

Happy Mother's Day



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Excellent Service Silver Award



8

Let's Celebrate All Things Greek



16

Paying Tribute to Workers

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EDITORIAL COMMITTEE

Mr See Kim Xiang Xavier
Ms Joanne Ng
Ms Angel Goh

PUBLISHING AGENT

ThinkFarm Pte Ltd
Contributor: Sunuja Naidu

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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

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Dear Fellow Members,

We are truly living in a Volatile, Uncertain, Complex, and Ambiguous (VUCA) world.

Even as the world is still grappling with the challenges of COVID-19, we are already experiencing the daunting effects of mounting inflation. And if that wasn't bad enough, while world and industry leaders are combating Climate Change — the biggest challenge facing this generation — we are horrified and saddened by the invasion of Ukraine, which has not only taken many lives, but threatens to drag the rest of the world into war. I am heartened to know that the Singapore government has condemned Russia, and has taken action to impose sanctions on the aggressor. We are a small country that firmly believes that peace is dependent on each and every country upholding international laws.

While we are busy making adjustments and adapting to the demands of life in a VUCA world, we cannot take peace for granted; instead, we should recognise how multiculturalism has thrived in this little red dot, enriching our lives and maintaining peace in the community. In the months of April and May, we will be celebrating the cultural/religious festivals of Good Friday/Easter Day (observed by those of the Christian faith), Hari Raya Puasa (significant to Muslims), and Vesak Day (celebrated by Buddhists). To me, this is proof that people with different cultural/religious backgrounds can indeed live together in peace and harmony. I would also like to wish the diligent staff of SGCC a happy Labour Day, which falls on the first day of May. Their hard work and Member-first attitude are very much appreciated.

At the Club level, we will keep up the positive spirit to make SGCC an extension of Members' homes. We will strive to provide a safe and happy place where Members and their family can meet to enjoy good food and drinks, and to exercise or take part in recreational activities. The Club's management will put in even greater efforts to upgrade facilities, innovate on food offerings, and organise more Member-centric activities.

My wish to all Members: *be well, keep safe and stay healthy.*

Yours truly,

Koh Jin Kit

President

Awarded for Excellent Service!

The 27th Excellent Service Silver Award was presented to three F&B staff on 25 January 2022.

Carlson Chong, Liza Teng and Ravi G were recognised for their relentless efforts and commitment to provide excellent service to our Members. The Club's General Manager, Mr Farrock Ebrahim, presented each of the trio with a certificate of excellence and customised lapel pin.

We applaud Carlson, Liza and Ravi for their outstanding service, and extend our heartiest congratulations to them. Keep up the good work!



(From left) Ravi G, Liza Teng and Carlson Chong were proud to be recognised for their efforts and commitment.



Club GM Farrock Ebrahim presenting a certificate to Ravi G.

SGCC Shows it Cares

Over the Christmas season last year, the Club raised \$2,000 from the Beary Good Cause charity drive, in aid of the Chen Su Lan Methodist Children's Home, which is our adopted charity.

We would like to thank all Members who had enthusiastically supported this cause by bringing home a bear or bears for their loved ones or for themselves — the soft toy was indeed irresistible!



The bears proved to be so popular that all 100 of them were sold out within two weeks.



Mr Xavier See, Membership Relations Chairman, presented the cheque to Ms Annabel Ooi, Partnership Manager of Chen Su Lan Methodist Children's Home.



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\$2568 (1 yr) | \$4494 (2 yrs)

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- Dining privileges at our members-only Club restaurants
- Fully equipped gym with personal training programmes
- Sport and recreational activities and programmes
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AND GET ADDITIONAL
SPENDING CREDITS!**

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INFORMATION.**



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Term Member

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Term Member



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 JuniorGems so that they can enjoy SGCC as much as you do!

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

As a JuniorGems Member, your child gets to enjoy:

- JuniorGems welcome gift
- Bi-monthly JuniorGems newsletter
- JuniorGems birthday surprises
- Subsidised rates for events
- Invitation to exclusive JuniorGems activities
- JuniorGems Festive Celebrations
- Gifts

All these for only

\$26.75

(includes GST) per annum
(auto-renewal of membership
till 12 years old)



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

Honouring Mothers

Mother's Day is a day of appreciation for the most important woman in our lives. What you may not be aware of is that the road to the establishment of this event involved sadness and controversy.

Mother's Day is celebrated on the second Sunday of May globally. The way the day is celebrated — with lots of gifts and flowers — is largely due to the efforts of Anna Maria Jarvis.

On 9 May 1905, Jarvis thought it would be a good idea to dedicate a day to honour all mothers. This was not long after her own mother, Ann, passed away. After gaining financial support from a Philadelphia department store owner named John Wanamaker, Jarvis sent 500 white carnations on 10 May 1908 to Andrews Methodist Episcopal Church in Grafton, West Virginia, in honour of Ann. She also held a celebration in Philadelphia, where she was living at the time. That day has come to be known as America's first Mother's Day celebration.

