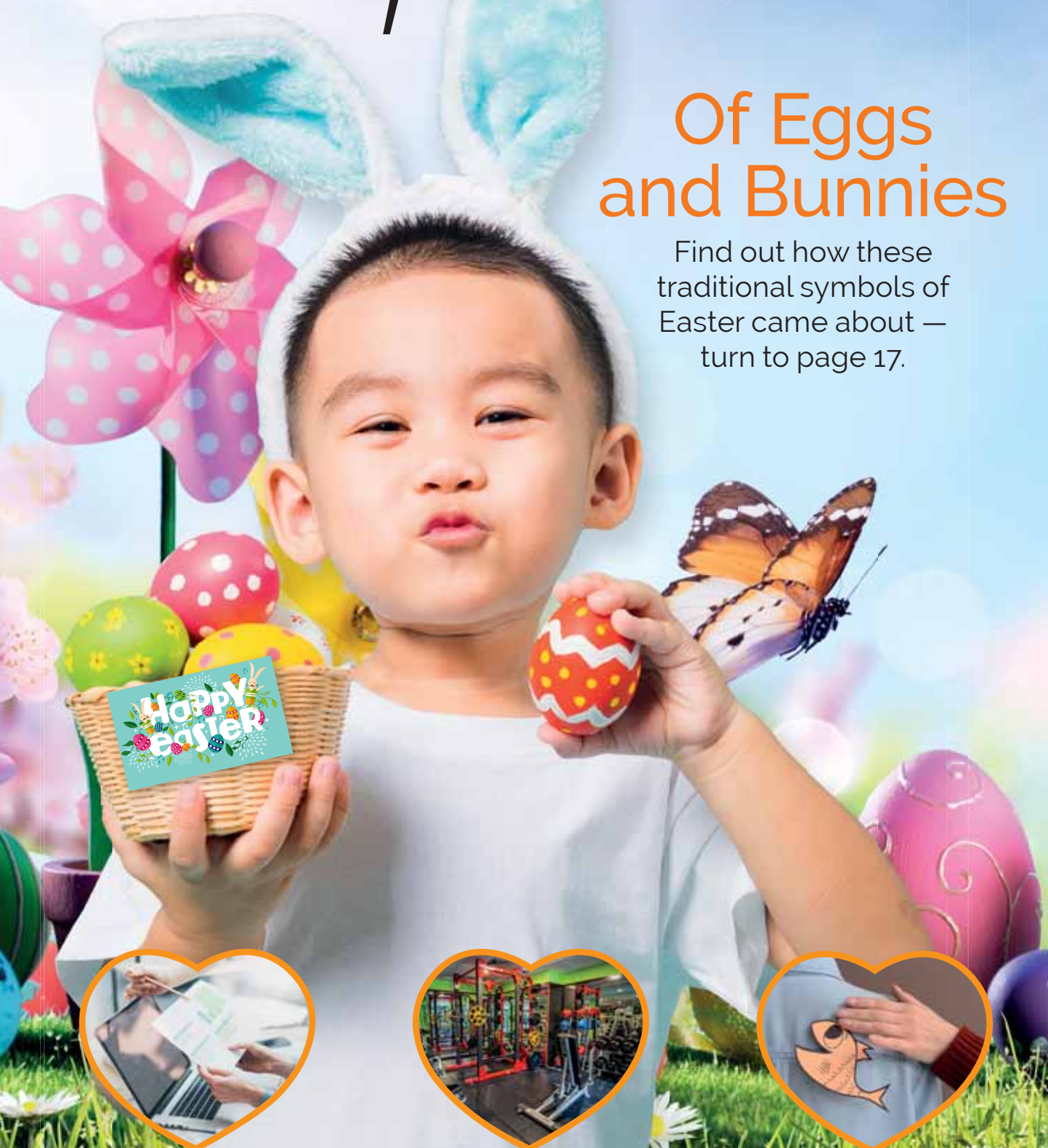




Of Eggs and Bunnies

Find out how these traditional symbols of Easter came about — turn to page 17.



6

GC's 100-Day Report



18

Spotlight Monthly



20

Just Kidding

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

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
Daily: 3pm–10pm

Garden Grill

Tel: 6398 5313
Daily: 12pm–3pm; 6pm–10pm

Swatow Garden

Tel: 6343 1717
Weekdays: 11am–3pm; 6pm–11pm
Weekends, Eve of PH & PH: 9am–3pm;
6pm–11pm

SPORTS & RECREATION FACILITIES

Billiard Room

Tel: 6398 5346
Daily: 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: 6.30am–10pm
Closed on the last Wednesday of every
month unless otherwise stated.

Water Play Area

Daily: 8am–8pm
Closed on the last Wednesday of every
month unless otherwise stated.

Sauna / Steam Bath

Daily: 8.30am–10pm

Squash Courts

Tel: 6398 5331
Daily: 8am–10pm
Off-peak hours (Mon–Fri & Eve of PH):
8am–5pm
Peak hours (Mon–Fri & Eve of PH):
5pm–10pm
Peak hours (Sat–Sun & PH): 8am–10pm

Tennis Courts

Tel: 6398 5340
Daily: 7am–10pm
Off-peak hours (Mon–Fri & Eve of PH):
7am–5pm
Peak hours (Mon–Fri & Eve of PH):
5pm–10pm
Peak hours (Sat–Sun & PH): Whole day
Tennis training night:
Thu 7pm–10pm

Table Tennis

Tel: 6398 5331
Daily: 8am–10pm
Off-peak hours (Mon–Fri & Eve of PH):
8am–5pm
Peak hours (Mon–Fri & Eve of PH):
5pm–10pm
Peak hours (Sat–Sun & PH): 8am–10pm

Mahjong / Cards Rooms

Tel: 6286 8888
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: banquet-sales@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

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

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: banquet-sales@sgcc.com.sg

Advertisement Bookings

Daryl Neo 6398 5305
Email: daryl_neo@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg

CONTENTS

APRIL • MAY 2021



17

2 PRESIDENT'S MESSAGE

3 WELCOME / FAREWELL

4 OUR GEMS

6 GC'S 100-DAY REPORT

12 GARDENS ROUND-UP
Coverage of events around SGCC

17 FEATURE
Of Eggs and Bunnies
The origins of Easter symbols

18 SPOTLIGHT MONTHLY
Gym Orientation, Fitness Talk, and Awesome Boot Camp

20 FEATURE
Just Kidding
How April Fool's Day got it start

22 CALENDAR OF EVENTS
All the happenings at a glance

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



e-Statement of Account starting in May 2021

As the Club strives to reduce its carbon footprint by going paperless and adopting more electronic-based communications, we are pleased to announce that we will be launching our e-Statement of Account in May 2021.

For May and June 2021, you will receive your April and May e-Statement of Account via your email,

together with your hard copy statements sent to your registered home address.

From July onwards (ie. your June Statement of Account), all members will only receive the e-Statement of Account via their emails. For those who wish to opt-in for a hard copy of the statement, please scan the QR Code to register your request.

We thank members in advance for their support in this green initiative.



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 Mathivanan Krishnan
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

ClubSpirit is a bi-monthly publication of Serangoon Gardens Country Club
22 Kensington Park Road
Singapore 557271
Tel: 6286 8888
Fax: 6398 5355
www.sgcc.com.sg

MCI (P) 061/02/2021. All rights reserved. Copyright.

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

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



Dear Fellow Members,

Time flies — it's already April!

I hope you've had the chance to enjoy the Chef's Specials for March, such as the Local Breakfast and Chop-Chop Lunch menus, all in the comfort of Coffee Deli and Atrium Café respectively. Do look out for our April specials.

We are starting a new financial year (FY 2021/2022) on 1 April 2021. If you refer to the GC's 100-day Report on page 6, you'd have noticed that in FY 2020/2021, the Club ended the year with an Operating Surplus due to the help of significant amounts of Government grants to the tune of approximately \$1.3 million. In this FY 2021/2022, these grants — if we receive any — will not be anywhere near the last financial year's level. In addition, the outcome of the COVID-19 pandemic is still very uncertain, as it will take up to the end of 2021 to have the majority of Singapore residents vaccinated against the virus. As such, it is expected that Safe Management Measures will continue, and businesses will still be restrained from performing at their maximum capacities.

Needless to say, FY 2021/2022 will be a challenging year. Nonetheless, the GC and Management are determined to achieve breakeven financially. To bring this about would require almost all lines of businesses to improve in productivity. Besides financial improvement, the GC will maintain the momentum set in the first 100 days to actualise the vision, 'Our Club, Our Extended Home'. Health and safety, vibrancy, and service quality will continue to be key aspects we aim to enhance.

Major repair works will commence at the Garden Grill and the skylight roof of the main building in April. There will also be a Members' Dialogue in April concerning the proposed amendments to the Club Constitution. Details will be announced via the Club's usual communication channels.

Best wishes,

Koh Jin Kit

President

Serangoon Gardens Country Club

A warm welcome to:

Tan Cheng Chwee	Grand Member	Wang Shiyuan	Ordinary Member
Tan Kok Seng, Edward	Grand Member	Yeo Jer Siong Christopher	Ordinary Member
Toh Siang Hee	Grand Member	Goh Li Wen Vanessa	Ordinary Member
Teh Ah Huat @ Teh Kwi Huat	Grand Member	Jason Jayan Gomez	Ordinary Member
Koh Zhu Lian, Julian	Nominee	Kueh Phek Noi	Ordinary Member
Ang Boon Heng	Ordinary Member	Shaun Kingston Lau Jia Rong	Ordinary Member
Chiam Thyun Wang Justin	Ordinary Member	Neo Zheng Theng	Ordinary Member
De Vos Antoine Maurice Michel	Ordinary Member	Ng Yoke Kuen	Ordinary Member
Anne Nirmala Fernandis	Ordinary Member	Andrew Tan Wai Choy	Ordinary Member
Lim Koon Wah	Ordinary Member	Tan Tzer Liang Derrick	Ordinary Member
Ng Kwang Yeow James	Ordinary Member	Billemaz Ep Winter Catherine France	Term Member
Phan Hin Choi Phillip	Ordinary Member	Chua Shi Yunn	Term Member
Phang Jian Zhao	Ordinary Member	Chapman Laura Christine Florek	Term Member
Quah Chye Koon	Ordinary Member	David Courtois	Term Member
Tan Sock Hwee	Ordinary Member	Steffen Egelund Pedersen	Term Member
Toh Wai Yim, Mark	Ordinary Member	Krishnan Rajarethinam	Term Member
Teh Shi-Wei	Ordinary Member	Sebastien Perier	Term Member

A fond farewell to:

Fernandis Peter	Founder Member	Teo Kim Ngo, Francis	Ordinary Member
Ong Puay Lim	Grand Member	Tan Hock Huat, Allan	Ordinary Member
Teng Swee Eng	Grand Member	Yeo Pee Hung	Ordinary Member
Cheah Bee Eng, Evelyn	Non Transferable Ordinary Member	Yew Cheun Wah	Ordinary Member
Ang Ah Geck	Ordinary Member	Ang Huat Chye, George	Ordinary Member
Hsu Dat San	Ordinary Member	Gomez Aaron J	Ordinary Member
Ong Chin Eng Raymond	Ordinary Member	Wee Girley	Ordinary Member
Quek Swee Kok	Ordinary Member	Alexander Jay Beveridge	Term Member
Tan Lee Mooi, Cheryl	Ordinary Member	Delahaye Aurelien Simon	Term Member
Tan Yong Tong	Ordinary Member	Emmanuel de Place	Term Member
Teo Marion Nicole	Ordinary Member	D'angely Ep Lavail Sabine Marie Francois	Term Member
Tan Sze Lin, Emily	Ordinary Member	Montet Emmanuel Marie Daniel Christian	Term Member
Toh Yew Meng	Ordinary Member		

Our Gems

We thank Members for taking the time to write in to us to commend our staff for good services that they have received. All these kind words encourage and motivate us to continue the good work and to serve you better.



