

clubspirit

FEBRUARY • MARCH 2020



LOVE IS IN THE AIR

With Valentine's Day drawing near,
we have prepared special menus
that are sure to touch your heart
and tantalise your taste buds!
Turn to page 36.



4

SGCC Website
Gets a Makeover



14

BEEHIVE: How SGCC
Welcomed 2020



16

A Historic
Win



20

Going with
the Flow

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

Farrock Ebrahim 6398 5329
Email: farrock@sgcc.com.sg

Personal Assistant cum Office Manager (General Manager's Office)

Casey Chang 6398 5301
Email: casey_chang@sgcc.com.sg

Senior Manager (Food & Beverage)

Adrian Chew 6398 5368
Email: adrian_chew@sgcc.com.sg

Facilities, Maintenance & Safety Manager

Charles Ling 6398 5311
Email: charles_ling@sgcc.com.sg, fms@sgcc.com.sg

Finance Manager

Avelyn Tam 6398 5303 / 358
Email: avelyn_tam@sgcc.com.sg

Human Resource Manager

Elleana Ho 6398 5366
Email: elleana_ho@sgcc.com.sg

Marketing & Communications Manager (Membership Relations)

Garry Moss 6398 5337
Email: garry_moss@sgcc.com.sg

Sports & Recreation Manager

Steven Goh 6398 5372
Email: steven_goh@sgcc.com.sg

Security Operations Manager

Sritharan Lingam 6398 5315
Email: sritharan@sgcc.com.sg

Duty Manager

Patrick Tan 9653 9197
Email: patrick_tan@sgcc.com.sg

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
Email: banquetsales@sgcc.com.sg

Advertisement Bookings

Marcus Lim 6398 5305
Email: marcus_lim@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg

CONTENTS

FEBRUARY • MARCH 2020



2 PRESIDENT'S
MESSAGE

3 WELCOME /
FAREWELL

4 GARDENS
ROUND-UP
*Coverage of events
around SGCC*

12 FEATURE
Christmas in the Gardens
An overview of the numerous
programmes SGCC
implemented to usher in the
Yuletide season in 2019

14 FEATURE
*Buzzing into the
New Year with BEEHIVE:
Countdown to 2020*
How SGCC Members
ushered in the new decade
with aplomb

16 FEATURE
A Historic Win
SGCC Member James Leow
strikes gold at the 2019
SEA Games!

18 FEATURE
*Reliving Their
Halcyon Days*
SGCC Member Carolyn Chow
still meets her classmates
regularly 74 years after first
meeting in Katong Convent

19 FEATURE
A Little Talent
A profile of pint-sized
Arsheya Kabilan, who sang at
the 2019 SGCC Christmas
Light-up



20 FEATURE
Going with the Flow
A chat with Vinyasa Flow
yoga instructor Dawn Wong

22 CALENDAR OF
EVENTS
*All the happenings at
a glance*

24 UPCOMING
*New programmes under
Sports & Recreation,
Food & Beverage, and
Junior Gems / Social*

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

Mr Garry Moss
Mr Marcus Lim

PUBLISHING AGENT

ThinkFarm Pte Ltd
Contributors: Eddie Teo,
Sunuja Naidu, Dewi M Singgih,
Vivienne Looi, Gina Ang

PRINTING

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

MCI (P) 066 / 02 / 2019. All rights reserved. Copyright.

No article may be reprinted in part or in full without the permission of the publishers. The information published in this magazine is correct at the time of printing. The views and opinions expressed in the magazine are not necessarily that of the Club's. The Club accepts no responsibility for the quality of the goods and services advertised. While information stated is considered to be true and correct at the date of publication, changes in circumstance after the time of publication may impact the accuracy of the information. The information may change without prior notice and the Club is not in any way liable for the accuracy of any information printed or in any way interpreted and used by the user.

By attending events organised by the Club held within the Club's premises or at off-site locations, you consent to photography, audio / video recording and its / their release, publication, exhibition or reproduction in articles featuring events organised by the Club, in marketing & promotional collaterals for the Club (videos, publications, websites, social media platforms, etc), and in archival materials for future reference.



Gong Xi Fa Cai to everyone!

With the New Year comes an opportunity for us to start anew and afresh for the days ahead. For many, this means renewed commitment to our annual resolutions, be it to keep healthy or spend more time with the family. This is even more so as we prepare to welcome the Year of the Rat, which means a completely new zodiac cycle will begin. The Rat is known for its Vitality, Intelligence and Resilience — may our Club move forward this year with these traits.

The Club is also about to launch a few initiatives announced last year, such as a new website and new Membership Cards for all.

Come mid-February, our Members can look forward to a revamped website that, we believe, better reflects the prestige of being a Member of SGCC. By March, the website will also include a Members' Login page, which will allow you to conveniently book SGCC facilities, which will be made available this way in stages, starting with Mahjong and Bowling facilities. More information is available on page 4.

The new Membership Cards we've been promising since the middle of last year will finally be rolled out in batches. As each new card contains an RFID chip, the Membership Relations Department will need to meet you face to face so that a one-to-one exchange with your

current card can be conducted. Letters have already been distributed to the first group of Members to expect their new Membership Cards. A car decal in the same style as the new Membership Card will be distributed at the same time.

Finally, I'd like to acknowledge the good work that our Staff and Management have done throughout 2019, and what we can look forward to this year. With CNY fresh at our backs, it is a great time to thank them all for their service to the Club and its Members. Many of you have joined me in acknowledging them through the Ang Bao Contribution Fund and, come 23 March 2020, the Club will be closed for half a day to give our staff time off to celebrate their achievements.

With Valentine's Day coming soon, let's take this Day of Love to renew the affection we have for our dear Club, and the adopted family we've made with one another.

Have a fabulous Year of the Rat!

A handwritten signature in black ink, which appears to read 'Benjamin Wong' in a stylized, cursive script.

Benjamin Wong
President

ABOVE AND BEYOND

Members compliment SGCC staff
for going the extra mile.

New Message

To Staff: Eric Goh, Ravi, Betty Wong

Subject Thank you

On 2 and 16 November 2019, I had dinner at Atrium Café with 10 friends from Nativity Church. On both occasions, Mr Ravi greeted us upon our arrival and was most polite and cheerful despite the Atrium being very busy. Mr Eric managed to find us a table quickly despite the big crowd of diners, and was very apologetic even though we only had a short wait. Ms Betty was most attentive and provided service with a constant smile. Kudos to your department for having such gems, who always go the extra mile to serve the patrons. A big thank you to all!

From: Mrs Shirley Seow (Membership No.: S0364)

Send

New Message

To Staff: Liza Teng

Subject Thank you

Liza Teng served us well in her dignified and simple way. Steadfast in her duties and diligent in her service, her hospitality and cheerfulness made my evening a very pleasant one!

From: Ms Adelene Ng (Membership No.: N0712)

New Message

To Staff: Adrian Chew, Eric Goh, Patrick Tan, John Kua

Subject Thank you

A big 'thank you' to Adrian for the help given although he was on leave. When I arrived for my party at about 6.30pm, arrangements in Atrium Café were all ready. Eric Goh and his colleagues were good — I was satisfied and had good service. Patrick and John, who stopped by, could see my family enjoying ourselves. Thanks again!

From: Mr Lim Keng Teck (Membership No.: L1623)

Send

A warm welcome to:

