

JULY-SEPT 2018

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Club Times

RECREATION AT YOUR CONVENIENCE

How to Better Your Life by
Improving Your
Social Skills for
Today's Society

- ▶ **Safety Apps: Promoting Personal Safety and Well-Being**
- ▶ **Fruits and Vegetables That Help Keep the Doctor Away**

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There's nothing more valuable than people

Dear Member,

As we enter the third quarter of the year, we continue our theme of self-betterment, with an article on one of life's most important values – our relationships. Let's begin this season, and this issue of Berjaya Club Times, with a look at how we can improve our social skills in our present day. For example, it seems as if we are all glued to our phones, nowadays. Is this a good or bad thing? Let's find out.

Everything's in an app, today. One good thing to come out of this is the rise of apps related to our personal safety and security. Find out how these can benefit you. Speaking of personal benefit, we also highlight the top fruits and vegetables that are known to keep you healthy and combat disease. Perhaps you might even find some of these in our feature on the hidden cultural cuisines of Seremban. As for sports, this time around, we have something for the disciplined personalities among us. Do you enjoy precision, control and mastery? Discover the sports that just might get you excited.

Speaking of sports, remember to make use of all the facilities that we have prepared for you at the club. Tennis, swimming, badminton, fitness classes, equestrian activities – there's something for every sporting indulgence in Berjaya Clubs. Look within for our latest news and highlights, and I look forward to seeing you down at the club!

Yours faithfully,

Khor Poh Waa

Director of Berjaya Clubs



Berjaya Clubs

BUKIT JALIL GOLF & COUNTRY RESORT

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Jalan Bukit Kiara, Off Jalan Damansara
60000 Kuala Lumpur.
Tel: +603-2093 1222 Fax: +603-2096 2825
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BUKIT BANANG GOLF & COUNTRY CLUB

Indah Corporation Berhad (26003-H)
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83000 Batu Pahat, Johor Darul Takzim.
Tel: +607-428 6001 Fax: +607-428 5267
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Jalan OS Taman Serdang Perdana 6
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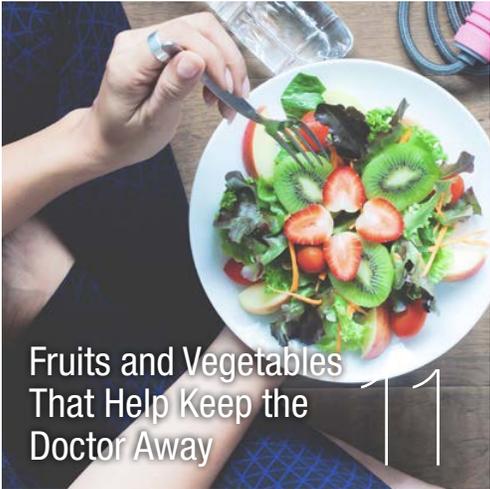
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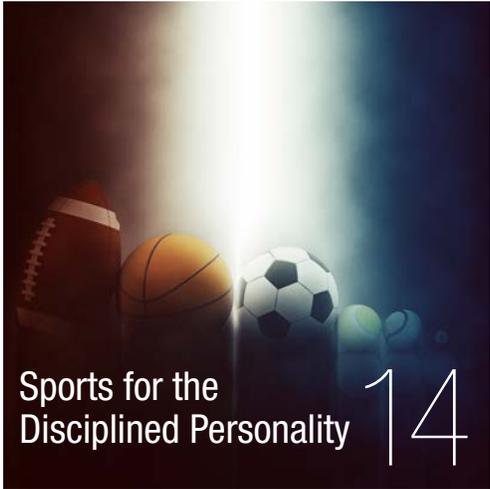
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1 JULY 2018
SUNDAY

SK RAYA TOURNAMENT 2018

For more information, please call 03-8996 1468.



18 AUGUST 2018
SATURDAY

MERDEKA COLOURING CONTEST

3 categories:

- (i) Age : 5 years - 6 years
- (ii) Age : 7 years - 9 years
- (iii) Age : 10 years - 12 years

Location : Club House Paddock Level 3
Time : 10.00am - 12pm

Get your entry form and more information call Members Relation at 03-2093 6308

15 SEPTEMBER 2018
SATURDAY

SUPER CAMP FOR KIDS

Age : 7 years -13 years.

