



National Day

SGCC gets into a flag-waving mood for National Day by providing lip-smacking local favourites. Turn to page 32 for more details.



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Chefs' Secret Recipes



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Bowled Over



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Lee How Giap



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Spotlight Monthly:
Pool

CLUB DIRECTORY

MAIN RECEPTION

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

FOOD & BEVERAGE OUTLETS

Atrium Café

Tel: 6398 5309 / 5312
Mon–Fri: 11am–3pm, 6pm–10pm
Sat–Sun & PH: 11am–10pm

Bowling Snack Bar

Tel: 6398 5340
Mon–Fri & Eve of PH: 2pm–10pm
Sat, Sun & PH: 11am–10pm

Coffee Deli

Tel: 6398 5312
Mon–Thu & PH: 8.30am–9pm
Fri–Sun & Eve of PH: 8.30am–10pm

Club Twenty-Two

Tel: 6398 5386
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: 6398 5310
Mon–Thu: 4pm–12am
Fri & Eve of PH: 4pm–1am
Sat: 2pm–1am
Sun & PH: 2pm–12am

Garden Grill

Tel: 6398 5313
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
Mon–Sun & PH: 1pm–10pm

Darts Lounge

Mon–Fri: 4pm–10pm
Sat, Sun & PH: 2pm–10pm

Gardens Bowl

Tel: 6398 5340
Mon–Fri & Eve of PH: 2pm–10pm
Sat, Sun & PH: 11am–10pm
Off-peak hours (Mon–Fri & Eve of PH):
2pm–6pm
Peak hours (Mon–Fri & Eve of PH):
6pm–10pm
Peak hours (Sat–Sun & PH): Whole day

Gymnasium

Tel: 6398 5331
Daily: 7am–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: 7am–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
Mon–Sun & PH: 11am–10pm

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

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CLUB ADMINISTRATION

Mon–Fri: 9am–6.30pm

Membership

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

Accounts

Tel: 6398 5325 / 358
Email: members_account@sgcc.com.sg

Sports & Recreation

Email: recreation@sgcc.com.sg

Billiards, Darts & Fitness

Steven Goh 6398 5372

Squash, Tennis, Swimming, Golf

Daniel Chong 6398 5351

Cool Water Workout, Swimming

Lessons, Table Tennis, Taijiquan,
Chinese Martial Arts, Taekwondo,
Aikido, Muay Thai, Judo, Yoga &
Fitness Fun

Julia Kong 6398 5352

Bowling, Bridge, Mahjong, Chess & Youth

Zaleha Hanibah 6398 5373

Food & Beverage

fnb_outlets@sgcc.com.sg

Banquet Sales

Tel: 6398 5381 / 387 / 365
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Daryl Neo 6398 5305
Email: darylNeo@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg

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PATRONS
Ms Sylvia Lim
Mrs Lim Hwee Hua
Mr George Yeo

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

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

COMMITTEE MEMBERS
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Mr Arulananthan Subramaniam
Mr Emrys Phua Kang Sheng
Mr Kabilan S/O Subramaniam
Mr Shaun Chen

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Bowling
Mr Ronnie Ng
Chess
Mr Eddie Ng
Fitness
Mr Aaron Lim
Golf
Mr Edwin Lee
Squash
Mr Steven Lee
Tennis

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Someday
we'll find it,
the rainbow
connection,
the lovers,
the dreamers
and me.

— Kermit the Frog

Our diversity of ideas and our strong acceptance of different views now allow the Club to move with the times, always focusing on staying relevant and balanced. We are stronger together and we will never leave anyone behind — I promise.

We are now experiencing a new normal, and we need to adjust our expectations and accept the realities of what an exclusive club such as SGCC can do for us all. A professional Club must be run professionally; where Management and Staff are aligned with good business practices and ethics. Everything that we have done has been compliant with all statutory requirements.

Safety and compliance to all regulations will be upheld at all times. And it is vital that we each take personal responsibility for ourselves and our families when we are within the Club's premises. Our Safe Management Officers (SMOs) will be on hand to assist you in every aspect of your engagement with the Club.

We recently introduced new menus, reflecting reduced prices at both Garden Grill and Atrium Cafe, which, we're proud to say, have led to an increase in foot traffic. This is very encouraging. We have also started all-day dining at Atrium Café, which will remain open daily from 11am to 9pm. Half of our Lobby has been converted into a dining space so that Members will always have a table to enjoy their meals with family and friends. But, of course, social distancing guidelines still apply, so only a maximum of five people per table, please.

Our Membership Team have reinvented themselves, and we now have new and exciting membership

schemes; these include our recently launched Youth Savings Plan, whose objective is to present our Club's youth with an Ordinary Membership, as a gift to them, on their 21st birthday — a special and lasting gift from parents to their children. This special savings plan rewards Members who have kids by creating an exclusive, highly affordable savings plan they can help build on for their kids' future.

We have Club assets — such as our Swimming Pool and Garden Grill, to name a few — that are ageing, and will divert resources from our operational savings and reduced wastage toward updating and refreshing them for all our enjoyment. We have refurbishment plans all mapped out, so do look forward to it.

The Constitution Review Committee (CRC) has now released the proposed amendments, which are displayed at the Club's lobby as well as on our website. This document is vital in taking us into the future; it is our collective responsibility to read and propose suggestions that will protect our shared interests. Your VOTE to accept this is required, and will help in protecting the long-term interests of the Club.

Our next AGM is scheduled for 27 September 2020, and every eligible voting Member will have a very important choice to make. It is time for re-elections, and you will need to decide whom you would like to helm the responsibilities of the General Committee (GC).

To me, TRUST should be the key factor when selecting the individuals who will be leading us through these difficult times. You must cast your vote

based on facts and evidence instead of fake news and deception. The Annual Report will be a good place to start.

We now have a good team of GC Members. They are selfless individuals who have stepped forward to pick up the slack for those who abandoned their duties when things got difficult. I am very proud of them, and you should be, too, as they have had to face unethical politics thrown at them. The working relationship between GC and Staff cannot be derailed by self-interests promoted by a small group of individuals; our Club has no room for bullies.

Over the last two years, we have been blessed with Members who have volunteered in the GC and various sub-committees. They have stepped up to support me and the agenda to improve the financial performance of the Club. There will always be good people willing to help when it is needed most, and we must support and protect them for their contributions.

Finally — with the support of my family, the GC, and many Members whom I have met and who have supported the many good policies over the last two years — it has been an honour to serve you; with your blessing, I hope to continue my efforts.

I will continue to promote diversity and an equal distribution of our shared resources so that all Members get to enjoy this special place, which many view as their second home. We will do this without a need to increase subscription or introduce mandatory spending. We will, however, structure our income and expenditure in line with our constitutional requirements and the value it brings to Members. My focus will always be on you and your family.

There is always a rainbow that awaits each of us, and I wish to share this with you when we get through this current storm together. I have always believed in the strength of our Members; your VOTE matters when it comes to us having a Club we all can be proud of.

