



# Club *Spirit*

FEBRUARY • MARCH 2023

**The Gym Is Now  
Fully Opened**  
To a fitter 2023!  
– Pg 2

**A Many-Splendoured  
Thing**  
Valentine's Day  
around the world  
– Pg 8

**Open House**  
Come join in the fun!  
– Pg 13

## *Be Mine!*

Exploring Valentine's Day  
Around the World

**Holding Up  
Half the Sky**  
Influential women  
across history  
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Dear Fellow Members,

The Financial Year (FY) 2022/2023 will draw to a close at the end of March 2023. This year, we are projecting some operating losses, brought on by an unexpected, drastic surge in operating costs that have been affected by the hikes in electricity tariff, manpower, and food costs (in almost every item of food, be it meats, vegetables, dairy or others).

The electricity tariff from November 2022 will be about 2.5 times that of October 2022. That translates to about \$230,000 more for the months from November 2022 to March 2023 and it is reckoned that the new rate will cost the Club close to \$600,000 extra per annum vis-à-vis the old rate.

The hospitality sector has had to grapple with a severe manpower crunch since the gradual opening up in 2022 after the COVID-19 pandemic. The cost of hiring has also gone up tremendously. We were running a team at a level that was not adequate for the opening up and hence we needed to recruit. However, not only did we experience difficulty in recruiting the right talents, but our own trained talents were lured away by others. After a study using data provided by the Singapore National Employer Federation (SNEF), we realised that our non-managerial employees' salaries were in general below the 25th percentile of the market range, which explained the difficulty in attracting the right talents. To remedy that, the Club has had to revise the salaries for non-managerial staff to be closer to the 50th percentile (market median).

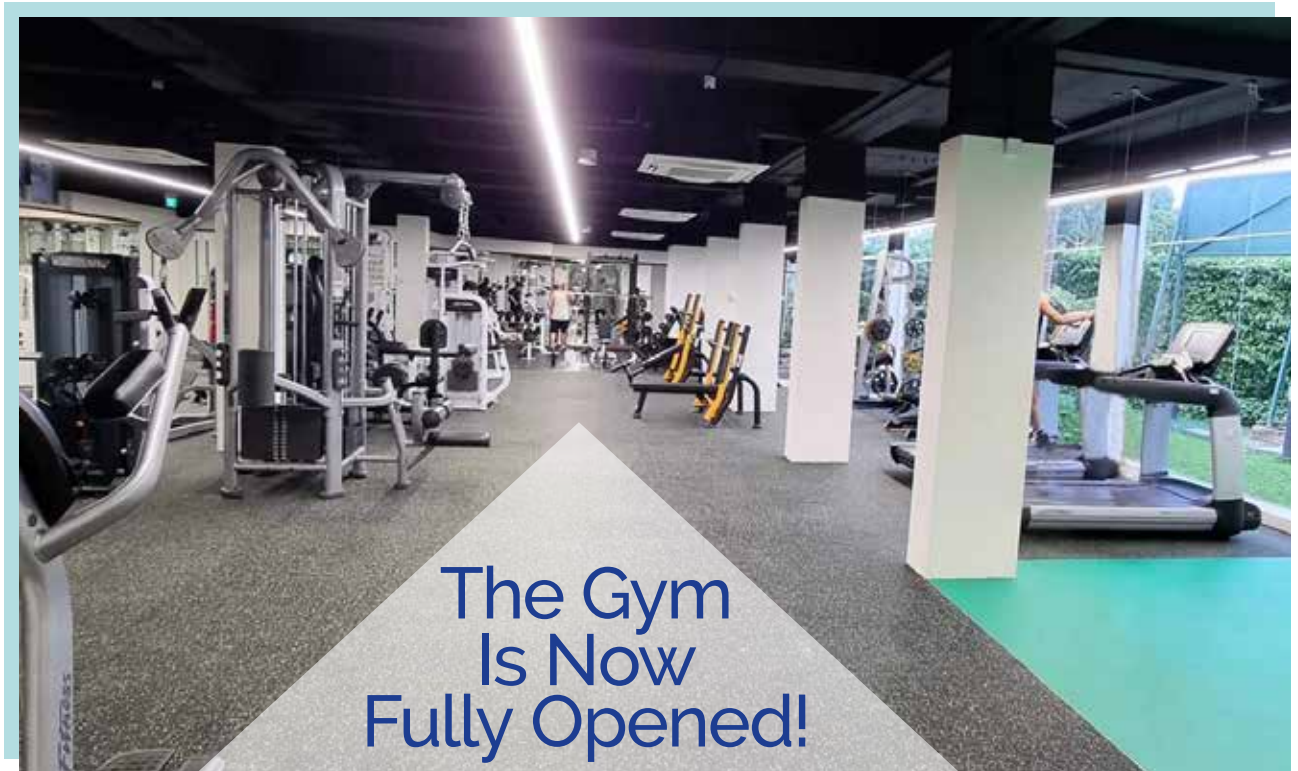
The salary true-up exercise resulted in an increase of about \$120,000 in manpower operating costs for the months between December 2022 and March 2023. Manpower costs for the ensuing year is estimated to increase by about \$600,000.

Even before factoring in other cost hikes, the combination of the increases in just the electricity tariff and manpower costs alone will result in a higher operating costs of approximately \$1.2 million—which constitutes the Unexpected Drastic Operating Cost Increment (UDOCI).

The Management, working with the General Committee, is in the process of preparing the budget for the FY 2023/2024. To ensure that the operating budget is balanced, we would need to take non-"business-as-usual" (BAU) measures to manage the UDOCI.

We will organise and invite all Members to a Town Hall Meeting, where we will provide more details, at an appropriate time. Do look out for this in our usual communication channels.

Warmest wishes,  
**Koh Jin Kit**  
 President



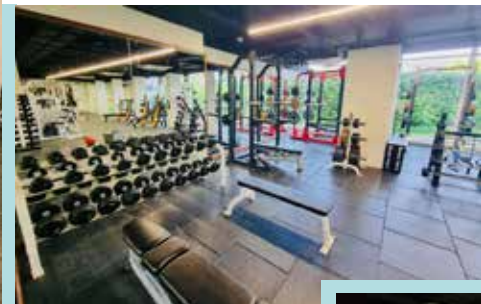
# The Gym Is Now Fully Opened!



For our Members who have been eagerly awaiting the opening of the Gym on the second floor, we have good news—the wait is over! SGCC is pleased to announce the official opening of the Gym on 5 December last year after a series of extensive renovations.

The newly opened Gym now offers a stunning view of the swimming pool and an increased floor space for more equipment and machines. Now, Members have even more options to get fit and stay in shape!

Meanwhile, the Gym on the first floor has also been renovated and reopened on 20 January 2023. To officiate the opening of the upgraded Gym, the Club had a special ribbon-cutting ceremony on 23 January. We want to take this opportunity to thank our Members for their patience and understanding during the renovation period.





# Kumar wows at inaugural Deepavali Festival of Lights

On 11 November 2022, Serangoon Gardens Country Club held its first-ever "Deepavali Festival of Lights" event at the Kensington Ballroom. There, Members and their guests were warmly welcomed by a stunning display of decorations and festive lights, accompanied with Bollywood and Kollywood dance performances.

Popular entertainer, Kumar, also made the attendees burst at the seams with laughter as he shared witty jokes during his stand-up comedy segment. Members and guests also tucked into delicious Indian dishes in a buffet spread, providing them with an authentic taste of the country's unique culinary culture.

To round off the pleasant evening, lucky attendees also had the chance to walk away with a variety of prizes during the Grand Lucky Draw. The first-prize winner went home with a pair of air tickets to Phuket with a one-night accommodation and 2-way airport transfers. SGCC would like to thank Serangoon Air and Mr Moorthi for sponsoring the First Prize.





# SGCC Christmas Light-Up 2022

After a hiatus of two years due to pandemic safety measures, the much beloved SGCC Christmas Light-Up was back in full swing on 19 November last year! Among the many attractions of the event, the Christmas Bazaar, which showcased a wide selection of festive goodies and treats, was a sight to behold. Families with children also enjoyed oodles of bonding time with the on-site craft workshops and fun games.

The highlight of the evening was surely the Christmas Tree lighting ceremony. As the tree exploded into life with dazzling colours and hues that illuminated the Main Lobby, it heralded the start of the year-end festivities as it felt that the Christmas spirit and mood has truly descended upon the Club!







