



Club *Spirit*

OCTOBER • NOVEMBER 2022

Gym Expansion Project

New study room
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Christmas Light-Up 2022

We're back
with a bang!
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All Lit Up

How Deepavali is
celebrated across
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Happy
Deepavali

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Dear Fellow Members,

We're in for an exciting October and November at the Club!

In line with its time-honoured tradition, Garden Grill will present Oktoberfest favourites such as crispy-skin pork knuckles, sumptuous German sausages with sauerkraut, and beer, of course! This takes place throughout the month of October.

October also sees us celebrating Deepavali (aka Diwali, or the Festival of Lights), which falls on 24 October this year. It is one of the most important festivals of the year for those of the Hindu faith, many of whom will visit family and friends during the celebrations. Not only will the Club's lobby be gaily decorated to fit the occasion, but well-known local stand-up comedian, Kumar, will be sharing his wicked sense of humour with Members and guests on 11 November in an event titled *Deepavali Night Featuring Kumar*. Do sign up for the event if you have not done so.

Our traditional annual Christmas Light-Up will be held on 19 November, when the year-end school holidays begin. We will light up the Christmas tree and decorate the Club to usher in the Christmas spirit. There will also be a Christmas bazaar on the same day, so do come and join in the festivities and shop early for the Yuletide season.

This being a World Cup year, the excitement continues two days later (21 November), when this major sporting event kicks off! We will screen matches at the Club, so do come and watch them with fellow football-mad Members, and cheer your favourite team ("olé!"), be they from Australia, Brazil, England, France or Germany!

With the easing of travel restrictions, some Members may be travelling for holidays in November — I would like to wish those who are, "happy holidays" and "safe journey".

Warmest wishes,

Koh Jin Kit
President

National Day Countdown 2022

8 August 2022



Guest-of-Honour, Mr Leon Perera, a Club Patron, addressing Members.



Club President, Mr Koh Jin Kit, delivering the welcome speech.



Honorary Member, Mr Henry Kwek, chatting with Mr Leon Perera as Mr Koh Jin Kit and Mr Teng Leng Hock (F&B Chairman) looked on.



A couple displaying nifty ballroom dance moves.



Members presenting a well-synched line dance performance.

The Club brought back the National Day Countdown after an absence of seven years. Gracing the evening was Guest-of-Honour, Mr Leon Perera, a Club Patron as well as the MP for Aljunied GRC Serangoon Division.

This year's event was extra meaningful, and more than just the observing of Singapore's 57th birthday — the event was also a milestone for the Club, as we were once again allowed to hold large gatherings after

two years of strict social restrictions due to the COVID-19 pandemic. It was also a tribute to all healthcare personnel

and frontliners who had contributed so much to the community that had been badly affected by the virus.

A birthday cake specially made for the occasion was cut at midnight, after which there was further merrymaking and dancing before all 270 Members who turned up called it a night. Looking at the photos of that night, it was clear that Members missed the dancing, socialising and human interaction that was quite impossible over the last two years.



GYM EXPANSION PROJECT

New Study Room

Members can now avail themselves of a spanking new Study Room. Located on the third floor of the Main Clubhouse, it was opened on 5 September 2022. This is the first of several upgrading works under the Gym Expansion Project.

The two larger-sized Mahjong Rooms (Kings and Ace) were permanently closed to make way for the new Study Room. The Administration Office now located at the Palm Wing will take over the space previously occupied by the old Study Room. Once the Administration Office has moved out of the Palm Wing, work will commence on the Gym on the second floor.



The expanded Gym is scheduled to be completed in January 2023.

As the project is still a work-in-progress, we seek Members' patience and understanding for the noise, dust and any inconvenience caused.





Chang Yang Fa

Grand Member

Chung Tet Keong

Grand Member

Koo Kam Wah

Grand Member

*Leong Foon Mei
(Mrs Rose Tan)*

Grand Member

Ng Heng Soon Michael

Grand Member

Ng Yoong Siong

Grand Member

Tan Chee Fong Elizabeth

Grand Member

Teoh Hock Lye

Grand Member

Chim Swee Yong

Nominee

Heng Li San

Nominee

Teo Piah Seah

Nominee

Zulkifly Bin Amat

Ordinary Member

Chua Chung Yeow

Ordinary Member

Chan Boon Wee

Ordinary Member

Chen William

Ordinary Member

Chung Tze Yeung, Nicholas

Ordinary Member

Deng Guangyuan

Ordinary Member

Gomez Patrick Raynald

Ordinary Member

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Ordinary Member

Khoo Wee Shen, Wilson Joash

Ordinary Member

Koh Eu Min, Kenneth

Ordinary Member

Lee Chiang Ling Rose

Ordinary Member

Leong Zhou Hao

Ordinary Member

Lan Luwei

Ordinary Member

Ng Seng Liang, Christopher

Ordinary Member

Ng Yek Keoi

Ordinary Member

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Ordinary Member

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Ordinary Member

Soo I Ting

Ordinary Member

*Julia Toh Stray
@ Toh Geok Choon*

Ordinary Member

Sng Yang Koon, Justin

Ordinary Member

Toon Dong Hao

Ordinary Member

Maggie Wong Meizhi

Ordinary Member

Zhang Weisheng

Ordinary Member

Boey Heng Ling, Eunice

Ordinary Member

Gerard Alphonsus Francis

Ordinary Member

Girish s/o Sheagar

Ordinary Member

Koh Nguan Wui, Damien

Ordinary Member

Ng Tien Yui, Adeline

Ordinary Member

Vishagan s/o Sheagar

Ordinary Member

Yeam Cheng Wee

Ordinary Member

Grimberg Jerome

Henri Maurice

Term Member

Benoit Charles Semelin

Term Member

Stagnaro Flora Louise Anna

Term Member

Teng Cheong Hong

Term Member

Morpeth Ross William

Term Member

Ng Pao Pao @ Janet Ng

Term Member

Snapshots

Here are photos and snippets of Club events that took place in **August** and **September**.



Seniors' Get-Together (6 August 2022)



Some happy faces at the Seniors' Get-Together on 6 August 2022.

Seniors' Get-Together (6 August 2022)



Familiar faces at the Seniors' Get-Together on 6 August 2022. Definitely marking their calendars!

Mental Health Screening (6 August 2022)



A free Mental Health Screening held on 6 August 2022 helped to detect early signs of depression and dementia in participants.

Happy Hour (30 August 2022)



Another fruitful networking session at the Happy Hour for young adults aged 40 years and below, hosted by MR Chairman, Mr Xavier See. Another healthy exchange of ideas and feedback.

Seniors' Get-Together (3 September 2022)



Happy Members at the Seniors' Get-Together on 3 September 2022.

