



The Raintree of Kuala Lumpur
an invitation to the good life

samanea

Monthly Newsletter For The Raintree Of Kuala Lumpur • September 2010 (Vol: 09/10)

سalamat Hajj Raya

AIDILEITRI



Since assuming its elected position at the 25th AGM on 27 June 2010, the General Committee (GC) has been meeting more than the usual once-a-month meetings. This has been necessary as several pressing issues have cropped up. I am pleased to report that our GC meetings always went on smoothly and had a fair dose of healthy debate too. This GC is very professional in its conduct at the meetings and has a rich mix of experience and expertise from various backgrounds. Additionally, the new ideas generated from the GC members serving their first-term were refreshing. They came with no baggage of past experiences and some of their ideas and suggestions were quite novel. Others who have served in previous committees have lent their weight of experience in ensuring that good governance and best practices are upheld. This augurs well for the Club as there will be greater transparency and accountability in how the GC conducts the Club's affairs in relation to the interests of the Members at large.



PRESIDENT'S MESSAGE

To date, most of the Committees, Sub-Committees, Organizing Committees, and Task Forces with their respective Chairpersons or Convenors, have been appointed, except perhaps for the House & Grounds and the PR & Communications Sub-Committees where we are still looking for Members to volunteer to fill the remaining vacant positions.

I am told that we achieved a first in the history of the Club. The idea of the GC having a get-together with all the members of the newly appointed Committees, Sub-Committees, Organizing Committees and Task Forces with their respective Chairpersons and Convenors was mooted by GC member Lawrence Lee. The get-together was to build a closer rapport with all the Member-volunteers of the Club. That we did achieve, judging from the warm smiles and interaction throughout the evening of the get-together. Kudos to Lawrence for coming up with the idea and to all who came and mingled freely from table to table during the entire evening together. The occasion was also a great opportunity for me to launch our tagline or rally call to "REVIVE THE SPIRIT, BUILD THE CULTURE". The GC has agreed that our term (2010–2012) be served out meaningfully and that we leave a good legacy for succeeding GCs. Therefore, this tagline will be a constant reminder to the GC that the goal we have set for our term is to rekindle the Members' belief that they belong to a truly premier Club and to build a culture that exemplifies esprit de corps among Members.

With an already packed schedule, did we have time for any more events? Of course, we did. Everyone worked diligently including the executive staff of the Club. We hosted a buka puasa event for a children's orphanage from Ukay Heights. It was an uplifting event seeing the collective efforts of the executive staff and members of the GC minding and serving the 43 children. This idea came from GC member En Ismail Hassan. The GC will work towards organizing other events of a similar nature as part of the Club's Social Responsibility.

As I write this message, we have just concluded the 2nd Adjourned 25th AGM. The turnout was encouraging, with more than 60 Members attending (quorum is 50 Members). The AGM went well with healthy open discussions and a positive outlook shared by all present. It was evident that no one in the meeting wanted to prolong any acrimony and in fact Datuk Nicholas S. Zefferys remarked that the immediate past President's Message in the 2009 Annual Report (ERRATA) augured well as there was not a hint of acrimony despite his very trying term.

In September, we will see our Muslim friends celebrating Hari Raya. On behalf of the GC, I would like to wish all our Muslim Members and staff "SELAMAT HARI RAYA AIDILFITRI". Perhaps it should also be the time of the season for all of us to reflect on our past deeds and, where there were shortcomings, to seek forgiveness from one another, always striving for the common good and promoting ways in which we can all contribute to that effort.

EDITORIAL

Dear Members,

The nation has just celebrated its 53rd Merdeka day celebration and now everyone is busy preparing for the coming Raya celebration, which falls on 10th and 11th September. We would like to take this opportunity to wish all Muslim Members "Selamat Hari Raya Aidilfitri".

Last month the Club was a hive of activities as the newly elected General Committee together with the support of the Management and General Staff, organized the following lively and engaging events.