Liza Teng is very friendly and provides good recommendations of food and drinks.

— Low Seow Wah
(Membership No.: L7XXX)

TO ALL STAFF @ FMS



Lovely lemongrass diffuser in the Main Lobby. It has a natural & soothing scent.

— Fang Mei Ling, Linda
(Membership No.: FoXXX)



TO ALL STAFF @ ATRIUM CAFE



The food at Atrium Cafe is good. The service there is great, too — always prompt and attentive.

— Lim Fang Chek
(Membership No.: L3XXX)



A special shout-out to Ravi G for his great service and attentiveness.

— Xavier Dubois
(Membership No.: D1XXX)

GOOD JOB 



Haslinda at the Swimming Pool counter is doing such a wonderful job — she's always so cheerful and friendly. She even remembers Members' names.

— Chan Soh Fun Christine (Membership No.: C3XXX)



May Chew at the Swimming Pool counter is always very friendly; when I bump into her outside of working hours, she is still very friendly. She makes it a very warm experience coming to the Club.

— Chan Soh Fun Christine
(Membership No.: C3XXX)



Service with a Smile

Meet Ravi G, a Guest Relations Officer at SGCC.



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

I joined SGCC about six years ago. Having worked for more than 20 years in F&B and frontline positions in a hotel and at another club, I felt I had the skills and temperament for the job.

What do you enjoy about working at SGCC?

Talking to Members, serving them, and recommending our specialties, such as ice *kachang* and fish head curry. I work at the Atrium Cafe, but help out at the deli occasionally. Our regulars are impressed that I remember their preferences, such as for less salt and oil, as well as their food allergies.

When I see Members seated in the lobby, I make it a point to greet and ask after them. I also explain to them the social distancing and other safety measures adopted by the Club so as to reassure them and make them feel safe and comfortable visiting the Club.

What are some challenges you have faced on the job and how did you overcome them?

I've not faced serious issues on the job, as the Members here are very understanding. Occasionally, when I get comments about the food, I will refer them to our chef so that he can make adjustments to the dish to suit the Member's taste.

What is your favourite food?

I like Malaysian and Indonesian food, especially *nasi padang*, because of its use of fresh condiments such as *buah keras*, blue ginger, *kunyit*, *serai* and fresh coconut to flavour the dishes.

What is your perfect day like?

It starts with fasting, then visiting the temple in the morning. The rest of the day will be spent cooking, reading and listening to music.

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

Cooking is one of them. I enjoy whipping up *rendang*, *achar* and fish dishes, as well as *pulot hitam* and green bean soup. I also go for evening walks at Bishan-Ang Mo Kio Park and listen to Bollywood and rap music.

The General Committee's 100-Day Report

Presented at the Members' Dialogue Session held on 7 February 2021.

By Mr Koh Jin Kit, President, on behalf of the GC

A Members' Dialogue was held on 7 February 2021, when this General Committee (GC) had been in office for more than three months. As part of a conscious effort to improve communications and transparency between Members and the GC, a 100-day progress report was presented.

In compliance with COVID-19 safe-distancing measures, the event could accommodate only 50 registered Members.

The Club President, Mr Koh Jin Kit, presented the progress report on behalf of the GC. He referred Members to his team's election manifesto, wherein the aims were to restore members' happiness and bring vibrancy back to the Club. The GC identified the following action plans:

IMMEDIATE	ONGOING
COVID-19 Taskforce	Bridge Different Member Groups
Financial Management Plan for Crisis	Strengthen Governance & Management
Business Plan Review & Revision	Revitalise Business Through Innovation
Audit Financial Spending	

In line with the manifesto, the team had set a vision, **'Our Club, Our Extended Home'**. In this regard, it had established areas to focus on and core principles to be guided by when discharging its fiduciary duties. To realise this vision, the team will focus on:

- w creating a warm, friendly and caring environment;
- w providing wide-ranging activities and services appropriate for a family club;
- w ensuring that the infrastructure and facilities are in good condition;
- w governing the Club's treasury to ensure financial sustainability;

- w minimising Members' health and safety risks at the Club; and
- w facilitating positive experiences among Members who patronise the Club.

The guiding principles for the team in the discharge of their fiduciary duties are:

- w upholding the values of a family club;
- w enforcing the rule of law;
- w protecting the best interests of the Club; and
- w practising Member-centricity

First things first: the organisation's challenges

The GC's first week in office was spent understanding and prioritising the organisational challenges that the management and staff were facing, and identifying solutions.

Through in-depth discussions with managers, and one-on-one interviews with about 20% of the available non-managerial staff from all departments, the GC identified some common problems across departments that needed to be addressed urgently:

- i severe manpower shortage brought on by retrenchment and Malaysian staff not returning to Singapore; and
- ii low employee morale due to the retrenchment exercise.

These problems could not be ignored, as the ramifications of inaction go beyond adversely affecting employees' psychological and mental well-being, and could lead to not just poor performance, human error and burnout, but also compromising the Club's health and safety standards due to manpower shortage and employees falling sick more frequently. Poor employee health could form a vicious circle that leads to sick employees turning up for work, thereby putting their colleagues at risk; or the healthy ones doing excessive overtime and breaching labour laws.

Swift actions were taken, including calling and facilitating the return of Malaysian staff in Cleaning, Maintenance, and F&B departments. The manpower problem was alleviated one month later; in early November 2020, a highly qualified General Manager, Mr Farrock Ebrahim, was recruited to optimise operations and work with the GC to actualise its vision and plans.

Health and safety as top priority

The GC worked on all aspects of the Club's operations, but one initial concern was minimising health and safety risks to Members. While the virus, and health and safety hazards, do not discriminate on the basis of age, we know that the impact of an infection is felt more severely by the elderly. While a good proportion of the Club's Members is made up of seniors, it is also likely that younger Members will have senior folks at home. With this in mind, the GC set optimising health and safety of Members as its top priority.

The COVID-19 Taskforce, chaired by GC Member Dr Edmond Tan, was formed promptly to enhance hygiene and sanitation standards in the Club. Standard Operating Procedures (SOP), emergency preparedness, and response protocols were developed, practices were revised and enhanced, staff training diligently conducted, and standards monitored and enforced. The hard work of the Taskforce was rewarded when, in early December 2020, the Club was certified SG Clean by NEA. The SG Clean quality mark is a premises-based sanitation and hygiene indicator awarded by the NEA after an official assessment.



The staff from the Facilities Maintenance & Safety department (FMS), comprising the maintenance team and the housecleaning team, have gone above and beyond their regular and routine workloads in their quest to raise health and safety standards. Besides working with the COVID-19 Taskforce to achieve and maintain the hygiene and sanitation standards set by SG Clean, a team led by GC Member Mr Ivan Heng had even gone up to the skylight roof to clear the choked and flooded gutter. It had also arranged for the telecommunications company to replace the cable trunking in order to remove mosquito-breeding spaces.

Water leakage from the skylight roof is an ongoing challenge for the Club, and the concern was that Members may slip and fall at the main lobby. Another aspect is that the skylight roof infrastructure could be corroded to unsafe levels. The FMS department's plans to clean up and repair the skylight roof will commence in April. In the interim, the team improvised a solution to channel any leakages away before the water can hit the

floor, thereby averting a safety hazard.

Another concern for the GC was the increasingly popular Garden Grill. Certain parts of the restaurant have deteriorated to a potentially hazardous condition and would need to be repaired. The F&B department, jointly with the FMS department, is firming up plans to repair the outlet, starting some time in March.

Our swimming pool is well utilised by Members young and old. Besides ensuring compliance with the COVID-19 statutory regulations, the Management has also replaced the heavy lane-divider ropes with a lighter variety so that the pool can be cleaned much more frequently.

All in all, no effort was spared in identifying potential health and safety hazards in the Club and taking corrective actions promptly.

Internal audit of prior two years' expenditures

Baker Tilly (BT) was engaged to conduct an audit of big-ticket financial expenditures. The following have been identified in BT's report as expenditures that did not comply with the Club's Constitution:

w F&B Credit (approved by previous GC on 21 April 2020): \$363,181

w 1 July 2020 Retrenchment Exercise (approved by previous GC on 14 July 2020): \$157,201

w Award tender for kitchen stewarding services to Primech Services & Engrg Pte Ltd (approved by previous GC on 25 February 2020): \$328,320

The abovementioned expenditures were not approved by the Control Committee (CC) as required under Clauses 26.8 and 26.9 of the Constitution — any expenditure exceeding \$100,000 requires the specific approval of the CC.

Notes:

1. Constitution Clause 28.1: "There shall be a Control Committee comprising the Trustees, the President and the Honorary Secretary of the Club."
2. The Honorary Secretary post was vacated in March 2019 after the then Honorary Secretary, Mr Eric Lee, resigned.
3. There was no election carried out at the June 2019 AGM for the post of Honorary Secretary to form a valid Control Committee. The 2020 AGM took place on 27 September 2020.

Disciplinary Committee (DC) & Legal Council (LC)

A DC, comprising seven Members, was formed to uphold the rule of law and enforce discipline within the Club, so as to ensure fairness and justice in all its dealings with Members. A Disciplinary Protocol has been drawn up and formalised.

A LC, comprising three senior legal professionals, was also formed to provide legal counsel to the GC. They are SGCC Members providing pro bono service to the Club. The Council will help to minimise legal expenses and provide competent and trustworthy advice to the Club.

Both the DC and the LC are headed by GC Member Mr Steven Lam.

Third-party claim arising from the case of Terrence Fernandez vs Genevieve Lim & JK Goh: High Court Case (HC/S 194/2019)

The legal cost incurred by the Club to date in the abovementioned case is \$175,134.

Although the High Court dismissed all the claims of the Plaintiff, Mr Terrence Fernandez, in late December 2020, the Plaintiff has appealed against the Judgement; hence, the total cost exposure of the Club cannot be fully ascertained at this time. If the Judgement remains after the appeal (ie, the Plaintiff is unsuccessful in his appeal),

then the cost will likely to remain the same. However, should the Judgement be overturned by the Appellate Court (ie, the Plaintiff is successful in his appeal), the Club could be exposed to more costs.

In the midst of the court trial in mid-September 2020, the previous GC struck a settlement with the Second Defendant who made the third-party claim. The LC will look into the legal advice given to the previous GC, and why the settlement had no provision for the Club to claim against the Plaintiff, through the Second Defendant, in the event that the Plaintiff loses his case.

Business performance and projections

I Membership sales October–January YOY: transfer and entrance fee collection

Transfer Fee Income for October 2020 to January 2021 was about 200% that of the corresponding period, October 2019 to January 2020. Entrance Fee Income for October 2020 to January 2021 was about 141% that of the corresponding period, October 2019 to January 2020.