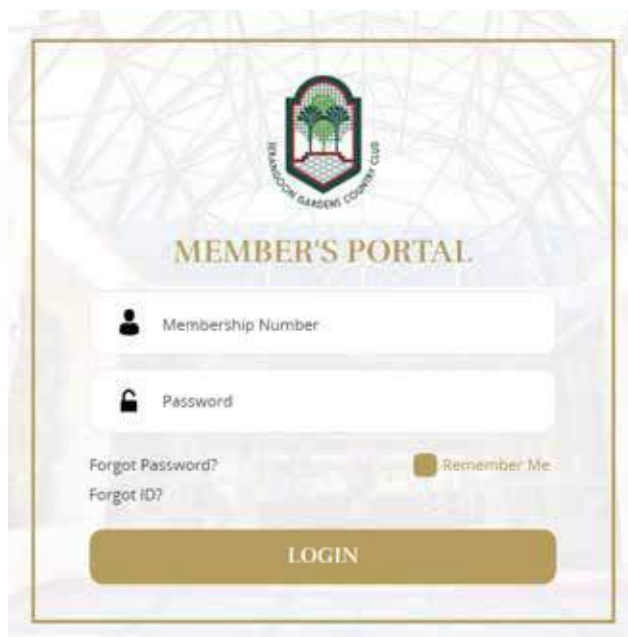
| | |
|---|-----------------|
| Chwee Lay Thye Robert | Grand Member |
| Choy Wing Sing | Grand Member |
| Chee Yam Cheng | Grand Member |
| Tan Yang Lim Albert | Grand Member |
| Huang Jia-Yeu | Grand Member |
| Chua Ricky Jude | Ordinary Member |
| Aaron Chwee Toh Yee | Ordinary Member |
| Choy Mun Kwang | Ordinary Member |
| Hoe Boon Choon | Ordinary Member |
| Lum Woan Huey Niccolle | Ordinary Member |
| Lim Chong Heng | Ordinary Member |
| Ng Khian Hock | Ordinary Member |
| Tan Tsia Yih | Ordinary Member |
| Tan Liyang | Ordinary Member |
| Tan Ming Hui Benjamin | Ordinary Member |
| Tan Wee Teck | Ordinary Member |
| Fu Ze Xing Declan | Ordinary Member |
| Lincoln Cheryl Anne | Ordinary Member |
| Ellen Tan | Ordinary Member |
| Tan Hwee Sian | Ordinary Member |
| Clotilde El Guerche-Seblain | Term Member |
| Colin Caroline | Term Member |
| De Vos Antoine Maurice Michel | Term Member |
| Garnier Bertrand Maurice Philippe | Term Member |
| Galpin Marie | Term Member |
| Bjoern Jochmann | Term Member |
| Crespin EP Muller Gaelle Francoise Lucie | Term Member |
| Matthew Simon Peter Minuzzo | Term Member |
| Liza Michelle Noonan | Term Member |
| Sarah Love Phua Yue Ping | Term Member |
| Francois Saudubray Jean-Marie Yves | Term Member |
| Vitiello Xavier Philippe | Term Member |

A fond farewell to:

| | |
|-----------------------|-------------------------------------|
| Soh Song Kiang | Grand Member |
| Tan Eng Hoe Bob | Grand Member |
| Tan Chee Huat, John | Non-Transferable Ordinary Member |
| Seah Geok Cheng | Non-Transferable Ordinary Member |
| Chang Yew Kong | Ordinary Member |
| Fu Chuck Hay, Gary | Ordinary Member |
| Goh Kwan Beng, Nelson | Ordinary Member |
| Lum Yian Sum | Ordinary Member |
| Tan Perng Yih | Ordinary Member |
| Tan Wee Piau | Ordinary Member |
| Tay Chye Teck, Tony | Ordinary Member |
| Daniel Pascal Gerard | Term Member |
| Monfort Stephane | Term Member |
| Roos Alexandra | Term Member |

SGCC ONLINE FACILITIES BOOKING PLATFORM

From 2 March 2020, Members will be able to make their facility bookings conveniently through our website at **www.sgcc.com.sg**. A Members' Login button will appear at the top right corner of the main website page. At the start, Members will be able to book their Bowling and Mahjong sessions a week in advance through the portal. Below is an easy, step-by-step guide on how to log in and make your first booking:



FIRST TIME

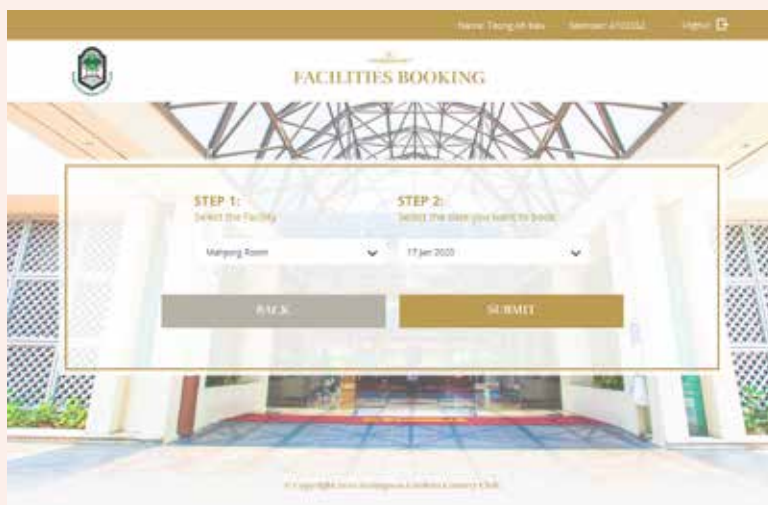
1. If it's your first time logging in to the SGCC Membership Portal, simply enter your login ID and click the 'Forgot Password' link. Your password will then be sent to you via your **registered email address**. If your current email address differs from the address registered with the Club, kindly approach the Reception or Membership Relations Department to update your particulars.
2. **Principal Members:**
Your login ID is your Membership number (e.g. Z1234) as shown on your physical Membership Card. If you click the 'Forgot ID' button, you will be prompted to fill in your date of birth in **dd/mm/yyyy** format. An email listing the login IDs for your entire family unit will be sent to your registered email address. This can be a good reference for Supplementary Members who wish to log in.
3. **Supplementary Members:**
Your login ID is your Membership number and family code in this format:
<Membership Number> followed by <Family Code> (e.g. Z1234W1).
The Family Code list is as follows:
Husband: H1 Wife: W1 Son: S1 / S2 / S3... Daughter: D1 / D2 / D3...

FORGOTTEN PASSWORD

1. If you have forgotten your password, click on the **FORGOT PASSWORD?** link.
2. A screen will appear, prompting you to enter your date of birth for verification. Click 'Submit' after you have entered your date of birth in **dd/mm/yyyy** format. A page requesting you to enter your activation code will appear.
3. An email with an activation code will be sent to your registered email address.
4. Retrieve the activation code from your email, and enter it into the activation page. Click 'Submit' after you have entered the activation code.
5. You will be presented with a new screen prompting you to enter a new password of your choice. Click 'Submit' after you have entered your new password to save it.
6. You may now proceed to log in to the SGCC Membership Portal with your login ID and new password.

BOOKING A FACILITY

1. Once logged in, you will see the welcome page, which will show your last login date and time, and the amount of time you are allowed to be inactive before you are automatically logged out. To proceed, click on the 'Booking' icon in the left-hand side menu.
2. From the dropdown menus, select your desired facility and preferred booking date. Click 'Submit' after you have made your selection.
3. The screen will now show the starting time slots for your selected facility for the date selected. Time slots available for booking are marked in green. Click on any of the available time slots to proceed with booking.
4. A booking details entry screen will now appear. Here, you may verify the facility you are using, your booking date and time, and enter additional booking details, such as the number of guests who will be joining you. Click 'Proceed' after you have verified all details to be correct.
5. A final confirmation screen will now appear. Details and total cost of the booking will then be displayed. If you wish for the booking confirmation to be sent to an alternate address from the one registered with the Club, you may enter the new email address in the field to receive an email confirmation of your booking (note: changing this email address does not change your registered email address in the system). Click 'Confirm Booking' to finalise the booking.
6. Your selected facility has now been booked.



SGCC GOES GREEN IN 2020

With global warming having a measurable effect on our planet, SGCC is taking proactive steps to introduce new environmentally friendly initiatives within the Club. These initiatives will be rolled out within the next six months across all facilities.

Members can expect subtle changes to our Club's practices during this period. Some of the initiatives the Club is exploring include replacement of foam cups to paper cones at water dispensers, reducing the use of plastic bags given out at sports facilities, use of bio-degradable dinnerware and utensils (including switching to paper straws), electronic registration and facilities bookings, and possibly even an electronic menu at our dining outlets.

More details will be shared with Members for each initiative in the coming months.



GOLF SECTION YEAR-END TOURNAMENT

SGCC's final golf tournament for 2019 was held at the Orchid Country Club on Friday, 29 November 2019. A total of 36 members gathered at the Aranda and Dendro courses, including seven champions and nine ranking players from the past seven tournaments that had already taken place in 2019.

The game started promptly at noon, with the players teeing off at seven-minute intervals. About an hour into the game, with 9 holes played, the sky grew overcast and it started raining cats and dogs. After waiting patiently for close to two hours for the downpour to subside, the golfers decided to adjourn to SGCC for an early dinner.

Although the game was rained out, spirits were far from dampened as was evident during the seven-course dinner held at the Kensington Ballroom. Members bonded over sumptuous delicacies, such as traditional Chinese-style steamed sea bass and crispy roast 'Mala' chicken. Revving up the energy was local band Wind Chimes, which entertained with jazzy Latin tunes, soulful Mandarin melodies, and upbeat rock-n-roll numbers by Elvis Presley and the Everly Brothers. Some members sportingly took over the mike from the band's vocalist May Ong to belt out their favourite songs.

In his welcome address, emcee Richard Tan said, "Our golfers are a very united and tightly knit group. I hope they stay this way for as long as possible." Echoing his sentiments was golf convenor Aaron Lim, who said, "We hope to create awareness that our games are not just about golf, but also about forging camaraderie and having fun together."