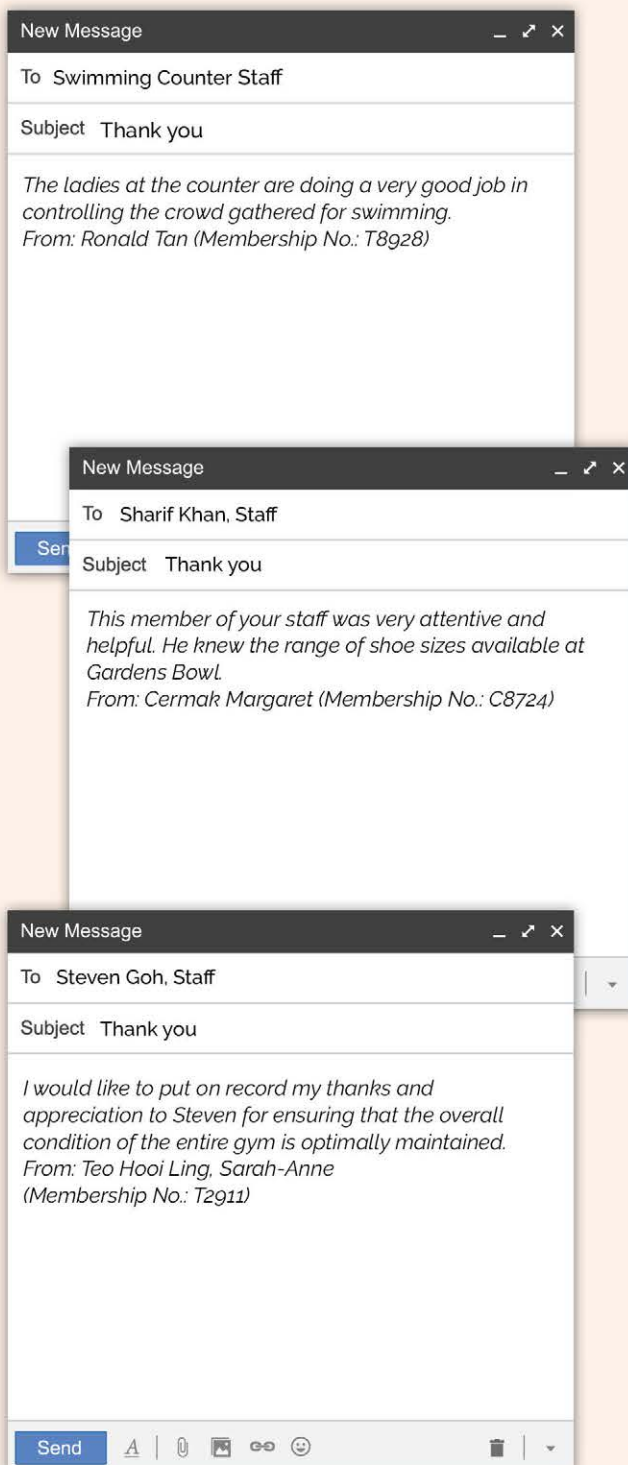
Always in your service,



Terrence Fernandez
President

ABOVE AND BEYOND

Members compliment SGCC staff for going the extra mile.



COVID-19 GUIDELINES & RESTRICTIONS

Social-Distancing and Safe-Management Guidelines are key to keeping all of us safe and healthy within the Club. It is important that Members work with staff to ensure these guidelines are adhered to.

WEAR A MASK AT ALL TIMES

Wearing of masks is mandatory within the Club, especially in the lobby area. Exceptions will be made for those who are swimming, exercising, eating or drinking. According to the authorities, you are to wear your mask while waiting for your meal orders, or if taking a break between bites/ drinks to chat.



WASH YOUR HANDS FREQUENTLY

Sanitise your hands regularly and thoroughly with alcohol-based hand rub, or wash them with soap and water. A thorough cleaning of your hands can help keep the virus away, and keep our Club's common touch points virus-free. Hand sanitisers are available in abundance across the Club.

AVOID TOUCHING EYES, NOSE & MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. Always sanitise your hands before you are tempted to touch your face.



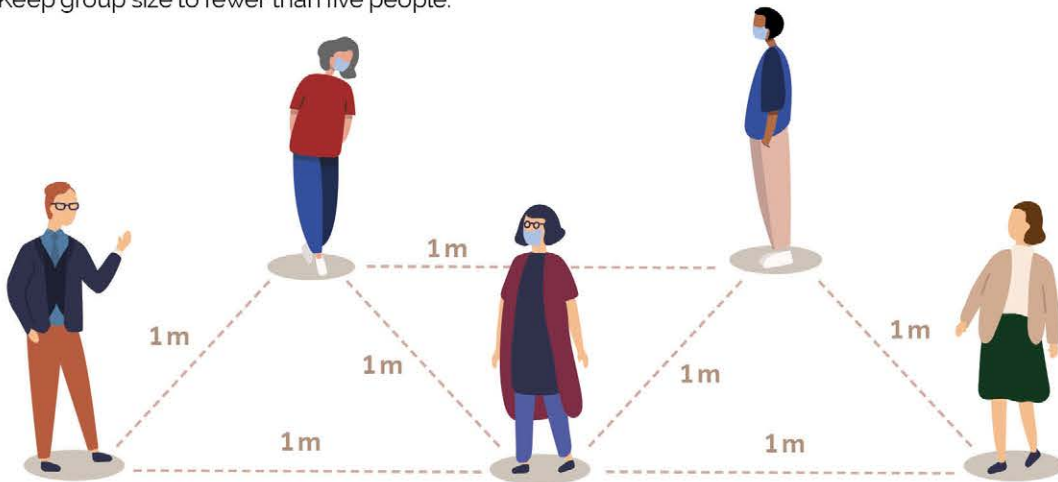
IF YOU HAVE FEVER, COUGH OR DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have fever, cough or difficulty breathing, seek medical attention immediately. If you are in the Club and suddenly feel unwell, keep your mask tightly on, and approach a staff member immediately. We will then escort you to a safe and secure holding space before assisting you for further medical treatment. Do avoid contact with other Members at this time.



MAINTAIN PHYSICAL DISTANCING

Maintain a distance of at least 1m between yourself and another Member. Keep group size to fewer than five people.



SafeEntry at SGCC

In line with the Singapore Government's guidelines to combat COVID-19, all visitors to SGCC must CHECK-IN and CHECK-OUT via the SafeEntry QR code for contact-tracing purposes. Note that all other pre-existing contact-tracing practices still apply.



To find out more, please visit <http://sgcc.com.sg/sgcc-safe-entry/>
Alternatively, you can check in here: https://bit.ly/SGCC_SE

Let's work together to defeat COVID-19!

GOING 'LIVE'!

You can now make bookings/reservations conveniently through our website: sgcc.com.sg

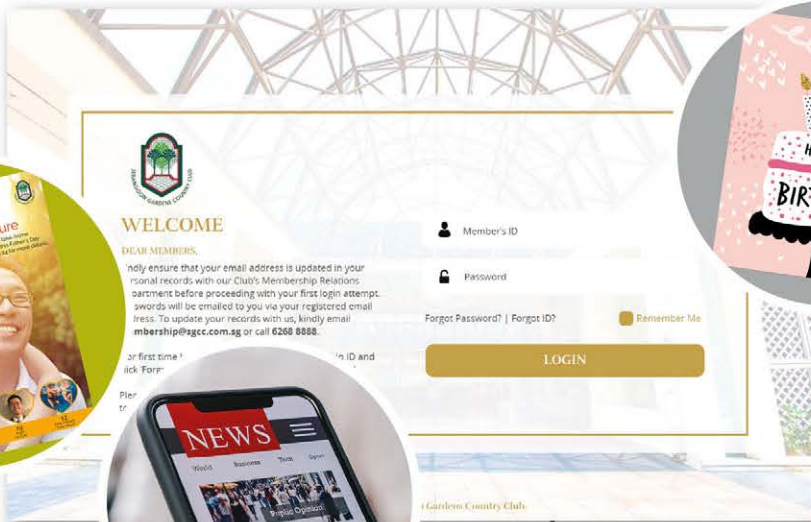


SGCC's online facilities booking platform goes 'LIVE' this month! Make bookings/reservations conveniently through our website: sgcc.com.sg. For a start, Members can use the platform to book Tennis, Squash, Bowling, Mahjong and Billiards. If your current email address differs from the address registered with the Club, kindly approach the Reception or Membership Relations department to update your particulars prior to logging onto the platform.

