Don't like the conversation? Shake and be connected to someone else

MalaysianCupid.com

An easy way to find your match after creating a profile and browsing for special interests or lifestyle choices

okcupid

OKCupid

This app has a lot of detailed information to help match you with someone who is compatible with your likes and dislikes

Using Care

If dating apps replace mandarin oranges, care is warranted. You want to be sure to build up a relationship



with someone online before choosing to meet them in person. It's also a good idea to meet for the first time in a public place in order to be safe and decide whether more private meet-ups are warranted.

No matter how young adults choose to find dates, oranges and apps just might be the key to young love.



5 Fascinating Historical

Facts About Kuala Lumpur & Beyond

Malaysia offers many wonders for tourists foreign and local to explore. Our capital city, Kuala Lumpur, functions as the economic hub of the country. Visitors and residents will find a fascinating mix of the modern world mixed in with remnants of its colonial roots. Bargain shoppers will love the abundance of open-air shops and malls located throughout the city.

Many of the buildings and attractions located around the city come with their own stories and histories. Visitors should make it a point to stop by the following locations still imbued with the spirit of the past which still makes itself felt in the Kuala Lumpur of today.

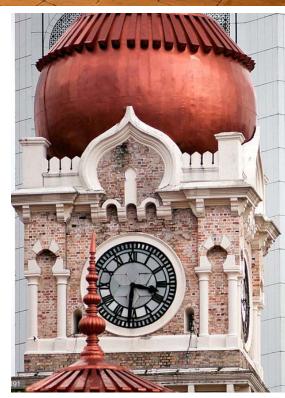


Sultan Abdul Samad Building

Once the headquarters of the British Colonial administration, construction of the Sultan Abdul Samad building came about due to complaints the British received about the difficulty in reaching the location of their original headquarters from the locals. The result was a two-story building shaped like an F, containing a central clock reminiscent of Big Ben

and located at the 0-km point of Malaysia.

Designers chose to go with a distinctive "blood and bandages" look for the exterior, using red bricks intersected with white banding for a sandwichlike appearance. Domes were added later to avoid the castlelike appearance of the original structure.





Cannons in Gunung Melawati

Left behind by the VOC, the cannons are one of the few things left from the onceproud Kota Melawati fort, built to defend the Selangor area from Dutch military invaders. While ownership of the fortress passed back and forth between the Dutch and the locals during the late 1700th century, it was the Selangor Civil War that ended up destroying most of the architecture.

The cannons remain, overlooking the Straits of Malacca. It's said that couples looking to become pregnant should place a flower in the tip of one to increase their fertility.





Palm Oil Trees

The British originally brought palm oil trees to Kuala Lumpur. Today, the plant represents one of Malaysia's biggest exports. The tropical weather of Malaysia makes the palm oil trees grown there some of the best in the world. Production of palm oil has become the primary industry since it relies

more on manpower than technical skill. It is also used to beautify the highways and other highly populated areas around the city, making it an iconic visual of Kuala Lumpur.





River of Life

The River of Life is a massive refurbishment project of the Klang River that flows through Kuala Lumpur. The project came about in 2012 as an effort to reduce pollution in and

restore the aesthetic appeal to both the Klang and Gombak rivers. The confluence of these two rivers is the spot where Kuala Lumpur was founded, and the River of Life project has developed a beautiful Blue Pond feature at this location. Those efforts are showing

results, as it's become a favourite spot for tourists. They flock to the area to enjoy the atmosphere and enjoy the light and water show put on by the city at night. Bollywood fans may also recognise the attraction, since it's a popular spot for these films.

5

Brickfields



Known as Little India, this neighbourhood in Kuala Lumpur is home to many Indian residents and their businesses. After a fire and floods destroyed the original wood infrastructure of Kuala Lumpur, the replacements were built in brick to prevent such devastation from happening again. Brickfields was established as a large brickmaking operation.

The same bricks used in the genesis of the Brickfields area were also used in constructing the Sultan Abdul Samad Building. Many of the Indian population migrated there after initially being brought in by the British for railroad and depot work.



At Berjaya Clubs, your overall health is important to us. A major way to stay healthy is through athletics. If you desire an exercise regimen that benefits all aspects of the body and mind, it's best to participate in several sports. One may not be enough to give you the full body and mind workout you need. This year, we'll explore four different sports offered in Berjaya Clubs and the unique upsides of making them a part of your life. As this title suggests, we'll look at golf first.

Are you searching for more peace of mind and optimal physical health? The game of golf could be a major step in getting you there and here's why!

