



The Raintree of Kuala Lumpur  
an invitation to the good life

# samanea

Monthly Newsletter For The Raintree Of Kuala Lumpur • May 2010 (Vol: 05/10)

# Happy Mother's Day

# GENERAL COMMITTEE'S MESSAGE

Dear Members,

During the month of April 2010, our Club was a hive of activities with competitive Inter-Club League Tournament, friendly games with Reciprocal Clubs and other Social and Entertainment events.

On 25th April 2010, our Club hosted the 3rd Veteran Inter-Club Badminton League Challenge Trophy. A total of about 100 participants and Guests from 5 other Clubs took part in the event. Badminton Labour Carnival and a Line Dance Jamming were also held on the 18th April 2010. The Royal Commonwealth Society National Inter-Club Darts Tournament 2010 was held from 26th to 28th March 2010.

The Raintree besides being a family Club, also caters to Members, who are in commerce and business and hence will at all times strive for harmony and peace through transparency, accountability, democratic processes, respectability and compliance with the Constitutional Rules of the Club.

The menu of the Food & Beverage Outlets will soon see some new foreign delicacies. A brand new menu with soft leather cover together with photographs and names of Italian Cuisines will be available for Members.

Good news for the impending Club Annual General Meeting (AGM), the Club has just received the 1st audited draft of the year 2009 Financial Statements from our Auditors. As it is in line with the planning timetable, we are happy to announce that our estimate to the availability of the audited Financial Statement for the year 2009 and subsequent holding of the AGM in the month of June is becoming a reality.

With reference to the message in the last issue of Samanea, in which I urge Members to step forward to serve the Club voluntarily; I wish to add that a Members' Club is best run and managed – “by the Members, for the Members and of the Members.”

Chan Chow Wang  
Vice-President

# EDITORIAL

Dear Members,

It is time to say a big 'Thank You' to your mom, whom has done so much for you in your entire life. Your mom definitely deserves a special treat on this special day. It could be anything just anything to show your gratefulness to her. With that, we would like to wish all Mothers, "Happy Mother's Day" and "Thank you for everything that you have given to us".

In the Samanea last month, we have missed out a couple of New Years that were celebrated in the month of April. After the Members highlighted to us and a research that we have done, we present to you a brief history about the New Years in this issue. Not to forget, we would like to wish those celebrated their traditional New Year last month "Happy New Year". It is better to be late than never.

Last month, a few events were going on from Sports & Recreation such as 3rd VIBL '10, Badminton Labour Day Carnival and Line Dance Jamming. Children's Activity was held on the 11th April 2010. All the events went pretty well without hiccups and thanks for those who helped out in these events. If you want to know more on these events, flip through this issue and you will have a picture on what happened last month.

Well, talking about this month, there are a lot of events coming right up. In the Social and Entertainment, a 'Mother's Day Luncheon' will be held on the 9th May 2010. On the other hand, it is the time of the year again for our Raintree Invitational Inter-Club Tennis Tournament 2010, which will be held on the 28th till 30th May 2010. This is a prestigious event with participation of other over-sea Clubs. All the information of all the events can be obtained in this issue.

The General Committee has approved the installation of additional lighting for outdoor courts 7, 8 and 9, which is similar to the additional lighting project for courts 4, 5 and 6 as a repeat order at the same cost of RM 24,300. This is in response to the numerous requests by Members who are using the outdoor tennis courts at night.

Members are also reminded to spend a minimum of Ringgit Malaysia Six Hundred (RM 600.00) per annum on the facilities or amenities provided by The Club. The minimum spending period for 2009/2010 will expire on 30th June 2010. Please be reminded that no extension of time will be given after 30th June 2010. Happy Spending!

HAPPY CLUBBING!



## The Raintree of Kuala Lumpur

Lot 1002, Jalan Wickham,  
Off Jalan Ampang Hilir, 55000 Kuala Lumpur  
Tel: 03 4257 9066 Fax: 03 4257 8880  
Email: admin@raintree.com.my  
www.raintree.com.my

### HONORARY MEMBER

Y.A.M. Tunku Naquiyuddin  
Ibni Al-Marhum Tuanku Jaafar  
Y.A.B. Dato' Sri Mohd Najib  
Tun Abdul Razak, Prime Minister

