



Club Spirit

AUGUST • SEPTEMBER 2022

Lighting the Way

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Gym Expansion Project

Get set for a bigger and better gym! – Pg 2

Happy Birthday, Singapore!

A timeline of the Little Red Dot's achievements – Pg 10

Happy
Mid-Autumn
Festival!



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Dear Fellow Members,

It's August again, bringing with it one of the most important days in the Singapore calendar — our National Day!

This year will see us celebrating Singapore's 57th birthday, with the National Day Parade (NDP) being held at the Marina Bay floating platform once again after two years of scaled-down celebrations due to COVID-19. This year's theme, 'Stronger Together, Majulah!', is a timely reminder for Singaporeans to reflect on the need to work together despite our diverse backgrounds in order to move towards a better future.

As Singapore is also celebrating 55 years of National Service, the NDP will also pay a special tribute to all National Servicemen, in recognition of their contributions to Singapore's defence and security. To all NS men past and present — a very big THANK YOU!

Here at the Club, we are celebrating this important day with a National Day Countdown — A Red Dot Party, at the Kensington Ballroom on 8 August. Book your tables if you have not done so already. And do come dressed in red and white!

In Singapore, 2 September is the day we set aside each year to honour our teachers. Teaching is more than a noble profession; it is a vocation and a calling. I would like to take this opportunity to wish all the teachers and educators among us a Happy Teachers' Day!

For all chess enthusiasts out there, please note that the 20th TCA Anniversary Junior Invitational Chess Championship will be held on 18 September 2022 at the Kensington Ballroom — more than 200 players from chess clubs, schools, and other chess fraternities will be participating.

I would also like to inform you that the entire GC team has been re-elected, and we look forward to serving you for another two-year term.

On this note, I wish everyone a Happy National Day and see you around the Club!

Warmest wishes,

Koh Jin Kit
President

Gym Expansion Project

A Town Hall Meeting was called on Sunday, 22 May 2022, to announce the Gym Expansion Project to all Members.

The meeting took place at 10am in the Kensington Ballroom. Club President, Mr Koh Jin Kit, shared that the project was spawned from a space optimisation exercise conducted in 2021. The expansion is necessary due to the lack of space in the current Gym and the need for safe distancing amid the COVID-19 pandemic. COVID-19 has also given rise to a surge in our Gym usage as more Members become health conscious and see the need to keep fit. The lack of space in the current Gym is hazardous due to the inadequate spacing between Gym equipment and weights. An expanded Gym means there will be more space to accommodate more Members, and more and better Gym equipment. Upon completion of the project, Members can look forward to a safer and healthier Gym for workouts, a scenic view overlooking the swimming pool, and more and newer exercise equipment.

Mr Koh then walked Members through an artist's impression of the new Gym, which will be located on the second floor of Palm Wing. The new Gym will take over the area overlooking the swimming pool, which currently houses the Admin Office. The Admin Office will move to the Main Clubhouse and occupy the space where the Study Room currently sits on Level 3. At the same level, the two larger Mahjong rooms will make way for a new Study Room.

Work will begin in August 2022, and is estimated to be completed in January 2023. The current Gym and Study Room will continue to operate, so Members need not worry about being deprived of these facilities while work is in progress.

Here are some of the artist's impressions of how the completed renovation will look like. The mood boards showcasing the artist's impressions are also on display at the Main Lobby in front of Atrium Café — Members are welcome to view them at their own leisure.



Sports Reception (1st Storey)



Gym Lounge Area (1st Storey)



Gym (1st Storey)



Gym (1st Storey)



Gym (2nd Storey)



Gym (2nd Storey)



Gym (2nd Storey)

65th Annual General Meeting

26 June 2022

With the easing of COVID-19 Safe Management Measures in end-April 2022, we were able to hold the 65th Annual General Meeting (AGM) at Kensington Ballroom on 26 June 2022 in physical mode. This was similar to pre-COVID times, as opposed to the virtual meetings that took place in 2020 and 2021.

The AGM started punctually at 1pm. We did not have a quorum.

As per clause 37.3 (a) of the Club Constitution, "In any General Meeting, a tenth of the voting Members present or One Hundred (100) Members whichever is lesser, shall form a quorum."

Clause 37.3 (b) states, "If within half an hour from the time appointed for the meeting a quorum is not present, the voting Members present shall be a quorum, but they shall have no power to alter, amend or make additions to the Constitution."

After 30 minutes, a quorum was still not reached, so we invoked 37.3 (a) and (b) of the Club Constitution and proceeded with the Members present as quorum, on the condition that the assembly did not vote on matters that required any change to the Club Constitution.

The AGM proceedings commenced with the presentation of appreciation certificates to the General

Committee (GC) Members by Trustee, Mr Pao Kiew Tee. This was followed by the President's Message and the election of the new GC. The 13 Members who had completed their term on the GC from 2020 to 2022 were submitted as nominees once again for the 13 vacant positions. As the 13 nominees were unopposed, they were declared elected as the new GC for another term of two years.

Thereafter, the minutes of the 64th AGM held on 27 June 2021 were confirmed, and the accounts for the year ended 31 March 2022 was received. Following that, Audit Alliance LLP was appointed as auditors for the ensuing year. Under Any Other Business (AOB), which was the final item on the AGM Agenda, topics received from Members prior to the AGM were addressed. As Members who had submitted topics to be discussed during the AOB were present, this gave rise to a healthy exchange between GC and Members.

The meeting ended on a high note, with Members extending congratulatory messages to the newly appointed GC Members, with many adjourning to Crossroads Lounge for a round of drinks.



The outgoing GC Members were re-elected for another two-year term.



Ang Leu Khim
Grand Member

Chua Peng Kuan Victor
Grand Member

Choo Chin Lye Sam
Grand Member

Ng Wee Kiang William
Grand Member

Chia Kuok Meng
Charles Gerard
Grand Member

Teng Kim Yuen
Grand Member

Cheng Yun Wei, Daryl
Ordinary Member

How Kow Siong
Ordinary Member

Koh Cheng Chua
Ordinary Member

Lim Khim Hai Daniel
Ordinary Member

Adrian Lian
Ordinary Member

Clarence Lai Mu Ern
Ordinary Member

Lim Yang Cherng
Ordinary Member

Ng Siew Chern
Ordinary Member

Ng Suat Ling Jamie
Ordinary Member

Sing Lilian
Ordinary Member

Sivabalan S/O Ramasami
Ordinary Member

Sing Kow Kiae
Ordinary Member

Teng Zi Ping, Kemmy
Ordinary Member

Elsie Tan Lee Khoon
Ordinary Member

Thomas Tan Chun Wei
Ordinary Member

Wong Kuo-Yu, Colin
Ordinary Member

Yong Yeow Seong
Ordinary Member

Nagoor Anifa Mohammed Afraaz
Ordinary Member

Aron Choo Tse Rong
Ordinary Member

Goh Choong Phin
Ordinary Member

Lim Heng Ci, Dominic
Ordinary Member

Justin Peng Ho Teng
Ordinary Member

Seah Poh Seng @
Shi Zhen Ting
Ordinary Member

Russel Tan Jun Hong
Ordinary Member

Tan Yan Xiong Trevor
Ordinary Member

Tang Kyn-Luc
Ordinary Member

Desiree Wee Shu Xin
Ordinary Member

Wong Poo Yoke
Ordinary Member

Yeo Rei Qing, Kimberly
Ordinary Member

Tatiana Filipe
Term Member

Paul Andrew Pratt
Term Member

Mervyn Toh Boon Kai
Term Member

Hertanu Wahyudi
Term Member

Chia Jin Sin
Term Member

Pan Liangqiao
Term Member

Common Kidney and Bladder Issues in Your 40s and Beyond

by Dr Fiona Wu
4 June 2022

Urologist Dr Fiona Wu deep-diving into kidney and bladder problems facing people 40 years and older.

