



## Gong Xi Fa Cai!

Wishing all SGCC Members a happy and prosperous Lunar New Year. Turn to page 16 to find out what's in store for you in the Year of the Metal Ox.



**12**  
Spotlight on Chess



**13**  
Be My Valentine



**14**  
Holding Court

## 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: 8am–9pm  
Fri–Sun & Eve of PH: 8am–10pm

#### Club Twenty-Two

Tel: 6398 5386  
Temporarily closed till further notice.

#### Crossroads Lounge

Tel: 6398 5310  
Temporarily closed till further notice.

#### Garden Grill

Tel: 6398 5313  
Mon: Closed  
Tue–Sun: 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 (incl. Eve of PH & PH): 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 (incl Eve of PH & PH): 12pm–10pm

#### 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–10pm

#### The Hangout

Daily: 9am–10pm

#### Cambridge Pre-School

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

### MANAGEMENT STAFF

#### General Manager

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

#### Personal Assistant cum

Office Manager (GM's Office)  
Casey Chang 6398 5301  
Email: casey\_chang@sgcc.com.sg

#### Senior Manager (Food & Beverage)

Adrian Chew 6398 5368  
Email: adrian\_chew@sgcc.com.sg

#### Facilities, Maintenance & Safety Manager

Kenneth Seah 6398 5311  
Email: kenneth\_seah@sgcc.com.sg

#### Finance Manager

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

#### Human Resource Manager

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

#### Membership Relations Manager

Joanne Ng 6398 5337  
Email: joanne\_ng@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 5323 / 383  
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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Year of the Metal Ox

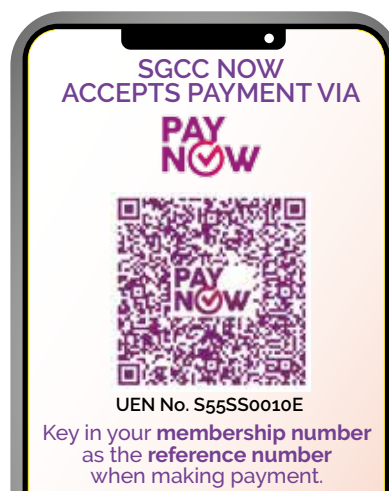
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**PATRONS**  
Ms Sylvia Lim  
Mrs Lim Hwee Hua  
Mr George Yeo

**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  
PBM BBM  
Mr Balbir Singh  
Ms Chua Lay Pheng Elena  
Mr Goh Kong Yong  
Dr Tan Chok Jueh Edmond  
PBM  
Mr Heng Song Kwang  
Mr Low Theng Khuan

## CONVENORS

Mr Derrick Sim  
Bowling  
Mr Ronnie Ng  
Chess  
Mr Elon Tan  
Darts  
Mr Eddie Ng  
Fitness  
Ms Carole Ng  
Swimming  
Mr Edwin Lee  
Squash  
Mr Steven Lee  
Tennis

## EDITORIAL COMMITTEE

Mr See Kim Xiang Xavier  
Ms Joanne Ng  
Mr Daryl Neo

## PUBLISHING AGENT

ThinkFarm Pte Ltd  
Contributor: Sunuja Naidu

## PRINTING

Times Printers Pte Ltd

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Dear Fellow Members,

On behalf of the General Committee, Management team and staff, I would like to wish all fellow Members and their families a great 2021, and a healthy and happy New Year!

We hope that 2021 will be the year when the world overcomes the pandemic. At SGCC, the COVID-19 Taskforce and staff have put in their best efforts to attain higher standards of hygiene and cleanliness in order to make the Club environment safer and more comfortable for Members and their families to enjoy. I am pleased to share that our efforts have paid off, as the Club was recently awarded the SG Clean certification from the National Environment Agency (NEA).

This year, the Chinese New Year holidays fall on 12 and 13 February. I am glad to announce that the Club will be open on both dates — the first and second days of the Chinese New Year — instead of being closed on the first day as per past practice. This move was decided on for Members' convenience so that they can celebrate the festival in a safe and friendly environment. It also gives members an alternative venue to visit, enjoy, keep fit, and stay healthy.

On behalf of all the Club employees and General Committee, I would like to wish all members and their families happiness, good health and prosperity in the Year of the Ox.

Best wishes,

**Koh Jin Kit**  
President  
Serangoon Gardens Country Club



## A warm welcome to:

Leong Meng Fook	Grand Member	Tan Cheng Kwee	Ordinary Member
Ng King Kwi	Grand Member	Tan Hsiao Leng, Marcus	Ordinary Member
Ng Hung Sun	Grand Member	Tan Wee Ling	Ordinary Member
Tan Yew Kiang	Grand Member	Tay Kok Kheng, Allan	Ordinary Member
Tang Eng Swee	Grand Member	Alan Mark Watson	Ordinary Member
Wee Eng Jee Victor	Grand Member	Wong Twee Wee	Ordinary Member
Tan Teck Cheng, Caroline	Grand Member	Yeo Kia Cheng Thomas	Ordinary Member
Chua Seng Siong	Ordinary Member	Hoe Qing En Brendan	Ordinary Member
Joseph Chung Shih Hau	Ordinary Member	Lee Jing Wenn Bertram	Ordinary Member
Fong Mushan Joshua	Ordinary Member	Lim Choe Lan	Ordinary Member
Huang Jingxiang	Ordinary Member	Ignatius Lim Jingren	Ordinary Member
Koh Mooi Ee	Ordinary Member	Nicholas Lee Yang San	Ordinary Member
Koh Yong Guan	Ordinary Member	Lim Jui-Lynn	Ordinary Member
Kan Wai Kit, Ronnie	Ordinary Member	Ridlington Sheila Cecilia	Ordinary Member
Leslie Low Joo Leong	Ordinary Member	Jean-Guillaume Delaporte	Term Member
Sunny Low Hiok	Ordinary Member	Dai Chan Juan	Term Member
Lok Foong Mun	Ordinary Member	Timothy Daniel Ferris	Term Member
Lowe Tianwei, Gwenda	Ordinary Member	Gallois Louis Marie Edouard Jean	Term Member
Ng Sing Hee Andrew	Ordinary Member	Matta Ghassan	Term Member
Ng Tze Wei	Ordinary Member	Moreau Alexandre Jean	Term Member
Neo Boon Sen	Ordinary Member	Markwart Terri Anne	Term Member
Ng Tong Nio	Ordinary Member	Quidu Ep Martin Elen Genevieve	Term Member
Phang Yu Ren	Ordinary Member	Tay Hwee Lin	Term Member

