

# clubspirit

A Publication of Serangoon Gardens Country Club

April – May 2017



## *To Mum With Love*

Flip to page 6 for details



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Wine & Spirits Affair Page 8

Transforming Your Body with Mark & Eric Page 20

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**MAIN RECEPTION**

Tel: 6286 8888

Daily: 9am – 10pm

www.sgcc.com.sg

**FOOD & BEVERAGE OUTLETS****Atrium Cafe**

Tel: 6286 8888 ext. 309

Mon – Fri: 11am – 3pm, 6pm – 10pm

Sat, Sun &amp; PH: 11am – 10pm

**Bowling Snack Bar**

Tel: 6286 8888 ext. 340

Mon – Fri &amp; Eve of PH: 1pm – 11pm

Sat: 11am – 11pm

Sun &amp; PH: 10am – 11pm

**Coffee Deli**

Tel: 6286 8888 ext. 312

Mon – Thu &amp; PH: 8.30am – 9pm

Fri, Sat, Sun &amp; Eve of PH: 8.30am – 10pm

**Club Twenty-Two**

Tel: 6286 8888 ext. 386

Mon – Thu: 4pm – 12am\*

Fri &amp; Eve of PH: 4pm – 1am

Sat: 2pm – 1am

Sun &amp; PH: 2pm – 12am

\* The Karaoke Lounge opens at 2pm on Tuesdays. Its usage on Tuesdays from 2pm – 5pm is strictly for members only.

**Crossroads Lounge**

Tel: 6286 8888 ext. 310

Mon – Thu: 4pm – 12am

Fri &amp; Eve of PH: 4pm – 1am

Sat: 2pm – 1am

Sun &amp; PH: 2pm – 12am

**Garden Grill**

Tel: 6286 8888 ext. 313

Mon – Thu: 12pm – 3pm, 6.45pm – 10pm

Fri – Sun, Eve of PH &amp; PH: 12pm – 3pm,

6pm – 10pm

**Swatow Garden Seafood Restaurant**

Tel: 6343 1717

Weekdays: 11am – 3pm, 6pm – 11pm

Weekends, Eve of PH &amp; PH: 9am – 3pm,

6pm – 11pm

**SPORTS & RECREATION FACILITIES****Billiard Room**

Tel: 6286 8888 ext. 346

Sun – Fri &amp; PH: 1pm – 10pm

Sat &amp; Eve of PH: 1pm – 11pm

**Darts Lounge****(Club Twenty-Two)**

Mon – Thu: 4pm – 12am

Fri &amp; Eve of PH: 4pm – 1am

Sat: 2pm – 1am

Sun &amp; PH: 2pm – 12am

**Gardens Bowl**

Tel: 6286 8888 ext. 340

Mon – Fri &amp; Eve of PH: 1pm – 11pm

Sat: 11am – 11pm

Sun &amp; PH: 10am – 11pm

Off-Peak Hours: Mon – Fri &amp; Eve of PH: 1pm – 6pm

Peak Hours: Mon – Fri &amp; Eve of PH: 6pm – 11pm

Sat, Sun &amp; PH: Whole day

**Gymnasium**

Tel: 6286 8888 ext. 331

Daily: 5.30am – 10pm

Except during scheduled partial closure for maintenance, 4 times a year where it opens from 6pm onwards. Refer to www.sgcc.com.sg for partial closure dates.

Off-Peak Hours: Daily: 10am – 5pm

Peak Hours: Daily: 5pm – 10pm

**Swimming Pool / Spa Pools**

Daily: 5.30am – 10pm

Closed on the last Wednesday of every month unless otherwise stated.

**Water Play Area**

Daily: 8am – 8pm

Closed on the last Wednesday of every month unless otherwise stated.

**Sauna / Steam Bath**

Daily: 8.30am – 10pm

**Squash Courts**

Tel: 6286 8888 ext. 331

Daily: 8am – 10pm

Off-Peak Hours: Mon – Fri &amp; Eve of PH: 8am – 5pm

Peak Hours: Mon – Fri &amp; Eve of PH: 5pm – 10pm

Sat, Sun &amp; PH: 8am – 10pm

**Tennis Courts**

Tel: 6286 8888 ext. 340

Daily: 7am – 10pm

Off-Peak Hours: Mon – Fri &amp; Eve of PH: 7am – 5pm

Peak Hours: Mon – Fri &amp; Eve of PH: 5pm – 10pm

Sat, Sun &amp; PH: Whole day

Tennis training night: Thu 7pm – 10pm

**Table Tennis**

Tel: 6286 8888 ext. 331

Daily: 8am – 10pm

Off-Peak Hours: Mon – Fri &amp; Eve of PH: 8am – 5pm

Peak Hours: Mon – Fri, Eve of PH: 5pm – 10pm

Sat, Sun &amp; PH: 8am – 10pm

**Mahjong / Cards Rooms**

Tel: 6286 8888

Sun – Thu &amp; PH: 11am – 12am

Fri, Sat &amp; Eve of PH: 11am – 1am

**OTHER FACILITIES****Jackpot Room**

Tel: 6398 5362

Sun – Thu &amp; PH (except Wed): 10am – 12am

Wed: 11am – 12am

Fri, Sat &amp; Eve of PH: 10am – 1am

**Kiddieland**

Daily: 9am – 10pm

**Lat Salon**

Tel: 6286 8262, by appointment only

11am – 7.30pm, Closed on Mon &amp; PH

**Function Rooms / Ballroom**

For bookings, please call 6398 5381 / 387 / 365

Email: banquetsales@sgcc.com.sg

**Male & Female Changing Rooms**

Daily: 5.30am – 10.30pm

**Study Room**

Daily: 9am – 11pm

**The Hangout**

Mon – Thu, Sun &amp; PH: 9am – 12am

Fri, Sat &amp; Eve of PH: 9am – 1am

**Cambridge Pre-School**

Tel: 6282 8455 Fax: 6282 8457

Mon – Fri: 7am – 7pm

Sat: 7am – 2pm

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casey\_chang@sgcc.com.sg**CLUB ADMINISTRATION**

Mon – Fri: 9am – 6.30pm

**Membership** 6398 5305 / 323  
membership@sgcc.com.sg**Accounts** 6398 5325 / 358  
members\_account@sgcc.com.sg**Sports & Recreation**  
recreation@sgcc.com.sg**Chess, Flow Yoga & Golf**

Terrence Ho 6398 5389

**Billiards, Bridge, Squash, Tennis & Youth**

Zubair Hassan 6398 5354

**Fitness Fun, Cool Water Workout, Swimming Lessons, Table Tennis, Taijiquan, Qi Gong, Chinese Martial Arts, Zumba, Piloxing & Mahjong**

Julia Kong 6398 5352

**Fitness, Taekwondo, Aikido, Yoga, Muay Thai, Darts & Swimming**

Bertram Lee 6398 5351

**Bowling**

Zaleha Hanibah 6398 5353

**Food & Beverage**

fmb@sgcc.com.sg

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6398 5381 / 387 / 365

banquetsales@sgcc.com.sg

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dpo@sgcc.com.sg

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April / May 2017 MCI (P) 069/12/2015

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### PATRON-IN-CHIEF

Mr Goh Chok Tong  
*Emeritus Senior Minister*

### PATRONS

Mrs Lim Hwee Hua  
Mr George Yeo  
Ms Sylvia Lim

### TRUSTEES

Mr Hendrick Koh  
*PPA BBM PBM*

Mr Anthony Tan  
Mr Pao Kiew Tee

### GENERAL COMMITTEE

Mr Randy Sng  
*President*

Mr Lee Say Yeow  
*Vice-President*

Dr Edmond Tan  
*Honorary Secretary*

Ms Wong Sook Yee  
*Honorary Treasurer*

Mr Peter Chia  
*Assistant Honorary Secretary*

Mr Frederick Kang  
*Assistant Honorary Treasurer*

### COMMITTEE MEMBERS

Mr Terrence Fernandez  
Mr Joseph Koh  
Mr Gilbert Low  
Mr Ansband Tan  
Mr Christopher Tan  
Mr James Tan  
Mr Tan Yew Teong

### CONVENORS

Mr David Lee  
Mr Edward Tan  
Mr Ronnie Ng  
Mr Ramel Ang  
Mr Eddie Ng  
Mr Aaron Lim  
Mr Edwin Lee  
Ms Lam Wai Leng  
Mr Steven Lee

*Billiards*  
*Bowling*  
*Chess*  
*Darts*  
*Fitness*  
*Golf*  
*Squash*  
*Swimming*  
*Tennis*

### EDITORIAL COMMITTEE

Mr Terrence Fernandez  
Mr Goh Juak Kin  
Ms Genevieve Lim  
Ms Kristen Lee  
Ms Chin Xiu Yi  
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## Dear Members

We are constantly improving the Club's facilities to provide members with a pleasant and enjoyable experience. In late February, we upgraded the air conditioning system at the Gym to provide a more comfortable workout environment for our gym users. The Heliconia Wing's lift upgrading project will be completed in mid-April and the lift will be serving all levels of the building. The upgrading work was necessary to comply with the Singapore Civil Defence Force (SCDF) and Building & Construction Authority (BCA) lift safety and operational requirements. This two-month long project involves changing the entire lift carriage and enhancing the lift lobby areas. I truly appreciate members and guests' patience and kind understanding.

Our annual Sports Appreciation Nite was held on 3 March 2017. It was a significant evening for the Club to recognise the efforts of the sports fraternity in promoting sports and contributions from our athletes in bringing glory to the Club through their achievements at inter-club and national levels. This year, 7 outstanding sportsmen and sportswomen were presented with the Sports Merit Awards. Please join me in congratulating our award winners. Well done, Team SGCC!

In our continuous efforts to better engage our members, we are piloting a focus group discussion session to gather ideas and suggestions on 8 April 2017. We are considering organising more of such sessions in the near future, touching on different topics pertaining to sports, food and beverage, membership, facilities, maintenance and safety as well as security. Interested members who would like to contribute their expertise are welcome to participate in our focus group discussion sessions. Please contact the Membership Relations department to register your interest.

Mother's Day is coming. Let us take this opportunity to gather the family at the Club to celebrate the special women in our lives. Our chefs will be whipping up delicious treats. Have a date with Mummy dearest at Garden Grill or enjoy baba-licious favourites by guest chef Ida Oon at Atrium Cafe and Coffee Deli. In the coming months, cheer to good times at our various wine and spirits appreciation workshops. For those who are getting hitched, head to our wedding showcase on 21 May 2017 at the Kensington Ballroom to find out more about our wedding packages and perks.

Relax and enjoy TGIF with family and friends at our Pyjamas Movie Night on 19 May 2017. Come in your pyjamas, bring a blanket and some pillows. Tickets are at \$10 per person and \$38 for four, including drinks and *kacang puteh*.

Occupy the kids during the school holidays with our series of workshops which include balloon twisting, clay sculpting and face painting. Let the kids explore their creativity through these fun workshops. Embark on an educational journey with your little ones and learn how waste is being managed as well as the importance of reduce, reuse and recycle at our half-day trip to Pulau Semakau.

As the Club embarks on its very first SGCC coffee table book on the Club's history, we would like for members to be part of this meaningful project through sponsorship. This book offers lots of interesting information about the Club's early years, the people, the transformation and major developments of the Club's 62-year history. In return for your generosity, you will receive a complimentary copy of the coffee table book, an invitation for two to the SGCC Coffee Table Book Launch and special acknowledgement in the book. Interested members can approach the Membership Relations team for more details.

