



Club *Spirit*

FEBRUARY • MARCH 2024

WELCOME THE YEAR OF THE DRAGON

What does 2024 have in store for you? Check out the cover story Pg 13

SGCC's New Ordering System

Making things easier for Members

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Prettiest City in the World

Chester and its charms

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Chef's Kiss!

A profile of Garden Grill sous chef Kenny Ng

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Dear Fellow Members,

This year, we shall be ushering in the Lunar New Year (LNY) in February. Traditionally, the LNY celebration lasts for 15 days; in 2024, that period falls between 10 and 24 February. According to the Chinese zodiac, the coming LNY shall be the Year of the Dragon.

The Dragon symbolises vitality, intelligence, progress and power. It is an auspicious symbol, and many Chinese parents would love to welcome a baby in the Year of the Dragon.

On behalf of the General Committee (GC) and the Management, I would like to wish all members and their families great health, happiness and prosperity in the Year of the Dragon.

恭喜！恭喜！祝合家：
身强体健！平安喜乐！
龙马精神！富贵有余！
百尺竿头！更进一步！

Many businesses in Singapore will be closed on the first two to four days of LNY. However, the Club will remain open throughout the 15 days of the LNY celebration so that Members would not be inconvenienced by the 'shutdown' outside and can continue to enjoy the F&B and other facilities of the Club. In line with Club tradition, there will be a Lion and Dragon Dance performance on the second day of the LNY. It is a signature event that many Members look forward to each year as the exciting performance encompasses elements of pugilistic, martial arts, and acrobatic skills, often incorporating jaw-dropping stunts. There is a belief that such an event is auspicious and will bring good luck to the participants.

Throughout the LNY celebration period, special menus await Members at the Club's F&B outlets. Members and their families are welcome to join the Reunion Dinner on 9 February (Lunar New Year's Eve) at very reasonable prices. In addition, Garden Grill has set menus on Days One and Two. For those who feel that LNY celebrations are never complete without *lohei*, there are Salmon, Abalone, and Vegetarian Yu Sheng options to choose from at the Atrium Café. To cap it all off, there is the Chap Goh Meh Dinner & Dance on 23 February at the Kensington Ballroom (with live band, Locomotion).

This year, the March school holidays run from 9–17 March. Look out for programmes like Coding Workshop for Kids, Punch Hole Needling Workshop, Tennis Social Night, and others that the Club has planned for the various age groups.

Do come and join in the fun, food and entertainment, and have a roaring good time!

Yours sincerely,
Koh Jin Kit
President, SGCC



Christmas Light-Up

2 December 2023

The festive spirit soared high on 2 December as our Christmas Light-Up event unfolded, weaving a tapestry of joy. The day burst into life with a bustling Christmas Bazaar at the Main Lobby, which was filled with an enchanting array of stalls offering bespoke treasures. Handcrafted items, delectable snacks, and homely delights beckoned from every corner. The face painting booth was a huge hit with the little ones, while Angel Stash's air plants and crystals attracted many curious onlookers. Floralknots' intricate handmade accessories dazzled, complemented by Daralby's delectable cookies and cakes, alongside the irresistible variety of Little Farms' Christmas delights. There was also free ice cream for everyone who attended the event!



As the clock struck 5pm, giggles filled the air as the young ones delved into a world of wonder. They were enthralled and mesmerised by the delightful antics of Christmas charades, the skillful artistry of balloon sculpting, and the thrilling

performances of Jimmy Juggler and a Magic Show. Some of them were even invited on stage, becoming stars for the evening.

The pinnacle of the night approached at 7.20pm. With anticipation crackling in the air.



President Mr Koh Jin Kit's words set the stage before the General Committee touched a globe in unison. The crowd spontaneously started counting down, climaxing in a moment when the entire Club

was magically bathed in radiant brilliance. A giant Christmas tree, adorned in ethereal blue and white hues, transformed the venue into a whimsical Winter Wonderland. The magical evening ended

with The Crossroads performing a repertoire of songs a cappella, with their amazing harmonies lingering long after the night concluded. This Christmas Light-Up was truly one to remember.





Countdown to 2024

31 December 2023

On the eve of the New Year, the Kensington Ballroom transformed into a lively Wild Wild West haven, where laughter and excitement reverberated through the air. Attendees, adorned in their finest cowboy and cowgirl ensembles, gathered for a night of cheers and celebration, ushering in the much-anticipated year of 2024.

The venue buzzed with activity as guests immersed themselves in the themed ambience. From spirited conversations to playful moments at the photo booth and backdrop stations, everyone was in high spirits. Leather art activities and airbrush tattoos added a touch of creativity to the festivities, allowing individuals

to express their Wild Wild West flair.

At 7.30pm, Happy Fei Fei, the charismatic host for the evening, beckoned everyone to take their seat. President Mr Koh Jin Kit then took to the stage, delivering a warm welcome that set the tone for the night's festivities. The culinary journey commenced with an exquisite eight-course meal, featuring delectable delights such as Four Treasure Soup, succulent Roasted Duck, and flavourful BBQ Pork Ribs.

Between courses, guests were treated to a medley of entertainment, from Happy Fei Fei's well-orchestrated, fun-filled games to Memory Lane's sensational live performances. The air that night was set aglow with classic tunes that compelled attendees to hit the dance floor with infectious joy.

Happy Fei Fei's dynamic presence continued to captivate the audience with dance performances, some even featuring enthusiastic participants from the crowd. A spirited best-dressed

competition showcased the creativity of the attendees, as individuals paraded down the stage, flaunting their creative Wild Wild West costumes. The evening was made even more exciting with lucky draws that added an element of anticipation and surprise.

As the clock showed that midnight was near, the General Committee members and VIP guests ascended the stage for the countdown, while the dance floor became a sea of eager faces, all poised to welcome 2024. At the stroke of midnight, confetti rained down the ballroom, and the air was filled with the joyous sounds of whistles and party blowers, while the speakers blared forth the evergreen *Auld Lang Syne*. It was a moment of collective joy and celebration as the crowd embraced the dawn of a new and promising year. We hope to see everyone at the next great celebration! Here's wishing one and all a very Happy New Year!



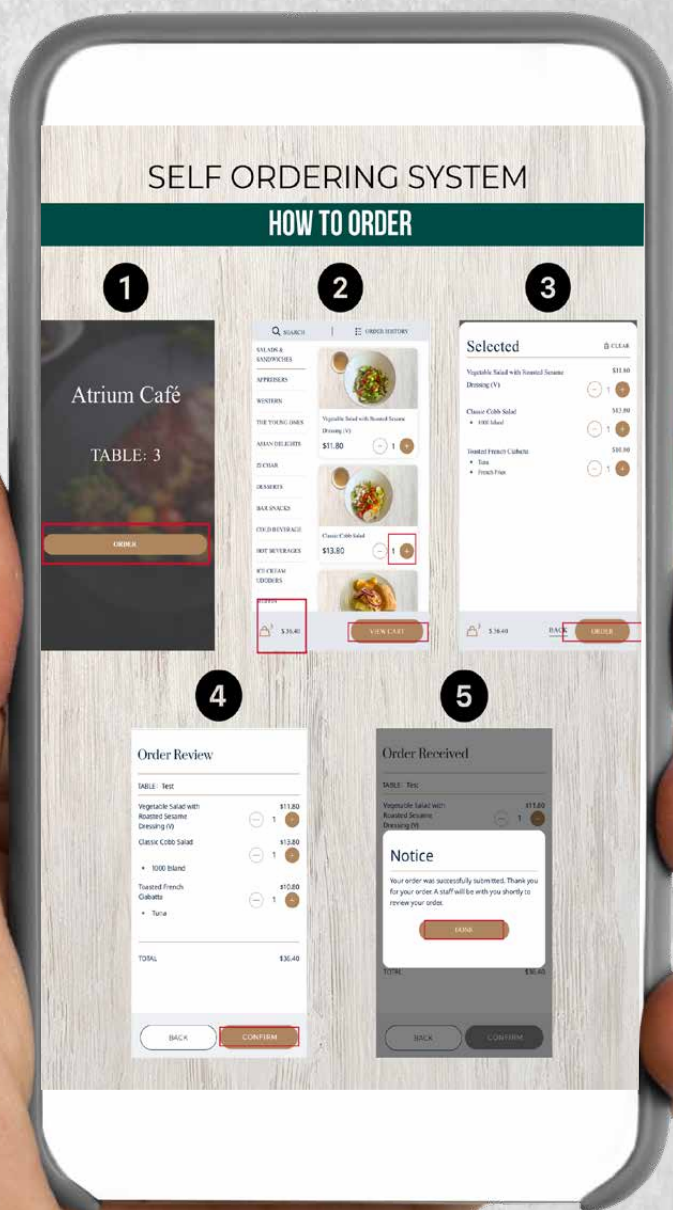


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A more efficient F&B ordering system

With the ubiquity of mobile phones, it makes sense to take advantage of mobile digital technology to make things easier for Members. Imagine simply scanning a QR code at your table to view the menu and place your order — you no longer have to struggle to get the attention of the service staff! We are implementing the new F&B ordering system for the whole of SGCC, starting with Atrium Café and Crossroads Lounge.

