

DON'T RAIN ON MY PARADE

How hardcore are you when it comes to National Day trivia? Turn to page 30 to see whether you know all the facts we've uncovered!



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64th AGM Report



8
Over the Moon



16
Strike One



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Dear Fellow Members,

August is when we celebrate Singapore's National Day; this August, Singapore will be celebrating her 56th birthday.

I am incredibly grateful that we, the residents of this young country, live in a peaceful and prosperous society. It is obvious that, in this pandemic, our country has proven to be highly functional. Residents have been well looked after financially and in the healthcare aspect. In return, we have been highly disciplined in complying with the Safe Management Measures (SMM) set by the government. As such, I am hopeful that the country and the Club will soon be able to open up further, when the majority of residents have been vaccinated. I am sure many of us look forward to the day when we can return to 'normal' again.

Citizens and second-generation permanent residents of this country would have, either themselves or their loved ones, risked life and limb for years when fulfilling their National Service obligations — be it in the Armed Forces, Police Force, or Civil Defence Force — to protect the people, the systems, and the values that uphold this multi-racial and multi-cultural society.

It is appropriate then that, as a family club in Singapore, we reflect upon the values that are encapsulated in the National Pledge, our oath of allegiance, during this difficult time. Under my watch, I would like Members to uphold, in particular, this part of our Pledge:

"...regardless of race, language or religion, to build a democratic society based on justice and equality."

We must never allow religious or cultural chauvinism or racism drive a wedge among us.

Happy National Day, everyone! Do come and enjoy yourselves at the Club during this season, when we celebrate the success of our nation!

Best wishes,

Koh Jin Kit
President



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
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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

WELCOME TO THE SGCC FAMILY!

Chong Kam Wah	Grand Member
Ho Koon Hin	Grand Member
Kang Bak Kiang Allan	Grand Member
Lim Bak Wee	Grand Member
Anantha Suresh	Ordinary Member
Syed Farhad Ahmed	Ordinary Member
Boey Chee Mun Jeremy	Ordinary Member
Drysdale Darren Kenneth	Ordinary Member
Gomez Gerade	Ordinary Member
Baqar Hasnain	Ordinary Member
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Yee Wei Wen	Ordinary Member
Alby Yeo Kwan Yong	Ordinary Member
Cheng Zai Jing	Ordinary Member
Joshua Eu Wei Jie	Ordinary Member
David Eu Wei Ren	Ordinary Member
Goh Yin-Lin, Lynne	Ordinary Member
Lee Yuan	Ordinary Member
Neville Miles	Term Member



Happy First Anniversary!

This issue celebrates the first anniversary of the e-ClubSpirit, which was launched one year ago with the August-September 2020 issue of the magazine. We would like to take this opportunity to thank Members who have embarked on this digital journey with us through the e-ClubSpirit. Your support has helped the Club tremendously in our efforts to shrink our carbon footprint, reduce waste, and save trees.

We would also like to announce that we have stopped accepting requests for hard copies to be mailed to your homes. For those who had opted for hard copies, you will stop receiving the magazine, currently mailed to your home, from the October-November 2021 issue.

Do not be disheartened, as those who wish to have a hard copy can still pick it up from the Reception or Club lobby entrance. The electronic version of the magazine can be accessed any time on your smartphone, tablet or computer from the Club website or via your email as the e-ClubSpirit. For those without an email address, we encourage you to write in to us at feedback@sgcc.com.sg to inform us your email address and to start receiving your e-ClubSpirit.

We thank Members for supporting the Club's green initiatives. Going green means taking responsibility for our actions; going green means preventing waste!



64th Annual General Meeting



The 64th Annual General Meeting (AGM) was held virtually at 10am on 27 June 2021. It was conducted in accordance with the regulations laid down by the Registry of Societies for AGM proceedings and the Safe Management Measures (SMM) mandated by the government. As per the guidelines, the AGM had to be limited to 50 people attending, and this number included the organiser, support crew, observers, scrutineers, auditors, Club-appointed lawyer, Trustees, Management team, and the General Committee (GC).

At the AGM, we had five observers, three trustees, two auditors, and a Club-appointed lawyer present at the meeting premises to witness the entire proceedings. When the AGM proceedings commenced at 10am, the Club General Manager (GM) informed the AGM Chairman and President, Mr Koh Jin Kit, that the quorum for the meeting was met, and the meeting was called to order.

Chairman followed with the delivery of the Presidential speech and expressed his heartfelt appreciation for Members' support for the past one year, which had been truly challenging for all as the COVID-19 pandemic affected everyone's lives in significant ways. Although the Phase 2 (Heightened Alert) had eased recently, and we had moved into Phase 3 (Heightened Alert), we were not out of the woods yet, as the situation remained volatile and should be so for a while. In the worst-case scenario, should Circuit Breaker happen again in FY2021/2022 like in the year before, the Club could potentially run a significant deficit of up to \$1 million.