# Year-End Party: It's Retro Night!

It was Retro Night at Serangoon Gardens Country Club on 31 December 2022, and what a night it was!

Members and guests came dressed in their best 70s- and 80s-inspired glamour. The event kicked off with the emcee, Happy Fei Fei, announcing the arrival of Club Patron Leon Perera. Before the dinner commenced, the Club President, Koh Jin Kit, gave his welcome speech.

Happy Fei Fei was a hit with the crowd, getting everyone in the party mood and roaring with laughter with her funny antics, jokes and entertaining dance moves. The programme continued through the night with live music, social dancing, and games.

Before midnight, everyone gathered on the dance floor, singing and dancing with Happy Fei Fei. When the clock struck 12, loud cheers echoed through the ballroom as confetti rained down on the crowd. Everyone hugged and wished one another "happy new year" to the tune of "Auld Lang Syne" blaring in the background.

It was indeed a memorable night for all.







# A Big Thank You to our sponsors:

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# A Many-Splendoured Thing

**W**e are all familiar with Valentine's Day which commemorates a Catholic priest, St Valentine, who lived in third-century Rome. Interestingly, there are other figures and legends connected to romance as well who are feted in different parts of the globe.

## Tu B'Av

Israel's original holiday of love, Tu B'Av takes place on the 15th day of the Hebrew month of Av—July to August on the Gregorian calendar. It dates back to biblical times, when single women would dress in white and dance in vineyards at the beginning of the grape harvest

While Valentine's Day is observed in many parts of the world with gifts of chocolates and roses, it is not the only day that commemorates *l'amour*. There are similar festivals from China to Romania that celebrate romance with their own rituals and traditions.

season hoping to attract a suitor. Today, Tu B'Av is celebrated like Valentine's Day, with flowers, cards and romantic dinners instead of vineyard dancing.

Tu B'Av is a Jewish love festival that dates back to Biblical times.



## White Day

In South Korea, Japan and Taiwan, women woo men with chocolates and flowers on Valentine's Day. Men return the favour on 14 March, also known as White Day, presenting them not only with chocolates and flowers but also handmade or specially crafted gifts.

The day originated in Japan where men would give women white marshmallows, which is how the festival got its name.

## Dragobete

This Romanian holiday celebrates Dragobete, the guardian of love,



Dragobete signals the beginning of spring.

on 24 February. Dragobete also symbolises the beginning of spring. Traditionally, on the morning of the holiday, boys and girls would spend the day in the woods gathering flowers. Around noon, the girls would dash home. Boys would then pursue the girls they fancied. If the girl liked him, they would seal their attraction with a kiss.

To this day, Dragobete is celebrated not with gifts but with physical displays of affection.



A Love Spoon.

### St Dwynwen

St Dwynwen is Wales' patron saint of love, and the day is observed a few weeks before Valentine's Day on 25 January.

On this special day, Welshmen traditionally proposed to their sweethearts with a love spoon intricately carved from wood as a symbol that he would always provide for her. If the object of his affection accepted his proposal, she would wear the spoon around her neck.



A lit candle during Dia Dos Namorados.

### Day of Lovers

In Brazil, the Day of Lovers or *Dia dos Namorados* is celebrated on 12 June. The day also falls on the eve of St Anthony's Day, the patron saint of marriage. During this time, single women will perform rituals, known as "simpatias", in the hope of attracting a partner. This could range from lighting a candle in church to the mixing of potions and special incense.



The Weaver Girl and the Cowherd.

### Qixi Festival

In China, the Qixi festival is celebrated on the seventh day of the seventh lunar month—usually in August. The 2,000-year-old holiday has its roots in an ancient Chinese folktale, "The Weaver Girl and the Cowherd".

Legend has it that Zhinu, a weaver girl who is the daughter of a goddess, falls in love with Niulang, a mortal cowherd. Angered that her daughter is involved with a mere mortal, Zhinu's mother drags her back to the heavens and creates the Silver River - also known as the Milky Way—to prevent Niulang from pursuing Zhinu. Touched by their love story, the magpies on land form a bridge across the river so the two can reunite. Eventually, their love story also moves Zhinu's mother, who permits them to meet once a year on the same day.

Traditionally, women would pray to Zhinu on the day of the Qixi Festival with offerings of tea and fruits. Single women would pray for a good spouse while newlywed

couples would wish for a good marriage. At night, the women would compete in a needle threading competition to test their dexterity. The one who threaded seven needle holes in the moonlight won the title of "skilful hands".

### Day of Sant Jordi

In Catalonia, in the northeast of Spain, La Diada de Sant Jordi, or the Day of Sant Jordi is celebrated instead of Valentine's Day.

Legend has it that a knight named Jordi slayed a dragon that was plaguing the town of Montblanc and saved a princess.

On the Day of Sant Jordi, which falls on 23 April, there is an exchange of gifts between men and women, with the former giving their lady love roses to symbolise the death of the dragon. Women reciprocate with a gift of books to commemorate the deaths of authors William Shakespeare and Miguel de Cervantes, who both died on 23 April.



Roses are a common gift from men to women during Sant Jordi.

# Italian Coastal Towns

A short drive from Italy's major cities will unveil charming towns that line the coast. Here's a list to add to your upcoming holiday itinerary.

Italy has a wealth of postcard-perfect coastal towns. With rows of coloured houses blanketing dramatic cliff faces, they boast clear water, pristine beaches and breathtaking coastal views.



## Sorrento

According to Greek mythology, Sorrento was home to sirens who lured passing sailors onto the rocks with their songs. This town remains a crowd favourite with its dramatic seascape, fantastic food and laidback atmosphere. Sorrento's centre is a maze of narrow streets that run along the cliffs. These medieval alleyways are packed with restaurants, bars and shops. Souvenirs you can pick up here are lemon products, lace, leather shoes and bags. You may also wish to check out local craft shops that make "intarsia"—special inlaid wood carvings.

## Positano

Widely regarded as the most photogenic town in Italy, Positano is known for its beautiful harbour, Moorish architecture, excellent restaurants and picturesque coastline. The town has star power and visitors can look forward to bumping into celebrities like Mick Jagger, Denzel Washington and Tom Cruise. Developed mainly vertically, Positano is well-loved for its many luxury boutiques and shops. Linen, handmade sandals, ceramics and limoncello are some of the must-buys.



## Capri

Situated in the Bay of Naples along a huge coastline, Capri's stunning scenery encompasses turquoise blue waters, sea caves, gorgeous gardens, soft sandy

beaches, grandiose villas and iconic rock formations. It was the vacation spot of Roman emperors and derives its name from the herds of goats (*capra* in Italian) that inhabited it. The Blue Grotto is Capri's biggest tourist attraction. When sunlight infiltrates an underwater cavity and passes through the water, the natural cave emits an ethereal and eerie blue light.

## Portofino

Portofino became famous in the 1950s and 60s when movie stars like Humphrey Bogart, Clark Gable, Elizabeth Taylor and Sophia Loren holidayed here. Known as the

jewel of the Italian Riviera, it is still a star-studded destination. Portofino is known for the colourfully painted buildings that line the shore. Its half-moon shaped harbour is filled with summer yachts and the odd fishing boats, and lined with designer boutiques, seafood restaurants, cafes and luxury hotels. Just off the bay is the main square, Piazza Martiri Dell' Olivetta—a lovely spot for people-watching over a cappuccino.





## Amalfi

The town of Amalfi on the scenic Amalfi coast in the south of Italy is known for its jaw-dropping views. Medieval in origin, the Duomo di Sant'Andrea at the centre of the town is a major tourist attraction. The church is one of southern Italy's treasures for its collision of various architectural styles, drawing on Arab-Norman, Romanesque, Byzantine and Rococo designs.



## Taormina

Located in eastern Sicily, Taormina is one of the most beautiful coastal towns to visit on the island. Settled on a hill, the town overlooks two grand, sweeping bays and offers a view of Mount Etna on the southern side. The town is feted for its Greek theatre and ancient streets, and a rocky coastline that drops suddenly into stunning blue waters. The theatre still hosts functions and concerts, and has one of the most dramatic locations with spectacular views of the area surrounding it. You can also check out the Corvaja Palace, a fortress showcasing the various cultures that occupied Sicily including Byzantine, the Arabs and Norman. The main part of the tower was built by Arabs who ruled Taormina for more than a hundred years.



