

JULY-SEPT 2019

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Club Times

RECREATION AT YOUR CONVENIENCE

Negaraku: Malaysia in the 80's & 90's

▶ The Mooncake
Festivals

▶ Top 5 Fascinating history you
want to know in penang

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Remembering Our Past Successes to Springboard Us to Greater Heights

Dear Member,

As Tun Dr Mahathir continues his second turn as our returning Prime Minister, let's take a moment to reminisce about his first time at the helm of our country. The 1980s and 1990s were a heyday of Malaysia as far as modernisation, growth and ascendance to the global stage are concerned.

It was during this time that our country morphed from an agriculture-based economy to manufacturing and export. It was in the 1980s that Proton, our first national car, was born. And it was in the 1990s that the Petronas Twin Towers captured the world's imagination as the tallest buildings in the world then. They are the tallest twin buildings in the world, still.

But what do these past successes have to do with today? They are not mere relics of the past, but evidences of national values, ambition and ability that we possess as citizens. These values can serve our country – and the world at large – well in our present day. We kick off this issue with a cover story on Malaysia's burgeoning era of modernity that continues to this day.

Speaking of modernity, our multicultural country is home to a myriad of ancient traditions, and one that we look at this time around is the Mooncake Festival. Beginning centuries ago in China, this seasonal celebration has travelled to Malaysia and evolved over time. How do the mooncake celebrations of our day compare to the traditional observances of before? More inside.

The changing of traditional trends also spills over into our local coffee culture, where modern cafes sprout up among old-school kopitiam. Is there a war between hipster coffee and good ol' kopi kaw? Our article answers this question.

For those who are enamoured with rich history and traditions, be sure to check out our article on five fascinating historical facts about our beloved Penang. You might learn a thing or two about interesting ancient things you can experience with a trip up north.

Coming back to our clubs, we have an article to remind us all that swimming is one of the best things you can do, as a whole-body workout. Besides which, there's tennis, badminton, Zumba, and even horseback riding for you to indulge in at your local club.

So, after you've had what we hope will be an enjoyable and informative read of this Club Times, come on down to the club and perhaps I'll see you there!

Yours faithfully,

Khor Poh Waa

Director of Berjaya Clubs



Berjaya Clubs

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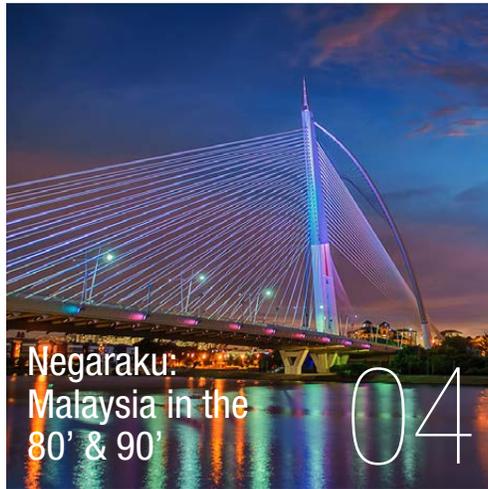
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Highlights

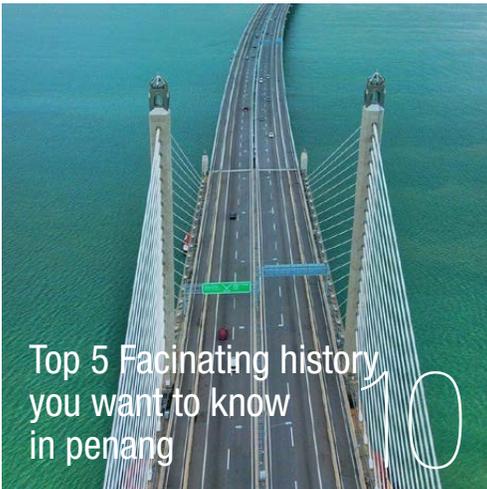
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26-28 JULY 2019
FRIDAY - SATURDAY