Respect for mothers

Interestingly, Jarvis was actually inspired by Ann, and traced the conception of her idea for Mother's Day back to the moment when she heard her mother recite the following prayer after teaching a Sunday School lesson: "I hope and pray that someone, sometime,

will found a memorial Mother's Day commemorating her for the matchless service she renders to humanity in every field of life."

But Ann's motivation was rather different — and had tragic roots. Of the 13 children she bore, only four lived to adulthood. This was not uncommon in the Appalachian region, where 15–30% of babies died before their first birthday throughout the 19th and early 20th century, mainly due to epidemics brought about by poor sanitary conditions.

In 1858, Ann enlisted the help of her brother, Dr James Reeves, to organise Mothers' Day Work Clubs, which educated mothers about good hygiene practices. Jarvis, however, dropped the idea of community service for Mother's Day, and concentrated on making it a day of personal celebration between mothers and families.

Too commercialised

By 1912, many states, towns and churches in America had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to champion her cause. Her efforts bore fruit in 1914, when US President Woodrow Wilson signed a proclamation declaring the second Sunday in May "a public expression



The late Anna Maria Jarvis.



Anna Jarvis House, where Anna Jarvis was born, is located in Taylor County, West Virginia, and listed under USA's National Register of Historic Places.

of our love and reverence for mothers in our country".

Jarvis' original vision of Mother's Day involved wearing a white carnation and visiting one's mother or attending church services. But once Mother's Day became a national holiday, the celebrations grew too commercialised for her liking. Distressed by this, she organised boycotts and protests, and urged people to stop buying Mother's Day flowers, cards and chocolates!

Sadly, Jarvis spent her final years in a sanatorium, and died penniless in 1948. However, the holiday she created lives on, and continues to be observed in America and many other countries till this day.

Turn to pages 13 & 14 to find out what delicious treats Garden Grill is offering this Mother's Day!



Get up & Dance!



Do you enjoy great music while you work out?
Love the challenge of moving in sync with others?
Then **line dancing** is for you!

SGCC has 3 ongoing classes that cater to different levels of line dancing skill.

VENUE: Club 22

BEGINNER

Every Wed: 2.30pm–4.00pm

FEE: **\$45.50**
(Member)

\$58.34
(Guest)

INTERMEDIATE

Every Tue: 2.00pm–4.00pm

ADVANCED

Every Mon: 4.00pm–6.00pm

FEE: **\$63.13**
(Member)

\$75.97
(Guest)

** Prices include GST, and is for a set of four lessons.*

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



Let's Celebrate All Things Greek

From the land that gave us gods and heroes such as Zeus and Heracles comes mouthwatering bites such as moussaka and baklava, both of which are available in this promotion.

Available throughout the month of April 2022 (except 17 April 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 Senior Members aged 55 years old and above, and Students aged 21 years and below

Prices include GST

SET MENU

APPETISER

Greek Salad

OR

Mushroom Filo Pie

OR

Stuffed Aubergine

baked with Grated Cheese and Yoghurt Sauce

SOUP

Lemon Chicken Soup

OR

Greek Red Lentil Soup

MAIN COURSE

Moussaka

OR

Fillet of Sole in Tomato Sauce

OR

Grilled Pork Souvlaki

OR

Roast Chicken

with Pistachio

OR

Lamb Shank

with Orzo Pasta

(surcharge \$8)

DESSERT

Pistachio Ice Cream

OR

Greek Baklava

COFFEE OR TEA



Fillet of Sole in
Tomato Sauce

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

The Delights of Nordic Cuisine at Garden Grill

Indulge in the cuisines of northern Europe, made of up countries such as Finland, Norway and Sweden.



Available throughout the month of May 2022

(except 7, 8 & 25 May 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 Senior Members aged 55 years old and above,
and Students aged 21 years and below

Prices include GST

APPETISER

Bergen Salad

with Smoked Salmon
OR

Finnish Mushroom Salad

with Sour Cream
OR

Swedish Potato Pancake

SOUP

Finnish Beef Broth

with Dumpling
OR

Swedish Yellow Pea Soup

SET MENU

MAIN COURSE

Swedish Meatball Pasta

OR

Norwegian Salmon

with Dill Sauce
OR

Roast Pork Loin

with Apples and Prunes
OR

Scandinavian Chicken

with Rosemary and Juniper Berries
OR

Swedish Sailor's Beef Stew

(surcharge \$8)



Swedish Sailor's
Beef Stew

DESSERT

Raspberry Sorbet

OR

Swedish Apple Cake

COFFEE OR TEA

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



Easter Sunday Set Menu

This value-for-money promotion gives you a choice of succulent mains such as Steamed Barramundi or Rack of Lamb.