FIRST TIME

1. If you are logging into the online facilities booking platform for the first time, simply enter your Membership No. (e.g. A1234) in the Member's ID box at the login screen.
 - **Principal Members**
Your Member's ID is your Membership number (e.g. Z1234) as shown on your physical Membership Card.
 - **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...
2. Click on 'Forgot Password'
3. A screen will appear, prompting you to enter your date of birth for verification. Enter your date of birth in **dd/mm/yyyy** format, then click 'Submit'. An email with an activation code will be sent to your registered email address.
4. A page requesting you to enter your activation code will appear. Retrieve the activation code from your email, and enter it into the activation page. Click 'Submit' after you have entered the activation code. Note that
 - it may take up to five minutes to receive the email; kindly check your spam folder if you do not receive the email in your inbox.
 - the Activation Code is valid for 10 minutes.
 - should you have any issues, seek help from Membership Helpdesk.
5. You will be presented with a new screen, prompting you to enter a new password of your choice. Your new password should follow the requirements below:
 - Special or non-alphanumeric characters (e.g. symbols)
 - Numeric characters (0-9)
 - Uppercase letters (A-Z)
 - Lowercase letters (a-z)
 Enter your new password, and click 'Submit' to save it.
6. You may now proceed to log in to the SGCC Membership Portal with your login ID and new password.





SGCC EMBRACES DIGITALISATION

Technology has advanced by leaps and bounds over the years. Within a couple of decades, we've moved from rotary dial phones to sleek mobile phones, and from typewriters to tablet computers. Embracing digitalisation is the only way forward for all economies.

While digital technology has been pervading our lives and businesses, COVID-19 has accelerated the pace of this transformation. It has been a saving grace of many businesses, with telecommuting, cyber-communications and digital transactions enabling them to keep afloat.

At Serangoon Gardens Country Club, we've been making incremental changes along the way to improve our services to our Members.

eCLUBSPIRIT Magazine

During the Circuit Breaker, we accelerated our plans to go digital with our bi-monthly *Club Spirit* magazine, which is now emailed to all Members. Of course, hard copies are still available to Members who prefer them.

Digital Newspapers

For the sake of hygiene, we've had to discontinue offering free reading materials,

such as newspapers and magazines, in the lobby. But from August 2020, we will be providing digital newspapers via handheld tablets, available at our reading corner near the reception desk.

Online Facilities Booking

For greater convenience, you will now be able to log onto our website at sgcc.com.sg and make a booking of your favourite sports facility with your membership ID. This will make it faster and easier to carry out your booking, without you having to wait in line.

Digital Birthday Vouchers

From September onwards, Members can look forward to receiving their Birthday gifts from the Club directly into their accounts. You no longer have to worry about forgetting or misplacing those precious vouchers when you need them most. Vouchers will be auto-credited on the first day of your birthday month with up to six months' validity.

The Club will explore more digital ways to make your Membership experience more convenient. For more details, do feel free to contact our Membership Relations office.

YOUTH SAVINGS SCHEME

AN EXCLUSIVE OFFER JUST FOR KIDS OF SGCC MEMBERS

Start your kids saving early for an Ordinary Membership of their own when they reach 21yo at just **\$83/mth*** (across 120 months) and an upfront of **\$2,880 (inc. GST)**.

* Child Members will not be entitled to Ordinary Membership privileges, terms & conditions until they reach the age of 21. Ord Membership Subscription fees apply upon reaching 21yo.



For ages 12 to 26

Contact the Membership Relations Dept at 6398 5323 or email Membership@sgcc.com.sg for more details

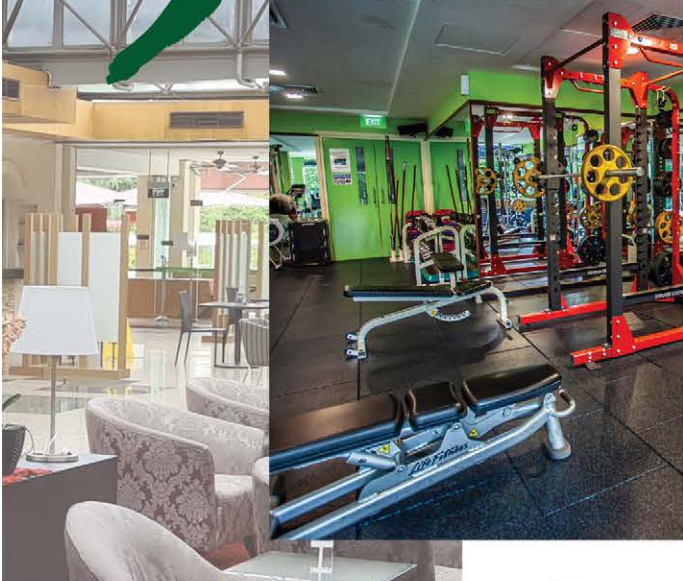
X CHANGE SCHEME

From August to October 2020,
purchase an Ordinary
Membership from Serangoon
Gardens Country Club at just...

\$12,577 ^(W/GST)
.50

FOR MORE INFORMATION CONTACT MEMBERSHIP
RELATIONS AT 6286 8888 OR EMAIL
MEMBERSHIP@SGCC.COM.SG.

- PRICE IS FIXED FOR ALL TRANSACTIONS
- SELLER TO BEAR TRANSFER FEE OF \$8,827.50 (W/GST)
- REFERRAL INCENTIVE NOT APPLICABLE
- THE CLUB'S CONSTITUTION AND BYE-LAWS APPLY
- OTHER TERMS & CONDITIONS APPLY



START YOUR DAY RIGHT

Swing by SGCC's Coffee Deli in the morning to indulge in breakfast before heading off to work or school. On the menu are these mouth-watering dishes.



Choice of scrambled eggs, fried eggs or omelette, served with grilled tomato, honey-baked ham, bacon, sausage and hash brown; accompanied by a glass of chilled orange juice, a slice of watermelon, and coffee or tea.

AMERICAN SET
@ \$11.55

KOPI TIAM SET
@ \$5.10



Kaya toast with two half-boiled eggs, and choice of coffee or tea. Available as 1-for-1 set.

ALL AMERICAN
@ \$8.55



Fresh farm eggs prepared your way, served with crispy bacon, grilled tomato and hash brown, with choice of coffee or tea.

CHEESE & MUSHROOM OMELETTE
@ \$8.55



Served with coleslaw, baked beans and hash brown, with choice of coffee or tea.

PANCAKE WITH HONEY & BUTTER
@ \$4.25



add bacon @ \$2.10
add honey-baked ham @ \$2.10
add chipolata sausage @ \$2.10
add smoked salmon @ \$2.65

This menu is available daily from **8am-11am** (last order: 10.45am)

Contact Coffee Deli at **6398 5309**

Available for **Takeaway Orders**

All prices include prevailing GST. Photos are for illustration purposes only.

Chefs' Secrets

Tired of takeaways and food delivery services in the time of COVID-19? Impress your family and go DIY with these show-stopping recipes from SGCC's kitchens.

With COVID-19 restrictions on dining still applicable, more people are choosing to channel their inner chefs and prepare their own meals at home. While you can get your food to go from the Club, Chef Simon Ng and Chef Kelvin Thor have kindly agreed to share the secrets of some of their popular creations with Members who are keen to DIY their meals in their own (not-so-used) kitchens.

Follow these three recipes closely and do not take any shortcuts, advise the chefs. Most of all, they encourage Members keep at it if things do not work out the first couple of times. After all, practice makes perfect!

For the first recipe, Chef Simon — who helms the kitchen of Garden Grill — invites you to go healthy with this fish dish. It is as authentic as you can get — after all, he picked up the recipe from a Russian chef some 10 years ago.

If you are planning to serve an Asian feast, consider the second and third recipes. They come from Chef Kelvin, the head honcho in the kitchen of Atrium Cafe.

