



# Club *Spirit*

OCTOBER • NOVEMBER 2024

## **Hungry for Hungarian**

Hungarian Chef Csilla Kicsi  
on food, family and country

Pg 20

## **Feathered Friends**

Migratory birds making Sungei Buloh  
Wetland Reserve their temporary home

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## **Graceful Strength**

A profile of our gongfu  
trainer Jennifer Lee

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# *Happy Deepavali*



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OCTOBER • NOVEMBER 2024



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Jennifer Lee wields a sword and a paintbrush with equal grace, and that's SGCC's gongfu trainer

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Dear Fellow Members,

October is brimming with excitement, and you won't want to miss out! Dive into Hungary's Flavours at the Garden Grill, where our collaboration with the Embassy of Hungary brings you hearty goulash, crepes, and hunter's stew. We welcome Hungarian Chef Csilla Kicsi to prepare the sumptuous cuisine to tickle our palate.

Facilities wise, renovation is ongoing for the Garden Grill toilets and Coffee Deli, with a tentative completion date in early October. The swimming pool's filtration system is up for an overhaul and a tender has been called. During the replacement, we regret that there will be disruption to pool usage and we will minimise the closure period as much as possible.

For some nostalgic music, catch The Fabfour's tribute to The Beatles on 18 October at Kensington Ballroom.

Celebrate Deepavali with us in style! Kick off the festivities with our Deepavali Bazaar on 19 October at the Main Lobby. Browse a vibrant array of stalls offering festive goods, traditional crafts, and delectable treats—perfect for finding unique gifts and embracing the holiday spirit.

Continue the celebrations with our Deepavali Tea Dance at Club Twenty-Two on 31 October. Enjoy the evening of lively music, elegant dancing, and delightful refreshments, all while connecting with fellow members and honouring the rich cultural heritage of Deepavali.

Expand your knowledge at the "Information, Disinformation, Misinformation – From Facts to Fakes" talk on 5 October. For a spooky treat, don't miss our Halloween Cupcakes Workshop at Club Twenty-Two on 26 October.

Looking ahead to November, savour bold flavours with our Texan Cuisine Special at the Garden Grill, featuring Parmesan Crusted Fish Fillet, Chicken Fried Steak, and comforting Southern sides.

On 22 November, enjoy a night of comedy and music with the hilarious Rishi Budhrani at Kensington Ballroom. Finally, on 30 November, relive the golden era of Cantonese music with Nostalgic Canto Night featuring Alex & The X-Side Men.

Get into the festive spirit with Yuletide Classics for Pre-Order at the Garden Grill and enjoy a 10% Early-Bird Discount by ordering before 8 December 2024. Plus, make the season even sweeter with our Christmas Tree Brownies Baking Class on 7 December and the Gingerbread House Workshop on 21 December.

We've curated these events to enhance your experience and strengthen our club community. Join us and make the most of what SGCC has to offer as we create unforgettable moments together!

Best wishes,  
**Mathivanan Krishnan**  
 President, SGCC



# National Day Eve Party

## 8 August 2024



On 8 August 2024, the Serangoon Gardens Country Club hosted a spectacular National Day Eve Party at the Kensington Ballroom. This year's celebration was especially significant as it marked Singapore's 59th birthday under the leadership of our newly appointed President, Mr Mathivanan Krishnan.

Decked out in vibrant shades of red and white, participants embodied the patriotic spirit as they gathered to celebrate this special occasion. The evening kicked off with a lively Early Bird Dance session at 6:00pm, where our DJ got everyone on their feet with a dynamic line dance that set the tone for a night full of excitement.

As the evening progressed, the atmosphere was charged with energy and camaraderie. The highlight of the night came at 9:50pm when a beautifully crafted birthday cake, specially made for the occasion, was unveiled and cut, symbolising not just the passing of another year for Singapore but also the unity and pride we share as a community.

With friends, laughter, and national pride in abundance, this National Day Eve Party was truly a night to remember for all who attended.





# FROZEN CHRISTMAS LIGHT-UP

**23 NOV 2024**  
**SATURDAY**

**10AM - 8PM**  
**MAIN LOBBY**

ALL ARE WELCOME



## EVENT HIGHLIGHTS

**10AM - 8PM**

### Christmas Bazaar

Discover the perfect Christmas gifts while enjoying delightful snacks, one-of-a-kind hobby items, and a variety of wines and whiskies selection. Join us for a festive shopping experience like no other!

**5PM - 8PM**

### Christmas Light-Up Programme

- ★ Frozen's Olaf: A Magical Christmas Experience
- ★ The Elf Who Gives Away Balloon Sculpture
- ★ Frozen Wonderland: Dress in Your Favorite Christmas Theme
- ★ The Christmas Theme Jester - Juggling Show
- ★ Experience the Magic of Christmas Joy
- ★ The Frozen Christmas Light-Up
- ★ Cheers to the Christmas Spirit
- ★ Santa Claus Is Coming to Town: Get Ready for the Magic
- ★ Grand Finale



For Enquiries : [membership@sgcc.com.sg](mailto:membership@sgcc.com.sg)  
22 Kensington Park Road, Singapore 557271

[www.sgcc.com.sg](http://www.sgcc.com.sg)  
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# Whisky & Wine Fair

## 10 & 11 Aug 2024



The Club's Main Lobby was beautifully transformed into a paradise for connoisseurs during the Whisky & Wine Fair, held on the 10th and 11th of August from 11am to 8pm. This event offered members and guests a truly refined experience, where the art of wine and whisky appreciation took centre stage. About eight meticulously curated booths lined the lobby, each showcasing a diverse array of alcohol brands. From bold and complex whiskies to velvety smooth wines, every booth offered a unique journey through the realms of flavour and sophistication. Enthusiasts had the chance to engage with experts, deepening their understanding of the craft behind each bottle.

The Whisky & Wine Fair was more than just a tasting event—it was a celebration of the finer things in life, bringing together those with a shared passion for excellence, elegance, and the joy of discovery.

### Participating Partners

- Pernod Ricard Singapore:** Aberlour/Royal Salute 21YO
- Moët Hennessy Diageo:** JW Platinum 18YO/JW Blue Label
- William Grant & Sons:** Balvenie/Glenfiddich
- Remy Cointreau:** Bruichladdich/Glen Grant
- Platinum Wines & Spirits Pte Ltd:** - Yamazaki/Aberfeldy/Royal Brackla/Lark/ Hibiki
- OTT Inspire Pte Ltd:** Paul John Nirvana/Speymhor/Douglas Laing/Scallywag/Timorous
- Wine Clique Pte Ltd:** Laporte Sancerre Rouge les Royaux 2019/Thenard Givry 1er Cru Clos Saint Pierre 2018/Paolo Scavino Barolo Carobric 2003 (1.5L)
- Grand Vin Pte Ltd:** Billaud Simon Chablis/Faiveley Mercurey Rouge Vieilles Vignes/E. Guigal Chateauneuf du Pape





# MOVIE MAGIC NEW YEAR'S EVE *Party*

## Complimentary

1 bottle of Whisky /  
2 bottles of house wine  
for full table  
reservation before  
**30 Sep 2024**

*where movies meet memories!*

**31 DECEMBER 2024 | 6PM – 1AM**

**KENSINGTON BALLROOM**

**\$138 (Member) | \$148 (Guest)**

## Highlights:

- ★ Live Band, "Memory Lane"
- ★ 8-course Chinese dinner
- ★ Theme: Movie Magic! Come as your favourite movie character!
- ★ Best dressed contest
- ★ Supper served after midnight
- ★ Lucky Draw

*Prices include GST.*



SCAN QR CODE  
FOR REGISTRATION

For more information, please contact us at 6286 8888 | [membership@sgcc.com.sg](mailto:membership@sgcc.com.sg)



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# A Culinary Delight: Serangoon Gardens Country Club's Oktoberfest Spread

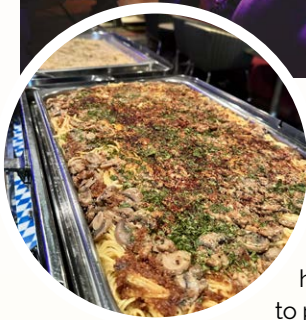
**T**he Oktoberfest celebration at Serangoon Gardens Country Club was a gastronomic journey, showcasing an array of traditional German dishes that tantalised the taste buds. The culinary team's expertise shone through in every dish, making the buffet spread a true showstopper from the Club's Garden Grill.