Taking advantage of the buoyant mood, Tan successfully cajoled members into donating to the golf kitty, raising \$6,500. The evening ended with 20 members walking away with lucky draw prizes, ranging from watches to golf bags.



(Above) Local band Wind Chimes providing entertainment during the dinner



(Left) Showing off their singing prowess



(Far left) Richard Tan with Lucky Draw winner Koh Yiak Thim (left) and Prize Presenter Nicholas Lim (right)

(Left) Richard Tan with Lucky Draw winner Lim Sheue Ling



Lucky Draw winner Teo Guan Lye, Richard Tan, Prize Presenter Nicholas Lim and Aaron Lim



Lucky Draw winner Raymond Wong and Richard Tan



Lucky Draw winner Chris Choong and Prize Presenter Malvin Chang



Lucky Draw winner Nicholas Goh and Prize Presenter Malvin Chang

SGCC PREPARATORY SERIES 7

This competition, held on Sunday, 24 November 2019, saw a total of 150 participants, who hailed from SGCC, Art Aquatic, Lycée Français de Singapour, Puffer Fish Swim School Singapore, Sailfin Swim School, Singapore Swimming Club, and St Joseph's Institution Junior. The day started out sunny, but it turned dark soon after and forced the meet to be suspended for an hour before continuing at 4pm.



TENNIS FRATERNITY DINNER

Twenty-two people attended the Tennis Fraternity Dinner, held on Friday, 15 November 2019, at Garden Grill. They had a great time mingling with each other, and bidding for hand-knotted carpets at an auction held by Eastern Carpets, which also sponsored a rug for the lucky draw.



TENNIS JUNIOR CHAMPIONSHIP

Organised by SGCC's Tennis Fraternity, this competition was held on Saturday, 2 December 2019. It attracted 70 participants, who competed intensely in various categories. The results are as follows:

| | Champion | Runner-up |
|--|---------------|------------------|
| 8 Years & Under | Kingsley Lin | Lucas Yeo |
| 10 Years & Under (Division A) | Asher Ong | John Yap |
| 10 Years & Under (Division B) | Tanay Marteil | Kierstan Lim |
| 12 Years & Under | Asher Ong | Elsa Koh Jia Hui |
| 14 Years & Under | Bryan Yap | Coen Toh |



10 Years Old & Under (Division B) Champion: Tanay Marteil

10 Years Old & Under (Division A) and 12 Years Old & Under Champion: Asher Ong

14 Years Old & Under Champion: Bryan Yap

CHRISTMAS DART CHALLENGE

A group of 20 darters met on the afternoon of 14 December 2019. They paired up in teams of two among themselves. After the intensity of the game, they got into the spirit of the Christmas season and exchanged gifts.

| | Champion | Runner-up | Third | Fourth |
|--------------------|----------------------------|----------------------------|------------------------------|-------------------------|
| Main Event | Chan Man / Jacqueline Chua | Stephan Seah / Mark Leong | William Ng / Rodney Ho | Philip Lam / Joseph Koh |
| Plate Event | Gilbert Low / James Ng | Fred Kang / Albert Heng | Tay Sai Huay / Brown Pereira | Iris Lim / Irene Teo |
| Bowl Event | Rick Seah / Roger Koo | Yoong Fah Kong / Jenn Wong | | |

Highest Check-out: Chan Man / Jacqueline Chua
Highest Score: Chan Man / Jacqueline Chua



Bowl Event Champion Rick Seah (left)

Plate Event Champions Gilbert Low (left) and James Ng (right)

Main Event Champions Chan Man (left) and Jacqueline Chua (right)

KRPM-CARLSBERG INTER-CLUB INVITATIONAL DARTS TOURNAMENT

A group of 13 darters from SGCC participated in the KRPM-CARLSBERG Inter-Club Invitational Darts Tournament in Kelab Rahman Putra Malaysia in Kuala Lumpur on 23 and 24 November 2019. It was a first visit to the club by the darters, who received a warm welcome from the organiser. While the tournament was in full swing, three female darters from the team were invited to participate in the ladies' category, and managed to reach the quarter finals. During the team's stay in Kuala Lumpur, they were also invited to a friendly game by The Royal Commonwealth Society of Malaysia and to take part in a tournament in March 2020.



MAHJONG COMPETITION 2019

Held on Sunday, 17 November 2019, this year's competition attracted 60 players, who vied for the top prize and the title of King/Queen of Mahjong. After three nail-biting rounds, Mdm Agnes Chan Fong Yee emerged champion. The Highest Double went to Mdm Goh Gek Bueh, who racked up 11 Doubles. Our Bowling Convenor, Mr Edward Tan, presented prizes to the top 10 winners, the highest double winner, and the five lucky draw winners. The results are as follows:

| | |
|-----------------------|---------------------------|
| First | Agnes Chan Fong Yee |
| Second | Jannie Tian Tian Bee |
| Third | Yap Lay Bee |
| Highest Double | Goh Gek Bueh (11 Doubles) |



Champion Agnes Chan



Second placed Jannie Bee



Third placed Yap Lay Bee



Highest double Goh Gek Bueh

SNOOKER NUMBER BALLS

Held for the second year in a row, the event saw participants playing pool on a snooker table, with poker cards adding an element of fun to the game. The final of the week-long tournament was held on Saturday, 30 November 2019, at the Billiard Room. To maintain fairness, a blind draw was carried out between seeded and non-seeded players. The results are as follows:

| | |
|-----------------------------|---------------------------|
| Champion | Simon Yang |
| Runner-up | Terrence Fernandez |
| Joint 3rd | Richard Ong / Charles Koh |



Champion Simon Yang with Prize Presenter Peter Karsono



Runner-up Terrence Fernandez with Prize Presenter Peter Karsono



Joint 3rd-place winners Richard Ong and Charles Koh

COSMOPOLITAN SQUASH LEAGUE

This year's Cosmopolitan Squash League, hosted by The Tanglin Club, saw teams from The American Club, The British Club, Hollandse Club, Serangoon Gardens Country Club, Singapore Island Country Club, Singapore Cricket Club and The Tanglin Club competing against each other. The winning team was awarded the challenge trophy at the victory dinner, held on 13 December 2019.



HALLOWEEN BOWLING

SGCC's inaugural Halloween Bowl was a huge success, with around 80 people turning up on 26 October 2019 from 7pm-11pm to be spooked while knocking down some pins. Some younger Members were on the verge of tears upon seeing staff dressed like extras in a horror movie, and had to be calmed down by their parents! Others did not let that affect their game.



RETURN SQUASH FRIENDLY MATCH

On 2 November 2019, the Squash Fraternity invited squash players from the Singapore Swimming Club for a friendly game hosted by SGCC at the Club's squash courts. A total of 16 players, eight from each Club, participated. After the intense workout, the players adjourned to a sumptuous dinner.



HOLE-IN-ONE ACHIEVEMENT

Congratulations to our Member, Terrence Fernandez, for achieving his first hole-in-one at Austin Heights Golf Course, Malaysia, on Thursday, 5 December 2019. He was accompanied by flight mates Yang Ah Tow, Charles Koh, Sam Summuyah and Goh Kok Leong.



CHRISTMAS JAM SESSION

Held on Sunday, 15 December 2019, at Crossroads Lounge, the Christmas Jam Session was an informal event intended to bring musically inclined Members together. Both Members and guests took the opportunity to have a social gathering and communal practice session, with everyone coordinating to find suitable musical arrangements.



CHRISTMAS MUSICAL AFTERNOON

A sold-out event held at the Kensington Ballroom on Tuesday, 17 December 2019, the Christmas edition of the popular Musical Afternoon series of programmes included a light Christmas lunch for Members and guests. It was a memorable afternoon for all, as live band Sound Sensation — which was celebrating its 10th anniversary — played festive tunes.



CHRISTMAS EVE DINNER & DANCE

Members and guests celebrated Christmas in the best way possible — feasting on a sumptuous Christmas buffet. The spread included festive classics such as roast turkey, honey-baked ham, and carved roast beef, which turned out to be the most popular dish of the night. The live band in attendance, Muzik Line, provided entertainment throughout the night as Members danced the night away.



LIVE BAND PERFORMANCES

As a special treat for Christmas Eve and New Year's Eve, Members and guests enjoyed live band performances at Crossroads Lounge to usher in the respective occasions. Dynamic duo Joe and Yanti kept the audience entertained into Christmas Day, while Blue Diamond put on an engaging performance leading to the countdown to 2020.





Christmas in the Gardens

Christmas came early to SGCC — on Saturday, 23 November 2019, to be precise. That's when the Club's main lobby buzzed with festive activities in the lead up to the most anticipated event of the year.



a mini glitter Christmas tree. Guided along by mummy, daddy and our friendly staff, the little ones had no problem at all contributing their share of the Christmas decorations.

