

Roaring into the Lunar New Year!

What are your prospects
in the Year of the Tiger?
Check out your fortune on page 2.



5

Extraordinary General Meeting



17

A Penang Connection



32

Ode to a Rose

CONTENTS

FEBRUARY • MARCH 2022



16

MESSAGE

- 1 President's Message

CLUB NEWS

- 4 Christmas Light-Up 2021
5 Extraordinary General Meeting
6 Welcome List

FOOD & BEVERAGE

- 7 French Polynesian Cooking
8 French Basque Cooking
9 Eat Drink Earn
10 This Valentine's Day,
Celebrate your Love in Style
11 Chinese New Year Festive Delicacies
12 Special Chinese New Year
Set Menu at Atrium Café
13 Italian Wine Pairing Dinner
14 Japanese Whisky Dinner
15 Beverage Promotion for
February & March

CALENDAR OF EVENTS

- 18 February 2022
19 March 2022

SPORTS & RECREATION

- 22 Bowlers of the Year
22 9-Pin Tap Competition
23 Tennis Junior Championship
23 44th Inter-Team Bowling Trios League
24 Quarterly Bowl 2021 (November)
24 Tennis Junior Championship
(March 2022)
24 Tennis Social Night
25 Squash Social Night
25 Table Tennis Social Practice
25 A wide range of classes

LIFESTYLE

- 34 DIY Home Plantation
34 Kids Hip-Hop Dance
34 Face Yoga
34 Candle Making Workshop
35 Magic Water Workshop
35 Ukulele Workshop (Beginners)
35 Ukulele Lesson (Intermediate)

FEATURES

- 2 Roaring into the New Year
What's in store for you in the
Year of the Tiger?
16 Eating for Luck
Tasty Chinese New Year goodies
and the symbolism
behind them.
17 A Penang
Connection
Atrium Café's
new chef
hails from a
place where
the locals
take their
street food
seriously.
20 Our Swimming Heroes
Past champs who made
Singapore proud.
32 Ode to a Rose
Did you know that the different
hues this bloom comes in convey
different emotions?



17

PATRONS

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

TRUSTEES

Mr Pao Kiew Tee
Mr Thomas Tan
Mr Leslie Yeo

GENERAL COMMITTEE

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

COMMITTEE MEMBERS

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

CONVENORS

Mr Derrick Sim
Bowling
Mr Ronnie Ng
Chess
Mr Elon Tan
Darts
Mr Eddie Ng
Fitness
Mr Edwin Lee
Squash
Ms Carole Ng
Swimming
Mr Steven Lee
Tennis
Mr Emrys Phua
Billiards
Mr Dhanvinder Singh
Golf

EDITORIAL COMMITTEE

Mr See Kim Xiang Xavier
Ms Joanne Ng
Ms Angel Goh

PUBLISHING AGENT

ThinkFarm Pte Ltd
Contributor: Sunuja Naidu

PRINTING

Times Printers Pte Ltd

ClubSpirit is a bi-monthly
publication of Serangoon
Gardens Country Club
22 Kensington Park Road
Singapore 557271
Tel: 6286 8888
Fax: 6398 5355
www.sgcc.com.sg

MCI (P) 003/02/2022. All rights reserved. Copyright.

No article may be reprinted in part or in full without the permission of the publishers. The information published in this magazine is correct at the time of printing. The views and opinions expressed in the magazine are not necessarily that of the Club's. The Club accepts no responsibility for the quality of the goods and services advertised. While information stated is considered to be true and correct at the date of publication, changes in circumstance after the time of publication may impact the accuracy of the information. The information may change without prior notice and the Club is not in any way liable for the accuracy of any information printed or in any way interpreted and used by the user.

By attending events organised by the Club held within the Club's premises or at off-site locations, you consent to photography, audio / video recording and its / their release, publication, exhibition or reproduction in articles featuring events organised by the Club, in marketing & promotional collaterals for the Club (videos, publications, websites, social media platforms, etc), and in archival materials for future reference.



Dear Fellow Members,

It is a pleasure to extend my warmest greetings to everyone celebrating the Lunar New Year. This year, the Lunar New Year Festival, also known as the Spring Festival, will be celebrated in the first half of February. This is the most important festival to some of the East Asian communities, such as the Chinese, Korean and Vietnamese. According to traditional beliefs, those born in the Year of the Tiger are known for their courage, ambition, and immense generosity.

You will be glad to know that the Club shall remain **open on 1-2 February**, the first two days of the incoming Year of the Tiger. Whether you prefer to eat out in a safe place, relax at the poolside, or work out at the gym to burn off those extra calories, our staff will be there to greet you with happy smiles, and help you along with achieving your New Year fitness goals. Do look out for our special menu bearing sumptuous Chinese New Year dishes for good luck.

We will also be serving the traditional Lo Hei and Chap Goh Mei dinners on the eighth and 15th day of the Lunar New Year respectively. Do make your reservations for these events if you have not done so. In addition, our Lunar New Year festive delicacies are open for orders until 15 February.

A big "thank you" goes out to everyone who donated to our adopted charity, the Chen Su Lan Methodist Children's Home. It is indeed heartening to note that the spirit of giving is still strong, despite the pandemic swirling around us.

I would like to wish all SGCC Members and employees a **happy, healthy, prosperous and rewarding Year of the Tiger**. I would also like to wish SGCC a safe, harmonious, and prosperous year.

祝亲爱的会员们：

合家新春好，身心健康，财源广进，笑口长开。
学子们学业进步。工作人士百尺竿头，更进一步。
乐龄朋友们如龍似虎，精神奕奕！

Yours truly,

Koh Jin Kit
President

Roaring into the New Year

What could be in store for you in the Year of the Water Tiger? Find out how your health, career, wealth and relationships could develop in 2022, depending on your Chinese zodiac sign.

Many people believe that geomancy, or *fengshui* in Mandarin, can forecast various aspects of one's life — from health and career to wealth and relationships. A geomancer is able to make predictions for the coming year based on a person's zodiac sign, as well as the date and time of his birth. *Fengshui* consultant Adelina Pang, of Adelina Consultancy, offers readings for the coming Year of the Water Tiger.



RAT

Rats should maintain a low profile this year. Avoid impulsive investments or splurges. Don't feel discouraged when you see others receiving credit for your hard work. This will soon turn around in your favour. Stay away from risky sports and be cautious while driving. Focus on relaxing activities and get sufficient rest.



TIGER

Change is in store for the Tiger. This could come in the form of more travel, a career switch, marriage, or becoming a parent. In the workplace, stay away from gossip to avoid backstabbers. Make time for your partner and communicate openly to avoid misunderstandings. You and the elders in your family could face health setbacks.



OX

This is the year for the Ox to prove itself. You may face minor setbacks in the areas of wealth and health, but stay strong and positive. On the bright side, you will encounter people who are keen to give you a helping hand or even mentor you. Your interpersonal skills will be superlative, making it easy for you to get things done. Those who are married should spend quality time with their partner, while singles may want to grasp opportunities to meet possible suitors.



RABBIT

This is an auspicious year for Rabbits to expand their professional circle. Network and meet new people. Don't be discouraged by challenges — keep doing your best. Singles will be able to attract a good partner this year. You may feel lonely, sad and tired; overcome this by staying positive and setting aside time for yourself.



The outlook for wealth and career is bright for Horses. Dream big and aim high, but be cautious when making financial decisions. Exciting prospects are in store for business start-ups. It is a great year for you to cultivate business prospects as well as socialise. Learn to unwind and maintain a healthy lifestyle.



Roosters can expect exciting work opportunities as well as promotions and pay raises. This is a good time to invest in education and personal development. On the home front, avoid disharmony by spending quality time with your partner. You may face mild health setbacks, but they can be overcome by following a healthy lifestyle and taking time to relax.



Dragons should stay away from speculative and get-rich-quick schemes. On the work front, stay focused on your goals, and don't allow yourself to get distracted. Those in committed relationships may encounter hiccups. Singles should focus on self-reflection during this period instead of pursuing romance. You may face emotional struggles this year. Don't hesitate to reach out to loved ones for support.



