



The Raintree of Kuala Lumpur
an invitation to the good life

samanea

Monthly Newsletter For The Raintree Of Kuala Lumpur • July 2010 (Vol: 07/10)



An invitation to the good life



PRESIDENT'S MESSAGE

Swept onwards by the momentum built up by concerned Members, the AGM on 27th June 2010 was a significant event. The Club made a momentous decision that would define the essence of what it should be; a Club that respects constitutional rights, conducts itself with decorum and to have a membership that enjoys each other company.

I am grateful for the decision, not so much for the electing me for the position of President, but more importantly it vindicated my belief as well as the belief of many Members who were working arduously to sound the alarm bells and only met with an incredible wall of resistance. For those who harbor ambition to mislead the Club membership, this was a clear message "You can fool some of the people some of the time but you cannot fool all the people all the time".

The preceding dark period in the history of club is now replaced with a glistening spirit, charged with the resounding mandate to move the Club onwards. As in most mandate given, there is need to clean up what had been, but it is equally important to let the catharsis heals wounds and restore the good spirit of the Club fellowship.

The immediate actions needed to start the cathartic process were to clear the good name of Dr. Michael Chiam and Mr. Chow Sek Kai; and also for Mr. Winson Han, who was given a "suspension" by the previous General Committee after he was nominated to stand for post of President at the general election. The General Committee deliberated and were unanimous in restoring the good name and the privileges of these gentlemen. It would be too lengthy to discuss these cases in this segment of my message and I would rather leave this sordid chapters unexplained even though there are really good reasons to talk more about them. The General Committee felt it is time for the Club to move on and not have protracted debate on these issues.

I am told that I am blessed to have a General Committee made up of people with the attitude, integrity and commitment to face the task at hand. There is alot to be done and to share the load; I have co-opted Chow Sek Kai and Winson Han.

The General Committee, each and every one of them, is moving with rapidity to get the Club into a top shape. We will be setting directions to create activity, make it fun and comfortable to be in the Club and raise the standard of service of the executive staff. There is much to occupy the General Committee in the months ahead to chart the directions and establish priorities.

The Club is tired of the acrimony but some tidying up needs to be done. We have to protect the interest of the Club and to send home a strong message that Members' rights is paramount. But I want to assure the Members, the General Committee is keeping focus on bringing back that "invitation to the Good Life".

EDITORIAL

The 25th Annual General Meeting (AGM) was held on Sunday, 27th June 2010 at the Cerating Ballroom. It was well attended by Members and being an "Election Year", it generated a lot of excitement and interest. Some 269 Members casted their votes and a new General Committee (GC) were elected. Nearly all GC Members are new faces and Ir. Bruce Chan was elected as President for the term 2010/2012. The Report and pictures of the AGM is included in this Samanea.

We welcome and extend our heartiest congratulations to the new President, Ir. Bruce Chan and his team, and we hope their professionalism and experience will lead the Club to greater heights in the next two years. The new GC is now assembling and getting their organizing committees and sub-committees organized and you shall hear soon from them. We also like to record our appreciation to the out-going President, Dr. Michael Chiam and Hon. Secretary, Mr. S K Chow for their contributions and also look forward to their support.

The GC and the Management team are now making a quick assessment of the urgent needs and fixes for the Club and the services to members that have been neglected over the past few months. It will take some time as the due process and rules will have to be followed. The GC has appealed to the Members to bear with them for the time being and meanwhile the GC would welcome suggestions and contributions from Members.

We will be circulating for Members information a copy of the original Consent Order by the KL High Court and legal opinion from the Club's appointed Solicitors on the activities of the GC over the past few months, together with other relevant documents. A snippet on the closure of the Bowling Alley is also included in this Samanea and a full report will be published in due course.

In June, the Children's Activity was held with a total of 20 children showing off their creativity in making Father's Day gifts. We will report on the next Children's Day activities in the next Samanea. The 1st Raintree Badminton Doubles league 2010 was held from 2nd April to 28th May 2010 with good participation from badminton enthusiasts. We also participated in the Golf Triangular Championship 2010 at Tasek Puteri Golf & Country Club hosted by the Royal Lake Club on 6th June. It was a challenging day for the Raintree Team and did not make the cut this time.