- 07 August: Mixed-Doubles Tennis Carnival was held where the 20 Members who participated were divided into two teams, namely Chipmunk Team and Ninja Turtle Team, to battle out on the courts.
- 08 August: Children's Activity at the Library where 20 children participated in decorative art work. Thanks to all the parents of these children for making this event a great success.
- 17 August: Buka puasa at the Cerating Ballroom for 41 children from Rumah Amal Belaian Kasih
- 20 August: Get-Together of 85 persons comprising members of the General Committee, Committees, Sub-Committees, Organizing Committees, Task Forces and the Management Staff. The President launched the rally call to "REVIVE THE SPIRIT, BULD THE CULTURE" that evening.
- 22 August: Adjourned 25th AGM which was adjourned to the following week due to a lack of quorum (where only 44 Members attended while the quorum was 50 Members).
- 29 August: 2nd Adjourned 25th AGM where a quorum was present (62 Members attended) and business proceeded to the transaction and disposal of the unfinished business at the original AGM held on 27 June.

September is also expected to be a very exciting month in the Club. The Children's Library Organizing Committee, led by its Convenor, Ms. Margaret Yee, will be organizing a Children's Lantern Party on 19th September in conjunction with the Mid-Autumn Festival. Parents do bring your kids out on that day and by all means parents can also join in the fun. The more the merrier!

Then on 18 September, at the Members Introduction Night banquet, we will witness about 20 new Members being officially admitted as Members of the Club. This special function is customarily seen as a BIG DO as the Club goes all out to welcome our new Members to the Raintree family.

Look out for more events coming up this month in the Sports & Recreation Section!

HAPPY CLUBBING!



The Raintree of Kuala Lumpur

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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

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CHILDREN'S ACTIVITY

On 18th of August, the Children's Activity was held in the Children's Library with the attendance of more than 20 children. In conjunction with the National Day & Ramadhan month, the children decorated the ready made place mat creatively. It was a fun filled day for everyone. Watch out for the Children's Lantern Party this month !!!



CHILDREN'S MINI THEATRE SEPTEMBER

Every Saturday & Sunday at 4:30 pm



04 September (Sat) **THE WATER HORSE**
05 September (Sun) **BEDTIME STORIES**

18 September (Sat) **EVAN ALMIGHTY**
19 September (Sun) **CHARLOTTE'S WEB**

11 September (Sat) **CLOSED - HARI RAYA**
12 September (Sun) **SHREK THE THIRD**

25 September (Sat) **NIM'S ISLAND**
26 September (Sun) **BRIDGE TO TERABITHIA**

TABLE-TENNIS



The **Table-tennis Organizing Committee** had concluded their internal league game with a total of 13 players played on round robin basis in July. A prize presentation ceremony was held at Lila Sari on 19 August 2010 to conclude the event with a dinner reception to reward all players.

Finally, the top 3 positions were awarded to the following winners by our Sports Chairman, Mr Lawrence Lee.

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

TABLE-TENNIS ANNUAL CHAMPIONSHIPS 2010



Date : **30th October 2010** (Junior) Time : **2:00pm onwards**
13th November 2010 (Open) Venue : **Table-tennis Hall**
 Fee : **RM15.00** for first event **RM5.00** for subsequent event

Format:

- Junior category (under 10/13/18)* boys & girls (singles/doubles/ mixed)
 - Senior category (open) men's & ladies' (singles/doubles/mixed)
- * Events with less than the minimum participation requirement may be scratched or combined with other categories.

TENNIS-MIXED DOUBLES CARNIVAL



On 7 August 2010, a mixed doubles tennis carnival was staged at the club. Aided by beautiful cool weather thanks to rain at mid day and the reasonably prompt arrival of members, the tennis was able to kick off at 3pm promptly. The Chipmunk team and the Ninja Turtle team vied for supremacy over 4 rounds consisting of 5 mixed doubles matches. After the dust had settled, remarkably, the Chipmunks and Ninja Turtles were drawn with each side winning 10 of the 20 matches. Going on games won, by a score of 91 to 85, the Ninja Turtles edged out the Chipmunks.

The cool weather also allowed for participants to enjoy a good dinner at the Cabanas washed down with a lucky draw for all participants and the Ninja Turtles collecting their prizes.

The T.O.C. wishes to thank all participants and looks forward to their continued good response to events organized. We hope to confirm a friendly match with another club soon.