Career advancement and salary increments are indicated for Goats. It is also a good year to expand your business internationally. If you are in a committed relationship, this is an auspicious period to get engaged or married. Be cautious when handling sharp objects to prevent injuries.



Dogs are advised to curb their spending. Dogs working in the creative industry will be a force to be reckoned with as their artistic skills reach new heights. Misunderstandings and miscommunication could occur. Accidents are indicated — be extra careful when handling sharp objects or engaging in physical activity.



Snakes should do well on the career front, but they should stay away from risky ventures. Romance is on the cards for singles, while disharmony between couples is indicated. Loss of personal possessions could also take place. On the health front, Snakes may suffer from anxiety or fall ill easily — practising work-life balance will mitigate this.



2022 is a good year for Monkeys to focus on personal development and enjoy the simple pleasures. Hindrances may occur in the form of lawsuits or loss of money. There will be potential job opportunities if you are thinking of switching careers or starting new business ventures. Your relationship may face ups and downs. These uncertainties could lead to anxiety and lack of confidence. Keep yourself motivated by focusing on the big picture.



Promotions and pay raises are in store for Pigs. International proposals and lucrative partnerships are on the cards, too. This is a good year to enter new ventures. Disagreements may occur, so foster good relations with your family to promote harmony.

Christmas Light-Up 2021

This year's SGCC Christmas Light-Up was another quiet affair. In order to comply with the COVID-19 Safe Management Measures, and to avoid crowds and large group gatherings, the Light-Up was recorded and uploaded on our Facebook page and Telegram Channel.

The General Committee officiated the Light-Up, which took place on Saturday, 4 December 2021. Our Club President, Mr Koh Jin Kit, also delivered a Christmas message to all Members.



Extraordinary General Meeting

11 December 2021



An Extraordinary General Meeting (EGM) was called to take place on 11 December 2021 to announce the results of the vote in regard to three mandatory Club Constitution clauses requested by the Registrar of Societies (ROS).

i. Finance

The income and property of the Club whensoever derived shall be applied towards the promotion of the objects of the Club as set forth in this Constitution and no portion thereof shall be paid or transferred directly or indirectly by way of dividend or bonus or otherwise howsoever by way of profit to the persons who at any time are or have been Members of the Club or to any of them or to any person claiming through any of them.

Result of Vote:

Motion	i
For	111
Against	0
Abstain	0
Carried/Not Carried	Carried

ii. Supreme Authority and General Meetings

The supreme authority of the Club is vested in a General Meeting of the Members.

Result of Vote:

Motion	ii
For	110
Against	1
Abstain	0
Carried/Not Carried	Carried



iii. Extraordinary General Meeting

If the General Committee does not within two (2) months after the date of the receipt of the written request proceed to convene an Extraordinary General Meeting, the Members who requested for the Extraordinary General Meeting shall convene the Extraordinary General Meeting by giving ten (10) days' notice to Voting Members setting forth the business to be transacted and simultaneously posting the agenda on the Club's notice board.

Result of Vote:

Motion	iii
For	110
Against	1
Abstain	0
Carried/Not Carried	Carried

WELCOME TO THE SGCC FAMILY!

Kang Hong Chee	Grand Member
Tan Siow Cher	Grand Member
Wan Shung Ming	Grand Member
Cheng Lian Chee	Grand Member
Gomez Edwin	Grand Member
Wong Chui Wan	Grand Member
Ang Aihua	Ordinary Member
Chan Kok Sing	Ordinary Member
Gomez Lionel John	Ordinary Member
Khoo Ghim Hoe (Lex)	Ordinary Member
Michaela Sharon Kang Wei Yen	Ordinary Member
Loh Yoon Sin	Ordinary Member
Lum Jia Wen, Carmen	Ordinary Member
Lim Jit Kwang Vincent	Ordinary Member
Navin Joseph Lobo	Ordinary Member
Ow Cheng Poh	Ordinary Member
Sim Soon Siang Simon	Ordinary Member
Sivakumar S/O Ramasamy	Ordinary Member
Tan Suan Ee	Ordinary Member
Evangeline Teo	Ordinary Member
Tay Wee Meng	Ordinary Member
Yin Shanqing	Ordinary Member
Chong Siang Wei	Ordinary Member
Foo Foote Yen	Ordinary Member
Hong Hing Weng	Ordinary Member
Lee Chye Heng	Ordinary Member
Chotier Ep Bergero Christelle Jeanne	Term Member
Jeyaseelan Kasavan	Term Member
Selvaraj Sebastian	Term Member
Werner Nick Oliver	Term Member

French Polynesian Cooking

Don't miss the rare opportunity to sample exotic fare
from the islands of French Polynesia.

Available throughout the month of February
(except 14 & 23 February 2022)

Operating hours

Daily: 12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

3-course set from \$25 per person

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

4-course set from \$30 per person

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

\$2.50 discount for Students and Senior Citizens (aged 55 years and above)



Paul Gauguin
Fish Fry Cake

APPETISER

Green Papaya & Mango Salad

OR

Chicken Pineapple Capsicum
Toothpick Skewer

OR

Paul Gauguin Fish Fry Cake

SOUP

Lagoon Fish Soup
with Rouille Sauce

OR

Cream of Shrimp
with White Wine

SET MENU

MAIN COURSE

Hawaiian-style
Salmon Poke Bowl
with Avocado

OR

Grilled Swordfish Steak
with Garlic Butter

OR

Captain Cook
BBQ Spring Chicken

OR

Pork Curry
with Breadfruit & Sweet Potato

OR

Hawaiian-style Grilled
Ribeye Steak (surcharge \$8)

DESSERT

Queen Pomare
Banana Cake

OR

Marlon Brando
Mango Pudding

COFFEE OR TEA

Prices include GST

Menu Available
for Dine-In or
Takeaway



French Basque Cooking

Savour the blend of two exceptional cuisines
at the Garden Grill.

**GARDEN
GRILL**
6398 5313

Available throughout the month of March 2022
(except 23 March 2022)

Operating hours

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

3-course set from \$25 per person

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

Price

4-course set

from \$30 per person

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

\$2.50 discount for Students and Senior Citizens (aged 55 years and above)

SET MENU

APPETISER

Eggplant Salad with Onions and Peppers
dressed with fresh chopped parsley and
extra virgin olive oil

OR

Prawn with Hot Garlic Sauce
grilled on skewer and served with lemon

OR

Ham and Cheese Croquettes
bite-sized morsels with a crunchy,
golden crust enclosing a creamy filling

SOUP

Vegetable Chowder

flavoured with ham

OR

White Bean Soup
lightly flavoured with green and red
capsicum, olive oil and paprika

MAIN COURSE

Pan-seared Sole Meuniere
one of the most iconic French recipes

OR

Basque Paella
a saffron rice dish cooked with prawn,
mussel, squid, clam, Serrano ham,
chicken and capsicum

OR

Mixed Shellfish Soup
a recipe closer to the Spanish Zarzuela de
Marisco than French Bouillabaisse, due to the
region's proximity to Spain

OR

**Chicken with Eggplant,
Capsicum and Tomatoes**
like the Provencal ratatouille,
but casserole with pan-fried chicken

OR

Oxtail Stew
prepared with yellow onions, green chilli
peppers, dry red wine, and beef stock

DESSERT

Tarte Tatin

caramelised apple tart

OR

Mousse au Chocolate
a classic French dessert
made with dark chocolate,
eggs, butter and sugar

COFFEE OR TEA



Mixed Shellfish Soup

Prices include GST





Eat • Drink • Earn

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



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

**Terms and conditions apply*

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

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



Menu Available
for Dine-In or
Takeaway

GARDEN
GRILL
6398 5313

This Valentine's Day, Celebrate your Love in Style

One day only, table for two. Take note that the regular a la carte and set menus will not be available.