We will be having our 60th Annual General Meeting (AGM) on 24 June 2017 at Kensington Ballroom 1 at 1pm. I would like to invite all members with voting rights to attend. Lunch will be provided for attendees from 11.30am onwards. I look forward to seeing you.

Yours Sincerely

RANDY SNG  
President





### ANNUAL GENERAL MEETING (AGM)

The AGM will be held on **Saturday, 24 June 2017** at Kensington Ballroom at **1pm**. All members with voting rights are encouraged to attend. Lunch will be provided for attendees from 11.30am onwards.



### UPCOMING FACILITY CLOSURES FOR CLEANING AND MAINTENANCE

Swimming Pool, Spa Pools and Water Play Area: **Wednesday, 26 April 2017** and **Wednesday, 31 May 2017**



### NEW MEMBERSHIP MANAGER

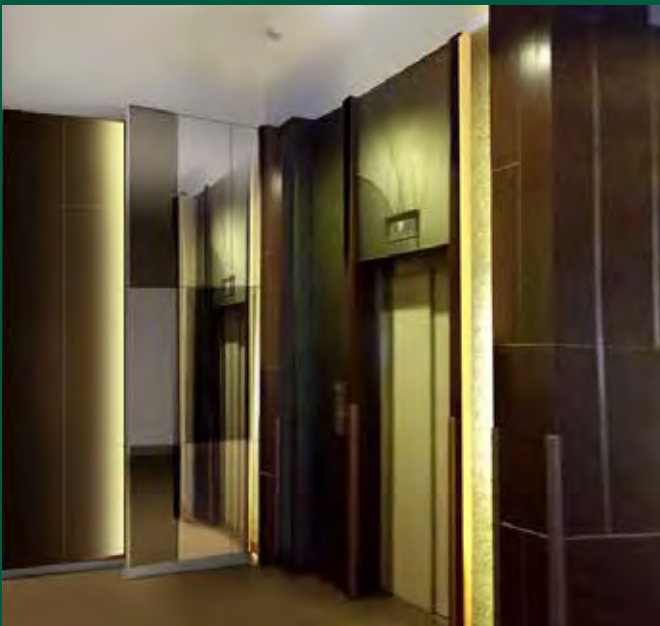
A warm welcome to Genevieve Lim, who joined us as Membership Manager on 1 February 2017. Genevieve brings more than 25 years of experience in sales and marketing in the semiconductor industry as well as in regional customer service management and operations in the retail and fitness sectors. Genevieve holds a Bachelor of Arts degree (Honours) in Business and Marketing from the *University of Portsmouth* and an Advanced Diploma in Business Administration (Marketing) from the *University of Cambridge*.

Visit our website at [www.sgcc.com.sg](http://www.sgcc.com.sg) for the latest Club news. Alternatively, opt in at [www.sgcc.com.sg/news-events/keep-me-posted](http://www.sgcc.com.sg/news-events/keep-me-posted) to be among the first to receive updates on the latest Club events & promotions!

## WE ARE UPGRADING TO SERVE YOU BETTER!

### LIFT UPGRADING WORK AT THE HELICONIA WING

To enhance lift reliability and performance for the safety of passengers, the Club undertook lift upgrading work at the Heliconia Wing. This was also in line with the Building and Construction Authority's advisory to modernise older lifts due to technological advancements and revisions in regulatory requirements. Following the completion of the project in mid-April, the lift will be able to serve all levels of the building, in addition to having a new lift carriage and enhanced lift lobby areas. Check out the following images!



Lift lobby at Level 2



Lift lobby at the basement



## In The Spotlight

### DESIGNATED SMOKING AREAS

There are designated areas in the Club for members who wish to smoke. We urge members to be considerate and smoke only at these areas:



Behind Security Guardhouse



Next to Beer Garden



Behind the Squash Courts



Along the Heliconia Wing Driveway

Please help to keep the Club beautiful, clean and safe by keeping the smoking areas free from litter and cigarette butts.

This column features some of the current issues and developments in the Club which we would like to share with you. Have any feedback to relate to us? Email us at [feedback@sgcc.com.sg](mailto:feedback@sgcc.com.sg).

### LIGHTNING ALERT SYSTEM

The Club has in place a lightning alert system to alert members of approaching lightning strikes. This is to safeguard our members' safety against which can pose as a danger especially if they are outdoors.

Here are things members should take note when the lightning alert system goes off.

#### Siren and flashing red light alert at the Swimming Pool area

You will hear 10 seconds of siren, followed by another 5 seconds and the red light alert will flash continuously at the Swimming Pool area.



#### Club-wide public announcement

Our front desk receptionist will make an announcement via the public announcement system to alert members to stop all outdoor activities and to proceed indoors for shelter. Our staff will go to outdoor facilities such as the Swimming Pool and Tennis Courts areas to advise members as well.



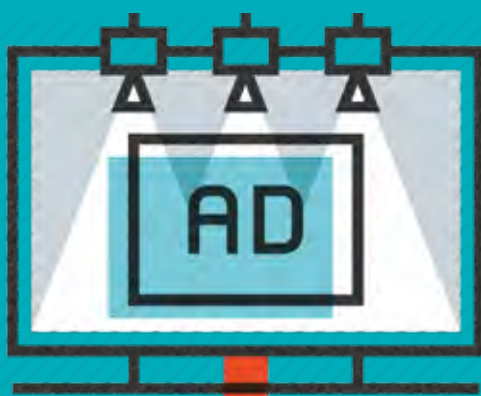
#### Resuming outdoor activities

The siren will sound for 5 seconds and the red light will be switched off at the Swimming Pool area. A club-wide public announcement will also be made to inform members that it is safe to resume outdoor activities.



### TOILET UPGRADING WORKS AT HELICONIA WING

We recently upgraded the female toilet at Level 1 of the Heliconia Wing building. The squatting toilet has been converted to a sit-down toilet to provide members with comfort, convenience and ease of use while using the facility.



## COME ADVERTISE WITH US AT THE COFFEE DELI!

\$15 per month (Member)  
\$50 per month (Guest)

Contact Kristen at 6398 5332 or [kristen\\_lee@sgcc.com.sg](mailto:kristen_lee@sgcc.com.sg).  
Visit [www.sgcc.com.sg/contact/advertising](http://www.sgcc.com.sg/contact/advertising) for more details.





## Bouquets

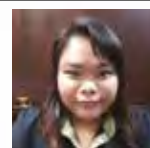
The following are excerpts of compliments to our staff sent via email ([feedback@sgcc.com.sg](mailto:feedback@sgcc.com.sg)), website ([www.sgcc.com.sg](http://www.sgcc.com.sg)) or feedback form. Do continue to send in your compliments as they will motivate our staff to achieve higher standards of service. Please note that the Club reserves the right to edit any compliments, where necessary, for our publications.

### EDITOR'S FAVOURITE

This was our second time attending the Countdown event at the Club and we thoroughly enjoyed ourselves. We were wowed by the different styles of dancing all under one roof: from waltz, jive, jazz, line dancing to disco. Also, the emcee was so entertaining - His dancing and singing engaged the audience right to the point when we welcomed 2017. We loved the music as well and wished that it could have continued even after the countdown. All in all, it was a great night, with wonderful memories and good company. – Mr and Mrs Minjoot

I dropped my wallet along the way and it was returned to me with nothing missing. Please help extend my gratitude to Travan (Cost Executive), who found my wallet and passed it to Jocelyn (Membership Executive). – Wong Yi Hao

Hanis (Senior Membership Services Assistant) is very capable, knowledgeable, hardworking and friendly. Keep up the good work! – Ronald Lim



Hanis

Chef Simon (Garden Grill) never fails to impress. The menu is very creative and tastes good, as usual. The presentation is excellent and we find the food to be better than other clubs' and even Jack's Place! Even with a shortage of staff, the standard of service is not compromised, as demonstrated by John and Alice. Liza also provides good service and is friendly and pleasant. – Elizabeth Tay

## WELCOME

A warm welcome to the following members who have joined us in January and February 2017:

### Ordinary Members

Amanda Ang Ser Kai  
Chua Kwang Siang  
Fong Yoke Ping  
Goh Mia Liu Luke (WuMing Liu)  
Heng Song Kwang  
Hue Peng Yu, Timothy  
Lei Lin Hui Tracy  
Lim Li Ling  
Michael Nielsen  
Ng Choon Lang

Ong Chin Eng Raymond  
Ong Woon Sing  
Phua Cheng Wan  
Seck Pow Foo  
Sunil Singh S/O Dilbagh Singh  
Vivian Netto  
Wendy Goh @ Gabrielle Hoysted  
Yeo Eng Hong (Yang Ying Hong)

**Corporate Member**  
Virabhak Suchin

### Term Members

Brodin Ep Hazard Gaelle Chantal MariE  
Dambrine Caroline Anker Joergensen  
Ebray Emmanuel Jean-Maurice  
Johanna Ruth Crichton  
Laue Michael Phillip  
Pfeiffer Laurent Antoine Michel  
Tan Choon Yong Calvin  
Van Den Heuvel Sara Magdalena

## FAREWELL

Balace Jean-Francois  
Chan Miaw Eng  
Chandrasekar Sadhana  
Chong Kim Moi  
Chong Sin Kiong Alan  
Chua Cheng Choo, Christina  
Damperon Damien  
Dormer Aaron Charles Garry

Dube Martin Joseph  
Ducrocq Franck  
Guerineau Thierry  
Ha Mun Hoi, Henry  
Ho Ngiat Shian Juliana  
Ko Gerald Daniel  
Leong Jernlin  
Lim King Jeng

Martin Craig Robert  
Ngian Kite Seng  
Prompat Panich  
Read Mark David  
Tan Hsueh Mei  
Teo Kuang Wei, Andrew John  
Virabhak Surene  
Yap Kin Lock

*The information published is correct as at 1 March 2017*

# To Mum, With Love

This Mother's day, pamper the most important woman in your life at the Club. The Garden Grill and Atrium Cafe will be dishing out some delectable treats. Make your reservations today!



Grilled Chilled Australian Striploin of Beef with Classic Pepper Sauce, Seasonal Vegetables and Lyonnaise Potato

**Early Bird Special**  
(until 21 April 2017)  
\$2 off regular prices

## HAVE A DATE WITH MUMMY DEAREST AT GARDEN GRILL

**Saturday and Sunday, 6 and 7 May 2017**

Regular Prices

Lunch: \$40 per person (Includes a 4-course meal)

Dinner: \$50 per person (Includes a 5-course meal)

*Charges subject to GST*

### MENU

#### **Cold Appetiser**

Composition of Salmon

*Smoked Salmon, Gravlox and Marinated Salmon accompanied by Petit Salad and Mustard Dill Sauce*

#### **Soup**

Chicken Goulash Soup topped with Sour Cream

#### **Hot Appetiser**

Shallow-fried Aussie Mud Crab Cake on Sesame Tartare

#### **Main Course**

Pan-seared Cajun Spices Barramundi with Mushroom Yuzu Dressing

or

Grilled Chilled Australian Striploin of Beef with Classic Pepper Sauce, Seasonal Vegetables and Lyonnaise Potato

#### **Dessert**

Baked Apple Crumble topped with Vanilla Ice Cream and Berries Compote

#### **Coffee / Tea**

**Saturday and Sunday, 13 and 14 May 2017**

Regular Prices

Lunch: \$48 per person (Includes a 4-course meal)

Dinner: \$58 per person (Includes a 5-course meal)

*Charges subject to GST*

### MENU

#### **Cold Appetiser**

Symphony of Baked Cheese Tart, Marinated Salmon and Smoked Duck Breast accompanied by Petit Salad tossed in House Dressing

#### **Soup**

New Orleans Seafood Gumbo scented with Fresh Basil

#### **Hot Appetiser**

Shallow-fried Aussie Mud Crab Cake on Sesame Tartare

#### **Main Course**

Pan-seared Torgarashi Spices Barramundi served with Teriyaki Glaze

or

Grilled Chilled Australian Tenderloin of Beef with Classic Pepper Sauce, Seasonal Vegetables and Lyonnaise Potato

#### **Dessert**

Baked Apple Crumble topped with Vanilla Ice Cream and Berries Compote

#### **Coffee / Tea**

*Menus subject to change and advance reservation is advised. Please note that the regular a la carte menu and the Weekend Semi-Buffer Dinner will not be available on the above dates.*

Contact 6398 5313 or [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg).



