



Club Spirit

DECEMBER 2022 • JANUARY 2023

Gym Expansion Project

Work has already begun
on the second-floor gym
– Pg 3

Ho ho ho!

Tracing the origins
of Santa Claus
– Pg 8

A Year of Good Luck

Avoid these
taboos surrounding
Chinese New Year
– Pg 24

Merry
Christmas!

Happy
Chinese
New Year!



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PATRONS

Mr Leon Perera
Ms Sylvia Lim
Mrs Lim Hwee Hua
Mr George Yeo

TRUSTEES

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Mr Thomas Tan
Mr Leslie Yeo

GENERAL COMMITTEE

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Mr Mathivanan Krishnan
Vice-President
Ms Wong Kwee Keow Emily
Honorary Secretary
Dr Wong Yu Hock Rodney
Honorary Treasurer
Mr Teng Leng Hock
Assistant Honorary Secretary
Mr See Kim Xiang Xavier
Assistant Honorary Treasurer

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PBM BBM
Mr Balbir Singh
Ms Chua Lay Pheng Elena
Mr Goh Kong Yong
Dr Tan Chok Jueh Edmond
PBM
Mr Heng Song Kwang
Mr Low Theng Khuan

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Mr Ramel Ang Darts
Dato Aaron Ee Fitness
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Mr Emrys Phua Billiards
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Dear Fellow Members,

It's hard to believe we're mere weeks from ushering in 2023.

2022 has been a highly challenging year, to say the least. Just when we thought that we had left the COVID-19 virus behind and could reclaim our pre-COVID lifestyle, the world was shaken by the war in Ukraine and the ensuing humanitarian crisis, the devastating effects of climate change such as wildfires and floods, and the resultant skyrocketing of food and fuel prices, leading to the further collapse of economies that were already weakened by the pandemic.

The situation could be summarised by the words of former Singapore Foreign Minister and serving Patron of SGCC, Mr George Yeo: "It is so troubling, as though, as a species, we have not learned from the past mistakes." This was said during an interview with *South China Morning Post's* Talking Post column on 22 October 2022. Looking forward, we hope that 2023 will see the world coming to its senses so that peace and prosperity will once again prevail.

On the home front, SGCC's Gym expansion project is progressing well. Hopefully, the project will be completed by the end of January 2023. Members can then look forward to enjoying a safer, more spacious, better-equipped, and better-looking Gym for their fitness journey.

We have organised various events and introduced seasonal dining options for the Christmas and New Year festivals for your enjoyment. Do look out for promotions such as the Year-End Festive Fare at Garden Grill, the Christmas tea dance, and the Christmas Festive Goodies Take-away. There will also be live bands on Christmas Eve and New Year's Eve. And, needless to say, while you're partying away, our team of cleaners will be working hard to maintain our SG Clean standard and keep you safe.

Do come join us in the Christmas Light-Up, Christmas Eve dinner and dance, and the Year-End Countdown Party.

On behalf of the General Committee and the Management Team, thank you for all your support and invaluable participation in the Club in 2022. I would like to wish every one of you and your loved ones great joy and love during the Christmas season, and a very happy New Year!

Warmest wishes,

Koh Jin Kit
President

Club will be open on Eve to Third Day of CNY 2023

Members are advised to take note of the Club's operating hours over the Chinese New Year period of 2023:

Chinese New Year's Eve

Date:
21 January 2023
(Saturday)

What's On

- Only Gym and Swimming Pool are open from 6am till 3pm
- Garden Grill and Atrium Lobby are open from 5.30pm only for Reunion Dinner.

First to third day of Chinese New Year (Public Holidays)

Date:
22–24 January 2023
(Sunday–Tuesday)

What's On

- Club is open as per Public Holiday operating hours — please refer to the inside back cover of *Club Spirit*.

SGCC Lion Dance

Date:
23 January 2023 (2nd day of CNY)

Time:
12pm–2pm

Venue:
Main Lobby



Gym Expansion Project

New Second-Floor Gym at Palm Wing

The Admin Office has moved out of the second floor at Palm Wing, and has since settled nicely in the old Study Room, which has been renovated to accommodate the office in the Main Clubhouse.

Work has already started on the Second-Floor Gym, which is the main highlight of the Gym Expansion Project. Members can look forward to natural light pouring in from the full-height windows, which offer unblocked views of the swimming pool.

The Gym Expansion Project is estimated to be completed by end-January 2023.



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Staff Ang Bao Fund

With the Chinese New Year just around the corner, it is the tradition of the Club to seek Members' support and contribution to the Staff Ang Bao Fund.

We encourage all Members to contribute and give recognition to the staff for their hard work and services rendered over the year. Your contribution to this fund is purely voluntary, and letters with the details have been mailed to your homes, and would have reached you in the fourth week of November.

All funds received will certainly help make the celebrations more meaningful for the staff. We thank Members in advance for their generosity, thoughtfulness, care and concern.

Revision of Clause 3.3 of the Club Bye-Laws

There will be some changes implemented to clause 3.3 of the Bye-Laws. The changes are highlighted in pink.

3.3 Members' Account

a. Statement of Account

The statement of account for each month shall be sent out within the first week of the following month. The due date for settlement of current charges is the end of the month in which the statement is sent.

b. First Reminder

If full payment is not made by the end of the month, it triggers a first reminder. It will be incorporated into the Member's next month statement of account, informing the Member to settle all outstanding expenses within 14 days.

c. Second Reminder

If full payment is not made 14 days after the first reminder, it triggers a second reminder. It will be sent by the Treasurer or Secretary to the Member via registered mail. Upon issuance of this reminder, an administrative fee for late payment will be levied, as prescribed in Schedule I, Bye-Laws 3.3. All credit facilities with the Club, as a Member, will also be withdrawn upon issuance of this reminder until payment has been received by the Club.

d. Third Reminder

If full payment is not made at the end of the second reminder, it triggers a third reminder. It will be sent by the Treasurer or Secretary to the Member via registered mail. It will give the Member a further 14 days to settle all outstanding charges. In addition, another administrative fee for late payment will be levied, as prescribed in Schedule I, Bye-Laws, 3.3. On the 14th day of the third reminder, the Member's name will be listed on the Club Notice Board as a defaulter.

e. Defaulter

If the Member fails to fully settle his account within 14 days from the third reminder, his name will be listed on the Club Notice Board as a defaulter. Then the Treasurer or Secretary shall seek the approval of the President and General Committee to expel the Member from the Club.

