

OCT-DEC 2019

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Club Times

RECREATION AT YOUR CONVENIENCE

Negaraku: Malaysia Towards Vision 2020

▶ **Weddings
Yesterday vs Today**

▶ **Fascinating History
Facts You'll Want to Know
About Melaka**

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We're at the Eve of Vision 2020

Dear Member,

It seems strangely long ago, that Tun Dr Mahathir, our current and former prime minister, articulated Vision 2020, a dream for a progressive, developed, yet conscientious nation. Yet at the same time, we find ourselves suddenly on the verge of 2020, in this final quarter of 2019.

It's fitting, then, for us to take a look at our country through the lens of Vision 2020, to see how far we've come and celebrate, and to see what we've yet to achieve and roll up our sleeves to double down and get to work. So, we on the editorial team hope you'll enjoy taking a stroll down memory lane with us to glean what we can to help in our present day.

Speaking of revisiting the past, we also take a cultural look at weddings in the old days versus the 21st Century. And, we also highlight fascinating historical facts that you might not already know about our beloved country, this time, in the historical city of Melaka.

Melaka is famous for its cuisines, but honestly, our whole country is awash with exquisite culinary traditions. One of the most universal in our nation is the mamak restaurant and its attendant culture, which is also challenged by the more modern food courts. Join us as we compare and contrast these two popular centres of Malaysian gastronomic adventure.

And when you've had your fill of our delightful dishes, it's time to exercise. Why do so many people opt to hit the gym? It's because a good gym can benefit you physically from head to toe.

Good gyms are a standard in our many clubs, so as much as we want you to enjoy reading this newsletter, there comes a time when we hope you'll have read it to learn all about the news and events happening at your favourite club – and then, put down this newsletter, head down to the club with your family and friends, and I'll see you there!

Yours faithfully,

Khor Poh Waa
 Director of Berjaya Clubs



Berjaya Clubs

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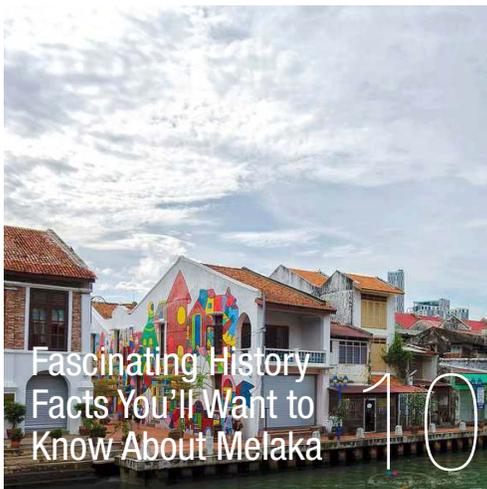
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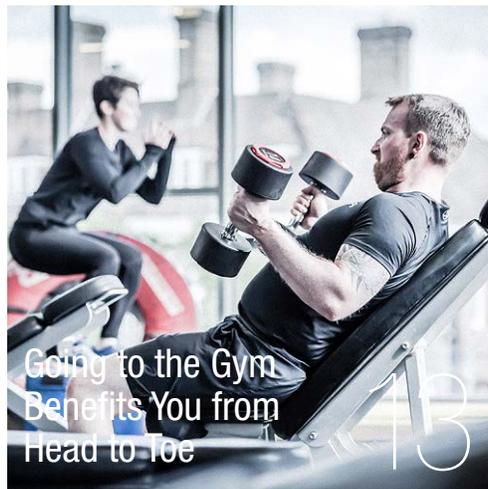
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Negaraku:

Malaysia Towards Vision 2020

For some time now, Malaysia has struggled with a number of social, cultural, and economic difficulties which have threatened to fracture the region. However, we have every reason to believe that by 2020, Malaysia can become a sound democracy blessed with a strong and confident economy, as well as a culture that is liberal and tolerant, just and equitable, progressive and prosperous.

In 1955, our nation broke the yoke of British control with a historic election that set us on a path to full independence. However, since that day in 1957, when our independence came to full fruition, we have been

beset with nine critical dilemmas which have held Malaysia back from realising its full potential. However, we have a vision of Malaysian unity which we have every reason to believe can be achieved by 2020.

Now, that is not to say that these are not serious problems, which require serious attention. What they require is the requisite groundswell of social will to make the needed changes a reality. A clear way forward has been laid out by YAB Tun Dr Mahathir Mohamad at the Malaysian Business Council. It is a sound vision, and it identifies the nine most pressing issues facing the nation. They are:



1. Unity

The first challenge is a lack of a sense of a common destiny, unity, and ethnic integration. We are a nation of many peoples, distinct and unique each unto their own right. However, now, more than ever, we believe that sufficient public will exists to bring our current lack of social unity to an end. It will take work on the cultural level. We believe this is achievable.

2. Mentality

Second is a lack of what we might call psychological liberation. Malaysia's people do not have the strong sense of common destiny, of import, and their place in the world as a significant presence on the world stage. Again, this is a thing which must be addressed through the culture. And, again, we believe this is within our reach.

