

Father Figure

Treat darling daddy to a take-home feast from Atrium Café this Father's Day weekend. Turn to page 24 for more details.



7
Swimming
Pool Reopens



8
A Gem
of a Club



10
Right
on Cue



12
Zero Impact,
Fully Intact

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: 6398 5346
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: 6398 5340
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: 6398 5331
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: 6398 5331
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: 6398 5340
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: 6398 5331
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: 11am–12am
Fri–Sat & Eve of PH: 11am–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

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Mon–Fri: 9am–6.30pm

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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

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Mrs Lim Hwee Hua
Mr George Yeo

TRUSTEES
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PPA PBM BBM
Mr Anthony Tan
Mr Pao Kiew Tee

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Mr Terrence Fernandez
President
Mr Peter Karsono Lee
Assistant Honorary Secretary
Mr Lee How Giap
Assistant Honorary Treasurer

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Mr Arulananthan Subramaniam

CONVENORS
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Billiards
Mr Edward Tan
Bowling
Mr Ronnie Ng
Chess
Mr Rick Seah
Darts
Mr Eddie Ng
Fitness
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Golf
Mr Edwin Lee
Squash
Mr Steven Lee
Tennis

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Do not judge
me by my
successes;
judge me by
how many
times I fell
down and got
back up again.

— Nelson Mandela

It is easy for us to focus on the negativities around this COVID-19 pandemic, how it has unhinged us from our routines, created tensions between neighbours, and taken lives. Let's, instead, focus on the positive aspects of this period in our history, that it has turned out to be a time of great change for everyone.

My heart goes out to the frontline workers and our staff, who have stepped forward to guide us through some challenging times during the pandemic. It is due to their effort that, to date, we have yet to encounter any outbreak of this virus within our walls. They continue to work behind the scenes to ensure that our Club is in excellent condition, ready to welcome Members back once the Circuit Breaker is lifted.

The current General Committee is a great team, with big hearts and a good range of skill sets. They work tirelessly to make decisions that are in the best interests of both the Club and its Members. It is with their determination that we recently rolled out the F&B Credit Support Scheme to provide some measure of relief to all Members, regardless of their personal preferences or Membership status. I am heartened to hear that Members have begun using their credits, and have shown appreciation for this decision.

I would also like to say "thank you" to the many Members who have offered their credits back to the Club to defray our running costs, which have been harshly affected by the closures enforced during this period.

It is a time of change for many of us. The Circuit Breaker has solidified the Management's campaign to move toward a more digitally supported framework in the Club, with new measures and upgrades to be expected soon. This will in turn help us to further optimise the use of our manpower.

Already, this month, Members will be able to log onto our new website to book Club facilities, thus saving

much waiting time and manhours compared to booking by phone (this will be made available once our Club reopens). Due to service disruptions, we have also had to push up our plans to launch the *E-ClubSpirit*, a digital version of the magazine shared with all Members. This is certainly a more cost-efficient and environmentally friendly step in the right direction for us.

We also note changes to our Patrons' list, with Mr Goh Chok Tong stepping down as our Patron-in-Chief since his GRC no longer oversees our estate. I would like to thank him for his guidance and support since he took office, and wish him all the best in his endeavours.

Time certainly flies, and change is truly the only constant. I have been your President since June 2018 and, as we move toward elections for a fresh General Committee in the coming AGM, this is an ideal time to reflect and share how far we have come together and progressed as a Club.

Throughout my tenure as your President, it was a priority to ensure that I kept to the promises I made when you first voted for me in 2018 — specifically that there will be no increase in subscriptions and no minimum spending. My reasons were simple: we needed to be prudent in how we spend the subscription fees we collect from Members. Issues such as wastage, equal subsidies for Members, preferential treatment for and the entitlement of specific groups of Members were swiftly dealt with.

Despite our best interests for the Club, there were countless attempts to sabotage this agenda, to disrupt the plans put forth by the Club, to distract us from our goals, and even initiate what we now know to be unlawful decisions that have led to financial losses for the Club. Throughout these issues, my attention was fervently maintained on the objectives at hand, and we were able to come out of this with positive results.

We inherited an F&B loss of \$369,381 in FY2017/2018; we have brought these losses down to only \$66,332 in FY2019/2020 (unaudited figure) — a massive reduction of \$303,049 — simply by being prudent. We stayed focused and were disciplined throughout. This victory belongs to you for your faith in the process.

Thanks to the efforts of our Membership Relations Department, we were able to close the Financial Year with a high open market value of \$12,000, the highest in the last few years.

Our new Constitution is awaiting your input as Members, which we can only do once COVID-19 restrictions are lifted. This is critical for good governance of the Club in the future. This is a long-overdue and much-needed internal transformation.

I hold on to the fact that a very untapped resource of our Club are its Members themselves, and wish that more of you would step forward to volunteer your skills and knowledge towards improving the Club. Let me know your interest in serving in our Sub-Committees or the General Committee.

I would also like to thank Tennis Convenor Mr Steven Lee, who proposed a 50% reduction in the sport's 2020/2021 approved budget as a means to help control expenses. This has led to some other convenors agreeing to work with Management to achieve this for their respective sports. Every little effort is significant.

We are now venturing into uncharted waters; there is much uncertainty with this pandemic still nipping at our heels. Will we be able to restart normal F&B operations? Can we host events and activities again? How will safe-distancing measures affect patronage at the Club? How do we control expenses when there is little revenue? These are scenarios that the GC and Management will work on in the coming weeks to prepare us as best we can as we move forward.

I thank you for your trust, patience and support for me throughout these two years. My passion remains strong and my commitment to you, unwavering.