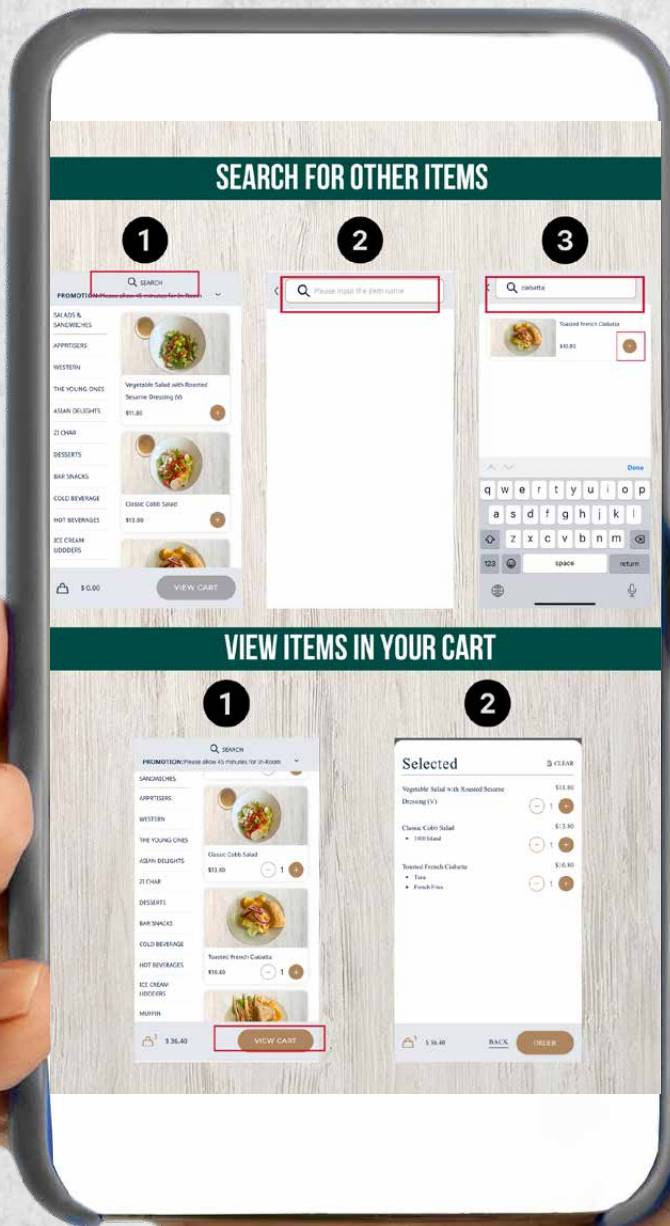


How to order via QR code



Scan to get started

- 1 Tap on **Order** to get started
- 2 Scroll through the page to search for or select your dish
- 3 Tap on **View Cart** to see what you have put through
- 4 Check your orders. Tap on **Order** once everything is correct. Hit **Confirm**
- 5 Once your page shows **Order Received**, a staff will be with you to review your order



- 1 Scroll through the page to select your dish
- 2 and 3 Or search for a specific dish by keying in the name
- 1 Increase or decrease quantities with the + or - buttons
- 2 Tap on **View Cart** to see what you have selected



New Changing Rooms

Refurbished Changing Rooms at Palm Wing

For Members who have been eagerly looking forward to the completion of the renovation of the changing rooms at Palm Wing, the wait is over! SGCC is pleased to announce that, after extensive renovations, the changing rooms are now not only practical to use, they have also been imbued with a touch of luxury and style.

We wish to take this opportunity to thank you for your understanding and patience during the renovation period. We hope you will enjoy using the refurbished changing rooms and find them to be a positive addition to your experience at the Club.



The black ledge in the shower cubicle was specifically designed for the convenient washing of feet.

The shelf in the wall is meant for users to place their personal toiletries.

Place your hand underneath the dispenser for soap to be dispensed automatically.

The hand dryer is automatically activated when you place your hands underneath it. This touch-free system ensures hygiene and ease of use.

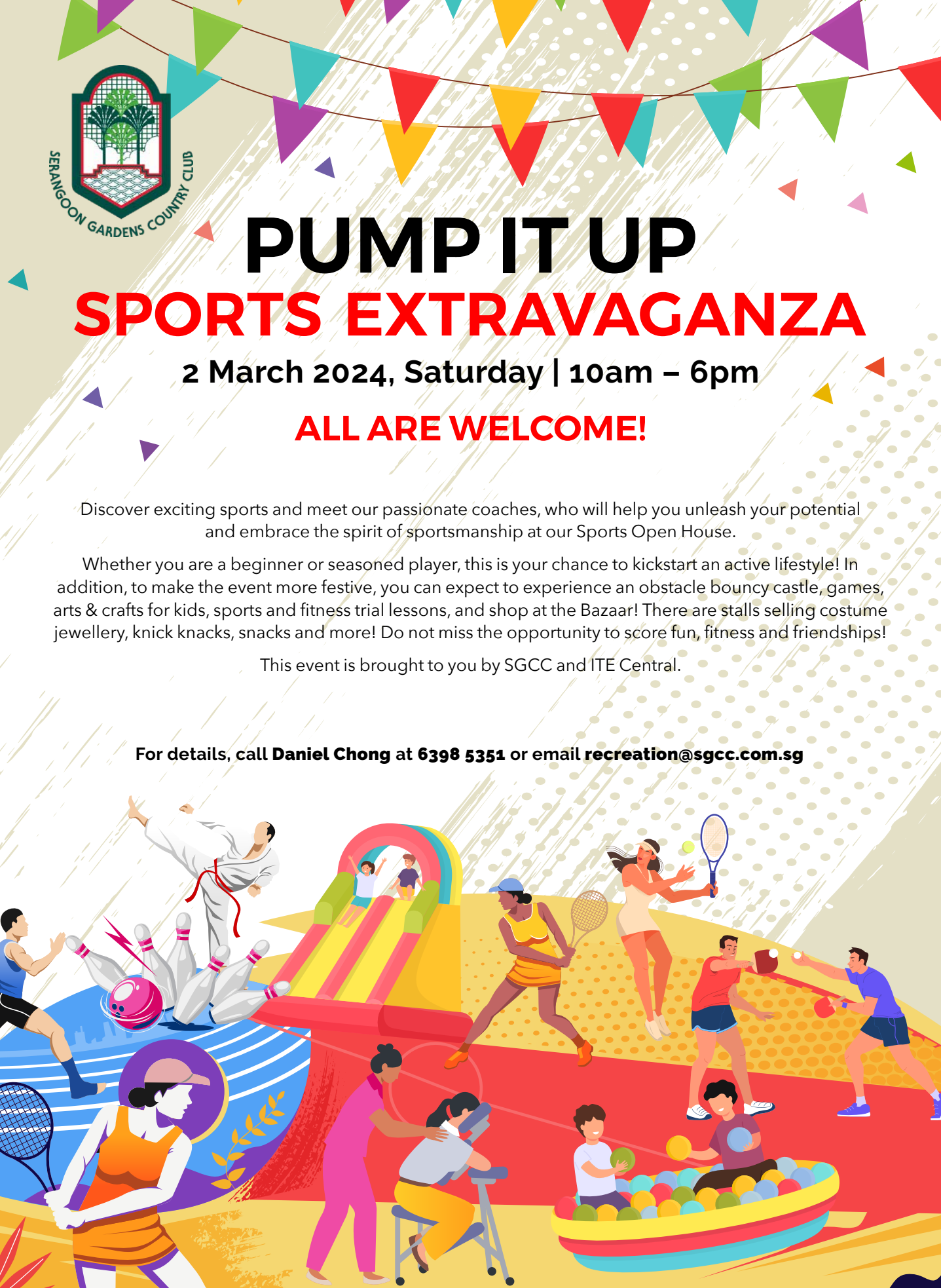




ALL ARE WELCOME!

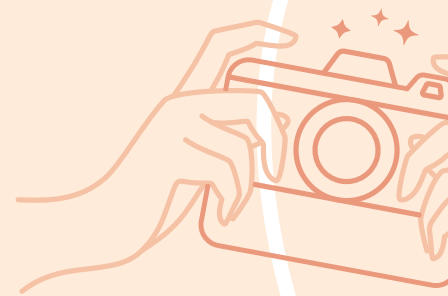
Whether you are a beginner or seasoned player, this is your chance to kickstart an active lifestyle! In addition, to make the event more festive, you can expect to experience an obstacle bouncy castle, games, arts & crafts for kids, sports and fitness trial lessons, and shop at the Bazaar! There are stalls selling costume jewellery, knick knacks, snacks and more! Do not miss the opportunity to score fun, fitness and friendships!

For details, call **Daniel Chong** at **6398 5351** or email **recreation@sgcc.com.sg**



Snapshots

Here are photos and snippets of Club events that took place from **October** to **December 2023**.



SGCC goes to Sungei Buloh Wetland Reserve (21 October 2023)



Adventurous Members exploring Singapore's unique mangrove wetlands.



One for the camera.

Bridge Blind Pair (24 October 2023)



Participants at the bridge competition.

Deepavali Line Dance Jamming (5 November 2023)



Members clad in vibrant Indian outfits.

Deepavali Dance Party (13 November 2023)



All dressed up for an exuberant dance party!



The lively music brought attendees to the dance floor.

Veggie Ventures Tour to Kok Fah Technology Farm (18 November 2023)



The guided farm tour took attendees out of their usual environments.



Attendees posing with the harvest.



Getting to know the technicalities of farming.



Learning about how hydroponics is changing the course of farming.

White Christmas Dinner & Dance (8 December 2023)



Many of the attendees made an effort to dress according to the theme.



A well-choreographed dance.



Bottoms up!



All ready to party.