Monday, 14 February 2022

12pm-3pm; 6pm-10pm

Price

Lunch: **\$78** per person

Dinner: **\$88** per person

**1 BOTTLE OF
GANCIA PROSECCO BRUT (200ML)**

APPETISER

Seafood Platter to share

assortment of fresh oysters, ocean prawns,
and smoked salmon with condiments

SOUP

Tomato-Saffron Broth

with medley of seafood

MAIN COURSE

Ginger Garlic Pan-roasted Threadfin

served with sauteed spinach

OR

Char-grilled Angus Beef Tenderloin

with Foie Gras

served with gratinated potato,
vegetables and Burgundy sauce

DESSERT

Raspberry Sorbet

BREWED COFFEE OR FLAVOURED TEA

Prices include GST

Chinese New Year Festive Delicacies

Ring in the Lunar New Year with a tantalising array of goodies at Atrium Café. Toss to wealth and prosperity with a *yu sheng* dish from the Club.

From 3 January–15 February 2022

ITEM	PRICE
Salmon Yu Sheng	
for 4–6 persons	\$38
for 8–10 persons	\$62
Abalone & Salmon Yu Sheng	
for 4–6 persons	\$68
for 8–10 persons	\$108
Vegetarian Yu Sheng	
for 4–6 persons	\$32
for 8–10 persons	\$52
Bountiful Treasure Pen Cai	
featuring 12 delicacies – including abalone, conpoy, fish maw, prawn, scallop and sea cucumber – layered with roast duck, steamed chicken, sea moss, broccoli, long cabbage, and black mushroom, all nestled in a piping hot claypot (3 working days' notice required)	\$288
Fragrant Rice with Chinese Waxed Meat wrapped in Lotus Leaf	
for 6–8 persons (3 working days' notice required)	\$48
Whole Roast Duck	
for 6–8 persons (3 working days' notice required)	\$58
Braised Pork Knuckle (1kg) with Fa Cai & Dried Oyster	
for 6–8 persons (3 working days' notice required)	\$78
Prices include GST	

Email: fnb_outlets@sgcc.com.sg

Menu Available
for Dine-In or
Takeaway

ATRIUM
CAFÉ

6398 5309

Special Chinese New Year Set Menu at Atrium Café

Usher in the Lunar New Year with family and friends over a sumptuous meal featuring traditional specialties at the Atrium Café.

Available for
lunch & dinner from
1-15 February 2022

11am-3pm; 6pm-10pm

(Last order: 30 minutes before closing)

SET MENU (3-5pax) @ \$88

Classic Daily Double-boiled Soup

Crispy Fried Sea Bass
with Superior Soy Sauce

Sauteed Scallop
with Celery in XO Sauce

Braised Tofu
with Crabmeat Sauce

Braised Abalone
with *Fa Cai* on Bed of Seasonal Vegetables

Steamed White or Brown Rice

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

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

Prices include GST

Menu Available
for Dine-In or
Takeaway

GARDEN
GRILL
6398 5313

Italian Wine Pairing Dinner

Connoisseurs will appreciate this beautifully curated wine-pairing dinner at Garden Grill.

Wednesday, 23 February 2022
6pm-10pm

Price

\$108 (Member)

\$118 (Guest)

SET MENU

Baked Oyster on Half Shell

topped with Creamy Mornay and Tobiko Caviar

Spicy Miso Broth

with Tofu, Bok Choy, and Shimeji Mushrooms

Bacon, Parmesan and Chicken Risotto

Slow-braised Osso Buco

served over Potato Mash and finished with
Wild Mushroom and Pinot Noir Sauce

Orange Jivara Chocolate Mousse

RECOMMENDED WINES

Giusti Rosé

Salvano Roero Arneis D.O.C.G

Feudi Salentini Collezione 53 Primitivo di Manduria
Feudi Salentini Gocce, Primitivo di Manduria

Prices include GST

Email fnb_outlets@sgcc.com.sg

Menu Available
for Dine-In or
Takeaway

GARDEN
GRILL
6398 5313

Japanese Whisky Dinner

Gather your pals for an unforgettable Japanese whisky-pairing dinner at Garden Grill.

Wednesday, 23 March 2022
6pm-10pm

Price
\$108 (Member)
\$118 (Guest)

SET MENU

Grilled Portobello Mushroom
with Spinach & Cheese

Seafood Bouillabaisse
double-boiled seafood stew containing clam, prawn and squid,
flavoured with saffron and mixed herbs

Pan-seared Frog Leg flavoured with Pernod

Char-grilled Nagano Pork Chop
with mustard sauce, served with sautéed vegetables

Champagne Glass Tiramisu

Coffee OR Tea

RECOMMENDED WHISKIES:

Umiki Blended Whisky 75cl
Kamiki Intense Malt Whisky 50cl
Kamiki Blended Malt Whisky 50cl
Kamiki Sakura Malt Whisky 50cl

Prices include GST



Beverage Promotion for February & March

Take advantage of our super-affordable prices. Cheers!

ASAHI DRAFT

300ml @ \$5.20

500ml @ \$8.50

3L Tower @ \$46

SPARKLING

1 Bottle Gancia Prosecco Rosé @ \$38

WINE

1 Bottle Salvano Roero Arneis D.O.C.G @ \$62

1 Bottle Collezione 53 Primitivo @ \$80

JAPANESE WHISKY

Kimiki Intense Malt Whisky 50cl @ \$158

Kimiki Blended Malt Whisky 50cl @ \$138

Kimiki Sakura Malt Whisky 50cl @ \$158

Umiki Blended Whisky 75cl @ \$168

CHIVAS

1 Bottle Chivas 12YO @ \$90

2 Bottles Chivas 12YO @ \$160

6 Bottles Chivas 12YO + \$10 F&B credits @ \$480

12 Bottles Chivas 12YO + \$30 F&B credits @ \$960

1 Bottle Chivas 18YO @ \$150

2 Bottles Chivas 18YO @ \$280

6 Bottles Chivas 18YO + \$10 F&B credits @ \$840

12 Bottles Chivas 18YO + \$30 F&B credits @ \$1,680

**F&B e-vouchers will be credited into a Member's account depending on the month of purchase.
For example, for purchases made in Feb 2022, the e-voucher will be reflected in Mar 2022.*

Prices include GST



Eating for Luck

To the Chinese, food plays a huge role during the Lunar New Year celebrations. Many of the items are chosen for their symbolic meaning. Frequently, the auspicious symbolism of these traditional foods is based on their pronunciation or appearance.

The Lunar New Year is a time to reunite with family, exchange *hong bao* and gorge on a variety of dishes. Food plays a special role in the celebrations, with many of the festive dishes having lucky connotations.



Fish

The word for "fish" in Mandarin is "yu", which is a homophone for both "wish" and "surplus". Hence, serving fish ensures a year of abundance and prosperity. As a result, it is customary to serve a fish during Chinese New Year. For added symbolism, the fish is served whole, with the head and tail intact, representing a good beginning and ending for the months to come.

Dumplings

Dumplings represent wealth, because of their resemblance to Chinese gold ingots — oval, boat-shaped hunks of gold used as currency in imperial China. Legend has it that the more dumplings you eat during the Lunar New Year celebrations, the more money you'll make in the new year.



Longevity noodles

Due to their length, these noodles represent an extended lifespan to whomever consumes them. They are longer than normal noodles and must be served uncut.

Glutinous rice cake

Another must-have item is glutinous rice cake, or *nian gao*, which literally translates as "New Year's cake". In another homophonic pun, the word for "cake" sounds like the word for "tall" or "to grow", so eating *nian gao* on Chinese New Year's day symbolises growth, whether it be in career, income, health or even height. On top of that, their round shape signifies family togetherness, so eating *nian gao* during the celebration is a must.



Dried oyster and black moss

Dried oyster is called "ho see", which sounds like the phrase for "good events or deeds" in Cantonese. Black hair moss is known as "fatt choy", which sounds like the phrase for "prosperity" or "to get rich".