Baked Cod Russian-Style (Serves 1)

Ingredients

- 200g Chilean cod fillet*
- 20g gherkins
- 20g cocktail onions**
- 100g mayonnaise
- 100g Mozzarella cheese***
- 10g grated Parmesan cheese***

Method

- 1 Heat oil in non-stick pan over medium-high heat until hot. Sear Chilean cod until semi-cooked.
- 2 Top cod with mayonnaise, gherkins and cocktail onions. Lastly, top with Mozzarella cheese and grated Parmesan cheese.
- 3 Transfer cod to ovenproof dish and bake in the oven at 180°C for 10 minutes until golden brown.

* May be substituted with barramundi.

** May be substituted with pickled pearl onions.

*** Mozzarella and Parmesan cheeses are preferred for best results, but Cheddar or Swiss cheeses could be used instead if you have them on hand.



Fragrant Lotus Leaf Rice (Serves 5)

Ingredients A

- 100g diced chicken
- 50g diced Chinese sausage
- 50g diced lung sausage*
- 20g diced Chinese mushroom
- 5g dried shrimp

Ingredients B

- 30g sesame oil
- 6g Knorr chicken powder
- 30g oyster sauce
- 4g sugar
- 30g light soy sauce
- 30g dark soy sauce
- 2g five-spice powder
- 8g fried shallots

Additional ingredients

- 2 lotus leaves*
- 1kg cooked rice

Method

- 1 Boil lotus leaves until soft. Set aside.
- 2 Stir-fry ingredients A until fragrant. Set aside.
- 3 Mix cooked rice with ingredients B in a pot. Add ingredients A that was set aside and mix well.
- 4 Place A+B mixture onto the lotus leaves. Fold the edges of the leaf around the filling to form a tight package. Secure the package with kitchen twine.
- 5 Place the lotus leaf rice package into a steamer and steam for about an hour.

* These ingredients are available at both wet and dry markets.



Sesame Oil Chicken (Serves 4)

Ingredients

- 500g boneless chicken leg, chopped into bite-sized pieces (with skin on)*
- 50g ginger, julienned
- 10g garlic, blended
- 60ml sesame oil
- 10g oyster sauce
- 2tbsp dark soy sauce
- 500ml water
- ¼tsp ground white pepper

For marinating chicken

- 1tbsp oyster sauce
- 1tbsp light soy
- 1tbsp sesame oil
- ¼tsp ground white pepper

Method

- 1 Combine ingredients for marinating chicken in a bowl and leave chicken pieces to marinate.
- 2 While chicken is marinating, heat wok and add sesame oil.
- 3 When oil is hot, add ginger and garlic. Stir till golden brown.
- 4 Add chicken pieces to the wok and stir to combine. Add soy sauce and pepper.
- 5 Add water to the mixture and leave to cook (stirring occasionally) with a lid on for about 15–20 minutes, or until the chicken is cooked through and the sauce has thickened.

* You may use any part of the chicken. However, chicken thighs are more tender and flavourful than the breast due to their higher fat content. Chicken breast can be dry, tough and stringy.



Bowled Over

Competitive bowling has not only brought her accolades, it has also moulded her character, attests SGCC's Bowler of the Year Tan Hui Xian.

Tan Hui Xian scored a hat-trick when she won the title of SGCC's Bowler of the Year last year: it was her third consecutive win. Winning the title three years ago was a dream come true for the NTU undergrad.

"I've always wanted to put my name on the Bowler of the Year board in the alley ever since I started bowling competitively. It is a small-scale event, but it was one of the goals in my bowling career," discloses the 22-year-old, who first picked up a bowling ball at the tender age of five.

After developing an interest in the sport from watching a Japanese drama serial that centred around it, Hui Xian was keen to sign up for the event, but had always been too busy with other competitions. In 2017, however, a twist of fate led to a change in plans, allowing her to try her hand in the competition.

Stroke of luck

A right wrist injury in August that year caused Hui Xian to cancel a trip to another competition, and allowed her to finally participate in the Bowler of the Year competition despite the fact that her wrist had not fully recovered. She feels that the risk had been worth it, since she clinched the title.

Following that first victory, she took home the trophy for the next two years. As in the 2017 edition, she was also nursing an injury last year — this time on her ankle. "I didn't practise much before that match, so I was really worried. It was a really close match, but I was lucky," shares the jubilant young lady. "I was really elated to have persevered through it."

While luck may have played a part in Hui Xian's victories, her dedication to the sport was also integral, as demonstrated by her ethos. "To do well, one needs to be ready and have

confidence. To me, being ready means putting enough commitment into training beforehand, and making sure I inject effort into every shot of the game," says the bowler, who was in the National Team for a year, and now plays for her university.

She also stresses the need to be adaptable. "Every lane is different; so is every competition. Adapting more quickly than others gives one the upper hand," she shares. "Nobody is born a bowler; to be good at it, you really need a combination of passion, determination and perseverance" — qualities she has in abundance.

Game plan

Asked what she loves most about bowling, Hui Xian enthuses, "I love the moment the ball hits the pins at the pocket, especially the sound it makes. I also like that bowling is a competitive sport, as this trains my patience and composure, especially during competitions." To top it all, the sport



"I love the moment the ball hits the pins at the pocket, especially the sound it makes. I also like that bowling is a competitive sport, as this trains my patience and composure, especially during competitions."



has given her a wide network, thanks to the different teams she has been in, including SGCC's Youth Team.

Hui Xian, who also enjoys baking and watching drama serials, is currently pursuing a degree in Sport Science and Management. While her interest in bowling did not directly influence her choice of studies, the sports injuries she has sustained have. "I've been interested in sport science since my junior college days. It's interesting to find out how the body works. Being an injury-prone person and having parents who've had their fair share of injuries reinforced my

decision to be in this field," she cheekily explains.

The jocular young lady singles out Jason Belmonte, a two-handed bowler from Australia, and New Hui Fen, who is on Singapore's national team, as her role models. The latter's "powerful shots" and "the effort she puts into every shot" impress Hui Xian.

"It would be a lie to say I have never thought of giving up, but what has made me stay

the course is the fact that, without bowling, I wouldn't be the person I am now," Hui Xian replies when asked about her future involvement in the sport. "I don't know what the future will bring but, until then, I will continue bowling. If there is ever an opportunity to represent the sport at a higher level, I would definitely strive for it again."



10 QUESTIONS WITH... Mr Lee How Giap

ClubSpirit chats with the 63-year-old Assistant Honorary Treasurer of SGCC's General Committee, who has been a Member since 1990.



1 What attracted you to be a Member of SGCC?

I was attracted by the family atmosphere of SGCC. I needed a swimming pool and a gym to train in.

2 What other activities do you typically engage in at the Club?

I am an avid golfer, and I am a member of the golf section. I also enjoy having meals at the Atrium Café.

3 Do you have a favourite dish in our Club?

I enjoy most dishes served at the Club, but love the fish head curry — it's so tasty!

4 Tell us things about you that fellow Members may not know.

I was posted to Shanghai by AT&T in 1996. It was supposed to be a three-year assignment but, due to the rapid growth in the telecom sector in China and a few M&A activities, I was asked to stay longer and ended up working and staying in Shanghai for 15 years. It was a good period to be in China. I worked really hard, setting up operations, developing businesses, and training people. My wife and I had a lot of fun in Shanghai, and made many good friends, both expatriates from all over the world as well as locals.

I returned to Singapore in 2011 and took an early retirement from the corporate world to search for significance in life and society rather than material success. I thought it was time to give back to society. I want to do more voluntary work and teach, to pass my skills and work experience to the younger generations.

Another thing is that my wife and I are big Arsenal fans. We will wake up at 3am to watch them play! We have also watched a game while we were in London.