Always in your service,



Terrence Fernandez
President

A warm welcome to:

Tan Siak Kiang, Johnny	Grand Member
Toh Bin Peng	Grand Member
Tan Yong Wah Eddie	Grand Member
Tan Kim Hong	Grand Member
Eddy Paulry Edwards	Ordinary Member
Loh Kian Beng Tonny	Ordinary Member
Edwin Tan Qing Gang	Ordinary Member
Lee Chin Hong	Ordinary Member
Ajmer Singh S/O Ajit Singh	Ordinary Member
Mollie Koh May Foong	Ordinary Member
Low Siok Hui	Ordinary Member
Balamurugan A Vellayappan	Ordinary Member
Ong Pearly	Ordinary Member
Loh Song Kai Nicholas	Ordinary Member
Toh Wei Ling	Ordinary Member
Wong Choy Fong	Ordinary Member
Goh Hoon Eng	Ordinary Member
Paul Ward	Term Member

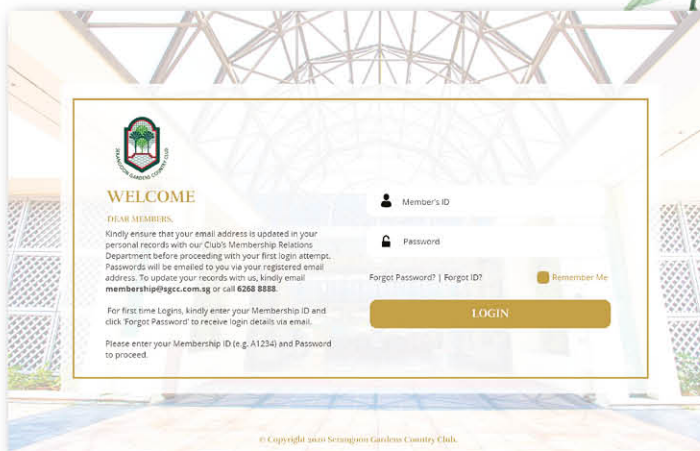
A fond farewell to:

Chua Poh Cha	Grand Member
Choy Wing Sing	Grand Member
Tan Geok Eng Thomas	Grand Member
Lam Chung Keng	Non Transferable Ordinary Member
Lee Bing Yi, Melvin	Non Transferable Ordinary Member
Goh Boon Chay, Mary	Non Transferable Ordinary Member
Neo Peh Hoon Hazel	Ordinary Member
Seah Chiang Nee	Ordinary Member
Lee Ah Bah	Ordinary Member
Lock Seng Yik, Brian	Ordinary Member
Low Geok Hwee	Ordinary Member
D'Cruz Natasha Sonya	Ordinary Member
Adrien Julien Roger Beauvisage	Term Member
Hadjkali Riad Lotfi	Term Member
Stephane Le Dreau	Term Member
Kristine Aitken	Term Member
Arnould Francois - Xavier	Term Member
Bernardeau Jerome	Term Member
Sebastien Perier	Term Member
Shanaz Matthew Sajeed	Term Member
Tay Siew Lin, Delicia	Term Member
Fantino Warner Elodie Sandra	Term Member

S&R BOOKINGS GO DIGITAL

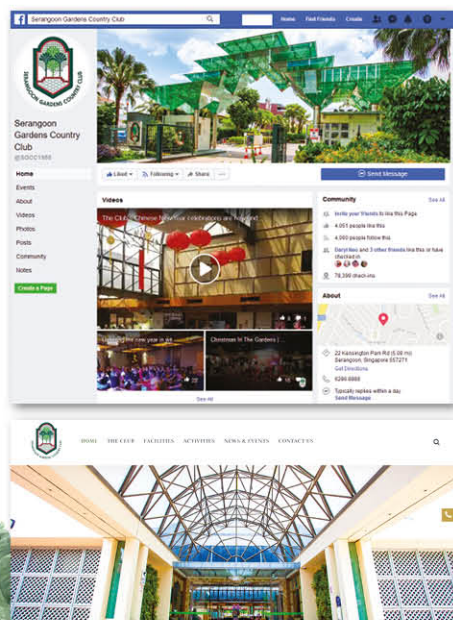
Booking Sport & Recreation facilities at the Club will be so much easier from June 2020 onwards.

As announced previously, we have launched the new Facilities Booking platform via our Club's website at **sgcc.com.sg**. The booking system will become active as soon as the Club reopens for regular operations. Look out for a 'Login' button and follow the onscreen directions to retrieve your Membership details and proceed to log in. Please note that a valid email address is required for access to the platform. If you have yet to do so, kindly update your email address with our Membership Relations Department at **membership@sgcc.com.sg** before making any booking attempts.



3 WAYS TO BE IN THE KNOW

Stay abreast of Club happenings with these new and exciting platforms.



As we move towards incorporating more digital solutions to processes in the Club, we would like remind Members of the various platforms you can keep up to date with news and events at SGCC.

- Visit our new website at **sgcc.com.sg**. The 'Club News' page will have the latest information to share with Members.
- Update your mobile phone number and email address

at **membership@sgcc.com.sg** or **http://bit.ly/SGCC_detailsupdate** to receive our Club's biweekly e-newsletter *Gardens Connection*, and timely news via SMS.

- Visit and 'like' the SGCC Facebook Page, which includes daily updates and interesting posts about our Club.

TAKEAWAY MENU

Our way of making things convenient for Members during Circuit Breaker.

Our Club's takeaway menu has quietly become a hit among our Members. In fact, demand for this service has increased, especially during the Circuit Breaker period. After all, who wouldn't want to tuck into dishes that are comforting and familiar while ensconced at home?

While you can rest assured that crowd favourites will be retained, the takeaway menu will be continually adjusted to keep your taste buds stimulated!

For the latest menu, do visit <http://sgcc.com.sg/atrium-cafe-take-away-menu/> or visit our Club's Facebook page.



NETWORK AT SGCC

Network with your peers, improve your business,
and contribute your talents to SGCC!



SGCC acknowledges that, in these times, we should band together as one family to help one another steer through the rocky seas of the business world. The Club's amenities are excellent and conducive for business meetings, lunches, and even small-scale talks or conferences. In addition, we will continue to build on the Network Group, through which we will be organising talks and workshops, and more opportunities for business-minded Members to mingle.

We are also constantly on the lookout for Members with expertise who could benefit our Club by way of services, sponsorships, or consultations. This is your Club and we encourage you to step forward to offer your talents to the Club in any way. Let's do this together!

If you would like to join our database of talents or be part of our Network Group, please email us at feedback@sgcc.com.sg to share a little about yourself, such as your job title, company and brief information on your skills.

SWIMMING POOL REOPENS

A five-step process has been implemented to comply with COVID-19 guidelines.



The refurbishment of our Club's swimming pool has gone according to schedule, with little disruption despite the Circuit Breaker (CB). Although CB ends this month, we await updates from the government on when we can resume operations; no one is allowed to use the pool until then. When we do reopen, Members are advised that COVID-19 restrictions will still be in place throughout the Club, including the swimming pool. Kindly note these five simple steps in order to use the pool:

STEP 1 The pool's two entry/exit points are located by Coffee Deli and the gym at Palm Wing; enter via either points. If maximum capacity has been reached when you attempt to enter, kindly leave your contact details and we will notify you when you may access the pool.

