

## SGCC Celebrates Oktoberfest

Prepare to gorge on  
beer and bowling.  
Turn to page 10  
for more details.



6  
Kiddieland  
Revamped



12  
Christmas  
Light-Up



14  
Going for  
Gold



17  
Culinary  
Demonstration

## CLUB DIRECTORY

### MAIN RECEPTION

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

### FOOD & BEVERAGE OUTLETS

#### Atrium Café

Tel: 6398 5309 / 5312  
Mon–Thu: 11am–9pm  
Fri–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: 8am–7pm  
Fri–Sun & PH: 8am–8pm

#### 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  
Mon: Closed  
Tue–Thu: 12pm–3pm; 6pm–9pm  
Fri–Sun & PH: 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

#### General Manager

Email: gmo@sgcc.com.sg

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

Casey Chang 6398 5301  
Email: casey\_chang@sgcc.com.sg

#### Senior Manager (Food & Beverage)

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Email: adrian\_chew@sgcc.com.sg

#### Facilities, Maintenance & Safety Manager

Kenneth Seah 6398 5311  
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#### Finance Manager

Avelyn Tam 6398 5303 / 358  
Email: avelyn\_tam@sgcc.com.sg

#### Human Resource Manager

Elleana Ho 6398 5366  
Email: elleana\_ho@sgcc.com.sg

#### Marketing & Communications (Membership Relations)

Tel: 6286 8888  
Email: membership@sgcc.com.sg

#### Sports & Recreation Manager

Steven Goh 6398 5372  
Email: steven\_goh@sgcc.com.sg

#### Security Operations Manager

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

#### Duty Manager

Patrick Tan 9653 9197  
Email: patrick\_tan@sgcc.com.sg

### CLUB ADMINISTRATION

Mon–Fri: 9am–6.30pm

#### Membership

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

#### Accounts

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

#### Sports & Recreation

Email: recreation@sgcc.com.sg

#### 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  
Email: banquetsales@sgcc.com.sg

#### Advertisement Bookings

Daryl Neo 6398 5305  
Email: daryl\_neo@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 Koh Jin Kit  
President  
Mr Krishnan Mathivanan  
Vice-President  
Ms Wong Kwee Keow Emily  
Honorary Secretary  
Dr Wong Yu Hock Rodney  
Honorary Treasurer  
Mr Teng Leng Hock  
Assistant Honorary Secretary  
Mr See Kim Xiang Xavier  
Assistant Honorary Treasurer

**COMMITTEE MEMBERS**  
Mr Lam Kuet Keng Steven John  
Mr Balbir Singh  
Ms Chua Lay Pheng Elena  
Mr Goh Kong Yong  
Dr Tan Chok Jueh Edmond  
Mr Heng Song Kwang  
Mr Low Theng Khuan

**CONVENORS**  
Mr Edward Tan  
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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Dear Fellow Members,

**A** GM 2020 took place on 27 September 2020 (Sunday). The event was held later than traditionally practised — usually around late-June — due to the COVID-19 pandemic. Thirteen positions were up for contest, and more than 540 people turned up to vote. As a result of the elections, a new General Committee (GC) was formed, which I have the honour to head as President.

The new GC comprises people from different age group, gender, race and professional background, but all have been Members for years — some since they were children! More importantly, we have the Club's best interest at heart. All of us have previously served the Club as GC Members or Sports Convenors, or in other organisations as senior managers or board directors.

Now that the election is over, the GC will put on their board director's hat and discharge the entrusted fiduciary duties accordingly. As the world is still grappling with COVID-19, and the tenure for this GC is only 21 months, we have to move quickly to work on immediate measures and longer-term rebuilding exercises for the Club. The GC Members have just assumed their roles, and we shall surely be in touch with you in the near future.

Last but not least, the GC would like to thank all the Members who took the effort to participate in the democratic process of voting for new leaders for the Club. Best wishes to all Members and their families!

Yours sincerely,

**Koh Jin Kit**

President

Serangoon Gardens Country Club



## A warm welcome to:

Hooi Kok Kuang	Grand Member	Phua Boon Huat	Ordinary Member
Koh Yong Guan	Grand Member	Soh Lye Fuat Ricardo	Ordinary Member
Koh Wang Joo	Grand Member	Soh Kim Hoong	Ordinary Member
Lee Han Khiang, Alex	Grand Member	Carol Sng Ching Ching	Ordinary Member
Menon K Prabhakara	Grand Member	David Song Wei Kit	Ordinary Member
Ho Kim Fok	Grand Member	Tan Meng Chit	Ordinary Member
Ang Khim Wee	Ordinary Member	Tee Jia Rong	Ordinary Member
Dominic Chua Tian Lye	Ordinary Member	(Ta) Tay Boon Hwee	Ordinary Member
Mikhail Choo Wei Ming	Ordinary Member	Tan Xiao Lin, Sherlyn	Ordinary Member
Chen Zhi-Hui, Shaun	Ordinary Member	Tan Hui Zhen, Agnes	Ordinary Member
Chai Ming Hui	Ordinary Member	Wee Liang Ee, Michael	Ordinary Member
Chiang Mun Wai	Ordinary Member	Bob Yap Cheng Ghee	Ordinary Member
Chong Hock Kee, Alex	Ordinary Member	Zhuang Youxing, Vincent	Ordinary Member
Foong Kok Hoe, Alvin	Ordinary Member	Hari Dillon	Ordinary Member
Koh Gek Hwa	Ordinary Member	Gan Boon Wah	Ordinary Member
Cherlyn Koh	Ordinary Member	Lim Ai Ping Serena	Ordinary Member
Kho Teo Hua, Richard	Ordinary Member	Lee Ka Sim	Ordinary Member
Lee Meiting Noelle, Francesca	Ordinary Member	Lim Geok Hong, Kris	Ordinary Member
Lim Boon Wan	Ordinary Member	Marla Lise Menon	Ordinary Member
Daryl Lim Soon Cheong	Ordinary Member	Michelle Garaldine Sandhu	Ordinary Member
Lim Wei Liang	Ordinary Member	Soh Su-Pei, Josephine	Ordinary Member
Lee Pei-En, Mylene	Ordinary Member	Tan Buck Lee Helen	Ordinary Member
Lim Swee Chong, Alec	Ordinary Member	Tan Wei Ting, Elise	Ordinary Member
Ladamuthu Thanabalan	Ordinary Member	Tan Ting Ling Jaslyn	Ordinary Member
Low Chee Teck	Ordinary Member	Dirk Horst Boes Parroquin	Term Member
Lim Tai Ni, Fiona	Ordinary Member	Bailleul Gregory Sebastien Xavier	Term Member
Ng Tien Sung, Leon	Ordinary Member	Lee Gregory Michael	Term Member
Nah Kwang Ming, Gerard	Ordinary Member	Benedicte Liagre	Term Member
Phua Ah Ang	Ordinary Member	O'Donnell Ryan Patrick	Term Member