On behalf of the Club, Chairman expressed his gratefulness for the grant of approximately \$1.18 million that the Club received from the government between April 2020 and March 2021, as this had allowed the Club to run an Operating Surplus. He noted that more than

80% of the grant was directed at retaining employees during this difficult time.

Chairman gladly informed Members that, despite the Phase 2 (Heightened Alert) measures, the Club was fortunate to run an Operating Surplus of about \$100,000 (before any government grant) in Q1 FY2021/2022 (Apr–Jun 2021). The credit, he said, went to the GM for his good leadership and his Management Team for the good work.

He went on to emphasise that minimising health and safety hazard remained top priority for the GC despite attaining the SG Clean status. He added that, besides the upkeep of hygiene and SMM, the refurbishment of Garden Grill due to potential health hazard was completed and the venue had recently reopened; and the skylight roof repair and solar film coating work was on track to be completed in July.

It was also updated that the disciplinary investigatory proceedings had started for some cases, such as that of "Banned by Singapore Tennis Association for sending non-members to represent the Club in competitions" and "Breach of Constitution: no Control Committee Approval for spending above \$100K".

Chairman closed his address with sincere thanks to:

- **fellow Members** for their support and valuable feedback;
- the **Constitution Review Committee (CRC)** Members for their tireless pro bono hard work in the past two years. The CRC comprised of Dr Lau Teik Soon (Chairman), Mr James Wee, Mr Leslie Yeo, Mr Henry Kwek, and Mr Pao Kiew Tee;
- our **Club Trustees** for their guidance and advice;
- **Sports Convenors and their Sub-Committee** Members for their passion in promoting sports in SGCC;
- volunteers in **Legal Council and Disciplinary Committee**;
- the **Management and staff of SGCC** for their efforts in making the Club a safe place for Members to visit during these unprecedented times; and
- fellow **General Committee** Members for their commitment and invaluable contributions.

Confirmation of Minutes & Adoption of Accounts

The meeting proceeded with the confirmation of the minutes of the 63rd AGM. Mr Bob Mong proposed the confirmation of the minutes, while Mr Rick Seah seconded it.

Chairman proceeded to the next item on the agenda, which was to receive the Annual Report as well as the adoption of accounts for the year ended on 31 March 2021. Mr Randy Sng proposed the confirmation, and Mr Bertram Lee seconded it.

Appointment of Auditors for the Ensuing Year

The Honorary Treasurer, Dr Rodney Wong, proposed Audit Alliance LLP as the Club's auditor for the ensuing financial year, and Mr Tony Lim seconded it.

Voting Results of the Resolution proposed by the General Committee (CRC/GC Version) and the 14 Motions by Mr Vincent Tan to further amend the CRC/GC Version

A summary of the results is listed below:

Motion	For	Against	Abstain	Carried/Not Carried
1	124	38	7	Carried
2	47	117	8	Not Carried
3	46	117	9	Not Carried
4	51	113	9	Not Carried
5	46	115	12	Not Carried
6	44	115	13	Not Carried
7	50	112	11	Not Carried
8	45	113	13	Not Carried
9	48	113	12	Not Carried
10	49	115	9	Not Carried
11	49	112	12	Not Carried
12	49	114	10	Not Carried
13	51	113	9	Not Carried
14	46	110	7	Not Carried
15	44	108	11	Not Carried

Transacting Any Other Business (AOBs)

Topics covered in the AOB letters received from Members were addressed prior to the AGM and had been published on the Club AGM white board located at the Main Lobby as well as on the Club website at www.sgcc.com.sg since 25 June 2021.

Adjournment of Meeting

Chairman ended the 64th AGM at 10.30am.

Chairman and President, on behalf of the GC, also thanked Members for voting for the motions in the 64th AGM through the means of a Proxy Form, which was submitted on 26 June, prior to the AGM. The vote has given the GC a clear mandate to replace the original Constitution with the CRC/GC version. The carried amendments will be submitted to the Registry of Societies for approval, and this process could take between one and three months. The date when the amended Club Constitution takes effect will be announced to all Members in due course.

Over the Moon

With the Mid-Autumn Festival drawing near, learn about the legends surrounding the occasion and the dessert associated with it.

The Mid-Autumn Festival — also known as the mooncake festival — falls on the 15th day of the eighth lunar month. This year, it takes place on 21 September. It is known as the Mid-Autumn Festival because the 15th day is the middle of a month, and the eighth lunar month is in the middle of autumn.

Although the exact origins of the festival are unknown, historical records indicate the moon was worshipped in ancient China as far back as the Shang dynasty. The festival was officially observed only from the Tang dynasty, when emperors would host a feast and make an offering to the deities in celebration of the year's harvest.

