



DADDY DEAREST

How did Father's Day come about? Turn to page 15 to find out. And treat dad to a lip-smacking meal — page 35–36 contains special menus that we have planned for him!



10
Invitation to AGM



16
Shadow of a Stain



18
Good Sport

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: banquetsales@sgcc.com.sg

Male & Female Changing Rooms

Daily: 5.30am–10.30pm

Study Room

Daily: 9am–10pm

The Hangout

Daily: 9am–10pm

Cambridge Pre-School

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

MANAGEMENT STAFF

General Manager

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

Personal Assistant cum

Office Manager (GM's Office)

Casey Chang 6398 5301
Email: casey_chang@sgcc.com.sg

Senior Manager (Food & Beverage)

Adrian Chew 6398 5368
Email: adrian_chew@sgcc.com.sg

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

Facilities, Maintenance & Safety Manager

Steven Hang 6398 5311
Email: steven_hang@sgcc.com.sg

CLUB ADMINISTRATION

Mon–Fri: 9am–6.30pm

Membership

Tel: 6398 5323 / 383
Email: membership@sgcc.com.sg

Accounts

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

Sports & Recreation

Email: recreation@sgcc.com.sg

Billiards, Darts & Fitness

Steven Goh 6398 5372

Squash, Tennis, Swimming, Golf

Daniel Chong 6398 5351

Cool Water Workout, Swimming
Lessons, Table Tennis, Taijiquan, Chinese
Martial Arts, Taekwondo, Aikido, Muay
Thai, Judo, Yoga & Fitness Fun
Julia Kong 6398 5352

Bowling, Bridge, Mahjong, Chess & Youth

Zaleha Hanibah 6398 5373

Food & Beverage

fnb_outlets@sgcc.com.sg

Banquet Sales

Tel: 6398 5381 / 387 / 365
Email: banquetsales@sgcc.com.sg

Advertisement Bookings

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

Data Protection Officer

Email: dpo@sgcc.com.sg

CONTENTS

JUNE • JULY 2021



15 FEATURE
Daddy Dearest
The origins of Father's Day

16 FEATURE
Shadow of a Stain
Remove stains with items found at home

18 FEATURE
Good Sport
Being coached at SGCC has improved Kiersten Lim's tennis technique

20 CALENDAR OF EVENTS
All the happenings at a glance

2 PRESIDENT'S MESSAGE

3 WELCOME / SGCC MASKS

4 OUR GEMS

6 GARDENS ROUND-UP

- Announcement of AGM
- Garden Grill Reopens
- Hong Bao Bowl / Hong Bao Bridge
- Tennis Junior Championship March 2021 / Quarterly Bowl

14 SPOTLIGHT MONTHLY
Sign up now for a free tennis clinic in July

22 FEATURE
Celebrating the Hajj
Understanding the traditions of Hari Raya Haji

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



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
Mr Edwin Lee
Squash
Ms Carole Ng
Swimming
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,

As I pen this message to you, Singapore has just entered Phase 2 (Heightened Alert) from 16 May to 13 June 2021. The situation is fluid and we are not certain how things will pan out in the next few weeks.

The Club has responded by complying with the tightened Safe Management Measures (SMM) mandated by the Government. Dine-in is not allowed at our F&B outlets during this period, however, Members can order takeaways from the outlets; but please note that takeaways are not to be consumed on Club premises.

As we enforce stricter SMM, the Club remains open. The swimming pool, tennis courts, Gardens Bowl, darts lounge, billiards room, and Jackpot room remain open in accordance with the SMM implemented. As such, only two persons in a group are allowed to gather. We seek Members' understanding and cooperation to adhere to the stricter regulations so that our country can overcome the pandemic more quickly. With the latest turn of events, we assure Members that the Club continues to stringently clean and sanitise the Club premises according to our enhanced SOP and the SG Clean standards, in order to minimise health and safety risk to Members.

Garden Grill and the Skylight Roof above the main lobby have undergone repair and refurbishment works as they were identified as potential health and safety hazards. The works should be completed in May and July respectively.

The two years of Constitution review and revision by the Constitution Review Committee have finally concluded, and Members will get to vote on the amendments in the coming Annual General Meeting (AGM), slated to take place on 27 June 2021 (Sunday). In view of the COVID-19 situation, which is constantly evolving, it will be a virtual AGM, similar to last year's. Voting Members will receive the Notice of AGM, and should there be further changes due to the COVID-19 situation, Members will be updated promptly.

Before I conclude, I would like to urge all Members to stay vigilant and be socially responsible. When all of us do our part, we can overcome the virus and stem its transmission in the community.

Take care and stay safe.

Best wishes,

Koh Jin Kit

President

Serangoon Gardens Country Club

A warm welcome to:

Ang Tun Hoo	Grand Member	Loh Wee Lee	Ordinary Member
Cheng Heng Lee	Grand Member	Ganesh S/O M Navaratnam	Ordinary Member
Chew Min Chin	Grand Member	Ong Cheng Kang	Ordinary Member
Chen Chung Ti	Grand Member	Teo Sze Ling	Ordinary Member
Ho Khai Wah, Michael	Grand Member	Tan Yan Ming Audrey	Ordinary Member
Leow Ah Liak	Grand Member	Melvin Tan Wei Yang	Ordinary Member
Mah Ching Poh	Grand Member	Sean Tan Yi Yang	Ordinary Member
Ong Boon Siang	Grand Member	Vigneswaran Nallathamby	Ordinary Member
Tang Teck Chye	Grand Member	Wang Le	Ordinary Member
Chua Hiok Ching	Grand Member	Xiao Wei	Ordinary Member
Ang Pang Yang, Alvin	Ordinary Member	Yong Sin Teck Alan	Ordinary Member
Chen Chia Fang, Yvonne	Ordinary Member	Chen Jianyu	Ordinary Member
Chen Wei Yen Andy	Ordinary Member	Ho Ming Zhen	Ordinary Member
Chan Wing Tuck	Ordinary Member	Hong Jin Jie	Ordinary Member
Chew Biyu Mildred	Ordinary Member	Brenda Lim Hui Qun	Ordinary Member
Chua Hong Yin	Ordinary Member	Neelakandan Ratnawali	Ordinary Member
Deng Yuying	Ordinary Member	Sheng Siew Ling Stella	Ordinary Member
Hua Yusong	Ordinary Member	Keeve Tan Wern Hui	Ordinary Member
Jiang Wenhui, Claudia	Ordinary Member	Azan Joffrey Guillaume Marie	Term Member
Lee Zhao-Li Olsen	Ordinary Member	Brunet Arnaud Jean-Guy Albert	Term Member
David Liew Thye Vui	Ordinary Member	Ryan Peter Mcdonough	Term Member
		Le Roux Pieter Carel	Term Member

SGCC Face Mask

Keep safe with our limited-edition SGCC face masks, selling at \$10. Get yours today from the Reception as stocks are running low!