Learn about basic horse care, pony ride and discovery to archery.

Time : 8am - 2pm

Get your entry form and more information call Members Relation at 03-2093 6308

7 & 8 JULY 2018

11 & 12 AUGUST 2018

8 & 9 SEPTEMBER 2018

EQUESTRIAN TRAINING COMPETITION

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



15 JULY 2018
SUNDAY

19 AUGUST 2018
SUNDAY

AIDILFITRI CHARITY GOLF 2018

Tee Off Time : 7.45 am (Shotgun)
 Mode of Play : System 36 Stableford
 Entrance Fee : RM198.00 (Members)
 RM268.00 (Visitors)

Package include: Breakfast, Lunch, Goodies,
 Buggy Fee, Green Fee
 & Insurance

Closing Date : 2nd July 2018 (Monday)

For more information, kindly contact Golf Reservation @
 03-8766 6117 ext 1380/1390/1040

CARLSBERG GOLF CLASSIC 2018

Entrance fee : RM180.00 per pax
 Package include: Buggy fee, Insurance,
 Breakfast & Goodies

Tee Off time : 7:45am shot gun
 Mode of play : Strokeplay (Gross & Nett)

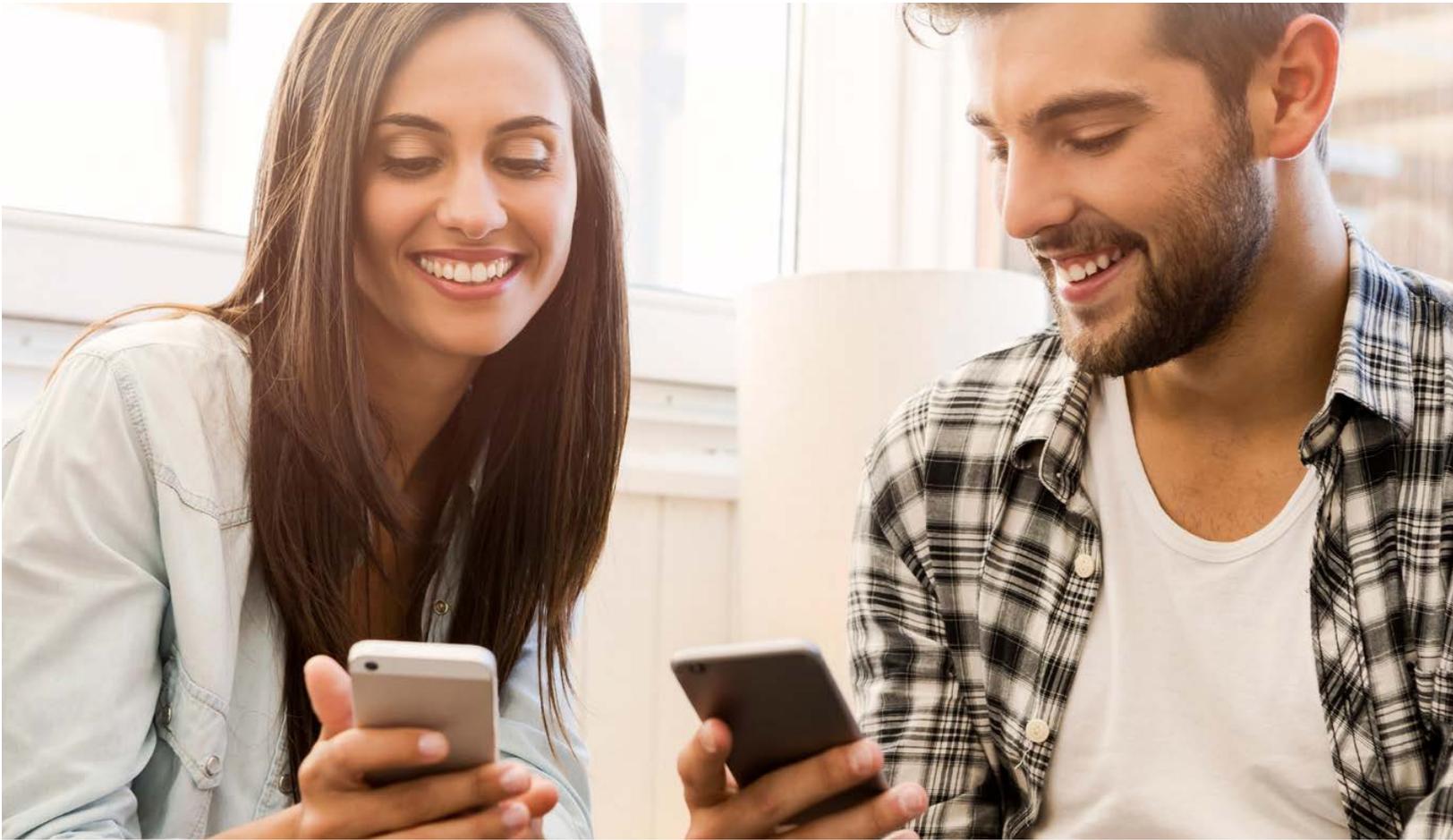
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 We Celebrate!*