Your Happiness

Your golf game will almost certainly improve your mood. This is due to more than just the fact that golf is inherently a lot of fun. From a psychological standpoint, exercise improves your mood, decreases anxiety levels and helps to manage depression. Regular exercise from golf can help you to have a more positive outlook on life. Let's face it, all other aspects of your personal health matter very little if you can't find happiness.





Prevent Weight Gain with Regular Exercise

Besides bone health, regular exercise is crucial in maintaining a healthy weight. Golf is an excellent way to stay thin. Those extra pounds do more than just make your clothes tighter. They make it

harder to keep up an active lifestyle and cause a host of potential diseases and other adverse health conditions. A trim waistline is also important for a healthy self-image. It's a lot harder to feel good about yourself while fighting the Battle of the Bulge.

Regular Golfing Will Help to Keep Your Bones Strong

Besides the mental benefits you can expect from golf, the exercise associated with the game will strengthen your bones. The sedentary lifestyle wreaks havoc on your skeletal system. Our bodies were meant to move. Without regular exercise, your bones will weaken and be more prone to fractures. By playing golf, you'll practice preventative maintenance for the most foundational structure of your body – your bones.



Have a Heart! Include Golf in Your Exercise Regimen

Did you know that walking a mere 2½ hours each week can reduce your heart attack risk by 30 to 40%? The exercise associated with

golf can easily provide that much of a workout in one or two outings. If you value your heart health and having fun with your friends, golf is the ultimate no-brainer. Why not have a heart and pick up that golf club?



Regular Golfing Could Significantly Increase Your Lifespan

It turns out that being a couch potato does more than just give you a belly. It decreases your lifespan. In fact, it's been found that active people live about seven years longer than those who are sedentary. If the game of golf can help you tack an additional seven years onto your life, why not do it? These are priceless additional years with your friends and family. Years you likely won't have if you only sit

around watching television or surfing the web.

In Summary

When you add up the many benefits you'll receive from golf, the game is well worth considering. Yes, it's possible to stay healthy and have fun at the same time. Who says that taking care of your health has to be drudgery? At Berjaya Clubs, we certainly don't!







Casual Dining vs Fine Dining:

Defining Your Status?

Regardless of your status in life, both casual dining and fine dining have their places. While you aren't necessarily defined by where you eat, or when you eat at certain locations, there are some moments in life that are special and deserve something a cut above the typical casual dining fare.



When Is Fine Dining the Most Appropriate Choice?

Fine dining is more than a meal. It's an experience. From the exceptional and attentive service to the highest standards of cuisine available, a meal at a fine dining establishment is an occasion. That's why these meals are typically reserved for special occasions rather than your typical night on the town. Ideal occasions for fine dining include things like:

Food & Beverage

Club Times



- Anniversary dinners
- Engagement proposals
- Graduation celebrations
- Important date-night experiences
- Holiday celebrations with someone special to you
- Celebrating work promotions

The food in fine dining restaurants is often elegantly prepared and presented and often paired with an impressive selection of fine beverages.

Don't forget, though, that many fine dining restaurants have strict dress codes and expect patrons to comply. Reservations are also required, with some restaurants booked months in advance. In other words, you may need to plan ahead of time for special occasions and celebrations.

It's nice, though, to get dressed up once in a while for an amazing evening



with someone who makes you smile day after day or for special occasions. Fine dining restaurants are the ideal locations to make that happen while enjoying delicious food.

Fine dining restaurants are not, by default, kid-friendly restaurants. If you plan to dine with small children, especially, you may be better served by choosing casual dining restaurants instead.





When Is Casual Dining the Better Choice?

Because fine dining is so elegant and the service so attentive, the price is also considerably more, making casual dining a better option for evenings with friends and family. At least for the average household.

You'll find most casual dining restaurants offer a wider variety of kid-friendly foods and you don't have to dress for the occasion, keeping everyone in their personal comfort zones and not worried about spilling food or drinks on their clothing.

The environment in casual dining restaurants is more family-friendly as well, with plenty of ambient noise and background music to diminish parental concerns over bored children who may need a little added entertainment.