All Lit Up

How Deepavali, the Hindu festival of lights, is celebrated in various regions of India and around the world.

Deepavali is observed throughout India as well as in other parts of the world. It is commonly marked by the lighting of oil lamps, donning fine attire, feasting, and drawing colourful patterns in front of doorways. However, there are some interesting differences in the way it is celebrated across the regions.

West Bengal

Deepavali (also known as Diwali) is a five-day affair in many Indian states. On the third or main day, Bengalis in West Bengal worship Kali, the goddess who represents the destruction of evil. This is unlike



A statue of the goddess Kali.

other Indian states, which revere the goddess, Lakshmi. Bengalis adorn statues of the goddess with garlands of hibiscus, and lamps are lit in temples and houses to honour her. Sweet snacks, such as *moa* (made of puffed rice and jaggery) and *dudh puli* (rice dumplings stuffed with a coconut mixture and cooked in sweetened full-cream milk), are also served.

Odisha

People in Odisha — located in the northeastern part of the country — pray to their ancestors on Deepavali. They burn jute sticks to call upon their ancestors and seek their blessings. *Chhena jili* (deep-fried cottage cheese balls in sugar syrup) and *chhenapoda* (baked cottage cheese) are must-haves for the occasion.

Photo: Subhashish Panigrahi



Chhena jili.



Varanasi

In Varanasi, which lies in the southeastern part of Uttar Pradesh on the banks of the Ganges, Deepavali is known as Dev Diwali, meaning 'Diwali of the Gods'. Devotees believe that gods and goddesses come down to earth at this time to have a dip in the holy waters of the Ganges. Prayers are recited by Hindu priests, and ghats are decorated with lit lamps and *rangoli*, a geometric pattern typically created using coloured sand. People here relish dishes such as *chooda matar* (flattened rice cooked with ghee, green peas, raisins and saffron) and *suransabji* (elephant foot yam prepared with onions and tomatoes).



A ghat is a set of steps leading down to a river.

Gujarat

In several villages and areas of Gujarat, which is located along the western coast of India, some of the men paint themselves to resemble tigers while others smear themselves with white paint representing cattle. The 'tigers' then chase the 'cattle'. Following this, everyone gathers for a feast. Must-haves on the table are *chakli* (a deep-fried snack using rice flour) and *besan laddoo* (sweet balls made of roasted gram flour and dried fruit).



Besan laddoo. The 'tigers' then chase the 'cattle'. Following this, everyone gathers for a feast. Must-haves on the table are *chakli* (a deep-fried snack using rice flour) and *besan laddoo* (sweet balls made of roasted gram flour and dried fruit).



An effigy of the demon, Narakasura.

Goa

In this state on the southwestern coast of India, Deepavali is dedicated to Lord Krishna's destruction of the demon, Narakasura. Residents of the state make effigies of the demon with dried leaves, paper and fire crackers, then parade them in a procession, during which people hurl abuse at and taunt the 'demon'. The effigies are burnt after dusk. Among the traditional snacks you'll find in every Goan household at this time are *neureos* (crescent-shaped dumplings made of wheat flour and filled with grated coconut, sugar, poppy seeds, cardamom and almonds) and *fov* (flattened rice served with milk or potatoes).

Tamil Nadu

People here wake up at the crack of dawn on the day of the festival, smear their bodies with oil infused with betel leaves, turmeric and carom seeds, and have a bath. After this ritual, they take a spoonful of herbal digestif known as Deepavali *legiyam* to prepare themselves for the feasting and festivities that lie ahead. Popular delicacies here are *murukku* (a crunchy snack made with rice and lentil flours) and *adhirasam* (doughnuts made with rice flour, sesame seeds, cardamom powder, and jaggery).



Murukku.

Outside India

Nepal In Nepal, Deepavali is also when people get together to celebrate Kukur Tihar, a day when dogs are honoured by draping them in floral garlands and placing a *tilak* (an ornamental spot) on their forehead as a mark of respect for their loyalty towards humans. The canines are also served specially prepared meals.

Melbourne In this Australian city, celebrations are held in Federation Square, which gleams under the lights of floating lanterns as strangers share sweets with each other.

Thailand Here, Deepavali goes under the name of Lam Kriyongh, during which lit lamps made of banana leaves and stuffed with candles and coins are set afloat on the river.



Little India, Singapore, during Deepavali season.

Singapore Households here celebrate by donning new clothes, preparing a variety of sweets and savouries, and visiting friends and relatives. A highlight is the month-long annual street light-up that takes place in Little India. Specially curated programmes and activities are held as well.

Guess who's celebrating Deepavali in SGCC? It's Kumar, arguably Singapore's most popular comedian! Deepavali Night Featuring Kumar will be held on 11 November. For more details, turn to page 14.



The Best of German Fare

Oktoberfest is upon us, so we're getting into the spirit of the occasion with this spread of typical German dishes.

Available throughout the month of October 2022

Operating Hours

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 aged 55 years old and above, and Students aged 21 years and below

Prices include GST

APPETISER

German Potato Salad

OR

Sauerkraut Strudel
with Bacon

OR

Meatball with
Mustard Cream Sauce

SOUP

German Cauliflower Soup

OR

German Goulash

MAIN COURSE

Baked Sole in Creamy
Mustard Dill Sauce

OR

Chicken Schnitzel

OR

German Veal Sausage
with Onion Sauce

OR

Roast Pork Knuckle
with Sauerkraut

OR

Slow-cooked Bavarian-style
Beef Cheek & Sauerkraut
(surcharge \$8)

DESSERT

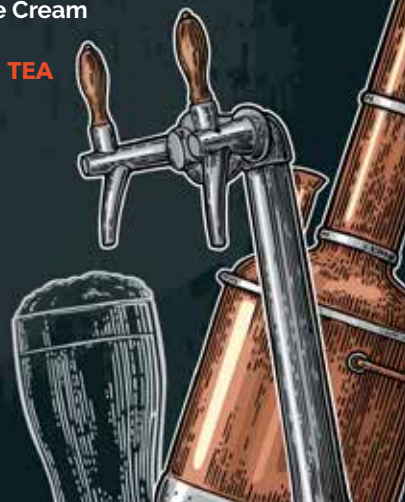
German Black Forest Cake

OR

Apple Strudel
with Vanilla Ice Cream

COFFEE OR TEA

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





The Best of British Isles Cooking

British cooking is not confined to only Fish & Chips.
Reserve a seat during this promotion to find out what
other mouth-watering dishes hail from the UK.