Sunday, 17 April 2022
12pm-3pm; 6pm-10pm

Price

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

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

**4-course set from
\$40 per person**

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

Prices include GST

SET MENU

APPETISER

Grilled Avocado and Romaine Salad
with Herb Yoghurt Salad

SOUP

Creamy Broccoli
drizzled with Fresh Cream &
Roasted Almond

MAIN COURSE

Steamed Barramundi
with Lime Coconut Sauce
OR

Rack of Lamb
served in Au Jus Sauce with
Potato Croquette and Vegetable Medley

DESSERT

Apple Pie a la Mode
with Salted Caramel

FRESHLY BREWED COFFEE OR TEA

Wine-Pairing Dinner

This is a limited-seating engagement and reservations are required.



Wednesday, 27 April 2022
7pm-10pm

Price

\$108 (Member)

\$118 (Guest)

Prices include GST

SET MENU

FIRST COURSE

Trio of Appetisers:

Sauteed Snail
with Fine Aromatics in a
Mushroom Cap

Coquilles Saint-Jacques
Mornay

Smoked Salmon Blini

WINE PAIRING

Famille Perrin Luberon Blanc
2020/21

SECOND COURSE

Chicken Consommé

with Quail Egg &
Young Vegetables

WINE PAIRING

Montes Alpha Special Cuvee
Pinot Noir 2018

THIRD COURSE

Coq au Vin

with Mushroom, Root Vegetables
and Grenache Jus

WINE PAIRING

Famille Perrin Ventoux Rouge
2020

FOURTH COURSE

Pastry-wrapped Beef Tenderloin
and Mushroom Duxelles,
Sauce Bordelaise with Fine Herbs

WINE PAIRING

Montes Alpha Special Cuvee
Cabernet Sauvignon 2019

FIFTH COURSE

Classic Vanilla Crème Brulee
with Macaron and
Raspberry Sorbet

COFFEE OR TEA

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



BenRiach 5-Course Scotch Dinner & Tasting

Here's another five-course gourmet treat; however, each dish is paired with a different whisky by renowned distiller BenRiach.

**Wednesday, 25 May 2022
7pm-10pm**

Price

\$108 (Member)

\$118 (Guest)

Prices include GST

SET MENU

FIRST COURSE

Seared Foie Gras

Foie gras, blistered grapes, roasted fennel, blackberries, pomegranate-ginger emulsion

SECOND COURSE

Essence of Beef

Parmesan & Potato Quenelles

THIRD COURSE

Lime Sorbet

FOURTH COURSE

Selection of Mixed Grill

Tenderloin, Lamb Rack & King Prawn

FIFTH COURSE

Bittersweet Symphony

Beignet with Raspberry Sauce, Bitter Chocolate Ice Cream with Trifle and Mango Mousse in Shooter Glass

COFFEE OR TEA

WHISKY PAIRINGS

BenRiach The Original Ten

BenRiach The Smoky Ten

BenRiach The Twelve

BenRiach 21 YO Temporis Peated

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



Mother's Day Special Set Menu

Want to impress Mum for Mother's Day? Then treat her to this specially curated set meal. Book now to avoid disappointment!

Saturday-Sunday, 7-8 May 2022

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

\$68 per person

Price includes GST and a glass of sparkling wine

SET MENU

APPETISER

Seared Scallop

with Cucumber and Yuzu Dressing

SOUP

Clam Chowder

New England Style, Bacon, Potatoes

MAIN COURSE

Baked Threadfin Fillet

Risotto and Fine Herbs

OR

Pork Tenderloin 'En Croute'

Creamed Potato, Pan-seared Apple & Calvados Sauce

DESSERT

Panna Cotta

with Raspberry Compote

FRESHLY BREWED COFFEE OR TEA

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



Mother's Day Weekend Special Set Menu

If Mum prefers to celebrate Mother's Day with an Eastern flavour, then grant her wish by reserving seats for this set menu at Atrium Café.

Saturday-Sunday, 7-8 May 2022

11am-2.30pm; 6pm-9.30pm

Price

\$138 (serves 3-5 pax)

Price includes GST

SET MENU

Bakwan Kepiting Meatball Soup

Crispy Fried Sea Bass

with Homemade Thai chilli

Golden Coin Tofu

with Shimeji Mushroom

Mongolian Pork Ribs

Broccoli Shrimp

with XO sauce

Hong Kong Kai Lan

with oyster sauce

Steamed Fragrant Rice

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

Eat • Drink • Reward

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

Accumulate spending of more than
\$500 in a month at any of
our F&B outlets (except Swatow Garden)
and receive SGCC F&B credits in
gratitude for your support.

**Terms and conditions apply*

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

PROMOTION PERIOD
1 April 2022 – 31 March 2023

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



Paying Tribute to Workers

While we welcome the time off that Labour Day affords us, more of us should learn and appreciate the struggles of the working classes that brought it about.

In Singapore, we celebrate Labour Day on 1 May every year. On this day, schools, government institutions, and most businesses are closed. This day is also celebrated in other countries, but observed on different dates.

The day has been set aside to honour and appreciate workers from various industries who have made contributions to the progress of the country. It also serves to mark the unity and solidarity of

workers and commemorate the nation's labour movement.

