



## SEE THE LIGHT

What are the traditions of the Hindu festival of Deepavali? Turn to page 26 to learn more about the Festival of Lights



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Giving Back to Bowling



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## PATRONS

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## EDITORIAL COMMITTEE

Mr See Kim Xiang Xavier  
Ms Joanne Ng  
Mr Daryl Neo

## PUBLISHING AGENT

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Dear Fellow SGCC Members,

**A**t the time of penning this, we are approaching the Mooncake Festival (also known as Lantern Festival or Mid-Autumn Festival 中秋节). Among the Chinese, the Mid-Autumn Festival is traditionally the second-most important festival, after Chinese New Year. In ancient China, when the economy was agriculture-driven, the festival was meant to pray and give thanks to the gods for bountiful harvests. For the Chinese community in Singapore, it is a time for family reunions and for the children to take part in lantern processions under the full moon. The festival is held on the 15th day of the 8th lunar month. On the Gregorian calendar, the festival falls on the 21st of September this year.

Soon after the Mid-Autumn Festival, on the 4th of November 2021, the country will celebrate Deepavali (aka Diwali) – the Festival of Lights, one of the most significant of all Hindu festivals. During this festival, which signifies the triumph of light over darkness, of good over evil and of knowledge over ignorance, thousands of Indian families of Hindu faith in Singapore will celebrate by lighting up homes brightly like beacons. They would exchange gifts and organise feasts with relatives and friends, and pray to deities (Pooja). Each family would also usher deities into the home by placing on the doorway, beautiful and colorful pictures made out of flour and flower petals (Rangoli). Turn to page 26 for more information on the Festival of Lights.

Such is the richness of Singapore's multicultural heritage. The beauty is, we don't just talk about multicultures, but we live and honour the cultures. I personally treasure this aspect of Singapore, and I am happy to have the Club facilitate the celebration of these festivals to the extent that the Safe Management Measures (SMM) permit.

Thanks to the discipline and good thinking of the residents in Singapore and the good governance of the government, more than 80% of the total population (approximately 90% of those who could be vaccinated) have been fully vaccinated. This has allowed the country to take gradual steps in opening up the economy, travel and, yes, celebration of festivals, too!

SGCC continues to commit to uphold the high hygiene standards of SG Clean and SMM so that Members can feel safe dropping in at any time, be it for dining, socialising or for some exercise.

So, shouting out to the members: "Do come and enjoy the Club, and look out for the festive specialties at our F&B outlets!"

Yours truly,

**Koh Jin Kit**  
President



# National Day Facebook Contest 2021

The Club conducted a National Day 2021 Facebook contest, which ran from 14 July to 9 August. Members were asked to describe what National Day meant to them in not more than 100 words. In all, we received 12 submissions.

After some deliberation, we decided that Mr Lim Kok Kuan's entry stood out from the rest. Kok Kuan walks away with F&B dining credits worth \$50. Let's all congratulate Kok Kuan for his winning entry. We are certain that his words below resonate well with all of us.

## Kok Kuan's winning entry:

National Day to me is about remembering the sacrifices made by our founding fathers, our grandparents' generation and, this year especially, the many, many sacrifices of all our frontline essential workers — healthcare, police, transport, utilities, etc — who made it possible for us and our families to live our lives safely.



## SGCC staff wish Members a Happy National Day!





## WELCOME TO THE SGCC FAMILY!

Chen Chee Cheong	Grand Member
Cheong Teck Yong	Grand Member
Chew Yak Boo	Grand Member
Gan Teck Leong	Grand Member
Lee Li Kheng Clara	Grand Member
Ng Siew Wan	Grand Member
Ow Wai Tong	Grand Member
Phua Chai How	Grand Member
Tan Siew Cheng	Grand Member
Wee Boon Chek, Francis	Grand Member
Chen Zhengwei Nathaniel	Ordinary Member
Chua How Kiat	Ordinary Member
Chou Pei Ching	Ordinary Member
Rachel Chong Shujuan	Ordinary Member
Dailey Colin Mark	Ordinary Member
Dowla Fahim	Ordinary Member
Goh Shu Ying, Charissa	Ordinary Member
Han Wei Wei	Ordinary Member
Kenneth Kow Wei Suan	Ordinary Member
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Li Can Yuan	Ordinary Member
Lim Zhan Yun	Ordinary Member
Morrissey Stuart John	Ordinary Member
Ng Poh Joo Frances	Ordinary Member
Kelvin Ng Kah Hei	Ordinary Member
Ng Zi Hao	Ordinary Member
Neo Tee Him, Derrick	Ordinary Member
Ng Irene	Ordinary Member
Ong Yee Lin, Elgin	Ordinary Member
Peter Purnadi	Ordinary Member
Phua Xiao Quan	Ordinary Member
Arijit Sengupta	Ordinary Member
Er. Tan Bin Keong	Ordinary Member
Toa Boon Chin, Teddy	Ordinary Member
Toa Boon Hao Barry	Ordinary Member
Tang Weng Sing	Ordinary Member
Wee Ai Soon Evelyn	Ordinary Member
Yu Jia Jia	Ordinary Member
Rebekah Raphael Anthony	Ordinary Member
Ang Li Li	Ordinary Member
Koh Su En Abigail	Ordinary Member
Jeannie Kang Jia Hui	Ordinary Member
Lee Bing Howe	Ordinary Member
Tan Yen Woon Desmond	Ordinary Member
Ang Yilin	Term Member
Ma Cristila Cabanting	Term Member
Vincent Deveze	Term Member
Herve Xavier Eric Debacque	Term Member
Christophe Ronzano	Term Member
Leo Yu Sheng, Eugene	Term Member