STEP 2 Members must present their Membership Cards upon registration to enter the pool. Guests will not be permitted entry/usage of the pool at this time.

STEP 3 Upon entry, kindly use our changing rooms (located opposite the gym at Palm Wing) to change and shower thoroughly before entering the water.

STEP 4 Enjoy your swim, but adhere to social distancing guidelines. You may swim within one of four sections marked out to ensure ample distancing between swimmers. Take note that only 10 swimmers are permitted within each section at a time.

STEP 5 Once you have finished your swim, exit from either entrance/exit points so that we can notify the next person on the waiting list that a slot has become available.

Below are guidelines Members must strictly adhere to in regards to swimming pool usage:

- Pool access will be restricted to a maximum of 60 people at any one time.
- The swimming pool will be divided into four sections of two lanes each to avoid unnecessary contact between swimmers. Members are advised to stay within their lanes for the duration of their swim. Do take note that Lanes 3 and 4 are express lanes for faster swimmers.
- Only 10 swimmers will be allowed in each section at a time.
- Deck chairs and tables have been spaced out as per social distancing guidelines. Members are advised not to move them and to continue maintaining a minimum 1m distance from the next person when resting in the pool deck area. Do not sit on chairs marked with a red cross.
- Kindly refrain from conducting/hosting any group activities within the swimming pool.
- All pre-existing Club-wide guidelines apply.
- Kiddie pool and Water Play areas will remain closed until further notice.
- Jacuzzi use will be restricted to one person per jacuzzi at a time.

A Gem of a Club

SGCC Members with children can rest assured that their young ones will be in good hands when they sign them up for Junior Gems Club. This little club within the Club has blossomed over the years.

For nearly two decades, SGCC has been entertaining its youngest Members — children aged between 4 and 12 — through its Junior Gems Club. Started in 2001, the fun and engaging platform allows these kids to feel a sense of camaraderie and belonging to the Club.

Packed full of interesting and educational activities for our little ones, the Junior Gems Club has grown from strength to strength since its inception. Members can look forward to the following:

- Sweet delights as a welcome gift upon joining
- Annual birthday treats
- Exclusive FREE invitations to special

events, such as our JG Anniversary Party in September and the much-loved Halloween Trick or Treat Party in December

- Discounted participation fees for special classes and workshops
- Bimonthly newsletter with games and prizes to be won
- Exclusive goodie bags and much more!

So many treats for just \$26.75/annually (auto-renewed until your child's 12th birthday).

For enquiries on how to join, email

jean_lee@sgcc.com.sg.

If you need further encouragement, here is a visual record of the many kid-friendly events that Junior Gems Club has successfully organised over the last few years.



2008:
The Young Ones Anniversary



2007:
Kids' Camp



2010:
Origami
Workshop

2010:
Candy Cones



2010:
Stained Glass
Cookies



2007:
DIY Dielectric
Buzzer



2019:
Junior Gems
Halloween



2019:
Junior Gems Party
– Circus Circus



2010:
The Young Ones
Anniversary



2017:
Junior Gems
Dino Party



Right on Cue



Youth is no obstacle to leadership. Case in point is Eden Tan: the Captain of SGCC's Division 4 billiards team is also its youngest member.

In popular culture, billiards is often associated with smoky bars and men of dubious character. It is a stereotype young players such as Eden Tan are eager to dispel.

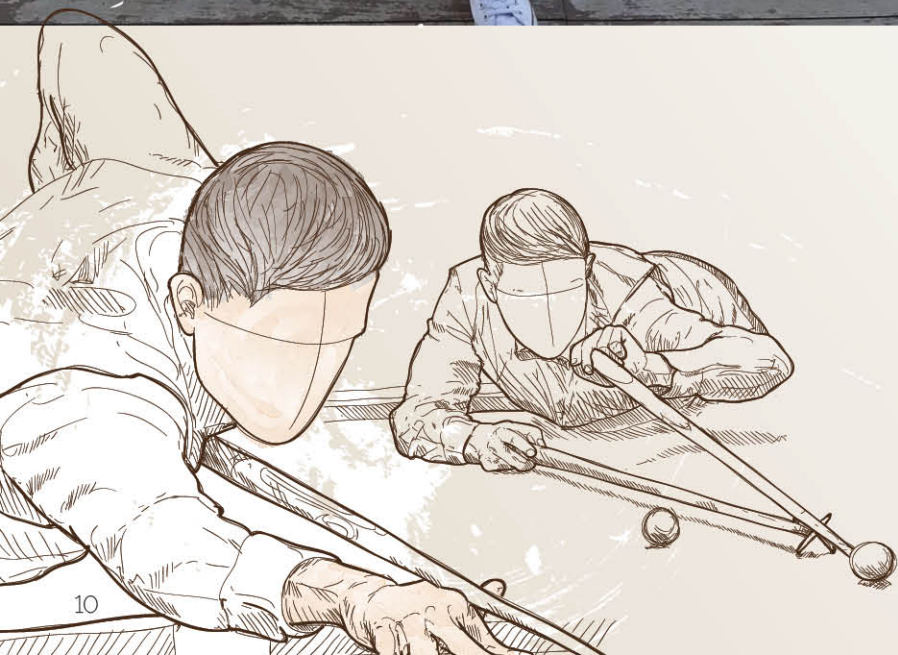
Far from being a beer-swilling hustler, the bespectacled 24-year-old Singapore Management University undergraduate comes across as a studious young man who spends his time studying, working out, and playing video games — when not holding his cue.

Leading the team

Eden was introduced to the game by his dad as a 16-year-old at SGCC, and became enamoured of it. Nowadays, he not only plays regularly with fellow Members at SGCC, he is Captain of the Division 4 billiards team — in fact, he is heading the team despite being its youngest member.

Getting the support of team members was not an issue. He reveals, "The team members were pretty chill with my leading, and were cooperative. I, of course, took their advice, too, since they are more senior and experienced."

When Eden was Captain, the team won the championship for Division 4 in the National League for 2018–2019. He attributes this to having a good team at the Club, with players who are passionate about the game. "It takes a lot of practice and passion for the game to be able to achieve that result," he shares with justifiable pride. "We went against multiple clubs and about seven to eight other teams to emerge champions."





"I like how you need to plan your next shot and visualise the entire game as soon as you start playing."