There are a few legends surrounding the origin of the festival. A well-known one relates to Chang'e, the moon goddess. According to the

legend, after the mythological archer Hou Yi courageously shot down nine of the 10 suns circling Earth and thus prevented the world from being scorched, he was granted an elixir of immortality from the Jade Emperor, but Hou Yi kept it aside. Hou Yi's greedy apprentice, Feng Meng, tried to steal it. Hou Yi's wife, Chang'e, ended up drinking the elixir to save it from the thief. She then became weightless and floated to the moon — with a rabbit to accompany her — turning into a Moon Goddess.

Missing his wife, Hou Yi held a feast with her favourite delicacies on the day of the fullest moon, hoping to catch a glimpse of his wife's shadow. They are said to have been reunited on the 15th day of the full moon, when Hou Yi became the God of the Sun.

How it is celebrated

In China, moon-viewing parties were a popular way to celebrate the festival. Families would gather in the garden after dinner to gaze at the full moon, sip on osmanthus tea or wine, and nibble on mooncakes.

In this part of the world, mooncakes are undoubtedly the most well-known aspect of the

festival. Legend has it that these sweet treats played a starring role in liberating China from the Mongols during the Yuan dynasty. During an uprising, rebels hid messages reading "Kill the Mongols on the 15th day of the eighth month" in mooncakes. They were able to successfully overthrow the Mongols and establish the Ming dynasty. Today, mooncakes are eaten to commemorate that victory.

Traditional mooncakes are made of refined flour, lye, water and lard, and filled with lotus seed paste and salted egg yolk in the middle. These days, they come in a wide range of flavours and are filled with everything from chocolate to champagne truffle.

Lanterns, too, feature prominently in the festival, and have been associated with it since the Tang dynasty. In Singapore, children look forward to carrying brightly-lit lanterns in various shapes around their housing estates. The traditional lanterns lit with wax candles were made from paper and shaped into everything from cars to cartoon characters. These days, however — due to safety concerns — they are more likely to be made of plastic and battery-operated.





Menu Available
for Dine-In or
Takeaway

Asian Fusion Cuisine

Pamper your palate with innovative dishes that combine the best of East and West at Garden Grill this August.

Available throughout the month of August 2021

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 Students and Senior Members (55 years old and above)

APPETISER

Sesame Pork Potstickers

served with black vinegar and julienned ginger
OR

Marinated Salmon with Sweet Wasabi Dressing

accompanied by baby green leaves
OR

Roulade of Drunken

Silk Chicken

served with mesclun tossed in sesame dressing

SOUP

Essence of Chicken

with Chinese black mushroom and winter melon
OR

Mulligatawny

a traditional curried soup of Indian origin



Sesame Pork Potstickers



Crispy Skin Barramundi Fillet

MAIN COURSE

Seafood Pasta Singapura

linguini pasta tossed in chilli crab sauce
OR

Crispy Skin Barramundi Fillet

marinated in ginger juice & sesame oil, served with seasonal vegetables and teriyaki jus
OR

Pan-roasted Indochine Chicken Steak

served with hoisin bean sauce
OR

Grilled Pork Chop

marinated with Vietnamese spices and apple-almond salsa
OR

Grilled Ribeye Steak with Asian-style Herb Sauce
(\$8 surcharge)

DESSERT

Banana and Red Bean Paste
in spring roll wrappers
OR

Pistachio and Matcha Ice Cream

COFFEE OR TEA

Prices include GST

Oysters & Chardonnay Promotion

Calling all oyster lovers! Don't miss our incredible offer on this shellfish, available only in the month of August.

Available throughout the month of August 2021

Operating Hours:

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

Price:

3 Canadian Oysters + 1 glass of Chardonnay NOW \$19.80 (Usual \$22.00)

6 Canadian Oysters + 2 glasses of Chardonnay NOW \$36.80 (Usual \$44.00)

12 Canadian Oysters + 1 bottle of Chardonnay NOW \$77.80 (Usual \$91.00)

Prices include GST



Menu Available
for Dine-In or
Takeaway

Traditional Spanish Cooking

Say "Hola!" as your taste buds are transported to the land of bullfights and flamenco this September.