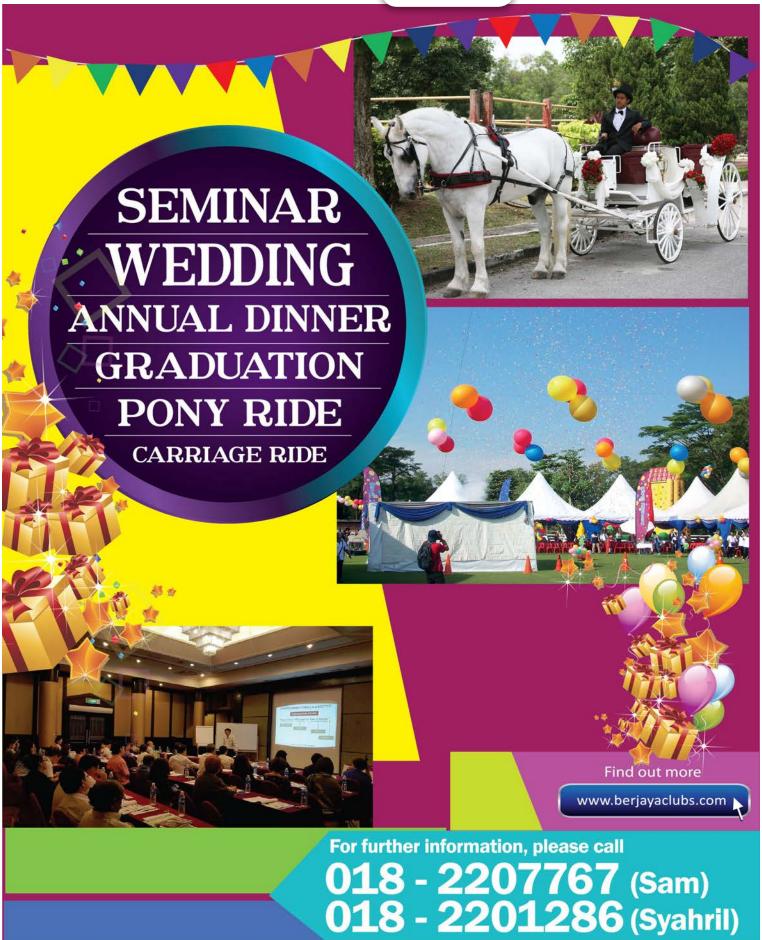
The big benefit for families and larger groups, when it comes to casual dining, is cost. It costs considerably less to feed a small family at a casual dining restaurant than it does to feed the average couple at a fine dining establishment. The more people you'll have with you, the wiser your decision to choose casual dining becomes.

Ultimately, both types restaurants have their places in society today. We all need somewhere special we can go to celebrate major milestones in life and to make the person we love feel special, cherished, and a little pampered. But for everyday dining, casual dining restaurants are often the better choice for budgetfriendly dining whether you're dining alone or with friends and family.











LET'S LEARN SWIMMING

FOR CHILDREN AND ADULTS
AT BUKIT BANANG GOLF & COUNTRY CLUB
FOUR SESSIONS PER MONTH

*Fee include SST

For more info, please contact:

See Mandel - 0177135325 Ismail - 0127065343

* QUALIFIED COACH FROM PERSATUAN PEMYELAMAT KELEMASAN JOHOR













Driving Range Bukit Banang Golf & Country Club



BUSINESS HOURS 8.30AM TO 10.00 PM







LESSONS IN KDE

Let's start the New Year right with some classes in KDE. Get busy and enjoy yourself with these lessons. Let's stay healthy and fit for a new year in 2019.



BADMINTON

YOGA

SWIMMING

SOUASH

AEROBICS

TENNIS

Registration is open to both members and non-members of the club.

Please call the Sports Department at 03 - 4251 2137 or

email: kde.sports@berjayaclubs.com



A SIMPLE AFFAIR OR A REGAL RECEPTION

Your dream of a traditional "Malay Kenduri" or a Grand Banquet reception at Cempaka Ballroom, a romantic poolside affair or an enchanting garden party...KDE is the ideal place for you memorable moments...



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SEMINAR, MEETING, WORKSHOP, BIRTHDAY PARTY, HI-TEA GRADUATION, ETC......