- f. The Member shall be entitled to appeal to the Committee within three (3) months after being deleted from the membership list. The Member must place his outstanding account in credit before any appeal can be considered for reinstatement of membership. In the event the Committee accedes to the Member's appeal, the Member shall pay the reinstatement charge as prescribed in Schedule I hereto. The Committee may impose such other conditions as it deems fit before reinstating the Member.
- g. Notwithstanding the above, the Committee reserves the right to charge interest on all amounts owing with effect from the due date(s).
- h. Payment by cheques for outstanding accounts may be accepted provided that they are made in favour of the Club and the Member has no previous record of issuing a bounced cheque. The Treasurer or Secretary may suspend the credit facility of a Member who has issued a bounced cheque. The Treasurer or Secretary reserves the right to refuse acceptance of cheque from a Member whose cheque(s) bounced repeatedly.



New Members' Night

20 & 28 September 2022

The Club brought back the annual New Members' Night in September after the occasion was put on hiatus because of the pandemic. We held the event over two nights due to the large number of new Members.

The event was a great opportunity for everyone to learn more about the Club and to get to know their fellow new Members. The night started with a presentation of the Club's facilities, followed by an introduction of the General Committee and the Club Management. Club President, Mr Koh Jin Kit, gave a welcome speech and shared the Club's achievements as well as his vision for the future.

A Lucky Draw and a closing speech by MR Chairman, Xavier See, brought the evening to a close.



Jeyaperagasam alias

Anthony Jeya

Grand Member

Koh Tah Seng

Grand Member

Leong Kum Hoi, Robert

Grand Member

Tay Qui Yong

Grand Member

Wong Mun Yong

Grand Member

Leonard Chan Haw Meng

Ordinary Member

Chee Chang Jie, Dexter

Ordinary Member

Ee Xing Han

Ordinary Member

Goh Yen Yi, Alessandria

Ordinary Member

Ho Rui Ming

Ordinary Member

Ho Soo Leang

Ordinary Member

Hu Guodong Richard

Ordinary Member

Koh Siok Ling Sheila

Ordinary Member

Daniel Kuan Li Jie

Ordinary Member

Koh Banghao Bertrand

Ordinary Member

Low Yiwen Jacintha Merissa

Ordinary Member

Leong Peiquan Jonathan

Ordinary Member

Janfong Mahawan

Ordinary Member

Neo Soon Ann

Ordinary Member

Ng Cher Khée

Ordinary Member

Silvester Selvan

s/o Jeyaperagasam

Ordinary Member

Seah Chin Leong

Ordinary Member

Seng Yen Li Karen

Ordinary Member

Tan Tjian An, Jerome

Ordinary Member

Tok Ai Wah

Ordinary Member

Tan Ting Chuan, Tanna

Ordinary Member

Vikram Vijayan Sannasi

Ordinary Member

Sam Gabriel Yew

Ordinary Member

Zhu Lingchao

Ordinary Member

Ang Margaret Nee

Yap Woon Jew

Ordinary Member

Chua Yang Huang

Ordinary Member

Chia Chien Paine, Wesley

Ordinary Member

Chen Guan Qi, Matthew

Ordinary Member

Shamla Jeyarajah

Ordinary Member

Khoo Geok Lin Vivien

Ordinary Member

Denon Lim Zheng Jie

Ordinary Member

Ng Cheh Hwang

Ordinary Member

Sim Sock Noi Nancy

Ordinary Member

Yap Ee Peng

Ordinary Member

Bodin Francois Julien David

Term Member

Botton Eleonore Elisabeth

Term Member

Ophelie Marie France

Ribadeau-Dumas ep B

Term Member

Davoust Arnaud Yves Roger

Term Member

De Boissonneaux De

Chevigny Marc Jacques

Term Member

Convery Ep Dupont Rachael

Victoria

Term Member

Delom De Mezerac Edouard

Marie Guillaume

Term Member

Elliot Simon Christopher

Term Member

Nawale Lucie Gharbage

Term Member

Gantier Patrick Louis Michel

Term Member

Emmanuelle Loye

Ep Cateigne

Term Member

Benjamin Mathews

Term Member

Macresy Stephane

Marc Georges

Term Member

Karen Mercier Patricia

Term Member

David Guy Georges

Marchesseau

Term Member

Pinel Claire Michelle

Marie Louise

Term Member

Sreedharan Sudev

Term Member

Jeremy Jacob Taiieb

Term Member

Wong Chun Leong David

Term Member

Snapshots

Here are photos and snippets of Club events that took place in **October** and **November**.



Seniors' Get-Together (1 October 2022)



Smiles all around at the Seniors' Get-Together.

Seniors' Get-Together (5 November 2022)



The monthly get-together is something senior Members look forward to.

Deepavali Festival of Lights (11 November 2022)



Vice-President Mathivanan Krishnan posing with fellow members and guests.

How to Preserve Your Legacy for Generations to Come (5 November 2022)



The Club organised a free talk on 'How to Preserve Your Legacy for Generations to Come'.

Deepavali Festival of Lights (11 November 2022)



Raise a glass to the Club's first-ever Deepavali Night!

Ho ho ho!

An icon of Christmas, Santa Claus is well loved by children all over the world. Did you know that the origins of this merry bringer of gifts stretches all the way back to the third century?

Every Christmas, children in many parts of the world look forward to visiting shopping malls so that they can pose for photos with Santa Claus and receive gifts from him. While he is imagined as a jolly and rotund old man from the North Pole, the modern Santa is based on a real person named Saint Nicholas, who hailed from the Mediterranean.

Images of Saint Nicholas vary, but none bears any resemblance to today's rosy-cheeked, white-bearded Santa Claus. According to historians, Nicholas was a wiry, olive-toned Greek born in the port town of Patara in Asia Minor — located in present-day Turkey — in the late third

century, around 280AD. The son of wealthy parents, he was admired for his piety and generosity, and was the subject of many legends. After his parents died, Nicholas purportedly donated the family wealth to the poor. He became bishop of Myra, a small Roman town in modern Turkey, and was revered as the protector of orphans, sailors and prisoners.

Miracle Worker

By about 1200, Saint Nicholas had been venerated as a patron of children and magical gift bringer, explains historian Gerry Bowler, author of *Santa Claus: A Biography*. This can be traced to two fables from his life.





A mosaic portrait of Saint Nicholas holding his episcopal staff and blessing on the front of Saint Mark's Basilica in Venice, Italy.



Thomas Nast created cartoons for *Harper's Weekly* from 1858–1886, including depictions of Santa Claus.



Beverage company Coca-Cola's version of Santa Claus is iconic and well-loved.

In one tale, Bishop Nicholas saved three young girls from being sold to slavery or prostitution when he secretly sent to their impoverished father three bags of gold to be used for their dowries. The other story has it that he entered an inn whose keeper had just killed three boys and dumped their dismembered bodies in barrels of brine. The bishop was not only able to intuit the crime, but also restore the victims to life. "That's one of the things that made him the patron saint of children," notes Bowler.

Between 1200 and 1500, his feast day was celebrated on 6 December, the anniversary of his death. The saint took on characteristics of earlier European deities, such as the Roman Saturn or the Norse Odin, who appeared as white-bearded men and possessed extraordinary powers such as flight. Parents also invoked his name to keep their children in check.

