

## IT'S THE MOST WONDERFUL TIME OF THE YEAR

'Tis the season when  
SGCC pulls out all the stops to  
celebrate Christmas and  
Chinese New Year



18  
Beehive  
2020



20  
Absolutely  
Fabulous



22  
Talent Runs in  
This Family



26  
An Officer and  
a Sportsman



## CLUB DIRECTORY

### MAIN RECEPTION

Tel: 6286 8888  
Daily: 9am–10pm  
www.sgcc.com.sg

### FOOD & BEVERAGE OUTLETS

#### Atrium Café

Tel: 6286 8888 ext. 309  
Mon–Fri: 11am–3pm, 6pm–10pm  
Sat–Sun & PH: 11am–10pm

#### Bowling Snack Bar

Tel: 6286 8888 ext. 340  
Mon–Fri & Eve of PH: 1pm–11pm  
Sat: 11am–11pm  
Sun & PH: 10am–11pm

#### Coffee Deli

Tel: 6286 8888 ext. 312  
Mon–Thu & PH: 8.30am–9pm  
Fri–Sun & Eve of PH: 8.30am–10pm

#### Club Twenty-Two

Tel: 6286 8888 ext. 386  
Mon–Thu: 4pm–12am\*  
Fri & Eve of PH: 4pm–1am  
Sat: 2pm–1am  
Sun & PH: 2pm–12am  
\*The Karaoke Lounge opens at 2pm on Tuesdays. Operation on Tuesday (2pm–5pm) is strictly for members only.

#### Crossroads Lounge

Tel: 6286 8888 ext. 310  
Mon–Thu: 4pm–12am  
Fri & Eve of PH: 4pm–1am  
Sat: 2pm–1am  
Sun & PH: 2pm–12am

#### Garden Grill

Tel: 6286 8888 ext. 313  
Daily: 12pm–3pm, 6pm–10pm

#### Swatow Garden

Tel: 6343 1717  
Weekdays: 11am–3pm, 6pm–11pm  
Weekends, Eve of PH & PH: 9am–3pm, 6pm–11pm

### SPORTS & RECREATION FACILITIES

#### Billiard Room

Tel: 6286 8888 ext. 346  
Sun–Fri & PH: 1pm–10pm  
Sat & Eve of PH: 1pm–11pm

#### Darts Lounge

Mon–Thu: 4pm–12am  
Fri & Eve of PH: 4pm–1am  
Sat: 2pm–1am  
Sun & PH: 2pm–12am

#### Gardens Bowl

Tel: 6286 8888 ext. 340  
Mon–Fri & Eve of PH: 1pm–11pm  
Sat: 11am–11pm  
Sun & PH: 10am–11pm  
Off-peak hours (Mon–Fri & Eve of PH): 1pm–6pm  
Peak hours (Mon–Fri & Eve of PH): 6pm–11pm  
Peak hours (Sat–Sun & PH): Whole day

#### Gymnasium

Tel: 6286 8888 ext. 331  
Daily: 5.30am–10pm  
Except during scheduled partial closure for maintenance four 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\*  
\*After 5pm, no guests allowed

#### 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 & Eve of PH): 8am–5pm  
Peak hours (Mon–Fri & Eve of PH): 5pm–10pm  
Peak hours (Sat–Sun & PH): 8am–10pm

#### Tennis Courts

Tel: 6286 8888 ext. 340  
Daily: 7am–10pm  
Off-peak hours (Mon–Fri & Eve of PH): 7am–5pm  
Peak hours (Mon–Fri & Eve of PH): 5pm–10pm  
Peak hours (Sat–Sun & PH): Whole day  
Tennis training night: Thu 7pm–10pm

#### Table Tennis

Tel: 6286 8888 ext. 331  
Daily: 8am–10pm  
Off-peak hours (Mon–Fri & Eve of PH): 8am–5pm  
Peak hours (Mon–Fri & Eve of PH): 5pm–10pm  
Peak hours (Sat–Sun & PH): 8am–10pm

#### Mahjong / Cards Rooms

Tel: 6286 8888  
Sun–Thu & PH: 10am–12am  
Fri–Sat & Eve of PH: 10am–1am

### OTHER FACILITIES

#### Jackpot Room

Tel: 6398 5362  
Sun–Mon: 10am–11pm

#### Kiddieland

Daily: 9am–10pm

#### Lat Salon

Tel: 6286 8262, by appointment only  
Tue–Sun: 11am–7pm  
Mon & PH: Closed

#### Functions 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 & PH: 9am–12am  
Fri–Sat & Eve of PH: 9am–1am

#### Cambridge Pre-School

Tel: 6282 8455  
Mon–Fri: 7am–7pm  
Sat: 7am–2pm  
Email: Serangoon@cambridge.school

### MANAGEMENT STAFF

#### General Manager

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### CLUB ADMINISTRATION

Mon–Fri: 9am–6.30pm

#### Membership

Tel: 6398 5383  
Email: membership@sgcc.com.sg

#### Accounts

Tel: 6398 5325 / 358  
Email: members\_account@sgcc.com.sg

#### Sports & Recreation

Email: recreation@sgcc.com.sg

#### Youth, Chess, Yoga, Golf, Fitness, Taekwondo, Aikido, Muay Thai, Judo & Billiards

Terrence Ho 6398 5389

#### Squash, Tennis, Swimming & Darts

Daniel Chong 6398 5351

#### Fitness Fun, Cool Water Workout, Swimming Lessons, Table Tennis, Taijiquan, Chinese Martial Arts & Mahjong

Julia Kong 6398 5352

#### Bowling & Bridge

Zaleha Hanibah 6398 5373

#### Food & Beverage

fnb\_outlets@sgcc.com.sg

#### Banquet Sales

Tel: 6398 5381 / 387 / 365  
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#### Advertisement Bookings

Marcus Lim 6398 5305  
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#### Data Protection Officer

Email: dpo@sgcc.com.sg



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## PATRON-IN-CHIEF

Mr Goh Chok Tong  
Emeritus Senior Minister

## PATRONS

Ms Sylvia Lim  
Mrs Lim Hwee Hua  
Mr George Yeo

## TRUSTEES

Mr Hendrick Koh  
PPA BBM PBM  
Mr Anthony Tan  
Mr Pao Kiew Tee

## GENERAL COMMITTEE

Mr Benjamin Wong  
President

Mr Rayner Ng  
Honorary Treasurer

## COMMITTEE MEMBERS

Mr George Lim Yort Gue  
Mr Lee How Giap

## CONVENORS

Mr Emrys Phua  
Billiards  
Mr Edward Tan  
Bowling  
Mr Ronnie Ng  
Chess  
Mr Rick Seah  
Darts  
Mr Eddie Ng  
Fitness  
Mr Aaron Lim  
Golf  
Mr Edwin Lee  
Squash  
Mr Steven Lee  
Tennis

## EDITORIAL COMMITTEE

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Mr Marcus Lim

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Mainland Press Pte Ltd

ClubSpirit is a bi-monthly  
publication of Serangoon  
Gardens Country Club  
22 Kensington Park Road  
Singapore 557271  
Tel: 6286 8888  
Fax: 6398 5355  
www.sgcc.com.sg

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## Happy holidays, everyone!

It has been an interesting 12 months for everyone here at SGCC. Apart from the normal activities we are all used to, two Extraordinary General Meetings (EOGMs) were called in September and November respectively — a rather unusual occurrence for a long-standing family Club such as ours. Nevertheless, this is now in the past, and we shall all move on together as one, in the name of progress.

A question that may be on your mind is whether the recently concluded EOGM (on 3 November) resulted in another EOGM — the answer is 'yes', it has. The upcoming EOGM is to facilitate the election of a new General Committee (GC) to serve you, our Members. The proposed date for the next EOGM is Sunday, 12 January 2020. All 13 seats will be up for election as the existing GC felt it only fair that Members be given the opportunity to elect a new committee to serve you.

On a lighter note, we have once again come to that time of the year when festivities are just around the corner, with Christmas, Countdown and Chinese New Year celebrations in close proximity to each other. Families will take their much-needed vacation time, while others will commence preparations for their respective celebrations; many, like me, are eager to celebrate Christmas and ring in 2020.

I am sure that many of you feel the same way, and are anticipating spending time with your loved ones, the presents you will be receiving, and all the fun you will be having. Do keep SGCC in your heart during this time, and join us as we celebrate Countdown (31 December 2019) and Chinese New Year (26 January 2020) together.

One can only imagine what our junior Members will be feeling, stressed over what could be inside the nicely wrapped boxes from Mummy and Daddy, hoping that they get what they wished for. Remember also to share all the Peace, Love and Joy that the season brings with everyone around, as that will make the world a better place for all.

Have a very Merry Christmas, a wonderful 2020, and a very Happy Chinese New Year to one and all!

A handwritten signature in black ink, which appears to read 'Benjamin Wong'. The signature is fluid and stylized, with a long horizontal stroke at the end.

**Benjamin Wong**  
President



## A warm welcome to:

Cher Charles	Grand Member
Koh Boon Leng	Grand Member
Phua Cheng Yoke	Grand Member
Teo Teck Chuan	Grand Member
Lim Wei Yeh	Nominee
Hughes III Benjamin Franklin	Ordinary Member
Koh Kai Hock Kenneth	Ordinary Member
Kikuzawa Kenichi Leslie	Ordinary Member
Keh En Li, Justin	Ordinary Member
Lin Youjian	Ordinary Member
Leong Teng Wui	Ordinary Member
Lee Siok Hoon	Ordinary Member
Lim Yu Jey	Ordinary Member
Ngiam Heng Sim	Ordinary Member
Nicholas Paco Renshall	Ordinary Member
Tan Ye Chien Joyce	Ordinary Member
Tan Yu Cheng	Ordinary Member
Paul Anthony Wilson	Ordinary Member
Renae Elizabeth Cher Shu Ling	Ordinary Member
Chua He Duo Leon	Ordinary Member
Lim Hui Min	Ordinary Member
Phua Kia Hui Melinda	Ordinary Member
Tan Sok Cheng	Ordinary Member
Yeo Sheng Xiong	Ordinary Member
Anna Apalkova	Term Member
Begasse Brigitte Francoise	Term Member
Selim Gregoire Barkan	Term Member
Yann Frederic Courqueux	Term Member
Cariou Erwan Youen	Term Member
Cisti Ep. Duval Sophie Marie Pauline	Term Member
Duminil Isaline Marie Pascale	Term Member
Vincent Dubrule	Term Member
Delonca Laurent Gerard Antoine	Term Member
Dussillols Jerome	Term Member
Frank Carlier	Term Member
Fabien Faure	Term Member
Denis Gawlik	Term Member
Gaubin Ep. Jouhid Julie Marie Catherine	Term Member
Kaczowka Boris Francois Gerard	Term Member
Liu Simin Sharon	Term Member
Gerhard Lanyi	Term Member
Muller Tiare Domitille	Term Member
Piron Benoit Christian	Term Member
Shanaz Matthew Sajeed	Term Member
Sarrat Xavier Jean Christian	Term Member
Vache Nicolas Alexandre Philippe	Term Member

## A fond farewell to:

Ang Boon Leng Herbert	Grand Member
Foo Peng Koon	Grand Member
Lim Seow Khim	Nominee
Heng Wee Gee	Non Transferable Ordinary Member
Sng Lin Mei, Charmaine	Non Transferable Ordinary Member
Chua Sherng Horng, Vincent	Ordinary Member
Kikuzawa Masakatsu	Ordinary Member
Lim Ting Hwa	Ordinary Member
Lee Cheng Siew	Ordinary Member
Lim Seow Khim	Ordinary Member
Lee Foo Fye	Ordinary Member
Lau Chee Keong	Ordinary Member
Oehlers Kristine Ann	Ordinary Member
Poon Siow Hor @ Tan Chai Peng	Ordinary Member
Tan Kim Meng, Raymond	Ordinary Member
Yeo Ah Joon	Ordinary Member
Yeo Kee Koon	Ordinary Member
Bains Kanwardeep Singh	Term Member
Caupin Ep. De Parseval Petronille	Term Member
Maeva De Cazenove	Term Member
Fischer Marc	Term Member
Groughan Edward Anthony Martin	Term Member
Sattonnet Ep. Huet Juliane	Term Member
Robert Ep. Kerleroux Elisabeth Anne	Term Member
Mercier Philippe Christian Jacques	Term Member
Marais Laurent	Term Member
Jennifer Tan Ling Hui	Term Member



## CHINESE NEW YEAR RED PACKETS

With Chinese New Year just around the corner, it's time to get started on the yearly tradition of giving and receiving red packets, or *ang pows*, for the little ones! Here's what you can look forward to receiving with your latest Statement of Accounts.

In Chinese culture, a circle is a positive emblem representing completion and fulfilment, thus the Club's *ang pow* design for this year features a classical floral motif with a circle encompassing the must-have Chinese character 福, which means *fortune* or *good luck*. Available in a pack of 10, Members can look forward to two versions in each pack, in a pink or fuchsia colour scheme.



## NETT WORK GROUP: NETWORKING AT SGCC

Are you a working professional seeking to expand your network? Join SGCC's Nett Work Group to forge new connections with like-minded individuals.

If you're interested to develop new skills, or attend value-added workshops to help take your business or career further, SGCC's Nett Work Group may be for you! Some events you can look forward to as part of the Nett Work Group include:

- Professional development workshops
- Exclusive networking opportunities
- Talks and seminars conducted by notable consultants

To join our database, express your interest via email to [feedback@sgcc.com.sg](mailto:feedback@sgcc.com.sg) with your name, Membership number and contact details.



## RUGBY WORLD CUP SCREENING AT CROSSROADS LOUNGE



Rugby fans among our Members packed Crossroads Lounge on Saturday, 2 November, for a live screening of the Rugby World Cup finals between England and South Africa. It was an energetic evening that saw supporters of both sides coming together to cheer their respective teams. Needless to say, there was much celebration and commiserating over alcohol after the final whistle.