## A fond farewell to:

Fong Kay Long Andy	Grand Member	Bagot Antoine	Term Member
Koh Teng Kwee	Nominee	Colardelle Benoit	Term Member
Tan How Tong, Jayson	Non Transferable Ordinary Member	Deflassieux Viguier Charlotte	Term Member
Chan Swee Mong Paul	Ordinary Member	Cognard Francois Guy Fernand	Term Member
Chong Tze Shing	Ordinary Member	Convert Denis	Term Member
Chng Yin Lin Angeline	Ordinary Member	Despature Thierry	Term Member
Kuah Siew Gek, Irene	Ordinary Member	Dussillols Jerome	Term Member
Lee Hwee Khiam, Anthony	Ordinary Member	Fuggle Christopher John	Term Member
Ling Jean Ee	Ordinary Member	Fenn Anthony Edward	Term Member
Sen Pau Meng	Ordinary Member	Frank Carlier	Term Member
Teo Cheng Ser, Jimmy	Ordinary Member	Gerberon Sebastien	Term Member
Wong Heng Wan Monica	Ordinary Member	Leobon Pierre	Term Member
Yeoh Keng Mee, Nancy	Ordinary Member	Jean-Francois Marie	Term Member
Chen Yushu	Ordinary Member	Stephane Nicolas Nuss	Term Member
Cheng Buay Sching	Ordinary Member	Kiyotaka Ogata	Term Member
Koh Hee Yen, Laurene	Ordinary Member	Emmanuelle Provendier	Term Member
Lee Kim Huat, Jason	Ordinary Member	Ravaut Patrick	Term Member
Jamie Tan Oon Shuen	Ordinary Member	Verrier Laurent	Term Member
		Antonius Van Dongen	Term Member



# Our Gems

We are pleased to share that Members have complimented SGCC staff for going the extra mile.

**New Message**

To All Staff @ Atrium Café

Subject Thank you

All the staff at Atrium Café are always great!

From: Eddy Paulry Edwards @ Eddie Paul (Membership No.: E0311)

Send

**New Message**

To Liza Teng

Subject Thank you

Liza is knowledgeable and helpful. Keep up the good work!

From: Lee Boon Hua, Philip (Membership No.: L8938)

Send

**New Message**

To Dhanabalan, Ravi & Betty

Subject Thank you

Dhanabalan is very attentive and efficient; not forgetting Ravi and Betty, who are attentive and prompt.

From: Seah Bee Lee (Membership No.: 0045X)

Send

**New Message**

To Shylla & Reception staff

Subject Thank you

Great staff we have here the Club's Main Reception area. Shylla\* is helpful and has a pleasant attitude.

From: Tan Yea Yee, Grace (Membership No.: T5792)

\* Check out ClubSpirit's interview with Shylla in the next page.

Send

**New Message**

To Ravi & Liza Teng

Subject Thank you

Both Ravi and Liza Teng are very helpful.

From: Koh Eng Han (Membership No.: K0857)

Send

**New Message**

To Ravi & Carlson Chong

Subject Thank you

Mr Ravi is very courteous and ever so helpful. Mr Carlson is also very helpful.

From: Koh Seng Leong, Allan (Membership No.: A1171)

Send

# INTERVIEW WITH A POLISHED GEM

Meet Shylla, a Membership Services Assistant at SGCC.

## **When did you join SGCC and what drew you to the job?**

I joined SGCC in 2016. With 12 years of experience working in another country club, I feel my skills are suitable for this job.

## **What do you enjoy about your job and working at SGCC?**

I enjoy giving a listening ear to the Members and addressing them by name as this gives a personal touch. I like to see Members happy as they start their day at the Club. I always put myself in their situation, and understand how good it feels when the answer is a "yes", "can" and "sure". I also enjoy going the extra mile to see if there are other ways to make Members happy and satisfied and, at the same time, ensuring not to violate any bye-law of the Club.

## **What challenges do you face on the job and how do you overcome them?**

By staying calm and courteous; by listening attentively and not to answer or interrupt until the Member has finished speaking. I try to stay neutral and not agree or disagree with the Member. I then get the respective departments to settle any outstanding issue, and ensure that follow-up is done.

## **What is your favourite food?**

My mum's cooking! Chicken Vindaloo with less salt. Cakes with honey instead of sugar.

## **What is your perfect day like?**

Waking up, breathing fresh air, and knowing that every moment throughout the day is taken care of by God. Staying safe and healthy above all things. This is what I call a perfect day.

## **What are your interests and what do you enjoy doing during your free time?**

Stitching garments, handicraft jewellery, and time with my rosary^.

*^ Shylla is a Roman Catholic.*





# IMPORTANT ANNOUNCEMENT



Dear SGCC Members,

This notice serves to inform you that the High Court's Judgment for Suit No. 194 of 2019, to which the Club was named a Third Party, was released on 30 December 2020.

In essence, all of Mr Terence Fernandez's claims against Ms Genevieve Lim Shao Ying and Mr Goh Juak Kin were dismissed by the Honourable Justice Valerie Thean.

A copy of the written Judgment is accessible from the following link: <http://sgcc.com.sg/judgement-message/>

The General Committee will now carefully review the Judgment, and consider the appropriate steps to take thereafter to protect the Club's interests going forward.

Thank you.