61st
 Independence Day

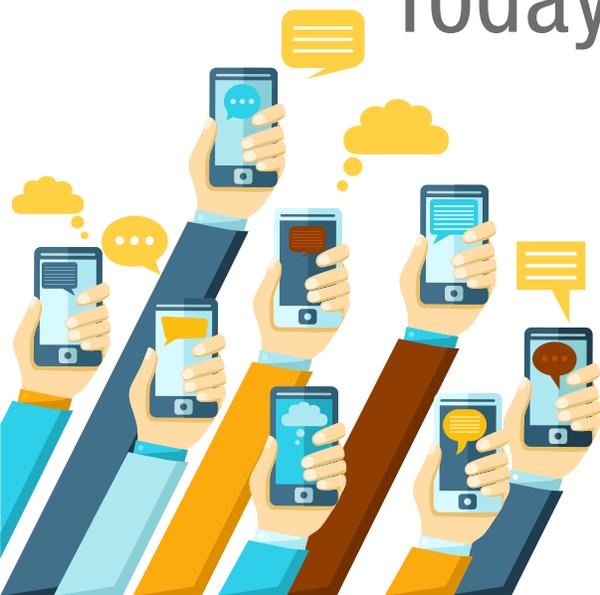


from all of us at Berjaya Clubs





How to Better Your Life by Improving Your **Social Skills** for Today's Society



For the most part, communication in today's society could be deemed high-tech and low-touch. Most people rely more on electronic devices for communication than they do actually talking to someone face-to-face. Improving social skills in a world where communication is easy but impersonal is sometimes a challenge. But social skills are highly important just the same, improving your ability to foster healthy relationships, be more efficient in communication,

and even exceed in your career. Check out this short list of ways you can sharpen your social skills in the modern world.

Be aware of virtual distance and how it could affect your social skills



Statistics show that 30 percent of all time spent on the internet is dedicated to social media, and some younger people spend as much as nine hours per day across various social media platforms. There's been a lot of ongoing research into how so much social media use is affecting the way people communicate and their social skills. All this time on social media can generate what professionals refer to as virtual distance,

which basically means people feel like everyone they communicate with is far away even when they are nearby.

Virtual distance can make it easier to communicate in ways that may not be your normal behaviour, if the person you were talking with were sitting right beside you. For example, if you are in an argument with someone and only communicating through text, it becomes easier to be more cruel and

hurtful because you are not facing the immediate reactions or recoil from the other party. It's so easy to get used to communicating in this manner that it can change how effectively you communicate in person. Be careful to save those critical communication experiences for in-person interactions, because not doing so could impair your ability to reason with verbal and physical cues.



Use electronic gadgets to your social-skill-building advantage

On the other hand, while virtual distance can definitely pose some problems if you rely solely on electronics to communicate, electronic gadgets can also help nurture new social skills just the same. A lot of people utilise texting, instant messaging or other forms of electronic communication to reach out to others for conversation when they would otherwise be alone. USA Today's Karis Rogerson stated:

"Give it up, guys. Social media, just like everything else, is imperfect, but simply because there are a few downfalls does not negate all the good it can create."