# HIGHLIGHTS OF THE EXTRAORDINARY GENERAL MEETING HELD ON 3 NOVEMBER 2019



On Sunday, 3 November 2019, an Extraordinary General Meeting (EOGM) was called to order by 100 Members of Serangoon Gardens Country Club, who signed an open letter on 10 September 2019. This was in accordance with the Club's Constitution clause 30.1, binding the General Committee to convene an EOGM upon receipt of a requisition signed by no fewer than 100 Members.

The meeting was called to consider and vote on the following Motion, pursuant to the requisition signed by the 100

members: to remove the sitting SGCC President, Mr Terrence Fernandez, with immediate effect.

Voting began at 2.59pm and ended at 5.00pm. A total of 455 votes were cast, with 19 spoiled votes recorded. There were 175 votes against the Motion, and 261 votes for the Motion. With the results, Vice-President announced the motion carried.

A subsequent EOGM was announced to be held on Sunday, 12 January 2020 to elect a new General Committee, which will hold term till 2021. The Vice-President ended the EOGM at 5.49pm.

The Management would like to thank all Members who were in attendance for their time.



## HALLOWEEN AT SGCC



The Club got a little spooky on 26 October when Members young and old celebrated Halloween. Junior Gems Members went on an exclusive Trick 'o' Treat tour around the premises, collecting candy at various outlets and meeting characters from fairy tales and movies. They also got to listen to ghost stories told by then President, Terrence Fernandez.

Adults experienced an evening of ghoulish pleasure at the Gardens Bowl with a few rounds of Night bowling, a scary buffet spread, and meet-and-greets with ghostly figures at the Scare House. At the end of the evening, Members shared their 'scary' experiences with each other, expressed their enthusiasm for the occasion, and said that they looked forward to similar activities in the future.

## NEW MEMBERSHIP PRIVILEGE ROYAL ALBATROSS

SGCC Members can now enjoy a 15% discount on Royal Albatross dinner cruise tickets when booked through the Club. Members can approach the Main Reception to book cruise tickets at the discounted rate.

Website: <https://www.tallship.com.sg/>

Facebook: <https://www.facebook.com/royalalbatross.sg/>

Instagram: <https://www.instagram.com/royalalbatross>



### Terms & Conditions:

- ◆ Prices subject to prevailing GST charges
- ◆ Not valid with any other discounts, promotions or privileges
- ◆ Applicable for Sunset Sail Dinner Cruise or City Lights Dinner Cruise only
- ◆ Not applicable for Signature Sail (Eve of Public Holidays, New Year Day and Chinese New Year, Valentine's Day)
- ◆ Presentation of respective membership cards needed for discount to be applied at the booth and presented upon boarding to enjoy the privileges



# UPCOMING FACILITY CLOSURES FOR CLEANING & MAINTENANCE 2019/2020

## Upcoming Facility Closures for Cleaning & Maintenance

Gym	Swimming Pool
<b>2019:</b> 23 Dec	<b>2020:</b> 29 Jan, 26 Feb, 25 Mar, 29 Apr, 27 May, 24 Jun, 29 Jul, 26 Aug, 30 Sep, 28 Oct, 25 Nov, 30 Dec
<b>2020:</b> 30 Mar, 29 Jun, 28 Sep	

## Outlet Closures on Tuesday, 31 December 2019 (New Year's Eve)

Food & Beverage Outlets	Sports & Recreation Facilities
Atrium Café, Coffee Deli — closed from 3pm onwards	All sports & recreation facilities will be closed from 5pm onwards
Club Twenty-Two — closed whole day	

## Chinese New Year Closure

The Club will be closed on Friday, 24 January 2020 (Eve of CNY) and Saturday, 25 January 2020 (First Day of CNY). Business resumes Sunday, 26 January 2020 (Second Day of CNY).

## SGCC Staff Chinese New Year Ang Pow Fund Contribution

We encourage all Members to give recognition to our staff and contribute a token of appreciation for their services rendered during the year towards the Ang Pow Fund. Details of the voluntary contribution has been sent via mail to Members.

## SGCC Staff Appreciation Day Closure

The Club will be closed on Monday, 23 March 2020, from 2pm onwards for our annual Staff Appreciation Day. Regular operation hours resume on Tuesday, 24 March 2020.



# 25TH ADULT & 20TH YOUTH INTER-CLUB BOWLING MIXED LEAGUE 2019

SGCC hosted this bowling league, which saw eight clubs competing for the championship title over a course of 24 weeks. Team SGCC scored a hat-trick after winning the championship for the third time in a row. The event ended in a gala dinner and prize presentation held at the Kensington Ballroom of SGCC. During the awards ceremony, SGCC Bowling Convenor Edward Tan passed the baton to his counterpart at National Service Resort & Country Club, which will host next year's event. Congratulations to all participants for making SGCC proud!



Girls' Master Champion: Arielle Tay



Boys' Master Champion: Lim Kai Jie



Ladies' Master 1st: Ong She Na



Men's Master 1st: Tay Hui Chiang

# 42ND INTER-TEAM BOWLING MIXED LEAGUE

Held from 12 June–18 September 2019, this league was fought over a course of 15 weeks. The competition saw six teams vying for the championship. Team Break Free emerged winner, with Joyful as the runner-up and Ace Bowlers coming in third. After the final game, the teams adjourned to the Casuarina Room to enjoy a hearty buffet.



Champion Team: Break Free



Ladies' Master with hcp Champion  
Catherine Chua



Ladies' Master Champion  
Adeline Law



2nd Team: Joyful



Men's Master with hcp Champion  
Thomas Ko



Men's Master Champion:  
Samuel Ho





16 players converged in the Billiard Room to compete to be the King of 9-Ball Pool

## 9-BALL POOL TOURNAMENT

On Sunday, 15 September 2019, 16 players converged in the Billiard Room to compete to be the King of 9-Ball Pool. After intense competition, David Lee was crowned champion. Special congratulations are in order for Rupesh Kumar for achieving the Golden Break!



**CHAMPION**

David Lee



**RUNNER-UP**

Simon Yang



**JOINT THIRD**

Emrys Phua & Gaston Quek

## SGCC GOLF FRIENDLY WITH SINGAPORE SWIMMING CLUB

On Friday, 27 September 2019, SGCC hosted a friendly golf match at Sembawang Country Club. Each club fielded 14 golfers. After an enjoyable game, in which SSC emerged champion, the golfers adjourned to SGCC's Garden Grill for the prize presentation as well as a sumptuous dinner.



Michael Chia & Aaron Lim



Manickavasager Swaminathan,  
Mike Tan, Peggy Wong & Nancy Hoon



Larree Chong, Teo Guan Lye,  
Michael Chia & Aaron Lim



# ONE-DAY SQUASH

On Saturday, 12 October 2019, 21 squash players observed World Squash Day by dividing themselves into three teams, then battling it out on the squash court. Team C emerged champions.

CHAMPION: TEAM C	JOINT RUNNER-UP: TEAM A & TEAM B	
	<b>Team A</b>	<b>Team B</b>
J P Filhol	Edwin Lee	Raymond Tan
Allan Chang	Dennis Tan	Jason Lee
Michelle Yee	Boutin Xavier	Kenneth Lim
Ken Pua	Chris Pua	Joyce Lim
Waverly Wu	Vinny Vinh-Duc Nguyen	Thomas Fremiot
Shirley Chou	Jeanette Ng	Molly Chua
		Jared Lee



Joint Runner-up: Team A



Joint Runner-up: Team B



Champion: Team C

# BLIND BRIDGE

On Tuesday, 8 October 2019, eight Members and six Guests got together at the Casuarina Room to enjoy mini games of bridge and mingle with each other.





# GOLF PRESIDENT'S CUP

The President's Cup, held at Sembawang Country Club on Friday, 27 September 2019, saw 36 participants. After an enjoyable game, the players adjourned for a dinner-cum-prize presentation at SGCC's Crossroads Lounge with then-President, Terrence Fernandez. The results are as follows:

OVERALL CHAMPION	RUNNER-UP	THIRD
Alvin Goh	Khor Chee Kok	Chong Boon Yee



Terrence Fernandez with NTP winner Neo Kim Seah



Div B Champion Paul Toh with Terrence Fernandez



Terrence Fernandez with 1st Nine winner Philip Leow



Terrence Fernandez with Div A and Overall Champion Alvin Goh



Alvin Goh, Bernard Cheong, Liow Hock Lye & Mike Tan



Neo Kim Seah, Chong Boon Yee, Aaron Lim & Chew Boon Kee

## SNOOKER 6 REDS BLIND DOUBLES

Held at our Billiard Room on Saturday, 19 October 2019, this event saw a total of 14 billiard players pit their skills against each other. The competition was the first blind doubles match in a main and plate event format at SGCC.



Emrys Phua, Plate Event 2nd placed Aaron Chia & Rupesh Kumar



Main Event Champion Emrys Phua, Terrence Fernandez & Richard Ong



Plate event Champion Larry Lai, Terrence Fernandez, Francis Tan & Emrys Phua



### ROCK N ROLL NIGHT

About 80 Members and guests turned up at Club Twenty-two on Thursday, 26 September 2019, for a rocking performance by Muzik Line. They had a great time listening to foot-tapping numbers by Bill Haley & The Comets, Connie Francis, The Beatles, Elvis Presley, and many more Rock 'n' Roll stars.



### THE ROYAL INDIAN WEDDING SHOW

A good number of guests turned up at the Kensington Ballroom on Sunday, 6 October 2019, to check out the elements needed to replicate the pomp and pageantry of an Indian wedding. Sountracx Decor, Misyaz Bridal & Weddings, Curry and Tandoor, and Mayura were on hand to showcase the decor, finery and food that go into the making of a big fat Indian wedding. Impressed with what they saw, some guests signed up on the spot for the wedding packages on offer.





## OKTOBERFEST MUSIC FESTIVAL

Held at the Kensington Ballroom on Friday, 18 October 2019, the Oktoberfest Music Festival saw Members and guests being entertained with upbeat tunes by Muzik Line. Many readily took to the dance floor to groove to the jaunty rhythms. A sumptuous German buffet was served, featuring Erdinger beer and traditional German favourites such as crispy pork knuckle, sausages and many more.



## WESTERN & COUNTRY NIGHT

On Thursday, 24 October 2019, more than 80 Members and guests gathered at Club Twenty-two for the Western & Country Night with Matthew & The Mandarins. Lead singer and songwriter Matthew Tan performed a rendition of his iconic song, 'Singapore Cowboy', which received the loudest applause of the night. As old-timers in the country music scene, Matthew & The Mandarins have a strong following, especially among the older generation.





# It's the Most Wonderful Time of the Year

With Christmas and Chinese New Year just around the corner, SGCC Members tell us how they make the season unforgettable for their family and friends.



## **Sarah Thomas**

"Essentially the Christmas season for us is a time of fellowship and getting into the spirit of the season, which is to celebrate and reflect on the significance of the birth of Christ in our lives. My husband, Abraham, and I have three children: Dylan, 14, Reah, 12, and Renee, six. During this time, family gatherings as well as church- and kid-centric activities factor quite a bit in our calendar of events. In addition, we have three birthdays and a wedding anniversary to celebrate in December, so celebrations are non-stop!

The season usually kicks off with us putting up the Christmas tree just after mid-November. This is





Sarah Thomas with SGCC Members (previous page) and her family (above).

really for our kids — they would've just started their school holidays, and this gets them excited for the season. We decorate the tree with ornaments collected over the years; some holding special memories or significance. The rest of the house is also decked with Christmas garlands, wreaths and knick-knacks. The home is regularly filled with Christmas songs as we love music and singing along.

We are Syrian Christians, and attend the Mar Thoma Syrian Church. Throughout the month of December,

if we are not travelling, we participate in the programmes and practices the church organises, through music, singing, acting in the Nativity play, or just helping to organise activities such as house-to-house Christmas carolling. For our children, it's really a time they look forward to, especially because they get to spend time with their friends in church.

Outside of this, SGCC has become a part of our celebrations ever since we moved to the area eight years ago. One of the highlights for us is going to the Club for the annual Christmas light-up to take in the atmosphere and join in the festivities. My children enjoy this. There is a lot happening at the Club, like the Christmas fair, which we like to visit. I look forward to the Club's Dancercise sessions during this time, because fitness instructor Derrick Ee would have choreographed a routine to a popular Christmas hit — it's a time of much fun and laughter!

When Christmas week arrives, we usually spend this time with either my husband's or my family. As both my husband and I grew up in Malaysia, our parents either come to Singapore to spend it with us or we go back to our respective hometowns. This

Christmas, we will be in Penang. The celebrations are usually quite festive: my parents typically hold an open house on Christmas Day, with lots to eat and drink for family, friends and neighbours. They've done this for more than three decades now.

Christmas food and drink for us is a mixed bag, amalgamating Western and Indian food traditions. We usually have a roasted turkey with ham and roasted vegetables, salads and different condiments, and a selection of local favourites such as roti jala and roti canai. We also make a good chicken or mutton curry and biryani. To complete the festive food fare, a good home-baked fruitcake, minced pies from Marks & Spencer, and a good bottle of port is a must.

Essentially, during this season, we look forward to creating memories and positive reflections — especially for our children — such as the importance of fellowship, sharing and looking out for others, so that they can hopefully take these with them into adulthood and replicate it for the people around them.

Wishing everyone out there a blessed Christmas, from our family to yours!"



### Lena Chacko

"Christmas is a family affair for us. As my husband has relatives in India, we have spent Christmas there a few times, attending weddings, which are often held on Boxing Day. Apart from that, we usually celebrate the season in Singapore.

We start preparing for it super early. The Christmas tree is pulled out on the first of December, and my children — Matthew, 12, Rachel, 10, and Jacob, seven — and I have fun setting it up. We decorate the house and tree with a Christmas wreath and Christmas stockings. I also do the Christmas shopping, buying gifts for 15 people — this is something I put a lot of effort into.