### GENERAL COMMITTEE 2008 / 2010

#### President

Dr. Michael Chiam Tow Hui

#### Vice President

Mr. Chan Chow Wang

#### Secretary

Mr. Chow Seck Kai

#### Treasurer

Mr. Ong Liang Beng

#### General Committee

Ir. Danny Hor Ah Kow  
Mr. Michael Ng Soon Seng  
Mr. Rattan Singh Sandhu

### MANAGEMENT TEAM

#### Accountant

Mr. Chee Kam Yin  
chee@raintree.com.my

#### Account Executive

Ms. Surina Low Abdullah  
surina@raintree.com.my

#### Sports & Recreation Executive

Mr. Brian Ho Chee Fai  
brian@raintree.com.my

#### Membership Executive

Ms. Shirley Lieng Sheau Lee  
shirley@raintree.com.my

#### Food & Beverage Executive

En. Zainal Abidin bin Hashim  
zainal@raintree.com.my

#### Communication/Event Executive

Ms. Joyce Gan  
joyce@raintree.com.my

#### Security Executive

Mr. Rajendran a/I Laka

#### Executive Housekeeper

Ms. Norliza Md Noor  
liza@raintree.com.my

#### Assistant Maintenance Executive

Mr. Perumal a/I Ponnan

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## Tamil New Year (<http://www.newyearfestival.com/tamil-new-year.html>)

The month of Chittrai (April - May) embarks the time of festivities in Tamil Nadu. Tamil's New Year Day " Puthandu" is celebrated on April 13 or 14 every year (according to the Gregorian Calender). People greet each other "Puthandu Vazthukal" which means Happy New Year. This auspicious day is also popular as Varusha Pirappuv. As per the Hindu mthical legends, Lord Brahma started creation of the universe.

In Tamil Nadu, people follow some strict rituals in a belief to ensure well-being and prosperity of their families. The most popular tradition is to view Kanni at dawn with a hope to bring good luck. People start the day by watching some auspicious items like gold and silver jewelery, betel leaves, nuts, fruits and vegetables, flowers, raw rice and coconuts. Following the rituals, Tamils take bath, wear fresh clothes and visit the temples to pray for success in life. After this, Panchangam (almanac) is read.

Many people get their houses painted to mark the renewal of life. Ladies adorn their houses with fresh mango leaves and Kolam (rangoli) designs. Sometimes, a decorated lamp kuthuvillakku is placed in the center of colorful Kolam to bring light to the house.

## Easter Day ([http://www.theholidayspot.com/easter/history/easter\\_history.htm](http://www.theholidayspot.com/easter/history/easter_history.htm))

Easter, the principal festival of the Christian church year, celebrates the Resurrection of Jesus Christ on the third day after his Crucifixion. The origins of Easter date to the beginnings of Christianity, and it is probably the oldest Christian observance after the Sabbath (observed on Saturday). Later, the Sabbath subsequently came to be regarded as the weekly celebration of the Resurrection.

Meanwhile, many of the cultural historians find, in the celebration of Easter, a convergence of the three traditions - Pagan, Hebrew and Christian.

The dating of Easter today follows the same. Accordingly, churches in the West observe it on the first day of the full moon that occurs on or following the Spring equinox on March 21, it became a movable feast between March 21 and April 25.

In the year 2010, Easter Day falls on 2nd of April 2010.

## Bengali New Year ([http://en.wikipedia.org/wiki/Pohela\\_Boishakh#History](http://en.wikipedia.org/wiki/Pohela_Boishakh#History))

The Bengali calendar is closely tied with the Hindu solar calendar, based on the Surya Siddhanta. As with many other variants of the Hindu solar calendar, the Bengali calendar commences in mid-April of the Gregorian year. The first day of the Bengali year therefore coincides with the mid-April new year in Assam, Burma, Cambodia, Kerala, Manipur, Nepal, Orissa, Punjab, Sri Lanka, Tamil Nadu and Thailand.

Under the Mughals, agricultural taxes were collected according to the Hijri calendar. However, as the Hijri calendar is a purely lunar calendar, it does not coincide with the harvest. As a result, farmers were hard-pressed to pay taxes out of season. In order to streamline tax collection, the Mughal Emperor Akbar ordered a reform of the calendar. Accordingly, Fatehullah Shirazi, a renowned scholar and astronomer, formulated the Bengali year on the basis of the Hijri lunar and Hindu solar calendars. The new Fasli San (agricultural year) was introduced on 10/11 March 1584, but was dated from Akbar's ascension to the throne in 1556. The new year subsequently became known as Bônggabdo or Bengali year.