As the evening set in, activities began to rev up, thanks to a face painter and balloon sculptor going around to raise everyone's spirits. As the main lobby was now rapidly filling up, it was time for Santa Claus to make a grand entrance with gifts of his own: a goodie bag filled to the brim with sweet treats and an LED tealight candle.

A group of carollers entertained Members with well-loved Christmas classics such as 'Joy to the World'

The festive retail fever hit SGCC at the Christmas Village, which featured 11 unique booths selling Christmas gifts for all ages! For the young and young at heart, there were Lego sets and handicraft, while the adults could pick from a range of items, from apparel to essential oils and even antiques!

Our little Junior Gems Members were treated to a free Christmas crafts workshop, where they were taught to make their very own ornaments: a light-up snowman and



Face-painting and gifts from Santa were highlights of the Christmas festivities for the Club's young Members.





and 'O, Holy Night' before our Club Patron and Guest of Honour, Ms Sylvia Lim, graced the event and kicked off the performance segment of the celebrations.

Performances galore

Twelve little ones from Cambridge Pre-School performed an adorable rendition of 'We Wish You a Merry Christmas' and 'Jingle Bells', accompanied by a jig and dance that put a smile on everyone's face.

Making their debut performance for Members were the ladies from the Fitness Fun class. Under the direction of their instructor, Derrick Ee, the ladies presented two high-energy

routines, backed by K-pop and English hits respectively.

The Fa La La Showtime saw seven acts, ranging from singing to dancing to piano playing. Kudos to Thea, Seth, Josh and Ulysse for tickling the ivories so beautifully, Donovan and Natalie for their energetic dancing, and Arsheya for a lovely rendition of 'Away in a Manger'.

Let there be light!

It was then time for what everyone had been waiting for: the official light-up of the SGCC Christmas tree! As all lights in the lobby were dimmed, the ambience was enhanced by music from a Youth Orchestra — comprising Nicole Chong, Justine Goh, Christiane Tee, Gabby Chang and Michelle Zhu — conducted by Dr Aloysius Leong and accompanied by Dr Linda Fang.

Making this year's light-up extra special was the fact that everyone in the lobby could not only watch the proceedings, but take part in the light-up ceremony, too! Members retrieved the tealight candle from Santa's goodie bag distributed earlier, and waved them in rhythm to the orchestra's music, creating a beautiful and mesmerising mass of little moving spots of lights.

As the final notes of the orchestra faded away, the lights came on and bathed the lobby in a warm glow, prompting many in the crowd to yell "Merry Christmas!" spontaneously. To round up the night, Santa Claus made another appearance — for photo opportunities with those present.





Members and Guests letting their hair down.



Putting their best foot forward.



Conga!

Buzzing into the New Year with BEEHIVE:

Countdown to 2020



Entrance of the 'honeycomb'.

SGCC Members usher in a new decade with aplomb.

The decade drew to a close on Tuesday, 31 December 2019, as SGCC's Kensington Ballroom lit up with a hive of activity in preparation for *BEEHIVE: Countdown to 2020*, our retro-themed countdown party.

The foyer of Kensington Ballroom was abuzz with activity as Members and Guests alike turned up toggled out in their retro best, dressed in

yellow-and-black stripes and with big hair-dos.

A custom-designed green-screen photo booth framed with retro backdrop designs showing scenes of Singapore from the 1960s was popular with guests in the early hours of the celebration, with each guest eagerly requesting for a keepsake of the event.

Swarming with activity

Kensington Ballroom was literally turned into a beehive, as Members entered through a honeycomb entrance, while the walkways and tables were adorned with beehive-themed lanterns and vanilla-scented candles.

Sweet treats — honey-flavoured snacks, honey sticks, and a hand-picked selection of honey-flavoured candies — were made available for Members to nibble on as they made their way in before dinner commenced.

The evening was packed with activities to keep everyone entertained — with The Can Cans belting out soulful renditions of hits from yesteryear, live band Locomotion playing catchy tunes that

drew everyone to the dance floor, and stage games that resulted in a few lucky ones taking home prizes such as bottles of wine and vodka.

Final countdown

Ten minutes before midnight, activities kicked into high gear. Everyone rushed to the dance floor in a group dance formation, bopping and clapping to fun and catchy music, dancing themselves into a frenzy all the way to the final minutes of 2019.

The emcee invited SGCC President Mr Benjamin Wong, Trustee Mr Pao Kiew Tee and the Club's General Manager Mr Farrock Ebrahim onto the stage. They joined band members and performers to lead all attendees in a spirited toast and countdown to 2020. As the crowd hugged each

other and sang 'Auld Lang Syne' amid poppers and confetti flying all around them, one thing was certain: 2020 had been kicked off with abundant positive energy, as revealed by the huge smile on every face present.

Before the festivities drew to a close, a supper of warm porridge was served while Locomotion played their final set for the night — and the crowd then buzzed home for a well-deserved rest.



Special thanks to the sponsors of *BEEHIVE: Countdown to 2020*



A Historic Win

SGCC has got itself a SEA Games gold medallist in golf. Meet James Leow Kwang Aik, the young man who won the individual championship title in the Philippines last December.

James Leow made history by bringing home the first individual golf gold medal in three decades at last year's SEA Games. The previous individual golf gold medal by a Singaporean had been won by Samson Gimson in the 1989 edition of the games, the region's top multi-sports event.

Competing at the SEA Games for the first time, 22-year old James is Singapore's highest-ranked male player in the World Amateur Golf Rankings. "I set a goal for myself to leave the SEA Games with an individual gold medal and, hopefully, a team gold as well, although the latter is not entirely within my control. I have been practising hard, and it feels insane and surreal that I helped Singapore to get the gold medal back after 30 years," he says.

Final moments

In the final round of the tournament, which was held at the Luisita Golf and Country Club, James hit a seven under par 65. His overall 13 under par score of 203 placed him ahead of a field of 38 players by one stroke. "It took a couple of days to take it all in," admits the affable young man.

A sophomore at Arizona State University (ASU), where he studies Finance, James plays for the university and is also in the Singapore national team. He attributes his success on the golf course to intensive practice and discipline.

Whenever he is back in Singapore, he practises every other day. "Golf takes up 75% of my time. I don't give myself many breaks because golf isn't physically tiring, although it could be mentally draining, depending on the training programme I've planned for myself."

Why golf?

Golf, James admits, is popularly associated with businessmen who play the game for networking purposes. But he points out that, beyond the stereotype, it is taken seriously as a competitive sport, especially in the United States.

For James, his love affair with the game began when he was just six years old. "My dad brought me to the driving range and I found it fun. It was different from other ball games, such as basketball or soccer, which are a bit more intense," he reminisces. The natural athlete, who also plays badminton and ultimate Frisbee, fell in love with the game and stayed with it.

One of the reasons he is attracted to golf, he reveals, is that it contains numerous parallels with life. "Golf is



James Leow holding the Singapore flag at the SEA Games with his teammates (left) and posing with his medals (below).

called 'the game of imperfection' for a reason. There are so many variables that affect the golf game: you have the wind, grass, balls and equipment. You can't be perfect in every shot, hitting it dead straight every time. That relates to life as well; it will never go exactly the way you want it to because of obstacles. That's why I found it so interesting, and I stuck with it!"

Future plans

His dream is to turn pro, like his idol: Spanish professional golfer Jon Rahm, who is an alumnus of his university. Rahm was the No.1 amateur in the world in 2015. One year after turning professional, he zoomed up to the top five of the Official World Golf ranking. He has won 10 times around the world, including three times on the PGA tour. "I am lucky to be on the same path as he is," attests James, referring to his golf training programme at ASU.

"Turning pro is definitely on my mind, but I have time to make that decision as I am only due to graduate in another two-and-a half years," he shares. His advice to aspiring young golfers? "Plan your time well and believe in yourself."



"You can't be perfect in every shot, hitting it dead straight every time. That relates to life as well; it will never go exactly the way you want it to because of obstacles. That's why I found it so interesting, and I stuck with it!"

Reliving Their Halcyon Days

For one group of ladies, SGCC has become the venue of choice for re-establishing the unshakeable bonds among them forged at school.

It's 1pm on a Tuesday at the Atrium Café, and around 15 ladies are seated at a table in one corner, engaged in animated conversation. An onlooker may be tempted to dismiss them as just another bunch of ladies who lunch, but probe further and you'll discover a special tie that binds them all: these ladies share a friendship that harks back 74 years, stemming from their schooldays at Katong Convent (KC).

To watch these pals — now 80 — rib and tease each other, one would think time had stood still or, indeed, reversed! "Lena used to tilt her chair back during Literature class, and one day she fell," reminisces Mrs Carolyn Chow, a retired nursing officer and long-time SGCC Member. Lena, now Mrs Sankaran, also a retired nurse as well as a mother of four grown-up girls, chuckles, "I did it because I was bored."