With the advent of the Protestant Reformation in the 1500s, veneration of saints, including Saint Nicholas, was abolished across most of northern Europe. In the 17th century,

the figure of Saint Nicholas merged with that of Father Christmas, an allegorical character who presided over parties during the Christmas season in England. The celebration of Christmas then became focused on a bearded man in a robe who brought cheer, merriment and presents on 25 December.

Present-day Santa

The name 'Santa Claus' itself evolved from Saint Nicholas' Dutch name, 'Sinter Klaas', a shortened form of 'Sint Nikolaas', which is Dutch for 'Saint Nicholas'.

Unlike modern depictions of Santa Claus, however, Sinter Klaas rode on a donkey and wore a tall pointy bishop's hat. Just as kids today leave a glass of milk with cookies for Santa and his reindeer, Dutch children would fill their clogs with straw and put them out for the donkey to eat. Parents would leave gifts out for their children, who believed Saint Nicholas had paid them a visit during the night. When they awoke the next morning, they would find the straw gone and their shoes filled with presents.

Today's depiction of Santa Claus is based on images drawn by the German-American caricaturist, Thomas Nast, for American periodical *Harper's Weekly*, beginning in 1863. Nast's Santa was inspired by the poem 'A Visit from Saint Nicholas' — also known as "Twas the Night Before Christmas" — first published in 1823. His illustrations introduced the idea of Santa's workshop, as well as the notion that he came from the North Pole.

The image was further defined by Santa Claus advertisements created for the Coca-Cola Company from 1931 by illustrator Haddon Sundblum. Sundblum's Santa was a portly, white-bearded gentleman dressed in a red suit with a black belt and white fur trim, black boots, and a soft red cap. This, of course, is the Santa we know — and love — today.

Enjoy Christmas favourites — such as turkey and salmon — at Garden Grill's 'Year-end Festive Fare in True Yuletide Spirit' promotion. Turn to page 10 for more details.



Year-end Festive Fare in True Yuletide Spirit

Get into the Christmas mood with this delicious set menu at Garden Grill.

Available throughout the month of December 2022, except 24, 25 & 31 December 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

Gherkin, Red Apple &
Beetroot Salad
with low-fat Sour Cream
OR

Marinated Salmon
with Mustard Dill Sauce
OR

Mussels in Lemon
Garlic-Butter Sauce

SOUP

Creamy Pumpkin Soup
OR

Scarborough Seafood Chowder

MAIN COURSE

Linguini Vongole with
Homemade Pesto
OR

Pan-fried Salmon Fillet
baked with Spicy Egg Mayo
OR

Turkey Roll with
Chestnut Stuffing

served with Lingonberry Jam
OR

Grilled Pork Loin topped with
Creamy Melted Cheese Sauce
seated on Seasonal Beans
OR

Pan-fried Ribeye (\$8 surcharge)
with Back Bacon,
Grilled Tomatoes & Mushrooms

DESSERT

Baked Apple Crumble
topped with Vanilla Ice Cream
OR

Blueberry Cheese Cake

COFFEE OR TEA



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



BE A TERM MEMBER OF Serangoon Gardens Country Club



\$2,400* | **\$4,200***
(1 YEAR) | (2 YEARS)

***BEFORE GST
OPEN TO LOCALS AND FOREIGNERS**

You will enjoy:

- Welcome gift of \$200 spending credits
- Full access to club facilities
- Olympic-size pool
- Dining privileges at our members-only Club restaurants
- Fully equipped gym with personal training programmes
- Discounted rates for private event and function bookings
- A stone's throw away from your home if you are a resident of Serangoon Garden

Join with
another friend
and get additional
spending credits!



For more information, please contact us at 6286 8888 | membership@sgcc.com.sg

*6-month Term Membership is available without the \$200 spending credits.

* Terms & conditions apply.



Christmas Eve & Day Set Menu

The magic of the Yuletide season peaks on Christmas Eve and Christmas Day. Why not spend time with loved ones on these days with special menus at Garden Grill?

Early-bird promotion:
Book by 11 Dec 2022 to enjoy 10% off

CHRISTMAS EVE SET MENU
(Saturday, 24 December 2022)

CHRISTMAS DAY SET MENU
(Sunday, 25 December 2022)

Operating Hours

Lunch: 12pm-3pm | Dinner: 6pm-10pm

Price

3-course set menu from \$60* per person
4-course set menu from \$70* per person

Price

3-course set menu from \$55* per person
4-course set menu from \$65* per person

** price includes GST, a glass of sparkling wine, and novelties*

APPETISER

Pan-seared Scallop
with Carrot Puree

APPETISER

Tower of Prawn,
Avocado & Mango Salad

SOUP

Essence of Chicken
with Forest Mushroom

SOUP

Cream of Pumpkin,
Basil Pesto & Popcorn

MAIN COURSE

Pan-fried Norwegian Salmon, Air-dried
Prosciutto & Pumpkin Couscous
OR
Grilled T-bone Steak, Sauteed
Mushroom & Natural Jus

MAIN COURSE

Baked Barramundi
with Champagne Caviar Cream Sauce
OR
Nagano Pork Cutlet
with Creamed Mashed Potato, Baby
Spinach, Apple and Prune

DESSERT

Douceur Lactee

DESSERT

Nutella Tiramisu

**FRESHLY BREWED COFFEE OR
SELECTION OF TEA**

**FRESHLY BREWED COFFEE OR
SELECTION OF TEA**

For more details, call 6398 5313 or email fnb_outlets@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)



New Year's Eve & Day Set Menu

Raise a toast to 2023 at Garden Grill and enjoy the exquisite dishes specially planned for these two days.

Operating Hours

Lunch: 12pm-3pm | Dinner: 6pm-10pm

**Early-bird promotion:
Book by 11 Dec 2022 to enjoy 10% off**

NEW YEAR'S EVE SET MENU Saturday, 31 December 2022

Price

3-course set lunch menu
@ \$60* per person

4-course set dinner menu
@ \$70* per person

** price includes GST, a glass of sparkling wine, and novelties*

APPETISER

Mediterranean Crab Cake
with Eggplant Puree

SOUP

Cioppino Seafood Stew
with Garlic Bread

MAIN COURSE

Salmon Wellington
with Mustard Dill Sauce
OR

**Braised Lamb Shank, Creamed Mashed
Potato, Root Glazed Vegetables**

DESSERT

Peach Melba Parfait

**FRESHLY BREWED COFFEE OR
SELECTION OF TEA**

NEW YEAR'S DAY SET MENU Monday, 1 January 2023

Price

3-course set lunch menu
@ \$55* per person

4-course set dinner menu
@ \$65* per person

** price includes GST, a glass of sparkling wine, and novelties*

APPETISER

Cantaloupe Melon
with Ham & Cheese Stick

SOUP

White Onion and Cider Soup

MAIN COURSE

Fillet of Threadfin
with Mushroom Cream Sauce
OR

**Grass-fed Beef Tenderloin, Organic
Rigatoni, Pesto, Chanterelles & Natural Jus**

DESSERT

Apple Crumble
with Old-Fashioned Vanilla Ice Cream

**FRESHLY BREWED COFFEE OR
SELECTION OF TEA**

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

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.