Rogerson goes on to explain that social media was specifically involved in maintaining communications and building friendships for her, and has done so for many others. You can use electronic communication and social media to your advantage in helping you build social skills by:

- Sharing things about your personality that you may not otherwise be open about in person
- Find people who have similar interests, hobbies, and goals much easier than you can face-to-face
- Make connections that could help you grow and develop your career skills

Using screen time in the right ways could easily help you develop more self-confidence that leaks over into your everyday life and in-person experiences.

Overall, enhancing your social skills in today's modern world is all about striking a fine balance between the good and bad of electronic communications. With a little attention to what helps your skills and what can hurt them, you find that nurturing the skills you need is perfectly doable in spite of more low-touch communication.



Safety Apps: Promoting Personal Safety and Well-Being

We have entered the app generation. We have apps that count calories and workout kilometres, apps to locate the nearest restaurant in the immediate vicinity, and even apps to help comparison-shop prices at the store. Yet what about personal safety and well-being?

Safety apps have not become forgotten to the technology industry. Many app developers are pursuing app technology that comes in different functions and scalability. These innovations are allowing people to contact friends and family to track their movements in strange neighbourhoods,

place calls to contacts during an emergency, and even “scream” in dire situations. The type of app people select should be based on their lifestyles and in what manner the app will contact emergency services. Let’s take a look at some modern apps and how they can help promote safety.



Location-Based Apps

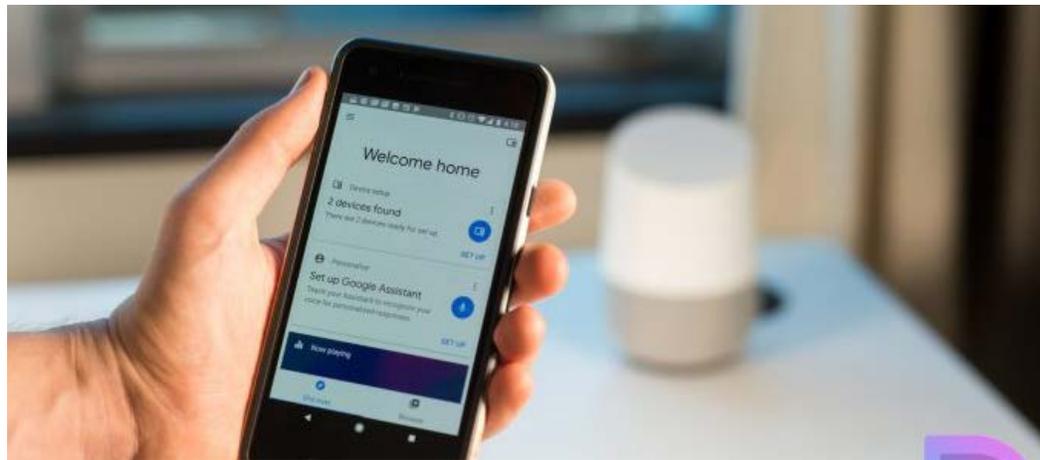
Location-based apps are perhaps the most popular to use in instances where a person is walking home alone after a date or a late night out. These apps, such as Life360 and bSafe, allows for GPS tracking capabilities.

A preselected list of contacts can be used to track a friend or family member to ensure the person gets home safely. These next-gen apps also allow the user to send SOS messages via text, in case they run into trouble.



Check-In Apps

Bad dates and bar nights happen to everyone. So, what does the future hold for people who have gone out or may be with someone with questionable intent, where they need help? Check-in apps provide a way for them to always stay in contact and to send a message that they may need a way out of a sticky situation. A check-in app actually relies on text messaging that a user checks into, to let the app know they are all right. If the user doesn't check into the app within the stipulated time frame, a text message alert gets sent to a specialised list of contacts.



Emergency Contact Apps

For immediate help, a person doesn't have time to dial a number or text a message. App developers recognise the need for urgency, as they are designing safety apps that can instantly send SOS messages to contacts by simply tapping on the app. When accessing the phone isn't an option, voice recognition software is another way to promote

well-being and safety. For instance, recently the Google Home app was able to stop a domestic violence issue when hearing the words "call the police" during an argument, and law enforcement was summoned by the app. The offender actually taunted his victim, saying, "I dare you to call the police" – and Google Home called the police.