Tang yuan

Typically eaten on the 15th day of the Lunar New Year, *tang yuan* are small, spherical dumplings made from glutinous rice flour. *Tang yuan* is special for Lunar New Year celebrations because its name sounds like *tuan yuan*, which means "reunion" or "togetherness". Besides its name, its shape also symbolises unity and oneness.



Oranges

Oranges and tangerines are popular because their golden colour is believed to attract wealth, while the word for "orange" (*cheng*) is a homophone for "success".



Bak kwa

Bak kwa, or barbecued jerky, is ubiquitous during Chinese New Year. Not only is it tasty, its deep red colour is considered auspicious and symbolises luck, wealth and prosperity.





Atrium Café's Assistant Sous Chef Lee Chin Sin expertly preparing an old favourite: sweet and sour pork.

A Penang Connection

SGCC Members having a meal at Atrium Café can look forward to an array of piquant appetite-whetting dishes with a new Assistant Sous Chef, Lee Chin Sin, on board.

Atrium Café's new Assistant Sous Chef, Lee Chin Sin, hails from Penang, Malaysia. Also known as the Pearl of the Orient, Penang is fondly regarded by many as the food capital of Malaysia. It is thus not a surprise to learn that Chef Lee's favourite dish is Penang *char kway teow*, one of his hometown's many iconic street foods. This fried rice noodle dish, you'll be pleased to know, is also one of his specialties.

In fact, Chef Lee is adept at several cuisines. Besides Penang favourites — which he can probably prepare with his eyes closed and one























hand tied behind his back! — he can ably whip up Thai and Peranakan dishes, too. Nothing gives him more joy than creating spicy, mouth-watering dishes such as *steamed sea bass with Nonya sauce*, *prawn paste pork*, *ayam tempura*, and *seafood coconut curry*, among many others.

The 38-year-old, who has more than 20 years of experience working in commercial kitchens, started his F&B career as a cutter in a food stall, and moved his way up to working in the kitchen of Eden Hotel in George Town, Penang. He has also flexed his cooking chops in the kitchens of various

reputable restaurants in Malaysia. He moved to our sunny island 10 years ago, and used to own a seafood restaurant at Old Tampines Road for five years before joining SGCC.














Married with an infant son, Chef Lee likes to keep fit by jogging and working out in the gym. Cooking, however, remains his first love, as he revels in the process of food preparation and planning menus. So the next time you visit Atrium Café, you — and your taste buds! — are likely to be delighted by a variety of tasty treats on the menu, courtesy of the enthusiasm and expertise of Chef Lee.

FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Chinese New Year French Polynesian Cooking Garden Grill 12pm; 6pm Whole month (except 14 Feb) Special CNY Set Menu Atrium Café 11am; 6pm (till 15 Feb) Squash Social Night Squash Courts 6pm 	2 Chinese New Year Table Tennis Social Practice Squash Court 4 2pm 	3 Squash Social Night Squash Courts 5pm 	4 Ukulele Workshop (Beginners) Club 22 1:30pm 	5	6
7	8 Ang Bao Bridge Casuarina Room 8am  Squash Social Night Squash Courts 6pm 	9 Table Tennis Social Practice Squash Court 4 2pm 	10 Squash Social Night Squash Courts 5pm 	11 Ukulele Workshop (Beginners) Club 22 1:30pm Tennis Social Night Tennis Courts 8pm 	12 Ang Bao Bowl Gardens Bowl 10am 	13
14 Valentine's Day Dinner Garden Grill 12pm; 6pm 	15 Squash Social Night Squash Courts 6pm 	16 Table Tennis Social Practice Squash Court 4 2pm 	17 Squash Social Night Squash Courts 5pm 	18 Ukulele Workshop (Beginners) Club 22 1:30pm 	19	20
21	22 Squash Social Night Squash Courts 6pm 	23 Table Tennis Social Practice Squash Court 4 2pm  Italian Wine Pairing Dinner Garden Grill 6pm 	24 Squash Social Night Squash Courts 5pm 	25 Ukulele Workshop (Beginners) Club 22 1:30pm  Tennis Social Night Tennis Courts 8pm 	26	27
28						

With recent updates regarding COVID-19 preventative restrictions, events listed here may be subject to change.

MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<div>1</div> <div><p>French Basque Cooking Garden Grill 12pm: 6pm Whole month</p><p>Squash Social Night Squash Courts 6pm</p></div>	<div>2</div> <div><p>Table Tennis Social Practice Squash Court 4 2pm</p></div>	<div>3</div> <div><p>Squash Social Night Squash Courts 5pm</p></div>	<div>4</div> <div><p>Ukulele Workshop (Beginners) Club 22 1.30pm</p></div>	<div>5</div> <div></div>	<div>6</div> <div></div>
<div>7</div> <div></div>	<div>8</div> <div><p>Squash Social Night Squash Courts 6pm</p></div>	<div>9</div> <div><p>Table Tennis Social Practice Squash Court 4 2pm</p></div>	<div>10</div> <div><p>Squash Social Night Squash Courts 5pm</p></div>	<div>11</div> <div><p>Ukulele Workshop (Beginners) Club 22 1.30pm</p><p>Tennis Social Night Tennis Courts 8pm</p></div>	<div>12</div> <div><p>Kids Hip Hop Dance Club 22 2pm</p><p>Face Yoga via Zoom 6.30pm</p><p>Magic Water Workshop Casuarina Room 10.30am</p></div>	<div>13</div> <div><p>Kids Hip Hop Dance Club 22 2pm</p></div>
<div>14</div> <div><p>Kids Hip Hop Dance Club 22 2pm</p></div>	<div>15</div> <div><p>Squash Social Night Squash Courts 6pm</p></div>	<div>16</div> <div><p>Table Tennis Social Practice Squash Court 4 2pm</p></div>	<div>17</div> <div><p>Squash Social Night Squash Courts 5pm</p></div>	<div>18</div> <div><p>Ukulele Workshop (Beginners) Club 22 1.30pm</p></div>	<div>19</div> <div><p>Candle Making Workshop Casuarina Room 10.30am</p></div>	<div>20</div> <div><p>Tennis Junior C'ship Tennis Courts 9am</p></div>
<div>21</div> <div></div>	<div>22</div> <div><p>Squash Social Night Squash Courts 6pm</p></div>	<div>23</div> <div><p>Table Tennis Social Practice Squash Court 4 2pm</p><p>Japanese Whisky Dinner Garden Grill 6pm</p></div>	<div>24</div> <div><p>Ukulele Lesson (Intermediate) Club 22 1.30pm (every Thu: 8 sessions)</p><p>Squash Social Night Squash Courts 5pm</p></div>	<div>25</div> <div><p>Ukulele Workshop (Beginners) Club 22 1.30pm</p><p>Tennis Social Night Tennis Courts 8pm</p></div>	<div>26</div> <div></div>	<div>27</div> <div></div>
<div>28</div> <div></div>	<div>29</div> <div><p>Squash Social Night Squash Courts 6pm</p></div>	<div>30</div> <div><p>Table Tennis Social Practice Squash Court 4 2pm</p></div>	<div>31</div> <div><p>Squash Social Night Squash Courts 5pm</p></div>			

With recent updates regarding COVID-19 preventative restrictions, events listed here may be subject to change.



Our Swimming Heroes

Competitive swimming is a sport Singapore has excelled in for many years. We review the accomplishments of our past champs, and look at what they are doing now.

Joseph Schooling put Singapore on the Olympic swimming map when he won the 100m butterfly event in the city of Rio de Janeiro in 2016. It was indeed a surreal moment for our tiny island state as Schooling broke the Olympic record of Michael Phelps when he hit the wall at 50.39s.

While Schooling's accomplishment was world-class, we must not forget other national swimmers who flew Singapore's flag high in international competitions, and paved the way for Schooling's win. We profile some of these past champs.