Until next month, Happy Clubbing!



The Raintree of Kuala Lumpur

Lot 1002, Jalan Wickham,
Off Jalan Ampang Hillir, 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 2010 / 2012

President

Bruce Chan Siew Keat

Vice President

James Lee Soon Chiong

Secretary

Benjamin Siew Sau Chee

Treasurer

Peter Yu Kok Ann

General Committee

Barry Chong Kim Teck
Ismail Bin Hassan
Lawrence Lee Kok Weng
Heng Yee Choon
Peter Lim Chee Min
Winson Han Mean Kwong
Chow Sek Kai

MANAGEMENT TEAM

General Manager

En. Wan Shah Bany bin Wan Ishak
gmanager@raintree.com.my

Accountant

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

Administration Executive

Ms. Priscilla Michael Raja
admin@raintree.com.my

Account Executive

Pn. Surina Low Abdullah
accounts@raintree.com.my

Sports & Recreation Executive

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

Membership Executive

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

Food & Beverage Executive

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

Communication & Events Executive

Ms. Joyce Gan
comm_events@raintree.com.my

Security Executive

Mr. Rajendran a/I Laka
security@raintree.com.my

Executive Housekeeper

Pn. Norliza Md Noor
housekeeper@raintree.com.my

Assistant Maintenance Executive

Mr. Perumal a/I Ponnan
maintenance@raintree.com.my

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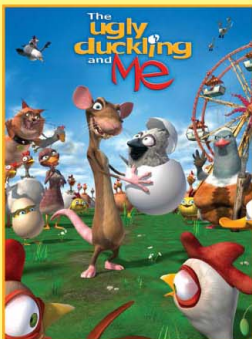
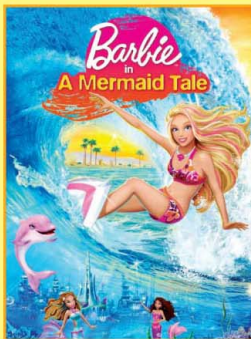
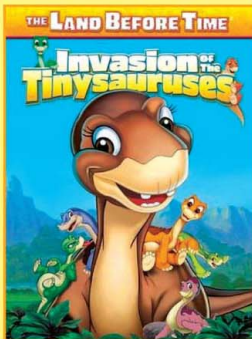
CHILDREN'S ACTIVITY

For the month of June, Children's Activity was held on 6th of June 2010 in conjunction of Father's Day. 20 children took part in making a little note for Daddy.

The little ones seemed happy as they brought home the Father's Day gift.



CHILDREN'S MINI THEATRE JULY Every Saturday & Sunday at 4:30 pm

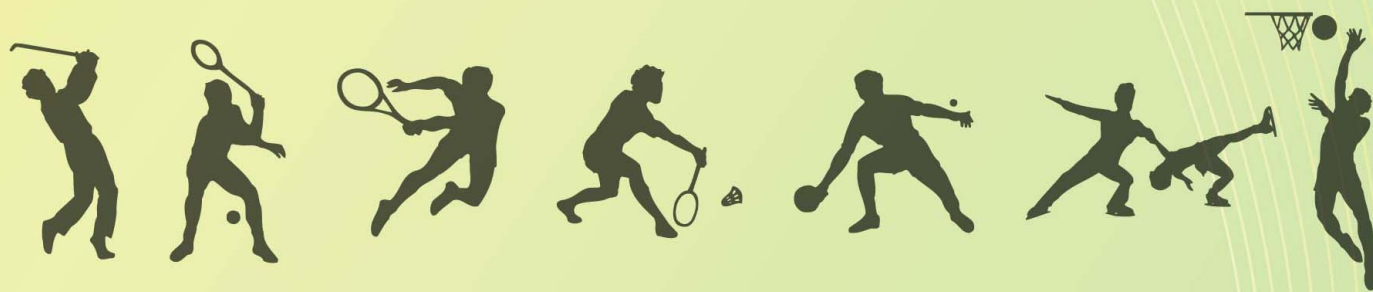


03 July (Sat) **Free Willy – Escape from Pirate's Cove**
04 July (Sun) **Invasion of the Tinysauruses**
10 July (Sat) **Barbie in A Mermaid Tale**
11 July (Sun) **Aliens in the Attic**