Available throughout the month of November 2022

Operating Hours

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 aged 55 years old
and above, and Students aged 21 years and below

Prices include GST



APPETISER

Classic Prawn Cocktail

OR

Scotch Egg

OR

Baked Crab with Mushroom

SOUP

Cock-a-Leekie

OR

Victorian Oxtail Soup

MAIN COURSE

Rigatoni with Meat Sauce

OR

Baked Salmon
with Lobster Sauce

OR

Roast Duck Breast
with Orange Sauce

OR

Pork Loin stuffed
with Apples & Wrapped with Bacon

OR

Scottish Oven-baked Sirloin
served with Creamy Horseradish Sauce
(surcharge \$8)

DESSERT

Lemon Meringue Tart

OR

Guinness Chocolate Pudding

COFFEE OR TEA

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

FIRST EVER!



Deepavali

Festival of Lights

featuring Kumar

11 Nov 2022 (Fri) | 7PM | Kensington Ballroom

\$78 (MEMBER) | **\$88** (GUEST)

*Prices include GST

Highlights

- Laugh with Kumar: Stand-up Comedy
- Be entertained by Emcee: Anand K
- Fusion Bhangra Dance Performance
- Bollywood and Kollywood Dance Performance
- Live Band
- Sumptuous Indian Buffet Dinner
- Free flow of soft drinks & tea/coffee
- Alcoholic drinks at special prices
- Best Indian Dress Competition
- Grand Lucky Draw



**FULLY
BOOKED!**

Thank you for your support.



Christmas

LIGHT-UP 2022



**This year's Christmas Light-Up
will be back with a bang!**

19 Nov 2022 (Sat)

11am – 8pm

Main Lobby

HIGHLIGHTS

**11am–8pm Christmas Bazaar &
Flea Market**

Shop for your Christmas
gifts and treat yourself
to knick-knacks, snacks
and hobby items!

**2pm–3pm } Children's activities
4pm–5pm }**

**5pm–8pm Christmas Light-Up
Programme**

- Christmas Carolling
- Balloon Sculpting
- Ice Cream Man
- Magic Show
- Fun & Games
by Emcee

**See you
19 Nov!**

Eat, Drink, Earn

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



Accumulate spending of more than
\$500 within a month at any of
our F&B outlets and receive a
SGCC F&B voucher in
gratitude for your support.

**Terms and conditions apply*

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

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



SGCC Christmas Favourites



Get set for some festive feasting
with family and all at home!

28 November–18 December 2022

Order before 11 December 2022 to enjoy a 10% Early-Bird Discount!
Pre-orders start from 28 November 2022. All orders must reach us by 18 December 2022.

Collection dates: **24 & 25 December 2022, 11am–4pm.**

Members can order the items listed below by contacting the Club via phone
or email (6398 5313 / fnb_outlets@sgcc.com.sg).

FESTIVE ROASTS

Traditional Roasted Whole Turkey with Chestnut Stuffing

Served with Turkey Jus and Cranberry Sauce
\$138

(approximate weight before roasting: 5kg)

Baked Honey-Glazed Ham (Crosscuts)

Served with Tangy Pineapple Sauce
\$68

(approximate weight before roasting: 2kg)

BBQ Roasted Pork Ribs

\$58

(approximate weight before roasting: 1kg)

Five-Spiced Roast Lamb Leg (Boneless)

\$128

(approximate weight before roasting: 2kg)

Thirteen-Spiced NZ Angus Rib-Eye

Served with Madagascar Black Pepper Sauce
\$158

(approximate weight before roasting: 2kg)

SOUPS & SIDES

Cream of Butternut Pumpkin with Pinenuts **\$30** (1lit)

Forest Mushroom Soup **\$30** (1lit)

German Potato Salad **\$20** (500g)

Classic Caesar Salad **\$25** (1kg)

Normandy Salad **\$25** (1kg)

CAKES & PASTRIES **Old-Fashioned Fruit Cake** **\$30** (1kg)

Classic Tiramisu **\$30** (1kg)

Cheese & Bread Pudding with Raspberry Coulis **\$30** (1kg)

CHRISTMAS COMBOS

Joyful Christmas Combo (serves 6 persons)

Traditional Roasted Whole Turkey with Chestnut Stuffing

Served with Turkey Jus and Cranberry Sauce

Seasonal Medley of Vegetables

German Potato Salad

Cream of Butternut Pumpkin with Pinenuts

\$188 (UP: \$218)

Merry Christmas Combo (serves 10 persons)

Traditional Roasted Whole Turkey with Chestnut Stuffing

Served with Turkey Jus and Cranberry Sauce

Baked Honey-Glazed Ham (Crosscuts)

Served with Tangy Pineapple Sauce

Seasonal Medley of Vegetables

German Potato Salad

Forest Mushroom Soup

Cheese & Bread Pudding with Raspberry Coulis

\$288 (UP: \$316)

The UK's Loveliest Islands

From panoramic views to wildlife-rich spots, the British Isles have a lot to offer travellers.



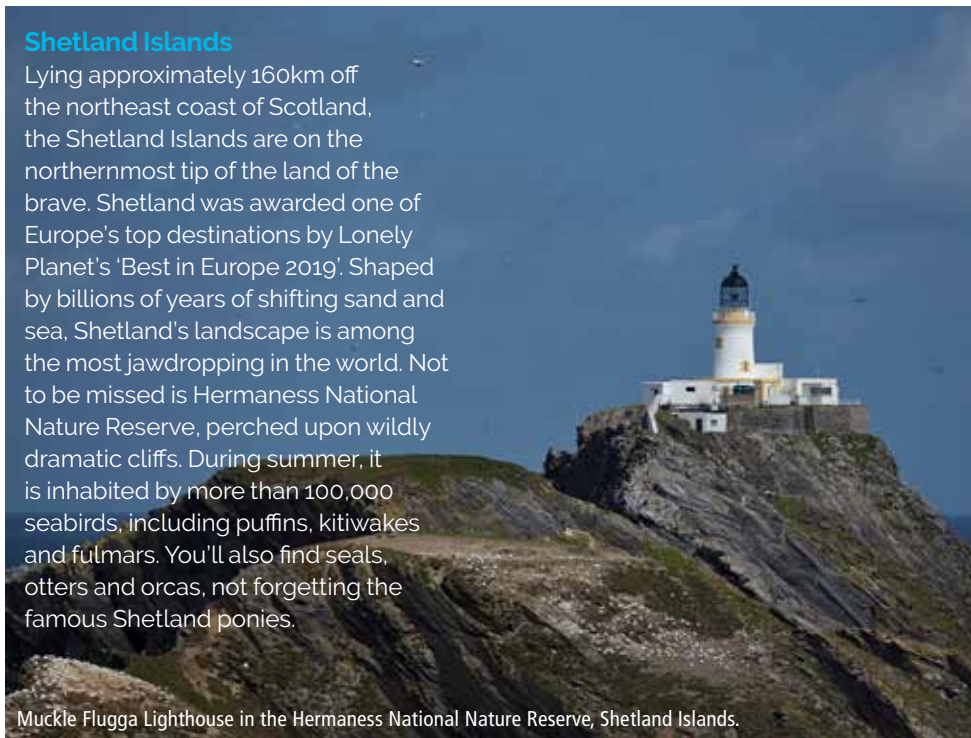
The British Isles are a group of islands situated off the northwestern corner of mainland Europe. It consists of two main islands — Great Britain and Ireland — and numerous smaller ones as well as island groups.