Note: Transfer Fee is Operating Income, and Entrance Fee is Non-Operating Income — our only source to build up the Financial Reserve for Capital Expenditure

FY 2020/2021										FY 2019/2020										
Transfer Fee	Oct 20		Nov 20		Dec 20		Jan 21		Total		Oct 19		Nov 19		Dec 19		Jan 20		Total	
	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount
Total	12	\$66,400	9	\$41,560	12	\$50,100	9	\$74,700	42	\$232,760	10	\$37,625	6	\$16,900	5	\$28,975	4	\$33,100	25	\$116,600

FY 2020/2021										FY 2019/2020										
Entrance Fee	Oct 20		Nov 20		Dec 20		Jan 21		Total		Oct 19		Nov 19		Dec 19		Jan 20		Total	
	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount	No	Amount
Total	31	\$88,000	17	\$47,700	18	\$42,300	8	\$21,165	74	\$199,165	15	\$45,475	12	\$53,600	9	\$24,600	6	\$18,165	42	\$141,840

II F&B

Sales (\$) October–December YOY (2018–2020)

The three outlets that are open — Atrium Café, Coffee Deli and Garden Grill — have collectively performed better than the same period a year before, even after putting aside the F&B Credit. However, the banquet business, which used to form a significant portion of the total F&B business, has been severely affected by the COVID-19 restrictions (we saw an estimated loss of \$2 million in annual revenue), resulting in the F&B operations as a whole to run up an Operating Deficit in this financial year.

		2018	2019	2020
Atrium Café	Oct	81,093.00	80,551.00	92,681.00
	Nov	81,642.00	94,048.00	93,374.00
	Dec	84,053.00	84,578.00	142,985.00
Coffee Deli	Oct	50,077.00	46,832.00	35,884.00
	Nov	47,896.00	48,162.00	35,036.00
	Dec	46,637.00	39,903.00	46,001.00
Garden Grill	Oct	30,333.00	32,766.00	41,632.00
	Nov	28,674.00	37,114.00	43,529.00
	Dec	59,399.00	58,746.00	73,360.00

	Atrium Café	Coffee Deli	Garden Grill	Total	F&B Credit	Cash	% on F&B Credit
Oct 2020	\$92,681.00	\$35,884.00	\$41,632.00	\$170,197.00	\$27,018.17	\$143,178.83	15.87%
Nov 2020	\$93,374.00	\$35,036.00	\$43,529.00	\$171,939.00	\$50,014.76	\$121,924.24	29.09%
Dec 2020	\$142,985.00	\$46,001.00	\$73,360.00	\$262,346.00	\$65,676.32	\$196,669.68	25.03%

Additional revenue streams will be needed to supplement the banquet business in order to lower the level of Operating Deficit. Crossroads Lounge re-opened on 8 February 2021 after a successful change of licence, and a new delivery service is in the pipeline. More aggressive marketing will be employed to improve sales.

III Jackpot

In the fourth quarter of 2021, Jackpot will come under the supervision of the Gambling Regulatory Unit (a new government unit). Evidently, the regulator does not deem it desirable for social clubs to rely on Jackpot takings for operating income. The projection for the Jackpot department is about breakeven for this financial year.

IV Overall business performance to date (accurate as of 7 February 2021)

Government grants received due to COVID-19

Government Grants	Apr–Sep 2020	Oct 2020–Jan 2021	Feb–Mar 2021	Total FY 20/21
1. Job Support Scheme	641,933	119,379	62,304	823,616
2. Wage Credit & Special Employment	35,692	0	27,308	63,000
3. Foreign Worker Levy Waiver & Rebate	88,860	0	0	88,860
4. Property Tax Waiver (Jan–Dec 2020)	151,950	75,975	0	227,925
5. Cash Grant	96,080	0	0	96,080
Total	1,014,515	195,354	89,612	1,299,481
	1st 6 months approx. \$1.015M (78%)	2nd 6 months approx. \$285K (22%)		Total 12 months approx. \$1.3M

FY2020/2021 Operating Surplus/(Deficit) – 10 months actual + two months worst-case forecast

Income & Expenditure Statement	Actual Apr–Sep 2020	Actual Oct 2020– Jan 2021	Worst-Case Forecast Feb–Mar 2021	Total FY 20/21
	\$ (A)	\$ (B)	\$ (C)	\$ (A+B+C)
Operating Income	3,713,040	3,363,640	1,352,618	8,429,298
Less Cost of Sales	(659,401)	(826,690)	(281,857)	(1,767,948)
Gross Contribution	3,053,640	2,536,950	1,070,761	6,661,350
Less: Manpower Expenses	(2,459,068)	(1,629,123)	(922,274)	(5,010,464)
• Other Operating Expenses	(785,558)	(577,473)	(328,924)	(1,691,955)
• Utilities — Electricity, Water & Gas	(216,502)	(192,743)	(126,000)	(535,245)
• Professional & Legal Fees	(142,774)	19,713	(6,320)	(129,381)
• F&B Credit Support Scheme	(278,351)	(10,960)	0	(289,311)
Net Operating Surplus/(Deficit) w/o Grant	(828,613)	146,365	(312,757)	(995,005)
Add: Government Grant	1,014,515	195,354	89,612	1,299,481
Net Operating Surplus/(Deficit) with Grant	185,902	341,719	(223,146)	304,475

April 2020–September 2020 (first six months actual):	October 2020–March 2021 (second six months: four months actual + two months worst-case forecast):
Govt Grant approx. \$1.015 million	Govt Grant approx. \$285,000
Without Govt Grant, Net Operating Deficit: approx. -\$829,000	Without Govt Grant, Net Operating Deficit: approx. -\$166,000

Full Financial Year (10 months actual + two months 'worst-case' forecast):
 w Without Government Grant,
 Net Operating Deficit:
 approx. -\$1 million
 w With Government Grant,
 Net Operating Surplus:
 approx. \$304,000

V Projection for next financial year**FY 21/22 Operating Budget Forecast**

Worst-Case Scenario	Best-Case Scenario (Our Aim)
No Govt Grant	Some Govt Grants
Pandemic remains throughout 2021 & Circuit Breaker recurs	Pandemic over at end of Q3 2021
Business repeats the pattern of FY2020/2021	Business recovers to 2019-level in Q4 2021

The actual financial outcome would be largely dependent on how the pandemic pans out in the next one year.

VI Crisis Financial Management

Crisis Financial Management (if necessary) in accordance with Constitution Clause 26C.9–26C.11 Declaration of Crisis: "If the Club's Operating Income is insufficient to meet its Operating Expense due to external causes which are not within Management's control (such as Acts of God, epidemics and terrorism) ("Crisis"), the Committee may declare a Crisis in accordance with Clauses 26C.10 and 26C.11."

If, as a result of the COVID-19 pandemic, the GC, after due deliberations, is of the view that the Club's Operating Income will not be sufficient to meet its Operating Expenses, it may declare a Crisis as provided by Clause 26C.9, such that the Club can avail itself of the funds in the Financial Reserve for the purpose of meeting its Operating Expenses.

Improve vibrancy, bridge gaps, and restore happiness

The Membership Relations (MR) department is working with the MR Sub-committee, Chaired by GC Member Mr Xavier See, to improve communications with Members, engage interest groups (eg, Ukulele, Gardening, Line Dancing, etc), and to revive the Senior Members Group and its activities.

For example, a Talk Series for Senior Members was created. It has been well attended and received by Members thus far. The following are topics that have been delivered:

- w November 2020: 'Mind Your Back Joint and Muscle Dysfunction' by Dr Serene Ng
- w December 2020: 'Colorectal Cancer: Why is it so Common when it's so Easily Preventable' by Dr Aaron Poh
- w December 2020: 'Legacy Planning: Trusts, LPAs, AMDs and Will' by Mr Steven Lam
- w January 2021: 'Cardiology: Are Activities that Increase the Heart Rate Safe for Seniors?' by Dr Ang Teck Kee
- w January 2021: 'Yin Feng Shui Forecast for Year of the Metal Ox' by Master Fong Chun Cheong
- w February 2021: 'Age Gracefully Not Painfully' by Dr Henry Chan
- w February 2021: 'Assisted Living' by Dr Belinda Wee
- w March 2021: 'Dementia: 10 Warning Signs' by Ms May Chng

- March 2021: 'Economic Outlook 2021' by Dr Tan Kee Wee
Line Dancing classes resumed on 18 January 2021 and turnout has been very good. The classes are conducted in the Kensington Ballroom as Club 22 remains closed.

Besides the usual activities, the Sports & Recreation (S&R) department has been working with the S&R Sub-committee — co-chaired by GC Members Mr Low Theng Khuan, Ms Elena Chua, and Mr Balbir Singh — on a mission in 'Building Community Through Fun & Fitness'.

Sports Social Nights have been created for various sports to improve Members' participation:

- Tennis Members' Night started on 5 February 2021 (every first & third Friday, 8pm–10pm)
- Squash Members' Night is to be launched, and has been scheduled for every Tuesday & Thursday, 5pm–8pm
- Table Tennis Social has been scheduled for every first & third Wednesday, 12pm–4pm

Dialogue sessions with various sports fraternities were conducted to solicit feedback and bridge gaps:

- Swimming fraternity: 12 December 2020
- Fitness fraternity: 17 December 2020
- Bowling fraternity: 29 January 2021

Looking after staff who look after Members

An Employee Climate Survey was conducted in January 2021 to gauge employee sentiment.

The survey consisted of a total of 22 questions in 14 dimensions; 96 employees responded (95% participation), and the average score was 4.65 (one is lowest; six is highest). Some examples of questions asked:

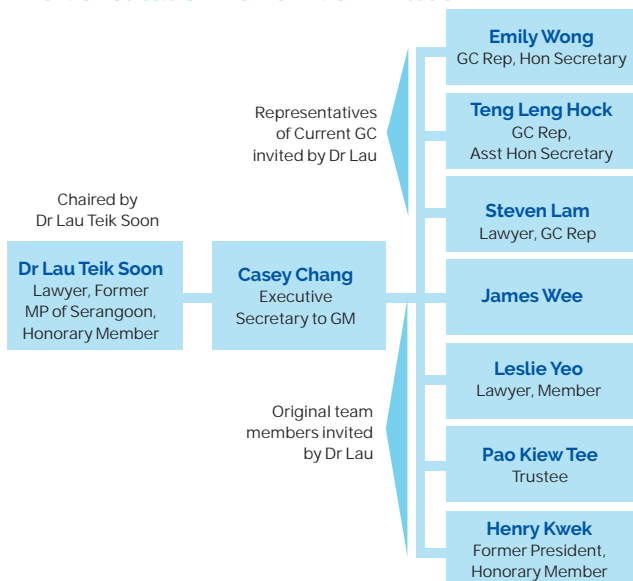
- w "I feel safe working in the current COVID-19 situation" (4.94)
- w "The work environment is progressing in the past few months" (4.69)
- w "My job is secure and I can continue to contribute to the Club" (4.79)
- w "This Club cares for the employees" (4.53)
- w "The amount of work I am expected to do is reasonable" (4.22)

From the survey as well as feedback from various sources, including Members and Union, the employees' morale is much improved. This is important as healthy and happy employees will do their best, and that will have a positive effect on Members' health and satisfaction.

Revisions to strengthen Club's Constitution

It is generally agreed that the Constitution as it stands needs to be strengthened. Two years ago, Dr Lau Teik Soon was tasked by the previous GC to commission a Constitution Review Committee (CRC) to review and recommend amendments to the Constitution. The current GC continued to sponsor the CRC, and will work with the CRC to finalise the proposed amendments and bring them as a set to a General Meeting for Members' referendum.