5 What is your profession now?

I am an Adjunct Lecturer at a University and a Polytechnic, teaching courses in Engineering

Economy, Project Management, Supply Chain, and Ethics. I am also an executive coach, working with senior executives of companies, helping them with personal development as well as strategies for their businesses/companies.

6 Why did you volunteer to be on the General Committee (GC)?

I am a 'reluctant' volunteer — I was persuaded by some members as well as the President. They know my background, and feel that I can add value to the GC. I was reluctant because I'm quite busy already with my teaching, coaching and charity work. I sit on the board of Hagar Singapore and I'm also the Organising Chairman of the Hagar Charity Annual Golf Tournament. Furthermore, my wife and I travel a lot for pleasure.

But upon agreeing to be on the GC, I am fully committed, no matter who the President is. It's all about the Club and the Members. I have served under the current President for about a year now. I must say that it has been a great partnership so far. We agree on most things about the Club, but we also have differing views on issues. I am normally the more logical and careful one, while Terrence is a bit more emotionally invested, as he is so passionate about the Club and Members. We are very professional and respect each other. We debate frequently on Club issues, allowing us to see them from various angles before decisions are made. I think it is very healthy. He is so hardworking; I'm also impressed by his ability to connect with Members.

7 What are your duties as Assistant Honorary Treasurer?

In the absence of the Honorary Treasurer, I have to guard and control all financial matters. I am one of the signatories of SGCC cheques, I approve spending and payments, and I also review monthly financial statements and scan for variances. I'm supported by the financial

subcommittee and the Club's Finance Manager.

8 How will you persuade Members to volunteer in the Club?

I would like to encourage Members, especially the younger ones, to come forward to volunteer and organise events and interest groups to meet their own needs. We also need to tap on the diversity of the membership, to learn more about each other, understand each other, and make friends with Members we don't yet know.

9 What would you say to someone who is thinking of joining SGCC?

SGCC is a very nice family-oriented club with great facilities, events and interest groups that all family members — be they young or old — can enjoy and participate in.

10 Any last words?

To me, SGCC is really a great family club. I hope it becomes the same for all Members.



"I enjoy most dishes served at the Club, but love the fish head curry — it's so tasty!"

AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31					1 Asian Fusion Cuisine Garden Grill 	2 National Day Local Favourites Atrium Café 11am-8pm till 10 Aug 
3	4	5	6	7	8	9 National Day
10	11	12	13	14	15	16
17	18 Bridge Sparkling Diamond Casuarina Room 9am 	19	20	21	22 Learn How To Play Pool Billiards Room 3pm 	23
24	25	26	27 Understanding Lasting Power of Attorney Zoom 10am 	28	29 One-Day Tennis Courts 8am 	30 Mindfulness Workshop Zoom 10am 

With recent updates regarding COVID-19 preventative restrictions, events listed here may be subject to change.

SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>1</p> <p>Creole-Cajun Cooking of New Orleans Garden Grill</p> 	2	3	4	<p>5</p> <p>Junior Gems Anniversary Party Garden Grill 9.30am</p>  <p>Embracing Emotions Zoom 10am</p> <p>Family Law Zoom 3.30pm</p>  	6
7	8	9	10	11	<p>12</p> <p>Embracing Emotions Zoom 10am</p> 	13
14	15	16	17	<p>18</p> 	<p>19</p> <p>9 Ball Pool Tournament Billiard Room 1pm</p> <p>Embracing Emotions Zoom 10am</p>  <p>Senior Bowling Gardens Bowl 2.15pm</p> 	20
21	22	23	24	25	<p>26</p> <p>Embracing Emotions Zoom 10am</p> 	27
28	29	30				

With recent updates regarding COVID-19 preventative restrictions, events listed here may be subject to change.

SPOTLIGHT MONTHLY

Spotlight Monthly is an initiative by Serangoon Gardens Country Club to feature some of our lesser-known facilities and activities/sports available to all Members.

If you have always been curious about a particular sport or wish to know more about a cuisine that was showcased in one of our F&B outlets, this is your chance to try it out for yourself.

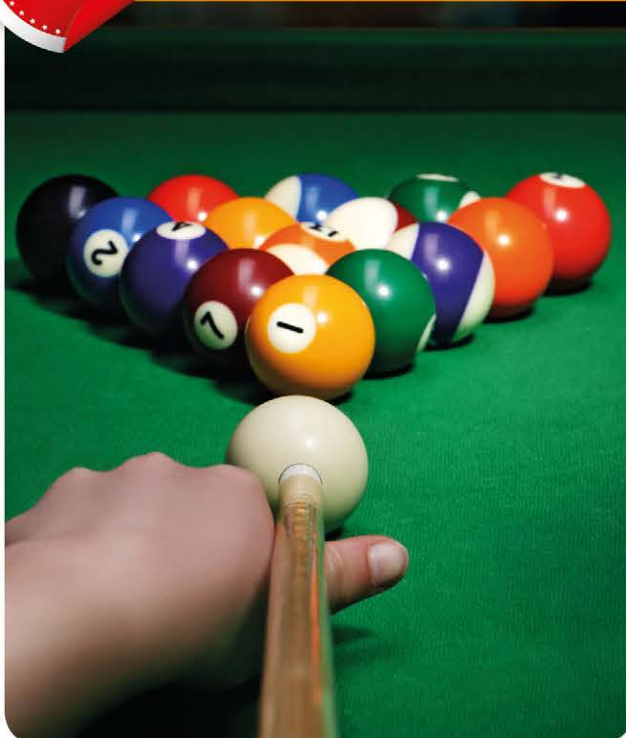
In this section, Members can look forward to information on complimentary classes, special discounts, and activities — all aimed at shining an informative and interactive spotlight on the month's activity/facility.

Spotlight Monthly rolls off in August 2020 with an entire month of Pool. We will shift focus to Bowling and Gardens Bowl in September 2020.

Do stay tuned for updates via SGCC's Facebook page, *GardensConnection* EDM, and posters located around the Club with regard to the promotion for that particular month. Refer to the photos for the schedule*:



**AUGUST 2020:
POOL**



SEPTEMBER 2020: BOWLING



OCTOBER 2020: GARDEN GRILL



NOVEMBER 2020: GYM/FITNESS



DECEMBER 2020: SQUASH



JANUARY 2021: TENNIS

*May be subject to change

COMPETITIONS

DARTS 301 INDIVIDUAL

All eyes are on you as an individual player. How accurate can you be when you're all on your own? Don't buckle under the pressure!

DATE	17 October 2020, Saturday
TIME	2pm onwards
VENUE	Darts Lounge
FEE	\$10.70 w/GST (Member)
CLOSING DATE	4 October 2020, Sunday



CONTACT

Steven Goh at 6398 5372 or recreation@sgcc.com.sg



ONE-DAY TENNIS

Saturday mornings don't get more fun than a social game of tennis with fellow Members. Who knows? You and your tennis kakis could become fast friends!

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

CONTACT

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

WORLD SQUASH DAY / ONE-DAY SQUASH

Let's celebrate World Squash Day with a day of squash! The format will be determined by the number of participating teams. Dinner will be served after the games.

DATE	10 October 2020, Saturday		
TIME	3pm onwards	VENUE	Squash Courts
FEE	\$12 w/GST (Member)	\$22 w/GST (Guest)	\$15 w/GST (Dinner only)
CLOSING DATE	27 September 2020, Sunday		





SIMULTANEOUS CHESS

A guest player plays against multiple opponents at the same time! Don't miss this enviable feat.

DATE	
31 October 2020, Saturday	
TIME	VENUE
7.30pm onwards	Main Lobby
FEE	
FREE (Member)	\$10.70 w/GST (Guest)
MIN	CLOSING DATE
12 participants	21 September 2020, Monday

CONTACT

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

BRIDGE SPARKLING DIAMOND

Calling all bridge enthusiasts! We have a friendly event organised just for you.