How the day came to be

Labour Day has its roots in the fight for worker's rights in the late 19th century. According to *dictionary.com*, the earliest records of the term 'Labour Day' come from the 1880s — the first Labour Day parade, sponsored by the Central Labor Union, was observed unofficially

in New York City on 5 September 1882.

About 10,000 union workers marched in a parade from City Hall to Union Square as a tribute to American workers, and to campaign for better workplace conditions. Back then, workers were fighting against low wages, long working hours, child labour, and harsh, unsafe work environments. The day concluded with picnics, fireworks, speeches and dancing.



This early celebration was the impetus for spreading the Labour Day sentiment across America. Labour Day had become an official holiday in 24 US states by the time it was declared a federal holiday in 1894.

The Haymarket Affair

The setting aside of 1 May as Labour Day, also known as May Day, in numerous countries is due to an event dubbed The Haymarket Affair.

In 1886, thousands of workers took to the streets of Chicago on that day to secure an eight-hour workday, and staged a peaceful labour protest at Haymarket Square that lasted a few days. But peace was broken when the police intimidated the strikers. On 4 May, a bomb was set off near Haymarket Square, and the police responded with random gunfire.

The mayhem resulted in seven police officers killed and 60 others wounded; civilian casualties were estimated at four to eight dead, with 30 to 40 others injured. Although the perpetrator behind the bombing was never identified, some anarchist organisers were arrested for the incident.

The Haymarket Affair became a symbol of the international struggle for workers' rights. In 1889, an organisation called the Second International declared that 1 May of each year will be known as International Workers' Day to commemorate the incident. Since then, this day has been widely observed around the world to

recognise the contributions and achievements of workers.

Labour Day in Singapore

Labour Day was gazetted a public holiday in Singapore in 1960. In the then Prime Minister Lee Kuan Yew's inaugural May Day Rally speech that year, he announced the government's commitment to the welfare of workers in forging ahead with industrial expansion and nation building.

As a young lawyer, Lee got involved in the trade union movement and won public attention as a legal adviser to trade unions, taking on cases for unions and workers. The first of these was for the Singapore Union of Postal and Telecommunications Workers in 1952. He successfully represented them in fighting for better terms and pay. He went on to advise the Naval Base Labour Union that year, as well as the clerical workers in the postal and telecommunications services who threatened to go on strike in 1954. Both situations ended peacefully in an arbitration, and the demands of the unions were met.

When Lee founded the People's Action Party in 1954, it was not surprising that more than half the founding leaders of the party

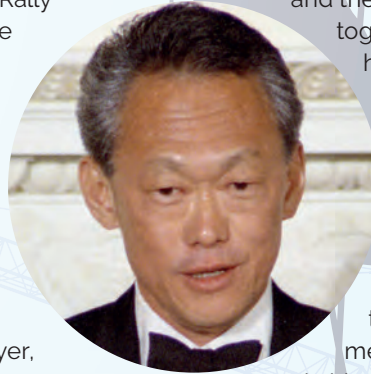
were unionists and union leaders. As Prime Minister, Lee played a major role in nurturing a strong spirit of tripartism in Singapore to avoid the confrontation style of labour relations in other countries. This model of unions, employers and the government working together was something

he felt was crucial for Singapore's progress.

Due to his strong links to unionists from the 1950s, he was able to get NTUC (National Trades Union Congress) leaders

to accept difficult measures, he revealed in his speech during NTUC's

40th anniversary. Annually, the labour movement organises the May Day Rally and a series of celebratory events in the month of May. Some companies and organisations choose to award their outstanding employees on this day as well.



TRIPARTISM IN SINGAPORE

Industrial relations in Singapore were confrontational in the 1950s and early 1960s, with high unemployment, poor working conditions, and social unrest. When Singapore won its independence in 1965, industrialisation was imperative for the new nation to survive. The crucial challenge was to attract and retain foreign investment to create jobs for Singaporeans, and to achieve sustainable growth and development.

Towards this end, trade unions affiliated to the NTUC supported the government's call to move away from the traditional adversarial unionism and confrontational labour-management relations, and adopt a consultative problem-solving approach to address the challenges of industrialisation for the mutual benefit of employers, workers and society.



A statue commemorating The Haymarket Affair.

APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Let's Celebrate All Things Greek Garden Grill 12pm; 6pm Whole month (except 17 Apr) 	2	3
				Ukulele Workshop (Beginners) Club 22 1.30pm 		
4	5	6	7	8 Ukulele Workshop (Beginners) Club 22 1.30pm 	9	10
11	12	13	14	15 Good Friday Ukulele Workshop (Beginners) Club 22 1.30pm 	16	17 Easter Sunday Set Menu Garden Grill 12pm; 6pm 
18	19	20	21	22 Ukulele Workshop (Beginners) Club 22 1.30pm 	23 5D DIY Diamond Painting Casuarina Room 10.30am	24
25	26	27 Wine-Pairing Dinner Garden Grill 7pm 	28	29 Ukulele Workshop (Beginners) Club 22 1.30pm 	30	

MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31					1 Labour Day The Delights of Nordic Cuisine Garden Grill 12pm; 6pm Whole month (except 7, 8 & 25 May)
2 Hari Raya Puasa 	3 Public Holiday	4	5	6 Ukulele Workshop (Beginners) Club 22 1.30pm 	7 Mother's Day Set Menu Garden Grill 12pm; 6pm Mother's Day Weekend Special Set Menu Atrium Cafe 11am; 6pm DIY Fragrant Hand Sanitiser (Spray) Casuarina Room 11am 	8 Mother's Day Set Menu Garden Grill 12pm; 6pm Mother's Day Weekend Special Set Menu Atrium Cafe 11am; 6pm 
9	10	11	12	13 Ukulele Workshop (Beginners) Club 22 1.30pm 	14	15 Vesak Day 
16 Public Holiday	17	18	19	20 Ukulele Workshop (Beginners) Club 22 1.30pm 	21	22
23	24	25 BenRiach 5-Course Scotch Dinner & Tasting Garden Grill 7pm 	26 Ukulele Workshop (Intermediate) Club 22 1.30pm (every Thu; 8 sessions) 	27 Ukulele Workshop (Beginners) Club 22 1.30pm 	28	29

Eggs-cuse me?

Here are 10 unusual traditions involving Easter eggs from across the globe that you're probably unfamiliar with.

Symbolising rebirth and the resurrection of Christ, eggs are a vital part of Easter celebrations around the world, whether included as ingredients in dishes or as part of the traditions linked to the festival.

In Singapore, Christians mark Easter Sunday by attending church, giving and receiving chocolate eggs, and taking part in egg hunts. In other lands, Easter traditions involving eggs sometimes have historical or religious underpinnings. Here's a look at 10 of these practices:

farthest without cracking is crowned winner. The game, which has its roots in the 19th century, signifies the rolling away of the large stone covering the entrance to Christ's tomb when he was resurrected.



Germany

Germans place eggs on the ground and dance around them, trying to not to break them. Harking back to medieval times, the activity is sometimes made more challenging by blindfolding the dancers.



Mexico

In Mexico, hollowed-out eggs, called *cascarnes* (derived from the Spanish word for 'shell'), are filled with confetti and hidden. Once found, they are broken over someone's head, showering them with confetti. It is meant to bring good luck to the person it is cracked on. The idea for the hollowed-out eggs is said to have originated in China, where they were filled with scented powders. These were first brought to Italy by Marco Polo before finding their way to Mexico in the mid-1880s.



Romania

Women in the Transylvania region decorate eggs with beads in intricate, colourful patterns. The beaded eggs are distributed to children and guests who come to the house for



Scotland

In Scotland, egg-rolling contests are organised on Easter Sunday. After they're boiled and painted, the decorated eggs are rolled down a hill. The person whose egg rolls the



the 'wetting' ceremony. This is where boys from the village visit unmarried girls with a bucket of water on the second day of Easter. If the girls are still asleep, they get doused in the belief that this will enable them to get married soon!



Greece

Greeks play an egg-tapping game, known as *tsougrisma*. On Easter Sunday, each person gathered around the table takes an egg — painted red to represent the blood of Christ — and taps its tip with that of the person sitting next to them. The last person left with an unbroken egg wins.



Sweden

In Sweden, decorated eggs are usually exchanged between friends and family. They are then rolled down roof tiles held at an angle to the floor. The object of the game is to



see which egg goes the farthest. If a person's egg is hit by another, that person gets to keep both eggs.



Poland

On the Saturday before Easter Sunday, Poles colour the shells of hard-boiled eggs using dyes made of boiled onion skins. The eggs are placed in a basket containing bread, sausages and other Easter foods, then taken to church to be blessed.



France

Every Easter in the town of Bessieres, an omelette is created that is large enough to feed more than a thousand people. This practice goes back to a time when Napoleon Bonaparte reportedly stopped for dinner in the area and ordered an omelette. Having enjoyed the meal, he requested one humongous omelette to be prepared for his army.



Ukraine

Pysanka are intricately decorated Ukrainian Easter eggs. A tool called a *kistka* is used to 'write' designs on the eggshell with beeswax.



Finland

In Finland, children dress as witches and go door-to-door begging for chocolate Easter eggs. They wear scarves over their heads, paint their faces, and carry paintings, drawings and bunches of willow twigs. These items are then swapped for the sweet treats.



Has all this talk about eggs made you hungry? Check out the Easter Sunday Set Menu on page 10 and make reservations at Garden Grill ASAP!



PAST EVENTS

SGCC SOCIAL GOLF GAME

A total of 36 golfers headed to the Changi Golf Club on Wednesday, 12 January 2022, to compete in the SGCC Social Golf Game. The golfers were clearly excited about their first golf game after a two-year break due to the pandemic. Thankfully, the weather cooperated — the day was bright and sunny when the golfers teed off at 1.10pm. Our Members had an enjoyable time bonding over the game.