## A fond farewell to:

Gurpal Singh	Grand Member	Tan Yew Chee	Ordinary Member
Chan Wing Cheong Arrow	Honorary Member	Albertsen Henrik	Term Member
Chia Soo Cheng	Ordinary Member	Birling Vincent Jean-Marie	Term Member
Foo Choy Thye Wendy	Ordinary Member	Caupin Ep De Parseval Petronille	Term Member
Devi d/o Visvalingam	Ordinary Member	Dumesnil Pierre	Term Member
Koh Yeow Kin	Ordinary Member	Sebastien Andre Daniel Dumay	Term Member
Lee Joh Ming	Ordinary Member	Florian Vincent Dubois	Term Member
Lim Guek Tong David	Ordinary Member	Cyrille Dreuillet	Term Member
Loh Hung Ghee	Ordinary Member	Fremiot Thomas Emmanuel	Term Member
Lim Kheng Huat	Ordinary Member	Gras Solanells Ricard	Term Member
Lim Chuan Chye, Thomas	Ordinary Member	Girin Alexis Tomoe	Term Member
Lim Chiak Hwee	Ordinary Member	Jean-Charles Olivier Gaudechon	Term Member
Poon Jia Lin, Kelvin	Ordinary Member	Eugene Ivanovych, Ganchev	Term Member
Shen Hui Juan	Ordinary Member	Herrou Dominique Joseph	Term Member
Tan Seng Kim	Ordinary Member	Marteil Yann Francois Gael	Term Member
Tan Choon Yong	Ordinary Member	Benoit Semelin	Term Member
Winslow Crystal S	Ordinary Member	Eric Wallace Sands	Term Member
Yap Lay Kheng	Ordinary Member	Voisin Guillaume Andre Paul	Term Member
Awyong Puay Sun	Ordinary Member	Christina Verspieren Alexandra	Term Member
Lee Yuen Ling Serene	Ordinary Member	Desveaus - Roghi EP Viatteau	Term Member

# ADMINISTRATIVE ANNOUNCEMENTS

## Temporary Revised Operating Hours at Atrium Café

F&B OUTLET	DAYS	REVISED OPERATING HOURS	REMARKS
Atrium Café	Mon–Thu: Fri Sat, Sun & PH:	11am–3pm / 6pm–9pm 11am–3pm / 6pm–10pm 11am–10pm	Zichar dishes will be available from 11am–2.30pm & 6pm–last order*

*\*last order: 30 minutes before closing*

## Sale and Consumption of Alcohol

Members are welcomed to purchase and consume their preferred alcoholic beverage at designated F&B locations around the Club, which include Atrium Café, Garden Grill, Coffee Deli, and the Main Lobby. If you have any unclaimed bottles of liquor, you may request for them from Garden Grill. However, we ask that Members consume their purchases before 10.30pm daily, in line with safe management guidelines on alcohol consumption by the authorities. Our F&B staff will start clearing leftover alcohol 15 minutes before closing.

## Disinfecting the Club on a Regular Basis

We would like to reassure Members that the Club is safe to visit. Since we reopened our doors in June, we have taken steps to ensure the health and safety of all who visit our premises.

These include adhering strictly to all safe management guidelines, and stepping up our routine cleaning and disinfecting schedules on a daily/weekly basis. Our Cleaning & Disinfection process meets NEA guidelines.

The authorities conduct weekly inspections of our premises and have had no reason to fault us on any of our procedures thus far.

However, in order to truly keep the Club safe, we require the cooperation of all Members, and ask that you be diligent in adhering to all guidelines, including keeping your mask on at all times, even during conversation over a meal.





# An Intimate National Day Celebration at SGCC



With island-wide safe-management guidelines in effect, the Club opted for a more toned-down National Day Celebration this year, a stark contrast to one of our biggest celebrations just a year ago.

For some of our Members, National Day preparations started a few weeks prior, when they embarked on creating their contribution to the One SGCC Community Project, a quilt art piece celebrating our family community, symbolising togetherness. The completed quilt was unveiled by the General Committee (GC) on Sunday, 9 August 2020.

At 10.30am, Members and staff joined the nation in an island-wide rendition of the National Anthem. Management held a mini National Day homage in the Main Lobby over lunchtime. The entire GC was present to share their well wishes to Members digitally via a Facebook Live broadcast in the four official languages.

President Terrence Fernandez cut a beautiful cake, sponsored by Polar Puffs & Cakes, that was distributed by the GC and staff to Members who were having lunch around the Club.

Let's all look forward to hold an even better NDP celebration in 2021!







# ALL-NEW KIDDLIELAND & THE HANGOUT

This is what these two spots look like now, after renovations.







# E-CLUBSPIRIT MAGAZINE IS HERE!

SGCC is going Green! That means our ClubSpirit has gone digital, all Members automatically receive the e-copy sent to your registered email addresses.

**eClubSpirit subscribers will receive EXCLUSIVE Perks !!!**

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



*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.

# 63rd Annual General Meeting 2020



The 63rd Annual General Meeting (AGM) was held on 27 September 2020. The President, Mr Terrence Fernandez, started the meeting at 10.05am by offering a warm welcome to the 109 Members who were logged in online to view the proceedings virtually, and thanked them for their time and effort.

The President thanked Members who have supported management and the General Committee (GC) over the past couple of months, especially in light of the fact that they have been experiencing the COVID-19 pandemic, and have had to follow all the rules and regulations set up by the authorities. The President mentioned that one of the purposes why GCs exist is to make good policies that benefit the Club. In the GC, there is always a need to respect different views and different ideas, which is crucial for it to function well. GC Members have to also set aside personal agendas and work for the interest of Members at all times.

The President proceeded to share extracts from the Annual Report. Firstly, F&B costs have significantly reduced over the last one year. Secondly, in the area of manpower optimisation, there were cost reductions of \$300,000. Thirdly, there was an increase in interest income.

The President then drew attention to Singapore Law Minister Mr K Shanmugam's mention of the influence of fake news and rumours circulating in our society via social media. The President shared that there have been many attempts to use fake news to influence Members, and that it was important for Members to be able to separate fact from fiction.