JULY 2019

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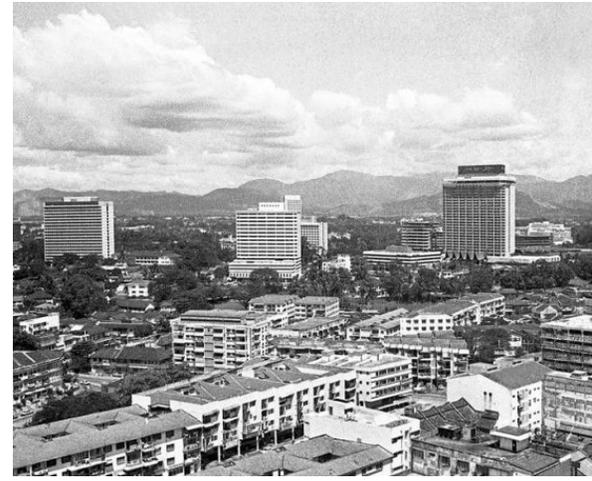
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Negaraku:

Malaysia in the 80' & 90'

If you really want to understand a nation, you can go all the way back to pre-historic and natural history. Modern Malaysian history culture dates back around two thousand years, but to understand what's going on right now, we really need to look at a pivotal point of economic and political development in the country throughout the 1980s and 1990s, and, in particular, the influence of Prime Minister Mahathir Mohamad.

National Development Policy

If you're a bit of a history buff, you may have already guessed that we're talking about the NDP, or National Development Policy, an effort to improve the Malaysian economy by providing greater opportunities for all Malaysians at the same time as the country was increasing privatization. To look at Malaysia today, you wouldn't guess that we were hit with a severe property market crash in the mid-1980s. Through the

NDP, Malaysia sprang back from dire financial straits to hold a place firmly in the top one hundred countries in the world for income per capita.

The Malaysia that we know today arose chiefly from the economic boom created by the National Development Policy, right down to its iconic landscapes and skylines. The Petronas Twin

Towers, Multimedia Super Corridor, Bakun hydroelectric dam, and the North-South Expressway, to name just a few major construction projects, were all kicked off by the economic growth brought by the NDP, and the shift from an agriculture-based economy to the technology and manufacturing-based economy for which modern Malaysia is known.

What was created through the NDP was a whole new infrastructure, one that would be resilient to economic downturns, and absolutely thrive in fair financial weather. Thirty-five, forty years ago, you might not have predicted that Malaysia would today be on the cutting edge of technology and industry, but that was PM Mahathir's plan all along.



Vision 2020

1991's New Development Policy was part of Prime Minister Mahathir Mohamad's broader vision to transform the Malaysian economy. This strategy was called, aptly, Vision 2020, a long-term plan to quadruple per capita income by the year 2020,

and to turn Malaysia into an industrial leader, on par with any other country in the developed world. Throughout the 1990s, the economy actually grew by an incredible eight to nine percent every year, a rate unprecedented in Malaysia, and unusual in any country.

Setbacks & Comebacks

Malaysia's booming economy was put to the test during the Asian Financial Crisis in 1997–98. Even Japan, which had been regarded as the dominant Asian economy at that point, slowed to a crawl, owing to aggressive exchange rate speculation



on the part of investors. Put simply: Asian economies were growing so quickly that over-enthusiastic investors wound up sabotaging their own speculations.

To stabilise Asian economies, the International Monetary Fund recommended several changes to fiscal policy. Thailand, South Korea and Indonesia all agreed with these new measures, while Malaysia had a simple, but powerful, independent solution in mind, making the ringgit non-convertible outside of its native Malaysia, putting an end to aggressive exchange rate speculation.

The plan worked, and by the early 2000s, Malaysia's economic growth had stabilised to a respectable four to five percent annually.