3. Democracy

The third deficit Malaysia is currently burdened with is the absence of a mature democracy. Every high-functioning society requires the common perception that the people have a say in the course that the nation is headed. At present, the people need confidence that they have a meaningful voice at the ballot box. This too is within our power to change.

4. Ethics

Our fourth challenge is the call to establish a deep sense of ethics and morals, a binding sense of fairness and decency. A flourishing society must be a genteel society. We believe the seeds of genteelness exists in the hearts of Malaysians. We need only nurture it.

5. Tolerance

The fifth challenge is our need for greater multicultural tolerance. We must nurture a perception of Malaysia as a place of many cultures living together harmoniously. Just as neighbours cooperate and defend one another, so must the collected cultures of Malaysia also do.

6. Technology

The next challenge is the need for a progressive, scientific outlook, one which will breed innovation and a sense of better things to be expected. Again, Malaysians show every sign of being ready to adopt this mindset.

7. Mutual Care

The seventh, and perhaps most important of all our challenges is the need to establish a culture of mutual care. Malaysians must learn



to see each other as an extended family. They must be as willing to help and care for their fellow citizens as they are to help and care for their own brothers and sisters, mothers and fathers.

8. Economic Justice

Challenge number eight is our need for economic justice. The fair and equitable distribution of resources is necessary for the people to live together peacefully and to flourish. Societies that are burdened with an overwhelming presence of inequality are plagued with strife on the interpersonal level. In such an atmosphere,

cooperation is difficult. Even animals have been shown to have a strong sense of fairness. How much more do human beings require it before they can live in harmony? The answer is self-evident.

9. Prosperity

The final challenge is the lack of systemic prosperity. For this, we need a strong economy, innovation, and a dedication to purpose. We believe a united Malaysia cannot help but achieve this when the above cultural goals are met.

Admittedly, these are lofty goals. But they have a common nature which springs

from the hearts and minds of the people. By speaking to the common decency, the basic human goodness that lives within every Malaysian citizen, these ambitions can become a reality. Moreover, our appraisal of the culture and our economic prowess tell us these goals are not only achievable – but that they are achievable in the very near future. What is needed is cooperative action.

We must not delay. We at Berjaya Clubs are committed to building a beautiful Malaysia. We trust you are with us.



Weddings

Yesterday vs Today



Marriage is as old as humanity, with the union considered as bringing together not only the man and woman involved, but also their families. However, the concept of marriage and weddings has changed remarkably over the years. Traditions, roles, and perceptions have evolved through time as cultures borrow from and influence each other. In all Malaysian communities, weddings are seen as grand, festive occasions that are attended by many people. Here are some of the differences between weddings then and today.

The proposal and engagement

In the past, marriage was arranged by the parents. A senior and respectable member of the groom's family would visit the family of the prospective bride to learn more about the family and find out if she was agreeable to the marriage. In case the bride is acceptable, a proposal would be made.

While some cultures still practice this tradition, most people are more modern-minded when it comes to looking for a spouse. Today, a good number of couples already know each other before agreeing to marriage. This means that any meeting between the two families is just



a formality meant to allow the in-laws to know each other.

Proposals involved a man kneeling and asking for permission, with a ring to symbolise engagement. Today, the new generation asks for a party, a surprise event, a flash mob done in a public space or an advertisement on a billboard. In days gone by, divorce was a rare occurrence. Whether you were happy in marriage or not, you had to live with it. Today, divorce cases are becoming more common among couples.

Wedding Traditions

Previously, weddings were characterised by traditions and rules to be followed. Missing any of the rules would cause the relationship to be in trouble. There was special traditional attire for the wedding day, with the groom going to the bride's home to seek blessings for the couple. Her friends and relatives would try to make it difficult for him to reach the bride, and he would bribe his way to her. The groom and bride were the king and queen of the day, and the bride would serve her husband food for the first time during the event.



Traditional weddings featured a feast, band performances, and guests singing. The event was held at the family home courtyard, unlike today, where weddings are held in commercial venues and feature lavish decorations.



