



The Raintree of Kuala Lumpur  
an invitation to the good life

# samanea

Monthly Newsletter For The Raintree Of Kuala Lumpur • August 2010 (Vol: 08/10)



**HAPPY  
53RD  
MERDEKA  
DAY**

I remember the time when I served the General Committee in the early 90s and the club was in fairly pristine condition. I served under Mr. Bob Raasen in the House and Ground Sub Committee in those days. For those who know Bob, he exudes discipline and order. Serving under him has been a pleasure.

Today, more than a decade later, and doing the same walkabout; the areas that needed repair and maintenance has grown. Sure the Club has a great Gym, multipurpose hall and Tennis facilities. But the Main Clubhouse has been vastly neglected.



## PRESIDENT'S MESSAGE

The Club in its younger days just needed the touch up and highlights to keep it in good order; very much like a young lady getting a little mascara and lipstick touch up. Today the Club is like a tired old lady donned with torn and tattered gown that had definitely seen better days. This “old lady” had served us well and it desperately needs our help to get her to be the elegant lady that she should be. The General Committee wants the Club to regain its premier club status and not just talk about past glory.

Much is needed to be done. The Main Club house is 25 years old. It does not look as inviting as it used to be. Getting the Club house into shape is one part of the effort of bringing back the good life, restoring self esteem and belief that this Club is a PREMIER CLUB par excellence.

The General Committee will focus on repair and maintenance as well as giving the club a facelift. I would not say we are making revolutionary changes, but we will do our level best to push forward ideas that will bring benefit to members – both functionally and aesthetically.

Perhaps I will end with this quote of Bayazid Bastami which I used sometimes to reflect on matters requiring my decisions (and perhaps the members might find useful as well)

“When I was young I was a revolutionary. My only prayer to god was- Lord, give me strength to change the world. As I grew into middle age, I realized that I had not changed the world. I then changed my prayer to – Lord, give me the strength to change my family and closed friends that will be enough. Now that I am old and withered, I realize that even that had not come to pass. I have now changed my prayer to – Lord, give the strength to change myself. If this had been my prayer from the beginning, I would not have wasted so much time.”

Selamat Berpuasa to all my Muslim Friends.



# EDITORIAL

Dear Members,

The month of July was indeed a hectic; activities and events were abounded at the Club. Many significant events also took place, with participation from many Members. In August, Members can look forward to more exciting events as the month's programme is drawn out to suit your needs and interests!

On 24th July 2010, the Club held its 9th Annual Karaoke Competition at the Cerating Ballroom. The competition saw the Members belting out songs to compete for the title. The winners of the Club's Karaoke Competition represented The Raintree of Kuala Lumpur at the Inter-Club Karaoke Competition on the 31st July 2010 at the Royal Commonwealth Society. Flip through this issue for more information of these competitions!

On the Sports section, our Club hosted the Annual Triangular Inter Club Table Tennis on 17th July 2010 with participation from Royal Lake Club and Royal Selangor. A week after that, the Raintree Merdeka Medal was held at Bukit Unggul Golf Country Club, which attracted 17 Members and 2 Guests. This time around, it was organized much earlier because of the Ramadan month in August. Members can continue to look out for the 2010 Annual Tennis Championship which is being scheduled throughout the year.

Over at the Kenanga Coffee House, the 'Ramadhan Set Dinner' will be made available from the 1st day of the Ramandhan month.

Last but not least, the Club would like to wish all Muslim Members 'Selamat Berpuasa' and to everyone 'Happy 53rd Merdeka Day!'.

Untill the next month's issue, 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 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 Seck Kai

### **MANAGEMENT TEAM**

#### **General Manager**

En. Wan Shah Bary 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  
fnb@raintree.com.my

#### **Communication & Events Executive**

Ms. Joyce Gan  
comm\_events@raintree.com.my

#### **Security Executive**

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

#### **Executive Housekeeper**

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

#### **Assistant Maintenance Executive**

Mr. Perumal a/l Ponnann  
maintenance@raintree.com.my

Designed by

**Xuan Design Studio**

Printed by

**Zhen Sheng Printing Enterprise**

No. 21, Jalan Hang Tuah 2,  
Salak South Garden 57100 Kuala Lumpur  
KDN: PQ 1780/3789

## MEMBERS' CORNER

This General Committee has given a letter to Dr. Michael Chiam and Mr. Chow Seck Kai to nullified any record of their purported "suspension" from duties. It was felt that this letter should be published as well in the Samanea to clear any notion of wrongdoing / misdeeds by these 2 gentlemen. The letter is partially replicated here.