"Joyce Pereira and Carolyn were very mischievous — they were known as our Laurel and Hardy," recalls another exuberant woman. As close as two peas in a pod, Joyce and Carolyn entered a 'best friends' contest in *The Straits Times* — contestants had to submit entries describing what they thought was special about their best friend.

50th anniversary celebration

In 2006, the former classmates, who graduated in 1956, held a 50th-year reunion at SGCC's Kensington Ballroom. Out of two classes comprising 80 students, a commendable 50 or so showed up. "Our classmates flew in from different parts of the world: the Netherlands,



Mrs Carolyn Chow with her carefully preserved photo album (above) and with her former KC classmates (left).

UK, New Zealand and Australia, and we all dressed in our school team colours," Carolyn lets on.

One reason for their strong bond was the 10 years spent growing up together while enrolled in KC. "We were classmates from Primary 1 to Secondary 4," explains Carolyn. A few kept in touch after leaving school, but others lost contact with the rest once they got caught up in the whirl of work and family. But after retirement, and with their children grown up, the ladies have taken the opportunity to renew old ties.

Picking SGCC

Many of their lunch meetings have been held at SGCC, usually at the Atrium Café or Garden Grill. "In the beginning, we tried meeting at public restaurants, but that didn't really

work. At SGCC, we can linger at the Club after a meal; we spend about three hours eating and chatting. It has a nice ambience, and my friends like the food here," Carolyn shares. "The staff are accommodating as well," chips in Joan. While the ladies usually meet once a year, the gatherings have become more frequent lately. Since November 2019, the ladies have met at the Club three times.

As lunch time merges into tea time, these ladies turn boisterous as they flip through albums of old photos painstakingly compiled by Carolyn. It's as though they had never left school! The ladies claim that, as long as they are able to, they are determined to turn up to see old friends again at the next get-together. And somehow, you believe them.



Two photos in Carolyn's possession showing the ladies as students of KC.

A Little Talent

Among the entertainers at the SGCC Christmas Light-up last year was Arsheya Kabilan, a pint-sized crooner who hails from a family of artistes.

Members who attended last year's Christmas Light-up would have been captivated by little Arsheya Swathi Kabilan's poised rendition of the well-loved Christmas carol, 'Away in a Manger'.

It was her first time singing solo in front of an audience, but the six-year-old appeared unperturbed. Her father, Mr Kabilan Subramaniam, attributes this to the regular pep talks he gives her. "Arsheya does not have stage fright as I have always told her to believe in herself in any situation. This applies to anything she is doing, whether it is sports, schoolwork, or singing and dancing. This self-belief has given her confidence."

It also helps that the Australian International School student takes Indian classical dance lessons and has performed in front of an audience during the Navarathri celebrations held in a temple in Singapore. In addition, she has taken part in dance performances for the Usha Rani Maniam Dance School in Singapore as well as performed at a year-end school concert in Sydney, where she was previously studying.

Runs in the family

Practice undoubtedly makes perfect, but Arsheya's talent in dance and music could very well be genetic, given that she hails from an artistic family. Her grandmother is a renowned Indian classical dancer in Singapore, and her mother is also a trained dancer.

Singing is another of Arsheya's



"Arsheya does not have stage fright as I have always told her to believe in herself in any situation. This applies to anything she is doing, whether it is sports, schoolwork, or singing and dancing."

passions, reveals her father, who adds, "Whenever there is a new song from a movie, or she's heard something of interest to her, she would request me to download the lyrics. She would get her grandad to listen to her singing it when he drives her to school in the



morning." On top of that, Arsheya often joins her father and his cousins for karaoke sessions. "Every night before she goes to bed, I do sing her a melody, which is our secret," reveals Mr Kabilan.

Other interests

Apart from music and dance, Arsheya enjoys art and craft. "She has an amazing imagination; as such, we have many paintings around the house that have been done by her," her father discloses with pride.

Both father and daughter share a love for animals, and make it a point to visit the zoo at least once or twice a month. "Arsheya always says that she wants to be a part-time zoo keeper and, following in my footsteps, a full-time engineer," Mr Kabilan says with a smile.

At SGCC, Arsheya attends swimming every Tuesday and Thursday, and has great fun with Coaches Jeff and Dylan. "She always looks forward to the lessons," reveals her father.

She attended the Halloween Party and Junior Gems party last year, and plans to be more involved in Junior Gems activities this year, having moved back to Singapore last July from Sydney, where she lived with her mum.

Going with the Flow



Dawn Wong teaches Vinyasa Flow yoga to SGCC Members. *ClubSpirit* chats with her to find out more about this particular yoga style and what keeps her on the mat.

What is Vinyasa Flow yoga?

This is a dynamic style of yoga that synchronises our movements with our breath. Bringing awareness to our breath, we enter yoga poses and move from one pose to the next with an inhalation or exhalation. This is applied throughout gentle stretches and challenging sequences during the session.

How did it originate?

It was developed by Sri T Krishnamacharya, also known as the Father of Modern Yoga. His students, such as T K V Desikachar, B K S Iyengar, Pattabhi Jois and Indra Devi, became some of the most influential yoga teachers in the world.

Is it suitable for beginners? If not, what level should a person be at before signing up for your class?

Yes, beginners can take this class. It goes from easier to more challenging sequences progressively. We usually start with warm-up stretches, followed by simple sequences that build up to more dynamic ones. If students find some poses too challenging, they will still be able to do most of the other stuff in class and benefit from them.

What are the benefits?

Practising vinyasa flow yoga has both physical and mental benefits. Physically, our bodies get stronger and more flexible. We also get a cardio workout from the continuous movements. Mentally, the focus on coordinating our breath while flowing through the sequences helps to calm the mind. It's almost like a moving meditation.

Does it provide a good workout? In what ways?

Definitely. It targets our whole body, including our core, arms, legs, glutes and back. Learning to gracefully move from pose to pose in a controlled manner actually requires a lot of muscular strength, endurance and mental focus!

How did you get into yoga?

As a former accountant, being on the yoga mat after a long day at work was my quick fix for relieving stress. I was exposed to various styles of yoga, but was particularly drawn to flow yoga. I enjoyed the variety and creativity of the sequences of each class. The yoga studio was almost my second home as I went there almost every day after work.

How long have you been teaching Vinyasa Flow yoga?

I have been teaching this form of yoga for six years. This is the yoga style I enjoy the most and wish to share with others. It's easier to teach something you are passionate about.

Any memorable comments from your students over the years?

I am flattered that some of my students have given positive feedback about my teaching ability. They like my clear, step-by-step instructions, and that I introduce new routines every now and then. One student commented, "This challenges us to be better and stronger at yoga." Another student thanked me for tailoring the sessions so that everyone can follow without too much difficulty, which prevents yoga from being "such a defeating form of exercise".

What keeps you going as a yoga instructor?

Yoga is something I truly enjoy; I am extremely blessed to be able to share it with others. Students often tell me that their aches and pains go away after doing yoga, and they even sleep better at night. Seeing that yoga has made a difference to their health and well-being is a great motivation!

TYPES OF YOGA

Originating in India some 5,000 years ago, yoga has gained traction in other parts of Asia as well as the West. Some of the reasons for this include its purported benefits, such as stress relief, general fitness, and improved flexibility. As the practice evolved, different types of yoga have come into being, including quirky formats such as Beer, Acro and Dog yoga. However, the more common forms found in most yoga studios are Hatha, Ashtanga and Vinyasa Flow yoga.




















Hatha yoga is the branch that immediately comes to mind when you think of yoga in general terms. A typical Hatha yoga class involves a set of physical postures and breathing techniques practised more slowly and with more static holds than an Ashtanga or Vinyasa Flow class.

Ashtanga (eight-limbed) yoga is a more vigorous style of practice. It involves poses, each held for only five breaths and punctuated by a half sun salutation to keep up the pace.

Vinyasa Flow yoga is usually done in a flowing sequence, almost like a dance. It is influenced by Ashtanga yoga.