Pan-seared Cajun Spices Barramundi with Mushroom Yuzu Dressing

Visit our Events Calendar at





## BABA-LICIOUS FAVOURITES BY GUEST CHEF IDA OON AT ATRIUM CAFE AND COFFEE DELI

### **Saturday and Sunday, 6 and 7 May 2017**

Early Bird Special (until 21 April 2017)

\$26.80 (Adult)

\$13.40 (Child, aged 5 – 12)

Regular Prices

\$28.80 (Adult)

\$14.40 (Child, aged 5 – 12)

### **Saturday and Sunday, 13 and 14 May 2017**

Early Bird Special (until 21 April 2017)

\$30.80 (Adult)

\$15.40 (Child, aged 5 – 12)

Regular Prices

\$32.80 (Adult)

\$16.40 (Child, aged 5 – 12)

*Charges subject to GST*

Min to Start: 100 participants

Max. Participants: 200 participants



Chef Ida Oon

### **BUFFET MENU**

#### **Appetiser**

Ong Lai Timun

Nonya Achar

Nonya Platter

#### **Soup**

Bakwan Kepiting with Bamboo Shoots

#### **Main Course**

Chap Chye

Chilli Crayfish

Udang Masak Nanas

Ayam Buah Keluak

Mutton Rendang

Nonya Nasi Goreng

#### **'Live' Station**

Grilled Banana Leaf Otah Otah

Chicken and Pork Satay

Kueh Pie Tee

Nonya Laksa

#### **Dessert**

Tropical Fresh Fruit

Chendol

Apom Berkuah

Assorted Nonya Kueh

Bubur Pulut Hitam

*Menu subject to change and advance reservation is advised. Please note that the regular a la carte menu will not be available from 6pm on the above dates.*

Contact Atrium Cafe at 6398 5309 / Coffee Deli at 6398 5312 or [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg).



# WINE &

## SAKE DINNER AT GARDEN GRILL

Friday, 21 April 2017  
7.30pm onwards  
\$120 (Connoisseur Circle Member)  
\$130 (Member)  
\$140 (Guest)  
*Charges subject to GST*

Min. to Start: 40 participants  
Max. Participants: 70 participants  
Closing Date: Friday, 7 April 2017

In this edition of wine dinner at the Garden Grill, we will be partnering with Haru Haru Japanese Restaurant to serve delectable Japanese dishes such as *sashimi*, *temaki*, *kushiyaki* and many more.

### Starter

Edamame, Shiromi Nanban Zuke, Kaki Yuwan Zuke, Una Maki / Kani Tamago Maki, Nasu Karashi

### Soup

Nameko Miso Soup

### Entrée

Special Green Salad with Wafu / Goma Dressing  
Maki / Temaki - California Maki, Ebi Maki, Negi Toro Maki / Temaki  
Sashimi / Sushi - Ootoro, Chu Toro, Salmon, Mekajiki, Kanpachi, Ikura, Uni, Seasonal Fish  
Noodles - Cha Soba, Zaru Soba



## BAROLO WINE DINNER AT GARDEN GRILL

Friday, 30 June 2017  
7pm – 10pm  
\$100 (Connoisseur Circle Member)  
\$110 (Member)  
\$120 (Guest)  
*Charges subject to GST*

Min. to Start: 30 participants  
Max. Participants: 70 participants  
Closing Date: Friday, 16 June 2017

Experience the 'King' of Italian wine, Barolo. Third-generation winemaker, Mr Massimo Sobrero will host and guide guests through the hand-selected pairings from his family estate in the Piedmont region of Italy.

### MENU

#### Cold Appetiser

Ginger Prawn on Sundried Tomato  
Chilled Oyster with Ponzu Sauce  
Tower of Crabmeat with Flying Fish Caviar

#### Soup

New England Clam Chowder topped with Snipped Chives

#### Hot Appetiser

Crabmeat Ravioli smoothed with Prawn Bisque Sauce

#### Main Course

Pan-roasted Cod Teriyaki on Potato Marsala  
or  
Miniature Beef Wellington on Baby Spinach

#### Dessert

Hazelnut Feuillantine  
Green Tea Pyramid  
Lime Sorbet

### RECOMMENDED PAIRINGS

Conegliano Valdobbiandene Prosecco Superiore DOCG  
Roero Arneis DOCG  
Diano Alba "Fosco" DOCG  
Langhe Rosso Gentilium DOC  
Barolo Riserva Vinorum DOCG 2005



Massimo Sobrero







# SPIRITS AFFAIR



## SPANISH WINE DINNER WITH WINEMAKER JUAN HARO

Friday, 5 May 2017

7pm – 10pm

Garden Grill

\$80 (Connoisseur Circle Member)

\$90 (Member)

\$100 (Guest)

*Charges subject to GST*



Juan Haro

Min. to Start: 30 participants

Max. Participants: 70 participants

Closing Date: Friday, 21 April 2017

### MENU

#### Cold Appetiser

Spanish Trio Appetiser

*Minty Mushrooms in Mini Filo Pastry, Potato Omelette and Parma Ham with Melon*

#### Soup

Spanish Garlic Soup

#### Hot Appetiser

Pork Meatballs with Tomato Concasse

#### Main Course

Roasted Cod with Capers and Spanish Olives  
or

Lamb Shank on Polenta with Parmesan Crust

#### Dessert

Red Wine-Poached Pear, Orange Cream Caramel and Chocolate Churros

### RECOMMENDED PAIRINGS

Bodegas Meler DO Somontano

Vega Saucó DO Toro

Sonsierra DO Rioja

Martinez Saez DO La Mancha

Contact Garden Grill at 6398 5313 or [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg).



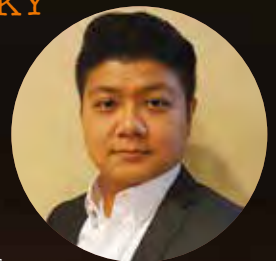
## DALMORE WHISKY WORKSHOP

Friday, 28 April 2017

7pm – 8.30pm

Casuarina Room

Free Admission



Lionel Chew

Min. to Start: 20 participants

Max. Participants: 30 participants

Closing Date: Friday, 14 April 2017

### ➔ About the Speaker | Lionel Chew

Lionel has 5 years of experience in whisky appreciation under his belt. He has sampled hundreds of whiskies across the globe. Lionel is a professional host for whisky master classes and whisky pairing dinners.

Contact Adrian at 6398 5368 / 9115 0417 or [adrian\\_chew@sgcc.com.sg](mailto:adrian_chew@sgcc.com.sg).



# *An Intimate Wedding Affair*

*Serangoon Gardens Country Club*



**Sunday, 21 May 2017**

**Kensington Ballroom**

**1pm – 5pm**

**Free Admission**

*Shuttle service to and from Ang Mo Kio MRT station*

Create your dream wedding at our one-stop wedding showcase. From wedding venues, decorations, banquet, photographers to wedding gowns, find everything you need for your big day. Our wedding packages cater to Chinese, Malay and Indian celebrations.

Enjoy the following perks at our wedding showcase:

- Special rates for packages signed up during the event
- Attractive lucky draw with \$9,000 worth of prizes
- Free food sampling
- 6-month and 12-month instalment plans for payment via UOB credit cards

## **SIGN UP NOW**

First 100 couples to register with us will receive an attractive goodie bag!

## **FIND OUT MORE**

at [www.sgcc.com.sg](http://www.sgcc.com.sg)

Contact Banquet Sales at 6398 5381/387/365.



# Garden Grill Monthly Set Promotions

3-course Set Lunch from \$18.80 per person

4-course Set Dinner from \$23.80 per person (on weekdays only)

Students and senior citizens (aged 55 & above) enjoy a discount of \$2.50. Charges subject to GST.



Cioppino

Picture for illustration only

## APRIL 2017 - THE BEST OF ITALIAN & BERMUDIAN RECIPES

### Appetiser

Spinach Salad

or

Island Fish Cake with Tartare Sauce

or

Parma Ham rolled with Cheese Stick \*

### Soup

Bermuda Fish Chowder

or

Cream of Kidney Bean

### Main Course

Spaghetti Vongole

or

Barramundi Fish Steak with Lemon Butter Sauce

or

Chicken Parmigianino

or

Cioppino\*\*

A mixed seafood stew

or

Sirloin Steak Alla Puttanesca \*\*\*

### Dessert

Bermuda Banana & Rum Cake

or

Coconut Ice Cream with Chocolate Fudge

### Coffee / Tea

## MAY 2017 - MACANESE COOKING

### Appetiser

Grilled Chicken Salad

or

Santola No Carro

*Loosely translated as "crab in a cart", this dish consists of crabmeat baked with low fat grated cheese, mayonnaise, pickled gherkin and button onion*

or

Camarão com Piri Piri

*Grilled shrimp with hot sauce, a well-known traditional Portuguese food dish*

### Soup

Sopa de Feijão (Green Fava Bean Soup)

or

Canja (Chicken Soup with Rice, Lemon and Mint)

### Main Course

Linguado à Macau

*Halibut Fillet Pan-Fried with Breadcrumbs and served with Fresh Salad, Lemon and Curried Mayo*

or

Arroz al Horno de Mariscos com Caril \*\*

*Baked Rice with Prawn Curry Topping*

or

Baked Pork Chop with Spaghetti

or

Galinha à Africana

*Chicken marinated with Piri Piri Sauce and barbequed over slow fire*

or

Bife à Cebolada \*\*\*

*Ribeye seasoned with crushed Garlic and sweet Paprika and pan-fried with Olive Oil, chopped Yellow Onion, finely diced Tomato Concasse, Bay Leaf and Tawny Port Wine*

### Dessert

Portuguese Egg Tart

or

Portuguese Fried Dough with Cinnamon Sugar



Picture for illustration only

Items with asterisks on these menus come with the following surcharges: \* \$4 / \*\*\$8 / \*\*\*\$12  
Menus subject to change. Advance reservation is advised.

Baked Pork Chop with Spaghetti



Contact Garden Grill at 6398 5313 or [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg). Visit our Dining and Entertainment Promotions at [www.sgcc.com.sg](http://www.sgcc.com.sg) for more details.