### AN OPEN LETTER TO OUT GOING PRESIDENT / OUT GOING SECRETARY

"Dear Dr. Chiam / Mr. Chow,

We had deliberated on the matter of your "suspension from your duties" by the previous General Committee at our first General Committee Meeting. We realize that this "suspension" instituted by the previous General Committee has been widely publicized in the Samanea (our monthly magazine) and in the Annual report recently circulated to members.

The rationale given for your suspension is tenuous and it appears that the sense of fair play and natural justice were not accorded to you to allow for such a serious penalty to be imposed on you. It had blemished an otherwise exemplary record of service to the club. We in the current Committee had unequivocally declared that we do not recognize the suspension and will instead accord you the recognition for exemplary service and conduct. All records of your suspension will be expunged."

## RAINTREE MERDEKA JULY MEDAL 2010



The Raintree Merdeka Medal was held on Sunday 25th July, a little earlier in the golfing calendar due to the upcoming Ramadan month in August. Bukit Unggul Golf Country Club was the venue for this stableford event, which attracted 17 Members and 2 Guests.

The competition was graced by new President **Bruce Chan** and Sports Vice Chairman **Ismail Hassan**. Past President **Michael Chiam** completed the VIP line-up which lent prominence to the event.

The first flights teed-off at 1pm, both from the 1st and 2nd nine simultaneously. The weather forecast for KL had been rain, but the more southerly location of the golf course gave our golfers hope for a clear day of golf.

This event was especially important as all three leaders of the Grand Prix standings were participating. Overnight leader **Dr Kok Tack Sang** sought to extend his lead, but the treacherous and tight hilly terrain of Bukit Unggul and the slick greens derailed his effort. His 29 point tally only afforded him 9th position. Convenor **Jacqueline Cheong** only fared a point better at 30 stableford points but was enough to edge ahead into the second spot on the GP. The biggest mover on the GP was **Alan Loke**, who scored 36 points to not only win the Merdeka Medal but secure top spot on the GP standings as well.

The runner-up position was decided on OCB over 32 points, with **Ainuddin Hamid** beating **Hee Bih Yee** and **Dr Sorana Valli** into 3rd and 4th place respectively. Ainuddin remained within reach of the leaders in the GP with a 4th position in the standings.

Former Golf Section regular **Mellisa Tay** joined the event as a Guest, and marked her participation with the highest stableford score of the day, a credible 37 points off a 24 handicap. We congratulate her effort and hope that she may one day continue in the Golf Section as a fully credited Member.

The skies finally opened up as the golfers made their way back to KL, with most satisfied with a good day at golf and satiated by the farewell afternoon tea.

\*For the information of the Golf Section, Mr Tony McKee has consented to join the Golf Organising Committee for the year 2010/2012. We welcome his participation in the GOC and his vast experience in the golfing fraternity both here and in the UK\*

The results for the game and winners are listed below :

Position	Golfer	Hcp	Stableford Score
1st	Alan Loke	21	36
2nd	Ainuddin Hamid	09	32 (OCB)
3rd	Hee Bih Yee	18	32 (OCB)
4th	Dr. Sorana Valli	22	32 (OCB)
5th	Tay Hoon Lim	16	30 (OCB)
6th	Arasalingam	18	30 (OCB)
7th	Ding Cho Hee	14	30 (OCB)
8th	Jacqueline Cheong	20	30 (OCB)





## TABLE TENNIS TRIANGULAR 2010

In the preparation of defending our title as the “Defending Champion Team” of the annual Triangular Inter Club Table Tennis played on 17.7.2010, we played two friendly games with Sri Gombak Senior Citizens Recreation Club and Royal Lake Club on 13.5.2010 and 22.5.2010 respectively. We played 19 single matches with the senior citizens and lost by the closest margin of 9 matches to 10. As with the Royal Lake Club, we proved too strong for them and beat them 20 matches to 4. Besides the friendly games, we also organized an internal league which run for 3 weeks from 8.7.2010 to 22.7.2010. 13 players participated in the league. Only “singles” were played and players played with each other on the “Round Robin” basis.