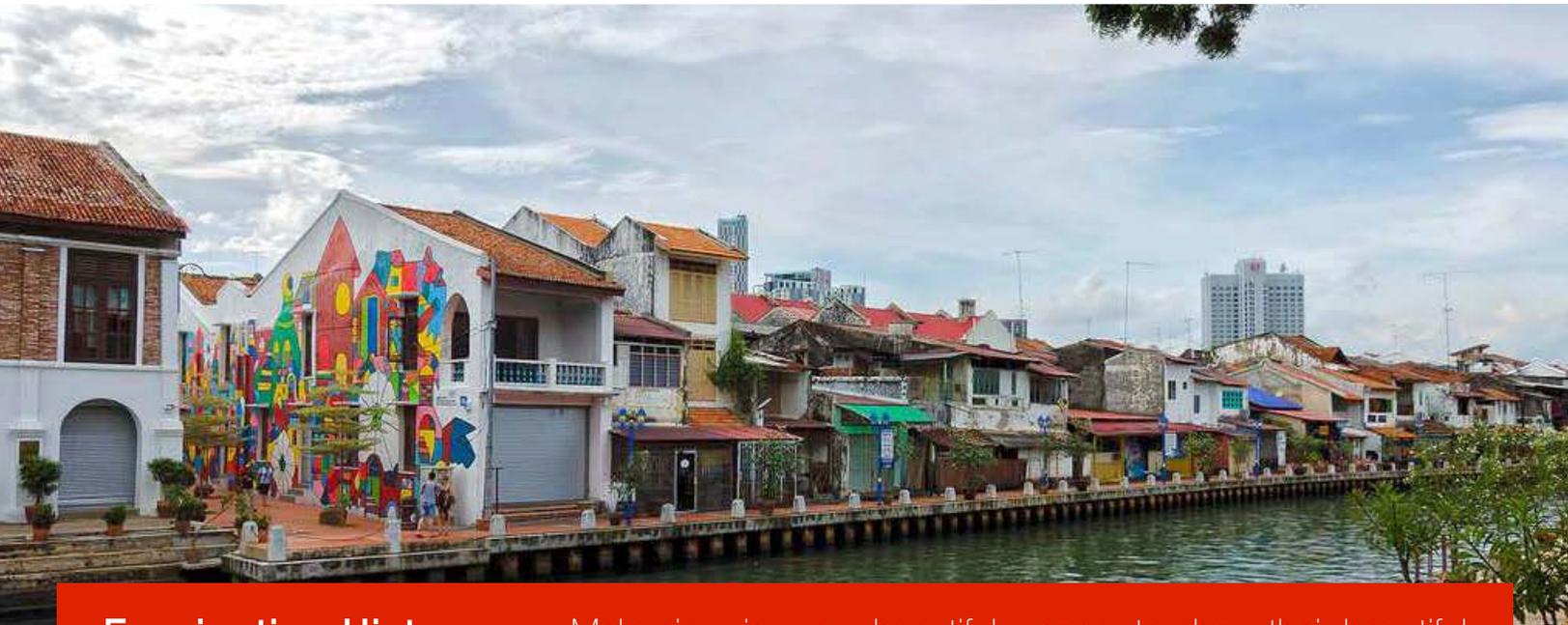
Today, everyone wants a perfect, romantic, and glamorous dream wedding. People do not have to stick to rules and traditions strictly, and the programme depends on the preferences and likes of the couple.

The economics of weddings

In days gone by, parents would set dowry based on what the man or woman could afford. Today, a good number considers money to be central to a successful wedding. Modern society defines a perfect wedding as one where money is spent on dowry, parties, bridal showers, bachelor nights, food, and drinks. In short, the more money you spend, the more perfect the wedding goes. Although much has changed over time, there are still expectations when it comes to how the bridal couple and guests should behave.



Have wedding traditions been abolished, or have they indeed simply evolved into modern traditions?



Fascinating History Facts You'll Want to Know About Melaka

Malaysia is a beautiful country that is fascinating to both residents and visitors alike. The food is delicious, the climate is tropical, and the locals are friendly and

eager to show their beautiful country to tourists. One of the most fascinating cities in Malaysia is Melaka. There are several interesting facts that everyone will want to know!



The Sam Poh Kong Temple

This is one of the iconic temples in Malaysia. It has been dedicated to Sam Poh Kong. This was one of the goddesses who, based on legends, caught a fish alive. Then, the goddess sliced open one side of the fish and ate this for meat prior to releasing what was left of the fish back into the sea. According to legends, this is where the Flounder fish came from. This temple tells the story of this legend, accompanied by remarkable architecture.



On the Streets of Melaka

The streets of Melaka are always bustling with life. Two of the iconic streets in the city are Hereen Street and Jonker Street. Hereen Street is a gentleman's street which can trace its roots back to the days of the Dutch colonial era. This road features some beautiful homes that give off the feeling of both status and luxury. Jonker Street is one of the nobleman's streets and is the home of numerous traders and merchants. This a vibrant street that everyone should take the time to check out.

Baba & Nyonya: Houses and Furniture

Peranakan houses and furniture are constructed without using a single nail. There was an ancient belief that nails were meant only for coffins, so these were avoided. This makes the houses in this area unique. Each home gives off a unique mood signified by its colours. For example, if there is a funeral, everything in the home, including dining and furniture, is going to be blue. Colours are important in the world of the Peranakan of Melaka.



In addition, the staircases are always designed with a cover. These covers are meant to prevent kids from falling, to

prevent anyone from coming or going at night, and to prevent theft. This gives Peranakan homes a unique look and feel which everyone should enjoy.

The Peranakan Culture

There are three separate areas of Peranakan Culture. These include:



Baba & Nyonya: These are the ancient Chinese traders who married locals. Their food is a little less spicy but still hot. This culture celebrates Chinese holidays and festivals, including the Lunar New Year.



Chitty: These are ancient Indians who married locals. Their costumes and culture are a delicate blend of both Indian and Malay culture.