A Resilient Nation

When the Asian Financial Crisis struck in 1997, some nations adapted to these challenges better than others, and under Mahathir Mohamad's visionary leadership, Malaysia managed to avoid a worst-case scenario and spring back as strong as ever.

It may come as no surprise then that Malaysia chose to elect Mahathir Mohamad to the position of Prime Minister once more now that so much of Vision 2020 has come to fruition. Fifteen years after retiring with the title of Tun as a Seri Maharaja Mangku Negara (Grand Commander of the Order of the Defender of the Realm), Mahathir was elected for a second term in May of 2018, becoming the world's oldest working Prime Minister.

If you're wondering why the Malaysian people seem especially optimistic lately, you need only look to Mahathir Mohamad. Under Mohamad's leadership in the 1980s and 1990s, Malaysia enjoyed an unprecedented economic golden age that reshaped the global economy, and it seems likely that that's about to happen again.

Like any country, the Malaysian economy has seen its share of ups and downs since the NDP was first put into action, but the momentum created by that historic policy has helped to establish Malaysia as a thriving, modern country with a resilient economy and a powerful workforce, and with PM Mohamad in office again, there seems to be nothing stopping Malaysia from continuing to build on that momentum.



Mooncake Festival Celebrations: **Past & Present**

One of the highlights of the Malaysian calendar is the Mooncake Festival, also known as the Mid-Autumn Festival or the Moon Festival. In fact, it's the second most popular holiday among the Chinese community, behind only the Chinese New Year celebration. Held on the 15th day of the eighth month of the Chinese lunar calendar (that puts it in September or October every year), the festival, which dates to the earliest Chinese history, features food, fireworks, parades and family.

While many of the traditions of the Mooncake Festival have remained the same over the generations, more than a few have been modified to adapt modern technology and fit into today's lifestyle. Older Mooncake Festival participants are often surprised at how the younger generation celebrates.

In 2019, the Mooncake Festival will be held on Friday, September 13th. Not exclusive to Malaysia, the festival celebrates the year's harvest and is rather like an

Asian version of Europe's Oktoberfest.

What's all this about the moon In Chinese culture (and in Chinese communities around the globe), the full moon signifies reunion, happiness and harmony. Therefore, in addition to celebrating a bountiful harvest, the Mooncake festival is a time for families to get together and share a large meal (something like the American Thanksgiving, perhaps).





A little about the mooncake

No Mooncake Festival is complete without sampling at least one of the festival's namesake pastries. The mooncake is a Chinese delicacy that has been made for more than 3,000 years. Traditionally, these pastries were lotus-seed-paste cakes with a thin pastry crust.

However, today's mooncakes come in a myriad of fillings and a spectrum of colours. Modern day mooncakes are filled with a variety of ingredients, including nuts, red beans, fruit and eggs as well as the traditional lotus seed paste. You eat the pastry in wedges, usually accompanied by tea.





Traveling during the Mooncake Festival

Since the Mooncake Festival celebration emphasises family, it is common for people to travel from other parts of Malaysia and other countries to visit parents, grandparents and other relatives. This means that flights, train seats and hotel rooms are likely to be booked up earlier than you might expect. It's wise to make arrangements well in advance if you're going to be travelling during this time. If you're looking to eat out, restaurants are likely to be more crowded than usual.

Finally, you don't have to be an old Chinese to enjoy the annual Mooncake Festival in Malaysia. This festive, fun and delicious celebration is open to all – people who've lived long enough to remember the ancient customs, as well as the young ones of any race, who are more likely to Instagram mooncake greetings to each other.

Other Mooncake Festival traditions

Round, moon-shaped lanterns are another part of most Mooncake Festival celebrations. These colourful paper lanterns are hung in homes, on public squares and all around some towns. They symbolise good fortune and hope for the coming year.