## Ravello

Perched high above the Bay of Salerno, Ravello is celebrated for its captivating vistas and ornate villas. Two of its best-known ones are Villa Rufolo and Villa Cimbrone. Both have lush, terraced gardens

offering magnificent views of the water. The town has inspired countless artistes, including Virginia Woolf, Truman Capote, Henrik Ibsen, Tennessee Williams and Richard Wagner, who is celebrated every summer in Ravello with a music festival.



## Manarola

With its multicoloured houses poised high in the hills overlooking the sea, Manarola is considered the most picturesque among the five towns that make up Cinque Terre, in the region of Liguria. Among its attractions is the Church of San Lorenzo, built in 1338 in the Gothic Ligurian style. The harbour area, with its colourful rowing boats, is a good spot for people-watching. The town is also known for its excellent hiking, including the popular Via dell' Amore or Love's Trail.



## Cefalù

Declared a UNESCO World Heritage Site in 2015, Cefalù is a small town an hour away from Palermo in Sicily. Wedged between mountains and coastline, the town is popular among sun-seekers. Apart from gorgeous beaches and baroque architecture, Cefalù also offers amazing restaurants and a vibrant nightlife scene, especially in the summer.



# *Abruzzese Cooking: Recipes from Italy's Adriatic Coast*

Experience the best of Italian coastal cuisines under one roof!

**February 2023 (except 14 February)**

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

**Price**

**3-course set menu from \$28 per person** (appetiser or soup, main course, dessert with coffee or tea)

**4-course set menu from \$33 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**

Polenta baked with Cheese

OR

Seafood Salad

OR

Cannelloni stuffed with  
Minced Pork and Beef

**SOUP**

Minestrone with Pasta  
and Beans

OR

Cream of Courgette

**MAIN COURSE**

Tomato Seafood Risotto

OR

Grilled Sole with Fennel

OR

Chicken with Tomato  
and Black Olive

OR

Pork Escalope with Lemon

OR

Steak Pizzaiola  
(\$8 surcharge)

**DESSERT**

Tiramisu

OR

Lemon Sherbet

**COFFEE OR TEA**

For more details call 6398 5313 or  
email [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg)

# Serangoon Gardens Country Club

# OPEN HOUSE



11 & 12 Feb 2023 (Sat & Sun) | 10am - 7 pm | Club Main Lobby

**ALL ARE WELCOME!**



## Bazaar Stalls

Shop from a wide selection of products!

- Costume jewelry
- Chocolates, biscuits, cheeses, cold cuts with free samplings
- Free shoulder massage
- And many more!

## Whisky & Wine Fair



Sampling is available!

Taste before you buy!



- Free candy floss and popcorn!
- Snack live stations

## Free fitness and sports trial sessions

Zumba  
10am

Bounce Fitness  
1pm

Happy Neigong  
2pm




## Live Entertainment

4.30pm - 5.15pm | 5.45pm - 6.30pm  
Crossroads Lounge



Serangoon Gardens Country Club  
22 Kensington Park Road 557271

 6286 8888

## Membership Booth

### Ordinary Membership

**\$13,888**

(Get \$1000 F&B spending credits)

10 slots only!

### Term Membership

Get GST rebates and FREE welcome gifts!

**Spin the Wheel for new sign-ups!  
Sure win!**



Check out our newly-opened

**2-storey Gym!**





## Alsatian Cooking

Come immerse yourself in the gastronomic charms of the French Alsace region!

**March 2023**

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

### Price

**3-course set menu from \$28 per person** (appetiser or soup, main course, dessert with coffee or tea)

**4-course set menu from \$33 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

Celery and Apple Salad

OR

Crabcake with Remoulade Sauce

OR

Balsamic-Glazed Mushroom Tart

### SOUP

Leek and Potato Soup

OR

Cream of Carrot

### MAIN COURSE

Linguini with Creamy Mushroom Sauce

OR

Barramundi Fillet Pan-fried with Olive Oil

served with Riesling Sauce

OR

Sautéed Chicken Fillet stuffed with Pounded Mushrooms

OR

Sauerkraut with Strasbourg-style Pork

OR

Tournedos of Beef with Mushroom Sauce

(\$8 surcharge)

### DESSERT

Poached Pear with Red Wine Sauce

OR

Chou Puff with Vanilla Ice Cream served with Pear and Chocolate Sauce

### COFFEE OR TEA

For more details, call 6398 5313 or email [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg)



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## *Celebrate Your Love in Style This Valentine's Day!*

Wine and dine your special someone along  
with sweet nothings and moments to remember.

**14 February 2023**

**12pm-3pm; 6pm-10pm**

(Last order: 45 minutes before closing)

### Price

**3-course set menu from \$88 per person**

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

**4-course set menu from \$98 per person**

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

Inclusive of a glass of sparkling wine for  
each diner and roses for the ladies.

*Prices include GST*

### APPETISER

**Pan-seared Scallops with Apple  
and Fennel Salad**  
on a bed of Butternut Squash  
Puree

### SOUP

**Pink Cauliflower Soup  
with a hint of Truffle**  
served with Toasted Brioche

### MAIN COURSE

**Lemon Honey Half  
Lobster Linguine**  
OR  
**Bacon-wrapped Fillet Mignon**

### DESSERT

**Chocolate Orange Bombe Alaska**  
with Hot Chocolate Sauce

**FRESHLY BREWED COFFEE**

OR

**FLAVOURED TEA**

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- Use of projector for video montage
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- Elegantly designed seat covers for all banquet chairs
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- Elegantly designed guest book
- Complimentary token box
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- Car park coupons for up to 20% confirmed attendees
- Decorative dummy cake for the ceremony

Food & Beverage

- Sumptuous selection of buffet menu
- Complimentary bottle of sparkling juice during ceremony
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**Gold Package**

200 - 299 pax

**\$68** per pax

Price includes GST.

**Diamond Package**

300 - 399 pax

**\$65** per pax

Price includes GST.














































**FOR ENQUIRIES**







































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FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<p><b>1</b></p> <p>Abruzzese Cooking Garden Grill 12pm/6pm</p>  <p>Higher Beginners Line Dance Club 22 2.30pm</p>  <p>Judy &amp; William Crossroads Lounge 8pm</p> 	<p><b>2</b></p> <p>Basic/ Beginners Line Dance Club 22 2.30pm</p> 	<p><b>3</b></p> <p>Friday Jam Night Club 22 7.30pm</p>  <p>The M.O.B.B. Crossroads Lounge 8pm</p> 	<p><b>4</b></p> <p>Bowling Ang Bao Garden Grill 10am</p>  <p>Darts CNY Lo Hei Cricket (Blind) Crossroads Lounge 1.30pm</p> <p>CNY Squash Squash Courts 3pm</p>  <p>Locomotion Club 22 8pm</p> 	
<p><b>6</b></p> <p>Music Monday with Sound Sensation Club 22 12.45pm</p>  <p>Advance Line Dance Club 22 4pm</p> 	<p><b>7</b></p> <p>Intermediate Line Dance Club 22 2pm</p> 	<p><b>8</b></p> <p>Higher Beginners Line Dance Club 22 2.30pm</p>  <p>Judy &amp; William Crossroads Lounge 8pm</p> 	<p><b>9</b></p> <p>Basic/ Beginners Line Dance Club 22 2.30pm</p> 	<p><b>10</b></p> <p>The M.O.B.B. Crossroads Lounge 8pm</p>  <p>Tennis Social Night. Tennis Courts 8pm</p> 	<p><b>11</b></p> <p>Whisky &amp; Wine Fair Main Lobby 11am</p>  <p>Locomotion Club 22 8pm</p> 	<p><b>12</b></p> <p>Whisky &amp; Wine Fair Main Lobby 11am</p>  <p>Chess Friendly Casuarina Room 12pm</p>  <p>Sunday Jam with The Kallang Jazz Band Club 22 6.30pm</p> 
<p><b>13</b></p> <p>Advance Line Dance Club 22 4pm</p> 	<p><b>14</b></p> <p>Valentine's Day Garden Grill 12pm/6pm</p>  <p>Intermediate Line Dance Club 22 2pm</p> 	<p><b>15</b></p> <p>High Beginners Line Dance Club 22 2.30pm</p>  <p>Judy &amp; William Crossroads Lounge 8pm</p> 	<p><b>16</b></p> <p>Basic/ Beginners Line Dance Club 22 2.30pm</p> 	<p><b>17</b></p> <p>The M.O.B.B. Crossroads Lounge 8pm</p> 	<p><b>18</b></p> <p>Magic Water Beads Casuarina Room 10.30am</p>  <p>Locomotion Club 22 8pm</p> 	
<p><b>20</b></p> <p>Music Monday with Sound Sensation Club 22 12.45pm</p>  <p>Advance Line Dance Club 22 4pm</p> 	<p><b>21</b></p> <p>Intermediate Line Dance Club 22 2pm</p> 	<p><b>22</b></p> <p>High Beginners Line Dance Club 22 2.30pm</p>  <p>Judy &amp; William Crossroads Lounge 8pm</p> 	<p><b>23</b></p> <p>Basic/ Beginners Line Dance Club 22 2.30pm</p>  <p>Table Tennis Social Practice Squash Court 4 2pm</p> 	<p><b>24</b></p> <p>The M.O.B.B. Crossroads Lounge 8pm</p>  <p>Tennis Social Night. Tennis Courts 8pm</p> 	<p><b>25</b></p> <p>Locomotion Club 22 8pm</p> 	
<p><b>27</b></p> <p>Advance Line Dance Club 22 4pm</p> 	<p><b>28</b></p> <p>Intermediate Line Dance Club 22 2pm</p> 					

# MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<p><b>1</b></p> <p>Alsatian Cooking <b>Garden Grill</b> 12pm/6pm</p>  <p>Higher Beginners Line Dance <b>Club 22</b> 2.30pm</p>  <p>Judy &amp; William <b>Crossroads Lounge</b> 8pm</p> 	<p><b>2</b></p> <p>Basic / Beginners Line Dance <b>Club 22</b> 2.30pm</p>  	<p><b>3</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> 8pm</p> 	<p><b>4</b></p> <p>Tote Bag Painting <b>Casuarina Room</b> 10.30am</p> <p><b>WORKSHOP</b></p> <p>Locomotion <b>Club 22</b> 8pm</p> 	<b>5</b>
<p><b>6</b></p> <p>Music Monday with Sound Sensation <b>Club 22</b> 12.45pm</p>  <p>Advance Line Dance <b>Club 22</b> 4pm</p> 	<p><b>7</b></p> <p>Intermediate Line Dance <b>Club 22</b> 2pm</p> 	<p><b>8</b></p> <p>Higher Beginners Line Dance <b>Club 22</b> 2.30pm</p>  <p>Judy &amp; William <b>Crossroads Lounge</b> 8pm</p> 	<p><b>9</b></p> <p>Basic / Beginners Line Dance <b>Club 22</b> 2.30pm</p> 	<p><b>10</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> 8pm</p>  <p>Tennis Social Night <b>Tennis Courts</b> 8pm</p> 	<p><b>11</b></p> <p>Locomotion <b>Club 22</b> 8pm</p> 	<p><b>12</b></p> <p>Tennis Junior Championships 2023 <b>Tennis Courts</b> 9am</p> 
<p><b>13</b></p> <p>Advance Line Dance <b>Club 22</b> 4pm</p> 	<p><b>14</b></p> <p>Intermediate Line Dance <b>Club 22</b> 2pm</p> 	<p><b>15</b></p> <p>High Beginners Line Dance <b>Club 22</b> 2.30pm</p>  <p>Judy &amp; William <b>Crossroads Lounge</b> 8pm</p> 	<p><b>16</b></p> <p>Basic / Beginners Line Dance <b>Club 22</b> 2.30pm</p> 	<p><b>17</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> 8pm</p> 	<p><b>18</b></p> <p>Locomotion <b>Club 22</b> 8pm</p> 	<b>19</b>
<p><b>20</b></p> <p>Music Monday with Sound Sensation <b>Club 22</b> 12.45pm</p>  <p>Advance Line Dance <b>Club 22</b> 4pm</p> 	<p><b>21</b></p> <p>Intermediate Line Dance <b>Club 22</b> 2pm</p> 	<p><b>22</b></p> <p>High Beginners Line Dance <b>Club 22</b> 2.30pm</p> <p>Judy &amp; William <b>Crossroads Lounge</b> 8pm</p> 	<p><b>23</b></p> <p>Basic / Beginners Line Dance <b>Club 22</b> 2.30pm</p> 	<p><b>24</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> 8pm</p>  <p>Tennis Social Night <b>Tennis Courts</b> 8pm</p> 	<p><b>25</b></p> <p>Locomotion <b>Club 22</b> 8pm</p> 	<b>26</b>
<p><b>27</b></p> <p>Advance Line Dance <b>Club 22</b> 4pm</p> 	<p><b>28</b></p> <p>Intermediate Line Dance <b>Club 22</b> 2pm</p> 	<p><b>29</b></p> <p>High Beginners Line Dance <b>Club 22</b> 2.30pm</p> <p>Judy &amp; William <b>Crossroads Lounge</b> 8pm</p>  <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm</p> 	<p><b>30</b></p> <p>Basic / Beginners Line Dance <b>Club 22</b> 2.30pm</p> 	<p><b>31</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> 8pm</p> 		

# Traversing the Alsace Wine Route

Blanketed with picturesque villages, gorgeous landscapes and lush vineyards, the scenic Alsace Wine Route has everything one could wish for on a holiday.



Located between the Rhine river and the foothills of the Vosges mountains in Eastern France and bordering Germany, the Alsace Wine Route is one of the oldest such roads in the country. Inaugurated on 30 May 1953, the 170km strip passes through a string of medieval villages and well-known wineries. From Strasbourg in the north to Mulhouse in the south, here are recommendations for stops along this route.

## Stages on the route

A UNESCO World Heritage site and capital of Alsace, Strasbourg is a good starting point for your Alsace Wine Route itinerary. It boasts enchanting architecture—white timber-framed buildings with colourful floral displays and a pink gothic cathedral. Oenophiles should head to Cave Historique des Hospices de Strasbourg. Founded in 1935, it is renowned for its fabulous wines.

Colmar is the most popular town on the trail. It was the inspiration for the Disney movie, *Beauty and the Beast*. Its old town—dotted with half-timbered houses, cobblestone lanes and quaint canals—is the highlight. Wine tastings are a-plenty in this part of town. You'll also come across shops selling chocolate, wine, art and antiques, as well as an abundance of waterside cafes and cellar restaurants.

Also worth exploring are the museums. Among them are the Musee Unterlinden, housed in a 13th century convent, Musee du Jouet for its collection of toys and the Bartholdi Museum, the house where local artist Frederic-August Bartholdi was born. During the summer, you may also find wine-related events in Place de l'Ancienne Douanne near the city centre.

From Colmar, you'll want to make a stop at Eguisheim and its surrounding vineyards. Eguisheim is considered one of the prettiest villages in France. A highlight is the Three Castles of Eguisheim, which sit atop the Schlossberg hill. They were built in the 11th and 12th centuries and served as watchtowers over the region. You may also wish to tour a wine cellar or the vineyards to enjoy some of the best wines in the country.

Colmar.



Three Castles of Eguisheim.



Another delightful village along this route is Kaysersberg Vignoble, nestled at the entrance of the Vosges Valley. With a population of less than 3,000, it is dotted with half-timbered corbelled houses that date back to the 15th and 16th centuries. It also has medieval sites grouped around the church as well as a fortified bridge.

An essential stopover along the route is Hunsbach. Named France's favourite village in 2020, this former Swedish settlement's most popular attraction is Fort Schoenenbourg. It is one of the largest structures in the Maginot line, a series of fortifications built in the 1930s along the German border to defend France against invasion.

In the heart of the Alsatian vineyards is Riquewihr. Nicknamed the "gem of the Alsace vineyards" for its quality wines, the medieval town is surrounded by a double-fortification wall. These are the ruins of the 13th century ramparts that surround part of the town. There's also a second fortification wall built in the 16th century.

Dubbed one of France's most beautiful detours, Thann lies on the eastern slopes of the Vosges. A historic town that once belonged to the Habsburgs in the Middle Ages, Thann is renowned for its remarkable Gothic church and the Rangen vineyard. The most prestigious of the southern portion of the Alsace Wine Route, the Rangen vineyard produces three exceptional types of grapes—the Riesling, Pinot Gris and Gewurztraminer. The vineyard is the only one in the region to be classified as a Grand Cru in its entirety.

Your final stop, Mulhouse, has an industrial vibe and is a fun destination for train aficionados. If you are one of them, don't miss the Cite du Train, the largest locomotive museum in Europe, and the Electropolis Museum, which explores electricity. Another attraction worth visiting in Mulhouse is the Temple Saint-Etienne, a Protestant church constructed in 1859 in the Gothic Revival style.