There was a good turnout for June's Members' Talk, which focused on 'Common Kidney and Bladder Issues in Your 40s and Beyond'. It was delivered by Dr Fiona Wu, the Consultant Urologist and Medical Director of Aare Urocare.

Dr Wu touched on bladder control issues (urinary incontinence), urinary tract infection (UTI), and chronic kidney disease. Several Members commented that it was not easy finding a female urologist, and were happy to see Dr Wu addressing these issues.

Look out for details of the next Members' Talk on notice boards around the Club, the SGCC Telegram channel, as well as through electronic direct mailers (EDM) sent to your email.

For those of you who have yet to subscribe to our Telegram channel, go to <https://t.me/SGCC1955>. SGCC Telegram updates you on Club promotions, announcements and upcoming events!

If you have not been receiving our EDMs, please write to us at feedback@sgcc.com.sg.



Dr Wu presenting her credentials before embarking on her talk.



MR Chairman Mr Xavier See participating in the Q&A Session.

BE A MEMBER TODAY!

Join us as an
Ordinary Member!

We can match
you with our list
of Sellers!

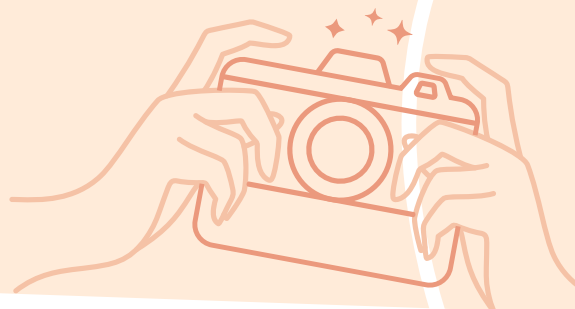
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Snapshots

Here are photos and snippets of Club events that took place in **June** and **July**.



Seniors' Get-Together (4 June 2022)



MR Chairman Mr Xavier See posing with some happy Members at the Seniors' Get-Together on 4 June 2022.

Seniors' Get-Together (4 June 2022)



Smiles all around at the Seniors' Get-Together on 4 June 2022.

Happy Hour (7 June 2022)



MR Chairman Mr Xavier See met Members aged 40 years and below at a Happy Hour session on 7 June 2022 at Club Twenty-Two. A fruitful networking session ensued, with a healthy exchange of ideas and feedback.

Seniors' Get-Together (2 July 2022)



A happy couple at the Seniors' Get-Together on 2 July 2022.

Hello 2023

Year-End Countdown

IT IS RETRO NIGHT!

31 DEC 2022 | 6.30PM | KENSINGTON BALLROOM

TAKE A STEP BACK INTO THE 60S AND 70S – DRESS TO THE THEME OF **PEACE & LOVE, FLOWER POWER, DISCO DANCING AND PSYCHEDELIC COLOURS!**

\$128 (Member) | **\$138** (Guest)

Complimentary bottle of whisky
for full table booking before 30 Sep 2022.

Book early to avoid disappointment!

HIGHLIGHTS

- BE ENTERTAINED BY EMCEE: **HAPPY FEI FEI**
- LIVE BAND PERFORMANCE BY **PLUS FACTOR**
- 8-COURSE CHINESE **DINNER**
- **LINE DANCE** AND SOCIAL DANCE – PUT ON YOUR DANCING SHOES!
- SUPPER WILL BE SERVED AFTER 12 MIDNIGHT
- **FREE FLOW** OF SOFT DRINKS AND BEER
- ONE BOTTLE OF **WINE** PER TABLE
- **PARTY PACK**
- **LUCKY DRAW**

Prices inclusive of GST.

Contact Adrian at 91150417 or adrian_chew@sgcc.com.sg



Happy Fei Fei

Happy Birthday,

As Singapore celebrates its 57th year as an independent nation, here are some milestones it has laid down, from its past as a British colony to its current status as a modern, green metropolis.

14th century

Relics from the 14th century have been found in Singapore, which was known by different names then. The Chinese traders called it Temasek; in the *Sejarah Melayu* (Malay Annals), it was known as Singapura, meaning 'Lion City' in Sanskrit. Singapore was, by then, a thriving port, engaged

in trade with the Malay Archipelago, Siam (Thailand), China and India. The *Sejarah Melayu* and other historical records say Singapura was attacked by foreign invaders in the late 14th century. After that, it was inhabited mainly by the *orang laut* ('sea people' in Malay).

1963

Singapore declared its independence from Britain and joined the Federation of Malaysia.

1960

Singapore won its first Olympic medal through weightlifter Tan Howe Liang. He garnered a silver medal in the lightweight division at the Rome games, setting an Olympic record of 155.0kg in the clean and jerk.

1959

Nationalist sentiment was brewing among the locals. The country's first general election was held on 5 June, and the People's Action Party won. The first cabinet was sworn in, and Lee Kuan Yew became the country's first Prime Minister. On 3 December, Yusof Ishak was sworn in as Yang Di-Pertuan Negara (Head of State).

1965

Singapore pulled out of the Federation of Malaysia. On 9 August, Singapore separated from Malaysia to become an independent and sovereign state. On 22 December, a Constitutional Amendment Act was passed and Yusof bin Ishak became the first President of Singapore.

1966

The country's first National Day was held on 9 August, and celebrated with a parade at the Padang.

1967

National Service was introduced when the National Service (Amendment) Act came into effect on 17 March. Singapore sought and received help from Israel to build up its defences and got the idea for building a citizen army of

2016

Joseph Schooling made Singapore proud by becoming our first Olympic champion. He set an Olympic record of 50.39s in the 100m butterfly swimming event along the way.

2008

Singapore's first Grand Prix in 35 years took place in the Marina Bay Circuit in September. Called the Formula 1 SingTel Singapore Grand Prix, it was the first and only race to be held at night in F1's history, and the first F1 street race in Asia.

2006

Clarke Quay, adjacent to the Singapore River, was redeveloped into a bustling waterfront attraction with restaurants and bars.

NDP 2022 will open to the public with ticketed previews after two years of smaller-scale and hybrid celebrations due to the COVID-19 pandemic. Themed 'Stronger Together, Majulah!', it coincides with the 55th anniversary of National Service. A special addition to the parade is Total Defence Display, a combined land, air and sea security operations demonstration.

Singapore!



1819

Stamford Raffles landed in Singapore. A treaty — signed on 6 February by him, Temenggong Abdul Rahman and Sultan Hussein of Johor — gave the British East India Company the right to set up a trading post here.

1922

Singapore became the main British naval base in East Asia.

1941

The Japanese military bombed Singapore, defeating the British in the Battle of Singapore.

1946

On 1 April, the nine Malay states and the Straits Settlements of Penang and Malacca officially formed the Malayan Union, while Singapore became a separate Crown Colony.

1945

The Japanese suddenly surrendered on 15 August. The British proclaimed a military administration and Admiral Lord Louis Mountbatten, who was then the Supreme Allied Commander in Southeast Asia, assumed full judicial, legislative, executive and administrative powers and responsibilities.

1942

The country was occupied by the Japanese, who renamed it Syonan (Light of the South).

conscripts from them. In keeping with the vision of transforming Singapore into a Garden City, a number of green initiatives were implemented, such as the development of parks and a tree-planting programme. The Housing & Development Board and

Economic Development Board were established. The former led to the construction of housing estates filled with high-rise flats, while the latter enabled Singapore to become a global financial hub and a world leader in shipping and transport.

1971

The last of the British military forces withdrew from the country.

1981

Changi Airport, Singapore's main transport hub, started operations. It is now globally recognised as one of the world's best airports.

2002

Esplanade Theatres on the Bay, Singapore's national performing arts centre, opened its doors.

1991

The constitution was amended to provide for a popularly elected Head of State.

1984

Singapore's first-ever Christmas Light-Up took place along the shopping belt of Orchard Road. To this day, there are people who still make a pilgrimage to the Orchard precinct to catch the pretty lights during the Yuletide season.

A celebration is not complete without food. To feed your Singapore-centric sentiments, we have a hawker food promotion at Atrium Café. Turn to page 16 for more details.