While traditionally lit by candles, today's lanterns are more likely to be lit digitally with LED bulbs. Some cities, including Penang, have very elaborate lantern displays. In some regions, there are parades as well as dragon and lion dances. Incense is sometimes burned in honour of the moon deities, including Chang'e, the moon goddess of immortality.

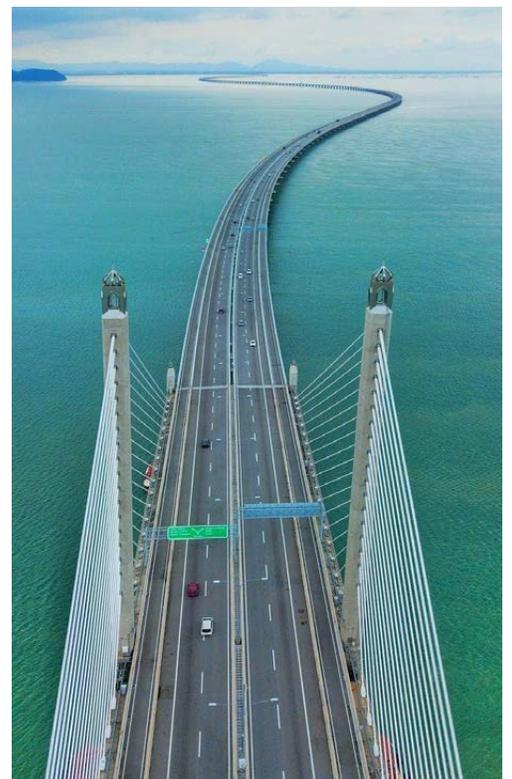


Fascinating History

You'll Want to Know About Penang

There's a lot to see and a lot to like about Penang. With urban charm combined with plenty of natural wonder, the "Pearl of the Orient" has become one of the more well-visited and generally well-enjoyed Malaysian states.

Beyond the prime tourist attractions like the botanic gardens that everyone crowds into, there are other wonderful Old-World items of cultural and historic interest worth checking out that show the influences of so many Eastern and Western countries. Some items worth learning more about include:





Wat Chaiya Mangkalam Temple

Many “must see” tourist books recommend the Kek Lok Si Temple, the country’s largest Buddhist temple, or the Dharmmikarama Temple, another magnificent edifice. A less crowded but still impressive attraction is Wat Chaiya Mangkalam Temple, the largest Thai temple. It includes colourful artwork and iconography, plus a 108-foot reclining Buddha, considered the world’s third largest Buddha, which is housed in the Hall of the Thousand Buddhas. The temple was built in 1845 and given by Queen Victoria, but the main shrine and pagoda area weren’t added until 1900.



Jewish Cemetery

Over the years, different cemeteries were segregated by race or culture. One worth seeing is the Jewish Cemetery, where just over 100 members of this community are buried. It opened in 1835, and the design of the caskets is triangular, like old Jewish tombs. At 38,000 square feet, this is the oldest Jewish cemetery in the region.





P. Ramlee's House

One of the more celebrated local celebrities is P. Ramlee. Between 1948 and his retirement in the mid-1960s, P. Ramlee did well as an actor, director, singer, musician and performer. He passed away in 1973 and is buried in Kuala Lumpur, but the home he was born in still attracts fans of all ages. A visit includes a memorial gallery and a museum dedicated to the entertainer plus several artefacts. It was built in the 1920s by his father and uncle, and today is owned by the National Archives.



Weld Quay

This road on the eastern boundary of George Town includes a variety of warehouses and piers, some that have been standing since the 1880s. Each of the six still-standing jetties is owned by a Chinese clan which has its own traditions, images and histories. Some of the more prominent families that still live in their jetties include the Yeoh, Lee, Lim, and Tan clans. The Chew Jetty is considered one of the more popular tourist areas in the area, and includes shops and restaurants, all on stilts. Most of the shipping operations are gone, but cruise ships still berth here.