## SECRETARIES' WEEK - LUNCH PROMOTION

24 – 28 April 2017

12pm – 2.30pm

*Last order: 30min before closing*

Garden Grill

\$22.80 per person

*Charges subject to GST*

### MENU

#### **Appetiser**

Prawn with Mango Salsa

#### **Soup**

Green Chilli and Mushroom Puree topped with Curried Croutons

#### **Main Course**

Pan-seared Barramundi Fillet marinated in Ginger Juice and Sesame Oil

or

Grilled Chicken Kebab marinated with Pineapple Salsa

#### **Dessert**

Pistachio Creme Brulee

#### **Coffee / Tea**

*Menu subject to change. Please note that the regular set menu will not be available during lunch on the above dates.*

Contact Garden Grill at 6398 5313 or  
fnb\_outlets@sgcc.com.sg.



Picture for illustration only

Grilled Chicken Kebab marinated with Pineapple Salsa



Visit our Events Calendar at [www.sgcc.com.sg](http://www.sgcc.com.sg)  
for more details.



Sound Sensation

## SUMMER HEAT DANCE PARTY

Show off your best dance and groove to the beat with live band Sound Sensation

Friday, 5 May 2017

7pm – 12am

Club Twenty-Two

\$22nett (Member)

\$32nett (Guest)

*Charges inclusive of GST and light buffet dinner*

Min. to Start: 50 participants

Max. Participants: 100 participants

Closing Date: Friday, 21 April 2017

Contact Adrian at 6398 5368 / 9115 0417 or  
adrian\_chew@sgcc.com.sg.



## Be Part Of Our Very First SGCC Coffee Table Book Our Pride & Joy

Approach the Membership Relations team for sponsorship packages for individuals and organisations.





# Beverage Promotions

APRIL - MAY 2017  
Crossroads Lounge  
Club Twenty-Two

## BEER



*Heineken*  
(Bottle)  
**20% off**  
**all night\***  
(U.P.: \$6.80)

## TWIN BOTTLES



*The Botanist*  
*Islay Dry Gin*  
**\$218\*** for  
**2 bottles**  
(U.P.: \$138 per bottle)



*Port Charlotte*  
*Scottish Barley*  
**\$228\*** for  
**2 bottles**  
(U.P.: \$148 per bottle)

## WHISKY



*The Dalmore*  
*12 yrs*  
**15% off**  
**all night\***  
(U.P.: \$165)



*Bruichladdich*  
*The Classic*  
*Laddie*  
**\$258\*** for  
**2 bottles**  
(U.P.: \$158 per bottle)



*Johnnie Walker*  
*Black Label*  
**\$198\*** for  
**2 bottles**  
(U.P.: \$128 per bottle)

\*No Happy Hour discount and prices are subject to GST

## HAPPY HOUR

All beverages at **20% off** (except for bottled liquor & bottled wine at 10% discount) before 8pm

Contact Crossroads Lounge at 6398 5310 / Club Twenty-Two at 6398 5386 or [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg).

## APRIL WEEKDAY ENTERTAINMENT AT CROSSROADS LOUNGE

	Week 1	Week 2	Week 3	Week 4
Monday	Joe & Yanti 8pm	David & Emma 8pm	Joe & Yanti 8pm	David & Emma 8pm
Tuesday	Singapore's Stevie Wonder, Daniel 8pm	Quatzo 8pm	Singapore's Stevie Wonder, Daniel 8pm	Quatzo 8pm
Wednesday	Daphne & Johnz 8pm			
Thursday	Dimas & Helmi 8pm	SALT 8.30pm	Dimas & Helmi 8pm	Royale Band 8pm
Friday	SALT 8.30pm			



Visit our Dining and Entertainment Promotions at [www.sgcc.com.sg](http://www.sgcc.com.sg) for more details.

# VIETNAM: A RUSTIC JOURNEY



**M**esmerised by the scenic pictures of Sapa Highlands on the advertisement, my fingers went flying across the keyboard to book air tickets to Vietnam. Before we could fully comprehend what we had gotten ourselves into, we were on our flight to Hanoi. Upon arrival, we found the airport and the highways relatively new, only to feel like we smacked into a wall the minute we reached Old Quarter, where our hotel was located. The whole place was bustling with traffic! Constantly avoiding the motorbikes, both locals and tourists were frantically squeezing through narrow alleys and sidewalks as they bargained for better deals on "branded" shoes, backpacks and T-shirts.

After checking in, we headed straight for the streets as we could not wait to have our first taste of Hanoi's street food, especially after watching so much about it on *Asian Food Channel*. We had bun cha (barbequed meat with vermicelli and sauce) at a restaurant recently patronised by Barack Obama and Anthony Bourdain.



After a stroll through several streets, we arrived at the famous Hoan Kiem Lake. The night view was breathtaking, with the street lights and signboards illuminating the bridges and other monuments. We came across a local eatery with queues of customers waiting to place their orders. Of course, we joined them without hesitation and had our first taste of xoi yen. A local dish, it consists of rice or white corn topped with mung bean paste. You can also add pate, egg, meat, etc. We headed across the street for a cup of Vietnamese coffee. Relaxing at the cafe and watching the world go by was a great way to end our evening. If only I could have Nat King Cole beside me humming his greatest hit, "What a Wonderful World"!

The next morning, we headed off to Halong Bay. Interestingly, our designated stop for a toilet break was at an embroidery factory set up by the Vietnamese government for the disabled, especially those who had suffered from the orange rain during World War II. After a 4-hour coach ride, we arrived at Bai Chay Tourist Wharf, albeit with a sore bum, and boarded a ship, which would bring us to the fishing village at Halong Bay. Our lunch was served right on the ship! It was quite sumptuous, with Vietnamese spring rolls, seafood and fruit.

During the cruise, we caught glimpses of the "Dog Stone", "Burning Incense" islet and thousands of limestone mountains. At the fishing village, you get the choice of kayaking or sitting in a bamboo boat rowed by the locals for a closer view of some of the caves. The next stop was the "Fighting Cock" rock and the "Heavenly Palace" (Thien Cung cave), which is full of stalagmites and stalactites. At the top of the "Heavenly Palace", we also enjoyed a bird's eye view of the bay.

Our returning ride from Bai Chay Tourist Wharf to Hanoi left us famished. Dying to fill our tummies, we feasted upon the first form of street food we came across – soupy noodles with fresh herbs and fried fish pieces at an affordable price of 40,000 Dong (\$2.30)!





On our third day, we seized the opportunity to experience the morning buzz of Hanoi, before we had to catch the midnight train to Sapa Highlands for our trek. We settled down at a pho bo (beef noodles) joint, highly recommended by the hotel staff and at Banh Mi 25 for the famous banh mi. Banh mi is a Vietnamese version of the mini baguette, with fillings such as pate, barbequed pork, jambon, sausage and lightly pickled salad. At 30,000 Dong (>\$2.00) for the most expensive Banh Mi, it makes for a satisfying meal on the go! If you are not in a hurry, you can also enjoy it with a cup of coffee at the cafe right next to their store, which is on the sidewalk of Dang Ca Street. One of their staff, Mr Thrung, even offered us a pot of herbal tea to go with the banh mi, on top of our coffee!



I must say, travelling via the Hanoi railway felt like a trip back in time! The train swayed left and right throughout the night, making me feel like a newborn baby in an ever-rocking cradle! All too soon, the train conductor was knocking at our cabin door to wake everyone in preparation for our arrival at Lao Cai Station.

After about an hour's ride via coach, we reached Sapa Highlands. The excitement started to kick in once our local guides, Tai and Jane from the Black Hmong tribe, arrived. Jane, who could speak English well, briefed us on the trekking routes. We could either take the "normal, hard" route or the "easier" route, recommended for the elderly. As we did not feel so prepared, we decided to take the "easier" route with Tai as our guide, while Jane led the rest through the "normal, hard" route. After the first 10 minutes, which was on paved ground, we actually wanted to turn back and join the rest to have the real experience of trekking! However, once Tai veered off the pavement into a little village, we were in for a real hard time! Dragging our feet through the rough and undulating terrains made for an excruciating journey, even with blue skies, greenery and paddy fields for company and proper equipment such as sports shoes and trekking poles. Yet, Tai guided us through the trek in a pair of worn rubber sandals and while chatting on her mobile phone! The gentle caress of the mountain breeze and the graceful swaying of the bamboo also had the sword-fighting scenes from the "Crouching Tiger, Hidden Dragon" movie flashing through my mind.



After a quick lunch, it was another hour of huffing and puffing before we reached our destination – a homestay belonging to the Black Hmong. Greeting us with a big smile, they told us to help ourselves to the beverages, jot down what we consume and pay before we check out. Through that, we learnt that they operate based on trust and expect the same from visitors. This reminds me of the good old days where we lived in kampongs with doors that had no locks and yet, nothing got stolen. The Black Hmong also shared with us their moonshine rice wine, "happy water"!



The next day, we trekked back to town. With our muscles still aching from yesterday's trek, the 2 hours felt 10 times longer! Sighs of relief could be heard once we reached the town, but they soon turned to gasps of horror upon seeing the

flight of stairs at the hotel entrance! With our muscles simply refusing to be commanded, we had to grab hold of the railing in order to move our bodies, albeit stiffly, like mummies! It was a godsend when we discovered there are several massage joints in the town, with well-trained masseurs who could work the knots out of our sore muscles.

Again, we boarded the midnight train, this time back to Hanoi. Upon alighting, we went straight to the hotel, only to find the staff still asleep on the couches at the reception. Deciding not to disturb them, we joined them for a nap! At about 8am, hoping to make the most out of our last day in Vietnam, we headed to the other side of the town, only to get caught in the morning rush hour at their wet market! The whole place was packed not only with people, but also with traffic. At times, everything was so jammed up that things could come to a halt. It was also then that I witnessed the Vietnamese's remarkable patience – They would simply wait until someone was willing to move aside.

After tasting so much street food, it was time for us to try something different. Through a Taiwanese lady we met during our trek, we got to know Quan An Ngon, a Vietnamese restaurant with a colonial setting. Despite having been featured in several magazines, its offerings remain affordable – A meal of 3 dishes with a drink came to around S\$20. It was also here that we came across an unusual drink, Sapodilla Smoothie! A type of fruit, Sapodilla (we usually refer to them by their Malay name, ciku) is very common in Vietnam. We were taken by surprise at how refreshing it can be when blended with ice. It is certainly worth a try!

Our luggage might have been filled to the brim with gifts and Vietnamese coffee powder from all the last-minute shopping, but nothing beats the wonderful experiences that would linger in our memories - the warm and welcoming Hanoi people (especially the Black Hmong who made our trek so enjoyable despite the toughness), the captivating yet tranquil scenery at Halong Bay and Sapa Highlands and the delicious food. I may not be sure when I will visit Vietnam again, but after enjoying such unforgettable moments, this will certainly not be my last trip to Vietnam!

*This article was contributed by member Tan Hun Beng.*





## VISIT TO PULAU SEMAKAU

Saturday, 27 May 2017

9.30am – 2.30pm

\$33 (Member)

\$36 (Guest)

*Charges subject to GST and inclusive of 2-way chartered coach and 2-way chartered ferry. **LUNCH WILL BE AT OWN EXPENSE.***

Min. to Start: 35 participants

Max. Participants: 75 participants

Closing Date: Saturday, 6 May 2017

Ever wondered where the waste from our city winds up? You can tour this landfill without the need to pinch your nose – Pulau Semakau is clean, serene and teeming with wildlife. The half-day tour will take you around Pulau Semakau's operations and facilities to show you how waste in Singapore is managed and what to do with waste when there is no land to dump it.