Promotion Period: 1 April 2022 - 31 March 2023

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





Chinese New Year Festive Delicacies

Ring in the Lunar New Year with a tantalising array of goodies available from Atrium Cafe. Invite endless wealth and prosperity into your life with one of our Yu Sheng platters.

**Available for dine-in or takeaway from
5 January-5 February 2023**

Salmon Yu Sheng

\$38.00 for 4-6 persons | **\$68.00** for 8-10 persons

Abalone & Salmon Yu Sheng

\$68.00 for 4-6 persons | **\$118.00** for 8-10 persons

Vegetarian Yu Sheng

\$32.00 for 4-6 persons | **\$52.00** for 8-10 persons

Bountiful Treasure Pen Cai

Featuring delicacies such as abalone, conpoy, fish maw, prawn, scallop and sea cucumber layered with roast duck, steamed chicken, yam, lotus root, white radish, pork belly, long cabbage and black mushroom nestled in a piping-hot claypot.

\$328.00 (3 working days' notice required)

Braised Pork Knuckle (1kg) with Fa Cai & Dried Oyster

\$78.00 for 6-8 persons
(3 working days' notice required)

Prices include GST

For more details, call 6398 5309 or
email fnb_outlets@sgcc.com.sg

玉兔迎春贺新岁

Grandeur Reunion Takeaway Set

Early Bird Promo

Buy 1 Free 4 Dishes



Premium Abalone Fortune Pot (10pax)
金家福鲍鱼海味盆菜 (10人份)

FREE

Fragrant Glutinous Rice
with Preserved Sausage
腊味生炒糯米饭

FREE

Swatow Herbal Chicken
汕头药膳童子鸡



FREE

Teochew Prosperity Smoke Salmon Yusheng
富贵吉祥潮州熏三文鱼生



Early Bird Available
To Order From
01.12.22 ~ 06.01.23

*FREE 2x Salted Egg Crispy Fish Skin
(For Early Bird Only)

Our Grandeur Reunion Takeaway Set bundled with auspicious dishes when you purchase our premium abalone fortune pot. For the collection, please contact our outlets 3 working days in advance. *Limited time offer while stocks last. Terms & conditions applied.

  swatowrestaurant
www.swatow.com.sg

汕頭城
SWATOW

(SWATOW TOA PAYOH)

6363 1717

汕頭園
SWATOW GARDEN

(SERANGOON GARDENS COUNTRY CLUB)

6343 1717

汕頭城
SWATOW CITY RESTAURANT

(BUKIT BATOK HOME TEAMS)

6278 8889

Picture shown are for illustration purpose only. 圖片僅供參考。



Chinese New Year's Eve Reunion Dinner

Renew your bond with family and friends at this highly symbolic meal.
As it's such an important occasion, why leave things to chance?
Book now to avoid disappointment!

Date: Saturday, 21 January 2023

Time: 6pm

Venue: Main Lobby & Atrium Cafe

5-PERSON MENU @ \$628*

Garden's Prosperity Smoked Salmon Yu Sheng
Braised Three Kingdom Soup
Steamed Red Coral Fish in Superior Stock
Crispy Roast Chicken
Sautéed Abalone with Broccoli and Chinese Mushroom
Glutinous Rice wrapped in Lotus Leaf
Peach Gum with Longan and Snow Fungus

10-PERSON MENU @ \$928*

Garden's Prosperity Smoked Salmon Yu Sheng
Braised Three Kingdom Soup
Steamed Red Coral Fish in Superior Stock
Creamy Salted Egg Yolk Golden Tiger Prawns
Crispy Roast Chicken
Sautéed Abalone with Broccoli and Chinese Mushroom
Glutinous Rice wrapped in Lotus Leaf
Peach Gum with Longan and Snow Fungus

**Price includes GST, Mandarin oranges,
and free flow of Chinese tea*

For more details, contact Adrian Chew at 9115 0417 or
email adrian_chew@sgcc.com.sg



Chinese New Year's Eve Reunion Dinner

Prefer non-traditional dishes for your Reunion Dinner?
Check out this tantalising set menu at Garden Grill.
Book now to avoid disappointment!

Date: Saturday, 21 January 2023

Time: 6pm-10pm
(Last order: 45 minutes before closing)

Venue: Garden Grill

Price

\$98 per person

\$128 per person for Main Course
with Lobster (500gm) – choice
of Black Pepper or Thermidor

Prices include GST

APPETISER

Garden's Prosperity
Norwegian Smoked Salmon
and Hokkaido Scallop Yu Sheng

SOUP

Crab & Sweet Corn Chowder

MAIN COURSE

Pan-seared Black Chilean Cod
with Yuzu Dressing
OR
Free-range Premium Black Angus Tenderloin
with Tomato, Red Onion and Balsamic

DESSERT






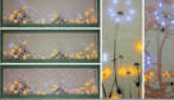




























Lemon Grass Jelly
with Dragon Fruit and Lemon Sorbet

**FRESHLY BREWED COFFEE
OR SELECTION OF TEA**












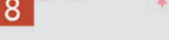







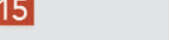
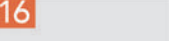
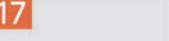