## The Star of the Show: Roast Pork Knuckle

The highlight was undoubtedly the 'live' Roast Pork Knuckle station. The Chefs expertly carved the crispy-skinned, tender meat to perfection, releasing a savoury aroma that wafted through the air. The pork knuckle was slow-roasted to achieve a golden-brown crackling, giving way to juicy, flavourful meat that simply melted in the mouth.







### Succulent Boneless Chicken Leg

The Boneless Chicken Leg, marinated in a secret blend of herbs and spices, was grilled to perfection.

### Tasty Sausages

Made with a blend of pork, spices, and herbs, these traditional German Pork Sausages, plump and juicy, were grilled to perfection, boasting a snappy texture and rich flavour.

### Other Tempting Delights

The buffet spread also featured:

- Mushroom Aglio Olio: Fresh mushrooms sautéed in garlic butter, white wine, and herbs.
- Ricotta Cheese Lasagna: Creamy ricotta cheese layered with tender pasta and melted mozzarella.
- Sauerkraut: Finely shredded cabbage fermented in its own juices, served with a hint of caraway seeds and a side of tangy mustard.

- Roasted Potato: Crispy roasted potatoes tossed with rosemary and garlic, perfect for accompanying the savoury meats.
- Hot Chocolate Pudding: A rich, decadent dessert.

### A Mouthwatering Presentation

The buffet spread was artfully arranged, with each dish carefully presented to showcase its vibrant colours and textures. The aroma of roasting meats wafted through the air, teasing the senses and inviting guests to indulge.

### A Night to Remember

The Oktoberfest celebration at Serangoon Gardens Country Club, attended by 62 members and 54 guests, was a resounding success, offering a taste of Bavarian culture and hospitality. The evening's highlights included:

- Fantastic food spread, especially the Roast Pork Knuckle!
- Electric atmosphere and great music!
- Warm hospitality and wonderful company!
- New lighting effects made the venue feel more festive!

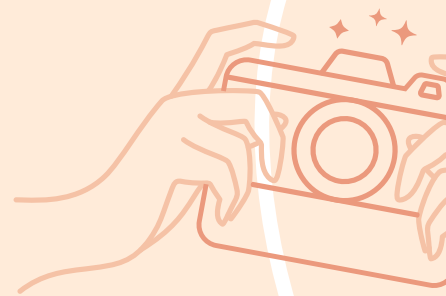
### Special Mentions

We extend our heartfelt gratitude to **Malt & Wine Asia** (Sponsor) and **APB** (Vendor) for providing Erdinger draft and Oktoberfest decorations. Prost! Zum Wohl! (Cheers! To your health!) and to next year's celebration.



# Snapshots

Here are photos and snippets of Club events that took place from **August 2024**.



## Tomato Focaccia Making Workshop (24 Aug 2024)



Delicious focaccia breads were ready



All participants are happy with their bakes



Participants listening to the chef



Chef Her-Yi was ready for the workshop

## SGCC Kids Swim Showdown (25 Aug 2024)



Hurray for the winners!



Coaches confirming the swimmers' timings



Medals galore



*Chew Wee Kang*  
Ordinary Member

*Chen Shijun*  
Ordinary Member

*Fok Ping Khoi Lawrence*  
Ordinary Member

*Fah Sharon*  
Ordinary Member

*Jiang Tao Tony*  
Ordinary Member

*Lim Chuan Choon*  
Ordinary Member

*Lee Shi Ying Rachel*  
Ordinary Member

*Ng Hwee Heng*  
Ordinary Member

*Tan Hong Guan Gerard*  
Ordinary Member

*Toh Hong Yam*  
Ordinary Member

*Nigel Wong Hai Tor*  
Ordinary Member

*Yeo Siew Ngee*  
Ordinary Member

*Liu Kwai Yoke*  
Ordinary Member

*Janet Loo Cheng Suan*  
Ordinary Member

*Tan Eyren*  
Ordinary Member

*Tay Zhiheng, Darius*  
Ordinary Member

*Fillipsen Morten Damgard*  
Term Member

*Munroe Antonio Whitney*  
Term Member

*Oliveiro Anna Marie*  
Term Member

*Keith Power*  
Term Member

*Sripawadkul Ep  
Thomassin Numfon*  
Term Member

*Hajjani Ep  
Wilsius Houda*  
Term Member

*Choo Guek Hook*  
Term Member

## We Seek Members' Cooperation

We seek Members' cooperation in presenting or scanning their membership cards when requested by our security officers at various stations within the Club. This is to ensure the security and proper use of Club facilities by authorised individuals only. Clause 11f of the Bye-Laws states that the membership card must be produced without demand upon entry into the Club premises, when using Club facilities, and when requested by an authorised staff member of the Club.



# Why Do I Need a Pre-Travel Consultation?



**G**etting sick while travelling can ruin your trip. Before travelling, it is important to prioritise your health by staying updated on vaccinations and understanding area-specific health risks. International Medical Clinic (IMC) offers a detailed pre-travel consultation for travellers, comprising personalised advice on vaccinations, medications, and travel health based on your itinerary, up-to-date epidemiological factors, trip length, and individual health needs.

Here is a summary of important concerns to consider before your trip.

**Vaccine-preventable diseases:**

**Chickenpox** is highly contagious and travel raises exposure risk. It can be severe in adults, so vaccination is recommended for those who have not had the illness.

**Cholera** is a severe infectious disease associated with poor sanitation. It causes sudden, profuse watery diarrhoea, and rapid dehydration can occur. An oral vaccine is available.

**COVID-19** is a respiratory illness well known to all. Do ensure that you are up to date with your recommended doses of vaccines.

**Hepatitis A** is a liver disease transmitted through contaminated food or water. It is common in travellers to less developed areas, though outbreaks can also occur in developed countries like the USA.

**Hepatitis B**, another liver disease transmitted through blood or body fluids, is included in childhood immunisation schedules in many countries. Adults can also catch up on vaccination.

**Influenza** vaccine should be considered by all before winter travel to prevent illness from exposure in airports

and public transport. A yearly vaccination is recommended for the elderly and other vulnerable individuals.

**Japanese Encephalitis (JE)** is a mosquito-borne viral disease in rural Asia that can cause serious brain infections. Vaccination is recommended for those travelling to risk areas, together with insect avoidance as a key defence measure.

**Measles, Mumps & Rubella (MMR)** immunisation has inadequate coverage in some countries, leading to outbreaks. It is recommended that individuals under 40 years complete their Measles, Mumps, and Rubella immunisation.

**Meningitis** is a serious life-threatening infection of the brain. Travellers going to crowded areas in certain countries should consider vaccination.

**Poliomyelitis** is a viral infection that spreads through faecal contamination of food or nasal secretions and can cause paralysis and death. Most adults are immunised in childhood but should have receive one booster as an adult if travelling to affected areas.

**Pneumonia** can be caused by viruses or bacteria. Older people and those with chronic medical issues and compromised immunity are more vulnerable to serious complications and death if they get pneumonia. Various vaccines are now available to prevent this.

**Rabies** is a rare but deadly viral infection transmitted through animal bites, mainly from dogs. Pre-exposure vaccination is recommended for travellers with potential animal exposure and any animal bite will require post-exposure treatment.

**Tetanus, Diphtheria, and Pertussis** boosters are recommended for adults as childhood immunity wanes. Tetanus is caused by a toxin from soil bacteria that enters through a wound; Diphtheria is a throat and skin infection spread by coughing; and Pertussis (Whooping Cough) is a contagious respiratory disease causing many deaths in children globally.

**Traveller's Diarrhoea** is often caused by E. coli bacteria. It can disrupt travel but is usually not severe. The cholera vaccine offers partial protection.

**Typhoid** is caused by contaminated food and water common in developing regions. Vaccination is advised for travellers to areas with poor sanitation, especially the adventurous venturing 'off the beaten' path.

**Yellow Fever** proof of vaccine is internationally mandated for entry to specific countries in Africa and South America. It is also mandatory for travellers visiting or transiting through these regions within six days before re-entering Singapore.

### **Diseases you can prepare for in advance:**

**Altitude Sickness** can occur at high-altitude areas like Bhutan, Nepal, or Tibet. A travel consultation will address potential health risks, and medication can also be prescribed.

**Giardia** is a tiny parasite that spreads through contaminated water, food, or surfaces, causing diarrhoea. It can be treated with medication.