Coming to you in our corporate colour, these forest-green masks are a crowd pleaser. Keeping safe has never looked so stylish!





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.



Excellent service rendered by Mr Ravi G. He is friendly and attentive to guests' needs, often exceeding expectations.

— Kwok Voon Kwong, Jack
(Membership No.: K2XXX)



TO STAFF, CHRISTIAN YAN



He is a great coach. Happy that he's helping to train me three times per week.

— Dailey Colin Mark
(Membership No.: DoXXX)



TO STAFF, BETTY

Her service is always so thoughtful; she is willing to go the extra mile for Members.

— Tham Lai Tong, Geraldine
(Membership No.: ToXXX)



Genelyn is always smiling and friendly. Keep it up!

— Wong Yung Guang, Raymon
(Membership No.: W1XXX)



Personalised Service

Meet May Chew, a Senior Sports & Recreation Assistant with SGCC.

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

I joined SGCC in 2008 on a friend's recommendation after the fast food chain where I had been working as a management staff for over 20 years closed down. I have been working here for 12 years now.

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

I work as a Senior Sports & Recreation Assistant under the Sports & Recreation department, and am in charge of the daily operations of the bowling and billiards rooms, as well as the gym. I enjoy working at the Club as Members are understanding and easy to chat with. Many of them have become friends.

What are some of the challenges you face on the job?

The main challenge has been making sure that the SafeEntry rules implemented due to COVID-19 are adhered to. Before COVID-19, Members were free to walk into different areas of the Club, but now there are restrictions, so I need to explain to them the rules and ensure they follow them so that everyone is safe. Before that, it was primarily about ensuring Members followed the bye-laws of the Club, such as wearing sports gear in the gym and so forth. These were generally adhered to.

What are your favourite foods?

Chicken cooked any which way — braised, in rice, steamed, fried. I am a chicken lover! I could eat it every day, even for three meals a day! If I had to pick a favourite chicken dish, it would be Hainanese chicken rice.

What is your perfect day?

A perfect day would be spent going for buffets with friends and family, and window-shopping.

What do you enjoy doing during your free time?

I like going out to try different types of food. I also enjoy watching television comedies.



SENIOR MEMBERS' TALK

A number of exciting talks were held at the Club for our senior Members in February, March and April this year. Here's a recap of what took place.

20 February 2021

AGE GRACEFULLY, NOT PAINFULLY

Speaker: **Dr Henry Chan**

During this talk, Dr Chan discussed knee arthritis among the elderly, the various treatment options available, as well as the technological advancements in knee-replacement surgery.

ASSISTED LIVING: ALL YOU WANTED TO KNOW BUT DIDN'T DARE ASK!

Speaker: **Dr Belinda Wee**

At this talk, Dr Wee touched on the definition of Assisted Living Facilities (ALFs). She described one such ALF, St Bernadette Lifestyle Village, and elaborated on its admission criteria, and the facilities available. She also delved into ageing in Singapore, the aspirations of our seniors, compared ALF to nursing homes and living at home alone with a helper, before putting forward the case for ALFs. Dr Wee rounded off her talk with a discussion of the finances involved, as well as the role of the Assisted Living Facilities Association.



13 March 2021

DEMENTIA: 10 WARNING SIGNS

Speaker: **Ms May Chng**

Ms Chng, who is from the Centre for Seniors, discussed several topics during her hour-long talk. These included the 10 warning signs of dementia, how to communicate with a person afflicted with the condition, and where to seek help and support.



ECONOMIC OUTLOOK 2021

Speaker: **Dr Tan Kee Wee**

Renowned economist Dr Tan Kee Wee gave an overview of the global economy, which has been greatly affected by COVID-19. He gave an economic forecast for the near future and years ahead, as well as impending developments related to the US dollar.



17 April 2021

WHY AM I HAVING PALPITATIONS?

Speaker: **Dr Paul Chiam Toon Lim**

A cardiologist, Dr Chiam covered the topic of heart palpitations, and its triggers and causes. He also explained when palpitations should become a concern, the need to see a doctor, and the treatments available.



talk, Christian demonstrated simple exercises and solutions to help rectify such imbalances.



CORRECTING MUSCULAR IMBALANCE FOR OPTIMUM FUNCTION

Speaker: **Christian Yan**

SGCC Gym Instructor Christian Yan expounded on the reasons for the occurrence of muscular imbalances. The most common causes, he pointed out, are from improper work-space positioning, carrying heavy bags, or past injuries. Postural compensation, if not corrected, may develop into other long-term aches and pains. During the

We thank all Members for their support and look forward to seeing you at the next talk! Should you be keen to have a particular talk repeated, please write in to feedback@sgcc.com.sg. We will be happy to accede to your request should there be popular demand.

To get the latest information on the next talk and its topic, please look out for announcements on SGCC Facebook, SGCC Telegram, SGCC website and Gardens Connection, which comes to you via your email. Alternatively, you can check the noticeboards and digital signages at the Club's lobby for updates!

We are also pleased to announce that upcoming talks will relate not only to our senior Members, but also across all age groups!



MEMBERS' DIALOGUE 2021 DRAFT AMENDED CLUB CONSTITUTION REVIEW



On 11 April 2021, a Members' Dialogue on the draft amended Club Constitution took place to seek Members' feedback.

The dialogue was chaired by the Club's Vice President, Mr Mathivanan Krishnan. Also present were members of the General Committee and the Constitution Review Committee.

The draft amendments that were presented to the 21 Members in attendance also included submissions by Members, which were carefully deliberated.

The dialogue ended with a Q&A session to address any concerns that Members may have.





EASTER EGG-CITEMENT



On 3 April 2021, the Membership Relations team organised an Easter Egg decorating workshop for our Junior Gems Members.

Judging from the photos and final creations, one can tell that these little gems are artists in their own right. They certainly had a ball of a time unleashing their creative juices at the workshop. Look at the final masterpieces by our little gems — aren't they beautiful?

If you like what you see and your kids are not part of the Junior Gems family yet, please join by dropping us an email at membership@sgcc.com.sg

“COUNT THE EGGS & WIN” CONTEST

We carried out a “Count the Eggs & Win” contest over Easter, and were heartened by the spirited participation by Members.

The correct answer was 137 eggs — unfortunately, no one got it right. However, three Members submitted answers that were the closest to the correct number. We are pleased to announce that these three Members have each won for themselves a mystery gift!

Congratulations to the following three winners!

LXX58 Constance Leung

WXX13 Wong Twee Wee

CXX02 Priscilla Chow





64TH ANNUAL GENERAL MEETING

We cordially invite active Voting Principal Members to attend the Annual General Meeting. Details are as follows:

Date: **27 June 2021**

Time: **10am (to be confirmed)**

Venue: **Kensington Ballroom**

Dress Code: **Smart Attire**

In view of the COVID-19 situation, this year's AGM will be a combination of physical and online attendance. More information, including registration details, will be sent to you via post to your registered address with the Club, together with the Notice and Agenda of the AGM.