As we have Indian food all year round, we like to do something different and have a traditional English Christmas lunch. I roast my own turkey and have been





The festive spread in Lena Chacko's household.

doing so for 14 years. I brine the turkey on Christmas Eve — which gives it a crispier skin and beautiful flavour — and put it into the oven to roast just before we leave for church the next morning. The turkey takes four to five hours to cook. On top of that, we do a lamb roast. We also have Yorkshire pudding.

Church service on Christmas morning is at 7am; with three young kids, it is a big rush to get ready for it! We are back from church by 10.30am and, at lunchtime, the extended family would have arrived. After that, it's the kids' favourite time — the opening of the presents. That's when you'll hear plenty of screaming and expressions of joy.

We also spend time at the Club, as there are lots of festive activities for the kids. Rachel, especially, looks forward to them. We attend the Christmas light-up, and Rachel usually sings a song for it.

Christmas is, above all, a religious occasion. As Christians, my husband and I make it a point to explain to the children the true meaning of Christmas, which is the birth of Jesus."

### Dr Wendy Goh

"We attend Mass on Christmas Day, after which the children adjourn to their grandmother's house to open their presents together with their cousin who lives there. They play with their cousin until dinnertime, when the rest of the extended family comes over for a Christmas party.

Christmas Eve dinner is a family tradition that has been carried on over the years. The menu includes traditional specialties such as turkey with stuffing, traditional Christmas pudding, and an assortment of other local fare.

To add to the festive atmosphere, Christmas lights are put up on the trees in our garden. When it comes to Chinese New Year, we follow tradition by putting up pussy willow plants, *chun lian* (New Year couplets), and decorate plants by stringing empty red packets on the branches with red string.

We like to celebrate Chinese New Year in Singapore as family is important to us, and we feel that it is a blessing to be part of a large, united extended family."

Festivals are all about eating, drinking and making merry. And a good number of our members enjoy celebrating these occasions at the Club. Recognising this, our chefs have conjured up special dishes to make the holidays even more memorable. Two of them let us in on what they have been busy concocting in the kitchen.

Food is an integral part of festive occasions in most parts of the world, regardless of culture or religion. Traditionally, families would celebrate at home; these days, however, many households prefer to hold their get-togethers at restaurants and clubs.

Unsurprisingly, a good number of our Members enjoy observing Christmas and Chinese New Year with their families and friends at SGCC, where they are assured of a sumptuous meal in a convivial setting. Recognising this, our chefs have curated menus that retain traditional favourites while incorporating new culinary creations that will tempt your palate!

Besides sharing what dishes SGCC Members can look forward to for these two auspicious occasions, the respective chefs behind each of the two events reveal a bit of their motivation and background.

### Good tidings we bring

We dare you to say "pan-seared sole and sea scallops with crustacean sauce on a bed of asparagus" or "parsnip soup with roasted scallops and green apple" without salivating! These two dishes are among the smorgasbord of mouthwatering items on the Christmas menu conceived by Chef Simon Ng. While they may not be traditional Yuletide offerings, they reflect Chef Ng's belief that variety is indeed the spice of life. His colourful career has certainly borne this out.



"As a chef, you have to be adventurous."



Starting as a pantry boy at Seaview Hotel at the age of 17, Chef Ng worked up the ranks at various hotels in Singapore before leaving to assume the position of sous chef at Portofino restaurant in far-flung Bermuda, an island in the North Atlantic Ocean administered by the UK. He worked on the British Overseas Territory for 17 years before returning to Singapore in 2002.

Having chalked up 14 years at SGCC, the 61-year-old is well versed regarding Members' tastes. As many of the diners are regulars, he is conscious of the need to vary the menu, and delights in surprising diners with creative concoctions. "I like to change the Christmas menu every year as we have returning diners and we need to entice them with new dishes," he says. Tired of the same-old Christmas pudding for dessert? You'll be glad to know that it has been replaced this year with a yummylicious strawberry mirror mousse.

While Chef Ng specialises in Western cuisine, particularly Italian dishes, he has made forays into Asian fusion food, reasoning that being innovative is vital to staying competitive. For Chinese New Year, he will titillate diners' with mesclun salad with pork jerky — a fresh take on bak kwa — and yusheng salad as part of his set menu.

Inspiration for his recipes comes from cookbooks and his travels. Having vacationed extensively in Europe and the United States while living in Bermuda, his current favourite destinations are Japan and Korea. He also draws on his sojourn in Bermuda, serving unusual items like conch chowder and breadfruit. "As a chef, you have to be adventurous," he asserts. This applies not only to his culinary skills but also to his dining experiences. Alligator, pigeon and snake are among the exotic fare he has sampled, reveals the father of three with a gleam in his eye.

### Welcoming the Year of the Rat

Exactly one month after Christmas Day, on 25 January 2020, is the first day of the Chinese New Year. To titillate the taste buds of SGCC Members and welcome the Year of the Rat, Chef Kelvin Thor has thoughtfully designed several set menus.

Not only do the menus contain highly symbolic items, such as fish and glutinous rice, Members can rest assured that other favourites, such as Hong Kong-style steamed garoupa, fragrant lotus leaf rice, and the must-have yusheng will be on the menus.

Having worked at Atrium Cafe and Coffee Deli for the past nine years, Chef Thor is well acquainted with the tastes of SGCC Members, and is conscious of their preference for healthier cooking methods. "Many of our Members are health conscious and prefer steamed or braised rather than deep-fried dishes," he lets on. In this respect, Chef Thor's specialisation in Cantonese cuisine is a bonus, since Cantonese food tends to be lighter, with an emphasis on clear soups and delicate flavours. He is also aware of environmental considerations, and has replaced the traditional sharks' fin soup with braised fish maw soup with crabmeat.

Chef Thor, who hails from Penang, Malaysia, has lived in Singapore for 25 years and is now a Permanent Resident. His first encounter with a professional kitchen was as a kitchen helper. He has since whipped up dishes in the kitchen of Suntec NUSS Guild House, the Chinese restaurant of Seletar Country Club, and Asian Village, Sentosa, his last place of employment before joining SGCC.

Besides Cantonese cuisine, the 41-year-old likes to whip up local dishes, such as nasi lemak, laksa, mee rebus and mee siam, which are especially popular with SGCC's Caucasian Members.



"Many of our Members are health conscious and prefer steamed or braised rather than deep-fried dishes."



# BEEHIVE 2020

Five things you need to know about SGCC's countdown-to-2020 party.

**W**e've just entered the final month of the year, and counting down the days to 2020! As we herald the new year, what could be better than joining fellow SGCC Members for the final countdown as the clock strikes midnight?

Buzz on over to the Club on 31 December for our annual countdown party — BEEHIVE — and party your way through 2019 into 2020! If you're still undecided, here are five things about BEEHIVE that may just help you make up your mind.

## Why is the countdown party called BEEHIVE?

The theme this year is a play on the word 'beehive'. While the word can refer to the home that bees reside in, the word is also used to describe the popular conical hairstyle sported by ladies back in the 1960s.

The idea is that, for this year's countdown, we'll be bringing guests back in time to that era. At the same time, we also intend to be a little playful with Members — expect a 'honey sweet' experience on the evening of the 31st!

## Who are The Can Cans?

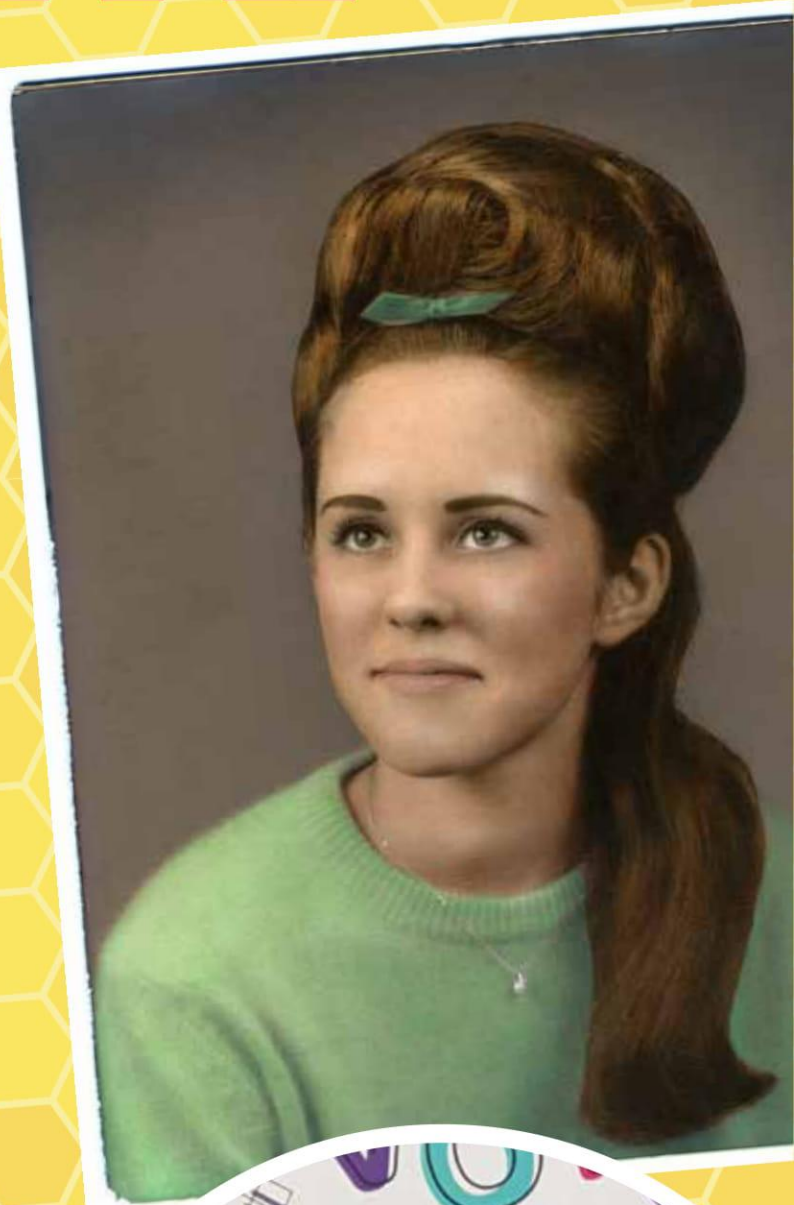
Girl group The Can Cans is made up entirely of local performers who have appeared in Singapore's musical theatre scene. Apart from having performed on stage, they have performed in and around the Esplanade.

At BEEHIVE, they'll be taking on characters from the 1960s era girl and boy bands, bringing guests that special twist to a blast from the past.

## How should I dress to theme?

BEEHIVE has a 1960s-chic party theme, and the closer you're dressed to theme, the more likely you are going to take home prizes in our Best Dressed Contest. To dress to the theme, think back to the 1960s — the bigger and taller the hair, the closer to heaven!

This theme makes it really easy to find inspiration; look toward music stars of the era. We want to see big hair, 1960s-themed gowns, and snazzy jackets. Alternatively, take it the other way and rock that yellow-and-black-striped dress to become the Queen Bee you were meant to be!



The Can Cans





### **What prizes are up for grabs during BEEHIVE?**

There'll be several ways to win prizes that night — taking part in our Best Dressed Contest, joining our Stage Games, or participating in the Lucky Draw!

Among the variety of prizes that can be won are a romantic dinner cruise for two on board the Royal Albatross yacht!

### **How should I physically prepare to party the night away?**

We've attempted to make this event fun and memorable, so you can be sure that there'll be plenty of chances for you to hit the dance floor and rock the night away. But before you head on down to the Club, remember to do those stretches and get those muscles good and limber. A good warm-up song would be anything by Chubby Checker!

**Ticket price**  
**\$98 (Member); \$108 (Guest)**

**Contact Adrian at**  
**9115 0471 / 6398 5368 /**  
**adrian\_chew@sgcc.com.sg**



# Absolutely Fabulous

As one of the instructors of SGCC's Fitness Fun programme, James Shaw keeps Members fighting fit. *ClubSpirit* chats with him to find out how he got into the business, and what makes him stay.



Advanced Level course the same year. At the time, there were not many variations of fitness, and women hardly ventured into the gym to weight-train, so aerobics classes were hugely popular among them, but not among the men. It's nice to see that classes these days have a decent ratio of women to men.

## Besides aerobics, what other classes do you teach?

I transitioned from aerobics into other variations of fitness, such as kickboxing, HIIT [High Intensity Interval Training], ABT [Abs, Butt and Thighs] and Power, or Ashtanga-based, Yoga.

## You teach the ABTsolutely Sculpted class for SGCC's Fitness Fun programme. What is the focus of this class and why do you feel it is an essential part of the Fitness Fun programme?

I have actually split this class into two halves.

The first half is the High-Intensity Training routine, which essentially exercises the heart. I encourage students to push themselves as hard as they can — based on their fitness level — on a series of full-body exercises for one set, then rest for around 30–45 seconds. I then repeat the pattern, adding another variation; I keep increasing the variations to keep the students' minds challenged.

We may start with a series of burpees for 30 seconds, then rest for 30 seconds; then repeat the burpees

with a series of squats (one burpee, one squat) for 30 seconds and rest; then one burpee, one squat and one push up for 30 seconds and rest.

The second half is the Toning routine, which targets specific zones of the body, such as the thighs (we may do a series of lateral thigh leg lifts) or butt (performing hip thrusts), and a mandatory abdominal routine, which targets the upper and lower abdomen, and the obliques.

## Any memorable comments from your students over the years?

I have students who tell me that they have been attending my classes since having had their first baby. The babies are now adults, but the ladies are still attending my classes; they even bring their children to my classes!

## You have taught in other countries, such as Thailand and the USA. What classes did you teach and what was the experience like?