**Malaria** is transmitted by a night-biting mosquito. Prophylactic medication is available.

**Mosquito-borne disease** such as Dengue and Chikungunya, are endemic in tropical areas, including Singapore. They can be prevented by avoiding mosquito bites.

### **Other Preventive Measures:**

#### **Preventing Insect-borne Illnesses**

DEET insect repellent is effective. Sleep under a net, wear light-coloured long clothing, use mosquito coils, and spray insecticide in your room. Apply Permethrin to your clothes for added protection.

#### **Preventing Respiratory Illnesses**

Wearing a mask and practising good hand hygiene are not just for COVID-19; they help protect us from catching many other respiratory illnesses as well. It is a good habit to bring along masks and hand sanitiser when we travel.

#### **Preventing Food and Water-borne Illnesses**

Drink bottled water, avoid ice and undercooked foods, take probiotics, and carry a Travel Medication Kit to treat simple symptoms.

IMC can prescribe a Travel Medication Kit with emergency medications for various health issues such as diarrhoea, infections, motion sickness, and allergies.

A Travel Consultation offers you personalised medical guidance tailored to your individual health needs and destination. It is recommended to book this at least one month ahead of your trip.

This article is written by Dr Lim Hui Ling, Medical Director of International Medical Clinic (IMC), MBBS, MMed (Family Medicine), MCFP(S). She is based at IMC Holland Village.

IMC has been serving the Singapore community for over 26 years. It started as a travel clinic and now offers comprehensive and integrated healthcare for the entire family, offering Family Medicine, Paediatric, and Psychology services across five clinics, with 32 doctors and three in-house Clinical Psychologists.

IMC Serangoon Garden is opening at the end of October 2024 and will be accepting same-day or in-advance appointments.

**Please visit [imc-healthcare.com](https://imc-healthcare.com) to book online..**

**For inquiries, call 6733 4440 (ext 5) or email [serangoondn@imc-healthcare.com](mailto:serangoondn@imc-healthcare.com)**



# Hungarian Cuisine

Discover Hungary's rich flavours this October with the Embassy of Hungary!  
Enjoy traditional dishes like hearty goulash and crepes. Don't miss out!

**Available throughout the month of October 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 old and above,  
and Students (21 years and below)

### APPETISER

Ham & Melon Salad

OR

Deviled Egg

OR

Hungarian Layered Potatoes

### SOUP

Hungarian Vegetables Soup

OR

Goulash Soup

### MAIN COURSE

Stuffed Cabbage Rolls

OR

Catfish Paprikash

OR

Chicken Paprikash

OR

Hungarian Pork Stew

OR

Hungarian Hunter's Stew

(Surcharge \$8)

### DESSERT

Chocolate Mousse

OR

Hungarian Crepes

**COFFEE or TEA**

Prices include GST

For more details, call **6398 5313** or email **fnb\_outlets@sgcc.com.sg**

**Serangoon Gardens Country Club Presents:**

# ENCHANTED ELEGANCE

**FAIRYTALE WEDDING SHOWCASE**

**13 OCT 2024 | 12PM - 6PM  
KENSINGTON BALLROOM**

**In Collaboration With:**

Island Catering Services Pte Ltd - Malay & Indian Cuisine | Henna Fetish - Henna  
Event Kraft Pte Ltd - AV & Lightings | Subra Govinda Photography & Videography - Video & Photo  
Sentimentals Events Pte Ltd - Malay Deco | DeeJay Dal Singapore - DJ | Hp Wedding - Indian Deco  
Atlas Transport Pte Ltd - Wedding Car | Chantique The Bridal Gallery - Malay Bridal & Henna



For Enquiries: [banquetsales@sgcc.com.sg](mailto:banquetsales@sgcc.com.sg)  
22 Kensington Park Road, Singapore 557271

[www.sgcc.com.sg](http://www.sgcc.com.sg)  
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## *Deepavali Tea Dance*

Join us for a vibrant Deepavali Tea Dance featuring live music by Sound Sensation, blending festive tunes with lively dance vibes!

**Thursday, 31 October 2024**

**2.00pm - 5.00pm**

**Club Twenty-Two**

**\$20 (Member)\***

**\$30 (Guest)\***

*\*Prices include GST and light afternoon tea*

For more details, call Adrian at 9115 0417





A NIGHT OF COMEDY & MUSIC

# STAND UP COMEDY



**Rishi Budhrani**

*This event isn't just a show; it's an unforgettable evening where contemporary and classic music, along with comedy, come together!*

**22 NOV 2024, Friday | 7pm - 11pm**

**KENSINGTON BALLROOM**

**Early Bird**  
**before 1 Oct 2024**  
**Member: \$80**  
**Guest: \$90**

**After Early Bird**  
**Member: \$88**  
**Guest: \$98**

**Highlights:**

- ★ Early bird dance from 6pm
- ★ 'Live' Band, VIVA featuring Romito Mendoza
- ★ Be entertained by Emcee Sherraine Law
- ★ Asian Fusion buffet
- ★ Alcoholic beverages at special prices



Romito Mendoza



Sherraine Law

Contact Balan at 9017 9913 or email [banquetsales@sgcc.com.sg](mailto:banquetsales@sgcc.com.sg)



For Enquiries: [banquetsales@sgcc.com.sg](mailto:banquetsales@sgcc.com.sg)  
22 Kensington Park Road, Singapore 557271

[www.sgcc.com.sg](http://www.sgcc.com.sg)  
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## Taste of Texas

Savour Texan Cuisine this November at Garden Grill

Available throughout the month of November 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 old and above,  
and Students (21 years and below)*

**APPETISER**

**Chili Lime Texas Caviar**

*Sweet corn, red pepper, avocado,  
tomato cherry & cilantro salad  
Served with tortilla chips*

OR

**Texas Roadhouse Salad**

*Baby romance, tomatoes, grilled  
chicken and cheddar croutons  
Served with honey mustard dressing*

OR

**Loaded Potato Skin**

*Baked russet potato with  
cheese & bacon*

**SOUP**

**Chicken Tortilla Soup**

*Tomato-base chicken soup  
with crispy tortilla*

OR

**Texas Cowboy Stew**

*Slow cooked ground beef with smoked  
sausage, pepper, corn & potato*

**MAIN COURSE**

**Beef Lasagna**

*Layered pasta with tomato sauce, minced  
beef, bechamel sauce & cheese*

OR

**Parmesan Crusted Fish Fillet**

*Pan-fried white fish with parmesan herb  
crust served with mesclun salad & lemon*

OR

**Chicken Fried Steak**

*Deep-fried buttermilk chicken  
with milk gravy*

OR

**Smoked Bacon Steak**

*Pan-seared thick slice of bacon served  
with mash potato &  
seasoning vegetable*

OR

**Texas Beer Braised Short Ribs**

*(Surcharge \$8)*

*Slow cooked beef short ribs served  
with mash potato*

**DESSERT**

**Peach Cobbler**

*Juicy sweet peach with cinnamon  
buttermilk crumbs*

OR

**Chocolate Brownies**

*with Nutella sauce & berries*

**COFFEE or TEA**

Prices include GST

For more details, call **6398 5313** or email **fnb\_outlets@sgcc.com.sg**



# BOOK A CHEF

*For a Very Special Dining Experience*



Planning a special  
get-together with  
family and friends?

- \*min 4 pax for customised menu
- \*\$300 and above
- \*3 weeks advance notice

Talk to us at Garden Grill and our Chef will curate a menu that would satisfy your palate and that of your guests.



Scan for Chef's selection.



Garden Grill opens daily:  
Weekdays: 12pm - 3pm | 6pm - 10pm  
Weekends/PH: 8.30am - 3pm

Let us work the magic for you!  
Call Garden Grill at 6398 5313.



# Yuletide Classics for Pre-Order

Get ready for some festive feasting with family and friends this Christmas!

Pre-orders start from 23 November 2024. All orders must reach us by 15 December 2024. Order before 8 December 2024 to enjoy a 10% Early-Bird Discount!

Order collection starts from 4 December 2024. For collections on 24 and 25 December, timings will only be from 11am - 4pm.