The winners of the league are:-

Champion	Mr Wong Zee Seng
1st Runner-up	Mdm. Lai Wai Cheng
2nd Runner-up	Mr Lim Hong Liang

Raintree Club Kuala Lumpur hosted this year “Annual Triangular Inter Club Table Tennis” tournament. The 3 participating clubs were Royal Lake Club, Royal Selangor Club and Raintree Club Kuala Lumpur. The 3 clubs played each other under “Round Robin” over 11 matches, i.e. 5 men singles, 2 men doubles, 1 mixed double, 2 ladies

singles and 1 ladies double. This year’s tournament was keenly contested as the visiting teams came along with many supporters. Before the play-off of the tournament at 3 pm, drinks and “finger” food were served to the visitors. Our club’s new Sport Chairman, Mr Lawrence Lee Kok Weng gave a welcoming speech and declared the tournament “opened”.

Royal Lake Club was the weakest team in the tournament and they lost to Royal Selangor Club and Raintree Club Kuala Lumpur by the same result for 2 matches to 9. In the final play-off between Royal Selangor Club and Raintree Club Kuala Lumpur, we managed to overcome the strong challenge to win and retain the challenge trophy with the score for 7 matches to 4. We would like to highlight that our ladies players played very well in winning all their games and contributed to our success. In the evening, all participating players joined in for a Chinese sit-down dinner. Some members from the General Committee joined in the dinner and our Vice President, Mr. James Lee, gave away the challenge trophy and prizes to the team-players. Raintree Club Kuala Lumpur was represented by Messrs. Gary Looi (Captain), Chan Kam Pooi, Lim Chee Sang, Lim Hong Liang, Lu Kee Sir, Won Yoo Wai, Wong Yee Onn, Wong Zee Seng, Madam Christ Goh, Lau Wai Cheng and Miss Koh Yueh.



## 2010 ANNUAL TENNIS CHAMPIONSHIP

	Schedule of Play	Age Group Category	Closing Date
01	01.08.2010 - 14.08.2010	Men's Singles 40 & above	29.07.2010
02	01.08.2010 - 14.08.2010	Men's Doubles 40 & above	29.07.2010
<b>Ramadan Break (11.8.10-12.9.10)</b>			
03	13.09.2010 - 26.09.2010	Men's Singles 30 & above	05.09.2010
04	18.09.2010 - 26.09.2010	Men's Doubles 30 & above	12.09.2010
05	26.09.2010 - 03.10.2010	Men's Doubles 60 & above	19.09.2010
06	26.09.2010 - 03.10.2010	Ladies' Doubles	19.09.2010
07	04.10.2010 - 17.10.2010	Men's Singles 50 & above	26.09.2010
08	16.10.2010 - 24.10.2010	Men's Doubles 50 & above	10.10.2010
09	23.10.2010 - 31.10.2010	Men's Singles 60 & above	17.10.2010
10	23.10.2010 - 31.10.2010	Ladies' Singles	17.10.2010
11	30.10.2010 - 21.11.2010	Men's Open Singles	24.10.2010
12	15.11.2010 - 28.11.2010	Men's Open Doubles	07.11.2010
13	27.11.2010 - 11.12.2010	Mixed Doubles	21.11.2010

**Time of Play:** Weekdays - 5:00 pm onwards  
 Saturday - 8:00 am - 8:00 pm  
 Sunday - 6:00 pm onwards

All matches to be played either on Indoor Courts 1 - 3 and Outdoor Courts 4 - 6.

**Format of Play :** Best of 2 tie-break sets. Super tie-break (ten) will operate upon one set all.

**Entrance Fee :**

RM 15.00\*, on first event per person. RM 10.00 for each additional event per person.

(\* Registered players will be entitled to attend the dinner on the Sports Night (in December 2010).)