The Constitution Review Committee



Constitution Review Timeline



Summary

The GC has, in its first week in office, identified the imminent challenges of manpower shortage and low staff morale faced by the organisation. Prompt action was taken and the problems have been alleviated within the first 100 days in office. The pledges in the Manifesto have been addressed and the GC continues to make good progress:

- **COVID-19 Taskforce** — The Club achieved SG Clean certification in December 2020, making SGCC a safe place for Members and employees.
- **Financial Management Plan for Crisis** — A plan in accordance with the Constitution is in place and will be activated when the situation warrants it.
- **Business Plan Review & Revision** — An ongoing iterative process; other than F&B banquet, the three F&B outlets that are allowed to operate and membership sales have all been performing better than in the same period in the previous year. New revenue streams have been identified and are works in progress.
- **Audit Financial Spending** — An internal audit was conducted; retrenchment payout and F&B Credit have been identified as expenditures that have breached the Constitution.
- **Bridge Different Member Groups** — Dialogues with various interest groups, sports fraternities, Senior Members Group, Senior Members' Talk Series, Social Nights for Tennis and Squash, etc, have been fruitful and well received.
- **Strengthen Management & Governance** — Weaknesses in management and governance have been identified and remedial action taken. Trustees duly engaged in

discussions, and Control Committee meeting held for approval to pay legal fees amounting to \$175,000 incurred by being named as third party in the Terrence Fernandez vs Genevieve Lim & JK Goh High Court Case (HC/S 194/2019). Formed a strong Disciplinary Committee to ensure rule of law, and fairness and justice; and a good Legal Council comprising three Members who are senior legal professionals to advise the GC and protect the best interests of the Club.

- **Revitalise Business Through Innovation** — Commercial aspects include creating new or incremental revenue streams in F&B and membership sales; non-commercial aspects include reviving vibrancy through engagement and activities.

Based on the vision 'Our Club, Our Extended Home', the GC and Management will focus the Club's limited resources prudently in making the Club a safe place where Members of different generations and their families would enjoy using the Club for recreation, socialising, exercising, dining, resting, learning and working-from-home.

The GC will serve as the guardian to uphold values of a family club, enforce rule of law, protect the best interests of the Club and be Member-centric in its approach.

Thanks to the Government Grant of \$1.3 million, the Club would likely run an Operating Surplus of about \$300,000 or more instead of a -\$1 million Operating Deficit. For FY 2021/2022, the GC aims to achieve breakeven at the Operating level. The financial outcome depends largely on how the COVID-19 pandemic pans out. In the worst-case scenario, if the new financial year repeats the pattern of FY 2020/2021 (ie, with Circuit Breaker, and the economy does not recover to 2019 level within the next 12 months) and without any Government grant, then it could run up an Operating Deficit of -\$1 million.

The legal cost incurred by the Club to date for being named as third party in the Terrence Fernandez vs Genevieve Lim & JK Goh High Court Case (HC/S 194/2019) is \$175,134. The Plaintiff has decided to appeal the Judgement, so the total cost to the Club cannot be fully ascertained at this point in time. The Legal Council will determine what legal advice the previous GC was given, and why the settlement does not have a proviso for the Club to claim against the Plaintiff through the Second Defendant in the event that the Plaintiff loses the case.

The GC is sparing no effort in minimising health and safety risks to Members. A lot has already been done in the first 100 days, and the next projects to come onstream include repairing the skylight roof and the Garden Grill.

The GC is working with the Constitution Review Committee to review the amendments, conduct a townhall to explain proposed changes to Members, and eventually bring the finalised copy to a general meeting for referendum.

After the 70-minute presentation concluded, the floor was opened to questions from Members.

We would like to extend our sincere appreciation to Members who attended the dialogue and for their feedback.

SENIOR MEMBERS' TALK: #4 & #5



On Saturday, 9 January 2021, the fourth and fifth editions of the Senior Members' Talk series took place at the Kensington Ballroom.

Talk #4 was on the topic of Cardiology; specifically, "Are activities that increase the heart rate safe for seniors?" The talk was conducted by Dr Ang Teck Hee, Consultant & Interventional Cardiologist, Livingstone Cardiology.

Talk #5 was conducted by Master Fong Chun Cheong, CA (SG). He touched on the 2021 ranking of the five elements (Metal, Wood, Water, Fire, Earth) using the ancient technique of 'bone touching'. Master Fong also gave a general forecast on the Year of the Metal Ox, and analysed how each element will fare during 2021.

Both talks received good turnouts and Members were treated to scrumptious takeaway refreshments that were served afterwards.

NO ONE IS SAFE UNTIL ALL ARE SAFE



The Club would like to encourage all Members aged 60 and above to make a vaccination appointment — even those without notification letters — at vaccine.gov.sg OR any Community Centre/Club with your NRIC/FIN.

Also encouraged to do the same are Members who, or live with people who, fall into the following categories:

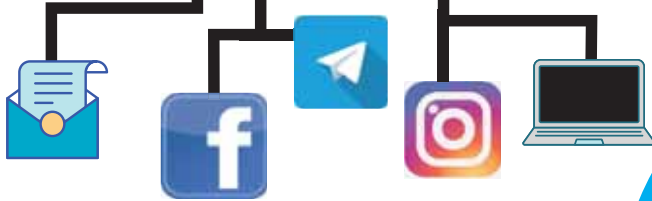
- w work in critical-function jobs (eg, postmen, delivery staff, news reporters, bank operations, etc);
- w are at higher risk of exposure/transmission (eg, active taxi/private-hire-car drivers, etc); or
- w have multiple community touch points (eg, hawker

centre/market stallholders, educators/staff with prolonged contact with children/youth)

We urge all Members to protect themselves and their loved ones. Please get vaccinated when it is offered to you. No one is safe until all are safe.



Stay CONNECTED



We are pleased to share that, on top of our official publicity channels, we have various social media platforms that you can subscribe to in order to keep abreast of the happenings at the Club.

Official channels:

- Club website: <http://www.sgcc.com.sg>
- *ClubSpirit*: bi-monthly e-newsletter via email
- Electronic Direct Mailer (EDM): fortnightly via email

Other modes of communications:

- SMS
- SGCC Facebook: <http://www.facebook.com/SGCC1955>
- SGCC Telegram: <http://t.me/SGCC1955>
- Club notice boards (Lobby, Palm & Heliconia wings)

Please update your email address and phone numbers with Membership Relations (MR) department to receive news from us and subscribe to our social media platforms (Facebook and Telegram). Contact the MR department via membership@sgcc.com.sg

SGCC IS NOW ON TELEGRAM!

SGCC officially launched its Telegram channel in February this year; as of March, we already have more than 300 subscribers! We would like to thank Members for their support and subscribing to this new channel!

For those who have not joined us on Telegram, download the Telegram app from either the Google Play or Apple store — depending on your handphone type — then scan the QR code. If you're already on Telegram, scan the QR code to subscribe to the SGCC Channel! It is as easy as that!



LAVISHING KINDNESS ON KIDS

We are pleased to share that SGCC raised \$1,220.11 for Chen Su Lan Methodist Children's Home from cash donations and the sale of our limited-edition SGCC mask over the 2020 Christmas season. This is part of our corporate social responsibility initiative.

We wish to extend our deepest gratitude and appreciation to Members for their generosity.



Cheque presentation by Mr Xavier See, Chairman of Membership Relations, to Ms Annabel Ooi, Partnership Manager of Chen Su Lan Methodist Children's Home.

GET QUICK ACCESS TO BOOKING

Since SGCC launched its Facilities Online Booking System in August Members enthusiastically making their tennis, squash, bowling,

For easy access to this online booking system, we want to share how you can gain quick

Below are the step-by-step guides to creating this shortcut, depending on your



1. Launch **Safari** on your iPhone or iPad
2. Key in "www.sgcc.com.sg"
3. Tap the **Share** icon
(refer to the red arrow at the bottom of the screen in Fig. 1)
4. Scroll down the list of actions and tap **Add to Home Screen**
(refer to the red box in Fig. 2)
5. 'SGCC' will automatically appear
(See Fig. 3)
6. Tap **Add**, located in the top right-hand corner of the screen
(See Fig. 3)
7. Hey, presto! The SGCC logo appears like an app on your device's Home Screen (See Fig. 4)
8. Approach Reception if you need help to create the shortcut

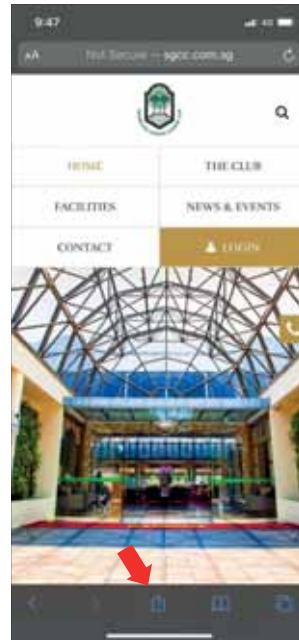


Fig. 1

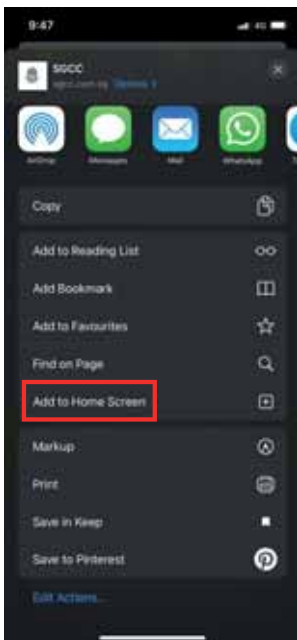


Fig. 2



Fig. 3



Fig. 4

OUR FACILITIES ONLINE SYSTEM!



2020, which is accessed via the Club website, we are heartened to see billiards and mahjong room bookings using this digital platform!

access to the SGCC website by creating a shortcut on your handphone home screen to the website!
handphone type: iPhone or Android. The result is like having a SGCC app on your phone!