Eurasian: Portuguese culture is strong in Melaka. Even those of Portuguese descent from other countries, such as Brazil, come to Melaka to learn the culture and language.

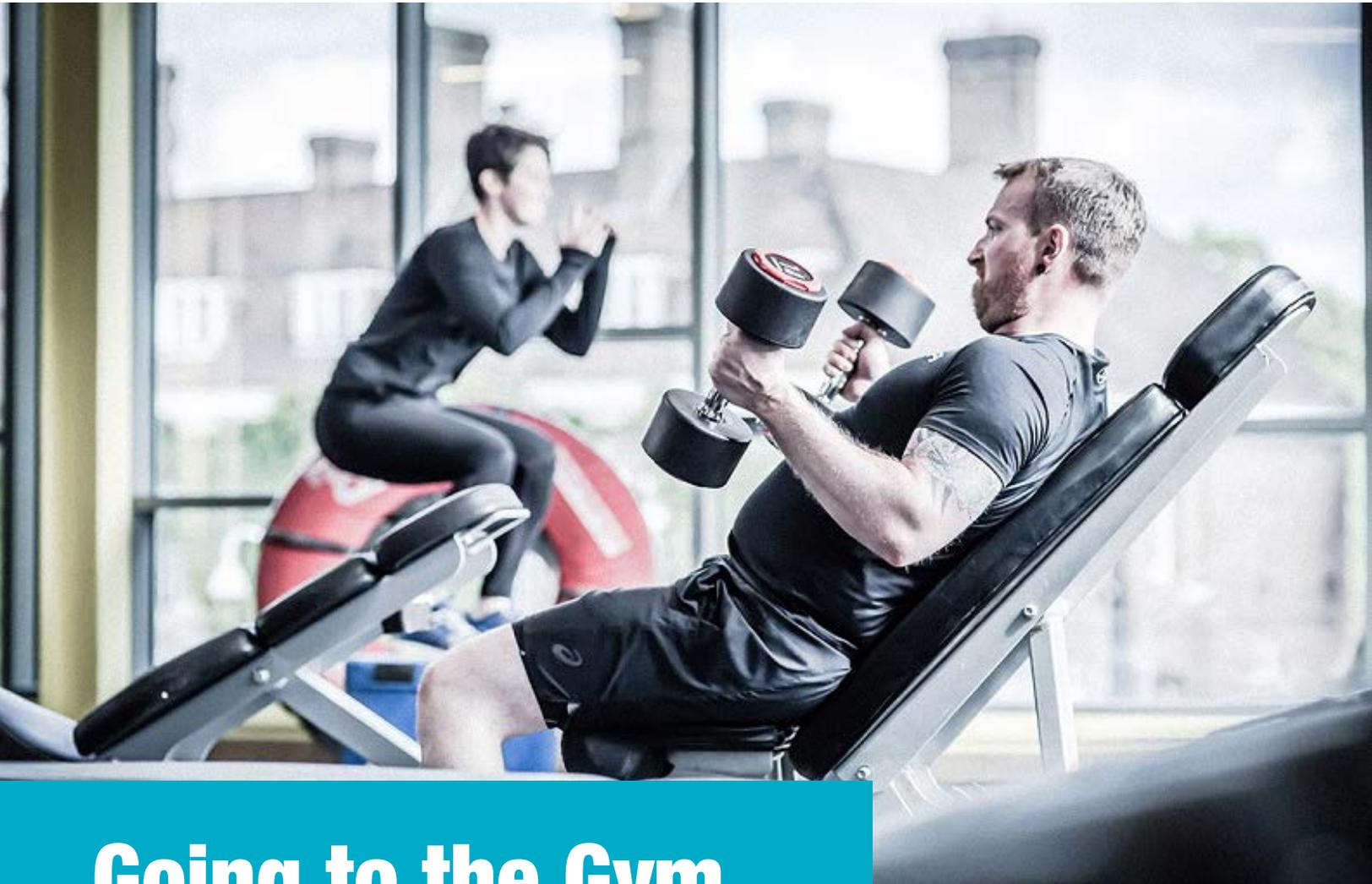
The Trishaw Ride

Trishaws are closely associated with Melaka. The licenses for these vehicles are inherited from prior generations and no new licenses are given out by the current government. The trishaws all cost between RM4,500 to RM6,000. The trishaw culture is strong and there is even an annual decorating competition!

Don't miss it!

There's so much to discover in Melaka. How many of the items on this list have you experienced personally?





Going to the Gym Benefits You from Head to Toe

By now, you know that varied exercise is essential to your overall health, body, and mind. At Berjaya Clubs, we care about your well-being, so let's explore the benefits of time in the gym. Gym workouts boost your energy levels, add lean muscle mass, reduce health risks, support weight management, and enhance your overall mood. Sounds brilliant, right? Here are three ways to develop a dynamic gym routine.