## Election of the General Committee Members

Before commencement of the voting, Members present at the AGM were given the chance to raise their concern

on the two motions received under Any Other Business (AOB) before it was put to a vote:

**Motion 1:** That the 111/100 Members who requisitioned the two EOGMs pay for all legal costs, expenses and losses incurred by the Club in connection with their Unconstitutional Motion to remove the President and the election of a new GC.

**Motion 2:** Mr Pao Kiew Tee should step down as Trustee for his partisan action in publicly voting to remove the President in the 30 June 2019 AGM, which has been ruled *ultra vires* according to our Constitution by the High Court on 20 March 2020.

For Motion 1, Mr Tony Lim and Mr Fred Kang commented that it was accepted by the GC, the EOGM was called by the President and the GC, and it was voted along the line. As for Motion 2, they further commented that Trustee appointments were confirmed at the AGM, which is Constitutional. It is *ultra vires* and also against the Constitution to remove a sitting Trustee.

Mr Rick Seah queried about the court case to reinstate President Terrence Fernandez and whether the no-confidence vote still stands.

A letter received from Mr L D'Souza asked whether advice should also be given to members that, if the motions are carried, the Club could face and lose a lawsuit, as this was what happened in HC/OS 1540/2019 in respect of the EOGM referred to in the motion. He added that, since the GC approved the motions at the EOGM, the GC should also be liable for the costs, losses and expenses. He may agree with the advice on the calling of the motions; however, if the carrying of the motion would result in certain consequences, Members should be told. It is very clear that what the motions seek to do is not provided for; furthermore Motion 2 is clearly in violation of Clause 29 of the Club's Constitution.



## Highlights of Mr Pao's Address

Club Trustee Mr Pao Kiew Tee addressed the meeting pertaining to Motion 2:

- Mr Pao is one of the Trustees of the Club, and has been a Member of the Club for close to 30 years.
- He has served in the GC in various capacities for 14 years, between 2000 and 2014, and was appointed a Trustee of the Club in 2016.
- He has always served the Club to the best of his abilities, and made hard decisions without fear or favour that — in his view — were in the best interest of the Club.
- He was very disappointed when the Club informed him that some Members had submitted a motion requesting him to step down as Trustee for publicly supporting the motion to remove the President in the June 2019 AGM.
- The motion to remove him as Trustee was clearly unconstitutional and illegal.
- Clause 27.1 of the Club's Constitution states: "The Trustees shall hold office for life unless some other period is determined in each case by a General Meeting."
- There is nothing in this Clause or anywhere else in the Club's Constitution that allows a small group of disgruntled Members to table a motion to remove a Trustee.
- Although he is a Trustee of the Club, he is — first and foremost — an ordinary Member of the Club. In supporting the motion to remove the President, he was merely responding to the motion that was tabled by the GC, and exercising his right as an ordinary Member and not executing his duty as a Trustee.
- There is also nothing in the Club's Constitution that says that a Trustee cannot vote on a resolution in a way he thinks fit as a Member of the Club.
- The key duties of Trustees are to safeguard the properties of the Club and to exercise financial oversight on expenditure and investments.
- His support of the motion to remove the President will not in any way affect his ability to discharge his duties as a Trustee of the Club.
- He expressly reserves his rights against the Club, the proposers of the motion, as well as the GC.
- As the motion was unfair, he urged Members to do the right thing and vote against it.

Legal Counsel, Mr Murali from JTJB, advised that Clause 29 of the Constitution indicates that the only requirement in order to raise or transact any other business at the AGM is to give seven days' notice; to JTJB's knowledge, these two motions met the stipulated timeline set. The Constitution does not give any power to the GC to scrutinise, block or disallow any motion. Once notice has been given, the motion has to be put before Members to decide — ultimately, it is the Members who

are going to decide, not the GC. The Constitution does provide that the tenure of the Trustees can be determined in each case by the general Members, not the GC.

The President thanked the Legal Counsel and the Members for taking time to express their views and opinions on the two motions. He then proceeded to the next agenda item, which was to elect Members to the GC and also transact the two motions.

As of 19 September 2020, a total of 22 nominations were received for the 13 vacant positions.

## Confirmation of Minutes and Adoption of Accounts

The AGM proceeded with the confirmation of the minutes of the 62nd AGM. Mr Bob Chow proposed the confirmation of the minutes while Mr Derrick Kua seconded it.

The President proceeded to the next item on the agenda, which was to receive the Annual Report as well as the adoption of accounts for the year ended on 31 March 2020. Mr Derrick Kua proposed the confirmation while Mr Bob Chow seconded it.

## Appointment of Auditors for the Ensuing Year

Foo Kon Tan LLP was appointed to be the Club's auditors for the ensuing financial year. Mr Derrick Kua proposed the confirmation while Mr Bob Chow seconded it.

## Transacting Any Other Business (AOBs)

Topics covered in the AOB letters received from Members were also addressed.

## Adjournment of Meeting

The President ended the 63rd Annual General Meeting at 8.05pm

### Motion 1 results:

For: 169	Against: 309	Abstained: 46
Motion 1 was not carried		

### Motion 2 results:

For: 166	Against: 311	Abstained: 39
Motion 2 was not carried		

## Election Results

Koh Jin Kit	President
Krishnan Mathivanan	Vice-President
Wong Kwee Keow, Emily	Honorary Secretary
Wong Yu Hock, Rodney	Honorary Treasurer
Teng Leng Hock	Assistant Honorary Secretary
See Kim Xiang, Xavier	Assistant Honorary Treasurer
Lam Kuet Keng, Steven John	Committee member
Balbair Singh	Committee member
Chua Lay Pheng, Elena	Committee member
Goh Kong Yong	Committee member
Tan Chok Jueh, Edmond	Committee member
Heng Song Kwang	Committee member
Low Theng Khuan	Committee member

# Beer & Bowling

There will be more than just the two Bs at this year's Oktoberfest when SGCC sets its mind to celebrate the occasion.

Bringing a centuries-old tradition to life every year is no easy feat. But with enough gusto — and alcohol! — Oktoberfest has become one of the more anticipated festivals celebrated at SGCC.

The German festival originated as a celebration of King Ludwig's wedding to Princess Therese of Saxe-Hildburghausen. Since then, it has evolved into a festival filled with sports and carnival attractions, including tree climbing, bowling and more. It further morphed into a

festival of music, art and — yes, you guessed it — beer. Breweries across Germany and beyond would use the festival to showcase their various beer paraphernalia and latest brews.

This year, the celebration will be a little toned down, with safe management regulations in place, but it will be no less fun! Members can look forward to tasty Oktoberfest Specials at Garden Grill and special Beer promotions all month long.