ANG BAO DARTS

Due to safe management measures, only six participants were allowed to play at any one time in the Ang Bao Darts competition. Held on Saturday, 12 February 2022, the competition saw darters being divided into four teams. After an intense rivalry, the results are as follows:



Champion	Runner-Up	Third	Fourth
Team C (Tiger)	Team D (Buaya)	Team B (Pig)	Team A (Dragon)
Eddy (captain)	Fred Kang (captain)	William Ng (captain)	Ramel Ang (captain)
Stephen Seah	Yong Fah Kong	CK Tan	Philip Lam
Matthias Lee	Kevin Huang	Roger Koo	Chan Man
Joseph Koh	Tay Sai Huay	Francis Tay	Lionel Ng
Cindy Chua	Iris Lim	Jean Lam	Tan Hui Xian
	Shenon Goh		Joanna Lam

SQUASH FRIENDLY WITH SICC

SGCC's squash fraternity invited their counterparts from the Singapore Island Country Club to a friendly match on Saturday, 22 January 2022. The competition allowed players to mingle and rekindle friendships, as well as sharpen their skills.



ANG BAO BOWL

Held on Saturday, 12 February 2022, this tournament saw 19 bowlers competing for the top spot in two categories. To rev up the festive spirit, *ang baos* were given out while popular Chinese New Year tunes were blasted over the bowling alley's speakers. Here are the results of that exciting event:

	Men's Category	Ladies' Category
Champion	Hong Jin Jie (1,227 pinfalls)	Lily Leow (988 pinfalls)
Runner-up	Ken Tan (1,214 pinfalls)	Adeline Law (923 pinfalls)
Third	Alex Chua (1,191 pinfalls)	Lucy Tan (893 pinfalls)



Men's Champion



Men's Runner-up



Men's Third



Ladies' Champion



Ladies' Runner-up



Ladies' Third

ANG BAO BRIDGE

Held on Tuesday, 8 February 2022, the Ang Bao Bridge tournament saw participants engaging in a lively game. The following are the results:

First	Jenny Goh & Mary Lim
Second	Ng Kong & Philip Ng
Third	Pauline Ng & Lye Meng



CLASSES

LEARN-TO-SWIM PROGRAMME

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



NOTE

Registration fee for new sign-up/re-registration at \$30 (includes 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*	\$78.65*	\$89.88*
(Member)	(Guest) Weekday	(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.



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

FEE: 2 SESSIONS / WEEK

\$112.35*	twice a week	\$129.20*	twice a week
per month (Member)		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



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.

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

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.



AIKIDO

DAY / TIME

Saturdays: 4.30pm-5.30pm

VENUE

Aerobics Studio

ELIGIBILITY

6 years old and above

FEE

\$56.18* per month
(Member)

\$67.41* per month
(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

George Chang Koon Chua is President and Chief Instructor of the Ueshiba Aikido Association. Officially recognised by Aikido World Headquarters in Japan (Japan Aikido HQ),

he is a qualified aikido instructor, and the only seventh dan holder in Singapore. He is the Head Instructor of the Teaching and Grading Committee, and is authorised to conduct grading examinations of aikido students. He has taught this form of martial arts in community centres, country clubs and other organisations in Singapore.



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

**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

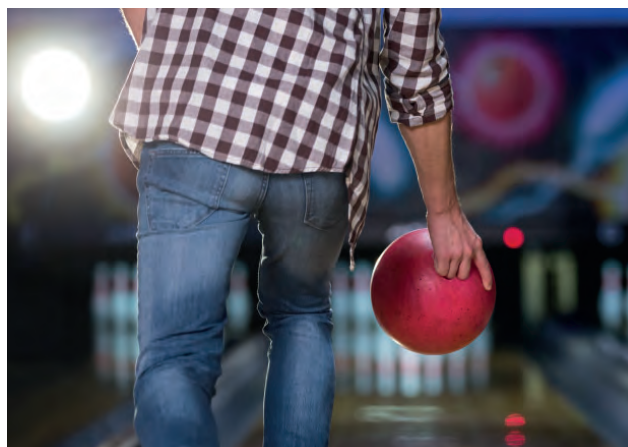
3 / 8 participants

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

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

Sheerainoo 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

Wednesdays: 4.30pm-5.30pm
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.

**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



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

(No) Food for Thought

Considered the most sacred month of the Islamic calendar, Ramadan is a time for Muslims to build their character and strengthen their faith through the act of fasting.

Eid al-Fitr is celebrated by Muslims all over the world. In Singapore and Malaysia, it is better known as Hari Raya Puasa or Hari Raya Aidilfitri.

The event is the culmination of the month of Ramadan, which occurs on the ninth month of the Islamic lunar calendar. The date fluctuates yearly as it is based on the phases of the moon. This year, Ramadan begins on the evening of 2 April and ends on the evening of 2 May.