Interested members, kindly register your name at the Sports Counter.



**Junior Tennis Programme**

The Tennis Organizing Committee (TOC) is setting up a play session for Juniors aged 12 to 16 years old on Saturdays, 5 to 7pm on Courts 8 & 9, effective on 31 July 2010.

This session is strictly for Junior Members in the Intermediate or Advanced level. Interested Members are requested to submit their names at the Sports Counter.

The TOC will vet all applicants and reserve the right to exclude Junior Members who may not have sufficient set of skills.



## 9th ANNUAL KARAOKE COMPETITION 2010

The 9th Annual Karaoke Competition was held on 24 July, 2010 at the Cerating Hall. The event was a great success with a high attendance of more than 100 Members and their Guests. The following are the list of the winners :

### SOLO CATEGORY

Champion : Chow Xian Hui  
 1st Runner-up : Ngan Lee Fan  
 2nd Runner-up : Irene Teh  
 3rd Runner-up : George Tan  
 4th Runner-up : Chow Xian Zhi

### DUET CATEGORY

Champion : Irene Teh & Chow Xian Hui  
 1st Runner-up : George Tan & Ngan Lee Fan

### Congratulations to all winners for their superb performance!

The Club would like to accord our sincere thanks to the Karaoke Sub-Committee for their contributions in making the 9th Annual Karaoke Competition 2010 a success.



## INTER-CLUB KARAOKE COMPETITION 2010

Royal Commonwealth Society is the host Club for the Inter-Club Karaoke Competition 2010. The event was held on the 31st July 2010 at the ballroom of Royal Commonwealth Society. The winners of the Solo & Duet Category of our 9th Annual Karaoke Competition 2010 represented Raintree of Kuala Lumpur and participated in the Inter-Club Karaoke Competition. Though we did not manage to get Champion title, which went to the National Press Club, our representatives gave a good show on that night and they had so much fun.





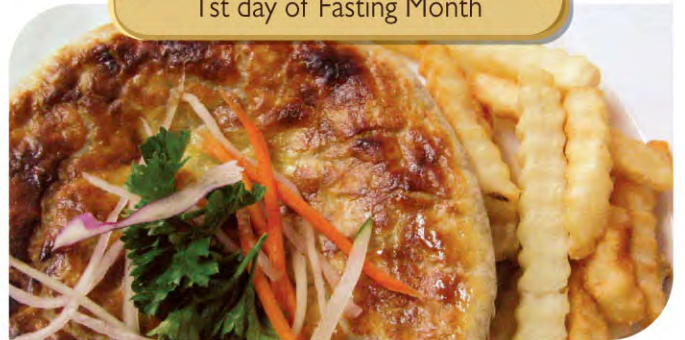
### KENANGA COFFEE HOUSE

## SIGNATURE DISHES

**"Ramadhan Set Dinner"**  
 will be available at the  
 Kenanga Coffee house from the  
 1st day of Fasting Month



**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

## CHILDREN'S ACTIVITY

Once again, the Children's Library has organized another Children's Activity on the 18th July 2010. This time around, 20 children came out with different creative ideas on a simple magnet. They had so much fun decorating the magnet with all the accessories provided by the Children's Library. Looking forward for the next activity?? More information will be given on the upcoming Children's Lantern Party in September!!!



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



- |  |  |
|--|--|
| 01 August (Sun) <b>Monster vs Aliens</b>                 | 21 August (Sat) <b>Aliens in The Attic</b>               |
| 07 August (Sat) <b>UP</b>                                | 22 August (Sun) <b>Invasion of the Tinysauruses</b>      |
| 08 August (Sun) <b>Mostly Ghostly</b>                    | 28 August (Sat) <b>Cloudy With A Chance Of Meatballs</b> |
| 14 August (Sat) <b>Tinker Bell And The Lost Treasure</b> | 29 August (Sun) <b>Coraline</b>                          |
| 15 August (Sun) <b>Ice Princess</b>                      |  |

# NUTRITIONAL THERAPY FOR INFLAMMATION

Dato' Steve Yap DIMP, AMS, FRSM  
President, Federation of Complementary & Natural Medical Associations Malaysia  
Email: dsy@dsywellness.com

Chronic inflammation promotes almost every chronic health disorders such as heart disease, diabetes, allergies, hypertension, stroke, tonsillitis, gingivitis, sinusitis, Alzheimer's disease, obesity, and many types of cancer. Every physical ache and pain you suffer centers on inflammation too. Consequently, taking steps to reduce intake of inflammatory foods and improve one's lifestyle can ensure a longer and better quality of life. Indeed, the future of medicine focuses a lot of its efforts on our control over inflammation.