Toh Hui Jee
Grand Member

Wee Hoe Chin Donald
Grand Member

Cheah Sin Hean
Ordinary Member

Chin Siat Yoon
Ordinary Member

Krishnan Rajarethinam
Ordinary Member

Lim Hock Eng
Ordinary Member

Lim Fang Wei Lionel
Ordinary Member

Lin Zhexian
Ordinary Member

Ng Chin Hsien
Ordinary Member

Schen Quek Bei Ming
Ordinary Member

Skading Hazel Agnes
Ordinary Member

Lorraine Sharon Tan Hwee Gee
Ordinary Member

Tang Ning Nicholas
Ordinary Member

Toh Swee Joo
Ordinary Member

Teo Hoon Beng
Ordinary Member

Yip Cheng Cheng Josephine
Ordinary Member

Lim Yuanjie
Ordinary Member

Lau Gek Choo Janita
Ordinary Member

Mandy Sim Kim Kwok
Ordinary Member

Soh Mui Choo May
Ordinary Member

Tan Chin Shyan
Ordinary Member

Tan Hwee Miang
Ordinary Member

Gallois Louis Marie Edouard Jean
Term Member

Ludovic Ledru
Term Member

Vyatkin Sergey
Term Member

Standlee Pascal Williams
Term Member



Year of the Wood Dragon

What's in store for you in the coming year? Fengshui Master Adelina Pang breaks it down for you according to your Chinese zodiac.



RAT



One of four animals (the others being Rooster, Ox and Pig) with the most auspicious outlooks for the year, the Rat can expect many dreams to come true!

Key stars have aligned to generate strong energies that boost your wealth, investments, power, authority, leadership, career, luck and networking all year long. Stay modest and humble even as you get fast-tracked up the career ladder. When it comes to wellness, prioritise good health and safety when you travel, and stay away from activities that can lead to serious injuries. Relationship-wise, it's a good time for you to be a social butterfly and expand your circle of friends.

ROOSTER



Another animal expected to have a banner year is the Rooster. If you're looking to invest in property, this is the time to do so. But don't be frivolous with other expenses — focus on what you need rather than what you want. The stars predict that people in power and authority will have your back when it comes to your career, so be prepared to answer when opportunity knocks. If you're single, this will be a good time to cultivate your love life. With a calamity neutraliser in your favour, have the confidence to take on more than usual in all aspects of life, as this will bring you favourable attention.

DRA GON

OX



The next creature expected to have a marvellous year ahead is the Ox. Obstacles that have been hindering you will be removed. Like the Rooster, expect to receive support from high-born individuals or people in authority when it comes to your career. Be vigilant with paperwork, and consult these mentors when in doubt. The outlook for your health is positive, so maintain good diet, sleep and exercise habits. If you're single and available, this coming year should provide opportunities to date. One more tip: the northeast sector of your home and office is particularly auspicious for you this year, so try to spend time there.

PIG



The final member of the blessed quartet is the Pig. Although your wealth prospect is very good, some stars in your chart are sources of negativity — be careful with personal belongings such as keys and wallets. Expect your career to advance with assistance from high-powered allies, and don't be surprised to find more people heeding your powers of persuasion. But do contribute some of your new-found wealth to the needy. Exercise self-care to stave off stress and exhaustion. Your chart also shows great potential for love and romance, so expect your relationship with that special someone to deepen — in fact, this coming year is auspicious for an engagement or a wedding!

TIGER



A star in your chart indicates plenty of international travel opportunities — for both work and pleasure — in the coming year. You should not hesitate to go, because the star's positive energy will bring you blessings on these trips, whose outcomes will be — more often than not — fiscally rewarding. The presence of another star in your chart is a sign for you to be more attuned to health issues — so rein in bad habits such as smoking and drinking. You will likely feel tearful and emotional at times, but support will always be there when you reach out to loved ones.

RABBIT



This is the time to make your mark, so develop a more go-getting attitude to achieve your business targets. The east side of your home and office is abundant with positive energy, so place a water feature there for more wealth-generating opportunities. The same star that indicates good career and wealth prospects can also create negative thinking and emotional burden, so practise self-care to counter the effects of a heavy work schedule. Your health may take a hit, with surgery required. Counter this with good health habits — regular exercise, nutritious diet, enough sleep — especially if you're a senior citizen. Relationship-wise, try not to be apart from your partner for too long.



DRAGON



Just because it's your namesake year doesn't mean that it's going to smell like roses in all aspects of your life. In your chart is a star whose negative energy is related to income loss, injuries and illnesses. Protect your finances by being astute and observant on all documents. Stay alert when travelling and driving, and be extra careful when handling sharp metal objects. Also, pay particular attention to your heart and dental health. Besides adhering to good health habits (sleep, diet, exercise), developing anger management skills will help you to maintain focus on your goals. The coming year is a beautiful period to get to know yourself and your partner better, so try to create opportunities for romantic outings.

SNAKE



A good luck star smiles upon you this coming year, generating not only business opportunities but also assistance from powerful allies. However, you're advised to avoid giving loans, even to good friends. Keep the south side of your home and office neat and quiet, and avoid any renovation. If renovations are necessary, start away from the south side. Snakes in the F&B industry (chefs, nutritionists, café owners, etc) can expect an abundant year ahead, while other Snakes are likely to receive complimentary food and drinks. However, on the relationship front, you will experience a roller coaster of emotions, with periods of sadness alternating with bursts of joy.

HORSE



Your chart predicts wealth gains in the coming year, so it's a good time to diversify your investment portfolio. It's also a good time to start a new business venture if you're so inclined — in fact, you can expect benefactors to support you on that front. If you're a full-time employee and feel the lure of greener pastures, this is a good time to seriously consider something more fulfilling. Stars affecting your health indicate that you should avoid adrenaline-pumping and hazardous activities, and do be extra alert while travelling. Although negative energies will attack your love life, mitigate this by maintaining self-control and exuding a calm spirit, even during heated arguments with your better half.

GOAT



While Goats have good wealth-generation prospects in the coming year, they should save and spend only when absolutely necessary. Stay away from suspicious people and situations that a certain negative star in your chart could send your way. However, you can expect the support of females from the upper classes or positions of authority. If you're starting a business venture, it's best to make your pitch in the evenings. Try to spend quality time with senior family members as your chart indicates setbacks with old folks. Attached Goats are advised to ignore romantic temptations that come their way and stay committed to their partners.

MONKEY



You may experience gossip and slander in the Year of the Dragon to the level where the authorities need to be called, but keep this situation at bay by staying above board on all matters and not trusting people too easily. Advancements in career and social status are in your chart. But while working hard on the wealth and career fronts, take care of your physical and mental health by finding time to rest and relax. Keep your personal life private, and make sure that items such as wallet, phone, keys and important documents are with you and safe from harm.

DOG



As Dogs are in conflict with Dragons, you may experience negativity in the Year of the Wood Dragon. Mitigate this by participating in as many celebratory events as you can. Any remaining negativity is offset by the many auspicious circumstances predicted in your chart. Your wealth prospect is strong, but avoid high-risk investment and luxury buys; instead, build your wealth through prudent savings. Your career prospect is also strong, so expect promotions and salary increments. Don't be overly ambitious, though; temper those plans with plenty of rational thinking. Your relationship prospect is fair, with a high chance of being distracted when it comes to people you hold dear. So focus on meeting them for merry activities to maintain contact and bring smiles to everyone, including yourself.

Prettiest City in the World

One survey concluded that the medieval city of Chester is the fairest of them all. If you're not familiar with this place, here are some of Chester's attractions that you shouldn't miss.

The Rows, two-tiered, timber-framed galleries lining the main streets of Chester, are full of shops, restaurants and bars.

When asked to name the prettiest city in the world, what comes to your mind? Paris? Venice? Amsterdam? Maybe even the Lion City, Singapore?

According to one survey whose results were released in December 2023, the title rightfully belongs to Chester, located in the county of Cheshire in England. While Chester is historically significant, it topped this survey by an unusual metric: the golden ratio [see box story].

The study, 'Eye-catching Architecture' by Online Mortgage Advisor, used Google Street View to survey cities across the world and rank them based on the percentage of buildings whose proportions followed the golden ratio. Chester came up tops with a score of 83.7%, while Venice (83.3%) and London (83.0%) were second and third respectively.

Here are some of the must-see sites in Chester that you shouldn't miss when you visit.



There has been a church of some type on the present site of Chester Cathedral since the eighth century.

Chester Cathedral

Chester Cathedral has occupied the north-eastern quarter of the city centre for at least 11 centuries. There has been a church of some type on the present site of the cathedral since the eighth century. Although it is now of

the Church of England denomination, it used to be the abbey church of a Benedictine monastery.

The structure has been modified a number of times since its construction, which lasted



Chester Racecourse is the oldest racecourse in the world that is still operating.



Chester has retained the services of a town crier to this day.

from 10th–early 16th century, and boasts all the major styles of English medieval architecture, from Norman to Perpendicular. Check out the choir stalls; dating from about 1380, they hold great historical and architectural values.

Chester Racecourse

Established in 1539, this is the oldest racecourse in the world that's still operating. What's interesting about this 65-acre site is that it used to be underwater during the Roman occupation of Britain, as it was part of a harbour on the river Dee before it silted up. Some of the anchor stones used at the harbour can still be observed at the racecourse.

Throughout its long history, Chester has suffered major stoppages to its races only three times: during the English Civil War, World War I, and World War II.

The biggest event that this racecourse hosts is a three-day festival in early May, with historic races like the Chester Cup, Chester Vase, Ormonde Stakes, Cheshire Oaks, and Dee Stakes.

The Rows

Throughout much of Chester's history, the Rows were where its residents would come to trade, drink, dine and more. Today, these two-tiered, timber-framed galleries lining the main streets

of the city continue that tradition, boasting an array of independent shops, restaurants and bars.

But you can do much more at the Rows. In the historic St Michaels Church, there's *Sick to Death*, an interactive presentation on the history of medicine, featuring everything from plague doctors to potions. For something soothing, slip into The Scented Garden Retreat. Here, you can unwind both body and mind by indulging in therapies and treatments, including massages, facials, manicures and pedicures.