Asian Fusion Cuisine

Available throughout the month of August 2022
(except 24 August 2022)

Operating Hours

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

Price

3-course set menu from \$25 per person
(appetiser or soup, main course, dessert with coffee or tea)

4-course set menu from \$30 per person
(appetiser, soup, main course, dessert with coffee or tea)

\$2.50 discount for Senior Members age 55 years old and above, and Students aged 21 years and below

Prices include GST

APPETISER

Citrus Salad

With Ginger Flower Dressing
OR

Homemade Thai Prawn Cake

With Thai Chilli Sauce
OR

Sesame Tuna Tataki

Accompanied with
Mesclun Salad and Lemon

SOUP

Black Garlic Soup

OR

Sichuan Hot & Sour Soup

MAIN COURSE

Wafu Carbonara

Spaghetti with Bonito Sauce, Bacon,
Shimeji Mushroom and Egg Yolk
OR

Salmon Marinated with Miso Paste

Served with Teriyaki Sauce
OR

Asian Marinated Seafood Skewer

OR

Pan-Roasted Indochina Chicken Steak

Served with Hoisin Bean Sauce
OR

Garlic Steak

Topped with Asian Garlic Sauce
(Surcharge \$8)

DESSERT

Mango Pomelo

With Vanilla Ice Cream
OR

Pandan Crepe

Served with Gula Melaka Sauce

COFFEE OR TEA

For more details, call 6398 5313 or email fnb_outlets@sgcc.com.sg



A Taste of Portugal

Available throughout the month
of September 2022

Operating Hours

Daily: 12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

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

(appetiser or soup, main course, dessert
with coffee or tea)

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

(appetiser, soup, main course, dessert
with coffee or tea)

\$2.50 discount for Senior Members
age 55 years old and above, and
Students aged 21 years and below

Prices include GST

APPETISER

Cogumelos Salteados

Sauteed Mushroom

OR

Salada de Polvo

Octopus Salad

OR

Croquetes de Carne

Beef & Chorizo Croquette

SOUP

Sopa de Vegetais

Vegetable Soup

OR

Canja de Galinha

Portuguese-Style Chicken Soup

MAIN COURSE

Arroz de Marisco

Seafood Rice

OR

Robalo no Forno

Oven-Baked Sea Bass

OR

Costeletinhas de Borrego

Baby Lamb Chops

OR

Lombo de Porco a Minhota

Pork Loin Minhota Style

OR

Bife com Molho de Cogumelos

Steak with Creamy Mushroom Sauce (Surcharge \$8)

DESSERT

Mousse de Chocolate

Chocolate Mousse

OR

Leit de Crème

Portuguese Milk Custard

COFFEE OR TEA

For more details,
call 6398 5313 or email
fnb_outlets@sgce.com.sg



Sevenhill (South Australia) Wine Pairing Dinner

**Wednesday, 24 August 2022
7pm-10pm**

Price

\$108 (Member) | **\$118** (Guest)

Prices include GST

DINNER MENU

WELCOME DRINK

Sevenhill Sparkling Riesling 2019

FIRST COURSE

Seared Hokkaido Scallop and Whipped Green Pea
Pairing: White Wine: Sevenhill Inigo Riesling 2021

SECOND COURSE

Watercress Soup with Potato Rosti and Poached Egg
Pairing: White Wine: Sevenhill Pinot Gris 2021

THIRD COURSE

Chicken Risotto

Pairing: Red Wine: Sevenhill Inigo Shiraz 2019

FOURTH COURSE

Charred Short Ribs, Potato Mash, Portobello Mushroom and Jus
Pairing: Red Wine: Sevenhill St Ignatius 2018

FIFTH COURSE

Classic Banana Split

COFFEE OR TEA

For more details,
call 6398 5313

or email fnb_outlets@sgcc.com.sg

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GLENDRONACH
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MASTERS OF SHERRY CASK MATURED SINGLE MALT



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\$138

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NETT



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National Day Local Favourites

Saturday-Tuesday, 6-9 August 2022

11am-2.30pm; 6pm-9.30pm

(Last order: 30 minutes before closing)

MENU

Lor Mee @ \$7.90

Lontong @ \$7.90

Hainanese Pork Chop Rice @ \$10.80

Yong Tau Foo @ \$11.80

Each dish ordered will be accompanied
by a local dessert of the day

Price includes GST

For more details,
call 6398 5309 or
email [fnb_outlets@
sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg)



Banquet Meeting & Seminar Packages



**10% discount for SGCC Members
(promotion ends on 30 November 2022)**

PACKAGE A

(Full-day 8 hours)

@ \$65 per person

**2 coffee breaks with snacks
1 Bento lunch**

PACKAGE B

(Full-day 8 hours)

@ \$55 per person

2 coffee breaks with snacks

PACKAGE C

(Half-day 4 hours)

@ \$50 per person

**1 coffee break with snacks
1 Bento lunch**

PACKAGE D

(Half-day 4 hours)

@ \$40 per person

1 coffee break with snacks

Packages include

Meeting/Seminar venues
Choice of set-ups
Usage of LCD projector and screen
2 cordless microphones
Complimentary Wireless Broadband Access
Flipcharts with markers
Meeting stationery
Ice water and mint sweets

Minimum size: 10 persons

Prices include GST

For more details, call Banquet Sales
at 6398 5387

Uniquely Singapore

Of the many dishes that form an integral part of Singapore's food scene, only a sprinkling originated here. Other traditional favourites have, over time, been adapted to suit local tastes and palates.



Food in Singapore is an amalgamation of the cuisines of the various communities that inhabit this island. Chinese and Indian fare jostle with Malay, Peranakan and Eurasian dishes. Most of Singapore's signature dishes were originally brought here by immigrants, but they have since been given a local spin.

Hainanese Chicken Rice

One of Singapore's most popular hawker dishes, chicken rice as it appears today is adapted from a recipe by early Chinese immigrants from the island of Hainan, located off the southern coast of China. There, the dish is known as *Wenchang Chicken*, and is made using a bony, fibrous fowl, and served with oily rice and a dip of green chilli. Traditionally, the chicken is steeped in boiling water or blanched until fully cooked, then soaked in cold water to ensure the meat remains tender. In Singapore, the chicken is sometimes

roasted or braised in soya sauce instead. The dish has also been infused with local Cantonese influences, resulting in the use of young, tender chicken instead and the replacing of the dip with a piquant sauce made from red chilli.

Fish Head Curry

Invented in Singapore, this dish mixes the spices used in a South Indian curry with fish head, a delicacy among the Chinese. Fish Head Curry was first sold at a stall in Sophia Road in 1949 when M J Gomez, an immigrant from the South Indian state of Kerala, decided to experiment by coating the head of a fish with a thick paste of spices. Despite the fact that fish head is not commonly used in Indian cuisine, Gomez did this based on his understanding that it was a favourite with

his Chinese customers. The result was a resounding success. Today, the dish is on the menu of both Indian and Chinese eateries. The latter use the spices in greater moderation, and the fish head is sometimes first steamed before being dunked into the curry. According to aficionados, the cheeks have the best flesh, and the eyes are to die for!





Laksa

Different versions of laksa are available, depending on exactly where you are in the region. Singapore's style — smacking primarily of Chinese and Malay influences — is a coconut milk-laden, sambal-laced broth with thick rice noodles, shrimp, fish cake, beancurd puffs, and crushed *daun kesom* (laksa leaves). In the 15th century, Chinese immigrants who arrived in Malacca and later, the Straits Settlements, of which Singapore was a part, combined local spices with Chinese methods of cooking and ingredients to produce many Nonya dishes, including laksa. Hence, the fusion of Chinese soup noodles with spices used in Malay cooking.