Weight Loss

To achieve your target weight, consider between 75 minutes of vigorous-intensity to 150 minutes of moderate-intensity cardiovascular activity each week; this helps your heart health and fat-burning goals. If you are new to gym workouts, then consult with gym staff to find the cardio equipment that best meets your needs.



Treadmills

Walking on the treadmill provides low-impact exercise, while running on it provides a high-impact activity. If you struggle with poor bone health, walking on the treadmill avoids injuries caused by repeated pounding on your lower body from running. Either way, a treadmill workout slows down mineral loss in your lower spine, hips, and legs.



Cycling

Cycling equipment offers a low-impact, lower body workout at a low or high intensity level. Bike training also supports strong muscular and cardiovascular stamina for those days you wish to bicycle in the fresh air on a sunny day.

throughout your body. As you use your whole body to complete each stroke, knowing how to do so correctly will make this a truly enjoyable choice.

As each of the above cardio machines benefits your body differently, you might consider rotating your use of this equipment, with 20- to 30-minute workouts, three to five days a week.

to work various muscles throughout your body.



Dumbbells

With hundreds of exercise routines that work your arms, legs, back, and abdominals, using dumbbells adds free weights to your regimen for a more complete workout plan. They challenge your muscles, quickly build strength, promote heart health by reducing blood pressure, create muscle memory to help your body function well in the real world, keep your body in balance, and help prevent injury.



Rowing Machine

The rower is a low-impact workout at variable intensity levels. However, it delivers a whole-body workout for over seventeen major muscles



Abs & Arms

Aerobic exercise is just part of an effective workout routine at the gym; you also want to engage in weight training. Here are some great choices



Back Extension Machine

Extensions help the three major muscles at the lower back, which are not only used when you bend over to pick up items, but are also central to a healthy posture. Before hopping on this machine, consider having a staff member demonstrate proper technique. Improper form could lead to injury, but rest assured, back extensions are well worth your time, as they also help tone your abdominals, glutes, and other muscles in your hips and shoulders.

Pullup Machine

The assisted pullup machine builds upper body strength. If you regularly use it as part of your strength training workout, soon you will be able to do these bodyweight exercises without machine support. The more weight you load on the stack, the less challenging the pull ups are. As you build strength, keep reducing resistance in the weight stack. For newcomers, this will take time, but you will love the results!

Getting that 6-Pack

Whether your goal is to lose weight or to gain some, many people admire the six-pack abs seen on the pages of

fitness magazines. Let's be clear on two facts before you begin your quest for visible six-pack abs. One, having a six-pack does not mean you have more muscle; it just tells others you have less fat covering those muscles. Two, men whose rectus abdominis (six pack) shows have body fat between 6%–9%, and it is actually considered unhealthy for you blokes to decrease your body fat below 8%. Women with visible six packs have body fat between 16%–19%, and ladies, it would be dangerous to reduce yours below 14%. Some of the most fit athletes around don't have a visible six pack. In fact, the regimen that many people

would have to follow to attain a six-pack could be downright unwise.

So, what do you do, moving forward?

Live a healthy lifestyle with quality foods, engage in a regular, varied exercise regimen, and try to get seven to nine hours of sleep each night. You may not gain a visible six pack, but by challenging your body with a mix of aerobic exercises and weight training routines at the gym, you will be much better off, from head to toe!



Mamak Restaurants vs Food Courts:

The Money Savings Challenge



Visitors to Malaysia are always happy to discover that dining here is comparatively so inexpensive. On the other hand, Malaysian residents have felt the pinch of higher costs for dining out during recent years. So, when the Sales and Service Tax was announced last year in Malaysia, there was, let's say, a wave panic among people who eat out a lot. Many wondered if they would still be

able to dine well and stay on budget.

It's an important question, because being able to eat out affordably is central to Malaysian culture. In fact, eating meals out sets the rhythm of daily life throughout the country. There's the bit of lunch leisure, the dinner-time respite, and the celebratory feel of weekend dining out. These

activities around food are part of the fabric of everyday existence in Malaysia. Yes, to be Malaysian is to enjoy dining out.

So, what's the situation? What can the Malaysian diner do to maintain a lifestyle of eating out, without breaking the budget? Not to worry! We did find a lot of options for people who want to keep enjoying their lifestyle of eating out, but also want to control their food costs.

The question becomes, where are all these great budget dining options?



Local Mamak or Food Court – Which Really Offers the Best Dining Value?

Mamak restaurants and food courts both can offer delicious and affordable options for dining out without breaking the bank. Some of the world's most scrumptious foods are found in Malaysia's many mamak restaurants and food courts. Both are typically crowded with office workers during weekday lunch hours, and with leisure diners during lunch and dinner on weekends.

But which offers the best and cheapest food – mamak or food court?

The answer depends on what you have a taste for. Mamak restaurants feature traditional Indian Muslim cuisine, although many have been starting to offer pasta and other western fare. Meanwhile, the food courts offer diners a vast array of choices of types of tasty cuisines.

What Are the Best Places for Budget-Friendly Dining in Malaysia?