# The Morbid and the Macabre

Associated with all things spooky and fear-inducing, many of the practices associated with Halloween originate from a festival celebrated some 2,000 years ago.

**O**n the last day of October, Halloween is observed in many parts of the world. In countries such as Ireland, Canada and the United States, people hold costume parties, children go trick-or-treating, and pranks and games are played. All these traditions can be traced back some 2,000 years to a three-day Celtic pagan festival known as Samhain. Samhain — meaning 'summer's end' in modern Irish — was celebrated on 31 October, the night before the Celtic new year, in Ireland, Scotland and the Isle of Man.

Ancient Celts — who occupied Ireland, Scotland, the UK and other parts of northern Europe — viewed Samhain as the most significant of the four quarterly fire





festivals, taking place at the mid-point between the fall equinox and the winter solstice.

On this night, Celts believed spirits of the dead returned to earth. To commemorate the event and appease the spirits and Celtic deities, sacrifices were burnt in sacred community bonfires — generally of animals and crops — and offerings left outside villages and fields. At the bonfires, people would also dress up in costumes, often masquerading as animals or ghosts, so that the spirits would leave them alone. Fortune-telling games were played as well around the bonfire.

### Pranks and pumpkins

As the Middle Ages progressed, more personal bonfires were carried out nearer the farms, so that families could be protected from spirits and fairies, who were believed to play tricks on unsuspecting mortals during this time. People started using this as an excuse to play their own pranks on neighbours and friends.

One such prank was carving spooky faces in turnips to scare unsuspecting travellers. These carved turnips, called jack-o'-lanterns, can be traced to

an Irish myth about a man called Jack, who tricked the devil for his own gain. When Jack died, he was refused entry into heaven or hell, and condemned to roam the earth for eternity.

People started carving demonic faces out of turnips to frighten off Jack's wandering soul. When Irish immigrants moved to the United States, they began carving jack-o'-lanterns from pumpkins instead, as these were native to the region.

### Christianity and Samhain

Samhain further evolved with the spread of Christianity. Many of the Celtic traditions were reframed by the Catholic Church to popularise the new religion. The transition was noted in Jack Santino's book *Halloween in America: Contemporary Customs and Performances*.

In the year 609, Pope Boniface IV moved the celebration to 13 May and specified it as a day celebrating saints and martyrs. It was called All Saints' Day, also known as All-Hallows' Eve. However, in the mid-8th century, Pope Gregory III moved the celebration back to 1 November.

Participants in the new version of the holiday celebrated it in much the same way their Celtic forbears



had — with costumes and bonfires. Food and drink to appease spirits and ancestral ghosts were turned into offerings of food and drink to the poor.

Poor people would visit the houses of the wealthy on the eve of All-Hallows' Eve in a practice called 'souling', where they would receive pastries called 'soul cakes' in exchange for the promise to pray for the souls of the homeowners' dead relatives. Trick-or-treating is believed to be an adaptation of this practice.

Eventually, All-Hallows' Eve turned into Halloween, a secular celebration. Children celebrate by dressing up in costumes, playing tricks and gorging on sweets, while young adults throw costume parties and freak out by watching horror movies.





Menu Available  
for Dine-In or  
Takeaway

**GARDEN  
GRILL**  
6398 5313

## German Fare

Tuck into wholesome, hearty specialties from the land of poets and thinkers this October at Garden Grill.