Celebrations of Pohela Boishakh started from Akbar's reign. It was customary to clear up all dues on the last day of Choitro. On the next day, or the first day of the new year, landlords would entertain their tenants with sweets. On this occasion there used to be fairs and other festivities. In due course the occasion became part of domestic and social life, and turned into a day of merriment. The main event of the day was to open a halkhata or new book of accounts.

# CHILDREN'S ACTIVITY

"Fancy Bookmark" was the theme in the month of April. 25 kids came and joined the fun filled day, which was on the 11th of April. Everyone was excited to do something different on the bookmark as they were given freedom to decorate according to their liking.



# CHILDREN'S MINI THEATRE MAY

Every Saturday & Sunday at 4:30 pm



01 May (Saturday)	<b>Closed (Labour Day)</b>
02 May (Sunday)	<b>Baby's Day Out</b>
08 May (Saturday)	<b>Nanny Mc Phee</b>
09 May (Sunday)	<b>Mostly Ghostly</b>
15 May (Saturday)	<b>The Last Mimzy</b>
16 May (Sunday)	<b>Madagascar Escape 2 Africa</b>

22 May (Saturday)	<b>Beverly Hills Chihuahua</b>
23 May (Sunday)	<b>Barn Yard</b>
29 May (Saturday)	<b>Kicking &amp; Screaming</b>
30 May (Sunday)	<b>High School Musical 3</b>

## LINE DANCE JAMMING ON 28 MARCH 2010 & 18 APRIL 2010

The Line Dance jam for the month of March & April saw a rendezvous of 30 or more line dancers not just from Raintree but other Clubs and Dance Studios. The said jams held at the New Multi Purpose Hall went well, not only without hitches but also provided camaraderie among the line dancers and was filled with sheer fun and hot moves. The vivacious Lily Chin, Raintree in-house Line Dance instructor, graciously gave us her invaluable time on a Sunday to teach and lead the jam. The pulsating music and beautiful dances also attracted some Raintree non line dancers who joined in the merriment and was just as happy watching. The jam came to an end in the evening and though with very tired and sore feet, the line dance Members were asking for the next Raintree line dance jam to be held.



## BADMINTON LABOUR DAY CARNIVAL



The Labour Day Carnival, which was also the first badminton carnival of the year, was held on the 18th April 2010(Sunday). This carnival attracted a mixture of regular and first time participants. All matches were played in the doubles format and divided into two (2) teams, which were Labours' and Workers' Team. The Labours' Team ended up with a 6-3 victory over The Workers' Team. A buffet dinner was held at the Cerating Room after the games, where the participants interacted with each other. Souvenirs to all registered players were also presented by the Badminton Convenor, Mr Chin Tuck Kai after the dinner.

# 3RD VETERAN INTER-CLUB BADMINTON LEAGUE CHALLENGE TROPHY 2010 (VIBL'10)

A total of six (6) Clubs confirmed their participant in the 3rd VIBL'10.

They were:

- Klang Executive Club (KEC)
- Royal Klang Club (RKC)
- Sri Damansara Club (SDC)
- Kota Permai Golf & Country Club (KPGCC)
- K'klub (Kklub)
- The Raintree of Kuala Lumpur (RAIN3)

The formats of the matches are as follows:

- I Men's Doubles (combine age of 80 years - minimum age of 40 & above)
- I Men's Doubles (combine age of 90 years - minimum age of 40 & above)
- I Men's Doubles (combine age of 95 years - minimum age of 45 & above)
- I Men's Doubles (combine age of 100 years - minimum age of 45 & above)
- I Men's Doubles (combine age of 105 years - minimum age of 50 & above)

The Mixed Doubles event was scrapped after a collective decision by the participating Clubs was made during the 1st Team Managers' Meeting held on the 25th March 2010 at The Raintree of Kuala Lumpur.

The league was kicked off and hosted by The Raintree of Kuala Lumpur on the 25th April 2010 (Sunday), where Raintree played against Kklub, KEC played against SDC and RKC played against KPGCC.

Kklub, KEC and RKC won their respective ties.

The first leg of the VIBL'10 was concluded with Raintree Club hosting a buffet dinner at the Cerating Banquet Hall graced by our Vice President, Mr. Chan Chow Wang, Sports Chairman, Ir. Danny Hor and F & B Chairman, Mr. Rattan Singh. During hand-over ceremony, our Badminton Convenor, Mr. Chin Tuck Kai, presented the VIBL'10 League file to Sri Damansara Club's team captain, Mr Robert Tan, whom will host the second league game on 23rd May 2010 at Sri Damansara Club.