17 July (Sat) **The Ugly Duckling and Me**
18 July (Sun) **Alice in Wonderland**
24 July (Sat) **The Princess and The Frog**
25 July (Sun) **Astro Boy**
31 July (Sat) **Alvin and The Chipmunks 2**

HOW TO PREVENT SPORTS INJURIES?

Following are some general rules for injury prevention no matter what sport you play. While it is impossible to prevent or predict an accident to happen, research suggests that injury rates could be reduced by 25% if athletes took appropriate preventive action, including:



BE IN PROPER PHYSICAL CONDITION TO PLAY A SPORT

Keep in mind the weekend warrior has a high rate of injury. If you play any sport, you should adequately train for that sport. It is a mistake to expect the sport itself to get you into shape. Many injuries can be prevented by following a regular conditioning program of exercises designed specifically for your sport.

KNOW AND ABIDE BY THE RULES OF THE SPORT

The rules of each sport are designed, in part, to keep things safe. This is extremely important for anyone who participates in a contact sports, eg Football. Rules of conduct, including illegal blocks and tackles are enforced to keep athletes healthy. Know them and follow them.

WEAR APPROPRIATE PROTECTIVE GEAR AND EQUIPMENT

Protective pads, mouth guards, helmets, gloves, wrist-bands, eye-goggles, shin-guards, etc. that fits you well can safe your knees, hands, teeth, eyes and head from injuries. Never play without safety gear.

REST WELL

Athletes with high consecutive days of training, have more injuries. While many athletes think the more they train, the better they'll play, this is a misconception. Rest is a critical component of proper training. Rest can make you stronger and prevent injuries of overuse, fatigue and poor judgement.

ALWAYS WARM UP BEFORE PLAYING

Warm muscles are less susceptible to injuries. The proper warm up is essential for injury prevention. Make sure your warm up suits your sport. You may simply start your sport slowly, or practice specific stretching or mental rehearsal depending on your activity.

AVOID PLAYING WHEN VERY TIRED OR IN PAIN

This is a set-up for a careless injury. Pain indicates a problem. You need to pay attention to warning signs your body provides.

RICE is a way of remembering how to treat a sports injury. Take these steps to keep down the swelling, feel less pain and speed healing.

Rest - whatever body part is hurt.

Ice – Use it where it hurts

Compression – Wrap the body part with a bandage or a clean cloth.

Elevate the injured part. In other words, raise it up on a pillow.

Reference:- About.com :Sports Medicine by Elizabeth Quinn, About.com Guide

GOLF TRIANGULAR CHAMPIONSHIP 2010 @ TASEK PUTERI GOLF & COUNTRY CLUB, 6 JUNE 2010



The 14th Golf Triangular Championship took place at Tasek Puteri Golf & Country Club on Sunday, 6 June 2010. Royal Lake Club was the host this year.

A total no. of 79 golfers from the three Clubs, namely Raintree Club, Royal Lake Club and Kelab Shah Alam Selangor had participated. Out of this total, Raintree team only managed to field in 18 players for this game, the lowest of the 3 Clubs. The competition commenced with a short-gun start at 8.00am sharp.

Despite of the many water hazards & difficult terrains encountered by the golfers, 22 golfers managed to post scores of 36 or more Stableford scores, thus playing off better than their current handicaps. Three of our Raintree members managed to obtain the below par scores, namely Nick Goh (A-Medal/41), Raymond Wong (A-Medal/38) and Dr. Kok Tack Sang (B-Medal/39). Our Golf Convenor, Jacqueline Cheong (B-Medal/36) and Ng Boon Kuan (B-Medal/36) had also proved their worthiness in posting their par scores. Mr Nick Goh won the 3rd placing in the individual overall A-Medal.