GARDEN
GRILL
6398 5313

Available throughout the month of September 2021

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 Students and Senior Members (55 years old and above)



Frita de pollo y
jamon Croquetas

APPETISER

Frita de pollo y jamon Croquetas

Ham croquette with mini salad

OR

Ensalada andaluza con albondigas

Andalusian salad with meatball

OR

De gambas con ajo Tortilla Espanola

Garlic prawn with Spanish omelette

SOUP

Sopa de Tomate asado con Chorizo

Roasted tomato soup with chorizo and pesto stick

OR

Cebolla Espanola y sopa de guisantes

Spanish onion and split pea soup

MAIN COURSE

Paella Mixta

Saffron rice with seafood and chorizo

OR

Pescado a la plancha cocinado San Sebastian Estilo

Grilled fish cooked in San Sebastian-style

OR

Pollo al Estilo Espanol bebe a la parrilla

Spanish-style grilled baby chicken

OR

Rabo de buey guisado

Spanish oxtail stew

OR

Barcelona, Bistec con ensalada de cuscus Espanola

Barcelona beef steak with Spanish couscous salad (\$8 surcharge)



Paella Mixta

DESSERT

Flan de naranja

Orange burnt custard

OR

Mousse de chocolate con churros y fresa fresca

Chocolate mousse with churros & fresh strawberry

COFFEE OR TEA

Prices include GST

Menu Available for Dine-In or Takeaway

ATRIUM CAFE
6398 5309

Chef's Specials

For August

Here are lip-smacking dishes that our chefs have specially planned for you.

Available throughout the month of August 2021, except for 6-9 August.

Operating Hours:

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

MENU

Sweet & Sour Pork Ribs with Rice @ \$8.80

Black Pepper Beef with Rice on Hot Plate @ \$9.80

Fujian Seafood Fried Mee Suah @ \$9.80

Crispy Seafood Mee Hoon @ \$9.80

Hoon Siew Fish Belly with Rice @ \$12.80

Prices include GST

Menu Available for Takeaway only

GARDEN GRILL
6398 5313

56th National Day Specials

Celebrate National Day by ordering takeout from Garden Grill. Enjoy our mixed combo set meal for two persons at only \$56 (U.P. \$68).

6-9 August 2021 (Friday-Sunday) from 11am-8.30pm

EACH SET INCLUDES:

Seafood Gumbo Soup x 2

Garlic Toast x 4

Combo (Salmon, Pork Ribs and Chicken) x 2

Cheesecake x 2

Prices include GST

Garden Grill Breakfast Menu

They say breakfast is the most important meal of the day,
so make it a great one by having it at Garden Grill!

Available on Saturdays, Sundays and Public Holidays from 8.30am-2.15pm

BREAKFAST CLASSICS (INCLUDES CHOICE OF COFFEE OR TEA)

The Big Scramble @ \$16.80

Scrambled eggs topped with cheddar cheese,
served with your choice of crisp bacon or sausage

The Garden @ \$13.80

Sunny-side up egg, sauteed mushrooms, bell peppers,
grilled tomato, baked beans, and hash brown

Lumberjack Omelette @ \$13.80

Omelette with ham, sausage, spinach and cheddar

Egg Benedict @ \$13.80

Served on muffin with ham and hollandaise sauce

PANCAKE & MORE

Simon's Traditional Pancake @ \$10.80

Served with maple syrup and butter

Fruit Salad with Honey & Yogurt (V) @ \$10.80

Smashed Avocado Toast with Egg (V) @ \$10.80

SAVOURY QUICHES @ \$8

Mushroom & Spinach (V)

Broccoli & Ham

Bacon Swiss

BEVERAGES

Coffee

Espresso (single @ \$3; double @ \$4)

Brewed Coffee @ \$2

Cappuccino @ \$3.50

Latte @ \$4

Tea @ \$2

Loose-Leaf Teas by Sir Thomas J Lipton

Chamomile Infusion

Peppermint Infusion

Lipton / Green Tea / Earl Grey

Chilled Juices @ \$3

Orange / Pineapple / Cranberry

(V) indicates vegetarian

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 credits!

**Terms and conditions apply*

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

PROMOTIONAL PERIOD FROM
April 2021 - March 2022

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



Beverage Promotion For August & September

Take advantage of our super-affordable prices. Cheers!



ASAHI SUPER DRY
Japan's No. 1 Beer
 \$42 per 3-litre
 (Complimentary Groundnuts)

\$4.80 per 300ml
 \$8.00 per 500ml



WINE PROMOTION
Printhe Mountain Range
2018 Pinot Gris
 @ \$45 per bottle

Printhe Mountain Range
2018 Merlot
 @ \$45 per bottle



JWBL PROMOTION
1 bottle JW Black Label
 @ \$88

2 bottles JW Black Label
 @ \$78 each



Single Malt Whisky Promotion

1 bottle Cardhu 12 Years
 @ \$108

2 bottles Cardhu 12 Years
 @ \$198

1 bottle Singleton Dufftown 15 Years
 @ \$148

2 bottles Singleton Dufftown 15 Years
 @ \$278

1 bottle Lagavulin 16 Years
 @ \$178

2 bottles Lagavulin 16 Years
 @ \$338

Prices include GST



All details listed are accurate at time of print and subject to changes due to government updates of COVID-19 guidelines.