1. Open **Chrome** on your handset and key in "www.sgcc.com.sg" (See Fig. 1)
2. Once the website loads, open Chrome's Settings menu by **tapping the three vertical dots** at the top right-hand corner of the screen (refer to the red arrow in Fig. 1)
3. Select **Add to Home Screen** (See Fig. 2)
4. A **new screen** that allows you to place the icon automatically will appear. On this **Add to Home Screen** screen, tap the **Add** button (See Fig. 3)
5. Tap **Add** to place the new icon on your Android device's Home Screen (See Fig. 4)
6. Hey, presto! The SGCC logo appears like an app on your device's Home Screen (See Fig. 5)
7. Approach Reception if you need help to create the shortcut



Fig. 1

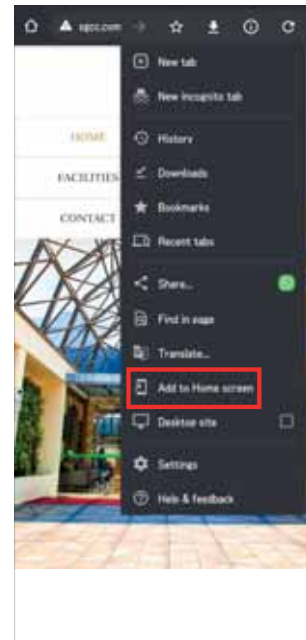


Fig. 2

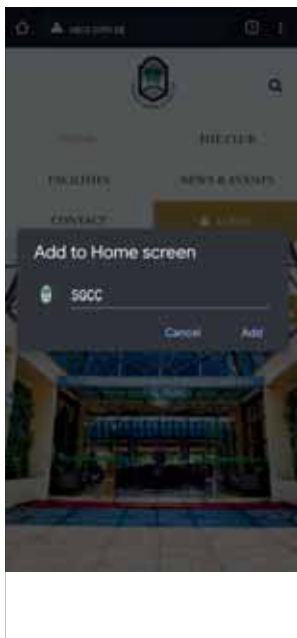


Fig. 3

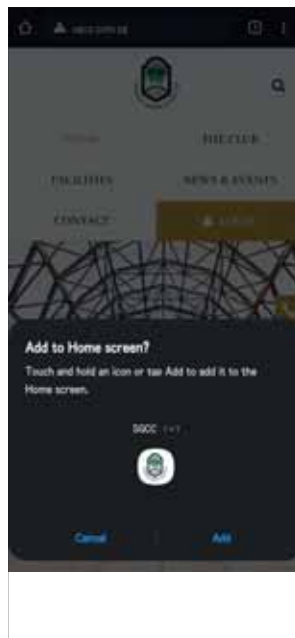


Fig. 4



Fig. 5

TENNIS JUNIOR CHAMPIONSHIP

SGCC's Tennis Junior Championship, held on 19 December 2020, Saturday, saw 37 junior players slugging it out on the Club's tennis courts. Congratulations to the winners of the various divisions:



	8 YEARS OLD & UNDER (DIVISION A)	8 YEARS OLD & UNDER (DIVISION B)	10 YEARS OLD & UNDER (DIVISION A)
Champion	Lucas Yeo	Henry Hayduk	Caden Nicholas Pereira
1st Runner-up	Titus Lin	Anne Chan	Kiersten Lim
Joint 3rd	Kishen Joshua & Alex Lim	Koh Wen Cheng & Tristan Ng	Kinsley Lin & Gareth Goh
Plate Champion	Sage Low	-	Zhou Ling
Plate Runner-up	Jarod Chow	-	Jalen Wong



Champion for 8 Years Old & Under (Division A), Lucas Yeo, and Coach Soe



Champion for 8 Years Old & Under (Division B), Henry Hayduk, and S&R Chairman, Mr Low Theng Khuan



Champion for 10 Years Old & Under (Division A), Caden Nicholas Pereira, and Coach Soe



Champion for 12 Years Old & Under, Gareth Goh, and Coach Soe



Champion for 14 Years Old & Under, Josiah Lim, and Coach Soe

	10 YEARS OLD & UNDER (DIVISION B)	12 YEARS OLD & UNDER	14 YEARS OLD & UNDER
Champion	Lucas Yeo	Gareth Goh	Josiah Lim
1st Runner-up	Joash Lim	Gabriel Vainsoff	Wong Yi Jing Janelle
Joint 3rd	Maia Kiran Lim Laurie & Lee Kyra	Keegan Cheng & Caden Nicholas Pereira	Claire Chan (2nd runner up)
Plate Champion	Amber Cheng	Kiersten Lim	-
Plate Runner-up	Oscar Boidin	Zhou Ling	-

Of Eggs and Bunnies

Uncovering the origins of Easter, and other facts about the holiday.



On 4 April this year, Christians all over the world will celebrate Easter, the day on which the resurrection of Jesus Christ is said to have taken place. In the New Testament of the Bible, the miracle is said to have occurred three days after Jesus died after being crucified by the Romans. These events took place around 30AD.

Easter always falls on a Sunday, between 22 March and 25 April. It typically takes place on the first Sunday after the first full moon occurring on or after the spring equinox.

In Western Christianity, the period before Easter holds special significance. Lasting 40 days, this time of prayer, fasting and sacrifice is known as Lent. Lent ends with Holy Week, which includes Holy Thursday (also known as Maundy Thursday, and celebrates Jesus' last supper with his 12 apostles), Good Friday (on which Jesus' crucifixion is observed), and Easter Sunday.

Despite its strong Christian underpinnings, there are Easter traditions that can be traced back to non-Christian and even pagan celebrations.

Easter Bunny

Venerable Bede, an English monk, argued that the word 'Easter' itself appears to have its roots in the name of an Anglo-Saxon fertility goddess named Eostre, who was celebrated at the beginning of Spring in English and Germanic cultures. The goddess had a hare as her

companion, which is the original inspiration for today's Easter Bunny.

While flimsy evidence exists to support this story, rabbits and hares are an ancient symbol of fertility and new life — two ideas strongly associated with Spring and with Easter.

The legend of the Easter Bunny can also be traced to 17th-century Germany, where the Easter hare would hand out eggs to children who had behaved well.

The tradition of Easter egg hunts grew as children believed the Easter Bunny had laid and hidden eggs around the house the night before Easter Sunday.

Easter Eggs

Brightly coloured eggs and egg hunts have become integral to the celebration of Easter. Eggs are a symbol of new life and rebirth in many cultures around the world, and the tradition of painting hard-boiled eggs likely predates Christianity.

For Christians, the Easter egg is symbolic of the resurrection of Christ. Painting eggs is an especially beloved tradition of the Orthodox and Eastern Catholic churches, where they are dyed red to represent the blood that Jesus shed on the cross.

Eggs are also popular during Easter for a practical reason. As Catholics abstain from eggs among other foods during Lent, eating eggs during Easter becomes a treat for them.

SPOTLIGHT MONTHLY

We offer a Members-only activity (clinics, demonstrations, talks, etc) every month, so bookmark this section and note down these dates. Book early to avoid disappointment!

MAY 2021: FREE GYM ORIENTATION



This programme is for those who have just joined SGCC, and are unfamiliar with the Club's gym or looking to start a fitness programme. This 45-minute orientation will explain the workings of the equipment, such as the cardiovascular and strength training machines, as well as the proper way to use free weights. There will also be a rundown of Club bye-laws applicable to the gym, including those meant for the safety and comfort of all gym-users. In addition, there will be tips on altering diets to help with your fitness progress and improve the results of your workouts. Hope to see you guys there!

VENUE: Gymnasium (Palm wing)

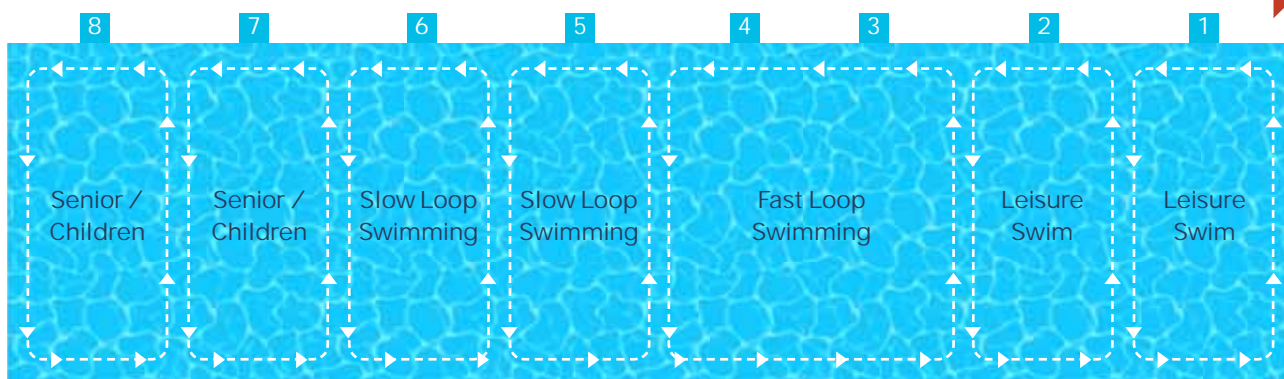
MINIMUM: 8 Members

DATE & TIME: 9 May 2021, Sunday, 11am

CLOSING DATE FOR REGISTRATION: 26 April 2021, Monday

CONTACT: Gym counter at 6398 5331 or recreation@sgcc.com.sg

SWIMMING ETIQUETTE



Please practise lap swimming etiquette and be considerate to others who are sharing the use of the pool. Let's strive for the best swimming experience.

Follow the following rules:

- Maximum of eight swimmers per lane/section
 - Swim in directions as indicated in the diagram
- Failure to comply with the recommended loop swimming guideline can result in collisions that may cause serious injuries and mishaps. In addition, the Club and staff will not be held liable or be responsible if swimmers fail to adhere to loop swimming guidelines.

AWESOME BOOT CAMP (ABC)

Besides being the instructor for the free gym orientation (see facing page), our new gym instructor Christian Yan (more on him below) will also be cracking the whip at this ABC.

If you have been overindulging because of the festive seasons over the past few months, and are yearning to get back into shape, then ABC is perfect for you. You'll be brought back to the basics, or ABCs, of circuit and functional training.

Exercises will be modified for each participant to ensure maximum safety and effectiveness. Time will also be set aside for each participant to get personal tips on improving their diet.

VENUE: Tennis Courts

MINIMUM: 6 Members (30 minutes per session)

DATE & TIME: Wednesdays & Sundays (from second week of April), 8am

CLOSING DATE FOR REGISTRATION: 1 April 2021, Thursday

REGISTRATION FEE: \$374.50* w/GST (Members only)

* The eight-session package is spread over one month, with two sessions per week. No make-up lessons will be given if you miss any of the sessions.

MIN / MAX: 3 / 8 participants

CONTACT: Christian Yan at 6398 5331 or recreation@sgcc.com.sg

FREE FITNESS TALK FOR MEMBERS: Correcting Muscular Imbalance for Optimum Function

Muscular imbalances occur for various reasons — common causes include improper work-space positioning, carrying heavy bags, or past injuries. Postural compensation if uncorrected may develop into other long-term aches and pains. In this talk, Christian will look into these causes and offer simple exercises and solutions to help rectify such imbalances. Book now, as this talk accommodates only 50 people.

VENUE: Kensington Ballroom 1

DATE & TIME: 17 April 2021, Saturday, 10.30am–11.30am

CLOSING DATE FOR REGISTRATION:
12 April 2021, Monday, 12pm

NO-SHOW/CANCELLATION (<3 DAYS PRIOR) FEE:
\$5 w/GST per Member

CONTACT: 6398 5383 or mrevents@sgcc.com.sg
Complimentary refreshments will be served after the talk.

PUSHING YOUR LIMITS

Introducing our newest fitness instructor, Christian Yan.



Gym instructor Christian Yan has a long list of credentials to his name. These include a Bachelor of Applied Science (Exercise & Sports Science) degree from Melbourne's Deakin University, with a specialisation in post-operative rehabilitation and postural/gait correction, as well as practical experience in rehabilitative work in a retirement home. These make him perfectly placed to help you sort out any muscular imbalance and postural issues you may be grappling with (see above).

With 21 years of experience as a fitness instructor under his belt, Christian has had varied experiences, including working with elite athletes, managing a fitness team in Hanoi, and helping National Service-bound boys improve their fitness levels. He is thus well equipped to conduct a boot camp, where he will challenge and whip you into shape (see above).

Currently pursuing a Graduate Diploma in Psychology and Counselling, Christian enjoys cycling, archery and skydiving during his free time.

Feel free to approach him should you have fitness-related enquiries.

Just Kidding

How April Fool's Day, a day of pranks and mild humiliations, had its start.