	WEIGHT APPROXIMATE BEFORE ROASTING	UNIT PRICE*
<b>FESTIVE ROASTS</b>		
Traditional Roasted Whole Turkey with Chestnut Stuffing <i>Served with Turkey Jus and Cranberry Sauce</i>	5kg	\$158
Baked Honey-Glazed Ham (Crosscuts) <i>Served with Tangy Pineapple Sauce</i>	2kg	\$75
BBQ Roasted Pork Ribs	1kg	\$60
Five-spiced Roast Lamb Leg (Boneless)	2kg	\$148
Thirteen-spiced NZ Angus Rib-eye <i>Served with Madagascar Black Pepper Sauce</i>	2kg	\$168
<b>SOUP &amp; SIDES</b>		
Cream of Butternut Pumpkin with Pinenuts	1lit	\$32
Creamy Mushroom Soup	1lit	\$32
Winter Cobb Salad	500gm	\$32
Chicken Caesar Salad	500gm	\$32
Mashed US Potato with Gravy Sauce	1kg	\$25
<b>CAKE &amp; PASTRIES</b>		
Old-Fashioned Fruit Cake	1kg	\$38
Classic Tiramisu	1kg	\$38
Pistachio Crème Brulee	1kg	\$38

**CHRISTMAS COMBO**

**Jingle All The Way Festive Combo (serves 6 persons)** \$208 (UP: \$240)

- Traditional Roasted Whole Turkey with Chestnut Stuffing  
*Served with Turkey Jus and Cranberry Sauce*
- Cauliflower au Gratin
- Mashed Potato with Gravy Sauce
- Cream of Butternut Pumpkin with Pinenuts

**Yuletide Classic Combo (serves 10 persons)** \$318 (UP: \$353)

- Traditional Roasted Whole Turkey with Chestnut Stuffing  
*Served with Turkey Jus and Cranberry Sauce*
- Baked Honey-Glazed Ham (Crosscuts)  
*Served with Tangy Pineapple Sauce*
- Cauliflower au Gratin
- Mashed Potato with Gravy Sauce
- Creamy Mushroom Soup
- Pistachio Crème Brulee

\* Prices include GST

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

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**KENSINGTON BALLROOM**  
SERANGOON GARDENS COUNTRY CLUB

EARLY BIRD (BEFORE 23 AUG 2024)  
MEMBER: \$108 | NON-MEMBER: \$118  
AFTER EARLY BIRD  
MEMBER: \$118 | NON-MEMBER: \$128

DOOR: 7.30PM  
SHOW: 8.00PM  
END: 10.30PM

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**Live Concert:** Enjoy the fabulous hits of ABBA performed live.

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# Hungry for Hungarian

Csilla Kicsi

What are the traditional dishes and cooking techniques associated with Hungary? Who better to wax lyrical about this topic than a Hungarian who has mastered several of these tasty treats.

**P**aprika — that's the secret ingredient that adds spirit to any traditional Hungarian dish! That's what Csilla Kicsi is keen to share.

And Csilla should know. Although based in Singapore since 2019, the retired teacher was born in Hungary and is skilled at preparing more than a handful of dishes from her homeland.

"I was born into a farmer family in the countryside of eastern Hungary. Traditional, homemade cooking has been part of my everyday life since I was a child," Csilla says. Because her parents worked in the city, Csilla

grew up with her grandparents in the countryside. "Nagyi ('grandmother' in Hungarian) cooked and baked daily. She provided nutritious food for our large multigenerational family."

In addition, Csilla has turned her passion for cooking into a second profession as a community chef. "I've worked mainly in Hungarian Social Clubs and children's camps all over Europe, Canada, Australia and now in Singapore," she states. "The big challenge for me is to keep the recipes as authentically Hungarian as possible while using mainly locally available ingredients."

Ironically, the first dish that Csilla mastered was not taught to her by her grandmother. "Although she was the master chef in the family, I learnt to make my first significant dish — lamb goulash — from my grandfather," she reveals. She adds that this delicious stew is usually prepared in a special cauldron known as a 'bogracs', which is designed for open-fire cooking. "This is my favourite food forever!"

## Traditional Hungarian dishes

According to Csilla, Hungarians were nomads before they arrived in the area that is now the country of Hungary at the end of the 9th century. They have maintained their gastronomical traditions throughout all this time. During their nomadic days, they ate whatever was available, such as sweet water fish, wild meats from hunting, and vegetables provided by Mother Nature. Their cooking practices were also influenced by the seasons, including long, cold winters. As such, body- and spirit-warming stuffed and roasted meats as well as fermented pickles are evergreen favourites to this day.

Csilla remarks that slow-cooking cabbage rolls, kneading dough with love and patience, preserving fruits, preparing jams, fermenting cabbage, and devoting time to make different pickles are "all key techniques of the Hungarian gastronomical miracle".

Traditional Hungarian dishes



The retired teacher has turned her passion for cooking into a second profession as a community chef.

vary regionally. "People usually use ingredients that are available at their location," Csilla explains. "My village, Besenyszög, is located about 100km from the capital, Budapest. It's in the agricultural area of the country, where every family has domesticated animals besides wheat cultivation. Those are their main food supplies."

Naturally, the signature dishes from the region Csilla hails from are based on meat and bread baked from grains and spelt wheat. "Most traditional foods are simple; most of the time, they require at most four ingredients. Almost every meal includes bread," she describes.

Although people tend to use whatever ingredients they have around them, they are willing to travel — sometimes for more than 100km! — for good-quality paprika, a vital ingredient Csilla praises as the "spirit of most traditional Hungarian dishes".

### Cultural insights

Here in Singapore, many locals greet each other with the enquiry: "Have you eaten yet?" There is a similar custom in Hungary, but they say "What are we eating?" instead. Csilla says that guests often head directly to the dining table right after stepping into the host's house.

Winter is a big deal for Csilla, and not just because of Christmas. "Families in villages still observe the Pig Feast during wintertime," she reveals. "The local butcher drops supplies to people's homes. The whole family prepares food from the pig, such as sausage, bacon and smoked meat. They then invite friends over for a feast."

Although tradition is heavily respected in Hungarian gastronomy, Csilla assures that Hungarian chefs are versatile and have adapted to international trends, such as adopting eco-friendly cooking practices and

catering to vegetarians and vegans. Saving her best tip for last, she advises Members to approach the friendly people of the Hungarian community in Singapore and "they will invite you for a traditional meal, and you can learn easily how to prepare Hungarian food".

### What is paprika?

Paprika is a spice made from dried, ground red peppers. It is traditionally made from *Capsicum annum* varieties in the Longum group. Paprika can have varying levels of heat, but the chilli peppers used for hot paprika tend to be milder and have thinner flesh than those used to produce chilli powder.





































### Guest chef in October 2024

Csilla Kicsi is SGCC's Guest Chef for October 2024, when the Club will feature a full-fledged Hungarian menu. This event is part of the inaugural Hungarian Cultural Month, organised by the Hungarian embassy in Singapore. Call Garden Grill at 6398 5313 to reserve a table!






































Csilla assures that Hungarian chefs are versatile and have adapted to international trends.

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<p><b>1</b></p> <p>Hungarian Cuisine <b>Garden Grill</b> 12pm; 6pm (whole month)</p> <p>Squash Social Night <b>Squash Courts</b> 6pm - 9pm</p> 	<p><b>2</b></p> <p>Itslawlepop <b>Crossroads Lounge</b> 8pm</p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm</p>  	<p><b>3</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm - 8pm</p> 	<p><b>4</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> from 8.45pm</p> 	<p><b>5</b></p> <p>In-House Music <b>Club 22</b> 7.30pm</p> <p>Information Disinformation Misinformation - Facts to Fakes Talk by Randy Sng <b>Casuarina Room</b> 10am - 12pm</p> 	<b>6</b>	
<p><b>7</b></p> <p>Music Monday <b>Club 22</b> 12.45pm</p> 	<p><b>8</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm - 9pm</p> 	<p><b>9</b></p> <p>Itslawlepop <b>Crossroads Lounge</b> 8pm</p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm</p>  	<p><b>10</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm - 8pm</p> 	<p><b>11</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> from 8.45pm</p> <p>Tennis Social Night <b>Tennis Courts</b> 8pm - 10pm</p>  	<p><b>12</b></p> <p>In-House Music <b>Club 22</b> 7.30pm</p> <p>World Squash Day @ SGCC <b>Squash Courts</b> 3pm</p>  	<b>13</b>	
<b>14</b>	<p><b>15</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm - 9pm</p> 	<p><b>16</b></p> <p>Itslawlepop <b>Crossroads Lounge</b> 8pm</p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm</p>  	<p><b>17</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm - 8pm</p> 	<p><b>18</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> from 8.45pm</p> <p>Tribute to The Beatles by The Fabfour <b>Kensington Ballroom</b> 7.30pm</p>  	<p><b>19</b></p> <p>DJ Dennis Goh <b>Club 22</b> 7.30pm</p> <p>Deepavali Bazaar <b>Main Lobby</b> 12pm - 8pm</p>  	<b>20</b>	
<b>21</b>	<p><b>22</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm - 9pm</p> 	<p><b>23</b></p> <p>Itslawlepop <b>Crossroads Lounge</b> 8pm</p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm</p>  	<p><b>24</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm - 8pm</p> 	<p><b>25</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> from 8.45pm</p> <p>Tennis Social Night <b>Tennis Courts</b> 8pm - 10pm</p>  	<p><b>26</b></p> <p>DJ Dennis Goh <b>Club 22</b> 7.30pm</p> <p>Halloween Cupcake Décor Workshop <b>Casuarina Room</b> 10.30am - 12pm</p>  	<b>27</b>	
<b>28</b>	<p><b>29</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm - 9pm</p> 	<p><b>30</b></p> <p>Itslawlepop <b>Crossroads Lounge</b> 8pm</p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm</p>  	<p><b>31 DEEPAVALI</b></p> <p>Deepavali Tea Dance with Live Band Sound Sensation <b>Club 22</b> 2pm - 5pm</p> <p>Squash Social Night <b>Squash Courts</b> 5pm - 8pm</p>  				



## NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>1</b> The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm 	<b>2</b> DJ Dennis Goh <b>Club 22</b> 7.30pm 	<b>3</b>
	<b>4</b> Squash <b>Social Night Squash Courts</b> 6pm - 9pm	<b>5</b> Itslawlepop <b>Crossroads Lounge</b> 8pm Table Tennis <b>Social Practice Squash Court 4</b> 2pm - 4pm 	<b>6</b> Squash <b>Social Night Squash Courts</b> 5pm - 8pm	<b>7</b> The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm 	<b>8</b> DJ Dennis Goh <b>Club 22</b> 7.30pm 	<b>9</b>
	<b>10</b> Squash <b>Social Night Squash Courts</b> 6pm - 9pm 	<b>11</b> Itslawlepop <b>Crossroads Lounge</b> 8pm Table Tennis <b>Social Practice Squash Court 4</b> 2pm - 4pm 	<b>12</b> Squash <b>Social Night Squash Courts</b> 5pm - 8pm 	<b>13</b> The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm 	<b>14</b> DJ Dennis Goh <b>Club 22</b> 7.30pm 	<b>15</b>
	<b>16</b> Squash <b>Social Night Squash Courts</b> 6pm - 9pm 	<b>17</b> Itslawlepop <b>Crossroads Lounge</b> 8pm Table Tennis <b>Social Practice Squash Court 4</b> 2pm - 4pm 	<b>18</b> Squash <b>Social Night Squash Courts</b> 5pm - 8pm 	<b>19</b> The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm 	<b>20</b> DJ Dennis Goh <b>Club 22</b> 7.30pm 	<b>21</b>
	<b>22</b> Squash <b>Social Night Squash Courts</b> 6pm - 9pm 	<b>23</b> Itslawlepop <b>Crossroads Lounge</b> 8pm Table Tennis <b>Social Practice Squash Court 4</b> 2pm - 4pm 	<b>24</b> Squash <b>Social Night Squash Courts</b> 5pm - 8pm 	<b>25</b> The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm 	<b>26</b> DJ Dennis Goh <b>Club 22</b> 7.30pm 	<b>27</b>
	<b>28</b> Squash <b>Social Night Squash Courts</b> 6pm - 9pm 	<b>29</b> Itslawlepop <b>Crossroads Lounge</b> 8pm Table Tennis <b>Social Practice Squash Court 4</b> 2pm - 4pm 	<b>30</b> Squash <b>Social Night Squash Courts</b> 5pm - 8pm 	<b>31</b> The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm 	<b>32</b> DJ Dennis Goh <b>Club 22</b> 7.30pm 	<b>33</b>
	<b>34</b> Squash <b>Social Night Squash Courts</b> 6pm - 9pm 	<b>35</b> Itslawlepop <b>Crossroads Lounge</b> 8pm Table Tennis <b>Social Practice Squash Court 4</b> 2pm - 4pm 	<b>36</b> Squash <b>Social Night Squash Courts</b> 5pm - 8pm 	<b>37</b> The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm 	<b>38</b> DJ Dennis Goh <b>Club 22</b> 7.30pm 	<b>39</b>
	<b>40</b> Squash <b>Social Night Squash Courts</b> 6pm - 9pm 	<b>41</b> Itslawlepop <b>Crossroads Lounge</b> 8pm Table Tennis <b>Social Practice Squash Court 4</b> 2pm - 4pm 	<b>42</b> Squash <b>Social Night Squash Courts</b> 5pm - 8pm 	<b>43</b> The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm 	<b>44</b> DJ Dennis Goh <b>Club 22</b> 7.30pm 	<b>45</b>

# Feathered Friends

Did you know that Singapore's Sungei Buloh Wetland Reserve is a globally recognised bird sanctuary? Get to know some of its avian residents.

## Common Redshank

Although Singapore is ranked third in the world in terms of population density (8,592 people per square km), it has successfully integrated numerous green and recreational spaces, earning it the nickname Garden City.

One of these spaces is the Sungei Buloh Wetland Reserve, located in the island's northwest. It's an important refuge for migratory birds escaping the winter cold of their breeding grounds in the Northern Hemisphere, especially Siberia, making their way to Australia. It is such an important stop-over point for these birds that it was added to the East Asian Australasian Shorebird Site Network, and listed as an ASEAN Heritage Park in 2003.

If you're keen to spend some time at Sungei Buloh Wetland Reserve, here are five species of our avian friends you're likely to spot there.

## Common Redshank (*Tringa Totanus*)

Commonly found in the wetland between August and April, this species can be identified by its long,



Whimbrel

orange-red legs and relatively long, stout bill. They can start arriving in Singapore as soon as July and usually originate from China, Mongolia, and the far eastern parts of Russia. They are threatened by habitat loss, such as the drainage of inland wetlands for agriculture and other human development.

## Whimbrel (*Numenius Phaeopus*)

You can identify this species by its bluish-grey legs and down-curving beak, which is about twice the length of its head. For the past few



Asian Dowitcher

years, during the migratory months, about 200–300 sightings have been recorded in the wetland. The peak count was in November 2003, when over 440 Whimbrels were sighted and documented here. They were hunted during their migrations at the end of the 19th century, but their global numbers are stable again.

## Asian Dowitcher (*Limnodromus Semipalmatus*)

If you manage to catch a glimpse of this beautiful species, consider yourself lucky. They are fleeting visitors, usually stopping here for just one day. With an estimated global population of about 23,000, they are listed as Near Threatened on the International Union for Conservation of Nature (IUCN) red list of threatened species.



Pacific Golden Plover



**Pacific Golden Plover**  
*(Pluvialis Fulva)*

Like the Common Redshank, the Pacific Golden Plover is best spotted here between August and April. Sungei Buloh is a vital pitstop for this species after they lift off from Siberia and Alaska. During breeding season, the underside of their body turns black; by the time they make their way here, they are pale brown in appearance. Their global population is, unfortunately decreasing even though they are a protected species.

**Mongolian Plover**  
*(Charadrius Mongolus)*

This species is another that sports different colours during and after breeding season. Their basic plumage is mostly sandy brown, but by the time they arrive in Singapore — usually from September to December — during breeding season, the sides of their neck and broad breast-band turn rust-red. They are here to avoid the freezing temperatures of places like Mongolia, Tibet and the Himalayas. While they are threatened by degradation and loss of habitat caused by agriculture expansion and tourism disturbance, the species is not globally endangered.

**Tips for a day out bird-watching**

- Wear comfortable clothes in light colours (long pants and long-sleeved shirts are best to stave off mosquitoes)
- Slip on comfortable walking shoes with socks
- Slap on a hat in non-bright colours
- Pack drinking water and some snacks
- Bring a pair of binoculars to help you see more clearly
- Bring a pen and notebook to jot down your observations
- Do not frighten the birds, and leave nesting birds alone



Mongolian Plover



# PAST EVENTS

## DARTS END OF TERM TOURNAMENT



The 4 winners!