## Wine and vineyards

Protected from the rain and extreme cold by the Vosges Mountains, the vineyards of Alsace benefit from the climate and a variety of grape-growing districts. Combined with 1,800 hours of sunlight per year and excellent soil, the wines here are of exceptional quality. With nearly 4,000 winegrowers, the predominant style produced is dry white wines from a handful of grape varieties, including Riesling, Gewurztraminer, Pinot Gris, Muscat and Pinot Blanc.

Each summer, the winegrowers on the Alsace Wine Route open their doors to visitors and organise wine-tasting events while parades and village dances revive traditions. In autumn, the villages along the route also celebrate the grape harvest with another series of events. These are excellent opportunities for visitors to discover wine-growing practices that go back centuries and also taste *nouveau vin* (wines released in the same year they were harvested).





**Marie Curie (1867-1934)**

Poland-born Marie Curie was a pioneering physicist and scientist who discovered two new elements—radium and polonium—and contributed to finding treatments for cancer. In 1903, Marie and her husband, Pierre, were awarded the Nobel Prize for Physics jointly with Henri Becquerel for their combined—though separate—work on radioactivity. In 1911, she became the sole winner of the Nobel Prize for Chemistry.



**Emmeline Pankhurst (1858-1928)**

Emmeline Pankhurst was a political activist and leader of the suffrage movement in Great Britain. Born in Manchester to politically active parents, she founded the Women's Franchise League and later, the Women's Social and Political Union, in the United Kingdom. The latter was an organisation that gained notoriety for its confrontational actions and whose members were the first to be labelled suffragettes. Her militancy led to her being arrested on numerous occasions. The iron-willed lady argued that, unless women were given political power, the laws of the country would not have an equal standard of morals. A few weeks after her death in 1928, British women were finally granted the right to vote from the age of 21, just as the men did.



**Rosa Parks (1913-2005)**

Rosa Parks set off a social revolution when she refused to give up her seat to a white passenger on a bus in Montgomery, Alabama, in 1955. She was sent to jail for this. The incident sparked the Montgomery Bus Boycott, a civil rights protest during which African Americans in the town refused to ride the city buses. In the end, the US Supreme Court ordered Montgomery to integrate its bus system. Parks continued as a prominent voice in the civil rights movement. Her act of defiance had ignited the movement, and her continued activist work in Detroit after the bus boycott added to her legacy in the fight against injustice and discrimination.

“Women hold up half the sky” goes a famous quote by Mao Zedong. Indeed, they do. Women have over the years put their stamp on women's rights and racial equality as well as in domains spanning from science and mathematics to aviation and literature. Campaigners, activists, mountaineers and scientists, here are seven inspiring trailblazers who have changed the world for the better.

# Holding Up Half the Sky

Women throughout history have made an impact on society through activism, politics, art and leadership. International Women's Day, which falls on 8 March, is the perfect occasion to celebrate these formidable heroines.





Photo: moddhakal.blogspot.com



### **Empress Cixi (1835-1908)**

Born during the Qing Dynasty, Cixi was the educated daughter of a low-ranking official. In 1851, she became one of Emperor Xianfeng's concubines—a great honour at the time. Cixi quickly won the emperor's favour. When the emperor died, Cixi's five-year-old son Tongzhi became the imperial heir. Cixi formed alliances with some of his regents and had others killed in an 1861 coup, leaving her in control of the empire. She remained the unofficial head of Imperial China until her death, having shaped rebellions, policies and the court of Imperial China for more than five decades. During her regency, she oversaw a number of economic and military reforms that helped propel China into a more modern world power.

### **Junko Tabei (1939-2016)**

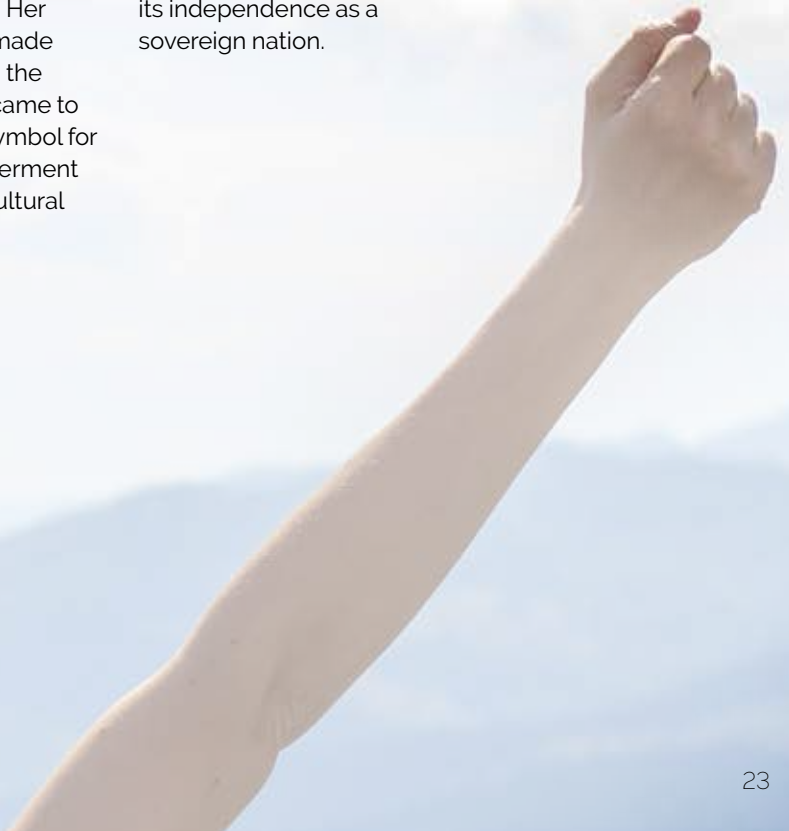
In 1975, Junko Tabei became the first woman to reach the summit of Mount Everest, a place she described as being "smaller than a tatami mat". Tabei faced virulent sexism, especially in Japan, for leaving her young daughter at home with her husband while she set off for Nepal as part of the first all-female climbing team to be awarded a permit to scale the world's highest peak. The diminutive climber was the only woman in her team to make it to the summit albeit on her hands and knees. Her remarkable feat made headlines around the world and Tabei came to be held up as a symbol for women's empowerment and for defying cultural stereotypes.

### **Sarojini Naidu (1879-1949)**

Sarojini Naidu, a freedom fighter and poet, was the first woman to become president of the Indian National Congress and to be appointed a state governor in the country. A women's rights activist, she helped found the Women's India Association in 1917. She also played a leading role in the civil disobedience movement in colonial India. In 1942, she was arrested during the "Quit India" movement and jailed for 21 months together with Mahatma Gandhi. Two years before her death, India gained its independence as a sovereign nation.

### **Miriam Makeba (1932 – 2008)**

Miriam Makeba was a South African singer, songwriter and anti-apartheid activist. Makeba used her voice and lyrics to share the story of what was happening in South Africa with global audiences. Nicknamed Mama Africa, she was exiled from her country for more than 30 years as a result of her social activism. During her time in exile, she addressed the United Nations General Assembly speaking out against apartheid.



# PAST EVENTS

## ONE DAY TENNIS

The courts were in session on 12 November 2022—tennis courts, that is! This time, six tennis players came up against each other in the one-day event via a Doubles format. When the serves were over and the dust settled, Jonas Lim emerged the eventual Champion of the event while Clinton Wee and David Chee clinched the First and Second Runners-up positions respectively.



Gathering for a showdown.



A doubles match in action!

## PREPARATORY SERIES 8 SWIM MEET

The Preparatory Series 8 Swim Meet kicked off on 27 November last year at 1pm at the SGCC Swimming Pool. The event saw 128 swimmers from Art Aquatics, Quattor Swim School, Swim70, The Swim Corner, The American Club and The Water Family coming together in a friendly but closely contested competition.



Young swimmers raring to go!



Competitors making waves in the pool.



A total of 128 swimmers came for the Meet.



Getting ready for the whistle.



Making sure the medals were in order.

## TENNIS FRATERNITY DINNER

As a show of appreciation to the tennis players who have represented the Club in 2022 as well as Members who have lent their support to the Tennis Fraternity, a dinner was organised on 11 November last year. Attended by 50 of the Club's tennis players, the dinner also saw prizes being presented to winners who participated in the SGCC Tennis Open that was held between June to August last year.



## TENNIS JUNIOR CHAMPIONSHIP

Despite the wet weather threatening to put a damper on the proceedings of the Tennis Junior Championships on 4 December 2022, the competition managed to wrap by 5pm — thanks to the tenacity and resolve displayed by the participating 24 junior tennis players. Congratulations to all the winners in their respective age groups!