## TALK: BEING WELL

Saturday, 6 May 2017

9.30am – 10.30am

Casuarina Room

\$5 (Member)

\$8 (Guest)

*Charges subject to GST. Participants will receive a goodie bag worth \$10. Light snacks, coffee and tea will also be provided.*



Min. to Start: 20 participants

Max. Participants: 30 participants

Closing Date: Saturday, 29 April 2017

Sleeping well can change the way you live your life. 25 to 35% of the population in Singapore faces occasional sleep difficulties. Come join us at this health talk by certified health coach Valerie Marin to understand how your sleep patterns affect your life and health. Organised in conjunction with Laboratoires Activa and Quartier: My French Grocery in Singapore, participants will also get useful advice and tips on how to benefit and recharge from a restful sleep.

### Summary of the talk

- Statistics on sleep disorders
- Definition of sleep to help you better understand sleep
- Reasons for sleep problems
- How to achieve better sleep
- The pros and cons of sleep aids
- Tips and fun facts



## DINING ETIQUETTE

Saturday, 10 June 2017

10am – 12pm

Casuarina Room

\$65 (Member)

\$75 (Guest)

*Charges subject to GST*

Min. to Start: 20 participants

Max. Participants: 30 participants

Closing Date: Sunday, 28 May 2017

Suitable for mid and top-level executives, the seminar includes a 4-course tutorial luncheon guaranteed to enhance your dining skills. Participants will also gain leadership skills that can be implemented immediately to help project confidence and authority.

### Highlights:

- Taking your Seat and Using Napkins
- Host and Guest of Honour Duties
- Toasting
- Posture at the Table and Excusing Yourself
- Styles of Seating
- Silverware Savvy
- Place Setting Map
- Dining Dos and Don'ts
- Eating Various Food

### About the Instructor | Teo Ser Lee

Ser Lee is trained and certified by The Protocol School of Washington where she specialised in Corporate Etiquette and International Protocol. Holding 3 beauty titles as Ms Singapore / International 1986, Ms Singapore / World 1988 and Ms Singapore / Globe 1989, Ser Lee has more than 15 years' of experience in the hospitality industry and is also a qualified makeup artist, personal stylist and image consultant.



## “TSUM TSUM POOH BEAR” STEAMED BUN-MAKING WORKSHOP

For kids aged 7 to 12

Saturday, 22 April 2017

1pm – 4pm

Casuarina Room

\$40 (Junior Gems Member)

\$45 (Member)

\$50 (Guest)

*Charges subject to GST. Materials will be provided.*

Min. to Start: 5 participants

Max. Participants: 12 participants

Closing Date: Friday, 7 April 2017



## A SURPRISE FOR MUMMY!

For kids aged 7 - 12

Saturday, 6 May 2017

1pm – 4pm

Casuarina Room

\$120 (1 Junior Gems Member + Daddy)

\$125 (1 Member + Daddy)

\$130 (1 Guest + Daddy)

*Charges subject to GST. Materials will be provided.*

Min. to Start: 6 pairs of participants

Max. Participants: 15 pairs of participants

Closing Date: Monday, 17 April 2017

## TWIST-A-BALLOON WORKSHOP

For kids aged 6 - 12

Saturday, 27 May 2017

2pm – 3pm

Casuarina Room

\$28 (Junior Gems Member)

\$30 (Member)

\$35 (Guest)

*Charges subject to GST. Materials will be provided.*

Min. to Start: 10 participants

Max. Participants: 25 participants

Closing Date: Friday, 12 May 2017



## CLAY SCULPTING WORKSHOP

For kids aged 7 - 12

Saturday, 3 June 2017

2pm – 3pm

Casuarina Room

\$30 (Junior Gems Member)

\$35 (Member)

\$40 (Guest)

*Charges subject to GST. Materials will be provided.*

Min. to Start: 10 participants

Max. Participants: 25 participants

Closing Date: Friday, 19 May 2017

## FACE PAINTING WORKSHOP

For kids aged 7 - 12

Friday, 9 June 2017

1pm – 3pm

Casuarina Room

\$38 (Junior Gems Member)

\$40 (Member)

\$45 (Guest)

*Charges subject to GST. Materials will be provided.*

Min. to Start: 6 participants

Max. Participants: 30 participants

Closing Date: Friday, 26 May 2017



Contact Jocelyn at 6398 5383 or [jocelyn\\_zou@sgcc.com.sg](mailto:jocelyn_zou@sgcc.com.sg).  
Visit our Events Calendar at [www.sgcc.com.sg](http://www.sgcc.com.sg) for more details.





## APRIL 2017



Get the most updated information on the Club's happenings from our online **Events Calendar**. Log on to [www.sgcc.com.sg](http://www.sgcc.com.sg) for more details.

MON	 <p><b>INTERNATIONAL: WEEKEND SEMI-BUFFET DINNER AT GARDEN GRILL</b></p> <p>6pm – 10pm</p> <p><i>Last order: 30 min before closing</i></p> <p>\$38.80 (Adult) \$20.80 (Child, aged 5 – 12) <i>Charges subject to GST</i></p>	<ul style="list-style-type: none"> <li>Live Performance by Joe &amp; Yanti at Crossroads Lounge 8pm</li> </ul>	<ul style="list-style-type: none"> <li>Live Performance by David &amp; Emma at Crossroads Lounge 8pm</li> </ul>	<ul style="list-style-type: none"> <li>Live Performance by Joe &amp; Yanti at Crossroads Lounge 8pm</li> </ul>	<ul style="list-style-type: none"> <li>Secretaries' Week Lunch Promotion at Garden Grill 12pm – 2.30pm</li> <li>Live Performance by David &amp; Emma at Crossroads Lounge 8pm</li> </ul>
TUE		<ul style="list-style-type: none"> <li>Musical Afternoon 2pm – 4.30pm</li> <li>Live Performance by Singapore's Stevie Wonder, Daniel at Crossroads Lounge 8pm</li> </ul>	<ul style="list-style-type: none"> <li>Musical Afternoon 2pm – 4.30pm</li> <li>Live Performance by Quatzo at Crossroads Lounge 8pm</li> </ul>	<ul style="list-style-type: none"> <li>Musical Afternoon 2pm – 4.30pm</li> <li>Live Performance by Singapore's Stevie Wonder, Daniel at Crossroads Lounge 8pm</li> </ul>	<ul style="list-style-type: none"> <li>Secretaries' Week Lunch Promotion at Garden Grill 12pm – 2.30pm</li> <li>Musical Afternoon 2pm – 4.30pm</li> <li>Live Performance by Quatzo at Crossroads Lounge 8pm</li> </ul>
WED		<ul style="list-style-type: none"> <li>Live Performance by Daphne &amp; Johnz at Crossroads Lounge 8pm</li> <li>Evergreen Night 9pm – 11.45pm</li> </ul>	<ul style="list-style-type: none"> <li>Live Performance by Daphne &amp; Johnz at Crossroads Lounge 8pm</li> <li>Evergreen Night 9pm – 11.45pm</li> </ul>	<ul style="list-style-type: none"> <li>Live Performance by Daphne &amp; Johnz at Crossroads Lounge 8pm</li> <li>Evergreen Night 9pm – 11.45pm</li> </ul>	<ul style="list-style-type: none"> <li>Secretaries' Week Lunch Promotion at Garden Grill 12pm – 2.30pm</li> <li>Live Performance by Daphne &amp; Johnz at Crossroads Lounge 8pm</li> <li>Evergreen Night 9pm – 11.45pm</li> </ul>
THU		<ul style="list-style-type: none"> <li>Live Performance by Dimas &amp; Helmi at Crossroads Lounge 8pm</li> <li>Social &amp; Ballroom Dance Night with DJ Dennis Goh 8.30pm – 11.30pm</li> </ul>	<p><b>GOOD FRIDAY</b></p> <ul style="list-style-type: none"> <li>Live Performance by SALT at Crossroads Lounge 8.30pm</li> <li>Social &amp; Ballroom Dance Night with DJ Dennis Goh 8.30pm – 11.30pm</li> </ul>	<ul style="list-style-type: none"> <li>Live Performance by Dimas &amp; Helmi at Crossroads Lounge 8pm</li> <li>Social &amp; Ballroom Dance Night with DJ Dennis Goh 8.30pm – 11.30pm</li> </ul>	<ul style="list-style-type: none"> <li>Secretaries' Week Lunch Promotion at Garden Grill 12pm – 2.30pm</li> <li>Live Performance by Royale Band at Crossroads Lounge 8pm</li> <li>Social &amp; Ballroom Dance Night with DJ Dennis Goh 8.30pm – 11.30pm</li> </ul>
FRI		<ul style="list-style-type: none"> <li>Finding Tioman</li> <li>Crossroads Lounge Live Band Performance: SALT 8.30pm</li> <li>Performance by The Evergreens at Club Twenty-Two 8.30pm</li> </ul>	<ul style="list-style-type: none"> <li>TCA Junior Invitational Chess Championship 2017 at Kensington Ballroom 9am – 6pm</li> <li>Easter Dance Party at Club Twenty-Two 7pm – 12am</li> <li>Crossroads Lounge Live Band Performance: SALT 8.30pm</li> </ul>	<ul style="list-style-type: none"> <li>Dr Lau Teik Soon Golf Challenge at Batam Hills – Southlinks, Indonesia</li> <li>Sake Dinner at Garden Grill 7.30pm onwards</li> <li>Crossroads Lounge Live Band Performance: SALT 8.30pm</li> <li>Performance by Band With No Name at Club Twenty-Two 8.30pm</li> </ul>	<ul style="list-style-type: none"> <li>Secretaries' Week Lunch Promotion at Garden Grill 12pm – 2.30pm</li> <li>Dalmore Whisky Workshop at Casuarina Room 7pm – 8.30pm</li> <li>Performance by Dragonfly at Club Twenty-Two 8.30pm</li> <li>Crossroads Lounge Live Band Performance: SALT 8.30pm</li> </ul>
SAT	<ul style="list-style-type: none"> <li>Senior Members' Gathering 8.30am – 9.30am</li> <li>Talk: Get The Body You Want With Plants at Casuarina Room 9.30am – 10.30am</li> <li>Darts Cricket 4pm onwards</li> <li>Saturday Night Live with SALT 8pm – 12am</li> </ul>	<ul style="list-style-type: none"> <li>Finding Tioman</li> <li>One Day Tennis Inter-Team Tournament 5pm – 10pm</li> <li>Saturday Night Live with SALT 8pm – 12am</li> </ul>	<ul style="list-style-type: none"> <li>Saturday Night Live with SALT 8pm – 12am</li> </ul>	<ul style="list-style-type: none"> <li>Dr Lau Teik Soon Golf Challenge at Batam Hills – Southlinks, Indonesia</li> <li>"Tsum Tsum Pooh Bear" Steamed Bun-Making Workshop at Casuarina Room 1pm – 4pm</li> <li>Electronic Darts 2pm onwards</li> <li>Saturday Night Live with SALT 8pm – 12am</li> </ul>	<ul style="list-style-type: none"> <li>Introductory Session: English Grammar for Parents at Clover Room 10.30am – 12pm</li> <li>Saturday Night Live with SALT 8pm – 12am</li> </ul>
SUN	<ul style="list-style-type: none"> <li>Gym Orientation 2pm – 2.45pm</li> </ul>	<ul style="list-style-type: none"> <li>Finding Tioman</li> <li>Quarterly Bowl 8.45am</li> </ul>	<ul style="list-style-type: none"> <li>Line Dance Afternoon with DJ Dennis Goh 2.30pm – 5.30pm</li> </ul>	<ul style="list-style-type: none"> <li>Sunday Jamming cum Tea Dance with Live Band The Evergreens 2.30pm – 5.30pm</li> </ul>	



# PYJAMAS MOVIE NIGHT

Don your favourite pyjamas, grab your mats and pillows and head down to SGCC with your family and friends to our Pyjamas Movie Night (Friday, 19 May 2017 from 8pm at Kensington Ballroom)! Tickets start at \$10 per ticket and \$38 for 4 tickets (*subject to GST*). Kacang puteh and drinks will be provided. Book your tickets with us today!