The word 'Ramadan' stems from the Arabic root *ar-ramad*, which means 'scorching heat'. Muslims believe that, in 610AD, the angel Gabriel appeared to Prophet Mohammed in a cave and revealed to him the first verses of the Quran. That revelation is believed to have occurred during the month of Ramadan. Hence, Muslims fast during this month to commemorate the initial revelations of the Islamic holy book.



Muslims traditionally break their fast with a few dates.

Muslims are required to abstain from food and drink — including water and chewing gum — from dawn to dusk. Besides fasting, Ramadan is considered a period for spiritual reflection and prayers.

Significance of fasting

Fasting is one of the five pillars of Islam, which are five duties incumbent on every Muslim. The other four are faith, making a pilgrimage to the holy city of Mecca, giving alms to the poor, and prayer.

As such, fasting is obligatory for all healthy adult Muslims. Children who have not reached puberty, the elderly, those who are physically or mentally incapable of fasting, pregnant women, lactating mothers, women who are menstruating, and travellers are exempted. If a fast is not observed, one can do so at a later date to make up for it. Alternatively, Muslims can pay the *fidyah* — donation of food or money to the poor.

During the fasting period, not only do Muslims cut out food and drink, they are also required to refrain from vices and negative habits, such as smoking, swearing, arguing, fighting or being disrespectful. Sexual relations are also prohibited during the fasting hours.

Fasting during Ramadan is important for Muslims as it helps draw them closer to Allah, or God. This is in keeping with a verse (Chapter 2, Verse 183) from the Quran, which states, "O you who believe, fasting has been prescribed for you as it has been prescribed to those before you in order that you may attain *taqwa*." *Taqwa* is an Islamic term that denotes consciousness of God or piety.

Another benefit is that fasting promotes self-discipline and self-control. Muslims believe the self-discipline required in fasting enables believers to "tame their physical appetites, subdue greed and lust,

and progressively elevate their consciousness from the physical to the moral and ultimately, the spiritual dimension of their being," as described by the website, *beliefnet*. In addition, it promotes the learning of patience and compassion.

Depriving themselves of food and water enables greater empathy with the plight of the needy and less fortunate. This in turn reinforces the need to be appreciative of their blessings — gratitude being an essential component of the Islamic faith — and also practise charity.

How it is practised here

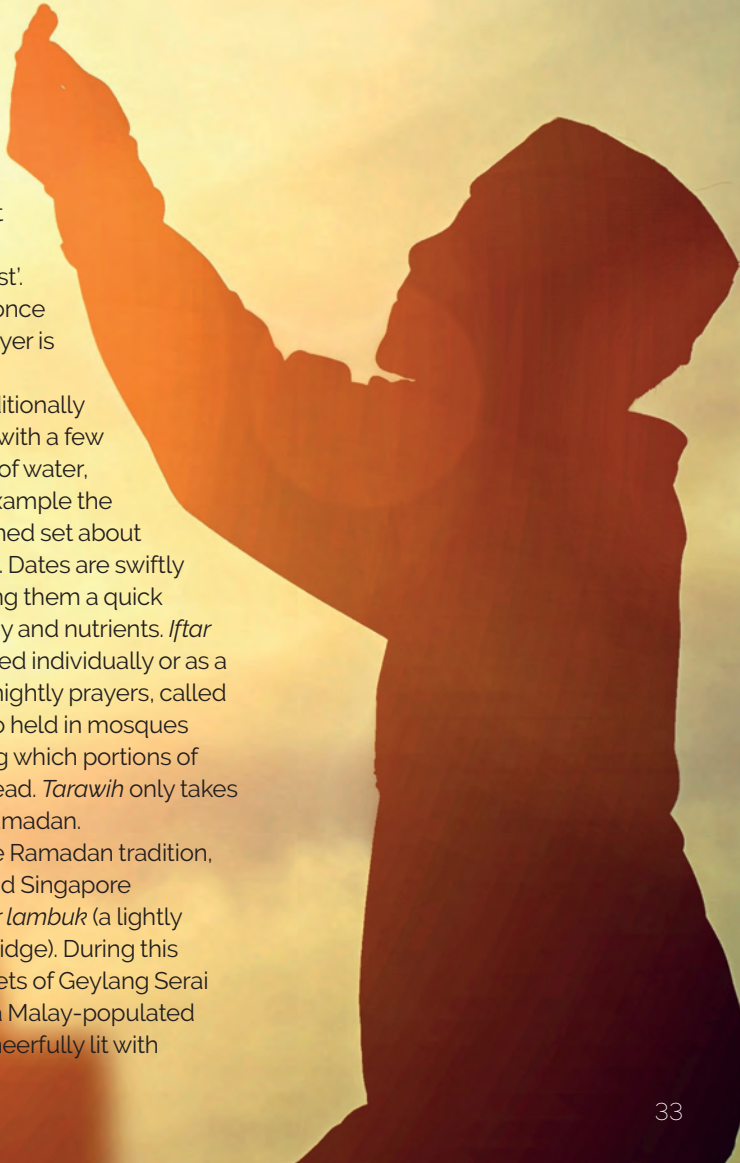
During Ramadan, Muslims awake before the first light of dawn for a pre-dawn meal called *suhoor*, and they break their fast after sunset with an evening meal known as *iftar*, a word that literally means 'breaking the fast'. *Iftar* can begin once the evening prayer is completed.