Some Malaysian professionals who eat out routinely say they're spending around RM1,000 each month on average including mostly lunch and dinner, but also some breakfasts. For students who live by eating out, food budgets may be closer to around RM400.

Generally, for Malaysians who love the convenience of not cooking, there are still plenty of options on a budget. The range of choices does depend, of course, on how much a diner's budget is.

Here are some of the popular dining options we found for Malaysians who want to continue to enjoy their lifestyle of eating out and keep their budgets intact:

There are good values in KL, especially for groups. Tasty Thai options of large meals in Kampung Baru for four people can be found for around RM25, which is less than RM7 per person.

In Bukit Indah, there's a food court that's very popular for dinner. With two dishes and a beverage, dinner runs around





What's the Bigger Picture for Malaysian Diners on a Budget?

Clearly, eating out in Malaysia costs more today in many areas throughout the country. In some restaurants and food stalls alike, significant price increases have occurred. A meal that cost RM5 or RM6 a decade ago, may now cost RM8 or RM9.

But, it's also clear enough that eating out in Malaysia and maintaining a reasonable budget is still possible. There are numerous choices for excellent and affordable foods for diners of all tastes in many areas.

Of course, the way to keep within budget is to avoid the pricy places and opt for the more budget-friendly alternatives. If you eat out as a routine, it can pay to keep an eye out for new food courts and mamak restaurants, and give them a try.

Also, check online reviews and social platform pages for recommendations from friends on favourite dining spots. And, look for the busy lunch and dinner spots in your area. The crowd sizes are often a clue to their quality and overall value.

RM6 to RM8. Fare includes vegetable dishes, grilled catfish, piping hot noodles, and other delectables.

In Seksyen 7, large and delicious dishes of fish or chicken with vegetables and rice can be found for just RM5. You may find driving there is worth the time and effort. It's really good.

At restaurants In Brickfields, meals of chicken dishes with vegetables and rice can cost around RM10. For Monash University and Sunway University students, the Rock Food Court stalls are a good fit for student budgets. Chinese meals with beverage cost around RM7 to RM8.

Other areas for big savings on dining costs are to be found in Wangsa Maju,

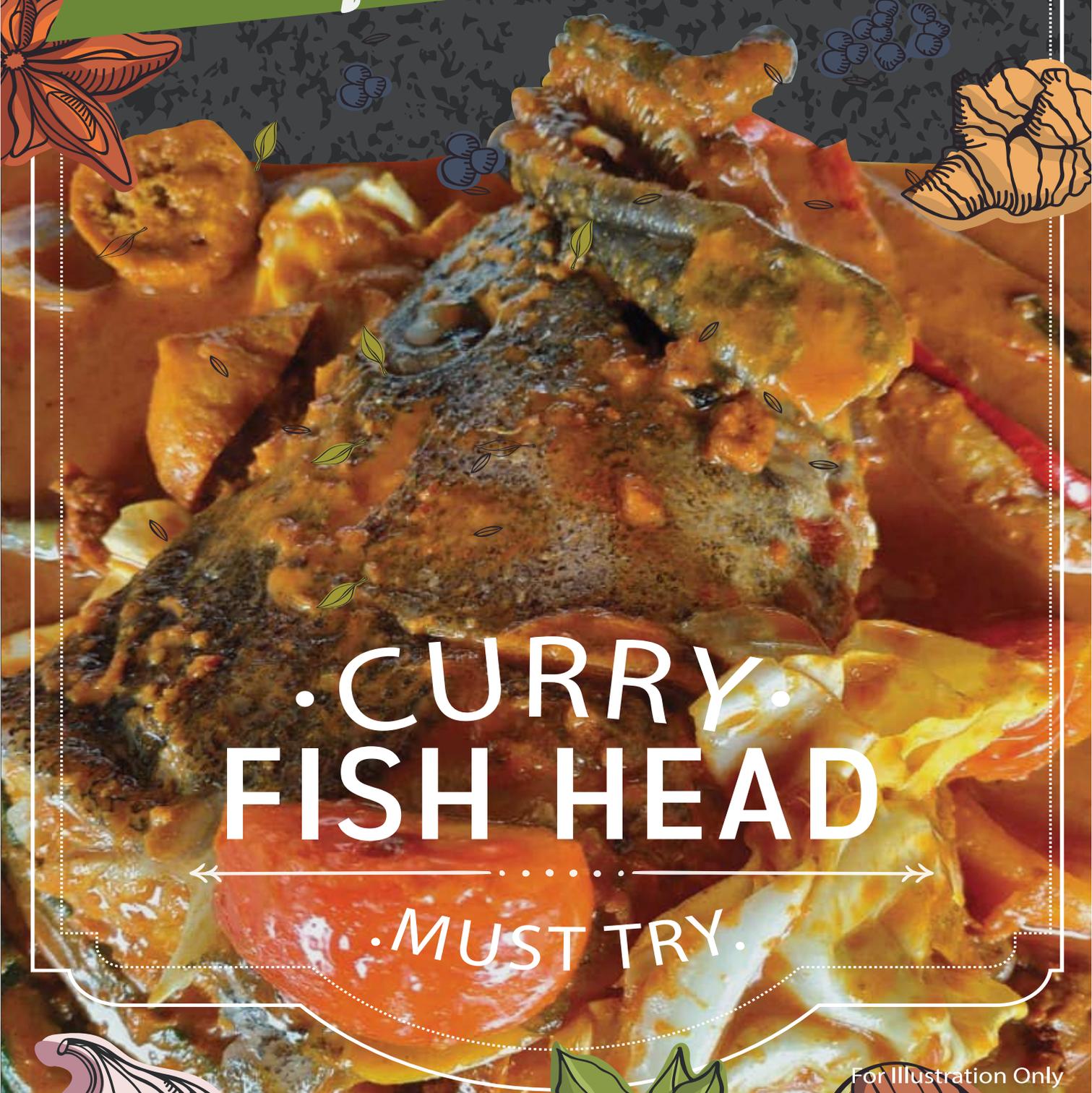
Keramat, Kampung Pandan and Kampung Baru. They all have food courts, stalls, and restaurants featuring Malay dishes at some of the best prices in the country, as low as 90 sen.