Contact Jocelyn at 6398 5383 or [jocelyn\\_zou@sgcc.com.sg](mailto:jocelyn_zou@sgcc.com.sg).





# TRANSFORMING YOUR BODY WITH MARK & ERIC

## How long have you been in the fitness industry and what sparked this passion?

**Mark:** I have been in the fitness industry for more than 20 years. When growing up, I was driven by my love of outdoor sports and also represented my school in sprinting events and soccer. Fitness has always been my passion and I have never once looked back. I hold a Diploma in Sports Management from American Fitness Professionals & Associates (AFPA). I am also a certified Scuba Diver and Lifesaver.

**Eric:** I used to work a 9-to-5 job, just like many people. I made a strong decision with a career change into fitness and that kept me going for the past 17 years. It is my pride and joy to see many walk away feeling better and more confident about themselves. I draw my motivation from engaging them and working with them. I am a certified fitness instructor with Singapore Sports Council (now known as Sport Singapore).

## Tell us more about your specialties.

**Mark:** I am trained in all aspects of fitness. I treat all members differently and recognise that what works for one may not work for another. In cases of rehabilitation, I have helped many members improve functionality and core stability. I am a strong health advocate and believe that health and fitness goals can be achieved through hard work and determination.

**Eric:** I enjoy working with all age groups and different fitness levels. This could be for weight loss, toning, endurance, or even focusing on specific areas. The greatest joy and satisfaction comes from seeing members achieving their fitness objectives. I am glad to support and motivate members on their fitness journey, from fitness programmes to nutrition plans.

## Why should members visit the SGCC Gym?

**Mark:** If your goal is stability and flexibility improvement, weight loss or gain, conditioning and strengthening, rehabilitation due to sports injuries or physical limitations or simply overall enhancement to your health and fitness, we are here to support you and work towards attaining your fitness goals.

**Eric:** With shared gym facilities, we tend to draw motivation from peers with good physiques. We just want you to hit the gym and see you attain your dream body. As gym

instructors, we derive our sense of achievement from seeing you make a difference in your life by keeping fit and staying healthy. Let us be a part of your journey towards reshaping your attitude to fitness.

## How do you go about recommending exercise programmes?

**Mark:** The fitness level and medical background are fundamentals that we need to know before we recommend any exercise routines for our members. We are here to guide gym users, from equipment usage to techniques for effective exercise programmes. We are committed to improving the health of our members, in addition to ensuring better progression and that they have fun with us. Recommended exercises involve strength training, cardiovascular exercise, core strengthening and high-intensity sets. The key is to find the most effective mix of physical activity levels and routines.

**Eric:** We always advise members to have patience and start with low-intensity cardiovascular exercise. For example, we could find out about their lifestyle activities versus structured activities. Lifestyle activities are more effective in improving health as they are traditional exercise programmes (e.g. brisk walking, light jogging, cycling and other low-intensity exercises). Structured activities are supervised sessions per week for targeting specific fitness goals.

## GYM ORIENTATION

Saturday, 6 May 2017 and Sunday, 4 June 2017  
2pm – 2.45pm

Our friendly Gym instructors will take you on a tour of the Gym to find out more about our comprehensive range of cardiovascular machines, free weights and many other forms of exercise equipment to help you to improve your overall health. There is always a health solution for everyone and everyone deserves to be fit. Come talk to our friendly instructors and allow them to work out a fitness regime with you. Personal training is also available at a fee. Call them today.

Register with the Gym counter at 6398 5331.



## BOWLING CONVENOR CUP

Sunday, 14 May 2017  
8.45am (Check-in time); 9am (Roll-off time)  
\$42.80 (Member)  
*Charges inclusive of GST*

Format: Best of 10 games  
Min. to Start: 20 participants  
Closing Date: Monday, 1 May 2017

## BOWLING MIXED DOUBLES

Saturday, 10 June 2017  
2.30pm (Check-in time); 2.45pm (Roll-off time)  
\$37.45 (Member)  
*Charges inclusive of GST*

Format: Best of 8 Games  
Eligibility: Members aged 21 and above  
Min. to Start: 20 participants  
Max. Participants: 30 participants  
Closing Date: Monday, 29 May 2017

**Note:**

- A blind draw will be conducted on the day of event
- Bowlers in each category must be of different genders
- Players without handicaps will be awarded with handicaps after the 8 games bowled
- Bowlers will be paired in accordance with the ranking system based on the averages of the 38<sup>th</sup> and 39<sup>th</sup> Inter-Team Bowling Mixed League / SBF grading point, whichever is lower

## BOWLING LESSONS FOR KIDS & ADULTS

Every Sunday  
10am – 12pm  
Group Coaching (Beginner / Intermediate)  
\$42.80 per lesson (Member)  
\$53.50 per lesson (Guest)  
*Charges inclusive of GST*

Duration: 2 hours  
Instructor: Samuel Ho  
Min. to Start: 3 participants  
Max. Participants: 8 participants

### PRIVATE COACHING

Type of Coaching	1-on-1	2-on-1
Duration	1.5 hrs	1.5 hrs
Member <i>(Charges per lesson, inclusive of GST)</i>	\$74.90	\$58.85
Guest <i>(Charges per lesson, inclusive of GST)</i>	\$85.60	\$69.55

Instructor: Samuel Ho, Peter Chng or Vanessa Fung

Members interested in private coaching may contact Samuel at 9665 7277, Peter at 9817 9100 or Vanessa at 9338 7696 directly.



## JUNIOR BOWLING CHAMPIONSHIP 2017

Saturday, 8 July 2017  
Min. to Start: 20 participants  
Max. Participants: 30 participants  
Closing Date: Friday, 23 June 2017

Description	Category A	Category B
Check-In time	9.15am	12pm
Roll-off time	9.30am	12.15pm
Charges	\$32 (Inclusive of GST)	\$25 (Inclusive of GST)
Format	Best of 8 games	Best of 6 games
Eligibility	13 years and above*	Below 13 years old*

*\*All ages as calculated as at 1 January 2017*

*Squads will be combined if either category has less than 20 participants*

Refer to our Events Calendar for more details on the handicaps.







## DR LAU TEIK SOON GOLF CHALLENGE

21 - 22 April 2017

Batam Hills - Southlinks, Indonesia

\$320 (Golf Section Member)

\$330 (Member)

\$395 (Guest)

*Charges inclusive of two-way ferry ticket, 2 x 18 hole golf games, two-way transportation, meals (2x lunches and 1x dinner) and 1-night accommodation. The charges quoted are based on twin sharing. An additional charge of \$40 would apply to single rooms.*

Format: Day 1 – Stableford; Day 2 – Strokeplay

Min. to Start: 24 participants

## SGCC GOLF SECTION MAY MONTHLY MEDAL

Thursday, 25 May 2017

12pm onwards

Seletar Country Club

\$160nett (SGCC Golf Section Member)

\$180nett (SGCC Member and Guest)

\$45nett (SGCC Golf Section Member with Seletar Country Club membership)

\$55nett (SGCC Member and Guest with Seletar Country Club membership)

Format: Strokeplay

Min. to Start: 20 participants

Closing Date: Thursday, 11 May 2017

Contact Terrence at 6398 5389 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg).

## CHESS OPEN 2017

Sunday, 9 July 2017

12pm – 6pm

Casuarina Room

\$10.70 (Member)

*Charges inclusive of GST. Lunch will be provided.*

Format: 5 rounds of 25 min / side

Min. to Start: 16 participants

Closing Date: Friday, 30 June 2017

Contact Terrence at 6398 5389 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg).



## 301 INDIVIDUAL DARTS

Saturday, 15 July 2017

2pm onwards

\$10.70 (Member)

*Charges inclusive of GST. Lunch will be provided.*

Min. to Start: 16 participants

Closing Date: Sunday, 2 July 2017

Contact Bertram at 6398 5351 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg).





## ONE DAY TENNIS INTER-TEAM TOURNAMENT

Monday, 29 May 2017  
5pm – 10pm  
\$10.70 per category (Member)  
*Charges inclusive of GST*

Eligibility: Members aged 12 and above  
Min. to Start: 16 participants  
Max. Participants: 32 participants  
Closing Date: Monday, 15 May 2017

## TENNIS LESSONS

### Adult Group Coaching Programme

**Beginner:** Saturday (3.30pm – 5pm)  
**Intermediate:** Monday (8.30pm – 10pm)  
**Ladies' Intermediate:** Friday  
(7.30am – 9am or 9am – 10.30am)

\$132 (Member) | \$147 (Guest)  
*Charges are inclusive of GST and are for 4 lessons in a month. There will be additional charges if there are 5 weeks / lessons in a month.*

## MAHJONG COMPETITION 2017

Sunday, 16 July 2017  
12pm (Registration and lunch); 12.45pm (Registration closes)  
Kensington Ballroom  
\$10.70 (Member)  
*Charges inclusive of GST. Lunch will be provided.*

Format: Best of 3 rounds  
Max. Participants: 88 participants  
Closing Date: Friday, 30 June 2017

Contact Julia at 6398 5352 or recreation@sgcc.com.sg.



Junior Group Coaching Programme		
Monster Tennis (3 – 7 years old)	Monday 4.30pm – 5.30pm Sunday 9am – 10am	\$88 (Member) \$103 (Guest)
Beginner Level 1 (7 – 12 years old)	Friday 3pm – 4.30pm 4.30pm – 6pm	\$132 (Member) \$147 (Guest)
Beginner Level 2 (7 – 12 years old)	Tuesday and Wednesday 4.30pm – 6pm	
Intermediate Level 1 (7 – 12 years old)	Tuesday 7.30pm – 9pm	
Intermediate Level 2 (7 – 12 years old)	Wednesday 6pm – 7.30pm	
Beginner Level 1 (12 – 18 years old)	Tuesday 6pm – 7.30pm	
Beginner Level 2 (12 – 18 years old)	Monday 5.30pm – 7pm	
Intermediate Level 2 (12 – 18 years old)	Monday 7pm – 8.30pm	
Junior Level 3 (12 – 18 years old)	Sunday 9.30am – 11am	\$176 (Member) \$196 (Guest)
Advanced (12 – 18 years old)	Sunday 10am – 12pm	

Contact Zubair at 6398 5354 or recreation@sgcc.com.sg.