Chipmunk Team

- Edna Ong
- Esther Low
- Desiree
- Salbiah
- Low Wan Ching
- Alan Low
- KM Tan
- Francis Goh
- Johnny Chua LW
- Kurosawa San

Ninja Turtle Team

- Irene Teh
- Poh Manickam
- Salma
- Yasumi San
- Minnie Lean
- Low Wei Kah
- Low Far Nam
- Scott Ling
- Chow Heap Weng
- Chan K.H. (backup)



ANNUAL AGE GROUP SWIMMING COMPETITION 2010

Date: **25 September 2010 (Saturday)** Time: **2:00pm (sharp)**
Entry Fee: **RM15.00** for first event **RM3.00** for subsequent events
Closing Date: **19 September 2010 (Sunday)**

Swimming Events

- 25m Freestyle, Breaststroke, Butterfly & Backstroke for group 1- 6, Open & Masters
- 50m Freestyle, Breaststroke, Butterfly & Backstroke for group 1- 6, Open & Masters
- 100m Freestyle, Breaststroke for 1-5, Open & Masters

Invitational team relays between various S&R Organizing Committee



SWIMMING CARNIVAL IS BACK!!!!!!
Event that you have been waiting for. It's on **13th November 2010**



BADMINTON

The last day of the Veteran Inter Club Badminton League Challenge Trophy 2010 will be held on **Sunday, 26th September 2010, 3.00 P.M. at Kota Permai Golf and Country Club (KPGCC)**. Raintree will be playing against KPGCC. Members are encouraged to come and support our team.

The Badminton Organising Committee is planning for two events; Badminton Carnival and Annual Badminton Championship, in the coming months. Keep an eye on the next issue of Samanea.

BUKA PUASA WITH ORPHANAGE HOME

In conjunction with the Ramadhan 2010, the Club has organized 'Berbuka Puasa' with 41 orphanages from Rumah Amal Belaian Kasih. 'Duit Raya' contributed by the General Committee was handed out together with a box of Dunkin Donuts contributed by the Treasurer of the Club, Mr. Peter Yu. The event was assisted by the Staff of Raintree Club. It was an enjoyable event for the children and for those who attended.





53RD INDEPENDENCE DAY CELEBRATION CAKE CUTTING CEREMONY

In conjunction with the 53rd Year Independence Celebration, the Entertainment Sub-Committee Chairman, Mr. James Lee, organized a "Cake Cutting" Ceremony at the Teratai Bar on Friday, 27th August 2010 at 10.00pm.

The event was well attended by most of the General Committee members and bar regulars that night which was also the monthly Bar Night. Zack & Lyia was the band in attendance. For The Raintree of Kuala Lumpur, we shall fly the "Jalur Gemilang" – MERDEKA!!!!!!



COLLECTIVE AGREEMENT

1ST JANUARY 2009 TO 31ST DECEMBER 2011



The Club has on Friday, 6th August 2010 signed the Collective Agreement 2009-2011 with improved terms and benefits with the Club Employees Union Peninsular Malaysia.

The Club was represented by the President, Ir. Bruce Chan, Staff Affairs Sub-Committee Chairman, Mr. Winson Han and Members of the Sub-Committee, Mr. Chow Seck Kai and Dr. Michael Chiam while the Club Employees Union Peninsular Malaysia was represented by YB Abdullah Sani bin Abd Hamid, En Mokhtaruddin bin Johan, Puan Siti Azura bte Abdul Jalil and the local union representative of the Club, Puan Norkedah Hassan.



SUB COMMITTEE MEMBERS MEET UP WITH THE GC

A get together was organized for the various sub-committee members to meet up with the GC on the 20th August 2010. The objective was to build better working relationship between the various committees and the Management as well. 80 members turn up for this inaugural function. The feedbacks we received were fantastic. We thanked the attendees for being there to share the moment and importantly to give us the feedback to gauge our directions.

The President took the opportunity to launch out the tag line **'Revive the Spirit. Build a Culture'**. The tagline is a rally call to move purposefully to achieve within this term towards a sustainable future for the club.

GC Winson Han presented and spoke on the Believe that Raintree Club can be and will be a Premier Club once again. It was felt that if positive changes are to be made to the club, first the stakeholders in this club must believe this is a premier club. Action plans will be drawn up to start the motion to move towards restoration of the premier status. We believe the way we view the club will inevitably influence the club culture. The culture of recognizing community service, reviving the institution of proper conduct with strict remedy for misconduct and having an esprit de corp in the membership to maintain premier status. Our launching of the tagline is an the initial step to bringing back 'An invitation to the Good Life'.