Home Intrusion AI

Artificial intelligence has also started to play a role in personal safety. Facial recognition software can go beyond corporate security measures and be placed into homes to identify intruders. The AI can be trained to recognise ordinary events and family members, while tracking unusual events, to then take the appropriate

security action such as contacting the homeowner when they are not inside the house, or a trusted neighbour, or the local police.

App innovation is progressing at an amazingly fast rate. Creating modern apps to promote safety will be a great benefit for people around the world.



Fruits and Vegetables That Help Keep the Doctor Away

We've all heard the old saying, "An apple a day keeps the doctor away," and it's a great reminder of how essential fruit is to a healthy life. In fact, fruits and vegetables are two of the most important food groups there are, when it comes to being healthy. But fruits and veggies aren't just packed with vitamins; in many cases they're also packed with antioxidants and nutrients to help fend off certain cancers and diseases. Yes, any fruit and veggie is healthy for you to be eating, but there are some that stand out above the rest. Here's a look at them.



5 TOP Veggies



Onions

To get the most out of onions, eat them uncooked. When you do, the antioxidants that help reduce the risk of prostate and lung cancer are at their strongest.



Peas

There's a reason grandma always told you to eat your peas – consuming a daily portion can greatly reduce your risk of developing stomach cancer.



Broccoli

If you eat five or more servings of broccoli per week, you reduce your risk of developing stomach cancer by up to 50 percent. Chew on that fact.



Kale

Kale is one of the healthiest greens that you can consume. While it's not linked to reducing the risk of certain cancers, it can help you lower your cholesterol and improve overall heart health.



Spinach

Spinach made Popeye strong, and it can do the same for you – especially when it comes to your eyesight. This veggie is directly linked with healthy eyes and helps reduce the likelihood of macular degeneration.

5 TOP Fruits



Blueberries

Blueberries might be the best berry you can consume. They're loaded with antioxidants, which help prevent cancers, as well as Vitamin C.

.....



Oranges

Eat one orange in the morning and you've already met your daily recommended Vitamin C intake. Oranges also contain potassium and are key to low cholesterol.

.....



Apples

Be sure to eat the skin, as it's a great source of fibre. Apples are also loaded with helpful antioxidants.

.....



Strawberries

If you make strawberries a regular part of your diet, you'll greatly minimise your risk of developing Type 2 diabetes and heart disease.

.....



Bananas

Potassium is the key ingredient in a banana, which helps to lower cholesterol and decrease the risk of a stroke. Plus, they're convenient to eat as an on-the-go snack.

Your diet plays a large part in your overall health, but make sure to also factor in lots of exercise down at the club, and schedule regular check-ups with your physician.



Sports for the Disciplined Personality



Golf

Arguably, golf tests mental toughness and psyche as much as it tests a golfer's ability to strike the ball. That's why this sport is perfect for people with a disciplined personality. Golfers don't just need to perfect their swing, they need to learn how to bounce back after hitting a poor shot or recording a poor score on a hole. Someone with a disciplined personality tends to break goals into smaller parts, and with golf there's the long game, short game and the mental game to master.



Gymnastics

Gymnasts are exceptional athletes, and much of their flexibility, endurance and stamina is built in the gym. Yes, there's the hours of practice on the balance beams and floor, but becoming a gymnast takes commitment to putting the work in at the gym too – something that not all people can dedicate themselves to.

Equestrian Sports

Many people don't realise that good equestrians have to be physically fit. Riders need to have good endurance and a strong core, and this is in addition to other characteristics of a good equestrian, like patience, focus and grace. Riding isn't for everyone, but those with a disciplined personality tend to hold themselves accountable – both in the gym and on the horse – to excel in this sport.

Wrestling

A good wrestler isn't just strong, but mentally tough. In terms of strength, a wrestler needs to have good stamina and endurance – and that consists of putting in work at the gym. But arguably the more underrated aspect is the mental toughness a good wrestler exhibits. Good wrestlers need to bounce back after a pin and get back in the match, something that's easier said than done.

Are you a highly disciplined person? If team sports don't appeal to you and you have a high appreciation of artistry and mastery within a sporting performance, one of these highly disciplined sports may be just the right thing for you, so check with your local club for availability.