Swimming Benefits You from Head to Toe

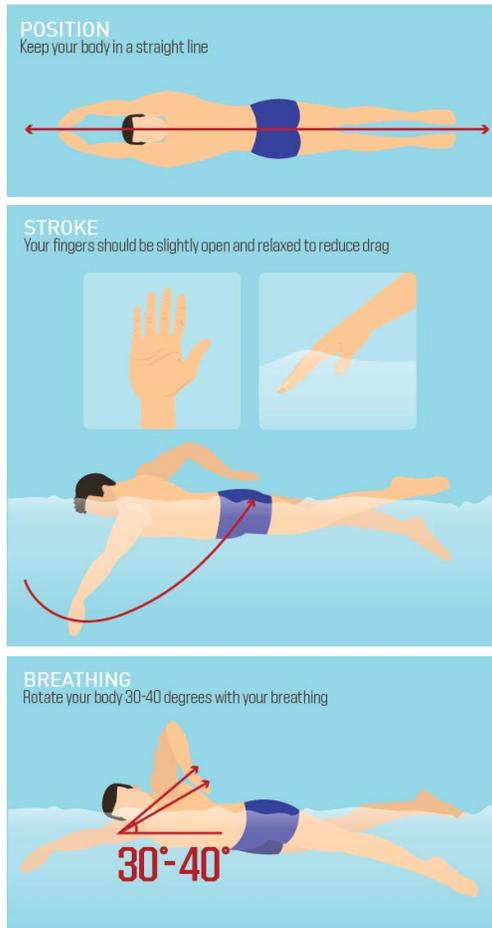
If you're a fitness enthusiast, you're probably already aware that a single type of sport or exercise usually isn't enough to get you into top shape. Instead, you need to challenge your body by mixing things up, alternating between weight-bearing exercises, cardio, and stretches to achieve a full-body workout.

Swimming is a spectacular way to work out various muscle groups in a low-impact way. Because swimming is far easier on your joints than running, rowing, or bicycling, it's ideal for those who have joint issues or other mobility restrictions. Read on to learn more about the many physical and mental benefits you can realise from regularly practising a few basic swimming strokes.

Physical Benefits of Swimming

The resistance that a body of water generates makes swimming (or water aerobics) a natural full-body workout. Each time you move part of your body underwater, your muscles must work together to displace the water. This, in turn, increases your heart rate and works to build endurance. The patterned, rhythmic breaths you take while swimming freestyle or performing the butterfly stroke, side stroke, back crawl, or breaststroke can also help your endurance by increasing your lung capacity.

Each stroke works a different set of muscle groups. Alternating between these strokes, either in a single session or from day to day, can ensure that you're achieving the maximum health benefit from your swimming workout.



The **butterfly stroke**, using the dolphin kick, provides a complete lower-body workout while also working the deltoids and chest muscles. This stroke can be a bit challenging for beginners, but after some practice, is a great way to burn calories and improve muscle strength.



Mental and Emotional Benefits of Swimming

Swimming can not only improve one's overall physical fitness, but it can also boost mental and emotional health. It's sometimes easy to become distracted during a workout – but swimming requires you to pay attention to your breathing and your muscle movements, forcing you into a sort of meditative state. By focusing on being present, instead of worrying about your to-do list, you can get the most out of your workout both physically and mentally.

The **freestyle stroke**, using the flutter kick, primarily works the deltoids (or upper back muscles), the hips, the quadriceps (front thigh muscles) and hamstrings (back thigh muscles). It's an ideal stroke for those with knee issues; strengthening the quads and hamstrings can provide additional support to the knee, reducing wear and tear.

The **sidestroke**, using the scissor kick, focuses on the triceps, hips, quads, and hamstrings. Combine it with the back crawl, using the flutter kick, to continue your hips, quads, and hamstrings workout while also strengthening the deltoids.