## Heir B&B Promotion

Gardens Bowl will feature a special Beer & Bowl offer we have cheekily dubbed *Heir B&B!* Bowl five games on one receipt and claim a free beer (250ml) from any of our F&B outlets on the same day. Show your receipt to claim your drink. Terms and conditions apply:

- Membership Number must match the number on the receipt
- Multiple claims allowed for all receipts with a minimum of five games

## Oktoberfest Special

(available from 4pm–9.30pm, except Mondays)

### German Sausage Platter

@ \$25.00 w/GST

Pork, Chicken and Veal Frankfurters served with Herb-Roasted Potatoes and Sauerkraut

### BBQ Pork Ribs

@ \$32.00 w/GST

Served with Herb-Roasted Potatoes and Sauerkraut

### Roast Pork Knuckle (whole)

@ \$38.00 w/GST

Served with Herb-Roasted Potatoes and Sauerkraut

### Erdinger Beer (Light/Dark)

Now: \$11.00 w/GST per bottle

Usual Price: \$13.70 w/GST per bottle



# 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](mailto:Membership@sgcc.com.sg) for more details



# CHRISTMAS IN THE GARDENS

Celebrate the season with  
Snowflakes and Santa!

**2020** has not been kind to any of us, but a time of joy for the whole family is coming as the year's end approaches. This year, with safe management guidelines in place, the Club will be celebrating our

official Light-Up ceremony in a slightly different but still fun and exciting way!

Mark the date on your calendars: 21 November 2020 (Saturday) from 3pm to 8pm. Check out the itinerary for the day:

## Food Stalls (From 6pm)

Dig into some delicious Christmas goodies on sale, such as Roast Turkey and Baked Ham. Order at Garden Grill and get a special 10% discount. You can also get an early-bird discount at Garden Grill if you make your Christmas Eve / Day bookings on 21 November.



## Beverages Aplenty! (3pm–8pm)

Sample some wonderful Christmassy drinks and buy some to take home for your house parties from Garden Grill. All orders will be accompanied by a special take-away gift. Free delivery for large orders.



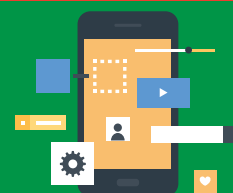
## Official Light-Up (7.45pm–8pm)

Our Club's official light-up promises to be a feast for the eyes.



## Join Us Virtually!

We'll go 'live' on Facebook for the official light-up. Do follow us on Facebook to stay up-to-date on our Club happenings!



Event may be subject to change, pending any Safe Management Restrictions



# Deepawali Weekend Specials @ ATRIUM CAFE



**Chicken Dum Biryani  
with Teh Tarik @  
\$11.80 per set w/GST**



**Mutton Dum Biryani  
with Teh Tarik @  
\$14.80 per set w/GST**



**Available from 13 - 15 November 2020  
(12pm - 2.30pm / 6pm - 9.30pm)**

**Contact Atrium Cafe @ 6398 5309**



# Going for Gold

Having won double gold medals at two international competitions in 2019, jiu-jitsu exponent Aacus Ee reveals how SGCC contributed to his success.

If you happen to visit SGCC's gym at noon, you may well spot Aacus Ee grimacing while lifting weights. This is a regimen that forms only one-third of the brawny young man's daily workout. Aacus trains three times a day for two hours each time. His schedule goes like this: jiu-jitsu at 6am, strength and conditioning at 12pm, and jiu-jitsu again at 7pm.

"It's like a full-time job," admits the 24-year-old jiu-jitsu instructor. In between, he has his meals, naps and does personal training. He works out at SGCC's gym once a week when he's competing, and four times a week when he's off-season, using the racks and dumb-bells.

Aacus has been adhering to this rigorous regimen for some years now in his endeavour to keep fighting-fit. This routine has been carved out from years of working out regularly. "As I have lifted weights since I was 12, and been a competitive athlete for the past five years, I know my body pretty well," he discloses. "Lifting weights is essential for jiu-jitsu; it keeps me strong, fit and able to maintain the high intensity of pace it requires. It also keeps me free from injuries."

## Best of the best

Aacus' interest in this particular form of martial arts was sparked after watching UFC (Ultimate Fighting Championship) matches. "I've seen how people fight in the UFC, and wanted to find out how 'real' jiu-jitsu was. After attending my first class and getting absolutely destroyed by people smaller than I was, I fell in love with it. It's a sport where even those who are smaller sized could have an advantage." Before long, he moved on to compete in the sport. "I love competing; I feel that we





"I once weighed 110kg and was fat. Now I'm slimmer, fitter, stronger. Going to the gym improved my quality of life, and I want to help others improve theirs."



only learn when we push ourselves and get out of our comfort zone," he explains.

Aacus has emerged champion in several competitions, with 2019 notably successful for him. That was the year he took titles at the All Japan Championship and the Manila Open, winning double gold medals at both events: he clinched a gold not just in his own weight category, but also for all divisions — in other words, the Absolute Division.

"Absolute Division is where all division champions would fight each other to be the best of the best. That's what makes the double gold in Tokyo and Manila even more exciting!" Aacus enthuses. What was even more impressive was that those two competitions were ranked worldwide, thus winning titles there was even more noteworthy.

### Coaching others

Aacus is also on Singapore's national jiu-jitsu team. When not competing, he trains and teaches at a gym in Upper Serangoon called Carpe Diem Brazilian Jiu Jitsu, where he also serves as the head coach in charge of its curriculum and classes.

"I decided to be a fitness instructor because it's my passion. After having done so much research when I was younger on bodybuilding and losing weight, I felt I should put it to good use and help others. I once weighed 110kg and was fat. Now I'm slimmer, fitter, stronger. Going to the gym improved my quality of life, and I want to help others improve theirs."

An SGCC member since birth as his father has membership, Aacus purchased his own membership when he turned 21 so that his future family would be able to enjoy the Club's benefits.

### Where it started

In fact, Aacus credits SGCC's gym for being the genesis of his fitness journey. "The gym is fully equipped with everything you would need. It's rare to have a country club with such a well-equipped gym," he gushes. "It is also private, peaceful and quiet compared to public gyms. SGCC is spacious and is rarely crowded, so I don't have to queue for the machines or weights." Aacus likes the fact that the Club has many other amenities, such as a sauna, steam room, swimming pool, and a place to relax after training.

"I usually use the sauna and steam room to de-stress and relax. I also use the pool as another form of cardio. SGCC is like a complete package to supplement my jiu-jitsu training! I'm thankful for this Club," reveals the champ.



Aacus posing with the double gold medals he won for jiu-jitsu at the All Japan Championship and Manila Open in 2019.



# FIGHTING FIT

Aacus Ee recommends these exercises for jiu-jitsu enthusiasts.