GARDEN GRILL REOPENS

Garden Grill was closed for refurbishment works on 6 April 2021. Due to Phase 2 (Heightened Alert) from 16 May to 13 June mandated by the Government, together with the rest of the Club's F&B outlets, Garden Grill is unable to open for dine-in. Takeaway menus are available from all the F&B outlets and can be viewed on the Club's website (www.sgcc.com.sg). Here are some of the 'before' and 'after' photos of the refurbished Garden Grill.



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

HONG BAO BOWL

On Monday, 8 February 2021, 20 Members gathered at Gardens Bowl for a friendly game of bowling. In the spirit of the Lunar New Year, red packets were handed out to the bowlers, while festive tunes played in the background to rev up the mood. After six exciting games, the bowlers adjourned for a sumptuous buffet dinner, which was followed by a prize presentation.

CATEGORY	CHAMPION
Men's	Ken Tan (1,233 pinfalls)
Ladies'	Phyllis Teoh (841 pinfalls)



Ladies' Champion, Phyllis Teoh, and Deputy S&R Chairman, Ms Elena Chua



Men's Champion, Ken Tan, and Deputy S&R Chairman, Ms Elena Chua



HONG BAO BRIDGE

On Tuesday, 23 February 2020, eight Members and their guests got together at the Kensington Ballroom to engage in mini bridge games and mingle with each other. Prizes were given out to all who participated in the games.



TENNIS JUNIOR CHAMPIONSHIP MARCH 2021

A total of 31 junior players battled it out on the tennis courts for the Tennis Junior Championship, held on Sunday, 21 March 2021. Playing in favourable weather, the following players aced the game and were crowned champions:

CATEGORY	CHAMPION
8 Years & Under (Division A)	Titus Lin
8 Years & Under (Division B)	Anne Chan
10 Years & Under (Division A)	Lucas Yeo
10 Years & Under (Division B)	Alexa Goh
12 Years & Under	Gareth Goh
14 Years & Under	Josiah Lim



QUARTERLY BOWL 2021

Held on Sunday, 11 April 2021, the Quarterly Bowl saw 20 bowlers gathering at the Gardens Bowl to compete against each other. It is the first Club bowling event in which bowlers can start accumulating points to be in the running for Bowler of the Year 2021.

CATEGORY	CHAMPION
Men's	Tay Hui Chiang (2,369 pinfalls)
Ladies'	Lily Leow (1,784 pinfalls)



Men's Champion, Tay Hui Chiang, and Bowling Convenor, Mr Derrick Sim



Ladies' Champion, Lily Leow, and Bowling Convenor, Mr Derrick Sim

SPOTLIGHT MONTHLY

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

JULY 2021: FREE TENNIS CLINIC



New to tennis or keen to revisit the basic skills? Join us for an enjoyable hour-long tennis clinic and pick up the fundamentals of the game from our elite coach.

VENUE: Tennis Court

MINIMUM: 16 participants

DATE / TIME: 4 July 2021, Sunday / 9am-10am

CLOSING DATE FOR REGISTRATION: 20 June 2021, Sunday

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



Daddy Dearest

Ever wondered about the origins of Father's Day? Read on to find out.

Father's Day is celebrated around the world to value paternal bonds and the contribution dads make to our lives. This year, Father's Day falls on Sunday, 20 June. In Singapore, as in many other countries, families will be showering their unsung heroes with gifts or treating them to a special meal.

The first known commemoration of fathers took place in 1908, when a church in the US state of West Virginia held a service to honour 362 men who were killed the previous year in a mining accident.

A daughter's love

A year later, a lady named Sonora Louise Smart Dodd petitioned for a day to be designated Father's Day, and for it to be held on her own father's

birthday: 5 June. She had been listening to a Mother's Day sermon in church when she was inspired to show recognition to fathers, particularly her own.

Having turned widower when Sonora was just 16, her father, William Jackson Smart, had raised her and her five brothers on his own, sparking his daughter's respect and admiration.

It took a year of campaigning for the cause before Dodd's hometown of Spokane, Washington, observed its first official Father's Day on 19 June 1910. Families paid homage to their fathers by wearing roses — red for those who were alive, and white for those who were deceased.

Over the years, other states slowly began observing

this day as well. However, it was only declared a national holiday in America in 1972, when President Richard Nixon signed it into law.

It's official

Six decades had passed before Father's Day was officially recognised as a holiday in the US. In the intervening years, there were naysayers who were against both parent-celebrating holidays. Some frowned upon it as they saw it as a holiday created purely for commercial reasons. There was also a national movement in the 1920s and 1930s to do away with Mother's Day as well as the emerging Father's Day, and replace both days with an all-inclusive 'Parents' Day' but this was defeated.

All that changed during the Great Depression for commercial reasons. Retailers who found it tough to keep their heads above water during the Depression promoted the holiday. With the advent of World War II, it was viewed as a means of paying tribute to the troops who were out on the field. By the time President Nixon signed the proclamation declaring the day a holiday, it was already widely celebrated nationwide.

Over time, it spread around the world — but is celebrated on different days in different countries. Great Britain, Singapore and many more follow the US, celebrating it on the third Sunday of June. However, in a number of Catholic countries, especially in Latin America, fathers are feted on St Joseph's Day, which takes place on 19 March. Pacific countries, including Australia, New Zealand and Fiji, observe Father's Day on the first Sunday in September. In Thailand, it is celebrated on former King Bhumibol Adulyadej's birthday, 5 December.



Shadow of a Stain

Did you spill something on your favourite shirt? Don't fret — the shirt is not necessarily ruined. Here are some stain removal hacks using only common items found around the home.



Spills and stains are an unavoidable part of daily life. Whether it's a splotch of curry on a favourite tablecloth or a splash of red wine on a pristine white shirt, these stains can seem like a bother to get out. But if you tackle it with the right technique, there's a good chance you can eliminate it.

Blood

Bloodstains are best handled as soon as possible.

On cotton, linen and other natural fibre fabrics, soak the garment in cold salt water for one hour. Then wash with warm water and your usual laundry detergent.

If the blood gets on delicate fabrics, soak the garment in cold water for 10 minutes to half an hour. Dab baking soda onto the stain and scrub with a nail brush. Wash the garment as you usually would.

Red wine

Red wine stains can be notoriously difficult to remove. The trick, as with most stains, is to act fast.

On cotton and other washable fabrics, blot the stain with a clean cloth or paper towel, then sprinkle table salt liberally over the area. The grains of salt absorb the wine, pulling the colour away from the clothing.

If the wine is spilt on silk material, apply a small amount of distilled white vinegar directly onto the stain and let it rest for a few minutes. Blot with a wet towel followed by a dry towel. If the stain starts to dissipate, reapply the vinegar and let it rest for a few more minutes. Then clean the garment according to the care label.