These include the Hebrides, the Shetland Islands, the Orkney Islands, the Isle of Man, and the Isles of Scilly. Many of them boast magnificent landscapes and abundant wildlife. Here are some to include in your itinerary on your next visit to the United Kingdom.

Shetland Islands

Lying approximately 160km off the northeast coast of Scotland, the Shetland Islands are on the northernmost tip of the land of the brave. Shetland was awarded one of Europe's top destinations by Lonely Planet's 'Best in Europe 2019'. Shaped by billions of years of shifting sand and sea, Shetland's landscape is among the most jawdropping in the world. Not to be missed is Hermaness National Nature Reserve, perched upon wildly dramatic cliffs. During summer, it is inhabited by more than 100,000 seabirds, including puffins, kitiwakes and fulmars. You'll also find seals, otters and orcas, not forgetting the famous Shetland ponies.

Muckle Flugga Lighthouse in the Hermaness National Nature Reserve, Shetland Islands.



A white-tailed eagle flying, with the mountains of Mull in the background.

Isle of Mull

Mull, which lies off the western coast of the Scottish mainland, is reputed to be the premier wildlife tourism destination in the UK. Thousands of birdwatchers and wildlife enthusiasts flock there every year in the hope of spotting the island's much-lauded avians and animals. Mull is home to red deer, the elusive Eurasian otter, seals, whales and dolphins. It's also considered the best place in the UK to view white-tailed and golden eagles.



The main waterfall at the Fairy Pools, Isle of Skye.



A Highland cow grazing on the Isle of Skye.

Isle of Skye

The Isle of Skye is one of the most-visited locations in Scotland. It boasts breathtakingly rugged landscapes, picturesque fishing villages, medieval castles, and unforgettable scenery. Its beauty has been captured in movies such as *King Arthur: Legend of the Sword* and *Transformers: The Last Knight*. One of Skye's famous attractions is the Fairy Pools, a series of pools with

crystal-clear water set against the stunning backdrop of the Cuillin Mountains by Glenbrittle. From spotting red deer to sea eagles and 'hairy coos' (Highland cows), Skye is also a haven for wildlife. If you are lucky, you may even witness the northern lights on some parts of the island during the winter months, particularly in wide open areas and atop snowkissed mountains and hills.



A view of The Needles from Alum Bay, Isle of Wight.

Isle of Wight

The Isle of Wight is accessible by ferry from the cities of Southampton and Portsmouth. More than half its landscape is designated an Area of Outstanding Beauty. The island is known for its coastal scenery and beautiful beaches, with Alum Bay the most picturesque of them all. There, pebbles, multi-coloured sands, and topaz-blue seas are framed by iconic chalk white stacks, dubbed The Needles. The Isle of Wight is a stronghold for Britain's native squirrel, the red squirrel.

Lindisfarne

This island off Northumberland's coast becomes inaccessible twice a day when the tide washes over its causeway. When it's safe to cross, expect to find charming cafes, a dramatically situated 16th-century castle perched on a rocky plateau overlooking the island, and an 11th-century priory from where Christianity was spread across northern England. Lindisfarne — also known as Holy Island — remains a site of pilgrimage today, and is the final destination of long-distance walking route and one of Scotland's Great Trails, the St Cuthbert's Way. It is also home to an array of wildlife. Look out for wildfowl in the autumn, and wading birds in winter. Also spot pale-bellied brent geese flying in from Svalbard to spend the winter on the island, and grey seals bobbing in the waters.



The ruins of the Lindisfarne Priory, Lindisfarne.

Intrigued by these islands? Get a taste of the nosh from these places at our *The Best of British Isles Cooking* promotion. Turn to Page 13 for details.

The Beer Necessities

Uncorking the different styles of beer beyond the two major classifications of lager and ale.



Given the widespread popularity of beer, it's hardly surprising that festivals are held in different parts of the world to honour this beverage.

One of the best known of such celebrations is Oktoberfest. The annual event is hosted in Munich, Germany, over a two-week period and ends on the first Sunday of October. During Oktoberfest, beer is served from six local breweries. Each of them also concocts a special beer just for the occasion. While most of the beers served at the festival are Bavarian, the tipples

is brewed around the globe and boasts a variety of styles.

Beers are classified according to how they are made. This includes factors like ingredients, fermentation methods and, often, its history and origin. The two most common categorisation of beer groupings are by yeast and fermentation. Beers start out as lagers or ales and evolve from there.

Ales are created through a process in which yeast ferments at warmer temperatures and settles at the top of the beer. Yeast used to make lager tends to collect at

the bottom of the beer. Under the ale category, there are numerous types, such as pale ales, India pale ales, porters, stouts, and Belgian beers. While they have a common classification, they are distinct in flavour as a result of their ingredients, appearance, and how they are made. Lagers, too, encompass a range of styles, including Pilsners, German Helles, and American lagers.

India Pale Ale (IPA)

IPAs were created in Britain in the 1820s. They are produced through dry

hopping, where the hops are steeped in fermenting beer. This process creates a strong aroma, amplifying the fruity notes of the hops. Prominent IPA styles include West Coast IPA, British IPA, and New England-Style IPA.

Pale Ale

Pale ales, which originated in England as early as 1703, are brewed mostly with pale malts for a more equal malt-to-hop ratio. The greater amount of pale malts causes the beer to have a lighter colour and flavour. Most types of pale ale — which can include American amber ale, American pale ale, blonde ale, and English pale ale — are malty, medium-bodied, and easy to drink.



The Pilsner Urquell Brewery, located in Pilsen, Czech Republic, the birthplace of the Pilsner.

Revolution in England. The name is said to have been adopted for its popularity with the porters in central London. Unlike stouts, which are made from unmalted roasted barley, porters use the malted version. They tend to taste less like coffee than stouts, with more of a chocolatey feel.

Pilsner

Pilsners, which originate from the Czech Republic, fall under the lager category. Pilsners tend to have more hop-forward flavours. German pilsners are pale gold and have a crisp flavour, while Czech pilsners are a little darker and more bitter.