5 Hidden Cultural Cuisines of Seremban

Take a road trip through Malaysia and there are things you won't want to miss – especially when it comes to our tasty foods. There are cities and towns sprinkled

throughout, and one stop known for its savoury local foods is Seremban, the capital of Negeri Sembilan. Check out these five local gems you won't want to miss.



Masak Lemak Cili Padi

Masak lemak cili padi is a trademark dish in Seremban, and you can find it served all over in various local eateries. This dish is filled with smoked seafood, various types of fish, eggs, and even chicken

or beef. The collaboration is cooked up in coconut milk and seasoned with turmeric, and you will usually find it served with fresh mushrooms or other vegetables.



Minangkabau Rendang

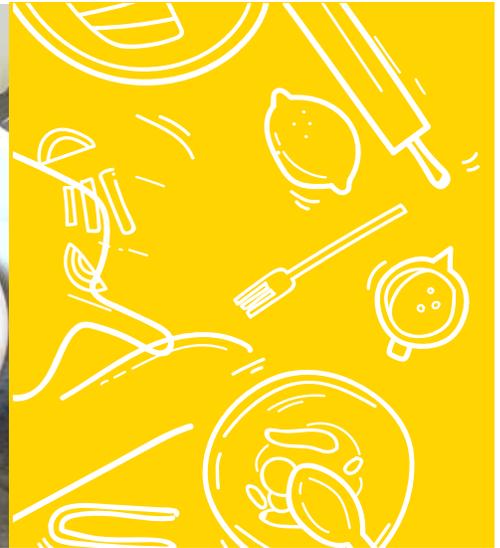
The Minangkabau people originated from West Sumatra in Indonesia, and brought their knowledge and traditions – including distinctive cuisine – far afield in Southeast Asia. Minangkabau-style rendang is familiar to rendang lovers throughout Malaysia, but has a few noteworthy differences. This rendang is not cooked with the same spicy seasonings; instead, it is prepared with lighter herbs like lemongrass and ginger. Minangkabau rendang also includes cassava shoots, local ferns as greens, and sometimes duck meat.



Gulai Tempoyak Pucuk Ubi

Similar to a hearty stew, gulai tempoyak pucuk ubi has a sharp pungent aromatic flavour, thanks to its fermented durian and turmeric shoots. Usually served with pureed pumpkin, lemongrass, and shallots, this dish can have multiple variations depending on where you order it, but is almost always laced with turmeric and cili padi.





Seremban Beef Noodles

If you enjoy the combination of rich fresh-made noodles and melt-in-your-mouth beef cuts, Seremban beef noodles is a dish you must have while visiting the area. The beef you

get in this dish is bound to be slow-roasted to perfection for hours and then topped with a delectable gravy for a supreme richness. Seremban beef noodles may be served more

as a dry noodle dish or as a soup, but will often be topped with crushed peanuts, sesame seeds, and other crunchy elements for added texture.

Smoked Meats and Fish (Daging Salai)

No matter which place you go to eat in Seremban, you are bound to find a fresh array of smoked meats and fish, or daging salai. Smoked meats are one of the main staples in Negeri Sembilan, so you can find it incorporated into many different dishes in Seremban, from daging salai (beef) and ayam salai (chicken) to itik salai (duck) to burung puyuh salai (pigeon). You will come across roadside stalls serving up a variety of these smoked meats, and you can usually order daging salai alongside favourite veggie dishes in restaurants around town.





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OPENING
1 JULY 2018**



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New Café at Golf Drink Hut

Great news to all foodies out there! Juwata Supplies are taking over the Golf Drink Hut (which is currently servicing). Soon, they will also serve you at the Swimming Pool Café and Driving Range Café. You can expect good food, snacks, drinks and more! Come on down to Bukit Jalil Golf & Country Resort and try it.



We want to welcome You





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YEAR 2017 / 2018

Winner gets one free lesson
runner up gets one free horse carriage ride
Nomination opens on
1 Sept - 14 Sept 2018

For more information on participation fee, contact Membership Dept

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EA Level 2 General Coach
Coach Educator
Eventing Team Member Doha
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Medallist Eventing Korat SEA Games 2007



IZRY

EA Level 1 General Coach
Medallist SEA Games Dressage 2015



ZULKARNIAN
EA Introductory Coach



ASMERA
EA Introductory Coach

ONLY REGISTERED COACHES AND INSTRUCTORS ARE ALLOWED TO CONDUCT LESSONS. ANY OTHER PERSON FOUND COACHING IS DEEMED AS UNAUTHORISED.