## Upcoming Events

### Raintree (Invitational) Inter-Club Tennis Tournament 2010

Date/Period: **28-30th May 2010, 3 days**

Venue : **Tennis Courts, Raintree**

(Only selected Raintree Tennis players can participate in this tournament. For more information, please refer to the Tennis Notice Board.)

### 6 June - Golf Triangular Competition (Hosted by Royal Lake Club)

(For more information on the competition venue, please refer to the Golf Notice Board)

## SIGNATURE DISHES

**Kenanga Coffee House**



**Grill Salmon** RM 18.00+  
Grill salmon with vegetable and lemon tomato cream sauce



**Lamb Kofta** RM 22.00+  
Minced lamb with salad and yogurt covered with tortilla skin



**Grill Seabass** RM 18.00+  
Grill seabass serve with garden vegetable and salsa sauce



**Tomyam** RM 10.00+  
Hot and spicy seafood served with noodle or steam rice

## HAWKER'S FOOD



**Cha Choy Noodles** RM 7.50+  
Hot and spicy noodle



**Claypot Loh Shi Fun** RM 10.00+  
Steam rice noodle serve with minced chicken and raw egg

## TERATAI BAR



Entertainment by  
**Zack & Lyia**  
This talented duo will serenade you every Friday from 8pm to 12 midnight



**Jug Promotion**  
Last Friday of the Month

**Tiger Draft** RM 16.00+  
**Guinness Draft** RM 20.00+  
(a plate of snack food for every jug order)

RM 10.00+ for the additional plate of snack food.

**The Passion**  
Carvery Lunch available every Friday. Come over for a quick lunch.

**Menu:**  
Soup of the day. Roast lamb, beef or chicken, served with vegetable of the day and a mug of Tiger Draught Beer



## ITALIAN CUISINE



### Bruschetta

RM 12.00+

Chopped fresh tomatoes with salt, basil, garlic, cheese and olive oil, served on toasted slices of bread



### Mediterranean Pizza

RM 19.00+

With mushroom, turkey ham, tomato, onion and mozzarella cheese



### Lasagna Al Forno

RM 19.50+

Old time favourite lasagna made with bolognese sauce and mozzarella cheese, layer with lasagna pasta



### Stinco D'agnello

RM 31.00+

Lamb shank braised in oven till tender, served with mashed potato and salad



### Zuppa Di Vongle

RM 13.50+

Fresh Clam Soup with tomato, basil and chili



### Salmone Alla Griglia

RM 26.50+

Grilled salmon fillet



### Panna Cotta

RM 6.50+

Cream Pudding served with crushed walnut and honey



### Pasta De Melle

RM 6.00+

Apple Pie served with chocolate sauce and vanilla ice cream

## FATS NOT CREATED EQUAL

Just like sugars, fats are not created equal. Some are essential, whereas others may be harmful to health. There are even fats created by the food industry which have been linked to chronic health disorders such as cancer, heart disease, insulin resistance, and hypertension. A good knowledge of dietary fats is, therefore, essential in managing your longer-term health.

### ROLES OF DIETARY FATS

Some dietary fats are essential in that they help us:

- manufacture cholesterol, which is then used to produce sex hormones and adrenal cortex hormones;
- replace cell membranes;
- manufacture bile acid by the liver;
- keep skin and hair healthy;
- maintain our brain functions;
- provide insulation to our body organs; and
- provide energy to our heart.

Not all fats make us put on weight. Some fats can help us to keep slim.



# ROLE OF DIETARY FATS

by **Dato' Steve Yap DIMP, FRSM** - DSY Wellness & Longevity Center

## FATS AS ENERGY SOURCE

Fats offer energy more than twice as high as that from either protein or carbohydrates/sugars.

Whereas our brain depends on glucose for its energy needs, our heart depends mainly on fats for its energy needs. Even when we are physically inactive such as when reading this article, some 60% of the energy the heart uses comes from our dietary fats. This could explain why many heart (and mental) problems are linked to poor choice of fats intake.

Research shows that consuming just four grams of essential fatty acids can significantly reduce fatigue after just a month in 75% of chronic fatigue patients and the results may even be better after 3 months' fat therapy.

### HEALTHY FATS

To be considered healthy, fats must not be oxidized or damaged or contaminated with toxins:

- during harvesting of crop containing the fats;
- exposure to sunlight; and
- through improper storage;
- during factory processing and bleaching;
- during their extraction;
- by cooking at high temperature

Consequently, healthy fats can be both saturated and unsaturated. If a particular type of fats generates excessive inflammation in our body, then it is considered unhealthy since low-grade chronic inflammation is now viewed as the cause of most chronic health disorders such as heart disease, hypertension, diabetes, arthritis, and even some cancers.