**Farrock Ebrahim**  
General Manager





# SGCC HAS GONE GREEN!

Members can now receive the eClubSpirit directly in their emails



## Why go paperless?

Besides being environmentally conscious and not killing too many trees, a digital copy of the ClubSpirit also means that you can read it on the go via your mobile phone or tablet!

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

*e.g. 10% discount off F&B, complimentary bowling game.*

**We encourage all Members to update their email addresses with the Membership Relations Team in order to receive the eClubSpirit.**

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



*Members who have already indicated their preference in receiving a hard copy of the magazine need not re-submit.*

*\*Kindly note that by sending us your personal particulars to opt out of the eClubSpirit, you agree to our standard Club PDPA policies for collection of personal data in regard to the above exercise.*



# CERTIFIED CLEAN

SGCC receives clearance from NEA



We are pleased to announce that Serangoon Gardens Country Club has been officially certified SG Clean by the National Environment Agency (NEA).

However, we should not rest on our laurels and let our guard down in the midst of the COVID-19 pandemic. We must continue to be vigilant and not be complacent.

We have to inculcate good personal hygiene in our daily lives and maintain cleaning practices beyond the current COVID-19 outbreak.

We would like to take this opportunity to encourage all Members to adopt good personal habits and practise social responsibility. Please wear a mask and observe safe



distancing to protect yourself and others.

We want to thank everyone who has helped make this award possible!

# POOL RESCUE

SGCC Member Mr Ng Keung receives a lifeline from a teenaged Member



For Mr Ng Keung, 6 December 2020 was a Sunday like any other. Following a walk in Bishan Park with his mates, he adjourned to SGCC to use the sauna and take a swim in the pool.

The 69-year-old businessman makes it a point to swim 10–15 laps every Sunday morning. His usual practice is to swim in the first or eighth lane so

that he can stay close to the pool's edge.

That day, after completing eight laps, Mr Ng suddenly experienced an anxiety attack; in his struggle to stay afloat, he drank some water. Luckily, 14-year-old Isis Chi, who was close by, reacted promptly to his cries for help, and immediately handed him her float board. He got her to hold on to one end of the board for added ballast. "It was only on reaching the edge of the pool and touching the floor that I felt a sense of relief. It took me a while to regain my composure," recalls Mr Ng.

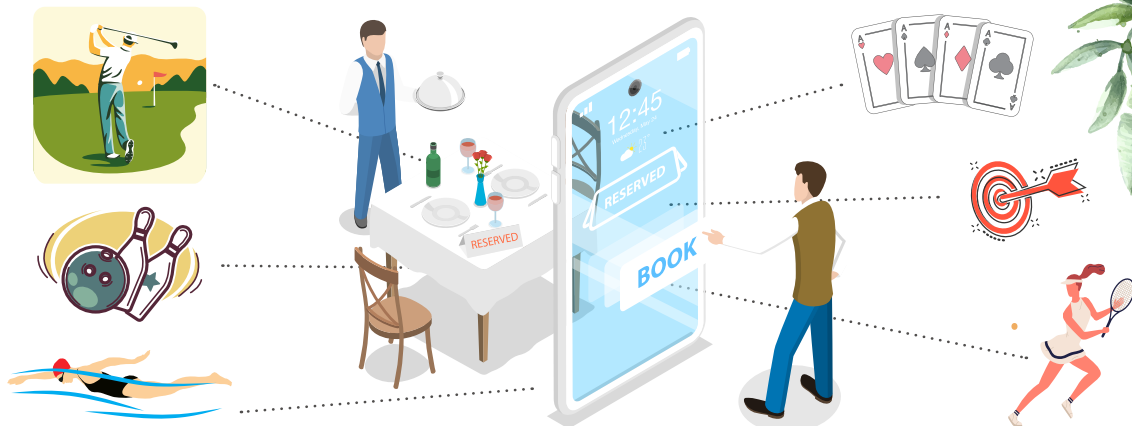
"I am grateful that Isis was swimming nearby and had the presence of mind to hand me her board rather than attempt to rescue me by grabbing hold of me — I might have pulled her under in my state of panic," he says.





# FACILITIES ONLINE BOOKING

for Tennis, Squash, Bowling, Mahjong and Billiards



SGCC launched the Facilities Online Booking system in August 2020. The online booking system is located on the SGCC website ([www.sgcc.com.sg](http://www.sgcc.com.sg)). Click on 'Login' at the top of the Homepage to access the online system.

You need to have an email address that is registered with the Club. You can approach the main Reception at the Lobby or Membership Relations department to update your particulars prior to logging into the system if your email address is not registered with the Club.

We will soon add more features in our online system, so stay tuned!

## 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.



# CHRISTMAS LIGHT-UP 2020



Last year's Christmas Light-Up took place on Saturday, 28 November 2020, at the Club lobby. In compliance with Safe Management Measures due to the COVID-19 situation, it was clearly a quieter event, as we could not have components, such as a Christmas bazaar and live band, that would have drawn large crowds.

As the annual event must still go on, we decided to stream the Light-Up live on our Facebook page so that Members at home could witness it as well.

Club President Koh Jin Kit officiated the event together with other General Committee members. When the lights came on, there was a crescendo of "ooh"s and "ahh"s as they — like a million stars in the sky — illuminated the lobby. It was indeed a sight to behold!

On this note, we would like to extend our heartfelt thanks to everyone, especially Members who were present that night, for making this event memorable and magical despite the pandemic. For those who missed the Light-up — be it in-person or live-streamed — head over to our Facebook page to enjoy the Light-Up!





# SENIOR MEMBERS' TALK: #2 & #3

On Saturday, 5 December 2020, the Membership Relations department — with the assistance of our F&B colleagues — organised the second and third edition of the Senior Members' Talk series.

Talk #2, on Colorectal Cancer, was presented by Dr Aaron Poh, Consultant General Surgeon (Trauma & Colorectal Surgery), from 8.30am to 9.30am. Colorectal cancer is one of the most common cancers in Singaporean males, and the second-most common cancer in Singaporean females.