Only \$1  
per game

**Have you  
tried the new  
electronic  
darts  
machines  
at the Darts  
Lounge  
(Club  
Twenty-Two)?**







### ONE DAY SQUASH TOURNAMENT

Saturday, 6 May 2017

3pm – 7pm

\$10.70 (Member)

\$21.40 (Guest)

*Charges inclusive of GST. Dinner will be provided.*

Eligibility: Members aged 12 and above

Min. to Start: 16 participants

Max. Participants: 30 participants

Closing Date: Friday, 28 April 2017

### 8-BALL POOL TOURNAMENT

Sunday, 14 May 2017

12pm onwards

Free (Billiard Section Member)

\$10.70 (Member)

*Charges inclusive of lunch and tea break*

Format: Knockout – Best of 3 games

Min. to Start: 14 participants

Closing Date: Tuesday, 2 May 2017

The Champion will represent the Club in the National 8-Ball Pool Tournament.



Contact Zubair at 6398 5354 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg). Visit our Events Calendar at [www.sgcc.com.sg](http://www.sgcc.com.sg) for more details.



# Swimming Pool Supplies

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10 Admiralty Street #01-71, Northlink Building, Singapore 757695



**[sales@waterland.sg](mailto:sales@waterland.sg)**



## SPORTS APPRECIATION NITE 2017

### 3 March 2017

Over 200 attendees turned up for Sports Appreciation Nite 2017, held at the Kensington Ballroom. The theme for this year was "Feels Like Home".

Emcee Jesson kept the crowd going with various games and his great sense of humor. The highlight of the event was when the attendees were divided into teams for a game of Laser Tag, giving the audience the opportunity to mingle and bond.

The attendees were also treated to a scrumptious buffet spread, featuring all-time favourites such as Nasi Briyani, Laksa, a live Chicken Rice station and more.

Presenting the award recipients for Sports Appreciation Nite 2017:

Award	Winner	Sport
Merit Award	Lee How Wang	Bowling
	Chan Jing Wen	
	Arianne Tay Kai Lin	
	Gareth Quek Keng Yee	Swimming
	Xavier Lim Jun Rui	
	Leroy Lock	
	Carol Rachmadi	



(From L-R) Lee How Wang, Chan Jing Wen and Arianne Tay with Deputy S&R Chairperson Ansband Tan



(From L-R) Gareth Quek, Leroy Lock, Deputy S&R Chairperson Lee Say Yeow, Xavier Lim and Carol Rachmadi



Laser Tag



Mass games





## GOLF CONVENOR CUP 13 January 2017

Description	Name
<b>Overall Champion</b>	William Foo

### DIVISION A

Description	Name
<b>Champion</b>	Victor Sim
<b>Runner-up</b>	Philip Leow
<b>Second Runner-up</b>	Lee How Giap
<b>Fourth</b>	Edward Lee
<b>Fifth</b>	Bryan Wee

### DIVISION B

Description	Name
<b>Champion</b>	Dexter Chia
<b>Runner-up</b>	Melvin Lau
<b>Second Runner-up</b>	Nicholas Goh
<b>Fourth</b>	Andy Lau
<b>Fifth</b>	Toh Bin Peng

### BALL SWEEP

Description	Name
<b>1<sup>st</sup> Nine</b>	Steve Tay
<b>2<sup>nd</sup> Nine</b>	Aaron Lim
<b>Nearest-to-Pin</b>	Andy Lau
<b>Nearest-to-Line</b>	Liow Hock Lye

### GOLF SECTION JANUARY MONTHLY MEDAL

Description	Name
<b>Champion</b>	Victor Sim



Golf Convenor Aaron Lim (left) with Overall Champion William Foo (right)



Division A Champion and Golf Section January Medal Champion Victor Sim (right)



Division B Champion Dexter Chia (right)



1st Nine Winner Steve Tay (right)



Nearest-to-Pin Winner Andy Lau (right)



Nearest-to-Line Winner Liow Hock Lye (right)



(From L-R) John Ow, Sim Joo Heng, John Low and Mike Tan



(From L-R) Anthony Lim, Koh Yiak Thim, Ricardo Soh and Quek Nam Teck



(From L-R) Charles Koh, Koh Hoi Jam, Seow Sen Jin and Francis Teo



Nicholas Goh



## GOLF ANG BAO GAME 10 February 2017

A total of 29 golfers participated in the 2017 edition of the Golf Ang Bao Game, held at Orchid Country Club. The participants enjoyed windy weather with lots of cloud cover, allowing them to complete the game without any stoppages. After the game, the Lo Hei cum prize presentation ceremony was held at OCC's Sapphire Suite. 10 Ang Baos were given out to the lucky draw winners.

We would like to thank Mr Lee How Giap for donating 3 vouchers and 1 painting from his art gallery to be given as lucky draw prizes.

Description	Name	H'cap	1st Nine	2nd Nine	Points
<b>Champion</b>	Richard Kuah	19	21	21	42
<b>Runner-up</b>	Philip Leow	13	19	20	39
<b>Second Runner-up</b>	Manickavasager Swaminathan	17	19	19	38

Ball Sweep	Name
<b>1st Nine</b>	Khor Chee Kok
<b>2nd Nine</b>	Dhanvinder Singh
<b>Nearest-to-Pin</b>	Dhanvinder Singh
<b>Nearest-to-Line</b>	Khor Chee Kok



Prize presenter Patrick Fernandez (left) with Champion Richard Kuah (right)



Runner-up Philip Leow (right)



1st Nine and Nearest-to-Line Winner Khor Chee Kok (right)



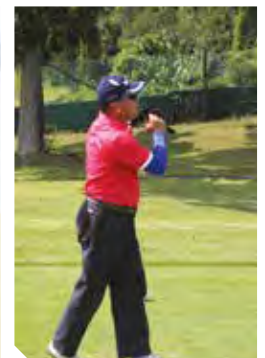
2nd Nine and Nearest-to-Pin Winner Dhanvinder Singh (right)



(From L-R) Fredric Chia, Ibrahim Atan, Charles Koh and Patrick Fernandez



(From L-R) Joseph Koh, Mike Tan, Second Runner-up Manickavasager Swaminathan and Francis Teo



Liow Hock Lye



Lo Hei



(From L-R) Lee How Giap, Terrence Fernandez and Gerade Gomez



(From L-R) Henry Yeo, Liow Hock Lye and Richard Kuah





## MAHJONG COMPETITION 2017

15 January 2017

A total of 60 participants joined the July Mahjong Competition, held at Kensington Ballroom, to vie for the top prize and title of King/Queen of Mahjong. After 3 intense rounds of competition with a stroke of luck, Ms Agnes Chan emerged as the Champion. The Highest Double went to Mr Lek Jian Lin; he clocked up 11 Doubles in 1 game.

<i>Position</i>	<i>Name</i>
<b>Champion</b>	Agnes Chan
<b>Runner-up</b>	Anne Kwek
<b>Second Runner-up</b>	Lek Jian Lin



Prize presenter Edward Tan (left) with Champion Agnes Chan (right)



Runner-up Anne Kwek (right)



Second Runner-up and Highest Double Winner Lek Jian Lin (right)

## ALLEGRO CHESS

22 January 2017

### UNDER 12 CATEGORY

<i>Position</i>	<i>Name</i>
<b>Champion</b>	Lock Yan Jie
<b>Runner-up</b>	Caleb Goh



(From L-R) Chess Convenor Ronnie Ng, Under 12 Category Champion Lock Yan Jie and Deputy S&R Chairperson Ansband Tan



Under 12 Category Runner-up Caleb Goh (middle)

### OPEN CATEGORY

<i>Position</i>	<i>Name</i>
<b>Champion</b>	Brendan Ng
<b>Runner-up</b>	Bryan Ng



Open Category Champion Brendan Ng (middle)



Open Category Runner-up Bryan Ng (middle)





## 501 INDIVIDUAL DARTS 14 January 2017

A total of 29 participants joined our 501 Individual Darts event, which was separated into 3 categories – Seeded Male, Unseeded Male and Female.

Category	Position	Name
<b>Seeded Male</b>	<b>Champion</b>	Elon Tan
<b>Unseeded Male</b>	<b>Champion</b>	Peter Tan
<b>Female</b>	<b>Champion</b>	Irene Teo



Darts Convenor Ramel Ang (left) with Seeded Male Category Champion Elon Tan (right)



Darts Sub-Committee Member Iris Lim (left) with Unseeded Male Category Champion Peter Tan (right)



Darts Sub-Committee Member John Ow (left) with Female Category Champion Irene Teo (right)



## DARTS CRICKET 2017 4 February 2017

### MAIN EVENT

Position	Name
<b>Champion Pair</b>	Elon Tan and Albert Heng
<b>Runner-up Pair</b>	Francis Tay and Roy Tan

### PLATE EVENT

Position	Name
<b>Champion Pair</b>	Ramel Ang and Cindy Ang
<b>Runner-up Pair</b>	Tan Chong Kooi and Joanna Lum



Main Event Champion Pair - Elon Tan (left) and Albert Heng (right) with S&R Chairperson Gilbert Low (middle)



Main Event Runner-up Pair - Francis Tay (left) and Roy Tan (right)



Plate Event Champion Pair - Ramel Ang (left) and Cindy Ang (right) with Darts Team Captain Francis Tay (middle)





## DARTS SECTION CHINESE NEW YEAR GATHERING 6 February 2017

About 80 members, guests and sponsors gathered at the Kensington Ballroom for a night of games, fun and food. Lucky draws were being conducted through the night and the participants were also pleasantly surprised by a visit from the God of Fortune, who proceeded to shower everyone with blessings of wealth.

We will like to thank Rflags Singapore, Johnny Walker, Alexandritte LLP and Thr3e Singapore for their generous sponsorship of the event.



Thank you speech by Darts Convenor, Ramel Ang, with Darts Sub-Committee members



Playing games



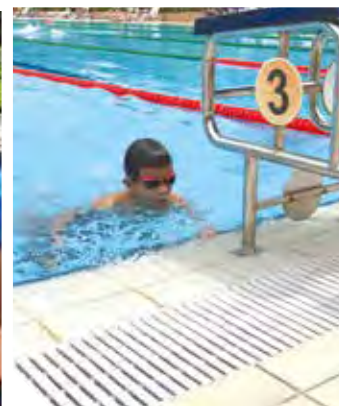
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## INVITATIONAL SWIM MEET 26 February 2017

Nearly 180 participants turned up for the Invitational Swim Meet, comprising members and invited guests from Orchid Country Club, TFL Training, Stamford American International School, Art Aquatic and Aquarian Aquatic School. We would like to express our appreciation to TYR for sponsoring the gifts for our kickboard events.



Deputy S&R Chairperson Lee Say Yeow addressing the crowd







Cai Qing

## CHINESE NEW YEAR LION AND DRAGON DANCE

29 February 2017

On the second day of Chinese New Year, hundreds thronged the Main Lobby in anticipation of our annual Lion and Dragon Dance.

The Trustees, President and the General Committee members received a rousing welcome by eight lions. This was followed by a drum performance with powerful, resounding beats which left the audience clamouring for more. Club President Randy Sng then opened the event with the dotting of the dragon's eye, which symbolises bringing the dragon to life.

After a magnificent dragon dance, the troupe proceeded to perform Cai Qing or "Picking the Greens", an acrobatic act in which the lion scaled a pole and plucked the vegetables attached to it. The event culminated in a dramatic climax with Mei Hua Zhuang or the "Plum Blossom Pole Performance", leaving the attendees impressed with the nimbleness of the lion dancers as they executed the dangerous stunt of leaping on wooden poles wedged into the ground.