Finally, the **breaststroke**, using the frog kick, targets the chest, triceps, and lower body.

Cardiovascular exercise like swimming can also boost the body's production of endorphins, natural mood-boosting hormones that can reduce depression and even provide minor pain relief.

If you've been thinking about shaking up your exercise routine, there's never been a better time to give swimming a try. From its cardio and strength-training benefits to the mental focus it encourages, swimming is an all-around quality workout.





VS



Kopitiam vs Café Going for the Trend

Stopping at a kopitiam, the quintessential Malaysian coffee shop, is about so much more than getting fed. It is a cultural tradition. Some might even refer to it as a phenomenon. In local cities like Kuala Lumpur that increasingly embrace fast-paced modernity, the kopitiam may seem a little incongruous. But the Malaysian kopitiam tradition, while perhaps not as ubiquitous as it once was, remains an integral component of Malaysian society and culture.

Kopitiam History

Many of the kopitiams that serve Malaysians today can trace their histories to the colonial era when they served as community gathering spaces. In more recent years, they have become iconic locations that promote diversity and open conversations throughout the 13 states and Federal territories. The multicultural, multi-ethnic diverse population of Malaysia can find common ground and community in their kopitiams.



More Than Coffee

The coffee served in the modern kopitiam is a special blend Malaysians will be hard pressed to find in other countries that lack a strong Malaysian presence. It's not simply about the flavour but about the process and the tradition. In fact, during colonial times, the delicious brew roasted in a wok was intriguing enough to win over even the most dedicated of British tea drinkers.

However, the kopitiam serves up more than just coffee. They are well known for the interesting breakfasts they serve, usually with many individual hawker-style

stalls under one roof. More than that, though, they are welcoming places for all the people who call Malaysia home and an integral part of what makes Malaysia so inviting to people from around the world.

Unfortunately, the modernisation and gentrification of Malaysia may be placing this time-honoured tradition at risk. There are now scores of modern cafés and open-air restaurants located throughout the states and territories. While the number of original kopitiam declines as the older generations fade away, new kopitiam – some with

modern-style chain and franchising methods, rise to fill in the gaps.

Rising rents in city centres and increased competition from corporations like Starbucks make it more difficult than ever for old independent kopitiam to survive in an increasingly modern day. Plus, the art of making kopi is one that is dying out as multi-generational family-owned kopitiam are facing younger generations that have no interest in learning the craft of making kopi but opt for Italian-style espresso-based drinks instead.



Trendier Cafés and Competition

With the number of original kopitiam's dwindling and the tradition of breakfasting being challenged in the mad rush to dive into the day, there are many more distractions and "faster" options for meals throughout the day for Malaysians.

It's not that there is no place for the traditional kopitiam in modern Malaysian society. Only that there is now a myriad of choice in a busy modern world, with plenty of cafés and restaurants that offer an ever-wider range of option or food and beverage selections.

For some, the problem is the trendiness of the business. While it is certainly more cost-effective and budget-friendly to grab a cup of kopi, the trendier cafés and modernised coffee shops are a larger draw for younger audiences that are driving local economies throughout the 13 states.

Ultimately, both the kopitiam and the modern café have their pros and cons, their separate appeal. Fortunately, there are still options to enjoy a local kopitiam or modern café on almost every street corner, so you can enjoy either – according to what you're in the mood for on a given day.

RUMAH TERBUKA AIDILFITRI

The Saddle Coffeehouse
dari 7hb Jun 2019, 7.00mlm-10.00mlm



- Harga mengikut menu yang terpilih
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July
2019



Set Nasi & Kari Ikan Tenggiri

August
2019



Set Nasi & Ikan Tenggiri Asam Pedas

September
2019



Set Nasi & Kari Daging



Mee Celup



Set Nasi & Siew Pak Choy Oyster Sauce



Mee Tung Hoon



Coconut Shake



The Green



Ceria

Golf Event

Date	Day	Description	Mode of Play
3th & 4th	Saturday & Sunday	KDE Annual Club Championship 2019	Strokeplay Gross

LOYALTY REWARDS PROGRAMME

Effective June 1st, 2019



Name:

Membership no.