Nutritional medicine deals with, amongst others, the preventive and therapeutic aspects of optimum nutrition and the uses of evidence-based nutraceuticals. Nutritional medicine believes that the causes of inflammation are strongly linked to dietary imbalances and nutritional deficiencies. Optimum nutrition isn't based on USDA's recommendations on daily dietary needs or its dubious food pyramid (Nestle, 2002). An individual's personal health and medical conditions determine his/her nutritional requirements.



## PRO-INFLAMMATORY FOODS

### VEGETABLE FATS

Although small amount of omega-6 (n-6) fatty acid is essential for health, modern-day diet tends to contain excessive amount of this fragile fat compared to omega-3 (n-3). Sources of n-6 include corn oil, sunflower oil, safflower oil, and soy oil. Being of plant origin, many use them in their cooking thinking that these are 'healthy' fats. Even light frying or exposure to strong sunlight would oxidise them. Excess n-6 stimulates body's production of arachidonic acid, which leads to pro-inflammatory chemicals such as prostaglandin E2. Research confirms that n-6 vegetable fats increase inflammation in heart muscles. Even the widely recommended popular gamma linolenic acid fat from evening primrose, borage, pine nut, or black currant, may be converted into pro-inflammatory arachidonic acid when taken in high dosage without also supplementing with EPA.

### TRANS FATS

These are man-made fats resulting from passing hydrogen gas into fragile vegetable fats to ensure longer shelf lives and a firmer texture. They can be found in French fries, bread, cookies, biscuits, pastry, doughnut, instant noodles, cakes, buns, non-dairy creamers, salad creams, margarine, cereal/protein bars, breakfast cereals, and all fried foods. Trans fats have been implicated in promoting serious health disorders including heart disease, stroke, diabetes, Alzheimer's disease, and cancers. They interfere with the body's use of the anti-inflammatory n-3 fats and they generate lots of damaging free radicals, which then prolong the inflammatory reactions and accelerate our aging process. Although food labels must now state the quantity of trans fats, small amounts are exempted from disclosure. However, any amount would be toxic to the body.

### ORGAN MEAT

Many consume organ meat such as liver, kidney, brain, giblets, or digestive parts from domesticated livestock and animals without realising that these can be highly inflammatory to the human body.

## FARMED CATTLE & FISH

Meat from corn-fed cattle, farmed salmon, and grain-fed farmed chicken are rich in pro-inflammatory n-6 fats and other toxic chemicals from their polluted environments. On the other hand, beef from grass-fed cattle contains several times more healthful n-3 than meat from grain-fed cattle. Farmed salmon fish can be up to 150 times more inflammatory than say, sea bass or squid. Fortunately, both ikan bilis and sotong are amongst the least inflammatory seafood. The value of any meat or seafood depends to a large extent on what the creature fed on.

## REFINED STARCH & SUGAR

Bbread, noodles, biscuits, cookies, buns, and white rice, refined sugars, soft drinks, packaged fruit juices, and other foods high in glycemic indices promote inflammation. Advanced glycated end products (AGEs) are created when sugars bind with proteins or when foods are cooked at high temperatures such as BBQ, micro-waved, grilled, roasted, or double-boiled. Beverages such as coffee and chocolate drink are inflammatory since they too are high in AGEs, which raise body's production of C-reactive protein: a marker of systemic inflammation that increases risk of heart attack by 450%.