DATE	
18 August 2020, Tuesday	
TIME	VENUE
9am onwards	Casuarina Room
FEE	
\$10.70* w/GST (Member)	\$15* w/GST (Guest)
* Includes lunch	
MIN	CLOSING DATE
16 participants	11 August 2020, Tuesday

BRIDGE BLIND PAIR

In this tournament, you get to pair up with a partner and show off your combined prowess.

DATE	
17 November 2020, Tuesday	
TIME	VENUE
9am onwards	Casuarina Room
FEE	
\$10.70* w/GST (Member)	\$15* w/GST (Guest)
* Includes lunch	
MIN	CLOSING DATE
16 participants	10 November 2020, Tuesday



CONTACT

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



9 BALL POOL TOURNAMENT

Are you a pool shark? Join this best-of-three-rounds format tournament to find out.

DATE	
19 September 2019, Saturday	
TIME	VENUE
1pm onwards	Billiard Room
FEE	
\$10.70* w/GST * Includes buffet lunch	
MIN / MAX	CLOSING DATE
16/24 participants	8 September 2019, Tuesday

CONTACT

Steven Goh at 6398 5372 or recreation@sgcc.com.sg



SENIOR BOWLING

In this best-of-eight-games format, 100% of the bowlers' handicap will be utilised from the current Inter-Team Mixed League.

Note: The Ladies' Category will be combined with the Men's Category if there are fewer than eight participants. An additional 10-pin handicap will be given. Open to Members only (Bowlers must be 50 years or older as of 1 September 2020).

DATE	
19 September 2020, Saturday	
CHECK-IN TIME	ROLL-OFF TIME
2.15pm	2.30pm
VENUE	
Gardens Bowl	
FEE	CLOSING DATE
\$37.45* w/GST (Member) * For 8 games	4 September 2020, Friday

BOWLER OF THE YEAR 2020 (QUALIFYING ROUND)

All bowlers are eligible to take part in this event. Qualifying is based on a three-game total pinfall (Scratch). A total of 10 ladies and 20 men will qualify for the finals.

TIME	
2pm onwards	
VENUE	
Gardens Bowl	
FEE	
\$8.56 w/GST (Member) for the first and second event registered; free for the third event onwards	\$10.70 w/GST (Guest) per event

DATE
First qualifying round for Men & Ladies: 2 November 2020, Monday
End of qualifying round for Men & Ladies: 13 November 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 fundamental skills development, and strives to make learning the sport an enjoyable and enriching experience for learners of all ages.

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.



MUAY THAI

DAY	
Saturdays-Sundays	
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)

* Unlimited sessions

CONTACT

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



TAEKWONDO

CLASS	DAY
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	DAY
Intermediate	Fridays
TIME	
8pm-9.15pm	
FEE	
\$78.65 w/GST (Member)	\$89.88 w/GST (Guest)

CLASS	DAY
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) 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.

CONTACT

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



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

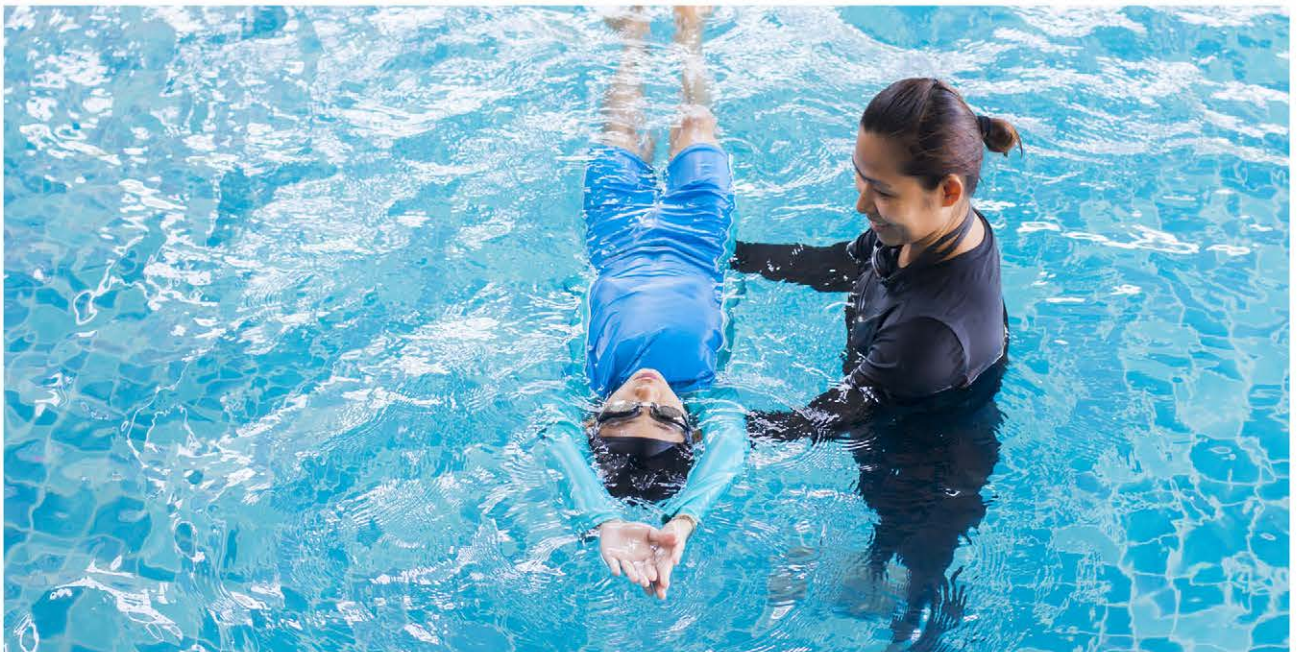
\$89.88 w/GST (Member)

\$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 the 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.

DAY / TIME

Mondays, Wednesdays & Fridays: 7.30pm–9pm

Saturdays–Sundays: 10.30am–12pm

FEE: 2 SESSIONS / WEEK

\$107 w/GST (Member)

Additional \$21.40 w/GST per Guest

FEE: UNLIMITED SESSIONS / WEEK

\$116.28 w/GST (Member)

Additional \$21.40 w/GST per Guest

CONTACT

Julia Kong at 6398 5352 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!

DAY / TIME	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)
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

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.



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 SESSION / WEEK	
\$67.41* w/GST per month (Member)	\$84.26* w/GST per month (Guest)
FEE: 2 SESSIONS / WEEK	
\$112.35* w/GST per month (Member)	\$129.20* w/GST per month (Guest)
* Price not inclusive of a personal wet belt, which must be purchased for the class.	

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 Cool Water Workout in country clubs, private organisations, and condominiums.

CONTACT

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



FITNESS FUN PROGRAMMES

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

POWERSTRETCH™

Tuesdays: 7.45pm-8.45pm
 Wednesdays: 11.30am-12.30pm; 7.45pm-8.45pm
 Fridays: 10am-11am
 Saturdays: 1.45pm-2.45pm

ABTOLUTE SCULPT

Fridays: 11.30am-12.30pm

ULTIMATE FITNESS

Wednesdays: 10am-11am

HIP HOP FITNESS

Mondays: 10am-11am

LYRICAL JAZZ

Saturdays: 12pm-1pm

STREET JAZZ

Thursdays: 7.45pm-8.45pm

DYNAMIC SCULPT

Mondays: 11.30am-12.30pm

VENUE

Aerobics Studio

FEE: 1 SESSION / WEEK

\$61.79 w/GST (Member)

FEE: 2 SESSIONS / WEEK

\$84.26 w/GST (Member)

FEE: 3 SESSIONS / WEEK

\$101.12 w/GST (Member)

FEE: 4 SESSIONS / 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 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.