## Basic Squat

Squatting is an exercise that works multiple muscle groups and joints at the same time. It also increases the mobility of the ankles and hips, which can help reduce injury when playing sports.

1. Begin by standing with your feet hip-width apart. Hold your arms out in front of you, fold them across your chest or stick to your sides — in short, they can be anywhere but your legs.
2. Lower yourself until your thighs are parallel to the ground. Imagine you're sitting on an invisible chair.
3. Drive through the heels to stand up.



## Traditional Bench Press

Bench presses can be used to tone the muscles of the upper body, including the pectorals, arms and shoulders. They increase upper body strength and improve muscular endurance.

1. Lie on your back on a flat bench.
2. Grip the barbell with your hands apart, slightly wider than shoulder-width.
3. Press your feet firmly into the ground and keep your hips on the bench throughout the entire movement.
4. Slowly lift the bar off the rack and lower it to your chest, allowing your elbows to bend out to the side.
5. Stop lowering when elbows are just below the bench. Press your feet into the floor as you push the bar back up to return to the starting position.



## The Turkish Get-up

This exercise is traditionally done with a kettlebell, but it can be done with dumbbells, sandbags or barbells. Legend has it that ancient wrestlers in what is now Turkey invented it to prepare for gruelling competitions. Besides building total body strength and coordination, it benefits the core, shoulders and hips. When first learning the movement, it is best to practise with either bodyweight or a very light object.

1. Lie on the floor and place the kettlebell next to the shoulder on the side you're working.
2. Roll to your side and cradle the kettlebell with both hands. The working hand grips the kettlebell, and the opposite hand covers it.
3. Roll onto your back and place the kettlebell on your stomach.
4. Move the kettlebell so the arm is perpendicular to the floor.
5. Bend the knee on the side of the body that's holding the kettlebell.
6. Place the opposite arm on the floor approximately 45° from the body.
7. Roll up onto your elbow. Once you're stable at the elbow, roll up onto your hand.
8. Lift your hips off the ground high enough to be able to move your outstretched leg under your body. Keep your arm extended vertically.
9. Take your straight leg and pull or sweep it under your body, placing it next to and behind the hand on the floor.
10. Keep your neck rotated upward, looking up at the kettlebell in your hand.
11. Take your support hand off the floor and move your body upright, keeping the kettlebell overhead. At this point, shift your gaze so you are looking straight ahead.
12. 'Windshield wiper' the leg that's on the ground so that both legs are now parallel to each other, in a lunge position.
13. Drive from your back foot, through your hips, and into your front foot, standing up from the lunge. Keep looking forward.





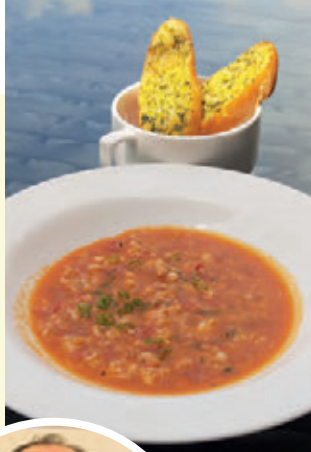
# October 2020

## Culinary Demonstrations by Simon Ng, SGCC's Senior Chef de Cuisine

Here's your chance to sample exquisite dishes favoured by the rich and famous!

Bermuda's Portofino restaurant is known for serving the best Italian and native Bermudian dishes on the island. It is also where SGCC's Senior Chef de Cuisine, Simon Ng, honed his culinary skills, having worked there for almost one-and-a-half decades. During his tenure, he cooked for many distinguished guests, such as the Bacardi family members, boxing champion Evander Holyfield, and former Bermudian political figure John Swan.

While Bermudian cuisine is not well known in our part of the world, its rich flavours and textures are sure to tantalise local taste buds. This October, Chef Simon will showcase two of Portofino's most popular recipes:



Bermuda Fish Chowder, a wonderful blend of seafood and spices; and juicy Bermuda BBQ Pork Ribs with Peas and Rice.

Make reservations early to avoid disappointment!

**VENUE:** Outdoor Area of Garden Grill

**MAXIMUM:** 10 participants (with safe distancing)

**CLOSING DATE FOR REGISTRATION:**

11 October 2020, or when we have reached the maximum number of participants

**DATE:** 16 October 2020 (Bermuda Fish Chowder); 23 October 2020 (Bermuda BBQ Pork Ribs with Peas and Rice)

**TIME:** 4pm–4.45pm

**CONTACT:** Adrian Chew @ 9115 0417

# November 2020

## Free Class on the Rules & Regulations Governing Gym Use

If you are a gym newbie or want to brush up on your skills, make sure you mark this date on your calendar!

This November, Mr Hazli Ansar, a certified fitness instructor from the Singapore Fitness Instructor Association, will give Members pointers on gym etiquette and safety, as well as the basics of using gym equipment such as free weights, resistance-training machines, and various cardio machines.

Having chalked up almost two decades of experience in the health and fitness industry working with youths and adults, including those with health and medical issues, Mr Hazli is a mine of information. Specialising in strength and conditioning training and weight loss, he is well placed to clear any doubts you may have about fitness and nutrition.



**VENUE:** Gymnasium (Palm Wing)

**MAXIMUM:** 5 participants/group (30mins/session)

**CLOSING DATE FOR REGISTRATION:**

26 October 2020, Sunday

**DATE / TIME:** 1 November 2020, Sunday / 5pm

**CONTACT:** Gym Counter @ 6398 5331 or recreation@sgcc.com.sg

## OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>1</b> <b>Bavarian Fare</b> <b>Garden Grill</b> whole month 	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> <b>World Squash Day-cum-One Day Squash</b> <b>Squash Courts</b> 3pm 	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> <b>Culinary Demonstration (Bermuda Fish Chowder)</b> <b>Garden Grill</b> 4pm 	<b>17</b> <b>Face Yoga Virtual over Zoom</b> 10am 	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> <b>Culinary Demonstration (Bermuda BBQ Pork Ribs with Peas and Rice)</b> <b>Garden Grill</b> 4pm 	<b>24</b> <b>Face Yoga Virtual over Zoom</b> 10am 	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> <b>Face Yoga Virtual over Zoom</b> 10am  <b>Halloween Bowling</b> <b>Gardens Bowl</b> 6pm  <b>Halloween: Are You Afraid of the Dark?</b> <b>Various locations on Club premises</b> 6.30pm 	