Revive the Spirit

- A call for everyone to Believe that Raintree Club is a premier club.
- By Believing then only we can take the positive actions to carry out tasks that reflects the high status of the club.

Build a Culture

- By Believing ...we can then build a culture that can sustain the premier status.
- By Believing... everyone can then behave in the manner appropriate for the Status.

To revive the spirit, leadership must be shown not just by the GC but everyone representing the executive and the various sub-committees.

The Call by the President has been made. Let's start by Believing.

Lawrence Lee
Sports Chairman



ADJOURNED 25TH ANNUAL GENERAL MEETING

The Adjourned 25th Annual General Meeting (AGM) which was supposed to be held on Sunday, 22nd August 2010 at 10.00am at Cerating Hall was further adjourned due to lack of quorum. At the closing of registration at 10.30am only 46 Members were registered.

The Adjourned 25th AGM was further adjourned to the same day in the next week at the same time and venue in accordance with Rule 47 (iii) of the Club's Constitutional Rules. The Adjourned AGM was successfully held on 29th August 2010 with an attendance of 75 Members. All items on the Agenda were discussed and unanimously passed/confirmed by the Members.

KENANGA COFFEE HOUSE

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

HOW TO REDUCE WAISTLINE

by Dato' Steve Yap DIMP, AMS, FICT, FNMedP, FRSM
Board certified in Nutritional Medicine (France) and Anti-Aging Medicine (USA/France)
President, Federation of Complementary & Natural Medical Associations Malaysia
Email: dsy@dsywellness.com

CAUSES OF CENTRAL OBESITY

The principal cause of your expanding waistline is storage of excess fat in abdominal areas, even in or on vital internal organs such as the liver, heart, and intestines. Most waistline expansion begins with fat accumulation in the liver ("fatty liver") resulting from consuming excess alcoholic or high-fructose or sugary beverages, as well as refined carbohydrates. For middle-aged individuals, hormonal imbalance also promotes central obesity. Compared to men, women with pronounced waistline face much higher risk of serious health disorders such as stroke and heart attack.



FATTY LIVER

About 3% of children with normal body weight have fatty liver, but most obese kids have fatty livers. Research suggests that a diet high in *sugar* and *vegetable fats* promotes this health disorder. Yes, excess omega-6 polyunsaturated fats such as from corn oil, sunflower oil, and soy oil tend to end up as stored fats in our abdomen and in clogged arteries throughout our body. In addition, our body uses excess omega-6 to produce inflammatory chemicals, which further induce weight gain and promote inflamed liver. Indeed, obesity is widely recognised as an *inflammatory* disorder and so is heart disease. The link between abdominal obesity and heart disease or diabetes or hypertension is rather strong. Decades of clinical observations testify to the fact that atherosclerosis can begin in childhood. Are you feeding your children correctly, especially where you have a family history of heart disease, hypertension, diabetes, kidney failure, and cancer?

TOXICITY

A fatty liver may not efficiently perform its main task of detoxifying our body leading to increased toxic load. Food chemicals, pesticides, water and air pollutants, alcohol, plastic contaminants, and even coffee are estrogenic. In addition, our body converts and accumulates fats from foods to trap these toxins for our own protection. This is another reason for unexpected weight (fat) gain. A body low on toxins tends to have a lower level of adipose (fat) tissues. If you find your weight loss most difficult through dietary means, you're advised to consult a nutritional therapist to test your toxin levels. The higher our level of estrogen the more fat we store. Alcohol speeds up aromatization (conversion) of testosterone to estrogen leading to increased waistline.

FRUCTOSE

If you consume a Western diet, fructose is likely to be your most 'fattening' food besides potato chips. This sugar is found not just in sweet fruits or their juices but also in table sugar (50%) or honey (50%). High fructose corn syrup is the main sweetener used in most soft drinks. Surprisingly, fructose is much more damaging to our health than glucose. Despite its low glyceric index (GI), regular consumption of fructose promotes the development of diabetes much more speedily than does glucose. Unfortunately, fructose is also used as a major ingredient in many so-called "weight-loss diets". This 'natural' sugar is known to strongly induce *insulin resistance*. Individuals with this pre-diabetic condition are prone to develop abdominal obesity. Diabetes used to be known as a "rotting disease" due to the patients' inability to heal their wounds. Fruits are unlikely to rot rapidly without fructose. Consequently, fructose may be viewed as a rotting chemical that happens to taste very sweet. Do you buy fruits because they taste sweet? If so, you may be eating fruits for the wrong reason.