8 YEARS OLD & BELOW	10 YEARS OLD & BELOW
<b>Champion</b> Annie Chan	<b>Champion</b> Kyle Ng
<b>Runner-up</b> Lashi Daniel Brang Seng Maw	<b>Runner-up</b> Titus Lin
<b>Plate Champion</b> Trevor Choy	<b>Plate Champion</b> Koen Chua
<b>Plate Runner-up</b> Alessia Talpo	<b>Plate Runner-up</b> Kyan Lee
12 YEARS OLD & BELOW	14 YEARS OLD & UNDER
<b>Champion</b> Kingsley Lin	<b>Champion</b> Alexa Goh
<b>Runner-up</b> Kyle Ng	<b>Runner-up</b> Gareth Goh
<b>Plate Champion</b> Kyra Lee	<b>Plate Champion</b> Kyra Lee
<b>Plate Runner-up</b> Jalen Wong	<b>Plate Runner-up</b> Malcolm Chia

## 46TH INTER-TEAM BOWLING MIXED LEAGUE

As the curtains fall on the 46th Inter-Team Bowling Mixed League that took place over a 15-week period between August to November last year, the Club would like to thank the following six team captains who have contributed administratively and logistically to the success of the League:

CAPTAIN	TEAM NAME
Catherine Chua	Bowling Buddies
Ken Tan	Happy 4 U
Xavier Boutin	No Fear
Lucy Tan	Aurora
Derrick Sim	Break Free
Alex Chua	Spare Me

Meanwhile, 30 Members attended the Prize Presentation for the League winners. Here are the results of the final team standings. Congratulations to all the teams that won and we will see you for the next League!

TEAM STANDING	TEAM NAME
Champion	Aurora
Runner-up	Bowling Buddies
Third	Happy 4 U



The various winners with their prizes. Thank you for making the League a success!

**BOWLER OF THE YEAR**

Twenty-seven of the most avid bowlers of the Club turned up at the Gardens Bowl and went up against each other in the best of 12 games over 3 and 4 December to see who will be the SGCC Men's and Women's Bowler of 2022. As the last pin fell, five male and three female bowlers came up tops in their respective gender

MALE CATEGORY	FEMALE CATEGORY
<b>1st:</b> Leonard Leong	<b>1st:</b> Tan Hui Xian
<b>2nd:</b> Tan Gian Yion	<b>2nd:</b> Alexis Kwong
<b>3rd:</b> Tan Gian Sen	<b>3rd:</b> Lily Leow
<b>4th:</b> Marcus Loh	
<b>5th:</b> Tay Hui Chiang	

The top bowlers of the Male and Female categories then proceeded to play against each other and, once the dust settled, Leonard Leong was crowned the Men's Bowler of the Year while Tan Hui Xian emerged the Women's Bowler of the Year. Congratulations to both!



The SGCC Bowling Sub-Committee would like to thank the Deputy S&R Chairman, Ms Elena Chua, for the prize presentation. In addition, they would like to give a shout-out to the following Members below for their generous support in the qualifying round of the Bowler of the Year competition:

- Mr Tan Zhi Qiang
- Ms Valerie Teo
- Ms Candy Ong
- Mr Teo Yeow Pin

**MILO INTERNATIONAL BOWLING CHAMPIONSHIP**

Excitement and anticipation levels were high as SGCC sent 11 youth bowlers to participate in the 22nd Storm U22 International Junior All Stars Bowling Championship 2022 that was held in Kuala Lumpur from 14-23 December.

Even though their youngest bowler, Scott Sim, was only seven years old, the SGCC team managed to come away with much exposure and lessons in improving their bowling skills. Special thanks have to be given to Mr John Liaw, the bowling coach, who is always at hand during the qualifying round to lead and guide the youth bowlers.

Despite the extremely high standards of the tournament, the SGCC team displayed true grit and an indomitable fighting spirit that carried the name of the Club well.

The championship proved to be not only the perfect platform for the team to forge closer bonds but also enabled the parents to also get to know each other better during the trip. The participants even arranged for a joint parent and team dinner together. It is good to see our Members' families getting along so well!

Congratulations once again to our young bowlers! We are proud of your achievements.



UNDER-12 CATEGORY	UNDER-15 CATEGORY	OPEN CATEGORY	GEN Z & OPEN CATEGORY
<b>Scott Sim</b>	<b>Sarah Oh</b>	<b>Jovan Chua</b> (qualify for masters with averages of 182)	<b>John Faragalla</b> (qualify for masters and on 27 position with averages of 204)
<b>Lovelle Sim</b>	<b>Claire Faragalla</b> (qualify for masters with averages of 160)		
<b>Bella Chua</b>	<b>Ashley Zukifly</b> (qualify for masters with averages of 168)		
<b>Lloyd Chee</b>	<b>Alexis Kwong</b>		
	<b>Zachary Kwong</b>		

# FRIENDLY COMPETITIONS

## TENNIS JUNIOR CHAMPIONSHIPS 2023

The 2023 edition of the Tennis Junior Championship is back with the four categories: U8, U10, U12 and U14. Come by and witness the best of SGCC junior tennis stars in action as they serve up the most intense competition yet!

**Date/Day:** 12 March 2023,  
Sunday  
**Time:** 9am-6pm  
**Venue:** Tennis Courts  
**Fee:** \$10.80\* (Member) |  
\$21.60\* (Guest)

\* Price includes GST.

**Categories:** U8, U10, U12, U14  
(each player can enter up to two events)

**Closing Date:** 26 February 2023,  
Sunday



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

# CLASSES

## SGCC LEARN TO BOWL PROGRAMME



This is the feeder programme from which our Club's youth bowlers are scouted. Meant for children 7-12 years of age (kids under 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/Time:** Fridays, 7.30pm-8.30pm  
**Venue:** Gardens Bowl  
**Fee:** \$86.40\* (Members only)

\* Price includes GST and is for 4 sessions

**Min/Max:** 10/15 participants

Contact Zaleha Hanibah at 6398 5389/340  
or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

## TABLE TENNIS (PRIVATE COACHING)

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



### 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:** \$45.36\* (Member, per hour) |  
\$56.70\* (2 pax per group, per hour)  
Additional \$10.80\* per guest, per hour

\* Price includes GST but not court bookings.

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

<b>Min/Max:</b>	<b>3/8 participants</b>
<b>Venue:</b>	<b>Gardens Bowl</b>
<b>Fee:</b>	<b>Group Coaching</b>
	<b>\$46.22 (Member)   \$57.78 (Guest)</b>
	<b>Private Coaching</b>
	<b>(to arrange with instructor)</b>
	<b>\$79.38 (Member for Individual, 1.5hrs)</b>
	<b>\$90.72 (Guest for Individual, 1.5hrs)</b>
	<b>\$63.56 (Member for 2 Students, 1.5hrs)</b>
	<b>\$75.11 (Guest for 2 Students, 1.5hrs)</b>

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.

<b>Day/Time:</b>	<b>Fridays: 4.45pm–5.45pm</b>
	<b>Sundays: 4pm–5pm</b>
<b>Min:</b>	<b>5 participants</b>
<b>Fee:</b>	<b>\$388.80 (Member)   \$431.57 (Guest)  </b>
	<b>\$352.25 (Junior Gems Member)</b>

Prices include GST.

Zaleha Hanibah at 6398 5373 or [recreation@sgcc.com.sg](mailto: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

<b>Class:</b>	<b>Beginner</b>
<b>Day/Time:</b>	<b>Thursdays: 6.30pm–8pm</b>
<b>Class:</b>	<b>Intermediate</b>
<b>Day/Time:</b>	<b>Mondays: 7pm–8.30pm &amp; 8.30pm–10pm</b>
<b>Class:</b>	<b>Ladies' Intermediate</b>
<b>Day/Time:</b>	<b>Fridays: 8am–9.30am</b>
<b>Class:</b>	<b>Club Men/Women</b>
<b>Day/Time:</b>	<b>Wednesdays: 7.30pm–9pm</b>
<b>Fee:</b>	<b>\$164.59 (Member)   \$186.19 (Guest)</b>

Prices include GST and are for 4 sessions per month.

### JUNIOR GROUP COACHING PROGRAMME

<b>Class:</b>	<b>Monster Tennis</b>
<b>Day/Time:</b>	<b>Mondays: 4.30pm–5.30pm</b>
	<b>Fridays: 5pm–6pm</b>
<b>Fee:</b>	<b>\$109.73 (Member)   \$131.33 (Guest)</b>

Prices include GST and are for 4 sessions per month.