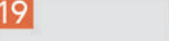






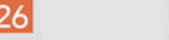


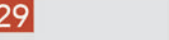


For more details, call 6398 5313 or email fnb_outlets@sgcc.com.sg

DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Year-End Festive Fare in True Yuletide Spirit Garden Grill 12pm; 6pm (whole month except 24, 25, 31 Dec) Line Dancing (Basic/Beginner) Club 22 2.30pm	2 	3 Bowler of the Year Gardens Bowl 10am Christmas DIY Plushies Casuarina Room 10.30am Locomotion Club 22 8pm	4 Bowler of the Year Gardens Bowl 10am 
5 Line Dancing (Advanced) Club 22 4pm 	6 Line Dancing (Intermediate) Club 22 2pm 	7 Line Dancing (High Beginners) Club 22 2.30pm 	8 Line Dancing (Basic/Beginner) Club 22 2.30pm 	9 Circuitry Art Painting (Holiday Programme) Casuarina Room 10am 	10 Bowler of the Year (Final) Gardens Bowl Whole Day 	11 Bowler of the Year (Final) Gardens Bowl Whole Day 
12 Music Monday Club 22 12.45pm  Line Dancing (Advanced) Club 22 4pm 	13 Line Dancing (Intermediate) Club 22 2pm 	14 Line Dancing (High Beginners) Club 22 2.30pm 	15 Line Dancing (Basic/Beginner) Club 22 2.30pm 	16 	17 Locomotion Club 22 8pm 	18 Takeaway Christmas Festive Goodies Order Garden Grill Last Day JW BBQ Nite Beer Garden 
19 Line Dancing (Advanced) Club 22 4pm 	20 Line Dancing (Intermediate) Club 22 2pm 	21 Line Dancing (High Beginners) Club 22 2.30pm  Judy & William Crossroads Lounge 8pm 	22 Line Dancing (Basic/Beginner) Club 22 2.30pm 	23 The M.O.B.B. Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm 	24 Christmas Eve Set Menu Garden Grill 12pm; 6pm  Judy & William Crossroads Lounge 9pm Locomotion Club 22 8.30pm 	25 CHRISTMAS Christmas Day Set Menu Garden Grill 12pm; 6pm 
26 PUBLIC HOLIDAY Christmas Tea Dance Club 22 12.45pm  Line Dancing (Advanced) Club 22 4pm 	27 Line Dancing (Intermediate) Club 22 2pm 	28 Line Dancing (High Beginners) Club 22 2.30pm  Judy & William Crossroads Lounge 8pm 	29 Line Dancing (Basic/Beginner) Club 22 2.30pm 	30 The M.O.B.B. Crossroads Lounge 8pm 	31 New Year's Eve Set Menu Garden Grill 12pm; 6pm  Rona & Tony Crossroads Lounge 8.30pm 	

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 Line Dancing (Advanced) Club 22 4pm 	31 Ang Bao Bridge Casuarina Room 9am Line Dancing (Intermediate) Club 22 2pm 					1 NEW YEAR New Year's Day Set Menu Garden Grill 12pm; 6pm 
2 PUBLIC HOLIDAY Line Dancing (Advanced) Club 22 4pm  The M.O.B.B. Club 22 8pm 	3 Line Dancing (Intermediate) Club 22 2pm 	4 Line Dancing (High Beginners) Club 22 2.30pm Judy & William Crossroads Lounge 8pm 	5 Chinese New Year Festive Delicacies Atrium Café (whole month)  Line Dancing (Basic/Beginners) Club 22 2.30pm	6 The M.O.B.B. Crossroads Lounge 8pm 	7 CNY Lantern Making Casuarina Room 10.30am  Locomotion Club 22 8pm 	8 
9 Music Monday Club 22 12.45pm Line Dancing (Advanced) Club 22 4pm The M.O.B.B. Club 22 8pm 	10 Line Dancing (Intermediate) Club 22 2pm 	11 Line Dancing (High Beginners) Club 22 2.30pm Judy & William Crossroads Lounge 8pm 	12 Line Dancing (Basic/Beginners) Club 22 2.30pm 	13 The M.O.B.B. Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm 	14 Locomotion Club 22 8pm 	15 
16 	17 	18 Judy & William Crossroads Lounge 8pm 	19 	20 The M.O.B.B. Crossroads Lounge 8pm 	21 Chinese New Year's Eve Reunion Dinner Main Lobby & Atrium Café 6pm Chinese New Year's Eve Reunion Dinner Garden Grill 6pm 	22 CHINESE NEW YEAR Special Chinese New Year Set Menu Atrium Café 11am; 6pm (till 5 Feb) 
23 CHINESE NEW YEAR Line Dancing (Advanced) Club 22 4pm 	24 PUBLIC HOLIDAY CNY Tea Dance Club 22 12pm Line Dancing (Intermediate) Club 22 2pm 	25 Judy & William Crossroads Lounge 8pm 	26 	27 The M.O.B.B. Crossroads Lounge 8pm Tennis Social Night Tennis Courts 8pm 	28 Locomotion Club 22 8pm 	29 



Special Chinese New Year Set Menu @ Atrium Cafe

Perfect for small groups of 3-5 persons.

**Available for dine-in and takeaway from
22 January-5 February 2023**

Operating Hours

11am-3pm; 6pm-10pm

(Last order: 30 minutes before closing)

Price

\$98

Add on Smoked Salmon or Vegetarian Yu Sheng
@ **\$28** (UP: \$38)

Add on Abalone & Salmon Yu Sheng
@ **\$58** (UP: \$68)

Prices include GST

MENU

Classic Chicken Soup with Pumpkin

Pineapple Prawn Nonya-style

Sauteed Bean with Dried Shrimp

Crispy-fried Soon Hock with Superior Soy Sauce

Emperor Seafood Fried Rice

Dessert of the Day

For more details, call 6398 5309 or email fnb_outlets@sgcc.com.sg

Hong Bao Golf Game



FRI
13
JANUARY
2023

Afternoon Tee Time
Sembawang Country Club

Golf Section Member

\$115

SGCC Member

\$165

Guest

\$195

**Golf Section Member
with SCC Membership**

\$10

**SGCC Member
with SCC Membership**

\$43

Fees include
Chinese New year
Dinner, Goodie
Bags and Hong Bao
Lucky Draw.

Prices include GST.



For more details, contact Daniel Chong at 6398 5351 or recreation@sgcc.com.sg

A Year of Good Luck

Many of us may have forgotten about some of the taboos and superstitions pertaining to Chinese New Year. To help you attain a prosperous year ahead, here are 14 things to do or avoid during the festive season.

It's time to bid goodbye to the Year of the Tiger and usher in the Year of the Rabbit. The Lunar New Year, which in 2023 falls on 22 January, is a time of merriment and rejoicing. It's considered the most important

festival for the Chinese. The celebrations are accompanied by strict rules and prohibitions, as the practices undertaken during this time set a precedent for the rest of the year. Here are 14 to take note of:

1 No house-cleaning allowed

You are advised to finish tidying up the house before Chinese New Year. This is because it's thought that any sort of house-cleaning is tantamount to sweeping wealth, fortune and good luck out of the house.



2 Don't wash or cut hair

In Chinese, hair (*tou fa*) has the same character as *fa cai*, which means to become wealthy. To cut or wash your hair on the first and second day of the New Year is viewed as draining away your good luck and fortune.



3 Stay up all night

Children should stay up as late as possible on the eve of Chinese New Year to ensure their parents' longevity. In some households, children even stay up through the night. Doing this with all the lights switched on at home is believed to usher good luck and prosperity into the house, as they represent a bright year ahead and have the power to chase away ill fortune from the previous year.



4 Watch your tongue

Steer clear of words with negative connotations in your conversations during the festive period. These include 'breaking', 'running out', 'death', 'ghost', 'killing', 'sickness', 'pain', 'losing' and 'poverty'. Another word that is a no-no is the number

'four', which sounds like 'death' in Chinese. Also, avoid vulgar language. Obeying this rule will ensure an auspicious start to your New Year.