Lucky draw prizes



Winners with the prize money



Birthday celebration for Convener Ramel Ang

The Darts End Of Term Tournament was held on 27 July 2024 at the Crossroads Lounge, bringing together 22 passionate players for an exciting day of competition from 2pm to 8pm. The event featured a series of challenging matches, beginning with Set 1: Single in Single out 501, followed by Set 2: Doubles in Double out 301. The competition intensified with a Rubber Set of Doubles in Double out 501, culminating in a thrilling Last Man Standing round.

After a day filled with skillful throws and intense rivalries, players gathered for a prize presentation ceremony after dinner. The tournament saw Francis Tay emerge as the champion, followed by Willam Ng as the runner-up. Ramel Ang claimed the 2nd runner-up spot, and Yoong Fah Kong rounded out the top performers as the 3rd runner-up. The event was a fantastic conclusion to the term, celebrating camaraderie, sportsmanship, and the shared passion for darts.



Darts End of Term Tournament players

## JUNIOR BOWLING CHAMPIONSHIP



Junior Bowling Championship young bowlers

The Junior Bowling Championship held on 26 July 2024 at Gardens Bowl brought together 16 young bowlers for an exciting competition. In Boys & Girls Category A (13 years old & above), Darryl Kwek emerged victorious with a pinfall of 1028, narrowly beating John Faragalla who scored 1027, and Zachary Kwong who secured third place with 998 pinfalls. In Boys & Girls Category B (12 years old & below), Bella Chua claimed first place with 816 pinfalls, followed by Lloyd Chee with 776 pinfalls, and Hng Heng rounding out the top three with 682 pinfalls. The event showcased the incredible talent and determination of these young athletes.



Cat A 1st: Darryl Kwek



Cat A 2nd: John Faragalla



Cat A 3rd: Zachary Kwong



Cat B 1st: Bella Chua

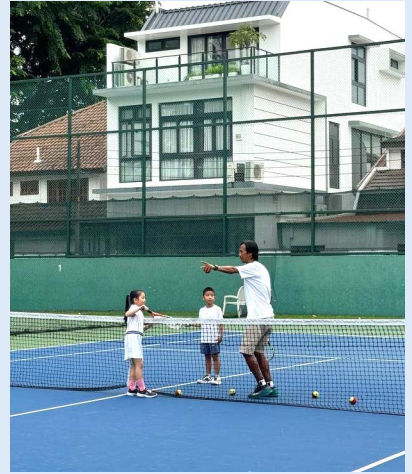


Cat B 2nd: Lloyd Chee



Cat B 3rd: Hng Heng

## TENNIS JUNIOR CHAMPIONSHIP



The young tennis players battling it out on the court

The Tennis Junior Championship, held on 23 June 2024 at the Tennis Courts, was an exhilarating showcase of young talent across various age groups, from under 8 to under 16. With a total of 30 participants, the tournament was filled with intense matches, as players competed in multiple divisions. The event kicked off with the youngest players, setting the tone for a day of spirited competition.



8U Div 1 Joint 3rd: Arjun Singh



8U Div 1 Joint 3rd: Collin Philippsen



8U Div 1 2nd: Jordan Chow



8U Div 1 1st: Ian Loh



8U Div 2 Joint 3rd: Kayden Kwan & Brian Gomez



10U Div A Joint 3rd: Ian Loh & Charlotte Lee



10U Div A 1st: Constantin Philippsen



12U Plate 1st: Charlotte Lee



12U Main 1st: Timothy Lee



12U Main 2nd: Shaun Loh



14U Plate 2nd: Jalen Wong



14U Main 2nd: Kyra Lee

## UPCOMING EVENTS

## BOWLER OF THE YEAR 2024



Those up for a challenge can now take part in the Bowler of the Year Qualifying Round. This quarter, put your skills to the test on the NAG 2024 48ft oiling pattern. Don't miss the opportunity to qualify and advance to the Finals held later in December!

**Date/Day:** Qualifying Round:

1st Oiling: 1 April to 30 June 2024

2nd Oiling: 1 July to 30 September 2024

3rd Oiling: 1 October to 30 December 2024

**Final Date:\***

Ladies: 4 January 2025

Men: 5 January 2025

*\*subject to change*

**Time:** 2pm onwards (Mon-Fri & Eve of PH)  
11am onwards (Sat, Sun & PH)

**Venue:** Gardens Bowl**Format:** 1 attempt (3 games)**Fee:** \$12.50\**\*Price includes GST, for Members only*

Zaleha at 6398 5373 or zaleha@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 getting opportunities to improve your own skills.

**Day:** Every Wednesday**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

## SQUASH SOCIAL NIGHT



Come on down and enjoy an evening of casual squash with fellow SGCC squash players. No bookings are required. Just show up and play!

**Day/Time:** Every Tuesday, 6pm-9pm; and Thursday, 5pm-8pm

**Venue:** Squash Courts  
(Please sign in at the gym counter before proceeding with your games)

**Fee:** Free for SGCC Members

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

## TENNIS SOCIAL NIGHT

Keen to swing a tennis racket? On selected Friday nights in October and November, it is open to all adult Members, regardless of skill level.

**Date:** 11 & 25 October / 8 & 22 November

**Time:** 8pm-10pm

**Venue:** Tennis Courts

**Fee:** Free for SGCC Members



Ashley Toh at 6398 5327 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

# CLASSES

## K-POP DANCE CLASS FOR BEGINNERS



This beginners dance class is based on popular K-pop tunes. Simple dance choreography will be taught each week to a K-pop song. Come join in the fun!

### 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 keeps herself abreast of the latest moves by attending workshops and classes in Singapore and overseas.

<b>Day:</b>	<b>Saturdays</b>
<b>Time:</b>	<b>11am to 12pm</b>
<b>Venue:</b>	<b>Aerobics Studio</b>
<b>Fee:</b>	<b>\$68.67*</b> (Member) <b>\$91.56*</b> (Guest)
	Eligible for Members aged 18 years and above

*\*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)

## 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.

<b>Day/Time:</b>	<b>Thursdays, 7.45pm–8.45pm</b>
<b>Venue:</b>	<b>Aerobics Studio</b>
<b>Fee:</b>	<b>\$68.67*</b> (Member)   <b>\$91.56*</b> (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)



## 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 providing 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

ABToluteSCULPT 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 offering personal training. He has taught in various countries, including Singapore, Thailand and the USA.

**Day/Time:** Fridays, 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*

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  
**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:** Tuesdays, 7.30pm–8.30pm  
Wednesdays, 10am–11am  
**Venue:** Aerobics Studio  
**Fee:** \$95.92\* (Member) | \$118.81\* (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

## COOL WATER WORKOUT



Dislike 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

**Venue:** Swimming Pool

**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

## 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

## 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.

**Venue:** Swimming Pool

**Fee:** 2 Sessions/Week

\$109.00\* (Member) | \$130.80\* (Guest)

**Unlimited Sessions**

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

## COMPETITIVE & JUNIOR COMPETITIVE TRAINING PROGRAMME



The Competitive Swim Pathway caters for experienced swimmers seeking to compete at a national level competition.

**Venue:** Swimming Pool

**Fee:** Unlimited Sessions

\$130.80\* (Member only)

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).

Note: Lesson fees are NOT subject to be prorated in the event of public holidays if there is a fifth week in the month

\*Price includes GST

Daniel Chong at 6398 5351 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)

## 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.

**Venue:** Swimming Pool

**Fee:** 1 Session/Week

\$76.30\* (Member) | \$98.10\* (Guest)

2 Sessions/Week

\$98.10\* (Member) | \$141.70\* (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).

\*It is for 4 lessons a month; there will be additional charges if there are 5 lessons in a month

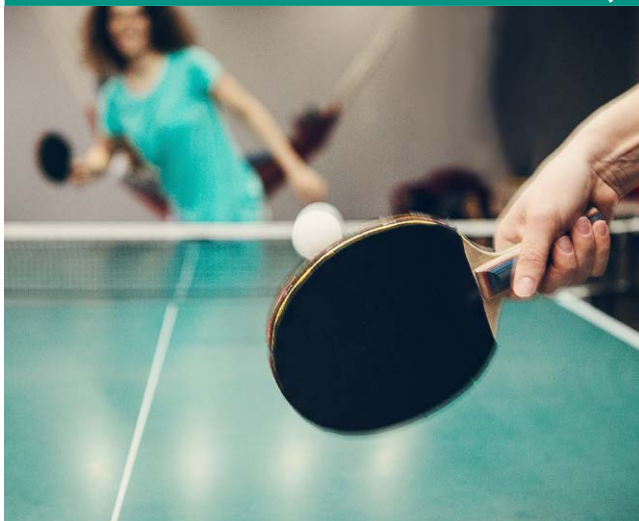
\*Price includes GST

Scan the QR code for the schedule of the three programmes



Julia Kong at 6398 5352 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:** \$45.78\* (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

**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

**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\*  
 (4 sessions)  
**Pre-performance Level: \$130.80\***  
 (4 sessions)  
**Performance Level: \$174.40\***  
 (4 sessions)

**Min/Max:** 5/10 participants

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

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

## BOWLING COACHING

Pick up bowling skills or improve your game through group or private coaching.