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

FEE: INDIVIDUAL LESSON

\$44.94 w/GST per hour (Member)

FEE: GROUP LESSON (2 PAX)

\$56.18 w/GST per hour

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

ABOUT THE TRAINER

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

CONTACT

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

ADULT GROUP COACHING TENNIS PROGRAMME BY ACES TENNIS

CLASS

Beginner

DAY / TIME

Saturdays: 3.30pm-5pm

CLASS

Intermediate

DAY / TIME

Mondays: 7pm-8.30pm;
8.30pm-10pm

CLASS

Ladies' Intermediate

DAY / TIME

Fridays: 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.



SQUASH (PRIVATE TRAINING)

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

FEE: INDIVIDUAL LESSON

\$85.60 w/GST per hour (Member)

FEE: GROUP (2-4 PAX) LESSON

\$128.40 w/GST

Note: 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



Menu Available
for Dine-In or
Takeaway

Asian Fusion Cuisine

Savour exotic Asian fusion delicacies with our August menu.

Operating Hours:

Mon: Closed / Tue-Fri: 5pm-9pm / Sat, Sun, Public Holiday: 12pm-3pm; 6pm-9pm
If a Public Holiday falls on Mon, the restaurant will be closed the next day

PRICE

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 Senior Members (aged 55 years old and above) and Students



Grilled Sirloin Steak

APPETISER

Prawn & Grapefruit Salad

or

Marinated Salmon with Sweet Wasabi Dressing
accompanied by Baby Green Leaves

or

Roulade of Drunken Silk Chicken
served with Mesclun tossed in Sesame Dressing

SOUP

Essence of Chicken

with Chinese Black Mushroom & Winter Melon

or

Cream of Sweet Corn with Crabmeat

MAIN COURSE

Seafood Pasta Singapura

Linguini Pasta tossed in Chilli Crab Sauce
or

**Pan-seared Sea Bass Fillet marinated
in Ginger Juice & Sesame Oil**

served with Seasonal Vegetable & Teriyaki Jus
or

Pan-roasted Indochine Chicken Steak

served with Hoisin Sauce
or

Grilled Pork Chop marinated with Vietnamese Spices
served with Pineapple Salsa
or

Grilled Sirloin Steak marinated with Satay Spices***
lavished with Lemongrass Gravy



Grilled
Pork Chop

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
- *** \$12.84 w/GST

DESSERT

Mango Crème Brulee

accompanied with Almond Tuile
or

Chilled Lemongrass Jelly
topped with Yuzu Sorbet

COFFEE or TEA

Menu Available
for Dine-In or
Takeaway

**GARDEN
GRILL**
6398 5313

Creole-Cajun Cooking of New Orleans

In September, we take you to Louisiana, USA, to experience typical Creole-Cajun specialties.

Operating Hours:

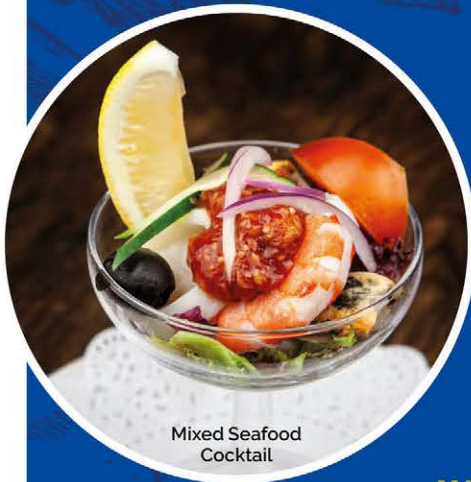
Mon: Closed / Tue-Fri: 5pm-9pm / Sat, Sun, Public Holiday: 12pm-3pm; 6pm-9pm
If a Public Holiday falls on Mon, the restaurant will be closed the next day

PRICE

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

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

\$2.68 w/GST discount for Senior Citizens (aged 55 years and above) and Students



Mixed Seafood
Cocktail

APPETISER

Mixed Seafood Cocktail

or

Crispy Fried Soft-Shell Crab

or

Twice-Baked Stuffed Sweet Potato

SOUP

Bayou Corn & Potato Chowder

or

Seafood Gumbo File

MAIN COURSE

Seafood Jambalaya*

or

Grilled Catfish Fillet

with Creole Mixed Shellfish Sauce

or

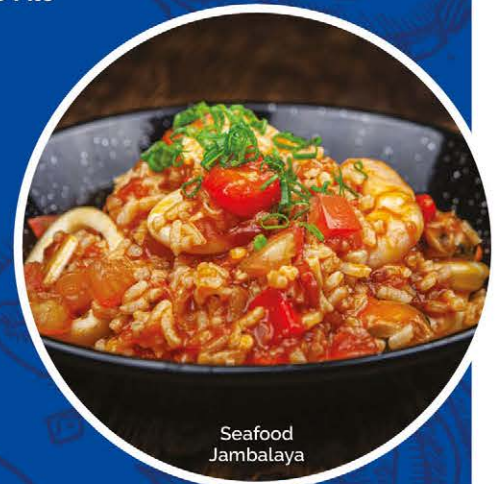
Golden Cornmeal Fried Half Spring Chicken

or

Creole BBQ Pork Ribs

or

New Orleans Braised Beef**



Seafood
Jambalaya

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

*** \$12.84 w/GST

DESSERT

New Orleans-style Beignet

or

Bananas Foster

COFFEE or TEA

Menu Available
for Dine-In or
Takeaway

ATRIUM
CAFE &
COFFEE
DELI
6398 5309

National Day Local Favourites

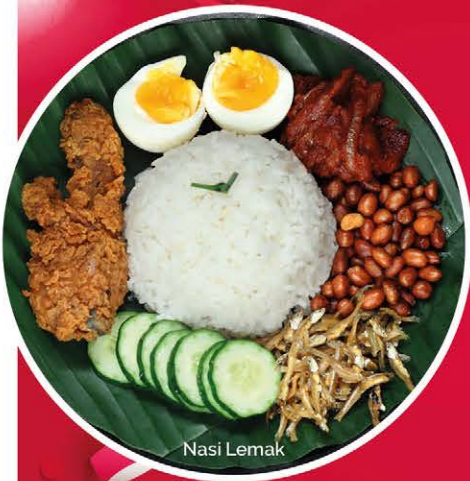
Celebrate the nation's birthday with
dishes that are close to our hearts.