A game of precision

Since taking up the sport, Eden has been placed within the Top 3 spots in eight to 10 competitions, including those organised by SGCC. Consistent practice and an ability to focus are keys to success, insists the third-year Business Management undergraduate. "As this is a game of precision and control, a little error in your opponent's play could cause the game to change in your favour," he advises.

Memorably, this happened to him in a national league game, where his opponent was 34 points ahead of him with 35 points on the table. Eden managed to clear the table in a single turn, gaining 35 points and winning the game by one point!

For Eden, billiards is a game that requires mental strength. "I like how you need to plan your next shot and visualise the entire game as soon as you start playing. I also like having control in determining how the game goes, as its progress depends on the decisions you make and your ability to focus," he elucidates.

Once the Circuit Breaker is over, Eden looks forward to resuming training with the team, and working towards clinching the championship title again at this year's National Snooker League.

IS IT SNOOKER, POOL OR BILLIARDS?

Billiards, pool and snooker are often used interchangeably, but there are distinctions among these cue sports.



Billiards

There are several versions. Carom or French billiards is played with three balls on a table with no pockets. The balls used for the game are one white ball with a spot, one white ball without a spot, and one red ball. The objective of the game is to score points by "caroming" (strike and rebound) your cue ball (the ball the players strike to try and hit the other balls) off the three rails, the red object ball, and your opponent's cue ball.

Snooker

This particular cue sport is played on a 12-foot table with six pockets and 22 balls, which are not numbered. However, they come in six different colours with different point values. The objective is to hit the white cue ball so that it strikes the other balls in the correct sequence and causes them to fall into one of the six pockets, ultimately scoring more than your opponent in order to win the frame (an individual game unit).



Pool

There are many different varieties of pool, the most popular being eight-ball pool. It is played on a pool table with six pockets and 16 balls: a white cue ball, seven striped balls, seven solid balls, and one black ball (called the 'eight ball'). The objective is to put all the designated object balls and then the eight ball into the pocket chosen by the player.

Zero Impact, Fully Intact

With 21 years of training experience in Cool Water Workout, Pamela Sahai teaches this water-based activity to SGCC Members. *ClubSpirit* chats with her to find out its benefits.



What is Cool Water Workout, and how is it different from aqua aerobics?

Cool Water Workout (CWW) is a unique pool exercise conducted with the aid of a specialised 'wet belt', which keeps the body vertically suspended in the water while allowing the wearer to work out without exerting the musculoskeletal system. It is a zero-impact workout — as it is carried out in deep water — that focuses on working the core muscles while maintaining effective body alignment. In comparison, aqua aerobics is usually carried out at the shallow end of the pool — there is still some impact on the joints as the feet touch the floor during the workout. Also, participants may not be fully aware of their body posture and alignment during the workout.



"Because it is zero impact, the workouts can be done continuously, thus enabling weight loss."

muscular strength because of water-resistance exercises done with weights (X-cuffs or web gloves); muscular endurance as it works a particular muscle for a longer period of time; and flexibility because of the range of movement involved.

Where did the workout originate, and how did you get into it?

Developed by Dr Joe Manjone and Patricia Mirandy from the University of Alabama, USA, it was originally designed as part of an exercise programme for astronauts. It was introduced to Singapore in 1998, when Dr Joe Manjone was invited to give a presentation on CWW, which I attended. CWW is also known as Deep Water Workout, or DWW.

Where did you train to teach this fitness activity?

On subsequent visits to Singapore that year, both Dr Joe Manjone and Patricia Mirandy conducted four modules, which included training for special needs individuals, such as patients with stroke and Parkinson's disease. I completed all four modules and qualified as an instructor as well as a bona fide trainer. In addition, I completed a life-saving course.

Is CWW suitable for non-swimmers?

It is suitable and safe even for non-swimmers, as they have to wear the mandatory flotation belt.

What are the benefits of CWW?

CWW can actually burn 400–600 calories an hour. Because it is zero impact, the workouts can be done continuously, thus enabling weight loss. It promotes cardiorespiratory endurance as it works the heart;

In what ways is CWW a good workout?

It can improve and correct poor body posture as well as expedite recovery from injury. The backbone is not compressed; in other words, height is maintained if the workout is done regularly and correctly. Furthermore, CWW is enjoyable and pain-free.

What inspired you to transition from teaching aerobics to water-based fitness?

I felt that the benefits of water-based activities far outweigh aerobics, as aerobics causes injuries more frequently, especially among older participants. CWW is also more enjoyable because the water cushions the body from excessive strain and fatigue.

Any memorable comments from your students over the years?

The following are among the feedback I have received from my students: recovery from injuries, walking straighter, looking younger, and feeling much stronger and fitter. A student recently told me, "Teach water workout till you are 80 years old, and I will follow you!"

What keeps you going as a CWW instructor?

My passion. My students are a sociable group of ladies who are positive about learning and enjoying CWW. To see them having fun and getting fit at the same time gives me great pleasure. Incidentally, many of them have stayed with me in CWW for more than a decade.

COMPETITIONS



ONE DAY TENNIS

Get to know fellow Members better through some recreational tennis.

DATE		FEE
29 August 2020, Saturday		\$10.70 w/GST (Member)
TIME	VENUE	CLOSING DATE
8am-12pm	Tennis Courts	16 August 2020, Sunday