### About the Trainers

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.

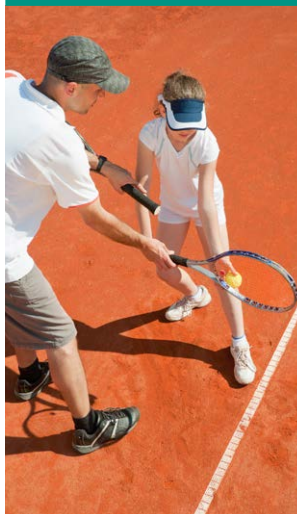
**Min/Max:** 3/8 participants  
**Venue:** Gardens Bowl  
**Fee:** **Group Coaching**  
 \$46.65\* (Member) | \$58.32\* (Guest)

**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

## 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  
 Fridays, 5pm–6pm  
**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  
 Thursdays, 6pm–7.30pm  
**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** 3 students to start

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

## TAIJIQUAN (BEGINNER)



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

**About the Trainer**

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

**Day/Time:** Sundays, 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

## 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**

Shifu Li Yuhua, the 22nd Generation Lineage Holder of Zi Wu Men Gongfu began her martial arts journey under her great-grandfather's tutelage. She has won numerous awards, including a 7th-degree black belt from the International San Shou Dao Association. Recognised as one of the 100 Extraordinary Masters of the World in 2009 and 2010, she received the Distinguished Contribution to the Advancement of Martial Arts award in 2013.

**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:** 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

## ZI WU MEN GONG FU

**About the Trainer**

Shifu Li Yuhua, the 22nd Generation Lineage Holder of Zi Wu Men Gongfu began her martial arts journey under her great-grandfather's tutelage. She has won numerous awards, including a 7th-degree black belt from the International San Shou Dao Association. Recognised as one of the 100 Extraordinary Masters of the World in 2009 and 2010, she received the Distinguished Contribution to the Advancement of Martial Arts award in 2013.

**Day/Time:** Wednesdays, 4.30pm–5.30pm  
**Venue:** Club 22  
**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.

Zi Wu Men Gong Fu is a traditional Chinese martial art with a 900-year-old history. A holistic practice, it not only improves physical fitness and motor skills, but also builds strength, flexibility and endurance while promoting mental focus and concentration.

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

## 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

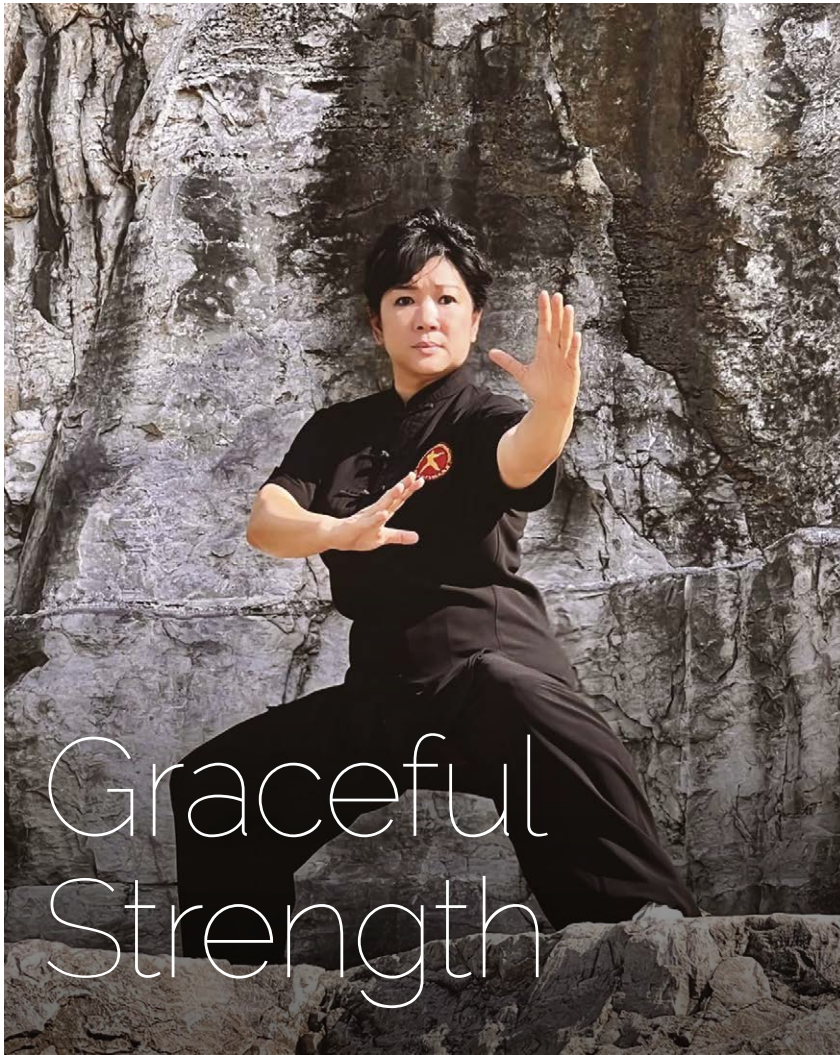
**Day/Time:** Fridays, 8pm–9pm  
**Fee:** \$87.20\* (Member) | \$98.10\* (Guest)

### 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



As a gongfu trainer at SGCC, she wields a sword and a paintbrush with equal grace, mastering both canvas and the dojo with the same deft skill.

For someone who is an expert in the tough and macho techniques of gongfu, Jennifer Lee sure has some dainty hobbies. Besides painting ("Chinese water colour and acrylic"), she loves to cook and bake. "You name it, I can cook it... well, almost anything," she boasts, adding that her speciality is Peranakan dishes. "With a Peranakan heritage, it's only natural that I'd specialise in Peranakan cuisine."

Career-wise, she had harboured hopes of becoming a veterinarian, "but the course of study wasn't available locally, and it was not possible for me to pursue it abroad".



Lee was listed in the *Singapore Book of Records* in its 2016, 2023 and 2024 editions.

### Starting young

Lee started her gongfu training when she was nine years old. "My great-grandfather, my mother's grandfather, started teaching me when he was about 70," she reveals. Due to his work as a fisherman, he appeared weathered. "To my young eyes, he looked like he was 100 years old!" Another pugilist in Lee's family was her paternal grandfather, who was an avid boxer. "Tracing further back up the family tree for several generations, there were military fighters," she discloses.

However, Lee says that no one in the family was interested in gongfu as it was believed that the practice could not support the family. Despite this, she was inspired to go deeper into it and underwent extensive training in China, Thailand, Australia and Indonesia.

Lee now possesses a seventh-degree black belt from the International San Shou Dao Association, which has affiliates worldwide and recognises martial artists across all disciplines. The association also honours those who have contributed to the propagation of martial arts and achieved a certain level of competence.

With martial arts being such a male-dominated sport, Lee believes that her greatest achievement is not the medals she has won over the years, "but the acceptance and recognition I've received". She also





Lee preparing to show off her gongfu prowess.



Lee has written books on using gongfu techniques to improve health.



Lee specialises in the Zi Wu Men style of gongfu.

feels that having opportunities to teach internationally "is a significant accomplishment for me". Lee has also written several books on various aspects of gongfu, particularly in the area of using gongfu techniques to improve health. She was also listed in the *Singapore Book of Records* in its 2016, 2023 and 2024 editions.

### Specialising in Zi Wu Men gongfu

Lee specialises in the Zi Wu Men style of gongfu and is the movement's current and 22nd generation lineage holder, unanimously voted and recommended by the veterans of the school.