Muslims traditionally break their fast with a few dates and a sip of water, following the example the Prophet Mohamed set about 1,400 years ago. Dates are swiftly digested, making them a quick source of energy and nutrients. *Iftar* can be performed individually or as a group. Special nightly prayers, called *tarawih*, are also held in mosques after *iftar*, during which portions of the Quran are read. *Tarawih* only takes place during Ramadan.

As part of the Ramadan tradition, mosques around Singapore distribute *bubur lambuk* (a lightly spiced rice porridge). During this month, the streets of Geylang Serai — traditionally a Malay-populated district — are cheerfully lit with

colourful lights. Streets, fields and empty lots in the district are turned into bazaars chockfull of stalls selling a variety of traditional and modern items to break the fast.

After the last day of Ramadan, Muslims celebrate the ending of the fast with *Eid al-Fitr* — the festival of 'breaking the fast' — which begins with prayers at the mosque. They then visit their parents to seek forgiveness for past transgressions. Malay families usually don new clothes in the same hue. The women dress in *baju kurung* while the men wear *baju Melayu*. Visits to family and friends then follow where Hari Raya specialties such as *sayur lodeh*, *beef rendang*, *ketupat* and a variety of *kuih* await.



5D DIY DIAMOND PAINTING

Diamond painting is a combination of cross-stitch and paint-by-numbers — very much like adult colouring books and puzzles. You will be taught how to use an applicator to place hundreds of sparkling resin rhinestones, one by one, on an



adhesive colour-coded backing. The result is a vivid, shimmering work of art. Diamond painting is a stress-free activity that helps kids learn to focus their attention, and is suitable for those aged five years and above!

DATE

23 April 2022, Saturday

TIME

10.30am-12.30pm

VENUE

Casuarina Room

MIN / MAX

8 / 10 participants

CLOSING DATE

13 April 2022, Wednesday

FEE

\$16.05* (Junior Gems) \$18.19* (Member) \$20.33* (Guest)

* Price includes GST



DIY FRAGRANT HAND SANITISER (SPRAY)

Since the onset of the COVID-19 pandemic, hand sanitisers have become an essential item that everyone has on hand. However, most commercially available products contain harsh ingredients. Sign up for this class and learn to custom-make your own hand sanitiser with moisturising ingredients and essential oils that will leave your hands sanitised, yet soft and supple.

DATE

7 May 2022, Saturday

TIME

11am-12.30pm

VENUE

Casuarina Room

MIN / MAX

10 / 12 participants

CLOSING DATE

27 April 2022, Wednesday

FEE

\$16.05* (Member) \$18.19* (Guest)

* Price includes GST

BATIK PAINTING

Learn the traditional Malay art of Batik Painting, using wax to draw on fabric (some come pre-waxed). The magic happens when dyes are added and they stick onto the unwaxed portions of the fabric, thus creating vivid images.



DATE / TIME

4 June 2022, Saturday; 10.30am-12.00pm

VENUE

Casuarina Room

MIN

8 participants

CLOSING DATE

25 May 2022, Wednesday

FEE

\$57.78* (Member) \$59.92* (Guest)

* Price includes 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.

PAPER FLOWER CRAFT

Craft beautiful paper flowers for weddings, birthdays and other celebrations. The recipients will appreciate your creativity and thoughtfulness!



DATE

4 June 2022, Saturday

TIME

2pm-4pm

VENUE

Casuarina Room

MIN

8 participants

CLOSING DATE

25 May 2022, Wednesday

FEE

\$51.36* (Member)

\$53.50* (Guest)

* Price includes GST

UKULELE WORKSHOP (BEGINNERS)

Suitable for beginners, the ukulele is cuter and easier to learn than the guitar! The instrument is a song machine that magnetically draws people together to enjoy themselves. The ukulele spirit is highly contagious — you'll find out for yourself as soon as you master some basics, such as those taught in this class:



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

DAY / TIME

Every Friday (ongoing); 1.30pm-3pm

VENUE

Club 22

MIN / MAX

6 / 10 participants

FEE

\$136.96* (Member)

\$158.36* (Guest)

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

UKULELE LESSON (INTERMEDIATE)

Students who attend the Intermediate class should have a reasonable understanding of what has been covered in the Beginners class. The new topics that will be covered include:



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

DAY / TIME

Every Thursday from 26 May 2022; 1.30pm-2.30pm

VENUE

Club 22

MIN

8 participants

CLOSING DATE

20 May 2022, Friday

FEE

\$136.96* (Member)

\$158.36* (Guest)

* Price includes 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 May 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

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