**Available throughout the month of October 2021**

### Operating Hours:

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

### Price:

**3-course set meal** from \$25 per person

**4-course set meal** from \$30 per person

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

### SET MEAL

#### APPETISER

**Bavarian Wurst Salad**  
with Cheese  
OR

**Cheese Fritters** accompanied by Mesclun  
OR

**German Potato Salad**  
with Bacon and Egg

#### SOUP

**German Borscht**  
OR

**Wild Garlic Soup**

#### MAIN COURSE

**Pan-fried Sole Fillet**  
with Lemon Caper Sauce  
OR

**Wiener Schnitzel (Breaded Pork)**  
OR

**German Veal & Pork Sausage**  
with Onion Sauce  
OR

**Half-roasted Pork Knuckle on Sauerkraut**  
(\$8 surcharge for whole roast pork knuckle)  
OR

**Braised Short Rib in Red Wine Sauce**  
(\$12 surcharge)

#### DESSERT

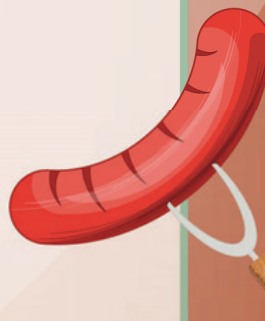
**German Cheesecake**  
OR

**Apple Strudel with Vanilla Ice Cream**

### COFFEE OR TEA



Pan-fried Sole Fillet with  
Lemon Caper Sauce



Half-roasted Pork Knuckle  
on Sauerkraut

Prices include GST



Menu Available  
for Dine-In or  
Takeaway

GARDEN  
GRILL  
6398 5313

## Californian Cuisine

This November, Garden Grill has prepared a feast of diverse dishes that revolve around this golden state of America.

**Available throughout the month of November 2021**

### Operating Hours:

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

### Price:

**3-course set meal** from \$25 per person

**4-course set meal** from \$30 per person

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

### SET MEAL

#### APPETISER

Tomato-centric Cobb Salad

OR

Mission Burrito

OR

Fresh Salmon Cake

#### SOUP

Californian Fish Soup

OR

Clam Chowder

#### MAIN COURSE

Fish Piccata

with Lemon Sauce

OR

San Francisco Cioppino Seafood Stew

OR

Baja Grilled Half Spring Chicken

OR

BBQ Baby Back Pork Ribs

OR

California Oxtail Stew

#### DESSERT

Cream Puff Ice Cream

with Chocolate Sauce

OR

Coconut Cream Brulee

#### COFFEE OR TEA

**Prices include GST**



San Francisco Cioppino  
Seafood Stew



Cream Puff Ice Cream with  
Chocolate Sauce



Menu Available  
for Dine-In or  
Takeaway

GARDEN  
GRILL  
6398 5313

## Year-End Festive Lunch/Dinner

Plan all your year-end lunches and dinners early and let us manage the most important part of the occasion — the food!

**Available from 1 November 2021**

**except on 17 (evening only), 24, 25 & 31 December 2021**

### Operating Hours:

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

Choose your preferred menu below (min. 5 pax)

Complimentary bottle of house wine (for every 5 diners)

3-day advanced notice required

SET MENU A  
@ \$42 per person

#### APPETISER

**Shrimp Cup**  
with Mango Salsa

#### SOUP

**Green Pea Soup**  
with Ham

#### MAIN COURSE

##### Grilled Sole

with Spinach, Bacon, Potato Mash and Citrus Dressing  
OR

##### Roast Porkloin

stuffed with Prunes, Seasonal Vegetables,  
Potatoes and Jus

#### DESSERT

**Orange Jivara Chocolate Mousse**

**FRESHLY BREWED COFFEE**

OR

**SELECTION OF ENGLISH TEAS**

SET MENU B  
@ \$58 per person

#### APPETISER

**Prosciutto & Melon Salad**  
with Balsamic Vinaigrette

#### SOUP

**Roasted Butternut Pumpkin Soup**  
with Crabmeat

#### MAIN COURSE

##### Pan-seared Cod

on a Bed of Basil Green Tea Pasta  
OR

##### Riverlands Angus Ribeye

topped with Sautéed Mushrooms

#### DESSERT

**Strawberry Mirror Mousse**  
with Raspberry Coulis

**FRESHLY BREWED COFFEE**

OR

**SELECTION OF ENGLISH TEAS**

**Prices include GST**



Only available  
for Takeaway

# Takeaway Christmas Festive Goodies

GARDEN  
GRILL  
6398 5313

Available for pre-order from 29 November-19 December 2021  
Early-Bird Promotion: Order by 10 December 2021 to enjoy 10% off

Choose from a wide array of Christmas roasts, sweets, and savoury delights. Highlights include Smoked Roasted Turkey with Chestnut Stuffing, Turkey Gravy and Cranberry Sauce, Thirteen-spiced NZ Angus Rib-eye, Honey-baked Ham, and Festive Pumpkin Pie — each just perfect for your home parties and year-end office celebrations!