Guinness is the best-known example of dry stout.

Stout

Stouts are stronger versions of mild ale. Dark and heavy-bodied, the flavour of stouts depend on where they come from. Sweet stouts largely originate from England, and are known for their low bitterness. Dry stout has dark, roasted flavours balanced by pleasant bitterness. Guinness, from Ireland, is the best-known example.

Porter

Originally brewed in the 17th century, porter was the first style of beer to gain popularity during the Industrial



A range of Belgian Beers, each with its own branded glass.

Belgian Beer

Belgian beers span pale ales, dark ales, fruity beers, and sour ales. These beers carry fruity, spicy and sweet flavours, with a high alcohol content and low bitterness. Popular Belgian beers also include Trappist ales, which are produced within the walls of Trappist monasteries by the monks themselves or under their supervision. Trappist ales encompass strong and complex beers, such as Belgian Dubbel, and pale, spicy and dry ones like Belgian Tripel. Blonde ales like Delirium Tremens further add to their flavour profile.



Budweiser is an American Lager that was introduced in 1876.

American Lager






























These types of lager are characterised by their straw-coloured appearance with plenty of bubbles. They have a relatively low alcohol content and mild hops, making them extremely drinkable.

German Helles






































This beer is rounder or fuller-bodied than light lager and even pilsners. Helles lagers offer a touch of sweetness that balances a spicy German hop flavour and light bitterness.

Get into the spirit of Oktoberfest and check out *The Best of German Fare* promotion at the Garden Grill, available throughout the month of October 2022. Turn to Page 12 for more details.

OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 Advance Line Dance Club 22 4pm 					1 The Best of German Fare Garden Grill 12pm; 6pm (whole month) Locomotion Club 22 8pm  Bowler of the Year (3rd Qual Rd) Gardens Bowl 11am (until 15 Dec) 	2 Bowling Guest Promotion Gardens Bowl 11am 
3 Advance Line Dance Club 22 4pm 	4 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	5 Table Tennis Social Practice Squash Courts 4 2pm High Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm	6 Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm Miss Chief Crossroads Lounge 8pm	7 The M.O.B.B. Crossroads Lounge 8pm 	8 Locomotion Club 22 8pm 	9 Bowling Guest Promotion Gardens Bowl 11am 
10 Music Monday Club 22 1pm  Advance Line Dance Club 22 4pm 	11 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm Tuesday Jam Club 22 7pm	12 Table Tennis Social Practice Squash Courts 4 2pm High Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm	13 Squash Social Night Squash Courts 5pm  Miss Chief Crossroads Lounge 8pm	14 The M.O.B.B. Crossroads Lounge 8pm Tennis Social Night Tennis Courts 8pm 	15 Locomotion Club 22 8pm 	16 Bowling Guest Promotion Gardens Bowl 11am 
17 Music Monday Club 22 1pm  Advance Line Dance Club 22 4pm 	18 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	19 Table Tennis Social Practice Squash Courts 4 2pm High Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm	20 Squash Social Night Squash Courts 5pm  Miss Chief Crossroads Lounge 8pm	21 The M.O.B.B. Crossroads Lounge 8pm 	22 Locomotion Club 22 8pm 	23 Bowling Guest Promotion Gardens Bowl 11am 
24 DEEPAVALI Deepavali Dance Party Club 22 12.30pm Advance Line Dance Club 22 4pm 	25 Squash Social Night Squash Courts 5pm 	26 Table Tennis Social Practice Squash Courts 4 2pm Judy & William Crossroads Lounge 8pm 	27 Squash Social Night Squash Courts 5pm  Miss Chief Crossroads Lounge 8pm	28 The M.O.B.B. Crossroads Lounge 8pm Tennis Social Night Tennis Courts 8pm 	29 Sand Bottle Art Casuarina Room 10.30am  Locomotion Club 22 8pm	30 Bowling Guest Promotion Gardens Bowl 11am 

NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 The Best of British Isles Cooking Garden Grill 12pm; 6pm (whole month) Squash Social Night Squash Courts 5pm 	2 Table Tennis Social Practice Squash Court 4 2pm  Judy & William Crossroads Lounge 8pm 	3 Squash Social Night Squash Courts 5pm  Miss Chief Crossroads Lounge 8pm 	4 The M.O.B.B. Crossroads Lounge 8pm 	5 One Day Tennis (Ladies' Doubles) Tennis Courts 8am Preserved Flowers Dome Arrangement Casuarina Room 1pm Locomotion Club 22 8pm  	6 Bowling Guest Promotion Gardens Bowl 11am 
7 Advance Line Dance Club 22 4pm 	8 Squash Social Night Squash Courts 5pm 	9 Table Tennis Social Practice Squash Court 4 2pm Judy & William Crossroads Lounge 8pm 	10 Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm Miss Chief Crossroads Lounge 8pm 	11 Deepavali Night Featuring Kumar Kensington Ballroom 7pm Timeless Crossroads Lounge 8pm Tennis Social Night Tennis Courts 8pm 	12 One Day Tennis (Men's Doubles) Tennis Courts 8am Locomotion Club 22 8pm 	13 Bowling Guest Promotion Gardens Bowl 11am 
14 Music Monday Club 22 1pm  Advance Line Dance Club 22 4pm 	15 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm 	16 Table Tennis Social Practice Squash Court 4 2pm High Beginners Line Dance Club 22 2.30pm  Judy & William Crossroads Lounge 8pm 	17 Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm  Miss Chief Crossroads Lounge 8pm 	18 The M.O.B.B. Crossroads Lounge 8pm 	19 One Day Tennis (Mixed Doubles) Tennis Courts 8am Christmas Light-Up Main Lobby 11am Key Chain Making Casuarina Room 2pm; 4pm Locomotion Club 22 8pm 	20 Bowling Guest Promotion Gardens Bowl 11am 
21 Live Screening of World Cup Crossroads Lounge & Main Lobby Advance Line Dance Club 22 4pm 	22 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	23 Table Tennis Social Practice Squash Court 4 2pm High Beginners Line Dance Club 22 2.30pm 	24 Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm 	25 Tennis Social Night Tennis Courts 8pm 	26	27 Bowling Guest Promotion Gardens Bowl 11am 
28 Music Monday Club 22 1pm Advance Line Dance Club 22 4pm Pre-order Takeaway Christmas Festive Goodies Garden Grill 	29 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	30 Table Tennis Social Practice Squash Court 4 2pm  High Beginners Line Dance Club 22 2.30pm 				

PAST EVENTS

**33RD AGE GROUP SWIM MEET**

More than 150 swimmers participated in this swim meet, which was held on 24 July 2022 at the SGCC Swimming Pool. Besides competitors from SGCC, there were guest swimmers from Art Aquatics, Aquatic Masters Swim School, Quattor Swim School, Red Dot Penguins, Swim70, SmileSwimmers, SpeediSwim Aquatic Centre, St Joseph's Institution Junior, The Swim Corner, and The Water Family. The meet, which was officiated by Ms Elena Chua, SGCC's S&R Vice Chairman, started at 1pm. Despite a drizzle, the event finished on time.