Adults and children alike then collected good-luck oranges and ang baos from the Trustees and General Committee members. Participants also took the opportunity to snap photos with the "God of Fortune" and chick mascot.





Dragon dance



Dotting of the dragon's eye by President Randy Sng



Mei Hua Zhuang



Drum performance



Distribution of the good-luck oranges and ang baos



Photo-taking with the chick mascot





## LO HEI DINNER & DANCE WITH LIVE BAND LOCOMOTION WITH SPECIAL APPEARANCE BY BLUE DIAMONDS' RIEM DE WOLFF 3 February 2017

"Ren ri", also known as "Everyone's birthday", is celebrated on the 7th day of the Lunar New Year. On this day, "lo hei" or the tossing of "yu sheng" (salad with raw fish) is of great significance as it symbolises continued wealth and prosperity. This year, about 300 members and guests gathered at Kensington Ballroom to celebrate this occasion. They danced to music by live band *Locomotion* and *Blue Diamonds' Riem de Wolff*, who made a special appearance. *Blue Diamonds* is best known for their million-selling chart-topping single, "Ramona", among many other hits.



A big thank you to Locomotion and Blue Diamonds' Riem de Wolff (middle)





## CHAP GOH MEH DINNER & DANCE WITH LIVE BANDS SOUND SENSATION & DRAGONFLY

14 February 2017

About 300 members and guests, comprising many families, celebrated the last day or 15th night of the Lunar New Year celebrations at Kensington Ballroom. In addition to a sumptuous 8-course dinner, attendees were also entertained by live bands, *Sound Sensation*, which provided English dance music while *Dragonfly* offered different genres of Chinese music for dances.



We would like to express our appreciation to the performing bands, *Sound Sensation* and *Dragonfly*



Sound Sensation



Dragonfly



Enjoy non-resident privileges at 14 other affiliated clubs overseas. Members must obtain their Introduction Letter from SGCC at least 1 week before their scheduled visit to the reciprocal club. The Introduction Letter can be obtained from the Membership Relations Office. Please call **6286 8888** or email **membership@sgcc.com.sg** for enquiries.

## AUSTRALIA

**CANBERRA**

**Canberra Southern Cross Club**  
Corner of Hindmarsh Drive and  
Callam Steet Philip, Canberra  
• Tel: 61(02) 6283 7200

**MELBOURNE**

**The Kelvin Club**  
Melbourne Place,  
Melbourne, Victoria 3000  
• Tel: 61-3-96545711  
\*2, 3, 6, 9

**SYDNEY**

**CTA Business Club Ltd**  
MLC Centre, Martin Place,  
Sydney NSW 2000  
• Tel: 61-2-9232 7344  
\*1, 2, 3, 6, 9

## HONG KONG

**Hong Kong Football Club**  
3 Sports Road, Happy Valley  
• Tel: (852) 28309500  
www.hkfc.com.hk  
\*2, 3, 5, 6, 7, 8, 9, 11, 13, 14,  
16, 19

## CANADA

**ONTARIO**

**The Mandarin Golf and  
Country Club**  
11207 Kennedy Road, Markham  
Ontario, Canada L6C 1P2  
• Tel: 905-887-9887  
www.golfmandarin.com  
\*2, 3, 6, 10, 22

**VANCOUVER**

**Terminal City Club**  
837 West Hastings Street  
Vancouver, BC, Canada V6C 1B6  
• Tel: 604-681-4121  
• Fax: 604-681-9634  
• members@tcclub.com  
• www.tcclub.com  
\*2, 3, 5, 6, 9, 11, 13, 16, 18, 22

## CHINA

**SHANGHAI**

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Center Club**  
516 Heng Shan Road  
• Tel: 86-21-6415 5588\*82  
www.regal-eastasia.com  
\*4, 9, 10, 11, 13, 16, 19, 20

**Ambassy Club**

No. 1500 Central,  
Huai Hai Road,  
Shanghai, PRC,  
200031  
• Tel: 86-21-6437 9800  
\*2, 3, 4, 11, 13, 16, 19, 22

## INDIA

**RAJASTHAN**

**Jaisal Club**  
Jethawai Road,  
Jaisalmer — 345001, Rajasthan,  
India  
• Tel: 91-02992-255555 / 254999  
\*2, 3, 6, 8, 10, 11, 19

## INDONESIA

**JAKARTA**

**International Sports Club  
of Indonesia**  
Jalan Liputat Raya  
Tangerang,  
2 Wis Java Indonesia  
• Tel: 62-21-749 0540  
\*2, 3, 5, 6, 7, 10, 13, 14,  
15, 16, 19

**SURABAYA**

**The Heritage Club**  
Basuki Ralehmat 129-137,  
Surabaya 60271  
Indonesia  
• Tel: 62-31-531 6755  
\*3, 6, 9, 11, 15, 17, 20,  
21, 22

## MALAYSIA

**KUANTAN**

**Kelab Kuantan**  
Jalan Merdeka, 25000  
Kuantan Pahang  
Darulmakmur  
• Tel: 02-09-521130  
\*2, 3, 5, 7, 8

**SELANGOR**

**Kelab Shah Alam Selangor**  
Peti Surat 7116, 40704 Shah  
Alam, Selangor Darul Ehsan  
• Tel: 02-03-551-00001  
\*2, 3, 5, 6, 9, 11, 13, 16, 19

**KUALA LUMPUR**

**Royal Selangor Club**  
Dataran Clubhouse  
Jalan Raja P.O. Box 10137,  
50704 Kuala Lumpur  
• Tel: 603 2692 7166  
• Fax: 603 2693 4724  
Bukit Kiara Sports Annexe  
Jalan Bukit Kiara Off Jalan  
Damansara, 60000 Kuala  
Lumpur  
• Tel: 603-2093 2277  
• Fax: 603-2093 3677  
• rscmail@rscweb.org.my  
• http://rsc.org.my/  
\*2, 3, 6, 9, 11, 12, 13, 15, 16,  
19, 22, 23

## LEGEND

Accommodation	1	Billiard Room	9	Sailing	17
Banquet Room	2	Golf	10	Sauna / Steam Bath	18
Dining Area	3	Gym / Health	11	Tennis	19
Games Area	4	Hockey	12	Massage	20
Library	5	Pool	13	Mini Theatre	21
Lounge / Bar	6	Rugby	14	Meeting Facilities	22
Race Course	7	Soccer	15	Cricket Pitch	23
Badminton	8	Squash Court	16		



## MEMBERSHIP PRIVILEGES

**SWATOW GARDEN SEAFOOD RESTAURANT**

22 Kensington Park Road Singapore 557271

Tel: 6343 1717

www.swatow.com.sg

- 10% off\* food bill plus waiver of 10% service charge\*

*\*Members have to charge the bill to their SGCC account to enjoy this privilege. Discount is not applicable to items such as towel, starter dishes, Chinese tea and desserts.*

**Important Note:** Terms & Conditions apply. Please produce your membership card to enjoy the above privileges. All membership privileges are not applicable in conjunction with other membership cards, discount vouchers, promotions, privileges and packages.





## MEMBERSHIP PRIVILEGES

### CAMBRIDGE PRE-SCHOOL@SERANGOON

22 Kensington Park Road Singapore 557271

Tel: 6282 8455

<http://cambridge.school>

- \$50 off monthly school fee (after ECDA subsidy)
- Applicable for member's children and grandchildren (proof of relationship is required)
- Subject to enrolment availability



## GOLF PRIVILEGES

### Orchid Country Club\*

1 Orchid Club Road Singapore 769162

Tel: 6755 9811 Fax: 6752 4255

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

#### Green & Buggy Fees

Mondays – Fridays (excluding competition days, public holidays and official club functions)

- \$135 per golfer for morning sessions
- \$157 per golfer for afternoon sessions
- \$177 per golfer for evening sessions

Add \$20 per golfer for night golfing

### Sembawang Country Club\*

249 Sembawang Road Singapore 758352

Tel: 6257 0642 / 6257 4714 Fax: 6755 8418

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

#### Green Fees

Tuesdays – Fridays: \$120 per golfer (18 holes)

Saturday afternoons: \$160 per golfer (18 holes)

### Warren Golf & Country Club\*

81 Choa Chu Kang Way Singapore 688263

Tel: 6586 1211 / 6586 1245 Fax: 6586 1235

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

#### Green & Buggy Fees

Mondays – Fridays

- \$103.79 nett per golfer for weekday morning sessions
- \$130.54 nett per golfer for weekday afternoon sessions
- \$152.14 nett per golfer for Sunday afternoon sessions

Promotion Rate (Monday afternoons and Tuesdays)

\$87.74 nett per golfer

*\*Reservations must be made through Terrence at 6398 5389 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg).*

*Find out more about the Golf Privileges at [www.sgcc.com.sg/membership/membership-privileges](http://www.sgcc.com.sg/membership/membership-privileges). Terms & conditions apply.*





# MID-YEAR PROMOTION

## APPRECIATION NIGHT

**Saturday, 24 June 2017, 7.30pm**

**Lucky Draw: 8.30pm**

### LUCKY DRAW

1<sup>st</sup> Prize: \$1288

2<sup>nd</sup> Prize: \$888

3<sup>rd</sup> Prize: \$388

4<sup>th</sup> – 10<sup>th</sup> Prize: \$188

11<sup>th</sup> – 15<sup>th</sup> Prize: \$88

The qualifying period is from **Thursday, 25 May 2017 – Saturday, 24 June 2017, 8pm**. Each Jackpot claim of \$20 and above will entitle the member to one Lucky Draw coupon. Each player is entitled to one prize only. A winner whose name is drawn more than once will be presented with the prize of highest value drawn.

## MYSTERY PRIZES, 8pm and 9pm 6 x Up to \$128

The qualifying period is on **Saturday, 24 June 2017, 10am – 9pm**. Each Jackpot claim of \$20 and above will entitle the member to one Lucky Draw coupon. The winner **MUST** be present during the draw. A winner can claim more than one prize.

For enquiries, kindly approach our Jackpot staff.



# Recommend SGCC for a Party & be Rewarded!



We've got the best venues for all sorts of celebrations — from anniversaries, weddings and corporate functions to kids' birthday bashes. From the tranquil settings of the Beer Garden to the formal elegance of the Ballroom, our banquet facilities offer both functionality and style.

## CHECK OUT OUR INCENTIVE SCHEME BELOW:

Banquet Expenditure (before GST)	Your Incentive
\$4,000 - \$7,999	\$100 F&B Voucher
\$8,000 - \$11,999	\$200 F&B Voucher
\$12,000 & above	\$300 F&B Voucher

From now until  
Feb 2018, recommend  
SGCC to a friend or  
company for an event  
and you'll be rewarded  
with up to \$300 in  
F&B vouchers.

For enquiries and bookings, contact the Banquet Sales team at  
6398 5381 / 365 / 387 or email [banquetsales@sgcc.com.sg](mailto:banquetsales@sgcc.com.sg).

### Terms & Conditions

1. Incentive scheme is only applicable for events held in SGCC with a minimum expenditure of \$4000. 2. Incentive scheme is only applicable if a member refers a non-member or a company. 3. The F&B vouchers may only be used at SGCC's F&B outlets and cannot be used to offset the banquet expenditure. 4. Incentives will only be issued after the function, at the end of the month. 5. Vouchers are valid for 6 months from date of issue. 6. Vouchers may not be used in conjunction with any other promotion. 7. The Management reserves the right to amend the terms & conditions without prior notice.