Raintree Club performed equally well in both A- and B- Medal compared to last year's scores. Though Raintree came in 3rd placing with a total score of 504 pts, Royal Lake Club with a score of 518 pts came in 2nd placing while the Champion went to Kelab Shah Alam Selangor with a score of 563 pts. However, 30 golfers were rewarded with lucky draw prizes which consisted of various clubs' mementoes.

The Raintree Golf Committee would like to thank all players who took part and contributed their share of Stableford points in the competition. The Golf Committee would urge more section golfers to participate in the coming Merdeka Golf Medal to be held on Sunday afternoon, 25th July 2010 at a course yet to be confirmed.....

1ST RAINTREE BADMINTON DOUBLES LEAGUE 2010



The 1st Badminton Doubles league 2010 was played for a duration of 2 months (2 April – 28 May 2010) and was participated by 8 double teams in the Badminton Hall. After 2 months of league play, the result was announced in the Dinner & Prize Presentation held at Lila Sari restaurant on 4 June 2010.

On another occasion, the 3rd match of the Veteran Inter-Club Badminton League 2010 was played on 20 June 2010 instead at Sri Damansara Club (SDC). Raintree was completely taken down by SDC, with a 5-0 win in their home match. Next game will be held on Sunday, 18 July 2010 at Royal Klang Club (RKC) in another match against RKC. Registered Badminton team players, please take part.

Congratulations to the following winning teams:

CHAMPION TEAM - Yeow Kah Chong & Eric Ng
RUNNER-UP TEAM - Dr Teoh KS & Wong CK



SPORT MEETING ROOM MEETING/ CONFERENCE PACKAGE

RAINTREE PACKAGE ONE (Minimum 20 pax)

Full Day (9.00am – 5.00pm)

- RM55.00 + 5% govt. tax per pax (inclusive rental)
- Morning and Afternoon tea breaks with 2 snacks
- Buffet Lunch (Malay, or Chinese)

RAINTREE PACKAGE TWO (Minimum 20 pax)

Half Day (9.00am – 3.00pm)

1. RM45.00 + 5% govt. tax per pax (inclusive rental)
2. Morning tea breaks with 2 snacks
3. Buffet Lunch (Malay, or Chinese)

Meeting Facilities/ Include:

1. Complimentary A4 Paper, Pencils, Flipchart, White Board with Marker
2. PA System with maximum three microphones
3. Free Parking
4. Drinking water and mints

For Meeting Room Booking,
please contact **F&B Executive at 03-42579066 ext 141.**





25th ANNUAL GENERAL MEETING

The Raintree of Kuala Lumpur held its 25th Annual General Meeting (AGM) on the 27th June 2010 (Sunday) at the Cerating Ballroom. The AGM elected new General Committee Members for the term of 2010/2012 and saw a record attendance of 269 Members.

GENERAL COMMITTEE 2010/2012

- President : Ir. Bruce Chan Siew Keat
- Vice President : Mr. James Lee Soon Chiong
- Secretary : Mr. Benjamin Siew Sau Chee
- Treasurer : Mr. Peter Yu Kok Ann
- General Committee : Mr. Barry Chong Kim Teck
En. Ismail Hassan
Mr. Lawrence Lee Kok Weng
Mr. Heng Yee Choon
Mr. Peter Lim Chee Min

TENDER BOARD COMMITTEE MEMBERS 2010/2012 (Uncontested)

- Ir. Ching Chin Chuan
- Dato' Low Tuck Choy
- Mr. Stephen Chu Teck Ming
- Mr. Araslingam
- Mr. Henry Kok King Yan

INTERNAL AUDIT COMMITTEE MEMBERS 2010/2012 (Uncontested)