FOR MORE INFORMATION, PLEASE CALL EQ DEPT AT
03 2094 1979



MERDEKA

Colouring Contest

Saturday 18 Aug
9.30am - 12pm
terms & conditions applies

3 categories

- (i) Age : 5 years - 6 years
- (ii) Age : 7 years - 9 years
- (iii) Age : 10 years - 12 years

1st prize for each category goody bag for participants

get your participation form from membership dept
Closing date : 9 August 2018

For information, please call us at
03 - 2094 1314




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COME EXPERIENCE OUR HORSE PETTING WITH YOUR FRIENDS & FAMILY

EVERY SAT & SUN

Location: next to visitor car park entrance

Horse Petting 9am - 11am
Horse Carriage Ride 9am - 11am

Pony Rides available at Equestrian Annexe
only on Sundays

For inquiries call Equestrian counter, **03-209 41903 / 209 41979**

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YOU MIGHT GET A STRIKE.

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ATTRACTIVE Bowling Package
Corporate / Birthday Party
Family Day / Team Building

MON - FRI : 3PM - 11.00PM

SAT - SUN : 11AM - 11.00PM

PUBLIC HOLIDAYS

 **03 - 2094 1149 (Sports)**

DUYONG RESTAURANT

PROMOTION

July

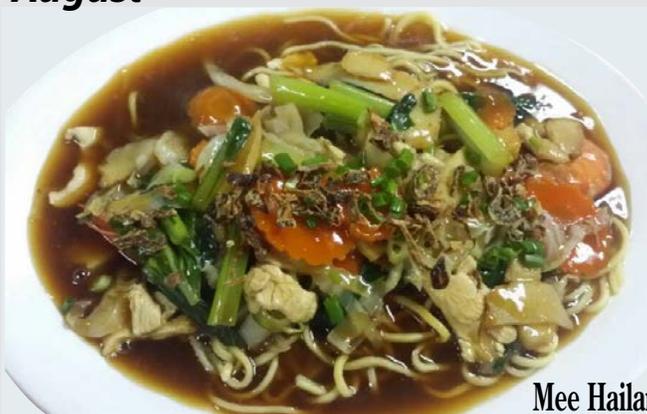


Kway Teow Kung fu



Satay platter

August



Mee Hailam



Wings and Boxing

September



Kway Teow Fishball Soup

Sakana Burger



GOLFER'S CAFE'

PROMOTION



Nachos



Cucur Udang



Mee Bandung

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03 - 4251 1946 / 1935 / 1984

018 - 201 9182 (Maya) 018 - 224 1831 (Juliana) 018 - 262 8908 (Abd. Rahman)

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Morning Break

with snack

Half Day Package

Welcome coffee break with snack

Full Day Package

Welcome coffee break with snack
Lunch & Afternoon coffee break



kde.banquet@berjayaclubs.com

KDE SPORTS LESSON



LESSON	INSTRUCTOR	CONTACT NO.	DAY
YOGA	Pn. Harianee	012- 373 5115	Tue, thu & Sat
YOGA	Ms. Susan	012 - 232 2262	Mon, Wed & Fri
BANTUS CAPOEIRA	Mr. Rafael	012 - 271 3983	Tue
TAEKWANDO	Mr. Richard Toh	019 - 333 7857	Call for info
SOCIAL DANCE	Ms. Lilian	016 - 274 6166	Call for info
FENCING	Prof. Ronnie	012 - 628 5240	Sun
FITNESS INSTRUCTOR	En. Fadzil	016 - 384 5328	Call for info
SWIMMING	Mr. Lee Tzong Lit	017 - 868 6850	By appointment
TENNIS	Mr. Anthony Yap	013 - 330 0488	By appointment
BADMINTON	Dato' Ramesh	013 - 330 5585	Call for info
METAFIT	En. Fadzil	016 - 384 5328	Thu. (8-9 am)
SARIAN TEATER MUZIKAL	Pn. Eiza	017 - 360 7913	Sat

Note:

Please contact the instructor or the sports counter at 03- 4251 4521



Before

Operation Hours

Monday	:	Closed
Tuesday & Wednesday	:	6:00 p.m. till 1:00 a.m.
Thursday & Friday	:	
Saturday & Sunday	:	3:00 p.m. till 1:00 a.m.