The trendy IOI Mall area in Puchong and the Kinrara area still offer good dining value. Puchong and Damansara tend to be more expensive, though Puchong's mamak stalls are a great value. In the Subang area, about 25 minutes away, there many lunch spots with meals under RM10.

Overall, vegetarian dishes and a beverage offer a great alternative for staying on budget, often costing under RM5, making those great options for students and for workers looking to tighten the lunch budget.



Chef Recommendation



**. CURRY .
FISH HEAD**

. MUST TRY .

SET *Dinner*

**Fish &
Chips**

**Chicken
Chop**



Select any 1 menu from 3

**Spaghetti
Bolognese**



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CHARITY DINNER

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RDA-Bukit Kiara is organising a charity dinner, 'Silver Night', on Saturday 2 November 2019 at The Saddle Coffeehouse, Bukit Kiara Resort.

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GOLF EVENT

OCTOBER 2019

DATE / DAY	DESCRIPTION	MODE OF PLAY
19th & 20th SATURDAY & SUNDAY	KDE ANNUAL CLUB CHAMPIONSHIP 2019	STROKEPLAY GROSS



SPORTS EVENT

SEPTEMBER 2019

DESCRIPTION	DATE / DAY
KDE ANNUAL TENNIS CHAMPIONSHIP MEN'S SINGLE	6th, 7th & 8th FRIDAY, SATURDAY & SUNDAY

OCTOBER 2019

DESCRIPTION	DATE / DAY
KDE ANNUAL TENNIS CHAMPIONSHIP MEN'S DOUBLES	11th, 12th & 13th FRIDAY, SATURDAY & SUNDAY

OCTOBER 2019

DESCRIPTION	DATE / DAY
KDE ANNUAL TENNIS CHAMPIONSHIP LADIES DOUBLES	18th, 19th & 20th FRIDAY, SATURDAY & SUNDAY

NOVEMBER 2019

DESCRIPTION	DATE / DAY
KDE ANNUAL TENNIS CHAMPIONSHIP MIXED DOUBLES	1st, 2nd & 3rd FRIDAY, SATURDAY & SUNDAY



Duyong Restaurant PROMOTION

OCTOBER 2019



Laksa Johor



Grilled Chicken Skewer with Fries



Popsicle Rumball with Ice Cream

NOVEMBER 2019



Laksam



Chicken or Beef Meatball Nirvana



Bubur Kacang Hijau with Durian

DECEMBER 2019



Roasted Turkey with Cranberries Sauce



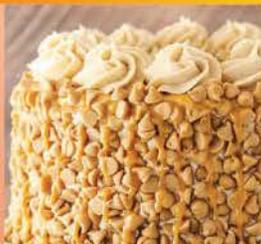
Spaghetti Beef Stroganoff



Ais krim Goreng

CAKE OF THE MONTH

Peanut Scotch Cake



Tiramisu Cake



Chocolate Caramel Cake



MOCKTAIL OF THE MONTH



Fruit Punch



Seri Ayu Mocktail

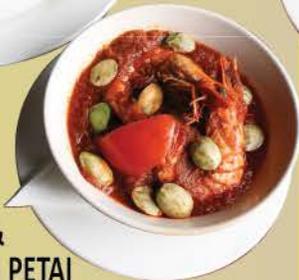


Sour Sop Mocktail

GOLFER'S CAFE'

FOOD PROMOTION

**OCTOBER
2019**



**SET NASI &
SAMBAL UDANG PETAI**



CHEE CHEONG FUN

**NOVEMBER
2019**



**SET NASI &
SAMBAL SOTONG**



**SET NASI &
AYAM MASAK LEMAK CILI PADI**

**DECEMBER
2019**



FRIED CHICKEN



UDANG CELUP TEPUNG

BLUE SEA LONGE

COCKTAIL OF THE MONTH



HANKY PANKY



NOVEMBER RAIN



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1st Runner up Lam Kong Foo	1	77
2nd Runner up Ronnie Shee	5	77
3rd Runner up Jame Hew	8	78
4th Runner up James Wong	8	79