## ANTI-INFLAMMATORY FOODS

### OMEGA-3 FATS

The body uses these fats as building blocks for anti-inflammatory agents. Dark green vegetables and flax seed are rich in alpha linolenic acid, which is an n-3 fat. EPA (eicosapentaenoic acid) found in coldwater fish such as mackerel, cod, ikan bilis, wild salmon is an n-3 fat with rather strong anti-inflammatory properties. Consequently, fish oil supplements, natural or synthetic, are widely sold and prescribed. However, only ultra-refined natural fish oil with at least 70% active ingredients (EPA/DHA) offers the best therapeutic values. For those who dislike fishy oils, flax seed oil can offer the highest percentage of n-3 fats in the plant kingdom.

### OMEGA-9

These fats work with n-3 as anti-inflammatory agents. Grape seed oil, canola oil, macadamia nut, and avocado are rich sources of n-9. It should be pointed out that even n-3 or n-9, when heated to high temperatures such as in frying, will turn into pro-inflammatory fats with detrimental health effects.

### NUTRIENT-DENSE FOOD

"Rainbow diet" consisting of colourful and freshly harvested organic vegetables, berries, cherries, citric fruits rich in anti-oxidants and phyto-nutrients help neutralise free radicals responsible for initiating and prolonging inflammation in the body. Alternatively, you may use on the advice of a competent health therapist those anti-inflammatory nutraceuticals available locally such as EPA/DHA, curcumin, quercetin, bromelain, ginger extracts, resveratrol, vitamins B, C and E, grape seed extracts, catechins, and beta carotene. Only nutritional therapists registered with the Ministry of Health should be consulted on the health/medical application of nutraceuticals.



## MEMBERSHIP SUB-COMMITTEE

The Membership Sub-Committee 2010/2012 had their first meeting on the 9 July, 2010. The President of the Club, Ir. Bruce Chan, presented the appointment letter to the newly appointed Membership Sub-Committee Members. The following are the Membership Sub-Committee 2010/2012:

**Chairman** : Mr. Peter Lim Chee Min

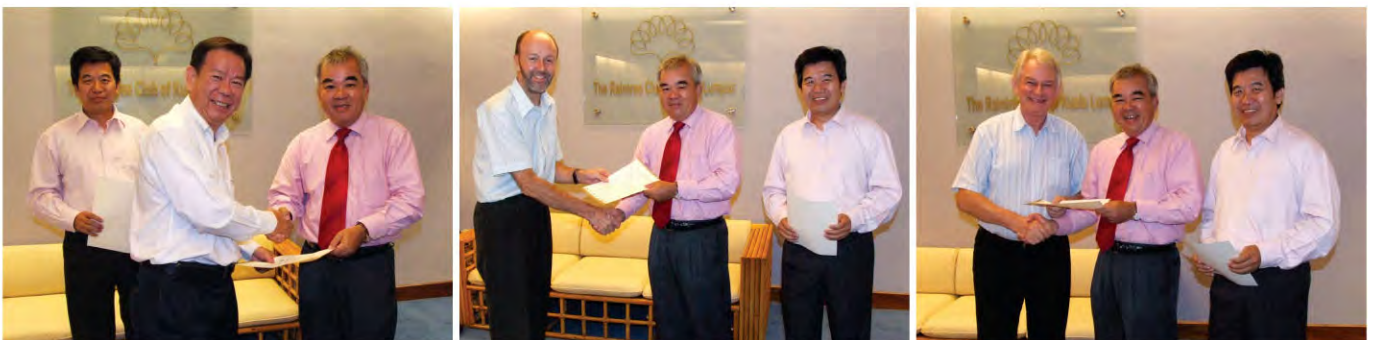
**Deputy Chairman** : Mr. Barry Chong Kim Teck

**Committee Members** : Mr. Gordon Reids, Mr. Robert Clarke, Mr. Ng Boon Kuan, Dr. Michael Chiam Tow Hui



Standing from Left : Mr. Winson Han Mean Kwong (General Committee), Mr. Gordon Reids, Dr. Michael Chiam Tow Hui, Mr. Robert Clarke, Mr. Barry Chong Kim Teck, En. Wan Shah Bany (General Manager)

Sitting from Left : Mr James Lee Soon Chiong (Vice-President), Ir. Bruce Chan Siew Keat (President), Mr Peter Lim Chee Min.