Curry

Turmeric is responsible for the yellow stains left behind when you spill curry on your clothes.

On washable fabrics, cover the area with salt, letting

it soak up as much of the grease as possible. Gently brush off the salt before you wash the item. If the stain continues to be visible, dab it with a cloth dipped in white vinegar.

Should the curry drip onto a material that is made from leather, silk or wool, it is best to blot — not rub — a little cornstarch into the stain and let it sit for 20 minutes until it absorbs most of the stain.

Ink

A leaking pen or a 'creative' toddler could leave ink marks on your clothes. These marks can be one of the most stubborn stains to remove.

Should the pen's water-based ink get on coloured clothes, soak the stained portion in skimmed milk. Wait half an hour — preferably longer — before scrubbing the stain gently with a toothbrush. Then rinse with warm water.

What if the ink from a ballpoint pen gets on white clothes? Blot the stain gently. Then — this is going to sound fantastical — apply hair spray, and the marks should come off!

Coffee

If you can't function without downing at least one cup of java in the morning, you're likely to, at some point in your life, get some of the brew onto your clothes or even your furnishings. The good news is that most of these brown spots are treatable.

If you spilt coffee on clothes, apply baby powder to the stain, let it sit for a few minutes, then brush it off with a damp cloth.

Got it on your carpet instead? Pour a bit of light-coloured beer on the stain. Rub it lightly into the material. You may have to repeat the process a couple of times to remove all traces of the stain.



Looking for a Club Membership?

We can match you with our list of Sellers.

T&Cs apply.

Call 6286 8888 or email: membership@sgcc.com.sg.





Good Sport

Besides improving her technique, undergoing coaching at SGCC has boosted Kiersten Lim's confidence in the sport of tennis.

Perky and precocious, Kiersten Lim, you could say, is 11 going on 15!

A keen tennis player, she and her partner made it to the quarterfinals at the STA SPEX Junior Age Group Under 10 Doubles category last December. While she coolly shrugs off her achievement as a "good experience", her mum, Mrs Kelly Lim, reveals that Kiersten was proud to be able to advance that far, as it was one of the first few tennis tournaments she had competed in.

"The favourable result has motivated her to continue to work hard at her game," discloses Mrs Lim.

A Primary 5 student at the Convent of Holy Infant Jesus Toa Payoh, Kiersten began wielding a tennis racket "for fun" at the age of seven-and-a-half. She was then in Primary 1. "I started a bit late. Most tennis players start at the age of four or five," chirps the spirited girl.

Stepping up

When Kiersten was nine, her parents signed her up for tennis lessons at

SGCC, as she was keen to improve her game and become a stronger player. The family has been Members of the Club for three decades.

Her tutelage under tennis instructor Myat Khaing Soe, fondly known as Coach Soe, has borne fruit. "Kiersten has become more consistent through better hand-eye coordination and technical skills. She has also become more resilient and confident in her abilities," affirms Mrs Lim.

Chipping in, Kiersten divulges that she has been playing against



13-year-olds in the team. "I have improved in my strokes, techniques and control, and have made friends with the older girls in the team." Asked if she feels intimidated playing against the older girls, she replies with a cheeky smile, "Not really, I am taller than some of them."

The 1.57m-tall girl plays tennis twice a week at school, and once a week at the Club. She is currently captain of her school's junior tennis team. An only child, Kiersten also practises with her father, a banker.

Game for life

An active girl, Kiersten has had an affinity for sports since she was in kindergarten.

"Kiersten loves sports," vouches her mum. "She enjoys the competitive nature of tennis. It's an outlet for her to release energy and she finds it fun. It's a form of exercise as well as relaxation for her."

When it comes to their daughter's future in the game, Kiersten's parents hope she can play the sport into her senior years and continue to lead a healthy lifestyle.

When not playing tennis, the pre-teen enjoys swimming, badminton and basketball. The family, too, bonds over sport, whether it is playing table-tennis, going for walks, cycling or swimming together. Sports aside, Kiersten's other interests are art and coding.

This all-rounder also excels on the academic front. She topped her level in Mathematics and Science — her favourite subjects — in Primary 4, and was overall top of her cohort for academics as well!

















Juggling school and sports is a cinch for this disciplined child, who makes sure she gets her schoolwork completed on time. "Her activities are scheduled and ample time is allocated for her studying and revision," acknowledges Mrs Lim.

As for her own hopes for the future, Kiersten aspires to follow in the footsteps of her uncle and become an architect. "I enjoy sketching buildings and hope to get to design them some day," she shares.




















"I have improved in my strokes, techniques and control, and have made friends with the older girls in the team."

JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>1</p> <p>Australian Food Promotion Garden Grill 12pm & 6pm (whole month except 19, 20 & 30 June)</p> 					
7	8	9	10	11	12	13
14	<p>15</p> <p>Squash Social Night Squash Courts 6pm</p> 	<p>16</p> <p>Social Etiquette Classes Casuarina Room 10am</p> 	<p>17</p> <p>Social Etiquette Classes Casuarina Room 10am</p> 	<p>18</p> <p>Social Etiquette Classes Casuarina Room 10am</p> 	<p>19</p> <p>Father's Day Set Menu Garden Grill 12pm & 6pm</p> <p>Father's Day Family Feast Atrium Cafe 12pm & 6pm</p> 	<p>20</p> <p>Father's Day Set Menu Garden Grill 12pm & 6pm</p> <p>Father's Day Family Feast Atrium Cafe 12pm & 6pm</p> <p>Tennis Junior Championship June 2021 Tennis Courts 8am</p> 
		<p>Table Tennis Social Practice Squash Court 4 12pm</p> 	<p>Squash Social Night Squash Court 5pm</p> 		<p>Showcase of Fitness Programmes Aerobics Studio/ Kensington Ballroom 9.30am</p> 	<p>Showcase of Fitness Programmes Aerobics Studio/ Kensington Ballroom 9am</p>
21	<p>22</p> <p>Squash Social Night Squash Courts 6pm</p> 	23	<p>24</p> <p>Squash Social Night Squash Courts 5pm</p> 	<p>25</p> <p>Tennis Social Night Tennis Courts 8pm</p> 	<p>26</p> <p>9 Pin Tap Competition Gardens Bowl 2pm</p> 	27
28	<p>29</p> <p>Squash Social Night Squash Courts 6pm</p> <p>Bridge Sparkling Diamond Kensington Ballroom 2 9am</p>  	30				

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

JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p>1</p> <p>All-American Cuisine Garden Grill 12pm & 6pm (whole month)</p>  <p>Squash Social Night Squash Courts 5pm</p> 	<p>2</p>	<p>3</p>	<p>4</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>11</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>SGCC Chess Open Casuarina Room 1pm</p> 	<p>18</p>
<p>19</p>	<p>20 Hari Raya Haji</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>25</p>
<p>26</p>	<p>27</p> <p>Squash Social Night Squash Courts 6pm</p> 	<p>28</p>	<p>29</p> <p>Squash Social Night Squash Courts 5pm</p> 	<p>30</p>	<p>31</p> <p>Face Yoga Zoom 10.30am</p>  <p>Tea Appreciation Workshop Kensington Ballroom 2 2pm</p> 	

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

Celebrating the Hajj

For those of you who are confused about the existence of two Hari Rayas, read on to find out more about one of them.