FEBRUARY 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---|--|--|---|---|---|
| | | | | | 1 Saturday Night Live with Muzik Line Club Club Twenty-Two 8pm  Provencal Cooking Garden Grill Ang Pow Squash Squash Courts 3pm Ang Pow Darts Cricket Darts Lounge 2pm | 2 Ang Pow Bowling Gardens Bowl 10am  |
| 3 | 4 Hongbao Musical Afternoon Club Twenty-Two 1pm  Bridge Ang Pow Casuarina Room 9am Golf Ang Pow Orchid Country Club 12pm | 5  Social & Ballroom Dance Night with DJ Dennis Goh Club Twenty-Two 8.30pm | 6 | 7 Jerry & The Neufaces Crossroads Lounge 8.30pm  French Night: Grooving Serangoon with DJ Steph Club Twenty-Two 8.30pm | 8 Saturday Night Live with Muzik Line Club Club Twenty-Two 8pm Chap Goh Meh Dinner & Dance with Locomotion Kensington Ballroom 7.30pm  | 9 |
| 10 | 11 Musical Afternoon Club Twenty-Two 2pm  Mandopop Night with Daphne Crossroads Lounge 8pm | 12  Social & Ballroom Dance Night with DJ Dennis Goh Club Twenty-Two 8.30pm | 13 Movie Screening: Guardians of the Galaxy Lobby 7.30pm  | 14 Jerry & The Neufaces Crossroads Lounge 8.30pm  Valentine's Day Special with DJ Dennis Goh Club Twenty-Two 7.30pm Valentine's Day Menu Garden Grill 6pm Movie Screening: Guardians of the Galaxy Lobby 7.30pm  | 15 Saturday Night Live with Muzik Line Club Club Twenty-Two 8pm Gel Candle Workshop Clover Room 10.30am  | 16 |
| 17 | 18 Musical Afternoon Club Twenty-Two 2pm  | 19  Social & Ballroom Dance Night with DJ Dennis Goh Club Twenty-Two 8.30pm | 20 | 21 Jerry & The Neufaces Crossroads Lounge 8.30pm  | 22 Saturday Night Live with Muzik Line Club Club Twenty-Two 8pm | 23 Line Dance Afternoon with DJ Dennis Goh Club Twenty-Two 2.30pm  |
| 24 | 25 Musical Afternoon Club Twenty-Two 2pm  | 26  Social & Ballroom Dance Night with DJ Dennis Goh Club Twenty-Two 8.30pm Swimming Pool closed for maintenance | 27 | 28 Jerry & The Neufaces Crossroads Lounge 8.30pm  | 29 Saturday Night Live with Muzik Line Club Club Twenty-Two 8pm | |

Information is subject to change without prior notice. For more updated Club happenings, log on to our online Events Calendar at www.sgcc.sg

MARCH 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|---|--|
| 30 Gym closed for maintenance | 31 Musical Afternoon Club Twenty-Two 2pm  | | | | | 1 Spanish Cooking Garden Grill  |
| 2 | 3 Musical Afternoon Club Twenty-Two 2pm  | 4  Social & Ballroom Dance Night with DJ Dennis Goh Club Twenty-Two 8.30pm | 5 | 6 Jerry & The Neufaces Crossroads Lounge 8.30pm  | 7 Saturday Night Live with Muzik Line Club Twenty-Two 8pm | 8 |
| 9 | 10 Musical Afternoon Club Twenty-Two 2pm  Mandopop Night with Daphne Crossroads Lounge 8pm | 11  Social & Ballroom Dance Night with DJ Dennis Goh Club Twenty-Two 8.30pm | 12 Movie Screening: Jurassic World: Fallen Kingdom Lobby 7.30pm  | 13 Jerry & The Neufaces Crossroads Lounge 8.30pm  Movie Screening: Jurassic World: Fallen Kingdom Lobby 7.30pm  | 14 Saturday Night Live with Muzik Line Club Twenty-Two 8pm  Junior Tennis Championship Tennis Courts 8am Paper Quilling Clover Room 10.30am  | 15 |
| 16 | 17 Musical Afternoon Club Twenty-Two 2pm  | 18  Social & Ballroom Dance Night with DJ Dennis Goh Club Twenty-Two 8.30pm | 19 | 20 Jerry & The Neufaces Crossroads Lounge 8.30pm  | 21 Saturday Night Live with Muzik Line Club Twenty-Two 8pm | 22 Line Dance Afternoon with DJ Dennis Goh Club Twenty-Two 2.30pm  Water Carnival Swimming Pool 12pm  |
| 23 Club-wide Closure for Staff Appreciation Day 2pm onwards | 24 Musical Afternoon Club Twenty-Two 2pm  | 25  Social & Ballroom Dance Night with DJ Dennis Goh Club Twenty-Two 8.30pm Swimming Pool closed for maintenance | 26 | 27 Jerry & The Neufaces Crossroads Lounge 8.30pm  | 28 Saturday Night Live with Muzik Line Club Twenty-Two 8pm | 29 |

Information is subject to change without prior notice. For more updated Club happenings, log on to our online Events Calendar at www.sgcc.sg

COMPETITIONS



WATER CARNIVAL

Join us for a day of fun in the bi-annual Water Carnival! Those who are interested in a bigger role can register as team captains as we will need four team captains to lead the participants to compete in the tele-matches.

Note:

- The pool will be closed on 22 March 2020, Sunday, from 9am to 6pm to facilitate the event.
- Participants will be allocated to the respective colour teams by the organiser.
- Entries received before the closing date will be entitled to their choice of t-shirt sizes.
- Late entries are subject to availability of slots and t-shirt sizes.
- Participants must be able to swim at least 50 metres.

DATE

22 March 2020, Sunday

TIME

12pm onwards

VENUE

Swimming pool

FEE

FREE (Member)

\$8.56* w/GST (Guest)
*Fee includes t-shirt

MIN / MAX

80 / 160 Participants

CLOSING DATE

8 March 2020, Sunday

SGCC INVITATIONAL SWIM MEET

Pit your prowess in the water against fellow swimmers in this competition.

DATE

26 April 2019, Sunday

TIME

12pm onwards

VENUE

Swimming Pool

FEE

\$8.56 w/GST (Member)
each for the 1st & 2nd event registered,
free for the 3rd event onwards

\$10.70 w/GST (Guest)
per event

CLOSING DATE

12 March 2020, Thursday

CONTACT

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

JUNIOR TENNIS CHAMPIONSHIP

This competition is open to four different age groups: Boys & Girls 8 years old & under; 10 years old & under; 12 years old & under; and 14 years old & under.

DATE

14 March 2020, Saturday

TIME

8am-6pm

VENUE

Tennis Courts

FEE

\$10.70 w/GST per category
(Member)

\$21.40 w/GST per category
(Guest)

CLOSING DATE

1 March 2020, Sunday



CONTACT

Daniel Chong at 6398 5351 or recreation@sgcc.com.sg



TCA JUNIOR INVITATIONAL CHESS CHAMPIONSHIP 2020

Calling all young chess masters! Pit your skills against 200 participants from chess clubs, schools and other chess fraternities in Singapore. The tournament, which was named in honour of the late Mr Tay Chong Ann, a Life member of the Club, and a founding member of the Club's chess fraternity, will be played according to the FIDE Laws of Chess with seven rounds of Swiss System. It will be held behind closed doors.

DATE

10 April 2020, Friday

TIME

9am-6pm

VENUE

Kensington Ballroom

FEE

\$10.70* w/GST (Member, All Categories)
 \$38.00* w/GST (Guest, Under 8, 10, 12 categories)
 \$45.00* w/GST (Guest, Open Category:)

* Fee includes lunch

CLOSING DATE

13 March 2020, Friday



8 BALL POOL OPEN TOURNAMENT

Pool players are invited to compete in our 8 ball pool tournament. The winner will get to represent the Club in the National 8 Ball Pool Tournament.

DATE

18 April 2020, Saturday

TIME

12pm (Lunch);
 1pm (Game starts)

VENUE

Billiard Room

FEE

\$10.70* w/GST
 (Member)

FREE*

(Billiard Section Member)

* Fee includes lunch and tea break; fees for Section Members will be deducted from Billiard Section Fund

MIN

14 participants

CLOSING DATE

6 April 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 |
|---------------------------|----------------------------------|----------------------------------|

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: The above fees (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 |
|---------------------------|----------------------------------|-----------------------------------|

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

JOIN THE SGCC BILLIARDS SECTION!

All levels are welcome. 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
- The spouse of a Golf Section Member pays only half of the monthly contribution if he/she signs 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.

**CENTRE OF EXCELLENCE PROGRAM FOR BOWLING**

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 Fundamental, Footwork, Posture and Swing; Timing, Flow and Swing Plane are covered at the Intermediate level; while the Advanced level emphasises Release, Tactical Movement and Competitive Skills.

The programme will be conducted by SBF-appointed COE coaches Mr John Liaw and Mr Samuel Ho.

DATE

February 2020

TIME

12pm-2pm

VENUE

Gardens Bowl

FEE

\$2,889.00* w/GST
(Member)

\$3,210.00* w/GST
(Guest)

Note:

- 1st downpayment of \$1,000, followed by \$170/month X 10 instalments (Member)
- 60 sessions of training programme per year: 2 training sessions per week (1 weekday and 1 weekend) • Training class will commence in February 2020

ELIGIBILITY

Must have completed the Bowling Elementary Programme. Minimum age for enrolment is 10 years old and maximum, 17 years old.