Town Crier

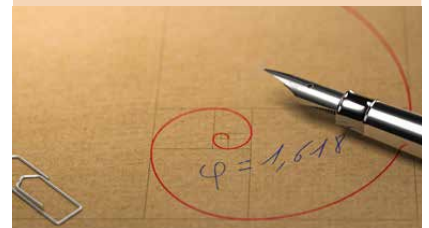
Before the advent of the Internet, broadcast media, and moveable type, medieval townsfolk used to keep abreast of the news by listening to the town crier. Dressed elaborately and ringing a handbell to announce his presence, the crier would stop at various points in town to loudly read royal proclamations, local bylaws, market days, advertisements, and more.

This tradition is still maintained in Chester at midday, Tuesdays–Saturdays, 1 June–4 September (except 12, 25, 26 June; 9, 10 July; 21 August). This takes place at the High Cross, a stone pillar in Chester's historic centre, where Bridge Street, Eastgate Street and Watergate Street meet.

THE GOLDEN RATIO

Here's an explanation of this concept, according to the 'Eye-catching Architecture' website.

"The golden ratio (1:1.618) reflects a set of proportions that have intrigued and been studied by mathematicians for millennia. You can find many examples of the golden ratio occurring in nature, for instance, in the measurements of the human body, in flowers, and even in DNA. Many artists over the last few centuries have incorporated the golden ratio into their work, believing it to be a gold standard in natural aesthetic perfection."



Has reading about this English city made you hungry for English food? Then visit the Garden Grill in February 2024 for its *Traditional Cooking from the British Isles* promotion. See page 28 for details.



Chinese New Year's Eve Reunion Dinner

Usher in the Lunar New Year with your family and friends with a set dinner that will tantalise your taste buds. Book now to avoid disappointment!

Friday, 9 February 2024

Operating Hours:

6pm-10pm

(Last order: 45 minutes before closing)

Price

\$98* per person

\$138.00* per person for Main Course
with Lobster (500g, with choice of
Black Pepper or Thermidor)

** Price includes GST*

SET DINNER MENU

**Garden's Prosperity Crispy-fried
Soft-Shell Crab Yu Sheng**

Golden Broth

with Fish Maw and Conpoy

Pan-seared Black Chilean Cod

with Superior Soy Sauce and Crispy Ginger

OR

Free-range Premium Black Angus Ribeye

with Garlic Sauce

Pineapple Strudel

with Coconut Ice Cream

Freshly Brewed Coffee or Selection of Tea

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



Chinese New Year's Eve Reunion Dinner

Join friends and family to usher in the Year of the Dragon with this delicious spread of Chinese cuisine. Book now to avoid disappointment!

**Friday, 9 February 2024
6pm at Kensington Ballroom**

5 PERSONS @ \$658*

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

**Garden's Prosperity
Smoked Salmon Yu Sheng**

Double-boiled Superior Chicken Soup
with Sea Cucumber and Crabmeat

Steamed Red Garoupa in Superior Stock

Crispy Roast Ma La Chicken

Stir-fried Scallop
with Lily Bulb and Broccoli

Glutinous Rice
with Conpoy in Lotus Leaf

**Chilled Double-boiled Peach Gum
and White Fungus**

10 PERSONS @ \$968*

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

Garden's Prosperity Smoked Salmon Yu Sheng

Double-boiled Superior Chicken Soup
with Sea Cucumber and Crabmeat

Steamed Red Garoupa in Superior Stock

Crispy-fried Crystal Prawn
tossed with Salted Egg Yolk

Crispy Roast Ma La Chicken

Stir-fried Scallop
with Lily Bulb and Broccoli

Glutinous Rice
with Conpoy in Lotus Leaf

Chilled Double-boiled Peach Gum and White Fungus

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



Chinese New Year Day One & Two Set Menu

More dining options here at SGCC on the first and second day of the Year of the Dragon.

10-11 February 2024

Operating Hours: 12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

**3-course set from
\$35 per person**

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

**4-course set from
\$40 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

SET MENU

Honey Smoked Duck Salad
accompanied with Sweet Soya Dressing

Lemongrass & Pumpkin Soup

Pan-seared Threadfin Fillet
*with Mango Papaya Salsa and
Sweet Potato Mash*

OR

Marinated Nagano Porkloin
*with Thai Green Chilli Pesto and
Rosemary Potato*

OR

Black Angus Ribeye (+ \$8 surcharge)
with Café de Paris Butter

Chilled Goji Osmanthus Jelly

Freshly Brewed Coffee or Selection of Tea

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



Special Chinese New Year Set Menu

This promotion is perfect for small groups of three to five people. To make the occasion more special, order one of our Yu Sheng platters.

11-24 February 2024

Operating Hours: 11am-3pm; 6pm-10pm

(Last order: 30 minutes before closing)

Menu Available for
Dine-In or Takeaway

SET MENU (3-5 pax) @ \$118.00

Classic Chicken Soup
with Bamboo Pith

Har Lok Prawn

Sauteed Asparagus
with Roast Pork

Crispy-fried Soon Hock
with Thai Chilli Sauce

Emperor Seafood Fried Rice

Dessert of the Day

Add-ons:

Smoked Salmon OR Vegetarian Yu Sheng
@ \$28 (UP: \$38) for 4-6 persons

Abalone & Salmon Yu Sheng
@ \$58 (UP: \$68) for 4-6 persons

Prices include GST

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



Lo Hei Dinner & Dance

Have a blast while ringing in the Lunar New Year with the live band, Sound Sensation!

Friday, 16 February 2024

Operating Hours:

7pm-11pm (early bird dance from 6pm)

Kensington Ballroom

Price

\$60 (member); **\$70** (guest)

\$650 for table of 10 pax

Prices include GST, seven-course Chinese dinner, and free flow of soft drinks



SET MENU

Prosperity Smoked Salmon Yu Sheng

Velouté of Seafood and Bean Curd

Steamed Sea Bass Teochew-style

Salted Egg Yolk Prawns

Braised Bailing Mushrooms on Farmer's Green

Steamed Fragrant Rice with Waxed Meat in Lotus Leaf

Hot Sweetened Yam Paste with Gingko Nuts



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

Chap Goh Meh Dinner & Dance

Conclude the CNY season in style with this spread of lip-smacking Chinese food and music provided by a live band, Locomotion!

Friday, 23 February 2024

Operating Hours:

7pm-11pm (early bird dance from 6pm)

Kensington Ballroom

Price

\$65 (member); **\$75** (guest)

\$700 for table of 10 pax

Prices include GST, seven-course Chinese dinner, and free flow of soft drinks

SET MENU

Prosperity Smoked Salmon Yu Sheng

Braised Fish Maw Soup
with Shredded Chicken and Crabmeat

Steamed Sea Bass with Superior Soy Sauce

Stir-fried Prawns with Mango Mayonnaise

Braised Chinese Spinach with Black Mushrooms

Ee Fu Noodle with Yellow Chives

Chilled Mango Puree with Pomelo and Sago



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



Lunar New Year Festive Delicacies

Ring in a prosperous Lunar New Year with from this scrumptious array of goodies at Atrium Café. Toss to endless wealth and prosperity with one of our Yu Shengs.

Menu Available for
Dine-In or Takeaway

24 January-24 February 2024

Salmon Yu Sheng

(for 4-6 persons)

\$38.00*

(for 8-10 persons)

\$68.00*

Abalone & Salmon Yu Sheng

(for 4-6 persons)

\$68.00*

(for 8-10 persons)

\$118.00*

Vegetarian Yu Sheng

(for 4-6 persons)

\$32.00*

(for 8-10 persons)

\$52.00*

Bountiful Treasure Pen Cai

\$328.00*

featuring 14 delicacies – including abalone, conpoy, fish maw, prawn, scallop and sea cucumber – layered with roast duck, chicken, yam, lotus root, white radish, pork belly, long cabbage, and black mushroom nestled in a piping hot claypot

(3 working days' notice required)

Braised Pork Knuckle (1kg)

\$78.00*

with Fatt Cai & Dried Oyster

(for 6-8 persons)

(3 working days' notice required)

* Price includes GST

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





Celebrate Your Love in Style

This Valentine's Day, impress your better half with this delectable spread.

Wednesday, 14 February 2024

Operating Hours:

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

**4-course set from
\$78 per person**

(appetiser, soup, main course,
dessert with coffee or tea;
includes a glass of sparkling wine
and roses for the ladies)

Price includes GST

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

APPETISER

Seafood Trio

Poached Prawn Cocktail with Sakura Ebi
Japanese Oyster with Ponzu Mango Salsa
Scallop Fritter with Cheese Lava