All orders must be received by **19 December 2021**

Collection on **24 & 25 December** is from **11am-4pm**



ITEM	WEIGHT	PRICE
<b>ROASTS</b>		
Roasted Turkey with Chestnut Stuffing, Turkey Gravy and Cranberry Sauce	5kg	\$118
Oven-roasted Tandoori Turkey with Homemade Gravy	5kg	\$128
Honey-baked Ham (Crosscuts) with Pineapple Sauce	2kg	\$58
BBQ Roasted Pork Ribs	1kg	\$52
Five-spiced Roast Lamb Leg (Boneless)	2kg	\$108
Thirteen-spiced NZ Angus Rib-eye	2kg	\$108
<b>SIDES</b>		
Cream of Pumpkin & Butternut	1lit	\$25
Forest Mushroom Soup	1lit	\$25
German Potato Salad	500g	\$18
Classic Caesar Salad	1kg	\$25
Normandy Salad	1kg	\$25
<b>CAKES</b>		
Pistachio Crème Brulee	1kg	\$30
Festive Pumpkin Pie	800g	\$30
Chocolate Pudding with Molten Chocolate	1kg	\$30
<b>CHRISTMAS COMBOS</b>		
<b>Joyful Christmas Combo (Serves 6 persons):</b>		\$158
<input type="checkbox"/> Smoked Roasted Turkey (approx. 5kg) with Chestnut Stuffing, Turkey Gravy and Cranberry Sauce		
<input type="checkbox"/> Medley of Seasonal Vegetables		
<input type="checkbox"/> German Potato Salad		
<input type="checkbox"/> Cream of Pumpkin and Butternut with Croutons		
<b>Merry Christmas Combo (Serves 10 persons):</b>		\$238
<input type="checkbox"/> Smoked Roasted Turkey (approx. 5kg) with Chestnut Stuffing, Turkey Gravy and Cranberry Sauce		
<input type="checkbox"/> Honey-baked Ham (approx. 2kg) with Pineapple Sauce		
<input type="checkbox"/> Medley of Seasonal Vegetables		
<input type="checkbox"/> German Potato Salad		
<input type="checkbox"/> Forest Mushroom Soup		
<input type="checkbox"/> Pistachio Crème Brulee		

Prices include GST

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





# 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](mailto:fnb@sgcc.com.sg)







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- Dining privileges at our members-only Club restaurants
- Fully equipped gym with personal training programmes
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AND GET ADDITIONAL  
SPENDING CREDITS!**

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INFORMATION.**



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



6286 8888

\*6-month Term Membership is available without the \$200 spending credits. | \*Terms & conditions apply.



# Giving Back to Bowling

Recently appointed President and Vice President of the Singapore Bowling Federation, SGCC Members Dr Valerie Teo and Tan Zhi Qiang share how they started in the game and their plans for the federation.

**T**heir easy banter and gentle ribbing give the impression that Dr Valerie Teo and Tan Zhi Qiang have known each other for a long time. While they had bumped into each other at bowling meets, they got to know each other better only when Valerie joined SGCC 15 years ago.

Their camaraderie should make for a smooth working relationship now that Valerie and Zhi Qiang were recently appointed President and Vice President respectively of the Singapore Bowling Federation (SBF). Both were competitive bowlers in their younger days, and Valerie still bowls for SGCC at national events. Both started in the sport at the age of 11 — Valerie bowled at the Singapore Island Country Club while Zhi Qiang did so at SGCC. Zhi Qiang — whose family have been Members of SGCC for many years — has been coming to the Club since he was little.

"Both my father and uncle bowl at the Club. My brother played squash, and my mum spends a lot of time there," discloses the private banker for a European bank. It was here that his interest in the game developed, and the coaches at the Club helped improve his moves. He became serious about the sport in his late teens and joined the National Youth Team for two years, but left when he went to Australia for further studies.

## More than medals

Valerie joined the National Youth Squad at the age of 12, and the National Squad a year later. She was just 14 when she represented Singapore in the SEA Games.

Balancing competitive bowling and studies was no walk in the park, she acknowledges. "It helped that my school and, later, university were supportive and gave me time off for training and competitions." The family physician retired from competitive bowling at the age of 21 to focus on her studies. She was then in her fourth year at medical school. "That's when you have clinical attachments, so there was no time to bowl," she explains.

The highlight of her bowling career was undoubtedly winning a gold medal and two bronzes at the Asian Games. "It was memorable not only because of the medals," she reveals, "but also because I had told myself that it would be my last competition, and I was so glad I had something to show for it."

Beyond the medals, bowling has enabled her to meet and foster friendships across the globe. When she first joined the National Squad at the age of 13, most of her teammates were much older. "I treasure the

time I spent with them and they remain friends."

"I agree with Val," chips in Zhi Qiang. "I made good friends [during my bowling days] who are still friends — I have no medals to show

*"I got a bit tougher because of competitive bowling."*

— Tan Zhi Qiang, Vice President, SBF





for it, though!" he utters with a laugh. "That's more valuable than gold medals," interjects Valerie.

On top of that, Zhi Qiang attests that the sport has given him more drive. "I got a bit tougher because of competitive bowling," he asserts. Valerie adds, "I've taken a lot of the lessons I've learnt from bowling when leading my teams. It helps you become stronger, not just physically, but mentally, too."