Lee explains that Zi Wu Men is a comprehensive traditional martial art with a 900-year history, and is recognised as an Intangible Cultural Heritage of China. It encompasses both external and internal forms, including meditation, *daoyin* (a form of breathing technique), herbal medicine, bare-fist techniques, and weapon techniques.

The external forms are characterised by short, quick, and explosive movements; the internal forms focus on developing tendon and bone strength, with a strong emphasis on breathing techniques. Many closed-door techniques are taught only to a select group of disciples.

Practitioners can expect significant health benefits, such as physical endurance, vibrant energy, balanced emotions, physical strength, better coordination, enhanced brain function, and improved flexibility.

As the movement's lineage holder, Lee assumes the global role as head and principal. "Leadership is not automatically passed down within the immediate family," she elaborates. "Instead, it's handed down to the most competent individual, who must possess virtues such as wisdom, integrity, dedication, and the ability to guide and lead with compassion and strength." This is a testament to Lee's dedication and standing within the movement.

### Universal gongfu concepts

Whatever style of gongfu one decides to train in, some concepts are fundamental across the gongfu board. Lee explains a few:

#### Stance & Posture

Proper stances and posture form the foundation of all movements and techniques. They ensure stability, balance and power, and are important for structural alignment.

#### Breathing Techniques

Controlled breathing is essential for maintaining energy, focus and endurance. It also plays a crucial role in internal forms and meditation practices.

#### Sequences & Patterns

Practising sequences of movement helps to develop coordination, muscle memory, and understanding of the flow of techniques.

#### Internal & External Training

Gongfu traditions emphasise both internal (meditation, *qigong*, *daoyin*) and external (physical conditioning, strength, flexibility) training to achieve a harmonious balance of mind and body.

#### Discipline & Respect

Discipline, and respect for the teacher, fellow students, and the tradition itself are core values in gongfu.

**Qi**, often translated as 'energy' or 'life energy', is a fundamental concept in Chinese philosophy and traditional Chinese medicine. It is believed to be the vital force that animates all living things and is present in the universe.

Keen to train under Jennifer Lee? She teaches 'Happy Neigong' as well as 'Zi Wu Men Gongfu' classes in SGCC. Refer to the Sports & Recreation section of this magazine for more details.

## Line Dance

Learn basic steps or pick up complex dance routines according to your ability at our dance classes and impress your buddies with your newly acquired steps.

**Day/Time:**

**Advanced Line Dance:**

Mondays, 4pm – 6pm  
(ongoing)

**Intermediate Line Dance:**

Tuesdays, 2pm – 4pm  
(ongoing)

**High Beginners:**

Wednesdays,  
2.30pm – 4pm  
(ongoing)

**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.*



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

## Social Dance (New Lesson)



Always wanted to look good on the dance floor? Here's your chance to pick up the nuances of social dance.

**Day:**

**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*

**About the trainer**

Dennis Ng has been teaching social dance since 2007 at community clubs, private clubs and country clubs. He achieved a Teacher of Dancing Associate certificate in November 2006 with a Highly Commended grading in the Latin American category.

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

## Christmas Tree Brownies Baking Class



Join us for a holiday adventure! Kids will bake brownies from scratch and decorate them into their own Christmas Trees creations using icing and other fun toppings. It's going to be a creative, merry time to enjoy baking and holiday cheer. Don't miss out on this sweet, edible celebration!

**Date/Day:**  
7 December 2024, Saturday

**Time:**  
10.30am-12.30pm

**Venue:**  
Club Twenty-Two

**Fee:**  
\$49.05\* (Junior Gems) | \$52.32\* (Member) | \$53.41\* (Guest)

**Make 3 pieces Christmas Tree Brownie +  
2 pieces off-cuts of Brownies**

*\*Price includes GST. Applicable for minimum spending.*

**Min:**  
8 participants

**Closing date:**  
22 November 2024, Friday



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

## Deepavali Bazaar

Explore a variety of lively stalls showcasing Indian clothing, accessories, sweets, henna, nail art, spice and curry tastings, and much more. Everyone is invited to join in the fun!

**Day:** 19 October 2024,  
Saturday  
**Time:** 12pm – 8pm  
**Venue:** Main Lobby  
**Min:** 15 to 18 stalls



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

## Gingerbread House Workshop



The Christmas season is warm, cozy, and inviting, and it may evoke feelings of nostalgia for holiday baking of freshly baked cookies and gingerbread spices wafting through the air and family gatherings. Join us this December and create your very own gingerbread house with Chef Lim Her-Yi, the founder and owner of Bud Of Joy Organic Bakery. This workshop promises to be a delightful experience for all ages.

**Date/Day:** 21 December 2024, Saturday

**Time:** 10.30am to 12.30pm

**Venue:** Club Twenty-Two

**Fee:** \$53.41\* (Junior Gems)

\$56.68\* (Member)

\$57.77 (Guest)

*\*Price includes GST.  
Applicable for minimum spending.*

**Min:** 10 participants

**Closing date:** 6 December 2024, Friday

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

Make  
Your Own:

# Chicken Makhani

## (Indian Butter Chicken)

This butter chicken recipe, also known as chicken makhani, is one of my absolute favourites from Indian cuisine. The rich, flavourful sauce perfectly complements the tender chicken, and you can easily adjust the cayenne to make it as mild or spicy as you like. Pair it with basmati rice and naan bread for a delicious meal.

### Ingredients:

- ✓ 2 tablespoons peanut oil, divided
- ✓ 1 shallot, finely chopped
- ✓ ¼ white onion, chopped
- ✓ 2 tablespoons butter
- ✓ 1 tablespoon ginger-garlic paste
- ✓ 2 teaspoons lemon juice
- ✓ 2 teaspoons garam masala, divided
- ✓ 1 teaspoon chili powder
- ✓ 1 teaspoon ground cumin
- ✓ 1 bay leaf
- ✓ 1 cup tomato purée
- ✓ 1 cup half-and-half
- ✓ ¼ cup plain yogurt
- ✓ Pinch of salt and ground black pepper, to taste
- ✓ 1 pound boneless, skinless chicken thighs, cut into bite-size pieces
- ✓ ¼ teaspoon cayenne pepper, or to taste
- ✓ 1 tablespoon cornstarch
- ✓ ¼ cup water

### Method:

1. Heat 1 tablespoon of oil in a large saucepan over medium-high heat. Sauté the shallot and onion until soft, about 5 minutes.
2. Add butter, ginger-garlic paste, lemon juice, 1 teaspoon garam masala, chili powder, cumin, and bay leaf. Stir for 1 minute. Add tomato purée and cook for 2 minutes, stirring frequently.
3. Stir in the half-and-half and yogurt. Reduce the heat to low and simmer for 10 minutes, stirring often. Season with salt and pepper, then remove from heat.
4. Heat the remaining 1 tablespoon of oil in a large skillet over medium heat. Cook the chicken until lightly browned, about 10 minutes.
5. Reduce the heat and season with the remaining garam masala and cayenne. Add a few spoonfuls of sauce and simmer until the chicken is cooked through. Then, mix the chicken into the sauce.
6. Dissolve cornstarch in water and mix it into the sauce. Cook for 5-10 minutes until thickened.
7. Serve over rice with naan.





# 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.

**All these for  
\$27.25\* per annum!**  
*\*Price includes GST  
(auto-renewal of membership  
till 12 years old)*

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



**Particulars of Applicant**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

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

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**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: banquet-sales@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

**WOW (Whisky. Others. Wine.)**

Tel: 87850056  
Tue–Sun/PH: 12pm–8pm  
Closed every Mon (unless it is a PH)

**MANAGEMENT STAFF****General Manager**

Mark James 6398 5329  
Email: mark\_james@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**

Doris Ong 6398 5366  
Email: doris\_ong@sgcc.com.sg

**Membership, Marketing &  
Communications Manager**

Ivonn Law 6398 5320  
Email: ivonn\_law@sgcc.com.sg

**Security Operations Manager**

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

**Facilities, Maintenance  
& Safety Manager**

Kelvin Ng 6398 5311  
Email: kelvin\_ng@sgcc.com.sg

**Sports & Recreation Manager**

Stanley Cornelius 6398 5372  
Email: stanley\_cornelius@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**

Daniel Chong 6398 5351

**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: banquet-sales@sgcc.com.sg

**Advertisement Bookings**

Ivonn Law 6398 5320  
Email: ivonn\_law@sgcc.com.sg

**Data Protection Officer**

Email: dpo@sgcc.com.sg



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