Talk #3, which lasted from 10.30am to 11.30am, was conducted by Mr Steven Lam, PBM BBM. He covered the topic of Legacy Planning (Trusts, Lasting Power of Attorney, Advance Medical Directives and Wills).



Both talks were informative and piqued Members' curiosity, which was evident in the Q&A sessions that followed after each talk. Both talks received a good turnout and all Members enjoyed the delicious refreshments that were served when the talks ended. Kudos to our F&B team!

Senior Members can continue to look forward to more interesting talks that have been lined up in 2021!





# SPOTLIGHT MONTHLY

This is an initiative by Serangoon Gardens Country Club to feature some of the less-known facilities and activities/sports available to all Members.



## FEBRUARY 2021: FREE CHESS CLINIC



Impressed by the lightning moves of chess masters such as Gary Kasparov and Magnus Carlsen? We've organised a free one-hour clinic, during which you can receive expert guidance on upping your game. Take advantage of the opportunity and sign up now!

**VENUE:** Casuarina Room

**MAXIMUM:** 8 participants

**DATE / TIME:** 27 February 2021, Saturday / 2pm

**CLOSING DATE FOR REGISTRATION:**  
20 February 2021, Saturday

**CONTACT:** Zaleha Hanibah at 6938 5389  
or zaleha@sgcc.com.sg

## MARCH 2021: FREE BOWLING COACHING



Keen to raise your bowling game up a notch or two? Come and be bowled over at our free one-hour clinic, during which you'll get to improve your throws — and impress your mates the next time you visit the alley!

**VENUE:** Gardens Bowl

**MINIMUM:** 10 participants

**DATE / TIME:** 20 March 2021, Saturday / 2pm

**CLOSING DATE FOR REGISTRATION:**  
13 March 2021, Saturday

**CONTACT:** Zaleha Hanibah at 6938 5389  
or zaleha@sgcc.com.sg

# Be My Valentine



While you may have been celebrating Valentine's Day with your better half since the day you both met, you may not realise the origins of its numerous traditions. This listicle, which includes some Valentine's Day trivia, should clear things up.

1

Valentine's Day origin 1: Valentine was a priest who served during the third century in Rome. When Emperor Claudius II outlawed marriage for young men in a bid to bolster his army, Valentine defied him and performed weddings in secret. For his disobedience, Valentine was executed on 14 February.

2

Valentine's Day origin 2: An imprisoned Valentine actually sent the first Valentine greeting himself after falling in love with his jailor's daughter, who visited him during his confinement. Before his death, he apparently wrote her a letter signed, "From your Valentine".

3

14 February was officially declared the holiday of St Valentine's Day by England's King Henry VII in 1537.

4

In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve".

5

Richard Cadbury, the heir to the renowned British chocolate empire, is credited with creating the first heart-shaped box of chocolates for Valentine's Day in the late 1800s.



6

In Finland and Estonia, Valentine's Day is called "Friend's Day".

7

Instead of red roses, snowdrops are given instead on Valentine's Day in Denmark. Danish men also sometimes send women they are interested in funny poems called *gaekkebrev*, signed anonymously with a series of dots. If the receiver can guess who the sender is, he'll give her an Easter egg later in the year.

8

Every Valentine's Day, the Italian city of Verona, where Shakespeare's famed lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.



9

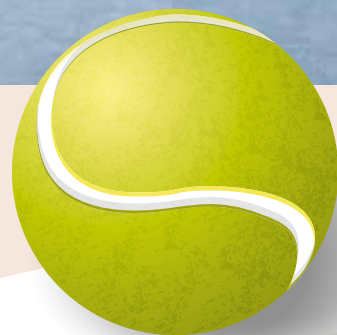
Valentine's Day superstition 1: The first male name you read/see/hear in the media on Valentine's Day will be the name of the man you will eventually marry.

10

Valentine's Day superstition 2: If you see a squirrel on Valentine's Day, you will marry a cheapskate; if you see a goldfinch, you can look forward to marrying a millionaire.



# Holding Court



Taking more risks in his game are just one of the many lessons young Gareth Goh has picked up from his tennis coach at SGCC.

**G**areth Goh was just six years old when he started wielding a tennis racket. Having honed his badminton skills, the boy was keen to pick up a new sport. This prompted his dad, Mr Goh Tat Chuan, to sign him up for tennis lessons at SGCC.

Gareth came under the tutelage of tennis instructor Myat Khaing Soe, fondly called "Coach Soe" by his charges. Four years on, Gareth's game has improved by leaps and bounds. "He has learnt to sharpen his tennis techniques and on-court strategies," reveals Mr Goh, who also signed up for tennis lessons at the Club the same time as Gareth. In addition, venturing into competitive tennis has also developed Gareth's character, enabling him to demonstrate perseverance and a fighting spirit, observes Mr Goh.



"Gareth delights in the thrill and adrenaline rush brought on by the game. He also revels in the social aspects of the game."



Gareth, a Primary Five student at Anglo-Chinese School (Junior), has taken part in competitions — such as the Under-10 Doubles held by the Singapore Tennis Association, where he reached the quarter-finals, and the SPEX 2020 Singles and Doubles, a tournament organised by Sport Singapore. (SPEX stands for 'Sports Excellence').

At the Tennis Junior Championship organised by SGCC last November, Gareth emerged the winner in the Under-12 category. "I never thought I'd win," declares the 10-year-old youngster, who was pleasantly surprised by his achievement. He credits his coach for his victory. "He told me to take more risks because I tend to always keep it consistent," he reveals.

What made Gareth's success all the sweeter were the challenges he faced during the Circuit Breaker. During that period, his thrice-weekly training ground to a halt. To make up for that, he took up cycling and running to build his stamina.

### **An all-rounder**

So, what keeps Gareth on the tennis courts?

"Gareth delights in the thrill and adrenaline rush brought on by the game. He also revels in the social

aspects of the game, as he makes new friends on court, and the friendship continues off the court. He usually plays with the people introduced by his coaches, many of whom are playing at the Club," discloses Mr Goh.