### Supporting young athletes

Having benefited so much from bowling, the pair, who are both 36 years old, feels a responsibility to give back to the sport through the SBF. As President, Valerie is keen to contribute to the sport that saw her through her childhood. "I want to foster a supportive environment for young athletes to improve their skills and represent Singapore at the highest level," she says. Besides continuing to produce high-performance athletes and coaches, she also hopes to improve participation in the game among seniors, as bowling is a sport they will be able to do for a long time.

Promoting bowling these days is a different ball game from the past, as there is competition from other emerging sports, such as e-sports. But Valerie and Zhi Qiang have assembled a diverse team in the hopes of generating different and new ideas.

Asked about their advice for aspiring bowlers, Zhi Qiang says, "I would tell them to go for it — don't hesitate. You only have that chance when you are young." Offering a more considered reply, Valerie adds, "Focus on the process, not the outcome. Have patience — it takes time to succeed. No one becomes a champion without overcoming failures or challenges first."

"I want to foster a supportive environment for young athletes to improve their skills and represent Singapore at the highest level."

— Dr Valerie Teo, President, SBF





# COMPETITIONS



## 9 PIN TAP COMPETITION

Flex your bowling chops in this Best of 10 Games format competition. The competition features both Men's and Ladies' categories.

DATE	
23 October 2021, Saturday	
CHECK-IN TIME	ROLL-OFF TIME
2pm	2.15pm
VENUE	MIN / MAX
Gardens Bowl	15 / 20 participants
ELIGIBILITY	
21 years old and above	
CLOSING DATE	
9 October 2021, Saturday	
FEE	
\$42.80* (Member)	
*Price includes GST	

## QUARTERLY BOWL (NOVEMBER)

Sign up for the next quarterly bowl in November and get ready to roll in this Best of 10 Games format competition.

DATE	
14 November 2021, Sunday	
CHECK-IN TIME	ROLL-OFF TIME
9am	9.15am
VENUE	MIN
Gardens Bowl	20 participants
ELIGIBILITY	
Strictly for Members only	
CLOSING DATE	
1 November 2021, Monday	
FEE	
\$42.80* (Member)	
*Price includes GST	

### CONTACT

Zaleha Hanibah at 6398 5340 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

## BOWLING GUEST NIGHT PROMOTION

Our Bowling Guest Night Promotion is back! You and your guests can play more — for less!



DATE	VENUE
1 April-31 October 2021	Gardens Bowl
WEEKENDS: YOUTH GUEST NIGHT (21 YEARS & BELOW)	
Saturdays & Sundays, 6pm-10pm	
FEE PER GAME	
\$1.07* (Member)	\$2.14* (Guest)
WEEKDAYS & WEEKENDS: ADULT GUEST NIGHT	
Tuesdays & Sundays, 6pm-10pm	
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](mailto:recreation@sgcc.com.sg)





### SQUASH SOCIAL NIGHT

Get much-needed exercise while socialising with fellow players. 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 for Members

#### CONTACT

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

### TENNIS SOCIAL NIGHT

Sharpen your tennis moves by playing with fellow tennis enthusiasts. All skill levels are welcome! Open to adult Members only.

#### DATE

8 & 22 October 2021  
12 & 26 November 2021

#### TIME

8pm–10pm

#### VENUE

Tennis Courts

#### MAX

16 participants

#### FEE

Free for Members



### BLITZ CHESS

If chess is your game, here's your chance to flex your chess brain.

#### DATE

6 November 2020, Saturday

#### TIME

12pm–3pm

#### VENUE

Casuarina Room

#### CLOSING DATE

23 October 2021, Saturday

#### FEE

\$10.70\*  
(Member)

\$19.90\*  
(Guest)



















\*Price include GST

#### CONTACT

Zaleha Hanibah at 6398 5389 or [zaleha@sgcc.com.sg](mailto:zaleha@sgcc.com.sg)


















OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>1</b> German Fare <b>Garden Grill</b> whole month 	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Squash Social Night <b>Squash Courts</b> 6pm 	<b>6</b> Table Tennis Social Practice <b>Squash Court 4</b> 2pm 	<b>7</b> Squash Social Night <b>Squash Courts</b> 5pm 	<b>8</b> Tennis Social Night <b>Tennis Courts</b> 8pm 	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> Squash Social Night <b>Squash Courts</b> 6pm 	<b>13</b> Table Tennis Social Practice <b>Squash Court 4</b> 2pm 	<b>14</b> Squash Social Night <b>Squash Courts</b> 5pm 	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Squash Social Night <b>Squash Courts</b> 6pm 	<b>20</b> Table Tennis Social Practice <b>Squash Court 4</b> 2pm 	<b>21</b> Squash Social Night <b>Squash Courts</b> 5pm 	<b>22</b> Tennis Social Night <b>Tennis Courts</b> 8pm 	<b>23</b> 9 Pin Tap Competition <b>Gardens Bowl</b> 2pm 	<b>24</b>
<b>25</b>	<b>26</b> Squash Social Night <b>Squash Courts</b> 6pm   <b>Bridge Blind Pair</b> <b>Ballroom 2</b> 9am 	<b>27</b> Table Tennis Social Practice <b>Squash Court 4</b> 2pm   <b>Ukulele Lesson</b> (Intermediate) (8 lessons) <b>Club 22</b> 10.30am   <b>Indian Cuisine</b> and Whisky Pairing Dinner <b>Garden Grill</b> 6pm 	<b>28</b> Squash Social Night <b>Squash Courts</b> 5pm 	<b>29</b> Ukulele Workshop (Beginners) <b>Club 22</b> 10.30am 	<b>30</b> DIY Home Plantation <b>Casuarina</b> <b>Room</b> 10.30am   <b>Face Yoga</b> via Zoom 3pm 	<b>31</b> 