I attended a nine-month fitness (basic sport physiology and kinesiology) course, conducted by Nautilus Sports & Medical Industries in Florida in 1986. Part of the curriculum required me to conduct aerobics and weight-bearing classes to students in different Nautilus centres in Florida. In 2004, I worked in Bangkok for three months as a trainer with California Fitness, and was assigned to train new Group Exercise Instructors there.

As a newbie in the US, I realised that, no matter how many courses you attend, the best teacher is experience! I often remind newer instructors that, while formal training is important, it is your experience in the field that shapes you into a good or great instructor.

## Having been in the industry since 1982, what would you say is the secret of your success as a fitness instructor and personal trainer?

That's easy! You have to absolutely love what you do. Keep in mind this job rarely sees pay rises, and you have no annual leave, bonus or medical leave. And you are your own personal advertisement! But when you love what you do, your students will see that in you, and they will be drawn to your positivity. I feel it is this that has kept me going for such a long time.

## How did you get into the fitness industry?

I was a PTI [Physical Training Instructor] in the army and was posted to an airbase unit, which consisted mainly of full-time female staff. The usual exercise routines consisted of evening runs, which can be quite boring, so I decided to start an aerobics class instead.

I had no formal training at the time, so I would learn from cassette tapes with picturebook illustrations. The sessions proved hugely popular, so much so that they are still going on!

## What aspects of fitness did you start with?

Basic HiLo Aerobics! In 1984, I attended my first Basic Aerobics Instructors course, followed by the



# The Biggest Hotel in the World

Located in the cool climes of Genting Highlands, First World Hotel provides guests with more than just a roof over their heads.



**D**id you know that the largest hotel in the world in terms of the number of guest rooms is found not in some far-flung destination, but right next door in Malaysia? We're talking about First World Hotel, located in Genting Highlands, Malaysia.

The rooms come in eight classes — Standard, Deluxe, Superior Deluxe, Triple, World Club 2, Y5 Deluxe, Y5 Triple and World Club — and range

in size from the regular 180 sq ft (Standard) to a whopping 430 sq ft (World Club).

## Amenities

Other than the large number of rooms, this hotel has many exciting amenities within and near the property that attract guests.

First World Plaza, located above the lobby, is a 500,000 sq ft space that underwent a facelift in 2017.

This enormous area offers many different options that will suit everyone in the family. Besides retail and dining outlets, the space boasts a bowling alley, cineplex, as well as the Genting International Convention Centre.

If you haven't shopped till you dropped within the Plaza, the hotel is conveniently connected to another shopping mall called SkyAvenue. For even more shopping, the Awana Skyway station at SkyAvenue links you to the Genting Highlands Premium Outlets!

At the Skytropolis Indoor Theme Park, you can try thrilling rides such as the Sky Towers and Power Surge. Younger ones and those who prefer to take it slow can take a seat on the Copper Express, a steam-engine train that takes you on a tour around a mini garden.

If flirting with Lady Luck is more your thing, then you are in the right place. After all, Genting Highlands is well-known for its many gaming halls. The biggest and the latest is SkyCasino, which is located on SkyAvenue and open 24 hours a day.

## Try it

Tempted to try First World Hotel? SGCC is organising a 3D2N tour to Genting Highlands, and participants will be housed in First World Hotel. Take advantage of this special deal and bond with other SGCC Members. See box for more details.

Book It

## 3D2N Tour to Genting Highlands 21–23 February 2020

**DATE:** 21–23 February 2020 (Friday–Sunday)  
**DEPARTURE FROM CLUB:** Assemble at Main Lobby at 6.30am; Depart at 7am  
**ARRIVAL AT CLUB:** ETA 7pm

	SINGLE OCCUPANCY (without GST per person)	TWIN OCCUPANCY (without GST per person)
Member	\$399*	\$335* (\$355 guest)

### \* Charge includes the following items:

- 2-way Singapore-registered air-conditioned coach (Singapore-Genting-Singapore)
- 2 nights' stay at First World Hotel with daily breakfast
- English-speaking guide
- Personal accident insurance of \$10,000 per person, and medical claims of \$500 per person (not for treatment of illness/food poisoning)
- 1 *Imaginatricks* show ticket at Genting International Showroom
- 2 lunches at local restaurants
- OPTIONAL: Visits to Genting Strawberry Leisure Farm / Mini Cameron Highlands Garden / Genting Highlands Premium Outlets

**Closing date: 10 January 2020.**  
**Minimum: 40 pax**

**Contact Jean Lee at 6398 5383 or**  
**jean\_lee@sgcc.com.sg**



# Talent Runs in This Family

Keep your ears peeled for the piano-playing Teo siblings as they rock the house during SGCC's Christmas Light-up.



Members who have attended SGCC's Christmas Tree Light-up for the past three years may recall the entertaining piano duet and solo performances by siblings Thea and Seth Teo. The foot-tapping numbers played by the brother-sister duo had the crowd bopping to the beat.

Last year, nine-year-old Thea, who favours pop and jazz, gave a lively rendition of 'A Thousand Years', a hit song written by Christina Perri and David Hodges for the *Twilight* films, and 'The Penguin', a bluesy piece by

American composer Richard Lane. Eight-year-old Seth, on the other hand, tickled the ivories with the more conventional but equally chirpy classical piece, 'Hungarian Dance No. 5' by Brahms and a bluesy number, 'Jam in G'.



This year, Members will have the added pleasure of listening to a rendition by the youngest of the Teo trio, six-year-old Josh, who is keen to follow in his older siblings' footsteps, reveals the children's mother, Mrs Valencia Teo.

### A natural progression

Wondering if music is in the DNA of these children? You are not far off the mark. Their father, Mr Marcus Teo, used to be a member of the Singapore Youth Orchestra.

Given his fondness for music and a sound grasp of the advantages of a music education, it is unsurprising that Mr Teo enrolled his three children for piano lessons from the tender age of four. "I suppose it was natural for us to expose our children to music at an early age, hoping they would learn to appreciate it in a deeper way," surmises Mrs Teo.

Mr Teo puts it this way. "Music is a multi-sensory activity," he describes. "It is both intellectually and physically demanding. For example, playing the piano requires the ability to read two lines of music at any one time; it also requires dexterity, coordination and strength in using both hands and feet. In addition, you need to develop musical intelligence and taste in phrasing each note to bring out the right sound as intended by the composer by listening to different genres of music. It can be really stimulating, uplifting and satisfying



when you develop an appreciation for good music."

While not all who study music are comfortable performing in front of an audience, this is not the case with the Teo trio. Thea, who was first chosen to give a public performance at the age of six by her music school, Yamaha, has become comfortable in the spotlight.

Her siblings are growing in stage confidence, as all of them have completed a course at the Performing Arts Academy, where they got to hone their performance skills as MCs at concerts, role playing and doing prose and poetry readings in front of an audience.

### No stage fright

"While they may sometimes feel



nervous about performing in front of an audience, I can see them get better each time they are given the opportunity," say their parents, adding, "It is about conditioning and experience."

Of course, the setting of their performance plays a part, too. The atmosphere at SGCC's light-up, points out Mrs Teo, is festive and fun, and far less intimidating than the stiff ambience of an exam room or a concert hall.

Besides participating in the Christmas festivities at SGCC, the children attend swimming classes in the Club. As Junior Gems' Kids Club Members, they also enjoy playing games in the Hangout and playroom with their friends, and participating in Club activities that involve magic, fantasy and make-believe.

At school — the two older children attend Henry Park Primary — Thea is a member of the Chinese Dance troupe, while Seth will be participating in a multi-sports programme.



## JUNIOR GEMS Sign-up

Why not let your kids join SGCC's Junior Gems club? They will get to meet many interesting kids, such as the Teo siblings, and engage in fun activities as well as receive tantalising treats. Sign up (annual membership fee is \$26.75 w/GST) now and your child will receive the following package worth \$32:












- Smoothie as a welcome gift
- Waffle with Single Scoop Ice Cream as a welcome gift
- Single Scoop Ice Cream on your birthday
- One free workshop
- Complimentary entry to the Junior Gems Anniversary Party
- Invitations to exclusive Junior Gems parties and activities

To sign up for Junior Gems, contact Jean Lee at 6398 5383 or email [jean\\_lee@sgcc.com.sg](mailto:jean_lee@sgcc.com.sg)





## DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>30</b>	<b>31</b> New Year's Eve Set Menu <b>Garden Grill</b> 					<b>1</b> Year-end Festive Fare in True Yuletide Spirit <b>Garden Grill</b> Bowling Seniors <b>Gardens Bowl</b> 11am Pulau Ubin Cycling <b>Pulau Ubin</b> 7am
<b>2</b>	<b>3</b> Musical Afternoon Club Twenty-Two 2pm 	<b>4</b>	<b>5</b>	<b>6</b> Muzik Line Crossroads Lounge 7.30pm	<b>7</b> Saturday Night Live with Locomotion Club Twenty-Two 8pm Bowler of the Year - Ladies <b>Gardens Bowl</b> 	<b>8</b> Bowler of the Year - Men <b>Gardens Bowl</b> 
<b>9</b>	<b>10</b> Musical Afternoon Club Twenty-Two 2pm 	<b>11</b>	<b>12</b>	<b>13</b> Muzik Line Crossroads Lounge 7.30pm	<b>14</b> Saturday Night Live with Locomotion Club Twenty-Two 8pm Darts Christmas Darts Lounge 2pm Simultaneous Chess Main Lobby 7.30pm 	<b>15</b>
<b>16</b>	<b>17</b> Christmas Musical Afternoon Club Twenty-Two 1pm 	<b>18</b>	<b>19</b>	<b>20</b> Muzik Line Crossroads Lounge 7.30pm	<b>21</b> Saturday Night Live with Locomotion Club Twenty-Two 8pm	<b>22</b> Line Dance Afternoon with DJ Dennis Goh Club Twenty-Two 2.30pm 
<b>23</b>	<b>24</b>  Christmas Eve D&D with Muzik Line Kensington Ballroom 7.30pm	<b>25</b> Christmas Day Christmas Day Set Menu <b>Garden Grill</b> 	<b>26</b>	<b>27</b> Muzik Line Crossroads Lounge 7.30pm	<b>28</b> Saturday Night Live with Locomotion Club Twenty-Two 8pm	<b>29</b>

Information is subjected to changes without prior notice. For more updated Club happenings, log on to our online Events Calendar at [www.sgcc.sg](http://www.sgcc.sg)



# JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1</b> New Year's Day New Year's Day Set Menu <b>Garden Grill</b> 	<b>2</b>  Asian Fusion Cuisine <b>Garden Grill</b>	<b>3</b> Live Band Performance <b>Crossroads Lounge</b> 7.30pm 	<b>4</b> Teddy Bear Ceramic Diffuser Workshop <b>Clover Room</b> 2pm Saturday Night Live with Muzik Line <b>Club Twenty-Two</b> 8pm 	<b>5</b> 
<b>6</b> Sale of CNY Festive Delicacies <b>Atrium Café</b> 	<b>7</b> Musical Afternoon Club <b>Twenty-Two</b> 2pm 	<b>8</b>	<b>9</b>	<b>10</b> Live Band Performance <b>Crossroads Lounge</b> 7.30pm 	<b>11</b> Saturday Night Live with Muzik Line <b>Club Twenty-Two</b> 8pm Allegro Chess <b>Casuarina Room</b> 12pm 	<b>12</b> SGCC Extraordinary General Meeting <b>Kensington Ballroom</b>
<b>13</b>	<b>14</b> Musical Afternoon Club <b>Twenty-Two</b> 2pm 	<b>15</b>	<b>16</b>	<b>17</b> Live Band Performance <b>Crossroads Lounge</b> 7.30pm 	<b>18</b> Saturday Night Live with Muzik Line <b>Club Twenty-Two</b> 8pm CNY Flower Workshop <b>Clover Room</b> 11am Exploring Singapore <b>Bukit Timah</b> 8am 	<b>19</b>
<b>20</b>	<b>21</b> Musical Afternoon Club <b>Twenty-Two</b> 2pm 	<b>22</b>	<b>23</b>	<b>24</b> SGCC Club-Wide Closure for CNY <b>Serangoon Gardens Country Club</b>	<b>25</b> Chinese New Year	<b>26</b> Chinese New Year Line Dance Afternoon with DJ Dennis Goh <b>Club Twenty-Two</b> 2.30pm 
<b>27</b> Public Holiday	<b>28</b> Musical Afternoon Club <b>Twenty-Two</b> 2pm 	<b>29</b>	<b>30</b>	<b>31</b> Lo Hei D&D with Live Band Performance <b>Kensington Ballroom</b> 7.30pm 		

Information is subjected to changes without prior notice. For more updated Club happenings, log on to our online Events Calendar at [www.sgcc.sg](http://www.sgcc.sg)



# An Officer and a Sportsman

SGCC has a SEAP Games champion in its midst: Mr Arulnathan Subramaniam, a long-time Member of the club, was part of the hockey team that scored a gold medal at the 1973 edition.

Sitting by the swimming pool at SGCC, Mr Arulanathan Subramaniam — Mr Arul, as he is better known as — mops beads of sweat from his brow. It is a sweltering afternoon and he is clad in a long-sleeved jersey that is better suited for cooler climes. But there is a reason for his choice of attire: the jersey is emblazoned with the word 'Grandmasters' and proudly announces Mr Arul as a member of the World Grand Masters Association, which promotes hockey worldwide for players aged 60 and above.

It clearly attests to the 69-year-old's ongoing love affair with a sport that saw his team win the 1973 Southeast Asian Peninsular (SEAP) Games, the first and only time Singapore has won a regional gold medal in hockey. Mr Arul was then the vice-captain of the team, and scored the first goal in that 2-0 win against Malaysia. It was a proud achievement indeed for the young man, who still recalls his moment of glory in a voice filled with emotion. "I remember the final match in that SEAP Games, when we shocked Malaysia 2-0. I scored the first goal through a penalty flick," he reminisces. "It was a surreal feeling."