<b>Class:</b>	<b>Little Stars (Red)</b>
<b>Day/Time:</b>	<b>Wednesdays: 4.30pm–6pm</b>
<b>Class:</b>	<b>Little Stars (Orange)</b>
<b>Day/Time:</b>	<b>Wednesdays: 4.30pm–6pm</b>
<b>Class:</b>	<b>Future Stars (Green)</b>
<b>Day/Time:</b>	<b>Tuesdays: 4.30pm–6pm</b>
<b>Class:</b>	<b>Junior 1 (Lower Intermediate)</b>
<b>Day/Time:</b>	<b>Mondays: 5.30pm–7pm</b>
<b>Class:</b>	<b>Junior 2 (Intermediate)</b>
<b>Day/Time:</b>	<b>Wednesdays: 6pm–7.30pm</b>
<b>Class:</b>	<b>Junior 3 (High Intermediate)</b>
<b>Day/Time:</b>	<b>Tuesdays: 7.30pm–9pm</b>
<b>Class:</b>	<b>Junior (Advanced)</b>
<b>Day/Time:</b>	<b>Saturdays: 10am–11.30am; 11.30am–1pm</b>
<b>Fee:</b>	<b>\$164.59 (Member)   \$186.19 (Guest)</b>

Prices include GST and are for 4 sessions per month.

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

## 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 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:** Mondays, 10am–11am  
**Venue:** Aerobics Studio  
**Fee:** \$86.40\* (Member) | \$109.08\* (Guest)

*\* Price includes 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](mailto:recreation@sgcc.com.sg)

## DYNAMICSCULPT

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

### 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:** \$68.04\* (Member) | \$90.72\* (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:** \$68.04\* (Member) | \$90.72\* (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](mailto: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:** \$86.40\* (Member) | \$109.08\* (Guest)

*\* Price includes GST and are 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:** \$68.04\* (Member) | \$90.72\* (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](mailto: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:** \$73.44\* (Member) | \$84.78\* (Guest)

\* Price includes GST and is 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:** \$172.80\* (Member) | \$184.14\* (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:** \$140.40\* (Member) | \$151.74\* (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:** \$68.04\* (Member) | \$90.72\* (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.

## 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.

### 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:** \$68.04\* (Member) | \$90.72\* (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.

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

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



## 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:** \$68.04\* (Member) | \$79.38\* (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

## 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:** \$86.40 (Member, per hour) |  
\$129.60 (2–4 pax per group, per hour)  
Additional \$16.20 per guest, per hour

Prices include GST but do not include court bookings.

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

## TAIJQUAN (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, 7.30am–8.30am  
**Venue:** Car Park Area (Palm Wing)  
**Min:** 6 participants  
**Fee:** \$147.42\* (Member) | \$170.10\* (Guest)

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

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:** \$86.40\* (Member) | \$97.20\* (Guest)

## Advanced

**Day/Time:** Fridays, 8pm–9pm

**Fee:** \$86.40\* (Member) | \$97.20\* (Guest)

**Intermediate/Advanced (Sparring & Self-Defence)**

**Day/Time:** Sundays, 5.30pm–6.30pm

**Fee:** \$102.60\* (Member) | \$113.40\* (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 Gradings 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:** \$56.70\* (Member) | \$68.04\* (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

## 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:** \$108.00 (Member) | \$129.60 (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

## 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 \$30.28 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**  
**\$68.04\*** (Member) | **\$79.38\*** (Guest) Weekday | **\$90.72\*** (Guest) Weekend  
**2 Sessions/Week**  
**\$90.72\*** (Member) | **\$113.40\*** (Guest; both sessions on weekdays) | **\$124.74\*** (Guest; 1 session on weekday & 1 session on weekend) | **\$136.08\*** (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**  
**\$68.04\*** (Member; once a week per month) | **\$85.05\*** (Guest; once a week per month)  
**2 Sessions/Week**  
**\$113.40\*** (Member; twice a week per month) | **\$130.41\*** (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:** **\$136.08\*** for four sessions @ 15 minutes per session  
**Additional guest charges:**  
**\$5.40\* per session (weekday)**  
**\$8.64\* 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

# Of Bids & Tricks

A popular card game among our Club Members, bridge has garnered a celebrity following.

**W**hat do James Bond, Warren Buffet, Bill Gates and Snoopy have in common? They all have a love for the game of bridge. In fact, Warren Buffet is so enamoured of the game that he even got his friend, Microsoft's Bill Gates, hooked on it. The two of them play bridge together online, and even in tournaments. Buffet has gone so far to say that he wouldn't mind being imprisoned but only if he had the company of three other cellmates who were bridge players.

Other celebrities you may see at the bridge table are tennis player Martina Navratilova and Rolling Stones band member Thom Yorke. Famous players from history include Mahatma Gandhi, Omar Sharif and Winston Churchill. An aficionado of the game, Sharif was quoted as saying that he would rather be playing bridge than making a bad movie.

Given this card game's reach among investors, politicians and superstars, it's safe to say that bridge could be, as author Somerset Maugham put it, "the most entertaining and intelligent game the wit of man has ever devised".

## Origins of the game

The fact that it has been around since the early 16th century in England — though not in its present form — attests to its pull factor. Bridge is believed to have evolved

from the card game of whist. Others are of the view that it developed in the Middle East among the diplomatic community.

Originally a strictly upper-class hobby, it became popular among the so-called working classes during Dickensian times. The name 'bridge' is thought to be derived from the Russian word for whist, 'biritch', meaning 'announcer' or 'herald'. By the turn of the century, bridge had replaced whist as England's favourite card game.

Like many card games, bridge is played by four people. They form two partnerships. A deck of cards is dealt out clockwise around the table one at a time so that each player holds 13 of them. The objective is to win tricks. Each trick consists of one card played by each player. There is an auction, often called 'bidding', then the play, after which the hand is scored. The aim of a single deal is to achieve the highest score with the given cards. The score is affected by two principal factors:

- the number of tricks bid in the auction; and
- that taken during play.

The more tricks a partnership correctly predicts they will make, the better their score. But if they do not make as many as they predicted, their opponents score points instead. The bidding takes a bit of learning, which is where the cerebral aspect comes in.

## Lifelong learning

Since bridge is a rather complex game, it takes articulation and a sharp mind to become a successful player. Buffet has likened bridge to investing; he observed that both activities involve making intelligent decisions based on available information and probabilities. Like investing, bridge involves sticking to a well-thought-out strategy. "The approach and strategies are very similar, in that you gather all the information you can and then keep adding to that base of information as things develop," Buffett has articulated of bridge and investing.

While Buffet and Gates play the game for its cerebral value, others such as Navratilova do it for the camaraderie it brings. "No matter where I go, I can always make new friends at the bridge table," she has revealed. Navratilova may be on to something here, as research shows that people who play bridge have higher levels of well-being than those who don't. In addition, the game and its social environment has the potential to maintain good health through increased positive cognitive, social and quality of life outcomes, a University of Stirling study has revealed.

For practitioners, every hand is, as American player Bob Lipsitz says, "an adventure". "As you learn more, ever-increasing vistas unfold for your experimentation and enjoyment. Once you try it, you'll never give it up," he attests.



## BRIDGING THE GAP

There are several different types of bridge: Rubber, Contract, Duplicate, Chicago and Honeymoon.

**Rubber:** This is the most commonly known form of the game. Fresh hands are dealt for each round, and the aim is to win a rubber, which is the best of three games.

**Contract:** In this format, the declarer receives points counting towards the game and rubber only for tricks he or she bids as well as makes.

**Duplicate:** This form of the game is called such because each hand is played at least twice, but by different players under the same conditions.

**Chicago:** This format started in — you guessed it! — Chicago, in the Windy City's Standard Club in the 1960s. It is played strictly with four people and is a spin on Rubber Bridge.

**Honeymoon:** This is the only game played with two players using one deck of cards. Matches in this format are generally shorter and played one-on-one.



Make  
Your Own:

# Lobster Risotto

Kicking off a new series of recipes is Lobster Risotto, a classic creamy Italian rice dish served with lobster tail meat. It is hearty, delicious and relatively easy to prepare! This recipe takes about 30 minutes to cook and serves up to four people.