MIN / MAX

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 classes in Vinyasa Flow Yoga 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.

| DANCERCISE |
|---|
| 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 notice board)

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 notice board) 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 Aerobics 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 SGF and at various schools in Singapore and in the Philippines.



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).

| CONTACT |
|---|
| Julia Kong at 6398 5352 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



ADULT GROUP COACHING TENNIS PROGRAMME BY ACES TENNIS

| CLASS | LESSON |
|----------------------------|--|
| Beginner | Saturdays: 3.30pm-5pm |
| CLASS | LESSON |
| Intermediate | Mondays: 8.30pm-10pm |
| CLASS | LESSON |
| Ladies' Intermediate | Mondays: 7pm-8.30pm Fridays: 8am-9.30am |
| FEE | |
| \$148.30 w/GST (Member) | \$165.15 w/GST (Guest) |

Note: Charges are 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



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. This 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)

* Price 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. This course 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 coached individuals and groups for kids and adults since 2000.



CONTACT

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

SQUASH (PRIVATE TRAINING)

Whether you are a 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 per hour 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: Charges are 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

Provencal Cooking

Savour Provencal specialties with our February menu.

1-29 February 2020

(except 14 February, because of Valentine's Day Dinner)

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 Citizens (aged 55 years old and above)



Rib-eye Steak

SET MENU

APPETISER

Salad of Oranges, Fennel and Red Onion,
with Mint Dressing

or

Salade Nicoise

or

Salmon

baked with Béchamel, Cheese, Egg and Mushroom

SOUP

Mushroom Soup

prepared with Reduced-Fat Cream

or

Bouillabaisse

Mixed seafood soup

MAIN COURSE

Sole Meuniere

Fillet of sole fish pan-fried with unsalted butter, olive oil,
fresh lemon juice and fresh herbs

or

Coquilles Saint Jacques a la Provencale **

Scallops sautéed with olive oil, shallot, garlic, basil,
flat-leaf parsley, white wine and finely diced tomato

or

Poulet a la Dijonnaise

Chicken fillet pan-fried with unsalted butter, olive oil, reduced-fat
cream, whole-grain Dijon mustard, tarragon, thyme and flat-leaf parsley

or

Grilled Spring Lamb Chop

with Fresh Thyme Sauce

or

Rib-eye Steak ***

Charred according to desired doneness and served
with full-bodied red wine mushroom ragout



Coquilles Saint Jacques
a la Provencale

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

Chocolate Mousse

or

Williams Liqueur-flavoured Pear

Contact Garden Grill at 6398 5313

Spanish Cooking

In March, we take you to Spain to experience cuisine that is a lot more than just paella!

1-31 March 2020

Daily: 12pm-3pm

Mon-Fri: 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 Citizens (aged 55 years old and above)



Seafood Paella

SET MENU

APPETISER

Salad

with Parma Ham and Tomato Vinaigrette

or

Tortilla

with Potato, Capsicum and Onion

or

Garlic Prawns

SOUP

Spanish Vegetable Soup

or

Hot Tomato Soup

with Paprika and Cheese Stick

MAIN COURSE

Seafood Paella *

or

Red Snapper

with Salsa Verde

or

Pork Loin

roasted with Paprika and Garlic

or

Slow-cooked Spanish Chicken

or

Grilled Rib-eye

with Mushroom and Blue Cheese Sauce ***



Spanish Churros
with Chocolate Sauce

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

Orange Burnt Custard

or

Spanish Churros

with Chocolate Sauce

COFFEE OR TEA

Contact Garden Grill at 6398 5313

Valentine's Day Set Dinner

Indulge in a lovely dinner with your sweetheart this Valentine's Day with our help.

\$52* w/GST per person

*Price includes a rose for each lady

SET MENU

Glass of Sparkling Wine

co-sponsored by JC Wine & Spirits Pte Ltd

APPETISER

Southern-style Crab Cakes with Cool Lime Sauce

SOUP

Creamy Tomato Seafood Bisque with Parmesan Toast

MAIN COURSE

Roasted Gindara with Yuzu Dressing

or

Charred Steak and Asparagus with Café de Paris

DESSERT

Red Velvet Molten Lava Cake

Freshly Brewed Coffee or Tea

Contact Garden Grill at 6398 5313

Catch
Daphne & Mathew
live
as they serenade you
with their sweet vocals
to popular
romantic melodies!

Valentine's Day Special

This Valentine's Day, we invite you to spend the evening at Club Twenty-Two with your special someone. Enjoy music curated by DJ Dennis Goh, an exceptional three-course dinner, dancing, and more!

Friday, 14 February 2020

7.30pm-11.30pm

\$40 w/GST (Member); \$45 w/GST (Guest)

SET MENU

Creamy Mushroom Soup
topped with Chantilly Cream

Atlantic Salmon

crispy pan-seared with Hollandaise Sauce

or

Bacon-wrapped Chicken Breast

baked with Natural Jus

Symphony of Love

homemade mixed berries compote

Glass of Sparkling Wine

co-sponsored by JC Wine & Spirits Pte Ltd

Easter Sunday Set Menu

This Easter Sunday, come and partake of scrumptious meal deals at Garden Grill!

3-course (appetiser or soup, dessert, choice of main course) set: \$28 w/GST

4-course set (appetiser, soup, dessert, choice of main course): \$38 w/GST

**Sunday, 12 April 2020
12pm-3pm; 6pm-10pm**

SET MENU

APPETISER

Salmon Gravlax
with Fresh Dill

SOUP

Butternut Pumpkin Soup
served with Crab Meat and Herbed Croutons

MAIN COURSE

Pan-seared Red Snapper
with Fennel, Grape Tomatoes and Capers
or
Rosemary & Garlic Oven-Roasted Rack of Lamb
with Mint Sauce


DESSERT

Hot Butter & Cheese Pudding
with Raspberry Coulis

Freshly Brewed Coffee or Tea

Contact Garden Grill at 6398 5313





April Ball with DJ Dennis Goh

Let your hair down at the Kensington Ballroom! Better yet, gather a bunch of pals and make a night of the good music and even better food. Who knows — you could end up winning the top prize in the lucky draw.

**Kensington Ballroom
Friday, 10 April 2020
7.30pm-11.30pm**

FEE

**\$30* w/GST (Member)
\$40* w/GST (Guest)**

*Fee includes light buffet dinner
and lucky draw

Serangoon Gardens Country Club & Johnny Walker Gold Reserve Proudly Present Country Rock & Roll

Spend the night listening to country music and taking part in different types of dances (line dancing, rock & roll, social dancing) at the Kensington Ballroom. The talent line-up includes:

Novi Angeline & Ninna Sharina
from Indonesia

Hanche Presley & The King Creole Band
from Indonesia


Jimmy PresLee and other Guest Singers
from Singapore

Friday, 17 April 2020

FEE

**\$60* w/GST (Member)
\$70* w/GST (Guest)**

*Fee includes a sumptuous buffet and free flow of soft drinks,
with special offer for Johnny Walker Gold Reserve



Create Memorable Moments At SGC



Whether you are planning a large wedding reception or just looking for a relaxed meeting place, we have it all. From the tranquil setting of the Beer Garden to the formal elegance of the Ballroom, our banquet facilities offer both functionality and style.

We believe in going the extra mile to ensure that your event is perfect. Enjoy the assistance of our experienced Banquet team, who will help organise and provide creative ideas and practical advice as you plan your special event. We also offer dance floor and stage set up, preferential emcee rates, recreational activities for team-building events, and bus shuttle service to and from the Club for large-scale events.

At Serangoon Gardens Country Club, our goal is to provide excellent service, good food and value for money.

Contact Banquet Department at 6398 5387 or 6398 5381



*Live Entertainment
At Crossroads Lounge
& Club Twenty-Two
(February-March)*

CROSSROADS LOUNGE

**Tuesdays 8pm
(every 2nd Tuesday of the month)
Mandopop Night
with Daphne**

**Fridays 8.30pm
Jerry & The Neufaces**

CLUB TWENTY-TWO

**Tuesdays 2pm
Musical Afternoon**

**Wednesdays 8.30pm
Social & Ballroom Dance Night
with DJ Dennis Goh**

**Saturdays 8pm
Saturday Night Live
with Muzik Line**

Beverage Promotion for February & March 2020

Check out our very affordable Premium Wine Bottle Promotion @ Crossroads Lounge!

BEER BY THE DRAFT

CARLSBERG DRAFT

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

ASAHI DRAFT

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



SINGLE MALT PROMOTION

GLEN GRANT SINGLE MALT 12 YEARS OLD *

Glen Grant 12 Years Old is a remarkable single malt. With a bright, golden colour and pleasant aromas of orchard fruit, almond and citrus, this exceptional whisky delights the palate with exquisite and delicate notes of apple-pie crust and caramel, and finishes with lingering fruit and subtle hints of spice. 40% ABV

1 bottle @ \$115.56 w/GST |
2 bottles @ \$222.56 w/GST



GLEN GRANT SINGLE MALT 18 YEARS OLD *

This unrivalled single malt matures for at least 18 years in the highest-quality, handpicked oak casks, creating a golden glow and seductive floral and oaky aroma.