Operating Hours: Atrium Cafe

Daily: 11am-9pm

Operating Hours: Coffee Deli

Mon-Thu: 8am-7pm
Fri-Sun & Public Holiday: 8am-8pm



Nasi Lemak

Date:
1-10 August 2020

Time:
11am-8pm

Price:
\$8.80 w/GST each

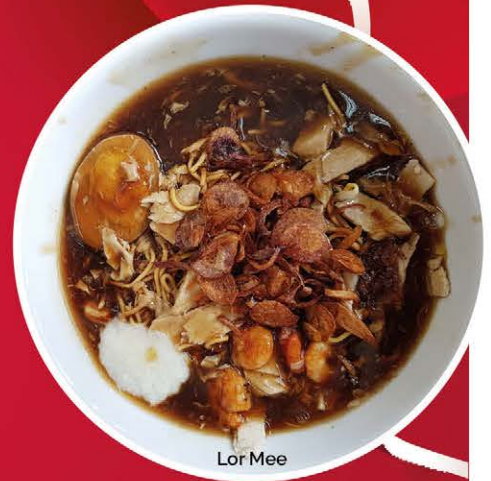
LOCAL FAVOURITES

Nasi Lemak
with Condiments

Mee Siam

Chicken Rice
with Condiments

Lor Mee



Lor Mee



Mee Siam



Chicken Rice

Photos are for illustrative purposes only

Eat, Drink & Earn

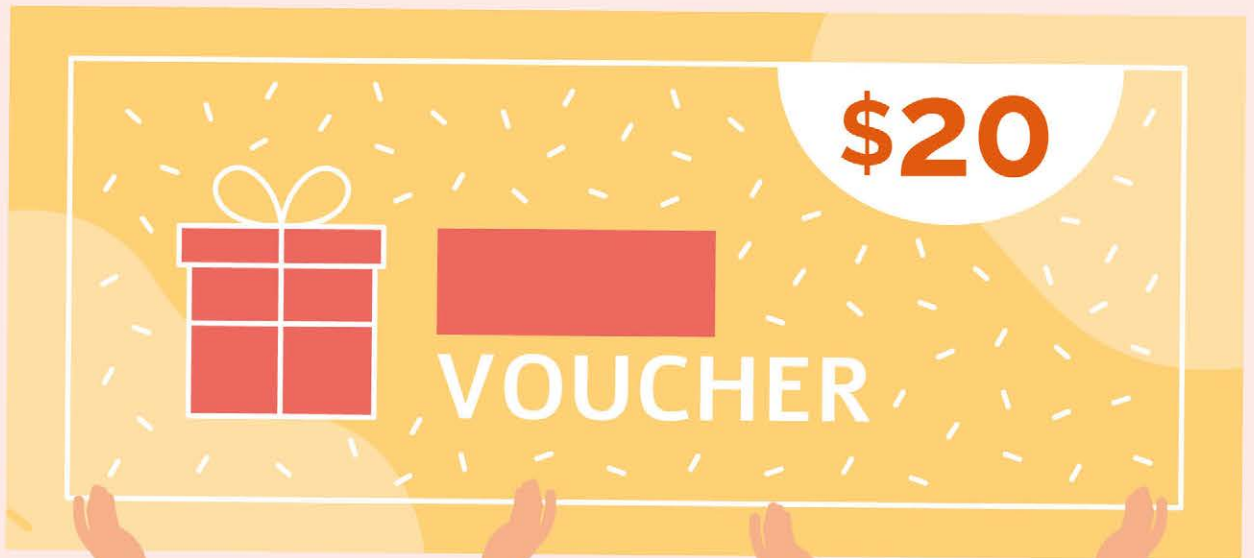
Be rewarded when you dine at any of our Food & Beverage (F&B) outlets.

Spend more than \$500 within a month at any of our F&B outlets and receive a SGCC F&B voucher in return — it's our way to thank you for your support (Terms & Conditions apply).

Every block of \$500 spent entitles you to a voucher valued at \$20.

For more details, contact

Adrian at **6398 5368** or email fnb@sgcc.com.sg



WONDERLAND TEA PARTY

THE JUNIOR GEMS ANNIVERSARY

5 september 2020
9.30am to 12pm

FREE for JuniorGems Members

\$21.40 w/GST for Guests

By reservation only

*First-come-first-serve basis due
to limited seating capacity*

TO JOIN THE TEA PARTY CELEBRATION
EMAIL JEAN_LEE@SGCC.COM.SG



MINDFULNESS WORKSHOP (FOR CHILDREN AGED 7-12 YEARS)

This interactive workshop will let children explore how everyday activities can be turned into mindful moments that bring calm, focus and greater appreciation for even the simplest things. Participants are encouraged to describe their experiences in a notebook (optional), which can also improve their vocabulary and communication skills.



DATE	
29 August 2020, Saturday	
TIME	VENUE
10am-11.30am	Virtual, from the comfort of your home
MIN	CLOSING DATE
8 participants	19 August 2020, Wednesday
FEE	
\$12 w/GST (JG Member)	\$15 w/GST (Member)

EMBRACING EMOTIONS (ADULTS)

Even the smallest objects or memories can evoke powerful emotions. It is common to suppress those we find unpleasant, and long for pleasurable ones from the past. This workshop looks at how we can make sense of these memories and emotions, and live more fully in the present.



DATE	
5, 12, 19 and 26 September 2020 (Saturdays) (Weekly, but participants can drop by to join anytime. A participant does not need to attend consecutive sessions.)	
TIME	VENUE
10am-11.30am	Zoom from the comfort of your home
CLOSING DATE	
26 August 2020, Wednesday	
FEE	
\$60 excluding GST for set of 4 sessions. \$15 excluding GST per individual lesson (you can select the individual lesson that you wish to attend)	

ABOUT THE TRAINER

Gillian is a drama, theatre, music and performance practitioner and trainer with more than 19 years of stage experience. An advocate for mental well-being, she meditates and practises mindfulness for peace of mind and healing.



UNDERSTANDING LASTING POWER OF ATTORNEY

This seminar will highlight the importance of the Lasting Power of Attorney (LPA), and clarify the official classification of mental incapacity. You will also learn how LPA can be tied to your Wills/Trust so that not only will your loved ones be catered for in the event of mental incapacity, they will also be provided for after your death.

DATE	TIME
27 August 2020, Thursday	10am-11.30am
VENUE	FEE
Zoom from the comfort of your home	FREE
MIN	CLOSING DATE
15 participants	17 August 2020, Monday

ABOUT THE TRAINER

Eugene is a sought-after speaker in the area of Estate and Legacy Planning, and is well known for his extensive knowledge and practical insights. He has done Estate Planning for high net worth individuals.

FAMILY LAW

This workshop will cover various aspects of family law — including maintenance applications and deed of separation (financial) — as well as issues such as the Lasting Power of Attorney.



DATE	TIME
5 September 2020, Saturday	3.30pm-5pm
VENUE	MIN
Via Zoom	10 participants
CLOSING DATE	FEE
26 August 2020, Wednesday	FREE

ABOUT THE TRAINER

Sarah-Mae Thomas LLC (SMT LLC), established in 2019, is a legal firm specialising in family law. The firm is unique because of MD Sarah Mae's ability to leverage her legal experience in both Singapore and Australia.



CONTACT

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



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\$30 MEMBERS VOUCHER

- Valid only with a minimum spending of \$100 before GST & service charge.
- Not valid on eve of PH, PH and festive days.
- Flash this voucher to enjoy the benefits of this voucher.
- Valid for redemption only for one voucher per bill.
- Only for dine-in customers.
- Not valid with other promotions, offers & discounts.
- Voucher is not exchangeable for cash.
- The Management reserves the right to change or amend the terms without prior notice
- Valid till 30 September 2020



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



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

www.swatow.com.sg

Flash this physical voucher to enjoy the benefits of this voucher!



E-CLUBSPIRIT MAGAZINE IS HERE!

We are going Green! And from the August/September issue of ClubSpirit Magazine, all Members will automatically be switched to the e-copy sent to your registered email addresses.

EXCLUSIVE Perks will be given just for eClubSpirit subscribers!!!

- e.g. 10% disc. off total bill at Atrium Cafe, or 1 complimentary bowling game at Gardens Bowl)

We encourage all Members to update your email address with our Membership Relations Team.

Should you wish to opt-out of receiving the electronic version of ClubSpirit, kindly fill up the form at: <http://bit.ly/csoptout> or scan the QR code

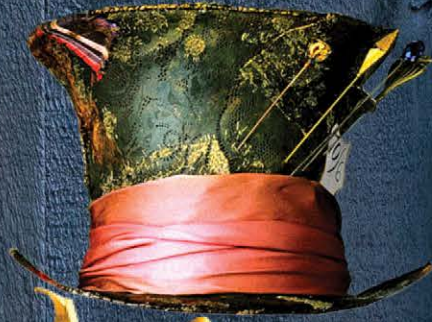


SCAN ME

Members who have already indicated your preference in receiving hardcopy of the magazine need not re-submit.

*Kindly note that by sending us the requested details, you agree to our Club's standard PDPA policies for collection of your personal data in regards to the above exercise.

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