# FOOD SOURCES OF ESSENTIAL FATTY ACIDS

Plant-based fats such as flax seed oil, sesame seed oil, and peanut oil contain healthy cholesterol-like compounds called phytosterols. These plant sterols are known to lower bad cholesterol in the body.

Our body needs a balance of omega-3 and omega-6 fatty acids on a daily basis. Both of these can be from plant sources.

## HEALTHIER OMEGA-3 FATS

### Food Sources:

Per 100g	Mg of Omega-3
Soybeans, green & raw	3,200
Soybean, cooked seeds	2,100
Trout	2,000
Mackerel, Japanese	1,900
Soybean, dried	1,600
Anchovy ("Ikan bilis")	1,400

Fat sources:	% of Omega-3
Flax seed oil	57
Cod liver oil	25
Canola oil	11
Soybean oil	07
Coconut oil, extra virgin	06

Unfortunately, farmed salmon served in restaurants and food outlets contains hardly any omega-3. The author has not seen wild salmon being served in Malaysia

Omega-3 increases blood HDL particles and reduces LDL particles and triglycerides (fatty tissues in our bodies).

## OMEGA-6 POLYUNSATURATED FATS

These are naturally occurring fats found in plant-based oils:

	% of Omega-6
Sunflower oil	70
Corn oil	62
Soybean oil	60
Flax seed oil	16
'Carotino' cooking oil (palm)	14
Extra virgin coconut oil	2



Grape seed oil belongs to omega-9, which is less fragile than omega-6. While being essential in very small quantities, Omega-6 oxidises easily and it lowers the good HDL cholesterol. Recent studies suggest that the bulk of fatty deposits found in clogged arteries consist of oxidised omega-6 polyunsaturated fats rather than cholesterol. The body uses excess omega-6 to produce inflammatory chemicals that may initiate, amongst others, coronary artery disease.

## SATURATED FATS

Sources:	% of long-chain saturated fats
Palm kernel oil	81
Butter	60
Palm oil	45

These long-chain saturated fatty acids have little physiological role in the human body. However, virgin coconut oil (VCO) contains 92% medium-chain saturated fats, which are also found in human breast milk. Being the least fragile, this special oil can withstand frying at high temperatures. Furthermore, VCO raises your metabolism for increased fat loss.



# TRANS FATS AND HYDROGENATED FATS

These are considered extremely toxic fats created by:

- the food processing industry through a process of called hydrogenation (pumping hydrogen into fragile vegetable oils);
- deep frying;
- baking;
- grilling;
- frying oil under high temperatures;
- BBQ;
- micro-waving; and
- roasting at high temperatures.



Consequently, trans fat can be found in margarine, food shortenings, salad cream, salad dressings, milk fat, animal fat, butter, preserved meat, dried meat, pies, snacks, fast foods, potato chips, pop corn, potato chips, French fries, oven-baked cakes, cookies, bread, crackers, biscuits, frozen foods, and even breakfast cereals. The highest concentration is likely to be found in French fries (chips). Indeed, any deep-fried food contains this toxic fat.

Trans fat raises level of bad cholesterol (LDL) and lowers level of good cholesterol (HDL). It has also been implicated in initiating the process of malignancy (cancer growth). Adults with a high trans-fat intake suffer 300% higher risk of sudden cardiac death than those with low intake. Trans fats interfere with blood sugar/insulin levels and depresses immune function.

Hidden in over 42,000 food products, trans fat is hard to avoid. Even food labelled "low in cholesterol" or "low in saturated fats" may contain large amounts of trans fat. But if you see 'hydrogenated' or "partly hydrogenated" on a food label, you can assume that it contains trans fatty acids. In Malaysia, the trans fat content in packaged or canned foods needs to be declared on their labels. But the warning on its health hazards is absence.



## RAINTREE WEBSITE - NEW VERSION

A whole brand NEW VERSION of our WEBSITE coming right up to you on the 15th May 2010. So, mark your calendar and be sure to visit our website...

### New look, new things :

- Poll (Rate the services & facilities in the Club)
- Feedback/Enquire  
(Get all your questions answered by us)
- Forum (Interact with other Members)
- .... and lots more....