When it comes to Gareth's future in the game, Mr Goh's hopes are for him to simply continue with a sport he enjoys. "I hope he can imbibe the other values and competencies tennis offers that can help him in life."

When not studying or practising his tennis serves, Gareth plays badminton and volleyball for recreation. Apart from sports, the all-rounder also tickles the ivories, sings, acts and is into online gaming. The second of three children — he has two sisters — Gareth aspires to become a botanist when he grows up as he likes nature and being in the great outdoors.

# Year of the Metal Ox

**G**eomancy, or *fengshui* in Mandarin, aims to forecast different aspects of our life, such as our health, career and wealth. An experienced geomancer is able to make predictions for the coming year based on a person's zodiac sign, as well as the date and time of his birth. The following are readings for coming Year of the Ox by fengshui consultant Adelina Pang of Adelina Pang Consultancy.



Find out more about your health, wealth and career in 2021.



## TIGER

This is an auspicious year for Tigers to expand their professional circle and kick-start new mergers with like-minded people. Be conservative with your spending; avoid ostentatious displays of wealth and extending loans to friends. Socialise more to assuage feelings of loneliness. Practise self-care, and pay attention to your physical and spiritual needs.



## RABBIT

Rabbits need to work hard this year to prove their mettle. This is not the year for impulsive investments or going on shopping sprees. Challenges may strike without warning, so be prudent and keep a low profile to avoid unpleasant surprises. Possible accidents are indicated, so be extra careful, especially if travel is required. Be attentive to the seniors in your life, and keep an eye on their health status.

## OX

Changes are in store for the Ox this year — you may move house, switch careers, tie the knot, or become a parent. Those working in the creative industry will see your artistic talents soar to new heights. On the health front, injuries and accidents are indicated, so do take care when handling sharp objects or when you're on the road. You may also feel more tired than usual, so avoid extended travel, go for regular health checks, and practise self-care.



## RAT

The Rat can look forward to steady gains in wealth, which includes new career opportunities and lucrative partnerships. You should expand your circle and befriend those in positions of power. Benefactors will be on hand to hoist you up the corporate ladder. This is a good time to enter new ventures. Minor health setbacks are expected, so rest as much as possible and adopt healthy lifestyle practices.





## DRAGON

The Metal Ox year brings gains for the Dragon. Work opportunities abound, so now is the time to fulfil your dream. Keep motivated, work hard, and aim high. However, refrain from flaunting your wealth, and be cautious when it comes to money matters. Injuries may occur, so look after your health. Strengthen your immunity by adopting a nutritious diet and avoiding excessive intake of alcohol.



## HORSE

Brilliant career prospects await the Horse. Business owners will receive recognition from their peers. While good returns on last year's financial investments can be expected, you should avoid unnecessary speculation and proceed with caution this year. Minor infections are indicated, so do take extra care when spending time outside the home. Go for regular check-ups and allocate time for relaxation.



## MONKEY

The Monkey can look forward to strong career prospects this year. The sky's the limit, so be clear about your aspirations and move towards your dreams with diligence and a clear vision. This is a good time to invest in personal development. You may be plagued by anxiety and minor health issues. Seniors need to be mindful of their respiratory and cardiovascular systems.



## DOG

Recognition from bosses and promotions are in store for the Dog. Opportunities are for the taking, so capitalise on the exciting prospects that come your way. If you are looking to expand your business internationally, this is the year to do so. However, don't put too much pressure on yourself — take it one step at a time. Your health outlook is good. Maintain a good work-life balance with the right amount of rest and exercise.



## SNAKE

The Snake can look forward to opportunities for career advancement, new careers, or business start-ups. This is a good year to meet and cultivate new business prospects. Employees should stay away from backstabbers in the workplace. Emotional turmoil may be experienced, so cultivate patience and a loving spirit to enhance your overall health.



## GOAT

This is a good time for the Goat to focus on personal development and enjoy the simple pleasures. Stay motivated; opportunities to shine in the workplace are aplenty. This is also an auspicious year to invest in property. Keep an eye on mental and physical well-being. Maintain a healthy work-life balance and make time for rest and relaxation.



## ROOSTER

The Rooster can expect a positive career and business outlook. There are job opportunities if you are looking to switch careers or start a new venture. You may encounter mishaps or accidents — steer clear of high-risk sports, and take good care of your personal safety, especially when travelling.



## PIG

The Year of the Metal Ox sees travel opportunities for work and business for the Pig. It is an auspicious year for maximising contacts and networks. Entrepreneurs should also consider globalising their business. Watch over your personal safety to avoid accidents, and be mindful of personal items such as wallets. Should health issues arise, seek immediate medical attention.

# COMPETITIONS



## CENTRE OF EXCELLENCE (COE) PROGRAMME FOR BOWLERS

The Centre of Excellence (COE) programme is open to all aspiring bowlers to improve their game and become a National Youth Development Bowler or SGCC Youth Team Bowler.

COE is a three-year structured programme consisting of three levels: Elementary, Intermediate and Advanced. The Elementary Curriculum covers Fundamentals, Footwork, Posture, and Swing. Timing, Flow, and Swing Plane are covered at the Intermediate level, while the Advanced level's emphasis is on Release, Tactical Movement, and Competitive Skills.

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

<b>DATE</b>		<b>VENUE</b>	
Third week of February 2021		Gardens Bowl	
<b>FEE</b>		<b>ELIGIBILITY</b>	
\$2,889.00* w/GST (Member)	\$3,210.00* w/GST (Guest)	Must have completed the Bowling Elementary Programme. Minimum age for enrolment is 10 years old.	
*1st downpayment of \$1,000, followed by \$170/month x 10 instalments (Member) * 60 sessions of training programmes per year: 2 training sessions per week (1 weekday and 1 weekend) * Training class will commence in February 2021		<b>MIN / MAX</b>	
		8 / 15 participants	
		<b>CLOSING DATE</b>	
		15 February 2021, Monday	
<b>CONTACT</b>			
Zaleha Hanibah at 6398 5340 or recreation@sgcc.com.sg			



## DARTS HONG BAO

If darts is your game, come challenge yourself against fellow Members in this friendly competition.