In 1957, the BBC TV series *Panorama* ran a segment about the Swiss spaghetti harvest enjoying a bumper year and showed farmers pulling strands of spaghetti off trees. Many Britons — we kid you not! — fell for the ruse, and the network was flooded with callers asking where they could buy a spaghetti tree! This story was ranked the No. 1 April Fools' hoax of all time by the 'Museum of Hoaxes' website.

Fake headlines in print and broadcast media have become a common occurrence on April Fool's Day, a day on which people are given licence to play tricks on one other. Also known as All Fools' Day, this day of fun and jokes has been observed for centuries in several countries, and is usually celebrated on the first day of April.

Origin stories

The origins of this custom are cloudy.

Some believe the first reference to it was in Geoffrey Chaucer's *The Canterbury Tales* from 1392. In one of the stories in that tome, 'The Nun's Priest's Tale', a fox tricks a proud rooster on a day described as "syn March bigan thritty days and two". Although Chaucer probably meant 32 days after March, many readers interpreted it as March 32, or April 1.

A statue of Geoffrey Chaucer dressed as one of the pilgrims in his book, *The Canterbury Tales*.



Another early reference to April Fool's Day is in a 1561 Flemish poem by Eduard de Dene. In it, a nobleman sends his servant on a fool's errand, and the servant recognises he is being pranked because the day is 1 April.

Others posit that it harks back to classical Roman times, when a festival called Hilaria was held on 25 March to celebrate the vernal equinox, which falls on 20 March. On this day, the sun is exactly above the equator, and day and night are of equal lengths. Among the festivities held during this time were masquerades, where commoners disguised as nobility to cheeky ends.

Another theory has it that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar. People who were slow to get the news didn't realise that the start of the calendar had moved to January 1, and continued to celebrate it during the last week of March through to April 1; these poor folks were then shamed as fools. Pranks played on them included having paper fish placed on their backs and being called *poisson d'Avril* (April fish). This was presumably because fish were plentiful and hungry in the spring and so easier to catch.



In 18th-century Scotland, the day was known as Gowkie Day for the gowk, also known as a cuckoo, a symbol of the fool and the cuckold. This day was followed by Tailie Day, during which people have fake tails or "kick me" signs pinned on their back.

April foolishness

By the 19th century, the pranks had become more elaborate, and there were even three common artistic representations of April Fools' pranks. The first showed a brick under a hat on a sidewalk, the idea being that someone would eventually kick the hat and stub his toe on the brick. The second involved leaving a wallet in plain view with a string tied around it; the other end of the string would be held by the prankster, who would pull it away when someone tried to pick up the wallet. The third was a 'smoking coin', which would burn the person who tried to pick it up.

Below are two memorable pranks that were pulled off in more recent times:

- In 1938, Orson Welles' radio broadcast of *War of the Worlds* spooked listeners with the announcement that Martians had landed. According to newspaper reports, many fled their homes, prayed at houses of worship, and eventually cursed Welles' name.
- In 1998, an American burger chain published an advertisement explaining that it was offering a left-handed burger for all their left-handed customers. The company said the ingredients in the burger would be rotated to the left to make the burger tastier for lefties. Apparently, thousands fell for the prank and went into the restaurants to ask for the burger, which did not exist.



There is also a reference to it in 1686, when biographer John Aubrey described 1 April as a "Fool's holy day" in his book, *Remains of Gentilisme and Judaisme*. He explains, "We observe it on the first of April. And so it is kept in Germany everywhere."

Whichever the case, the habit of sending people on improbable errands during springtime became widespread in Europe by the late 1600s. One that stands out happened on April Fool's Day in 1698, when many were duped into traipsing along to the Tower of London to watch "the washing of the lions" — a ceremony that doesn't exist! The 2 April edition of a local newspaper had to publicly debunk the hoax — and mock the gullible lot who fell for it.

APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p>1</p> <p>French Cuisine Garden Grill Whole month (except 28 Apr dinner) 12pm & 6pm</p>  <p>A Special Easter Promotion Coffee Deli till 4 Apr 8am</p> <p>Easter Takeaway Bundle Treats Garden Grill till 4 Apr</p> 	<p>2 Good Friday</p>	<p>3</p> <p>Bowling Guest Night Promotion Gardens Bowl Every Saturday till 31 October 6pm</p> 	<p>4</p> <p>Easter Sunday Set Menu Garden Grill 12pm & 6pm</p>  <p>Bowling Guest Night Promotion Gardens Bowl Every Sunday till 31 October 6pm</p> 
<p>5</p>	<p>6</p> <p>Squash Social Night Squash Courts 6pm</p> 	<p>7</p> <p>Table Tennis Social Practice Squash Court 4 12pm</p> 	<p>8</p> <p>Squash Social Night Squash Courts 5pm</p> 	<p>9</p> <p>Tennis Social Night Tennis Courts 8pm</p> 	<p>10</p> <p>One-Day Tennis: Ladies' Blind Doubles Tennis Courts 8am</p> <p>Quarterly Bowl: Ladies' Category Gardens Bowl 2pm</p> 	<p>11</p> <p>Quarterly Bowl: Men's Category Gardens Bowl 9am</p> 
<p>12</p>	<p>13</p> <p>Squash Social Night Squash Courts 6pm</p> 	<p>14</p>	<p>15</p> <p>Squash Social Night Squash Courts 5pm</p> 	<p>16</p>	<p>17</p> <p>One-Day Tennis: Men's Blind Doubles Tennis Courts 8am</p> 	<p>18</p>
<p>19</p>	<p>20</p> <p>Squash Social Night Squash Courts 6pm</p> 	<p>21</p> <p>Table Tennis Social Practice Squash Court 4 12pm</p> 	<p>22</p> <p>Squash Social Night Squash Courts 5pm</p> 	<p>23</p> <p>Tennis Social Night Tennis Courts 8pm</p> 	<p>24</p> <p>Face Yoga Zoom 10.30am</p> <p>Mason Jar Painting Casuarina Room 10.30am</p>  	<p>25</p>
<p>26</p>	<p>27</p> <p>Squash Social Night Squash Courts 6pm</p> 	<p>28</p> <p>Sake Dinner Garden Grill 6pm</p> 	<p>29</p> <p>Squash Social Night Squash Courts 5pm</p> 	<p>30</p>	<p>One-Day Tennis: Mixed Blind Doubles Tennis Courts 8am</p> 	

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

MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31					1 Labour Day New England Lobster & Seafood Month Garden Grill Whole month except 8 & 9 May 12pm & 6pm 	2 Bowling Guest Night Promotion Gardens Bowl Every Sunday till 31 October 6pm 
3 SGCC Tennis Tournament: Men's/Ladies' Doubles Tennis Courts Till 16 May 7.30pm 	4 Squash Social Night Squash Courts 6pm 	5 Table Tennis Social Practice Squash Court 4 12pm 	6 Squash Social Night Squash Courts 5pm 	7 Mother's Day Weekend Special Set Menu Atrium Café Till 9 May 11am & 6pm 	8 Flower Bloom Bag Making Workshop Casuarina Room 10am 	9
10	11 Squash Social Night Squash Courts 6pm 	12	13 Squash Social Night Squash Courts 5pm 	14 Tennis Social Night Tennis Courts 8pm 	15	16 Bowling Convenir Cup Gardens Bowl gam 
17	18 Squash Social Night Squash Courts 6pm 	19 Table Tennis Social Practice Squash Court 4 12pm 	20 Squash Social Night Squash Courts 5pm 	21	22	23
24	25 Squash Social Night Squash Courts 6pm 	26	27 Squash Social Night Squash Courts 5pm 	28 Tennis Social Night Tennis Courts 8pm 	29 DIY Ukulele Workshop Casuarina Room 10am 	30

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

COMPETITIONS

SQUASH SOCIAL NIGHT

Enjoy a casual game of squash and an evening spent socialising with fellow players. No booking required – just show up and play! Please sign in at the gym counter before proceeding with your games.

DATE / TIME

Tuesdays; 6pm–8pm
Thursdays; 5pm–8pm

VENUE

Squash Courts

FEE

Free (Member)



TABLE TENNIS SOCIAL PRACTICE

This one's for table tennis enthusiasts. Join us for a friendly game or two and make some friends in the process. All levels are welcome! Open to Members only.

DATE

Every 1st & 3rd Wednesday
of the month

TIME

12pm–4pm

VENUE

Squash Court 4

FEE

Free (Member)



TENNIS SOCIAL NIGHT

Calling all tennis enthusiasts! Come on down to the tennis courts and match your skills against fellow Members in a friendly game. All levels are welcome! Open to adult members only.

DATE / TIME

9 & 23 April 2021, Fridays; 8pm–10pm
14 & 28 May 2021, Fridays; 8pm–10pm
11 & 25 June 2021, Fridays; 8pm–10pm

VENUE

Tennis Courts

MAX

16 participants

FEE

Free (Member)

ONE-DAY TENNIS

Friday mornings don't get more fun than this. You will be paired with other attendees to play doubles matches. Come and join us for a fun-filled tennis social.

LADIES' BLIND DOUBLES

10 April 2021, Saturday; 8am–12pm

MEN'S BLIND DOUBLES

17 April 2021, Saturday; 8am–12pm

MIXED BLIND DOUBLES

24 April 2021, Saturday; 8am–12pm

VENUE

Tennis Courts

FEE

\$10.70* (Member)
*Price includes GST

CONTACT

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

SGCC TENNIS TOURNAMENT 2021

Grab a partner and display your tennis chops at this competition. Sign up today! All players must be SGCC members.

MEN'S / LADIES' DOUBLES

3-16 May 2021; 7.30pm

MEN'S / LADIES' SINGLES

7-20 June 2021; 7.30pm

MEN'S / LADIES' MASTERS (AGED 45 YEARS & ABOVE)

21 June-4 July 2021; 7.30pm

MIXED DOUBLES

(COMBINED AGE: 55 YEARS & ABOVE)

5-18 July 2021; 7.30pm

VENUE

Tennis Courts

MIN / MAX

16 / 32 participants

FEE

\$10.70* per category per person (Members only)

*Price includes GST

CONTACT

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



QUARTERLY BOWL

The next quarterly bowling tournament happens in April. Sign up and see how many strikes you can hit in this 'Best of 10 Games' format.

LADIES' CATEGORY

10 April 2021, Saturday

Check-in Time: 2pm / Roll-off Time: 2.15pm

MEN'S CATEGORY

11 April 2021, Sunday

Check-in Time: 9am / Roll-off Time: 9.15am

VENUE

Gardens Bowl

ELIGIBILITY

Strictly for Members only

MIN

20 participants

CLOSING DATE

5 April 2021, Monday

FEE

\$42.80* (Member)

*Price includes GST

BOWLING CONVENOR CUP

Sign up for this competition and see how many strikes you can hit in the Best-of-10-Games format.

DATE

16 May 2021, Sunday

CHECK-IN TIME:

9am

ROLL-OFF TIME:

9.15am

VENUE

Gardens Bowl

ELIGIBILITY

Members only

CLOSING DATE

2 May 2021, Sunday

FEE

\$42.80* (Member)

*Price includes GST

CONTACT

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

BOWLING GUEST NIGHT PROMOTION

Our Bowling Guest Night Promotion is back! You and your guests can play more for less. So get your friends together and head on down to our bowling alley for a rollicking night of fun and games.