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



## NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30						<b>1</b> The Best of Italian Recipes <b>Garden Grill</b> Whole month  Where to Throw Your Year-end Party <b>Garden Grill</b> Until 30 Dec    Gymnasium Orientation <b>Gymnasium</b> 5pm 
2	3	4	5	6	<b>7</b> Face Yoga <b>Virtual over Zoom</b> 10am   Understanding Modern Trust vs Traditional Trust <b>Virtual over Zoom</b> 9am	<b>8</b> SGCC Preparatory Series 8 <b>Swimming Pool</b> 12pm 
9	10	11	12	<b>13</b> Deepavali Weekend Special <b>Atrium Cafe</b>	<b>14 Deepavali</b> Deepavali Weekend Special <b>Atrium Cafe</b>	<b>15</b> Deepavali Weekend Special <b>Atrium Cafe</b>
16	<b>17</b> Bridge Blind Casuarina Room 9am 	18	19	20	21	22
23	24	25	26	27	28	29

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

# COMPETITIONS



## WORLD SQUASH DAY-CUM-ONE DAY SQUASH

If you enjoy playing squash, come and be a part of this celebration. The format will be determined by the number of participating teams. Dinner will be served after the competition.

DATE		
10 October 2020, Saturday		
TIME		
3pm onwards		
VENUE		
Squash Courts		
FEE		
\$13 w/GST (Member)	\$25 w/GST (Guest)	\$18 w/GST (Spouse)
CLOSING DATE		
24 September 2020, Thursday		



## SGCC PREPARATORY SERIES 8

See yourself as a future Michael Phelps? Here's a chance to show your stuff in the water. This event is subject to changing COVID-19 guidelines and may be postponed.

DATE	
8 November 2020, Sunday	
TIME	VENUE
12pm onwards	Swimming Pool

MEMBER FEE	
\$10.70 w/GST (For one event registered)	\$21.40 w/GST (Package; regardless of number of events)
GUEST FEE	
\$16.05 w/GST (For one event registered)	\$32.10 w/GST (Package; regardless of number of events)
CLOSING DATE	
25 October 2020, Sunday	

## CONTACT

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





## HALLOWEEN BOWLING

Pander to your inner child and have fun outwitting your fellow bowlers.

### DATE

31 October 2020, Saturday

### TIME

6pm-10pm

### VENUE

Gardens Bowl

### FEE

\$64.20\* w/GST per lane per hour (Maximum 4 participants per lane)  
 \* Price includes bowling shoes, Halloween goodie bags, and light snacks

### CLOSING DATE

17 October 2020, Saturday

## BRIDGE BLIND PAIR

Calling all bridge enthusiasts! Come show us your best hand at this friendly event.

### DATE

17 November 2020, Tuesday

### TIME

9am onwards

### VENUE

Casuarina Room

### FEE

\$10.70\* w/GST  
 (Member)

\* Price includes lunch

\$15\* w/GST  
 (Guest)

### MIN

16 participants

### CLOSING DATE

10 November 2020, Tuesday



### CONTACT

Zaleha Hanibah 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 / TIME	VENUE
Saturdays: 4.30pm-5.30pm	Aerobics Studio
ELIGIBILITY	MIN / MAX
6 years old 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 / TIME	VENUE
Saturdays, Sundays: 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](mailto:recreation@sgcc.com.sg)





## TAEKWONDO

### CLASS

Beginner / Intermediate\*; Intermediate / Advanced\*\*

### DAY / TIME

Fridays: \*6.15pm-7pm (for ages 4 and above);  
\*\*7pm-8pm (for ages 6 and above)

### FEE

\$85.60 w/GST  
(Member)

\$96.30 w/GST  
(Guest)

### CLASS

Advanced

### DAY / TIME

Fridays: 8pm-9pm

### FEE

\$85.60 w/GST  
(Member)

\$96.30 w/GST  
(Guest)

### CLASS

Intermediate / Advanced (Sparring & Self-Defence)

### DAY / TIME

Sundays: 5.30pm-6.45pm

### FEE

\$101.65 w/GST  
(Member)

\$112.35 w/GST  
(Guest)

### VENUE

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.

## TAIJIQUAN (BEGINNER)

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

### DAY / TIME

Sundays: 8am-9am

### VENUE

Car Park Area (Palm Wing)

### FEE

\$146.06 w/GST for 12 sessions  
(Member)

\$168.53 w/GST for 12 sessions  
(Guest)



### ABOUT THE TRAINER

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

## CHINESE MARTIAL ARTS

Learn a variety of Chinese martial arts — such as Taiji, Xingyi boxing and Bagua Palms — under 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](mailto:recreation@sgcc.com.sg)

**BOWLING COACHING****DAY / TIME**

Sundays: 11am-12.30pm

**FEE**

Group Coaching:

\$45.80 w/GST (Member) ..... \$57.25 w/GST (Guest)

Private coaching (to arrange with instructor):

\$78.65 w/GST (Member) ..... \$89.88 w/GST (Guest)  
Individual (1.5hrs) ..... Individual (1.5hrs)\$62.97 w/GST (Member) ..... \$74.42 w/GST (Guest)  
2 Students (1.5hrs) ..... 2 Students (1.5hrs)**MIN / MAX**

3 / 8 participants

**VENUE**

Gardens Bowl

**ABOUT THE TRAINERS**

Samuel Ho is a qualified bowling instructor with more than 20 years' experience, which includes being the resident coach for SGCC and Singapore Swimming Club. He is a registered coach with the Singapore Sports Council and the Singapore Bowling Federation. Peter Chng has been the club's resident coach since 2009, and has conducted training in various schools, including Maris Stella Primary and Secondary schools, ACS (Barker Road), and Nanyang Girls' High School. He has 10 years of experience, and is a registered coach with the Singapore Bowling Federation.

**CHESS LESSONS FOR ALL LEVELS****DAY / TIME**

Saturdays: 1pm-2.30pm

**VENUE**

Clover Room

**ELIGIBILITY**6 years old and above;  
adults are welcome**MIN**

4 participants

**FEE**\$89.88 w/GST per month  
(Member)\$101.12 w/GST per month  
(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