Wonton Mee

Originating in Cantonese culinary heritage, wonton mee is traditionally made of noodles in a broth, with leafy greens and pork dumplings. In Singapore, however, you'll more commonly find the dry version, drenched in light sweet sauce and accompanied by a small bowl of soup. Here, we also tend to favour the softer, springy noodles made from low-gluten flour, egg and salt for this dish, unlike the crispier variety used in Hong Kong. A variant with chilli mixed into the noodles is also popular with spice-loving locals.








































Satay Beehoon

Satay Beehoon is a fusion dish, with elements of Chinese and Javanese cooking. It is said to have been invented by a local Teochew street vendor who combined *beehoon* (rice vermicelli noodles) with the peanut gravy used for satay. Nonya customers gave him their input on additional spices and ingredients to pep up the gravy. These further developed the flavours of the dish.
































If reading this has created a craving for hawker food, make your way down to the Atrium Café from 6–9 August 2022 for our National Day Local Favourites promotion. Turn to page 16 for more details.

AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Asian Fusion Cuisine Garden Grill 12pm; 6pm Whole month (except 24 Aug) Advanced Line Dance Club 22 4pm 	2 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	3 Table Tennis Social Practice Squash Court 4 2pm 'High' Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm 	4 Squash Social Night Squash Courts 5pm  	5 Clarence & The M.O.B Crossroads Lounge 8pm 	6 Mental Health Screening Kensington Ballroom 10am National Day Local Favourites Atrium Café 11am; 6pm Locomotion Club 22 8pm 	7 National Day Local Favourites Atrium Café 11am; 6pm  SGCC Family Walk SGCC 7.30am
8 National Day Local Favourites Atrium Café 11am; 6pm  Advanced Line Dance Club 22 4pm National Day Countdown Kensington Ballroom 7pm 	9 NATIONAL DAY National Day Local Favourites Atrium Café 11am; 6pm Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	10 Table Tennis Social Practice Squash Court 4 2pm 'High' Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm 	11 Squash Social Night Squash Courts 5pm  	12 Tennis Social Night Tennis Courts 8pm Clarence & The M.O.B Crossroads Lounge 8pm 	13 Seniors' Get-Together Atrium Café 8.30am Locomotion Club 22 8pm 	14
15 Advanced Line Dance Club 22 4pm 	16 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	17 Table Tennis Social Practice Squash Court 4 2pm 'High' Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm 	18 Squash Social Night Squash Courts 5pm  	19 Clarence & The M.O.B Crossroads Lounge 8pm 	20 Locomotion Club 22 8pm 	21
22 Advanced Line Dance Club 22 4pm 	23 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm 	24 Table Tennis Social Practice Squash Court 4 2pm 'High' Beginners Line Dance Club 22 2.30pm Sevenhill (South Australia) Wine Pairing Dinner Garden Grill 7pm Judy & William Crossroads Lounge 8pm 	25 Squash Social Night Squash Courts 5pm  	26 Tennis Social Night Tennis Courts 8pm  Clarence & The M.O.B Crossroads Lounge 8pm 	27 Locomotion Club 22 8pm 	28
29 Music Monday Club 22 1pm  Advanced Line Dance Club 22 4pm 	30 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	31 Table Tennis Social Practice Squash Court 4 2pm 'High' Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm  				

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 A Taste of Portugal Garden Grill 12pm; 6pm Whole month Squash Social Night Squash Courts 5pm 	2 Clarence & The M.O.B Crossroads Lounge 8pm 	3 Floating Tea Cups Workshop Casuarina Room 10am Locomotion Club 22 8pm Seniors' Get-Together Atrium Café 8.30am	4 
5 Advanced Line Dance Club 22 4pm  	6 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm 	7 Table Tennis Social Practice Squash Court 4 2pm 'High' Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm 	8 Squash Social Night Squash Courts 5pm  	9 Tennis Social Night Tennis Courts 8pm Clarence & The M.O.B Crossroads Lounge 8pm 	10 Locomotion Club 22 8pm 	11
12 Advanced Line Dance Club 22 4pm 	13 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	14 Table Tennis Social Practice Squash Court 4 2pm 'High' Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm 	15 Squash Social Night Squash Courts 5pm  	16 Clarence & The M.O.B Crossroads Lounge 8pm 	17 Flower Arrangement Casuarina Room 10.30am Locomotion Club 22 8pm 	18 TCA 20th Anniversary Junior Chess Kensington Ballroom 8am 
19 Advanced Line Dance Club 22 4pm 	20 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm 	21 Table Tennis Social Practice Squash Court 4 2pm 'High' Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm 	22 Squash Social Night Squash Courts 5pm 	23 Tennis Social Night Tennis Courts 8pm  Clarence & The M.O.B Crossroads Lounge 8pm 	24 Locomotion Club 22 8pm 	25
26 Music Monday Club 22 1pm  Advanced Line Dance Club 22 4pm 	27 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	28 Table Tennis Social Practice Squash Court 4 2pm 'High' Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm 	29 Squash Social Night Squash Courts 5pm  	30 Clarence & The M.O.B Crossroads Lounge 8pm 		

Pretty Portugal

Glorious seafood, great architecture and lovely beaches... what's not to like about this Mediterranean country?

Portugal is situated on the western coast of the Iberian peninsula, bordering Spain. Famous for its sumptuous seafood, awe-inspiring architecture, and breathtaking beaches, it is one of the most visited places in Europe.

Sumptuous seafood

Portugal has more than 800km of coastline, so it's not surprising that its seafood is ranked among the best in the world. *Bacalhau* — dry salted cod — is one of the most celebrated ingredients in Portuguese cuisine. Equally popular are sardines, which are feted at the Santo Antonio Festival and served grilled or smothered in a variety of sauces. Octopus is another hot favourite, with *polvo a la Lagareiro* (octopus cooked with olive oil) widely available across the country.

Seafood restaurants abound in this country, but for an exceptional gastronomic experience, visit Baía do Peixe — a restaurant with three branches, including one in the pretty coastal resort town of Cascais. Sample the *rodizio*, or platters of different types of seafood that can be



A selection of Portuguese dishes, including its much-vaunted seafood.

refilled. Another eatery that boasts quality seafood dishes — notably *Amêijoas à Bulhão Pato* (stewed clams in a wine and garlic sauce) — is Esplanada Marisqueira Antiga. It's located in Matosinhos, a major port and fishing town.

Awe-inspiring architecture

Portugal's architecture is influenced by its history and the people who occupied it. Hence, there are scores of medieval castles as well as ruins and forts arising from the Roman occupation. Built atop the Sintra

hills during the Iberian occupation in the 8th–9th centuries, the Castle of the Moors is a well-preserved medieval fortress that boasts panoramic views of the Atlantic Ocean. An equally

impressive example of defensive architecture is the 12th-century Castle of the Knights Templar, located in the city of Tomar. The castle houses the Convent of Christ, a monument of historical value that has been listed as a World Heritage Site by UNESCO since 1983.

Another distinctive architectural style is the national Gothic, which had its inception with the beginning of the Portuguese monarchy. Fine examples of this structural style are the fortified Templar church at Leca do Balio, the richly sculpted portal of Evora Cathedral in the city of Evora, and the intricately carved tombs of



View of a beach in the Algarve region.

Pedro I and Ines de Castro inside the Monastery of Alcobaca.

Portugal also developed a national architectural style in the 16th century called Arte Manueline. This style incorporates Gothic features with maritime elements and representations of the discoveries brought from the voyages of Vasco da Gama and Pedro Alvares Cabral. Excellent

examples of this style are Belem Tower and Jeronimos Monastery.

Breathtaking beaches

Wherever you go in Portugal you're never far from a beach. The country has a plethora of sun-kissed shores. Visitors can enjoy everything from bar-lined city beaches to swathes of golden sand where surfers tussle with the Atlantic swells.

Some of the best beaches are undoubtedly found in the Algarve, Portugal's southernmost region. What makes the Algarve special is the huge variety on offer, from cove beaches only accessible by the sea to vast stretches that go on for miles, as well as islands boasting white sand and dramatic rock formations and cliffs. An excellent way to discover as

many islands as you can is to go on an Algarve boat trip — boat trips are available all year round from marinas in Vilamoura, Albufeira, Portimao, Faro and Lagos.