Buoyed by that top-of-the-world feeling, he hoisted goalkeeper Ng Hoi Kah onto his shoulders and carried him around the National Stadium during the closing ceremony. "He had played a tremendous game and done some daring saves. I wanted to do something special for him," explains the jovial gentleman, who was presented the SAFSA 'Sportsman of the Year' award for 1973/74.



"I remember the final match in that SEAP Games, when we shocked Malaysia 2-0. I scored the first goal through a penalty flick. It was a surreal feeling."

## How it began

Mr Arul's love for hockey was sparked as a six-year-old, when he would watch his older brother wielding the stick and ball and accompany him to practice matches. His talent on the hockey pitch was recognised when he enrolled in St Joseph's Institution. He was roped into the school team and, later, the national squad. Mr Arul was a member of the national team for nearly a decade, and was its captain from 1973–79. During this time, he played in three SEAP games.



Forty years on, his interest in the sport remains unwavering. While he no longer plays the game, he continues to be involved as manager of the National Junior team. He has also presided over games in the region, having received his international umpire's badge in 1981.

Last year, he was the manager for the Singapore Grand Masters Hockey World Cup 2018 for Veterans in Barcelona, Spain. "I love sports; now I can try to contribute to it as a manager," enthuses the Manchester United fan, a supporter since 1958 who has visited Old Trafford five times.

## Keeping in touch

He is also a member of the Hockey Buddies group, and helps co-ordinate meet-ups with his former teammates, now scattered around the world. Annual gatherings have been held in the last five years, on the last week of July.

The retired SAF senior officer, who lives in Serangoon Gardens with his wife, is a father of two girls in their 30s, and grandfather of a two-and-a-half-year-old boy.

These days, he is focused on keeping fit and shedding the extra kilos. An SGCC Member since 1996, he has made the effort to get to the club by 5.15am every morning for the past year to swim 18 laps, come rain or shine. Showing signs of his time in the military, he advises that self-discipline is key to achieving one's fitness goals. He also watches his diet, cutting down on carbohydrates and sugar. "It's hard as my wife is a good cook," he admits ruefully.



# SGCC Celebrates the Festival of Lights

Although Deepavali is strongly associated with Indians and Hindus, the festival was celebrated at SGCC this year by Members of other ethnicities and faiths.



Matt & Norm



Our Club was buzzing with activity toward the end of October as we prepared to celebrate the Festival of Lights, Deepavali, with all our Members. Deepavali was marked over two weekends, starting with a grand celebration for all Members — even those of other races and cultures — and ending with an all-out dance fest in Kensington Ballroom on the second day of Deepavali.

## Saturday, 19 October

The celebrations started as night began to fall. Kicking off with free henna art sessions at 6.30pm, Members young and old were given the chance to adorn their hands with intricate motifs, all carefully applied by the skilful henna artists on site at the Main Lobby.

Members were also entertained by the dynamic duo of Matt & Norm, who were back by popular demand after their captivating performance during the Club's Hari Raya celebrations. Entertaining the entire lobby with a variety of tunes in different languages,

their upbeat performance even spurred some of our Members to get up on their feet and dance!

The aroma of chicken curry and saffron rice soon wafted throughout the lobby, signalling the commencement of our biryani sampling session. A hundred portions of this aromatic dish were specially prepared to whet our Members' appetite, a foretaste of what was to be offered at Atrium Café and Coffee Deli the following weekend. Members — even the non-Indians — could be seen tucking into their meal with gusto!

While Members were filling their belly, they were treated to a live musical performance by Malaysian singer-songwriter Maran, who presented five of his upbeat songs in Tamil.

## Monday, 28 October

The Deepavali Tea Dance, held at Kensington Ballroom, saw more than 200 participants joining line dance instructor Tay Bee Khim to jive to energetic Hindi and Tamil hits. In the spirit of Deepavali, many attendees turned up in their best traditional Indian attire to soak in the festive atmosphere.

Several Members expressed their delight at SGCC's Deepavali festivities, and were especially pleased with the quality of the biryani served at the sampling session. As a reflection of our multi-racial society, these two weekends saw Members from all races and religions coming together to celebrate the Festival of Lights.



Many Members dressed up in traditional Indian attire for the Deepavali Tea Dance.



# COMPETITIONS



## DARTS CHRISTMAS CHALLENGE

Match your skills against fellow members this festive season in a friendly game or two!

### DATE

14 December 2019, Saturday

### TIME

2pm onwards

### VENUE

Darts Lounge

### FEE

\$10.70\* w/GST

\* Fee includes buffet dinner

### MIN / MAX

16 / 24 participants

### CLOSING DATE

1 December 2019, Sunday

## DARTS CRICKET ANG POW

Pit yourself against fellow members and see who can hit the bulls' eye. Make some new friends while you're at it.

### DATE

1 February 2020, Saturday

### TIME

2pm onwards

### VENUE

Darts Lounge

### FEE

\$10.70\* w/GST

\* Fee includes buffet dinner

### MIN / MAX

16 / 24 participants

### CLOSING DATE

19 January 2020, Sunday

### CONTACT

Daniel Chong at 6739 5351 or recreation@sgcc.com.sg

## BRIDGE ANG POW 2020

Calling all bridge enthusiasts! Join us for this year's Ang Pow Game and win some attractive prizes.

### DATE

4 February 2020, Tuesday

### TIME

9am onwards

### VENUE

Casuarina Room

### FEE

\$21.40\* w/GST  
(Member)

\$28.00\* w/GST  
(Guest)

\* Fee includes lunch

### MIN

16 participants

### CLOSING DATE

20 January 2020, Monday

### CONTACT

Zaleha at 6398 5373 or recreation@sgcc.com.sg

## SQUASH ONE DAY ANG POW

This one's for squash enthusiasts. If you're not in the mood to play, why not be a spectator and enjoy the dinner provided?



### DATE

1 February 2020, Saturday

### TIME

3pm onwards

### VENUE

Squash Courts

### FEE

\$12 w/GST (Member)

\$12 w/GST (Guest)

\$15 w/GST (Dinner only)

### DATE

19 January 2020, Sunday



### BOWLING ANG POW

Sign up for this festive bowling competition and see how many strikes you can hit in the Best-of-6-games format.

DATE	
2 February 2019, Sunday	
TIME	VENUE
10am Check-in 10.15am Roll-off	Gardens Bowl
FEE	ELIGIBILITY
\$25.68 (Member)	21 years and above
MIN / MAX	CLOSING DATE
20 / 30 participants	19 January 2020, Sunday



### BOWLING RAMP FOR RENT

Calling all children aged between four and six! Head to our bowling alley and have a blast trying out our new funky bowling ramp.

FEE
Loan at \$2.14 W/GST per hour



CONTACT
Zaleha at 6398 5373 or recreation@sgcc.com.sg



### SIMULTANEOUS CHESS

A guest player will be playing simultaneous chess with multiple players. So come on down and join in the fun!

DATE	
14 December 2019, Saturday	
TIME	VENUE
7.30pm onwards	Main Lobby
FEE	
FREE (Member)	\$10.70 NETT (Guest)
MIN	CLOSING DATE
12 participants	2 December 2019, Monday

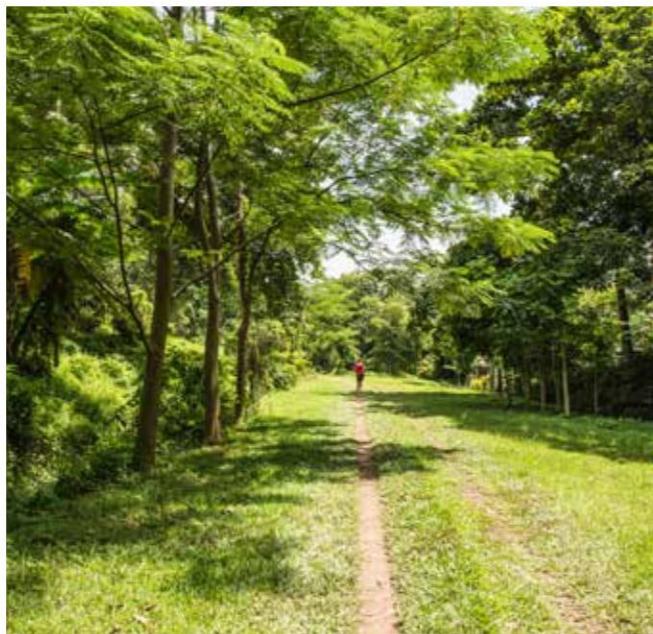
### ALLEGRO CHESS 2020

At our first chess tournament for the year, participants will engage in 15 minutes-a-side matches other over seven rounds.

DATE	
11 January 2020, Saturday	
TIME	VENUE
12pm onwards	Casuarina Room
FEE	
\$10.70* w/GST (Member)	\$21.40 NETT (Guest)
* Fee includes light refreshment at 12pm	
MIN / MAX	CLOSING DATE
16 / 32 participants	3 January 2020, Friday

CONTACT
Terrence Ho at 6398 5389 or recreation@sgcc.com.sg





### EXPLORING SINGAPORE: GREEN CORRIDOR

Join us as we explore the greenery along the Rail Corridor and relive history.

DATE	
18 January 2020, Saturday	
TIME	VENUE
8am-1pm	Bukit Timah
FEE	
\$10.70* w/GST (Member)	\$21.40* w/GST (Guest)
*Fee includes two-way transport from Club and light refreshment	
MIN	CLOSING DATE
12 participants	6 January 2020, Monday
CONTACT	
Terrence Ho at 6398 5389 or recreation@sgcc.com.sg	

## CLASSES

### LEARN-TO-SWIM PROGRAMME

Run by Quattor Swim School, this programme is structured according to the SwimSafer criteria. Students will be trained and taught according to the requirements for different levels.

#### WEEKDAY SESSIONS

Mondays, Tuesdays, Thursdays, Fridays:  
4pm-5pm, 5pm-6pm, 6pm-7pm

#### WEEKEND SESSIONS

Saturdays-Sundays:  
9am-10am, 10am-11am, 11am-12pm

Note: Free assessment will be conducted for new students (applies to fresh beginners) to place them in the appropriate session.

#### FEE: 1 SESSION / WEEK

\$67.41 w/GST (Member)	\$78.65 w/GST (Guest) Weekday	\$89.88 w/GST (Guest) Weekend
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#### FEE: 2 SESSIONS / WEEK

\$89.88 w/GST (Member)
\$112.35 w/GST (Guest) Both sessions on weekdays
\$123.59 w/GST (Guest) 1 session on weekday & 1 session on weekend
\$134.82 w/GST (Guest) Both sessions on weekend

Note: Fee (excluding for Guests) will be pro-rated in the event of public holidays or if there is a fifth week in the month.



### SWIMMING DEVELOPMENT PROGRAMME

Run by Quattor Swim School, this programme caters to swimmers who wish to improve their competitive swimming knowledge and skills. It focuses on boosting stamina as well as efficiency of a swimmer's stroke technique. This programme is a step up from the SwimSafer requirements as swimmers will be trained to progress to a competitive level.

#### WEEKDAY SESSIONS

Mondays, Wednesdays, Fridays: 7.30pm-9pm

#### WEEKEND SESSIONS

Saturdays-Sundays: 10.30am-12pm

#### FEE: 1 SESSION / WEEK

\$78.65 w/GST (Member)	\$89.88 w/GST (Guest) Weekday	\$101.12 w/GST (Guest) Weekend
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#### FEE: 3 SESSIONS / WEEK

\$101.12 w/GST (Member)
\$134.82 w/GST (Guest) All sessions on weekdays
\$157.29 w/GST (Guest) 1 session on weekday & 2 sessions on weekend
\$146.06 w/GST (Guest) 2 sessions on weekdays & 1 session on weekend

Note: The above fees will not be pro-rated in the event of public holidays or if there is a fifth week in the month.

#### CONTACT

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





## MUAY THAI

WEEKEND	TIME
Saturdays-Sundays	9am-10.30am
VENUE	SESSIONS
Aerobics Studio	Unlimited
FEE	
\$112.35 w/GST (Member)	\$123.59 w/GST (Guest)
ELIGIBILITY	
6 years old and above	
MIN / MAX	
6 / 20 participants	

## TAEKWONDO

CLASS	WEEKDAY
Beginner	Fridays
TIME	
6pm-7pm (For ages 4-6); 7pm-7.45pm (For ages 6 and above)	
FEE	
\$78.65 w/GST (Member)	\$89.88 w/GST (Guest)
CLASS	WEEKDAY
Intermediate	Fridays
TIME	
8pm-9.15pm	
FEE	
\$78.65 w/GST (Member)	\$89.88 w/GST (Guest)

CLASS	WEEKEND
Sparring	Sundays
TIME	
5.15pm-6.45pm	
FEE	
\$89.88 w/GST (Member)	\$101.12 w/GST (Guest)
VENUE FOR ALL CLASSES	
Aerobics Studio	
MIN / MAX	
6 / 20 participants	

Note: Charges are for four lessons in a month. There will be additional charges if there are five lessons in a month.

## ABOUT THE TRAINER

Patrick Tan has more than 37 years of Taekwondo coaching experience, including teaching stints in the armed forces, international schools, commercial gyms, private clubs, and other organisations. Equipped with a National Coaching Accreditation Programme (NCAP) Level 3 certification from Sport Singapore, he is also a Singapore Taekwondo Federation (STF) 7th Degree Black Belt, a STF-certified instructor (Poomsae and Kyorugi), a Kukkiwon-certified instructor, and a STF referee (Poomsae and Kyorugi). Under his training, some of our Members have become champions in their respective categories in both National Kyorugi Championship and Inter-School Kyorugi Championship.