5 Stay away from hospitals

Hospital visits and taking medicine during Chinese New Year is thought to bring illness in the coming year. In keeping with this superstition, visiting the doctor, undergoing surgery, and getting immunisation shots should be avoided at this time unless, of course, your health depends on it.



Don't wash clothes

6

The first day of the Chinese New Year is considered the birthday of the Water God. So, in order not to incur his ire, avoid washing clothes on that day.



Don't shed tears

7

Crying forebodes misfortune, so avoid shedding tears during this period. To prevent children from bawling during the festival, parents are advised not to punish their kids.



Neither a borrower nor a lender be

8

This is a good time to put into practice this proverb. Lending money on the first day of the Lunar New Year is considered especially unlucky. Asking for the return of debts owed is also a Chinese New Year taboo.



Bar married daughters from returning home

9

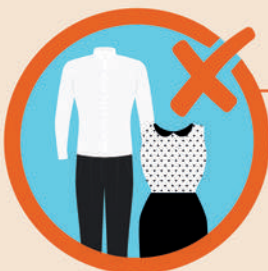
It's believed that if a married woman visits her family home on the first day of the Lunar New Year, her parents will be stricken with poverty.



Avoid black and white

10

Donning new clothes signals a brand-new start; on the other hand, dressing shabbily symbolises poverty and misfortune, and should be avoided. It's also inappropriate to wear black or white apparel during the festival as these colours are associated with mourning and funerals.



Don't use sharp objects

11

Handling sharp objects on the first day of the festival is believed to cut off your good luck and fortune. Put away knives and scissors until the following day.



No shoe shopping

12

Don't buy footwear on the first day because 'shoe' in Cantonese has the same sound as a 'sigh'. Hold off shopping for shoes to avoid jinxing the year ahead.



Don't buy books

13

Buying books during this period is a no-no because the word 'book' is a homonym for 'lose' in Cantonese. Refrain from sending books to friends until after the first 15 days so as to avoid bringing them bad luck.



Don't eat porridge

14

It's believed that eating porridge for breakfast on the first day of the Lunar New Year will attract hardship. This is because, in the old days, porridge was a staple for those struggling to make ends meet. As such, it's best not to start the New Year with a non-festive meal.



The Lunar New Year is an important time at SGCC, as you can tell from the number of F&B promotions in this issue of *Club Spirit*. Turn to pages 16, 18, 19 and 22 for some mouth-watering deals!

The Year of the Water Rabbit

Find out more about your health, career and relationships in 2023, according to your Chinese zodiac sign.



Geomancy, or *fengshui* in Mandarin, aims to forecast different aspects of our life, such as health, career and relationships. An experienced geomancer is able to make predictions for the coming year based on a person's zodiac sign, as well as the date and time of his birth. The following are readings for the coming Year of the Rabbit by *fengshui* expert Adelina Pang of Adelina Pang Fengshui Consultancy.

Rat



Born in the Year of the Rat? Then look forward to career advancements, promotions and peer recognition! Success is on the cards for you, so it's a great time to kickstart those passion projects you have been incubating for far too long. Your increased confidence will attract romantic partners. If you're attached, this is a good year to make wedding plans. Exercise moderation when it comes to wining and dining. Avoid locations that are unsafe and may result in accidents.

Ox



This is a good period to stop and smell the roses as there may be a slowing down of career prospects. Be extra cautious in your work, and avoid making snap decisions. You may encounter discord and arguments in your personal relationships. Ignore backbiters and avoid gossip. Take care of your health by getting adequate rest and quitting bad habits such as smoking and excessive alcohol intake.

Tiger



The prudent and forward-thinking Tiger will do well this year. Be modest and don't flaunt your wealth. You may experience hiccups in your romantic relationship — practise loving kindness towards your partner and ask them to do the same for you. Your health outlook is fair, with no major issues to speak of. Avoid over-exerting yourself.

Rabbit



If you're born in the Year of the Rabbit, you can anticipate times of prosperity and happiness. Seize opportunities that promise a positive outcome. If you adore the limelight, this is the year to take advantage of being in the public eye. Negativity in relationships can be avoided by practising good communication. Eat well and keep calm to boost your health.

Dragon



You're in for countless blessings this year! Invest your finances for amazing returns. It's also a good time to explore overseas business opportunities. A useful career tip is to schedule important meetings between 11am and 5pm. Your relationship luck is strong, so trust yourself and don't give up on love. Avoid overwork and take breaks when needed.

Snake



You can look forward to great opportunities and fantastic developments on the personal and professional front. Your wealth prospects are strong. Be prudent and save as much as you can. There will be opportunities to travel overseas for work. If you're in business, look into expanding it. Both your relationship and health prospects are good for this year. Reach out to loved ones to raise your spirits if you feel lonely.

Horse



Horses will be blessed with success in their career. Singles will attract potential suitors whereas those attached can look forward to a harmonious relationship. You will also enjoy the friendship of influential people who will help you reach your goals. This is a good year to begin or maintain positive habits such as fitness, exercise, a good diet, and plenty of rest, as well as avoiding negativity from toxic individuals and places with bad vibes.

Goat



You're all set to enjoy a productive and fulfilling year. You'll see wonderful gains in career prospects, which include potential for new start-ups for the business-savvy among you. You may experience ups and downs in your relationship — exercise patience with your partner. While your health outlook is good, you may experience bouts of anxiety. Avoid risky activities that involve large bodies of water, great heights, and hazardous locations.

Monkey



Monkeys will have tremendous luck in their career. Make full use of this auspicious period to work hard — but don't forget to play hard, either. If you've been wanting to switch careers or start a business, this is a good year for it. You may face jealousy in your romantic relationship. Be mindful of the feelings of close friends and family members, and take pains to foster harmony and good communication.

Rooster



For the rooster, 2023 is a year for introspection, personal development, and planning for the future. If you're born in the Year of the Rooster, shore up your wealth by maintaining a low profile, working diligently, and spending conservatively. Try to avoid miscommunication with your partner. You will enjoy good health. Counter setbacks by practising a healthy lifestyle.

Dog



Dogs will enjoy fantastic work opportunities, a promotion, and a pay raise. 2023 is a good year if you're interested in personal development or are a student. On the personal front, prevent disharmony by practising effective communication. Mild health setbacks can be sidestepped by exercising and following a balanced diet.