- Tuan Hj Abd Rahim bin Aziz



SIGNATURE DISHES



Grill Cod Fish RM 40.00+
150gm grill cod fish till perfection served with pomodoro spaghetti (Tomato base)



Chicken Pie RM 15.00+
Homemade chicken pie wrapped in aluminum foil

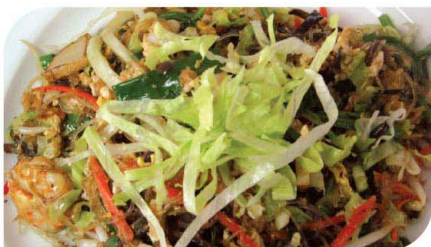


Falafel Fitaz RM 18.00+
BBQ spicy minced chicken, stuff in pita bread



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

HAWKER'S FOOD



Fried Glass Noodle RM 10.00+
Stir fried glass noodle with dry chili



"Ca-Ca" Loh Chee Fun RM 10.00+



Fried Pak Choi RM 10.00+
Stir fried rice cake Penang style

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

CLOSURE OF THE BOWLING ALLEY

The General Committee (GC) is tracing the events leading to the installation of the “refurbished” bowling alley and initial findings for Members information are as follows:

- In May 2003, the Bowling Alley Task Force was formed, comprising of:
 - Mr Lee Kwok Meng, GC Member & Chairman
 - Mr Tay Hoon Lim, Bowling Convenor
 - Mr Sany Quah
 - Mr Tan Kek Meng
 - Mr Ricky Yong, Bowling Coach and Technical Adviser
 - General Manager with Sports Executive
- Announcement and Tender submission Format and Schedule of Works was displayed on the Club's Notice Board. Similar notice was also placed in The Star newspaper on 19th June 2003.
- Tender closed on 28th July 2003 and tender opened on 1st August 2003 by Tender Board Representative, Mr Simon Tan, in the presence of Internal Audit Chairman, Mr S.K. Chow together with the General Manager and the Club Accountant.
- Task Force disclosed that new equipments were above RM 1 million and one company offered refurbished equipment at less than RM 600,000.
- At the 17th AGM on 21st September 2003, the House passed the following resolution:
 - “That a sum of RM 600,000 be approved for the refurbishment of Bowling lanes and related equipment”

Further details will be published in due course but members who wish to read this report by the Bowling Alley Task Force prepared in November 2003 to please contact the General Manager.



CARE TO LIVE LONGER ?

Dato' Steve Yap DIMP, AMS, FRSM

President, Federation of Complementary & Natural Medical Associations Malaysia

Email: dsy@dsywellness.com

WORLD'S CENTENARIANS

Whereas the Galapagos giant turtles live up to 190 years, our life expectancy only matches that of the carp fish which lives for 75 years. Based on published studies, centenarians have low mental impairment and more lean body mass. They eat lightly; get up early in the morning, but have around seven hours of sleep per night. They have few or no serious chronic health disorders, and are mostly raised in large families.

They consume very little meat and have hardly any deep-fried, BBQ, grilled, or microwaved food. They work on one task at a time and rarely impose deadlines on themselves nor do they compete with others for wealth and fame. They have a good sense of humour and laugh easily. As Hippocrates, father of Western medicine, said around 450 BC, "it's the wise man who knows that health is his greatest assets."

With rapid advances in anti-aging medicine, the 'super olds' are projected to be the fastest growing age group in the coming decades.

PHYSICAL ACTIVITY

Men who are physically unfit are twice as likely to die prematurely compared to those who are fit. Centenarians are physically and mentally active. Regular exercise or physical activities prevent or slow down the development of osteoporosis. For the urban folks eating from fast food chains, aerobic exercise improves insulin resistance and lowers risk of developing the fast-aging disease called diabetes type II. The good news is that moderate physical activity has been shown to be as anti-aging as vigorous activities.