Strike One

A Singles Champion at the National Age Group 2019, bowler Derrance Chua credits regular training and a dedicated coach with helping him stay on top of his game.

An invitation to a bowling party at SAFRA Toa Payoh proved to be a turning point for Derrance Chua. It was love at first bowl for the-then eight-year-old.

"It was very exciting to watch other players at the bowling alley with their colourful bowling balls and hearing the sound of the falling pins, with me trying to imitate them," Derrance recalls with a gleam in his eye. "Compared to other sports I had tried before such as table tennis, it is very different: I fell in love instantly." Following this encounter,

"It requires a lot of thinking, strategy and skills, which is very fun and challenging for me."



he requested to switch his CCA from table tennis to bowling when he was in Primary Three, knowing that his primary school offered the sport.

Derrance has since gone on to bowl competitively, becoming the Singles Champion at the National Age Group in 2019. He also placed third in the Men's Graded B Masters Finals at the Singapore International Open 2019! "I was overjoyed as I never expected to win," shares the now 17-year-old. "There were definitely better bowlers than me there. I suppose my form was good, and the lane and oiling suited my playing style that day. Also, my coach, Mr John Liaw, was there to guide and encourage me," he acknowledges humbly.

The Pre-U 1 student at Anglo-Chinese Junior College was privately coached by Mr Liaw before joining SGCC's Centre for Excellence (COE) programme in 2017. COE is a Singapore Bowling Federation initiative that trains youths in a structured format. As training sessions for his school and those under the COE programme are conducted at SGCC, Derrance's parents joined the Club in 2019 to facilitate his practices as the Club is just 10 minutes away from home.

Laying the foundation

Derrance, who was selected to be on the National Development

Squad last year, reveals that being on the COE programme has made him a more confident bowler.

"The programme not only imparts more in-depth knowledge of the sport, it also helps me with my character development. Through this programme, I have improved my physical game and mental strength. A very structured programme, it corrects my form from the basics, which is very important," he attests.

The young man also credits Mr Liaw for helping to sharpen his game. "He has taught me to tackle different types of oiling patterns, and how to react in various situations," discloses Derrance. Furthermore, Coach John — as Derrance refers to Mr Liaw — makes it a point to be present during competitions to guide Derrance. "He will constantly remind me to stay calm no matter how hard the situation is, to focus and concentrate on every shot, never give up, and persevere till the last pin falls," he says with a tinge of gratefulness.

While bowling appears to be a simple sport, there's more to it than meets the eye. "It requires a lot of thinking, strategy and skills, which is very fun and challenging for me," asserts Derrance.

Best foot forward

Derrance affirms that it takes commitment, effort and time to do well in the sport. The dedicated bowler trains three to four days a week. "Training frequently helps to set my routine."

Juggling schoolwork with competitive bowling requires discipline and perseverance, and Derrance has these qualities in spades. "As my training usually falls on weekday afternoons, I try to complete my homework for the day after my training, no matter how tired I am, so that I do not carry forward any outstanding work to the next day. I keep my weekends free to study and revise for tests and exams," he reports.

Apart from training, learning how to accept advice and criticism with grace, and learning from his mistakes have enabled him to keep getting better at his game. Asked how far he hopes to go in the sport, Derrance declares, "For the time being, I just want to enjoy this game and play my best to win for my school and SGCC Youth Club leagues and competitions."

AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	<p>31</p> <p>Bridge Sparkling Diamond Casuarina Room gam</p>  <p>Squash Social Night Squash Courts 6pm</p> 					<p>1</p> <p>Asian Fusion Cuisine and Oysters & Chardonnay Promotion</p> <p>Garden Grill 12pm & 6pm (whole month)</p> 
2	3	4	5	6	7	8
9 National Day	10	11	12	13	14	15
16	17	18	<p>19</p> <p>Squash Social Night Squash Courts 5pm</p> 	20	<p>21</p> <p>Quarterly Bowl (Ladies' Category) Gardens Bowl 2pm</p> 	<p>22</p> <p>Quarterly Bowl (Men's Category) Gardens Bowl gam</p> 
23	<p>24</p> <p>Squash Social Night Squash Courts 6pm</p> 	<p>25</p> <p>Table Tennis Social Practice Squash Court 4 2pm</p> 	<p>26</p> <p>Squash Social Night Squash Courts 5pm</p> 	<p>27</p> <p>Tennis Social Night Tennis Courts 8pm</p> 	<p>28</p> <p>Introduction to Face Yoga via Zoom 3pm</p> 	<p>29</p> 