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



# NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> <b>Californian Cuisine</b> <b>Garden Grill</b> whole month 	<b>2</b> <b>Squash Social Night</b> <b>Squash Courts</b> 6pm  	<b>3</b> <b>Ukulele Lesson (Intermediate)</b> <b>Club 22</b> 10.30am  <b>Table Tennis Social Practice</b> <b>Squash Court 4</b> 2pm	<b>4 Deevapali</b> <b>Squash Social Night</b> <b>Squash Courts</b> 5pm 	<b>5</b> <b>Ukulele Workshop (Beginners)</b> <b>Club 22</b> 10.30am 	<b>6</b> <b>Blitz Chess</b> <b>Casuarina Room</b> 12pm 	<b>7</b>
<b>8</b>	<b>9</b> <b>Squash Social Night</b> <b>Squash Courts</b> 6pm 	<b>10</b> <b>Ukulele Lesson (Intermediate)</b> <b>Club 22</b> 10.30am <b>Table Tennis Social Practice</b> <b>Squash Court 4</b> 2pm	<b>11</b> <b>Squash Social Night</b> <b>Squash Courts</b> 5pm 	<b>12</b> <b>Tennis Social Night</b> <b>Tennis Courts</b> 8pm <b>Ukulele Workshop (Beginners)</b> <b>Club 22</b> 10.30am	<b>13</b> <b>Clay Figurine Workshop</b> <b>Casuarina Room</b> 10.30am 	<b>14</b> <b>Quarterly Bowl</b> <b>Gardens Bowl</b> 9am 
<b>15</b>	<b>16</b> <b>Squash Social Night</b> <b>Squash Courts</b> 6pm 	<b>17</b> <b>Ukulele Lesson (Intermediate)</b> <b>Club 22</b> 10.30am <b>Table Tennis Social Practice</b> <b>Squash Court 4</b> 2pm	<b>18</b> <b>Squash Social Night</b> <b>Squash Courts</b> 5pm 	<b>19</b> <b>Ukulele Workshop (Beginners)</b> <b>Club 22</b> 10.30am <b>Domo Terrarium</b> <b>Carnation Room</b> 10.30am 	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> <b>Squash Social Night</b> <b>Squash Courts</b> 6pm 	<b>24</b> <b>Ukulele Lesson (Intermediate)</b> <b>Club 22</b> 10.30am  <b>Table Tennis Social Practice</b> <b>Squash Court 4</b> 2pm	<b>25</b> <b>Squash Social Night</b> <b>Squash Courts</b> 5pm 	<b>26</b> <b>Ukulele Workshop (Beginners)</b> <b>Club 22</b> 10.30am <b>Tennis Social Night</b> <b>Tennis Courts</b> 8pm 	<b>27</b> 	<b>28</b>
<b>29</b> <b>Takeaway Christmas Festive Goodies:</b> <b>orders open</b> <b>Garden Grill</b> 	<b>30</b> <b>Squash Social Night</b> <b>Squash Courts</b> 6pm 					

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





### TABLE TENNIS SOCIAL PRACTICE

Indulge in a friendly game of ping-pong with fellow Members. All levels are welcome! Open to Members only.

DAY	TIME
Wednesdays	2pm-4pm
VENUE	FEE
Squash Court 4	Free for Members
CONTACT	
Daniel Chong at 6398 5351 or recreation@sgcc.com.sg	

### BRIDGE BLIND PAIR

Card games like bridge help maintain your mental sharpness. Don't miss the chance to exercise your brain and enjoy a convivial evening at the same time.

DATE	TIME
26 October 2021, Tuesday	9am onwards
VENUE	MIN
Ballroom 2	16 participants
CLOSING DATE	
12 October 2021, Tuesday	
FEE	
\$10.70* (Member)	\$15.00* (Guest)
*Price include GST and lunch	



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: 8.15am-9am; 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
FEE: 2 SESSIONS / WEEK		
\$89.88* (Member)		
\$112.35* (Guest) Both sessions on weekdays		
\$123.59* (Guest) 1 session on weekday & 1 session on weekend		
\$134.82* (Guest) Both sessions on weekend		

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

### CONTACT

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





### WATERBABIES (PRIVATE COACHING)

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

#### VENUE

Swimming pool

#### FEE

**\$134.82\*** for 4 sessions @ 15mins per session

Additional guest charges of \$5.35\* 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.