**ABOUT THE TRAINER**

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

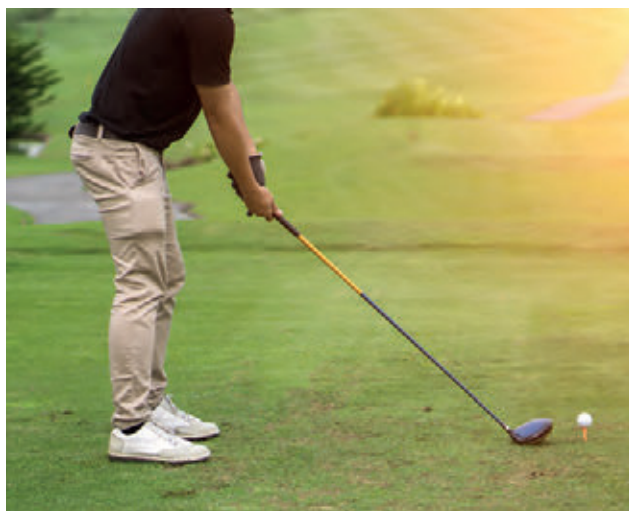
**CONTACT**

Zaleha Hanibah at 6398 5373 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, and local or overseas golf trips)
- Eligible for Monthly Medals and Champion of Champions Tournament
- Invitation to attend Golf Section Year-End Party for a token fee
- Spouse of Golf Section members will only pay half of the monthly contribution if they also sign up as a section member
- Receive updates on upcoming golfing events

**CONTACT**

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



## HATHA YOGA

Hatha yoga is a branch of yoga that teaches poses and breathing exercises that bring peace and calm to the body and mind. It's an excellent way to de-stress while cultivating balance and flexibility.

### DAY / TIME

Mondays: 7.30pm-8.30pm; 8.45pm-9.45pm  
Saturdays: 3.15pm-4.15pm

### VENUE

Aerobics Studio

### MIN / MAX

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

A full-time, freelance yoga instructor and personal trainer at several clubs, companies and community centres, Michael Choong holds an International Diploma in Ashtanga Yoga. He is also certified in Therapeutic Healing Yoga, and has attended the Sivananda Yoga Teacher Training Course.



## VINYASA FLOW YOGA

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

### DAY / TIME

Thursdays:  
7.30am-8.30am; 9am-10am

### VENUE

Aerobics Studio

### ELIGIBILITY

6 years old and above

### MIN / MAX

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.

### CONTACT

Julia Kong at 6398 5352 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

## JOIN THE SGCC BILLIARDS SECTION!

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

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



### CONTACT

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



## 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.

### DAY / TIME

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

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: Lesson fees (excludes guest fees payable) 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](mailto:recreation@sgcc.com.sg)





## WATERBABIES (PRIVATE COACHING)

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

### VENUE

Swimming pool

### FEE

\$134.82 w/GST for 4 sessions @ 15mins 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 multi-sensory swimming programmes for children since 1999.



## 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

### 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](mailto: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

#### ABTSOLUTE SCULPT

Fridays: 11.30am-12.30pm

#### 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

**GARDEN  
GRILL**  
6398 5313

## Bavarian Fare

Indulge in hearty Bavarian specialties with our October menu.

**Throughout the month of October 2020**

### Operating Hours:

**Monday:** Closed | **Tuesday-Thursday:** 12pm-3pm; 6pm-9pm

**Friday-Sunday & PH:** 12pm-3pm; 6pm-10pm

(Last order: 30 minutes before closing)

### 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 Students and Senior Members (aged 55 years and older)



Baked White Fish  
in Mustard Cream

### APPETISER

**Smoked Salmon**

with Horseradish & Beetroot

or

**Gammon Ham, Egg & Bacon Salad**

or

**German Potato Pancake**

with Sour Cream & Chives

### SOUP

**Cabbage & Potato Soup**

or

**Beef Goulash**

with Bavarian Lager

### MAIN COURSE

**Ham & Mushroom Tagliatelle**

or

**Baked White Fish in Mustard Cream**

or

**Oven-roasted Half Spring Chicken**

with Grain Mustard Sauce

or

**Bangers & Mash with Onion Gravy**

or

**Roast Half Pork Knuckle on Sauerkraut\*\***

or

**Braised Lamb Shank\*\***



Roast Half  
Pork Knuckle  
on Sauerkraut

### Surcharges for Garden Grill

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

\* \$4.28 w/GST

\*\* \$8.56 w/GST

\*\*\* \$12.84 w/GST

### DESSERT

**Warm Chocolate Cake**

filled with Sour Cherries

or

**Bavarian Doughnut**

with Raspberry & Dusted Sugar

### COFFEE or TEA



Menu Available  
for Dine-In or  
Takeaway

## The Best of Italian Recipes

Feast on authentic, mouth-watering fare that will whisk you to the Italian peninsula.

**GARDEN  
GRILL**  
6398 5313

**Throughout the month of November 2020**

### Operating Hours:

**Monday:** Closed | **Tuesday-Thursday:** 12pm-3pm; 6pm-9pm

**Friday-Sunday & PH:** 12pm-3pm; 6pm-10pm

(Last order: 30 minutes before closing)

### 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 Students and Senior Citizens (aged 55 years and older)

### APPETISER

#### Caprese Salad

Sliced Mozzarella, Tomatoes & Basil seasoned with Salt & Olive Oil  
or

#### Marinated Beans

with Celery & Ricotta Salata  
or

#### Eggplant Casserole

### SOUP

#### Minestrone

Vegetable Soup made with Tomato Broth & Pasta  
or

#### Chicken & Kidney Bean Soup

### MAIN COURSE

#### Spaghetti alle Vongole

or

#### Pan-seared Sea Bass with Fennel

served with White Wine Sauce  
or

#### Seared Cod wrapped in Parma Ham\*\*

drizzled with Warm Balsamic Sauce  
or

#### Chicken Paillard

topped with Arugula and Shaved Parmesan  
or

#### Grilled Tuscan Rib-eye Steak\*\*\*

with Fresh Rosemary, Dried Oregano &  
Crushed Pepper Flakes

### DESSERT

#### Milk Panna Cotta with Raspberry Coulis

or

#### Profiteroles

with Vanilla Ice Cream topped with Chocolate Sauce

### COFFEE or TEA

### Surcharges for Garden Grill

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

\* \$4.28 w/GST

\*\* \$8.56 w/GST

\*\*\* \$12.84 w/GST



Caprese Salad



Seared Cod  
wrapped in  
Parma Ham

Only available  
for Takeaway

## Takeaway Christmas Festive Goodies

Choose from a tantalising array of Christmas roasts, and sweet and savoury delights, such as Smoked Roasted Turkey with Chestnut Stuffing, Turkey Gravy & Cranberry Sauce, Thirteen-spice NZ Angus Rib-eye, Honey-baked Ham and Festive Pumpkin Pie. They are perfect for your festive house parties and year-end office celebrations!