CALORIE RESTRICTION

Our rate of aging is most strongly linked to our dietary habits. The more calories we consume, the faster we tend to age. High blood sugar depresses immune system in addition to production of aging free radicals. This principle of longevity involves consuming less dietary calories than the body is accustomed to getting. For such a diet to be healthy, it should be nutrient-dense. Foods with little or no nutrients such as refined starch and sugary beverages/snacks are replaced with foods of lower but highly nutritious calories. Calorie restriction (CR) activates our longevity gene SIR2. CR naturally lowers both systemic inflammation and body fat, which is strongly linked to heart disease, diabetes, and hypertension. Diabetics who strictly follow the CR diet can see some reversal of conditions since it lowers their blood sugar and insulin needs. Even arterial plaque has been shown to be 40% lower in the CR group of participants compared to controls. This diet isn't necessarily about eating less food, but rather foods with lower calories and higher levels of essential nutrients.

OXIDATION

Each cell in our body is being attacked by at least 10,000 age-accelerating free radicals in a single day. The Free Radical Theory of aging is probably the most well-known and hence the popularity of antioxidant supplements. Free radicals can come from our diets, toxic environment, mental stress, excessive physical activities, x-ray, CT-scan, sunlight, heavy metals, drugs, and toxins already in our bodies. Different free radicals are neutralised in our bodies by different antioxidants. The need to consume a wide variety of nutrient-dense foods is evident.



GLYCATION

Our body converts all carbohydrates to sugar before it can be used. Whereas our brains are powered by glucose, our hearts prefer energy derived from fats. Glycation happens when sugar molecules attach themselves to proteins causing them to change structures that lead to their malfunctions. Glycation-linked aging disorders include diabetes, heart disease, Alzheimer's disease, cataract formation, and wrinkles.

EMOTIONAL & SOCIAL ISSUES

People who enjoy higher levels of social ties have longer life spans and lower rates of serious illness than do people who have lower levels of support. Women having fewer social networks suffer a mortality rate nearly double those having wider social ties. Even worse, men with low social ties die at two or three times the rate of men enjoying strong social connections. Recent Finnish study shown that men with fewer social connections had 150% increased risk of death from heart attack and from all other causes than those who enjoyed more social networks. Start networking at the Club, folks!

ATTITUDES

Hostility is an attitudinal disorder where anger is provoked by the way(s) in which a person views his/her environment. Even for the healthy adults, anger doubles the risk of a cardiac event. For those already having heart disease, anger can lead to a shocking 700% increase in cardiac events. Numerous studies have confirmed hostility as a predictor of heart disease and the cause of early death. Hostile people view others with mistrust and cynicism. It's not the same as asserting one's rights. But having poor attitudes can significantly shorten your life. No amount of longevity diet can overcome the detrimental health effects of constantly displaying unwarranted hostility.

SOCIAL-ECONOMIC POSITION (SEP)

On average, people with higher educational achievement, income, and job position tend to live longer. The health implications of SEP are independent of all other risk factors. For those already suffering from chronic health disorders such as heart disease, SEP is a predictor of their survival rates. Even inappropriately positioning ourselves in the social hierarchy may be detrimental to our health. Centenarians living in urban areas tend to belong to higher SEP.

BUILD YOUR BRIDGE

Nutritional therapy, bio-identical hormonal therapy, and stem cell therapy are currently the principal weapons for turning back the clock. Organ cloning, nanotechnology, and gene therapy are under development. In the meantime, we need to keep our cellular DNA intact so that we can take advantage of emerging anti-aging technologies when they become affordable. Health is really the personal responsibility of each adult. The amount of time and expense invested on rebuilding health is dependant on one's perceived self-worth. We are also the first generation in the history of mankind where we alone can strongly influence our own longevity.