Besides beaches in Algarve, there are other notable stretches of sand to check out. One such showstopper is Praia Baleal, located about 5km northeast of Peniche on the country's west coast. Not far from the capital city of Lisbon lies Costa da Caparica, on the Setubal Peninsula. The powerful Atlantic waves and glorious sandy beaches there attract both surfers and families.

With mouthwatering seafood, lovely beaches and magnificent architecture, Portugal is indeed a country worth visiting — and one Singaporeans would surely find a home away from home.

Has reading about Portugal's range of seafood made your mouth water? If so, note that Garden Grill is having a month-long promotion in September called 'A Taste of Portugal'. Turn to page 13 for the details.



Inside the Convent of Christ, a UNESCO World Heritage Site.

Right on Cue

Billiards evolved from a lawn game played sometime during the 15th century in Northern Ireland. Since then, it has become popular globally.

Cue sports have historically been known as billiards (though, in some countries, the term refers to the specific game of English Billiards). It is a general label used for a variety of sports played with a cue stick to strike a ball in order to make it move a certain way on a billiard table.

Cue sports like billiards, pool and snooker are enjoyed around the world by many. The first official billiards championship was held in 1870 in England. Since then, there have been many such championships with outstanding players and tournaments. These players include men and women from around the world.



Photo: Doha Stadium Plus Qatar

Efren Reyes

Filipino Efren Reyes, considered one of the best billiards players in the world, plays a fast and flamboyant game. He has been dubbed The Magician for his ability to control the cue ball and make seemingly impossible shots. In the inaugural *Color of Money* tournament (named after the Tom Cruise movie), held in 1996, Reyes defeated Earl Strickland to take home the largest single-event purse in the game's history. He has nabbed 70 international titles, and is the only player to win world championships in two different disciplines in billiards. In 2003, Reyes became the first Asian inductee into the Billiard Congress of America's Hall of Fame.

Carlo Biado

Another Filipino who has achieved international renown in billiards is Carlo Biado. After winning the US Open Pool Championship in 2021 with a stunning 13-8 victory over Singaporean player Aloysius Yapp, Biado became the No. 1-ranked pool player in the World Pool-Billiard Association (WPA) ranking. He won the men's 10-ball singles gold medal in the 2022 SEA Games. Biado began playing the sport at the age of 13 in the Philippines, and credits Reyes with helping him improve his game.



Photo: The 'Carlo Biado' Facebook page



Photo: RailbirdJAM

Earl Strickland

American professional pool player Earl Strickland, nicknamed The Pearl, is widely considered by many as one of the best nine-ball players of all time. He has won the US Open Nine-Ball Championships five times, and is the only player to win the WPA World Nine-Ball Championship in two consecutive years. He earned his place in the Billiard Congress of America's Hall of Fame in 2006. Besides his numerous championship titles, Strickland also became famous as one of the most controversial players for his outspoken views and volatile behaviour.

Shane Van Boening

Shane Van Boening beat Austrian player Albin Ouschan in the 2022 World Pool Championship to emerge world champion. He began playing billiards at the age of 12, and comes from a family with a strong professional background in the sport. His grandfather, grandmother and aunt were



Photo: RailbirdJAM

champion billiards players. The American suffers from hearing loss and uses hearing aids. This disability, however, has not been detrimental to his game at all.



Photo: World Pool-Billiard Association

Kelly Fisher

Reigning nine-ball champion Kelly Fisher is considered one of the finest female players. Introduced to English pool by her dad at his pub in Yorkshire, England, she has won the World Snooker Championship six times, but says she prefers the adrenaline rush of nine-ball pool. Known for her determination and steely resolve on the pool table, she has bounced back from personal obstacles, such as open-heart surgery and a double mastectomy, to prove her mettle as a top player.

Aloysius Yapp

In 2014, Aloysius Yapp became the first Singaporean to win a title in the sport. The-then 18-year-old took home the Asian Junior title and became the junior world champion when he won the nine-ball pool singles category at the Under-19 World Junior Championships in Shanghai.

2021 was a groundbreaking year for Yapp: he finished third at the World 10-Ball Championship in Las Vegas in September, and then placed second at the US Open Nine-Ball Championship in Atlantic City later that month.

Continuing his streak, Yapp won the Michigan 10-Ball Open for his first senior international title. The 26-year-old clinched the bronze and silver medals respectively in the 10-ball singles and nine-ball singles in the 2022 SEA Games, losing to Filipino players Johann Chua and Carlo Biado.



Photo: Team Singapore

PAST EVENTS

TENNIS JUNIOR CHAMPIONSHIP

Held on 5 June 2022, this event attracted 19 players, who were divided into four age groups.

The results are as follows:

8 YEARS OLD & BELOW	10 YEARS OLD & BELOW	12 YEARS OLD & BELOW	14 YEARS OLD & UNDER
Champion: Collin Philippsen	Champion: Victoria Lim	Champion: Colwyn Lee	Champion: Colwyn Lee
Runner-Up: Kayrian Josh Loh	Runner-Up: Malcolm Chia	Runner-Up: Kingsley Lin	Runner-Up: Kiersten Lim
Joint-Third: Emma Neoh & Liam Tan	Joint-Third: Alexander Lim & Titus Lin	Joint-Third: Kiersten Lim & Victoria Lim	Joint-Third: Malcolm Chia & Brigitte Chia
	Plate Champion: Jarod Chow	Plate Champion: Joash Lim	
	Plate Runner-Up: Alaina Ng	Plate Runner-Up: Malcolm Chia	



Our up-and-coming tennis talents.



Winner for 8 Years Old & Below Collin Philippsen with Tennis Convenor Mr Steven Lee



Winner for 10 Years Old & Below Victoria Lim with Tennis Coach Naing



Winner for 12 Years Old & Below Colwyn Lee with Tennis Coach Naing



Winner for 14 Years Old & Below Colwyn Lee with Tennis Coach Eddy

45TH INTER-TEAM BOWLING MIXED LEAGUE

This bowling event was held on 8 June 2022, with 25 of them turning up for the Prize Presentation. We would like to thank the captains of the five teams that took part — they contributed much to the success of the league:

CAPTAIN	TEAM
Catherine Chua	Bowling Buddies
Ken Tan	Chilled-X
Ang Leu Khim	No Fear
Lily Leow	Five 7 Ten
Derrick Sim	Break Free

RANK	TEAM
Champion	No Fear
Runner-Up	Five 7 Ten
Third	Break Free

HOUSE AWARD (270-279 PINFALLS)

Men's Category	Derrick Sim	C K Kwong
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Champion Team: No Fear.



Runner-Up Team: Five 7 Ten



House Award winner C K Kwong



House Award winner Derrick Sim

BRIDGE SPARKLING DIAMOND

The Casuarina Room hosted a bridge tournament on 7 June 2022. The small number of participants meant that all of them received prizes at the end of the event!



FRIENDLY COMPETITIONS

ONE DAY TENNIS

Get your game on, tennis enthusiasts! Show them how you wield your racket in your respective categories and dates in November 2022:



Date: 5 November — Ladies' Doubles
12 November — Men's Doubles
19 November — Mixed Doubles
Time: 8am–12pm
Venue: Tennis Courts
Fee: \$10.70 (per Member per category)
Price includes GST.
Closing Date: 30 October — Ladies' Doubles
6 November — Men's Doubles
13 November — Mixed Doubles

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

TENNIS SOCIAL NIGHT

If you've always wanted to try your hand at this game, then Tennis Social Night is for you. All levels of ability and talent are welcome! Open to adult Members only.



Date: 12 & 26 August 2022
9 & 23 September 2022
Time: 8pm–10pm
Venue: Tennis Courts
Fee: Free for Members

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

SQUASH SOCIAL NIGHT

Enjoy an evening of casual play and socialising among fellow squash players. No booking is required — just show up and play! Please sign-in at the gym counter before proceeding with your game.