Photo courtesy of Singapore National Olympic Council

Ang Peng Siong

A two-time Olympian, Ang Peng Siong won the 100m freestyle Olympic B consolation finals in Los Angeles in 1984 and came in third in the 50m freestyle B finals in Seoul in 1988. This placed him among the top 16 swimmers in the world. He also competed in the butterfly and relay events.

Ang was once ranked the world's fastest 50m freestyle swimmer when he clinched the gold medal with a time of 22.69s at the US National Championship, held in Indiana, USA. This timing stayed in Singapore's record books for 32 years, until it was beaten with a time of 22.47s by Joseph Schooling in the 2015 SEA Games.

Ang garnered eight SEA Games gold medals from 1983 to 1993. He retired from competitive swimming in 1993, and founded the APS Swim School and Aquatic Performance Swim Club in 1995, where he continues his legacy by giving back to the aquatic industry. He has also coached the Singapore national team at all levels of competition.



Photo courtesy of Singapore National Olympic Council
Inset photo from Desmond Koh's Twitter account

Desmond Koh

Another swimmer who represented Singapore at the Olympics — not once, but thrice! — is Desmond Koh. He represented Singapore in Seoul (1988), Barcelona (1992) and Atlanta (1996) in a total of 14 events.

His teammates dubbed him Crown Prince because he was tipped to follow in the footsteps of the quartet who revitalised Singapore's swimming scene in 1984. Besides Koh's role model of Ang Peng Siong, other members of the quartet were David Lim and the Oon brothers, Jin Gee and Jin Teik.

Between 1981 and 1998, Koh took part in five SEA Games, three Asian Games, one Commonwealth Games, one world championship, and three Olympic Games. He finished his competitive career having broken four national records. Although he no longer represents the country, some of his national records remain unbroken.

Koh earned a Master's degree from the University of Southern California, and became a Rhodes scholar at Oxford for his PhD. He now works in an investment firm.



Photos from Joscelin Yeo's Facebook account

Joscelin Yeo

Joscelin Yeo is Singapore's only four-time Olympian. She swam in 19 Olympic races from 1992 to 2004. The golden girl of Singapore swimming made her debut at the age of 12 at the SEA Games in 1991, bringing home two silver and three bronze medals. Following that, she clinched 40 gold medals in total at subsequent SEA Games. She is the most decorated gold medal-winning athlete in these Games.

Yeo also smashed numerous national records during her career. One, the 200m individual medley, still stands. She can also lay claim to a world record, which she set with her teammates from University of California, Berkeley, in 2000. Joscelin is also the first Singaporean female swimmer to go under a minute in the 100m freestyle.

Yeo earned a Rhodes Scholarship in 2004. She also served as a non-elected nominated Member of Parliament for over two years from 2009. She opened a swim school with her brother Leonard, and now works in a church.

Pat Chan

Singapore's first golden girl, Pat Chan won every one of the 39 events she entered at the Southeast Asian Peninsula (SEAP) Games between 1965 and 1973. She also captured silver and bronze medals at the 1966 and 1970 Asian Games.

For her prowess, Chan was named Sportswoman of the Year for five consecutive years, from 1967 to 1971. In 1999, *The Straits Times* named her one of Singapore's 50 greatest athletes, and the top woman athlete of the 20th century.

In 1973, at the age of 19, Chan retired from competitive swimming. In 1978, she began her career in publishing as a writer for the entertainment magazine *Fanfare*, moving up the ranks to become the editor of *Go* magazine, and later, creative director of Times Periodicals. She now runs her own communications company and sports consultancy.



Photo courtesy of Kroon, Ron / Anelo

PAST EVENTS

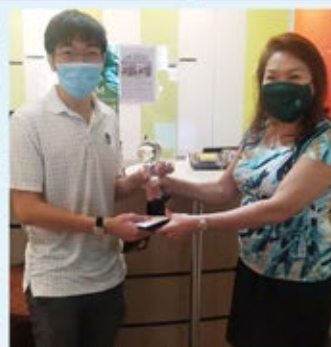
BOWLERS OF THE YEAR

A total of 28 Members took the challenge to be recognised as SGCC's Bowler of the Year. The Women's Category was held on 18 December 2021, while the Men's Category was held a day later. Here are the results:

	First	Second	Third	Fourth	Fifth
Men's Category	John Faragalla	Tay Hui Chiang	Tan Gian Yion	Tan Zhi Qiang	Leonard Leong
Women's Category	Candy Ong	Alexis Kwong	Catherine Chua	-	-



Men's and Women's Champion



Men's and Women's Runner-up



Men's and Women's Third



Men's Fourth



Men's Fifth

9-PIN TAP COMPETITION

On Saturday, 23 October 2021, 18 participants converged at the Gardens Bowl to flex their bowling chops in the 9-Pin Tap Competition. After an intense competition, Lee How Wang emerged as champion, toppling 1,854 pins. C K Kwong and Samuel Ho came in second and third respectively. Congratulations to the winners!



Champion: Lee How Wang



Runner-up: C K Kwong



Third: Samuel Ho

TENNIS JUNIOR CHAMPIONSHIP

Held on Sunday, 19 December 2021, the Tennis Junior Championship was divided into four categories. It started at 9am with eight players aged eight and below competing against each other. The players were divided into four groups, with the first- and second-placed playing off at the Division A Quarter Finals, and those placed third and fourth playing off at Division B Quarter Finals. The champions are as follows:

8 Years Old & Under		10 Years Old & Under		12 Years Old & Under		14 Years Old & Under
Division A	Division B	Division A	Division B	Division A	Division B	
Titus Lin	Julius Barnes	Alexa Goh	Joash Lim	Gareth Goh	Alexa Goh	



44TH INTER-TEAM BOWLING TRIOS LEAGUE

The Inter-Team Bowling Mixed League was held at the Gardens Bowl over a span of 15 weeks, from 24 March–10 November 2021. We would like to express our appreciation to the following six captains, whose contributions played a big part in the success of the league:

Captain	Team Name
Catherine Chua	Bowling Buddies
Ken Tan	Chilled-X
Ang Leu Khim	No Fear
Jason Ng	Just Bowl
Derrick Sim	Break Free
Lily Leow	The Bless Bowlers



Champion team: Break Free



Runner-up team: Bowling Buddies

The following are the results:

Overall Team Standing

Team Position	Champion	Runner-up	Third
Team Name	Break Free	Bowling Buddies	Just Bowl

Master Events (SCRATCH)

Men's Category			Women's Category		
Champion	Runner-up	Third	Champion	Runner-up	Third
Lee How Wang (1,909 pinfalls)	Derrick Sim (1,865 pinfalls)	Ang Leu Khim (1,795 pinfalls)	Candy Ong (1,888 pinfalls)	-	-

Master Events (W/HCP)

Men's Category			Women's Category		
Champion	Runner-up	Third	Champion	Runner-up	Third
Benedict Sim (1,756 pinfalls)	Kelvin Chua (1,754 pinfalls)	Alex Chua (1,750 pinfalls)	Phyllis Teoh (1,836 pinfalls)	-	-

QUARTERLY BOWL 2021 (NOVEMBER)

On Sunday, 14 November 2021, 27 bowlers gathered at Gardens Bowl for the Quarterly Bowl. Divided into men's and women's categories, the following players emerged winners:

Men's Category

First	Second	Third
John Faragalla (2,191 pinfalls)	Tay Hui Chiang (2,050 pinfalls)	Tan Gian Yion (2,019 pinfalls)

Women's Category

First	Second	Third
Catherine Chua (1,743 pinfalls)	Candy Ong (1,692 pinfalls)	Lily Leow (1,663 pinfalls)



FRIENDLY COMPETITIONS

**TENNIS JUNIOR CHAMPIONSHIP (MARCH 2022)**

Attention, all junior tennis players! It's time to display your prowess with a tennis racket. To be held on 20 March 2022, this competition has been organised specially for you, so sign up for it by 6 March 2022.