Pig

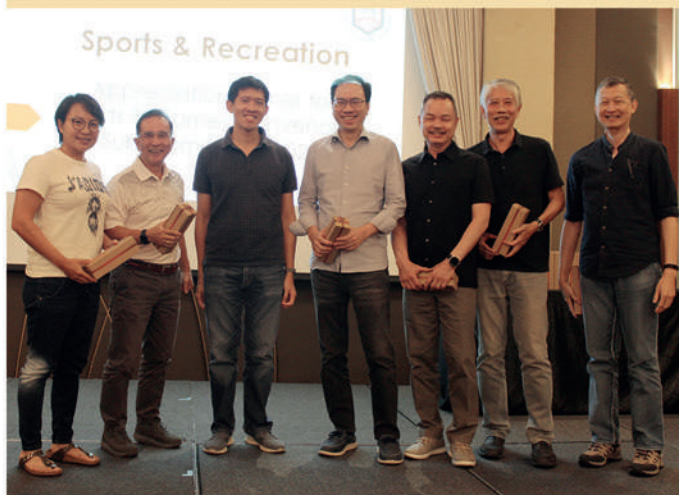


2023 is an auspicious year for you in all areas of your life. Your wealth outlook is strong, so work hard and capitalise on the excellent luck ahead. The single pig will find plenty of suitable matches. However, if you're already part of a couple, be wary of being drawn into misunderstandings. You will be blessed with sound health, but do avoid overindulging in rich food.

PAST EVENTS

APPRECIATION DINNER FOR SPORTS & GAMES CONVENORS & COMMITTEES

Held on 30 September 2022 at Kensington Ballroom 1, this dinner was held in honour of Sports & Games Convenors and their committee members for the 2020/2022 term. It expresses the Club's sincere appreciation and recognition for their services and contributions towards the promotion of their respective activities in the Club. A token of appreciation was awarded to Convenors and committee members at the dinner.





The SGCC Junior U10 players with team coaches Soe and Steven Lee.



The SGCC Junior U10 players and their counterparts from CSC.

STA INTERCLUB DOUBLES LEAGUE 2022

This year's edition, held from 10 September–2 October 2022, was challenging to organise due to inclement weather, which resulted in the postponement of many matches. The Club's tennis players participated in the Men's D, Ladies' B, and Junior U10 categories. The men's team did well by remaining undefeated for all six group matches, but lost in the semifinal to the Filipino Tennis Club. It was a valiant effort from all three SGCC teams, whose ranks were filled with numerous freshman players, all of whom look forward to next year's edition.



Champion Team



2nd Runner-Up Team

WORLD SQUASH DAY 2022 @ SGCC

A total of 36 squash players participated in this tournament, held at the Club's squash courts on 15 October, which happens to be World Squash Day. Besides SGCC Members, the participants included three SICC members. Players were divided into three teams; each player had to compete against one player each from the other two teams. After the intense competition, the players adjourn to Casuarina Room for a sumptuous dinner.



Runner-Up Team

DAS LEAGUE

This darts tournament, which started in March 2022 and ended in October 2022, saw 13 teams participating. Players were mostly seasoned veterans, although there was a sprinkling of new quality players. The tournament comprised two rounds (round robin). Five venues were selected for the tournament, one of which was SGCC. Despite the intensity of the tournament, two of our players did well to hit 180 — the highest score achievable in a game — five times!



FRIENDLY COMPETITIONS

ANG BAO BRIDGE

Calling all bridge enthusiasts! Come join us for this year's Ang Bao Game and win attractive prizes.



Date: 31 January 2023, Tuesday
Time: 9am
Venue: Casuarina Room
Min: 16 participants

Fee: \$10.70* (Member) | \$15* (Guest)
* Price includes GST and lunch.
Closing Date: 17 January 2023, Tuesday

Contact Zaleha Hanibah at 6398 5373 or zaleha@sgcc.com.sg

ANG BAO BOWL

Gather some friends and celebrate the Lunar New Year at Gardens Bowl. Show off your snazzy moves in this Best-of-Six-Games format.



Date: 4 February 2023, Saturday
Time: Check-in time: 10am
 Roll-off time: 10.15am
Venue: Gardens Bowl
Eligibility: 21 years and above

Min/Max: 15/20 participants
Fee: \$25.68* (Member)
 * Price includes GST.
Closing Date: 21 January 2023, Saturday
Format: Best of 6 games

Contact Zaleha Hanibah at 6398 5373 or zaleha@sgcc.com.sg

ANG BAO ONE-DAY SQUASH

Get in a friendly game of squash this festive season. Bust some calories and make a few chums while doing it.



Date: 4 February 2023, Saturday
Time: 3pm
Venue: Squash Courts
Fee: \$18* (Member) | \$30* (Guest) | \$25* (Dinner)
 * Price includes GST.
Closing Date: 22 January 2023, Sunday

Contact 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 seven to 12 years of age (kids under seven 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
Min/Max: 10/15 participants
Fee: \$85.60*
 * Price includes GST and is for 4 sessions.

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

CLASSES

CENTRE OF EXCELLENCE PROGRAMME (COE) FOR BOWLING

This is a four-year structured programme consisting of four levels: Elementary, Intermediate, Advanced and Elite. The curriculum for Elementary includes Fundamental, Footwork, Posture and Swing. The curriculum for Intermediate includes Timing, Flow and Swing Plane. At the Advanced level, the emphasis is on Release, Tactical Movement, and Competitive Skill. Elite level bowlers are ready to compete at the National level and selection to National Youth Team/National Team. The COE Programme will be conducted by SBF-appointed COE coach Mr John Liaw, and is open to all bowlers aspiring to improve their game or join the ranks of the National Youth Development Bowler.



Venue: Gardens Bowl
Eligibility: Minimum age 10 years old, with basic bowling skills and interest to represent the country
Fee: \$3,210* (Member/Guest) (Elementary, Intermediate, Advance & Elite Team) | \$5,350* (Member/Guest) (National Youth)

Training: Commences in February 2023
 60 sessions per year
 3 sessions per week
 (Tuesdays, Thursdays & Sundays)
 2 hours per session
Closing Date: 31 January 2023, Tuesday

* Price includes GST.

Contact Zaleha Hanibah at 6398 5373 or zaleha@sgcc.com.sg

TABLE TENNIS (PRIVATE COACHING)

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



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

* Price includes GST but not court bookings.

About the Trainer
 Registered with the National Coaching Accreditation Programme (NCAP Level 1), Nicholas Chee has been playing the game since 1977, and has given personal and group coaching for kids and adults since 2000.

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 soothing music and the therapeutic smell of essential oils. You will be guided by the experienced instructor in practising self-care lymphatic drainage and deep-breathing techniques to attain a holistic approach to the well-being of one's body, mind and soul.



Day/Time: Tuesdays, 10am–11am
Venue: Aerobics Studio
Min: 6 participants
Fee: \$67.41* (Member) | \$89.88* (Guest)
** 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.*

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.

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) | \$89.88* (Guest)
** 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.

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: Fridays, 11am–12pm
Venue: Aerobics Studio
Fee: \$67.41* (Member) | \$89.88* (Guest)
** 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

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 burn efficiently all day.