Day: Tuesdays & Thursdays
Time: 5pm–8pm
Venue: Squash Courts
Fee: Free for Members

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

SGCC LEARN TO BOWL PROGRAMME

This is the feeder programme from which our Club's youth bowlers are scouted. Meant for children 7–12 years of age (kids under 7 years old need to pass an assessment by the coach), this programme seeks to interest young children in the sport of bowling. Besides honing their motor skills and aiding their physical development, the Learn To Bowl programme also offers its trainees a leg-up when it comes to Direct School Admission for enrolment into secondary schools.



Day: Fridays
Time: 7.30pm–8.30pm
Venue: Gardens Bowl
Fee: \$85.60

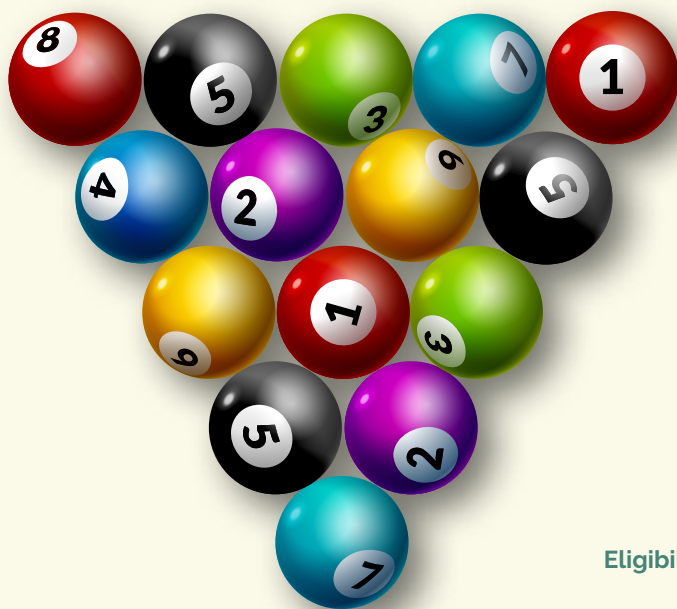
Price includes GST and is for 4 sessions.

Min/Max: 10/15 participants

Zaleha at 6398 5389/340 or recreation@sgcc.com.sg

UPCOMING TOURNAMENTS

BILLIARDS



• Snooker Open
(September)

• 9 Balls Pool
(December)

• Snooker Ang Bao
(January 2023)

Day: **Sundays**

Time: **1pm**

Venue: **Billiards Room**

Fee: **\$10.70** *Price includes GST.*

Eligibility: **12 years old and above** (Members only)

Min/Max: **12/24 participants**

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

UPCOMING TOURNAMENTS

DARTS

Darts SC Shield (September)

Darts Christmas Challenge (December)

Darts Hong Bao (February 2023)

The format for each tournament
will be released in due time.

Day: **Saturdays**

Time: **2pm**

Venue: **Darts Lounge**

Fee: **\$10.70** *Price includes GST.*

Eligibility: **12 years old and above** (Members only)

Min/Max: **12/24 participants**

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

CLASSES

AIKIDO

**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.

Day/Time: Sundays: 4.30pm-5.30pm

Venue: Aerobics Studio

Eligibility: 6 years old and above

Fee: \$56.18 (Member) | \$67.41 (Guest)

Prices include GST and are for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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

TAIJIQUAN (BEGINNER)

Taijiquan is an excellent exercise for keeping fit and healthy. Its movements are gentle and slow; it focuses more on developing the mind rather than the body. It is believed that prolonged practice can help one cultivate a gentle and amiable character. The class will cover 37 Yang-Shi Taijiquan and Taiji broadsword and sword techniques.

**About the Trainer**

Lee Teck Chye is a qualified PA trainer registered under the Singapore Wushu Dragon & Lion Dance Federation as a taiji coach (level: intermediate), and has been teaching in various community clubs.

Day/Time: Sundays: 8am-9am

Venue: Car Park Area (Palm Wing)

Min: 6 participants

Fee: \$146.06 (Member) | \$168.53 (Guest)

Prices include GST and are for a set of 12 sessions.

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.

About the Trainer

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

Fee: \$85.60 (Member, per hour) | \$128.40

(2-4 pax per group, per hour)

Additional \$16 per guest, per hour

Prices include GST but do not include court bookings.



Daniel Chong at 6398 5351 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.

Venue: Aerobics Studio

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)

Advanced

Day/Time: Fridays: 8pm–9pm

Fee: \$85.60 (Member) | \$96.30 (Guest)

Intermediate/Advanced (Sparring & Self-Defence)

Day/Time: Sundays: 5.30pm–6.30pm

Fee: \$101.65 (Member) | \$112.35 (Guest)

Prices include GST and are for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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

TENNIS COACHING PROGRAMME

Whether you simply want to improve for the love of the sport, or you wish to be the next Roger Federer or Serena Williams, having a coach on your side can be a huge boost. There are separate coaching programmes for adults and children.



ADULT GROUP COACHING PROGRAMME

Class: Beginner
Day/Time: Thursdays: 6.30pm–8pm

Class: Intermediate
Day/Time: Mondays: 7pm–8.30pm & 8.30pm–10pm

Class: Ladies' Intermediate
Day/Time: Fridays: 8am–9.30am

Class: Club Men/Women
Day/Time: Wednesdays: 7.30pm–9pm

Fee: \$163.07 (Member) | \$184.47 (Guest)
Prices include GST, and are for 4 sessions per month.

JUNIOR GROUP COACHING PROGRAMME

Class: Monster Tennis
Day/Time: Mondays: 4.30pm–5.30pm
Fridays: 5pm–6pm

Fee: \$108.71 (Member) | \$130.11 (Guest)
Prices include GST, and are for 4 sessions per month.

Class: Little Stars (Red)
Day/Time: Wednesdays: 4.30pm–6pm

Class: Little Stars (Orange)
Day/Time: Wednesdays: 4.30pm–6pm

Class: Future Stars (Green)
Day/Time: Tuesdays: 4.30pm–6pm

Class: Junior 1 (Lower Intermediate)
Day/Time: Mondays: 5.30pm–7pm

Class: Junior 2 (Intermediate)
Day/Time: Wednesdays: 6pm–7.30pm

Class: Junior 3 (High Intermediate)
Day/Time: Tuesdays: 7.30pm–9pm

Class: Junior (Advanced)
Day/Time: Saturdays: 10am–11.30am & 11.30am–1pm

Fee: \$163.07 (Member) | \$184.47 (Guest)
Prices include GST, and are for 4 sessions per month.

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

CHESS LESSONS FOR ALL LEVELS



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.

Day/Time: Saturdays: 1pm–2.30pm
Venue: Casuarina Room
Min: 5 participants
Eligibility: 6 years old and above; adults are welcome
Fee: \$107.00 (Member) | \$128.40 (Guest)

Prices include GST and are for 4 lessons a month; there will be additional charges if there are 5 lessons in a month.

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

TABLE TENNIS (PRIVATE COACHING)

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



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.

Venue: Squash Court 4
Fee: \$44.94 (Member, per hour)
 \$56.18 (2 pax per group, per hour)
 Additional \$10.70 per guest, per hour

Prices include GST but do not include court bookings.

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

BOWLING COACHING



About the Trainer

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.

Min/Max: 3/8 participants
Venue: Gardens Bowl
Fee: **Group Coaching**
 \$45.80 (Member) | \$57.25 (Guest)
Private Coaching
 (to arrange with instructor)
 \$78.65 (Member for Individual, 1.5hrs)
 \$89.88 (Guest for Individual, 1.5hrs)
 \$62.97 (Member for 2 Students, 1.5hrs)
 \$74.42 (Guest for 2 Students, 1.5hrs)

Prices include GST.

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.

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.

Day/Time: Fridays: 4.45pm–5.45pm
 Sundays: 4pm–5pm
Min: 5 participants
Fee: \$385.20 (Member) | \$438.00 (Guest)
 \$374.50 (JuniorGems Member)

Prices include GST.