Not to be mistaken for Hari Raya Puasa, which was held in May this year, Hari Raya Haji takes place 70 days after the fasting month of Ramadan. It falls on 20 July this year.

Hari Raya Haji means "great day of the *hajj*" in Malay. Considered the fifth pillar of Islam, the *hajj* is the annual holy pilgrimage to Mecca that every healthy and financially able Muslim is required to make at least once in his lifetime. The *hajj* retraces the arduous journey of Prophet Muhammad's pilgrimage to the holy city of Mecca, and must be undertaken during Zulhijjah, the 12th month of the Islamic calendar.

Festival of sacrifice

Hari Raya Haji is also known as "*Aidiladha*", or "great festival of sacrifice", as it commemorates the story of Prophet Ibrahim and his son, Ismail. According to the Quran, Allah commanded Ibrahim to sacrifice Ismail as a test of his faith. As Ibrahim was about to kill his son on the altar, Allah intervened and provided a sheep instead.

It is said that the father and son were then guided by Allah to build the Kaaba, the famous cube-shaped building in Mecca — when Muslims say their prayers, they must face in the direction of the Kaaba. Since then, Muslims around the world slaughter livestock

such as sheep, goats or cows in a ritual known as the *korban*.

Korban

The ritual involves slaying the animal to be sacrificed by facing it in the direction of the Kaaba. Prayers are recited while the jugular vein of the animal is slit quickly. The animal is then cleaned and its meat carved up and distributed. According to tradition, the person who paid for the animal reserves one-third of the meat, while another one-third goes to family and friends. Given the festival's emphasis on compassion, sharing of wealth and remembering blessings, the remaining portion is donated to the needy.

The *korban* is a significant ritual of Hari Raya Haji. Muslims who are able are encouraged to perform it. It can be done individually or as a group. In Singapore, the ritual takes place in mosques and religious schools. Last year, due to COVID-19, no livestock was imported to Singapore for the *korban*. Instead, arrangements were made for the ritual to be carried out in Australia; the meat was then chilled and shipped to Singapore for distribution.

After the *korban*, Muslims usually carry out social visits. As Hari Raya Haji has a spiritual focus, it tends to be a more subdued affair, with less feasting and merry-making compared to Hari Raya Puasa.

COMPETITIONS

SQUASH SOCIAL NIGHT

Enjoy a convivial evening of recreational squash and socialising among fellow squash enthusiasts. No booking is required — just show up and play! Please sign in at the gym counter before proceeding with your games.

DAY / TIME

Tuesdays; 6pm-8pm
Thursdays; 5pm-8pm

VENUE

Squash Courts

FEE

Free (Member)



TABLE TENNIS SOCIAL PRACTICE

Here's a chance to sharpen your table tennis moves. All skill levels are welcome! Open to Members only.

DAY

Wednesdays

TIME

2pm-4pm

VENUE

Squash Court 4

FEE

Free (Member)



CONTACT

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



TENNIS SOCIAL NIGHT

Have fun engaging in friendly competition against fellow tennis players. All skill levels are welcome! Open to adult Members only.

DATE

11 & 25 June 2021, Fridays
9 & 23 July 2021, Fridays

TIME

8pm-10pm

VENUE

Tennis Courts

FEE

Free (Member)

CONTACT

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

SGCC CHESS OPEN 2021

Compete against fellow Members in this tournament, played in five rounds of 25 minutes a side. Show off your best moves and you may just be crowned king and queen of chess.

DATE

17 July 2021, Saturday

TIME

1pm-6pm

VENUE

Casuarina Room

MIN / MAX

10 / 12 participants

FEE

\$10.70* (Member)

*Price includes GST and lunch

CONTACT

Zaleha Hanibah at 6398 5389 or zaleha@sgcc.com.sg



TENNIS JUNIOR CHAMPIONSHIP JUNE 2021

Here's a chance for budding tennis stars to showcase their prowess with their racket. Sign up your child today!

DATE	TIME
20 June 2021, Sunday	8am-6pm
CLOSING DATE	FEE
6 June 2021, Sunday	\$10.70* (Member) *Price includes GST

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



BRIDGE SPARKLING DIAMOND

Calling all bridge enthusiasts! Gather for an enjoyable game with friends and family and adjourn to a delicious lunch thereafter.

DATE	TIME
29 June 2021, Tuesday	9am onwards
VENUE	
Kensington Ballroom 2	
MIN / MAX	
8 / 12 participants	
FEE	
\$10.70* (Member)	\$15.00* (Guest)

* Prices include GST and lunch

BOWLING GUEST NIGHT PROMOTION

Our Bowling Guest Night Promotion is back! You and your guests can enjoy playing more – for less!



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

*Prices include 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

9 PIN TAP COMPETITION

Compete against fellow Members and see how many times you can hit down nine pins.

DATE	VENUE
26 June 2021, Saturday	Gardens Bowl
CHECK-IN TIME	ROLL-OFF TIME
2pm	2.15pm
ELIGIBILITY	MIN / MAX
21 years and above	15 / 20 participants
CLOSING DATE	FEE
12 June 2021, Friday	\$42.80* (Member)

*Price includes GST and is for 10 games

CONTACT

Zaleha Hanibah at 6398 5389 or zaleha@sgcc.com.sg

SHOWCASE OF FITNESS PROGRAMMES

This is a great opportunity to try out a variety of fitness classes before deciding on one that suits you best.

DATE

19 June 2021, Saturday

CLASS

Vinyasa Flow Yoga

TIME

9.30am-10am

INSTRUCTOR

Ms Dawn Wong

CLASS

Sensory Fitness

TIME

10am-10.30am

INSTRUCTOR

Ms Barbara Lina Lei

CLASS

Aikido

TIME

10.30am-11am

INSTRUCTOR

Dato Aaron Ee

CLASS

Silver Dance

TIME

11am-11.30am

INSTRUCTOR

Mr Andrew Lau

CLASS

ABTsoluteSCULPT

TIME

11am-11.30am

INSTRUCTOR

Mr James Shaw

CLASS

BounceSCULPT

TIME

11.30am-12pm

INSTRUCTOR

Mr James Shaw

DATE

20 June, Sunday

CLASS

Hatha Yoga

TIME

9am-9.30am

INSTRUCTOR

Mr Michael Choong

CLASS

Taekwondo

TIME

10am-10.30am

INSTRUCTOR

Mr Patrick Tan

CLASS

Taijiquan

TIME

9.30am-10am

INSTRUCTOR

Mr David Lee



MIN / MAX

6 / 14 participants

CLOSING DATE

6 June 2021, Sunday

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; 3.45pm-4.30pm; 4.30pm-5.15pm; 5.15pm-6pm
 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*	\$78.65*	\$89.88*
(Member)	(Guest) Weekday	(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

*Prices include 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.