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

SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Traditional Spanish Cooking Garden Grill 12pm & 6pm (whole month)  Table Tennis Social Practice Squash Court 4 2pm 	2 Squash Social Night Squash Courts 5pm 	3 JG Annual Party Slime-Making Workshop with Free Mini Mooncakes Casuarina Room 2pm & 3.30pm 	4 JG Annual Party Slime-Making Workshop with Free Mini Mooncakes Casuarina Room 2pm & 3.30pm 	5
6	7 Squash Social Night Squash Courts 6pm 	8 Table Tennis Social Practice Squash Court 4 2pm 	9 Squash Social Night Squash Courts 5pm 	10 Tennis Social Night Tennis Courts 8pm Tea Appreciation Workshop Kensington Ballroom 2 2pm 	11 Lantern-Making Workshop Casuarina Room 10.30am  	12 Bowling Convenor Cup Gardens Bowl 9am  Tennis Junior Championship September 2021 Tennis Courts 9am 
13	14 Squash Social Night Squash Courts 6pm 	15 Table Tennis Social Practice Squash Court 4 2pm 	16 Squash Social Night Squash Courts 5pm 	17	18	19
20	21 Squash Social Night Squash Courts 6pm 	22 Table Tennis Social Practice Squash Court 4 2pm Ukulele Lesson (Intermediate) (8 lessons) Kensington Ballroom 1 10.30am 	23 Squash Social Night Squash Courts 5pm 	24 Tennis Social Night Tennis Courts 8pm  Ukulele Workshop (Beginner) (8 lessons) Kensington Ballroom 1 10.30am 	25	26
27	28 Squash Social Night Squash Courts 6pm 	29 Table Tennis Social Practice Squash Court 4 2pm 	30 Squash Social Night Squash Courts 5pm 			

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

COMPETITIONS



SQUASH SOCIAL NIGHT

Keen to hone your squash skills? Practice, they say, makes perfect. Put your skills to the test while socialising with fellow 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)

TENNIS SOCIAL NIGHT

Practise your backhand, smashes and dropshots with fellow players. All skill levels are welcome. Open to adult Members only.

DATE

27 August 2021, Fridays
10 & 24 September 2021, Fridays

TIME

8pm–10pm

VENUE

Tennis Courts

MAX

10 participants

FEE

Free (Member)



TENNIS JUNIOR CHAMPIONSHIP SEPTEMBER 2021

Hey, kids! Do you wield the tennis racket like a pro? Even if you're not quite at that level, you can have fun playing against your peers in this tournament.

DATE

12 September 2021, Sunday

TIME

9am–6pm

VENUE

Tennis Courts

CLOSING DATE

29 August 2021, Sunday

FEE

\$10.70* (Member)

*Price includes GST



CONTACT

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



TABLE TENNIS SOCIAL PRACTICE

Sharpen your table tennis moves by engaging in a friendly game with fellow Members. All levels are welcome! Open to Members only.

DAY	TIME
Wednesdays	2pm-4pm
VENUE	FEE
Squash Court 4	Free (Member)

CONTACT

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

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)

*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



BOWLING CONVENOR CUP

Calling all bowlers – the Convenor Cup is up for grabs again! Sign up and see how many strikes you can hit in this 'Best of 10 Games' format. You may just walk away with the trophy.

DATE

12 September 2021, Sunday

TIME

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

VENUE

Gardens Bowl

MIN / MAX

15 / 20 participants

CLOSING DATE

29 August 2021, Sunday

FEE

\$42.80* (Member)

*Price includes GST

QUARTERLY BOWL

Sign up for the next quarterly bowl in August and surprise yourself with the number of strikes you're able to hit in this 'Best of 10 Games' format.

LADIES' CATEGORY

21 August 2021, Saturday

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

MEN'S CATEGORY

22 August 2021, Sunday

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

VENUE

Gardens Bowl

MIN

20 participants

CLOSING DATE

7 August 2021, Saturday

FEE

\$42.80* (Member)

*Price includes GST

BRIDGE SPARKLING DIAMOND

Gather for a thrilling game of bridge with fellow enthusiasts and adjourn to lunch thereafter.



DATE

31 August 2021, Tuesday

TIME

9am onwards

VENUE

Casuarina Room

MIN / MAX

8 / 12 participants

CLOSING DATE

17 August 2021, Tuesday

FEE

\$10.70*

(Member)

\$15.00*

(Guest)

*Prices include GST and lunch

9 PIN TAP COMPETITION

Here's another chance to show off your bowling prowess. Sign up for this competition, which will be in a 'Best of 10 Games' format. The competition has both Men's and Ladies' categories.

DATE

23 October 2021, Saturday

CHECK-IN TIME

2pm

ROLL-OFF TIME

2.15pm

VENUE

Gardens Bowl

MIN / MAX

15 / 20 participants

CLOSING DATE

8 October 2021, Friday

FEE

\$42.80* (Member)

*Price includes GST

CONTACT

Zaleha Hanibah at 6398 5340 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* (Member)	\$78.65* (Guest) Weekday	\$89.88* (Guest) Weekend
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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.