To find out more on what's new, log in to [www.raintree.com.my](http://www.raintree.com.my)

### Advertising in the Samanae

The Club has a total Membership Roll of 2000 Members from various public and private sectors. The monthly circulation of the Samanae is more than 2000 copies. We are offering this facility to advertisers for the advertising space in the Samanae at the following rates.

<b>Back Cover</b>	<b>Full Page Color</b>	<b>RM 1,000.00</b>
<b>Inside Front Cover</b>	<b>Full Page Color</b>	<b>RM 900.00</b>
<b>Inside Back Cover</b>	<b>Full Page Color</b>	<b>RM 800.00</b>
<b>Inside</b>	<b>Full Page Color</b>	<b>RM 600.00</b>
<b>Inside</b>	<b>Half Page Color</b>	<b>RM 400.00</b>
<b>Inside</b>	<b>Quarter Page Color</b>	<b>RM 250.00</b>
<b>Mini 4cm x 8.8cm</b>	<b>Color</b>	<b>RM 30.00</b>

Deadline for advertisement booking and submission is on or before 20th of every month.

For advertising enquires, please contact

Communication and Events Executive at 03 4257 9066 ext.156

## DIGITAL COLOR PRINT FOR LEAFLET

RM0.50/pc x 100pcs =	RM50
RM0.45/pc x 200pcs =	RM90
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RM0.37/pc x 400pcs =	RM148
RM0.35/pc x 500pcs =	RM175

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## PIONEER'S MESSAGE

by Mukunan P.S. Nair

### My Tribute

“Standing Tall, Walking Proud as a Very Important Person”

It has been 27 glorious years and the words above still ring through as I step past the threshold of the Club today and as when I was first granted Membership of this exclusive Club.

I share the privilege and honour as with my fellow Members to partake of and be part of the history of this great institution.

Many memories come rushing through my head whilst reminiscing the past, some happy, some sad, some downright hilarious but mostly joyful and all to be cherished.

My time with the Club was and still is a joyful experience. This is my home and the place where I live, in Subang Jaya is considered my second home. When The Raintree Club was newly opened, it was the envy of many, the talk of the town and the topic of discussion in many a high society gatherings. It expounded an air of affluence and exclusivity.

Today as the years have gone by, mostly grey, with a thinning (in the wrong places) and a visibly gleaming scalp and slightly pot bellied appearance but looking better than the day I joined, I have only thanks and praises for my fellow brothers and sisters who have given their time, energy and efforts into building and preserving this Club till this very day. Memories are of the past but are always meant to be cherished. I will continue to be here to support the Club and assure that those sentiments will be continued well past this generation and the next. Long live The Raintree. Hasta la vista.

Thank You.

## WELCOME NEW MEMBERS

The Club extends a very warm welcome to the following recently admitted new Members to the Club.

Principal	Spouse	Designation / Name of Company
<b>Ordinary Members</b>		
Pn. Rowena Alia Binti Abdul Rahim	En Faridhulathroth Bin Haji Hashim	PR Manager / UDA Holdings Berhad
Ms Low Wan Ching		Executive / Petronas
Mr Yau Wai Leong	Mdm Yap Hoi Yan	Partner / Chan & Associates (Advocates & Solicitors)
Mr Shaju A/L V.Rajan		Director / AQRED Corporate Services S/B
<b>Term Guest Members</b>		
Mr Sanjeev Bordoloi	Mrs Jahnabee S. Bordoloi	Global Product Manager / Baker Hughes (GMI)
Mr Garold Robert Adamson	Mrs Susan Ellis Adamson	Petro. Engineer / Sarawak Shell Berhad

# RECIPROCAL CLUBS

## OVERSEAS

### AUSTRALIA

#### Royal Automobile Club of Australia

89 Macquarie Street, PO Box R1903  
Royal Exchange NSW 1225, Sydney  
**Phone:** +61 2 8273 2300 **Fax:** +61 2 8273 2301  
[www.raca.com.au](http://www.raca.com.au)

### INDIA

#### Bombay Gymkhana Club

MG Road, Fort, Mumbai 400 001  
**Phone:** (+91-22) 2207 0760-63-66-68 /  
(+91-22) 2207 0311-12-13-14  
**Fax** : 2207 0431 / 2207 1401  
[www.bombaygymkhana.com](http://www.bombaygymkhana.com)

### AUSTRALIA

#### City Tattersalls Club

194 – 204, Pitt Street, Sydney, Australia  
**Phone:** +61 2 9267 9421 **Fax:** +61 2 9261 3592  
[www.citytatts.com.au](http://www.citytatts.com.au)