HIGH GI FOODS

The higher the GI of food consumed, the higher our insulin spikes. Elevation in this fat-storing hormone is strongly promoted by eating refined carbohydrates and sugars, especially on an empty stomach. When insulin level rises, more triglycerides (fats) tend to be stored. Eating large amount of high-GI foods is a major contributor to waistline growth. Elevated insulin stimulates hunger spells which then result in more carbohydrates/sugary foods being consumed to reduce or prevent the effects of *reactive hypoglycaemia*.

ELEVATED STRESS

Stress triggers secretion of the hormone *cortisol*, which then induces liver to release its stored sugar into the blood stream to cope with the "fight or flight" response being initiated. The hormone insulin then converts glucose into stored fats since sugar in excess is toxic to the body. Chronically elevated insulin levels stimulate tumor growth. In addition, elevated insulin pushes the liver to produce the protein chemical called *sex hormone binding globulins*, which bind to testosterone in men or estrogen in women making them unusable by their bodies. For the men, the lower his free (unbound) testosterone level and/or the higher his estrogen level the larger his waistline. These may help explain why his libido is declining too. The more refined starches and sugars he consumes, the lower is his free testosterone. Excess cortisol lowers muscle mass leading to reduced water retention (dehydration) and higher percentage of body fats.

NATURAL THERAPY TO REDUCE WAISTLINE

A well-designed diet can both trigger the release of the appetite suppression hormone *leptin*, which is helpful to reduce waistline, and lower the secretion of *insulin*. The use of specific amino acids to reduce carbohydrate/sugar cravings and/or induce weight loss should only be administered by a qualified nutritional therapist.



CHILDREN'S LANTERN PARTY

Several red, tiered lanterns with tassels are arranged around the title. Some are larger and more prominent, while others are smaller and positioned in the background.

19th September 2010 (Sunday)
5:30pm – 8:00pm
Lobby, Raintree Club

Entrance Fee
Member – RM15.00 Guest – RM20.00

Bring your own lantern

Attractive prizes to be won in the
'Most Creative Lantern'
contest

Closing Date : 12 September 2010

For more information,
please contact Ms. Joyce Gan,
Communication & Events Executive,
at 03-4257 9066 (ext.156).

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
Mr Christopher Eric Foenander	Mdm Chan Wai Khuan, Angelyn	Senior Systems Engineer / Ingram Micro Malaysia Sdn Bhd
Ms Choong Wai Ching, Christina		Executive / CCM Pharmaceuticals S/B
Mdm Lim Guat Hong, Joan		Remisier / TA Securities Holdings Bhd
Mr Khor Chih Wei		Engineer / Shell Malaysia
Mr Ooi Chin Khoo	Mdm Khoo Siew Kee	General Manager-Operations / Johan Holdings Berhad
Mr Joakim Ladeborn	Mrs Eva Ladeborn	Counsellor / Embassy of Sweden
Mr Madhusudan A.R	Mdm Renuka. P.	Regional Sales Manager / ABB Holdings Sdn Bhd

MEMBERSHIP

Are YOUR membership details right?

You will find a short form enclosed with this edition of Samanea asking you to update your personal and contact details. We need correct, up-to-date details on members so that we can communicate with you reliably.

All members must fill in this form and return it to the club. MEMBERS WHO FAIL TO DO SO WILL NOT BE ALLOWED TO COLLECT THEIR NEW PARKING PERMITS FOR 2011-12. So fill in your form NOW!

Membership certificates

Some members have enquired about membership certificates. Such certificates were issued to members in the early years of the club's existence. However, this practice was stopped in 1991. No further membership certificates have been issued since then.

The GC has now decided formally to abolish membership certificates. **No** further certificates will be issued – either to new members or to earlier members who have lost or misplaced their certificates.

Please note that these certificates were and are purely symbolic documents. Whether or not you hold such a certificate therefore does not affect your rights as a member of the Raintree Club in any way.