### DATE

20 February 2021, Saturday

### TIME

2pm onwards

### VENUE

Darts Lounge

### FEE

\$10.70\* w/GST (Member)

\* Fee includes buffet dinner

### MIN / MAX

16 / 24 participants

### CLOSING DATE

6 February 2021, Saturday



### CONTACT

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

## BRIDGE HONG BAO 2021

Bridge enthusiasts are invited to join this year's Hong Bao Game. Winners stand to walk away with attractive prizes.

### DATE

23 February 2021, Tuesday

### TIME

9am onwards

### VENUE

Ballroom 2

### FEE

\$21.40\* w/GST  
(Member)

.....  
\* Fee includes lunch

\$28.00\* w/GST  
(Guest)

### MIN

16 participants

### CLOSING DATE










15 February 2021, Monday



### CONTACT

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













FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>1</b></p> <p>Traditional Cooking from the British Isles <b>Garden Grill</b> (whole month except 11-14 Feb)</p> 	<p><b>2</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-8pm</p> 	<p><b>3</b></p>	<p><b>4</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b></p>
<p><b>8</b></p>	<p><b>9</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-8pm</p> 	<p><b>10</b></p>	<p><b>11</b></p> <p>Chinese New Year's Eve Reunion Dinner <b>Garden Grill</b> 6pm <b>Lobby</b> 6.30pm</p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>12</b> Chinese New Year CNY Feasts</p> 	<p><b>13</b> Chinese New Year CNY Feasts</p>	<p><b>14</b></p> <p>Valentine's Day Set Menu <b>Garden Grill</b> 12pm; 6pm</p> 
<p><b>15</b></p>	<p><b>16</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-8pm</p> 	<p><b>17</b></p>	<p><b>18</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>19</b></p>	<p><b>20</b></p> <p>Darts Hong Bao <b>Darts Lounge</b> 2pm</p> 	<p><b>21</b></p> <p>Bowling Hong Bao <b>Gardens Bowl</b> 10am</p> 
<p><b>22</b></p>	<p><b>23</b></p> <p>Bridge Hong Bao <b>Casuarina Room</b> 9am</p>  <p>Squash Social Night <b>Squash Courts</b> 6pm-8pm</p> 	<p><b>24</b></p>	<p><b>25</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>26</b></p>	<p><b>27</b></p> <p>Free Chess Clinic <b>Casuarina Room</b> 2pm</p> 	<p><b>28</b></p>

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



## MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>1</b></p> <p>The Best of Italian &amp; Bermudian Recipes <b>Garden Grill</b> (whole month)</p> 	<p><b>2</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-8pm</p> 	<p><b>3</b></p>	<p><b>4</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>5</b></p> <p>Tennis Social Night <b>Tennis Courts</b> 8pm-10pm</p> 	<p><b>6</b></p>	<p><b>7</b></p>
<p><b>8</b></p>	<p><b>9</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-8pm</p> 	<p><b>10</b></p>	<p><b>11</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>12</b></p>	<p><b>13</b></p> <p>Resin Art <b>Casuarina Room</b> 10.30am</p> 	<p><b>14</b></p>
<p><b>15</b></p>	<p><b>16</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-8pm</p> 	<p><b>17</b></p>	<p><b>18</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>19</b></p>	<p><b>20</b></p> <p>Free Bowling Coaching <b>Gardens Bowl</b> 2pm</p> 	<p><b>21</b></p>
<p><b>22</b></p>	<p><b>23</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-8pm</p> 	<p><b>24</b></p>	<p><b>25</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>29</b></p>	<p><b>30</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-8pm</p> 	<p><b>31</b></p>				

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

# CLASSES



## AIKIDO

### DAY / TIME

Saturdays: 4.30pm-5.30pm

### VENUE

Aerobics Studio

### ELIGIBILITY

6 years old and above

### 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.



## 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



## 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)

\$96.84 w/GST  
(Guest)

### CLASS

Advanced

### DAY / TIME

Fridays: 8pm-9pm

### FEE

\$85.60 w/GST  
(Member)

\$96.84 w/GST  
(Guest)

### CLASS

Intermediate / Advanced (Sparring & Self-Defence)

### DAY / TIME

Sundays: 5.30pm-6.45pm

### FEE

\$101.65 w/GST  
(Member)

\$112.89 w/GST  
(Guest)

### VENUE

Aerobics Studio

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](mailto:recreation@sgcc.com.sg)

## 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.





### 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, Fridays: 3.45pm-4.30pm; 4.30pm-5.15pm;  
5.15pm-6pm  
Tuesdays, Thursdays: 3.45pm-4.30pm; 4.30pm-5.15pm;  
5.15pm-6pm; 6pm-6.45pm  
Saturdays: 9am-9.45am; 9.45am-10.30am;  
10.30am-11.15am  
Sundays: 8.15am-9am; 9am-9.45am; 9.45am-10.30am;  
10.30am-11.15am

Note: Free assessment will be conducted for new students (applies to fresh beginners) to place them in the appropriate session; there will be a 5-minute transition between each class

#### FEE: 1 SESSION / WEEK

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

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

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

#### CONTACT

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



### 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: 6pm-7.15pm  
Saturdays, Sundays: 10.30am-11.45am

#### 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





### 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 once a week  
 per month (Member)

\$84.26\* w/GST once a week  
 per month (Guest)

#### FEE: 2 SESSIONS / WEEK

\$112.35\* w/GST twice a week  
 per month (Member)

\$129.20\* w/GST twice a week  
 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 Deep 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)



### BOWLING COACHING

#### FEE

Group Coaching:

\$45.80 w/GST (Member)	\$57.25 w/GST (Guest)
Private coaching (to arrange with instructor):	
\$78.65 w/GST (Member) Individual (1.5hrs)	\$89.88 w/GST (Guest) Individual (1.5hrs)
\$62.97 w/GST (Member) 2 Students (1.5hrs)	\$74.42 w/GST (Guest) 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 a 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

5 participants

#### FEE

\$107.00 w/GST for 4 sessions (Member)	\$128.40 w/GST for 4 sessions (Guest)
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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

Tan Poh Heng has been an avid chess player since 1967, and has competed locally and overseas (Malaysia, Dubai). His FIDE rating is currently 2139. A certified chess instructor and member of the Singapore Chess Federation, he started coaching in 2010 for individuals as well as schools. He is well versed in arbitering and organising chess tournaments.