About the Trainer

Having conducted group exercise classes for more 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
Fee: \$85.60* (Member) | \$108.07* (Guest)
** 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) | \$89.88* (Guest)
** 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

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* (Guest)

* Price includes GST and is 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)

* Price includes 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 prerequisites are required to attend intensive training.

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

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

FUSION MOBILITY

This is a low- to moderate-intensity class for people of all levels of fitness. The neuromuscular effects will improve fitness, physical strength, stability, mobility and injury prevention. Resistance bands will be required.

**About the Trainer**

Having conducted group exercise classes for more 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: Mondays, 10am–11am
Venue: Aerobics Studio
Fee: \$85.60* (Member) | \$108.07* (Guest)

* Price includes GST and is 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 Trainer**

Clare Tay 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) | \$89.88* (Guest)

* 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

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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)

* 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

TAIJIQUAN (BEGINNER)

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



Day/Time: Sundays, 7.30am–8.30am

Venue: Car Park Area (Palm Wing)

Min: 6 participants

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

* Price includes GST and is for a set of 12 sessions.

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.

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

TAEKWONDO

Learn this Korean form of martial art, which has a strong emphasis on a variety of kicks. Classes are available for a range of skill levels.



About the Trainer

Patrick Tan has more than 37 years of taekwondo coaching experience, including teaching stints in the armed forces, international schools, commercial gyms, private clubs, and other organisations. Equipped with a National Coaching Accreditation Programme (NCAP) Level 3 certification from Sport Singapore, he is also a Singapore Taekwondo Federation (STF) seventh-degree black belt, a STF-certified instructor (Poomsae and Kyorugi), a Kukkiwon-certified instructor, and a STF referee (Poomsae and Kyorugi). Under his training, some of our Members have become champions in their respective categories in both National Kyorugi Championship and Inter-School Kyorugi Championship.

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)

* 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

AIKIDO

About the Trainer

George Chang Koon Chua is the Chief Instructor of Ueshiba Aikido Singapore. Officially recognised by Aikido World Headquarters in Japan, he is a qualified Aikido instructor holding 7th Dan grade. He is the Head of Grading Committee and is authorised to conduct Aikido lessons and grading examinations in Singapore. He has taught this form of martial arts in community centres, country clubs, and other organisations in Singapore.

Day/Time: Saturdays, 4.30pm–5.30pm

Venue: Aerobics Studio

Eligibility: 6 years old and above

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

* 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

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: Mon & Fri: 4pm–5pm, 5pm–6pm
Tue & Thu: 4pm–5pm, 5pm–6pm, 6pm–7pm
Sat: 9am–10am, 10am–11am, 11am–12pm, 3.30pm–4.30pm, 4.30pm–5.30pm
Sun: 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)

* Price includes GST and is 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)

* Price includes 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 and 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)

* Price 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

PAST EVENT

Fan Painting Workshop

On 8 October 2022, from 10.30am to 12.30pm, some Members — both young and old — indulged in a traditional craft that first rose in popularity during the Song Dynasty in China. The Club's Fan Painting Workshop saw Jacqueline Soo imparting the skill of painting flora, fauna, landscapes and portraits on silk cloth fans. The finished product not only looks pretty, but is handy to have on hand in Singapore's hot and humid weather!



A display of the handiwork by the enthusiastic participants.



UPCOMING EVENTS

CNY Lantern Making

Instead of purchasing all the seasonal decorations this CNY, wouldn't it be more meaningful if you actually made at least one of the items? Attend this workshop to learn how to make a Chinese-style lantern.

Date: 7 January 2023, Saturday
Time: 10.30am–12.30pm
Venue: Casuarina Room
Fee: \$8.64* (Junior Gems) | \$10.80* (Member) | \$11.88* (Guest)

* Price includes GST

Min/Max: 8/15 participants
Closing Date: 23 December 2022, Friday



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

Tote Bag Painting



School holidays are the perfect time to give your kids a break from the monotony of homework. To keep them engaged while inspiring them to be creative at the same time, why not sign your young ones for this activity? Best of all, participants can use the result of their handiwork for carrying their *barang barang*.

Date: 4 March 2023, Saturday
Time: 10.30am–12.30pm
Venue: Casuarina Room
Fee: \$27* (Junior Gems) | \$30.24* (Member) | \$31.32* (Guest)

* Price includes GST

Min/Max: 8/15 participants
Closing Date: 22 February 2023, Wednesday

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 dance sessions.

Day/Time: Advanced — Mondays 4pm–6pm (ongoing)
 Intermediate — Tuesdays 2pm–4pm (ongoing)
 High Beginner — Wednesdays 2.30pm–4pm (ongoing)
 Basic/Beginner — Thursdays 2.30pm–4pm (new)

Venue: Club 22

Fee: Mon & Tue lessons \$63.72* (Member) | \$76.68* (Guest)
 Wed & Thu lessons \$47.79* (Member) | \$60.75* (Guest)

* Price includes GST and is for 4 lessons



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



A whole new world of fun and exciting activities for the little ones!

Are you a member of SGCC who has children aged between 4 and 12 years old? Then let them become members of Junior Gems, a kids' club where they can enjoy special privileges!

SGCC's Junior Gems membership will introduce the little ones to a whole new world of fun and exciting activities! It also gives them opportunities to make new friends, interact in a social environment, and build self-confidence.

As a Junior Gems member, your child gets to enjoy:

- Junior Gems welcome gift
- Bi-monthly Junior Gems newsletter
- Junior Gems birthday surprises
- Subsidised rates for events
- Invitation to exclusive Junior Gems activities
- Junior Gems festive celebrations
- Gifts

**All these for
\$26.75* per annum!**

**Price includes GST
(auto-renewal of membership
till 12 years old)*

Particulars of Applicant

Name: _____

Date of Birth: _____

Particulars of Applicant's Guardian

Name: _____

Membership Number: _____

Relationship to Applicant: _____

Contacts: mobile _____ email _____

I wish to be kept updated of Junior Gems events via (tick one of the following boxes)

☐ SMS ☐ mobile ☐ email

Signature: _____ Date: _____

Non-refundable annual membership fee of \$26.75 (includes GST) will be debited in your next Statement of Account. The annual membership fee will be billed to your account subsequently every 12 months until your child turns 12 years old. Any termination of membership must be done in writing at least one calendar month before auto-renewal date. For enquiries, please email jean_lee@sgcc.com.sg

For official use

Received by: _____ Date: _____

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 (Crossroads Lounge)

Mon–Thu, Sun & PH: 10am–12am
Fri, Sat & Eve of PH: 10am–1am

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

Vincent Lee 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

Queenie Yu 6398 5305
Email: queenie_yu@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg

LOOKING FOR A CLUB MEMBERSHIP?

☎ 6286 8888

✉ membership@sgcc.com.sg



**We can match you
with our Sellers!**

**T&Cs apply.*

22 Kensington Park Rd, Singapore 557271