SOUP

Tomato Consommé

Crabmeat Ravioli

MAIN COURSE

Marmite-glazed Chilean Cod

Portobello Mushroom
US Idaho Potato Mash
OR

Red Wine-braised Short Rib

Baby Asparagus
US Idaho Potato Mash

DESSERT

Caramel Banana Filo Pie

Served with passionfruit coulis

FRESHLY BREWED COFFEE OR FLAVOURED TEA



FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Club will be closed on 9 February 2024</p>			<p>1</p> <p>Traditional Cooking from the British Isles Garden Grill 12pm; 6pm (whole month except 10, 11, 12, 14 Feb)</p> <p>Tristan & Abby Crossroads Lounge 8pm</p> <p>Squash Social Night Squash Courts 5pm - 8pm</p>	<p>2</p> <p>Friends & Strangers Crossroads Lounge 8pm</p>	<p>3</p> <p>Senior's Get-Together Atrium Cafe 8.30am</p> <p>Locomotion Club 22 8pm</p>	<p>4</p> <p>Malay Wedding Showcase Kensington Ballroom 12pm</p>
5	<p>6</p> <p>Squash Social Night Squash Courts 5pm - 8pm</p>	<p>7</p> <p>Playback Crossroads Lounge 8pm</p> <p>Table Tennis Social Night Squash Court 4 2pm - 4pm</p>	<p>8</p> <p>Tristan & Abby Crossroads Lounge 8pm</p> <p>Squash Social Night Squash Courts 5pm - 8pm</p>	<p>9</p> <p>CNY Eve Reunion Dinner Kensington Ballroom 6pm</p> <p>CNY Eve Reunion Dinner Garden Grill 6pm</p>	<p>10 CHINESE NEW YEAR</p> <p>CNY Day 1 Special Set Menu Garden Grill 12pm; 6pm</p> <p>Locomotion Club 22 8pm</p>	<p>11 CHINESE NEW YEAR</p> <p>Lion Dance Main Lobby 12pm</p> <p>CNY Day 2 Special Set Menu Garden Grill 12pm; 6pm</p> <p>Special CNY Set Menu Atrium Café 12pm; 6pm (till 24 Feb)</p>
12 PUBLIC HOLIDAY	<p>13</p> <p>Squash Social Night Squash Courts 5pm - 8pm</p>	<p>14</p> <p>Playback Crossroads Lounge 8pm</p> <p>Celebrate Your Love in Style Garden Grill 12pm; 6pm</p> <p>Table Tennis Social Night Squash Court 4 2pm - 4pm</p>	<p>15</p> <p>Tristan & Abby Crossroads Lounge 8pm</p> <p>Squash Social Night Squash Courts 5pm - 8pm</p>	<p>16</p> <p>Lo-Hei D&D Kensington Ballroom 7pm</p> <p>Friends & Strangers Crossroads Lounge 8pm</p>	<p>17</p> <p>Locomotion Club 22 8pm</p>	18
19	<p>20</p> <p>Squash Social Night Squash Courts 5pm - 8pm</p>	<p>21</p> <p>Playback Crossroads Lounge 8pm</p> <p>Table Tennis Social Night Squash Court 4 2pm - 4pm</p>	<p>22</p> <p>Tristan & Abby Crossroads Lounge 8pm</p> <p>Squash Social Night Squash Courts 5pm - 8pm</p>	<p>23</p> <p>Chap Goh Meh D&D Kensington Ballroom 7pm</p> <p>Friends & Strangers Crossroads Lounge 8pm</p> <p>Tennis Social Night Tennis Courts 8pm</p>	<p>24</p> <p>Locomotion Club 22 8pm</p> <p>CNY Ang Bao Squash Squash Courts 3pm</p>	25
26	<p>27</p> <p>Squash Social Night Squash Courts 5pm - 8pm</p>	<p>28</p> <p>Playback Crossroads Lounge 8pm</p> <p>Table Tennis Social Night Squash Court 4 2pm - 4pm</p>	<p>29</p> <p>Tristan & Abby Crossroads Lounge 8pm</p> <p>Squash Social Night Squash Courts 5pm - 8pm</p>			

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Friends & Strangers Crossroads Lounge 8pm  Peruvian Creole Cuisine Garden Grill 12pm; 6pm (whole month) 	2 Locomotion Club 22 8pm  Seniors' Get-Together Atrium Cafe 8.30am  Pump It Up Sports Extravaganza 10am - 6pm  Smartphone Class for Seniors Casuarina Room 10am 	3
4  Club will be closed on 4 March 2024 for Staff Appreciation Day	5 Squash Social Night Squash Courts 5pm - 8pm 	6 Playback Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm 	7 Tristan & Abby Crossroads Lounge 8pm  Squash Social Night Squash Courts 5pm - 8pm 	8 Friends & Strangers Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm 	9 Locomotion Club 22 8pm 	10
11 Music Monday Club 22 12.45pm 	12 Squash Social Night Squash Courts 5pm - 8pm 	13 Playback Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm 	14 Tristan & Abby Crossroads Lounge 8pm  Squash Social Night Squash Courts 5pm - 8pm 	15 Friends & Strangers Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm 	16 Locomotion Club 22 8pm 	17
18	19 Squash Social Night Squash Courts 5pm - 8pm 	20 Playback Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm 	21 Tristan & Abby Crossroads Lounge 8pm  Squash Social Night Squash Courts 5pm - 8pm 	22 Friends & Strangers Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm 	23 Locomotion Club 22 8pm 	24
25	26 Squash Social Night Squash Courts 5pm - 8pm 	27 Playback Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm 	28 Tristan & Abby Crossroads Lounge 8pm  Squash Social Night Squash Courts 5pm - 8pm 	29 Friends & Strangers Crossroads Lounge 8pm  TCA Junior Chess Championship 2024 Kensington Ballroom 8am - 6pm 	30 Locomotion Club 22 8pm 	31 Easter Tea Dance with Sound Sensation Club 22 12pm 



Traditional Cooking from the British Isles

You won't want to say "cheerio" to these fabulous dishes from the UK.

February 2024 (except 10, 11, 12 & 14 February 2024)

Operating Hours

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

3-course set from \$32 per person

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

4-course set from \$36 per person

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

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

Prices include GST

APPETISER

Smoked Salmon with Condiments

One of Scotland's greatest recipes

OR

Avocado Prawn

Chilled prawns topped with avocado mayo

OR

Cobb Salad

Refreshing baby spinach and young lettuce tossed in basic vinaigrette topped with crispy bacon, avocado, vine-ripened tomatoes and boiled egg

SOUP

Leek & Potato Soup

A popular Irish Soup

OR

Pea & Ham Soup

A rich and hearty soup comes with smoky-flavoured ham

MAIN COURSE

Asparagus Spring Pasta

OR

Fish & Chips

Sole fillet deep-fried with yeast batter and served with vinegar and mushy peas

OR

Roast Chicken with Apple & Prunes

This recipe comes from London's famed Savoy Hotel during the 1950s

OR

Grilled Lamb Chops with Tomatoes & Mushrooms

Served with mint jelly

OR

Stewed Beef Cheek (surcharge \$8)

Served with mashed potato

DESSERT

Chilled Cheesecake

OR

British Apple Pie with Custard

COFFEE OR TEA

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



Peruvian Creole Cuisine

This lip-smacking fare is derived from ancient Inca recipes and blended with cooking methods and ingredients of Peru's diverse (Spanish, African, Chinese and Japanese) settlers.

March 2024 (except 4 March and evening of 20 March 2024)

Operating Hours

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

**3-course set menu
from \$32 per person**

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

**4-course set menu
from \$36 per person**

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

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

Prices include GST

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

APPETISER

Ceviche de Camarones

Lima-style Prawn Salad with Tapioca

OR

Papa a la Huancaína

Huancayo-style Potatoes

OR

Papas Rellena

Stuffed Potato with Special Sauce

SOUP

Aguadito de Pollo

Chicken Soup Stew with Chilli and Capsicum

OR

Sopa a la Criolla

Creole Soup

MAIN COURSE

Arroz con Mariscos

Mixed Seafood Rice

OR

Lenguado a la Chorrillana

Chorrillana-style Sole Fish

OR

Anticuchos de Mariscos

Grilled Mixed Seafood on Skewers

OR

Aji de Gallina

Chicken in Spicy Nut Sauce

OR

Seco de Carne (surcharge \$8)

Peruvian Beef Stew

DESSERT

Suspirio de Limena

Sight of a Beautiful Lady from Lima

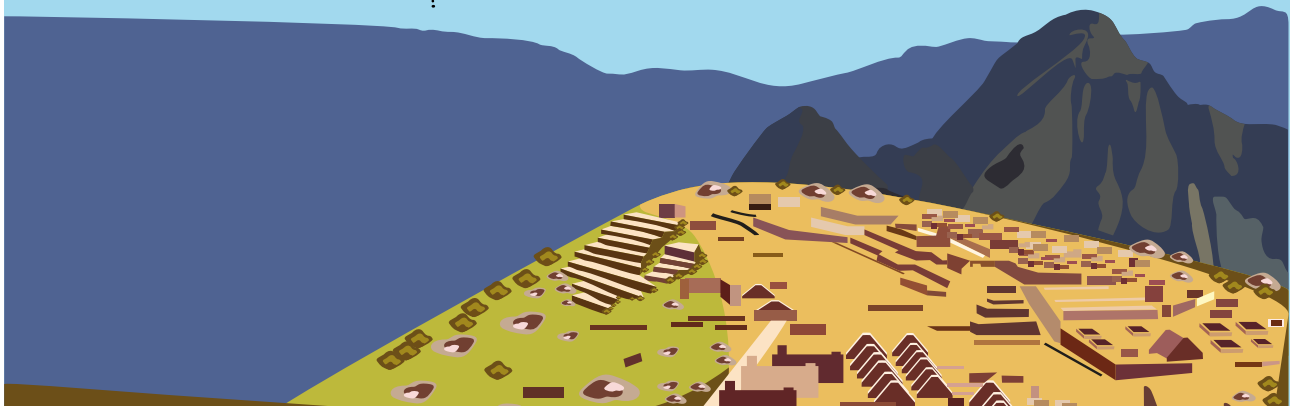
OR

Picarones

Fried Doughnut with Sweet Sauce

CAFÉ O TE

Coffee OR Tea





Chef's Kiss!

Love the food at Garden Grill? Then you've probably experienced the tasty touch of sous chef Kenny Ng. *Club Spirit* finds out how he stays on top of his culinary game.

It's a blessing to have the conviction early in your life to know what you want to pursue as a career. Just count the number of people you know who aren't practising what they studied in school, college or even university!