**SGCC FAMILY WALK 2022**

About 100 Members and their families turned up for this walk, held on 7 August 2022. Participants gathered at the Club's car porch to warm up and sing the National Anthem before they were flagged off by Guest-of-Honour Mr Leon Perera, a SGCC Patron and Member of Parliament for

Aljunied GRC. The event's route meandered along the streets around the Club. As it had started to drizzle by the time the participants walked back to the Club, Shirley Tan conducted the warm-down workout in the lobby. In addition, 10 lucky Members went home with lucky draw prizes.

**MAHJONG COMPETITION**

The Kensington Ballroom was abuzz on 17 July 2022 with a Mahjong Competition; after all, such activities had been suspended for the past two years due to the COVID-19 pandemic. This event attracted 40 players. Mr Tang Cheng Yung was declared champion after three intense rounds. He had also chalked up the highest number of doubles during the tournament. Prizes were presented to the top 10 winners as well as the highest doubles winner by Ms Elena Chua, SGCC's S&R Vice Chairman. Congratulations to all the winners.



Champion: Tang Cheng Yung



2nd: Kavim Ho



3rd: Peter Lim

RAPID CHESS

Held on 17 July 2022 in the Casuarina Room, this competition saw 13 players vying to be crowned King of Chess. After seven rounds of Swiss System Chess that lasted around five hours, Bryan Ng emerged as champion in the Open Category, while Xavier Ng topped the Under-12 Category.



Chess Convenor -
Ronnie Ng



Under-12 Category



Champion

2nd

3rd

Open Category



Champion

2nd

3rd

CHESS FRIENDLY AGAINST TANGLIN CLUB

In a friendly match held on 31 July 2022 against Tanglin Club, the SGCC team — led by Chess Convenor Mr Ronnie Ng — beat Tanglin Club's players 5-0 despite their opponents' homeground advantage. The score was 29.5 for SGCC, and 8.5 for Tanglin Club. Congratulations to the SGCC team of Brendan, Bryan, Devansh, Jimmy and Alvin.

JUNIOR BOWLING COMPETITION

The Junior bowling event received a good response, with 16 sign-ups. Held on 25 June 2022 at Gardens Bowl, the event was divided into two categories: 13 Years Old & Below, and 12 Years Old & Above. Most of the participants were members of the SGCC youth bowling team. The competition was intense, with every player eager to land in the top three spots of each category. All players in the '12 Years Old & Below' category achieved results that earned them Bowling Vouchers. Here are the results:



13 Years Old & Above



13 Years Old & Above:
1st, 2nd, 3rd



12 Years Old &
Below: Champion



12 Years Old &
Below: 2nd



12 Years Old &
Below: 3rd



12 Years Old & Below

13 YEARS OLD & ABOVE		12 YEARS OLD & BELOW	
NAME	NUMBER OF PINFALLS	NAME	NUMBER OF PINFALLS
Darryl Kwek	1,744	Tristan Tan	764
Olivier Khoo	1,686	Lovelle Sim	697
John Faragalla	1,623	Bella Chua	680

NOVICE PRIMARY BOWLING CHALLENGE 2022

Congratulations to our youth bowlers for a good showing at the Novice Primary Bowling Challenge, organised by the Singapore Bowling Federation on 24 July 2022. We are proud that Bella Chua and Lovelle Sim displayed good experience and skill to qualify for the Masters event. Many thanks to the two girls' parents for their support, especially in sending the girls to the Challenge.



FRIENDLY COMPETITIONS

BOWLER OF THE YEAR

The first two qualifying rounds for this tournament are over, but there's still time to catch the action of the third qualifying round. Make sure you pencil into your diary the dates of the Final as well.



Day: 3rd qualifying round:
1 October–9 December 2022
Final: 10 & 11 December 2022

Time: Whole day

Venue: Gardens Bowl

Zaleha at 6398 5373/340 or recreation@sgcc.com.sg

BOWLING GUEST PROMOTION

Our Bowling Guest Promotion is back! You and your guests can bowl more for less! Do note that this promotion is not applicable on the eve of public holidays and public holidays; it's also not valid with other discounts or promotions.



Day: Sundays
(from 28 August–31 December 2022)

Time: 11am–10pm

Venue: Gardens Bowl

Fee: \$1.61 (Member) | \$2.68 (Guest)
Prices include GST

Gardens Bowl at 6373 5340 or recreation@sgcc.com.sg

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: 14 & 28 October 2022
11 & 25 November 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

TABLE TENNIS SOCIAL PRACTICE

What better way to make friends than through a game of ping pong. All levels are welcome! Open to Members only.

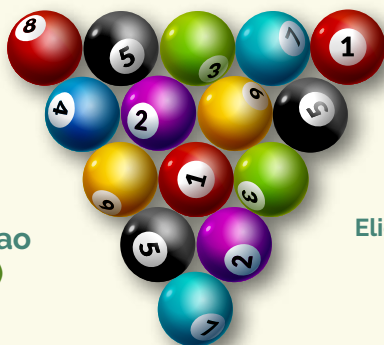


Day: Wednesdays
Time: 2pm–4pm
Venue: Squash Court 4
Fee: Free for Members

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

UPCOMING TOURNAMENTS

BILLIARDS



• 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

Vincent Lee at 6398 5372 or recreation@sgcc.com.sg

DARTS

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

Vincent Lee 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 \$16.05 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 5373 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 5373 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 |
 \$89.88 (Guest) 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 and are for 4 lessons 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

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 include 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: 11am–12pm
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.

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

DYNAMICSCULPT

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

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

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: Thursdays: 10.30am–11.30am
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

Hitting the Bullseye

From a game commonly played in pubs, darts has achieved recognition on the world stage.

The game of darts can be traced back to the medieval era, when it originated as a military pastime for bored soldiers, who would sit in the trenches and throw spearheads and other sharp objects against the bottom of upturned wine casks.

Since then, the game has evolved into a sport that has gained great popularity in recent years. Once considered a hobby or a pub game, it has seen a huge growth in terms of professional players, viewership and prize money. Here, we feature some of the best players, past and present.