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

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.



Registration fee for new sign-up/re-registration at \$30 per pax (includes starter bundle of one pair of goggles, one kickboard, and one swimming cap).

Day/Time: **Mondays, Fridays: 4pm–5pm; 5pm–6pm**
Tuesdays, Thursdays: 4pm–5pm; 5pm–6pm;
6pm–7pm
Saturdays: 9am–10am; 10am–11am;
11am–12pm; 3.30pm–4.30pm;
4.30pm–5.30pm
Sundays: 8.15am–9.15am; 9.15am–10.15am;
10.15am–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 or Weekend
2 Sessions/Week
\$89.88 (Member) |
\$112.35 (Guest; both sessions on weekdays) |
\$123.59 (Guest; 1 session on weekday &
 1 session on weekend) |
\$134.82 (Guest; both sessions on weekend)

Prices include GST. The above fees (exclude guest fee payable) will be pro-rated in the event of public holidays or if there is a 5th week in the month.

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

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!

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.



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 (Member; once a week per month) |
\$84.26 (Guest; once a week per month)
2 Sessions/Week
\$112.35 (Member; twice a week per month) |
\$129.20 (Guest; twice a week per month)

Prices include GST but not a personal wet belt, which must be purchased for the class.

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 four sessions @ 15 minutes per session
Additional guest charges:
\$5.35 per session (weekday)
\$8.56 per session (weekend)

Prices includes GST.

About the Trainer

Barbara Lina Lei has been coaching multi-sensory swimming programmes for children since 1999.



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

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.



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.

Day/Time: Tuesdays: 10am–11am
Venue: Aerobics Studio
Min: 6 participants
Fee: \$67.41 (Member)

Price includes GST and aromatic materials for 4 lessons. Charges are for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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.

About the Trainers

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

Day/Time: Thursdays: 7.45pm–8.45pm
Venue: Aerobics Studio
Fee: \$67.41 (Member)

Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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 and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

DYNAMICSCULPT

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

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.

Day/Time: Mondays: 11.30am–12.30pm
Venue: Aerobics Studio
Fee: \$67.41 (Member)

Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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.

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.

Day/Time: Wednesdays: 10am–11am
Venue: Aerobics Studio
Fee: \$67.41 (Member)

Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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 and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month. Non-slip socks must be worn for each lesson.

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

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

HAPPY NEIGONG

Neigong refers to the cultivation of deep internal *qi* (energy). Regular practice can result in a dynamic transformation in one's health. Members can sign up for the foundation, intensive or private one-to-one training.



About the Trainer

An elected Extraordinary Master of the World for two consecutive years, Master Jennifer Lee is the 21st generation lineage holder of the Zi Wu Men tradition of *neigong*. Zi Wu Men Gongfu has a 900-year-old history. With an entry in the *Singapore Book of Records*, Master Lee is a versatile teacher with more than 35 years of international teaching experience, and is highly sought-after for her modern approach to ancient health techniques.

Foundation Training (1-hour sessions)

The sessions will work on 'opening' the joints, regulating the breath, and getting the general *qi* flowing. Participants will learn to realign the structure of their body and master basic postures and moves while improving their motor skills. They will also learn the precise and intense stretching of the tendons and muscles coupled with breathing techniques.

Day/Time: Wednesdays: 4.30pm–5.30pm
Thursdays: 4.30pm–5.30pm
Fee: \$72.76 (Member) | \$84.00 (Guest)

Prices include GST and are for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

Private One-to-One Training

Private one-to-one training can be arranged for those who have disabilities or are wheelchair-bound.

Day/Time: TBC
Fee: \$171.20 (Member) | \$182.44 (Guest)

Prices include GST and is on a per hour basis.

Intensive Training (2-hour sessions)

The training will include *Daoyin* methods in addition to the above. *Daoyin* is mainly floor and seated work that develops strength and flexibility. Structural and motor skills as well as breathing techniques are worked on at a higher level. No pre-requisite is required to attend intensive training.

Day/Time: TBC
Min: 10 participants
Fee: \$139.10 (Member) | \$150.34 (Guest)

Prices include GST and are for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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!



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.

Day/Time: Thursdays: 9am–10am
Venue: Aerobics Studio
Eligibility: 6 years old and above
Fee: \$67.41 (Member) | \$78.65 (Guest)

Prices include GST and are for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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.

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.

Day/Time: Mondays: 7.30pm–8.30pm
Saturdays: 3pm–4pm
Venue: Aerobics Studio
Fee: \$67.41 (Member) | \$78.65 (Guest)

Prices include GST and are for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

CARDIO LAB

This class provides the perfect combination of cardio intervals and muscle-specific toning. It also maintains your heart rate at optimal levels for maximum results. On top of that, it will improve your body's metabolic rate, enabling it to burn calories efficiently all day.

About the Trainer

Having conducted group exercise classes for more than two decades, Shirley Tan is passionate about teaching and enjoys interacting with her students. She also teaches Athletic Conditioning, HIIT, Cardio Strength, Fusion Mobility and Total Body Conditioning.

Day/Time: Tuesdays: 7.30pm–8.30pm
Venue: Aerobics Studio
Min: 6 participants
Fee: \$85.60 (Member)

Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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

Lighting the Way

The Mid-Autumn Festival is also known as the Lantern Festival. How did this come about, and what part do lanterns play in the celebrations?

The Mid-Autumn festival traditionally falls on the 15th day of the eighth month of the Chinese lunar calendar, which is in September or early October on the Gregorian calendar. This year, it falls on 10 September. Marking the end of the autumn harvest, it is also known as the Lantern Festival.

This moniker has its roots in the Song Dynasty, when people would float lanterns along the river during the Mid-Autumn festival to guide the spirits of the drowned. Another tradition involving lanterns is to write riddles on them and have people guess the answers. These lanterns are traditional Chinese crafts that date back more than 2,000 years ago to the Western Han Dynasty. They were traditionally made of thin paper or silk, and held small candles within.

For the Chinese, lanterns are not only implements for lighting the way; they also have a symbolic meaning that are relevant to the Mid-Autumn festival. As most lanterns are round, they symbolise the moon and the reunion of family. This is because, in Mandarin, 'round' sounds similar to 'reunion'. Hence, the use of lanterns in a festival that revolves around peace, prosperity and family unity.

Additionally, lanterns also signify fertility. In some parts of China, mothers would send a message through lanterns during the Mid-Autumn festival to their newlywed daughters, expressing their wish for grandchildren. Again, homophones play a part in this, as the Chinese words for 'man' and 'lantern' are similar in pronunciation.

These days, lanterns serve purely decorative and practical purposes as friends and family stay up to appreciate the full moon late into the night. In Singapore, children have a great time parading around their neighbourhood while toting lanterns. A dazzling lantern display is also held every year in Chinatown to celebrate the festival. Of course, mooncakes in a

smorgasbord of flavours and textures are widely eaten and presented as gifts.

Lanterns all aglow

Lantern festivals are celebrated with slight differences depending on location.

In Guangdong and Hong Kong, usually about 10 days before the Mid-Autumn festival, people make lanterns out of bamboo strips. These lanterns — commonly in the shape of birds, fish and fruits — are covered with colourful paper and painted with the Chinese characters for 'Celebrate Mid-Autumn festival'. On the night of the festival, the lanterns with lit candles are tied to bamboo poles and hung inside the house. Families gather under the lanterns for a spot of merrymaking.



A shop selling lanterns during the Lantern Festival, Hong Kong.

In Guangxi, paper as well as pomelo lanterns — which are hollowed out pomelos with a lit candle inside — are used. Pomelo lanterns are similar to the pumpkin lanterns used during Halloween, but flowers and moon rabbits are carved on the skin of these fruits instead of the scary creatures associated with Halloween. Pomelo lanterns are chosen because the word for 'pomelo' in Mandarin sounds like 'bless and protect the children and



Pomelo lanterns, Guangxi.

carrying lanterns in various shapes, forms and colours. Handcrafted shadow lanterns have been an important part of Mid-Autumn displays since the 12th-century Ly dynasty, often featuring historical figures from Vietnam's past. Handcrafted lantern-making, however, has declined in modern times due to the availability of mass-produced plastic lanterns, which often depict internationally recognisable characters from children's shows and video games.