### COOL WATER WORKOUT

Hate feeling all hot and sticky while exercising? Then aquatic exercise and therapy is for you. To achieve a zero-impact workout, participants of this class run, walk, twist or bend while suspended in the deeper end of the swimming pool. This is suitable for people of all fitness levels. Cool Water Workout is the coolest way to keep fit!

#### DAY / TIME

Mondays: 8.30am-9.30am  
Tuesdays: 7pm-8pm  
Thursdays: 8.30am-9.30am

#### ELIGIBILITY

16 years old and above

#### FEE: 1 SESSION / WEEK

**\$67.41\*** once a week  
per month (Member)

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

#### FEE: 2 SESSIONS / WEEK

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

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

\*Price includes GST but not a personal wet belt, which must be purchased for the class.

#### ABOUT THE TRAINER

Pamela Sashai holds a Physical Fitness Specialist Certificate majoring in Aerobics Dancing, and a Professional Certificate in Deep Water Workout from Columbia Southern University. She has taught aerobics, aqua aerobics, and Deep Water Workout in country clubs, private organisations, and condominiums.

#### CONTACT

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

### 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@sccc.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)
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\*Price includes GST

## MIN

5 participants

## VENUE

Aerobics Room

## ABOUT THE TRAINERS

Bio Bowling Academy was established in 2012 and 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.

## BOWLING COACHING

## FEE

Group Coaching:

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

\*Price includes GST

## MIN / MAX

3 / 8 participants

## VENUE

Gardens Bowl

## ABOUT THE TRAINERS

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

## CHESS LESSONS FOR ALL LEVELS

## DAY / TIME

Saturdays: 1pm-2.30pm

## VENUE

Casuarina Room

## ELIGIBILITY

6 years old and above;  
adults are welcome

## MIN

5 participants

## FEE

\$107.00\*  
(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.

## BRIDGE LESSONS

Learn new bidding conventions and improve your play by signing up for five sessions of bridge. Each session lasts three hours. Commencement date to be advised.



## DAY / TIME

Fridays, 6pm-9pm

## VENUE

Kensington Ballroom 2

## MIN

12 participants

## ELIGIBILITY

Open to children aged 12 and above;  
adults and seniors are welcome

## FEE

\$160.00\*  
(Member)

\$180.00\*  
(Guest)

\*Price includes GST and is for five sessions

\*Please note that there is no refund and no replacement for any lesson(s) missed

## ABOUT THE TRAINER

Jin Meng is an experienced contract bridge player with more than 15 years of experience under his belt. A bridge enthusiast, he feels this game is for folks who love solving puzzles and interacting with like-minded people! He has been coaching beginners (primarily seniors) for the last few years, with an emphasis on thinking analytically about bridge instead of memorizing rules. He also manages and mentors an online bridge community, which holds a weekly online 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

Thursdays: 9am-10am

### VENUE

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](mailto: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**

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.

**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

\$163.07\*  
(Member)

\$184.47\*  
(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



# Festival of Lights

No, Deepavali does not mark the new year for Indians. Read on to have a better understanding of the traditions and practices behind this colourful event.

**D**eclared a public holiday in Singapore in 1929, Deepavali is observed by Hindus all over the world. The festival falls on the 14th day of the Tamil month of *Aipasi*, which typically coincides with a day between mid-October to mid-November on the Gregorian calendar. This year, it falls on 4 November. North Indians celebrate Deepavali a day later than South Indians.

In the days leading up to Deepavali, homes are spruced up to welcome Lakshmi, the goddess of wealth. Traditional designs known as *rangoli* or *kolam* are drawn at the entrance of the house using coloured rice powder. These vibrant and eye-catching patterns are believed to attract Lakshmi into the house and also ward off evil spirits. In 2003, artist Vijayalakshmi Mohan drew a 256sqm rangoli at the Whampoa Community Club in seven hours without taking a break. This earned her a mention in the Guinness World Record for the largest *rangoli* drawn in the fastest time.

It is customary to buy new clothes, kitchen utensils and even jewellery

for Deepavali. On the morning of the festival, many Hindus — mainly the South Indians — wake up early to take oil baths. Prayers are carried out in the house — some may choose to visit the temple — before the family sits down for breakfast, traditionally followed by the lighting of firecrackers. As firecrackers have been banned in Singapore for safety reasons, families these days light sparklers instead. Card games are also a popular activity in some households.

In the evening, homes are decorated with strings of lights as well as lit up with traditional oil lamps made of clay. Since Deepavali is celebrated on the day of the new moon during *Aipasi* — considered the darkest night of the year, according to Hindu mythology — lighting the lamps symbolises overcoming darkness. This tradition also has origins in the epic Hindu poem *Ramayana*, which has it that the city of Ayodhya lit up millions of lamps to guide Lord Rama and Sita back home. Similarly, devotees of Lakshmi leave lamps around the house to usher the goddess into their homes.