## CONTACT

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



**JOIN THE BILLIARDS SECTION!**

All levels are welcomed. For a minimum monthly subscription of \$5, you are entitled to the following:

- Participate in tournaments organised by SGCC
  - Snooker Open Championship
  - Snooker President Cup
  - Snooker Convenor Cup
  - 8 Ball Pool Tournament
  - 8 Ball Blind Doubles Pool Tournament
  - 9 Ball Pool Tournament
- Represent SGCC in invitational events (friendly matches with other clubs, tournaments organised by Cuesports Singapore)
- Souvenir from the section
- Billiards Section gatherings
- Coaching from our experts

**JOIN THE SGCC GOLF SECTION**

The SGCC Golf Section is open to all SGCC members who enjoy golfing. For a monthly fee of \$8 w/GST, SGCC Golf Section members will enjoy the following benefits:

- Exclusive golf souvenirs, gifts, and goodies periodically
- Subsidised rates for golfing events (Golf Monthly Medal, SGCC Golf Section Annual Tournament, and local or overseas golf trips)
- Eligible for Monthly Medals and Champion of Champions Tournament
- Invitation to attend Golf Section Year-End Party for a token fee
- Spouse of Golf Section members will only pay half of the monthly contribution if they also sign up as a section member
- Receive updates on upcoming golfing events

**CONTACT**

If you are interested, kindly obtain a form from the Sports & Recreation Department. We hope to see you soon.

**BOWLING: CENTRE OF EXCELLENCE PROGRAMME**

The Centre of Excellence (COE) programme is open to all aspiring bowlers who wish to improve their game or aspire to join the ranks of the National Youth Development Bowler or SGCC Youth Team Bowler.

COE is a three-year structured programme consisting of three levels: Elementary, Intermediate and Advanced. The Elementary curriculum covers Fundamentals, Footwork, Posture and Swing. Timing, Flow and Swing Plane are covered at the Intermediate level. At the Advanced level, the emphasis is on Release, Tactical Movement and Competitive Skills. The programme will be conducted by SBF-appointed COE coaches Mr John Liaw and Mr Samuel Ho.

DATE	VENUE
February 2020	Gardens Bowl
FEE	
\$2,889.00 w/GST (Member)	\$3,210.00 w/GST (Guest)
Note: • Downpayment of \$1,000, followed by \$170/mth X 10 instalments (Member) • 60 sessions of training programme per year (2 training sessions per week, 1 weekday and 1 weekend) • Each training session lasts 2 hours	
ELIGIBILITY	MIN / MAX
Children (10-17 years old) who have completed the Bowling Elementary Programme	8 / 15 participants
CONTACT	
Zaleha at 6398 5373 or recreation@sgcc.com.sg	



## VINYASA FLOW YOGA

Soothe your bodily tensions while improving flexibility and physical strength — sign up for Vinyasa Flow Yoga classes today!

LESSON	VENUE
Thursdays: 7.30am–8.30am, 9am–10am	Aerobics Studio
FEE	
\$67.41 w/GST (Member)	\$78.65 w/GST (Guest)
ELIGIBILITY	MIN / MAX
6 years old and above	6 / 30 participants

### ABOUT THE TRAINER

Dawn Wong has been practising yoga for more than six years. She has teaching certifications in Pregnancy Yoga and Vinyasa Yoga. She believes it is important to have a fun and safe practice, and encourages students not to be too hard on themselves on the mat. Her teaching emphasises proper alignment to build a strong foundation.



### CONTACT

Terrence Ho at 6398 5389 or recreation@sgcc.com.sg

## FITNESS FUN PROGRAMMES

Maintain an active lifestyle while having fun with our wide range of fitness programmes.

DANCERISE
Mondays: 10am–11am, Saturdays: 12pm–1pm
ABTSOLUTELY FABULOUS
Mondays: 11.30am–12.30pm
BODYBLAST
Wednesdays: 10am–11am
JAZZ4U
Thursdays: 7.45pm–8.45pm
ABTSOLUTELY SCULPTED
Fridays: 11.30am–12.30pm
POWERSTRETCH™
Tuesdays: 7.45pm–8.45pm
Wednesdays: 12pm–1pm (NEW SLOT!)
Wednesdays: 7.45pm–8.45pm
Fridays: 10am–11am
Saturdays: 1.45pm–2.45pm
VENUE
Aerobics Studio

1 LESSON / WEEK	2 LESSONS / WEEK
\$61.79 w/GST (Member)	\$84.26 w/GST (Member)
3 LESSONS / WEEK	4 LESSONS / WEEK
\$101.12 w/GST (Member)	\$117.97 w/GST (Member)

Note: An additional monthly charge of \$21.40 W/GST will be imposed for guests.

AD HOC / TRIAL SESSION (PINK FORM)	
\$21.40 w/GST per session (Member)	\$26.75 w/GST per session (Guest)

Note: Applicable for monthly registered students to use for CLASSES THAT ARE FULLY SUBSCRIBED (as per monthly schedule posted on the noticeboard) and to non-monthly registered members and guests.

### INCENTIVE AD HOC FOR NON-FULLY SUBSCRIBED CLASSES (WHITE FORM)

\$10.70 w/GST per session (Member)

\$16.05 w/GST per session (Guest)

Note: Applicable for classes that are not fully subscribed (as per monthly schedule posted on the noticeboard) and for current monthly registered students and guests. Each guest under Incentive Ad Hoc must be billed to the respective member who signed her/him for the monthly class.



### ABOUT THE TRAINERS

Derrick Ee (PowerStretch™, Bodyblast, Dancercise, ABTSolutely Fabulous and Jazz4U) has been the Chief Aerobic Instructor of the club since 2000. He is a multi-disciplined talented dancer, choreographer, dance and fitness instructor with over two decades of experience. James Shaw (ABTSolutely Sculpted class) has been in the fitness industry since 1982, teaching group exercises as well as conducting personal training. He has taught in various countries including Singapore, Thailand, and the USA.

### CONTACT

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





CHESS LESSONS FOR ALL LEVELS

LESSON	VENUE
Saturdays: 1pm-2.30pm	Clover Room
FEE	
\$89.88 w/GST (Member)	\$101.12 w/GST (Guest)
Note: Charges are for a cycle of four lessons a month. There will be an additional charge if there are five lessons in a month.	
ELIGIBILITY	MIN
6 years old and above; adults are welcome	4 participants
CONTACT	
Terrence Ho at 6398 5389 or recreation@sgcc.com.sg	

**ABOUT THE TRAINER**  
Lincoln Yap is a FIDE (Federation Internationale des Echecs — World Chess Federation) instructor and International Arbiter (IA). He is an experienced chess coach who is accredited by the Singapore Chess Federation (SCF), and a qualified trainer of the Singapore National Junior Squad. He is also MOE-registered and teaches regularly at SCF and at various schools in Singapore and the Philippines.

ADULT GROUP COACHING TENNIS PROGRAMME BY ACES TENNIS

CLASS	LESSON
Beginner	Saturdays: 3.30pm-5pm
CLASS	LESSON
Intermediate	Mondays: 7pm-8.30pm 8.30pm-10pm
CLASS	LESSON
Ladies' Intermediate	Fridays: 8am-9.30am
FEE	
\$148.30 w/GST (Member)	\$165.15 w/GST (Guest)
Note: Fee is for a cycle of four lessons in a month. There will be additional charges if there are five weeks of lessons in a month.	
VENUE	
Tennis Courts	



CONTACT
Daniel Chong at 6739 5351 or recreation@sgcc.com.sg



## JUDO FOR KIDS

LESSON	VENUE
Thursdays: 4.30pm–5.30pm	Aerobics Studio
FEE	
\$89.88 w/GST per month (Member)	\$101.12 w/GST per month (Guest)
ELIGIBILITY	MIN / MAX
5 years old and above	6 / 20 participants

### ABOUT THE TRAINER

Md Azfar Ali possesses a second Dan black belt, and trained to be a Judo coach at the Kodokan Judo Institute in Japan under the ASEAN-Jita Kyoei Programme. Azfar, who has been coaching for several years, believes in focusing on fundamental skills development, and strives to make learning the sport an enjoyable and enriching experience for learners of all ages.



### CONTACT

Terrence Ho at 6398 5389 or recreation@sgcc.com.sg



## CHINESE MARTIAL ARTS

Learn a variety of Chinese martial arts — such as Taiji, Xingyi boxing, and Bagua Palms — under Master Ngiam Tong Kheng.

LESSON	VENUE
Sundays: 2.15pm–3.45pm	Aerobics Studio
FEE	
\$101.12 w/GST (Member)	\$117.97 w/GST (Guest)

### ABOUT THE TRAINER

Master Ngiam Tong Kheng has more than 50 years of experience imparting his knowledge of various Chinese martial arts. He holds a World Tradition Martial Arts Union ninth Dan, and is an International Wushu Judge (International Wushu Federation).

## TAIJIQUAN (BEGINNER)

Taijiquan is an excellent exercise for keeping fit and healthy. Its movements are gentle and slow; it focuses more on developing the mind rather than the body. It is believed that prolonged practice can help one cultivate a gentle and amiable character. The class will cover 37 Yang-Shi Taijiquan and Taiji broadsword and sword techniques.

LESSON	VENUE
Sundays: 8am–9am	Car Park Area (Palm Wing)
FEE	
\$146.06 w/GST for 12 sessions (Member)	\$168.53 w/GST for 12 sessions (Guest)

### ABOUT THE TRAINER

Lee Teck Chye is a qualified PA trainer who is registered under the Singapore Wushu Dragon & Lion Dance Federation as a tai chi coach (Level: Intermediate) and has been teaching in various community clubs.



### CONTACT

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





**COOL WATER WORKOUT**

Hate feeling all hot and sticky while exercising? Then aquatic exercise and therapy is for you. To achieve a zero-impact workout, participants of this class run, walk, twist or bend while suspended in the deeper end of the swimming pool. This is suitable for people of all fitness levels. Cool Water Workout is the coolest way to keep fit!

**ABOUT THE TRAINER**

Pamela Sashai holds a Physical Fitness Specialist Certificate majoring in Aerobics Dancing, and a Professional Certificate in Deep Water Workout from Columbia Southern University. She has taught aerobics, aqua aerobics, and Deep Water Workout in country clubs, private organisations, and condominiums.

**LESSONS**

Mondays: 8.30am-9.30am, Tuesdays: 7pm-8pm  
Thursdays: 8.30am-9.30am, 7pm-8pm

**ELIGIBILITY**

16 years old and above

**FEE**

- \$67.41\* w/GST once a week per month (Member)
- \$112.35\* w/GST twice a week per month (Member)
- \$84.26\* w/GST once a week per month (Guest)
- \$129.20\* w/GST twice a week per month (Guest)

\* Prices not inclusive of a personal wetsuit, which must be purchased for the class.



**WATERBABIES (PRIVATE COACHING)**

Allow your babies to experience the joys of being in the water with this course. This is a one-on-one session for children between six to 42 months old. Each child is to be accompanied by a parent.

**VENUE**

Swimming Pool

**FEE**

- \$134.82 w/GST for 4 sessions @ 10mins per session
- Note: Additional guest charges of \$5.35 w/GST per weekday and \$8.56 w/GST per weekend.

**ABOUT THE TRAINER**

Barbara Lina Lei has been coaching multi-sensory swimming programmes for kids since 1999.

**CONTACT**

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



### TABLE TENNIS (PRIVATE COACHING)

Hone your skills in this fast-paced sport through private coaching.

#### VENUE

Squash Court 4

#### INDIVIDUAL FEE

\$44.94 w/GST per hour (Member)

#### GROUP FEE (2 PLAYERS)

\$56.18 w/GST per hour

Note: Additional \$10.70 w/GST per guest. Fees do not include court bookings.

#### ABOUT THE TRAINER

Registered with the National Coaching Accreditation Programme (NCAP Level 1), Nicholas Chee has been playing the game since 1977, and has given personal and group coaching for kids and adults since 2000.



#### CONTACT

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

### SQUASH (PRIVATE TRAINING)

Whether you are a pure beginner or someone who would like to get back into the game, the private coaching sessions will definitely help you work towards being the best.

#### INDIVIDUAL LESSON FEE

\$85.60 w/GST per hour (Member)

#### GROUP LESSON FEE (2-4 PAX PER GROUP)

\$128.40 w/GST per hour

Note: Additional \$16.05 w/GST per guest. Fees do not include court bookings.

#### ABOUT THE TRAINER

Allan Chang is a certified squash coach with more than 20 years of experience.

#### CONTACT

Daniel Chong at 6739 5351 or recreation@sgcc.com.sg



#### AIKIDO

##### WEEKEND

Saturdays

##### TIME

4.30pm-5.30pm

#### VENUE

Aerobics Studio

#### FEE

\$56.18 w/GST per month  
(Member)

\$67.41 w/GST per month  
(Guest)

Note: Fee is for four lessons in a month. There will be additional charges if there are five lessons in a month.

#### ELIGIBILITY

6 years old and above

#### MIN / MAX

6 / 20 participants

#### ABOUT THE TRAINER

George Chang Koon Chua is President and Chief Instructor of the Ueshiba Aikido Association. Officially recognised by Aikido World Headquarters in Japan, he is a qualified Aikido instructor, and the only seventh Dan holder in Singapore. He is the Head Instructor of the Teaching and Grading Committee, and is authorised to conduct grading examinations of Aikido students. He has taught this form of martial arts in community centres, country clubs and other organisations in Singapore.

#### CONTACT

Terrence Ho at 6398 5389 or recreation@sgcc.com.sg



## Year-End Festive Fare in True Yuletide Spirit

Round off your Christmas celebrations with a sumptuous meal at the Garden Grill.  
Available throughout the month of December 2019 (except on 24, 25 & 31 December).