#### CONTACT

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

## VINYASA FLOW YOGA

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

### DAY / TIME

Thursdays: 9am-10am

### VENUE

Aerobics Studio

### ELIGIBILITY

6 years old and above

### 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.



## 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;  
Saturdays: 3.15pm-4.15pm

### VENUE

Aerobics Studio

### 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.

### 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.

<b>POWERSTRETCH™</b> Tuesdays: 7.45pm-8.45pm Wednesdays: 10am-11am; 7.45pm-8.45pm Fridays: 10am-11am
<b>ABTSOLUTE SCULPT</b> Fridays: 11.30am-12.30pm
<b>HIP HOP FITNESS</b> Mondays: 10am-11am
<b>LYRICAL JAZZ</b> Saturdays: 12pm-1pm
<b>STREET JAZZ</b> Thursdays: 7.45pm-8.45pm

<b>DYNAMIC SCULPT</b> Mondays: 11.30am-12.30pm
<b>VENUE</b> Aerobics Studio
<b>FEE: 1 SESSION / WEEK</b> \$61.79 w/GST (Member)
<b>FEE: 2 SESSIONS / WEEK</b> \$84.26 w/GST (Member)
<b>FEE: 3 SESSIONS / WEEK</b> \$101.12 w/GST (Member)
<b>FEE: 4 SESSIONS / WEEK</b> \$117.97 w/GST (Member)

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

### 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 Group Lesson

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](mailto: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: Fees 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 beginner or someone who would like to get back into the game, private coaching sessions will definitely help you work towards achieving your best.

### FEE: INDIVIDUAL LESSON

\$85.60 w/GST per hour (Member)

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

\$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](mailto:recreation@sgcc.com.sg)

# Traditional Cooking from the British Isles

In February, we transport you to the United Kingdom, where you can savour pub favourites and other tasty delights!

Available throughout the month of February (except 11-14 February 2021)

### Operating Hours:

Monday: Closed | Tuesday-Sunday: 12pm-3pm; 6pm-10pm (Last order: 45 minutes before closing)

### Price:

**3-course set meal** from \$20.12 w/GST per person  
(appetiser or soup, main course, dessert with coffee or tea)

**4-course set meal** from \$25.47 w/GST per person  
(appetiser, soup, main course, dessert with coffee or tea)

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



Scotch Egg

### APPETISER

#### Smoked Salmon with Condiments

One of Scotland's greatest delicacies  
or

#### Avocado Prawn

Chilled prawns topped with avocado mayo  
or

#### Scotch Egg

A popular snack in pubs and starter in inns, consisting of hard-boiled egg wrapped with chicken meat, coated with breadcrumbs and deep-fried

### SOUP

#### Cock-a-Leekie

Garnished with julienned prunes  
or

#### Pea & Ham Soup

A soup to warm you up on chilly nights

### MAIN COURSE

#### Fish & Chips

Sole fillet deep-fried with yeast batter, and served with vinegar and mushy peas  
or

#### Great Yarmouth Grilled Half Spring Baby Chicken

With mushroom and leek cream  
or

#### British Shepherd's Pie

Served fresh with tender ground beef and hand-whipped mashed potatoes, accompanied by fresh local greens  
or

#### Grilled Lamb Chops with Tomatoes & Mushrooms\*

Served with English mint jelly  
or

#### Steak Auld Reekie\*\*\*

A classic Victorian dish of fried steak with a Cream-and-Cheese sauce



Steak Auld Reekie

### DESSERT

#### Waterloo Bridge Cafe English Trifle

or

#### Irish Bread & Cheese Pudding

With Raspberry Sauce

### COFFEE or TEA



Menu Available for Dine-In or Takeaway

### 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
- \*\*\* \$12.80 w/GST



Menu Available  
for Dine-In or  
Takeaway

GARDEN  
GRILL  
6398 5313

## Experience the Best of Italian & Bermudian Recipes from the famed Portofino Restaurant in Bermuda

These delectable dishes are sure to whisk you away to this beautiful island north of the Caribbean.

Available throughout the month of March

### Operating Hours:

Monday: Closed | Tuesday-Sunday: 12pm-3pm; 6pm-10pm (Last order: 45 minutes before closing)

### Price:

**3-course set meal** from \$20.12 w/GST per person  
(appetiser or soup, main course, dessert with coffee or tea)

**4-course set meal** from \$25.47 w/GST per person  
(appetiser, soup, main course, dessert with coffee or tea)

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

### APPETISER

**Prosciutto and Melon**

or

**Apple Spinach Salad**

With Pine Nuts

or

**Island Crab Cake\***

Served with Tartar Sauce

### SOUP

**Red Onion Soup**

Bermuda onions are known for their sweetness, and are so mild that many eat them like apples or

**Bermuda Fish Chowder**

This dish from the beautiful island of Bermuda is a wonderful blend of seafood and spices, and is a meal in itself

### MAIN COURSE

**Pasta Puttanesca**

Invented in Naples in the mid-20th century, this dish's ingredients typically include tomatoes, olive oil, olives, capers and garlic

or

**Pan-seared Sole**

Topped with Capers and Lemon Butter Sauce

or

**Chicken Parmigiana**

Breaded chicken breast smothered in tomato sauce and cheese

or

**Bermuda BBQ Pork Ribs with Peas and Rice**

A must-try while in Bermuda! Tender, juicy, perfectly seasoned, and not overwhelmed by the BBQ sauce, but in complete harmony with it

or

**Minute Steak\*\*\***

Topped with Garlic Butter Sauce

### DESSERT

**Cassata Ice Cream**

Three-layered Ice Cream or

**Bermuda Apple Cake**

### 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

\*\*\* \$12.80 w/GST



Island  
Crab Cake



Pasta Puttanesca

Portofino Restaurant serves the best Italian and native Bermudian dishes on the island. It is also where our Resident Chef, Simon Ng, mastered his culinary skills for almost one and a half decades. During his stint at Portofino, Chef Simon had the chance to cook for distinguished guests such as the Bacardi family members, Evander Holyfield, and John Swan. Bermuda cuisine is unheard of in our part of the world; it is superb in taste, flavour and texture. Like Italian cooking, it is for those who do not have to watch their weight or cholesterol count!