In that sense, Garden Grill's sous chef, Kenny Ng, is leading a charmed life. After all, he had known from a young age that he was interested in all things culinary, and wanted to get creative in a professional kitchen. What's more, he had the support of his family in Penang, Malaysia, to enter the trade. So, at the age of 18, Ng moved to the state of Selangor to enrol in a culinary training course run by Ku Su Shin Choong Hung Restaurant Association.





Gaining Culinary Experience

Ng's first professional posting was back in his hometown of Penang, in the posh G Hotel, where he was in charge of Sesame & Soy, a Chinese fusion restaurant. He then moved on to Green Wellesley Restaurant, a seafood place on the mainland side of Penang that offers one of the best-valued buffets in town. He also had stints in October Munich Restaurant, which offers European cuisine, and Taipei Tao Restaurant, which customers flock to for its Taiwanese food and steamboat. His next career move was across the Causeway to the Bridge & Beacon Bar, located in the Republic of Singapore Yacht Club, before Garden Grill secured his services.

Ng's expertise in the kitchen was featured in the series *You Think You Know? Food in Singapore*, which was filmed during his time at the Republic of Singapore Yacht Club. In Episode 13, entitled 'Hokkien', Ng can be seen whipping up a few Malaysian Chinese dishes.

When asked whether there was any difference working as a chef in a hotel, club or stand-alone restaurant, Ng shares, "The job of a chef is the same whatever the establishment; it's all about cooking for the customer." However, in order to have an edge, one must go beyond simply perfecting cooking techniques. "In addition to cooking, chefs must also understand ingredients, research food supplements, and explore new dishes," he adds.

Hailing from a place renowned for its prawn noodle soup, *char kuay teow*, *rojak* and many other delectable

delights, Ng is only too happy should he need to prepare these Penang dishes for SGCC Members. However, Garden Grill is well known for its monthly culinary themes, which Ng finds more challenging. "Working at Garden Grill allows me to cook different national cuisines and learn about different dietary supplements," he states.

"In addition to cooking, chefs must also understand ingredients, research food supplements, and explore new dishes."

Tickling Taste Buds

To stay on top of his game, Ng makes it a point to explore new restaurants and sample new cuisines, both for research as well as to tickle his own taste buds. He will even attempt to recreate what impressed him back in the Garden Grill kitchen. He reveals that his current favourite restaurant in Singapore is the Black Tap Craft Burgers & Beers, located in The Shoppes at Marina Bay Sands.

While many professional chefs will let their partners take the lead when it comes to the home kitchen, Ng tends to take his work home — but only during the holidays! And when the stress of being a sous chef becomes a little too much to bear, Ng likes to go hiking and travelling.

That travelling should be one of

Ng's passions should not be a surprise. "My father owns Golden First Travel & Tours (M) Sdn Bhd, a travel agency," he discloses. Besides his mother, who is a housewife, Ng also has two brothers and a sister. He is married; he and his wife have a daughter, and they reside in Johor Bahru, Malaysia.

Would Ng support his daughter should she wish to enter the F&B industry, perhaps as a female chef? "If she is interested, I will definitely support her because F&B is a very stable industry," he insisted.

Experience the culinary finesse of Kenny Ng at the Garden Grill. Check out the F&B section, starting on page 18, for numerous promotions at this restaurant.



PAST EVENTS

TENNIS JUNIOR CHAMPIONSHIP

Held on 27 November 2023, this championship saw 28 junior players competing in four age groups. The results are as follows:

	8U Main	8U Plate	10U Main	10U Plate
First	Kyan Lee	Emma Neoh	Constantin Philippsen	Gemma Barnes
Second	Ian Loh	Gregory Chia	Kyan Lee	Ellie
Joint Third	Collin Philippsen & Jordan Chow		Julius Barnes & Charlotte Lee	Ian Loh & Emma Neoh

	12U Main	12U Plate	14U Main	14U Plate
First	Titus Lim	Shaun Loh	Edgar Dupoizat	Shaun Lim
Second	Kyra Lee	Alex Lim	Kingsley Lin	Malcolm Chia
Joint Third	Timothy Lee & Kai Lim	Soh Chen Feng & Malcolm Chia	Brigitte Chia & Kyra Lee	



Participants in the 14U category



Participants in the 12U category



Participants in the 10U category

DARTS 1111 GAME 2023



The participants thoroughly enjoyed themselves

Crossroads Lounge was the venue for this tournament, held on 11 November 2023. The 21 players who signed up were matched against each other in a round robin format, with many pairings closely fought. After the game, the players adjourned for buffet dinner, during which the winners were awarded their prizes. The results are as follows:

Main Champion:	William Ng, Lionel Ng, Rick Seah
Main Runner-up:	Eddy Edwards, Philip Chow, Cindy Chua
Plate Champion:	Ramel Ang, John Ow, Matthias Lee
Plate Runner-up:	Tan Chong Kooi, Richard Lim, James Ng
Bowl Champion:	Kathleen Cheong, Stephen Seah, Bertram Lee
Bowl Runner-up:	Tay Sai Huay, Kevin Huang, Gerade Gomez



Main Champion



Main Runner-up



Plate Champion



Plate Runner-up



Bowl Champion



Bowl Runner-up

8 BALL POOL

Held in the Billiard Room on 18 November 2023, this tournament saw 16 participants battling it out over seven hours in a round-robin format. And the winners are:

- Champion: Zachariah Chow
- Runner-up: Denon Lim
- Joint Third: Sunny Low & Richard Lau



Champion



Runner-up



Participants of the seven-hour tournament

RAPID CHESS

The Casuarina Room played host to 16 chess players on 26 November 2023 who were competing in this tournament. Divided into two categories, the tournament lasted about five hours. The results are as follows:

	8U Main	8U Plate
First	Bryan Ng	Shaun Yeo
Second	Christopher Choo	Faith Yeo
Third	Brandon Ng	Shane Yeo



BOWLER OF THE YEAR

The ladies took to the lanes first on 2 December 2023, while the men battled it out the day after. Both the men and the ladies (27 persons in total) faced similar challenges: after bowling 10 games, the top three ladies and the top five men squared off in a stepladder format, from which the King and Queen of bowlers for 2023 were determined. We would like to thank our Deputy S&R Chairman, Ms Elena Chua, for presenting the prizes. The winners are as follows:

	Men	Ladies
First	Tan Zhi Qiang	Valerie Teo
Second	John Faragalla	Tan Hui Xian
Third	Joshua Tan	Claire Faragalla
Fourth	Marcus Loh	–
Fifth	Zachary Kwong	–



Ladies' third-place winner



Ladies' second-place winner



Ladies' champion



Men's champion



Men's second-place winner



Men's third-place winner



Participants of the Men's game were all smiles before the battle



A group photo before the hike

SUNGEI BULOH WETLAND RESERVE

The third #SGCCGOES Hiking event was to Sungei Buloh Wetland Reserve. The 19 Members who signed up gathered at SGCC on the morning of 21 October 2023. Led by the S&R Team, the group arrived at the Wetlands around 8.30am and promptly set off to discover the wildlife here. Members caught sight of crocodiles, monitor lizards, migratory birds, and snakes. The group also encountered a rare and endangered species of monkey called the Mamoset Ashley, which was swinging from tree to tree and hopping along a path — it was indeed a sight to behold. The walk ended at about 11am, after which the group was bused back to the Club. Participating Members were delighted with the experience and have enquired as to the next one. The next #SGCCGOES Hiking will be to the Southern Ridges, date to be confirmed, so stay tuned for details.



On the boardwalk to better see creatures on the shoreline



Is that JB in the background?

UPCOMING EVENT

PUMP IT UP – SPORTS EXTRAVAGANZA



Pencil into your diary and key into your smart phone: SGCC's Sports Open House is taking place on Saturday, 2 March 2024 from 10am to 6pm. Discover exciting sports and meet our passionate coaches, who will help you unleash your potential and embrace the spirit of sportsmanship. Whether you are a beginner or a seasoned player, this is your chance to kickstart an active lifestyle. In addition, to make the event more festive, you can expect to experience obstacle bouncy castle, games, art & craft for kids, sports and fitness trial lessons, and even a bazaar. Do not miss the opportunity to score fun, fitness and friendships. This event is brought to you by SGCC and ITE Central.

Date: 2 March 2024, Saturday
Time: 10am – 6pm
Venue: SGCC

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

TABLE TENNIS SOCIAL PRACTICE

Whether you are a beginner, casual player or seasoned pro, all are invited to the SGCC Table Tennis Social Practice, where you are bound to meet players of appropriate skill levels while also offering opportunities to improve your own skills.

Day: Wednesdays
Time: 2pm–4pm
Venue: Squash Court 4
Fee: Free for SGCC Members
(Event open to Members only)



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



TENNIS SOCIAL NIGHT

Keen to swing a tennis racket? On selected Friday nights in February and March, Members are welcome to play, whatever their skill level.

Date: 23 February / 8 & 22 March
Time: 8pm–10pm
Venue: Tennis Courts
Fee: Free for SGCC Members

Ashley Toh at 6398 5327 or recreation@sgcc.com.sg



CNY ANG BAO SQUASH

Players will be split into three teams, and each match will be in the best-of-three-games format. After squashing your opponents, socialise with them over a steamboat dinner with suckling pig and yu sheng at Casuarina Room starting at 6.30pm.

Day: 24 February 2024, Saturday
Time: 3pm
Venue: Squash Courts
Fee: \$21.80* (Member) | \$38.00* (Guest)
Dinner only:
\$32.70* (Adult) | \$20.00* (Child)
*Price includes GST
Closing Date: 18 February 2024, Sunday

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

TENNIS OPEN 2024



It's time for tennis enthusiasts to make magic with their racket on the tennis court.