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)
---	--

*Prices include 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



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.

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)

*Prices include 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.



SILVER DANCE

Silver Dance is a workout that features choreographed dance moves coupled with funky music. It's dynamic, safe and yet intense enough to work out a sweat!

DAY / TIME

Mondays: 10am-11am

VENUE

Aerobics Studio

MIN / MAX

6 / 14 participants

FEE

\$67.41* per month (Member)

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

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*	\$96.30*
(Member)		(Guest)

CLASS
Advanced

DAY / TIME
Fridays: 8pm-9pm

FEE

\$85.60*	\$96.30*
(Member)		(Guest)

CLASS
Intermediate / Advanced (Sparring & Self-Defence)

DAY / TIME
Sundays: 5.30pm-6.45pm

FEE

\$101.65*	\$112.35*
(Member)		(Guest)

VENUE
Aerobics Studio

*Prices include 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	\$168.53* for 12 sessions
(Member)		(Guest)

*Prices include 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



BIO BOWLING

Run by Bio Bowling Academy, Bio bowling classes will focus on helping children to improve their bowling skills. Simulator bowling lanes and pins will be used in the coaching sessions.

DAY / TIME

Fridays: 4.45pm-5.45pm
Sundays: 4pm-5pm

FEE

\$385.20* (Member)	\$428.00* (Guest)	\$374.50* (Junior Gems Members)
-----------------------	----------------------	------------------------------------

*Prices include GST

MIN

5 participants

VENUE

Aerobics Room

ABOUT THE TRAINERS

Bio Bowling Academy was established in 2012 and endorsed as a Centre of Excellence by the Singapore Bowling Federation a year later. Supported by a team of experienced coaches, it has been offering training programmes to both primary and secondary schools. Ms Vanessa Fung joined the academy in 2017. Before working in Singapore, she was a private bowling instructor in Hong Kong for 10 years. A national athlete for 12 years, she came in third at the Women's Masters in the 2005 World Games in Duisburg, Germany, and was second runner-up at the AVIVA Asian Bowling Tour, Grand Slam Finals 2001. She was also second runner-up at the Asian Bowler of the Year 2009 competition. Having pioneered a bowling programme targeted at children from the age of five, she is well placed to conduct training programmes for budding young talents. An SBF Level 2-certified instructor with SGCC for the past three years, she has fostered good relationships with both Members and staff.

BRIDGE LESSONS

One of the world's most popular card games, bridge even has a governing body (World Bridge Federation) that oversees international competition. It is played in groups of four people, with one pair opposing another. Sign up for this series of five lessons to learn more about this fascinating pastime.

DAY

Every Friday

TIME

6pm-9pm

VENUE

Kensington Ballroom 2

ELIGIBILITY

12 years old and above;
adults are welcome

MIN

12 participants

FEE

\$160.00* (Member)	\$180.00* (Guest)
--------------------	-------------------

*Prices include GST and is for 5 sessions.



ABOUT THE TRAINER

Jin Meng has more than 15 years of experience playing contract bridge — and is still enthusiastic about it. He feels that this game is perfect for someone who loves an endless series of puzzles, and enjoys interacting with a group of like-minded puzzle-solvers. He has been coaching beginners — primarily seniors — for the last few years, with emphasis on thinking analytically about the game instead of memorising rules. He also runs an online bridge community, where he volunteers his mentorship and runs a weekly online game to a group of people aspiring to improve their game.

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)
*Prices include 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	VENUE
Mondays: 7.30pm-8.30pm; Saturdays: 3pm-4pm	Aerobics Studio
FEE	
\$67.41* (Member)	\$78.65* (Guest)
*Prices include 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

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

SENSORY FITNESS

A fun, sensory journey through the sense of sight, smell, touch and sound in a studio filled with the therapeutic smell of essential oils and soothing music. You will be guided by the experienced instructor in practising self-care lymphatic drainage and deep-breathing techniques to attain a holistic approach to the well-being of one's body, mind and soul.

DAY / TIME	VENUE	MIN
Tuesdays: 10am-11am	Aerobics Studio	6 participants
FEE		
\$67.41* (Member)		
*Prices include GST and are inclusive of aromatic materials for four lessons. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.		



ABOUT THE TRAINER

Barbara Lina Lei is a veteran swimming coach and fitness enthusiast. She also holds an ITEC Level 3 Diploma in Aromatherapy with Merit.

CONTACT

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

ABTsoluteSCULPT

ABTsoluteSCULPT is a HIIT (High Intensity Interval Training) class that also focuses on toning the lower body (hips, thighs and abdominals). Note that participants are required to purchase a small pair of cotton hand towels or gliding discs.

DAY / TIME

Fridays: 11.30am-12.30pm

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

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

DynamicSCULPT

DynamicSCULPT focuses on rehabilitative (increasing range of motion) and controlled "time under tension" strength-building movements using instructor-approved resistance and loop bands, which participants are required to purchase.

DAY / TIME

Mondays: 11.30am-12.30pm

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

*Prices include 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

James Shaw has been in the fitness industry since 1982, teaching group exercises as well as giving personal training. He has taught in various countries including Singapore, Thailand and the USA.

STREET JAZZ

Street Jazz mixes old jazz dance styles with elements of what is trending in the dance world today. Despite the use of old-school jazz music, these moves will make you feel young again. And because the moves require lines and a strong physique, they can help you to keep fit.

DAY / TIME

Thursdays: 7.45pm-8.45pm

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

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

ABOUT THE TRAINERS

Sheerainno Seah has more than 20 years of experience in the entertainment and arts industry. She is a long-time choreographer and instructor for all kinds of dance genres. She fused her background in jazz and Chinese cultural dance, and threw in some street-style moves, to create Street Jazz.

Clare Tay, too, has more than 20 years of experience as a dancer, instructor and choreographer. While she has received training in contemporary dance, jazz, ballet, hip hop and street jazz, she is still actively attending workshops and classes both in Singapore and overseas.

POWERSTRETCH™ BY DERRICK EE

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

DAY / TIME

Tuesdays: 7.45pm-8.45pm

Wednesdays: 10am-11am

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

*Prices include 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

Derrick Ee has been an aerobics instructor with the Club since 2000. A talented dancer and choreographer, he also has more than two decades of experience as a dance and fitness instructor.