### INDONESIA

#### Indonesia Petroleum Club

Jl Sinabung 2, Jakarta  
**Phone:** 021 723 0424

### BRUNEI

#### Royal Brunei Yacht Club

P.O. Box 272, Bandar Seri Bagawan, BS 8670,  
Brunei Draussalam  
**Phone:** +673 2786267 **Fax:** +673 2786139  
[www.royalbruneiyachtclub.com](http://www.royalbruneiyachtclub.com)

### PHILIPPINES

#### Manila Polo Club, Manila Polo Club, Inc.

17 McKinley Road, Forbes Park, Makati City, Philippines 1220  
**Phone:** (632) 817-0951 & 57 / 893-8721 / 889-2101 /  
889-2103 / 889-2104 / 889-2106 / 893-9137  
**Fax** : (632) 817-6956  
[www.manilapolo.com.ph](http://www.manilapolo.com.ph)

### CHINA

#### American Club Taipei

47 BeiAn Road, Taipei, Taiwan ROC  
**Phone:** +886 2 2885860-3 **Fax:** +886 2 28858055  
[www.americanclub.org.tw](http://www.americanclub.org.tw)

### PHILIPPINES

#### Baguio Country Club

Country Club Road, Baguio City  
**Phone:** (63-74) 619-2050 to 64 / 619-0427 / 619-6843 /  
619-6844 / 619-6841  
**Fax** : (63-74) 442-6501 / 442-7674  
[www.bcc.com.ph](http://www.bcc.com.ph)

### CANADA

#### Glencoe Golf & Country Club

636 – 29th Avenue S.W. Calgary, Alberta  
Canada T2S 0P1  
**Phone:** 403-243-2506 **Fax:** 403-287-2673  
[www.glencoeclub.org](http://www.glencoeclub.org)

### SOUTH AFRICA

#### Rand Club

P.O. Box 1032, Johannesburg, 33 Loveday Street,  
Corner Fox Street JHB, South Africa  
**Phone:** 011-870-4260 **Fax:** 011-834-1247  
[www.randclub.co.za](http://www.randclub.co.za)

### ENGLAND

#### The St. James Club

7-8 Park Place, St. James's, SW1A 1LS London  
**Phone:** +44 20 7316 1600 **Fax:** +44 20 7316 1602  
[www.stjamesclubandhotel.co.uk](http://www.stjamesclubandhotel.co.uk)

### SCOTLAND

#### The Royal Scots Club

29 – 31 Abercromby Palace Edinburgh, EH3 6QE, Scotland,  
United Kingdom  
**Phone:** +44 (0) 131 556 4270 **Fax:** +44 (0) 131 558 3769

### HONG KONG

#### The Hong Kong Cricket Club

137 Wong Nai Chung Gap Road, Hong Kong  
**Phone:** 3511-8668 **Fax:** 3511-8630  
[www.hkcc.org](http://www.hkcc.org)

### SWEDEN

#### The Sallskapet Club

Arsenalsgatan 7, S-11147 Stockholm, Sweden  
**Phone:** 46 8 6795590 **Fax:** 46 8 6115596  
[www.sallskapet.se](http://www.sallskapet.se)

## SINGAPORE

### **The Tanglin Club**

5 Stevens Road, Singapore 257814

**Phone:** (+65) 66220 555 **Fax:** (+65) 67332 391

[www.tanglinclub.org.sg](http://www.tanglinclub.org.sg)

## SINGAPORE

### **Raffles Town Club**

1 Plymouth Avenue, Singapore 297753

**Phone:** (+65) 6323 2323 **Fax:** (+65) 6337 6116

[www.rafflestownclub.com.sg](http://www.rafflestownclub.com.sg)

## SINGAPORE

### **Singapore Recreation Club**

B Connaught Drive, Singapore 179682

**Phone:** (+65) 6338 9367 **Fax:** (+65) 6339 6563

[www.src.org.sg](http://www.src.org.sg)

## SINGAPORE

### **Aranda Country Club**

60 Pasir Ris Drive 3, Singapore 519497

**Phone:** (+65) 6584 6811 **Fax:** (+65) 6584 1036

[www.arandaclub.org.sg](http://www.arandaclub.org.sg)

## SINGAPORE

### **The Hollandse Club**

22 Camden Park, (Off Adam Road) Singapore 299814

**Phone:** (+65) 6464 5225 (12 Lines)

**Fax:** (+65) 6468 6272

[www.hollandseclub.org.sg](http://www.hollandseclub.org.sg)