Photo:
Dartsman0003



Phil Taylor

Phil Taylor is the richest and most successful player in darts, having dominated the game for over two decades, during which he won 214 professional tournaments. It is

a remarkable achievement by any

account, but even more so considering he took up the sport seriously only at the age of 26, when his talent was spotted by professional darts player Eric Bristow, who owned the pub Taylor played in.

Bristow gave Taylor money to get his career started. Taylor turned professional in 1987 and never looked back. He began with the then only professional darts organisation, the British Darts Organisation (BDO), and met with success almost immediately, winning the BDO World Championship on his first attempt in 1990, beating his mentor Bristow on the way to the final.

Nicknamed The Power, the Englishman moved on to win events across the world, including the BDO Masters, seen as the second biggest competition in world darts at the time. After rising to the top of the game under the BDO, Taylor joined other top players in founding the World Darts Championship (WDC), which later became the Professional Darts Corporation (PDC).

Taylor retired from the sport in 2018 after losing to Rob Cross in the PDC World Championship final.

Trina Gulliver

Trina Gulliver is the 10-time winner of the Women's WDC, the five-time champion of the Women's World Masters, and the former captain of the England international ladies' darts team.

She held her first 'arrow' at the age of two, when a customer placed a dart in her hand at her parents' pub in Southam, Warwickshire. After some success in the area, she became a full-time darts pro. Without any sponsorship in her first year, the carpenter-by-training struggled to make ends meet as she drove all over Europe to play. But her perseverance saw her make it to No. 10 in the world, and she finally hit the bullseye in the form of a sponsor. A year later, she was crowned world No. 1.

Nicknamed *The Golden Girl*, Gulliver has been advocating for better prize money for female darts players, and has worked hard to raise the profile of the women's game.



Photo:
Darts Planet TV

Gerwyn Price

Gerwyn Price has established himself as one of the world's top darts players after turning professional in 2014. Since joining the PDC circuit, he has claimed seven televised titles to become one of the most well-known names in the sport.

Nicknamed *The Iceman*, the former rugby professional climbed consistently up the ranks before securing his maiden televised crown at the 2018 Grand Slam of Darts, his first of three triumphs in Wolverhampton, UK. The Welshman defeated Gary Anderson 7-3 in the final on the Alexandra Palace stage in north London, becoming the 10th player in PDC history to achieve world No. 1 status.



Photo: Dartsfan1234

Fallon Sherrock

Fallon Sherrock has won two of the four women's BDO majors, capturing the Finders Masters in 2015 and the World Darts Trophy in 2018. Nicknamed *Queen of the Palace*, she has won more than 40 titles in her career, but her most talked-about accomplishment did not earn her a trophy. In 2019, she made history as the first woman to ever win a competition at the PDC Championships, also going on to win her second match at Alexandra Palace. She lost her third match and was knocked out of the tournament. Since then, she has had great success in the PDC majors, advancing to the quarter finals of the Grand Slam in 2021. This year, the 28-year-old claimed the inaugural Women's World Matchplay title in Blackpool.



Photo:
'Fallon Sherrock'
Facebook Group

How to Score

To win a game of darts, a player or a team starts with a score of 501. Each player or team takes alternating turns at throwing their darts at the dartboard. The first to get their score down to zero wins the game.



Eager to show off your skill?
SGCC holds darts tournaments regularly throughout the year. Turn to page ?? for more information.

F1: Formula for Speed

A triumph of skill and technology, the history of Grand Prix racing harks back to the pioneering road races in France in the 1890s.

Formula One, or F1, is one of the most watched sports in the world, with millions of fans across the globe. In a nutshell, it is a racing sport where individuals engage in a single-seat, open cockpit race around a track, aiming to finish the course in the shortest time possible. The modern era of Formula One began in 1950, but the roots of Grand Prix racing are much older.

Records show road races were popular in France as far back as the 1890s. The first proper motor race, held in 1895, was a 1,200km race from Paris to Bordeaux and back. It was won by Émile Levassor with his Panhard et Levassor in 48 hours.

The first race using the appellation 'Grand Prix' was the 1901 French Grand Prix at Le Mans. It was won by Ferencz Sziisz in a Renault, who covered the 700

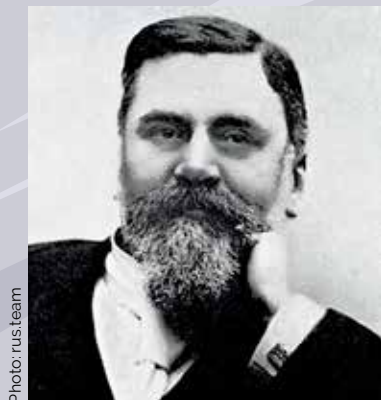
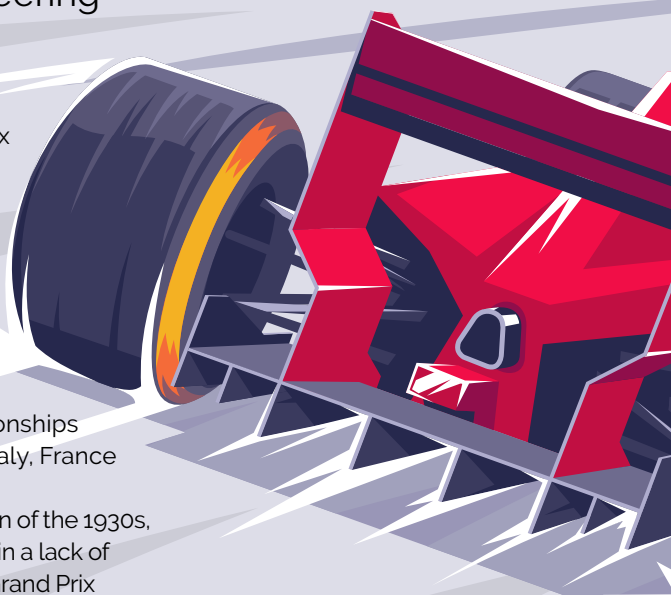
miles at 63.0mph. The International Grand Prix was formed in 1931, and was later known as the European Automobile Championship. It was the first international drivers' championship in motor racing history. The inaugural championships consisted of races in Italy, France and Belgium.

The Great Depression of the 1930s, unfortunately, resulted in a lack of money and interest in Grand Prix racing, but it saw the rise of Italian racing car driver Tazio Nuvolari, whose wins at the Mille Miglia at Monaco and the Italian GP at Monza were mind-blowing. In 1934, the balance of power in racing shifted from Italy to Germany, with the emergence of factory teams from Auto Union

(now Audi) and Mercedes-Benz. These powerful German machines introduced aerodynamics into Grand Prix car design.