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 |
|-----------------------------------|--|--|
| Raja Elina Afzan Binti Raja Ahmad | Tunku Kamarulzaman Bin Tunku Zainol Abidin | Lecturer |
| Mr Stuart Wakefield | Mrs Dorothy Mae Wakefield | Retired |
| En Zainal Abidin Zainudin | Puan Noraihan Koo Bt Koo Ahba | General Manager / Petroliam Nasional Bhd |
| En Sarbudeen Mohamed Kiyastheen | Puan Nik Zaidah Mohd Zain | Managing Director / SMK Ventures Sdn Bhd |
| En Adlin Aman Ramlie | Puan Emelda Rosmila Bt Abdul Hamid | Creative Director, Producer / Trinini Media Sdn Bhd |
| Mr Lim Hock Kuang | Mdm Ng Nyok Fong | Senior Geoscience Advisor / Academic Liason ExxonMobil Exploration And Production M'Sia Inc. |
| Mr Rajendran A/L RamaChandran | Mdm Saraswathy A/P Sinniah | CEO / Krista Education Sdn Bhd |
| Dr Ghazaime Ghazali | Puan Mazlin Mohd Baseri | Consultant Anaesthesiologist / Prince Court Medical Centre |

ANNOUNCEMENT

KINDLY BE INFORMED THAT DURING THE MONTH OF RAMADHAN (11 AUGUST - 11 SEPTEMBER 2010), THE OPERATION HOURS FOR CHILDREN'S LIBRARY AND CHILDREN'S MINI THEATRE WILL BE AS FOLLOW :

CHILDREN'S LIBRARY
9:00AM TO 5:00PM
TUESDAY – SUNDAY

CHILDREN'S MINI THEATRE
3:00PM
SATURDAY & SUNDAY

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.

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

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
 RM0.40/pc x 300pcs = RM120
 RM0.37/pc x 400pcs = RM148
 RM0.35/pc x 500pcs = RM175

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For more information, please
Call : 03-9285 8672
 E-mail : sales@timeventures.com.my

A Ventures Group Company

Calendar of Events - July 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|-----------|---------------------------|--|---|-----------|
| 18 Children's Activity 4th VIBL '10 (4th Game) Badminton Club Evening | 19 Table Tennis Club Evening Squash Club Evening | 20 | 21 Tennis Night | 22 Table Tennis Club Evening Badminton Club Evening | 23 Darts Evening Tennis Night Squash Club Evening | 24 |
| 25 Merdeka Golf Medal Badminton Club Evening Line Dance Jamming | 26 Table Tennis Club Evening Squash Club Evening | 27 | 28 Tennis Night | 29 Table Tennis Club Evening Badminton Club Evening | 30 Darts Evening Tennis Night Squash Club Evening | 31 |

Calendar of Events - August 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|-----------|---------------------------|--|---|---|
| 01 Badminton Club Evening | 02 Table Tennis Club Evening Squash Club Evening | 03 | 04 Tennis Night | 05 Table Tennis Club Evening Badminton Club Evening | 06 Darts Evening Tennis Night Squash Club Evening | 07 Invitation to RLC 11th Merdeka Darts Tournament 2010 |
| 08 Invitation to RLC 11th Merdeka Darts Tournament 2010 Children's Activity Badminton Club Evening | 09 Table Tennis Club Evening Squash Club Evening | 10 | 11 Tennis Night | 12 Table Tennis Club Evening Badminton Club Evening | 13 Darts Evening Tennis Night Squash Club Evening | 14 |

Highlights

- Table-tennis League 2010 - 1-22 July, 2010 (Every Thursday)
- Veteran Inter-Club Badminton League Challenge Trophy 2010, 4th game - 18 July, 2010
- Children's Activity - 18 July, 2010
- Merdeka Golf Medal - 25 July, 2010
- Invitation to RLC 11th Merdeka Darts Tournament 2010 - 7 & 8 August, 2010
- Children's Activity - 8 August, 2010

Raintree Residence

Only 12 exclusive units.



From its elegant French style facade to the classic Mansard roof, Raintree Residence exudes a distinguished charm that is both timeless and unique. A low-density tropical oasis, Raintree Residence is privately tucked within Kuala Lumpur's prestigious embassy enclave and personifies the rich heritage of the most coveted neighbourhood in the heart of the city.

03-7957 2233 or 016-272 0122
Call us for rental enquiries

MulphaLand
www.mulpha.com.my