## Attire

On the day of the festival, celebrants deck themselves out in brightly coloured traditional outfits — men in *kurta*; women in *saree*, *lehenga* or *salwar kameez*. Black or white clothes, which are associated with funerals, should be avoided as they are considered inauspicious. If you are visiting Hindu friends on this day, avoid wearing dull or muted colours; instead, wear the brightest clothes you have in your wardrobe to join in the festivities. Also avoid donning revealing attire as Deepavali is a religious festival.





### Gifts

If you've been invited to a home celebrating Deepavali and don't want to arrive empty-handed, consider a box of traditional sweets, chocolates,

or a cake. A bouquet of colourful flowers is also welcome. Avoid giving food and beverages containing alcohol. And if you wish to contribute to the festive meal, steer clear of beef, as cows are sacred to Hindus.

### Greetings

"Happy Deepavali" or "Happy Diwali" will work as a greeting. Both 'Deepavali' and 'Diwali' originate from the Sanskrit term 'Dipavali', which means 'row of lights'. People from the Indian state of Tamil Nadu, where the majority of Indian Singaporeans originate, use the term 'Deepavali'; 'Diwali' is more commonly used among Indians who hail from the northern part of the country.



### Food

Food may be served on a banana leaf, to be eaten with the right hand or cutlery if you prefer. Do sample some of the dishes offered by your host as some may deem it impolite for guests to refuse the food and treats being served.







### CLAY FIGURINE WORKSHOP

Want to relive the memory of the hours spent fiddling with Play-Doh when you were a child? Join us at SGCC's Clay Figurine Workshop, where you'll get to mould a cute little figure that can be fashioned into a keychain or stand-alone figurine. Suitable for all ages!

#### DATE

13 November 2021, Saturday

#### TIME

10.30am-12.30pm

#### VENUE

Casuarina Room

#### MIN/MAX

8 participants

#### CLOSING DATE

3 November 2021, Wednesday

#### FEE

\$48.00\*  
(Junior Gems)

\$53.00\*  
(Member)

\$58.00\*  
(Guest)

\* Price includes GST

### DIY HOME PLANTATION

Enrol your child in this workshop; let him/her explore Art & Craft ideas with Auntie Jean and have his/her creativity stimulated.



#### DATE

30 October 2021, Saturday

#### TIME

10.30am-12pm

#### VENUE

Casuarina Room

#### MIN/MAX

6/10 participants

#### CLOSING DATE

20 October 2021, Wednesday

#### FEE

\$20.00\*  
(Junior Gems)

\$24.00\*  
(Member)

\$28.00\*  
(Guest)

\* Price includes GST

#### CONTACT

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





### FACE YOGA: WEEKLY CLASSES

Seventeen Members enjoyed our free trial session in August and voted for weekly classes. So here it is! Come and reverse the signs of ageing with our weekly classes. It's a natural way to tone your facial muscles and achieve a firmer, more lifted and radiant face without the use of botox, fillers or expensive creams. .

#### DATE

30 October 2021, Saturday

#### TIME

3pm-3.30pm

#### VENUE

Via Zoom, in the comfort of your home

#### MIN

10 participants

#### CLOSING DATE

25 October 2021, Monday

#### FEE

\$20 per week

#### CONTACT

Jean Lee at 6398 5383 or [jean\\_lee@sgcc.com.sg](mailto: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 (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 for enjoyable music-making sessions. The ukulele spirit is contagious — you will be moved to share songs with friends as soon as you master some chords and strumming. In this set of lessons for beginners, you will learn:

- 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	TIME
Friday, from 29 October 2021	10.30am-12pm
VENUE	MIN / MAX
Club 22	6 / 10 participants
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 the content of 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	
Wednesday, from 27 October 2021	
TIME	
10.30am-11.30am	
VENUE	MIN
Club 22	8 participants
CLOSING DATE	
18 October 2021, Monday	
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](mailto: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.



## DOMO TERRARIUM

Looking to bring some greenery into your home? Then our terrarium-making workshop is just the thing for you. During the workshop, participants will be briefed on the different types of plants that can be used in a terrarium, and how to care for them.

### DATE

19 November 2021, Friday

### MIN

10 participants

### TIME

10.30am-12.30pm

### CLOSING DATE

1 November 2021, Monday 2021

### VENUE

Casuarina Room

### FEE

\$50.00\* (Member)

\$55.00\* (Guest)

\* Price includes GST



### CONTACT

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

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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 November 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  
Mon–Fri: 12pm–3pm; 6pm–10pm  
Sat, Sun, & PH: 9am–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: 9666 4463, 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, Taekwondo, Aikido, 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](mailto:membership@sgcc.com.sg).