1	2	3	4	5
6	7	8	9	10
FREE	1 complimentary buggy charges			

10 STICKERS FREE 1 complimentary buggy fee



PROMOTION

July 2019



1
Set Nasi & Puyuh Goreng Balado Hijau



2
Crispy Chicken Wrap



3
Pangat Pisang with Ice Cream

August 2019



1
Set Nasi & Itik Salai Masak Lemak Cili Api

2
Waffle with Ice Cream



3
Sago Gula Melaka

September 2019

1
Chicken or Beef Pita Kebab with Nachos



2
Grilled Vegetables Sandwich with Fries

3
Cream Caramel with Ice Cream



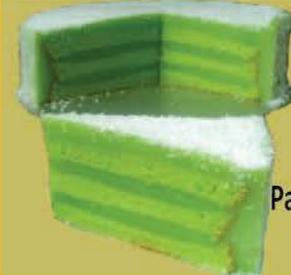
CAKE OF THE MONTH



Chocolate Banana Cake



Cake Sugi



Pandan Layered Cake

MOCKTAIL OF THE MONTH

Coconut Shake



The Green



Ceria





BJGCR Monthly Medal June 2019

23 June 2019



Good news, BJGCR has revived its Monthly Medal due to a surge in demand! The June monthly medal was held on 23rd June 2019. It was a day blessed with fine weather conditions and our members had a “birdieful” time on the course.



Tentatively, the July Medal will be on 28th July 2019.

Call now to find out how to join, at 03-8996 1468. We look forward to see you there!



Medal A Champion



Medal B Champion



Medal C Champion



Congratulations to the winners

Medal A (0-15)

Champion	Gabriel Lee Poh Loong	(Handicap 6, 39 Points)
1st Runner up	Hew Yuen Foh	(Handicap 8, 39 Points)
2nd Runner up	Cheah Lang Kang	(Handicap 13, 37 Points)

Medal B (16-18)

Champion	Lim Teck Kon	(Handicap 17, 43 Points)
1st Runner up	Lee Chee Keam	(Handicap 18, 40 Points)
2nd Runner up	Soo Keen Meng	(Handicap 18, 37 Points)

Medal B (19-24)

Champion	Anson Lim Chai Kim	(Handicap 24, 45 Points)
1st Runner up	Lee Xhang Ing	(Handicap 20, 43 Points)
2nd Runner up	Kong Dei Vid	(Handicap 19, 40 Points)

Novelty Winners for June Medal 2019

Award	Name	Record
Longest Drive	Stanley Too	277 Metres
N.T.L. #15	Hoon Chee Keong	8 Inches
N.T.P. #4	Jack Lee Kwok Ho	18Ft 5 Inch
N.T.P. #8	Pauzi Mamat	3.5 Metres
N.T.P. #13	Yee Kim Loi	4 Feet Inches
N.T.P. #16	Aloysius Lee	10 Feet



Buka Puasa With Anak Yatim

17 May 2019



In conjunction with the fasting month, Kelab Darul Ehsan once again spread the barakah (blessings) of the holy month of Ramadhan by feting orphans from Rumah Kebajikan & Anak Yatim Darul Najjah (An Najjah) in an annual Majlis Berbuka Puasa held on 17th May 2019.

The children were treated to a scrumptious Ramadhan buffet spread themed "Bazaar d'KDE" together with other guests, and they also received duit raya and goodies at the Majlis Buka Puasa. A big Thank You to the main sponsors – Berjaya Sports Toto, Pretty Aini, Mustika Ratu – and the Staff of KDE.