BounceSCULPT

Bouncing on a trampoline for 50 minutes reportedly burns between 400-600 calories. The G-force created by bouncing builds muscle and burns fat quickly. Every part of the body is firmed up. Since the trampoline absorbs most of the impact, the joints benefit, too. The classes tone the muscles, encourage lymphatic drainage, improve balance, and strengthen the bones. Best of all, the atmosphere and endorphin rush are addictive.

DAY / TIME

Wednesdays: 11.30am-12.30pm

Saturdays: 12pm-1pm

VENUE

Club 22

MIN

6 participants

FEE

\$72.76* (Member)

*Price includes GST

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

Non-slip socks must be worn for each lesson.

CONTACT

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

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*

Prices include 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

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)

*Prices include 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.



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

Prices include 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



**GARDEN
GRILL**
6398 5313

Australian Food Promotion

G'day, mate! Tuck into wholesome food from Down Under this June at the Garden Grill!

Menu Available
for Dine-In or
Takeaway

Available throughout the month of June (except 19, 20 & 30 June)

Operating Hours:

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

Price:

3-course set meal @ \$25 per person

4-course set meal @ \$30 per person

\$2.50 discount for Senior Members (aged 55 and above) and Students

APPETISER

Cantaloupe Seafood Salad

Complemented with refreshing Bush Salad
OR

Home-smoked Australian Grain-fed Beef Carpaccio

With Mini Mesclun
OR

Cured Portobello Mushroom Salad

Tossed with Aged Balsamic Vinaigrette

SOUP

Rockhampton Roasted Tomato Soup

Enhanced with Fresh Basil Oil
OR

Fremantle Seafood Chowder

Seafood simmered in Chicken Stock and smoothed with Cream



Old Boyneside Lamb Stew

MAIN COURSE

Pan-fried Sole Fillet topped with Cashew Nut Gremolata

Drizzled with Teriyaki Glaze
OR

Albany Prawn Ragout on Green Tea Pasta

With Cured Mushroom and Ripened Tomato
OR

Grilled Marmalade Half Spring Chicken

Marmalade-glazed Baby Chicken nestled on Roasted Spud
OR

Grilled Victorian Rib-eye of Beef (+ \$8 surcharge)

Rubbed with Allspice and Onion Powder
Served with Sun-dried Pepper Gravy
OR

Old Boyneside Lamb Stew

Scented with Fresh Rosemary



Baked Aussie Apple Strudel

DESSERT

Baked Aussie Apple Strudel

Accompanied by a Shot of Tonka Bean Sauce
OR

Berries Soupe

Assorted Berries Compote topped with Ice Cream

COFFEE OR TEA

All prices include GST

**THIS
PROMOTION IS
SUBJECT TO
CHANGES, IN VIEW
OF THE AUTHORITIES'
COVID-19 GUIDELINES,
WHICH ARE
CONSTANTLY
EVOLVING.**

Menu Available for Dine-In or Takeaway

All-American Cuisine

Don't miss the chance to sample drool-worthy fare from the land of the free at the Garden Grill.

Available throughout the month of July

Operating Hours:

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

Price:

3-course set meal @ \$25 per person

4-course set meal @ \$30 per person

\$2.50 discount for Senior Members (aged 55 and above) and Students



Slow-roasted American Barbecued Pork Ribs

APPETISER

Santa Barbara Green Chilli Oyster Shooter with Tomato Salsa

2 shots per serving

OR

Classic Cobb Salad

OR

Pan-fried Green Poblano Chilli stuffed with Cheese

Served with Tex-Mex red salsa

SOUP

Oregon Chicken Noodle Soup

Chunks of Chicken simmered in rich broth with Vegetables

OR

San Francisco Inn Seafood Gumbo

Okra and Farmer Greens simmered in Tomato Broth

With crabmeat and shrimp



MAIN COURSE

Rigatoni with Salmon and Vodka Sauce

OR

Lemon White Fish Fillet

With Red Cabbage Slaw

OR

Southern-style Buttermilk Fried Half Spring Chicken

OR

Slow-roasted American Barbecued Pork Ribs

OR

Escondido Rib-eye of Beef (+ \$8 surcharge)

Rubbed with 13 spices and served with Caramelised Onion



Southwest Orange Flan

DESSERT

Southwest Orange Flan

A burnt sugar edge custard flavoured with orange liqueur, zest and juice of orange

OR

New York-style Cheesecake

COFFEE OR TEA

THIS PROMOTION IS SUBJECT TO CHANGES, IN VIEW OF THE AUTHORITIES' COVID-19 GUIDELINES, WHICH ARE CONSTANTLY EVOLVING.

All prices include GST

Menu Available
for Dine-In or
Takeaway

**GARDEN
GRILL**
6398 5313



Father's Day Celebration **@ Garden Grill**

Show dad your appreciation with
a mouth-watering meal.

19-20 June 2021

Operating Hours:

12pm-3pm; 6pm-10pm

(Last order: 30 minutes before closing)

Price:

\$58 per person

SET MENU

APPETISER

Smoked Salmon

With Rocket Leaves, Shaved Parmesan and Balsamic Pearls

SOUP

Chicken Consommé

With Prawn Ravioli

MAIN COURSE

Grilled King Prawn

With Portobello Mushroom, Thyme, Rosemary, Garlic Butter
OR

Grilled New Zealand Rib-eye

With Café de Paris Butter

DESSERT

Chilled Lemongrass Jelly

With Dragonfruit

FRESHLY BREWED COFFEE OR TEA

Prices include GST

Menu Available
for Dine-In or
Takeaway

Crispy Fried Sea Bass,
Thai-style



Father's Day Family Feast

Celebrate dad's special day with a sumptuous Chinese repast at Atrium Cafe.

19-20 June 2021

Operating Hours: 12pm-3pm; 6pm-10pm
(Last order: 30 minutes before closing)

Price: Chinese 6-course menu: \$138 (serves 4-5pax)

MENU

Veloute of Bamboo Pith

With Mushroom and Shredded Chicken

Crispy Fried Sea Bass, Thai-style

Salted Egg Yolk Prawn

Braised Broccoli
With Shimeji Mushroom

Fragrant Lotus Leaf Rice

Chilled Eight Treasures Cheng Tng



Fragrant Lotus
Leaf Rice

Prices include GST



Banquet Meeting & Seminar Packages

10%
discount
for SGCC
Members

PACKAGE A (FULL-DAY: 8 HOURS) @ \$65 PER PERSON

2 coffee breaks with snacks and 1 Bento lunch

PACKAGE B (FULL-DAY: 8 HOURS) @ \$55 PER PERSON

2 coffee breaks with snacks

PACKAGE C (HALF-DAY: 4 HOURS) @ \$50 PER PERSON

1 coffee break with snacks and 1 Bento lunch

PACKAGE D (HALF-DAY: 4 HOURS) @ \$40 PER PERSON

1 coffee break with snacks

Minimum: 10 pax

PACKAGE INCLUDES

Meeting/Seminar venues

Choice of set-up

Usage of LCD projector and screen

2 cordless microphones

Complimentary Wireless Broadband Access

Flipcharts with markers

Meeting stationery

Iced water and mints

All prices include GST

FACE YOGA

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	TIME	MIN	CLOSING DATE
31 July 2021, Saturday	10.30am-12pm	8 participants	21 July 2021, Wednesday
VENUE		FEE	
Via Zoom, in the comfort of your home		\$35.00* (Member) * Price does not include GST	

SOCIAL ETIQUETTE CLASSES FOR KIDS

Having a good grasp of the rules of etiquette will help your children conduct themselves properly in social situations and get along better with others. This introduction to social etiquette will cover the following aspects:

- Words to Use & Words to Lose
- Helping at Home and Table-setting Practice
- Restaurant Dining Etiquette and Table Manners
- Good Habits & First Impressions, Body Posture and Body Language



Targeted at children between five and 12 years old, the three-day workshop, conducted by Molly Manners Social Etiquette School, will include games, discussions and storytelling for a fun approach to the topic.