Date:	19 February–11 March 2024 Men's Singles (14 years old & above)
	4–24 March 2024 Ladies' Singles (14 years old & above)
	25 March–7 April 2024 Mixed Doubles (combined age 45 years & above)
Venue:	Tennis Courts
Registration fee:	\$16.35* per Member per category *Price includes GST
Closing Date:	15 February 2024 (Men's Singles) 26 February 2024 (Ladies' Singles) 18 March 2024 (Mixed Doubles)

Ashley Toh at 6398 5327 or recreation@sgcc.com.sg

CLASSES

TAIJIQUAN (BEGINNER)



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

About the Trainer

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

Day/Time:	Sundays, 7.30am–8.30am
Venue:	Car Park Area (Palm Wing)
Min:	6 participants
Fee:	\$148.79* (Member) \$171.68* (Guest)

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

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

SQUASH (PRIVATE COACHING)



Whether you are a beginner or someone who would like to get back into the game, private coaching sessions will definitely help you achieve your best.

About the Trainer

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

Fee: **\$87.20*** (Member, per hour)
\$130.80* (2–4 pax per group, per hour)
Additional \$16.35* per guest per hour

**Price includes GST but not court bookings*

Daniel Chong at 6398 5351 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 Sahai 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 and above

Fee: **1 Session/Week**
\$68.67* (Member; once a week per month) |
\$85.84* (Guest; once a week per month)
2 Sessions/Week
\$114.45* (Member; twice a week per month) |
\$131.62* (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

LEARN TO BOWL PROGRAMME



Catering to aspiring bowlers aged 7–12, the SGCC Learn to Bowl programme is the perfect platform for them to develop their potential, get selected as part of SGCC Youth Bowling team, or even be a good channel for Direct School Admission based on the sport!

Day: Fridays
Time: 7.30pm–9pm
Venue: Gardens Bowl
Fee: Learn to Bowl: **\$87.20***
 Pre-performance Level: **\$130.80***
 Performance Level: **\$174.40***
Min/Max 10/15 participants

**Price includes GST
 and is for 4 sessions per month*

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

TENNIS COACHING PROGRAMME



Wanting to pick up tennis but feel intimidated by all the options out there? Why not join the SGCC Tennis Coaching Programme, which is specially tailored for all skill levels and ages? The programme is open to Members and Guests, and is priced competitively. Come on down and check it out yourself!

ADULT GROUP COACHING PROGRAMME

Class: Beginner
Day/Time: Tuesdays, 9pm–10pm
Fee: \$110.75* (Member) | \$132.55* (Guest)

Class: Intermediate
Day/Time: Mondays, 7pm–8.30pm and 8.30pm–10pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Ladies' Intermediate
Day/Time: Fridays, 8am–9.30am
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Club Men/Women
Day/Time: Wednesdays, 7.30pm–9pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

JUNIOR GROUP COACHING PROGRAMME

Class: Red Ball
Day/Time: Mondays, 4.30pm–5.30pm
Fee: \$110.75* (Member) | \$132.55* (Guest)

Class: Orange Ball
Day/Time: Wednesdays, 4.30pm–6pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Green Ball
Day/Time: Wednesdays, 4.30pm–6pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Junior 1 (Lower Intermediate)
Day/Time: Wednesdays, 6pm–7.30pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Junior 2 (Intermediate)
Day/Time: Mondays, 5.30pm–7pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Junior 3 (High Intermediate)
Day/Time: Tuesdays, 4.30pm–6pm and 7.30pm–9pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Junior (Advanced)
Day/Time: Saturdays, 10am–11.30am and 11.30am–1pm
Fee: \$166.11 (Member) | \$187.91 (Guest)

*Price includes GST

Min/Max 3 students to start

Ashley Toh at 6398 5340 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: \$87.20* (Member) | \$98.10* (Guest)

Advanced

Day/Time: Fridays, 8pm–9pm
Fee: \$87.20* (Member) | \$98.10* (Guest)

Intermediate/Advanced (Sparring & Self-Defence)

Day/Time: Sundays, 5.30pm–6.30pm
Fee: \$103.55* (Member) | \$114.45* (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

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: \$68.67* (Member) | \$80.12* (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

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: \$68.67* (Member) | \$91.56* (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: \$68.67* (Member) | \$91.56* (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 efficiently all day.

About the Trainer

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

Day/Time: Wednesdays, 7.30pm–8.30pm
Thursdays, 10.30am–11.30am
Venue: Aerobics Studio
Fee: \$87.20* (Member) | \$110.09* (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: \$68.67* (Member) | \$91.56* (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

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: **\$45.78*** (Member, per hour) |
\$57.23* (2 pax per group, per hour)
Additional \$10.90* per guest, per hour

**Price includes GST
but not court bookings*

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.



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: **\$74.12*** (Member) | **\$85.57*** (Guest)

**Price includes GST and is 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

BOWLING COACHING



About the Trainer

Samuel Ho is a qualified bowling instructor with more than 20 years' experience, which includes being a resident coach for SGCC and Singapore Swimming Club. He is a registered coach with the Singapore Sports Council and the Singapore Bowling Federation.

Peter Chng has been the Club's resident coach since 2009 and has conducted training in various schools, including Maris Stella Primary and Secondary schools, ACS (Barker Road) and Nanyang Girls' High School. He has 10 years of experience and is a registered coach with the Singapore Bowling Federation.

Min/Max: 3/8 participants
Venue: Gardens Bowl
Fee: **Group Coaching**
\$46.65* (Member) | **\$58.32*** (Guest)
Private Coaching
(to arrange with instructor)
\$80.12* (Member for Individual, 1.5hrs)
\$91.56* (Guest for Individual, 1.5hrs)
\$64.15* (Member for 2 Students, 1.5hrs)
\$75.81* (Guest for 2 Students, 1.5hrs)

**Price includes GST*

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

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: \$68.67* (Member) | \$91.56* (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

Aikido is a martial way, a discipline and an educational process that trains the body, mind and spirit. It teaches respect, sincerity and modesty as essential qualities that can develop and enhance one's character. Aikido espouses attacking and defensive moves that flow seamlessly while prioritising non-confrontation. The class is suitable for all levels of expertise.

About the Trainer

Simon Lee is a 5th Dan Yudansha of Aikikai Foundation, Aikido Work Headquarters, Japan, and a PA-approved trainer in Tanglin CC and Cairnhill CC in Singapore. He has more than 40 years of experience in Aikido training and practices. The Aikido lessons and instructions offered in SGCC are supported by Aikido Singapore.

Day/Time: Saturdays, 4.30pm–5.30pm
Venue: Aerobics Studio
Fee: \$57.23* (Member) | \$68.68* (Guest)

**Price include GST and is for 4 lessons in a month; there will be additional charges if there are five lessons in a month*



Julia Kong at 6398 5352 for more information

DEVELOPMENT TRAINING PROGRAMME



Bridging the gap between the Learn-To-Swim Pathway and the Competitive Swim Pathway is the Development Swim Pathway, with a focus on enhancing stroke efficiency, stamina, and the introduction of competitive swimming elements.

Fee: 2 Sessions/Week
\$109.00* (Member) | **\$130.60*** (Guest)

Unlimited Sessions
\$130.80* (Member) | **\$152.60*** (Guest)

Registration fee for new sign-up/re-registration at \$21.80 per pax and starter pack fee at \$43.60 per pack (includes starter bundle of one pair of goggles, one kickboard, and one swimming cap).

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

Scan the QR code for the schedule

LEARN-TO-SWIM PROGRAMME



Run by Quattor Swim School, this programme is geared towards learning the four major swim styles (butterfly, backstroke, breaststroke, freestyle), with emphasis on stroke efficiency and overall swimming ability.

Note: Free assessment will be conducted for new students (applies to fresh beginners) to place them in the appropriate session.

Fee: 1 Session/Week
\$76.30* (Member) | **\$98.10*** (Guest)

2 Sessions/Week
\$98.10* (Member) | **\$141.70*** (Guest)



Daniel Chong at 6398 5351 or recreation@sgcc.com.sg | Julia Kong at 6398 5352 or recreation@sgcc.com.sg

WATERBABIES (PRIVATE COACHING)



Allow your babies to experience the joy of being in the water with this course. This is a one-on-one session for children between six and 42 months old.

Venue: Swimming Pool
Fee: **\$137.34*** for four sessions @ 15 minutes per session
Additional guest charges:
\$5.45* per session (weekday)
\$8.72* 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



Creature Feature



Cases of human-animal encounters have been rising over the past couple of years, particularly during the COVID-19 pandemic. Do you know how to respond should you and a wild creature come face-to-face?

Did you know that the BBC created a documentary that covered the wildlife in Singapore? Narrated by natural history legend David Attenborough, the three-episode *Wild City* premiered in 2016.

Folks who feel that Singapore is nothing but high-end developments around the Marina Bay district must be surprised that a such a concrete jungle can sustain wildlife enough to fill even a single episode.

"A lot of people still don't realise that we have animals in our forests," said Ms Rachel Tsang, administrator of the Singapore Wildlife Sightings Facebook page, founded in 2009. The group currently has more than 97,000 members, and receives an average of 6,000 posts and comments a month. She was quoted in a CNA article published online in October 2023.

Cases of animal-human encounters in the Lion City have been rising, and there are a couple of reasons for this.

Population growth and national development mean that we are encroaching wildlife habitats. For example, residents of newer housing estates built along park connectors or water bodies should be prepared to see large monitor lizards, Kalai Vanan Balakrishnan, co-CEO, Animal Concerns Research and Education Society (ACRES), was quoted in the article.