ADJUSTMENT IN PRICES OF BEVERAGE

The price of beverages in our club had not been adjusted since 2005 and it would just be impossible for the club to sustain the current prices in view of the escalating inflationary trend. We believe we are still serving one of the cheapest beverages in town even with the adjustment. We trust the merriment will continue to flow unabated and the General Committee will continue to strategise our F & B operation with a view of bringing the best to everyone.

The new Beverage prices will be effective from September 15, 2010.

Normal

Guinness

Pint x 24	RM 7.90
Draft 22.7 LTS/mug	RM 7.90
Draft jug	RM 31.60

Heineken

Pint x 24	RM 8.00
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Tiger

Pint x 24	RM 7.50
Draft 30 LTS / mug	RM 7.20
Draft jug	RM 28.00

Carlsberg

Pint x 24	RM 7.40
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Happy Hour

Tiger

Draft 30 LTS / mug	RM 6.70
Draft jug	RM 26.20

Bar Night

Tiger

Draft 30 LTS / mug	RM 4.60
Draft jug	RM 17.60

Guinness

Draft jug	RM 24.00
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APOLOGY

The Club sincerely apologizes to
Mr. Gordon Reid
for publishing his name as
Mr. Gordon Reids
in the August issue of Samanea.

ANNOUNCEMENT

KINDLY BE INFORMED THAT
THE CHILDREN'S LIBRARY
AND CHILDREN'S MINI THEATRE
WILL BE CLOSED IN CONJUNCTION WITH
HARI RAYA AS FOLLOW:

CHILDREN'S LIBRARY

10, 11 & 12 SEPTEMBER 2010

CHILDREN'S MINI THEATRE

11 SEPTEMBER 2010

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Calendar of Events - September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 Children's Lantern Party Badminton Club Evening	20 Table Tennis Club Evening Squash Club Evening	21	22 Tennis Night	23 Table Tennis Club Evening Badminton Club Evening	24 Tennis & Squash Friendly with SICC Darts Evening Tennis Night Squash Club Evening	25 Annual Age Group Swimming Competition 2010
26 Golf Stableford Championship Badminton Club Evening	27 Table Tennis Club Evening Squash Club Evening	28	29 Tennis Night	30 Table Tennis Club Evening Badminton Club Evening	01 (October) 11th Raintree Int'l Jumbo Squash Doubles Competition 2010 for Tunku Naquiyuddin Cup Darts Evening Tennis Night Squash Club Evening	02 (October) 11th Raintree Int'l Jumbo Squash Doubles Competition 2010 for Tunku Naquiyuddin Cup

Calendar of Events - October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
03 11th Raintree Int'l Jumbo Squash Doubles Competition 2010 for Tunku Naquiyuddin Cup Badminton Club Evening	04 Table Tennis Club Evening Squash Club Evening	05	06 Tennis Night	07 Table Tennis Club Evening Badminton Club Evening	08 Darts Evening Tennis Night Squash Club Evening	09
10 Badminton Club Evening	11 Table Tennis Club Evening Squash Club Evening	12	13 Tennis Night	14 Table Tennis Club Evening Badminton Club Evening	15 Darts Evening Tennis Night Squash Club Evening	16 13th Dato Steven Tee Badminton Challenge Trophy 2010 (16, 17, 23, 24 Oct)

Reciprocal Clubs

Overseas

Australia

Royal Automobile Club of Australia
City Tattersalls Club

Brunei

Royal Brunei Yacht Club

Canada

Glencoe Golf & Country Club

China

American Club Taipei

England

The St. James Club

Hong Kong

The Hong Kong Cricket Club

India

Bombay Gymkhana Club

Indonesia

Indonesia Petroleum Club

Philippines

Baguio Country Club
Manila Polo Club Inc.

Scotland

The Royal Scots Club

Sweden

The Sallskapet Club

South Africa

Rand Club

Singapore

Singapore Recreation Club
The Hollandse Club
The Tanglin Club
Raffles Town Club
Aranda Country Club

Local

Perak

Royal Ipoh Club

Negeri Sembilan

Tuanku Jaafar Golf & Country Club

Terengganu

Kelab Desa Rantau Petronas

Johor

Segamat Country Club

Kedah

Black Forest Golf Resort

Pulau Pinang

Penang Swimming Club
Penang Sports Club

Pahang

Fraser's Hill Golf & Country Club
Astana Golf & Country Club

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.

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or

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