New Look



BLUE
SEA
KARAOKE

Aidilfitri

Charity Golf 2018

Tee Off Time	:	7.45 am (Shotgun)
Mode of Play	:	System 36 Stableford
Package include	:	Breakfast, Lunch, Goodies, Buggy Fee, Green Fee & Insurance
Closing Date	:	2nd July 2018 (Monday)



For more information, kindly contact Golf Reservation @ 03-8766 6117 ext 1380/ 1390/ 1040

Kejohanan Memanah BUKAR Selangor Juniors

20 - 25 March 2018



Bukit Kiara Archery recently hosted the Selangor Juniors Archery Tournament, which attracted a healthy number of 200 participants, making it a very successful five-day event of masterful archery. Congratulations to the winners!



BKR Swimming Gala

28 April 2018



This year's BKR swimming gala attracted 220 participants, a large number indeed. We are grateful for the support from our members and the commitment of our swimming coach Lily, as well as everyone in the Sports and Recreation team. After this year's great event, we look forward to another successful annual swimming gala next year. Congratulations also, to all this year's winners!



Sajian Desa Buffet

19 May - 13 June 2018



We hope that you did not miss the Sajian Desa Buffet, which was made available during the month of Ramadan at The Saddle Coffeehouse from 19th May to 13th June 2018. Diners were treated to varieties of food and desserts. One of the main highlights was our Nasi Beryani Kambing Super Duper, Sushi, and our very own homemade Satay.

Hari Raya CSR Program

07 June 2018



To show love and care to the less fortunate in our community, the Bukit Kiara Resort management team reached out to Pusat Latihan Remaja Cemerlang, Puchong, with household supplies and groceries. Pusat Latihan Remaja Cemerlang provides religious guidance and horseback archery lessons according to the "sunnah" (the way of the Prophet). The centre houses 95 teenagers, who also received duit raya from club representative Johari Lee.



9th Anniversary Phoenix Golfer

25 March 2018



A total of 70 participants consisting of members and guests had a shotgun start at 1 pm, with the mode of play being Stableford. The exciting tournament was followed by an enjoyable dinner and rousing prizegiving ceremony at the Indah Room. Thanks to Mr Neo Thiang King for organising the event. Winners for Div A: Gan Jin Hao (1st), Cheng Kok Pin (2nd), Thong Ser Chong (3rd). Winners for Div B: Dato' Jaswant Singh (1st), Tee Cheng Hoo (2nd), Patrick Ong (3rd).





Golf SAJOHA Charity Golf Tournament

31 March 2018



Participants from members and guests made up a total of 100 pax. The tournament began with a shotgun start at 8 am with mode of play being System 36 Modified. The competitive tournament was followed by a scrumptious dinner with nasi biryani and accompanying dishes, and a glorious prizegiving ceremony at the club Restaurant. The event was organised by Dr Isa, whose efforts are appreciated. Winners for Div A: Roslaini (1st), Badrul Hisham (2nd), Rosdi Sulong (3rd). Winners for Div B: Zulkifli bin Ibrahim (1st), Dr Ibrahim 75 (2nd), Azree 83 (3rd). Winners for Gross: Noraziman bin Saideen BB (1st), Amir (2nd), Samsudin (3rd).





17th KSK Triangular Meet Batu Pahat

2 June 2018



72 members and guests participated in this meet, which began with a shotgun start at 8 am. Thanks to Mr Neo Thiang King for organising this event.



Buka Puasa Charity Event

28 May 2018



Mr Simon Tan, KDE's Assistant Club Manager and sponsor, presenting duit raya to the anak yatim

KDE hosted a buka puasa charity event for 48 orphans from Rumah Amal Asnaf Al-Barakh on 28th May 2018. In addition to dinner, the children also received duit raya and goodies from the Management. The event was made more festive with lively entertainment by professional singers.



The children enjoying a sumptuous buffet spread