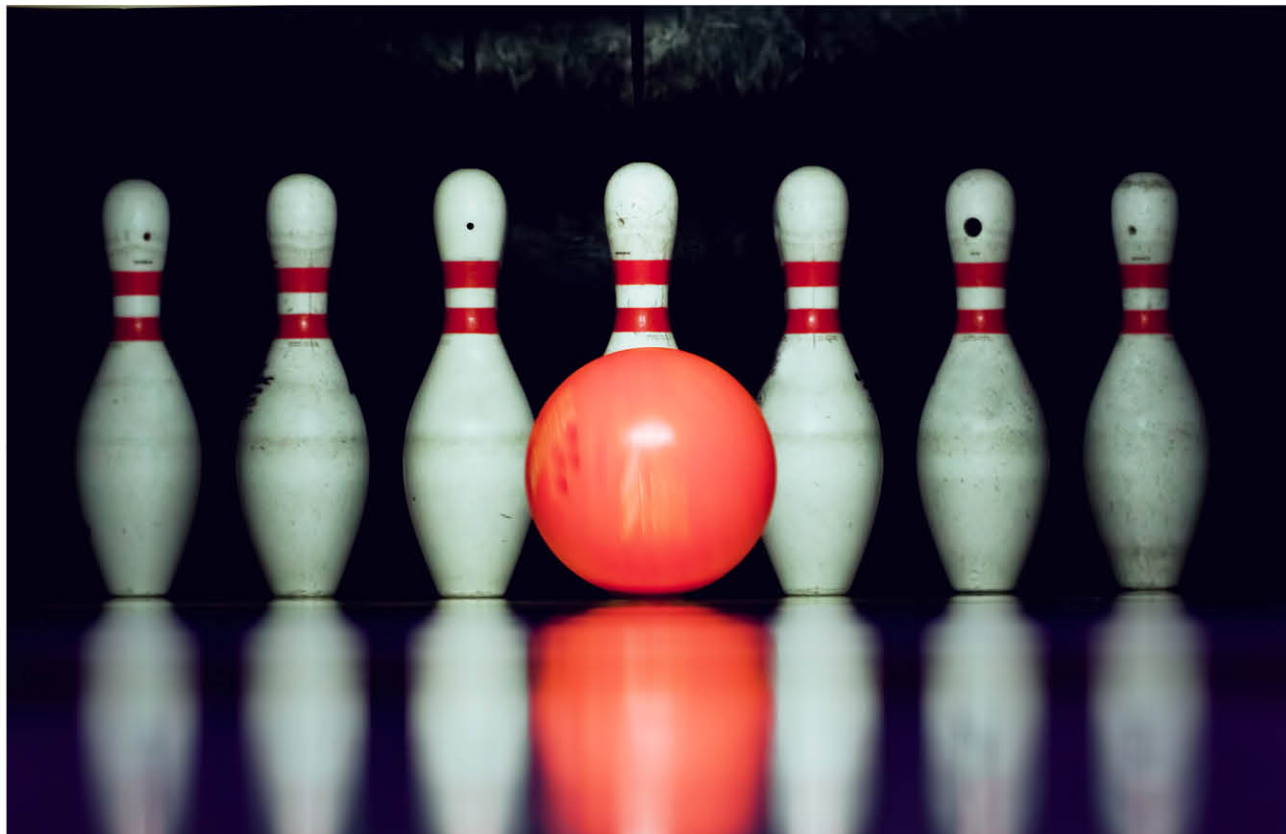
DARTS 501 BLIND DOUBLES

Challenge fellow Members to see who has keener aim and sharper throws at this Blind Doubles event.

DATE		FEE
15 August 2020, Saturday		\$10.70 w/GST (Member)
TIME	VENUE	CLOSING DATE
2pm onwards	Darts Lounge	2 August 2020, Sunday

CONTACT

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



SGCC BOWLER OF THE YEAR 2020 (QUALIFYING ROUND)

All bowlers are invited to participate in this event. The top 10 male and female scorers in this best-of-three-rounds format will qualify for the finals. There is no restriction on the number of attempts a bowler can make.

DATE

Start (Men's & Ladies'): 17 August 2020, Monday
End (Men's & Ladies'): 28 August 2020, Friday

VENUE

Gardens Bowl

FEE

\$12.84 w/GST (Member)

BOWLING CONVENOR CUP

Calling all Members who are keen bowlers — the Convenor Cup is up for grabs again! How many bowling pins can you mow down in this best-of-10-games competition? Sign up to find out!

DATE

23 August 2020, Sunday

CHECK-IN TIME

8.45am

ROLL-OFF TIME

9am

VENUE

Gardens Bowl

FEE

\$42.80 w/GST (Member)

MIN/MAX

20/30 participants

CLOSING DATE

11 July 2020, Saturday

SENIOR BOWLING

In the best-of-eight-games format, 100% of the bowlers' handicap from the current Inter-Team Mixed League will be utilised. Note that the Ladies' category will be combined with the Men's category if there are fewer than eight participants, and an additional 10-pin handicap will be given. Open to Members only.

DATE

19 September 2020, Saturday

CHECK-IN TIME

2.15pm

ROLL-OFF TIME

2.30pm

VENUE

Gardens Bowl

MIN/MAX

20/30 participants

ELIGIBILITY

Bowlers must be 50 years
old and above as of
1 September 2020

FEE

\$37.45* w/GST

* Charge includes light refreshments

CLOSING DATE

4 September 2020, Friday

CONTACT

Zaleha at 6398 5340 or recreation@sgcc.com.sg

CLASSES

JUDO FOR KIDS

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

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 the fundamentals, and strives to make learning the sport an enjoyable and enriching experience for practitioners of all ages.



MUAY THAI

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

AIKIDO

DAY	
Saturdays	
TIME	VENUE
4.30pm-5.30pm	Aerobics Studio
ELIGIBILITY	MIN/MAX
6 years and above	6/20 participants
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.

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 (Japan Aikido HQ), 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 5359 or recreation@sgcc.com.sg

All S&R classes/activities have been temporarily suspended until COVID-19 restrictions are lifted. Alternative options are currently being explored. Write to recreation@sgcc.com.sg with your interest and we will inform you when alternative options are available.



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	WEEKDAY
Sparing	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) Seventh-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.



CHESS LESSONS FOR ALL LEVELS

DAY / TIME	VENUE
Saturdays: 1pm-2.30pm	Clover Room
ELIGIBILITY	
6 years old and above; adults are welcome	
MIN	
4 participants	
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.

CONTACT

Terrence Ho at 6398 5359 or recreation@sgcc.com.sg

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CHINESE MARTIAL ARTS

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

DAY / TIME

Sundays: 2.15pm-3.45pm

VENUE

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

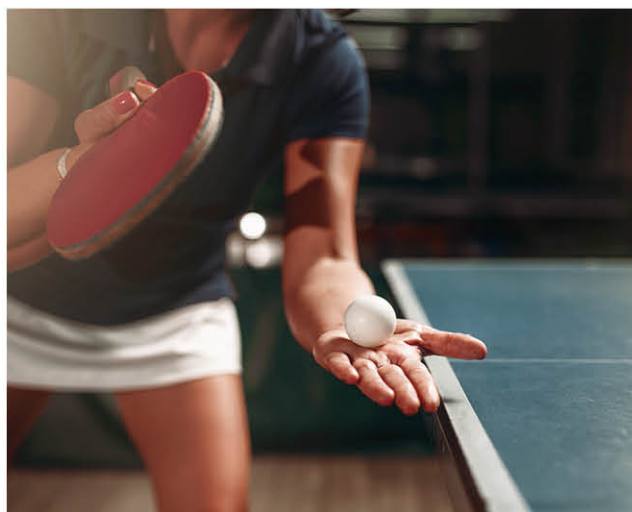


TABLE TENNIS (PRIVATE COACHING)

Hone your skills in this sport through private coaching.