Menu Available  
for Dine-In or  
Takeaway

GARDEN  
GRILL  
6398 5313

## Chinese New Year's Reunion Dinner

Join family and friends to usher in the  
Lunar New Year with an unforgettable meal.  
Book early to avoid disappointment!

**Thursday, 11 February 2021**

**Time:** 6pm–10pm

**Price:**

\$65 w/GST per person  
\$75 w/GST per person (for Lobster Main Course)

### APPETISER

**Prosperity Smoked Salmon Yu Sheng**

### SOUP

**Veloute of Winter Melon**  
with Prawn Dumpling

### MAIN COURSE

**Pan-seared Cod**  
with Ginger Soy Sauce  
or  
**Free-range Premium Black Angus Rib-eye**  
with Béarnaise Sauce  
or  
**Lobster Thermidor**

### DESSERT

**Matcha Ice Cream**  
with Mashed Sweetened Red Bean

### BREWED COFFEE

or  
**TEA**



Menu Available  
for Takeaway

ATRIUM  
CAFE  
6398 5309



## Chinese New Year Festive Delicacies

As you ring in the Year of the Ox, we dish out mouthwatering treats for you and your loved ones.

**From 11 January-26 February 2021**  
(Available for takeaway)

### Abalone & Salmon Yu Sheng

Price for 4-6 persons: \$68 w/GST

Price for 8-10 persons: \$108 w/GST

### Vegetarian Yu Sheng

Price for 4-6 persons: \$32 w/GST

Price for 8-10 persons: \$52 w/GST

### Prosperity Pen Cai

Price: \$268 w/GST (3 working days' notice required)

### Braised Pork Knuckle with *Fa Cai* and Dried Oyster (1kg)

Price for 6-8 persons: \$78 w/GST (3 working days' notice required)



Menu Available  
for Dine-In or  
Takeaway

GARDEN  
GRILL  
6398 5313

## One Day Only, Table for Two

Celebrate your romance in style this Valentine's Day  
with a tantalising set meal at Garden Grill.

**Sunday, 14 February 2021**

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

**Price:**

**Lunch:** \$58\* w/GST per person

**Dinner:** \$68\* w/GST per person

\* Price includes a glass of prosecco



### APPETISER

#### Seafood Platter

Assortment of Fresh Oysters, Ocean Prawns  
and Smoked Salmon, with Condiments

### SOUP

#### Tomato-Saffron Broth

with Medley of Seafood

### MAIN COURSE

#### Seared Citrus-scented Atlantic Salmon

served with Summer Vegetables  
with Noilly Prat Dressing

or

#### Chargrilled Angus Beef Tenderloin

with Duck Foie Gras

served with Gratinated Potato,  
Vegetables and Madeira Sauce

### DESSERT

#### Panna Cotta

with Berry Sauce

**BREWED COFFEE OR FLAVOURED TEA**  
Mignardises

Menu Available for Dine-In or Takeaway

GARDEN GRILL  
6398 5313

# Easter Sunday Set Menu

Get the whole family to celebrate Easter with a sumptuous meal at Garden Grill.

Sunday, 4 April 2021

Price:

**3-course set meal** \$28 w/GST per person  
(appetiser or soup, main course, dessert with coffee or tea)

**4-course set meal** \$36 w/GST per person  
(appetiser, soup, main course, dessert with coffee or tea)

### APPETISER

**Salmon Gravlax**  
With Fresh Dill

### SOUP

**Butternut Pumpkin Soup**

Served with Crab Meat and Herbed Croutons

### MAIN COURSE

**Pan-seared Sole Fillet**

With Fennel, Grape Tomatoes and Capers  
or

**Rosemary & Garlic Oven-Roasted Rack of Lamb**

With Mint Sauce

### DESSERT

**Hot Butter & Cheese Pudding**

With Raspberry Coulis

**FRESHLY BREWED COFFEE or TEA**



## Eat, Drink & Earn

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

Accumulate spending of more than \$500 within a month at any of our F&B outlets (**not applicable at Swatow Gardens**) and receive a SGCC F&B voucher in gratitude for your support (terms and conditions apply). Every block of \$500 spent entitles you to an F&B voucher valued at \$20.

For more details, contact **Adrian** at **6398 5368** or email **fnb@sgcc.com.sg**



### RESIN ART

Keen to take up a new hobby? Then join our resin art workshop, where participants will use non-toxic UV resin to create coasters, jewellery, or a canvas painting. The finished artwork will be dried using a UV lamp. Do note that resin art requires patience to achieve a good result.



**DATE**

Saturday, 13 March 2021

**TIME**

10.30am-12.30pm

**VENUE**

Casuarina Room

**MIN**

8 participants

**CLOSING DATE**

Wednesday, 3 March 2021

**FEE**

\$60.00 w/o GST  
(Junior Gems)

\$65.00 w/o GST  
(Member)

\$70.00 w/o GST  
(Guest)

**CONTACT**

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



# 轉 錢 陣



## \$30 MEMBERS VOUCHER

- Valid only with a minimum spending of \$100 before GST & service charge.
- Not valid on eve of PH, PH, festive days & CNY blackout dates.
- 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 31 March 2021



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

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- A birthdate
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Your special number could be  
'3333', '8868' or '5555'.





# 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

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