1) Dr. Michael Chiam accepted the appointment letter from Ir. Bruce Chan (President)

2) Mr. Gordon Reids accepted the appointment letter from Ir. Bruce Chan (President)

3) Mr. Robert Clarke accepted the appointment letter from Ir. Bruce Chan (President)

# 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
Dato Mustapha B. Mahmud	Datin Sabine Mustapha Nee Sabine Hoffmeister	Retired
Mr Goh Yu Loong		Senior Manager / Pricewaterhouse Coopers
Mr Walter Chew Hock Loong	Mdm Lee Lai Quan	Director / GCI Development Sdn Bhd
Pn. Zuraidah Bte Abdul Ghani		Retired
Mr Yap Keng Siong	Mdm Dang Lee Boon	Partner / Cheow Hwang & Yap
Mr Toshio Hayashi	Mrs Tomiko Hayashi	Retired
Mdm Kow See Meng	Mr Too Hin Boo	IT Manager / Swee Ing Sdn Bhd
Mr Fabio Fontainha Vieira	Mrs Karina Ferreira De Souza Vieira	Consumer Markets Head / Citibank Berhad
Mr Alfred John Panico		Head of Tsumami & Support / Services

## 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 Samanea

The Club has a total Membership Roll of 2000 Members from various public and private sectors. The monthly circulation of the Samanea is more than 2000 copies. We are offering this facility to advertisers for the advertising space in the Samanea 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
RM0.40/pc x 300pcs =	RM120
* RM0.37/pc x 400pcs =	RM148
RM0.35/pc x 500pcs =	RM175

\* File receive Before 10am Daily  
A4 size on Simili / Art Paper (80gsm/100gsm)



**SAME DAY DELIVERY**

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

**TIME  
VENTURES  
SDN BHD**  
A Ventures Group Company

## Calendar of Events - August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>15</b> Badminton Club Evening	<b>16</b> Table Tennis Club Evening Squash Club Evening	<b>17</b> Buka Puasa with Orphanage Home	<b>18</b> Tennis Night	<b>19</b> Table Tennis Club Evening Badminton Club Evening	<b>20</b> Get Together Party Darts Evening Tennis Night Squash Club Evening	<b>21</b>
<b>22</b> Adjourned 25th Annual General Meeting Badminton Club Evening	<b>23</b> Table Tennis Club Evening Squash Club Evening	<b>24</b>	<b>25</b> Tennis Night	<b>26</b> Table Tennis Club Evening Badminton Club Evening	<b>27</b> Meco HKFC International Squash 3's Darts Evening Tennis Night Squash Club Evening	<b>28</b> Meco HKFC International Squash 3's

## Calendar of Events - September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29 (August)</b> Meco HKFC International Squash 3's Badminton Club Evening	<b>30 (August)</b> Table Tennis Club Evening Squash Club Evening	<b>31 (August)</b>	<b>01</b> Tennis Night	<b>02</b> Table Tennis Club Evening Badminton Club Evening	<b>03</b> Darts Evening Tennis Night Squash Club Evening	<b>04</b>
<b>05</b> Badminton Club Evening	<b>06</b> Table Tennis Club Evening Squash Club Evening	<b>07</b>	<b>08</b> Tennis Night	<b>09</b> Table Tennis Club Evening Badminton Club Evening	<b>10</b> Darts Evening Tennis Night Squash Club Evening	<b>11</b>
<b>12</b> Badminton Club Evening	<b>13</b> Table Tennis Club Evening Squash Club Evening	<b>14</b> 9th Inter-Club Invitational Veteran Badminton Tournament (14th - 19th Sept 2010)	<b>15</b> Tennis Night	<b>16</b> Table Tennis Club Evening Badminton Club Evening	<b>17</b> Darts Evening Tennis Night Squash Club Evening	<b>18</b> Members' Introduction Night

### Highlights

- Buka Puasa with Orphanage Home (17th August 2010)
- Get Together Party (20th August 2010)
- Adjourned 25th Annual General Meeting (22th August 2010)
- Meco HKFC International Squash 3's (27th - 29th August 2010)
- 9th Inter-Club Invitational Veteran Badminton Tournament (14th - 19th September 2010)
- Members' Introduction Night (18th September 2010)