VENUE

Squash Court 4

FEE: INDIVIDUAL LESSON

\$44.94* w/GST per hour (Member)

FEE: GROUP LESSON (2 PLAYERS)

\$56.18* w/GST per hour

Additional guest fee charges of \$10.70 w/GST will be imposed

* 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

ADULT GROUP COACHING TENNIS PROGRAMME BY ACES TENNIS

CLASS

Beginner

WEEKEND

Saturdays

TIME

3.30pm-5pm

CLASS

Intermediate

WEEKDAY

Mondays

TIME

7pm-8.30pm, 8.30pm-10pm

CLASS

Ladies' Intermediate

WEEKDAY

Fridays

TIME

8am-9.30am

VENUE

Tennis Courts

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.



CONTACT

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

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JOIN THE BILLIARDS SECTION

All levels of skill 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

CONTACT

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

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 and 42 months old. Each child is to be accompanied by a parent.

VENUE

Swimming Pool

FEE

\$134.82 w/GST for 4 sessions @ 15 minutes per session

Note: Additional guest charges of \$5.32 w/GST per weekday and \$8.56 w/GST per weekend.



ABOUT THE TRAINER

Barbara Lina Lei has been coaching multisensory swimming programmes for children since 1999.



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 the efficiency of a swimmer's stroke technique. This programme is a step up from the SwimSafer requirements, and swimmers will be trained to progress to a competitive level.

DAY / TIME

Mondays, Wednesdays & Fridays: 7.30pm-9pm
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

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



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!

DAY / TIME

Mondays: 8.30am-9.30am

Tuesdays: 7pm-8pm

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

ELIGIBILITY

16 years old and above

FEE: 1 LESSON / WEEK

\$67.41* w/GST
(Member)

\$84.26* w/GST
(Guest)

FEE: 2 LESSONS / WEEK

\$112.35* w/GST
(Member)

\$129.20* w/GST
(Guest)

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

ABOUT THE TRAINER

Pamela Sahai 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.

CONTACT

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

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VINYASA FLOW YOGA

Work out the kinks in your body while improving flexibility and physical strength. Sign up for classes in Vinyasa Flow Yoga today!

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

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 5359 or recreation@sgcc.com.sg



SQUASH (PRIVATE TRAINING)

Whether you are a beginner or someone who would like to get back into the game, these private coaching sessions will definitely help you work towards achieving your goals.

FEE: INDIVIDUAL LESSON

\$85.60* w/GST per hour (Member)

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

\$128.40* w/GST Additional \$16.05 w/GST per hour 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 6398 5351 or recreation@sgcc.com.sg

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
 - 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.

All S&R classes/activities have been temporarily suspended until COVID-19 restrictions are lifted. Alternative options are currently being explored. Write to recreation@sgcc.com.sg with your interest and we will inform you when alternative options are available.



FITNESS FUN PROGRAMMES

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

POWERSTRETCH

Look forward to fluid moves and deep stretching of major core muscles, inspired by professional contemporary dancers' warm-up routines.

DAY / TIME

Tuesdays: 7.45pm-8.45pm
Wednesdays: 11.45am-12.45pm; 7.45pm-8.45pm
Fridays: 10am-11am
Saturdays: 1.45pm-2.45pm

ABTSOLUTELY FABULOUS

Combines HIIT with targeted core routines and toning exercises for the hips, thighs and butt.

DAY / TIME

Mondays: 11.30am-12.30pm

DYNAMIC SCULPT

Uses hand-held weights to increase muscle toning and development while incorporating the vigorous body-flowing movements of vinyasa yoga.

DAY / TIME

Fridays: 11.30am-12.30pm

STREET JAZZ

Learn a more contemporary version of jazz dance while you groove to the latest pop and MTV hits.

DAY / TIME

Thursdays: 7.45pm-8.45pm

LYRICAL JAZZ

Express your emotions while gaining more flexibility and grace in this class.

DAY / TIME

Saturdays: 12pm-1pm

HIP HOP FITNESS

An intensive dance workout that improves muscle tone, stamina and coordination.

DAY / TIME

Mondays: 10am-11am

ULTIMATE FITNESS

Tighten glutes, thighs and abs in this body-conditioning class, which combines cardio workouts with relaxing stretches.

DAY / TIME

Wednesdays: 10am-11am

VENUE

Aerobics Studio

MIN/MAX

10/30 participants

FEE: 1 LESSON / WEEK

\$61.79 w/GST (Member)

FEE: 2 LESSONS / WEEK

\$84.26 w/GST (Member)

FEE: 3 LESSONS / WEEK

\$101.12 w/GST (Member)

FEE: 4 LESSONS / WEEK

\$117.97 w/GST (Member)

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

FEE: 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)

FEE: 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.

CONTACT

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

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Atrium Café Lunch/Dinner Takeaway Menu

These mouthwatering dishes are available for *tapau* from Atrium Café.
What's more, 10% discount applies for all takeaway items!

Daily: **11am-8pm** (last order 7.30pm)

Collection Point: **Main Lobby, Car Porch**

Price: **All prices include GST**

APPETISER

Chicken Wings,

3pcs @ \$6.96 or 6 pcs @ \$11.77

Seafood Ngoh Hiang with
Sweet Sauce @ \$12.84

Seafood Gyozas,
steamed or crispy fried @ \$9.63

Tauhu Goreng @ \$4.82

Jumbo Chicken or Pork Satay
(half dozen) @ \$11.77

Crinkle-Cut Fries @ \$4.82

Rojak @ \$6.21

ZI CHAR DISHES

Soup of the Day @ \$6.42

Bean Sprout with Salted Fish @ \$6.96

Kangkong Belachan @ \$6.96

Broccoli with Garlic @ \$9.10

Poached Spinach with Trio Eggs @ \$9.07

Braised Bean Curd with Vegetable
and Black Fungus @ \$8.03

Onion Omelette @ \$5.89

Chai Poh Omelette @ \$5.89

Hotplate Seafood Bean Curd @ \$11.24

Stir Fried Fish Fillet with Ginger & Spring Onion
@ \$10.17

Soon Hock with Superior Soy Sauce @ \$29.96

Prawn Paste Chicken, 6 pcs @ \$9.63

Coffee Pork Ribs @ \$14.77

Beef with Ginger & Spring Onion @ \$10.17

Chicken with Ginger & Sesame Oil @ \$12.63

Hainanese Pork Chop @ \$9.63

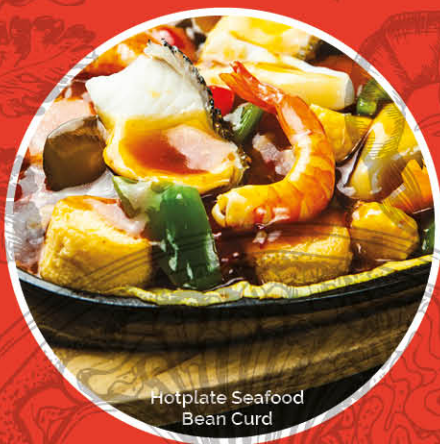
Curry Fish Head, half @ \$23.54 or whole @ \$40.66