Available for pre-order from  
1-20 December 2020

### EARLY-BIRD PROMOTION:

order by 10 December 2020 and  
enjoy 10% off all takeaways

Call Garden Grill or email [fnb@sgcc.com.sg](mailto:fnb@sgcc.com.sg)



ITEM	WEIGHT	PRICE W/GST
<b>CHRISTMAS ROASTS</b>		
Smoked Roast Turkey with Chestnut Stuffing, Turkey Gravy & Cranberry Sauce	approx. 5kg before roasting	\$118
Honey-baked Ham (Crosscuts) with Pineapple Sauce	2kg	\$52
BBQ Roasted Pork Loin Ribs	approx. 1kg	\$52
Thirteen-spice NZ Angus Rib-eye	2.5kg before roasting	\$108
<b>SIDES</b>		
Cream of Pumpkin & Butternut	3-4 servings	\$20
Forest Mushroom Soup	3-4 servings	\$20
German Potato Salad	3-4 servings	\$12
Caesar Salad	3-4 servings	\$18
Normandy Salad	3-4 servings	\$18
<b>CAKES</b>		
Pistachio Crème Brulee	1kg	\$30
Chocolate Pudding with Molten Chocolate	1kg	\$30
Festive Pumpkin Pie	1kg	\$42
<b>JOYFUL CHRISTMAS PARTY PACK</b> (for 6 persons):		\$158
<input type="checkbox"/> Smoked Roasted Turkey with Chestnut Stuffing, Turkey Gravy & Cranberry Sauce <input type="checkbox"/> Seasonal Medley of Vegetables <input type="checkbox"/> German Potato Salad <input type="checkbox"/> Cream of Pumpkin & Butternut or Forest Mushroom Soup		



## Where to Throw Your Year-end Party

As we approach the holiday season,  
plan your annual get-togethers or catch-up sessions early  
and indulge in these festive favourites!

**1 November-30 December 2020**  
(except 24 & 25 December 2020)

### Operating Hours:

**Monday:** Closed | **Tuesday-Thursday:** 12pm-3pm; 6pm-9pm  
**Friday-Sunday & PH:** 12pm-3pm; 6pm-10pm  
(Last order: 30 minutes before closing)

### Price:

**4-course set meal from \$35 w/GST per person (minimum order: 5 pax)**

**Complimentary bottle of house wine for every 5 diners**

SET MENU A  
@ \$35 w/GST per person

**APPETISER**  
**Shrimp Cup**  
with Chunky Avocado Salsa

**SOUP**  
**Forest Mushroom Soup**  
with Truffle Oil

**MAIN COURSE**  
**Grilled Barramundi**  
with Spinach, Bacon, Potato Mash & Citrus Dressing  
or  
**Roast Turkey Breast**  
stuffed with Sausage Stuffing,  
Seasonal Vegetables, Potatoes & Giblet Gravy

**DESSERT**  
**Hazelnut Feuilletine & Mixed Berries Compote**  
with Vanilla Ice Cream

**FRESHLY BREWED COFFEE**  
or  
**SELECTION OF ENGLISH TEAS**

SET MENU B  
@ \$45 w/GST per person

**APPETISER**  
**Prosciutto & Melon Salad**  
with Balsamic Vinaigrette

**SOUP**  
**Roasted Butternut Pumpkin Soup**  
with Pine Nuts

**MAIN COURSE**  
**Pan-seared Atlantic Salmon**  
on a bed of Basil Cream Pesto Fettuccine  
or  
**Riverlands Angus Rib-eye**  
topped with Sautéed Mushrooms &  
Melted Blue Cheese Sauce

**DESSERT**  
**Baked Pumpkin Pie**  
with Old-fashioned Vanilla Ice Cream

**FRESHLY BREWED COFFEE**  
or  
**SELECTION OF ENGLISH TEAS**

Contact Garden Grill at 6398 5313 for more information.  
Advanced reservation of at least three days is required.

## *Eat, Drink & Earn*

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

Accumulate spendings of more than \$500 within a month at any of our F&B outlets and receive a SGCC F&B voucher in gratitude 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](mailto:fnb@sgcc.com.sg)**





**FACE YOGA (ADULT)**

Exercise is so important for good health. If we can do it for our bodies, what about for our faces? Well, now you can! With face yoga, you only need to stretch your facial muscles to iron out the wrinkles and look younger for years to come! No shoes, mats or materials needed; only a willingness to look silly for an hour.

DATE	TIME
7 November 2020, Saturday	10am-11am
VENUE	MIN
Zoom from the comfort of your home	8 participants
FEE	CLOSING DATE
<div> <div>\$40 w/GST for set of 4 sessions (Member)</div> <div>\$10 w/GST per individual lesson (Member)</div> </div>	28 October 2020, Wednesday

**UNDERSTANDING MODERN TRUST VS TRADITIONAL TRUST**

This seminar will establish a basic understanding of how a trust works and the stakeholders involved. It will explain how traditional trusts have led to the trusts of today, clarify the steps towards setting up one, and advise how you can use it to fulfil your final wishes. The speaker will also discuss numerous case studies to make issues clearer.

DATE	TIME
7 November 2020, Saturday	9am-10.30am
VENUE	
Zoom from the comfort of your home	
MIN	FEE
15 participants	Free
CLOSING DATE	
31 October 2020, Saturday	

**ABOUT THE TRAINER**

Eugene Soo 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, and conducted seminars for the Ministry of Manpower and the Building and Construction Authority of Singapore. He has also appeared on TV (Mediacorp's *Money Week*) and radio (CNA938's *Moneywise*). People who have attended his talks describe him as humorous but always articulate and clear, making them feel equipped and empowered to move ahead with their own estate planning.

**CONTACT**

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

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SWATOW GARDEN

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- 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 November 2020



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# SOLEMNIZATION PACKAGE

\$65 W/GST PER PERSON

*Gather your family and friends for an intimate wedding celebration*

## THE PACKAGE INCLUDES

- *Decorative ROM table with fresh flower centerpiece*
  - *Decorative floral pedestal stands*
  - *Fresh flower petals*
- *Champagne fountain with a bottle of sparkling wine*
  - *Choice of Western, Halal or Indian Cuisine*
  - *Unique wedding favours*
- *Usage of the sound and PA system, including LCD projector and motorized screen*
  - *VIP parking lot*
- *Complimentary free flow of soft drinks, coffee and tea*
- *Complimentary parking up to 20% of your confirmed guest*

Applicable for 50pax only

Contact the Banquet Sales Department

6286 8888 or 6398 5387

[banquetsales@sgcc.com.sg](mailto:banquetsales@sgcc.com.sg)





# Come join Junior Gems



**Junior Gems  
Birthday  
Surprises**



**Exclusive  
Junior Gems  
Activities**



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

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

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

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



**JOIN NOW**  
Contact Jean Lee at:

**6398 5383**  
jean\_lee@sgcc.com.sg