DATE	
1 April-31 October 2021	
YOUTH GUEST NIGHT (21 YEARS & BELOW)	
Saturdays & Sundays; 6pm-10pm	
ADULT GUEST NIGHT	
Tuesdays & Sundays, 6pm-10pm	
VENUE	
Gardens Bowl	
YOUTH GUEST NIGHT (21 YEARS & BELOW) FEE	
\$1.07* (Member)	\$2.14* (Guest)
ADULT GUEST NIGHT FEE	
\$1.61* (Member)	\$2.68* (Guest)

*Price includes GST. This promotion is not applicable on the eve of public holidays and public holidays, and is not valid with other discounts or promotions.

CONTACT	
Gardens Bowl at 6398 5340 or recreation@sgcc.com.sg	

SHOWCASE OF FITNESS PROGRAMMES

Put on your sleekest workout attire and join us for an introduction to some of the sports classes available at SGCC. Participate in the entire suite so you can decide which class suits you best. Below are the classes you can take part in:

- Fun Fitness Programmes
 - ABTsolute SCULPT / Dynamic SCULPT
 - Street Jazz
 - Powerstretch
- Hatha Yoga / Vinyasa Flow Yoga
- Aikido / Chinese Martial Arts / Taekwondo
- Low-Impact Dance
- Taijiquan

DATE	
19 & 20 June 2021, Saturday & Sunday	
TIME	MIN / MAX
9am-12pm	6 / 14 participants
VENUE	
Aerobics Studio / Kensington Ballroom	
FEE	
\$3.21 per class per selection (30min per session). Price includes GST. Pre-registration is required.	
CONTACT	
Julia Kong at 6398 5352 or recreation@sgcc.com.sg	

CLASSES

LEARN-TO-SWIM PROGRAMME

Run by Quattor Swim School, this programme is structured according to the SwimSafer criteria. Students will be trained and taught according to the requirements for different levels.



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* (Member)	\$78.65* (Guest) Weekday	\$89.88* (Guest) Weekend
FEE: 2 SESSIONS / WEEK		
\$89.88* (Member)		
\$112.35* (Guest) Both sessions on weekdays		
\$123.59* (Guest) 1 session on weekday & 1 session on weekend		
\$134.82* (Guest) Both sessions on weekend		

*Price includes GST. 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



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* for 4 sessions @ 15mins per session

Price includes GST. Additional guest charges of \$5.32 per weekday and \$8.56* 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* once a week
per month (Member)

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

FEE: 2 SESSIONS / WEEK

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

\$129.20* twice a week
per month (Guest)

*Price includes GST but not 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



AIKIDO

DAY / TIME

Saturdays: 4.30pm-5.30pm

VENUE

Aerobics Studio

ELIGIBILITY

6 years old and above

FEE

\$56.18* per month
(Member)

\$67.41* per month
(Guest)

*Price includes GST. 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.



LOW-IMPACT DANCE

This class features fun choreographed dance moves that will make you forget you are working out. A dynamic but safe and simple workout that will get you sweating! Join us to see what the fuss is all about.

DAY / TIME

Mondays: 10am-11am

VENUE

Aerobics Studio

MIN / MAX

6 / 14 participants

FEE

\$67.41* per month
(Member)

\$78.65* per month
(Guest)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

DAY / TIME	VENUE
Sundays: 2.15pm-3.45pm	Aerobics Studio
FEE	
\$101.12* (Member)	\$117.97* (Guest)
*Price includes GST	

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

Learn this Korean form of martial art, which has a strong emphasis on a variety of kicks. Classes are available for a range of skill levels.



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*
(Member)

\$96.84*
(Guest)

CLASS

Advanced

DAY / TIME

Fridays: 8pm-9pm

FEE

\$85.60*
(Member)

\$96.84*
(Guest)

CLASS

Intermediate / Advanced (Sparring & Self-Defence)

DAY / TIME

Sundays: 5.30pm-6.45pm

FEE

\$101.65*
(Member)

\$112.89*
(Guest)

VENUE

Aerobics Studio

*Price includes GST. 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)

MIN

6 participants

FEE

\$146.06* for 12 sessions
(Member)

\$168.53* for 12 sessions
(Guest)

*Price includes GST

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.



CONTACT

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



BOWLING COACHING

FEE

Group Coaching:	
\$45.80* (Member)	\$57.25* (Guest)
Private coaching (to arrange with instructor):	
\$78.65* (Member)	\$89.88* (Guest)
Individual (1.5hrs)	Individual (1.5hrs)
\$62.97* (Member)	\$74.42* (Guest)
2 Students (1.5hrs)	2 Students (1.5hrs)

*Price includes GST

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

Casuarina Room

ELIGIBILITY

6 years old and above; adults are welcome

MIN

5 participants

FEE

\$107.00* for 4 sessions (Member)	\$128.40* for 4 sessions (Guest)
-----------------------------------	----------------------------------

*Price includes GST. 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		VENUE	
Thursdays: 9am-10am		Aerobics Studio	
ELIGIBILITY			
6 years old and above			
FEE			
\$67.41* (Member)		\$78.65* (Guest)	

*Price includes GST. 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: 3pm-4pm	
VENUE	
Aerobics Studio	

FEE	
\$67.41* (Member)	\$78.65* (Guest)

*Price includes GST. 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



FITNESS FUN PROGRAMMES

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

POWERSTRETCH™

Tuesdays: 7.45pm-8.45pm
Wednesdays: 10am-11am

ABTABSOLUTELY FABULOUS

Fridays 11.30am-12.30pm

STREET JAZZ

Thursdays: 7.45pm-8.45pm

DYNAMIC SCULPT

Mondays: 11.30am-12.30pm

VENUE

Aerobics Studio

FEE: 1 SESSION / WEEK

\$61.79* (Member)

FEE: 2 SESSIONS / WEEK

\$84.26* (Member)

FEE: 3 SESSIONS / WEEK

\$101.12* (Member)

FEE: 4 SESSIONS / WEEK

\$117.97* (Member)

Price includes GST. An additional monthly charge of \$21.40 will be imposed for guests.



TABLE TENNIS (PRIVATE COACHING)

Hone your skills in this fast-paced sport through private coaching.

VENUE

Squash Court 4

FEE: INDIVIDUAL LESSON

\$44.94* per hour (Member)

FEE: GROUP LESSON (2 PAX)

\$56.18* per hour Group Lesson

Price includes GST. Additional \$10.70 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	DAY / TIME
Beginner	Saturdays: 3.30pm-5pm
CLASS	DAY / TIME
Intermediate	Mondays: 7pm-8.30pm; 8.30pm-10pm
CLASS	DAY / TIME
Ladies' Intermediate	Fridays: 8am-9.30am
VENUE	
Tennis Courts	
FEE	
\$148.30* (Member)	\$165.15* (Guest)

*Price includes GST. 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* per hour (Member)

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

\$128.40*

Price includes GST. Additional \$16.05 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



French Cuisine

This April, say *oui* to the country of love and romance at the Garden Grill.

Available throughout the month of April 2021 (except 4 & 5 April 2021)

Operating Hours:

Daily: 12pm-3pm; 6pm-10pm (Last order: 45 minutes before closing)

Price:

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

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

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



Rib Eye Steak

APPETISER

Goat Cheese Salad

or

Salade Nicoise

or

Salmon

baked with Béchamel, Cheese, Egg and Mushroom

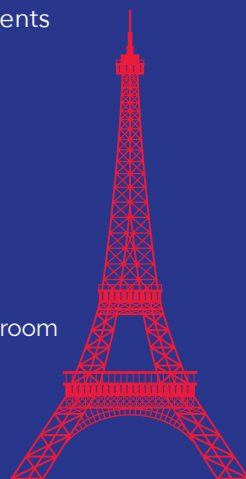
SOUP

Classic French Onion Soup

with cheese crouton

or

Potato and Leek Soup



MAIN COURSE

Sole Fillet

pan-fried with Butter, Olive Oil, Lemon Juice and Herbs

or

Coquilles Saint-Jacques a la Provençale *

or

Chicken Fillet

pan-fried with Unsalted Butter, Olive Oil, Reduced-Fat Cream, Whole-Grain Dijon Mustard, Tarragon, Thyme and Flat-leafed Parsley

or

Lamb Chops

with Thyme Sauce

or

Rib Eye Steak ***

served with red wine-mushroom ragout



Creme Caramel

Surcharges for Garden Grill

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

- * \$4.28
- ** \$8.56
- *** \$12.84

DESSERT

Creme Caramel

or

Classic French Pear

with Vanilla Ice Cream

COFFEE or TEA



Prices include GST

Menu Available
for Dine-In or
Takeaway

GARDEN
GRILL
6398 5313

New England Seafood & Lobster Month

The Yankees march into town this May with hearty New England fare featuring fresh seafood, including Maine lobster!

Available throughout the month of May 2021 (except 8 & 9 May 2021)

Operating Hours:

Daily: 12pm-3pm; 6pm-10pm (Last order: 45 minutes before closing)

Price:

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

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

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



Prawn Bisque

APPETISER

Chilled New Hampshire Ham with Asparagus

or

Crab with Avocado Mayo

or

Cream Cheese-Stuffed Poblano Pepper with Tomato Salsa

SOUP

New England Clam Chowder

or

Prawn Bisque

MAIN COURSE

Grilled Salmon Steak with Parsley-Lemon butter

or

Fish & Chips

or

Chicken Potpie

or

BBQ Honey Pork Ribs

or

'Live' Maine Lobster (500g) (surcharge \$40)

choice of Garlic-Butter, Thermidor
or Black Pepper



Fish & Chips

DESSERT

Yankee Pumpkin Pie

or

Chocolate Fudge with Prunes

Prices include GST

Surcharges for Garden Grill

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

* \$4.28

** \$8.56

*** \$12.84

Menu Available for Dine-In or Takeaway

Easter Sunday Set Menu

Celebrate Easter with the family at the Garden Grill with traditional must-have dishes.

Sunday, 4 April 2021

Operating Hours:

Daily: 12pm-3pm; 6pm-10pm (Last order: 45 minutes before closing)

Price:

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

4-course set meal \$36 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

Prices include GST



Menu Available
for Dine-In or
Takeaway

ATRIUM
CAFE
6398 5309

Mother's Day Weekend Special Set Menu

If Mum is more inclined towards Asian fare, these local favourites are sure to please her palate.
Book early for lunch or dinner.

7-9 May 2021

Time: 11am-2.30pm; 6pm-9.30pm

Price: set menu (3-5pax) @ \$138

- Double-boiled Chicken Broth with Winter Melon
- Crispy-fried Sea Bass with Superior Soy Sauce
- Singapore-style Chilli Crab
- Sweet & Sour Pork with Pineapple
- Stewed Vegetables with Fresh Mushrooms in Oyster Sauce
- Steamed White or Brown Rice

Prices include GST



Singapore-style Chilli Crab

A New Coffee Experience @ SGCC

Coffee drinkers will be pleased to know that we are now serving Boncafé's premium Royale Viennese, which melds the refined qualities of Latin American Arabica beans with the full-bodied strength of the Asian Robusta beans. A Full City (medium dark) roast, it creates a bitter-sweet brew that has a slight caramel and chocolatey flavour with mild acidity.

Start your day with us at SGCC with the irresistible Boncafé experience!



Garden Grill Refurbishment From 5 April (Monday)

Garden Grill will be closed for refurbishment works from 5 April 2021 (Monday). The estimated completion date is 25 May 2021 (Tuesday).