## LOCAL

## MALAYSIA

### PERAK

#### **Royal Ipoh Club**

Jalan Panglima Bukit Gantang Wahab, P.O. Box 3,  
30700 Ipoh, Perak Darul Ridzuan

**Phone:** (605) 254 2212/5646 **Fax:** (605) 255 8610

[www.royalipohclub.org.my](http://www.royalipohclub.org.my)

### KEDAH

#### **Black Forest Golf Resort**

Lot 1809, Jalan Bukit Kayu Hitam, Bukit Kayu Hitam,  
06050 Jitra, Kedah Darul Aman

**Phone:** 604-922 2822 **Fax:** 604-922 2798

[www.blackforest.com.my](http://www.blackforest.com.my)

### JOHOR

#### **Segamat Country Club**

Mile 2., Jalan Genuang, PO Box C-22, 85000 Segamat,  
Johor Darul Takzim

**Phone:** 07 943 5968 **Fax:** 07 943 2301

### PULAU PINANG

#### **Penang Swimming Club**

517 Tanjung Bunga, 11200 Penang

**Phone:** (604) 890 7370 **Fax:** (604) 890 3271

[www.penangswimclub.com](http://www.penangswimclub.com)

### PAHANG

#### **Astana Golf & Country Club**

KM 7, Jalan Sungai Lembing, Bandar Indera Mahkota 25300  
Kuantan, Pahang Darul Makmur.

**Phone:** 609 5735 135 **Fax:** 609 5735 130

### PULAU PINANG

#### **Penang Sports Club**

Jalan Utama, 10450 Penang

**Phone:** 604-229 7823 / 604-229 4541 **Fax:** 604-229 2391

[www.pgsportsclub.com.my](http://www.pgsportsclub.com.my)

### PAHANG

#### **Fraser's Hill Golf & Country Club**

No 18, Fraser's Hill, Bukit Fraser, 49000

**Phone:** 609 3622777 **Fax:** 609 3622000

### TERENGGANU

#### **Kelab Desa Rantau Petronas**

24300 Kerteh, Kemaman, Terengganu

**Phone:** 609-8640232

### NEGERI SEMBILAN

#### **Tuanku Jaafar Golf & Country Club**

Sungai Gadut, 71450 Seremban, Negeri Sembilan

**Phone:** +60 (0) 6 678 3088 **Fax:** +60 (0) 6 678 6144

## Calendar of Events - May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b> Badminton Club Evening	<b>17</b> Table Tennis Club Evening Squash Club Evening	<b>18</b>	<b>19</b> Tennis Night	<b>20</b> Table Tennis Club Evening Badminton Club Evening	<b>21</b> Darts Evening Tennis Night Squash Club Evening	<b>22</b> Table-tennis friendly with Royal Lake Club (Away) Billiards friendly with Royal Lake Club (Away)
<b>23</b> Badminton Club Evening	<b>24</b> Table Tennis Club Evening Squash Club Evening	<b>25</b>	<b>26</b> Tennis Night	<b>27</b> Table Tennis Club Evening Badminton Club Evening	<b>28</b> Raintree (Invitational) Inter-Club Tennis Tournament 2010 Darts Evening Tennis Night Squash Club Evening	<b>29</b> Raintree (Invitational) Inter-Club Tennis Tournament 2010

## Calendar of Events - June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30 (May)</b> Raintree (Invitational) Inter-Club Tennis Tournament 2010 Badminton Club Evening	<b>31 (May)</b> Table Tennis Club Evening Squash Club Evening	<b>01</b>	<b>02</b> Tennis Night	<b>03</b> Table Tennis Club Evening Badminton Club Evening	<b>04</b> Darts Evening Tennis Night Squash Club Evening	<b>05</b>
<b>06</b> Golf Triangular Competition Children's Activity Badminton Club Evening	<b>07</b> Table Tennis Club Evening Squash Club Evening	<b>08</b>	<b>09</b> Tennis Night	<b>10</b> Table Tennis Club Evening Badminton Club Evening	<b>11</b> Darts Evening Tennis Night Squash Club Evening	<b>12</b>

### Highlights

- Table-tennis friendly with Royal Lake Club (Away) - 22 May, 2010
- Billiards friendly with Royal Lake Club (Away) - 22 May, 2010
- Raintree (Invitational) Inter-Club Tennis Tournament 2010 - 28-30 May, 2010
- Golf Triangular Competition - 6 June, 2010
- Children's Activity - 6 June, 2010