Rules & Regulations

Between 1931 and 1939, open-wheeled racing was sanctioned by



Émile Levassor



Ferencz Sziisz



Tazio Nuvolari

the Association Internationale des Automobile Clubs Reconnus (AIACR), the forerunner to FIA (Fédération Internationale de l'Automobile), the official governing body of Formula One. In 1934, the AIACR introduced a weight limit of 750kg for Grand Prix cars.

This lasted until 1937, when a new formula was introduced. Cars with a supercharger were permitted to have an engine size between 666cc and 3,000cc,

whereas normally aspirated cars were allowed between 1,000cc and 4,500cc. The cars had to weigh between 400kg and 850kg. There was some disagreement about this system, but the break out of World War II stalled further discussions.

The technical regulations for Formula One were codified by FIA in 1946, after the war ended. FIA determines Formula One's rules — interpreting them, applying sanctions, and resolving disputes — and issues the super licences needed by drivers to take part in the races. In a sense, FIA also oversees matters such as changes in the design of the cars and their engine, as well as adjustments in the points system, circuits included in a season, and safety measures. The drivers' championship was formalised in 1947 and, in 1950, the first races were run under Formula 1 regulations.

First F1 Race

On 10 April that year, Juan Manuel Fangio, in a Maserati, won the Pau Grand Prix, the first competition to be labelled an International Formula One. A month later, Silverstone in England hosted the British Grand Prix. It was the first sanctioned championship race for Formula One Grand Prix cars, and the F1 World Championship was born. The contest was attended by King George VI and other members of the British Royal Family.

It is estimated that around 100,000 people made their way to Silverstone to watch that race, which was won by Italian racing car driver Nino Farina.

Although there were many Formula One races throughout Europe (with Formula One cars and rules), the FIA determined that only seven of those races would have points counted towards that year's drivers' championship. From 1950 onwards, the competition grew, with more races added per season and expanding to more countries.

Despite its European origins, F1 is popular across the globe. In a Formula One season, races take place in the Americas, Africa, Asia (including Singapore, of course!) and Australia — in addition to Europe. Furthermore, the drivers hail from many different countries, accounting for the widespread interest in the sport.



A statue of Juan Manuel Fangio in front of the Mercedes-Benz Museum in Stuttgart, Germany.



Nino Farina
Photo: formula1



A view of the Singapore Grand Prix, the only F1 race to be held at night.

PAST EVENT

Terrarium Workshop

Putting together a terrarium is not only fun for kids, but it also helps them develop an appreciation for nature and, hopefully, a green thumb! A terrarium workshop held in the Club on 27 August 2022 saw participation from 10 enthusiastic participants. Not only were these young ones willing and eager to roll up their sleeves and get their hands dirty, they also flexed their creativity in the decoration of their respective terrariums. Looking at the happy faces in these photos, it's clear that the participants had an enjoyable time.



Children holding up their masterpieces for all to see!



A display of the handiwork by the enthusiastic participants.



UPCOMING EVENTS

Sand Bottle Art

Stimulate your child's creativity by signing up for this workshop, where he or she will learn to create fun artwork using sand of different colours. It's also a sensory activity, where your child can focus on the



process rather than the outcome. The workshop will strengthen colour recognition, develop fine motor skills, and promote self-confidence and independence in participants. Furthermore, participants get to make additional bottles of sand art as gifts for loved ones.

Date: 29 October 2022, Saturday
Time: 10.30am–12.30pm
Venue: Casuarina Room
Fee: \$29.85 (Junior Gems) | \$32.00 (Member) | \$34.13 (Guest)
Prices include GST.
Min/Max: 8/12 participants
Closing Date: 19 October 2022, Wednesday

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

Preserved Flowers Dome Arrangement

Have an interest in floral design? Come join our workshop and learn to create a preserved flower dome arrangement. You'll get to bring home your beautiful creation,



which will make an eye-catching centrepiece. All materials, including preserved flowers and glass dome, are covered by the fees.

Date: 5 November 2022, Saturday
Time: 1pm–3pm
Venue: Casuarina Room
Fee: \$72.76 (Member) | \$74.90 (Guest)
Prices include GST.
Min/Max: 8/10 participants
Closing Date: 28 October 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 at our line dance sessions.



Day/Time: Advanced Line Dance — Mondays, 4pm–6pm (ongoing)
 Intermediate Line Dance — Tuesdays, 2pm–4pm (ongoing)
 High Beginners — Wednesdays, 2.30pm–4pm (ongoing)
 Basic Beginners — Thursdays, 2.30pm–4pm (new)
Venue: Club 22
Fee: Monday & Tuesday Lessons — \$63.13 (Member) for 4 Lessons | \$75.97 (Guest) for 4 Lessons
 Wednesday & Thursday 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

Junior Gems Annual Christmas Celebration Key Chain Making



At this one-hour workshop, you'll learn to fashion personalised key chains, which can double up as birthday gifts or pretty Christmas tree ornaments.

Date: 19 November 2022, Saturday
Time: 2pm–3pm; 4pm–5pm
Venue: Casuarina Room
Fee: \$2.14 (Junior Gems) |
 \$5.35 (Non-Junior Gems, Member & Guest)
Prices include GST.
Min: 15–20 participants
Closing Date: 11 November 2022, Friday

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

Christmas DIY Plushies

Plushies, also known as stuffed toys, originated in Germany in the late 19th century, and gained enormous popularity following the creation of the Teddy Bear in



1903. At this workshop, learn to create your very own adorable DIY Christmas-themed plush toy that will make a lovely gift. Suitable for all ages.

Date: 3 December 2022, Saturday
Time: 10.30am–12.30pm
Venue: Casuarina Room
Fee: \$42.37 (Junior Gems) |
 \$44.94 (Member) |
 \$46.01 (Guest)
Prices include GST.
Min/Max: 10/12 participants
Closing Date: 23 November 2022, Wednesday

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

Circuitry Art Painting (Holiday Programme)



Participants at this workshop will get to create a painting that incorporates fairy lights, which will twinkle at the touch of a button!

Prior to that, they will learn basic painting techniques and be guided to paint Christmas-themed images by the workshop leader.

Date: 9 December 2022, Friday
Time: 10am–12pm
Venue: Casuarina Room
Fee: \$51.30 (Junior Gems) |
 \$53.50 (Member) |
 \$54.57 (Guest)
Prices include GST.
Min/Max: 10/12 participants
Closing Date: 30 November 2022, Wednesday

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

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

Pamela Lee 6398 5303 / 358
Email: pamela_lee@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

Vincent Lee 6398 5372
Email: vincent_lee@sgcc.com.sg

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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Ordinary Member!

We can match
you with our list
of Sellers!

*T&C apply.

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✉ membership@sgcc.com.sg