DATE

20 March 2022, Sunday

TIME

9am-6pm

VENUE

Tennis Courts

FEE

\$10.70* (Members)

* Price includes GST.

CLOSING DATE

6 March 2022, Sunday

TENNIS SOCIAL NIGHT

The best way to improve your game is to keep practising with fellow players. All skill levels are welcome. Open to adult Members only.

DATE

11, 25 February 2022

11, 25 March 2022

TIME

8pm-10pm

VENUE

Tennis Courts

MAX

16 participants

FEE

Free for Members

**CONTACT**

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



SQUASH SOCIAL NIGHT

Sharpen your squash skills while socialising with fellow enthusiasts. No booking is required – just show up and play! Sign in at the gym counter before proceeding with your game.

DAY / TIME

Tuesdays: 6pm–8pm
Thursdays: 5pm–8pm

VENUE

Squash Courts

FEE

Free for Members

TABLE TENNIS SOCIAL PRACTICE

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

DAY

Wednesdays

TIME

2pm–4pm

VENUE

Squash Court 4

FEE

Free for Members



CONTACT

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

CLASSES

LEARN-TO-SWIM PROGRAMME

Run by Quattro Swim School, this programme is structured according to the SwimSafer criteria. Students will be trained and taught according to the requirements for different levels.



NOTE

Registration fee for new sign-up/re-registration at \$30 (incl GST) per pax (includes starter bundle of one pair of goggles, one kickboard, and one swimming cap).

DAY / TIME

Mondays, Fridays: 3.45pm–4.30pm; 4.30pm–5.15pm;
5.15pm–6pm

Tuesdays, Thursdays: 3.45pm–4.30pm; 4.30pm–5.15pm;
5.15pm–6pm; 6pm–6.45pm

Saturdays: 9am–9.45am; 9.45am–10.30am;
10.30am–11.15am; 3.45pm–4.30pm; 4.30pm–5.15pm;
5.15pm–6pm

Sundays: 8.15am–9am; 9am–9.45am; 9.45am–10.30am;
10.30am–11.15am

Note: Free assessment will be conducted for new students (applies to fresh beginners) to place them in the appropriate session; there will be a 5-minute transition between each class

FEE: 1 SESSION / WEEK

\$67.41*
(Member)

\$78.65*
(Guest) Weekday

\$89.88*
(Guest) Weekend

FEE: 2 SESSIONS / WEEK

\$89.88* (Member)

\$112.35* (Guest) Both sessions on weekdays

\$123.59* (Guest) 1 session on weekday & 1 session on weekend

\$134.82* (Guest) Both sessions on weekend

*Price includes GST. The above fees (does not apply to guests) will be pro-rated in the event of public holidays or if there is a fifth week in the month.

CONTACT

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

**WATERBABIES (PRIVATE COACHING)**

Allow your babies to experience the joys of being in the water with this course. This is a one-on-one session for children between six to 42 months old. Each child is to be accompanied by a parent.

VENUE

Swimming pool

FEE

\$134.82* for 4 sessions @ 15mins per session

Additional guest charges of \$5.35* per weekday and \$8.56* per weekend. *Price includes GST.

**ABOUT THE TRAINER**

Barbara Lina Lei has been coaching multi-sensory swimming programmes for children since 1999.

**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!

DAY / TIME

Mondays: 8.30am-9.30am

Tuesdays: 7pm-8pm

Thursdays: 8.30am-9.30am

ELIGIBILITY

16 years old and above

FEE: 1 SESSION / WEEK

\$67.41* once a week
per month (Member)

\$84.26* once a week
per month (Guest)

FEE: 2 SESSIONS / WEEK

\$112.35* twice a week
per month (Member)

\$129.20* twice a week
per month (Guest)

*Price includes GST but not a personal wet belt, which must be purchased for the class.

ABOUT THE TRAINER

Pamela Sashai holds a Physical Fitness Specialist Certificate majoring in Aerobics Dancing, and a Professional Certificate in Deep Water Workout from Columbia Southern University. She has taught aerobics, aqua aerobics, and Deep Water Workout in country clubs, private organisations, and condominiums.

CONTACT

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

TAIJIQUAN (BEGINNER)

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

DAY / TIME

Sundays: 8am-9am

VENUE

Car Park Area (Palm Wing)

MIN

6 participants

FEE

\$146.06* for 12 sessions
(Member)

\$168.53* for 12 sessions
(Guest)

* Price includes GST

ABOUT THE TRAINER

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



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.

CLASS

Beginner / Intermediate[^]; Intermediate / Advanced^{^^}

DAY / TIME

Fridays: [^]6.15pm-7pm (for ages 4 and above);
^{^^}7pm-8pm (for ages 6 and above)

FEE

\$85.60*
(Member)

\$96.30*
(Guest)

CLASS

Advanced

DAY / TIME

Fridays: 8pm-9pm

FEE

\$85.60*
(Member)

\$96.30*
(Guest)

CLASS

Intermediate / Advanced (Sparring & Self-Defence)

DAY / TIME

Sundays: 5.30pm-6.45pm

FEE

\$101.65*
(Member)

\$112.35*
(Guest)

VENUE

Aerobics Studio

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

CONTACT

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

CHESS LESSONS FOR ALL LEVELS

DAY / TIME

Saturdays: 1pm-2.30pm

VENUE

Casuarina Room

MIN

5 participants

ELIGIBILITY

6 years old and above; adults are welcome

FEE

\$107.00*
(Member)\$128.40*
(Guest)

*Price includes GST. Charges are for a cycle of four lessons a month; there will be an additional charge if there are five lessons in a month.



ABOUT THE TRAINER

Tan Poh Heng has been an avid chess player since 1967, and has competed locally and overseas (Malaysia, Dubai). His FIDE rating is currently 2139. A certified chess instructor and member of the Singapore Chess Federation, he started coaching in 2010 for individuals as well as schools. He is well versed in arbitering and organising chess tournaments.

BOWLING COACHING



FEE

Group Coaching:

\$45.80* (Member)

\$57.25* (Guest)

Private coaching (to arrange with instructor):

\$78.65* (Member)
Individual (1.5hrs)\$89.88* (Guest)
Individual (1.5hrs)\$62.97* (Member)
2 Students (1.5hrs)\$74.42* (Guest)
2 Students (1.5hrs)

*Price includes GST

MIN / MAX

3 / 8 participants

VENUE

Gardens Bowl

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.

CONTACT

Zaleha Hanibah at 6398 5389 or recreation@sgcc.com.sg



TABLE TENNIS (PRIVATE COACHING)

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

VENUE

Squash Court 4

FEE: INDIVIDUAL LESSON

\$44.94* per hour (Member)

FEE: GROUP LESSON (2 PAX)

\$56.18* per hour

Additional \$10.70* per guest per hour. Fees do not include court bookings.

*Price includes GST.

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.

CONTACT

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

SQUASH (PRIVATE TRAINING)

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

FEE: INDIVIDUAL LESSON

\$85.60* per hour (Member)

FEE: GROUP LESSON (2-4 PAX PER GROUP)

\$128.40*

Additional \$16.05* per hour per guest. Fees do not include court bookings.

*Price includes GST.

ABOUT THE TRAINER

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



CONTACT

Daniel Chong at 6398 5351 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.

DAY / TIME

Mondays: 11.30am-12.30pm

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

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.

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.

DAY / TIME

Tuesdays: 7.45pm-8.45pm

Wednesdays: 10am-11am

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

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.

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.

DAY / TIME

Thursdays: 7.45pm-8.45pm

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

ABOUT THE TRAINERS

Sheerainno Seah has more than 20 years of experience in the entertainment and arts industry. She is a long-time choreographer and instructor for all kinds of dance genres. She fused her background in jazz and Chinese cultural dance, and threw in some street-style moves, to create Street Jazz.

Clare Tay, too, has more than 20 years of 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.

ABTsoluteSCULPT

ABTsoluteSCULPT is a HIIT (High Intensity Interval Training) class that also focuses on toning the lower body (hips, thighs and abdominals). Note that participants are required to purchase a small pair of cotton hand towels or gliding discs.