DATE		
16-18 June 2021, Wednesday-Friday		
TIME	VENUE	
10am-12pm	Casuarina Room	
MIN / MAX	CLOSING DATE	
8 / 10 participants	12 June 2021, Saturday	
FEE		
\$150.00* (Junior Gems)	\$160.00* (Member)	\$180.00* (Guest)
* Prices do not include GST		



TEA APPRECIATION WORKSHOP

Fascinated by the many different types of teas as well as the culture surrounding its consumption? Join our workshop and immerse yourself in the fascinating world of tea. In addition to providing a tea tasting session at the end, the workshop will delve into the following topics:

- History of tea culture
- Introduction to the various types of tea
- The benefits of drinking tea
- The science of tea drinking
- The knowledge of tea brewing

DATE	
31 July 2021, Saturday	
TIME	VENUE
2pm-4pm	Kensington Ballroom 2
MIN	CLOSING DATE
8 participants	23 July 2021, Friday
FEE	
\$30.00* (Member)	\$35.00* (Guest)
* Prices do not include GST	

CONTACT

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

UKULELE WORKSHOP (BEGINNER)

The ukulele is cute, fun, and easier to pick up than the guitar. It is a social instrument, whose contagious spirit magnetically draws people together for an enjoyable song-filled time. Once you are familiar with some chords and can strum with some competence, you will find yourself eager to share your joy with others! The workshop will cover the following:

- How to tune, hold and strum your ukulele
- Basic ukulele chords
- Basic scales & fingering
- Diatonic chords in various keys
- Strumming & plucking techniques
- Various plucking patterns
- Single-line melody playing

DATE

Every Friday, from 6 August 2021

TIME

10.30am-12pm

VENUE

Kensington Ballroom 1

MIN / MAX

6 / 10 participants

CLOSING DATE

28 July 2021, Wednesday

FEE

Every 8 lessons \$128.00*
(Member)

Every 8 lessons \$148.00*
(Guest)

* Prices do not include GST



ABOUT THE TRAINER

Besides being able to express himself fluently on the guitar and ukulele, Daniel Chua is also an arranger and composer. Comfortable in a number of music genres — from country, rock, and blues to funk and pop — Daniel holds a Bachelor of Music degree from Lasalle College of the Arts.

UKULELE LESSONS (INTERMEDIATE)

Participants should already have a reasonable understanding of the topics covered in the sessions for beginners. Topics that will be covered in these classes include:

- New accompaniment patterns in various styles
- Intermediate 16-beat strumming patterns
- Syncopated strumming rhythms
- Single-line melody playing
- Introductions and interludes
- Chord-melody soloing
- Play in more keys
- Play syncopated rhythms and fill-in patterns

DATE

Every Wednesday, from 4 August 2021

TIME

10.30am-11.30am

VENUE

Kensington Ballroom 1

MIN

8 participants

CLOSING DATE

26 July 2021, Monday

FEE

Every 8 lessons \$128.00*
(Member)

Every 8 lessons \$148.00*
(Guest)

* Prices do not include GST



ABOUT THE TRAINER

Melvin Paul Martin has almost a decade of experience performing locally and internationally, as well as teaching music. With a passion for teaching and guiding, Melvin is always ready to share his extensive knowledge in music.

CONTACT

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

經典之選



山頭
SWATOW



\$30 Gift Voucher

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

Valid Till **31 July 2021**



Wedding/Solemnisation Packages

100PAX – 149PAX: \$68 PER PERSON

150PAX – 199PAX: \$65 PER PERSON

200PAX – 210PAX: \$62 PER PERSON

THE PACKAGE WILL INCLUDE:

- USE OF THE BALLROOM FROM 11AM – 3PM / 6PM – 10PM
- USE OF LCD PROJECTOR AND SCREEN
- PROVISION OF STAGE (24" X 12")
- SOLEMNISATION TABLE WITH FIVE (5) BANQUET CHAIRS (JP, GROOM, BRIDE AND 2 WITNESSES)
- DINING TABLES WITH LINEN AND SEAT COVERS FOR ALL DINING CHAIRS
- BASIC SOUND SYSTEM WITH TWO (2) CORDLESS MICROPHONES
- MINIMUM OF 100 PERSONS
- CHOICE OF WESTERN, INDIAN OR MALAY CUISINE
- COMPLIMENTARY FREE FLOW OF SOFT DRINKS
- COMPLIMENTARY USAGE OF TWO (2) BRIDAL ROOMS
- COMPLIMENTARY GUEST SIGN-IN BOOK AND MONEY BOX
- A MODEL WEDDING CAKE FOR CAKE-CUTTING CEREMONY
- CHAMPAGNE FOUNTAIN WITH ONE (1) BOTTLE OF SPARKLING WINE
- PROVISION OF TWO (2) VIP PARKING LOTS
- COMPLIMENTARY PARKING UP TO 20% OF CONFIRMED ATTENDEES



Contact Banquet Sales

6286 8888 or 6398 5387

banquetsales@sgcc.com.sg

**Price includes GST*



Member-Get-Member Scheme

GOOD THINGS NEED TO BE SHARED!
SHARE THE JOYS OF BEING A SGCC MEMBER
AND BE REWARDED!

You will get

\$300 credits if your friend signs up
for an Ordinary Membership

\$200 credits if your friend signs up
a Term Membership

REWARDS WILL NOT BE
GIVEN TO MEMBERS FOR
ANY TRANSACTION
THROUGH AN AGENT.

THE CLUB RESERVES THE RIGHT TO CHANGE THE REWARDS OR REPLACE
THEM WITH ITEMS OF EQUAL VALUE WITHOUT NOTICE, AND CHANGE THE
TERMS & CONDITIONS OF THE PROGRAMME WITHOUT NOTICE.

Effective 1 May 2021

T&Cs apply.

Contact Membership at: 6286 8888 or
membership@sgcc.com.sg