GROSS



NETT



Nett	Handicap	Strokes
Champion Allan Chong	12	68
1st Runner up Winson Yap	13	68
2nd Runner up Francis Heng	14	68
3rd Runner up Ong Kiat Lee	14	68
4th Runner up Wong Ban Tin	16	68



Swimming Star Event

30 June 2019



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- **MSTA – SSA** sends swim coaches to take STA certification (Swimming Teachers’ Association, combining UK and Australia syllabuses) for further development. We promise to provide premium swimming lessons.
- **International Life Saver (ILS)** – All SSA coaches are certified and qualified by ILS. We promise your children’s safety in the pool.
- **Swimming Background** – Most of our coaches are ex-National and State swimmers with good experience and knowledge in swimming. We strongly believe that experienced and knowledgeable coaches are the “bridge” to building future star swimmers.

We are providing an Easy, Systematic and Fun swimming teaching method to ensure that your children progress efficiently and enjoy swimming in the pool.



Hari Raya Open House

Jun 2019



The true meaning of Hari Raya is about building relationships, both the existing and the new ones. The open house tradition has always been used as a symbol which shows that the nation is living in harmony. It is nice to see people from different races celebrating their respective festivities with each other.

The tradition of the open house promotes good relations amongst family and friends. Apart from fostering relationships, many also look forward to the many types of food that will be prepared. From 'ketupat', 'lemang' and 'rendang' to cakes and 'kuih raya' – there's no mention of the word "diet" on the day of celebration – everybody's out to have a great time in the presence of good food and great company!





Bukit Kiara Horse Show

23 - 25 Aug 2019



Dressage Novice 2C Dressage Preparatory D

1st place : Arysha Haya
2nd place : Zarida Ahmad Casby

1st place : Claresta Amantha (Indonesia)
2nd place : Nadia Harun
3rd place : Datin Seri Noreen Khan

Dressage Preliminary 1C

1st place : Joshua (DARC)
2nd place : Kelly Suet (not in the picture)
3rd place : Afiqah Nadhirah (TEP)

Special Dressage Level C1

1st place : Mikhail Imran (Green Apple)
2nd place : Adam Haziq
3rd place : Muhammad Imran (Green Apple)

A horse show is a judged exhibition of horses and ponies. Most shows consist of a series of different performances, called classes, wherein a group of horses compete against one another. The first Horse Show in Bukit Kiara accommodated 50 horses and riders from Indonesia, Singapore and 70 from Malaysia. Riders participated in showjumping classes and Dressage classes from Preparatory to Medium classes. On top of that, we also had the Physically & Mentally Challenged Mounted games and Dressage Level B1 & C1 Special Olympics 2016 for special children with autism, down syndrome or neuromuscular disorders from BKECR and Green Apple Hippotherapy.

Special thanks to The Malaysian Equine Council who assisted with the loan of horses for the Singapore and Indonesia team on the Exchange Programme, and to all the sponsors as well.



Durian Expo At Bukit Kiara Resort

26 - 28 July 2019



The Great Malaysian Street Food Fair and King of Fruits “all you can eat” Durian Buffet was supported by Tourism Malaysia and the Department of Agriculture. Visitors had the opportunity to sample mouth-watering Malaysian durians of different varieties or purchase and eat durians on an a-la-carte basis. We had durian writer and blogger Ms Lindsay Gasik, Durian and Plantation Consultant Mr Lim Chin Kee, Encik Mohd Ali Hanafiah bin Mazlan from the Ministry of Agriculture to share with us their stories about durians and valuable information on how to start a durian plantation. There was also an information booth by Project Pteropus on ongoing research on the flying fox or fruit bat’s role in the pollination of durian flowers. A durian expo cannot go without a cooking demo and Chef Zaleha demonstrated how to easily add durians to your dishes. Durian lends its distinct flavour and creaminess to more dishes than you probably ever imagined.





37th Charity Commercial House Batu Pahat

7 July 2019



Golf is a “low-impact” sport. As a result, joints are not subject to the stresses and strains of more energetic activities like tennis and running, which can lead to long-term joint damage. This makes golf an ideal activity for older players, who, perhaps unable to throw rugby balls around as they did in their younger years, can still enjoy this wonderful sporting activity.

On 7th July, Kelab Amal Batu Pahat had organised a golf tournament, which manage to interest 100 people to participate. The tournament teed off at 7.00 am and ended around 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 - 6.30 pm



Chinese Wedding

7 September 2019



At Bukit Banang Golf & Country Club, we offer catering for functions and seminars that satisfies your requirements.

Congratulations to **Mr Kie Bing & Mrs Hsin Li**, who manage to organised a succesful 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 to 12 midnight.

For seminars and workshops, stationery and drinking water will be provided.



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

Once again, congratulations to the happy couple!