Shrinking habitats mean species have less space to roam, and are thus more easily spotted along habitat fringes. "This is especially so for the more adaptable ones, like the long-tailed macaque and wild boar," Mr Ivan Kwan, a nature guide and founder of Nature Adventure SG eco tour agency, said in the article.

Mr Kwan added that people feeding animals — "whether it's deliberate feeding, animals snatching of food from people, or food waste that is not properly disposed of" — can lead to increased sightings of some species in certain areas.

We can also blame the COVID-19 pandemic for the increase. Ms Tsang and Mr Kwan shared that their local nature walks experienced a spike in interest during that period. And with travel restrictions, people took to exploring nature via hiking, cycling and photography.

Be they as adorable as otters or fierce as wild boars, all animals should be respected and treasured. In honour of World Wildlife Day, which falls annually on 3 March, here are some tips so that your next encounter with a wild creature doesn't leave you traumatised.

1 Remain calm, never provoke

Stay composed, avoid making sudden moves, then back away from them slowly. Don't try to scare them away, because some animals become defensive when they feel threatened.

- Never, ever touch them, no matter how cute they are. This includes **otters**, which have become local media darlings in recent years.
- If you encounter a **long-tailed macaque**, avoid making eye contact and slowly back away from it.
- If it's a **snake** in its natural environment, maintain your distance and leave it alone. If the snake is in a public area or your home, leave the area immediately and seek help (ACRES Wildlife Rescue Centre, 9783 7782; NPB, 1800 476 1600).
- Be alert if you see a **wild boar** with its younglings — it is likely to be a mama boar, and mama boars are known to be quite uptight about perceived threats, especially towards their babies.



2 Don't feed them

When you feed wild animals,

- it disrupts their ability to forage for food on their own, an instinct they could lose completely
- they tend to spend more time in human-inhabited areas, leading to increased human-animal encounters
- they become more aggressive towards humans



3 Keep food out of sight

- Keep food out of sight so that wildlife is not tempted to break into your home. **Long-tailed macaques** have been witnessed entering homes to help themselves to all sorts of goodies — some have even learnt to open sliding windows!
- Hide or dispose of edible items when approaching an area known to have animal activities. Long-tailed macaques, particularly those accustomed to being fed by people, have been known to snatch foodstuff from human hands!
- Even thrown-away food needs to be secure from animals. So double-knot your trash bag, place it in a bin, and secure that bin with a bungee cord.



Coding Class



Coding helps to develop problem-solving skills and logical thinking while boosting creativity. These skills are essential for success in other core subjects. Give your child a head start in STEM this March school holiday by signing them up for this class, where they will learn coding fundamentals in an age-appropriate and interesting way, such as the use of colour-coded drag-and-drop blocks. You will notice in your child an increase confidence, patience and concentration.

- Ages 5–12
- No prior coding knowledge or experience required
- Bring own laptop that runs on Chrome

Dates:
12–15 March 2024 (Tuesday–Friday)

Time:
10.30am–11.30am

Venue:
Casuarina Room

Fee:
\$239.80* (Junior Gem) | \$245.25* (Member) | \$247.43* (Guest)
**Price includes GST*

Min/Max:
5/10 participants

Closing Date:
29 February 2024, Thursday

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

Social Dance



Dennis Ng has been teaching dance since 2007 at community clubs, private clubs and country clubs, including SGCC. He obtained a Teacher of Dancing Associate Certificate in November 2006, with a Highly Commended grading in the Latin American category. It's not surprising that he specialises in all categories of Latin Ballroom Dances, including Cha Cha, Rumba, Samba, and Pasodoble. He also teaches Social Dances: Rock & Roll, Disco Rock, Salsa, Bachata, Square Rumba, Social, Off-Beat Cha Cha, Bachatango 1 & 2, Merengue, etc.

Date: Fridays
Time: 2.30pm–3.30pm
Venue: Club Twenty-Two
Fee: \$65.40* (Member) | \$80.66* (Guest)
**Price includes GST and is for 4 lessons*

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

Punch Hole Needling

Punch Hole Needling is a fun and easy way to learn a different type of embroidery art that both children and adults can enjoy! Using a punch needle, some yarn and a canvas fabric base, lots of cartoon characters and beautiful scenery of mountains and the night sky can be created! All participants will take home a set of punch hole needling materials.

Date:

16 March 2024, Saturday

Time:

10.30am–12.30pm

Venue:

Casuarina Room

Fee:

\$43.60* (Junior Gems)

\$49.05* (Member)

\$51.23* (Guest)

**Price includes GST*

Min/Max:

8/12 participants
(suitable for both children and adults)

Closing Date:

8 March 2024, Friday



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

Line Dance Class

Impressed by the coordinated moves of line dancers? Then sign up and join the fun!

**Day/Time:****Advanced Line Dance:**

Mondays, 4pm–6pm (ongoing)

Intermediate Line Dance:

Tuesdays, 2pm–4pm (ongoing)

High Beginners:

Wednesdays, 2.30pm–4pm (ongoing)

Basic/Beginners:

Thursdays, 2.30pm–4pm (new)

Venue:

Club Twenty-Two

Fee:

Mondays & Tuesdays

\$64.31* (Member) | \$77.39* (Guest)

Wednesdays & Thursdays

\$48.23* (Member) | \$61.31* (Guest)

**Price includes GST and is for 4 lessons*

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

**Make
Your Own:**

Pen Cai

This dish is served as a sign of prosperity during the Lunar New Year season. 'Pen cai' literally means a 'basin of vegetables', which conjures images of a rather bland and dull culinary experience. In reality, the pen cai features premium seafood and meats that has been braised in a tasty sauce and layered to the brim in a claypot. Once the lid is lifted, resistance is futile!

Dating back to the late Song Dynasty, the pen cai is always on the menu in Southern China whenever there is a celebration or festive occasion, which is why it has been a popular dish among Chinese families in Singapore for many years during the Lunar New Year period.

SGCC chefs have kindly shared their version of this luxurious dish in the following recipe. Do give it a try this year!

Ingredients & Preparation

abalone, conpoy, scallop, fish maw, prawn, sea cucumber, smoked duck breast, mid-wing chicken, lotus root, white radish, pork belly, long cabbage, black mushroom

- ✓ Cut 150g white radish into cubes and blanch in water
- ✓ Cut 150g long cabbage into bite size
- ✓ Cut 120g lotus root into bite size and blanch in water
- ✓ Soak 10 pieces black mushroom in hot water
- ✓ Soak 150g conpoy in water
- ✓ Soak 80g fish maw in water
- ✓ 1 piece smoked duck breast
- ✓ 10 pieces marinated mid-wing chicken with oyster and dark soya sauce
- ✓ 300g sea cucumber blanched in oyster and dark soya sauce
- ✓ 10 pieces prawns with shell
- ✓ 10 pieces scallop
- ✓ 10 pieces abalone

Directions

- Heat up oil in a wok and add:
3 slices ginger
30ml hua teow chew
300ml abalone stock
30ml oyster sauce
1 litre chicken stock
300ml water
- Bring stock to boil
- Set aside 500ml stock
- To the remaining stock, add 2 tsp cornstarch for thickening
- Arrange all ingredients — except scallop, prawn and abalone — in claypot
- Pour thickened stock on top of ingredients in claypot
- Bring to boil, then simmer for 20min
- Blanch scallop, prawn and abalone in the claypot
- Boil for another 10min
- Thicken the 500ml stock that was set aside with cornstarch and add to claypot
- Bring claypot to boil for another 5min





Member-Get-Member Scheme

GOOD THINGS NEED TO BE SHARED!
SHARE THE JOYS OF BEING A SGCC MEMBER
AND BE REWARDED!

You will get

\$300 credits if your friend signs up
for an Ordinary Membership

\$200 credits if your friend signs up
for a Term Membership

**REWARDS WILL NOT BE
GIVEN TO MEMBERS FOR
ANY TRANSACTION
THROUGH AN AGENT.**

**THE CLUB RESERVES THE RIGHT TO ALTER THE TERMS
AND CONDITIONS OF THE PROGRAMME OR CHANGE THE
REWARDS AND/OR REPLACE THEM WITH ITEMS OF
EQUAL VALUE WITHOUT NOTICE.**

Terms and Conditions apply.
Contact Membership at: **6286 8888** or
membership@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
\$27.25* 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 \$27.25 (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

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

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

TENANTS

Cambridge Pre-School

Tel: 6282 8455
Mon–Fri: 7am–7pm
Sat: 7am–2pm
Email: Serangoon@cambridge.school

Lat Salon

Tel: 9666 4463, by appointment only
Tue–Sun: 11am–7pm
Mon & PH: Closed

Tai Yuan Tsui Hiang Yuan

Tel: 6322 7527
Mon–Fri: 11am–3pm, 5pm–10pm
Sat, Sun & PH: 9am–3pm, 6pm–10pm

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

Nicole Lee 6398 5358
Email: nicole_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

Jack Koh 6398 5311
Email: jack_koh@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 & Fitness

Vincent Lee 6398 5372

Squash & Swimming

Daniel Chong 6398 5351

Tennis, Golf & Darts

Ashley Toh 6398 5340

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

Joanne Ng 6398 5337
Email: joanne_ng@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg



BE A TERM MEMBER OF Serangoon Gardens Country Club



\$2,616 | **\$4,578**
(1 YEAR) | (2 YEARS)

All prices include GST.
Open to locals and foreigners.

Sign up as a Member and enjoy:

- Welcome gift of \$200 spending credits.
- Full access to Club facilities.
- Olympic-size swimming pool.
- Two-storey Gym with personal training programmes.
- Dining privileges at our Members-only Club restaurants.
- Discounted rates for private events and function room bookings.
- Near International French School and a stone's throw away from your home if you are a resident of Serangoon Garden.



Olympic-size swimming pool.

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