## Ingredients

- ✓ 3 cups bottled clam juice
- ✓ 3 cups water
- ✓ 2 tablespoons olive oil
- ✓ 1 cup finely chopped yellow onion
- ✓ ½ cup cubed (1/8-inch pieces) carrot
- ✓ ½ cup cubed (1/8-inch pieces) celery
- ✓ 1 ½ cups uncooked Arborio rice
- ✓ Pinch of best-quality saffron threads
- ✓ ½ cup (4 ounce) dry white wine
- ✓ 1 pound cooked lobster meat (about 3 cups)
- ✓ 1 teaspoon salt
- ✓ ¼ teaspoon black pepper
- ✓ 3 ounces Parmesan cheese, grated (about ¾ cup)
- ✓ Sliced fresh chives, for garnish

## Directions

- Cook clam juice and 3 cups water in a medium saucepan over medium heat, undisturbed, until steaming, about 10 minutes. Reduce heat to medium-low, and keep warm.
- Meanwhile, heat oil in a large saucepan at medium-high. Add onion, carrot, and celery; cook, stirring often, until slightly softened, about 5 minutes. Add rice and saffron; cook, stirring constantly, until rice is toasted, about 1 minute. Add wine; cook, stirring often, until almost absorbed, 30 seconds to 1 minute. Reduce heat to medium.
- Add 1 cup hot clam juice mixture to rice mixture; cook, stirring often, until almost absorbed, 2

to 3 minutes. Continue adding clam juice mixture, ½ cup at a time, stirring until clam juice mixture is almost absorbed after each addition, until rice is al dente and mixture is creamy, 15 to 20 minutes.

- Remove rice mixture from heat; gently stir in lobster, salt, and pepper. Gradually stir in Parmesan. Stir in additional clam juice mixture, a splash at a time, to loosen risotto, if needed. Discard remaining clam juice mixture.
- Divide risotto evenly among 4 bowls; garnish with chives.



# JUNIOR GEMS



**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  
\$27\* 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 \$27 (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](mailto:jean_lee@sgcc.com.sg)

### For official use

Received by: \_\_\_\_\_ Date: \_\_\_\_\_

# PAST EVENT

## Plushies Workshop

Having origins that can be traced back to Germany in the late 19th century, plushies, or stuffed toys, have endured through the ages and have endeared themselves to both children and adults alike! A plushie making workshop was held in the Club on 3 December 2022 and was attended by six excited children with their parents in tow. It was a great platform for the parents to bond with their children as they came together to create adorable, unique mini plushies—from owls to cats—that were themed around Christmas.





# UPCOMING EVENTS

## Tote Bag Painting

Come alongside the community in the Club and paint your own personalised tote bags that not only goes a long way in reducing the use of plastic bags, but also be a conversation starter with your friends as you showcase your very own style and creativity!



**Date:** 4 March 2023, Saturday  
**Time:** 10.30am–12.30pm  
**Venue:** Casuarina Room  
**Fee:** \$27\* (Junior Gems) | \$29.16\* (Member) | \$31.32\* (Guest)

*\*Price includes GST*

**Min/Max:** 8/12 participants  
**Closing Date:** 24 February 2023, Friday

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

## Line Dance

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:** Mondays & Tuesdays (4 lessons)  
**\$63.72\*** (Member) | **\$76.68\*** (Guest)  
 Wednesdays & Thursdays (4 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](mailto:jean_lee@sgcc.com.sg)

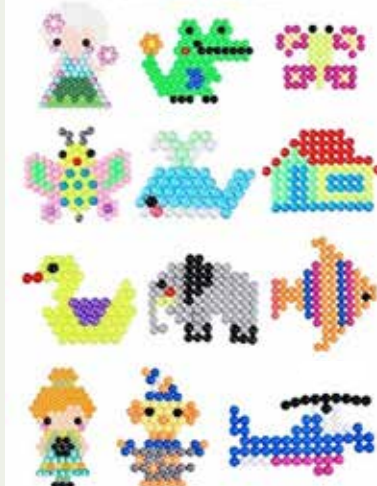
## Magic Water Beads

Useful in improving hand-eye coordination, colour recognition and stimulating a child's sensory development, magic water beads are colourful educational toys that can expand up to 200 times their sizes when exposed to water! They can also be used to create all manner of shapes and forms through placing the beads in customised formations. This activity promises to be a time of great fun for the whole family!

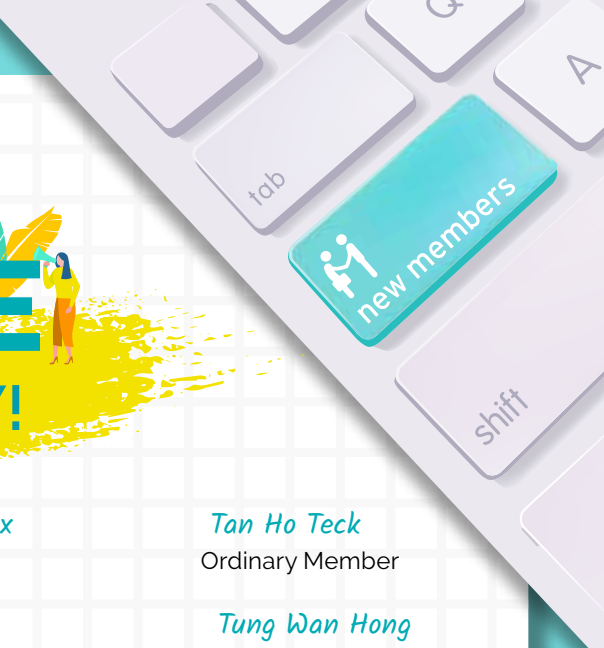
**Date:** 18 February 2023, Saturday  
**Time:** 10.30am–12.30pm  
**Venue:** Casuarina Room  
**Fee:** \$21.06\* (Junior Gems) | \$23.22\* (Member) | \$24.30\* (Guest)

*\*Price includes GST*

**Min/Max:** 8/10 participants  
**Closing Date:** 8 February 2023, Wednesday



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



*Chen Yock Siong*  
Grand Member

*Goh Chee How, Lanx*  
Ordinary Member

*Tan Ho Teck*  
Ordinary Member

*Chan Tong Weng Charlie*  
Grand Member

*Huang Tsing Ee*  
Ordinary Member

*Tung Wan Hong*  
Ordinary Member

*Lim Hou Yu Jiat Selina*  
Grand Member

*Jee Wei Ming Shawn*  
Ordinary Member

*Mark Lim Yu Yang*  
Ordinary Member

*Lim Kay Ling Verrick*  
Grand Member

*Kam Yeow Khoon Tony*  
Ordinary Member

*Margaret Lim Lee Heir*  
Ordinary Member

*Wee Kian Soon Eddy*  
Grand Member

*Aloysius Lim Ju Meng*  
*(Lin Ruming)*  
Ordinary Member

*Yew May Lee*  
Ordinary Member

*Yeo Oon Chye*  
Grand Member

*Liu Charlene Cheuk Lam Racheal*  
Ordinary Member

*Yao Ming Jie Leonard*  
Ordinary Member

*Tan Khuan Seo*  
Grand Member

*Lim Fong Him*  
Ordinary Member

*Chabrolle Raphael*  
*Marie Dominique*  
Term Member

*Ow Peng Hoong*  
Nominee

*Lim Hai Feng, Nicholas*  
Ordinary Member

*Bradley Mitchell Howell*  
Term Member

*Boey Mun Kum Freddy*  
Ordinary Member

*Alvin Lim Sien Yong*  
Ordinary Member

*Miguel Fernandes Homem*  
*Sousa Lobo*  
Term Member

*Chew Kum Sun*  
Ordinary Member

*Lee Li Meng*  
Ordinary Member

*Leong Jernlin*  
Term Member

*Chua Ci'En*  
Ordinary Member

*Lim Sharn, Selina*  
Ordinary Member

*Marc Merveilleux Du Vignaux*  
Term Member

*Chan Pei Yu, Gwyneth*  
Ordinary Member

*Ng Wei Chean Ivan*  
Ordinary Member

*Sowden Brian Peter*  
Term Member

*Ferroa Peggy Grace*  
Ordinary Member

*Sockalingam s/o*  
*Muthiah Chettiar*  
Ordinary Member

*Seng Suet Shee*  
Term Member

*David Fragoso*  
Ordinary Member

**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****Billiards 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: banquet-sales@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: banquet-sales@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](mailto:membership@sgcc.com.sg)



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

**\*T&Cs apply.**

22 Kensington Park Rd, Singapore 557271