To add to the merriment of the night, there were live music performances by legendary singer Dato' Dhalan Zainuddin and Datin Effa Rizan, while the children also put up a show of their own with a nasyid performance dedicated to their caretakers.





Rasa Rasa Sajian Desa Buffet

7 May - 2 June 2019

The Saddle Coffeehouse delivered on our promise of an enjoyable experience – and among our must-haves were the homemade beef satay, grilled lamb, nasi biriyani special and live cooking station “The Wok.” We received positive and encouraging feedback and an overwhelming response for our Rasa Rasa Sajian Desa buffet. Our heartfelt thanks to everyone who came and enjoyed the delicious sumptuous Buka Puasa feast!





Karnival Permainan Antara Staff 2019

7 March 2019



If you are a fan of golf, you surely know that golfing benefits your body from head to toe. At Bukit Banang Golf & Country Club, equipped with 9-hole and 18-hole golf courses, you'll definitely find a place of your choice.

On 7th March, Institut Perguruan Kampus Tun Hussein Onn Batu Pahat organised a golf tournament that managed to attract 48 people to participate. The tournament registration started at 11.00 am with tee-off at 12.00 pm. Indeed, it was lots of fun having them on our course.



If you are interested to organise a tournament, feel free to talk to us at **07-428 5431**

Our Golf Course Operation Hours:

Registration:
7.00 am – 6.00 pm

Tee-Off:
7.30 am – 6.30pm



Malay Wedding

23 March 2019



At Bukit Banang Golf & Country Club, we offer catering for all kinds of functions and seminars to satisfy your requirements.

Congratulations to Mr Ahnaf Baker and Mrs Athirah Nabila who managed to host a successful wedding ceremony at the restaurant hall.

In total, we have 3 halls, named the Indah room, Conference Room and Restaurant Hall, that can cater for about 10 tables' seating and up to 200 pax for theatre seating. Events can be held as early as 7 am up until 12 midnight.



For seminars and workshops, stationery and drinking water will be provided. The best thing about the deal is, we allow you to bring in outside food or your own caterer for your events.



If interested, you are welcome to contact us at **07-428 5431** for enquiries.

Once again, congratulations to the couple!



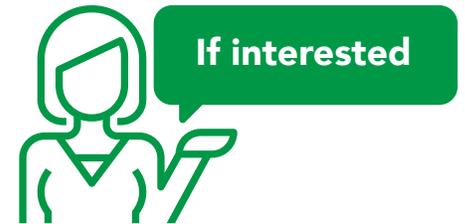
Pertandingan Golf Silaturahmi 2.0

20 April 2019



A game of golf 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. At Bukit Banang Golf & Country Club, equipped with 9-hole and 18-hole golf courses, you'll definitely find a golfing home of your choice.

On 20th April, Persatuan Pegolf Batu Pahat organised a golf tournament that manage to gather 90 people to participate. The tournament registration started at 7.00 am and tee-off was at 8.00 am. Congratulations to Encik Naim Bin Yunus for achieving a hole-in-one in this tournament!



If you are interested to organise a tournament, feel free to talk to us at **07-428 5431**

Our Golf Course Operation Hours:

Registration:
7.00 am – 6.00 pm

Tee-Off:
7.30 am – 6.30 pm



48th Mitsumi Technology Cup

18 May 2019



Did you know that walking a mere 2½ hours each week can reduce your heart attack risk by 30% to 40%? This exercise associated with golf can easily provide that much of a workout in one or two outings. If you value your heart health while having fun with your friends, golf is the ultimate no-brainer.

On 18th May, Mr Yau Eng Kiong from Batu Pahat organised a golf tournament that interested 48 people to participate. The tournament registration started at 7.00 am and tee-off was at 7.30 am.



If you are interested to organise a tournament, feel free to talk to us at **07-428 5431**

Our Golf Course Operation Hours:

Registration:
7.00 am – 6.00 pm

Tee-Off:
7.30 am – 6.30pm