Choosing a lantern in Hoi An, Vietnam.

Beyond the Mid-Autumn Festival

Lanterns are important symbols in other celebrations.

The Pingxi Lantern Festival takes place outside Taipei, Taiwan. Hundreds of lanterns with personal wishes inscribed via a calligraphy pen are sent up in the sky. While the event is held in February, lantern shops in Pingxi district allow visitors to release one at any time of

our descendants'.

In Jiangxi, Guangdong and Guanxi, children gather tiles and build a small round tower, resembling a pagoda. Holes are left on each floor. Under the moonlight, firewood, tree branches and other easy-to-burn charcoal are placed in the tower and burned.

In Vietnam, children parade under the full moon

the year. Locals collect debris after it lands to exchange for toilet paper and other such items.

Thailand celebrates two lantern festivals, Loy Krathong and Yi Peng. Both take place on the same day in November but in different areas: Loy Krathong in Sukothai, and Yi Peng in Chiang Mai. People celebrate the festivals by decorating the lanterns with messages, then releasing them. The Yi Peng Festival sends the lanterns up in the sky while the Loy Krathong festival lets them loose on the water.



Pingxi Lantern Festival, Taiwan.



Loy Krathong (below) and Yi Peng (above), Thailand.



PAST EVENTS

Rainbow Sandland Workshop

To keep the kids occupied during the June holidays, SGCC organised the Rainbow Sandland Workshop. It was held in the Casuarina Room on 11 June from 10.30am to 12.30pm, and was attended by 13 youngsters.

Once they were taught what to do, these kids enthusiastically took to the task at hand. Unleashing their creativity, they layered the differently coloured sands to the desired effect, and topped the layers with little 3D models, such as a unicorn. The kids could also apply their creativity to the container using a range of stickers.

Look at their amazing results on this page!



DIY Coaster-Making Workshop



Another event SGCC held for the kids over the June holidays was the DIY Coaster-Making Workshop. Held in the Casuarina Room on 18 June from 10.30am to 12.30pm, the session saw 10 energetic kids concentrating hard to decorate wooden coasters, which came in a variety of shapes.

These young people exercised their creativity and bedazzled their coasters with all manner of colourful bits and pieces. You can see the result of their hard work in the photos on this page!

Their mums will be happy that the risk of water stains on the furniture is going to be much reduced.



UPCOMING EVENTS

Floating Teacups Workshop

This aim of this workshop is to make a teacup that is floating above a saucer, and to make it look as if flowers are pouring out of the teacup. It's a gorgeous decoration that's suitable inside your home or outside in the garden.



Date: 3 September 2022, Saturday
Time: 10am–12.30pm
Venue: Casuarina Room
Fee: \$96.30 (JuniorGems) (1 parent + 1 child) | \$96.30 (Member) | \$101.65 (Guest)
Prices include GST.
Min: 8 participants
Closing Date: 26 August 2022, Friday

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

Flower Arrangement

Speak the language of flowers! In this workshop, you will learn the delicate art of building a floral topiary. Wouldn't it be amazing to gift your loved ones with an arrangement of fresh flowers that's 100% your own handiwork? Workshop content is as follows:

- 2 hours long
- Create one topiary arrangement
- Create one bow with ribbons and wire
- Bring home your own creation (est. 35cm tall by 20cm wide)
- Fresh flowers and all materials included



Date: 17 September 2022, Saturday
Time: 10.30am–12.30pm
Venue: Casuarina Room
Fee: \$72.76 (Member) | \$74.90 (Guest)
Prices include GST.
Min: 8 participants
Closing Date: 9 September 2022, Friday

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

Line Dancing

Pick up complex line dance routines and impress your buddies with your newly acquired steps.



Day/Time: Advanced Line Dance — Mondays, 4pm–6pm (ongoing)
 Intermediate Line Dance — Tuesdays, 2pm–4pm (ongoing)
 'High' Beginners — Wednesdays, 2.30pm–4pm (ongoing)
Venue: Club 22
Fee: Monday & Tuesday Lessons — \$63.13 (Member) for 4 Lessons | \$75.97 (Guest) for 4 Lessons
 Wednesday Lessons — \$47.35 (Member) for 4 Lessons | \$60.19 (Guest) for 4 Lessons
Prices include GST.

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

FREE Mental Health Screening for Members Aged 40 Years & Above

This screening will be conducted by the Community Resource, Engagement and Support Team (CREST), which provides emotional support to persons with mental health conditions (suspected or diagnosed), as well as caregivers who may be experiencing caregiver stress.

The screening, which will take about 20 minutes per person, looks for possible early signs of dementia or depression. However, the screening alone is not sufficient to diagnose an individual; any diagnosis can only be formally done by doctors and mental health professionals after running more assessments and tests.

Date: 6 August 2022, Saturday
Time: 10am–12.30pm
Venue: Kensington Ballroom
Eligibility: No pre-registration required; open to the first 50 Members who walk in

Important:

- Bring along your Membership Card for registration.
- Screening starts at 10am; last screening is at 12.30pm.
- You may need to wait when all stations are occupied.
- Limited seats allowed for waiting.

For enquiries, please write to feedback@sgcc.com.sg

Mind Mapping for Kids Aged 4–6 Years Old



Mind Mapping is the whole-brain alternative to linear thinking. It reaches out in all directions and catches thoughts from any angle:

- Associative and imaginative functions of the brain
- Buzan mind-mapping skills
- Critical-thinking skills
- Multiple intelligences approach to learning
- Theme-based

Date: 5–7 September 2022, Monday–Wednesday
Time: 10.30am–12pm
Venue: Casuarina Room
Fee: \$96.30 (JuniorGems) | \$101.65 (Member) | \$107 (Guest)
Prices include GST.
Min: 8 Participants
Closing Date: 26 August 2022, Friday

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

Mind Mapping for Kids Aged 7–10 Years Old

Mind Maps, as distinct from concept maps, harness the full range of cortical skills — word, image, colour, number, logic, rhythm and spatial awareness — in a single and uniquely powerful technique. The power of a Mind Map is unleashed when it is constructed according to the rules designed by Tony Buzan. Done right, it gives you the freedom to roam the infinite expanse of your brain.

Day: 5 & 6 September 2022, Monday & Tuesday
Time: 1.30pm–3.30pm
Venue: Casuarina Room
Fee: \$117.70 (Junior Gems) | \$123.05 (Member) | \$128.40 (Guest)
Prices include GST.
Min: 8 Participants
Closing Date: 26 August 2022, Friday



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

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
Mon–Thu: 4pm–12am
Fri & Eve of PH: 4pm–1am
Sat: 3pm–1am
Sun & PH: 3pm–12am

Crossroads Lounge

Tel: 6398 5310
Mon–Thu: 4pm–12am
Fri & Eve of PH: 4pm–1am
Sat: 3pm–1am
Sun & PH: 3pm–12am

Garden Grill

Tel: 6398 5313
Mon–Fri: 12pm–3pm; 6pm–10pm
Sat, Sun, & PH: 8.30am–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: 2pm–12am
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): 6am–10pm
Except during scheduled partial closure for maintenance four times a year, where it opens from 1pm 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: 6am–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

Tel: 6286 8888
Mon–Thu, Sun & PH: 11am–12am
Fri, Sat & Eve of PH: 11am–1am

OTHER FACILITIES

Jackpot Room

Tel: 6398 5362
Sun–Mon (incl. Eve of PH & PH): 10am–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
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Security Operations Manager

Sritharan Lingam 6398 5315
Email: sritharan@sgcc.com.sg

Facilities, Maintenance & Safety Manager

Matthew Lim 6398 5311
Email: matthew_lim@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

Angel Goh 6398 5305
Email: angel_goh@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg



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