Tauhu Goreng



Seafood Ngoh Hiang



Hotplate Seafood
Bean Curd



Prawn Paste Chicken



Hokkien Mee

ALL-TIME FAVOURITES

Seafood Horfun, dry or gravy @ \$8.35

Beef Horfun, dry or gravy @ \$9.31

Seafood White Meehoon @ \$8.35

Sin Chew Meehoon @ \$8.35

Mee Goreng @ \$8.35

Hokkien Mee @ \$8.35

Yang Zhou Fried Rice @ \$8.35

Sambal Fried Rice @ \$8.35

Fish & Chips @ \$11.56

Sliced Fish Meehoon Soup @ \$9.63

Beef Mui Fun @ \$9.31

Grilled America Beef Burger @ \$12.63



Yang Zhou
Fried Rice

FAMILY SET MENU A

(4-5 pax) @ \$65

Soup of the Day

Braised Broccoli with Chinese Mushroom

Ma Po Tofu

Crispy Fried Sea Bass with Superior Soy Sauce

Chicken with Ginger & Sesame Oil

Steamed or Brown Rice



Chicken with Ginger
& Sesame Oil

FAMILY SET MENU B

(4-5 pax) @ \$65

Soup of the Day

Chinese Spinach with Assorted Mushroom

Bean Curd with Minced Pork & Green Pea

Crispy Fried Sea Bass with Sweet & Sour Sauce

Aromatic Coffee Pork Ribs

Steamed or Brown Rice



Aromatic Coffee Pork Ribs

BREAKFAST TAKEAWAY MENU

Please refer to <http://sgcc.com.sg/breakfast-takeaway-menu/>

Contact Atrium Café at 6398 5309/5312



Father's Day Family Feast: Takeaway from Atrium Cafe

Celebrate Dad's special day with a takeaway set meal from Atrium Cafe and enjoy a 10% discount! Note that regular family set menus will not be available on 20 and 21 June 2020.

Saturday, 20 June & Sunday, 21 June 2020
11am-8pm (last order: 30 minutes before closing)

PRICE
Chinese 6-course menu: \$98 w/GST
(serves 4-6pax)

MENU HIGHLIGHTS

Braised Three Kingdom Soup
Crispy Fried Soon Hock with Soy Sauce and Garlic Brittle
Salted Egg Yolk Prawn
Braised Broccoli with Shimeji Mushroom
Fragrant Lotus Leaf Rice
Chilled Eight Treasures Cheng Tng

Contact Atrium Cafe at 6398 5309 / 5312



Salted Egg
Yolk Prawn

Father's Day Takeaway Specials from Garden Grill

Enjoy a 10% discount when you order any of these scrumptious items

Saturday, 20 June & Sunday, 21 June 2020
11am-8pm (last order: 30 minutes before closing)
Pre-order recommended before 20 June 2020
Collection Point: **Main Lobby, Car Porch**

APPETISER / SOUP

Prawn and Mango Salad @ \$14.98
Forest Mushroom Soup with Chantilly Cream @ \$7.49
Prawn Bisque flamed with Cognac @ \$9.63

MAIN COURSE

Seafood Aglio Olio @ \$19.26
Pan-Seared Salmon with Mentaiko @ \$25.68
Nagano Pork Cutlet topped with Mushroom and melted Swiss Cheese @ \$38.52
Surf & Turf combination of Prawn and Beef @ \$38.52
Black Angus Beef Tenderloin (200g) @ \$40.66

3-DAY ADVANCED NOTICE REQUIRED BEFORE 20 JUNE 2020

Thirteen-spice NZ Angus Ribeye (2.5kg before roasting) @ \$118
Beef Wellington (2.5kg before baking) @ \$118

All prices include prevailing GST

Contact Atrium Cafe at 6398 5309 / 5312



Seafood
Aglio Olio

All-American Cuisine

In honour of the US' Independence Day on 4 July, our July menu will feature mouthwatering favourites that will take you to the Land of the Free.

1-31 July 2020

Daily: 12pm-3pm / 6pm-10pm (Last order: 30 minutes before closing)

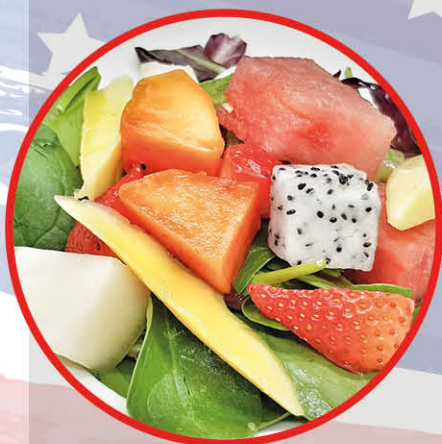
PRICE

3-course set meal: \$20.12 w/GST per person

4-course set meal: \$25.47 w/GST per person

\$2.68 discount for Students and Senior Members (55 years old and above)

Julian Baby Spinach Salad
with Summer Fruits



SET MENU

APPETISER

Santa Barbara Green Chilli Oyster Shooter with Tomato Salsa *

3 shots per serving
or

Julian Baby Spinach Salad with Summer Fruits

tossed in honey & lime dressing
or

Texas Smoked Beef on Classic Caesar Salad

topped with grated cheese

SOUP

Cream of Pumpkin with Bacon Bits

or

Oregon Chicken Noodle Soup

Chunks of chicken simmered in rich broth with vegetables

MAIN COURSE

Penne alla Vodka

or

Pacific Sole Fillet with Meyer Lemon-Caper Butter

or

Oven-roasted Monterey Chicken Pockets

filled with Monterey Jack cheese and ham on potatoes
sautéed with fresh rosemary

or

American-style BBQ Pork Ribs

or

Escondido Striploin of Beef ***

rubbed with 13 spices served with caramelised onion



American-style
BBQ Pork Ribs

DESSERT

Brownie Sundae

or

Butterscotch Pudding

COFFEE or TEA

Surcharges for Garden Grill

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

* \$4.28

** \$8.55

*** \$12.80

Contact Garden Grill at 6398 5313

Serangoon Gardens Country Club presents **Japanese Sake Pairing Dinner: Hokkaido Night**

Guest Chef Chikara Yoshikawa will put together a sumptuous seafood dinner, paired with a range of the finest sake.