**Daily: 12pm-3pm; 6pm-10pm**

(Last order: 30 minutes before closing)

**3-course set from \$20.12 w/GST per person**

**4-course set from \$25.47 w/GST per person**

\$2.68 w/GST discount for Students and  
Senior Members aged 55 years old and above

Pork Meatball  
Poppers



### APPETISER

**Prawn Salad**

with Red Onion and Avocado  
or

**Smoked Salmon**

with Mascarpone Dill Sauce  
or

**Pork Meatball Poppers**

with Marina Sauce and Cheese

### SOUP

**Chicken Consommé**

with Turkey Dumplings  
or

**Split Pea and Ham Soup**

### MAIN COURSE

**Cannelloni**

stuffed with Spinach and Ricotta Cheese  
or

**Grilled Atlantic Salmon**

with Hollandaise Sauce, Winter Vegetable  
& Boiled Potato  
or

**Bacon-wrapped Turkey Breast**

with Mushroom Stuffing  
or

**Roasted Boneless Leg of Lamb\*\***

with Rosemary and Garlic Sauce  
or

**Garlic-braised Short Ribs\*\*\***

with Red Wine



Roasted Boneless  
Leg of Lamb

### Surcharges for Garden Grill

Items indicated with  
single, double and  
triple asterisks are  
subject to the following  
surcharges:

. \$4.28 w/GST /  
.. \$8.55 w/GST /  
... \$12.80 w/GST

### DESSERT

**Panettone**

with Vanilla Ice Cream  
topped with Chocolate Sauce  
or

**Pumpkin Pie**

**Contact Garden Grill at 6398 5313**



# Asian Fusion Cuisine

Savour the best of East and West with a twist on Asian festive favourites with our fusion menu. Available from 2-31 January 2020 (except 24, 25 & 26 January)

**Daily: 12pm-3pm; 6pm-10pm**

(Last order: 30 minutes before closing)

**3-course set from \$20.12 w/GST per person**

**4-course set from \$25.47 w/GST per person**

\$2.65 w/GST discount for Students and Senior Members aged 55 years old and above



Lobster with  
'Ma La' Sauce

## APPETISER

**Asian Salad**  
with Pork Jerky  
or

**Traditional Smoked Salmon Yu Sheng Salad**  
or

**Bean Curd**  
with Shimeji Mushroom and Crab Meat

## SOUP

**Sweet Corn and Crabmeat Soup**  
or

**Golden Pumpkin**  
with Roasted Almond Flakes

## MAIN COURSE

**Pan-seared Salmon**  
with Buckwheat Noodle  
or

**Steamed Barramundi**  
with Lime Coconut Sauce  
or

**Hoisin-glazed Grilled Chicken**  
or

**Cuban-marinated Roast Pork Belly**  
or

**Lobster**  
with 'Ma La' Sauce  
(surcharge \$38)



Cuban-marinated  
Roast Pork Belly

**Surcharges  
for Garden Grill**  
Items indicated with  
single, double and  
triple asterisks are  
subject to the following  
surcharges:  
• \$4.28 w/GST /  
•• \$8.55 w/GST /  
••• \$12.80 w/GST

## DESSERT

**Baked Pineapple Turnover**  
or  
**Sesame Ball**

**Contact Garden Grill at 6398 5313**



## Christmas Eve & Day Set Menu

A gastronomical Christmas fantasy awaits you at the Garden Grill. Complimentary novelties will be given out, so don't miss out on the fun.

**24 Dec 2019**

**Lunch: 12pm-3pm**  
**\$43 w/GST per person**

**Dinner: 5.30pm-7.30pm (First seating)**  
**\$53 w/GST per person**

**8pm-10pm (Second seating)**  
**\$63 w/GST per person**

**25 Dec 2019**

**Lunch: 12pm-3pm**

**Dinner: 6pm-10pm**

(Last order: 30 minutes before closing)

**\$43 w/GST per person**

### APPETISER

Crabmeat Salad

with Lemon and Basil Dressing

### SOUP

Parsnip Soup

with Roasted Scallops, Chestnut & Green Apple

### MAIN COURSE

Pan-seared Sole and Sea Scallops

with Crustacean Sauce on a Bed of Asparagus  
or

Beef Tenderloin

with Red Wine Jus, Brussels Sprouts  
and Mushroom Ravioli

### DESSERT

Strawberry Mirror Mousse

### COFFEE OR TEA

**Contact Garden Grill at 6398 5313**

## New Year's Eve & Day Set Menu

Usher in the New Year with a resplendent meal at Garden Grill.

**31 December 2019**

**Lunch: 12pm-3pm**

**Fee: \$43 w/GST per person**

**Dinner: 6pm-10pm**

**Fee: \$63 w/GST per person**

**1 January 2020**

**Lunch: 12pm-3pm**

**Dinner: 6pm-10pm**

**Fee: \$43 w/GST per person**

### APPETISER

Parma Ham Melon,  
Cheese Fritters and Prawn with Mango Salsa

### SOUP

New England Clam Chowder  
with Crispy Fried Sole

### MAIN COURSE

Chilean Cod

with Coriander Sauce  
or

Duck Confit, Fondant Potato and Fig

or

Lamb Rack

with Pistachio Crust and Foie Gras  
with Port Wine Sauce

### DESSERT

Crunchy Hazelnut Feuilletine  
with Raspberry Coulis and Sesame Tuile

### COFFEE OR TEA

**Contact Garden Grill at 6398 5313**

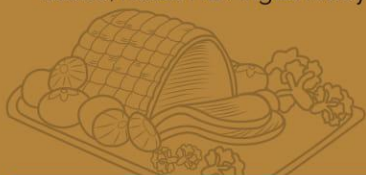




## Christmas Festive Goodies



Choose from an array of Christmas roasts, sweets and savoury delights for your festive home parties and year-end office celebrations. Among the fare featured are Smoked Roast Turkey with Chestnut Stuffing, Turkey Jus and Cranberry Sauce, Roast NZ Angus Ribeye with Aged Port Wine Sauce, Honey-Baked Ham and Chocolate Truffle Log Cake.



**Pre-order from 1-19 December 2019**

**Contact Garden Grill at 6398 5313**



SAVOURIES	WEIGHT	UNIT PRICE
Smoked Roast Turkey with Chestnut Stuffing, Turkey Gravy and Cranberry Sauce	Approx 5 kg before roasting	\$128 w/GST
Honey-baked Ham (Crosscuts) with Pineapple Sauce	2kg	\$52 w/GST
Roasted NZ Angus Ribeye with Aged Port Wine Sauce	2.5kg before roasting	\$118 w/GST
Chocolate Truffle Log Cake	1kg	\$62 w/GST
Black Forest Log Cake	1kg	\$42 w/GST
Festive Pumpkin Pie	1kg	\$38 w/GST
Cream of Pumpkin or Mushroom	3-4 servings	\$22 w/GST
German Potato Salad	3-4 servings	\$14 w/GST
Normandy or Caesar Salad	3-4 servings	\$20 w/GST
Joyful Christmas Party Pack (for 6 persons): <input type="checkbox"/> Smoked Roast Turkey with Chestnut Stuffing <input type="checkbox"/> Turkey Gravy and Cranberry Sauce <input type="checkbox"/> Seasonal Boiled Vegetables <input type="checkbox"/> German Potato Salad <input type="checkbox"/> Pumpkin or Mushroom Soup or Caesar Salad		\$168 w/GST



## Where to throw your Year-End Party

As we approach the year-end, plan your annual get-togethers or catch-up sessions early and celebrate with festive favourites at Garden Grill!

**1-30 December 2019  
(except 24 & 25 December)**

**Daily: 12pm-3pm; 6pm-10pm**

**3-course Lunch from \$28 w/GST per person**  
(min 10 pax)

**4-course Dinner from \$38 w/GST per person**  
(min 10 pax)

Complimentary bottle of house wine for every 10 diners

**Contact Garden Grill at 6398 5313**

## Christmas Eve Dinner & Dance

Celebrate Christmas with a buffet dinner at Kensington Ballroom and a 'live' performance by Muzik Line. A novelty pack and lucky draw also await diners!



**Tuesday, 24 December 2019  
7.30pm-12.30am**

**Fee: \$48 w/GST (Member);  
\$58 w/GST (Guest)**

*Fee includes Christmas buffet dinner and free flow of soft drinks*

**Contact Adrian Chew at 9115 0417**



# Chinese New Year's Eve Reunion Dinner

Usher in the Lunar New Year with a tantalising Chinese dinner at the Main Lobby. Book now to avoid disappointment! Fees include complimentary Mandarin oranges and free flow of Chinese tea.

**Friday, 24 January 2020, 6.30pm**

## MENU A

**\$588 W/GST (5-6 PAX)**

Prosperity Smoked Salmon 'Yu Sheng'  
Assorted Seafood with Fish Maw Soup  
Steamed Garoupa in Traditional Classic Style  
Steamed Herbal Chicken  
Braised 10-head Abalone with Chinese Mushroom and Spinach  
Steamed Fragrant Rice with Waxed Meat in Lotus Leaf  
Chilled Mango Puree with Pomelo

## MENU B

**\$788 W/GST (8-10 PAX)**

Prosperity Smoked Salmon 'Yu Sheng'  
Assorted Seafood with Fish Maw Soup  
Steamed Garoupa in Traditional Classic Style  
Steamed Herbal Chicken  
Sautéed Prawns and Broccoli with XO Sauce  
Braised 10-head Abalone with Chinese Mushroom and Spinach  
Steamed Fragrant Rice with Waxed Meat in Lotus Leaf  
Chilled Mango Puree with Pomelo

You can also opt to usher in the Lunar New Year with a Western menu at the Garden Grill. Book now to avoid disappointment!

**CNY Eve (24 January): 6.30pm onwards**

**Fee: \$58 w/GST per person; \$68 w/GST per person**  
(Lobster Thermidor option for Main Course)

**Second Day of CNY (26 January): 12pm-3pm; 6pm-10pm** (regular operating hours)

**Fee: \$38.80 w/GST per person**

## APPETISER

Prosperity Smoked Salmon 'Yu Sheng'

## SOUP

Double-boiled Chicken and Winter Melon  
with Crabmeat Dumpling

## MAIN COURSE

Pan-seared Cod

with Exotic Asian Sauce  
or

Char-grilled Tenderloin

with Béarnaise Sauce  
or

Lobster Thermidor (\$10 surcharge)

## DESSERT

Chilled Mango Panna Cotta

**Contact Garden Grill at 6398 5313**



## Lo-Hei Dinner & Dance with Live Band

Bring in prosperity and good fortune with a lo-hei dinner at the Kensington Ballroom.

**Friday, 31 January 2020, 7.30pm-11.30pm**

**Fee: \$50\* w/GST (Member) / \$60\* w/GST (Guest)**

\* fee includes complimentary Mandarin oranges and free flow of Chinese tea

**Minimum to commence: 150 persons**

### MENU

Prosperity Smoked Salmon 'Yu Sheng'

Braised Bamboo Pith Soup with Shredded Chicken and Crabmeat

Steamed Sea Bass in Teochew Style

Roast Chicken with Thai Chilli Sauce

Braised Bailing Mushroom and Fatt Choy on Farmer's Greens

Steamed Fragrant Rice with Waxed Meat in Lotus Leaf

Chilled Eight Treasures Cheng Tng

### BEVERAGE PROMOTIONS:

Carlsberg Beer @ \$4.28 w/GST per glass

House Wine @ \$30 w/GST per bottle (usual price: \$33 w/GST per bottle)

**Contact Adrian Chew at 9115 0417 or 6398 5368**



## Chap Goh Meh Dinner & Dance with Live Band

Mark the final day of Chinese New Year with a mouthwatering dinner at the Kensington Ballroom, with live entertainment provided by Locomotion.

**Saturday, 8 February 2020**

**7.30pm-11.30pm**

**Fee: \$58\* w/GST (Member)**

**| \$68\* w/GST (Guest)**

\* Fee includes complimentary Mandarin oranges and free flow of Chinese tea

**Minimum to commence: 150 persons**

### MENU

Prosperity Smoked Salmon 'Yu Sheng'

Veloute of Seafood and Beancurd

Steamed Sea Bass with Nonya Sauce

Crispy Roast Duck

Braised Spinach with Chinese and Honshimeji Mushroom with Fatt Choy

Braised Ee Fu Noodles with Yellow Chives

Chilled Longan and Sea Coconut with Almond Curd

### BEVERAGE PROMOTIONS:

Carlsberg Beer @ \$4.28 w/GST per glass

House Wine @ \$30 w/GST per bottle (usual price: \$33 w/GST per bottle)

**Contact Adrian Chew at 9115 0417 or 6398 5368**





## CNY Festive Delicacies

Ring in the Year of the Rat with scrumptious goodies from Atrium Cafe

**From 6 January - 8 February 2020**

(available for dine-in and takeaway)

### **SALMON 'YU SHENG'**

For 4-6 persons @ \$32.00 w/GST

For 8-10 persons @ \$58.00 w/GST

### **ABALONE & SALMON 'YU SHENG'**

For 4-6 persons @ \$58.00 w/GST

For 8-10 persons @ \$88.00 w/GST

### **VEGETARIAN 'YU SHENG'**

for 4-6 persons @ \$28.00 w/GST

for 8-10 persons @ \$48.00 w/GST

### **PROSPERITY 'PEN CAI'**

\$238.00 w/GST

(3 working days' notice required)

### **BRAISED PORK KNUCKLE (1KG)**

\$78.00 w/GST

with Fatt Cai & Dried Oyster

for 6-8 persons

(3 working days' notice required)



Contact Atrium Cafe at 6398 5309

## Special Chinese Set Menu for Chinese New Year Festive Gatherings @ Atrium Cafe / Function Room

Throughout the festive period, Members have the option of hosting dinners at the Atrium Cafe or Function Room with a specially curated menu featuring crowd-pleasing dishes.