DAY / TIME

Fridays: 11.30am-12.30pm

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

SENSORY FITNESS

A fun, sensory journey through the sense of sight, smell, touch and sound in a studio filled with the therapeutic smell of essential oils and soothing music. You will be guided by the experienced instructor in practising self-care lymphatic drainage and deep-breathing techniques to attain a holistic approach to the well-being of one's body, mind and soul.

DAY / TIME

Tuesdays: 10am-11am

VENUE

Aerobics Studio

MIN

6 participants

FEE

\$67.41* (Member)

*Price includes GST and are inclusive of aromatic materials for four lessons. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.



ABOUT THE TRAINER

Barbara Lina Lei is a veteran swimming coach and fitness enthusiast. She also holds an ITEC Level 3 Diploma in Aromatherapy with Merit.

CONTACT

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

HAPPY NEIGONG

Neigong refers to the cultivation of deep internal *qi* (energy). Regular practice can result in a dynamic transformation in one's health. Members can sign up for the foundation, intensive or private one-to-one training.

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

MIN

10 participants

FEE

\$72.76* (Member)

\$84.00* (Guest)

* Price includes GST. Fees are for a cycle of four lessons in a month; there will be additional charges if there are five weeks of lessons in a month.

Private One-to-One Training

Private one-to-one training can be arranged for those who have disabilities or are wheelchair-bound.

DAY / TIME

TBC

FEE

\$171.20* (Member)

\$182.44* (Guest)

* Price includes GST and is on a per hour basis.

Intensive Training (2-hour sessions)

The training will include *Daoyin* methods in addition to the above. *Daoyin* is mainly floor and seated work that develops strength and flexibility. Structural and motor skills as well as breathing techniques are worked on at a higher level. No pre-requisite is required to attend intensive training.

DAY / TIME

TBC

MIN

10 participants

FEE

\$139.10* (Member)

\$150.34* (Guest)

* Price includes GST. Fees are for a cycle of four lessons in a month; there will be additional charges if there are five weeks of lessons in a month.

**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.

**SILVER DANCE**

Silver Dance is a workout that features choreographed dance moves coupled with funky music. It's dynamic, safe and yet intense enough to work out a sweat!

DAY / TIME

Mondays: 10am-11am

VENUE

Aerobics Studio

MIN

6 participants

FEE

\$67.41* per month (Member)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

CONTACT

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



BounceSCULPT

Bouncing on a trampoline for 50 minutes reportedly burns between 400–600 calories. The G-force created by bouncing builds muscle and burns fat quickly. Every part of the body is firmed up. Since the trampoline absorbs most of the impact, the joints benefit, too. The classes tone the muscles, encourage lymphatic drainage, improve balance, and strengthen the bones. Best of all, the atmosphere and endorphin rush are addictive.

DAY / TIME

Wednesdays: 11.30am–12.30pm
Saturdays: 12pm–1pm

VENUE

Club 22

MIN

6 participants

FEE

\$72.76* (Member)

*Price includes GST

Charges are for four lessons in a month;
there will be additional charges if there are five lessons in a month.
Non-slip socks must be worn for each lesson.

VINYASA FLOW YOGA

Soothe your bodily tensions while improving flexibility and physical strength — sign up for classes in Vinyasa Flow Yoga today!

DAY / TIME

Thursdays: 9am–10am

VENUE

Aerobics Studio

ELIGIBILITY

6 years old and above

FEE

\$67.41* (Member)

\$78.65* (Guest)

*Price includes GST. Charges are for four lessons in a month;
there will be additional charges if there are five lessons in a month.

ABOUT THE TRAINER

Dawn Wong has been practising yoga for more than six years. She has teaching certifications in Pregnancy Yoga and Vinyasa Yoga. She believes it is important to have a fun and safe practice, and encourages students not to be too hard on themselves on the mat. Her teaching emphasises proper alignment to build a strong foundation.



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.

DAY / TIME

Mondays: 7.30pm–8.30pm
Saturdays: 3pm–4pm

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

\$78.65* (Guest)

*Price includes GST. Charges are for four lessons in a month;
there will be additional charges if there are five lessons in a month.

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.

CONTACT

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

Ode to a Rose

Meanings have been attributed to flowers for aeons. To help you put more thought into your Valentine's Day bouquets, we decipher the meaning behind a number of popular blooms, so that you can present your flame with a fitting arrangement.

Offering roses to one's paramour is synonymous with Valentine's Day. The tradition of giving Valentine's Day flowers is believed to go way back to the late 17th century, during the reign of King Charles II of Sweden. During a trip to Persia, the monarch witnessed locals presenting red roses to express their love and brought this custom back to his country.

The association of roses with romance has been attributed to Aphrodite, the goddess of love. In Greek mythology, it is said that rose bushes grew from the ground through Aphrodite's tears and the blood of her lover, Adonis. The Romans, who turned Aphrodite into their goddess, Venus, kept the rose as a symbol of her love and beauty. When Valentine's Day became a mainstream holiday, the rose was the obvious choice as a gift.

Rose colours and their meaning

Red roses tend to be the most popular, but you could consider roses of other hues or other varieties of flowers, depending on the message you wish to convey.



Red roses Red roses convey deep romantic feelings, and are perfect for your wife or long-term partner. However, they should be avoided if you are in a budding relationship.



Deep Pink roses A gentler option than red, pink roses symbolise gratitude, grace and joy. They are a declaration of admiration and a deep bond, rather than passionate love.



Yellow roses Bright and cheery yellow roses can be presented to declare a strong friendship. Steer clear of them if you are in a romantic relationship, as they are sometimes seen to represent jealousy and infidelity.



Medium Pink roses These may be given as an expression of gratitude. They can also acknowledge a first love or express the start of a budding romance.



Green roses Green roses started blooming naturally around 1743. In fact, they might be the oldest roses out of the bunch, in addition to the single or wild roses. However, authentic, non-dyed green roses don't have petals, just green sepals. Since green is the colour of growth and rejuvenation, they can be given to celebrate good news and new beginnings.



White roses Historically, white has represented innocence and virginity. A bouquet of white roses is therefore ideal for a blooming romance.



Orange roses Exuding passion, energy and fascination, these flowers signal your desire to move your friendship forward.



Burgundy roses Like red roses, this variety of roses is a passionate choice for your significant other. During the Victorian era, these dark beauties symbolised deep devotion.



Blue roses Blue roses do not exist in nature. If you want to let someone know that they are one-of-a-kind, blue roses are an excellent option.

A rose by any other name

If you wish to depart from convention, you could consider other types of flowers.



Chrysanthemums

Chrysanthemums represent truth, so if honesty is a cornerstone of your relationship, it could make the perfect addition to your bouquet. Go for red or white blooms, as yellow ones symbolise slighted love.



Daisies Signifying innocence and simplicity, daisies are perfect for a new love.



Anemones A symbol of undying love, anemones make the perfect addition to a wildflower bouquet.



Tulips Tulips in general represent elegance and grace, but red tulips in particular symbolise perfect love.

PAST EVENT

DIY HOME PLANTATION

Held on 4 December 2021, this event was a hit. Thank you for your participation. We had so much fun!



KIDS HIP-HOP DANCE

Like any other dance form, Hip-Hop has its own foundational elements. In our programme — held just in time for the March school holidays — children will be introduced to basic Hip-Hop movements and choreography, as well as taught to develop rhythm and groove so they can freestyle dance to any upbeat music.



DATE / TIME

12-14 March 2022; 2pm-3pm

VENUE

Club 22

MIN

6 participants

CLOSING DATE

25 February 2022, Friday

FEE

\$100* (Junior Gems)

\$105* (Member)

\$110* (Guest)

* Price excludes GST

FACE YOGA

Come and reverse the signs of aging with our weekly classes. It's a natural way to tone your facial muscles and achieve a firmer, more lifted and radiant face without the use of Botox, fillers or expensive creams.