Friday, 14 August 2020
7pm-10pm

PRICE

\$128.40 w/GST (Member) | \$139.10 w/GST (Guest)

Tempura Moriawase



DINNER PAIRING MENU

APPETISER

Shitake Niku Zume
Salmon Namban Zuke
Hotate Mentaiko Yaki

HAMACHI CARPACCIO

Yellowtail Fish with Carpaccio Onion Dressing

SASHIMI

Maguro (Blue Fin), Hamachi (Yellow Tail) & Salmon

TEMPURA MORIAWASE

Assorted Tempura

BARA CHIRASHI

Sushi Rice topped with Assorted Cube-cut Fresh Raw Fish,
Japanese Egg Omelette, Unagi (Eel), Ikura (Salmon Roe)
& Tobiko (Flying Fish Roe)

KINOKO MISO SOUP

Mixed Japanese Mushroom with Miso Soup

MATCHA ICE CREAM WITH AZUKI

Japanese Green Tea Ice Cream with Red Bean



Bara Chirashi

SAKE PAIRING

Kunimare
Niseko
Fukutsukasa
Kinteki
Maruta

Contact Garden Grill
at 6398 5313



BATIK PAINTING

Learn the traditional art of Batik Painting using wax or pre-waxed images on fabric and add dye onto the cloth to create images. You may wish to frame your personal work of art upon completing it.

**DATE**

18 July 2020, Saturday

TIME

10.30am-12.30pm

VENUE

Casuarina Room

MIN

6 participants

CLOSING DATE

8 July 2020, Wednesday

FEE\$52 w/o GST
(Junior Gems)\$57 w/o GST
(Member)\$62 w/o GST
(Guest)**SAND ART**

Sandpainting involves pouring coloured sand and powdered pigments onto a surface to make a fixed or unfixed painting. The pigments can be composed of minerals, crystals, or other natural or synthetic sources. Let's get together and make a simple Sand Art Card.

DATE

27 June 2020, Saturday

TIME

10.30am-12pm

VENUE

To be confirmed

MIN/MAX

5/8 participants

CLOSING DATE

17 June 2020, Wednesday

FEEFREE
(Junior Gems)\$5 w/ GST
(Member)\$7 w/ GST
(Guest)**HEARING TALK**

Hearing is one of our most important senses, as it enables us to communicate with others. However, as we grow older, some of us may begin to experience a loss in hearing. Attend this talk to find out more about the topic. This talk will cover:

- The anatomy of the ear
- How we lose our hearing
- Consequences of hearing loss
- Signs of hearing loss
- Steps you can take, including hearing assessment, hearing aid selection, and hearing aid follow-ups

ABOUT THE TRAINER

A trained audiologist from The Hearing Room, Zoe holds a Master of Science in Audiology from NUS.

DATE

27 June 2020, Saturday

TIME

11am

VENUE

Via Zoom, from the comfort of your home

MIN

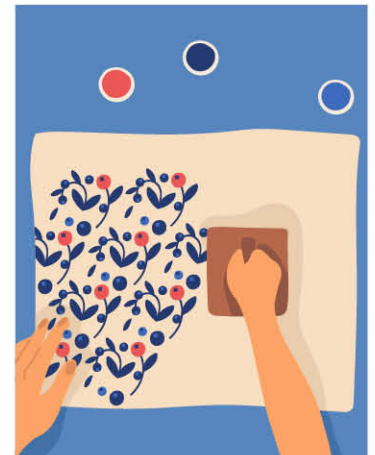
8 participants

FREE

FREE

STAMP ART

Carve your own stamps and imprint them onto paper, fabric or tote bags. Learn how to ink images onto surfaces and create patterns that can be repeated. You can choose to stamp either on paper to make a card, on fabric to make a handkerchief, or on a tote bag.

**DATE**

25 July 2020, Saturday

TIME

10.30am-12.30pm

VENUE

Casuarina Room

MIN

6 participants

CLOSING DATE

15 July 2020, Wednesday

FEE\$52 w/o GST
(Junior Gems)\$57 w/o GST
(Member)\$62 w/o GST
(Guest)**CONTACT**

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

山頭園
SWATOW GARDEN

潮州

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ALL DAY DIM SUM

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- Only for dine-in customers.
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- Voucher is not exchangeable for cash.
- The Management reserves the right to change or amend the terms without prior notice.
- Valid till 31 July 2020



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SERANGOON GARDENS COUNTRY CLUB PRESENTS



ALICE IN WONDERLAND

COUNTDOWN 2021

31 DEC 2020, 6.30PM

KENSINGTON BALLROOM

EARLY BIRD

[TILL 15 NOVEMBER 2020, SUNDAY]

\$94.16 (MEMBER) / \$104.86 (GUEST) W/GST

USUAL PRICE

\$104.86 (MEMBER) / \$115.56 (GUEST) W/GST

Includes

8 Course Chinese Dinner

Supper provided



Highlights

Live Music by PLUS FACTOR

Live Performances by Alice in Wonderland characters

Prizes to be won through Fun Games & Lucky Draw

DRESS CODE

ACCORDING TO WONDERLAND THEME OR
FORMAL ATTIRE: SUIT / EVENING WEAR



CONTACT ADRIAN AT 9115 0417 OR 6398 5368
OR EMAIL ADRIAN_CHEW@SGCC.COM.SG

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down?

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New Transfer Fee price is \$6,687.50 (w/GST)
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The Club reserves the right to amend the campaign / promotion information without any prior notice and shall have the sole and the final discretion on the acceptance of each application. All buyers and sellers shall be bound by the Club's rules, Constitution, Bye - Law and other regulations currently in force, and those that may be added and amended by the Club from time to time, as appropriate.