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)
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FEE: 2 SESSIONS / WEEK

\$112.35* twice a week per month (Member)	\$129.20* twice a week per month (Guest)
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*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



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
Additional guest charges of \$5.32* per weekday and \$8.56* per weekend. *Price includes GST.

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)

*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.

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)

*Price includes 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.



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.

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)	\$96.30* (Guest)
CLASS	
Advanced	
DAY / TIME	
Fridays: 8pm-9pm	
FEE	
\$85.60* (Member)	\$96.30* (Guest)
CLASS	
Intermediate / Advanced (Sparring & Self-Defence)	
DAY / TIME	
Sundays: 5.30pm-6.45pm	
FEE	
\$101.65* (Member)	\$112.35* (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.

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

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)

*Price includes 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.



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* (Member) \$128.40* (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

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

Additional \$10.70* per guest per hour. Fees do not include court bookings.

*Price includes GST.

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

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

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.

CONTACT

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

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)

*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

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.

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

Club 22

FEE

\$67.41* (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.

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.

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)

*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 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 still actively attends workshops and classes in Singapore and overseas.

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

Club 22

FEE

\$67.41* (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.

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

Tuesdays: 10am-11am

VENUE

Aerobics Studio

MIN

6 participants

FEE

\$67.41* (Member)

*Price includes 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

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*

Additional \$16.05* per hour per guest. Fees do not include court bookings.

*Price includes GST.

ABOUT THE TRAINER

Allan Chang is a certified squash coach with more than 20 years of experience.

ADULT GROUP COACHING TENNIS PROGRAMME BY ACES TENNIS

CLASS

Beginner

DAY / TIME

Saturdays: 3.30pm-5pm

CLASS

Intermediate

DAY / TIME

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

CLASS

Ladies' Intermediate

DAY / TIME

Fridays: 8am-9.30am

VENUE

Tennis Courts

FEE

\$148.30*
(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.



CONTACT

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



Don't Rain on My Parade

As we celebrate Singapore's 56th National Day this year, here are some of the more obscure facts about past celebrations for you to chew on.

National Day, which marks Singapore's independence from Malaysia, is observed on 9 August every year. As preparations for this year's edition of the National Day Parade (NDP) would be coming to a close by the time you read this article, we've unearthed trivia about the occasion you can impress your friends with at your National Day get-together.

Start time

Old-timers may recall the parade used to be held at gam until 1973, when it was moved to early evening instead. This was done to ramp up attendance by the public. It worked so well that NDP continues to start at 5.30pm today.

Venues

The Padang was where the first NDP, which took place in 1966, was held. It remained at that venue for 10 consecutive years before being moved to the National Stadium to accommodate a much bigger crowd — the National Stadium had six times the capacity of the Padang. Even so, high demand for tickets forced organisers to hold simultaneous celebrations in different parts of the island so that even more Singaporeans could be part of the celebrations: between 1975



and 1983, on alternate years, parades were held in places as diverse as Jalan Besar Stadium, Toa Payoh Stadium, and Temasek Junior College. In 1995, it was decided the parade would be held at the historically significant Padang every five years.

Weather

Many a NDP has been rained upon, including the very first one in 1966. *The Straits Times* reported that Prime Minister Lee Hsien Loong recalled in a National Day Rally speech that, as a participant standing in the rain in the 1968 parade, it was "a really powerful memory for all those who participated". He was at the time leading a combined schools brass band as a 16-year-old Catholic High School student.



21-gun salute

At every National Day Parade, a 21-gun salute is carried out in honour of the president. This tradition dates back to the 14th century, when gun salutes were done to signal soldiers' friendly intentions. The 21-gun salute was fired from the water for the first time at the 2009 National Day Parade by gunners from the 21st Battalion Singapore Artillery.



Female bagpipers

In 1967, a contingent of 36 all-girl bagpipers was added to the NDP. The girls and their two instructors put up a grand spectacle during the parade and march-past.



Theme songs

'Stand Up for Singapore' (1984), 'Count on Me, Singapore' (1986), and 'We Are Singapore' (1987) are National Day songs we love to sing along to with gusto. But did you know that the patriotic lyrics to them were written not by a Singaporean but by Hugh Harrison, a Canadian?

Fun packs

Fun packs were introduced for the first time in the 1991 edition of NDP.

Tickets

So highly coveted are NDP tickets that snaking queues and overnight waits to obtain these treasured items are not uncommon. According to *The Straits Times*, things got so heated one year that 40 troopers from the Police Special Operations Command had to be deployed to

manage the unruly crowd. In 2003, balloting was introduced to prevent such incidents from happening again, but that led to its own set of problems, such as tickets not being collected and hacking of the balloting site.



National flag

The giant Singapore flag used in the fly-past portion of the parade is one-and-a-half times bigger than a basketball court.