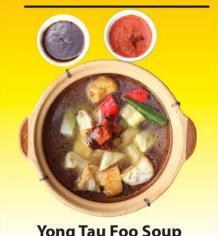




GOLFER'S CAFE'

PROMOTION

JANUARY



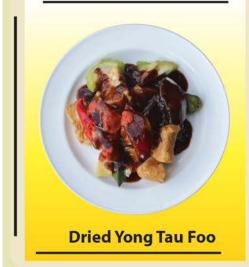
FEBRUARY



MARCH



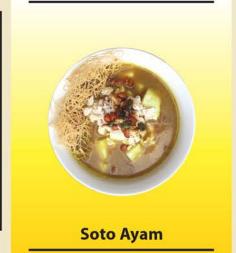
Yong Tau Foo Soup



Nasi Goreng Utara



Nasi Impit Kuah Kacang



BLUE SEA LOUNGE



Blue Margarita Cocktail





Mojito Cocktail



Christmas Charity Visit

18 Dec 2018









t's the season of giving! On 18th Dec 2018, Bukit Jalil staff, together with the Liaison Committee Chairman, paid a visit to a house located in BK6, Bandar Kinrara, Puchong. We visited Madam Teresa (70 years old) and her sister Chandra (53 years old) to bring some joy to their home, decorating their house with Christmas decorations and contributing some household items worth RM1,500 together with diapers for Madam Chandra. Madam Chandra is a Down syndrome patient and is challenged with limited movement. We are glad to reach out to families who are in real need of help.





MST Golf takes up Bukit Jalil Pro Shop





he operations of our club's pro shop have been taken over by MST Golf, making it the fourth outlet opened by the retail chain this year. This change comes after we upgraded our facilities and allocated a new 1,600 sq ft space that houses the new pro shop.

MST Golf managing director K. P. Low said, "We are pleased that Bukit Jalil saw us fit to take over the pro shop. With this, we will work towards providing the best possible service for our customers and develop it into one that carries the world's leading golf brands such as Adidas, Antigua, Bell & Page, CK Golf, Cobra Puma Golf, Cutter & Buck, Honma, Mizuno, Nike, ONOFF, PGA Tour, Stuburt, TaylorMade, Under Armour, Wilson Staff, MAJESTY, XXIO and Yamaha."

Operation hours are from 7 am to 7 pm daily.





Riding For The Disabled Family Day

9 Oct 2018



iding for the Disabled had their family day with funfilled games and a lunch at the Terrace Saddle Coffee House.

It was a Disney Themed Fancy Dress Family Day. 1st Placing went to Rezq as Choc Factory, 2nd placing went to Evon as Unicorn Princess, while 3rd placing went to Aqief as Captain America, and 4th placing went to Dalili as Snow White, 5th placing went to Lukman as Jack Sparrow, 6th placing went to Zafran also as Captain America, and finally, 7th placing went to Jean Lee as Frozen.

















Annual School Concert and Graduation

20 Oct 2018









t's the season for annual school concerts. Young **Thinkers** Family Day was much awaited by parents and family members, who gathered to watch their children's performances. The children kindergarten and teachers made preparations, with practices held almost every day for the past three months. When the time came, everything went smoothly and well. It was indeed a proud moment of joy and achievement for the children as they performed in front of their parents and family members.

CSR Deepavali With Pure Life Society

2 Nov 2018







embers and management club visited the the Pure Life Society located at Bt. 6, Jalan Puchong, Kuala Lumpur. There, we were welcomed by Datin Poonam Kukreja, who is the Founder of Pure Life Society. The Society was set up to offer shelter and comfort to children from poor and troubled backgrounds. Thanks to the Society, children who are orphaned, abandoned, and from poor broken homes, are given a new lease of life under their care.



Exxon Mobil Sports Tournament

1 September 2018







For your own court bookings, please call 03-4251 4521.









Chip | Put | Drive

27 Oct 2018



his junior golf tournament was an exciting time, made successful with the participation of 24 children. The day started early, with registration and a participants' briefing at 7.35 am, followed by a shotgun tee-off at 8 am. Altogether, there were three categories of junior golfers:

- Group A: 12 years old and above
- Group B: 10 & 11 years old, and
- Group C: 9 years old and below.

Thanks to Ms Mai Yee for organising the big day!



















Persatuan Eng Choon Golf Tournament

2 Nov 2018



he club played host to 50 members and guests at the Persatuan Eng Choon Golf Tournament. An enjoyable day was had by all, with registration beginning at 11.30 am before a shotgun start at 12.30 pm. Thanks to Mr Gan Kwee San for putting it together!















Annual General Meeting

15 Nov 2018





he Annual General Meeting of our club was held recently, with eager members queuing up as early as 7.00 am to register their attendance. Issues and matters affecting our community were discussed at the AGM, with the election of the club officebearers. Congratulations to the members of our new Committee:

- 1. Dato' Jaswant Singh
- 2. Mr Neo Thiang King
- 3. Mr Michael Lim
- 4. Mr Kelvin Koh
- 5. Tn Hj Kamisan Bin Mat