During this period, Garden Grill will operate at Kensington Ballroom 2. However Garden Grill will be closed on 24 April, 1, 8, 13, 15, 16 and 22 May due to private function bookings.

Garden Grill starts operating at Kensington Ballroom 2 from 6 April (Tuesday). Please note that Garden Grill opens daily from 12pm-3pm and 6pm-10pm; and is closed for private function bookings stated above.

There will be a limited menu served at Garden Grill during this period. Members can still reach Garden Grill for reservations at 6398 5313.

We apologise for the inconvenience caused.

Menu Available
for Dine-In or
Takeaway

GARDEN
GRILL
6398 5313

Sake Dinner @ Garden Grill

Chef Simon Ng has prepared a splendid five-course meal to be paired with a variety of sake.

Wednesday, 28 Apr 2021

Time: 6pm-10pm

Price: \$108 (Member) | \$118 (Guest)

Special price for sakes will be offered after dinner!

FIRST COURSE

Assorted Sashimi (Amberjack, Blue Fin Tuna and Salmon)
Hiran Junmai 65

SECOND COURSE

Miso Soup with Clam, Wakame and Tofu
Kinokawa Tokubetsu Junmai Migaki 60

THIRD COURSE

Pan-seared Hokkaido Scallop, Garlic Butter Soy Sauce
Chiyonokame Black

FOURTH COURSE

Beef Tenderloin, Potato Fondant, Asparagus
Kinokawa Ginjo

FIFTH COURSE

Matcha Green Tea Ice Cream with
Sweetened Red Bean and Shiratama Dango
Megae Daiginjo

Prices include GST

Wine of the Month

Let us introduce you to the hidden gems of SGCC's wine cellar.

Terrazas de los Andes is a winery located in a country half a world away: Argentina.

It sits in the heart of Perdiel wine region, at the foot of the mighty Andes mountain range. The original, Spanish-style parts of this estate dates back to just before the dawn of the 20th century, so the wines here are made with lots of experience and history.



Terrazas de los Andes Reserva Chardonnay \$45 per bottle

This Chardonnay delivers a fresh and fruity character reminiscent of white peach, pear and pineapple with citric hints. Aromas of white roses and brioche appear together with subtle notes of hazelnut and vanilla. A complex and elegant nose.

Terrazas de los Andes Reserva Malbec \$45 per bottle

Intense floral and fruity notes. Presence of violets, ripe black cherry and plum aromas, with a toasty and spicy character of black pepper and chocolate. This is a good time to introduce this wine, as Malbec World Day falls on 17 April. The event is an annual celebration of the day on which Argentina's President Domingo Faustino Sarmiento officially made it his mission to transform Argentina's wine industry. Argentina is now world-famous for producing wines using the Malbec varietal.

Prices include GST



Eat • Drink • Earn

Be rewarded when you dine at any of our F&B outlets



Spend more than \$500 within a month at any of our
F&B outlets (**not applicable at Swatow Gardens**)
and receive SGCC F&B vouchers!

**Terms and conditions apply*

Every block of \$500 spent in a month
entitles you to a \$20 F&B Voucher.

PROMOTIONAL PERIOD FROM
April 2021 - March 2022

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



Tempting Your Taste Buds

To enhance your dining experience, here are in-depth descriptions of selected dishes appearing in this issue's promotional menus.



GOAT CHEESE SALAD

This perfect salad is a light and delicious side dish that makes a great preliminary to any main course. The sweetness of the apples, raisins and grapes blends harmoniously with the goat cheese and dressing.

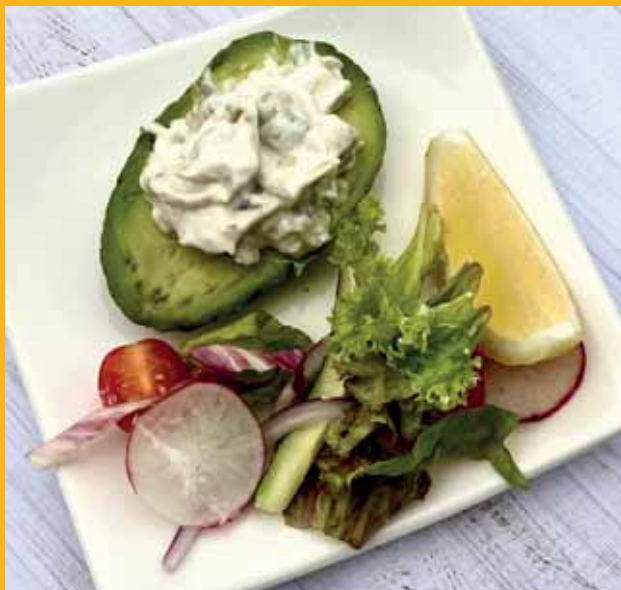
See page 34



COQUILLES SAINT-JACQUES A LA PROVENCE

A luscious entree of scallops gratinated with wine, garlic and herbs. It is a party in your mouth!

See page 34



CRAB WITH AVOCADO MAYO

This classic and simple salad has the perfect combination of ingredients that allows the crab flavour to shine through. Great for a lazy afternoon.

See page 35



'LIVE' MAINE LOBSTER

The American lobster, *Homarus americanus*, is found on the east coast of North America, from Newfoundland to North Carolina, with those found in Maine being the most abundant and delicious. The first thing to know about Maine lobsters and what visually distinguishes them from other types of lobsters is that they have two strong front claws. In fact, almost half of the lobster's weight comes from its claws. All lobsters have eight walking legs they use to crawl forward.

See page 35



FLOWER BLOOM BAG MAKING WORKSHOP

This Mother's Day, give your mum a beautiful carnation bloom bag crafted by your own hands! While you're at it, pick up useful tips on flowers as well as floral arrangements, and go home with a floral masterpiece that will light up the eyes of that special woman in your life. Sign up for the class today and unleash your creativity!

DATE 8 May 2021, Saturday	MIN / MAX PARTICIPANTS min: 5 / max: 8
TIME 10am-12pm	CLOSING DATE 23 April 2021, Friday
VENUE Casuarina Room	FEE \$80* nett (Member) \$88* nett (Guest) <small>*All materials provided</small>

CONTACT
Ke Mi at 6398 5323 or kemi@sgcc.com.sg

MASON JAR PAINTING WITH FAIRY LIGHTS

Light up your living space with your very own DIY mason jar fairy lights. At this workshop, you will learn how to use transparent enamel to decorate glass or plastic mason jars in your unique style; then add fairy lights to complete the look!



DATE

24 April 2021, Saturday

TIME

10.30am-12.30pm

VENUE

Casuarina Room

MIN / MAX

8 participants

CLOSING DATE

14 April 2021, Wednesday

FEE

\$48.00 w/o GST (Junior Gems) \$53.00 w/o GST (Member) \$58.00 w/o GST (Guest)

FACE YOGA (TRIAL)

Reverse the signs of ageing with Face Yoga. It's a fun and natural way to tone the facial muscles and achieve a firmer, more sculpted and lifted visage without the use of botox, fillers or expensive creams.



DATE

24 April 2021, Saturday

TIME

10.30am-12pm

VENUE

Via Zoom in the comfort of your home

FEE

\$35.00 w/o GST (Member)

CLOSING DATE

18 April 2021, Sunday



DIY UKULELE WORKSHOP

Always wanted to play the ukulele? Well, at this workshop, you get to assemble and customise your own ukulele. In addition, you will understand the various parts of the musical instrument, and learn how to tune it. The workshop comprises the following:

- Introduction to the DIY ukulele kit
- Priming and painting the ukulele kit with acrylic paint
- Assembling and tuning the ukulele

DATE

29 May 2021, Saturday

TIME

10am-1pm

VENUE

Casuarina Room

MIN / MAX

8 participants

CLOSING DATE

19 May 2021, Wednesday

FEE

\$70.00 w/o GST (Junior Gems) \$75.00 w/o GST (Member) \$80.00 w/o GST (Guest)



CLAY MAKING WORKSHOP

Fascinated by Miyazaki characters such as Totoro, and other cute Japanese icons like Hello Kitty? Learn to create these figurines using polymer clay. You can even fashion them into keychains — give them away as gifts or keep them for yourself.

DATE

12 June 2021, Saturday

TIME

10.30am-12.30pm

VENUE

Casuarina Room

MIN / MAX

8 participants

CLOSING DATE

2 June 2021, Wednesday

FEE

\$48.00 w/o GST (Junior Gems) \$53.00 w/o GST (Member) \$58.00 w/o GST (Guest)

CONTACT

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



Smoked Black Truffle Roasted Duck



新味享乐

and many more...



Wok Fried
"Bi Feng Tang" Hor Fun



Coconut Papaya
Milk Pudding



Authentic Teochew Cuisine
& Dim Sum



\$30 MEMBERS VOUCHER

- Valid only with a minimum spending of \$100 before GST & service charge.
- Not valid on eve of PH, PH, festive days.
- Flash this voucher to enjoy the benefits of this voucher.
- Valid for redemption only for one voucher per bill.
- Only for dine-in customers.
- Not valid with other promotions, offers & discounts.
- Voucher is not exchangeable for cash.
- The Management reserves the right to change or amend the terms without prior notice
- Valid till 31 May 2021



山頭
SWATOW SEAFOOD

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

山頭園
SWATOW GARDEN

Swatow Garden
Serangoon Country Club
22 Kensington Park Road
Heliconia Wing, Singapore 557271
Tel: 6343 1717

山頭城
SWATOW CITY

Swatow City
HomeTeamNS Bukit Batok
2 Bukit Batok West Ave 7 #02-05
Singapore 659003
Tel: 6278 8889

www.swatow.com.sg

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

order.swatow.com.sg



If your child is aged between 4 and 12 years old, sign them up for JuniorGems!

JOIN JUNIORGEMS!

What can JuniorGems do for your child?

JuniorGems membership opens a whole new world of **FUN** and **EXCITING ACTIVITIES** for the little ones! It also gives your child an opportunity to **meet new friends, interact in a social environment, and build confidence!**



For an annual fee of just **\$26.75***, your child gets to enjoy these exciting items:

- ★ JuniorGems welcome gift
- ★ Bi-monthly JuniorGems newsletter mailed to your home
- ★ JuniorGems birthday surprises
- ★ Subsidised rates for Club events
- ★ Invitation to exclusive JuniorGems activities
- ★ JuniorGems Annual Party
- ★ and many more!

* Price includes GST

† Membership is automatically renewed every year until your child reaches 12 years of age.



To join, call Jean at **63985383** or write to jean_lee@sgcc.com.sg today!

TraceTogether

Download the contact tracing app¹ to enable quicker detection and mitigate the spread of COVID-19.



Help contact tracers link cases and notify you quickly if you had possible exposure to confirmed COVID-19 cases



Let's do our part and stop the spread so that we can resume our normal lives



The earlier we are alerted and able to take action, the better we protect ourselves and our loved ones



TraceTogether, safer together



For more details, visit tracetogether.gov.sg



Download the app and enable Bluetooth®.

The Bluetooth data stored on your phone after 25 days is auto-deleted.

TraceTogether, safer together
¹Your TraceTogether mobile app Bluetooth data is stored securely on your phone. It will only be shared with MOH if you test positive for COVID-19, and solely used for the purpose of contact tracing. Data stored on your phone after 25 days is automatically deleted