**From 6 January-8 February 2020**

### SET MENU A (7-COURSE) \$488 W/GST PER TABLE

Prosperity Smoked Salmon 'Yu Sheng'

Braised Fish Maw Soup with Crabmeat

Steamed Sea Bass with Superior Soy Sauce

Roast Chicken with Prawn Keropok

Braised Chinese and Bailing Mushroom on Farmer's Green

Ee Fu Noodles with Yellow Chives

Hot Sweetened Red Bean Puree with Lotus Seeds

### SET MENU B (8-COURSE) \$588 W/GST PER TABLE

Prosperity Smoked Salmon 'Yu Sheng'

Braised Fish Maw Soup with Crabmeat

Steamed Sea Bass with Superior Soy Sauce

Roast Chicken with Prawn Keropok

Stir Fried Prawns with XO Sauce

Braised Chinese and Bailing Mushroom on Farmer's Green

Ee Fu Noodles with Yellow Chives

Hot Sweetened Red Bean Puree with Lotus Seeds

Contact Banquet Sales at 6286 8888

## Christmas Eve packages for KTV Rooms

Celebrate this festive season on a high note at Club Twenty-Two! Available for booking from 1 December 2019. Advance reservations are advised.

1ST SESSION: 6PM-9PM

### **PACKAGE A @ \$208 W/GST**

includes 3 jugs of juice, log cake, a platter of honey-baked ham or turkey, and novelties

### **PACKAGE B @ \$268 W/GST**

includes 1 Carlsberg tower, log cake, a platter of honey-baked ham or turkey, and novelties

2ND SESSION: 9.30PM-12.30AM

### **PACKAGE A @ \$238 W/GST**

includes 3 jugs of juice, log cake, a platter of honey-baked ham or turkey, and novelties

### **PACKAGE B @ \$298 W/GST**

includes 1 Carlsberg tower, log cake, a platter of honey-baked ham or turkey, and novelties

Cover charge will be imposed for additional patrons if the number exceeds the quota for the room

Contact Club Twenty-Two at 6398 5386



# Beverage Promotion for December 2019 & January 2020

Check out our affordable Premium Wine Bottle Promotion at Crossroads Lounge!

## BEER

### CARLSBERG DRAFT

\$4.28 w/GST (250ML) | \$8.56 w/GST (500ML)

### ASAHI DRAFT

\$4.82 w/GST (250ML) | \$9.63 w/GST (500ML)

## WHISKY

### BALVENIE 12 YEARS DOUBLEWOOD

1 bottle @ \$136.96 w/GST | 2 bottles @ \$256.80 w/GST

### BALVENIE 14 YEARS CARIBBEAN CAST SINGLE MALT

1 bottle @ \$179.76 w/GST | 2 bottles @ \$340.26 w/GST

### BALVENIE 17 YEARS DOUBLEWOOD SINGLE MALT

1 bottle @ \$276.06 w/GST | 2 bottles @ \$532.86 w/GST

\* No Happy Hour discount for the above promotion

## WINE PROMOTION

### RICHARD HAMILTON, ALMOND GROVE CHARDONNAY

@ \$58 w/GST per bottle

### RICHARD HAMILTON, LITTLE ROAD SHIRAZ

@ \$58 w/GST per bottle



## WAIVER OF GUEST COVER CHARGE

Members who spend \$107 w/GST and above at any of the F&B outlets will be entitled to the following promotion:

### MINIMUM SPENDING OF \$107 W/GST

Waiver of cover charges for 2 guests

### MINIMUM SPENDING OF \$214 W/GST

Waiver of cover charges for 5 guests

### MINIMUM SPENDING OF \$321 W/GST

Waiver of cover charges for 8 guests

Waivers of guest cover charges at Club Twenty-Two will be valid only on the day of spending and CANNOT be used for special events held at Club Twenty-Two.

\*No Happy Hour discount for the above promotion

**Crossroads Lounge at 6398 5310 | Club Twenty-Two at 6398 5386**



## BASIC BALLROOM DANCE FOR BEGINNERS

Yearning to be the next Fred Astaire and Ginger Rogers? Start by acquiring the basics of ballroom dancing. There are also advanced classes for those who have mastered the basics of this graceful activity.

DATE	TIME
Sundays, from 5 January 2020	4.45pm-5.45pm
VENUE	MIN
Club Twenty-Two	10 participants
FEE	
\$80.00* w/o GST Member	\$90.00* w/o GST Guest

\* Fee is for 4 lessons



## CNY FLOWER WORKSHOP



Our instructor will show you how to put together a stunning floral centerpiece with auspicious blooms that symbolise good fortune for the Lunar New Year! You will pick up pointers on looking after flowers and get to bring home your floral arrangements.

DATE	TIME
18 January 2020, Saturday	11am-1pm
VENUE	
Clover Room	
FEE	
\$60.00* w/o GST Member	\$70.00* w/o GST Guest
* Fee includes tools and materials	
MIN / MAX	CLOSING DATE
6 / 10 participants	8 January 2020, Wednesday

### ABOUT THE TRAINER

Instructor Gloria has a Comprehensive Florist Diploma, International Standard, prescribed by Van Gogh Bloemen Holland from the Hong Kong Academy of Flower Arrangement. She is also certified in French floral, hand-tied bouquet and contemporary minimal freehand vase designs.

## LINE DANCE



Pick up complex line dance routines and impress your buddies with your newly acquired dance steps.

CLASS	TRAINER
Improver	Mrs Leong
DATE	TIME
Mondays	2.30pm-4pm
CLASS	TRAINER
Intermediate	Mrs Leong
DATE	TIME
Tuesdays	7.30pm-9pm
CLASS	TRAINER
Improver	Mrs Leong
DATE	TIME
Wednesdays	2.30pm-4pm
CLASS	TRAINER
Basic / Beginner	Mrs Leong
DATE	TIME
Thursdays	4pm-5.30pm
CLASS	TRAINER
Advance	Ms Tay Bee Khim
DATE	TIME
Fridays	2.30pm-4pm
FEE	
\$42.52* NETT Member	\$47.52* NETT Guest

\* Fee is for 4 lessons

## CONTACT

Jean Lee at 6398 5383 or [jean\\_lee@sgcc.com.sg](mailto:jean_lee@sgcc.com.sg)





### TEDDY BEAR CERAMIC DIFFUSER WORKSHOP

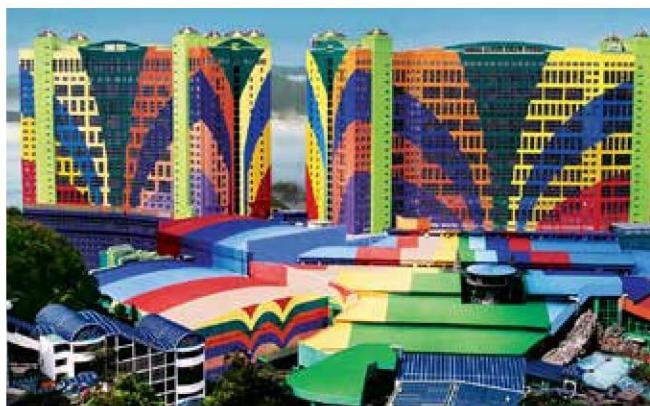
Learn to create a diffuser to hold your essential oils. Simply add a few drops of your favourite scent into the diffuser for a gentle diffusion. The cute diffuser also makes for a lovely handmade gift.

DATE		TIME
4 January 2020, Saturday		2pm-4pm
VENUE		
Clover Room		
FEE		
\$35.00 w/o GST Junior Gem	\$40.00 w/o GST Member	\$45.00 w/o GST Guest
MIN	CLOSING DATE	
6 participants	26 December 2019, Thursday	

### 3D2N GENTING HIGHLANDS GETAWAY

Beat the heat of the city and escape to the cool environs of Genting Highlands. Accommodation will be in the First World Hotel (Y5 Deluxe Rooms, Tower 3, Newly Renovated)

DATE	
21-23 February 2020, Friday-Sunday	
21 FEBRUARY 2020	
Assemble: 6.30am at Main Lobby of SGCC Depart: 7am	
23 FEBRUARY 2020	
Arrival at Club: ETA 7pm	
FEE	
S\$399* per person Single Occupancy	S\$335/355* per person/guest Twin Occupancy
* Fee includes the following items: • Two-way Singapore-registered air-conditioned coach (Singapore/Genting/Singapore) • Two-nights' stay at First World Hotel with daily breakfast • Two Lunches at a Local Restaurant • Services of an English-speaking guide • Basic Personal Accident insurance of S\$10,000 per person, and medical claims of S\$500 per person (not for treatment of illness/food poisoning) • One Imaginatricks show ticket at Genting International Showroom	
MIN	CLOSING DATE
40 participants	10 January 2020, Friday



### ITINERARY

#### Day 1 Singapore / Genting Highlands

- Breakfast at Gelang Patah Food Centre (own expense).
- Depart for Genting Highlands via the North South Highway.
- En route, have lunch at a Local Restaurant (included in fee).
- Upon arrival at Genting Highlands, check into First World Hotel.

#### Day 2 Genting Highlands (Optional)

- Breakfast at Food Factory.
- Transfer for a half-day tour (included in fee):
  - Genting Strawberry Leisure Farm (Besides strawberries, mushrooms, herbs, flowers and hydroponic vegetables are also cultivated in adjoining nurseries. You can buy

the strawberries from the farm's marketplace, or pluck them directly and pay by weight from 100g onwards. Lavender is also grown here.)

- Visit Mini Cameron Highlands Garden (Genting), an agricultural show farm and shopping arcade in Gohtong Jaya
- Genting Highlands Premium Outlets
- Overnight at First World Hotel.

#### Day 3 Genting Highlands / Singapore

- Breakfast at Food Factory.
- Check out of First World Hotel.
- En route, lunch at a local restaurant (included in fee).
- Depart for Yong Peng; stop at Ming Ang to buy souvenirs.
- Depart for Singapore.

### CONTACT

Jean Lee at 6398 5383 or [jean\\_lee@sgcc.com.sg](mailto:jean_lee@sgcc.com.sg)



## AFFILIATE CLUBS

Enjoy non-resident privileges at 15 other affiliate clubs overseas. Members must obtain their Introduction Letter from SGCC at least one 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](mailto:membership@sgcc.com.sg) for enquiries.

### AUSTRALIA CANBERRA

**Canberra Southern Cross Club**  
Corner of Hindmarsh Drive  
and Callam Steet Philip,  
Canberra  
Tel: 61-2-6283 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

### CANADA ONTARIO

**The Mandarin Golf and Country Club**  
11207 Kennedy Road,  
Markham  
Ontario, Canada L6C 1P2  
Tel: 905-887-9887  
[www.golfmandarin.com](http://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](mailto:members@tcclub.com)  
[www.tcclub.com](http://www.tcclub.com)  
\*2, 3, 5, 6, 9, 11, 13, 16,  
18, 22

### CHINA HONG KONG

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

### SHANGHAI

**Shanghai International Tennis Center Club**  
516 Heng Shan Road  
Tel: 86-21-6415 5588\*82  
[www.regal-eastasia.com](http://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 JOHOR

**The Els Club Malaysia**  
No. 4 Jalan Danau  
Desaru Coast, 81930 Desaru  
Johor, Malaysia  
Tel: 603-2203 9696

### KUANTAN

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

### 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](mailto:rscmail@rscweb.org.my)  
<http://rsc.org.my/>  
\*2, 3, 6, 9, 11, 12, 13, 15, 16,  
19, 22, 23

### SELANGOR

**Kelab Shah Alam Selangor**  
Peti Surat 7116, 40704 Shah  
Alam, Selangor Darul Ehsan  
Tel: 02-03-5510 0001  
\*2, 3, 5, 6, 9, 11, 13, 16, 19

### LEGEND

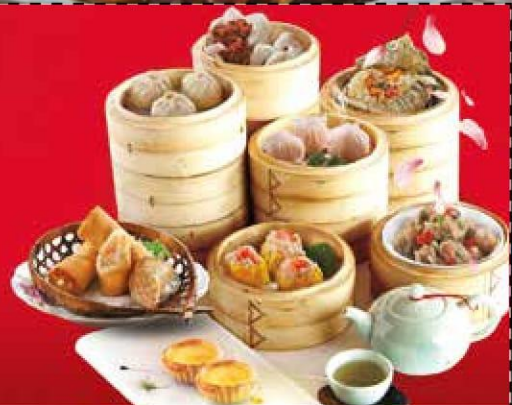
- 1 Accommodation
- 2 Banquet Room
- 3 Dining Area
- 4 Games Area
- 5 Library
- 6 Lounge / Bar
- 7 Race Course
- 8 Badminton
- 9 Billiard Room
- 10 Golf
- 11 Gym / Health
- 12 Hockey
- 13 Pool
- 14 Rugby
- 15 Soccer
- 16 Squash Court
- 17 Sailing
- 18 Sauna / Steam Bath
- 19 Tennis
- 20 Massage
- 21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



## Best Authentic Teochew Cuisine & Dim Sum 享誉国内外的正宗潮州佳肴

### \$30 GIFT VOUCHER

- Valid only with a minimum spending of \$100 before GST & service charge.
- Not valid for any Chinese New Year (CNY) set meal and CNY promotions
- Not valid on eve of PH, PH and festive days
- Not valid with other promotions, offers & discounts.
- Only original copy of voucher valid for redemption.
- Valid for redemption only for one voucher per bill.
- Only for dine-in customers.
- Voucher is not exchangeable for cash.
- The Management reserves the right to change or amend the terms without prior notice
- Valid till 31st March 2019



**山頭園**  
SWATOW GARDEN

Swatow Garden (OPEN TO PUBLIC)  
Serangoon Gardens Country Club  
22 Kensington Park Road  
Heliconia Wing, Singapore 557271  
Tel: 6343 1717

**山頭園**  
SWATOW SEAFOOD

Swatow Toa Payoh  
181 Lorong 4 Toa Payoh  
#02-602 Singapore 310181  
Tel: 6363 1717

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

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