1 bottle @ \$286.76 w/GST | 2 bottles @ \$393.76 w/GST

BLENDED SCOTCH PROMOTION

CHIVAS REGAL 12 YEARS OLD

1 bottle @ \$98.44 w/GST | 2 bottles @ \$184.04 w/GST

CHIVAS REGAL 18 YEARS OLD

1 bottle @ \$160.50 w/GST | 2 bottles @ \$299.60 w/GST

* no Happy Hour discount for the above promotion

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 charge for 2 guests

MINIMUM SPENDING OF \$214 w/GST

waiver of cover charge for 5 guests

MINIMUM SPENDING OF \$321 w/GST

waiver of cover charge for 8 guests

Waiver of guest cover charge 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.

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



GEL CANDLE WORKSHOP

Create your own scented DIY Candle on a gel base. Use it for your home décor or as a Valentine's Gift for your loved ones. All DIY Candles are non-toxic and safe to use.

| DATE | TIME |
|--------------------------------|--------------------------|
| Saturday, 15 February 2020 | 10.30am–12.30pm |
| VENUE | MIN / MAX |
| Clover Room | 6 / 10 participants |
| FEE | |
| \$65.00* w/ GST Junior Gems | \$75.00* w/ GST Guest |
| * Fee is for 4 lessons | |



EASTER EGG HUNT

We're holding an Easter Egg Hunt and you're invited! Bring your children to the Club and let them have fun searching for hidden eggs. RSVP required.

| DATE | TIME | VENUE |
|--|-------------------------|------------------------|
| Saturday, 11 April 2020 (Strictly reserved for RSVP) | 1pm–2pm | Main Lobby |
| MIN | CLOSING DATE | |
| 10 participants | Sunday, 2 February 2020 | |
| FEE | | |
| FREE Junior Gems | \$5.00 w/ GST Member | \$8.00 w/ GST Guest |

PAPER QUILLING

Paper quilling uses thin strips of coloured paper rolled up into spirals and shapes to form pictures of flowers, animals and even people. This workshop uses a special quilling tool, which is used to roll the thin strips of paper. Glue is then applied to the rolled paper. Fees are for one parent and one child.



| DATE | TIME | VENUE |
|-------------------------------|--------------------------|-------------------------|
| Saturday, 14 March 2020 | 10.30am–12.30pm | Clover Room |
| MIN | CLOSING DATE | |
| 8 participants | Wednesday, 4 March 2020 | |
| FEE | | |
| \$55.00 w/ GST Junior Gems | \$60.00 w/ GST Member | \$65.00 w/ GST Guest |



ABOUT THE TRAINER

A highly sought-after speaker in the area of estate and legacy planning, Eugene Soo is well known for his extensive knowledge and practical insights, and has been tapped to speak at Singapore's nationwide Estate Planning forum. He has conducted seminars for the Ministry of Manpower and Building Construction Authority of Singapore, and has also appeared on the Channel U programme, *Money Week*.

UNDERSTANDING MODERN TRUST VS TRADITIONAL TRUST

Wealth transfer will become more prevalent over the next decades, making estate planning crucial. Gain a basic understanding of a trust structure and how to utilise it.

This talk will cover the following issues:

- What is a modern-day trust
- Common estate-planning complications
- How to bypass probate
- Trust as a family resource
- How to make use of the 99%–1% rule for CPF

| DATE | TIME |
|------------------------|--------------------------|
| Saturday, 4 April 2020 | 9.30am–11.30am |
| VENUE | MIN |
| Casuarina Room | 15 participants |
| FEE | CLOSING DATE |
| FREE | Wednesday, 25 March 2020 |

CONTACT

Jean Lee at 6398 5383 or jean_lee@sgcc.com.sg

1 DAY BONDING TRIP TO BEKOK (JOHOR)

View the making of Hakka kueh and wonton noodles, then shop and eat to your heart's content while getting to know fellow Members during this quick getaway.



CONTACT

Jean Lee at 6398 5383 or jean_lee@sgcc.com.sg

DATE

Friday, 24 April 2020

VENUE

Assemble: 6am at Main Lobby of SGCC
Depart: 6.30am

FEE

| | | |
|--|----------------------------|---------------------------|
| \$80.00* w/o GST Senior Member, 55 Years & above | \$85.00* w/o GST Member | \$90.00* w/o GST Guest |
|--|----------------------------|---------------------------|

* Price includes the following items:

- 1 day usage of a Singapore-registered, 44-seater air-conditioned coach via Tuas; no change of vehicle at the Malaysian checkpoint
- A Malaysian, English-speaking tour guide throughout the itinerary
- Personal accident insurance coverage of \$10,000 per person
- Medical claims up to S\$500 per person and does not cover illness/food poisoning

MIN

30 participants

CLOSING DATE

Friday, 6 March 2020

HIGHLIGHTS

- Breakfast: Nasi Lemak at Mushroom Farm (inclusive)
- Visit to Hakka Museum
- Tea Break: Kueh from various dialect groups + fruits, and famous home-made wonton mee (at own cost)
- Yong Peng: Yoyo Local product
- Depart for Johor shopping: Mid Valley Southkey
- Dinner: at local restaurant (inclusive)
- Depart for Singapore via Tuas 2nd Link Checkpoint

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 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
*2, 3, 6, 10, 22

VANCOUVER

Terminal City Club
837 West Hastings Street
Vancouver, BC, Canada V6C 1B6

Tel: 604-681-4121

Fax: 604-681-9634
members@tcclub.com
www.tcclub.com
*2, 3, 5, 6, 9, 11, 13, 16, 18, 22

CHINA

HONG KONG

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

SHANGHAI

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

Ambassy Club

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

INDIA

RAJASTHAN

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

INDONESIA

JAKARTA

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

SURABAYA

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

MALAYSIA

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
<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



Your Wedding



Celebrate the beginning of your lifetime happiness at Swatow Garden

Sumptuous nine course meal prepared by our award-winning chef. Realise your dream wedding at our cosy elegant restaurant or at lavish Kensington Ballroom.

Wedding Packages start from \$638⁺⁺

For more details, please contact us at: 6343 1717
or email us at: enquiry@swatow.com.sg

山頭園
SWATOW GARDEN

(OPEN TO PUBLIC)

Swatow Garden
Serangoon Gardens
Country Club

22 Kensington Park Road,
Heliconia Wing, S557271



山頭園
SWATOW GARDEN

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

\$30 GIFT VOUCHER

TERMS & CONDITIONS:

- Valid only for dine-in at Swatow Garden @ Serangoon Garden Country Club.
- Valid with a minimum spending of \$100 before GST & service charge; beverages excluded.
- Not valid for use on eve of public holidays, public holidays & festive days.
- Not valid for any Chinese New Year set meal and promotions.
- Voucher not exchangeable for cash, and cannot be used with other promotions, offers & discounts.
- Original voucher must be presented upon payment.
- 1 voucher can be used per transaction.
- Swatow management reserves the right to change or amend the T&Cs without prior notice.
- Valid till 31st March 2020.



山頭園
SWATOW GARDEN

Open to Public

Swatow Garden @ Serangoon Gardens Country Club

22 Kensington Park Road, Heliconia Wing, Singapore 557271. Tel: **6343 1717**

www.swatow.com.sg

Cut out this physical voucher to enjoy the benefits of this voucher!

www.swatow.com.sg

BUILT FOR EFFECTIVE WORKFLOW AUTOMATION

Fuji Xerox Workflow Automation (WfA) uses intelligent data capture and automated processes to streamline document and information flow, achieving operational excellence.



<https://www.fujixerox.com.sg/sgp/BuiltForMore/>
Find out how you can fuel paper-to-digital transformation.



Come join Junior Gems



**Junior Gems
Birthday
Surprises**



**Exclusive
Junior Gems
Activities**



**Is your child aged between 4 to 12 years old?
Come join Junior Gems, and be treated to a world of fun activities and perks!**

For an annual membership fee* of \$26.75 w/GST, your child can enjoy the following perks worth \$32:

- Welcome gift of a Smoothie and Waffle with Single Scoop Ice Cream
 - Birthday treat of a Single Scoop Ice Cream
 - One free workshop
 - Invitations to exclusive Junior Gems activities and parties
 - Complimentary entry to the annual Junior Gems Anniversary Party
- ...and much more surprises!*

* Membership is automatically renewed each year till your child reaches 12 years of age.



JOIN NOW
Contact Jean Lee at:

6398 5383
jean_lee@sgcc.com.sg