DATE / TIME

12 March 2022, Saturday; 6.30pm-7pm

VENUE

Via Zoom, from the comfort of your home

MIN

10 participants

CLOSING DATE

4 March 2022, Friday

FEE

\$20*

* Price excludes GST and is for 1 lesson



CANDLE MAKING WORKSHOP

In this workshop, you will get to hone your DIY skills while learning about the benefits of using soy — as opposed to paraffin — for candle making. Under expert guidance, you will gain an appreciation of how soy candles are made, then create your own masterpiece.



DATE / TIME

19 March 2022, Saturday; 10.30am-11.30am

VENUE

Casuarina Room

MIN

10 participants

CLOSING DATE

9 March 2022, Wednesday

FEE

\$65* (Member)

\$68* (Guest)

* Price excludes GST

CONTACT

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

All details listed are accurate at time of print and subject to changes due to government updates of COVID-19 guidelines.

MAGIC WATER WORKSHOP

Kids, come join us and learn how to create a unique sea world of your own! Get Mummy or Daddy to sign you up for this colouring activity, which teaches children how to paint 3D sea animals in three easy steps.



DATE

12 March 2022, Saturday

TIME

10.30am-12.30pm

VENUE

Casuarina Room

MIN / MAX

8 / 12 participants

CLOSING DATE

23 February 2022, Wednesday

FEE

\$35*

(Junior Gems)

\$37*

(Member)

\$39*

(Guest)

* Price excludes GST

UKULELE WORKSHOP (BEGINNERS)

The ukulele is cute, fun, and easier to learn than the guitar. It is a musical instrument that acts like a social magnet, easily drawing people together to revel in music making. The ukulele spirit is highly contagious — you will be moved to share songs as soon as you master some chords and strumming techniques. In this course, you will learn the following:

- How to properly tune, hold, and strum your ukulele
- The basic ukulele chords
- Basic scales & fingerings
- Diatonic chords in various keys
- Strumming & plucking techniques
- Various plucking patterns
- Single-line melody playing



DAY / TIME

Fridays (ongoing); 1.30pm-3pm

VENUE

Club 22

MIN / MAX

6 / 10 participants

FEE

\$128* (Member)

\$148* (Guest)

* Price excludes GST, and is for a set of 8 lessons.

UKULELE LESSON (INTERMEDIATE)

Students who sign up for this course are expected to have a reasonable understanding of the material covered in *Ukulele Workshop (Beginner)*. The topics covered in the intermediate stage are:

- New accompaniment patterns in various styles
- Intermediate 16-beat strumming patterns
- Syncopated strumming rhythms
- Single-line melody playing
- Introductions & interludes
- Chord-melody soloing
- Play in more keys
- Play syncopated rhythms and fill-in patterns



DAY / TIME

Thursdays (from 24 March 2022); 1.30pm-2.30pm

VENUE

Club 22

MIN

8 participants

CLOSING DATE

11 March 2022, Friday

FEE

\$128* (Member)

\$148* (Guest)

* Price excludes GST and is for a set of 8 lessons.

CONTACT

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

All details listed are accurate at time of print and subject to changes due to government updates of COVID-19 guidelines.

山頭園

SWATOW GARDEN

經典之選



山頭
SWATOW



\$30

Gift Voucher

- Valid only with a minimum spending of \$100 before GST & service charge.
- Not valid on eve of PH, PH & festive days.
- Valid for redemption only for one voucher per bill.
- Not valid with other promotions, offers & discounts.
- Voucher is not exchangeable for cash.
- The Management reserves the right to change or amend the terms without prior notice.

Valid till 31 March 2022

山頭
SWATOW SEAFOOD

Blk 181 Lor 4 Toa Payoh
#02-602
Singapore 310181
Tel: +65 6313 1717

山頭園
SWATOW GARDEN

22 Kensington Park Road
Serangoon Garden Country Club B
Heliconia Wing, Singapore 557271
Open to public, Tel: +65 6343 1717

山頭城
SWATOW CITY

2 Bukit Batok West Ave 7
#02-05, HomeTeam NS
Singapore 659003
Tel: +65 6278 8889

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
Temporarily closed till further notice.

Crossroads Lounge

Tel: 6398 5310
Daily: 3pm–10.30pm

Garden Grill

Tel: 6398 5313
Mon–Fri: 12pm–3pm; 6pm–10pm
Sat, Sun, & PH: 9am–3pm; 6pm–10pm

Swatow Garden

Tel: 6343 1717
Weekdays: 11am–3pm; 6pm–11pm
Weekends, Eve of PH & PH: 9am–3pm; 6pm–11pm

SPORTS & RECREATION FACILITIES**Billiard Room**

Tel: 6398 5346
Daily: 1pm–10pm

Darts Lounge

Mon–Fri & Eve of PH: 4pm–10pm
Sat, Sun & PH: 2pm–10pm

Gardens Bowl

Tel: 6398 5340
Mon–Fri & Eve of PH: 2pm–10pm
Sat, Sun & PH: 11am–10pm
Off-peak hours (Mon–Fri & Eve of PH): 2pm–6pm
Peak hours (Mon–Fri & Eve of PH): 6pm–10pm
Peak hours (Sat–Sun & PH): Whole day

Gymnasium

Tel: 6398 5331
Daily (incl. Eve of PH & PH): 6.30am–10pm
Except during scheduled partial closure for maintenance four times a year, where it opens from 6pm 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: 6.30am–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 / Cards Rooms

Tel: 6286 8888
Mon–Sun & PH: 11am–10pm

OTHER FACILITIES**Jackpot Room**

Tel: 6398 5362
Sun–Mon (incl. Eve of PH & PH): 12pm–10pm

Kiddieland

Daily: 9am–10pm

Lat Salon

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

Functions Rooms / Ballroom

For bookings, please call 6398 5381 / 387 / 365
Email: banquetsales@sgcc.com.sg

Male & Female Changing Rooms

Daily: 6.30am–10.30pm

Study Room

Daily: 9am–10pm

The Hangout

Daily: 9am–10pm

Cambridge Pre-School

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

MANAGEMENT STAFF**General Manager**

Farrock Ebrahim 6398 5329
Email: farrock@sgcc.com.sg

Personal Assistant cum

Office Manager (GM's Office)
Casey Chang 6398 5301
Email: casey_chang@sgcc.com.sg

Senior Manager (Food & Beverage)

Adrian Chew 6398 5368
Email: adrian_chew@sgcc.com.sg

Finance Manager

Avelyn Tam 6398 5303 / 358
Email: avelyn_tam@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

Steven Goh 6398 5372
Email: steven_goh@sgcc.com.sg

Security Operations Manager

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

Facilities, Maintenance & Safety Manager

Danny Wong Foo Ying 6398 5311
Email: danny_wong@sgcc.com.sg

CLUB ADMINISTRATION

Mon–Fri: 9am–6.30pm

Membership

Tel: 6398 5323 / 383
Email: membership@sgcc.com.sg

Accounts

Tel: 6398 5325 / 358
Email: members_account@sgcc.com.sg

Sports & Recreation

Email: recreation@sgcc.com.sg

Billiards, Darts & Fitness

Steven Goh 6398 5372

Squash, Tennis, Swimming, Golf

Daniel Chong 6398 5351

Cool Water Workout, Swimming Lessons, Table Tennis, Taijiquan, Taekwondo, Aikido, Yoga & Fitness Classes

Julia Kong 6398 5352

Bowling, Bridge, Mahjong, Chess & Youth

Zaleha Hanibah 6398 5373

Food & Beverage

fnb_outlets@sgcc.com.sg

Banquet Sales

Tel: 6398 5381 / 387 / 365
Email: banquetsales@sgcc.com.sg

Advertisement Bookings

Angel Goh 6398 5305
Email: angel_goh@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg

Looking for a Club Membership?

We can match you with our list of Sellers.

T&Cs apply.

Call 6286 8888 or email: membership@sgcc.com.sg.