FREE INTRODUCTION TO FACE YOGA

Come and learn what face yoga is, and how it can help to reverse the signs of aging. It is a fun method of exercising your face to keep the muscles toned. In less than two months, you will achieve a firmer, more sculpted and lifted face.

DATE
28 August 2021, Saturday
TIME
3pm-3.45pm

VENUE	
Via Zoom, in the comfort of your home	
CLOSING DATE	FEE
20 August 2021, Friday	Free

TEA APPRECIATION WORKSHOP

Fascinated by the different types of teas, and the entire culture surrounding the drinking of this beverage? Join our workshop and immerse yourself in the fascinating world of tea. The workshop will delve into the following topics, concluding with a tea tasting:

- 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	
10 September 2021, Friday	
TIME	
2pm-4pm	
VENUE	MIN
Kensington Ballroom 2	8 participants
CLOSING DATE	
1 September 2021, Wednesday	
FEE	
\$30.00* (Member)	\$35.00* (Guest)
* Price includes GST	



CONTACT

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

LANTERN-MAKING WORKSHOP

There's no better time for DIY lantern making than during the Mid-Autumn Festival. Aside from munching on mooncakes, get your children involved in a DIY lantern project. They'll feel a sense of accomplishment while parading their one-of-a-kind handiwork!

DATE	MAX		
11 September 2021, Saturday	10 participants		
TIME	CLOSING DATE		
10.30am-12.30pm	3 September 2021, Friday		
VENUE	FEE		
Casuarina Room	\$8.00* (Junior Gems)	\$10.00* (Member)	\$12.00* (Guest)
	* Price includes GST		



Photos: Dreamhome & Lifetime from Shopee

CONTACT

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

All details listed are accurate at time of print and subject to changes due to government updates of COVID-19 guidelines.

UKULELE WORKSHOP (BEGINNER)

Suitable for beginners, the ukulele is cute, fun, and easier to learn than the guitar. It is a social instrument, a song machine that magnetically draws people together to enjoy themselves in music making. The ukulele spirit is highly contagious — you will be moved to share songs with friends as soon as you master some chords and strumming. The workshop will cover the following:

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

DAY

Fridays, from 24 September 2021

TIME

10.30am-12pm

VENUE

Carnation Room (subject to change)

MIN / MAX

6 / 10 participants

CLOSING DATE

25 August 2021, Wednesday



FEE

\$128.00* (Member)

\$148.00* (Guest)

* Price includes GST, and is for a set of 8 lessons.

UKULELE LESSONS (INTERMEDIATE)

Students who wish to attend the intermediate class should have a reasonable understanding of what is covered in the beginners' class before delving further into the instrument. The topics that will be covered in the intermediate stage are:

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

DAY

Wednesdays, from 22 September 2021

TIME

10.30am-11.30am

VENUE

Carnation Room (subject to change)

MIN / MAX

6 / 10 participants

CLOSING DATE

20 August 2021, Friday



FEE

\$128.00* (Member)

\$148.00* (Guest)

* Price includes GST and is for a set of 8 lessons.

CONTACT

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



JG ANNUAL PARTY SLIME-MAKING WORKSHOP WITH FREE MINI MOONCAKES

This slime-making workshop couldn't be more exciting for the little ones. Children will enjoy the wide range of ingredients and ideas they can incorporate into their creations. For those who cannot make it, please feel free to reserve a free Slime-making Kit. This is on a first-come-first-served basis as we have a limited number of sets to give out. The free kits are available for collection only on 4 September 2021, Saturday.

DATE

3 & 4 September 2021, Friday & Saturday,

TIME

2pm-3pm & 3.30-4.30pm

VENUE

Casuarina Room

MAX

8 participants per class

CLOSING DATE

27 August 2021, Friday

FEE

\$5.00* (Junior Gems)

* Price includes GST

CONTACT

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

All details listed are accurate at time of print and subject to changes due to government updates of COVID-19 guidelines.

山頭園

SWATOW GARDEN

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 or amend the terms without prior notice.

Valid till 30 September 2021

山頭
SWATOW SEAFOOD

Blk 181 Lor 4 Toa Payoh
#02-602
Singapore 310181
Tel: +65 6313 1717

山頭園
SWATOW GARDEN

22 Kensington Park Road
Serangoon Garden Country Club B
Heliconia Wing, Singapore 557271
Open to public, Tel: +65 6343 1717

山頭城
SWATOW CITY

2 Bukit Batok West Ave 7
#02-05, HomeTeam NS
Singapore 659003
Tel: +65 6278 8889

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–10.30pm

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 & Eve of PH: 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): 6.30am–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: 6.30am–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

Danny Wong Foo Ying 6398 5311
Email: danny_wong@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 Classes

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



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.

